

## 5- Day Trek Atlas & Climb Toubkal



### **Day 1 – Oukaimeden**

After a late breakfast we depart Marrakech and drive for around 2 hours to the small ski resort of Oukaimeden. This is a beautiful area of green valleys and you can explore the immediate vicinity of the resort in search of rock carvings. Our camp is on the way to Tizi-n-Eddi. Overnight camp/Gite

### **Day 2 – Tacheddirt (2300 metres)**

Today we have the opportunity to climb Jebel Oukaimeden (3723m), which will help with our acclimatisation. The ascent takes around 2 hours and is not difficult. From the top there are excellent views of the Atlas range and our final objective, Jebel Toubkal. We descend to Tizi-n-Eddi pass (2928m) before descending through crags to the village of Tacheddirt (2300m). This is a pleasant village surrounded by fields and a small Club Alpin Francais (CAF) refuge. We will camp above the cultivated areas on the trail south towards the Tizi-n-Likemt. (5 to 6 hours walking). Overnight camp/Gite.

### **Day 3 – Aroumd (1950 metres)**

Passing the small village of Ouanesekra we climb gradually to the Tizi-n-Tamatert Col (2279m) before descending steeply on a zigzag trail into the Mizane valley to the village of Tamatert. From here it is around 40 minutes to the large village of Imlil. Imlil is a busy and colourful trailhead with plenty of cafes. Here the Mizane River supports a thriving rural community, as their extensive cultivations and terraced fields indicate.

Centuries of laborious irrigation by the Berbers have resulted in these terraces and walnut trees growing among the barren rocks. From Imlil we ascend on a zigzag path towards the Kasbah de Toubkal. This was used as a Tibetan temple in Kundun, the movie about the Dalai Lama. It is now a hotel. Climbing through walnut trees, the path crosses a bridge to join a dirt road, which we follow to the delightful village of Aroumd, the highest permanent settlement in the valley. (5 to 6 hours walking). Overnight camp/Gite.

### **Day 4 – Neltner Refuge (3100 metres)**

An early start for the long, slow ascent to the Neltner Refuge (3207m), the base camp for Jebel Toubkal, the highest peak in North Africa. Leaving the green fields of Aroumd we follow the Mizane valley past the holy shrine of Sidi Chamharouch, a place of pilgrimage for many Moroccans. We must respect the local customs and non-Muslims are not allowed to enter the shrine. There are a number of small shops where we can purchase refreshments. After a picnic lunch by the river we continue the climb to the Neltner Refuge. Overnight camping near Neltner Refuge. (7 hours walking). Overnight camp/Refuge.

### **Day 5 – Ascend Jebel Toubkal (4167 metres), return to Marrakech**

The ascent of Jebel Toubkal (4167m) is technically straightforward although the loose scree and the altitude make the going quite tiring. The climb to the summit takes about three and a half hours from our campsite. After an early breakfast we set off traversing over grass and rocks, then a short scree scramble leads up to the base of the South Cwm. We continue the ascent to Tizi-n-Toubkal (3941m), and then traverse a rising crest to the summit plateau and the metal tripod, which marks Toubkal's summit. Jebel Toubkal is the highest peak in the High Atlas and North Africa at 4167 metres.

The views from here are magnificent, an unobstructed view in every direction. To the northeast are views of the High Atlas and to the south lies the Anti Atlas and the Sahara. We have time to savour the summit views before descending, first to the Neltner Refuge and then all the way to Aroumd. (7 to 10 hours walking then down to Imlil where our vehicles will be waiting. Here we say goodbye to our team guide and muleteer and return to Marrakech.

## **Tour Costs:**

### **Costs per person**

2 – 3 persons:

4 – 7 persons:

8 – 12 persons:

### **Price includes**

All our treks include an English speaking guide, mules and a cook, transport to and from Marrakech and all food whilst on the trek.