

Toubkal

The Adventure Girls Club

Morocco | 4,167m



360 
EXPEDITIONS

www.360-expeditions.com

Toubkal

The Adventure Girls Club | Morocco | 4,167m



Join Alice and The Adventure Girls Club on a trek to North Africa's highest peak.

In 6 days, you will experience the **beautiful chaos of Marrakech**, diving into the network of colourful streets on your way to the medina and lapping up Morocco's fascinating, frenetic and other-worldly capital. And then escaping into the welcomed **tranquillity of the stunning Atlas** Mountain range. Here we start from the village of Imlil, passing through ancient villages and herds of goats who sometimes try to nab your lunch. Exploring meandering trails that lead us off the beaten tourist track and delve into hidden corners of the Atlas foothills over the course of a stunning 3-day trekking loop.

At 4,167m, Mt Toubkal is the crown of the Atlas and a truly unforgettable summit

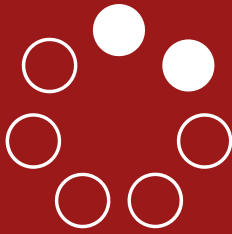
experience. From the heights of the mountain to the intricate depths of bustling Marrakech, this trek is diverse in every way.

Feel free to chat to Alice over on [The Adventure Girls Club website](#).

Toubkal

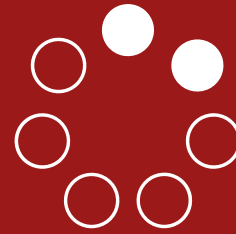
The Adventure Girls Club

Morocco | 4,167m



Physical – P2

This trip is challenging and a good solid fitness level is required. There will be prolonged walking over varied terrain and you should be training to comfortably walk for 6 to 8 hours, over undulating terrain, with a few punchy uphill climbs, carrying a pack up to 6kg in weight.



Technical – T2

Consider this a trek, although there may be occasion to use hands for short sections of easy scrambling. No previous climbing or trekking experience is necessary.

Please note that the grading system used is a rough guide only.



Toubkal

The Adventure Girls Club | Morocco | 4,167m



Toubkal

The Adventure Girls Club | Morocco | 4,167m

ITINERARY

DAY 1 : Marrakech

You will be met at Marrakech airport and taken to your charming 4-star riad. The day is yours to relax, explore the souks and enjoy this vibrant city before heading out for dinner with your leader who will take you through the plan for the days ahead.

D

DAY 2 : Marrakech – Imlil – Azzaden Valley – Refuge Azib Tamsoult

After a hearty breakfast, we head out on a stunning drive to our start point at Imlil (1,780m) in the foothills of the Atlas.

Here you will set off on a 6-hour trek out of the Imlil Valley and into the Azzaden Valley. Along the way, you will pass breathtaking high mountain scenery including Tizi n'Mzik at 2,450m, the refuge at Azib n'Tamsoult and the Ighouliden waterfalls before reaching our rest point for the night at Azib n' Tamsoult.

BD

DAY 3 : Refuge Azib Tamsoult – Aguelzim Pass (3,650m) – Refuge du Toubkal

Today involves a hearty climb out of the Azzaden Valley to the Toubkal refuge over the Aguelzim mountain pass at 3,600m. A delicious lunch will be taken with spectacular views over the Atlas mountain range. The day will be about 6 hours trekking and you will stay overnight in the Refuge du Toubkal before you start tackling Toubkal early the next morning.

BLD

DAY 4 : Refuge du Toubkal – Toubkal Summit (4,167m) – Imlil (1,800m)

Up very early for breakfast to set us up for the climb to the summit of Toubkal. We wind through rocky paths as the vegetation starts to disappear at this altitude.

As we pass the 4,000m mark the whole of the Atlas range opens up in front of us before we get a full, magnificent 360-degree panorama at the summit. The silence is remarkable, the High Atlas is unforgettable. Once we've had time to contemplate what we've just achieved, we head all the way back down to Aremd Village. Stopping for lunch as we wind our way down, we'll be picked up at the bottom and taken to Imlil to our fabulous hotel – either the Kasbah du Toubkal or Dar Imlil – where we'll spend the night and have a well-earned rest.

BLD

DAY 5 : Imlil – Marrakech

We have a leisurely start to the day and can enjoy a hearty breakfast in our lovely hotel before being picked up by our transfer that will take us back to Marrakech. The lively souks and the city of Marrakech are yours to explore in the afternoon before we head out for an amazing 14-course celebratory tasting dinner that evening via Jemaa El Fna square. Overnight in the hotel.

BD

DAY 6 : Departure

Transfer to airport to catch flight home.

B

Toubkal

The Adventure Girls Club | Morocco | 4,167m



livethedream@360-expeditions.com
0207 1834 360
www.360-expeditions.com

CLICK TO:
BOOK NOW

KIT LIST

Bags & Packs

Kit bag

A 80-120L duffel bag to transport kit. A duffel bag is a strong, soft, weather resistant bag without wheels but with functional straps for carrying. Suitcases and wheeled bags are not suitable

Daysack

Approx. 30L capacity. Your day to day pack that you carry with your daily essentials, fitted with shoulder straps and importantly a waist belt

Waterproof rucksack cover

To protect rucksack from rain

Drybags

Nylon rolltop bags that keep fresh clothing and other important items like passports and iPods dry in the event of a total downpour that seeps into your kitbag. Good for quarantining old socks. Please note that many countries are now banning plastic bags. We would always advise buying re-usable nylon rolltop bags for keeping your kit dry (and sustainability).

Small kit bag or light bag

This is for any kit you intend to leave at the hotel and could even simply be a heavy duty plastic bag

Padlocks x 2

For use on your kit bag for travel and on the expedition plus your hotel bag

Sleeping Gear

Sleeping Bag 3 season

Bear in mind that the refuges also have blankets which you can use in conjunction with your sleeping bag and a liner if you are a cold sleeper.

Sleeping bag liner

Silk is best for keeping the bag clean and you a little warmer.

Headwear

Warm headgear

This can be a warm hat, beanie, balaclava, anything to reduce the heat loss from your head

Wide brimmed hat

Keeps the sun off exposed areas like ears and the nape of the neck

Buff/Scarf

Essential for protection from the sun and dust

Sunglasses

Worth spending money on good UV filters. Julbo is our preferred supplier

Sunblock

Buy the highest SPF you can find as UV intensifies with altitude

KIT LIST

Lip salve

Sun cream will not work on your lips and they are very susceptible to burn without proper protection

Upper Body

Base layer x 2

This is the layer closest to the skin and its principal function is to draw (wick) moisture and sweat away from the skin. You can also get thermal base layers for use at higher altitudes that provide an additional insulative layer while still drawing sweat during times of high exertion

Mid layer

These are typically lightweight microfleece or similar technology that provide varying degrees of warmth and insulation without being overly bulky or heavy to pack

Gilet (optional)

Optional – A great low volume additional layer to keep your core warm, whether down, primaloft or fleece

Light insulated jacket

A lighter jacket such as a Primaloft or lightweight down which can be worn at lower to mid altitudes is a great addition to your kit offering greater flexibility with layering

Soft Shell (optional)

Optional – These should be windproof (not all are) and insulative. They are mostly made of soft polyester and sometimes resemble a neoprene finish which makes them very mobile and comfortable to wear. While offering a degree of weather repellence, they are not waterproof

Hard Shell

These jackets are thin, highly waterproof and windproof and worn over all other items of clothing. You'll find these made of Gore-Tex or other proprietary waterproof yet breathable technology. Inexpensive hard shells that aren't breathable will prevent evaporation, making you sweat intensely and are not recommended

Down jacket

Generally made using feathers, these are the ultra-warm and insulated layer that are used when sitting in the tea houses or in extremely cold environments. Those with a windproof outer fabric will provide the best insulation. Ask advice in the shop (or from us) when buying the jacket and mention you want it rated to -10C and the assistant will recommend the correct fill for you

Warm gloves

Consider liners or a light polartec pair for lower altitudes and evenings, and a thicker waterproof pair like ski gloves for higher altitudes

Toubkal

The Adventure Girls Club | Morocco | 4,167m

KIT LIST

Lower Body

Trekking trousers

These tend to be polyester so they dry quickly after a shower and weigh little in your pack. Consider perhaps a pair with detachable lower legs as an alternative to shorts

Softshell trousers

Windproof or thermal lined trekking trousers for higher altitudes and the summit phase. Thermal leggings can still be worn underneath if necessary

Long Johns

Thermal insulation for the lower body

Waterproof trousers

Like the jacket, an essential piece of kit to stay dry and should also be Goretex

Underwear

Merino or wicking material, not cotton. How many pairs you take is entirely up to you

Feet

Walking boots

Well worn in 4 season waterproof boots with mid to high ankle support

Comfortable trainers

Comfortable trainers for evening use in the refuges

Trekking socks

Start with lighter socks lower down, working up to thicker pairs for higher up as it gets colder. Some people like a clean pair every day, others are happy to change every other day – that's a personal choice

Gaiters

To keep snow off your boots, if your trousers do not have in-built gaiters

Spare laces

Just in case

Technical Equipment

Crampons

10 or 12 point walking or mountaineering crampons (not technical climbing crampons). You'll only need these for a winter ascent. These can be hired in the UK or Morocco. Do make sure they fit your type of boot if bringing from UK, and chat to us for more info – both on crampons, and the kit hire, we've got some discount codes available.

Ice axe

A walking ice axe between 55cm and 65cm. You'll only need this for a winter ascent. We'd recommend going to an outdoor shop and trying different ones for weight and size so that you get one that feels good to you.

Toubkal

The Adventure Girls Club | Morocco | 4,167m

KIT LIST

Goggles

You'll only need these for a winter ascent. Conditions can be hard going on the summit during winter and goggles will allow you to keep going should the wind be cold and strong!

Hydration

Water bottles/bladder

3L equivalent – Camelbaks are useful at lower altitudes but have a tendency to freeze up at higher altitudes without insulation tubes, Nalgene bottles are better at altitude. We suggest a combination of a 2L bladder and 1L bottle or 2 x ½L bottles to put in your jacket for summit night

Water purification

Although generally all water is boiled some prefer to double up and add purification tabs as well. Always good to have in your bag

Toiletries

Wash kit

Keep it simple on the mountain. Essentials are toothbrush, toothpaste and deodorant. Moisturiser is advisable, everything else is a luxury!

Travel towel

Travel towels from the likes of Lifesystems are perfect

Wet wipes

These are great for washing when shower facilities become a thing of the past

Alcohol gel

A must have for good camp hygiene

Insect repellent

For early stages and once back down

Toilet paper

Provided on the mountain but a spare in your daysack may be useful if you need to hide behind a rock between refuges

Nappy sacks or dog poo bags

Only needed to bag your toilet paper if you are caught short in between refuges and for keeping your rubbish tidy

Medications

Personal first aid kit

The 360 med kits are designed to be used in emergencies and akin to an A&E rather than a pharmacy on Expeditions so please come prepared with useful meds for yourself such as painkillers (Ibuprofen if you can take it and a Paracetamol) plus blister plasters, plasters, antiseptic, rehydration sachets and any muscle rubs you wish to use.

Personal medication

Keep this in your daypack

Toubkal

The Adventure Girls Club | Morocco | 4,167m

KIT LIST

Miscellaneous

Trekking poles

These tend to be a personal preference but help with your stability and can dampen the pressure on the knees coming down hill

Ear plugs

For protection against the inevitable snorers!

Head torch

We recommend Petzl head torches. Bring spare batteries.

Camera

Bring plenty of spare batteries and memory cards

Penknife (optional)

Snacks

1 to 2 snack bars per day: you will be fed very well and given snacks each day however we advise bringing a small selection as a little bit of comfort. Extra snacks can be bought en-route if needed. Energy gels and protein bars are not suitable

Entertainment

Of course optional, but most trekkers like to bring an iPod, book, Kindle, cards etc for evening entertainment.

Documentation

Passport

Don't forget this! Your passport should have at least 6 months validity. With your passport expiry date at least six months after the final day of travel.

Copy of passport

Just in case

Dental check up

We recommend you have a dental check-up before your trip. New fillings can be an issue at altitude if there is an air pocket left in the gap.

Money

We recommend you take at around £150 – £200 in Dirhams onto the mountain in small denominations. This will allow for tip money (£60 – £80) plus any extras like drinks, beers or snacks in the refuges. Small denominations are recommended as it may be difficult to obtain change and it will be easier to divide tip money.

Toubkal

The Adventure Girls Club | Morocco | 4,167m

KIT LIST

Travel insurance

Copy of own travel insurance details. And relevant contact numbers. We have a partnership with True Traveller and would recommend that you contact them when looking for travel insurance for your trip with 360. However, it is vital that you ensure that the insurance cover they offer is suitable for you, taking your personal circumstances (items to be insured, cancellation cover, medical history) into account. Many other insurance providers are available and we do recommend that you shop around to get the best cover for you on the expedition you are undertaking. It is your responsibility to ensure that you have the appropriate insurance for your intended trip. To include medical evacuation and coverage up to the maximum altitude of this trip.

Toubkal

The Adventure Girls Club | Morocco | 4,167m



Toubkal

The Adventure Girls Club | Morocco | 4,167m

FAQ'S

Food and Water

What will the meals on the expedition be like?

The meals on the mountain will be simple yet fresh, nutritious and reasonably varied. We try to ensure that dietary preferences are met and that local ingredients are used. Breakfast is typically bread and jam, porridge or muesli, with plenty of tea and coffee. Lunches can consist of cold vegetable salads, usually with a hot dish to go with it, from soup to pasta. Evenings will tend to be vegetable or meat tagines, couscous or pasta.

The underlying aim is to provide balanced, nutritional meals packed with carbohydrates to refuel hungry bodies and to replenish stores for the next day of activity.

Do bring along any of your favourite snacks and goodie bags from home if you want. Concentrate on high energy food-stuffs to give you that little boost on an arduous day.

How often is fresh water available for replenishing during the day?

Initially water will be bottled, but higher up we will source water from local streams. It is advisable that everyone should carry water purification such as iodine, silver chloride or chlorine. When at the refuge the water will normally be purified by boiling.

I have food allergies, can these be catered for?

Absolutely, please inform the office of any allergies or intolerances and we will ensure that these are taken into account on the trek.

Accommodation

What kind of accommodation is there on the trek?

Once in the Atlas we stay in mountain refuges. These are reasonably big buildings with shared living rooms, normally heated with a fire or stove, large dormitories to sleep in, and shared washing facilities. Ear plugs are worthwhile for light sleepers. They normally have blankets available if you get cold. They are clean but basic.

In Marrakech we stay in a well-located, charming mid-sized riad where you will be assigned to share with a room-buddy unless travelling with friends or a partner. Single supplements are available at additional cost.

Health and Safety

What vaccinations do I need?

We advise you to check with your GP surgery or a travel clinic on the latest advice about vaccinations and to ensure you are up-to-date.

Toubkal

The Adventure Girls Club | Morocco | 4,167m

FAQ'S

What medication do I need to bring?

We require you to take out adequate travel and medical insurance before you set out.

You will need to bring your specific medication that you take for any medical condition that you have, and pack this in your daysack. Please remember to pack plenty of spare medication in case you lose them or they get lost in transport.

It is also worth taking a simple first aid kit such as simple painkillers, Compeed or similar for blisters, plasters, antihistamines and perhaps insect repellent.

Other medications which can be useful are Ciprofloxacin antibiotics and Loperamide which helps to ease diarrhea. Altitude specific drugs such as Acetazolamide (Diamox) may also be useful. If you are unable to get hold of any of these then please don't worry, as your Expedition Leader will have these in the trek first aid kit.

What happens if there is a problem on the mountain?

Accidents can happen and anyone undertaking these adventures has to accept there is a degree of risk due to the very nature of the challenge. Our mountain crew are all experienced in dealing with problems that may arise.

Our 360 Leaders are highly experienced in the field. They all have wilderness first aid skills and can handle any emergency to the highest level of competency. For minor ailments, they carry basic first aid kits. They are also equipped with satellite phones if they need to engage our pre-planned emergency evacuation procedures.

Toubkal

The Adventure Girls Club | Morocco | 4,167m

FAQ'S

Kit

What clothing should I wear on this trek?

We advocate the beg, steal and borrow principle for first timers instead of buying brand new stuff you'll never use again. The cost of equipment is usually a major deterrent for people coming onto trips in the first place. If you think you'll re-use your gear, then it's worth starting to invest in good gear. The old adage often applies – you get what you pay for.

Think about the time of year, and how high you are going. While you will be comfortable at the bottom of the mountains where it will be warm rather than hot. It can get surprisingly cold out of the sun at altitude and at the refuges in the evenings, and particularly on the summit, dropping well below freezing – even on some of the summer ascents.

Both long sleeve tops and trekking trousers are recommended rather than shorts. Long sleeves and trousers are recommended as a deterrent to insects, scratches from bushes and to act as sun protection. Do keep an eye on sunburn, even though it's winter.

The prevailing conditions of the day on the mountain will dictate what you feel like wearing. And the layering system never fails. If you're cold, put a layer on, if you're hot, take one off.

What waterproofs should I bring?

As much as we'd like to guarantee eternal sunshine, we can't fix the weather for you. You should bring a hardshell waterproof jacket and overtrousers and they should be accessible. It is quite possible to be caught out in an afternoon rainstorm low down on the mountain or snow higher up. Once you get wet and your core temperature drops slightly, it becomes very hard to warm up and dry out your clothing.

Waterproofs should be breathable Goretex material or similar to save you drowning in your own sweat. Additionally they can be used as an invaluable wind shield to protect you against the effect of wind-chill when a strong wind blows.

Toubkal

The Adventure Girls Club | Morocco | 4,167m

FAQ'S

What is the best type of footwear to use for this trek?

Because of the huge variety of terrain encountered when ascending these mountains it is very important to wear the right footwear. Boots should be sturdy, waterproof, insulated against cold temperatures and offer adequate ankle support. In addition it is highly recommended that your boots are well worn in to prevent the formation of blisters.

A wide range of suitable boots are on the market and further advice as to which brand names are available can be found online or at your local outdoor store. The leather / synthetic combinations are endless and each with their merits. Our best advice is to try them on, walk up the ramps in the shop to check their grip – if you think they're comfortable, and will be for several hours a day, buy them. Make sure you practice your training walks in your boots well in advance of your trip to ensure your boots are well broken in and not causing any problems.

While you are most likely to be using crampons, your boots don't need to be highly technical, just capable of taking a C1 crampon, but you can get B2 boots if you will be doing more expeditions on glaciers.

Will I need to wear crampons?

On the winter ascents, we're walking on condensed snowpack as opposed to glacier, but we will need to wear crampons and carry a trekking long-handled ice axe in order to prevent ourselves slipping and sliding back down the mountain. If these are new to you your guide will teach you how to use them and ensure you have enough practice at using them before we set off for the summit.

FAQ'S

What do the porters carry? What is the correct porter weight?

Fortunately mules will be taking the strain for this trip, but be nice to them! Pack no more than you would want to carry yourself: 15kg is the limit and should be more than sufficient on such a comparatively short trip. Any extra weight such as spare clothes etc. can be left at the hotel before you head for the trek. The muleteers will not look favourably on overweight packs.

Duffel bags are ideal for this sort of trip. Whatever bag you go for make sure it is robust and has a large capacity. As one goes higher in altitude it becomes harder to pack the bag and some people struggle closing their bags due to bulky sleeping bags and other pieces of kit. It will be far better having a large capacity bag with extra room (after all air doesn't weigh much) than having a bag too small and finding problems packing your kit. Even having a 100 litre plus duffel bag is not too large.

You should bring a daysack with you of approximately 30 litres for personal gear which you will carry yourself. Each day you should only be carrying the following: waterproofs, warm top, warm hat, gloves, 2 litres of water, snacks, camera, sunscreen, lipsol, head torch, minimal first aid kit. Anything else is considered more of a luxury than a necessity. It is important to go as light as possible as weight makes a huge difference at altitude.

How warm does my sleeping bag need to be?

These should be rated within a Comfort Rating of 0 to -5 centigrade and depends a little on whether you are a warm or cold sleeper. If you feel the cold, bring a warmer sleeping bag. At the refuge it is not unusual to experience surprisingly chilly nights and a good night's sleep is important. Ensure you have a sleeping bag that has this Comfort Rating rather than the Extreme Rating. Sleeping bags can be enhanced by using an inner fleece or silk liner and the refuges also provide blankets so you can always have an extra blanket on top. The idea is to be as comfortable and warm as possible in the night which will help to ensure a good night's rest for the challenge ahead.

Are down jackets necessary?

They are highly recommended and are worth their weight in gold on summit day, especially on the winter ascents. Our guides tend to wear them every evening around the refuges and may well be appreciated on summit day. A layer system comprising of several layers of base layers, fleeces, and jackets will suffice on the climb but nothing beats the efficiency of a good down jacket (especially when topped with a waterproof layer).

For summer ascents, most people get away without a down jacket. A layer system comprising of several layer of base layers, fleeces, and jackets will suffice but if you do feel the cold, you may appreciate a light down jacket in the refuge in the evening and for summit night.

Toubkal

The Adventure Girls Club | Morocco | 4,167m

FAQ'S

Is it possible to rent equipment before I go?

It is also possible to hire clothing and equipment before you leave from our partners Outdoor Hire (www.outdoorhire.co.uk) where 360 Expeditions has a kit list set up and you can pick and choose hire items from this. We recommend that you buy your own boots which are worn in prior to the trek.

The Trek

What is the trekking like on day 2?

Imlil is at 1,780m. We leave here (Imlil) at about 11 am and walk for approx 1 ½ hrs arriving at 2,500m (the highest point of the day) where we have lunch.

Thereafter we descend to 2,250m to Azib refuge. We plan to arrive here at about 4:30 pm. This day is a nice warm up for what is to come.

As ever conditions can alter the route and times. This is just a rough guide.

What is the trekking like on day 3?

Azib Refuge (2,250m) to Toubkal Mouflon Refuge (3,200m).

It's a big day as you will be climbing in total 1,350m. Generally, we start at 6 am. It is paramount for an early start so that the guides can learn and gauge the groups ability. (Strength and speed of walking for summit day.)

After the beautiful waterfalls you have 97 zig-zags. It's a huge challenge.

Lunch will generally be around 11:30 am at 3,600m with a beautiful view. You will normally have about 1-1 ½ hrs here to gain back strength.

Thereafter we will descend to Refuge du Toubkal at 3,200m. We aim to be here for about 2 pm-3 pm.

As ever conditions can alter the route and times and this is just a rough guide.

Toubkal

The Adventure Girls Club | Morocco | 4,167m

FAQ'S

What is the trekking like on day 4?

Today is summit day (3,200m–4,167m).

We aim to start at 5:30 am with head torches. We plan to summit between 8:30 am–9:30 am.

We hope to have about 45 minutes on top! With the aim to be back at Refuge du Toubkal for about 2 pm for a 1 ½–2 hour lunch and tipping ceremony before starting the long walk back out to Imlil, which takes about 5 hrs. We anticipate to arrive back at our stunning riad in Imlil at about 7 pm.

As ever conditions can alter the route and times. This is just a rough guide.

The Weather

What is the weather like?

Short and heavy rain and snowfalls can be expected in the mountains during the winter months as moist Atlantic air is forced up beyond its dew point by the mountain range, but they don't normally last long. Often we're in luck and a big area of high pressure can come in giving us clear crisp days, with starry and decidedly chilly nights as temperatures drop well below freezing.

Back in Marrakech, temperatures are likely to be very comfortable, akin to a fair spring day in the UK, with the odd risk of showers. Our kit list reflects these eventualities but do chat to us if you've got any questions on kit!

Travel

Do I need to book my own flights to Morocco?

360 Expeditions will be booking flights on your behalf. We generally fly with Easyjet from Gatwick Airport as they are one of the few airlines providing direct flights to Marrakech. We will confirm flight times once flights are booked and provide boarding passes approximately 4 weeks before departure.

There are direct flights to Marrakech from other UK regional airports so please do let us know if you are interested in flying from another UK airport and we can look into this for you.

Insurance

Do I need special travel insurance for the trek?

You must carry individual travel insurance to take part in the expedition. We cannot take you on the mountain without proof of insurance.

It is your responsibility to ensure that you have the appropriate insurance for your intended trip. To include medical evacuation and coverage up to the maximum altitude of this trip.

Your insurance details are requested on the booking form, however this can be arranged at a later date. 360 Expeditions will be requesting your insurance details 8 weeks before your departure.

Toubkal

The Adventure Girls Club | Morocco | 4,167m

FAQ'S

Entry Into Country

Do I need a visa?

UK citizens do not need a visa to enter Morocco.

Training

How can I best train / prepare for climbing the mountain?

Being trekking fit prior to coming to the mountain is of great importance not only to maximise your chances of reaching the summits but much more importantly to enhance your overall enjoyment of the expedition: if you are struggling from day one then you will not enjoy the rest of the trip.

Physical preparation does not have to be Herculean: concentrate on cardio vascular exercise during the week by taking short runs when time allows and try to spend at least 2 weekends a month going on good long walks (longer than 6 hrs) carrying a rucksack of around 8 – 12 kg, and head for the hills.

This kind of regime will not only prepare your body for carrying these loads but will harden your body against the big days on the mountain itself. In addition it will help break in your boots and get used to your equipment. In combination this will pay dividends when you reach the mountains.

Finance

What currency is should I bring?

Morocco uses the Dhiram which can be bought at the airport before travel but exchange rates are generally not good. Euros or dollars are acceptable until you can get some Dirhams and Euros are probably better for shopping and bartering!

Guichets automatiques (ATMs) are now a common sight across Morocco and many accept Visa, MasterCard, Electron, Cirrus and Maestro. Major credit cards are widely accepted in the main tourist centres, although their use often attracts a surcharge of around 5% from Moroccan businesses.

Tipping and bargaining are integral parts of Moroccan life. Practically any service can warrant a tip, and a few dirham for a service willingly rendered can make life a lot easier. Tipping between 5% and 10% of a restaurant bill is appropriate. A supply of small coins is vital for random tips. It is a good idea to load up at a bank when you arrive so you are well prepared.

Any advice on tipping the local crew?

Our local crew work extremely hard to ensure that your expedition runs well. Although tipping is not compulsory, it is customary. As a general rule we suggest around €60 – €80 per person to be shared amongst the local crew. Tipping our 360 Leader is left up to the group but is always a nice gesture and much appreciated.

Toubkal

The Adventure Girls Club | Morocco | 4,167m

FAQ'S

What additional spending money will I need?

The amount of money you will need depends on how many presents you wish to buy or how much you have to drink when you come off the hill. As a basic rule of thumb €150 should be more than adequate for any post expedition spending. Morocco is a relatively cheap place and when indulging in the local custom of haggling goods can be bought for very good value for money. Your 360 leader will be happy to point out the relative bargains and the suitable prices and where to get the best value for money. The only cash you'll need to consider taking with you on the mountain is the local crew tips which are presented to them before we leave Imlil (see above) and for any additional snacks and soft drinks you wish to purchase en route.

Electronics

What adapter will I need?

It's a standard European adapter (normally round two pin) which you can buy anywhere in the UK and at the airport if you've left it to the last minute.

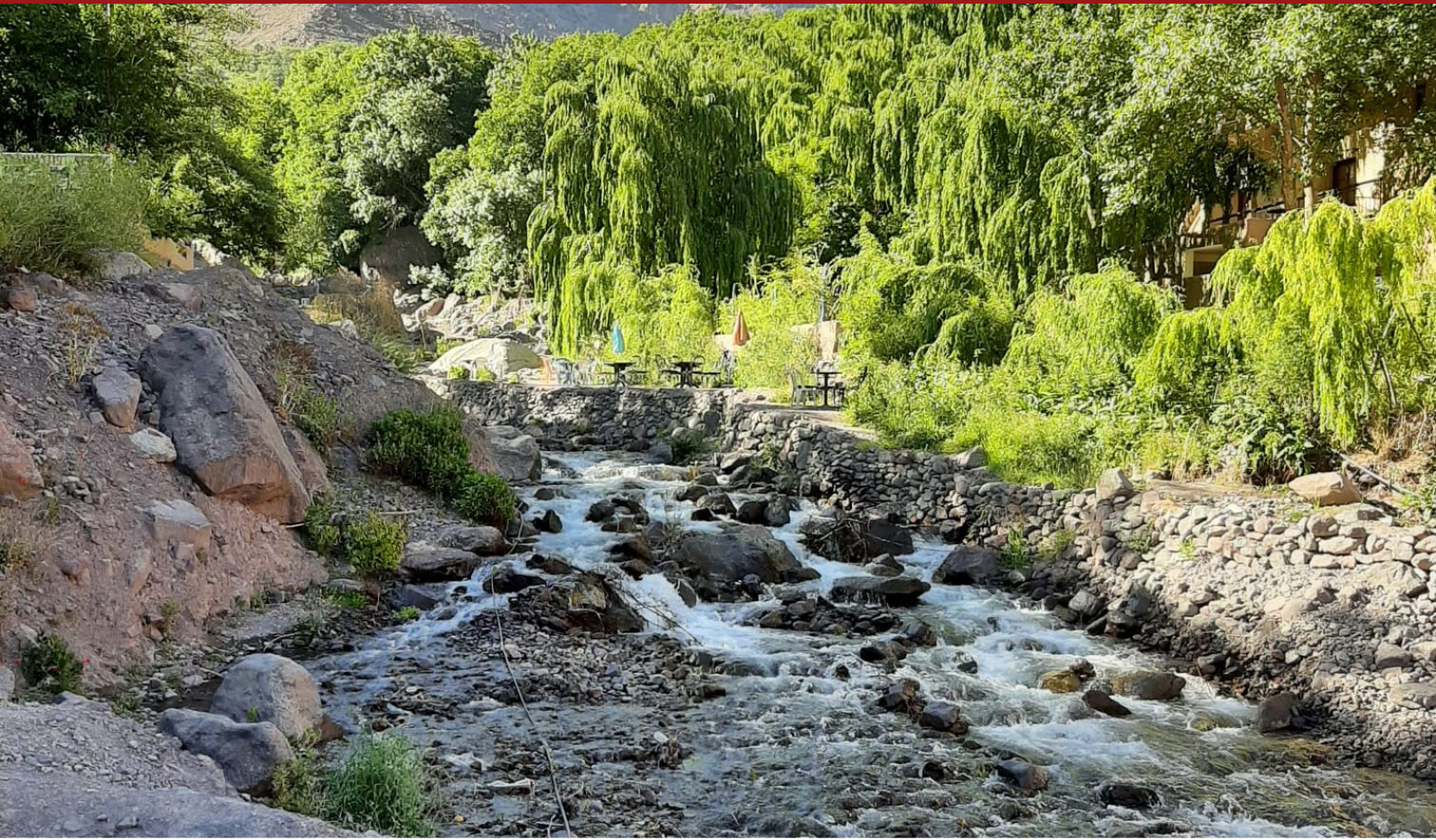
General

Can I use the satellite phone?

Yes you can use the satellite phone if you really need to make a call, it's £3 per minute. Mobiles will work sporadically. But with both of these, there is limited charging availability (the refuges normally have generators), we will use the satellite phone very sparingly, bear that in mind with your mobile.

Toubkal

The Adventure Girls Club | Morocco | 4,167m



TRAINING PROGRAM

To begin 6 months prior to the expedition where possible.

1. CVS: Cardiovascular exercise which is low impact such as swimming, cycling, cross trainer, rowing.

2. Weekend walk should be done over undulating terrain. Only a light rucksack needs to be carried.

3. For specific exercises it is worth doing static squats and heel raises on a regular basis to improve leg muscles prior to the trip. Static squats are especially useful to help protect the knees. Please remember that it is still important to have a well balanced workout using a variety of muscle groups.

4. It is worth winding down and resting in the week leading up to the trip, doing several light walks to keep things going.

5. When walking going at a pace of a brisk walk with a light sweat and enough to feel breathless is recommended

6. During the program, rather than step up suddenly each month (example, going for 3 one hour walks each week during the weekdays in April to 3 one and half hour walks suddenly in May) it is better to build up gradually each week so there isn't a large transition (example, going for 3 one hour walks during week 1 in April, going for 3 one hour and ten minute walks during week 2 in April, going for 3 one hour and fifteen minute walks during week 3 in April, going for 3 one hour and twenty minute walks during week 4 in April)

6. It is important you seek medical advice prior to starting any training program, especially if you are not used to regular physical exertion

All the best with your training!

MONTH 1

OPT 1

2 x 30 mins weekday walk
1 x 1 hour weekend walk
1 x 10 mins CVS

OPT 2

1 x 30 mins weekday walk
2 x 1 hour weekend walk
1 x 10 mins CVS

MONTH 2

OPT 1

2 x 45 mins weekday walk
1 x 2 hours weekend walk
2 x 10 mins CVS

OPT 2

1 x 45 mins weekday walk
2 x 2 hours weekend walk
2 x 10 mins CVS

MONTH 3

OPT 1

2 x 45 mins weekday walk
1 x 2 hours weekend walk
2 x 10 mins CVS

OPT 2

1 x 45 mins weekday walk
2 x 2 hours weekend walk
2 x 10 mins CVS

MONTH 4

OPT 1

3 x 1 hour weekday walk
1 x 4 hours weekend walk
3 x 15 mins CVS

OPT 2

2 x 1 hour weekday walk
2 x 4 hours weekend walk
3 x 15 mins CVS

MONTH 5

OPT 1

3 x 1.5 hours weekday walk
1 x 5 hours weekend walk
3 x 20 - 25 mins CVS

OPT 2

2 x 1.5 hours weekday walk
2 x 5 hours weekend walk
3 x 20 - 25 mins CVS

MONTH 6

OPT 1

3 x 2 hours weekday walk
1 x 6 hours weekend walk
3 x 30 mins CVS

OPT 2

2 x 3 hours weekday walk
2 x 6 hours weekend walk
3 x 30 mins CVS

360^{EXPEDITIONS}



"Life should not be a journey to the grave with the intention of arriving safely in a pretty & well preserved body, but rather to skid in broadside in a cloud of smoke, thoroughly used up, totally worn out & loudly proclaiming 'Wow! What a Ride!' "

Dream it. Plan it. Live it.