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Website: www.icicle-mountaineering.ltd.uk
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2024 trip dossier | **Winter Mount Toubkal £649**

Website link | <http://www.icicle-mountaineering.ltd.uk/toubkal.htm>

Key features

- **Climb Mount Toubkal 4167m the highest peak in North Africa.**
- **6 days guiding staying in mountain huts and 2 nights in Marrakech.**
- **Enjoy both the mountains and the colourful local culture of the Berber villages.**
- **Led by top qualified guides (UIMLA/Local), to teach the necessary skills for the trek.**
- **All technical equipment (e.g. B3 boots, crampons, ice axe etc.) can be hired through Icicle.**



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UK registered company 413 6635. VAT 770 137 933

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24 years
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Course overview

- Mount Toubkal 4167m is the highest peak in North Africa, and is snowy climb in the winter months, where you get the opportunity to ascend using crampons and an ice axe for security. No previous winter experience is required, as all skills are taught on the trek. The itinerary has been designed for keen walkers, as the ascent is non-technical, but involves some easy scrambling and snow slopes.
- As with all our climbing trips, we focus on skills training and acclimatisation, so before you ascend Toubkal, you summit Ouanoukrim 4089m. From both summits, the views are amazing across the mountains to Marrakech to the north, and the start of the Sahara to the south. All around are the jagged peaks of the High Atlas stretching as far as you can see in every direction.
- This trip enables you to enjoy both the mountains, and the colourful local culture of the Berber villages that are built into the steep valley sides. Your local guide can tell you all about the local culture and traditions, so you get an amazing insight into the region.
- In contrast, Marrakech provides an interesting start and finish, where you can relax and enjoy shopping and eating in the French area boulevards or the narrow alleyways of the medina. For those who enjoy haggling, it's a must to visit the Souk (local market) in the centre of Marrakech, and to try and negotiate a bargain.
- Enjoy the local cuisine, couscous, mechoui, pastilla and tajine, as Moroccan food is considered by many to be the best in Africa. In the souk markets, many try and haggle for souvenirs. All meals (breakfast, lunch and dinner) are included on trek. Whilst in Marrakech meals are provided from dinner on the first evening with breakfast the following morning, then dinner on the last night with breakfast on the morning you depart.
- You only normally require warm clothing above 3000m where it is cooler. During the winter the skies are normally clear but as in all mountain areas the weather can be unpredictable. If you wish to hire kit locally, it is cheap to hire; boots (c.£6/day), ice axe (c.£2/day), crampons (c.£5/day).
- UK nationals need a full passport valid for 6 months from the return date of travel. No visa is required for the above passport holders. Most European Community passport holders do not require a visa. All other nationalities should check with their embassy.
- We do stress that no previous mountaineering experience is needed for a Winter ascent of Mount Toubkal, but winter hillwalking (even without crampons) experience will help, as will fairly good hill fitness, as the last couple of days are more demanding.

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Sample itinerary

- **Saturday** - Fly out to Marrakech, where you are met at the airport for a transfer to the hotel where the group are staying. Typically this is a 4 star hotel, a short drive from the airport, next to the old city walls. In the afternoon, you have time to explore the old city, then in the evening, a meal is provided at the hotel. Here you will meet the rest of the group, as some people may arrive on different flights.
- **Sunday** - After breakfast, you are driven to the road head at Imlil, and then the objective is to start your acclimatisation by hiking to the high pass of the Col Tizi M'zzik 2660m above the nearby Mezzik Valley, before descending to the valley for the night. Acclimatisation such as this adheres to the well accepted advice of climb high, sleep low. You stay in a gite in one of the old fortified villages such as Ait Souka.
- **Monday** - Enjoy a good breakfast, then set off soon after. Today the trail gains almost 1200m as the trek passes the Muslim shrine of Sidi Chamarouch, and the tomb of the Marabout. From here the path leads upwards to reach the comfortable Mouflon mountain refuge 3207m. This is the highest hut in the Atlas mountains, and is situated at the foot of Toubkal itself, and you are likely to be based here for the next three nights.
- **Tuesday** - The mountain refuge of Mouflon is a perfect base for the final training climb and summit, before you ascend Toubkal. Today you undertake the day climb of Ouanoukrim 4089m, with its scramble to the summit, which is the second highest peak in the region. The climb will acclimatise you perfectly for Toubkal. You descend to the Mouflon, and there is time to rest and relax in the late afternoon. Night in Mouflon refuge.
- **Wednesday** - A very early start for the ascent of Mount Toubkal. The trek starts up an easy angled snowy slope, before heading left and traversing the south ridge to reach the summit at 4167m. At the summit pyramid structure you can enjoy the panoramic view which stretches for miles in all directions. The descent is made by retracing your route to the col, and heading back down to the Mouflon refuge for the night.
- **Thursday** - Today is potentially a spare day for attempting Toubkal, but generally this isn't required, so after breakfast you leave the refuge and trek down into the Around Valley, via Sidi Chamharouch to reach Imlil for the night. As the main ascent was probably yesterday, it's likely your legs are a bit tired, but don't worry as the guide is well aware of this, and you can take it easy today. Night in a gite in Imlil.
- **Friday** - After breakfast, you are driven back to Marrakech, arriving around lunchtime, and check in at the group hotel (normally 4 stars) again. There is time in the afternoon for you to have a tour of

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Marrakech, and the Djemaa el Fna market (souk). In the evening there is a group celebratory meal in Marrakech, where you spend your last evening together in Morocco, and can chat about all the amazing experiences of the week.

- **Saturday** - Enjoy breakfast in the hotel, and maybe a final dip in the pool, before you leave for your return transfer to the airport and your flight home. It is possible to extend your stay with one or more extra nights in the hotel. Just ask us for a quote.

ITINERARY NOTES: Where possible we follow itineraries. Mountain adventures are weather and conditions dependant, so occasionally we are forced to alter the plans. If this is the case, suitable alternatives are offered. Please use this outline as a guide to the types of activity that you will attempt.

Course Inclusions

1) Moroccan mountain guide(s) for six days, 2) Accommodation from Saturday evening to Saturday morning (7 nights), varying from hotel / riad to mountain huts and gites, 3) All meals on the actual trek (breakfast, lunch and dinner), 4) Pre course information booklet, 5) Airport transfers to and from Marrakech airport, 6) Equipment discount voucher for our UK shop, 7) Free 36 page technical Course Instruction Booklet, 8) Icicle course host accessible via WhatsApp throughout your trip.

Course Exclusions

1) Travel to and from Marrakech, 2) Equipment hire, 3) Personal laundry, telephone calls, lunches, evening meals in valley, & any purchases in mountain huts / hotels / restaurants, 4) Lunches and evening meals in Marrakech, 5) Activities insurance, & excess baggage charges, 6) Allow up to 50€ per person for optional entry into sightseeing places of interest and optional town tour on the Friday.

Notes

Group sizes 2 - 8 clients, with 1 lead guide (and extra guides as required). If you can't find a date that suits, or wish a private trip, we can provide a bespoke date for just 2 people booking together on any date you would like for just £749pp, or for 1 person a private trip is £999. For either of these options, get in touch, and we'll put a bespoke date up for you. For private groups of 3 or more, the scheduled price applies, and discounts are applied for private groups of 6 or more.

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Climbing skill

These are outlined on this page; <http://www.icicle-mountaineering.ltd.uk/courses.html>, and this course is;

Course level: **Beginner**
Mountaineering: **Previous experience preferred but not necessary.**
Ice & Rock: **Use of ice axe and crampons preferred.**
Fitness: **Good general fitness and stamina**

Fitness & stamina

The ideal fitness levels are detailed at; <http://www.icicle-mountaineering.ltd.uk/trainingpreparation.html>, and there are links to general training advice and planners that you can adapt to suit and follow.

This trip is graded: **Level 2** - We suggest that people on courses of this grade can run 10km without a problem, but we stress that for courses of this level you do not need to be any fitter than this minimum level, though it is there to ensure a good basic level or aerobic fitness and training.

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How to book

- All bookings are made securely online, and deposit of £250 is payable (with secure payments handled via our travel bonding by SinGS / Felloh). Ensure that when completing the form, you fill in all the required fields, in order for the 'SUBMIT' button to appear.
- All payments are protected by our Tour Operator travel bonding with ATOL and TTA, and your monies are held in trust until after you have travelled home. You are fully financially protected, in accordance with UK and EU laws.
- Website link: <http://www.icicle-mountaineering.ltd.uk/booking.html>

Before your trip

- As soon as you book online, you are sent confirmation of this, and attachments including joining instructions, course specific kit lists, and a separate WorldPay receipt. If you haven't received these two e-mails within half an hour of booking online, check your junk / spam folder.
- At the office, we manually check all bookings, and you'll also receive a personalised e-mail from us formally confirming your course space. Once you have this office confirmation, it's fine to go ahead and book your travel arrangements, and to arrange your activities insurance.
- Activities insurance is a requirement for all trip participants. Organise it as soon as you are booked, and ensure that it covers you for cancellation or curtailment, in case you injure yourself or get ill before your trip. This ensures you'd be fully reimbursed for the trip, and all travel costs.
- Website link: <http://www.icicle-mountaineering.ltd.uk/insurance.html>

Maps & guidebooks

- You don't need to take any maps and guidebooks for your trip, as you are being guided, but it's always a good idea from a safety perspective to have a map with you. Here are the key links;
- Toubkal and Marrakesh; <https://shop.icicle-mountaineering.ltd.uk/158/BooksMaps/Maps/Worldwidemaps/ToubkalandMarrakeshMap.html>
- Trekking in the Atlas Mountains; <https://shop.icicle-mountaineering.ltd.uk/170/BooksMaps/Books/Worldwidebooks/TrekkingintheAtlasMountains.html>

Equipment lists

- You will be sent a precise course specific kit list upon booking, but we have a huge amount of kit advice on our website; <http://www.icicle-mountaineering.ltd.uk/boots.html>
- Website link: <http://www.icicle-mountaineering.ltd.uk/icicleshop%2BKIT%2BMTR.html>

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Any questions?

Even if you've read all the detail here and in your Course Information Booklet, and on the website, you may still have some queries about your trip, so don't hesitate to get in touch.

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- Facebook message <http://m.me/iciclemountaineering>
- Here's our office hours, and online chat <http://www.icicle-mountaineering.ltd.uk/contact.html>
- When you're on a trip, you'll also be provided an in resort WhatsApp number for our team, so if you haven't already, please ensure that you download this free app to your phone.



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