



Adventurebug Worldwide Ltd

Bespoke adventure travel & events since 2000

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Apto. Correos 1031, 29680 Estepona, Malaga, SPAIN TEL (34) 635 817 819

MOUNT Toubkal Summit Climb Morocco Open Challenge Format

EVENT DURATION: 4 Nights / 5 Days (1 night mountain gite / 2 nights tent camp / 1 night Marrakech Hotel)

EVENT STYLE: Summit climb of Mount Toubkal, to and from Marrakech

LOCATION: Morocco 's Atlas Mountain regions, Imlil and Marrakech



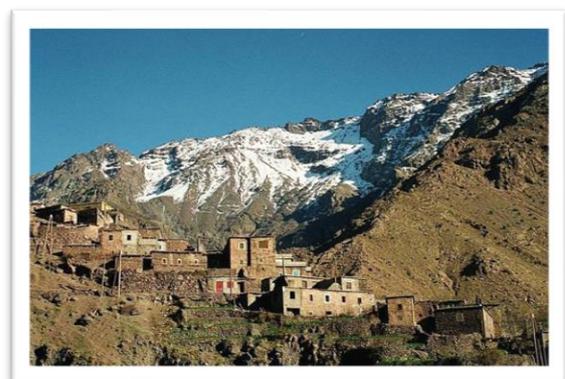
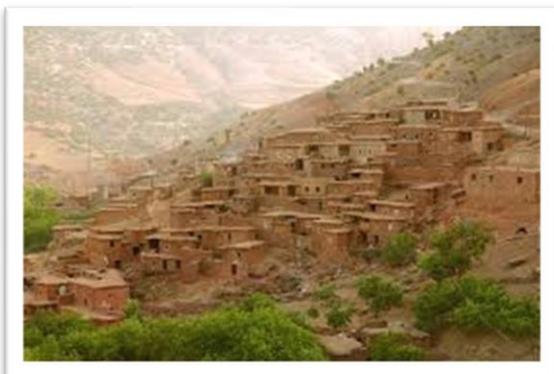
Adventurebug has been involved in hands-on community projects in Northern Morocco for over a decade. As a licensed adventure tourism company, we assist charities by leading some of the safest and most dynamic challenges possible.

This event is designed for charities to raise funds via sponsorship. The challenge is to summit North Africa's highest peak, Mount Toubkal at 4167 m (13,665 feet). The expedition also involves (optional) visits to projects we have an association with – including EDUCATION FOR

ALL and the TWIZI ASSOCIATION, both located in the High Atlas where our summit challenge takes place.

What to Expect?

To climb Mount Toubkal, at 13,665 feet is to bag one of the world's monumental summits. Not considered a technical climb, but instead a challenging ascent through beautiful alpine



terrain. Toubkal is a brilliant milestone for any serious scrambler.

The journey begins and ends in the Royal Berber city of Marrakech. Expect 3 full days of trekking in order to complete the summit. We'll have 4 nights in TOTAL: 1 night in a simple mountain "gite"

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hotel. 2 nights tent camps in the Atlas Mountains and a final night in 4 star Marrakech hotel. All ground transportation, meals, accommodation, guiding and leadership is included in your program. No technical material necessary. This event will take place in the SPRING (May 2019), and is led by an expert team of experienced and qualified mountain guides with many years experience on Toubkal.

Join us for this win-win expedition – raising critical funds for your organization and the thrill of accomplishing a life-changing ascent in the high Atlas!

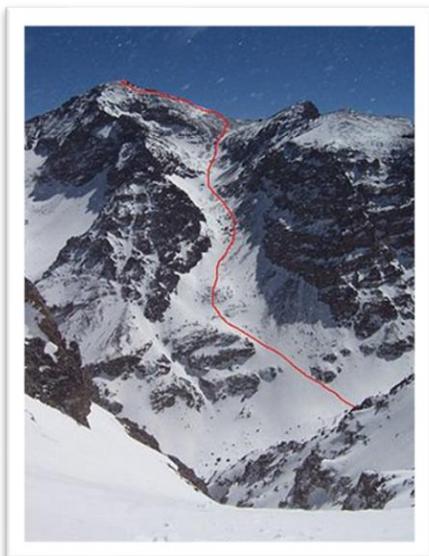
ITINERARY

Day 1 – MARRAKECH (D)

Our expert team will meet your arriving group at the airport and transfer you direct to Imlil village (2 hours travel time), in the heart of the Atlas Mountains. Arrival welcome tea and orientation with your team leaders and time permitting we'll take a 'warm up' acclimation hike in the area. Dinner included (beverages separate).

Day 2 – SUMMIT APPROACH DAY (Ascent to mountain refuge on Toubkal) (B,L,D)

After breakfast we set off early for the first day's hard trek up to the Toubkal Hut. We first load our mules who porter our main bags up to the hut for us. We only need to carry day packs with water and clothing. Today's trek is a vertical climb of 1,460m, spread over a 12 km trail to the Hut at 3207m. Stunning scenery and a challenging climb, but do-able for fit, determined trekkers. Lunch is served on route. Tonight we sleep in our private tent camp (twin share tents with foam mattresses), and have dinner in a communal group tent. The Refuge Hut at this location has bathrooms and washing facilities for us to use. All meals provided today.



Day 3 – SUMMIT DAY (Summit Toubkal and descend) (B,L,D)

Early this morning (pre sunrise) we take a simple, nourishing breakfast and hot drink before setting off. Going for the summit before day-break can be cool (eg 10c to -5c) and you'll need a good head torch to light your way. If the weather is good it's well worth the effort to see the sun come up from what feels like the top of the world! The trail to the summit is 6km and an ascent of 960m which normally takes 4 hours up and 3 hours down. We'll return to the Hut for lunch and rest before continuing down a few more hours to a small hamlet *Marabout Chamarouch* for a final camp night in the Atlas. All meals provided this day.



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Day 4 – MARRAKECH VISIT / FINAL NIGHT (D)

After breakfast we trek out the final 3 hours to meet our transport that takes us back to Marrakech. Here we check into a comfortable hotel and have the rest of the day to freely explore Marrakech's colourful souk and markets. Tonight we celebrate our tremendous feat with a final dinner. All meals (with wine/beer option at celebration dinner) and transfers are provided.



Day 5 – DEPARTURE Day (B)

We transfer to the airport for the return flight from Marrakech to London with memories of a fantastic Mount Toubkal trek for charity. Breakfast only included.

Inclusions

- * 1 Charity Manager and 1 x Doctor expenses (ground only) included
- * All GROUND transfers in private coach – including return airport transfers
- * Accommodation in 4 or 5 star luxury hotel x 1 night (as per above quotes)
- * Tent camp on Toubkal x 2 nights with full use of Mountain hut (bathrooms, shower, indoor spaces)
- * Tents and bed foams for camping (please bring a warm sleeping bag)
- * All meals as per itinerary (includes private cooks and all eating materials necessary)
- * Mineral water for Arrival dinner at gite hotel (but no other drinks included except final Gala dinner)
- * Mules and Porters for baggage transfers to and from Imlil village to mountain hut
- * Mineral water bottles on the 3 climbing days (3 litres minimum per pax)
- * Celebration Toast - sparkling wine (1 glass per pax) at end of Challenge after final trek
- * Celebration dinner (at hotel) with 2 x beer or half bottle of wine per person
- * Adventurebug leadership team and local team responsible for all logistics, equipment and safety
- * Risk assessment and Emergency Contingency Plan throughout

Non Inclusions

- *Group tip for local Moroccan guides / drivers / cooks, etc.
- *Additional drinks and snacks
- *Additional private transfers or shuttles not included in the itinerary
- ***Personal Travel & Evacuation insurance** is the responsibility of the participant or organization



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KIT LIST:

Please bring only what you need. We recommend a small duffel bag or back pack. Do not bring large rolling bags or cases. During the treks, you are required to carry your own water, rain wear, snacks, camera, etc. on the trail, but your main clothing bag will be transported by mule and/ to the base camp.

- Good walking boots designed for rocky paths + **with ankle support** (must be well broken-in beforehand)
- Good hiking socks (eg "blister-free" type). Blister kit (compeeds or gaffa tape!).
- Extra pair of shoes to wear like sandals or trainers for evening and post trek
- Trekking clothing – loose fitting, quick dry, warm light layers, good socks and spares
- Loose , comfortable wear for evenings (non formal) that is warm yet light to carry
- Warm clothes for HIGH mountain weather (multiple layers are good)
- Warm hat and light gloves for evenings and mornings
- Good quality Rain wear for trekking (good rain jacket that is breathable but not too heavy)
- Day pack for trekking (25 litre minimum) to carry rain wear, water bottle, camera, etc.
- Sleeping bag (3 season – below freezing weather necessary)
- First aid or medication supplies such as plasters, paracetamol, personal prescriptions, etc.
- Walking stick(s), ankle gators and binoculars (optional but can be useful)
- Toiletries (soap, shampoo, etc PHOSPHATE FREE please), sun block and toilet roll
- Torch (head torch ideal)
- Pocket knife or multi tool
- Hand wash, antibacterial – for washing hands before meals etc
- Camera / batteries
- Other: French phrase book, portable solar panel for charging your mobile phone and camera is handy, zip lock bags or bin bags for water proofing, duck tape for minor repairs, small flask for your favourite tippie!

BRINGING DONATIONS:

We encourage you to bring items such as school supplies clothing, sweaters, water proof wear, blankets, shoes of any sort (except heels!), books (non religious content), games, sporting goods, medicines and toiletries, etc. to donate.

However, as this expedition limits us with space and storage, please limit the amount of materials you bring to what you can carry. Note, you will not have to carry the donations on the climb of Toubkal itself. But you will have to cart it around in the period before the climb.

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<p>Who can join The Expedition?</p>	<p>Do I need to take out insurance?</p>
<p>Essentially anyone who has a sense of adventure and the desire to help make a difference. However, this is a demanding physical challenge and therefore, long days on foot over steep terrain – both ascending and descending!</p>	<p>Yes, a specific travel and expatriation insurance will be needed on your behalf. Please insure it covers CLIMBING TOUBKAL in Morocco – at 4,167 meters. The climb is NON-TECHNICAL and considered a trek, however crampons and an ice axe may be required (supplied by us), DEPENDING ON SEASON.</p>
<p>Are there minimum or maximum numbers?</p>	<p>How fit do I need to be?</p>
<p>In total, the minimum number is 20 and the maximum is approximately 100. We are flexible with numbers but the minimum number is necessary for the trip to be cost effective.</p>	<p>We recommend a strong level of fitness. The days are long and if you're not used to climbing in the outdoors all day, above 2500 m, it can be tiring. Heat and/or cool, wet weather may be upon us which increases fatigue. Mental and Physical acceptance of this program is important. Please ensure you are physically ok for this program. If in doubt, consult your GP.</p>
<p>Who do we travel with?</p>	<p>What kinds of TREK CONDITIONS can I expect?</p>
<p>We use a variety of transport, primarily private MODERN bus. We also utilize experienced local guides of the Atlas - ensuring that all communications, logistics, safety concerns and overall management of the event runs smoothly.</p>	<p>This is a non-technical but enduring summit climb that utilizes simple stone and scree paths. There are no steep precipices or jagged ridgelines, however, the route is steep in places and concentration is required. Weather can range from sunny to stormy in a matter of hours. Altitude sickness such as nausea, headaches, loss of appetite, etc. Can be experienced.</p>
<p>What luggage can I take?</p>	<p>What is the food and drink like?</p>
<p>Travel very light – taking only the main items from the kit list you need to get up and down Toubkal. Bring a soft bag that is easy to carry over your shoulder – and a good day pack to carry your personal items. No suitcases please!</p>	<p>All meals provided will be nutritious and focused on a combination of energy needs and cultural experience. Hygiene is often a concern in developing countries but helping with that is also one of the reasons we are there and so will largely be within our own control and influence.</p>
<p>What will the accommodation be like?</p>	<p>Costs: What's included and what isn't?</p>
<p>For the climb itself, expect a tent camp (2 person per tent), with use of the mountain hut located at 3200 meters on the route. The mountain hut is simple, basic but all materials and meals are fully catered for (you only need to bring a good quality sleeping bag). We also stay in a simple hotel on the first night and a luxury, modern hotel on final night.</p>	<p>Your event fee pays the expedition costs (transport, accommodation, meals, daily mineral water, permits, guiding, equipment, etc.). But this is no all-inclusive holiday and you are expected to pay for additional water and snacks and to tip your local guides, cooks and other supporters (channelled via your group leader).</p>