



KIDS COMPANY'S JEBEL TOUBKAL, MOROCCO

15TH – 18TH OCTOBER, 2009

Join us for Kids Company's first attempt to reach the summit of the highest peak in North Africa in a three-day expedition from Imlil at the base of the High Atlas. 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 walking: 40 minutes, Alt gain: 164m

FRIDAY

Leaving Aremnd after breakfast we will trek first along the dried up riverbed and as we gain height we will 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 7 hours later. We will then have a hearty dinner and an early bed in preparation for the summit attempt. Hours walking: 7 hours, Alt 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 gaze over the line of rocky peaks stretching out across to the Sahara. If conditions permit there will be an optional ascent of a 2nd 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). Brew of tea or Coca Cola and head back down to Gite in Aremnd for a celebratory drink and a good nights sleep. Hours walking: 9 hours, Alt gain: 960 Alt loss: 2263m

SUNDAY

After an early breakfast we will depart Aremnd at 6.30am for a 30 minute descent to Imlil where we will be transferred to Marrakech airport in time for the morning flight back to the UK. Alternatively people are welcome to spend the afternoon exploring Marrakech and catch the evening flight. Hours walking: 30 minutes Altitude loss: 164m



KIT

ESSENTIAL KIT

- Rucsac - 45 litre minimum
- Sturdy walking boots
- Gortex jacket
- Fleece
- Woolly hat
- Sun hat
- Good quality sunglasses
- Gloves
- High factor suncream 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)

RECOMMENDED KIT

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



ADDITIONAL INFORMATION

CONDITIONS

In October the mountains can be very dry but are sometimes subject to storms. Although the temperature should remain above zero during the day, freezing conditions are possible over 3,500m. There's likely to be some snow cover nearer the summit.

FITNESS LEVELS

An Intermediate level of fitness is required for this challenge. We will be trekking for an average of 8hrs a day. In the summer months the ascent is non-technical – only 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

We ask for suggested sponsorship of £750 per person. A £300 deposit must be sent to us with the registration form to confirm place.

(FYI - the total cost of the trip is £320 PP which includes accommodation, food, transport and equipment, all sponsorship raised on top of this will go directly to Kids Company)

FLIGHTS

We recommend you book the below flights with Easyjet as soon as you've registered so as to get the best price. Flight price as of 02/06/09 was £217

Thursday 15th: Gatwick to Marrakech 14.45

Sunday 18th: Marrakech to Gatwick 11.25 OR 19.25

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

CONTACT DETAILS

If you require any further information or would like to run through anything before you sign up contact Chloe Hill, chloe@kidsco.org.uk.