

Morocco High Atlas

Spring/Autumn Expedition, suitable for single or
multiple groups



Suggested (Outline) itinerary.

Itineraries can be varied by choice due to the abilities of the participants, they are also at the mercy of local conditions (weather, ground conditions etc). Shown in red are maximum evacuation times to the nearest road. guides and support staff will be equipped with mobile phones and there is now a private helicopter evacuation from the Refuge Nelter. Groups will be shadowed by the support mules, which can also be used to provide evacuation for non-walking casualties

This itinerary seeks to give participants an insight into the cultures and traditions of the Berber people in Morocco whilst fulfilling the requirements of a Gold DofE assessed expedition. The expedition and trekking will take part in the high Atlas Mountains and give the group the opportunity to summit Toubkal, north Africa's highest peak.

Day 1: Fly to Marrakech, Hotel included meals at own expense.

Day 2: Supermarket shop in Marrakesh

Transfer from Marrakech to Tamtertert 1900m (1.5 hours) and prepare kit. gite, breakfast & dinner included, lunch can be bought during supermarket shop at own expense.

Day 3: Acclimatization trek with full pack from Tamertert 1900m, Imlil 1840m to Tizi Mezik 2400m and Aremd 1900m, camping, breakfast lunch and dinner included for staff and participants (5 hours walking)

Constant road access between Tamertert and Imlil and also up to Achlem (bottom of the Tizi Mezik pass). Constant road access also up to Aremd. Furthest distance from a road at Tizi mezik pass 2km to Imlil or 1.3km to road access at Tizi Ouseum.

Day 4: Assessment trek Aremd 1900m - Tizi n Tamertert 2259m down to bottom of valley and back up through Ourenske - Tachedirt 2300m - camping, breakfast, lunch & dinner included for staff, participants breakfast only

Constant road access between Tamertert and Tachedirt.

Day 5: Assessment trek Tachedirt - Tizi n Likemt 3550m to Azib Likemt 2650m to Tizi n Ououraine 3120m - camping, breakfast, lunch & dinner included for staff, participants prepare own meals

Nearest road access point at Tachedirt or Amzouzert,

Furthest distance from road would be at half way point approx 9km from either.

Day 6: Assessment trek Amsouzert 1740m to Lac D'Ifni 2295m - camping, breakfast, lunch & dinner included for staff, participants prepare own meals

Constant road access between Amsouzert and Lac D'Ifni

Day 7: Assessment trek Tizi n Nounoums pass 3700m - Refuge Nelter 3200m, gite, breakfast, lunch & dinner included for staff, participants prepare own breakfast and lunch but dinner is included

Nearest road access is Lac D'Ifni or Aremd after reaching the Tizi. Tizi to Lac road access is 8km. Tizi to Aremd road access is 10km

Day 8: Trek Toubkal Summit 4167m - Refuge Nelter 3200m - gite, breakfast, lunch & dinner included

Refuge to Aremd road access is 8km

Day 9: Trek Tizi n Ouglzime 3600m - Azib Tamsoult 2400m - camping, breakfast, lunch & dinner included

Refuge to Aremd road access is 8km Tizi n Ouglzime to road access at Tizi Ousseum is 7km

Day 10: Trek Tizi n Techt 2200m - Im Ouglad 1800m. Return to Marrakech (1.5 hours) - Hotel, breakfast & lunch included. Dinner at own expense

Road access from Azib Tamsoult to Tizi Ousseum is 4km Constant road access from Tizi Ousseum to Im Ouglad.

Day 11: Free day in Marrakesh. Hotel and breakfast only included

Day 12: Transfer to Marrakesh airport. Depart for UK breakfast only included

We have advised here what is included in the price and what is not, this can be changed, prices can be flexed as can the itinerary. We seek at all times to be as honest as possible and manage expectations accordingly.

Safety.

Safety of the participants, staff and the in-country assistants is the highest priority for Wildcountry Consultants, below we outline the steps that we take to ensure you fully understand the risks involved and the steps we take to mitigate these risks as far as possible given the nature of the terrain and the requirements of the DofE. Groups will be supervised/shadowed/assessed by at least three qualified European leaders. There will be at least one International mountain leader to manage the safety of the expedition and all other supervisors will be minimum SML holders. All supervisors will have experience of working in Morocco and the area concerned. Mule support teams will also shadow the groups and the ascent of Toubcal will be managed/assisted by a qualified Moroccan mountain guide.

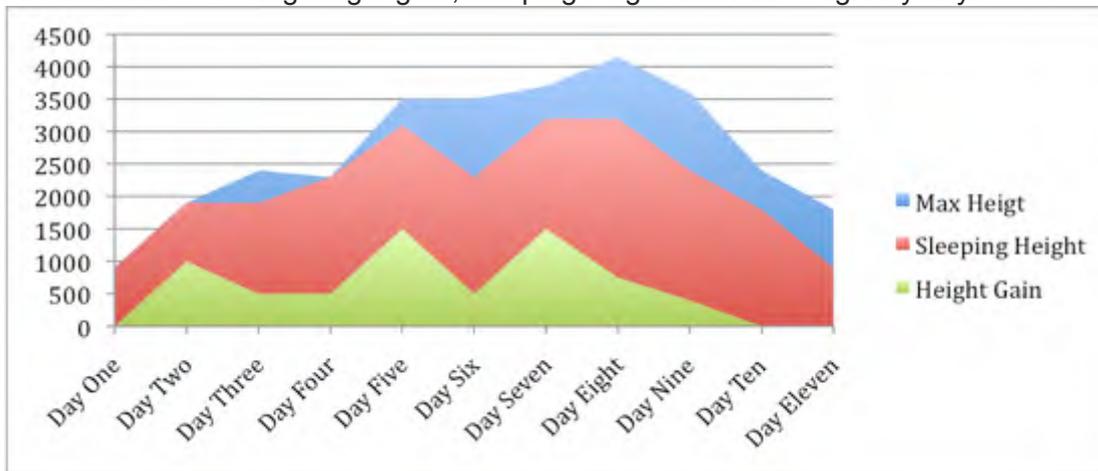
Terrain and conditions.

The trek follows centuries old traditional Berber mule tracks, which connected the villages of the high Atlas Mountains; they are generally well-constructed mountain tracks similar to the footpaths in the Alps. They are easily followed and give a safe means of ascending some of the steep ground and high passes in the area.

The temperatures in the summer months can be brutal but in October they are more in keeping with an English summer. Water is of course in short supply but we will ensure that groups are kept supplied by mules and that campsite drops and water stations at strategic points ensure that individuals do not go short.

Altitude is a risk on a trek of this nature, acclimatization profiles will be kept as close as possible with those advised by the BMC (British Medical Council and British Mountaineering Council) for a safe ascent. Below is an acclimatization profile showing maximum height gained each day and sleeping height?

Altitude Chart showing height gain, sleeping height and max height by day.



This trek, by design, gives us the opportunity to create extra days should participants need extra days to acclimatize. From the ascent of Toubkal it is possible to drop down to Imlil thereby creating an extra day before hand. If participants show any sign of being unable to consider an ascent of the mountain there is the possibility to remain at the refuge with one of the leaders.

As part of the package Wildcountry Consultants will hold a school based training day (Best practice under BSI 8848 for overseas expeditions) where Fitness, Kit and altitude awareness will be key topics discussed)

Similarly BSI 8848 suggests as best practice that groups/individuals are assessed for fitness in similar terrain/conditions. Wildcountry consultants would suggest that the practice expedition is held in Snowdonia and one of the leaders of the Moroccan expedition will attend all four days to assess fitness of the individuals. WCC will also offer up route suggestions for the practice expedition.

Expedition to Morocco are generally incident free, the biggest problems are created by lack of fitness, participants carrying too much in their back packs, exposure, heat exhaustion, dehydration and sickness and stomach upsets.

We operate on an avoidance process rather than a reactionary one, participants will be briefed on all aspects of personal safety, before they go and during the expedition. Full advice will be given on how to stay fit and healthy, what to bring and what not to bring and participants will be assessed for fitness well before the expedition and given advice on how to prepare, should we think they are lacking in fitness. We would far rather someone is advised not to go than they go and have a miserable time and prejudice their own safety and that of the group in which they are a member.

We have run many expeditions to this area and have an excellent in-country support network that we know to be first class in their operation and ability to deal with medical and safety issues.

This expedition gives participants an opportunity to experience a completely different culture from their own, whether it is in the sights and sounds of the souks of Marrakesh or the remote Berber villages, some of which were only recently connected to a permanent electrical supply, of the high Atlas Mountains. Participants will have the opportunity to interact with the local people and the muleteers and guides who will accompany/shadow them on a day to day basis.

A DofE expedition of this nature provides different challenges from one held in the UK, navigation is not a real issue but good preparation and team work remain core principals of success. Individuals will grow and develop by taking part, our leaders will provide honest feedback and reports on individual and group strengths and weaknesses.

Cost and the honesty section.

The cost per participant for this 12 day expedition would be £1100.

This includes, risk assessments, declaration of risk and all necessary medical forms and parental consent paperwork, all transfers (by reputable companies, licenses and insurances checked) and meals as advised in the itinerary, ongoing support from our office in Somerset, School briefing day, ML supervision cover on the practice expedition, route suggestions for the practice, Route planning day at the school and all DofE panel liaison. Two supervisors/qualified European staff (per 12 pupils , three staff for up to 20) to cover the expedition, Mule support, Moroccan mountain Guides for the ascent of Toubcal. One free place for a teacher per 12 participants.

What is not included (The honesty section)

- Flights, due to the variation on flight prices dependant upon booking times and numbers we find it difficult to budget for flights. Given enough time for booking, flights to Marrakech can be as low as £150. Wildcountry consultants are happy to book flights for students and teachers.
- Insurance, it is assumed that school insurance will cover pupils and teachers whilst on expedition
- Expedition Kit and personal clothing
- Personal spending monies for soft drinks, souvenirs etc.

Why book with Wildcountry Consultants.

As one of the first Approved Activity Providers licensed in the UK to provide UK and overseas DofE expeditions WCC have built a solid reputation for quality and safety.

All of our instructors are mature individuals who have a considerable depth of experience in working with youth groups and they all hold the appropriate qualifications for the terrain in which they are operating. We do not use trained only individuals.

Our Employers Liability Insurance covers all our instructors and we are covered for £10M Public Liability Insurance through Activities industry Mutual, the leading provider of Insurance to the adventurous activities market.

We are also fully licensed by the Adventurous Activities Licensing Service (A division of the HSE) to provide mountaineering and trekking expeditions across the world.

We provide a holistic service from our office in Somerset for all our expeditions: from comprehensive advice on expedition equipment to personal fitness, risk assessments, declaration of risk documentation, booking paperwork and participant medical declaration forms.

The areas in which we operate we have first hand experience through having run expeditions previously and the instructors involved will have operated in this environment before. We will not take any individuals on our expeditions where we have concerns over their physical abilities or level of personal preparation to cope with the physical demands of the terrain they intend to cover.

Our commitment to you is one of safety first through meticulous planning and continual assessment of both the participants and the environment in which they are operating. Whilst the expedition will be demanding and place the participant in an environment which is generally outside of their comfort zone we will try to ensure they enjoy the experience as fully as possible by checking they are fully prepared for the experience. Finally we will turn the experience into a learning environment for them by assessing their understanding of the role they play within the team and the environment through which they are travelling.