



40tude Challenge

Toubkal Winter Ascent

Winter 2018



Your Adventure. Our Expertise.



An opportunity to conquer North Africa's highest mountain, Mount Toubkal, on a challenging 5-day winter mountaineering expedition! We base ourselves in the beautiful snowcapped High Atlas Mountains, ready to take on our summit challenge.

Day 1 London / Marrakech

We fly to the ancient and beautiful city of Marrakech and we are transferred to our Riad.

Marrakech is a vibrant and busy place; at its heart is the UNESCO world heritage market square, Djemaa al-Fna. Here we can watch as Southern tribesmen and Berber villagers bring their goods to buy and sell. Just off the square, a maze of alleyways lead into the traditional Berber souks and stalls piled high with goods.

Day 2 Drive to Imlil (1,740m)

Acclimatisation

Today we leave behind the lively city of Marrakech and drive into the High Atlas Mountains; our destination is the small Berber village of Imlil. The village sits in a fertile valley, 1,740m above sea-level, surrounded by dramatic, rugged mountain peaks.

After lunch, we begin our acclimatisation with a gentle trek to explore the local area. We trek towards Tizi n'Tamatert where we will get striking views of the two valleys, Imnan and Ait Mizan. This evening we retire to our traditional Moroccan Gite for the night.

Day 3 Trek to Toubkal Base Camp (3,207m)

Winter Skills

After breakfast, we begin our 7-hour trek to the Toubkal Refuge. On our route, we may pass through age-old traditional Berber stone and adobe villages which blend almost seamlessly into the mountainside.

We climb higher into the mountains and head over steep mountain passes where we are rewarded with fabulous views across the snow-capped Atlas Mountains.

We gradually ascend on routes which can be rocky and steep and, depending on the snow-fall, occasionally icy too. We continue through the fields and irrigation channels of the local Berber communities, many of which will be blanketed in white as we trek above the snow line.

Beginning with the safe use of crampons, we will learn how to walk effectively on different winter terrain including ice and snow. We can practice both ascending and descending in a controlled environment, learning from our qualified leader and Moroccan Mountain Guides.

We will cover essential ice-axe skills, such as an arrest, where we will learn how to stop ourselves sliding on a snowy slope using our axes. Perfecting the art of walking with axes (and carrying them safely) will make our summit attempt much easier tomorrow.

Once we have mastered some basic winter skills, our leader will brief us on safety procedures. We will learn how to choose the best route and about avalanche awareness. Although the trek to Mount Toubkal's summit isn't technical, this is a great opportunity to learn more about winter mountaineering and start building some fundamental mountaineering skills.

After an exciting day out on the mountain, we can relax at the refuge and prepare for our summit of North Africa's highest peak tomorrow.

Tonight, we will stay at Toubkal Nelter Refuge.



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Day 4 Summit Day - Ascent of Toubkal (4,167m) and descend to Imlil

We set off very early this morning, leaving the refuge just before first light; we can see the route we will follow from the refuge with its steady ascent and switchbacks.

The climb up to the summit will take several hours and it is a steady, steep trek made more challenging by the snow cover, giving us a great opportunity to put our new crampon and axe skills to the test.

Following the trail up to the high passes, our route is dictated by the landscape as we enter the cwm between Toubkal West (4,030m) and Toubkal main summit (4,167m). Although this is a non-technical climb, we may have to do some scrambling on some snowy slopes.

Once we reach our goal, we will be rewarded with views that stretch from Jebel Sirwa in the south to Jebel Sahro in the east, and even as far as the plains of Marrakech to the north.

Conditions will dictate how long we spend on the summit before starting our ascent back to the refuge.

We continue our trek from the Toubkal Refuge to the village of Imlil. Tonight, we will stay in our Gite for a well-deserved rest and celebrate our achievement.

Day 5 Return to London

After a challenging adventure for the 40tude team, we transfer to Marrakech for our return flight home with wonderful memories to last a lifetime.



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Price 2018:

- £ 400 1st payment per person as a non-refundable deposit.
Payable on booking by cheque or bank transfer
- £ 895 2nd payment per person. Final payment due 10 weeks prior to departure date.
This can be made by cheque, debit card or bank transfer

This Expedition Includes:

Far Frontiers Expedition Leader (winter qualified and first-aider); International economy class flights between London and Marrakech; UK international departure tax; Passenger Service Charges; Accommodation in shared rooms in Marrakech; Accommodation in shared rooms in Gites and mountain refuge during trek; Supporting In-country guides; Porter supported trek; Crampons and Ice Axes; All transfers by minibus or bus as per itinerary; All meals from dinner on day of arrival to lunch on day of departure; Vegetarian or other meal plan can be provided**—please specify at time of booking

This Expedition Excludes:

Personal Travel Insurance, Immunisation costs; Personal equipment and clothing; Boots suitable for crampons, Sleeping bag; Visa fees (currently not required for UK passport holders); Any locally paid international airport departure taxes; Items of a personal nature such as laundry, drinks, telephone calls, souvenirs etc; Tipping for local guides, porters and drivers.

Winter Skills and Equipment

The use of crampons and an ice axe is required during this expedition. This equipment will be provided in country. Time will be spent practicing your winter skills before summit day. This expedition is a non-technical winter climb. Some winter walking experience is recommended before joining this expedition but not essential.

Highlights:



Challenging
Trek



Ascent of
Toubkal
and Winter
Mountaineering
Skills



Marrakech

Itinerary at a Glance

Day 1

Fly to Marrakech
Overnight Marrakech

Day 2

Drive to the mountains
Trek Familiarisation

Day 3

Trek to Toubkal Refuge
Winter Skills training

Day 4

Ascent of Toubkal and trek to Imlil

Day 5

Return to London

Please Note

The Itinerary: While Far Frontiers Expeditions will make every effort to provide the itinerary as presented, this is sometimes not possible and your patience and understanding are requested if the itinerary should change. **We will do our best to ensure that you are given the diet you require while on expedition. However, we cannot be responsible for life threatening illnesses, which may occur if certain foods are eaten (e.g. severe nut allergy).

This flight-inclusive holiday is financially protected by the ATOL scheme. When you pay you will be supplied with an ATOL Certificate. Please ask for it and check to ensure that everything you booked is listed on it. Please see our booking conditions for further information or for more information about financial protection and the ATOL Certificate go to: www.atol.org.uk/ATOLcertificate Our ATOL number is ATOL 9281.



Far Frontiers Expeditions
Mandel House, Guggle Lane
Northleach GL54 3HB

01451 861 484
www.farfrontiers.co.uk



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