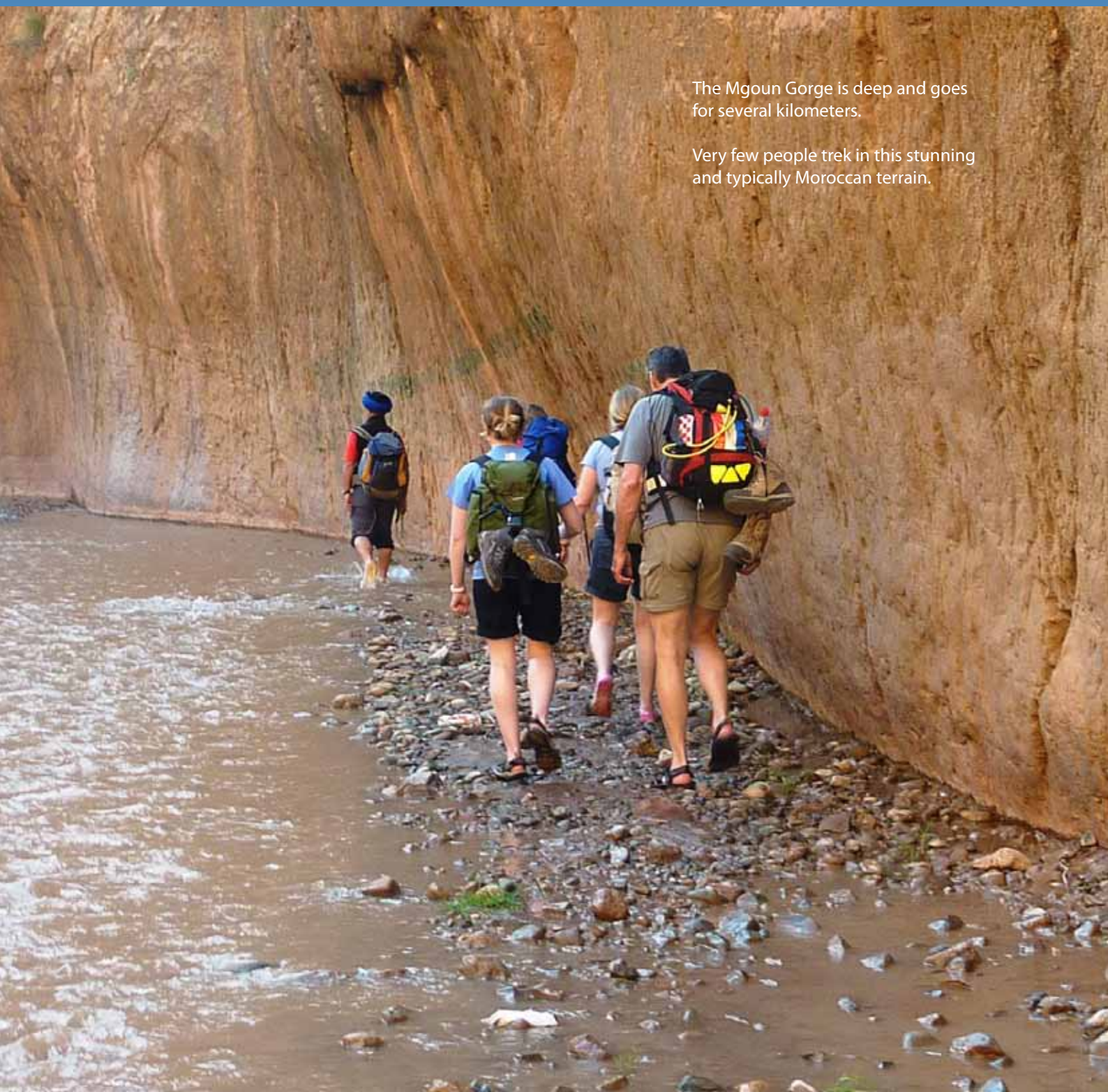


# Mt Mgoun Trek Information and itinerary

The Mgoun Gorge is deep and goes for several kilometers.

Very few people trek in this stunning and typically Moroccan terrain.



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No-one about; fab trek.

Susan, Accountant Scotland



# Introduction

Our Mgoun trek, which crosses the High Atlas from south to north packs alot into its 9 days. We believe that pound for pound, it is one of the best value for money treks in the Travel and Trek portfolio.

Morocco is an under-rated trekking destination as it probably has one of the most diverse variety of trekking routes within easy reach of the UK (under 4hrs flying time to Marrakech).

On arrival in Marrakech, you will be met by your Guide at the airport and transferred to your Riad within the Medina for your overnight stay.

If it is your first visit to Marrakesh, you will enjoy the sights, sounds and smells of both the Medina and the famous Djemaa el Fna square. Your traditional Riad will be just a few mins walk away from the action.

In the morning after breakfast, you will be driven over the High Atlas. This drive alone will show you the beauty of this country before you descend to Ouarzazate, nicknamed 'Gateway to the Desert', for lunch.

From Ouarzazate, you will drive into the beautiful Dades area to initially meet your trekking crew and then to trek for a few hours prior to the first camp.

For the first couple of nights, you trek through local Berber villages as well as the impressive Mgoun Gorge complete with its 300 foot sheer walls that flank you.

Day 3 will see your first big climb up and over the Tizi el Fougani Pass (3000m). There is a slight descent before crossing another Pass before a big descent down to your campsite at the junction of two rivers.

Day 4 is potentially a long day following a river and crossing it several times so make sure your change of footwear is handy! The end of this day brings you to 2900m and at the foot of the climb up to the summit of Mgoun.

This area is still quite lush due to its southern facing slopes and you should see grazing camels with their nomadic owners up here for the summer months. You will pass through several valleys, still slowly ascending

It's an early start to the summit, which is a relentless climb but at a steady rate perfectly acheiveable.

At 4068m, Mgoun is the 2nd highest mountain in North Africa. From the summit, you will have glorious 360 deg views (weather permitting), including Toubkal itself.

Although less well known than Toubkal, the views and the trek itself are arguably better than its more popular counterpart.

Due to a quirk of geology, you can also find fossils on the summit ridge, so keep your eyes open!

Should you not be able to summit due to the weather, your Guide will re-route and get you to the same overnight stop.

Your final full days trekking is another climb over the Tizi-n-Tarkeddit (3000m+) before a glorious descent into a lush valley.

All being well, you should be treated to a night in a traditional Gite.

The following morning, you will trek for just an hour or so to meet the transport which will take you back to Marrakesh where you can once again enjoy the sights, sounds and smells of the Medina and the Djemaa el Fna square.

Details
Duration: 9 days UK - UK
Min/Max pers: 2/12
Max altitude: 4068m/13.346ft
Accommodation on trek: Camping
Dates: See website
Cost: £525
Our trips formally begin and end in Marrakesh

When to go
In general terms:
Mid May - Sep inclusive
Variations on the route are possible to allow year round trekking. Ask for details.

Travel and Trek Limited is a truly independent company specializing in adventure trekking and touring. We pride ourselves on the personal touch and whether you are travelling solo or in a big group, we can adjust itineraries to suit you.

## Important information

### Costs

Costs are based on 2 people sharing and are per person (singles see below)

### Fully Bonded

Your money is safe. We are protected by Insurance Passenger Protection (IPP), which protects YOU against OUR insolvency.



### Trek Dossier

On booking, you will receive a comprehensive Trek Dossier, which includes:

- Clothing and equipment list
- Medical notes (including vaccination requirements)
- What to do on arrival in Marrakesh
- Food, money and more...

### Airport arrivals

We pick you up on arrival and transfer you back on departure.

### Passports

Passports should be valid for a minimum period of 6 months on the date on entry into Morocco.

### Tourist Visa

A tourist visa is not required for UK Nationals.

### Itineraries

Day 1 of your itinerary is deemed to be your departure day from the UK.

### Hotel Accommodation

We use typical Moroccan Riads (hotels), which are of 3\* standard with very friendly staff to attend to your every need. Our costs are based on a B&B basis, twin share. All rooms are en suite. If you wish to use a higher grade hotel, then please ask us for details.

### Accommodation on Trek

This is a camping trek and you will be accommodated in 2 man tents.

### Food on Trek

All food is included and prepared by a very skilled Camp Chef. Please inform us if you have any dietary requirements such as vegetarian.

### Singles

Travel and Trek does not believe in penalising single travellers unnecessarily. If you are a single traveller and do not request sole occupancy of a room, you will be accommodated with another member of the group of the same sex.

If there is an odd number travelling and you happen to be the odd one out then you will be allocated sole occupancy. You may be charged a small additional cost for this, typically £20 per hotel night

(not for nights in tents!).

If you do wish to request sole occupancy throughout all or part of the trip, then call us for advise.

### Extended Stays

You are free to extend your stay in Morocco with extra days before or after the trek. We can assist you with accommodation if you wish or you are free to make your own arrangements.

### Our Guides

Our personable Moroccan Guides are all qualified, licenced, English speaking Guides with a wealth of experience and knowledge.

### Fitness

Walking in the Moroccan mountains does require a certain amount of fitness, primarily endurance. A reasonable level of fitness based on the ability to walk at a comfortable pace for 6 - 7 hrs a day (with rest stops), for several consecutive days carrying a day sack weighing approx 6—7 kg is all that is required.

### High Altitude

High altitude also brings its challenges for some. This trek sleeps no higher than 2900m although it does summit at 4068m, which is well into altitude sickness territory. Due to the base altitude being relatively low, any discomfort you may experience should be short lived.

### Clothing and equipment

A comprehensive list is provided on booking.

### Medical/Vaccinations

You are advised to consult your GP if you are in any doubt about your physical condition to undertake your chosen trek. Whilst we do provide information on vaccinations, you should also seek professional advice on what vaccinations you require for Morocco and other locations should you have an extended trip. For planning purposes you should need: Hep A, Typhoid, Tetanus, Polio and Meningitis.

### Local Payments

Travel and Trek does not charge any local payments.

### Travel Insurance

It is absolutely vital that you have adequate travel insurance. See page 7.

### Expert Help

If you have any queries in the planning stage of your trip, call our experts on 01476 562763 or 07725 943108

### How To Book

- Complete the booking form (downloadable from the website) and return it with a deposit of £150 pp.
- Booking forms can be completed electronically and returned as an attachment to an e-mail.
- Details of payment options are on the booking form.
- Balance payments are due 10 weeks prior to departure.

## Trip inclusions and exclusions

### Inclusions

- Return international airport transfers
- Hotel accommodation in Marrakesh, total 2 nights on a twin share, B&B basis
- Tented accommodation throughout the trek (twin share), including foam sleeping mats
- All food on trek, including plates, cups, utensils
- All ground transport required to and from the trek
- Services of an English speaking, qualified Moroccan Guide throughout the trek
- Porterage
- Comprehensive Trip Notes and other associated documentation

### Exclusions

- International flights
- Personal spending
- Staff gratuities, advice will be given if required
- Personal travel insurance

## Marrakesh



No trip to Morocco would be complete without visiting Marrakech.

A city to whet your appetite; one that conjures up a picture of an ancient walled city within which traders ply their goods and find entertainment – it is still true today.

All Travel and Trek trips begin here.

You will be accommodated in a local, traditional Riad a few minutes away from a square full of entertainment - the Djemaa el Fna. This square comes alive after dusk with the bright burning lamps of the food stalls, the story tellers, the musicians all entertaining the tourists and locals alike.

The Medina is also on your doorstep; it is a myriad of lanes that lead to many Souks (markets) selling local crafts such as carpets, leather goods, metalwork, wooden crafts and specialist foods including spices

# Itinerary

**1**  
**Arrive Marrakesh**

Our trips formally begin and end in Marrakesh.

You will be met at the airport and transferred to your traditional Moroccan Riad (hotel) inside the Medina.

Once you have settled in, you will want to experience the famous Djemaa el Fna square. Your first experience of the square is one of a senses explosion; entertainers performing, a myriad of food stalls all lit up with the smells to accompany them, and the general melee of activity.

Enjoy your first traditional Moroccan meal.

**2**  
**Depart for Ouarzazate and the start of the trek**

After breakfast, you will depart and drive over the High Atlas mountains and down to Ouarzazate. This is a 5hr journey through some stunning mountain scenery.

After lunch, you push on to the start of the trek, where you will meet your crew complete with mules to carry supplies.

It will be a short trek to night one at Agouti.

**3**  
**Agouti to Imeskar el Fouqani**

Today we remain fairly low (slowly ascending) and route through the delightful Gorge of Mgoun. This river course several kilometers long is flanked by 300' walls.

The camp site (Imeskar el Fouqani) sits at 2100m and at the foot of climb tomorrow.

**4**  
**Imeskar el Fouqani to Aflafal**

A good climb in the morning up and over the 3000m Tizi el Fougani Pass.

It is an immediate descent followed by a steady ascent towards another with lunch in the middle!

There is a big descent down to the camp site at Aflafal, which sits at the junction of two rivers.

**5**  
**Aflafal - Oulilimt**

Today follows a river up to Oulilimt and can be a demanding day.

The altitude increases to 2900m over a long period of time, with numerous river crossings en route.

**6**  
**Mgoun (Summit Day) - Tarkeddit**

An early start for what is a long day with over 1000m of ascent.

Mgoun is the 2nd highest peak in N Africa (4068m) and if the weather is kind, you will experience an excellent ridge walk with outstanding views.

Bizaarly, you may find some fossils up here.

You will descend to to the Refuge of Tarkeddit.

**7**  
**Trek to Arous**

One more significant pass over 3000m to cross (Tizi-n-Tarkeddit ) before descending into a lush green valley.

A beautiful day's trekking descening all of the way once across the Pass.

Once into the village of Arous, we overnight in a very traditional and delightful Gite.

**8**  
**Arous - Tighza - Marrakesh**

Final short trek to Tighza before boarding the transport to Marrakesh.

You may go via the Ouzoud Waterfalls, which are well worth a visit. Overnight Marrakesh.

**9**  
**Depart to UK**

You will be transferred back to the airport for your flight to UK at the appropriate time.

# Travel Insurance

It is absolutely essential that you have adequate travel insurance. Be truthful to your insurance company about precisely what activities you are undertaking and to what altitude (max). Failure to do that may invalidate your policy.

To fly a patient back to the UK under any form of medical supervision (ie on a stretcher) is estimated to cost well into £000's.

In terms of activities for insurance purposes, you are trekking. There is no climbing involved.

This Foreign & Commonwealth Office link is a useful reference and recommended read:  
<http://www.fco.gov.uk/en/travelling-and-living-overseas/staying-safe/travel-insurance/>

## So What Happens If I Have An Accident?

If you have an accident that requires professional medical help, the first priority is to get you to the nearest medical station (provided that you can be moved). Your Guide and his staff will do this as quickly as possible.

The Guide will have a mobile phone and will know where to obtain a signal and who to call. Vehicular access may be possible otherwise it may be on a mule!

All in cases, the fastest and most appropriate method will be used; common sense must always prevail.

Please be aware that mobile coverage does not reach all parts of these mountainous areas and therefore delays may occur in contacting the relevant people.

Any serious injury that requires a helicopter will require the immediate involvement of your travel insurance company. They will be contacted and informed of the situation if you are unable to do so yourself. The insurance company should do the rest.

## A Little Preparation May Save Your Life

Some insurance companies provide a very handy credit card sized card with all of their contact details on it. If your company does not, then try using this very handy website [Ucardit.co.uk](http://Ucardit.co.uk). Travel and Trek clients get a 10% discount.

For about £5 (including P&P), you get a virtually indestructible credit card sized card with all of your important information on it. You can either use one of three pre-designed Travel and Trek cards or design your own. An example is shown below. You can literally put whatever you want on it from flight details, mobile numbers, addresses, insurance details, etc...

To try it, go to the Home page, click 'Travel'. Then scroll down, bottom left, click on the 'Travel and Trek' banner and either use a branded template or design your own. These are example cards from the website (not full size).

