

## Morocco Trekking Packet

# JOURNEY BEYOND TRAVEL

JOURNEYBEYONDTRAVEL.COM

### About Us:

Based in country, Journey Beyond Travel is Morocco's premier tour and trekking operator. We look forward to your visit to Morocco with us!



Experience  
stunning scenery,  
quality guides &  
meals, safety, and  
fun!

Joe Zuffoletto

## FEATURES & HIGHLIGHTS OF YOUR MOROCCO TREK

**We work hard to ensure you'll have an amazing experience. You'll explore the Atlas Mountains, meet local Berbers and their families in villages, get off-the-beaten path, and enjoy our quality service throughout.**

On our treks, you'll enjoy Morocco's hidden gems while walking through the country's highest range, the Atlas Mountains. Throughout your trek, you'll have the opportunity to stay in villages and meet local Berbers all while enjoying amazing panoramas.

We focus our treks on two regions of the country: the High Atlas Mountains south of Marrakesh in the Toubkal National Park and the further-removed region of Ait Bougmez closer to Azilal and Beni Mellal in the Central High Atlas of the Mgoun National Park. The High Atlas Mountains is home to North Africa's highest peak, Mount

Toubkal (at 4,167 meters). Ait Bougmez is home to the stunning Mount Mgoun (which sits only 100 meters lower than Mount Toubkal). Our treks in the High Atlas Mountains are offered year round while treks in Ait Bougmez are offered from May to October.

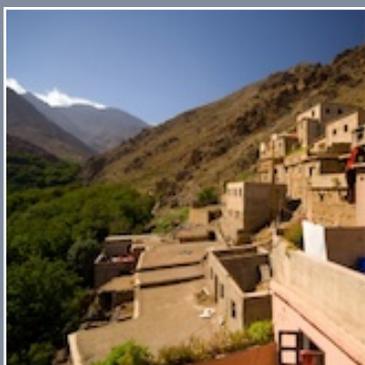
Our main priority is to ensure you have a safe and secure trek with unique and genuine experiences. Our certified, English-speaking guides work hard to make certain your trek is unparalleled to any other; we truly want to take you beyond the destination!



### Our Treks:

We offer treks in both the Atlas Mountains of Toubkal National Park and in the Ait Bougmez Valley of Mgoun National Park.

# GET OUTDOORS!



## More About Our Team

Journey Beyond Travel was founded by Thomas Hollowell, a former Peace Corps Volunteer. He was recently sought out by the Rough Guides to Morocco to revamp their Atlas Mountain chapter on trekking in Morocco. Our in-country knowledge is unmatched.

## Suitability & Style

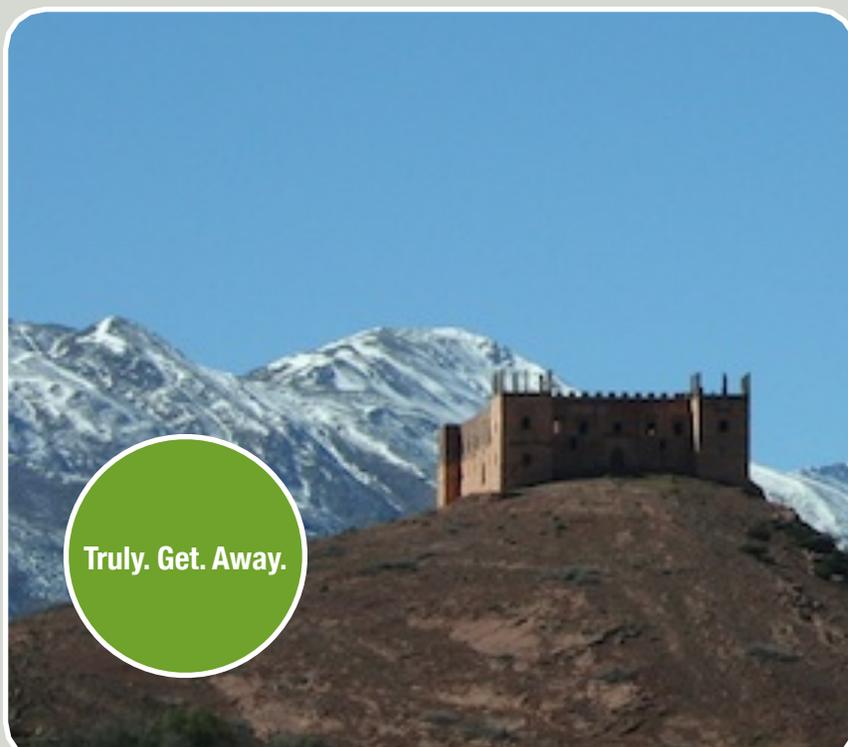
Trekking in Morocco takes place on mule paths and rugged, rocky terrain. In the summer months, scree can be present on the upper peaks. In the Atlas Mountains of the Toubkal National Park, some of the village guesthouses have communal sleeping rooms. Bathrooms may or may not have running water. All places are considered basic. In the Ait Bougmez region of the country, camping is the primary method of spending each night.

On our treks, you'll walk on average of five to eight hours per day. Some days are longer than others and weather can also affect timing. In Ait Bougmez, one or two days may be composed of more than eight hours walking, especially if you summit Mount Mgoun.

The majority of trekking in Morocco is done at elevations of 2,000

to 3,000 meters (averaging 2500 meters), with top ascents getting closer to 4,000 meters. Plan on ascents and descents greater than 1,000 meters per day - so fitness is key and previous trekking experience will help immensely. Prepare well ahead of time with running, hill walking, and other active sports. This does not apply necessarily to our more easy day treks offered to those traveling on one of our other cultural tours.

A daily schedule is pretty straight forward as we are up decently early, enjoy breakfast, pack up, and head out. Lunch stops are done en route and quality, picnic-style meals are served. Choices of food vary and we can meet the needs of vegetarian travelers. After walking through the afternoon, you'll arrive at your overnight spot where relaxing comes quite easily.



## Inns & Outs

For many, trekking becomes a true highlight of their trip to Morocco. The alpine landscape reveals traces of the region's glacial history, and is a far cry from the sands of the Sahara Desert. A jaunt to the High Atlas necessitates a higher degree of preparation. As with any mountain landscape, temperatures and conditions can change quickly, and available resources will vary between villages and outposts. Here are some things to consider:

**Guides** – Our certified and English-speaking guides have worked with Journey Beyond Travel for many years. They are quite accustomed to meeting the needs of various travelers!

**Lodging** – As mentioned, the lodging we use is basic. In many cases, you'll have access to hot water, a comfy bed, and more amenities than you'd think possible. While camping, we make a great effort to ensure basic comfort needs are met as well. We have a central, large tent where we prepare meals and eat. We also provide a toilet tent, tables, chairs, clean water, and much more.

**Gear** – We are the only company in Morocco that provides high-quality gear at no extra cost to travelers. Sleeping bags, mattresses, walking poles, tents, crampons, and more as needed. Clients are responsible for sunscreen, hats, proper clothing, and footwear.

**Food & Water** – We go out of our way to provide excellent meals to energize you for your trekking each day. Each trek has a talented cook to ensure excellent eating. For water, we have joined a no-plastic initiative and

prefer clients bring a SteriPen that uses UV light to ensure clean drinking water. Water purification tablets or filters that kill Giardia can also be used.

**Luggage** – If your luggage does not arrive for your trek, please let us know. We can arrange alternative equipment if given enough notice. For those with other luggage, see if you can leave any luggage at your hotel in Marrakesh while on your trek. We can arrange your stay and visit in Marrakesh if you'd like where this won't be an issue.

For packing, please keep it light. One mule is used for every two persons, so please pack no more than 15 kilograms (about 30 pounds) of gear in a very durable duffle bag for your trek. You'll also need to bring along a daypack that you can use to hold water, clothing, snacks, and personal items during your trek. You may not have access to your larger bag until the evening. We provide a packing list in this packet.

**Climate & Weather** – The weather in Morocco tends to be nice and sunny. The mantra: "A cold country with a hot sun" truly applies! Be prepared for warm and breezy days followed by cool, chilly, and even cold nights. Bring clothes you can layer and wear sunscreen no matter the time of year. Snow can fall any time of year, but mostly is done by March. Higher peaks will have snow on them through June. July and August can bring intense sun while September and October bring amazing days, but colder nights with chances of snow.

## MOROCCO AWAITS!



### Give us a shout!

Don't hesitate to contact us if you have any questions about traveling or trekking in Morocco. We have a dedicated staff of local experts on hand to answer questions, give insight, and ensure you have the trip of a lifetime!

# FINAL NOTES & PACKING

## Packing List

### Personal Items:

Sunscreen (face & body)  
Lip protection with SPF  
Blister pads (moleskin)  
Travel toilet paper  
Toothbrush, toothpaste, soap  
Wet wipes (non-perfumed)

### Clothing (avoid cotton):

Walking pants (quick dry, no jeans)  
Trekking shorts (to knee)  
Moisture-wicking shirts  
Long-sleeve shirt (breathable)  
Rain/wind jacket  
Down trekking jacket  
Sweater and/or fleece  
Wide-brim hat  
Well-worn trekking shoes or boots  
Trekking sandals  
Waterproof wind & rain jacket  
Sunglasses  
Warm vest  
Scarf, gloves, warm hat  
Long underwear, undershirt  
Shoes or sandals to wear in camp  
Smartwool socks (no cotton or nylon)  
Liner socks (to prevent blisters)

### Other Items:

Daypack  
Headlamp & batteries  
Water bottle, filter & UV Pen  
Warm sleeping bag

Travel towel  
Camera & batteries  
Small first-aid kit  
Personal medications  
Instant hand warmers

### Snacks:

You may wish to buy some extra snacks while in Marrakesh before your trip begins. The best place to do so is just inside the medina where dried fruit, nuts, and other snacks are sold. Consider bringing along your own favorite types of bars or trail mix as well.

### First Aid

Treks take place in remote regions that are often far from a hospital or clinic. If you are injured during a trek, our team carries a first-aid kit available for use. Additionally, we have satellite phones that are taken along on more remote treks.

### Altitude Sickness

According to MD Travel Health, travelers can experience altitude sickness when ascending rapidly to elevations of over 2500 meters (8,200 feet). Symptoms include headaches (light headaches on a very minor level as well as frequent urination are to be expected for those not



Go Beyond the Destination with Journey Beyond Travel.

coming from higher altitude destinations), dizziness, general malaise, appetite loss, vomiting, dizziness and nausea. To prevent altitude sickness, always take some time to acclimatize at higher elevations. If you start experiencing any symptoms of altitude sickness, descend gradually to a lower elevation. Usually 200-300 meters will suffice and will relieve most symptoms.

### Travel Insurance

It is essential that you have travel insurance for your trip and trek to Morocco. Research carefully to find the best coverage you can. World Nomads and Travel Guard may be able to provide you with coverage. Be sure you plan includes trip interruption and emergency evacuation.

Reach out to us at:  
[info@journeybeyondtravel.com](mailto:info@journeybeyondtravel.com)  
& join up for travel fun:



### Why Choose us:

Journey Beyond Travel is a certified Responsible and Eco Tour Operator. Proceeds from every trek go toward sustainable projects including those with the High Atlas Foundation, Education for All, & Women's Co-op initiatives.

**JOURNEY BEYOND  
TRAVEL LLC**  
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