

TOUBKAL SUMMIT CHALLENGE



The Atlas Mountains extend in a broken chain for over 1000 miles across Morocco, Algeria and Tunisia, and separate the northern moist Mediterranean climate from the arid south. From the ancient city of Marrakech, the Atlas skyline stretches across the horizon, creating a backdrop of inspiring beauty. The harsh and wild landscape makes for a very challenging environment, and over 3 days our trek takes us up to the summit of Toubkal, North Africa's highest mountain (4167m), where high temperatures, demanding terrain and basic living conditions will test resilience and determination. Conquering the summit will be a tough, but invigorating and highly rewarding experience.

DAY 1 **MARRAKECH** **13 MAY or 16 SEPTEMBER**

Depart from London and arrive into Marrakech late in the evening where we transfer to our hotel.

DAY 2 **TOUBKAL BASE CAMP – 3200m** **5-6 HRS TREKKING**

It is an early start and after a good breakfast and challenge briefing we transfer (2 hours) across the Haouz Plain to the village of Imlil (1740m), in the foothills of the Atlas Mountains. We are met by our local guides and muleteers and after distributing our gear bags we begin trekking. Our route takes us through the verdant and fertile valley, passing Berber villages olive and walnut groves. We reach the tiny settlement of Chamharouch (2310m) where we break for lunch before continuing in the afternoon up to base camp at (3200m). After a long first day we enjoy a welcomed cup of mint tea before our evening meal. Throughout the day there will be the opportunity to have informal discussion with the YSC team, which can be developed further in the scheduled evening coaching sessions. Participants will also be asked to make a short video recording on their thoughts of the day's events before settling down to our first night under canvass.

DAY 3 **TOUBKAL SUMMIT – 4167m** **9-10 HRS TREKKING**

We rise before the sun this morning to start our summit ascent and begin trekking through hidden valleys and up into the rarefied atmosphere of Toubkal's higher reaches. This isn't a technical climb but it is long and arduous as we tackle the scree slopes and rocky terrain, continuously gaining elevation. We reach the Tizi-n-Toubkal col at (3941m) in the early morning and continue at a steady pace up to the summit. If early in the season we may even encounter the last of the winter's snow at top. We should arrive around midday where our efforts are truly rewarded with spectacular views across the whole Atlas Mountain range. To the south the Anti-Atlas range stretches across to the Sahara, and to the north, the village of Aroumd lies in the distant valley below. After capturing the moment on video we make our way back down to base camp where we stop for some well earned

