



3 to 20
DAYS

NATIONAL PARK OF TOUBKAL

**From Ourika Valley to Jebel Toubkal via
Lake Ifni – 7 Day Trek**





When to go:	All year (in winter without Lake Ifni)
Length variations:	3 – 20 days
Possible to combine with:	Sahara, Cities, Coast
Adventure level:	Challenging

Tour Overview

Day 1: Marrakech – Setti Fadma – Timichi

Day 2: Timichi – Tizi n´Tacheddirt– Tacheddirt

Day 3: Tacheddirt - Azib Likemt

Day 4: Azib Likemt - Tizi n'Ourai – Amsouert

Day 5: Amsouert - Ifni Lake

Day 6: Ifni Lake – Toubkal Refuge

Day 7: Toubkal Summit (optional) – Imlil - Marrakech

Detailed Itinerary

Day 1: Marrakech – Setti Fadma – Timichi

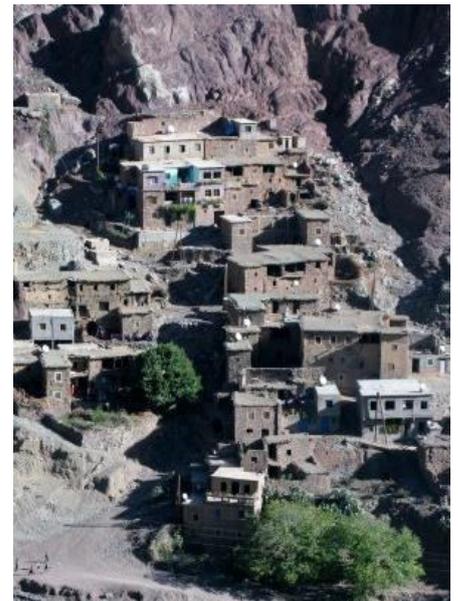
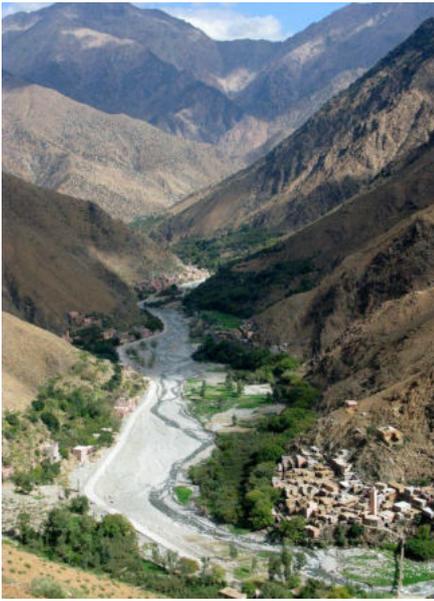
In the morning you will be **picked by the guide at your hotel in Marrakech and drive to Setti Fadma** , the base village for your trek.

You are warmly welcome by accompanying cook and muleteers and **start the hike through the Ourika Valley**.

After passing Agadir Boulmane you ascent gradually towards the village of Tadrart and Anfli.

Picknick lunch close to Tadrart with beautiful views over the surrounding mountains. Continuing through walnut grows up to the authentic terraced **Berber village of Timichi where you spend the night in a gite or tent**.

Walking time: 4 - 5 hours

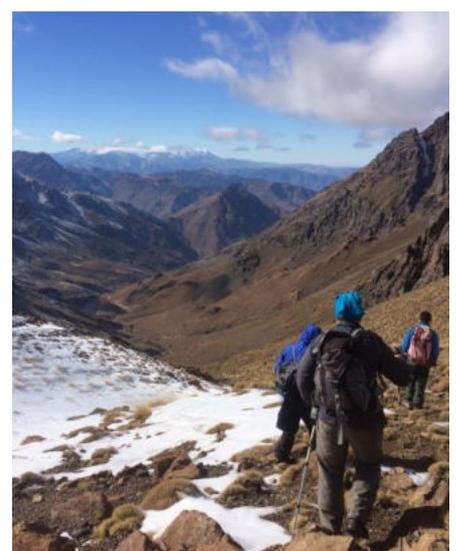
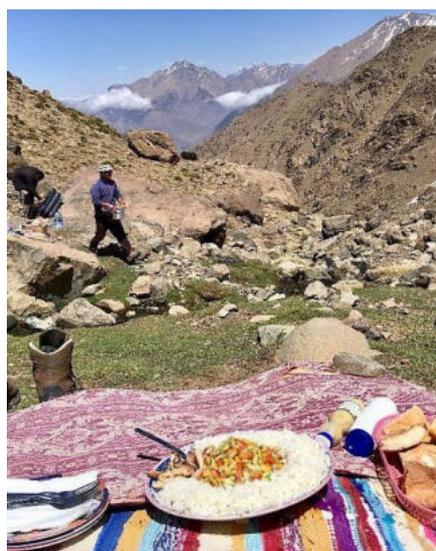


Day 2: Timichi – Tizi n´Tacheddirt (3,230m) – Tacheddirt

After breakfast you start a **slow ascent to the picturesque village of labassene (2,030m)**. Another two and half hours of climb and you finally reach **Tizi n´Tacheddirt, 3,230 m, the highest point of the day**.

Beautiful view over Bou Iguenouan opens for you. Well-deserved lunch will be prepared close to the pass. After another 2,5 hours you arrive in **Tacheddirt village, your base for the night**.

Walking time: 5 – 6 hours



Day 3: Tacheddirt - Azib Likemt

In the morning you begin a **long and slow ascent to the pass at Tizi Likemt (3,555m)**.

This can be a little challenging as the trail is very stony but at the top you are **awarded with the first view over the Toubkal range**.

We continue with a long downhill descent to the **shepherd settlement of Azib Likemt**, where you stay for the night.

Walking time: 5 - 6 hours



Day 4: Azib Likemt - Tizi n'Ourai - Amsouzert

A long but relatively easy day takes you through a **variety of contrasting landscapes**.

From **Tizi n'Ououraine (3,120m)** you will enjoy great views over the Toubkal range, including the summit and the Ifni Dome (3,876m).

The trail leads you then towards **Amsouzert, one of the most striking villages** in the region. There you spend the night in a simple but very friendly gite or in a tent.

Walking time: 5-6 hours



Day 5: Amsouzert - Ifni Lake

Walking from Amsouzert towards the lake Ifni you will explore several small villages.

Lake Ifni is the only lake in the area and is unusually deep. The first look at its blue surface surrounded by rocky mountains is just stunning.

You arrive by lunchtime and **spend the afternoon relaxing at the water**. Overnight in the tent nearby.

Walking time: 4 – 5 hours



Day 6: Ifni Lake – Toubkal's refuge

By now you should be both fit and acclimatised, and ready to tackle one of the most challenging days of the trek. On a steep path you reach **the pass at Tizi n'Ouanoums (3,664m)**, a narrow ledge between two shafts of rock.

From here it is a **long zigzag descent to Toubkal Refuge**, a mountain refuge where you spend the night.

Walking time: 5-6 hours



Day 7: Toubkal Refuge – Toubkal Summit (optional) – Imlil

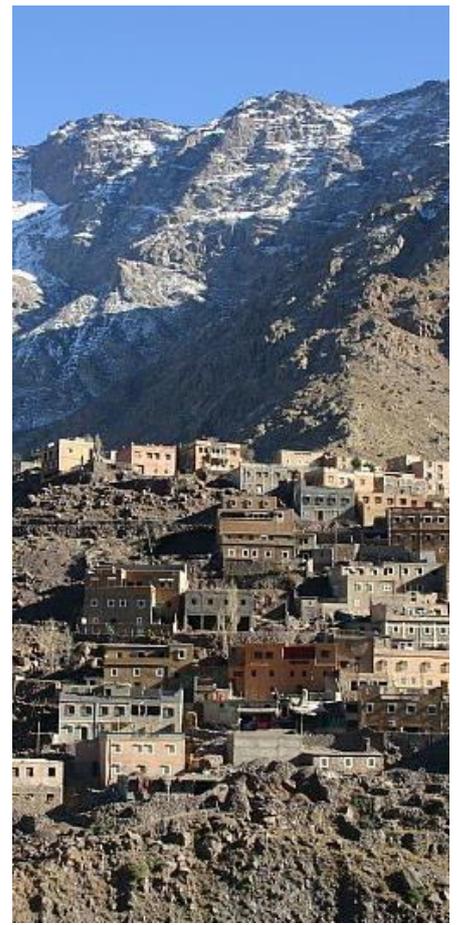
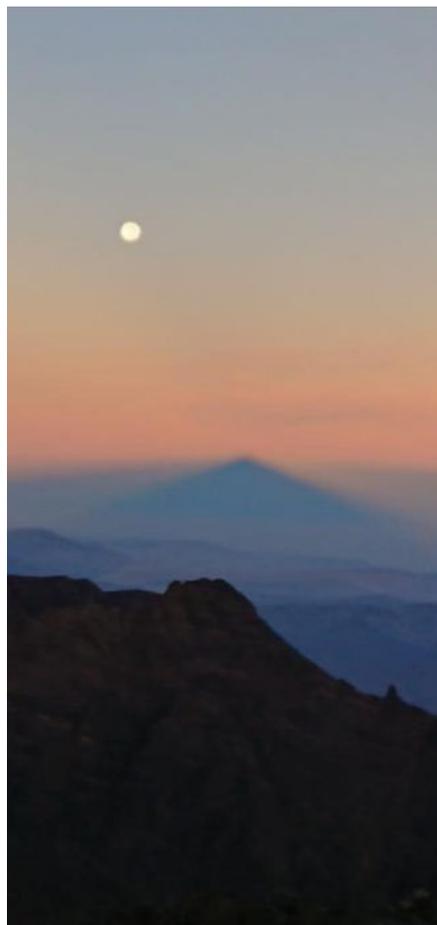
You leave the refuge before dawn, following a **steep but technically not difficult route to the summit**. It takes approximately 3-4 hours to reach the summit of **Jebel Toubkal (4,167m) the highest peak of Nord Africa**.

From here you can enjoy **stunning views of the entire Atlas range** and the Marrakech plains beyond.

After return to the base, you **descend to the shrine of Sidi Chamharouch** and follow the Mizan River until the lively village Imlil.

Here you will **meet with the transport which will take you back to Marrakech**.

Walking time: 7-8 hours



Our accommodation in the mountains

In the mountains we always pick **the best accommodation available**. In some villages in can be a nice 3* guesthouse, in some villages however, there is nothing but a simple hostel with shared toilets/ bathrooms for several travellers. In some areas you might also sleep in the tents provided by us.

Please, let us know your expectations of accommodation standard beforehand so that we can take them in account when planning your perfect mountain tour.



What is INCLUDED in your tour:

Guides:

- ✓ English speaking mountain guide
- ✓ Private cook



- ✓ Muleteers and mules for luggage transport
- ✓ Driver + 4x4 transport to/ from High Atlas

Accommodation:

- ✓ 6x guesthouse or simple refuge

Catering:

- ✓ 6x breakfast
- ✓ 7x picnic lunch / usually salad, vegetable or meat dish, bread, nuts, olives, fish, tea
- ✓ 6x dinner/ usually soup or starter, meat tajine or couscous, grilled meat etc, fruit, tea

Vegetarian option available.

What is NOT included during your tour:

- ✓ International flights
- ✓ Accommodation in Marrakech
- ✓ Bottled water/ soft drinks/ alcohol drinks
- ✓ Travel insurance
- ✓ Small tip for the local guides and driver (only if you are happy with the services. We mention it because tipping is a very important part of Moroccan culture)

Example of prices for the 7-day tour:

2 person	560,- EUR/ person	5 person	430,- EUR/ person
3 person	520,- EUR/ person	6 person	380,- EUR/ person
4 person	430,- EUR/ person	7+ person	370,- EUR/ person

Prices are however always calculated individually and reflect the accommodation standard, type of activity and the season.



Has the tour inspired you? Then let's plan your adventure!

STEP 1/ Tell us how many days you want to travel, with how many people and add any other important information that will help us to design a truly memorable trip for you.

[Contact us here >>](#)

STEP 2/ We will get back to you with the first ideas. If necessary, we might also schedule a call to finetune the proposal according to your interests and preference.

STEP 3/ Once you are happy with the proposal you proceed with the binding reservation, and we start to organise the tour.

We look forward to travel with you!