

# Atlas Mountains

Conquer two 4000m peaks in the High Atlas, Morocco



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# High Atlas Challenge

## Trek two 4000m peaks, Ouanoukrim and Mount Toubkal

Whilst many visitors to Morocco will be familiar with the area of the Atlas Mountains surrounding North Africa's highest peak, Toubkal (4167m), very few will be aware of the magnificent lush valleys, dramatic gorges and soaring peaks of the chain to the north-east. This region, known as the Central High Atlas, centres on Morocco's highest peaks, Ouanoukrim (4089m) being one of them. Until very recently the Central High Atlas were almost totally unknown to all but the hardest adventurers and, despite the arrival of access tracks into the heart of the massif, it is still a place of great peace and solitude.

Here the Mountain Berber way of life is preserved largely unchanged. The men of the village occupy themselves with the cultivation, irrigation and harvesting of the land, wood cutting in the forests, and selling their produce in the markets. The women seem to be constantly on the move; tending their children, transporting vast quantities of firewood and fodder for their animals, milling grain and making bread, and, when they have the time, spinning and weaving cloth. National and religious holidays are celebrated with uninhibited dancing and singing, the themes of which have been passed down through tribal and family lines for many hundreds of years, all by memory as Berber is not a written language.



# Detailed itinerary

## Day 1: Depart London to Marrakech

Depart London to Marrakech. On arrival we have a short transfer to our hotel, where we will meet our guides and have a briefing about the challenge ahead.

## Day 2: Marrakech to Lake Ifni

### 3-4 hours trekking

After breakfast, meet with your guides and 4x4 for a morning 4 hour transfer to the southern side of the Atlas Mountains to the picturesque village of Amsouart (1600m), known as the gateway to Mount Toubkal. Here we meet our team of muleteers and after an energy filled lunch we begin! We head to Lac Ifni, before dropping down to the lake itself. Here we may pass families of nomadic tribes, people who move up to the high pastures with their vast flocks of sheep and goats to spend the summer living in caves and makeshift shelters alongside the lake. Our camp for the night is at 2340m

## Day 3: Lake Ifni to Tizi Ouanoums

### 6 hours trekking

Today we head for our first challenging climb up a narrow valley. The steep hardly imaginable path zig-zags up through rocks and cliffs. At the end we reach the amazing pass of Tizi Ouanoums (3664m). Here we have a chance to take in the scenery, before our final descent to our camp for the night below the Refuge Neltner. Tonight we camp at 3200m.



## Day 4: Ouanoukrim Summit

### 7 hours trekking

Our first summit! We will retrace our steps this morning, with the path being steep in places (trekking poles for some are a must). We trek up to the high pass of Tizi n'Ougan (3750m) before continuing to Ouanoukrim (4089m). We may have to cross some snow and descent across the scree fields, which makes today an exciting day. We trek to Timzguida, the highest peak of Ouanoukrim. Once we've all summited and enjoyed the breathtaking views of the surrounding peaks we start our descent to camp (3200m).



# Detailed itinerary

## Day 5: Toubkal Summit to Imlil

### 10-12 hours trekking

The final summit - Toubkal, the highest peak in North Africa at 4167m! In summer the ascent of Toubkal poses few problems for any reasonably fit person, although much of the final ascent is made over rough scree, which is hard work but not technically demanding. We have an early start in the dark for the ascent with the aim of being on the summit of Toubkal to enjoy the superb panoramic views before the sun rises and the heat increases. After our final photo we follow our line of ascent back down to the Toubkal Base Camp and then back down to the road head at Imlil, where vehicles will be waiting to take us back to Marrakesh, and celebrations.



## Day 6: Marrakech to London

After breakfast will be picked up from the hotel and transferred to the airport for flight back to London.

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*Itinerary complex and subject to change*

### Grade

Tough

### Best time of year

June to September

