

UTAT



*Altitude Acclimatization
Climb Mount Toubkal 4167m!*

Duration: 3 days

*Oct 3 to 5th, 2022, or
Oct 10 to 12th, 2022*

Before UTAT

- D1 (03/10)** - Transfer from Marrakech Airport -> Your hostel in Imlil
- D2 (04/10)** - Imlil -> Bivouac on the mountain
- D3 (05/10)** - Summit Mount Toubkal -> Imlil -> transfer to Oukaïmeden

- Qualified guide
- Full board from the dinner D1 to breakfast of D4
- Luggage storage in Imlil at the hostel D1 to D3

Or

After UTAT

- D1 (10/10)** - Transfer from Oukaïmeden -> Your hostel in Imlil
- D2 (11/10)** - Imlil -> Bivouac on the mountain
- D3 (12 /10)** - Summit Mount Toubkal -> Imlil -> transfer to Marrakech Airport

- Qualified guide
- Full board from the dinner D1 to lunch D3
- Luggage storage in Imlil at the hostel D1 to D3

320. € for individuals
280. € for groups

*departure 18h

** departure 11h

Why ?

The Jbel Toubkal, the highest summit in North Africa at 4167 m, is close to the UTAT course. The perfect opportunity to reach a summit over 4000m accessible for hikers.

We offer you the possibility to either do it before the race to finalize your altitude acclimatization, or the end your stay with this climb just for the pleasure of adding another peak above 4000 m to your mountain agenda.

Why acclimatize to Altitude Acclimatization?

One of the main features of the UTAT (105 km) is the fact that the itineraries are all in altitude the median altitude is 2400 m). The start is at 2620 m and there are 6 cols above 3000, the highest is at 3690 m.

However, it is possible to participate and even perform at the UTAT without any acclimatization.

In fact, this offer is a new option, something we have initiated following discussions and feed-back from numerous participants.

An all-inclusive package!

We will meet you at the airport upon your arrival in Marrakech and transfer you to the village of Imlil, the Berber version of Chamonix, where you will stay in a lovely hostel.

The following morning you will hike to the CAF Toubkal hut with your guide, your bags are car-ried by mules.

After your first day in altitude, a nice meal and a night of rest, you start before dawn the next morning to reach the top, before heading back to Imlil. From there you will transfer to the UTAT base camp in Oukaïmeden.

PLEASE NOTE! This description is for a climb prior to the race, if you choose to do this after the race no problem (see P2).

The perfect travel kit for a hike in the High Atlas

The UTAT is staged in a high mountain environment. It is crucial to be equipped accordingly. At this time of the year, it is common to have warm and sunny days (temperatures between 20 and 30°C), however at night temperatures fall considerably (from 0° to - 10°C above 3000m). There are sometimes strong winds and rain, or snow showers may occur above 2 500/ 3 000 m.

In general, plan ahead remember you are in the mountains and what might seem unnecessary suddenly becomes very important...

Garments



- Long pants and a pair of shorts for the day,
- Technical T-shirts and long-sleeved base layer,
- Warm underwear and socks
- 1 down jacket,
- Warm fleece jacket,
- Waterproof top and bottom (gore-tex or similar),
- Warm gloves and hat, buff, etc.
- 1 cap
- 1 pair of sunglasses

Gear



- 1 small backpack (~ 30L)
- 1 sleeping bag (0° C to 5°C)
- Toiletry and towel (fast drying)
- Sunscreen and lip balm,
- Survival blanket and a small knife,
- Headlamp and x-tra batteries,
- Hiking or trail shoes (rugged mountain terrain, abrasive rock),
- 1 pair of walking sticks (optional but strongly recommended),
- Wipes and toilet paper,
- 1 small pharmacy including:
paracetamol, anti-diarrhea drugs, antibacterial gel, antiseptics and plasters
- A tip for those who wear lenses: a moisturizer for the eyes is useful because the altitude, dry-ness and sun.

Miscellaneous



- A watch,
- Other personal belongings such as a camera, MP3, solar charger (you will find no electricity on the mountain).

Conclusion



Keep in mind that you are in a high mountain environment and your first concern remain security. Though weather conditions are usually very good, bringing the adequate gear makes it possible to adapt any unexpected changes in the weather.

Enjoy your stay!
The UTAT team