



Morocco

7 Summits

Everything You Need To Know

OVERVIEW

SUMMER & WINTER EXPEDITIONS

The Ultimate Moroccan Mountain Challenge awaits you. Conquer the seven highest peaks in Morocco in just seven days. This extraordinary expedition takes you deep into the heart of the Atlas Mountains, far from the tourist crowds, to summit **Mt Tasghimout** (2,640m), **Mt Aguelzim** (3,650m), **Mt Imouzar** (4,010m), **Mt Akioud** (4,030m), **Mt Timzguida** (4,089m), **Ras n'Ouanoukrim** (4,083m), and **Mt Toubkal** (4,167m). More than just a climb, this is an expedition of spirit and endurance that immerses you in the raw, untamed beauty of Moroccan highland culture.

You'll stay in remote Berber villages, savor authentic local cuisine, and experience the mountains with purpose, precision, and passion in Jason Black's hallmark pure mountaineering style. This strenuous 7 day adventure covers multiple routes with up to 8 hours of daily activity, reaching a maximum altitude of 4,167m on Morocco's highest peak. No previous mountaineering experience required, just the determination to push your limits and embrace an unforgettable mountain adventure.

Whether you're seeking your first major mountaineering challenge or looking to add something truly unique to your climbing resume, the Morocco 7 Summits delivers an experience that goes far beyond typical trekking. You'll return home not just with seven summit achievements, but with a deeper understanding of Moroccan culture, lasting friendships forged in the mountains, and the confidence that comes from pushing through your perceived limitations in one of the world's most spectacular mountain ranges.

TRIP FACTS

**COUNTRY**

Morocco

**DURATION**

7 days

**GRADE**Summer Series - Challenging ☀️
Winter Series - Difficult ❄️**MAX ALTITUDE**4167 m
13670 ft**DAILY ACTIVITY**

8 hrs

**SEASON**Summer ☀️
Winter ❄️

DESTINATION

MOROCCO

Morocco's rich culture and heritage are beautifully intertwined with the experience of climbing Mount Toubkal. As you ascend North Africa's highest peak, you'll pass through charming rural villages where the timeless traditions of the Berber people come to life. The journey offers a unique glimpse into the local way of life, with opportunities to enjoy traditional music, dance, and home-cooked meals that reflect Morocco's diverse culinary heritage. The vibrant markets of Marrakech, with their winding medinas, provide a stark yet harmonious contrast to the serene and majestic landscapes of the Atlas Mountains, making the Toubkal expedition a culturally enriching adventure.

MOROCCO 7SUMMITS WINTER EXPEDITION

Experience the Morocco 7 Summits — Reimagined by Winter

Venture into Morocco's high Atlas Mountains as you've never seen them before — blanketed in snow, transformed by ice, and pulsing with raw alpine energy. Following the same legendary route as our classic challenge, the **Morocco 7 Summits Winter Expedition** leads you across a wild and beautifully unforgiving winter landscape.

No prior winter mountaineering experience required.

No prior winter mountaineering experience required, however you need to be very fit tough and strong to finish this winter challenge. Our elite guiding team provides comprehensive winter skills training — from crampon techniques, rope work ascending, descending steep ground to winter navigation — empowering you to take on this high-altitude challenge with confidence.

Conquer Morocco's seven highest peaks in their most dramatic form. Towering ridge lines, frozen passes, and snow-capped summits offer a completely new world of adventure — intense, immersive, and unforgettable.

Winter Expedition

€1499 per person

Limited spaces. Maximum impact.

REQUIRED EXPERIENCE & FITNESS

To embark on the Mt Toubkal expedition, participants should possess a reasonable level of fitness, however the climb is suitable for individuals without prior experience.

1. Fitness Requirements

This challenge is physically demanding, involving daily trekking at altitude and significant elevation gain. To fully enjoy and safely complete the expedition, participants must have:

- Good cardiovascular fitness – capable of hiking for 6–10 hours per day on varied terrain for seven days.
- Strong leg endurance – able to ascend/descend 1,000–1,500m multiple days in a row.
- Back-to-back hill day experience – familiarity with trekking for several days without full rest.
- Mental toughness – the ability to push through fatigue, adapt to changing weather, and keep spirits high in a team environment.

2. Technical Experience

For the summer series no prior mountaineering experience is required, however confidence in steep mountain environments and a positive, coachable mindset are essential.

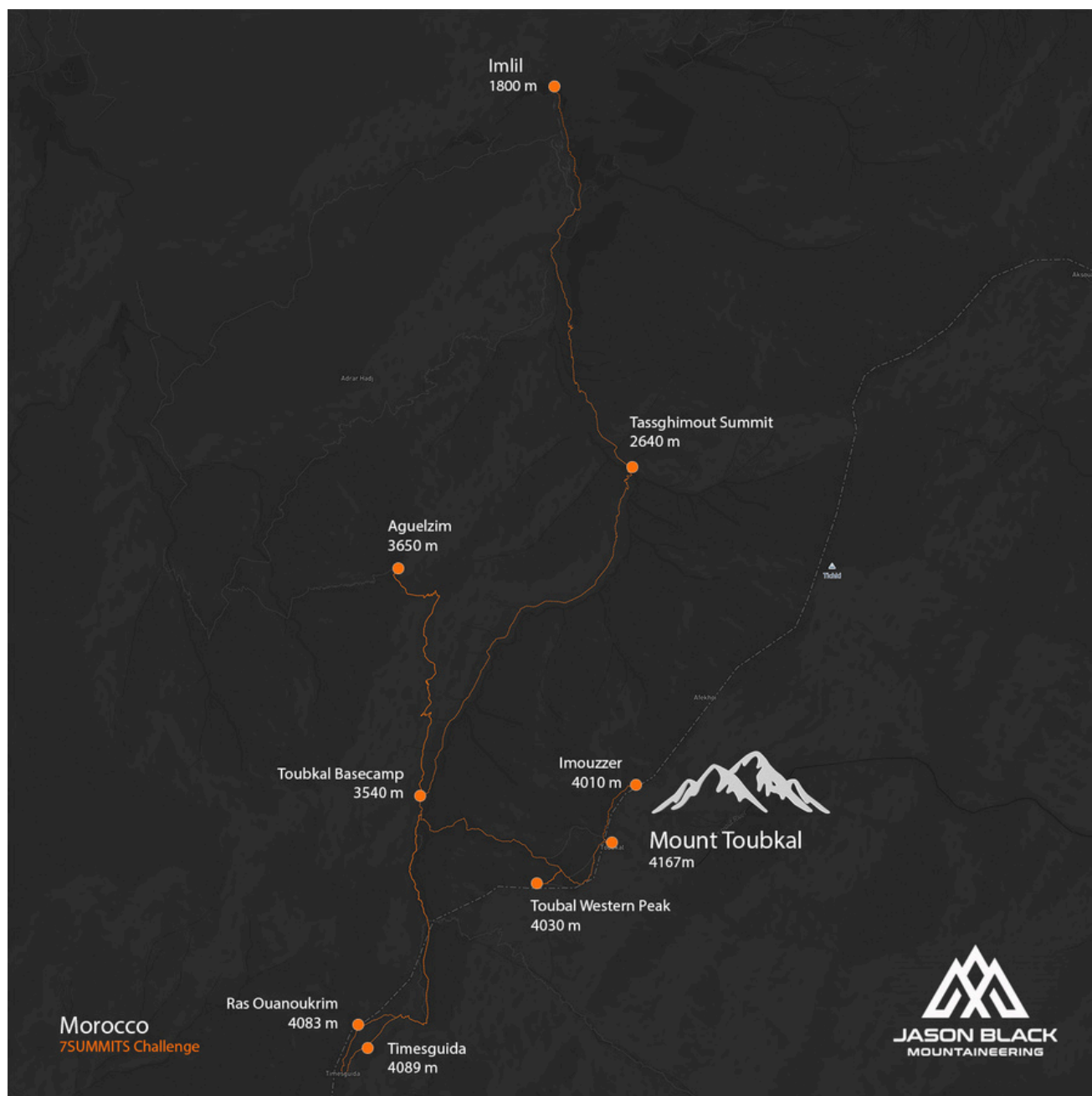
The winter edition involves snow and ice, and participants will be trained in these skills during the expedition.

- Winter skills module training
 - Crampon & ice axe techniques
 - Safe steep ground movement
 - Basic ropework – belay – ascending
 - Cold weather layering & protection

WHAT ARE THE CLIMBS ON THE ROUTE?

1. **Mt Tasghimout** – 2,640m
2. **Mt Aguelzim** – 3,650m
3. **Mt Imouzar** – 4,010m
4. **Mt Akioud** – 4,030m
5. **Mt Timzguida** – 4,089m
6. **Ras n'Ouanoukrim** – 4,083m
7. **Mt Toubkal** – 4,167m (Morocco's highest peak)

ROUTE MAP – MOROCCO 7 SUMMITS



COST INCLUDES

- Mount Toubkal guided hike to the summit Mt Toubkal
 - Marrakesh 3* hotel & breakfast shared based (two nights)
 - Welcome meeting and traditional evening meal - Meet the team
 - Jason Black Mountaineering's qualified mountain guide
 - Marrakesh Jeema el Fna art and crafts experience
 - Mountain hike Breakfasts - Lunches - Dinners
 - Airport and all transport between destinations and to/from including activities.
 - Personal expedition tents
 - Group dining dome
 - Expedition cook team
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ADDITIONAL SERVICES

- Single room supplement €30 per night
 - Extra 3*hotel nights B&B basis - €80 single - €50 pp sharing
 - Sunrise Hot Air Balloon over Marrakesh - €180 pp
 - Marrakesh Hammam (Turkish bath) experience €35 pp
 - Private JBM guide for any extra non itinerary cultural day you require is €100 in total for the group.
 - Airport Transfer outside of the Itinerary will require an additional cost of €70
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MEDICAL AND HEALTH INFORMATION

All travellers need to be in good physical health in order to participate fully on this trip. For the safety and wellbeing of yourself and others, if you are unwell prior to travelling, please stay at home and contact us to make alternative arrangements.

When selecting your trip please make sure you have read through the itinerary carefully and assess your ability to manage and enjoy our style of travel. Please note that if in the assessment of our group leader or local representative a traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, we reserve the right to exclude them from all or part of a trip without refund.

You should consult your doctor for up-to-date medical travel information or for any necessary vaccinations before departure. We recommend that you carry a first aid kit as well as any personal medical requirements in their original packaging as they may not easily be obtained while travelling. If you are carrying medication, ensure you check your government's foreign travel advice for any local restrictions or requirements.

TRAVEL INSURANCE (MANDATORY)

It is your responsibility to ensure that you have sufficient personal Insurance for this expedition. Your policy must provide cover for:

- Medical injury or sickness
- Trekking up to 4,200 metres
- Repatriation to country of residence.

We recommend <https://www.justcover.ie/>

Due to unanticipated reasons, for example, injury, family issues, work commitments, etc., clients may need to cancel their trip before the start or during the expedition. Considering these factors, it's better to be prepared for the possibilities.

As mentioned in the Terms and Conditions of Jason Black mountaineering, the company is exempt from being liable for different expenses that may occur in case of different emergencies or unforeseen situations. Both facts point out the requirement of a client to purchase an elaborate travel insurance plan in their place of origin that protects their interest in case of trip cancellation, helicopter evacuation, medical emergencies, other illnesses, lost luggage, theft, disasters, death, and so on.

You are free to pick your insurer however look for an arrangement that covers trip postponement and cancellation, rescue, and covers medical as well. Guarantee it doesn't have limitations on the height you will climb, prohibitions on the exercises you are embracing, or the places you will be visiting. Protect yourself with the right insurance so you can go on your expedition with peace of mind and focus more on your climbing.

Please make sure to send us a copy of your insurance policy before you start your expedition so that we can assist you in any case of an emergency.

ITINERARY

Days	Itinerary
Day 1	Arrival in Marrakech <ul style="list-style-type: none"> • Arrival & check gear. • Overnight: : Traditional Riad Omar in the heart of the Marrakesh.
Day 2	Acclimatisation Mt Tassghimout 2,640m <ul style="list-style-type: none"> • Drive: 1.5–2 hours to Imlil. • Trek: ~5 hours. • Ascent: +900m / Descent: –390m. • Route: <ul style="list-style-type: none"> ◦ Start from Imlil ◦ Acclimatisation hike up Mt Tassghimout (2,640m). ◦ Descend to Azib Tamsoult (2,250m) for the night. • Overnight: Expedition base camp
Day 3	Mt Aguelzim 3,650m <ul style="list-style-type: none"> • Trek: ~ 7 hours. • Ascent: +1,400m / Descent: –400m. • Route: <ul style="list-style-type: none"> ◦ Steep climb to Mt Aguelzim (3,650m) for panoramic views. ◦ Descend the far side to reach camp. • Overnight: Expedition base camp.
Day 4	Mt Imouzar 4,010m <ul style="list-style-type: none"> • Trek: ~ 8 hours. • Ascent: +850m / Descent: –850m. • Route: <ul style="list-style-type: none"> ◦ Climb to Mt Imouzar (4,010m) via technical ridgelines. • Overnight: Expedition base camp.
Day 5	Akioud 4,030m <ul style="list-style-type: none"> • Trek: ~8 hours. • Ascent: +900m / Descent: –900m. • Route: <ul style="list-style-type: none"> ◦ Technical climb to Mt Akioud (Akka n'Ouanoukrim, 4,030m). ◦ Scramble sections and steep ridgelines before returning to base. • Overnight: Expedition base camp.
Day 6	Timzguida 4,089m – Ras n Ouanoukrim 4,083m <ul style="list-style-type: none"> • Trek: ~ 8 –10 hours. • Ascent: +1,050m / Descent: –1,050m. • Route: <ul style="list-style-type: none"> ◦ Summit Mt Timzguida (4,089m) and Ras n Ouanoukrim (4,083m) • Overnight: Expedition base camp.
Day 7	Toubkal Main 4,167m <ul style="list-style-type: none"> • Trek: 8–9 hours. • Ascent: +1,100m / Descent: –2,200m. • Route: <ul style="list-style-type: none"> ◦ Early alpine start to summit Toubkal Main (4,167m), the highest peak in North Africa. • Overnight: Expedition base camp. • Jason Black Mountaineering celebration dinner, with medals & certificates. <p>This is the ultimate peak-bagging adventure!</p>
Day 8	Depart Home transfer to airport.

PACKING LIST – MOROCCO 7SUMMITS SUMMER

Travel Documents

- ☐ Passport 6mts Valid
- ☐ Insurance Papers
- ☐ Photocopy of passport

Base Layers

- ☐ Underwear (2 pcs)
- ☐ long sleeve base layer (1 pcs)
- ☐ long pants base layer (1 pcs)
- ☐ Short Sleeve T Shirt (2 pcs)

Mid Layers

- ☐ Fleece top (1pcs)
- ☐ Hiking shorts (1pcs)
- ☐ Hiking Pants (1pcs)

Windproof/Rain Layers

- ☐ Hard Shell Jacket (1pcs)
- ☐ Hard Shell Pants (1pcs)

Insulation Layers

- ☐ Goose Down insulated Jacket with hood

Headwear

- ☐ Warm Hat (1pcs)
- ☐ Balaclava (1pcs)
- ☐ Baseball Cap (1pcs)
- ☐ Bandana or Buff (1pcs)

Eyewear

- ☐ Sun Glasses

Gloves

- ☐ Lightweight Liner Gloves
- ☐ Shell Guide Glove with Insulated Liner or Expedition Mitts

Footwear

- ☐ Wool Hiking Socks (3 pairs)
- ☐ Sturdy hiking boots
- ☐ Trekking Approach Shoes

Sleeping Equipment

- ☐ Earplugs

Mountaineering Gear

- ☐ 80ltr Duffel Bag for mules to carry
- ☐ Trekking Backpack 35L
- ☐ Trekking poles (optional)
- ☐ Headlight 500-700 Lumens (2pcs)

Travel Items

- ☐ Travel Clothes
- ☐ Cash for tip
- ☐ Visa Card
- ☐ ATM card

Additional Items

- ☐ Compression Stuff Sacks
- ☐ Water Bottles 1- liter (2pcs)
- ☐ Pee Bottle 1- litre
- ☐ Female Urination Device (FUD)

Medical

- ☐ Personal First-aid kit
- ☐ Compeed blister packs
- ☐ Ibuprofen for Joints
- ☐ Paracetamol for Headache
- ☐ Antibiotic Azithromycin 500mg
- ☐ Laxatives
- ☐ Imodium
- ☐ Mosquito repellent
- ☐ Menstrual products
- ☐ Electrolytes
- ☐ Nail cutter
- ☐ Hand & Feet chemical warmers (Optional)

PACKING LIST – MOROCCO 7SUMMITS SUMMER

Toiletries (Personal)

- ☐ Toothpaste & Toothbrush
- ☐ Bio Baby wipes (2pcs)
- ☐ Shaver
- ☐ Sunscreen: SPF 50
- ☐ Lip Screen: SPF 30

Optional Electronics

- ☐ Morocco-appropriate power adapters
- ☐ Phone camera
- ☐ Batteries
- ☐ Charging leads

Additional Personal Items

(Add your own personal items here)

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PACKING LIST – MOROCCO 7SUMMITS **WINTER CHALLENGE**

Travel Documents

- ☐ Passport 6mts Valid
- ☐ Photocopy of passport
- ☐ Insurance Papers

Base Layers

- ☐ Merino Wool Underwear (4 pcs)
- ☐ Merino long sleeve base layer (1 pcs)
- ☐ Merino long pants base layer (1 pcs)
- ☐ Merino Short Sleeve T Shirt (2 pcs)

Insulation Layers

- ☐ 800+gram [Goose Down Jacket with hood](#)
- ☐ [Insulated Pants](#)
- ☐ Lite puffer jacket

Mid Layers

- ☐ Tech Fleece (1pcs)
- ☐ Tech fleece with hood (1pcs)
- ☐ Hiking shorts (1pcs)
- ☐ Heavyweight Hiking Pants (1pcs)
- ☐ Lightweight Hiking Pants (1pcs)

Windproof/Rain Layers

- ☐ Hard Shell Jacket (1pcs)
- ☐ Hard Shell Pants (1pcs)

Headwear

- ☐ Warm Hat (1pcs)
- ☐ Balaclava (1pcs)
- ☐ Baseball Cap (1pcs)
- ☐ Bandana or Buff (1pcs)

Eyewear

- ☐ Cat 4 Glacier Glasses
- ☐ UV Nose protector (optional)

Gloves

- ☐ [Shell Guide Glove](#) with Insulated Liner
- ☐ [Expedition Mitts](#)

Footwear

- ☐ Approach Socks (3 pairs)
- ☐ Wool Hiking Socks (3 pairs)
- ☐ [Campon Compatible Winter Mountaineering Boots](#)
- ☐ Trekking Approach Shoes
- ☐ Refuge Shoes – crocs or sandals.
- ☐ Gaiters (optional)

Sleeping Equipment

- ☐ [Basic Sleeping Bag for the refuge](#)
- ☐ Earplugs

Mountaineering Gear (**Important**)

- ☐ Large 120ltr Duffel Bag *Jason provides*
- ☐ [Trekking Backpack 35L-50L](#)
- ☐ [Trekking poles](#) (optional)
- ☐ [Ice Axe \(1pcs\)](#)
- ☐ [Crampons \(make sure they fit your boots\)](#)
- ☐ [Ascender](#) (right or left hand)
- ☐ [ATC Belay](#) – Rappel device
- ☐ [Proper Climbing Harness](#)
- ☐ [Sling 11mm / 120 cm long](#) (1pcs)
- ☐ [Headlight 500-700 Lumens](#) (2pcs)
- ☐ "Y" Rig for ascender & carabiner – bring a 8mm x 3meter length of dynamic climbing rope – Jason will make up on arrival.

Additional Food Items

- ☐ Personal Snack food
- ☐ Salty-sweet bars – bounty etc
- ☐ Summit gels

Travel Items

- ☐ Debit/Credit Cards
- ☐ ATM card
- ☐ Cash for tip
- ☐ Travel Clothes

PACKING LIST – MOROCCO 7SUMMITS WINTER CHALLENGE

Medical/First Aid

- ☐ Personal First-aid kit
- ☐ Compeed blister packs
- ☐ Ibuprofen for joints
- ☐ Paracetamol for headache
- ☐ Medicated throat lozenges
- ☐ Medicated throat spray
- ☐ Antibiotic Azithromycin 500mg
- ☐ Laxatives
- ☐ Imodium
- ☐ Menstrual products
- ☐ Electrolytes
- ☐ Nail cutter
- ☐ Duct tape - Repair Kit
- ☐ Hand & Feet chemical warmers

Toiletries (Personal)

- ☐ Toilet Paper
- ☐ Toothpaste & Toothbrush
- ☐ Bio Baby wipes (1pcs)
- ☐ Soap
- ☐ Shampoo
- ☐ Shaver
- ☐ Small Towel
- ☐ Small nail-brush
- ☐ Sunscreen: SPF 50
- ☐ Lip Screen: SPF 30
- ☐ Aftersun

Additional Items

- ☐ Compression Stuff Sacks
- ☐ Water Bottles 1- liter (2pcs)
- ☐ Pee Bottle 1- litre
- ☐ Female Urination Device (FUD)

Additional Personal Items

(Add your own personal items here)

- ☐ -----
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Optional Electronics

- ☐ Morocco-appropriate power adapters
- ☐ Adventure Sports Watch
- ☐ Power Bank
- ☐ Phone camera
- ☐ Batteries
- ☐ Charging leads

TRAINING PLAN

Here is our suggested 12 week training program for Morocco 7 Summits

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday
1	Run 30 min Zone 2	Strength Training	Hill repeats: 6 x 100mts	Long walk 1 hr	Run/bike 30 min HITT 10 x 1min each Zone 4 - 1min Zone 2 - 1min	Trekking on the mountains
2	Run 30 min Zone 2	Strength Training	Hill repeats: 6 x 100mts	Long walk 1 hr	Run/bike 30 min HITT 10 x 1min each Zone 4 - 1min Zone 2 - 1min	Trekking on the mountains
3	Run 30 min Zone 2	Strength Training	Hill repeats: 7 x 150mts	Long walk 1 hr	Run/bike 30 min HITT 10 x 1min each Zone 4 - 1min Zone 2 - 1min	Trekking on the mountains
4	Run 35 min Zone 2	Strength Training	Hill repeats: 7 x 200mts	Long walk 1 hr	Run/bike 30 min HITT 10 x 1min each Zone 4 - 1min Zone 2 - 1min	Trekking on the mountains
5	Run 35 min Zone 2	Strength Training	Hill repeats: 8 x 150mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 1min Zone 2 - 1min	Trekking on the mountains
6	Run 40 min Zone 2	Strength Training	Hill repeats: 8 x 200mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 1min Zone 2 - 1min	Trekking on the mountains
7	Run 40 min Zone 2	Strength Training	Hill repeats: 10 x 200mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 90 sec Zone 2 - 1min	Trekking on the mountains
8	Run 40 min Zone 2	Strength Training	Speed on flat 4 times 400 mts 2 times 800 mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 90 sec Zone 2 - 1min	Trekking on the mountains
9	Run 40 min Zone 2	Strength Training	Speed on flat 4 times 400 mts 2 times 800 mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 90 sec Zone 2 - 1min	Trekking on the mountains
10	Run 45 min Zone 2	Strength Training	Speed on flat 4 times 400 mts 2 times 800 mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 90 sec Zone 2 - 1min	Trekking on the mountains
11	Run 45 min Zone 2	Strength Training	Speed on flat 4 times 400 mts 2 times 800 mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 90 sec Zone 2 - 1min	Trekking on the mountains
12	Run 45 min Zone 2	Strength Training	Speed on flat 4 times 400 mts 2 times 800 mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 90 sec Zone 2 - 1min	Trekking on the mountains

Every training season must include 15min warm up and 15 to 20 min of cool down after training.

TRAINING AND FITNESS

Although no mountaineering experience is required on this trip, a good level of physical fitness is necessary. You must be comfortable hiking up to 8 hours a day, with many steep uphill sections, uneven, rocky terrain and in unpredictable weather. This hike is a strenuous one, so the better prepared you are, the more you should enjoy it.

Hillwalking: Everybody is different, so I cannot recommend a specific pre-expedition fitness programme. However please remember the fitter you are the more you will enjoy the trip. We would recommend hiking on a very regular bases and at least 4 big hikes per month in preparation for this expedition, (6-8 hours at a comfortable, steady pace) on consecutive days with an 8kg rucksack.

Remember; getting time on your feet is more important than completing hikes quickly! This is about building stamina and endurance.

In the Gym: Although hillwalking is best, you should also aim to complete at least two high intensity cardio training sessions per week. The type of training is not important you just need to elevate your heart rate go a high level interval style for 45 minutes to an hour. Typical sessions might be running, cycling, swimming, spin classes, circuit training, kettlebells or HIIT classes.

If you have low muscle mass in your legs, we suggest that you add strength training to your schedule. Developing muscle mass will protect your joints and this is very important especially on long descents.

If you have any old injuries, weak joints, soft tissue injuries or any other issues which affect your mobility we suggest you address these issues now. It goes without saying that if you are experiencing discomfort or pain during short training sessions the problem has the potential to become more serious when exercising for long durations on continuous days. Please visit your physiotherapist in an effort to address the issue and strengthen the weakened area.

Remember; it doesn't matter what kind of training you do – find something that you enjoy and you will stick with it!

PASSPORTS, VISAS ENTRY REQUIREMENTS

PASSPORT

You'll need a valid passport to travel internationally and most countries require your passport to have a minimum of 6 months validity, so remember to check the expiry date.

We need your passport information to get everything ready for your trip so it's important that the information on your booking matches your passport exactly. Please take care to provide the correct details. We recommend carrying a copy of the photo page of your passport while travelling and leaving a copy at home with family or friends.

VISAS & ENTRY REQUIREMENTS

Available on arrival - you require a valid passport with a minimum 6 months validity. contact your local embassy, or consulate for the most up-to-date visa requirements.

FLIGHTS

Book your flights now - arrive / depart Marrakesh airport for the for the advertised dates. If you'd like to arrive earlier or staying later just let us know and I can book extra nights.

It is your responsibility to be on time for the climb. You will be picked at airport arrivals by your expedition leader and transported to your accommodation, Don't panic he will see you before you see him, just look out for the Jason black mountaineering sign.

Airport Transfer outside of the Itinerary will require an additional cost of €70

ARRIVAL COMPLICATIONS

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact us immediately at jason@jasonblack.ie

MEETING POINT INSTRUCTIONS

JBM will arrange your arrival transfer from the airport. Please advise your flight arrival details at least 14 days prior to your departure.

For your confirmed arrival transfer, you'll be met outside Marrakech Airport (by a transfer representative holding a Jason Black Mountaineering sign.) In case of flight cancellations, changes, if you experience severe delays at immigration, baggage collection or customs, or if you are not able to reach the driver, please contact us directly) by email on jason@jasonblack.ie

Alternatively, if something goes drastically wrong you can take a taxi from the airport to your hotel. The price should be agreed before entering the vehicle and should be approximately MAD250 during daylight hours and MAD700 at night.

ACCOMMODATION

Our Basic Marrakesh Accommodation

Hotel Raid Omar

Address: 22, Rue Bab Agnaou. passage du prince moulay Rachid Medina., Rue Bab Agnaou, Marrakech 40000, Morocco

Phone: +212 5244-45660

ACCOMMODATION NOTES

- Riad hotel – shared accommodation in Marakesh
- Tenting (Summer series)
- Mountain refuge (Winter series)

The style of accommodation indicated in the day-to-day itinerary is a guideline only and may change. On some occasions, alternative arrangements may need to be made due to the lack of availability of rooms in our preferred accommodation. In these cases, we will use a similar standard of accommodation.

Throughout the trip, we request that our properties prepare rooms in time for our arrival, especially if we're arriving prior to normal check-in time. however, this isn't always possible which means we wont be able to check-in immediately on arrival at some hotels. Instead, we can store our luggage and explore our new destination on our trips or have the use of a shared day room until all rooms are available.

We've sourced our accommodation very carefully and picked the best possible hotels in line with the Jason black mountaineering style of travel, but please note that service and accommodation in Morocco may be different to western standards.

Accommodation on this trip is on a share basis, unless you have paid paid for a single room supplement. Please note there may be times where facilities will be shared rather than en suite even if you paid for single room supplement. Accommodation during the **Summer series** is personal tenting at base camp, you will have your own single tent for the entire expedition.

Accommodation during the **Winter series** is in our refuge at base camp, it is simple but clean and atmospheric. you will be sharing a room/dorm with fellow team members and bedding is similar to a large bunk bed platforms, however, it is spacious and comfortable. please ensure you have a sleeping bag for the refuge. Dining rooms and other facilities are also shared with other climbers.

Mountain huts on this trip have very limited heating options as this would be a major financial and environmental strain. It maybe also a case of energy supply and timing provisions, which is limited in some places. Please be prepared for cold nights and cold showers.

FOOD AND DIETARY REQUIREMENTS

While travelling with us you'll experience the vast array of wonderful food available in the world. Our expedition guide will be able to suggest restaurants to try during your trip. We encourage our teams to eat together to enable you to taste a larger variety of dishes and enjoy each others company. If you have dietary requirements and or food allergies, please let us know prior to departure.

Moroccan food is, generally speaking, excellent though not particularly varied. breakfasts usually consist of bread and ham with coffee or tea. Meals eaten out are reasonably priced – kebab and bread cost only about MAD 70 (€6.50). In main towns, it is possible to and very good French and Moroccan restaurants where a meal and French wine will cost anything from MAD 220 upwards.

Generally, dinner is likely to cost between MAD 80-120 depending on what you drink – so an estimate for food would be about MAD 150-200 a day. Soft drinks are available at very reasonable prices, but generally speaking, alcohol is not widely available in Morocco due for cultural and religious reasons. Still, in some hotels and restaurants, you will be able to purchase beer, wine and spirits, but you will pay foreign prices or more for imported alcohol. Please be aware of local laws, beliefs and traditions, and be very sensitive and respectful while consuming alcohol.

Vegetarians can be catered for but there is a fairly limited choice of vegetarian couscous and tagine or omelettes. This is particularly the case in rural parts of this itinerary. Please note that if you have any special dietary requirements you should inform us prior to the trip. Vegans and those on gluten-free diets may find this region very challenging and may need to supplement meals with their own supplies from supermarkets and markets.

MEALS INCLUDED ON THE TREK

Breakfast – Lunch – Dinner

Due to the remote nature of the accommodation there may be times when special dietary requirements may be very difficult.

May be best just to bring something you really love to bridge the nutritional gaps.

HYGIENE

Poor personal hygiene resulting in gastroenteritis (Delhi Belly) is the most common cause of illness on expeditions. The good news is that it is easily avoided if you remember to always wash your hands and apply hand sanitiser after going to the toilet and before touching food. Always use water fit for drinking to brush your teeth. While using showers or washing your face, try not to ingest any water. We recommend people eat as healthily as possible and take a multivitamin supplement and probiotics for one month prior to departure and during the expedition. This will help you adjust to changes in your diet and keep you healthy throughout the expedition.

TREKKING AT HIGH ALTITUDES

OVERVIEW

Our treks include strenuous activities at altitudes over 2500m and are suitable only for those in excellent health and fitness. With over 30 years of experience, we maintain a strong safety record. Proper training and preparation is crucial.

ALTITUDE SICKNESS (AMS)

Mountaineering above 3000m poses a risk of Acute Mountain Sickness (AMS), which can be life-threatening if untreated. Common symptoms include:

- Sleeplessness
- Loss of appetite
- Vivid dreams (2500–3800m)
- Shortness of breath
- Periodic breathing
- Blocked nose, dry cough, mild headache

If you experience nausea, dizziness, or other severe symptoms, inform your group leader immediately. Pre-existing conditions or medications may affect your ability to acclimatize.

SAFETY MEASURES

Our trips adhere to strict altitude safety measures, and our leaders are trained in First Aid. Descent will be arranged if continuing is deemed unsafe. Be aware that some ascents may exceed recommended rates, but our safety protocols ensure acceptable risks.

MEDICAL AND INSURANCE

Ensure your travel insurance covers high altitudes and helicopter evacuation. Carry proof of insurance for verification by your group leader.

WHAT DO I CARRY DAILY ON THE TREK

A 20 litre day pack is perfect to carry daily.

Each day will be a little bit different as to what goes inside it. Water bottles, rain gear, a few spare clothes, gloves and hat, sunscreen, snacks and camera equipment are all usual things to carry. The weight of your day pack should not be more than about 5–6 kgs; as you go higher, the weight will seem heavier and harder to carry. Trekking poles are also useful but you don't need to use them all the time.

Meanwhile your 15kg main duffle bag will be collected each morning outside your lodgings door and carried by the porters.

SAFETY

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your governments advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, cash and other valuable items. Leave your valuable jewellery at home – you won't need it while trekking. A lock is recommended for securing your luggage. When on expedition in a group trip, please note that our Jason Black Mountaineering guide has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Our guide will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your guide will assist you with options available in a given location please note that any optional activities you undertake that are not part of your itinerary, we will not take any responsibility about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on the trip are generally safe during the day, there can be risks to wandering throughout any major cities at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night-time excursions.

GENERAL SAFETY

Check your government's travel advice before departure and ensure your travel insurance covers all destinations and activities. Use a neck wallet or money belt for valuables, and leave jewelry at home. Many hotels offer safety deposit boxes. Secure your luggage with a lock.

GROUP ACTIVITIES

Your group leader will accompany you on included activities, but you'll have free time for personal pursuits. Optional activities are not part of the itinerary, so use good judgment when selecting them. The group leader can amend or cancel parts of the trip for safety reasons.

RULES

Illegal drugs will not be tolerated on any Jason Black Mountaineering trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking Marijuana and opium is a part of local culture in some parts of the world but is not acceptable on our expeditions. Our philosophy in adventure is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our guides have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

PETTY THEFT AND CRIME

Pickpocketing is common, especially in tourist areas. Be cautious at night, avoid walking alone, and don't carry large sums of cash. Use hotel safes for valuables. Bars and restaurants close at midnight. Increased police presence aims to reduce crime in tourist districts. Contact police if affected by crime.

GROUP GUIDE

All group trips are accompanied by one of our Jason black mountaineering group guide(s). The aim of the group guide is to take the hassle out of your travels and to help you have the best trip possible. Jason Black Mountaineering endeavours to provide the services of an experienced group guide however, due to the seasonality of travel, rare situations may arise where your group guide is new to a particular region or training other group guides.

Your group guide will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense, you can expect them to have a broad general knowledge of the places visited on the trip, including historical, cultural, religious, and social aspects. At Jason Black Mountaineering we aim to support guides who have specialised knowledge of the regions we visit. If you are interested in delving deeper into the local culture at a specific site or location then your group guide can recommend a local guide service in most of the main destinations of your trip.

WiFi / CONNECTIVITY

There is no wifi and limited mobile network in the Atlas mountains

COMMUNITY GUIDELINES

At Jason Black Mountaineering, we uphold a zero-tolerance policy towards violence, harassment (physical, verbal, or sexual), and disrespect towards fellow travelers, team members, or local communities. Group leader decisions are final for the wellbeing of all participants. Any behavior that disrupts the itinerary, breaks local laws, or violates these guidelines may lead to the denial of your booking or removal from the trip. For any concerns during your travels, contact your group leader immediately or email Jason@jasonblack.ie.

TRAVELLING ON A GROUP TRIP

Group trips offer unique pleasures and potential frustrations. Your group will likely be diverse in nationality and age. We ask for patience and understanding towards the varying needs and preferences of your fellow travelers. Timeliness and respect for group dynamics contribute significantly to a positive travel experience. Due to privacy reasons, we cannot provide contact details or personal information about fellow travelers before departure.

SOLO TRAVELLERS

Our travel style is ideal for solo travellers looking to meet like-minded people. Rooming is typically on a twin-share basis, pairing solo travellers with someone of the same gender as indicated on their passport. If your gender identity differs from your passport, please contact us to discuss rooming options. Single supplements are available on most trips for those who prefer their own room with an additional single supplement. Please advise us during booking.

MONEY MATTERS

The currency of Morocco is the dirham MAD (100 MAD is €10).

ATMs are widely available in all major towns and cities. Credit cards are useful for large purchases such as carpets or ceramics from large stores, but generally they are not widely accepted. Please ensure you only use banks, licensed money exchangers, or hotels. We also suggest you keep your receipts. Do not change money with street touts as this is illegal.

Changing money is easy and you will find banks and exchange bureaux in large cities. In the desert and Atlas Mountains opportunities to withdraw or exchange money are limited. When it comes to spending money on the trip, every traveller is a little different.

You know your own spending habits better than we do, so please budget an appropriate amount for things like optional meals, drinks, shopping, optional activities, and laundry. Make sure you have read the itinerary and inclusions thoroughly so you know what is included in the trip price and what you may need to pay for while travelling.

TIPPING

Tipping can be an appropriate way to recognise great service when travelling. While it may not be customary in your home country, it is an entrenched feature of the tourism industry across many of our destinations and is greatly appreciated by the people who take care of you during your travels. It is always best to avoid tipping with coins, very small denomination notes, or dirty and ripped notes, as this can be regarded as an insult rather than the goodwill gesture it is intended to be.

Please note at the end of the hike that you will be required to give €50pp or 500dm to your guide who will then distribute this to the cooks, porters & drivers.

Of course, you are free to tip more as you see fit, depending on your perception of service and quality of your trip.

Key Tips

- Carry sufficient cash outside main cities.
- Use new, clean currency notes.
- Prepare enough small denomination currency for treks.
- Exchange leftover currency before leaving Marrakesh.
- Budget for optional expenses and have contingency funds.
- Tip appropriately for good service.

ITINERARY DISCLAIMER

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our Journey will take us. Due to our style of adventure and the regions we visit, adventure can be unpredictable. The expedition document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered.

CANCELLATIONS

Deposits are non-refundable and cancellation terms vary, please see the specific booking conditions. If Jason Black Mountaineering cancel the trip you will receive a full refund including the deposit payment.

FORCE MAJEURE EVENT – OUTSIDE FORCE

We try to plan for every eventuality, but there are still some things beyond our control. We reserve the right to change an itinerary after departure due to local circumstances or a Force Majeure event. In such emergency circumstances, the additional cost of any necessary itinerary alterations will be covered by you. Please note we are not responsible for any incidental expenses that may be incurred as a result of the change of itineraries including but not limited to visas, vaccinations or non-refundable nights. Make sure you have access to an extra €300-500 for emergencies e.g. severe weather, natural disasters, civil unrest, transport strikes or cancellations, airport closures or other events that result in unavoidable changes to the itinerary.

Sometimes these things necessitate last-minute changes to enable our trips to continue to run, and as a result, there may be some extra costs involved, but we will do everything to avoid this happening.

Jason Black Mountaineering will have your departure transfer to the airport arranged. Please advise your flight arrival details at least 14 days prior to the start of your trip.

If you have a confirmed departure transfer your leader will advise your pick up time the day before your trip ends. If our driver has not arrived within 70 minutes of the scheduled pick up time, or your departing flight is cancelled or changed, please contact your guide or us directly by email on jason@jasonblack.ie

However again in the event of something been badly wrong get a taxi – Taxi fare from your hotel to the airport will cost approximately MAD100 – MAD200 to prebook. If hailing a taxi on the street, the price should be agreed before entering the vehicle. Please ask your leader or hotel staff for assistance in arranging a taxi.

BOOKING & DEPOSITS

Our deposits are low with a percentage refund time policy to protect both parties. We are very flexible with final payment dates on a case by case basis (if required please contact us).

We want to reassure clients that any money which is paid to the company for a trip is kept in a client account and not touched until the trip is due to depart.

Cancellation of bookings must be notified to us by letter or email by the party leader as soon as possible. Your notice of cancellation will only be effective when it is received in writing by us.

Except as set out in paragraph 8 below, the following cancellation charges will be payable.

For more information about our refund terms, please visit [this link](#)

WHY JASON BLACK MOUNTAINEERING?

Jason Black Mountaineering is a boutique mountain guide service specialising in leading expeditions to climb the world's most famous peaks, notably "Mount Everest", "Amadablam" and all the worlds "Seven Summits".

As a part of our guided climbs, Jason Black Mountaineering provides the education and training for climbers who aspire to become self-sufficient, aware, and respectful of the local mountain culture, carers of the environment, and for whom safety is the number one priority in all climbing endeavours.

Our safety standard, mountain knowledge and adventure travel experience is exceptional. Our small group approach has huge advantages, including better guide to client ratio, reduced environmental impact and stronger team dynamic.

MORE INFORMATION

For trekking dates, and all the latest information about this expedition please visit:

[Morocco 7 Summits Page](#)

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