EXPLORE! Tour Notes

PRICE GUARANTEE 100% NO SURCHARGES

Toubkal Teen Trek (FHA 2015)

WALK & TREK

TOURDURAT
8
DAYS

Tour Style: Classic
Tour Comfort: Basic

Tour Type: Small Groups
Trek Grade: Moderate to Challenging

tour Code: FHA

Tour Highlights - Toubkal Teen Trek

- ✓ Jebel Toubkal - Conquer North Africa's highest peak and camp under the stars.
- ✓ Atlas Mountains - Fantastic scenery while ascending to the top of Toubkal.
- ✓ Berber Villages - Meet the friendly locals and discover their traditions and hospitality. Marrakech - Acrobats, musicians and snake charmers in Djemaa el Fna and the bustling souks of the Red City.

Tour Essentials

Accommodation:	3 nights Standard Hotel 1 night Basic Village House 3 nights Basic Camping
Included Meals:	7 breakfasts, 5 lunches, 4 dinners
Start Point:	Join tour: Marrakech
End Point:	Tour ends: Marrakech
Maximum Altitude on Trek (m):	4165
Transport:	Minibus
Countries:	Morocco
Minimum Age:	From 11 years

Family Toubkal Teen Trek

This exciting family trip to Morocco combines a challenging ascent of North Africa's highest mountain with the vibrant city of Marrakech. As we trek through Berber villages and juniper forests to the summit of Jebel Toubkal (4167 metres), we enjoy majestic views over the massif. We end our trip in Marrakech exploring the souk and the lively Djemma El-Fna square.

Why Book this tour

This holiday is especially designed for families with children from 11 years and upwards and is intended for those who enjoy walking and are also up for the challenge of climbing to the summit of Mount Toubkal, the highest mountain in North Africa. With a few nights camping as we travel through the Atlas Mountains and the opportunity to meet the local Berber villagers, this is a great adventure that will be remembered.

Suitability

We've given each of our tours a comfort rating and a tour pace, walking or cycling grade to give you a general idea about the level of activity on each tour and the standard of accommodation you will be staying in at the end of your day's adventure.

Often you'll stay in different styles of accommodation during your tour; so we make an average rating across the entire tour. For more information on where you'll stay each night, please refer to the day by day tour itinerary.

Tour Comfort: Basic

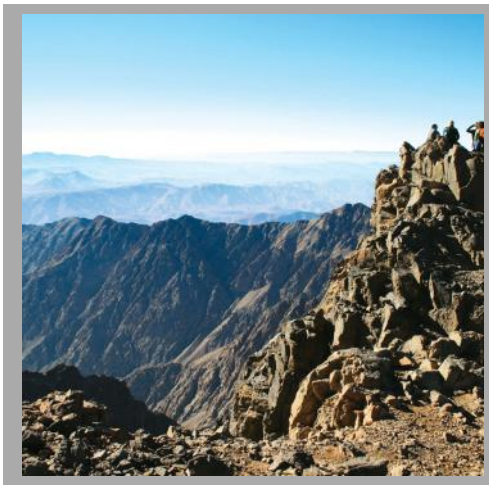
Our basic accommodation can offer the most rewarding and memorable places to stay. These are usually communal or camping style with shared facilities. Running hot and cold water may be unreliable and overall comfort levels are basic.

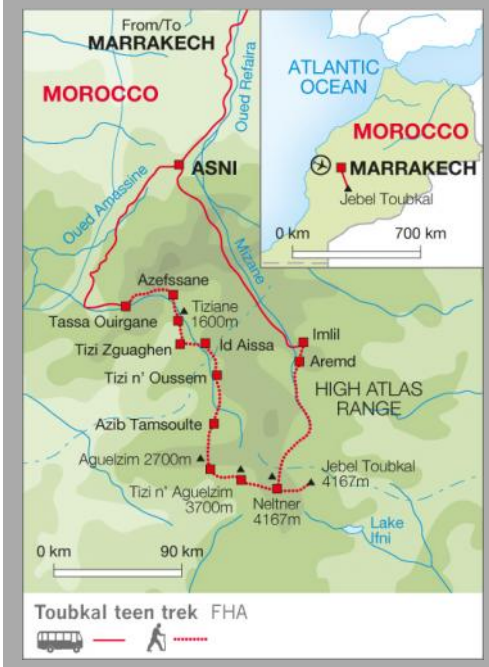
Tour Style: Classic

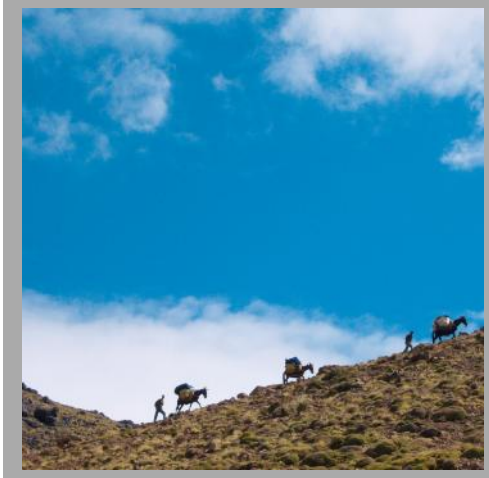
Packed with adventure, these tours offer inspiring destinations and authentic travel experiences at a reasonable price. Using all kinds of transport and accommodation, we'll take you off the beaten track to discover the true heart of the people and places you visit.

Trek Grade: Moderate to Challenging

Combining moderate grade walks with some more strenuous hikes. This grade is ideal if you are fit and want to challenge yourself with a few longer, more demanding trekking days, possibly on difficult terrain or at higher altitudes.







Your tour itinerary

Tour itinerary notes

While our intention is to adhere to the day-by-day itinerary as printed below, a degree of flexibility is built in. Overnight stops may vary from those suggested.

Your Tour Leader

A Tour Leader is an integral part of any Explore tour and your tour will be led by one of our experienced Tour Leaders who have been handpicked and expertly trained. We believe that our Tour Leaders are the key to the success of our tours; they are passionate travellers who are bursting with first-hand local knowledge which they love to share. Your Tour Leader will also take care of all the planning and organisation throughout your journey. Their passionate approach will make this tour fun and inspiring, bringing the destination to life whether you're travelling alone or with others.

DAY 1 Join tour Marrakech

Marrakech is the spiritual heart of Morocco, the cultural melting pot of the mountain Berbers and the desert peoples of the south, whose eclectic mix of ideals and traditions has resulted in a fascinating clash of colour, noise and visual delights that is straight out of the 'Arabian Nights'.

Overnight: **Standard Hotel** **Swimming Pool Available**

Included Meals: None

DAY 2 Drive to Ouirgane and trek to Tiziane (1600m)

Leaving the city behind we drive south today, towards the craggy peaks and plunging valleys of the Toubkal Massif. Crossing the Haouz Plain we pass through the tiny town of Asni, from where our road begins to climb towards the foothills of the Massif. The towering peaks of the High Atlas are North Africa's greatest range of mountains, a wild region, culturally removed from the rest of Morocco, and a barrier between the northern plains and the pre-Sahara. This is the land of the fiercely independent Berbers, the 'Lords of the Atlas', whose traditions and ways still hold sway up here in their mountain strongholds far away from the cities below. The Berbers present us with a unique view of a way of life lost to the rest of North Africa, where music and dance, even language and religion, are far removed from their Arab neighbours. We reach our trek start point in the berber hamlet of Tassa Ouirgane and set out with our mountain guide and team of mules' heading along the Azzaden valley and Takherkhourte reserve where the last barbary sheep of the Atlas are kept, we enter the Toubka National Park pausing for a picnic lunch at Azerfssane. This afternoon we reach our gite at Tiziane (1600m). Approx 4hrs walking.

Overnight: **Basic Village House**

Included Meals: Breakfast, Lunch, Dinner

DAY 3 Trek to Aguelzim (2460m)

Continuing through the valley we pass through the remote berber villages of Tizi Zguaghen, Id Aissa and Tizi n'Oussem to Azib Tamsoultea which is a grazing village where the families spend the hot summer months in a higher location with their goats and sheep. As the Toubkal massif draws nearer this afternoon we walk through juniper forest to Azib Tzikert and our camp at Aguelzim (2460m). Approx 6hrs walking.

Overnight: **Basic Camping**

Included Meals: Breakfast, Lunch, Dinner

DAY 4 Trek via Tizi n’Aguelzim to Neltner (3050m)

This morning we climb to the high pass of Tizi n'Aguelzim (3520 m) following a mule track zig-zagging its way up to an initial pass with stunning views to Tizi Oussem, Asni and the plain of Haouz. From the highest point of today's trek we see Toubkal itself in all its majestic glory before descending to our base camp for our attempt on Toubkal at Neltner. Approx 6-7hrs walking.

Overnight: **Basic Camping**

Included Meals: Breakfast, Lunch, Dinner

DAY 5 Trek to summit of Jebel Toubkal (4165m); return to Neltner

Early this morning we make our attempt on the summit of Jebel Toukbal, the highest peak in Northern Africa. Our route takes us up the south cirque, crossing the stream above the refuge and then heading across one of the mountain's numerous scree fields, where we will have to negotiate a seemingly endless carpet of boulders and rocks. The walking is relatively straightforward, but the scree and the altitude will make the going quite difficult in parts, however, the views along the way make the journey more than worthwhile. Cresting the ridgeline we find ourselves on the plateau, from where it is a short walk to the summit and the vistas out across the surrounding landscape are quite breathtaking. From here there are unrestricted views in every direction, from the Marrakech Plain to the High Atlas in the north and as far south as the Anti-Atlas and the Sahara. Pliny, the great Roman scholar, once described the High Atlas Mountains as the most fabulous mountains in all of Africa and from our vantage point high above the valley it is easy to understand why. Retracing our steps we return down the mountain to our camp at Neltner. Approx 5hrs walking.

Overnight: **Basic Camping**

Included Meals: Breakfast, Lunch, Dinner

DAY 6 Trek to Imlil (1750m) & drive to Marrakech; free afternoon

Our final walk this morning takes us down to the small village of Imlil (1740m) where we are met for our return drive back to Marrakech. (Approx 4-5 hrs walking) There will be time this afternoon to relax after our trek and perhaps sample the nightly entertainment on the celebrated Djemma El Fna Square. A feast for the senses, the area is a chaotic confusion of noise and colour, where you will find the streets alive with storytellers and letterwriters, musicians, jugglers and water-sellers.

Overnight: **Standard Hotel** **Swimming Pool Available**

Included Meals: Breakfast, Lunch

DAY 7 In Marrakech; optional walking tour

This morning you may like to take an optional walking tour around the souks with a local guide, also visiting the museum and the elegant Koutoubia mosque and tower, reputed to be the most perfect Islamic monument in North Africa. Marrakech is divided into two distinct parts, the Gueliz (or modern French-built city) and the Medina (the Old City) and you may like to spend your final afternoon independently exploring its maze of narrow streets, filled with the sounds, colours and smells of the exotic, perhaps haggling for some last minute presents, or just sitting in a café and watching the street tableaux unfold before you.

Overnight: **Standard Hotel** **Swimming Pool Available**

Included Meals: Breakfast

DAY 8 Tour ends Marrakech

The tour ends today in Marrakech. Depending on the schedule of your flights, you may be able to spend some additional time exploring the Red City independently and buy the last souvenirs.

Included Meals: Breakfast

Ability to swim required

Whether in swimming pools, rivers, lakes, the sea or the ocean, participation requires that you are able to swim unaided for your safe enjoyment

Accommodation and Meals

Accommodation Rating

The hotel in Marrakech is located just outside the city walls and close to the main Jamma El Fna square. The new town is close by and it offers few options of small restaurants and fixed prices souvenir shops. The hotel has a swimming pool and a restaurant with air conditioned rooms. The rest of the night stops are camping as we travel through the valley towards Mount Toubkal and a village house.

Food & Drink

Included meals: 7 breakfasts, 5 lunches,4 dinners included in the price of this tour. Please be prepared to pay for non-included meals. Please note that costs for drinks and meals can vary depending on location.

Budgeting for your Tour

You will need some extra money to cover meals and drinks not included in the tour price, any optional sightseeing, souvenirs and items of a personal nature such as laundry.

Food

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide.Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Morocco

Lunch £: 6.00

Dinner £: 8-10

Drink

The prices for drinks can vary greatly depending upon location and the prices detailed below are an average guide. In general you would expect that drinks purchased in a supermarket or local bar to be less expensive, whilst drinks in an upmarket bar or restaurant may be more expensive.

Morocco

Bottle of Beer £: 2.50

Water £: 0.60

Other Sightseeing & Activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations.

Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Optional Excursions

Marrakech - Guided tour, including Djemaa El Fna, souks and medina £6.

Tipping - Tour Leader

At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

Tipping - Local Crew

Although entirely voluntary, tipping is a recognised part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. Accordingly, you should allow approx. £12 for tipping of crew and local guides used.

In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour.

Foreign Exchange

Morocco

ATM Availability: ATMs are available in main towns/cities, though can be unreliable.

Credit Card Acceptance: Not all places.

Travellers Cheques: Travellers cheques are difficult to exchange and are not recommended.

Local Currency: Moroccan Dirham (MAD).

Recommended Currency for Exchange: US Dollars, Sterling and Euros are readily exchangeable. We recommend you take a mixture of cash and credit cards. Scottish bank notes and Australian dollar travellers cheques and cash are NOT normally accepted in Morocco.

Where to Exchange: Most major towns - your Tour Leader will advise you.

Joining your Tour

Flight Information

You are able to book this tour on a 'land only' basis or as a ‘flight inclusive’ package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a land only package with Explore

Customers who have chosen to book on the ‘Land Only’ arrangements of our tour, please ensure that you have checked your tour specific ‘Joining Instructions’ prior to booking your own travel arrangements. Your joining instructions can be found on our website at www.explore.co.uk, in the tour specific dates and prices section.

You may also be eligible for the Free Explore Transfer. For more information please refer to https://www.explore.co.uk/transfers.

Joining Tour Abroad

Customers booked on the ‘Land Only’ arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer please refer to https://www.explore.co.uk/transfers.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Important Information

Travel Insurance

It is a condition of joining any of our tours that you must have valid travel insurance. It must indicate that you have cover for (at least) medical expenses and emergency repatriation in the event of illness or injury. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling in England and Scotland. We also strongly recommend your policy includes curtailment, personal effects and cancellation protection as all deposits paid are non-refundable. You will also need to ensure your travel policy covers you for all activities you intend to do whilst on tour.

We are delighted to include FREE travel insurance **for all qualifying customers** who book an Explore trip from 01 January 2015.

For more information about Travel insurance and to check whether you are eligible to receive free cover, please visit www.explore.co.uk/insurance. Explore Worldwide Ltd are an Appointed Representative of Campbell Irvine Limited. who are authorised and regulated by the Financial Conduct Authority. The registration number can be checked by visiting the the FCA's website www.fca.gov.uk or by contacting them on 0800 111 6768.

Visa Information

Morocco: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office.

All visa information is subject to change. You should confirm all visa related questions with the relevant Embassy prior to departure.

Lone Parents

Morocco

Single parents or other adults travelling alone with children should be aware that some countries require documentation confirming that the individual has authority to travel with the minor. It is crucial that you contact the Morocco embassy for further information on exactly what may be required.

Vaccinations & Protection

Morocco

Nothing compulsory, but we recommend protection against tetanus, typhoid, infectious hepatitis and polio. Consult your travel clinic for latest advice on different prophylaxis available against malaria.

Preparing for your Tour

Maximum Altitude on Trek (m)

4165

Trekking Details

We trek for 6 days of this trip with an average of 6 hours of walking each day. Generally we walk on well defined but rocky mule tracks. We reach a maximum altitude of 4167m. We have graded this trek as moderate to challenging.

Altitude Description

This tour travels at altitude. For advice when travelling at altitude we recommend visting the medical advice website of 'Medex' and download their information booklet: http://medex.org.uk/medex_book/english_version.php

Walking Boots

Well broken in and stout walking boots with good ankle support are essential.

Climate

Morocco

The climate is both Mediterranean and Atlantic. The dry, hot season is from May to October when summer temperatures can reach 38°C and above (if sight seeing is included we will do our best to avoid the heat of the day during this period). Temperatures may drop significantly at times during the night as the day's heat rapidly diminishes. From December to January snow can be expected on mountain passes and it can be wet. In winter, day temperatures will probably be around 18-25°C, dropping to perhaps 0-5°C.

Clothing

In the highlands conditions are generally dry and sunny during the day but bring warm clothing such as a warm fleece, thermal underwear, warm hat and gloves for cooler nights in the mountains when temperatures drop dramatically. You will also need to bring waterproofs in case the weather changes, particularly at the start and end of the season.

Morocco is a Muslim country and it is important to dress with respect for local customs. People may be offended by shorts or revealing dresses, which can attract unwelcome attention. We advise that in general both men and women should cover shoulders, upper arms

and knees. Transparent, plunging necklines and tightfitting clothes should be avoided. Women should also cover their heads when entering a sanctuary, though in general, mosques are forbidden to non-Muslims.

Equipment

Please bring a 3-season sleeping bag (during May and Sept you will need a 4 season bag). Foam mats will be provided, but you may choose to bring your own thermarest for added comfort. Torch, high factor sunscreen, sunglasses.

Footwear

Trainers or shoes are useful for relaxing of an evening.

Luggage: On Tour

One main piece of baggage a daypack and a rucksack. It is preferable to bring your luggage in soft holdalls rather than a large suitcase - as it is easier to pack them on the vehicles and the mules.

Luggage allowance on tour: 15Kg

General Information

Country details

Morocco

Population: 32,000,000

Size of Country: 446,550 sq km

Major Language: Arabic, Berber, French.

Religion: Muslim

Electric Supply & Plugs

Morocco

2 Pin Round

Why Choose Explore

We've been creating award-winning pioneering adventure holidays for over 30 years, earning the trust of thousands of delighted customers, who feel safe in our hands. Our tour leaders have expert local knowledge and our tours are designed to take you off the beaten track to see the most exotic, inspiring and dramatic places in the world.

- With over 30 years' experience, we are passionate about what we do.
- Pioneering small group adventures, self-guided, private journeys & tailormade holidays.
- Award winning tour leaders who you can trust.
- Responsible travel is and always has been one the driving principles of Explore.

Our adventure holidays are full of exciting things to see and do, exploring in small groups travelling by bus, boat, plane, rickshaw, camel, elephant, or any number of unusual forms of transport . Often you will stay in family run hotels and village houses and enjoy authentic local cuisine. In this way, it's easy to discover the true heart of the people and the place you travel to – and make some new friends along the way. Each tour is uniquely different, so please feel free to browse through our tours to see what may whet your appetite.

Our commitment to the environment

We are passionate about sustainable travel and work hard to create tours where your holiday delivers real benefits to the local communities. We minimise our impact by travelling in small groups, respecting local cultures and traditional, reducing waste and offsetting 100% of the CO2 from our flights.

When you travel with Explore, you are directly contributing to local economies and helping empower the people you meet. We currently support a range of charities and good causes, including: Toilet Twinning (helping to flush away poverty), Lone Buffalo Foundation (a community project based in Laos providing creative skills for young people), Dekamer (a turtle rescue centre in Turkey) and Kids Saving the Rainforest (a wildlife rescue centre in Costa Rica supported through the LATA foundation). We also care passionately about the world's wildlife. We are patrons of the Born Free Organisation and Friends of Conservation.

Cool Earth

Explore are proud to support Cool Earth in their effort to reduce global carbon dioxide levels through the prevention of deforestation in the South America rainforest. Cool Earth focus on areas in immediate danger of deforestation, supporting local communities to be forest guardians. To date 350,000 acres of rainforest has been protected. Saving rainforest also protects rare animals and plants, allows local forest communities to maintain their way of life, and protects a major source of oxygen and fresh water. When you travel on an Explore holiday we make a donation to Cool Earth that exceeds the impact of our customers flights each year.

Earth Matters

- The Travel Foundation

  Explore are active members and supporters of the Travel Foundation which has established a variety of sustainable tourism projects in destinations and works with industry to improve practice. Visit their website www.thetravelfoundation.org.uk
- Tourism Concern

  Explore support the work of Tourism Concern who campaign for fairly and ethically traded tourism, and are part of its Ethical Tour Operator Group www.tourismconcern.org.uk
- For further information on responsible travel go to http://www.explore.co.uk/ResponsibleTourism/

Know before you go

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety andÂ security, entry requirements, health, local laws and customs. ForÂ UK Foreign and Commonwealth Office Advice follow the link atÂ http://www.explore.co.uk/essential-travel-information/travel-resources/travel-safety

Booking Your Holiday

Peace of mind - book with confidence

You can book your Explore holiday with confidence, as all monies paid to us for your trip are fully protected. Explore is a fully bonded tour operator licensed by the Civil Aviation Authority (CAA) and by ABTOT.

The air holiday packages (Tours including flights) that we advertise are ATOL protected, since we hold an Air Travel Organiser's LicenceÂ granted by the Civil Aviation Authority.Â Our ATOL number is ATOL 2595. In addition, As a member of the Association of Bonded Travel Organisers Trust Limited (ABTOT), Explore has provided a bond to meet the requirements of the Package Travel, Package Holidays and Package Tours Regulations 1992. Please note that packages booked outside the UK are only protected when purchased directly with Explore.

Reserving your place

To reserve your place on this tour you will need to check availability on the Explore website or through our dedicated call centre based in the UK where you can. Our tours can fill up quickly so you are advised to book as early as possible. If your chosen date is ‘Available’ or ‘Guaranteed’ we will be able to provisionally hold you a space for up to 48 hours.

For Self-Guided holidays and Private Journeys simply choose your date of travel and let us know so we can confirm all ground services.

The easiest way to confirm your booking is through our website. When you are ready to book, we normally require a 10% non-refundable deposit, but for some holidays this may be more to cover such items as permit fees, internal flights or other non-refundable services. If your travel starts within 60 days of booking, full payment will be required at the time of booking

100% No Surcharge Guarantee

The price paid for our holidays is no longer subject to change. Once booked and confirmed we will guarantee the price you pay will not increase, whatever the circumstances. You will not be approached to pay fuel surcharges unlike the vast majority of other adventure tour operators. The price guarantee applies to all new bookings departing between 1st January 2014 and 31st December 2015.

Tour Itinerary Versions

Itinerary details may vary depending on departure date and alternative itineraries for this tour may exist. Please refer to the dates and prices page on our website to check which itinerary operates on each departure date.

Please ensure that you have an up-to-date copy of these tour notes immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from customers. You will be informed of any major changes to your tour but small changes may just be added to these tour notes.

Please note: 2015 itinerary versions are applicable to tours departing in 2015. 2016/17 itinerary versions are applicable to tours departing from 1st January to 31st December 2016.

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