

## Hotpod Yoga Trek Mount Toubkal



Duration: 5 days

The High Atlas Mountains run south-west through Morocco. They are remote, barren and absolutely stunning. Our challenge is to climb their highest peak – and the highest in North Africa: Mount Toubkal, at 4167m.

Our ascent is tough, steep and rocky, there could be some snow leftover from winter and the effects of being at altitude add to the challenge. However, the magnificent views from the summit – reaching across to the Sahara Desert – and our sense of achievement more than compensate for our efforts. This trek is achievable for most people provide they train well, have a good level of fitness and determination. Winter trekking experience is not required, however if mountain conditions dictate, we will be advised to wear crampons for safety reasons.

We also witness the local way of life as we pass through colourful villages, where Berbers farm in the river valleys and herd goats and sheep in the mountains. The ancient city of Marrakech, with its labyrinthine streets and intriguing souks, provides the perfect contrast.

## DETAILED ITINERARY

### Day 1: Wednesday 15th April 2020: Fly Manchester to Marrakech

Depart Manchester on flight MT 754 at 0600, arriving in Marrakech at 0935. On arrival we transfer the short distance to our hotel, where we will have free time before meeting in the evening for dinner and a trip briefing before a good night's rest! Night hotel.

### Day 2: Thursday 16th April 2020: Marrakech – Imlil – Refuge Camp

After an early breakfast we load up and drive into the mountains to the small village of Imlil (1740m), where we meet our guides and mules, and set off! Our route takes us uphill through walnut groves, emerging into a flood

plain which gives us a brief respite from the climbing. Our path then rises again through a winding valley into remote mountains; the views are beautiful especially if there is still a covering of snow. We pass through the tiny hamlet of Sidi Chamharouch (2200m), which has grown up around a Muslim shrine, then zig-zag more steeply into the valley, surrounded by snow covered slopes. It's then not long before we arrive at camp, below the refuge at the base of Toubkal. Evening yoga class with Minna and night refuge (3200m).

**Drive approx 2 hours; trek approx 10km / 6-8 hours; height gain 1460m**

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### Day 3: Friday 17th April 2020: Toubkal Summit

Our summit beckons: Mount Toubkal, the highest peak in North Africa at 4167m. We rise early, to allow plenty of time for our ascent, and after a good energy-boosting breakfast we set off. It's cold on the mountain this early in the morning but the exercise warms us nicely! Early in the spring trekking season, snow could still be present depending on the harshness and length of winter. We trek along well-trodden rocky boulder-strewn tracks that twist their way up the mountain. We admire the early morning sun illuminating the spectacular snowy landscapes around us as we ascend. We gain altitude steadily as we climb up slowly through a hanging valley with dramatic landscapes all around us; there are some steep shale sections here and snow underfoot. We come to a col with fabulous views; we can see the Sahara Desert from here. We can also see the last section of the climb ahead of us, with tantalising views of the summit. This last hour is tough, as we follow a snowy ridge but then we are standing at the summit – a real achievement. We have enough time to savour the sensation of being on top of North Africa's highest summit, before we descend the same way, zig-zagging quite steeply and then crossing the large rocks and boulders of the lower section. We can see the refuge and our tents from quite high up, and feel euphoric as we return to it. We have time to relax with a mint tea, enjoying the views from camp. Evening yoga class with Minna and night refuge (3200m).

**Trek approx 8km / 6-8 hours; height gain / loss 967m**

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### Day 4: Saturday 18th April 2020: Refuge Camp – Imlil – Marrakech

After breakfast we trek downhill, back to Imlil, admiring the landscapes of this beautiful hanging valley. Our legs are tired and we take it easy, but the tracks should feel much easier than they did on the way up! On arrival in the village we have lunch, then meet our transport and head back to the buzzing city of Marrakech. We have time to explore the fascinating Jma El Fnâa, the main square, with its food stalls, snake charmers and musicians, and haggle for souvenirs in the fascinating souks – a real contrast to our remote mountains paths and a memorable way to end our adventure! We meet again in the evening for a slap-up dinner to celebrate our achievements. Night hotel.

**Trek approx 10km / 5-7 hours; height loss 1460m; drive approx 2 hours**

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### Day 5: Sunday 19th April 2020: Fly Marrakech to Manchester

Transfer to the airport for our flight back to Manchester. Depart Marrakech on flight MT 753 at 1100, arriving in to Manchester at 1435. *(Lunch not included)*

*Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.*

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## WHAT'S INCLUDED

All transport from Manchester to Marrakech return

All meals except where specified, accommodation

Discover Adventure leaders; doctor with group of 15 or more participants; local guides & cooks, mules, muleteers and drivers

Vehicle support and back-up equipment

Entry to any sites visited as part of the itinerary

Airline taxes

## WHAT'S EXCLUDED

Any meals specified 'not included' in the itinerary

Travel insurance

Personal spending money, souvenirs and drinks

Tips for the local guides and support crew

Inbound airport departure tax (no tax applied at the time of writing)

Crampons and any necessary safety equipment, available to hire locally if required

Fees for any optional sites, attractions or activities

Any applicable surcharges as per Terms and Conditions



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Please note: This document was downloaded on 26 Apr 2024, and the challenge is subject to change.