

# MT TOUBKAL WINTER TREK MOROCCO



## Highlights

- Ascend the rocky giant of Jebel Toubkal, North Africa's highest mountain at 4167m
- Ideal intro to winter trekking with crampons and ice-axe training provided
- Discover traditional Berber villages and encounter their way of life
- Experience traditional Amazigh communities enroute and learn their customs
- Stand on the summit and absorb the panoramic view of the Atlas Mountains, the Sahara Desert and the environments that have enclosed them for centuries
- Enjoy delicious home cooked Moroccan meals during your mountain adventure
- Opportunity to further explore the vibrant and colourful city of Marrakech
- Receive a complimentary [Water-To-Go bottle](#) when you depart on this trip to minimise our plastic foot-print in Morocco!



# WELCOME

'ahlaan bik

## Overview

Starting from bustling labyrinth of Marrakech you will venture into the heart of the High Atlas Mountains to climb North Africa's highest peak, Mount Toubkal at 4167m. This incredible mountain range provides some of the most spectacular winter trekking in the world!

Winter is a great time to trek in the Toubkal National Park as it offers a true winter mountaineering experience. The mountains are virtually deserted apart from the friendly local Berbers and fellow mountaineering enthusiasts. You'll have plenty of time to learn their customs and enjoy hearty home-cooked meals during this epic mountain adventure. The views on the way up are spectacular, but nothing compares to what you'll see (and feel) at the top. From the summit of Toubkal you will experience stunning 360-degree panoramic views which extend across the rocky Atlas ranges and southwards to Jebel Sahro and the Sahara Desert.

Mt Toubkal winter ascent is great intro to winter trekking and Morocco is a perfect alpine mountaineering destination right on your doorstep. Whilst not a technical climb, the use of crampons and ice axe are required on most trips and you will learn and practice these skills before summit day.

Mount Toubkal has captivated mountaineers for centuries. Your ascent up the rocky giant of North Africa is no picnic, but is accessible to anyone in good shape and hungry for a thrilling mountain adventure in crisp mountain air.





# TRIP SUMMARY



**Activity:** Winter Trekking  
**Duration:** 5 days & 4 nights  
**Active days:** 3 days trekking  
**Altitude:** 4167m  
**Accommodation:** Local guesthouse & mountain refuge  
**Cost:** Deposit: £95 per person  
Remaining balance: £420 per person  
Total cost: £515 per person

**Group size:** 6 – 16 people  
**Level of difficulty:** ■■■■■  
**Tough**  
**Dates:** Feb / Mar / Apr / Nov / Dec

# ROUTE MAP

Get ready for an adventure



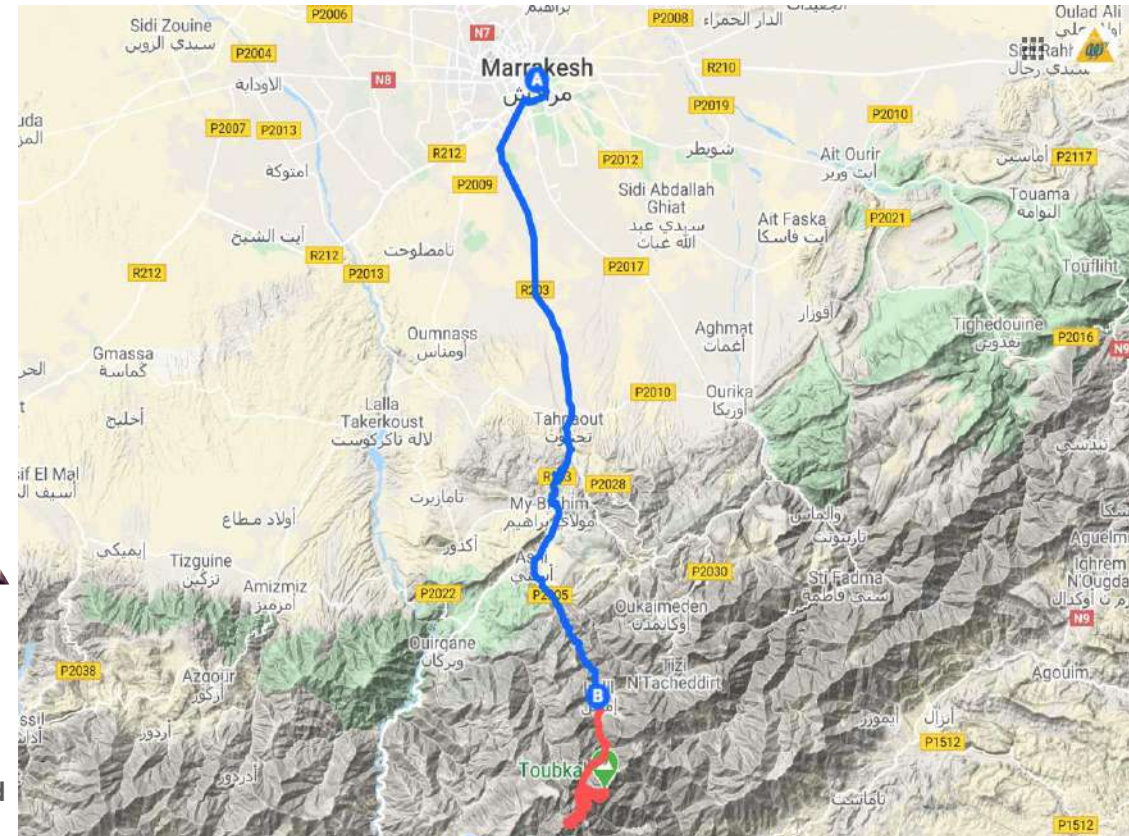
**DAY 1**  
Flight from UK to Marrakech, Morocco  
Transfer from Marrakech to Imlil

**DAY 2**  
Trek Imlil – Neltner Refuge

**DAY 3**  
Acclimatisation Day – Quanoukrim  
(4088m)

**DAY 4**  
Summit Toubkal at (4167m) and return to Imlil

**DAY 5**  
Return transfer from Imlil to Marrakech and  
return flight home or extend your stay in  
Morocco



# ITINERARY

**2 boots. 4176m of ascent. 3 days. 1 mountain. 1 epic winter adventure**

**THE CHALLENGE – trek through the rugged High Atlas Mountains in winter conditions to reach the 'Roof of North Africa', Mt Toubkal at 4167m. Experience the Amazigh (Berber) culture and way of life enroute.**

## DAY 1

### Flight from UK to Marrakech Airport, Morocco

Flight from London UK to Marrakech Morocco (approx 3.5 hours)

On signing up for the trip, we will provide you with the recommended flights to book or alternately, we can book the flights for you through our ATOL protected Flight Agent at an additional cost. Flights are not included in your to give you the flexibility to travel from your nearest airport, use your frequent flyer points or extend your stay in Morocco if you wish. The recommended flights for this will include airport transfers in Morocco. There are direct flights from London and other major airports across the UK. Flights are operated by Easyjet, Ryan Air and British Airways cost upwards £100pp economy return depending on which flights and when you book.

### Transfer from Marrakech to Imlil (1700m)

On your arrival into Marrakech Airport on the recommended Adventurous Ewe flight time, you will be met with a private transfer to the mountain Berber village of Imlil. You're welcome to arrive earlier into Marrakech as there will also be a designated pick up point the centre of the city for the same transfer. The transfer will take approximately 1.5 hours.

On arrival you will have time to get to know your fellow team-mates, make final preparations for your trek as your Leader will provide a full trek briefing over dinner and you'll overnight in a local family run guesthouse.

### Included

Transfer:	Transfer from Marrakech to Imlil
Accommodation:	Imlil Guesthouse (twin/multi share basis)
Meals:	Dinner

## DAY 2

### Trek Imlil to Neltner Refuge (3208m)

After a delicious Moroccan breakfast, your crew will load up all the equipment and food supplies ready for your trek of Mount Toubkal. Leaving the picturesque Berber mountain village of Imlil your route winds its way towards the Neltner Refuge. The trail travels through walnut and cherry orchids and past Berber farms where goats & sheep are herded in the mountains as it slowly making its way up the Mizane Valley. You will have a welcomed break for lunch at the shrine of Sidi Chamarouch (2350m) nestled beside a cascading waterfall where a delicious freshly made meal will be served. Continuing your ascent deeper into the spectacular High Atlas mountain range to reach the refuge in Neltner at 3208m. Approximately 6 hours trekking.

### Included

Kit bag transfer:	Kit bag transferred to Neltner Mountain Refuge on mules
Accommodation:	Mountain refuge (dorm rooms)
Meals:	Breakfast, lunch & dinner



# ITINERARY CONTINUED

2 boots. 4176m of ascent. 3 days. 1 mountain. 1 epic winter adventure

## DAY 3

### Acclimatisation Day / Quanoukrim (4088m)

Today is a planned acclimatisation day which will help prepare you for your Mt Toubkal summit attempt the following day. This is also the perfect opportunity to learn and practice some winter mountain skills which are appropriate for the conditions. The team will leave the refuge early morning and continue up the Mizane Valley. As part of your acclimatisation and preparation, you will summit of Quanoukrim (4088m) which is the 2nd highest mountain in the High Atlas Mountains. Arriving back at the refuge in the late afternoon for another home cooked meal and rest ready for your big day ahead. Approximately 8 hours of trekking.

#### Included

Kit hire:	Crampons and ice-axe
Accommodation:	Mountain refuge (dorm rooms)
Meals:	Breakfast, lunch & dinner



## DAY 4

### Summit Mt Toubkal (4167m)

An early start will take you to the top of the highest peak in North Africa. Your ascent starts climbing steeply as soon as you leave the Refuge. Your route winds and zig zags its way up the south cwm before traversing the south ridge to the summit. Here you will be rewarded with awe-inspiring panoramic views of the Atlas Mountains, the Sahara Desert and the environments that have enclosed them for centuries. With time to take your summit photos you will then make your way back down to the refuge for a well-earned break and some lunch before continuing down to Imlil. Approximately 8 - 10 hours of trekking.

#### Included

Kit hire:	Crampons and ice-axe
Accommodation:	Imlil guesthouse (twin/multi share rooms)
Meals:	Breakfast, lunch & celebration dinner



# ITINERARY CONTINUED

2 boots. 50ms trek. 1 Great Wall. 1 tree planted. 1 iconic journey

## DAY 5

### Imlil to Marrakech to UK

After a relaxing breakfast it's a short drive back to Marrakech. Depending on your plans, you can either explore Marrakech and visit the Djemaa el Fna, an open-air market with food stalls, colourful spice stands, a huge array of clothing, leather goods and all sorts of trinkets, travelling musicians and acrobats. Or be transferred directly to the airport for your return flight to the UK.

### Included

Transfer:	From Imlil to Marrakech Airport or Hotel Ali
Accommodation:	Not included
Meals:	Breakfast only

Please note, if you wish to extend your stay in Marrakech, we can help you with plenty of recommendations of things to do and see, places to stay and suggestions on where to eat. Central Marrakech is only a short taxi journey to the airport plus there's many other areas of Morocco which are worth exploring if your time permits. Chief Ewe, Jim, has lived in Morocco so he has plenty of helpful tips available once you've booked on this exciting adventure.



# TRAVEL APP

Once signed up, all your trip details and updates will be available through our free travel app. It's accessible 24/7 and the excitement will build with the countdown to your adventure starts. Plus no more paper, A'ppy days.



## TRIP SUMMARY

Dates, trip overview



## TRIP DETAILS

Itinerary, activity details and inclusions



## TRAVEL DOCUMENTS

Training guide, kit list & exclusive discount codes, meet the team, emergency contact details, safety & wellbeing guidelines



## OTHER INFO

Weather, maps, etc.





# ESSENTIAL INFO

The nuts & bolts of your  
adventure



## Safety & well-being

Adventurous Ewe puts the safety and well-being of you, our leaders & crew and the communities we visit at the centre of all our operations, always. Your safety and well-being is our top priority and as such we have implemented a new operational procedures focused on safety and strong hygiene practices for all our adventures.

The Mt Toubkal Winter Trek will require preparation as the challenge is designed to take you out of your every-day comfort zone and achieve something amazing. Rest assured we have a thorough Safety Management System, in-depth risk assessments and risk management systems in place.

You're in safe hands with Adventurous Ewe.

## Leaders & crew

An Adventurous Ewe UK Leader will accompany groups of over 7 people and is an experienced high-altitude leader. Leaders have been carefully selected to ensure you have the best experience with a bit of humour thrown in for good measure. Your Leader will be Wilderness First Aid trained too.

Your Local Leader is a key part to this trip. They are expertly trained and experienced in every field of this high-altitude trek, bilingual (English and Arabic) and qualified in first aid and/or Wilderness First responder. They also have a huge passion for what they do and have plenty of knowledge ready to share with you. They are responsible for ensuring the complete safety, well-being and enjoyment of the team whilst also retaining a flexible and fun attitude. The Leaders have radio and phone contact with base, the local office and Adventurous Ewe's HQ.

## Level of difficulty

The Mt Toubkal Winter Trek is graded as '**Tough**'. The trip is designed for confident trekkers who may be new to winter hiking as well as those who have some experience of trekking on snow. It's expected that large parts of the mountainside will be covered in snow, therefore the use of ice axe and crampons will be necessary. Although these sections are not technically difficult, they are high and can be exposed. Snow cover will of course vary, but the use of ice axes and crampons is essential when crossing steep snowy terrain. Winter walking can be dangerous and although we take important steps to manage and minimise this risk, we can never eradicate it altogether. The main danger is from tripping then sliding down a snow slope.

Your Guide will give a full briefing and run a training session before your ascent of which there will be time to practice winter mountaineering skills during your trek. Your Guides are also well trained and experienced in handling all scenarios and safety procedures on Mt Toubkal to ensure your safety.

Preparation is key to help you get the most enjoyment and reward from this trek. A good level of fitness, endurance and some gritty determination will help you conquer each day.



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## Group size

We pride ourselves in small group trips to minimise the impact on the environment, to maximise your safety & well-being and to make your experience more authentic.

The minimum group size for this trek to run is **6 people** and the maximum group size is **16 people**.

You're most welcome to join this trek as a group of friends, family or colleagues or as a solo traveller. You're also welcome to use this trip as a fundraiser for the charity of your choice.

If you have a group of over 6 people, we would be more than happy to run a private trip for your team, your charity or your company. Please get in touch for more info.

## Training

A Trek Training Programme will be provided when you join this event to help you with your preparations.

We also have exclusive offers with our Training Partners and Communities – **Her Spirit** and the **Bath Kettlebell Society**. For more info, please visit our [Training and Preparation](#) page.

The more you are prepared, the more you will enjoy the challenge.

**Our motto is: Train hard, smile harder and enjoy the journey!**

## Kit and discount codes

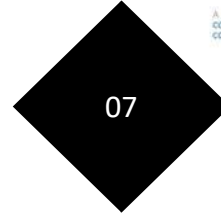
A full kit list will be provided when you join this adventure together with an exclusive Adventurous Ewe discount code for independent outdoor retailers **Joe Brown, The Climbers Shop** and **ashmei** athletic apparel where sustainability meets performance.

Packing and kit tips will also be provided when you join sign up.

Rest assured any equipment that we supply will be hygienically cleaned and sanitised.



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## Adventure with purpose

We're very proud to have teamed up with leading climate change charity **Cool Earth** and invest a % of our revenue into supporting their critical conservation projects around the world.

This partnerships means that just by joining the flock and taking part in this trip, you will not only have an incredible experience, but you can do so by knowing you are actively supporting rainforest communities across the globe, sustainably.

# Any queries?

Feel free to contact Jim or Sue at:

[jim@adventurousewe.co.uk](mailto:jim@adventurousewe.co.uk)

[susan@adventurousewe.co.uk](mailto:susan@adventurousewe.co.uk)

call 01492 588 069 or chat to us online via the website.

We're here to help, support and guide you as much as you need.

# Travel Admin

A quick snapshot of what you need to know...

## Adventurous Ewe Financial Guarantee

Any monies paid to Adventurous Ewe for a trip are immediately placed into a Trust account and not used for the day-to-day operations of the company. So, in the unlikely event of our insolvency, money paid in respect of future travel will be refunded, in full. This pledge has been honoured since the foundation of Adventurous Ewe in 2007. No client has suffered financial loss outside our T&C's whilst travelling with us.

## Financial security

Rest assured, your money is safe in any and all circumstances. There has been and always will be full financial protection on your booking. If your adventure needs to be cancelled for any reason, like say a global pandemic, you won't be left stuck and you'll be offered plenty of alternative options thanks to our financial protection through our insurance. What's more, in the very unlikely event of Adventurous Ewe going under, you'll get your money back and be repatriated if you were on a trip at the time.

## Passport

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay.

## Visa

British nationals do not require a visa to enter Morocco for the purpose of tourism for up to 3 months. For the latest entry requirements, please visit <https://www.gov.uk/foreign-travel-advice/morocco/entry-requirements>.

## Insurance

Travel insurance is compulsory for all our overseas trips. It is a condition of joining this trip that you are fully insured against medical and personal accident risks (to include repatriation costs and air ambulance or helicopter rescue services where appropriate). We strongly recommend that the policy also covers the activities you are undertaking more specifically for the adventurous activities undertaken on this winter trekking challenge at 4167 metres in altitude, personal liability, cancellation, curtailment and loss of luggage and personal effects.

## Vaccinations

There are currently no mandatory vaccination requirements. Recommended vaccinations include: Tetanus, Typhoid and Hepatitis A. For the most up to date info on vaccinations, please consult with your GP or travel healthcare practitioner 8 weeks in advance of travel. For more info, feel free to visit <https://www.fitfortravel.nhs.uk/destinations>.





# WHY ADVENTUREOUS EWE

## Big adventures, small footprints

Here at Adventurous Ewe we think, talk, love, live and breathe adventure. We create and deliver worldwide adventures, whether they be trailblazing itineraries to remote pockets of the globe or classic bucket list adventures. At the core of each trip creation is real and meaningful connections to destinations and people.

We're a friendly family business operating since 2007 with decades of adventure travel experience, knowledge and insight that you can depend on. We're passionate about igniting your adventurous spirit and achieving the extraordinary in some of the world's most incredible places. We're also proud to be the main UK trip supplier for **Much Better Adventures**.

We're also proud to operate adventures with reason by supporting both local and global environmental charities, the **Snowdonia Society** and **Cool Earth**. So by joining the flock for your next trip, experience the feel-good factor that you're helping the planet through these partnerships. We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

## Why join us:

- ✓ Reconnect and gain a fresh perspective through the lens of adventure
- ✓ Be bold, be ambitious and experience an adventure to remember
- ✓ Feel protected, feel safe and know your wellbeing is our focus
- ✓ Be part of something bigger and help the environment and local communities grow
- ✓ Meet and mingle with the people of the planet
- ✓ Enjoy the *whole* journey - the support & guidance from AE, the new friend-sheeps made, the thrill of travelling, the people & places, the great achievements and difference you can make - not only to your life, others too!

We're excited to be immersed in your adventure from your very first step. Travel is a force for good, for everyone!

## All you need is the....

1. **Courage** to start
2. **Strength** to endure
3. **Determination** to finish! #ewecandoit

# HELPING SHAPE THE FUTURE OF TOURISM

Adventurous Ewe may only be a small tour operator however we are proud to be part of these fantastic initiatives with our operations and as a collective collaboration, make a difference to the safety and future of tourism.

## We're #GoodToGo

Following the COVID-19 Industry Standard in Partnership with The National Tourist Organisations of Great Britain and Northern Ireland, we have followed and implemented government and industry COVID-19 guidelines, ensuring processes are in place to maintain cleanliness and aid social/physical distancing.

## World Travel & Tourism Council's #SafeTravels

We have implemented the protocols for tour operators which have been compiled based on input from leading tour operators either directly or from their public announcements around the healthy, and responsible reopening of tour operations to the public. The protocols also take into account World Health Organisation (WHO), the US' Centres for Disease Control and Prevention (CDC) and the European Centre for Disease Prevention and Control (ECDC) guidelines. The objective is to ensure that protocols are in place across all relevant functions with an increased focus on health, hygiene, and reduction of physical contact guidance which travellers will need and expect to embrace a safe travel experience.

## Tourism Declares Climate Emergency

As part of being part of Tourism Declares a Climate Emergency, we have put in place an action plan to reduce our carbon emissions in the next 12 months.

## Future of Tourism

We've also joined the movement to reshape the Future of Tourism. We are excited to announce that Adventurous Ewe has signed the new set of Guiding Principles launched by the Future of Tourism Coalition. As a signatory, we commit to please destination needs at the centre of our recovery strategies and do our part to build a better tomorrow for travel and tourism.

Learn more at [www.futureoftourism.org](http://www.futureoftourism.org). #FutureofTourism



For more info please visit: <https://www.adventuroousewe.co.uk/pre-trip-info/travel-with-confidence/>



**TOURISM DECLARES  
CLIMATE EMERGENCY**



# ADVENTURE WITH PURPOSE

**Our mission:** to harness the power of travel to conserve and protect the world's precious natural spaces, one epic adventure at a time.

**Our goal:** to ensure rainforest communities benefit from adventure tourism, and to educate and inspire our flock to help actively support these communities across the planet.

Now more than ever our commitment to maintain our support of one of the leading global climate change charities, **Cool Earth** and the local protection and sustainability work of the **Snowdonia Society**, is of utmost importance.

To do this we'll continue to contribute a % from every booking to Cool Earth and maintain our partnership with the Snowdonia Society. It's time that we all live in a more responsible world. This means that not only will you have a fabulous experience when you travel with Adventurous Ewe, you can do so whilst taking pride in knowing that you are helping support both of these fantastic causes.

## **Snowdonia National Park Ambassador**

Adventurous Ewe have been a founding member of the Snowdonia National Park Ambassador Scheme since 2019. The scheme was formed to strengthen links between stakeholders working within the tourism industry and the National Park and provide training to create a greater understanding and knowledge about the area's natural and cultural resources, in order to improve the overall visitor and local experience.

For more info please visit: <https://www.adventuroousewe.co.uk/about-us/adventurous-ewes-partnership-with-cool-earth/>



Cymdeithas Eryri  
Snowdonia Society



# YOU'RE IN SAFE HANDS

## ADVENTURE SAFETY AND WELLBEING GUIDELINES

Adventurous Ewe puts the safety and well-being of you, our leaders & crew and the communities we visit at the centre of all our operations, always. Your safety and well-being is our top priority. We have implemented a range of changes and precautions focused on ensuring strong hygiene practices for all our adventures. This also includes ensuring our suppliers of accommodation and catering have strong hygiene practices in place too.

Please note that while these procedures take into account current WHO and government guidelines, it is a live document which we will update as new information becomes available about COVID-19.

- ✓ The maximum number of participants will be kept under 10 people per team.
- ✓ Hand sanitiser will be provided before, during and after your adventure and also carried by the crew.
- ✓ Your Leader/s and Crew, who are first aid qualified, will be operating under higher-level protocols for infection control and patient care. They will wear masks and gloves where appropriate.
- ✓ We will honour social distancing guidelines wherever possible during the adventure. If the 2-metre rule is unable to be maintained, please place yourself side by side, or facing away from each other, rather than face to face if possible.
- ✓ For any accommodation bookings included as part of your package, if you would prefer a single room / tent please let us know asap and we will make the arrangements for you dependent on availability. There will be an additional cost for this dependent on the hotel/tent transport, therefore please get in touch with us for further info at [info@adventurousewe.co.uk](mailto:info@adventurousewe.co.uk).
- ✓ Any equipment or hire items such as bikes, helmets, kayaks, buoyancy aids and paddles, that we supply will be hygienically cleaned and sanitised. Items will not be used 72 hours prior to when you used it and they will not be used for 72 hours after your use.

- ✓ If there's a requirement whereby you need to share an enclosed space such as the cabs of vehicles, you should keep the window open for ventilation and you should be careful to avoid touching your face at all times. On leaving the enclosed space, wash your hands with soap and water for 20 seconds or use hand sanitiser if there are no washing facilities available.
- ✓ If you are feeling unwell, DO NOT attend the trip. For your own health and the well-being of others, please remain at home and rest until you are well again.
- ✓ To protect other members of the flock on your adventure, you should also remain at home if someone in your household is self-isolating.
- ✓ If you have been travelling overseas in the last 14 days, please DO NOT attend until further advised. Please contact us to discuss in further detail.

Friendly reminder:

- ✓ Participants & crew to maintain good hand and personal hygiene. Wash hands regularly with soap for 20 seconds and or an alcohol-based hand sanitiser before handling food and after being in public spaces and between activities wherever possible.
- ✓ Participants and crew to avoid touching eyes, nose and mouth and to cover their nose and mouth when coughing and sneezing with a tissue or flexed elbow.
- ✓ Participants, Leader/s and Crew to avoid sharing personal items.
- ✓ You will need to complete a 'Travelling Self Assessment Form' for this trip.

Participants, crew and supporter health and safety remains a priority for Adventurous Ewe, and we will continue to monitor and follow the advice and directions of government and health experts.

If you have any queries, please feel free to contact us at [info@adventurousewe.co.uk](mailto:info@adventurousewe.co.uk) or call 01492 588 069. Thank-ewe.



# TOP TIPS

## Winter trekking

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- Dress the part and layer up – base layer, insulating layer and shell. Base layer that wicks perspiration away from your skin (merino wool base layers are ideal), a mid layer that insulates you from the cold and a shell layer that keeps wind and moisture out
- Ensure you have water-proof B1 or stiff soled hiking boots that are well worn in and suitable for crampon use
- Wear synthetic or merino wool socks that fit well. Thicker socks provide more insulation, but make sure they don't cause your boots to fit too tight. It's also important to keep your feet dry, so have an extra pair of socks to change into.
- Train in your trekking kit. Including your hiking boots & socks and wearing of your daypack with weight inside, in varying weather conditions so you know your kit is both suitable and comfortable for your big challenge
- Have two bags – a daypack for the trek with your trekking kit (waterproofs, warm layers, snacks, water, first aid, factor 50 sunscreen & any medication). And your main luggage/duffle style bag with a name tag which weighs less than 12kgs for transfer via mules. Ensure this bag has straps that make it easy to carry as you will be required to transfer this bag at your lodgings
- Pack your kit inside a dry bag just in case
- Wear lightweight or midweight fleece gloves under waterproof shell mittens or shell gloves
- Look after your feet – blister prevention
- Ice axe and crampon training and practice session is built into this itinerary.
- When it's cold, you might be less inclined to stop for food and water. Make it simple by keeping snacks and water within reach so you can eat and sip regularly throughout the trek
- Bring your favourite high calorie snacks. Remove as much packaging as possible before taking it on the trek (less litter to carry)
- Bring your own water bottle, your Water-to-Go bottle is ideal, plus a camelbak./platypus that you can refill and avoid plastic bottles
- Be respectful of the rural Berber communities, the people, their land and their homes
- **Most importantly.....SMILE & ENJOY THE ENTIRE EXPERIENCE**





# COST

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**Deposit:** £95 per person payable on booking

**Remaining balance:** £420 per person payable 6 weeks prior to start of trip

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## **We've got you covered – financial protection**

If your adventure needs to be cancelled for any reason, like say a global pandemic, you won't be left stuck and you'll be offered plenty of alternative options thanks to our financial protection arranged by Towergate Travel through Zurich Insurance PLC.

## **Pay in instalments, interest free**

We're well aware that adventures can be a significant investment, so we've set out to make it easy to afford. Once you've put down your deposit, you can pay the remaining balance off in monthly instalments with no extra charges so you can get out there and live your dream.

## **Cancelled trips**

If you book on a trip that we are forced to cancel due to the pandemic, you will have the option to join another trip at a later departure with no admin costs or receive a full refund or credit note (excluding flights or insurance payments as these have their own booking conditions directly with the supplier).and prompt refunds.

## **If you choose to cancel your trip within 30 days of departure despite no official advice against travel**

We respect your decision if you no longer wish to travel regardless of the destination or official advice. If you choose to cancel your trip, we will happily make those arrangements for you though please note, if there is no F&CO advice against travel, our standard cancellation terms will apply.

## **Fundraising**

You are welcome to fundraise for a charity of your choice if you wish to do so. All sponsorship monies are to be sent directly to your chosen charity.

# INCLUSIONS & EXCLUSIONS

## MT TOUBKAL WINTER TREK

### INCLUDED

#### Pre-trip:

- Personalised trip support in the lead up to your trek from Adventurous Ewe
- Trek training guide
- Discount on personal kit from Joe Brown, The Climber's Shop and ashmei athletic apparel both in shop and online
- Trip info supplied via our free mobile travel app
- Public liability insurance
- Financial Protection for your booking
- Monthly payment plan available
- Risk assessment and emergency management planning
- Free Adventurous Ewe Water-to-Go Bottle

#### During your trip:

- Adventurous Ewe Leader (for groups over 7 people)
- Local Mountain Guide
- All ground crew per your itinerary including cook and luggage transfer on the trek via mules (please ensure your kit bag does not exceed 10kgs for the mules)
- Satellite telephone and VHF radio
- 2 night's guesthouse accommodation (twin or multi share)
- 2 night's mountain refuge accommodation (dorm rooms)
- All meals as outlined in your itinerary – 4 breakfasts, 3 lunches & 4 dinners
- Crampon and ice-axe hire
- Private vehicle transfers as outlined in your itinerary
- Safety equipment and first aid provisions
- Risk assessments, safety management and emergency planning
- All trip management and hygienic cleaning procedures of equipment before, during and post trek.

### NOT INCLUDED

- Travel insurance (mandatory)
- Vaccinations
- Return flights to Marrakech. These can be arranged for you at an additional cost through our Flight Agent who is ATOL protected
- Additional excursions outside the itinerary
- Personal spending money and drinks (cash is needed for purchases of snacks & drinks along the trek route)
- Personal snacks, electrolytes, water purification tablets and medication
- Kit and equipment as listed on your kit list
- Tips for local crew
- Single room supplement
- Any associated costs with leaving the trek early.

### TRIP EXTENSION

If you wish to extend your stay in Marrakech, we can help you with plenty of recommendations of things to do and see, places to stay and suggestions on where to eat. Central Marrakech is only a short taxi journey to the airport plus there's many other areas of Morocco which are worth exploring if your time permits. Chief Ewe, Jim, has lived in Morocco so he has plenty of helpful tips available once you've booked on this exciting adventure. For more information, please contact us at [info@adventurousewe.co.uk](mailto:info@adventurousewe.co.uk).

# KIT LIST

Good quality, durable kit could mean the difference between a fantastic trek and an uncomfortable one. This is a list of recommended kit to take on your winter trekking journey.

## BAGS

- ❑ **Main kit bag (duffle bag)** – recommend no more than 70L soft duffle bag with back straps as you will need to carry this bag at some points. When on the trek, please ensure your bag weighs no more than 12kgs as the bags are transported by mules
- ❑ **Daypack** – 25 - 30 litre rucksack to carry your kit required on the trek. Ensure it is comfortable and has waist-straps
- ❑ **Dry bags** – we recommend packing your kit inside dry bags to ensure your kit remains dry in the case of wet weather. A wet-weather cover can also be used over your rucksack but this must be securely fastened to your bag especially during high winds.
- ❑ **Dry bag or small foldaway bag** - for which you can leave items not needed on the trek in your accommodation in Imlil

## CLOTHING

- ❑ **Water-proof jacket with hood AND water-proof trousers.** It is imperative to have good quality water-proof clothing which is breathable. We recommend the following fabrics: Gore-Tex Pro, Gore-Tex or Páramo.
- ❑ **Wind-stopper jacket** or a **soft-shell jacket** which is wind-proof
- ❑ **Down jacket** ideally with a hood. Great for when having breaks during your trek, for wearing at night or in extreme weather conditions
- ❑ **Midlayer or fleece**
- ❑ **Trekking trousers** – soft shell trousers are ideal. Avoid cotton trousers
- ❑ **Base layers** (merino wool or wicking fabric) long-sleeved top x 2 and long johns x 2 (one pair for trekking and one pair for mountain hut & sleeping)
- ❑ **Neck warmer** or buff – which can also be pulled over the lower half of your face in poor weather conditions and also used for sun protection
- ❑ **Beanie** which covers your ears and is lined for extra warmth
- ❑ **Gloves or mittens** - insulated and waterproof (Gore Tex) ski gloves or mitts. We recommend Hestra Alpine or Mountaineering gloves
- ❑ **Inner/liner gloves** – ideally merino wool, windproof
- ❑ **Underwear** - Merino wool or wicking material, not cotton
- ❑ **Evening clothing** - for guesthouse & mountain refuge
- ❑ **Casual clothing** - for travel

## FOOTWEAR

- ❑ **Hiking boots** – well-worn in trekking boots with ankle support and waterproof. B1 boots are ideal for crampons
- ❑ **Trainers / crocs** – or comfy shoes to wear in the evenings
- ❑ **Socks** – minimum of 2 pairs of merino wool or synthetic trekking socks over liner socks. Please ensure you trial your sock-wear prior to departure to ensure your choice is suitable. Recommend Smartwool Merino Mountaineering Extra Heavy Crew Socks
- ❑ **Flip-flops** or similar – for shower use (optional) and casual wear

## TREKKING EQUIPMENT

- ❑ **Water bottle** - suggest a 2-3 litre capacity. Platypus/ Camelbak system. A wide mouth water bottle is ideal for collecting water. Please bring water purification tablets to reduce the need for purchasing water in plastic bottles or use your [Adventurous Ewe Water-to-Go filtration bottle](#)
- ❑ **Head torch & spare batteries** - essential
- ❑ **Sunglasses** – essential and must have strong UVA/UVB protection
- ❑ **Ski goggles** - optional but these are ideal for use in poor weather conditions ie. snow storm or high winds. They will make a difference to your experience and comfort
- ❑ **Trekking pole(s)** - optional
- ❑ **Gaiters** – optional. Should be worn over the boot & not tight
- ❑ **Sleeping bag** – please ensure a good 3-4 season sleeping bag as the nights can be cold especially in the mountain refuge. You can expect temps between 10°C to -5°C at night. If you wish to help keep the inside of your sleeping bag clean, bring a sleeping bag liner to sleep in plus it will add a little more warmth

## TRAVEL ADMIN

- ❑ **Passport** plus photocopy of passport
- ❑ **Flight tickets**
- ❑ **Pen & address of your accom** – as you need to complete an arrival card on entering Morocco
- ❑ **Travel insurance policy and emergency number**
- ❑ **Debit/credit cards**
- ❑ **Cash** – Moroccan Dirhams. You can withdraw dirhams's from ATM's at Marrakech Airport or in Marrakech. Don't forget to keep some cash for tips for your local crew.

## ADDITIONAL ITEMS

- ❑ **Antibacterial hand gel** (essential)
- ❑ **Face mask**
- ❑ **Sunscreen and lip block** – minimum SPF50
- ❑ **Favourite snacks** - both sweet and savoury
- ❑ **Electrolytes**
- ❑ **Camera** – enclose in a dry bag
- ❑ **Toiletries** – including biodegradable loo paper, dog poop bags, biodegradable soap/shampoo/conditioner, travel hand soap, eco-friendly wet-wipes, toothpaste & bamboo toothbrush, deodorant, lip balm, etc.
- ❑ **Light-weight micro-fibre towel** – optional
- ❑ **Personal First Aid** - personal medication plus paracetamol, ibuprofen, antihistamines, rehydration sachets, diarrhoea tablets and plasters/Compeed blister pads, zinc oxide or Rock tape, ankle and knee supporters if you need, etc.

## NICE TO HAVE

- ❑ **Duct tape** for emergency repairs – wrap some around your water bottle rather than carrying a whole roll
- ❑ **Ear plugs** for mountain refuge
- ❑ **Reading material / card games** for evenings
- ❑ **Spare dry bag** for dirty or wet clothing
- ❑ **Portable charger** - any chargers or battery items must be transported in your carry-on luggage during your flight
- ❑ **Reusable small foldaway** bag for shopping etc.
- ❑ **Go-Pro** - if you have a Go-Pro or similar, again this is a film-makers dream location, so feel free to bring this along as well. Please note, recharging facilities will be limited so it would be ideal to bring your own charging packs. Please note, the use of drones is **not** permitted in Morocco

## WHAT YOU WILL BE SUPPLIED WITH

- ❑ **Crampons**
- ❑ **Ice axe**

# EXCLUSIVE DISCOUNT CODES

To help you get the very best from your Adventurous Ewe trip we have teamed up with independent UK outdoor specialists:

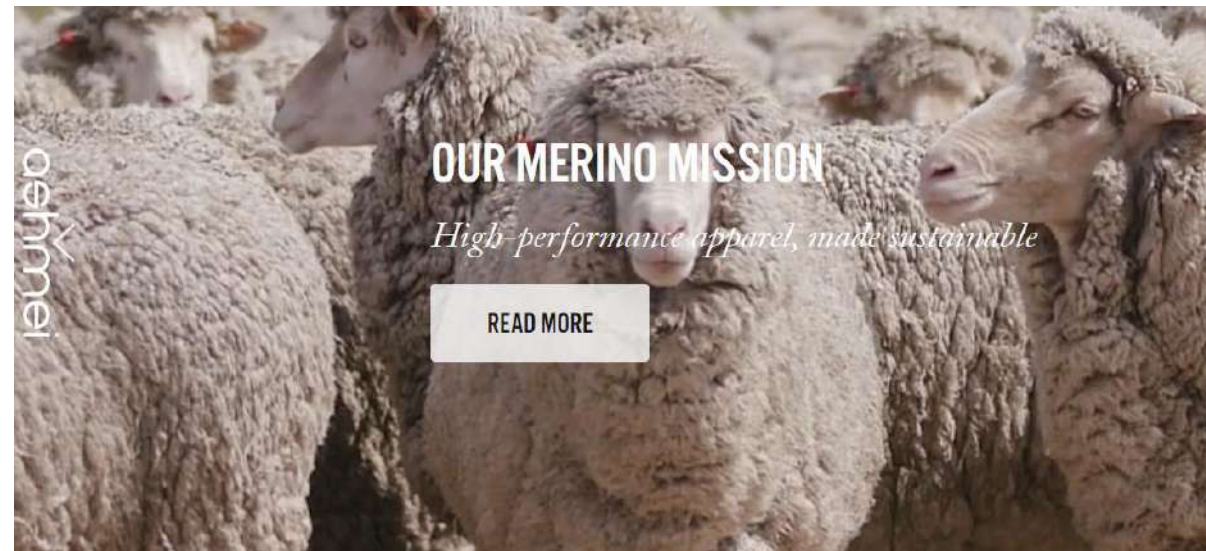
**Joe Brown and The Climber Shop** who are kindly offering any members of our flock a 10% discount\* in either Joe Brown / The Climbers Shops or online at <https://www.climbers-shop.com/>

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Exclusive discount codes will be provided when you sign up for this adventure.

For more info please visit:

<https://www.adventurousewe.co.uk/training-kit/>



# ADVENTUROUS EWE

Big Adventures, Small Footprints

EST 2007

We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

- We believe in epic goals, trailblazing adventures and pushing boundaries
- We cheer, salute and support every person stepping outside their comfort zone
- We celebrate the things that make us different and doing things that make a difference
- We dream big, aim high, inspire others and believe #ewecandoit



EPIC  
ADVENTURES

# CONTACT US

For any further info or any questions,  
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@Adventurous Ewe





We look forward to welcoming you to Morocco for this epic winter mountain trek showcasing the impressive High Atlas Mountains and the Berber communities of enroute to Mt Toubkal.

