

# Itinerary



100<sup>TH</sup> ANNIVERSARY TREK ★ 1923 – 2023

## MOUNT TOUBKAL MOROCCO TREK

11th - 15th July 2024



 Registered with  
FUNDRAISING  
REGULATOR  
Reg Charity  
No 1052501

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## Join us on this trek through the High Atlas Mountains to the summit of Mount Toubkal, North Africa's highest peak at 4167m.

First climbed in 1923, Velindre are delighted to offer our latest overseas treks – the 100th Anniversary climb of North Africa's highest peak – Mount Toubkal. Located in southwestern Morocco, Mt. Toubkal is the tallest peak in the Atlas Mountains standing at 4,167 metres (13,671 ft) high.

Our 5 day trip comprises of a 3 day trek in and around the foothills of Toubkal where villages have remained largely unaffected by the changes that have taken place in Morocco's lowland country and cities in the past few decades. With their traditional architecture intact, these villages cling to the side of mountains, seemingly carved into the rock in layers of terraces that appear to defy gravity.

It is through this glorious unchanged panorama that we trek culminates with our ascent to the summit of Mount Toubkal, or as it is locally known Adrar n'dem – Mountain of Mountains, the tallest peak in the Arab World. Following our trek we will celebrate our achievement in majestic Marrakech.

### Day 1:

#### Flight to Morocco

**Depart London to Marrakech. On arrival this is a short transfer to the hotel.**



### Day 2: Marrakech to Mount Toubkal Base Camp (6- 8hrs trekking)

After an early breakfast and our trek briefing, we transfer to our start point of the trek where we will meet our muleteers and support crew. The route climbs quickly and then follows the course of the Assif and Tafklast River through numerous small hamlets towards the sanctuary of Sidi Chamarouch (2310m). From Sidi Chamarouch, there is a further 1000 metres of steepening ascent before reaching the Toubkal Hut (3200m) where base camp will be established in preparation for the climb to the summit the following day.





### Day 3: Mount Toubkal Ascent (9-11hrs trekking)

This morning we have an early start as we head towards the summit of Toubkal (4,167m) to enjoy the superb panoramic views before the heat of the day increases. The trekking becomes steeper and more rugged as we climb higher, and the views become ever more stunning. We return to base camp by the same route and stay here for a second night.

### Day 4: Toubkal Base Camp to Marrakech (4-5hrs trekking)

We retrace our steps and follow the same route down the mountain to Armed. From here we will transfer back to Marrakech. Once we have checked into our rooms, we will have time to explore the vibrant souks in the Medina (old town) with a spot of shopping before our celebration dinner. Overnight in hotel.

### Day 5: Marrakech to London

We will be picked up from the hotel and transferred to the airport for the flight back to London.



**For further details please contact:**

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### Velindre, the Hospital Of Hope is Wales' Premier Cancer Centre and has been providing care, support and treatment to cancer patients and their families for over 65 years.

Velindre is the major provider of radiotherapy and other specialised anti-cancer treatments in Wales. We all know of family, friends and loved ones who have been touched by cancer.

The incidence of cancer is rising by 2% each year in Wales with nearly 20,000 people diagnosed with this illness each year.

However as Velindre staff strive every day to deliver the best cancer services through exceptional care, more people than ever are living with cancer – survival rates have doubled in the last 40 years through better treatments and earlier detection.

We want to lead in the delivery and development of compassionate, individualised and effective cancer care to achieve outcomes comparable with the best in the world.

Donations to Velindre fund things over and above what the NHS provide, so fundraising really does make a huge difference to our patients and their families.

**We aim to provide the best care, when people need us most.**

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