



Morocco High Atlas Mountain Trekking

Trip Planner

THANK YOU FOR CHOOSING MT SOBEK

We look forward to hosting you! This **Trip Planner** includes essential information to prepare for your upcoming adventure. Please read it carefully, and contact your *Adventure Coordinator* if you have any questions.

About three weeks prior to departure, we will email you **Final Details** which will include information on your guides, accommodations, meet-up instructions, and emergency contacts in case you are delayed en route.

Important Information

- [Morocco High Atlas Mountain Trekking Trip Planner for 2026](#)

Activity Level 4: You should feel comfortable hiking from 4 to 6 hours per day on consecutive days. There is an optional summit day with 3,841' of elevation gain and 6,135' of elevation loss.

- Please note: The hiking distances and times on your itinerary are an estimate and may register differently on your activity tracker than what we have noted.

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1-800-974-0300



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Arrival & Departure

Booking Your Flights

Please check with your Adventure Coordinator before purchasing your flights. While we can typically confirm whether your trip will run well in advance of your departure, many factors affect this decision. In some cases the decision may be made just prior to your final payment date.

For assistance making your air arrangements, we recommend:

EXITO TRAVEL

Phone: 1-800-655-4053

Email: mtsobek@exitotravel.com

ARRIVAL: Plan to arrive in **Marrakech, Morocco** (airport code **RAK**) by **10:00 am** on **Day 1** of the itinerary. Transfers are included on Day 1 according to individual flight times. After claiming your luggage and proceeding through arrival customs, an MT Sobek representative will meet you outside the Arrivals Hall exit for the transfer to your hotel. **Please be sure to read your Final Details** that will be sent to you about three weeks prior to departure, as they will include the most up-to-date information on transfers and orientation.

Consider your first day's activities:

Day 1, after arriving at your hotel, meet the group and your guide in the hotel lobby at **12:00 pm** for a brief orientation and lunch, followed by a guided tour of Marrakech's medina. Please note, official hotel check-in time is 1:00 pm.

DEPARTURE: You can schedule your departing flight from **Marrakech, Morocco** (airport code **RAK**) anytime on **Day 9**. Transfers are included on Day 9 according to individual flight times.

Extending Your Stay

If you are arriving early in Marrakech or plan to extend your stay after the trip, we can reserve extra hotel nights and airport transfers. Please contact your Adventure Coordinator to request availability and pricing. Please note, most hotels allow check-in starting between 1:00-3:00 pm.

Passports and Visas

Passports

US citizens need a passport to enter Morocco.

If you don't have a passport, apply for one now because the process can be lengthy. If you do have a passport, check the expiration date. Most countries require that your passport be valid for at least six months beyond the date you complete your trip and contain at least one blank page for each country you plan to visit. For more information, visit [Department of State US Passports](#).

Minors Traveling

If a minor is not accompanied by all parents or legal guardians, we strongly urge the parent/legal guardian who is traveling to carry a notarized document from all guardians granting approval for the minor to travel outside his/her country or state of residence. Air carriers and local authorities do request such documentation from time to time.

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Similarly, if the minor is traveling with his/her sole parent or guardian, he or she is recommended to carry notarized documentation of such.

Visas

US citizens do not need a visa for stays of up to 90 days in Morocco. Citizens of other countries should check with their local embassy or consulate regarding entry requirements.

On Your Trip

Accommodations

Please refer to your itinerary and Final Bulletin for the accommodations on your adventure. In general, we use the nicest accommodations available, but due to the remote nature of the area we're visiting, our lodging is generally quite simple, and both rooms and beds may be smaller than you are accustomed to.

While trekking in the mountains, you stay in small, expedition-style dome tents. Sleeping bag, sheet, pillow, and sleeping pad are provided. You may wish to bring your own sleeping bag liner. We erect a Berber-style dining tent. Toilet tents are erected at each campsite, but during the day, toilets are not available. Bucket showers will be available most evenings while camping. The camp staff provides a basin of warm water each morning and evening.

Communications

Wi-Fi is not available during the camping portion of this adventure. Wi-Fi is available at most hotels, and you will find the strongest signals in the lobby and other common areas. You can also enable tethering from your cell phone if you install a local SIM card with data plan. If you have an unlocked cell phone and would like to obtain a local SIM, please let your Adventure Coordinator know in advance. It is not possible to rent a phone.

Electronics

Morocco is on the 220-240V system and uses Type C and Type E outlets. Check the voltage on your personal electronics chargers to determine if you need a voltage converter. A good resource to see images of plug types is www.power-plugs-sockets.com. There are electric outlets at every accommodation except at the camps; you may wish to bring a solar charger or external power bank for your devices.

Meals

Please list all dietary restrictions and food allergies on your Participant Information Form so that we can inform your guides. We can successfully accommodate many special diets, but due to regional limitations or cooking facilities, please be aware that we may not be able to fulfill every request. If your dietary needs are critical (e.g. severe nut or wheat allergies), please let us know as soon as possible.

BREAKFASTS: In the Atlas, breakfast includes bread, butter, jams, crepes, cheese, eggs, fruit and cereals. Dehydrated milk, coffee, and tea are available. In cities, Riads usually serve a buffet-style breakfast that may include artisan Moroccan breads, eggs, yogurt and fresh fruit. Omelets are often available to order. Coffee, tea, juice and water are also available.

LUNCHES: Our team prepares a cooked picnic lunch with tables set up under tents or trees for shade. Dishes often feature vegetables, tuna, eggs, cheese and seasonal fruit for dessert. During your trek snacks are provided and include

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hearty energizing items like dates, nuts, and small Moroccan cakes. If you have a favorite hiking snack, such as dried fruit or bars, we recommend bringing them with you.

DINNERS: Dinners at camp consist of a mix of Moroccan and international dishes such as vegetables, couscous, tabbouleh, tuna, eggs, soup, tagine, and spaghetti. In cities, dinners are served either in the Riad, hotel, or a nearby restaurant. Rice and pasta dishes are commonly accompanied by an assortment of vegetables or meats. Desserts range from international French desserts to traditional milk pastille. Tea, coffee, water, and juice is also available.

ALCOHOL: A limited amount of wine selected by your guide is included in the farewell dinner.

Money

Your land cost includes most major expenses of the trip. We recommend budgeting for personal expenses such as meals on your own, souvenirs, laundry, and optional tips to your guides.

The local currency is the Moroccan Dirham (MAD). Check out www.xe.com for current exchange rates.

There are ATM machines at the airports and in the major cities, but do not rely on this as your main source of currency. Though US dollars are sometimes accepted, it is best to exchange your money into local currency. Exchange money only with authorized banks, bureaux de change, or at hotels and be sure to get receipts, which are essential if you wish to reconvert local currency back to US dollars. Black market transactions are unnecessary and illegal in Morocco. Bills printed after the year 2020 are more easily exchanged than older dollars. Credit cards, especially Visa and MasterCard, are accepted in larger restaurants and stores. They may be refused in small shops and stores in the souk.

Tipping Guidelines

Tipping your adventure guides is a common practice to show appreciation for their hard work, care and expertise. The amount we recommend that you tip may vary based on factors such as the length of the trip, the expectations and level of service, as well as cultural considerations. What you decide to tip should be based on your overall satisfaction.

Your trip is supported by one MT Sobek guide for every 8 guests. On our Morocco High Atlas Mountain Trekking tour, we recommend tipping each of your guides the equivalent of \$100-\$150 per guide, per participant, in local currency or USD (new, large bills only). Tips for drivers, additional guides, restaurant and hotel staff are included in your trip price.

Please note that our local team is unable to accept gratuities paid by apps (Venmo, Zelle, PayPal, etc.), checks, or credit card.

Remember that tipping is always optional, and is sincerely appreciated.

Transportation

We will be traveling by minibus on a mix of well paved, well maintained, and dirt roads in good to poor condition.

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Packing List

LUGGAGE

- ☐ Water resistant soft-sided duffel - *wheels not recommended*
- ☐ Daypack with 30-35 liter capacity
- ☐ Water-proof stuff sacks for clothing inside duffel - *essential*
- ☐ TSA-approved luggage locks

CLOTHING

- ☐ Underwear for every day of travel
- ☐ Long-sleeved, lightweight shirts
- ☐ Short-sleeved T-shirts
- ☐ Quick drying pants or shorts - for stream crossings and walking through the river gorges
- ☐ Full-length pants
- ☐ Swimsuit - optional
- ☐ One set of dressier clothes for the farewell dinner

FOOTWEAR

- ☐ Comfortable walking shoes
- ☐ Hiking boots
- ☐ Old running shoes or tennis shoes for walking through water in the canyon. Do NOT bring water shoes, as your feet will get irritated and cut up.
- ☐ Sandals - optional
- ☐ Socks
- ☐ Heavy socks to wear with your old running shoes or tennis shoes when walking through water in the canyon (the combination of running shoes and heavy socks is the best combination for comfortable feet on this part of the trip)

OUTERWEAR

- ☐ Light to medium weight fleece or down jacket (summit hike)
- ☐ Waterproof, breathable jacket with hood
- ☐ Sun hat with wide brim or baseball cap
- ☐ Fleece gloves (summit hike)
- ☐ Wool or fleece hat (summit hike)

TRAVEL ACCESSORIES

- ☐ Trekking poles
- ☐ Water bladder or 2 reusable water bottles (1 – 1.5 liters each)
- ☐ Camera, charger, and memory
- ☐ Headlamp (for early morning hike up Mt. M'goun)
- ☐ Electrical adapter/converter plug
- ☐ Toiletry kit
- ☐ Personal medical kit
- ☐ Sunglasses
- ☐ Spare prescription glasses, sunglasses, or contact lenses
- ☐ Sunscreen and lip protection
- ☐ Small packets of tissues
- ☐ Hand sanitizer
- ☐ Lightweight travel towel

OPTIONAL TRAVEL ACCESSORIES

- ☐ Sleeping bag liner
- ☐ Solar charger or external power bank for devices
- ☐ Ace bandage or brace
- ☐ Small Ziploc bags or stuff sacks
- ☐ Travel packet of laundry detergent
- ☐ Reading and writing material
- ☐ Favorite trail snacks
- ☐ Spare roll-up duffel for souvenirs

Our packing list is based on feedback we've received from our staff, guests and guides. Weather conditions may vary. Please use this as a guideline and if you have questions feel free to reach out to your Adventure Coordinator.

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Please give us a call toll-free at 888-MTSOBK (687 6235)

Packing Notes

Packing for Weather

You are going to experience all ranges of temperature on this trip (from the dry, hot desert to the cold mountains). Therefore, it is best to layer. The weather in the Atlas is unpredictable and varies by elevation. Dawn and dusk can get chilly, especially at higher altitudes. Rain is possible at any time of year.

TEMPERATURE (°F) - AVERAGE LOWS & HIGHS

- **June**
Marrakesh: 63/91
- **September**
Marrakesh: 66/91

Daypack

Each day you'll carry with you in your daypack a fleece jacket and a rain shell - even if it is sunny when you wake up. You will also carry drinking water, sunscreen, hat, rain pants, camera, and your trekking poles, if you have brought them. Please choose your daypack wisely!

Footwear

Sturdy, properly fitting footwear is essential. If you're buying new shoes, be sure to completely break them in prior to the trip. Choosing your hiking boots is one of the most important decisions you will make when preparing for this trip. To choose the right hiking boots, please look for the following features:

- **Solid, sturdy soles.** You should not be able to feel rocks or thorns beneath your feet.
- **Good leg and ankle support.** This will help protect against a twisted ankle.
- **Proper fit.** Your feet shouldn't slip around from front to back or side to side.
- **Waterproof.** It's important to keep your feet dry!

You will be walking in the water of the M'Goun River for about 30% of our journey from Tiranimine to Tarzout. You should bring old tennis or running shoes and heavy socks for this river walking. **Shoes must have good tread to guard against slipping on rocks in the water, and also be closed-toe.** Open water shoes such as Tevas or Chacos will not work well.

Laundry

Laundry service is offered at the hotels for an additional charge; check with the front desk for fees and availability. You can also hand-wash a few items in your room and hang them up to dry. We recommend bringing a travel clothesline and small packet of detergent for this purpose.

It is not possible to do laundry during the trek in the Atlas, so please pack accordingly.

Health & Training

Prior to traveling, and before beginning any training regimen, please consult with your physician. Make an appointment with your doctor to discuss your current health, any immunizations or medications you may need for your trip, and

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current/planned exercise regimen. Check with the [US Centers for Disease Control & Prevention \(CDC\)](https://www.cdc.gov) for information on recommended immunizations, and/or your healthcare provider for health concerns at your destination.

MT Sobek is not a medical authority and can only provide general information, which may not be accurate at the time of travel.

Staying Healthy

MEDICAL CARE

It's important that we have your accurate and up-to-date health information—especially in the event of a medical emergency on trip. Your Adventure Guides are responsible for the safety of all trip members, and may evacuate or disqualify you in the field if necessary. Please note that no refunds are given if you must leave the trip due to physical exertion for which you are not prepared.

Please be aware that hospital facilities could be far away, a doctor may not always be available, and evacuation can be prolonged, difficult, and expensive. We highly recommend purchasing travel protection.

We also recommend that you bring prescriptions, over-the-counter medications, test kits, and other pharmacy products that you might need with you. Some items easily purchased at home may not be available at local pharmacies; and there may not be a pharmacy in some of the smaller towns or remote locations we visit.

SELF CARE

If it is going to be hot during your trip, consider bringing some powdered electrolytes to add to your drinking water to replenish minerals lost by sweat. On hiking and trekking trips, it's also a good idea to pamper your feet. Wear liner socks or use moleskin or Compeed patches if your feet are prone to sweating which can lead to hot spots and blisters. Don't forget to clip your toenails! Stay healthy by washing/sanitizing your hands regularly, especially before eating and touching your face. It's a good idea to bring a supply of hand sanitizer and to use it frequently.

MOTION SICKNESS

Some of the mountain roads are narrow and winding, and dirt roads may be in poor condition with potholes and uneven surfaces. If you are susceptible to motion sickness, consult with your doctor to discuss possible remedies that may be appropriate for you.

FOOD & WATER SAFETY

Whenever at hotels or on your own, only drink filtered or bottled water — including when brushing your teeth. Any water served by your Adventure Guides should be safe to drink. When eating on your own at restaurants, you're probably safe ordering thoroughly cooked items (served to you while they're still hot) and fresh fruit that you peel yourself.

TREKKING AT HIGH ALTITUDE

Trekking at high elevation carries unique risks, and not everyone should go to very high or extreme altitude. Anyone planning to visit high elevation should be aware of the demands and risks involved, be in excellent health, and be prepared by rigorous training.

If you are headed for the mountains, there are some important things to understand about how the human body and mind are affected by the environment at high elevations.

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Less oxygen

At about 7,000 feet above sea level, the atmospheric pressure and percentage of oxygen begins to decrease rapidly, making it harder to breathe. High altitude is considered 8,000 - 12,000 feet above sea level (2,440 - 3,650 meters), very high altitude is between 12,000 - 18,000 ft (3,650 - 5,500m), and extreme altitude is 18,000 ft and up (5,500m+).

More intense environment

Thin air has less moisture, so when hiking at high elevations be sure to drink extra water to prevent dehydration; reapply sunscreen and lip balm frequently; and dress appropriately with plenty of coverage including hats, sunglasses, gloves, and wind/waterproof clothing to prevent hypothermia and frostbite. You may find you need to hike at a slower pace and take more breaks. Remember to breathe deeply! Minor injury or infection can also have much more serious consequences than if they occurred under normal conditions. When hiking above the treeline, trails are typically more exposed, rocky, and rugged. Weather can change dramatically in minutes, with rain, hail, or snow as real possibilities.

Altitude sickness (aka Acute Mountain Sickness or AMS)

Altitude sickness may occur when you do not give your body adequate time to acclimate to lower air pressure and less oxygen. While this can happen when you climb to high elevations above 8,000 feet too quickly, AMS can happen even if you give yourself time to acclimatize. It can also happen to anyone, even if you have spent time at high altitudes before without problems. Symptoms of AMS may include: nausea, vomiting, headache, insomnia, lack of hunger or thirst, poor coordination, difficult breathing, confusion, and faulty judgment. If you notice these warning signs early on — in either yourself or your traveling companions — inform your guide immediately. The only way to truly treat altitude sickness is to get to a lower elevation, rest, hydrate, and eat. More serious effects of AMS can include permanent brain damage, potentially fatal high-altitude pulmonary edema (HAPE), and high-altitude cerebral edema (HACE). HAPE produces excess fluid on the lungs, causing breathlessness even when resting. You feel very fatigued and weak and may feel like you're suffocating. HACE involves excess fluid on the brain, causing brain swelling. You may experience confusion, lack of coordination, and possibly violent behavior.

For some people, Acetazolamide (Diamox) can facilitate acclimatization as well as prevent and treat mild cases of AMS. It can also be helpful for altitude insomnia and should be used in preference to sleeping pills or Valium, which are dangerous at altitude. Diamox produces faster, more regular breathing with higher oxygen levels during sleep. While Diamox provide some relief, it must not be used as a substitute to push through symptoms of altitude sickness. There have been cases of HAPE and HACE in people taking Diamox. If you are considering Diamox, be sure to discuss with your doctor.

Tips for Getting in Shape

Give yourself at least 6 months prior to your trip to get into your best possible cardio condition. Check with your doctor before starting any exercise program to determine your target heart rate during exercise. Do some cardio several times a week - walking, biking, running, swimming, etc.

- *For Levels 3 - 5:* you'll want to get outside multiple times a week with back-to-back days of activity. Start out gradually and increase your aerobic training to 4 to 5 times each week, 40 to 60 minutes at a time. Go for full day hikes at least once a week to start. Your heart will thank you on those uphill!
- *For trips at elevation:* While hiking, carry some weight in your daypack, which should have a hip belt and sternum straps. Start with your water, snacks, and the same gear you plan to bring on your trip, which will weigh +/- 10 lbs. Gradually add weight in 2-3 lb increments as you get closer to your trip. Bags of rice work great! Make sure the weight is comfortably situated in your daypack and doesn't stress your back or shoulders. Carrying weight builds muscle and simulates the experience of hiking at a higher altitude.

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Remember to take breaks! Over-training can lead to stress fractures, pulled tendons, or worse. Take a rest every few weeks and also back off training a couple of weeks prior to departure.

Travel Protection

Travel protection cannot prevent mishaps from occurring, but it can reduce the burden of unexpected expenses and additional travel arrangements that need to be taken care of with little notice. We **highly** recommend purchasing travel protection before your trip. *Note: Many plans require purchase within a certain time from making your reservation or before final payment is made.*

If you intend to rely on your Credit Card Travel Insurance benefits, here are a few important questions to ask your credit card company prior to your trip:

- What if I have a medical emergency, an accidental injury, or get sick? What if any of those things happen to my traveling companion, or close family member?
- What if I have a travel delay and miss part of the trip or my trip is interrupted?
- What if my luggage is lost, stolen or damaged?
- What if I need to be evacuated or need help in an emergency?
- Are pre-existing medical conditions covered?

Arch RoamRight

The MT Sobek Travel Protection Plan may be purchased at any time up to 10 days before your departure date. However, we encourage you to purchase this plan within 14 days of your initial trip payment in order to be eligible for certain time sensitive benefits.

We offer the MT Sobek Travel Protection Plan for purchase designed with you and your travel investment in mind. The Plan includes trip cancellation and interruption coverage, baggage loss protection, and emergency medical expense coverage along with emergency medical evacuation coverage. For pricing, please contact your Adventure Coordinator. If you have specific coverage questions, you may call Arch RoamRight at 844-631-6699. Full details of the plan are available by visiting: <https://partner.roamright.com/?AgencyCode=MTSOBEK>. The plan becomes effective upon MT Sobek's receipt of the premium amount. Deposits are not applied toward your travel protection premium. If you would like to purchase the MT Sobek Travel Protection plan, please contact your Adventure Coordinator.

General Trip Notes

Sustainability

We pride ourselves on being an environmentally responsible company and following "leave no trace" principles in the field. We request that on your trip you carry out whatever you carry in, including non-biodegradable items such as batteries, empty plastic containers, food wrappers, and so on. We suggest that you carry a large zip-lock bag in your backpack for your trash while you're on the trail. As you pack for your trip, think about ways to minimize waste, e.g. reuseable or recyclable materials.

Itinerary Changes

We always strive to provide the best and safest experience possible. Itinerary changes to accommodate unexpected changes in weather, transportation or logistics may be necessary which may impact accommodations, vehicle transfers

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and the timing of activities. This may or may not include changes to vehicle transfers, accommodations, and/or the timing of daily activities. Please arrive with a spirit of adventure and willingness to be flexible.

Security

It is always wise to follow some simple safety precautions such as carrying minimal spending money and keeping a credit card stashed in a money belt or neck pouch. Remember that electronics, camera bags, jewelry, and purses attract attention. Certain accommodations such as mountain huts and tents may not have safes or door locks. If you must bring valuables on the trip, please understand that they're 100% your responsibility.

Smoking

Guests may not use cigarettes, cigars, e-cigarettes, vaporizers, or any other such item in areas where others are affected, such as in vehicles, within enclosed areas, or in the presence of others. Smoking is prohibited in the majority of MT Sobek accommodations.

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