

Detoxing in Morocco



Mount Toubkal in Morocco is the closest peak over 4,000 metres (12,600 ft) which can be climbed in summer without ice axe and crampons. The first day involves climbing the equivalent of Ben Nevis to a refuge or camp. The second day involves climbing the equivalent of Scafell – and then coming down both of them. They are not hard days by Alpine standards but several trekkers thought that day 2 was the hardest thing they had ever done. The ascent can be done in a long weekend or as part of a longer trek in the Atlas mountains. I went on a one week/5 trek days package

with Toubkal taking the last two trek days.

There are several companies which offer an all-in package which includes a guide, cook, pack mules and muleteers, all meals, refuge and hotels in Marrakech at the start and finish. I went with the Keswick based KE Adventures but there are several other companies offering a similar package. Flights are arranged through Easyjet.

The trip was very well organised and very good value for money. As heavy snow had blocked two high passes to mules we followed a revised itinerary which was slightly more gentle than the one normally followed. Because of that, and because I enjoyed it so much, I'm going back in September to complete the original itinerary and ascend Toubkal again.

Prices have been reduced for 2016 and 2017 and are currently £395 for the 8 day trip. You can get beer in the hotel bars in Marrakech but in the countryside you have to detox with 'sleepy tea'. With good food and thin air you can come back fit.

I'll be happy to show photos and talk further to anyone who is interested.

Keith