



SUMMER TOUBKAL: FREQUENTLY ASKED QUESTIONS

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We've compiled a list of the most commonly asked questions about this trip.

Hopefully you find some of these useful but if you have a specific question that isn't covered in the FAQ's, then please do not hesitate to get in touch.

For more information please head over to our Summer Toubkal trip page [here](#).

WHAT IS TOUBKAL?

Toubkal is the highest mountain peak in North Africa, located in the Atlas Mountains of Morocco. It is 4,167 meters (13,671 feet) high.

HOW DIFFICULT IS THE TOUBKAL TREK?

The Toubkal trek is considered a challenging trek, especially for those who are not used to high altitude or strenuous physical activity. However, with proper preparation and training, most people can complete the trek successfully.

HOW LONG DOES THE TOUBKAL TREK TAKE?

The Toubkal trek usually takes 2-4 days, depending on the route and pace of the trek. Our trip takes 5 days in total, which includes an arrival and departure day. Many other groups only stay for one night at the refuge, but we've intentionally chosen a two-night stay to give you more flexibility and a more relaxed pace on summit day.

WHAT IS THE BEST TIME TO DO THE SUMMER TOUBKAL TREK?

The best / most comfortable time to do the Toubkal trek is from late spring to early autumn, when the weather is mild and the mountain trails are clear.

JUNE WEATHER:

- **Temperature:** Daytime temperatures in the valleys are warm, ranging from **20°C to 30°C** (68°F to 86°F), but it can be much cooler at higher altitudes. On the summit, temperatures can drop to **0°C** (32°F) or lower, especially early in the morning.

- **Conditions:** The weather is generally pleasant, with clear skies and minimal rainfall. Snow on the summit is usually gone, but patches might still be found in higher sections. Trails are drier and easier to navigate.
- **Crowds:** June is a popular time for trekkers, so expect some company on the trails, but it's not as crowded as peak summer months.

SEPTEMBER WEATHER:

- **Temperature:** Daytime temperatures are a bit cooler than June, ranging from **18°C to 28°C** (64°F to 82°F) in the valleys, with summit temperatures still capable of dropping below freezing at night.
- **Conditions:** September sees a return of cooler nights, but overall weather is stable, with clear skies and low chances of rain. Some late summer thunderstorms are possible, but generally the conditions are great for trekking.
- **Crowds:** It's less crowded than summer, and the cooler temperatures make it a favourite among more experienced hikers.

Both months are great for trekking Toubkal, with June being slightly warmer and more popular, while September offers cooler and calmer conditions.

WHAT EQUIPMENT AND GEAR DO I NEED FOR THE TREK?

You can find out full kit list [here](#).

ARE THERE PLACES TO BUY SNACKS/DRINKS ON THE WAY?

There are 4 'shops' on the trail between Imlil and Base Camp where you can buy water, soft drinks, snacks and other various items (knitted woollen hats!). Then once at Base Camp there is a refuge shop selling soft drinks, snacks toilet paper etc.

CAN I ACCESS INTERNET AND COMMUNICATION DURING THE TREK?

The availability of internet and communication during the Toubkal trek can be limited and patchy, especially in remote areas. You will have not have internet connection in the refuge but will have it in the rest of the accommodation.

HOW DO I PREPARE FOR THE PHYSICAL DEMANDS OF THE TREK?

Physical preparation for the Toubkal trek involves regular exercise and training, such as hiking, running, and strength training. It is also important to properly acclimatise to the high altitude during the trek.

WHAT ARE THE RISKS AND CHALLENGES ASSOCIATED WITH THE TOUBKAL TREK?

The risks and challenges associated with the Toubkal trek include high altitude sickness, exposure to the elements, and natural hazards such as rock slides. It is important to be properly equipped and prepared, and to follow the guidance of your guide. One of the main reasons apart from the weather for people not making the summit, is not having the right equipment and being too cold.

WHAT CURRENCY WILL I NEED?

The local currency is Dirhams. You will be able to use your bank card and take out money in Marrakech and Imlil but outside of there you will need cash.

HOW TO GET TO YOUR DESTINATION?

For more information on getting to your destination [click here](#).

WHAT IS THE CULTURE IN MOROCCO?

Moroccan culture is rich and diverse, reflecting the country's history and geography. The country has a unique blend of Berber, African, Arab, and European influences, which have shaped its customs, traditions, and way of life.

Morocco is a predominantly Muslim country, and Islam plays a significant role in daily life. Religious customs and traditions are an integral part of Moroccan culture. Please respect their culture when visiting.

WHAT IS THE LANGUAGE?

The languages spoken reflect the diverse cultural influences of Morocco. Here's an overview of what you can expect:

Arabic : Darija: This is the Moroccan dialect of Arabic, and it's what most Moroccans speak in their everyday lives.

Berber: Tamazight (or Berber) is widely spoken in the Atlas Mountains where the Toubkal trek takes place. Many of the local guides, muleteers, and villagers are Berbers, the indigenous people of the region, and they often speak Tamazight as their first language.

French: French is widely spoken throughout Morocco due to its colonial history and remains the language of business, education, and government. Many guides and staff in the trekking industry speak fluent French, so if you know some French, you'll likely have an easier time communicating, especially in towns or with the more educated local population. On the trek itself, most signs and information will also be in French alongside Arabic.

English: English is increasingly spoken, especially among guides and people working in the tourism industry. While it's less common in rural mountain villages compared to French and Arabic, you'll find that many guides on the Toubkal trek speak at least basic to intermediate English.

In more tourist-heavy areas like Imlil (the main base for the trek), you can expect to get by with English, though it's always appreciated if you try a few words in French or Arabic.

Common Phrases: Here are a few basic phrases in Darija (Moroccan Arabic) and Tamazight that may come in handy on the trek:

- **Hello:**
 - **Darija:** *Salam alikoum*
 - **Tamazight:** *Azul*
- **Thank you:**
 - **Darija:** *Shukran*
 - **Tamazight:** *Tanmmirt*
- **Please:**
 - **Darija:** *Afak*
- **No problem:**
 - **Darija:** *Mashi Mushki*

Communication with Guides: We ensure our **guides** are proficient in English, so language shouldn't be a barrier during your trek. Many guides are multi-lingual and will switch between languages based on the group's needs. If your group speaks multiple languages, guides often adapt and use a combination to ensure everyone understands.

Having a few key phrases in these languages can be a great way to immerse yourself in the culture during your Toubkal trek.

WHAT IS THE FOOD LIKE IN MOROCCO?

You can expect to enjoy a variety of Moroccan dishes that are hearty, flavourful, and designed to provide plenty of energy for long days of trekking. Here's what you can typically expect to eat:

Breakfast: Moroccan breakfasts on the trek are usually simple but filling, including: Fresh bread (khobz or msemen, a type of flatbread), Jam, honey, and butter, olive oil for dipping, Boiled eggs or Omelette, Cheese (often soft cheese or local varieties) Mint tea or coffee, Fresh fruits (like oranges, bananas, pomegranate, and avocados)

Lunch: Lunches on the trek are usually served as a picnic-style meal, prepared by your guides or expedition cook. It's often a lighter meal but still satisfying, and may include: Salads: Made from tomatoes, cucumbers, onions, and sometimes carrots, with olive oil and lemon dressing. Bread: Moroccan bread is a staple at every meal, often served with olives. Cheese and cold cuts: Simple fare like cheese, tuna, or canned sardines, Hard-boiled eggs. Fruit: Oranges, apples, or dates are commonly served for a sweet finish.

Dinner: Dinner is typically the most substantial meal of the day, offering warm and comforting dishes such as: Tagine: The most iconic Moroccan dish, a slow-cooked stew made with vegetables, potatoes, and either chicken, lamb, or beef, flavoured with spices like cumin, coriander, and cinnamon. Vegetarian versions are also common. Couscous: Another classic dish, often served with vegetables and meat, or on its own as a base with broth and spices. Harira: A traditional Moroccan soup made from tomatoes, lentils, chickpeas, and herbs, often served as a starter or on colder evenings. Rice or pasta: Occasionally served with stewed vegetables or meat for a change from tagine. Bread: Always served alongside dinner, for dipping into stews and sauces. Dessert: Typically fruit like oranges or dates, and sometimes Moroccan sweets like halva (a dense, sweet dessert).

Snacks and Drinks: Snacks and drinks will often include: Moroccan mint tea: Served multiple times a day, it's a refreshing staple made from green tea, fresh mint, and plenty of sugar. Biscuits or nuts: Sometimes provided for energy during the day. Dried fruits: Dates, figs, and raisins are common for snacking. Water: Bottled water as the water in the tap is not safe to drink.

Vegetarian and Special Diets: Vegetarian and plant-based options are relatively easy to find on the trek, as many Moroccan dishes are based around vegetables, grains, and legumes. Most treks will accommodate vegetarian diets with meals like vegetable tagines, couscous, and lentil stews. If you have specific dietary restrictions (like gluten-free or vegan), it's best to inform us ahead of time, though options may be more limited in remote areas.

In summary, food on the Toubkal trek is designed to be nourishing and energy-packed, with a strong focus on traditional Moroccan dishes like tagine, couscous, and harira. Meals are a social and relaxing part of the trek, allowing you to refuel and enjoy the camaraderie of fellow trekkers.

WHAT HAPPENS IF I DO GET ILL?

If you get ill then our team are on hand and will take control of the situation. They carry a medical pack and are in regular contact with our operations team in Marrakesh. Depending on the severity, you may need to descend and rest where we will assess your condition.

WHAT INSURANCE DO I NEED?

Let's face it, these types of trips don't come risk free. We're putting ourselves in amazing environments but also environments that carry an element of risk with them. In order to protect yourself adequately you will need a specialist travel insurance that caters for the types of activities that you will be undertaking. It is a condition of our agreement that you are covered by adequate travel insurance for your arrangements. [Click here](#) to understand which one is for you.

CAN I SHOWER?

Yes, you can get warm showers through out the trip. However, there are limited showers in the refuge and sometimes can be a queue depending on the time of the day. The water temperature can also fluctuate so be prepared!

WILL I DEFINITELY MAKE IT FROM BEGINNING TO THE END?

In short, no. Whilst we will always strive to get you to the top, sometimes the weather or other factors like your personal fitness will prevent you from completing the trek. The lead guide will always conduct a meeting with the clients each evening to check how everyone is doing and to field any questions or concerns. All decisions will have clients well-being in mind.

WHAT WILL WE DO IF THE WEATHER IS BAD?

This depends on a few factors and how bad the weather is. We'll always aim to continue the trek even if it's raining/snowing as long as it's safe to do so.

DO WE NEED TO LEAVE A TIP FOR OUR GUIDES?

Tipping your guide and porters is an important part of the trip. While tips are discretionary, they are very common place. As a general rule of thumb we recommend tipping 10-20% of the total cost of the trip.