

Irhil Mgoun 4068m



**Our Experience.
Your Adventure.**



A rewarding 9 day trip to the heart of the Moroccan High Atlas in winter with the challenge of summitting the remote peak of Irhil Mgoun 4068m

Irhil Mgoun at 4068m is the 4th highest peak in the Moroccan High Atlas, and the highest outside of the Toubkal region.

It is however a much more remote and consequently serious undertaking in the winter - the differences between a Toubkal and Mgoun winter ascent cannot be overstated! *We are the only English speaking mountain based company offering trips in the Mgoun region in winter.*

There are French and Spanish ski-touring companies that operate in the winter months but the chances are that you will have the region pretty much to yourself (very unlike Toubkal!)

This programme is borne out of our many years experience in running winter trips in the Mgoun / Ait Bougammez valley region and dealing with all the complexities it involves!

Our Winter 2008/09 programme consists of one **open scheduled trip** and any number of **private trips for small groups** (min 3 pers) that want to choose their own dates instead.

Many of our previous clients have combined a successful winter ascent trip with a surfing break out on the Atlantic rollers of the western seaboard, or taken a trip to the dunes of the Sahara desert. Others simply get lost in the souks of Marrakech!

Whatever grabs you – you're sure to find it in this fascinating country.

Winter 2008/09

DATE	PRICE PP €UROS
March 14 - 22, 2009	795
Any 9 day period from mid November to mid April, 2008/9	875 (3-4 persons) 795 (5-6 persons)
for private trips - min 3 persons	

Lots more photos of the Mgoun area in winter can be accessed from our on-line photo gallery:-

<http://www.pixagogo.com/2766894292>




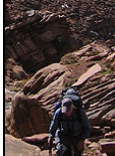
In addition to this Mgoun winter ascent trip, we also run winter mountaineering skills courses and high-level treks. See our websites www.nomadicmorocco.com and www.toukalmountainguides.com for details on these.

For up-to-date news, articles, information and stories on the Moroccan High Atlas, just visit our blog:-

<http://nomadicmorocco.blogspot.com>



Trip itinerary

	<p>Day 1 Arrive into Marrakech & transfer to hotel. (Preferably mid afternoon latest).</p> <p>Welcoming coffee / mint tea and some cultural introductory info. Eat out in the medina of Marrakech. Afterwards brief on the week, maps, conditions etc</p>	
	<p>Day 2 After breakfast, pack our bags into our 4x4's and drive to Agouti in the Ait Bougammez valley. 6 hours or so. Lunch en-route. Get settled into gite and then short walk to a local viewpoint to get a feel for the area and judge conditions. Evening dinner and retire for the night.</p>	
	<p>Day 3 After breakfast, meet our mule team who will be with us for the next couple of days. Trek south-westwards along a piste and then smaller mule trails to the remote Berber village of Rougoult 1893m. Stay overnight in simple village house. <u>5 hours</u></p>	
	<p>Day 4 A great days walk beckons! Berber villages; upland summer grazing areas with small stone-built settlements (azibs); high mountain passes (3500m); before getting to our mountain refuge on the remote Tarkeddit plateau at 2900m situated to the NW of Mgoun itself.</p> <p>Our mules will accompany us as far as possible up to the snowline. At this stage, we will take our packs ourselves, possibly put on our snowshoes and begin the climb up to the Tarkeddit ridge (3500m) where on arrival we will get our first awesome views of the Mgoun massif. We then drop down to the welcoming site of the refuge on the Tarkeddit plateau at 2900m.</p> <p><u>8 hours</u> on a mix of mule trails, open mountain country and high snow covered passes.</p>	
	<p>Day 5 Today can be a mix of an acclimatisation day and a more relaxing day after yesterday's efforts! There is an abundance of areas to go snowshoe walking in this high plateau area. Either summits, big gorges to look at from above or simply relaxing in the sun! An early night in preparation for tomorrow.....</p>	
	<p>Day 6 We leave our refuge early (around 05.00) and climb steadily southwards to the peak of Mgoun West at just under 4000m. There we gain the ridge for the summit of Irhil Mgoun 4068m, some 4km away to the east and at an average altitude of 4000m.</p> <p>A great ridge walk with far-reaching views to the south and the semi-desert oases. The ridge is an "out and back" route with no easy escape options and which will take around 3-4 hours in itself.</p> <p>The route may require a combination of crampons and snowshoes depending on the snow conditions.</p> <p>Re-gaining Mgoun West again (after our hopefully successful summit!), we drop back down southwards to the refuge where we celebrate our return, late afternoon!</p> <p><u>Around a 10 - 11 hour day.</u></p>	
	<p>Day 7 Either a "bad weather extension" for climbing Mgoun if Day 6 weather prevented it or a walk out from the hut to our gite in Agouti.</p>	
	<p>Day 8 Depending on Day 7, either walk out to Agouti and then transfer back to hotel in Marrakech for arrival late evening or leisurely transfer back to hotel in Marrakech for arrival mid afternoon.</p> <p>Celebratory evening dinner in Marrakech.</p>	
	<p>Day 9 After breakfast - goodbyes and depart.</p>	

In addition to all our knowledge, resources, help and attention to detail before the trip starts, **once we meet you in Marrakech, our prices include:-**

- ✓ full-board accommodation (B&B only in Marrakech) as described above – i.e.- 2 nights hotel accommodation in Marrakech; gite in Agouti, Berber village houses & mountain refuge
- ✓ all food throughout from the time we leave Marrakech until we get back there
- ✓ all transport costs associated with the official trip itinerary
- ✓ porters / mules to carry all our *communal* gear and food
- ✓ portering of your personal gear based on 1 kit bag shared between 2 people for days 3, 4 & 8 as outlined in the above itinerary
- ✓ professional guiding services for the duration of the trip
- ✓ extensive helpful equipment list

The additional costs for you once we meet up would be just bottles of water, drinks outside of meals, any showers charged for separately by the accommodation providers and any additional snacks you may wish to purchase.

You obviously have to **get to Marrakech** (there are any number of cheap flights these days from UK / Europe with Easyjet, Ryanair, Atlas-Blue, Jet4You & BA) and **organise travel / medical insurance** (we check on this when you are booking) **for the trip.**

Misc information

Food on the trip

Morocco is said to have one of the finest cuisines in the world. Our cooks pride themselves in their cooking, and ensure that all the food on the trek is freshly prepared using local ingredients and that there is plenty for everyone. A typical menu on this trip would be:

Breakfast: Fresh bread with cheese, jam, margarine, tea, coffee, hot chocolate and hot milk.

Lunch: A light lunch consisting of fresh mixed salad, tinned fish or meat, bread and cheese, followed by fresh local fruit.

Afternoon tea: Tea / coffee / hot chocolate with some dates, figs, nuts and biscuits.

Dinner: The evening meal is always a hot meal and is different every night - traditional Moroccan cuisine of Tajine or couscous with meat and vegetables or the occasional pasta meal. This is followed by fresh fruit and the famous mint tea.!

Kit List / Clothes / Weather etc

On receipt of your reservation, we will send you a web-link so you can access our extensive suggested equipment on-line.

In essence you will need normal winter walking clothes and equipment including snowshoes, crampons, trekking poles, walking ice-axe, a good quality sleeping bag and down jacket etc.

The weather at this time of the year is generally sunny days and cold nights. However this is the winter and therefore it can snow! Weather in these high mountains can be unpredictable and you should be prepared for this. The snow-line is generally around 2500m meaning that by the time you arrive at the Tarkeddit refuge which is at 2900, you will be in the snow.

Environmental / Health

All our guides are qualified in remote and wilderness first aid and always carry a fully equipped first aid kit for serious medical emergencies. However this is not a general dispensary - please bring your own supplies of plaster, blister prevention pads, paracetamol etc. and any medication you are on.

There are no compulsory vaccinations for Morocco but, as always, you should keep Hep A, Tetanus, Polio, Typhoid and possibly rabies up to date. Consult your GP or a vaccine specialist for professional advice.

Altitude issues

Although the highest point of this trip is the summit of Mgoun - 4068m, the highest point at which we sleep which is the critical issue, is the Tarkeddit refuge which is at 2900m. Whilst you may feel some initial effects of this on the 4th day crossing the pass at 3500m and on the summit day itself, this trip itinerary is designed to maximise acclimatisation and you are unlikely to have any serious AMS issues. Remember it is very important to drink lots and maintain a good hydration level. If you would like to read more on Altitude Mountain Sickness, then please contact us and we will happily send you some light reading material!

Currency / Visas / Language

Visas for entry into Morocco are not required by nationals of Ireland, the U.K, U.S.A, Canada, Australia, New Zealand and most E.U countries.

The currency in Morocco is the dirham (dh). There are about 11dh to the Euro. It is impossible to get dirham outside of Morocco - therefore take € Euros, £ Sterling or US\$ and exchange over on arrival. Alternatively or in addition, there are plenty of ATM's in the airport and Marrakech. Do not depend on using your credit card for purchases - this is a cash society in the main!

Language is Arabic / Berber but French is also understood / spoken widely. Little or no English spoken / understood outside of main tourist areas.

Time difference = GMT all year.

Fitness / previous experience

Climbing Mgoun in winter generally requires using snowshoes and/or wearing crampons and using a walking ice-axe. Remoteness is also an issue in terms of any back-up rescues. The summit day on Mgoun is committing, as there are no escape routes on the ridge from Mgoun West to Mgoun main summit. There is no technical climbing as such on this trip - this is winter walking with some scrambling.

Those with some Scottish or Welsh winter routes under their belt will enjoy this trip, as will those who have snowshoed in the Alps and wish to extend their experience beyond Europe.

In terms of fitness, **you should be used to or fit enough to cope with energetic 8 hour days (sometime more) in the high mountains for the duration of your trip** bearing in mind that the weather whilst generally favourable can make life much more difficult at 4000m's if it turns nasty.

Maps

There is one "map" for this area if you would like to purchase it.

West Col "Mgoun Massif" 1:100,000

This can be bought on-line from

<http://www.stanfords.co.uk> for £8.95.

Catalogue number is 44719

Further country information

Further up-to-date travel advice can be had by emailing us, reading our blog and / or consulting the UK FCO website:-

<http://www.fco.gov.uk/en/>

Insurance

We ask you to effect individual holiday insurance against travel delays, loss of baggage and money, mountain rescue & medical expenses, personal accident and any cancellation costs.

You should note that there are no official mountain rescue services in Morocco and that any evacuation in the event of a serious medical emergency to the nearest hospital will be by land as opposed to helicopter.

We will require documentary evidence of your insurance prior to departure.

Trip Ethos

A small private group, personally led by Des Clark IML, NomadicMorocco founding director; whose job it is to ensure that you have a week of quality winter mountain walking in the remote Mgoun region of the Moroccan Central High Atlas, reaching the summit of Irhil Mgoun 4068m (conditions permitting!) It's that simple!

To reserve your place(s) on a trip:-

- Go to our reservation page on our website (www.nomadicmorocco.com/reserve.htm) & complete the details.

No payment is required at this stage!

On receipt of your reservation form, we will email you to confirm we are reserving your place(s) & send you an invoice for the deposit based on the details submitted.

- Alternatively, **to arrange a private trip**, just email us:- office@nomadicmorocco.com
- Or contact us through our website

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