



CLIMB TOUBKAL

FOR AGE UK PLYMOUTH

EXPLORE. FUNDRAISE.
INFORMATION AND REGISTRATION PACK



www.ageuk.org.uk/plymouth
01752 256020

Registered charity number 281820

CLIMB TOUBKAL SEPTEMBER 2024

CHALLENGE :

MAIN ACCOMMODATION :

CHALLENGE FACTOR :

DURATION:

HIKE

HOTEL & MOUNTAIN HUT

LONG DAYS OF STEEP HIKING

THREE NIGHTS

- Climb to the summit of Mount Toubkal and be rewarded with the sunrise of a lifetime
- Earn the views from the Marrakech Plain and High Atlas peaks all the way to the Anti-Atlas and the Sahara
- Stay in a mountain refuge in the Atlas Mountains and a traditional Moroccan riad in the heart of Marrakech



"CLIMB" to 70580
to donate £5

Texts will cost the donation amount plus one standard network rate message



ITINERY

DAY 1 : Check out the sights and smells of Marrakech

Your host will meet you at the airport and take you to your traditional riad accommodation in Marrakech's historic medina. You'll then get the chance to spend the day exploring the city's colourful souks, wander the UNESCO-listed main square and indulge in some amazing Moroccan food.

DAY 2 : Travel to the Atlas Mountains and hike to your refuge at 3200m

Wake up early and drive through the foothills of the Atlas Mountains to Imlil, where you'll meet your support crew and start your trek. Gradually ascend the Toubkal Valley, pass Berber farming villages and stop for lunch on the trail. In the afternoon you'll arrive at the refuge. Settle in, meet other hikers and refuel with a well-earned dinner cooked by your support crew. Sleep well before your summit attempt tomorrow!

DAY 3 : Rise early to summit Mt Toubkal

Wake up while it's still dark and begin your final ascent, which will include some steep and loose sections of terrain. Reach the ridge and finish the climb to the top (4167m) in time to watch the sunrise. Rest up and then begin the long descent back to Imlil. Say farewell to the Atlas Mountains and drive back to Marrakech. You'll arrive at your riad in the early evening in time to find a restaurant for couscous or a tasty tajine before collapsing into bed.

DAY 4 : Time to go home. Weekend well spent

Relax over your last Moroccan breakfast, explore the town some more if you have time, then transfer to the airport to catch your flight home.



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MILEAGE

Day 2 : Approx. 10km

6 hours

Ascent: 1,540m

Descent: 130m

Day 3 : Approx. 17km

10 hours

Ascent: 1,130m

Descent: 2,530m

FITNESS LEVELS

This trek requires a good level of fitness. You must be capable of hiking all day up paths of moderate difficulty with steep, loose sections. The walking is relatively straightforward, but the loose footing and high altitude will make the going quite difficult in parts and can be mentally challenging. The views along the way make the journey more than worthwhile!

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WHAT'S INCLUDED

Guides

Expert, English-speaking Berber guides from Imlil

Accommodation

2 nights in a riad and 1 night in a refuge at 3,200m

Meals

All your food on the mountain will be taken care of

Transfers

Both airport transfers and transfers to and from Imlil

Porterage

Mules and muleteers to carry your overnight luggage during your climb



WHAT'S EXCLUDED

- Flights to and from the meeting point
- Travel insurance
- Personal expenses
- Tips for your guides
- Some meals as described
- Visas where required

MEALS **Denotes Included**

Day 1	Breakfast	Lunch	Dinner
Day 2	Breakfast	Lunch	Dinner
Day 3	Breakfast	Lunch	Dinner
Day 4	Breakfast	Lunch	Dinner

Moroccan food has a unique blend of sweet and savoury flavours. Local specialities include tajines (a stew cooked in an earthenware pot), couscous, and pastilles (flaky pastries stuffed with meat and dusted with cinnamon and sugar). Food is often spiced with cumin, turmeric and ginger.



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FAQs

What's the weather like?

Spring and autumn temperatures in Marrakech average 10 - 25 °C, and it rains a small amount roughly 7 days each month. From June to September it gets quite hot in the city, averaging 15 - 35 °C, and it only rains a few days each month.

In the Atlas Mountains from March to October daytime temperatures average 25 - 30°C but it cools off considerably at night, and the higher you go the colder it gets (you may even need gloves on a summit day in August!) Nighttime temperatures can drop below freezing at and above the mountain refuge. Afternoon storms are always possible, but they are usually quick and generally don't prevent anyone from enjoying the trek.

How will my luggage be transported on the trek?

Mules will carry your main overnight luggage during the trek and you will need to carry your daypack with your daytime essentials (extra layer, snacks, water etc.). For the welfare of the mules, please ensure your main overnight luggage is in a soft-sided bag and weighs no more than 15kg.

Can I leave my extra kit somewhere??

Absolutely! We recognise that you may want to leave some of the kit you bring to Morocco somewhere safe before you start your ascent of Toubkal. When you reach Imlil, you will be able to leave any non-essential items you don't want to take up on the hike with you at your local guide's base there.

How well cared for are the mules that provide portorage?

Your host works with Muleteers who collaborate with local charity, Spana, (The Society for the Protection of Animals and Nature) on the AMI program (Aid to the Mules of Imlil). The charity provides training, guidance and incentives to mule owners to encourage and support good care for their animals in all aspects of their working lives. The program also provides a monthly clinic which offers free veterinary care to the animals and the distribution of humane tack.

How much should I tip?

Tips are not included in the trip cost. These are entirely at your discretion but there is an expectation to tip for good service. Your guide will help with advice however we suggest a minimum of 150 - 200 Dirham per person.

Of course, you are free to tip more or less and the amount should be reflective of your perception of service and quality - a tip is not compulsory and should only be given when you receive excellent service.

What about travel insurance?

Travel insurance is compulsory for all of our adventures and you are required to provide your policy information before departing.

Your insurance should include adequate protection for overseas medical treatment, evacuation/repatriation, your baggage and equipment and the specific activities involved on your adventure. We also strongly recommend it includes cancellation and curtailment insurance, should you be unable to join your trip for specific reasons such as illness.



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SPONSORSHIP

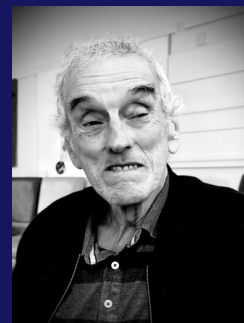


- We'll support you with your fundraising, donations sent via our text service will be added to the team's fundraising total.
- You can be featured on our socials and we'll invite people to donate directly to you via your online donation page.
- You can host a takeover of our monthly quiz, adding around £150 of donations to your sponsorship.
- We can work with you to approach corporate sponsors.

WHY FUNDRAISE FOR AGE UK PLYMOUTH?

Age UK Plymouth exists to care for and work with over 50s, those living with dementia and carers in and around the City of Plymouth to improve their quality of life through promotion of choice, opportunity and independence.

We rely on donations to keep us active in the community. All money raised is spent locally supporting people in Plymouth.



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WILL I MAKE A DIFFERENCE?

ABSOLUTELY. The money donated through these fundraising activities is such an important part of what keeps charities like us going. Unlike grants and money for specific projects, this 'unrestricted funding' allows us to take action on vital work with real urgency. Essentially it enables us to identify a problem or opportunity in the community and immediately start work on addressing it and putting solutions in place. Given the current social and economic climate, for some, the stakes have never been higher.

TARA DALE - HEAD OF FUNDRAISING, AGE UK PLYMOUTH

At a glance...

We're a local charity working in the community to support over 50s, those living with dementia and carers. We are committed to making Plymouth a city where people Love Later Life.

WHAT YOUR FUNDS COULD DO...



£5

Provides simple sports equipment and games, for fun and engaging activities at our Day Centres.



£10

Supports our team in accessing vital funding for people to secure care, heat their homes or buy food.



£50

Helps our teams returning people to safe, independent living at home after a long stay in hospital.



£100

Would support one of our team of Volunteer Befrienders in making 3,360 call a year.

CHALLENGES

To get a sense of the urgency and size of the support that Age UK Plymouth provides consider this:



The City of Plymouth is within the 20% most deprived districts in the country. Parts of our city fall into the top 1%.



Children born today will most likely live to 100. In 10 years 15,400 people in Plymouth will be over 65, over 1/3 of them live alone.



1 in 2 of us will be affected by dementia in our lifetime. By 2030 4,850 people in our city will live with dementia.



Our Information & Advice Team secured £2.6 million in entitlements for people living in the City of Plymouth in 2022.

SOLUTIONS

Day Centre & Dementia Day Centre

We operate a day care service offering those aged 50+ an enjoyable and friendly atmosphere to socially engage. We also run a specialist Dementia Day Centre providing meaningful and varied activities and invaluable respite for carers.

Help at Home Community Support

From shopping to assisted trips out, laundry to household and garden maintenance our Help at Home team offer a high-quality, flexible service providing vital support that helps people to remain living independently and safely in their own homes.

Wellbeing Hub

Our specialist 50+ Wellbeing Hub connects people with free or subsidised events and services. Including Befriending, Veterans activities and exercise classes. Activities at the Hub reduce isolation and promote mental and physical health improving overall well-being.

Hospital Discharge Service

This free service provides a vital life line for those leaving hospital by existing solely to support the journey to independence. Our high-quality and flexible short term service is tailored to create a bespoke package tailored to suit an individual's needs.



Astor Drive, Mount Gould,
Plymouth, PL4 9RD
Registered charity: 281820



We're on a mission to build the world's most positive impact travel company.

We're in the midst of a climate and biodiversity crisis.

Protecting and restoring our natural world is the key to solving it.

Enter, Adventure.

OUR MODEL:

We work with 100% locally owned, independent businesses, cutting out middlemen, inefficiencies and greedy mark-ups. As a result, our customers get better value, and for every \$100 spent, \$78 on average goes into the local economy.

That number is as low as \$5 for typical mass tourism (UN study), which is plain criminal. Our model for adventure can be a major driving force behind the conservation and protection of our natural wonders, and one of the keys to tackling the global climate and biodiversity crisis. Here's how it works:

1. SUPPORTING LOCAL COMMUNITIES

We've ripped up the typical travel company rulebook, designing a platform model that maximizes the flow of money directly into these rural communities. This creates jobs and sustainable livelihoods in wilderness areas that is essential to the conservation of them.

2. FUNDING CONSERVATION

On top of that, 5% of our revenues (not profits) go in to our Foundation, primarily focussed on conservation, re-forestation and rewilding projects chosen for their potential to remove at least 2x more carbon from the atmosphere than enter it as a result of our trips.

3. REDUCING CARBON

Through our support for reforestation and rewilding projects we remove at least 2x more carbon from the atmosphere than enter it as a result of our trips. We measure and report on our carbon footprint annually, have a transparent carbon reduction plan in place, and spearheaded the climate emergency movement in tourism.

4. CAMPAIGNING

We amplify our impact by collaborating with NGO's, activists and environmentalists to spearhead campaigns on urgent issues. We've unified global tourism leaders around a commitment to cut carbon at least in half over the next decade, and fought to protect Europe's last free flowing river.

WE'RE PROUD TO BE A B CORP™

We're part of a growing global community of businesses that are walking the walk when it comes to sustainability.

"I had the time of my life, I loved the whole thing so, so much."

CHLOE, UK



"Life-changing."

MATT, UK



"ONE OF THE BEST TRAVEL COMPANIES COMMITTED TO CLIMATE ACTION"

The Guardian



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