

Beginners guide to

MOUNT TOUBKAL



**CHASING SUMMITS
ADVENTURES**

CLEAN & ORGANIC

CHALLENGE - CONNECT - CONQUER

EVERYTHING YOU NEED TO KNOW BEFORE YOUR FIRST ALTITUDE MOUNTAIN



INTRO: FIRST THINGS FIRST
IF YOU'RE READING THIS, CHANCES ARE
YOU'VE THOUGHT ONE (OR MORE) OF THE
FOLLOWING:

WHAT IS MOUNT TOUBKAL

HEIGHT: 4,167M (13,671 FT)

LOCATION: ATLAS MOUNTAINS, MOROCCO

STATUS: HIGHEST MOUNTAIN IN NORTH AFRICA

TERRAIN: NON-TECHNICAL TREKKING (NO ROPES NEEDED)

EXPERIENCE: NONE NEEDED

WEATHER: DEPENDS ON THE TIME OF YEAR

WHY: CLOSE TO THE UK, RICH IN CULTURE & THE EXPERIENCE

WHEN: SHORT WEEKEND HIKING TRIP - FRIDAY - MONDAY

FIRST THINGS FIRST...



IF YOU'RE READING THIS, CHANCES ARE YOU'VE THOUGHT ONE (OR MORE) OF THE FOLLOWING:

- “I'D LOVE TO... BUT I'M NOT FIT ENOUGH”
- “ALTITUDE SCARES ME”
- “I'VE NEVER DONE ANYTHING LIKE THIS BEFORE”
- “WHAT IF I SLOW EVERYONE DOWN?”

LET ME BE VERY CLEAR:

👉 YOU DO NOT NEED MOUNTAIN EXPERIENCE TO CLIMB MOUNT TOUBKAL.

YOU DO NEED:

- PREPARATION
- THE RIGHT GUIDANCE
- A SENSIBLE PACE
- AND A SUPPORTIVE GROUP

THAT'S EXACTLY WHAT THIS GUIDE — AND CHASING SUMMITS ADVENTURES — IS ABOUT.



WHY TOUBKAL IS IDEAL FOR BEGINNERS

HERE'S WHY I BRING FIRST-TIMERS
HERE AGAIN AND AGAIN:

- ✓ NO TECHNICAL CLIMBING
- ✓ GRADUAL ALTITUDE GAIN
- ✓ SHORT TREKKING DAYS
- ✓ STRONG LOCAL SUPPORT TEAMS
- ✓ COMFORTABLE MOUNTAIN REFUGE
- ✓ HUGE CONFIDENCE BOOST



MOST BEGINNERS LEAVE THINKING:

"IF I CAN DO THIS... WHAT ELSE CAN I DO?"

THAT MINDSET SHIFT IS POWERFUL.

DO I NEED TO BE “FIT ENOUGH”



SHORT ANSWER: NO. YOU NEED TO BE PREPARED
— NOT ELITE.

YOU DON'T NEED:
✗ TO RUN MARATHONS
✗ TO LIFT HEAVY WEIGHTS
✗ TO BE THE FASTEST IN THE GROUP

YOU DO NEED:
✓ CONSISTENT WALKING
✓ HILL TRAINING
✓ LEG STRENGTH
✓ CARDIOVASCULAR FITNESS
✓ TIME ON YOUR FEET

WITH PROPER TRAINING (WHICH WE PROVIDE),
BEGINNERS REGULARLY SUMMIT SUCCESSFULLY.



ALTITUDE AFFECTS EVERYONE
DIFFERENTLY, REGARDLESS OF FITNESS
LEVEL. BEGINNERS OFTEN DO
EXTREMELY WELL WHEN THEY PREPARE
PROPERLY AND PACE THEMSELVES.

TRAINING FOR TOUBKAL IS ABOUT:

- BUILDING CONFIDENCE
- STRENGTHENING LEGS & JOINTS
- IMPROVING ENDURANCE
- LEARNING HOW YOUR BODY
RESPONDS TO LONGER DAYS ON
YOUR FEET
-

ARRIVING PREPARED MAKES THE
EXPERIENCE FAR MORE ENJOYABLE AND
SIGNIFICANTLY INCREASES YOUR
CHANCES OF A SUCCESSFUL SUMMIT.

TRAINING PLANS

FOR THOSE WHO WANT EXTRA STRUCTURE AND REASSURANCE, WE OFFER BESPOKE TRAINING PLANS AS AN OPTIONAL ADD-ON.

THESE PLANS ARE DESIGNED SPECIFICALLY FOR:

- FIRST-TIME MOUNTAIN CHALLENGERS
- THOSE RETURNING TO FITNESS
- CLIENTS WHO WANT CLARITY AND ACCOUNTABILITY
- ANYONE WHO WANTS TO ARRIVE FEELING CONFIDENT RATHER THAN ANXIOUS

EACH PLAN IS TAILORED TO:

- YOUR CURRENT FITNESS LEVEL
- YOUR AVAILABLE TRAINING TIME
- GYM-BASED OR HOME-BASED PREFERENCES
- OUTDOOR WALKING AND HILL FITNESS

THIS REMOVES THE GUESSWORK AND ENSURES YOUR TRAINING IS FOCUSED ON WHAT ACTUALLY MATTERS FOR MOUNT TOUBKAL.

WHAT YOU'LL GAIN FROM A BESPOKE PLAN

DO YOU WANT TO FEEL MORE CONFIDENT ABOUT THE TASK AHEAD? RECOVER FASTER? ENJOY THE EXPERIENCE MORE? SPEND LESS TIME WORRYING ABOUT WHETHER THEY'RE "GOOD ENOUGH"

IT'S NOT ABOUT BEING THE FITTEST — IT'S ABOUT BEING READY.



SUPPORT



IS A TRAINING PLAN RIGHT FOR YOU?

OUR BESPOKE TRAINING PLANS ARE IDEAL IF:

- YOU'RE NEW TO MOUNTAIN CHALLENGES
- YOU WANT GUIDANCE RATHER THAN GUESSING
- YOU PREFER A CLEAR STRUCTURE
- YOU'RE SHORT ON TIME AND WANT EFFICIENT TRAINING
- YOU WANT PEACE OF MIND GOING INTO THE CHALLENGE

THEY ARE COMPLETELY OPTIONAL, BUT HIGHLY RECOMMENDED.

WE ALL NEED ENCOURAGEMENT AND TO BE ACCOUNTABLE
SOMETIMES!

IN SUMMARY

YOU DON'T NEED TO BE SUPER FIT
TO CLIMB MOUNT TOUBKAL.

YOU DO NEED TO PREPARE
SENSIBLY.

OUR BESPOKE TRAINING PLANS
EXIST TO SUPPORT YOU THROUGH
THAT PREPARATION — HELPING
YOU ARRIVE CONFIDENT, CAPABLE,
AND READY TO ENJOY EVERY STEP
OF THE JOURNEY.



WE OFFER COUCH TO SUMMIT 6
MONTH TRAINING PLAN

BESPOKE 4/6 MONTH PLANS
TAILORED DIRECTLY FOR YOU

SPEAK TO US AFTER BOOKING TO
FIND OUT WHICH PLAN IS RIGHT FOR
YOU.



ALTITUDE: WHAT YOU REALLY NEED TO KNOW

ALTITUDE AFFECTS EVERYONE
DIFFERENTLY — REGARDLESS OF FITNESS.



COMMON MILD SYMPTOMS
INCLUDE:

- HEADACHE
- SHORTNESS OF BREATH
- FATIGUE
- POOR SLEEP
- REDUCED APPETITE



THE KEYS TO MANAGING
ALTITUDE:

- SLOW PACING
- HYDRATION
- FUEL
- LISTENING TO YOUR BODY
- EXPERIENCED GUIDES

WE BUILD ACCLIMATISATION INTO THE ITINERARY AND MONITOR EVERYONE CLOSELY.
NO RUSHING. NO PRESSURE. NO BRAVADO.

LOTS OF FOOD, NO CALORIE COUNTING AND PLENTY OF FLUIDS

WHAT DOES A TYPICAL TRIP LOOK LIKE?

DAY 1:

ARRIVAL IN MARRAKECH → TRANSFER TO IMLIL → SHORT ACCLIMATISATION WALK

DAY 2:

TREK TO MOUNTAIN REFUGE → STEADY PACE → ALTITUDE AWARENESS

DAY 3:

SUMMIT DAY → EARLY START → SLOW AND CONTROLLED ASCENT → SUMMIT →

DESCEND TO IMLIL

DAY 4:

LEAVE IMLIL → TRANSFER BACK TO MARRAKECH

THE DAYS ARE CHALLENGING — BUT VERY ACHIEVABLE WITH THE RIGHT SUPPORT.

WHAT SUPPORT YOU'LL HAVE.

WITH CHASING SUMMITS ADVENTURES YOU'RE NEVER "JUST ANOTHER NUMBER".

YOU'LL HAVE:

- EXPERIENCED UK MOUNTAIN LEADER - NIC
- QUALIFIED LOCAL GUIDES
- SMALL GROUP SIZES
- PACING SUITED TO EVERYONE
- REGULAR CHECK-INS
- CLEAR COMMUNICATION
- A NO-EGO ENVIRONMENT



WHAT YOU ACTUALLY NEED TO BRING.



YOU DON'T NEED FANCY KIT — JUST THE RIGHT KIT.

ESSENTIALS INCLUDE:

- PROPER WALKING BOOTS (BROKEN IN)
- DAYPACK
- LAYERS (IT GETS COLD!)
- WATERPROOFS
- WARM HAT & GLOVES
- HEADTORCH
- SNACKS
- WATER BOTTLES / BLADDER
- YOU'LL RECEIVE A FULL KIT LIST ONCE BOOKED, SO NO GUESSWORK.



DONT SAY MAYBE, SAY YES!

THE BIGGEST BEGINNER MYTHS (BUSTED)

✗ “I'll be the slowest”

✗ “Everyone else will be fitter”

✗ “I need experience first”

✗ “Altitude will ruin it”

The truth?

Most beginners feel exactly the same — they just don't say it out loud.

Confidence comes after you start.

WHAT PEOPLE SAY AFTER THEIR FIRST TOUBKAL

- “I never thought I could do that”
- “I feel unstoppable now”
- “What's next?”
- “I want another challenge”

And that's the magic of a first altitude mountain.

IS IT TIME TO BOOK?

IS TOUBKAL RIGHT FOR YOU?
MOUNT TOUBKAL IS FOR YOU IF:

- ✓ YOU WANT YOUR FIRST ALTITUDE EXPERIENCE
 - ✓ YOU'RE PREPARED TO TRAIN
 - ✓ YOU WANT GUIDANCE AND SUPPORT
- ✓ YOU VALUE COMMUNITY OVER COMPETITION

IT'S NOT FOR YOU IF:

- ✗ YOU WANT TO RACE
- ✗ YOU DON'T WANT TO PREPARE
- ✗ YOU WON'T LISTEN TO GUIDES

FINAL WORD (IMPORTANT)

YOU DON'T NEED TO BE FEARLESS.
YOU DON'T NEED TO BE EXTREME.
YOU JUST NEED TO START.

MOUNT TOUBKAL HAS A HABIT OF CHANGING HOW PEOPLE SEE THEMSELVES — AND
WHAT THEY BELIEVE THEY'RE CAPABLE OF.