

A black metal tripod structure stands on a snowy mountain peak. The structure is covered in graffiti, including the words 'HAF', 'TATA', 'MO', and 'S.L.'. A yellow flag is attached to the top of the structure. The background shows a clear blue sky and distant snow-capped mountains.

# HERE TO INSPIRE || KGN X MOROCCO

TRAVEL WITH KGN

# KGN will be trekking - 25<sup>th</sup> OCTOBER 2024

Mt Toubkals Main Trekking season is May - Oct

## Weather

Our trip will start off in Marrakesh, which can see up to highs of 29 °C in the month of October. However, the day times in the mountains can be up to 15 °C lower.

Temperature in the mountains between May – October are still sunny and warm, but the temperature can drop significantly at night. You can expect temperatures up to 30 °C during the day and as low as 5 °C at night during the month of October. Although rain is not common during the summer, it can occur at any time, we will have to be prepared for this.



# FOOD

Moroccan food has a unique blend of sweet and savory flavors. Local specialties include tajines (a stew cooked in an earthenware pot), couscous, and pastilles (flaky pastries stuffed with meat and dusted with cinnamon and sugar). Food is often spiced with cumin, turmeric and ginger.

Meals on the trek are cooked by the Berber muleteers. The food is fresh and healthy. Example meals:

- Breakfast: Jam, bread, cookies, fruit, juice, butter, coffee, milk
- Lunch: Salad, tomatoes, carrots, lentils, beans, rice or pasta, fish (sardines, tuna), seasonal fruit
- Dinner: Soup, classic Moroccan tajine, couscous, olives, nuts, fruit

Vegetarians, vegans and other dietary requirements and allergies can be catered for - please just request on your passenger info form



# Proposed Itinerary



## DAY 1 CHECK OUT THE SIGHTS AND SMELLS OF MARRAKESH

Our host will meet us at the airport and take us to our traditional riad accommodation in Marrakech's historic medina.

we'll then get the chance to spend the day exploring the city's colourful souks, wander the UNESCO-listed main square and indulge in some amazing Moroccan food.





## DAY 2

Travel to the Atlas Mountains and hike to your refuge at 3200m

### Hiking

6hrs · 10km · 1540m up · 130m down

Wake up early and drive through the foothills of the Atlas Mountains to Imlil, where you'll meet your support crew and start your trek. Gradually ascend the Toubkal Valley, pass Berber farming villages and stop for lunch on the trail. In the afternoon you'll arrive at the refuge. Settle in, meet other hikers and refuel with a well-earned dinner cooked by your support crew. Sleep well before your summit attempt tomorrow

## DAY 3

### RISE EARLY TO SUMMIT MT TOUBKAL

#### Hiking

10hrs · 17km · 1130m up · 2530m  
down

Wake up while it's still dark and begin your final ascent, which will include some steep and loose sections of terrain. Reach the ridge and finish the climb to the top (4167m) in time to watch the sunrise. Rest up and then begin the long descent back to Imlil. Say farewell to the Atlas Mountains and drive back to Marrakech. You'll arrive at your riad in the early evening in time to find a restaurant for couscous or a tasty tajine before collapsing into bed.





## DAY 4

### Transfer + Rest Day

Today will be an opportunity for those just doing our climbing trip to fly home as well as those just doing the rock climbing & Yoga to join us.

Spend the day exploring the souk and the unforgettable main square, the ever-changing show that is the Jemaa el-Fnaa – a place that's been beguiling and entertaining travellers for centuries.



## DAY 5

### Road-tripping to the gorge

#### Driving

6hrs

Up bright and early for your road trip across the country. Passing through the Atlas Mountains, you'll pause at the UNESCO World Heritage Site of Ait Ben Haddou for a quick look around and to grab some lunch. The journey then continues all the way to the limestone cliffs of Todra Gorge, a natural oasis with a river running through the middle and a dense 'palmeraie' (date palm forest) on either side.



# DAY 6

## TIME TO SCALE SOME CLIFFS

### Climbing

5hrs

### Yoga

1 hr

You'll have a briefing this morning with your climbing guide and get set up with your kit before heading on foot to the entrance of the gorge. The 400m near-vertical red rock cliffs are a climber's mecca, with plenty of routes available for total novices to progress along. You'll spend the day getting to grips with the equipment and your technique before heading back to the guesthouse late afternoon. After a bit of time to chill, there'll be a pre-dinner yoga class to limber up and stretch out. Dinner will be a social affair and hearty affair.



## DAY 7

Higher and higher

### Climbing

5hrs

### Yoga

1hr

Building on the skills you learned yesterday, you'll hit some new routes as you start to get a feel for the rocks and the surroundings. You'll be climbing in an area with some shade so there's plenty of downtime if needed - and of course, a picnic lunch when you're ready or a quick walk to the local village to grab anything else you fancy. Heading back to the guesthouse late afternoon you'll again have another yoga class on the roof as the sun sets. This is the perfect way to relax before dinner and the roof is also a relaxing place to hang out and star-gaze at the end of the day.





## DAY 8

Hiking, mint tea and Sahara-dwelling

### Hiking

3-4hrs · 13km · 400m up · 400m down

### Yoga

1hr

Switch your climbing shoes for hiking boots today as you set off on a 13km loop of the gorge. Passing goat-herders, wandering donkeys and nomadic locals along the way, you'll follow the path to a plateau with 360° views across the Atlas Mountains. Back at the guesthouse, it's time to head to Merzouga. You'll travel part by private bus or car and part by 4x4 desert truck to get to your luxury camp in the dunes. There'll be time for a bit of sandboarding before a relaxing sunset yoga session. Dinner is served in one of the open tents, the vastness and silence of the desert providing a dramatic backdrop.

## DAY 9

### Sunrise yoga and via ferrata

Get up pre-dawn to capture the magical sunrise over the Sahara. You'll have a gentle yoga class in the early morning rays to energise for the day, before heading back to Todra Gorge. Time to experience Morocco's only via ferrata and be rewarded with epic views of over the gorge. You'll follow an iron-railed route and be clipped in with a harness – although it might feel scary, you're very safe. There is the option to challenge yourself further by taking on a short but exposed wire bridge, the ultimate adrenaline fix. Head back to the guesthouse for a final yoga session (optional!) and a traditional Moroccan feast.





## DAY 10

### Back to the city

#### Driving

7hrs

Back to Marrakech today, stopping en route for lunch. It's a long drive, so there'll be plenty of time to soak up the High Atlas views from the bus and reflect on your adventure before getting back into Marrakech for goodbyes and flights home.

## INCLUDED IN THE PACKAGE

### **Flights**

- Flights to and from Morocco will be included
- Training
- 4 months group classes (Approx. 80 classes)
- Local group hikes based in the UK

### **Guides**

- Expert, English-speaking, qualified guides

### **Accommodation**

- 2 nights in a riad and 1 night in a refuge at 3200m
- 4 nights in a local guesthouse, 1 night in a riad, 1 in a Berber desert camp

### **Meals**

- All your food on the mountain will be taken care of
- All breakfasts, 3 lunches and 6 dinners

### **Porterage**

- Mules and muleteers to carry your overnight luggage during your climb

### **Transfers**

- Transfers from the airport and throughout the trip

### **Equipment**

- All climbing and yoga equipment, except climbing shoes.

NOT INCLUDED

- Travel & Trekking Insurance
- Tips for the Guides
- Visas where required
- Vaccinations
- Drinks during the day or at meal times



# TOUBKAL KITLIST

## WHAT'S INCLUDED?

- Sleeping bag (you can bring your own if you like)

## WHAT DO I NEED TO BRING?

- Day pack (25-35 litres)
- Rucksack or duffle bag (for the mules to carry overnight kit)
- Warm jacket
- Waterproof jacket
- Light-weight, breathable hiking shirts and trousers
- Broken-in hiking boots or hiking shoes
- Warm hat
- Light gloves or mittens
- Sun protection (hat, sunglasses, sun block)
- First aid kit
- Electrolytes/rehydration solutions
- Personal toiletries
- Sanitary supplies (hand sanitiser, toilet paper, wet wipes)
- Head torch
- Water bottle
- Towel
- Sleeping bag liner



## ROCK CLIMBING & YOGA KITLIST

### WHAT'S INCLUDED?

- All your climbing and yoga equipment

### WHAT DO I NEED TO BRING?

#### BAGS

- Small daypack (15+ litres) which will also double as an overnight bag for your night in the desert

#### CLOTHES

- Rock climbing shoes
- Breathable wicking layers with some stretch for climbing (shorts, leggings and t-shirts are all fine)
- Fleece jacket or similar
- Lightweight long sleeve top for sun/wind protection
- Casual clothes for hot/warm weather
- Buff or neckscarf
- Scarf/something to cover shoulders for women (not needed while climbing)
- Sunglasses
- Sunhat
- Underwear & socks
- Something to sleep in
- Hiking boots or shoes (worn-in)
- Sandals (for leisure time, non technical)

#### OTHER

- European travel plug adapter
- Power bank or solar charger
- Passports (and visas)
- Travel insurance documents
- Ear plugs
- Suncream
- Personal first-aid kit (inc. blister treatment)
- Personal items (biodegradable toiletries, sanitary wear etc.)
- Alcohol hand-gel
- Reusable water bottle (x1 litre)
- Energy bars and snacks
- Sleep mask
- Lip balm

**OPTION 1**

**TOTAL PACKAGE PRICE FOR TREK, ROCK  
CLIMBING, YOGA & TRAINING (8 NIGHTS)**

**£2500 (INCLUDING FLIGHTS)**

**OPTION 2**

**CLIMB MT TOUBKAL- TREK AND TRAINING  
(3 NIGHTS)**

**£1100 (INCLUDING FLIGHTS)**

**OPTION 3**

**ROCK CLIMBING & YOGA  
(6 NIGHTS)**

**£1800 (INCLUDING FLIGHTS)**