



**KIDS**  
COMPANY



# JEBEL TOUBKAL MOROCCO

**23RD-26TH  
SEPTEMBER  
2010**

FOLLOWING THE HUGE SUCCESS OF KIDS COMPANY'S 1ST ASCENT OF THE HIGHEST PEAK IN NORTH AFRICA IN 2009, WE WANTED TO OFFER THIS OPPORTUNITY TO MORE OF OUR SUPPORTERS.

Known locally as Jebel Toubkal, Mt Toubkal stands 4167m above sea level and commands superb views of the High Atlas Mountains. This challenging two-day ascent passes through remote villages and terraced fields offering an insight into the life of the hardy and friendly Berber people.



## ITINERARY

### THURSDAY

Meet the Kids Company team at Gatwick for an afternoon flight to Marrakech. On arrival at RAK airport we will be transferred to Imlil (1740m) (approx 1.5hrs) from where the trek will begin with a 40 minute walk to our overnight accommodation in Aremnd (1904m).

**Hours trekking: 40 minutes. Altitude gain: 164m**

### FRIDAY

Leaving Aremnd after breakfast we will trek along the dried riverbed gaining height to reach the tiny settlement of Sidi Chamharouch, which has grown around a Muslim shrine, and is where you can have any devils cast out! At Sidi Chamharouch the path leads over the stream and steeply uphill to the right side of the Isougouane valley, which leads to Refuge du Toubkal (3207m), where we will arrive some seven hours later. We will have a hearty dinner and an early night in preparation for the summit attempt.

**Hours trekking: 7 hours, Altitude gain: 1303m**

### SATURDAY

The summit attempt will start in the early hours of the morning by the South Cwm. On arrival we'll be rewarded with sensational views across the entire Atlas chain and witness the line of rocky peaks stretching out across to the Sahara. If conditions permit there will be an optional ascent of a second summit of over 4000m. We will descend by the NE ridge to a small Col and climb to the summit of Tibherine, (4010m) where there are the remains of a mercenary flight to Biafra, which crashed into the mountain in the late 60s/early 70s. A18 cylinder radial engine and spent cases (for rifles) litter the summit. From here we pick up the North Cwm back to the Refuge. (If conditions do not permit then we return to the Refuge the same way from the summit). We'll then head back down, to Gite in Aremnd for a celebratory drink and a good nights sleep.

**Hours trekking: 10 hours, Alt gain: 960 Alt loss: 2263m**

### SUNDAY

After an early breakfast we will depart Aremnd at 8pm for a thirty minute descent to Imlil where we will be transferred to Marrakech where you will be at leisure to explore the city before catching the afternoon flight to Gatwick.

**Hours trekking: 30 minutes Altitude loss: 164m**

For more detailed trip notes on this challenge please contact Chloe: [chloe@kidsco.org.uk](mailto:chloe@kidsco.org.uk).

(Due to the nature of this challenge, places are limited so please book early).

[www.kidsco.org.uk](http://www.kidsco.org.uk)



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## ESSENTIAL KIT

Rucksack - 45l minimum  
Sturdy walking boots  
Gortex jacket  
Walking Trousers  
Fleece  
Woolly hat  
Sun hat  
Good quality sunglasses  
Gloves  
Head torch  
High factor sunscreen and lip salve  
2 x 1l water bottles  
Energy bars or dried fruit  
Dry clothes for the refuge  
Personal First Aid Kit (blister treatment /  
compeed / zinc oxide tape / nurofen etc)  
Toilet paper

## RECOMMENDED KIT

Recommended Kit  
Walking Poles - telescopic  
Small sleeping bag or liner (blankets are  
provided in the hut)  
Shorts  
Wash kit  
Clean clothes for travelling  
Travel towel  
Camera

## ADDITIONAL INFORMATION

### CONDITIONS

In September the mountains can be very dry but are sometimes subject to storms. Temperatures should remain above zero during the day, but freezing conditions are possible over 3500m. Snow cover nearer the summit is likely.

### FITNESS LEVELS

Intermediate fitness levels are required. We trek for an average of 8hrs a day. The ascent is non-technical, but complicated by steep, slippery scree slopes and altitude sickness.

### SAFETY

The expedition will be lead by John Howie from the Territorial Army who has more than 30 years guiding experience. He will be supported by local guides.

### COSTS

Our suggested sponsorship target per participant is £850. On sign up we take a £200 registration fee as a contribution towards the trip costs. Costs NOT included are: flights, insurance (circa £30), kit, afternoon in Marrakesh on final day.

(The total cost of the trip is £320 per person. All additional funds raised after costs have been covered will go directly towards our work with vulnerable children.)

### FUNDRAISING

We recommend you set up a sponsorship page at: [www.uk.virginmoneygiving.com](http://www.uk.virginmoneygiving.com) as this is a quick and simple way to connect with friends/family and colleagues. Past participants have held quiz nights, dinner/dances, cake sales, auctioned off holiday homes or emailed all those they know asking for their support! We, at Kids Company, will be available to discuss and support any fundraising ideas you have.

### FLIGHTS

We recommend you book your flights with Air Maroc and the suggested flight times are below. Please confirm registration with Kidsco before booking flights.

Thursday 23rd Sept - LGW to RAK 1300

Sunday 26th Sept - RAK to LGW 1505

(Flight price as of 01/10 was £170)

### INSURANCE

All participants must have Mountain Rescue and Repatriation Insurance before arrival. Participants not properly equipped cannot be taken up the mountain. Similarly, no insurance = no mountain.

Kids Company will organise a Q&A session with John Howie, the expedition leader, for those participating.

This will give you a chance to ask him any questions about the trip, to learn more about Kids Company and give you an opportunity to meet your fellow climbers!

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