



Mount Toubkal Challenge 2024

Join Imran Khan Cancer Appeal
in the Atlas Mountains & Climb
North Africa's Highest Peak



REGISTRATION PACK



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1. About the Cause

The National Health Service does not provide cancer treatment in Pakistan. As a result, poor cancer patients die without proper diagnosis/treatment. At Imran Khan Cancer Appeal (IKCA), we raise funds for the Shaukat Khanum Memorial Cancer Hospital (SKMCH) in Lahore and Peshawar. At both hospitals, which house all the specialised diagnostic and therapeutic facilities under a single roof, we offer comprehensive cancer care free of charge.

Imran Khan was personally affected by cancer when his mother was diagnosed in 1985. The experience revealed a jarring reality to him: Pakistan had a real lack of medical resources when it came to treating cancer and this was costing lives. During the time spent with his mother in cancer wards, Imran also witnessed the distress of other patients. He was especially troubled by those with fewer means. How, he questioned, do the poor cope with a disease that is so debilitating to patients and their families?

After his mother passed-away, Imran Khan decided that, irrespective of patient's background, everyone deserved an equal chance at life. In 1994, following five years of fundraising, Shaukat Khanum Hospital was established in Lahore, and Pakistan's biggest cancer charity was born. As a comprehensive care facility dedicated to the diagnosis and treatment of cancer, it was a first in Pakistan.

To date, the hospital has helped thousands of people with cancer. Your participation in the Mount Toubkal Challenge, and your fundraising efforts will help provide hope of recovery to poor cancer patients, who would otherwise have nowhere to turn to.

Find out more at www.ikca.org.uk/about-ikca/shaukat-khanum-hospital/



2. About the Challenge

Are you ready for the adventure of a lifetime? Prepare to test your limits and ascend to new heights with the Mount Toubkal Challenge! Nestled in the heart of the mesmerising Atlas Mountains, Mount Toubkal stands as North Africa's highest peak, beckoning thrill-seekers, and nature enthusiasts to conquer its majestic summit.

The Ultimate Adventure Awaits

Join IKCA on an exhilarating journey as we lead you through the rugged beauty of Morocco's Toubkal National Park. Trekking through picturesque landscapes, traditional Berber villages, and ancient trails, you'll experience the rich tapestry of Moroccan culture while pushing yourself to new heights.

Expert Guided Expedition

Embark on this challenging trek with the confidence of expert guides who are well-versed in the intricacies of the Toubkal region. Our seasoned team will ensure your safety, provide valuable insights into the local culture, and assist you in navigating the diverse terrain.

Join the IKCA Community

Challenge yourself, forge new friendships, and become part of a community of like-minded adventurers. Share stories, laughter, and the triumph of reaching the summit with a diverse group of individuals who, like you, have accepted the challenge of Mount Toubkal.

Are you ready to write your own epic adventure?

The Mount Toubkal Challenge awaits - where every step is a triumph, and every moment is an unforgettable part of your journey.

Reserve your spot now and make 2024 the year you summit Mount Toubkal!

3. Registration

These briefing notes cover all the things you will need to know about the Mount Toubkal Challenge from registration to preparation.

Please do take the time to read carefully (even if you have already registered) to ensure you are fully prepared for the trip and the challenge. This will be a 6-day trip with 3-days spent trekking.

Travel dates are:
5th-10th October 2024

To register, please contact the IKCA office directly at: **01274 424 444** or email: **support@ikca.org.uk**

You will be asked to pay a non-refundable deposit of £150. This amount will be included in your fundraising target. To book local transport and obtain relevant trekking licenses for you, we will also need:

- A copy of your passport
- A copy of your travel insurance policy
- British nationals don't need a visa to enter Morocco for the purpose of tourism for up to 90 days

Participants are responsible for acquiring all the equipment necessary for the trek, as well as their travel insurance. This must be arranged at least a month before the date of travel. You will be asked to provide a copy of your insurance that covers high altitudes.

Who qualifies to take part:

The Mount Toubkal trek is not for the new starter and you will need some previous experience. Though not limited to this, the following are the main criteria for acceptance:

- Be over 18 years old
- Be willing to participate in practice treks organised by IKCA
- Have done some mountain climbing previously or taken part in similar challenges locally, or keep fit by doing some other regular training
- Female participants are kindly asked to arrange to have a female room buddy or a 'Mahram' travelling with them. This will allow us to enhance group security and ensure the safeguarding of our female members in that part of the world. (IKCA may be able to help you connect with other female members taking part)
- Attend IKCA's pre-event meeting





4. Fundraising & Costs

Raise £1,350 and only pay for international flights plus £150 deposit.

Our team will work closely with you to achieve your fundraising target. In the past, most of our participants have raised much more than the minimum fundraising target. So don't be apprehensive of setting up a higher target which can help sponsor a cancer patient. With international challenges, we find that participants often fly in from different parts of the world, and prefer to book their own flights or extend their holiday beyond the trek.

International Flights: You are responsible for booking your tickets to Morocco. We will need to receive a copy of your flight tickets/itinerary with booking confirmation no later than 01 Sept 2024. Please ensure that you are in Morocco by the afternoon of 5th October, as there will be a trek briefing in the evening. You can depart anytime on 10 October or any day thereafter.

The full sum of your minimum fundraising target must be raised by 1 September 2024. The entry deadline for this challenge is 1 August 2024.

What's included in the package?

- Road transfers including airport transfers. – On the day of arrival & departure only
- All hotel accommodation in Morocco (twin sharing rooms)
- Trekking accommodation in Morocco (twin sharing tents)
- All meals (traditional Moroccan): breakfast, lunch & dinner during the trek
- All camping site fees and bridge fees
- Licensed professional Guides
- Trekking logistics (tents, non-personal equipment, etc.)
- Snacks including tea/coffee during the trek
- Free refills of drinking water on the trek
- Government trekking permit fees and paperwork
- Support staff (cooks, assistants, etc.)
- First aid medicine kit (basic)
- An achievement certificate after completion



5. Trek Itinerary

NOTE: THE FOLLOWING ITINERARY AND TREKKING TIME IS A ROUGH GUIDE AND IS SUBJECT TO CHANGES

Day 01 - 5th October - Dinner included

Pick up from Marrakech Airport and transfer to the 'Riad/Hotel' where you will spend the night. Pick up at the arranged day/time only. You will get a good nights sleep here for the long day to follow.

Day 02 - 6th October - Breakfast, lunch & dinner included

Pick up from your 'Riad/Hotel' in Marrakech. After a transfer of about 1.5 hour to the little village of Imlil we begin our trek. Heading along the Mizane Valley, we first pass the village of Aremd and then towards the shrine of Sidi Chamarouch. We then continue east and by crossing the floodplains our route takes us along mule tracks and up into the high rocky cliffs above the valley. Crossing the river we eventually come to the pastoral shrine of Sidi Chamarouch, which attracts tourists and pilgrims. From here the trail continues to climb steadily, snaking and zigzagging its way up to the 'Refuge' where you will spend the night.

Altitude: Imlil at 1740m to the Refuge at 3206m

Elevation: 1466m

Distance: 14 km

Walking Time: 5-6 hours

Day 03 - 7th October - Breakfast, lunch & dinner included

Early in the morning, we make our attempt on the summit of Mount Toubkal. Our route takes us up the south cirque, crossing the stream above the 'Refuge'. The walking is relatively straightforward, but the scree and the altitude will make the going quite difficult in parts. The views along the way make the journey more than worthwhile. When you reach the summit, you will see that the vistas across the surrounding landscape are quite breath-taking. From here there are unrestricted views in every direction, from the Marrakesh Plain to the High Atlas in the north, and as far south as the Anti-Atlas and the Sahara. We will retrace our steps when we return down the mountain and spend the night at the 'Refuge' again.

Altitude: Refuge at 3206m to the Summit of Toubkal at 4167m

Elevation: 961m

Distance: 3km

Walking Time: 5-6 hours

Day 04 - 8th October - Breakfast & lunch included

We head back towards Imlil. After arrival back in Imlil you transfer back to Marrakech where you will spend the last two nights at the 'Riad/Hotel' again.

Altitude: Refuge at 3206m back to Imlil at 1740m

Demotion: 1466m

Distance: 14 km

Walking Time: 4 hours

Day 05 - 9th October - Breakfast included

Half-day walking city tour of Marrakech with a local guide.

Note: Entrance fees are not included

Day 06 - 10th October - Breakfast included

Transfer to Marrakech Airport in time for your departure flight.

Note: Meals will be traditional Moroccan food.



6. Preparation & Safety

PHYSICAL FITNESS:

- Ensure you are in good physical condition. Mount Toubkal reaches an altitude of 4,167 meters (13,671 feet), so cardiovascular endurance and stamina are crucial. Begin a fitness regime well in advance, including cardio exercises, strength training, and hiking to prepare your body for the ascent.

ALTITUDE ACCLIMATISATION:

- Plan a gradual ascent to higher altitudes to acclimatise your body. Spend a few days in the region before attempting the summit to reduce the risk of altitude sickness. Stay hydrated and pay attention to your body's signals. If you experience symptoms like headaches or nausea, descend to lower altitudes.

PACKING ESSENTIALS:

- Pack appropriate clothing for varying weather conditions, including layers for warmth and waterproof gear.
- Bring a sturdy pair of hiking boots with ankle support and make sure they are well broken-in before the trek. Carry a backpack with essentials like water, energy snacks, a first aid kit, a headlamp, and a map.

TRAINING HIKES:

- Undertake training hikes with elevation gain to simulate the conditions you'll face on Mount Toubkal.
- Familiarise yourself with your gear during training hikes to ensure comfort and functionality.

WEATHER RESEARCH:

- Research the weather conditions in the region during your planned trekking period.
- Pack accordingly, considering both warm and cold weather gear.

LOCAL REGULATIONS:

- Familiarise yourself with local regulations and guidelines for trekking in the Toubkal National Park.

ENVIRONMENTAL RESPECT:

- Respect the local environment and adhere to 'Leave No Trace' principles.
- Minimise your ecological impact and leave the mountain as you found it.
- Remember, safety is paramount during the Mount Toubkal Charity Challenge. Proper preparation and adherence to safety guidelines enhance the chances of a successful and enjoyable trek while minimising risks.

7. Equipment and What to Bring

The participants should bring along the necessary clothing and equipment needed for trekking. The following is a list of suggested items to help you pack accordingly.

HEAD GEAR

- Sun hat or scarf
- Winter or insulating hat, or wide brimmed hat
- Headlight with extra batteries

FOR THE FACE

- Sunscreen
- Sunglasses with UV protection
- Face/body wipes
- Lightweight gloves
- Heavyweight winter gloves

CLOTHING

- Hiking tops
- Long sleeved tops
- Hooded rain jacket
- Fleece jacket
- Lightweight (trekking) trousers
- T-Shirts (bring light weight wool)
- Thermal under-wear/ base layers (merino wool recommended)
- Down jacket
- Sweater
- Water proof jacket and trousers

FOOTWEAR

- Hiking Boots
- Thick wool socks and thick light socks
- Crampons (confirm if required)

ESSENTIAL GEAR

- Backpack or daypack
- Water bottle (we recommend Nalgene bottle)
- Water purification tablets
- Trekking pole
- Sleeping bag (we recommend 4 season bag)

TOILETRIES

- Medium sized towel
- Toothbrush
- Toothpaste
- Deodorant
- Biodegradable bar of soap
- Wet wipes
- Nail clippers
- Small mirror

MEDICINE

- Ibuprofen
- Aspirin
- Imodium
- Diamox or Acetazolamide for high altitude illness
- Hand Sanitiser

PERSONAL ITEMS & MISC.

- Money
- Cell phone
- Power bank
- First aid kit
- Extra passport photos and photocopies of passport
- Notebook and pen

8. FAQ's

WHAT IS MOUNT TOUBKAL?

Mount Toubkal is the highest peak in the Atlas Mountains and North Africa, located in Morocco. It stands at an elevation of 4,167 meters (13,671 feet).

HOW DIFFICULT IS THE TREK TO MOUNT TOUBKAL?

The trek is considered moderately challenging. It involves steep ascents and descents, and participants should be in good physical condition. Altitude can also be a factor, so acclimatisation is important.

HOW LONG DOES IT TAKE TO COMPLETE THE TREK?

The standard trek to the summit and back takes around 2 to 4 days, depending on the chosen route and the acclimatisation schedule.

WHAT IS THE BEST TIME TO TREK MOUNT TOUBKAL?

The best time to trek Mount Toubkal is typically from late spring to early autumn (April to October) when the weather is more favourable. Winter treks are possible but require more specialised equipment due to snow and colder temperatures.

DO I NEED A GUIDE FOR THE MOUNT TOUBKAL TREK?

While it's possible to trek independently, many people choose to hire a local guide who is familiar with the terrain and can provide valuable insights into the local culture. Guides can also assist with logistics.

WHAT SHOULD I PACK FOR THE TREK?

Essential items include comfortable hiking boots, warm clothing, a good backpack, a sleeping bag, water bottles, and high-energy snacks. Depending on the season, you may also need snow gear.

IS IT NECESSARY TO ACCLIMATISE BEFORE ATTEMPTING THE SUMMIT?

Yes, acclimatisation is an advantage, especially if you're not used to high altitudes. Spending a day or two at higher elevations before attempting the summit helps your body adjust to the reduced oxygen levels.

ARE PERMITS REQUIRED FOR THE TREK?

As of our knowledge update in January 2022, permits were not required for Mount Toubkal trekking. However, it's advisable to check for any changes in regulations closer to your planned trek date.

WHAT ARE THE ACCOMMODATION OPTIONS DURING THE TREK?

Accommodation options vary, but many trekkers stay in mountain refuges or campsites. These accommodations provide basic facilities, and some may offer meals.

IS IT SAFE TO TREK MOUNT TOUBKAL?

With proper preparation and adherence to safety guidelines, Mount Toubkal is generally considered safe. However, it's essential to be aware of weather conditions, follow the advice of guides, and take necessary precautions.

WHAT IF I WANT TO CONTACT FAMILY BACK HOME, WILL WE HAVE ACCESS TO INTERNET

You can contact your family/friends at the lodges, where internet services are available at an extra cost. Depending on your network provider, you may get a weak signal on your phone while on the trek, though it is likely you will lose connection all together when we reach high altitudes. A local sim card can be provided at an extra cost.

SHOULD I TIP CREW MEMBERS

In developing countries culture, a tip is an honoured way of saying thank you for good service. Our trekking crew members (guides and porters) are all paid well and treated fairly and with respect. However, they will be working very hard and taking good personal care of us throughout the trek. A gesture of appreciation for their hard work will be equally appreciated.

Note: Tips should only be given at the end of the trek, and as a group, not individually. You will be advised on the desired amount at the pre-event meeting.

IKCA CHALLENGES 2024

Bolton Abbey Family Walk - Sunday 7th January

Scafell Pike - Saturday 27th April

Snowdon - Saturday 18th May

Ben Nevis - Saturday 8th June

Sky Dive - Saturday 27th July

Yorkshire 3 Peaks - Saturday 17th August

Mount Toubkal Challenge - Saturday 5th to Thursday 10th October

Breast Cancer 5k Pink Walk - Sunday 13th October

Islamic Art Class - October 6 Week Course (Dates TBC)

London Bridge Family Walk - Saturday 7th December



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