SEVEN SUMMITS SERIES

Seven Summits, Seven Trials, One Goal

BLACK MOUNTAINEERING

WINTER SKILLS EXPEDITION

MOROCCO

WINTER 7 SUMMITS

High Atlas · 7 Summits up to 4,167m · Mt Toubkal

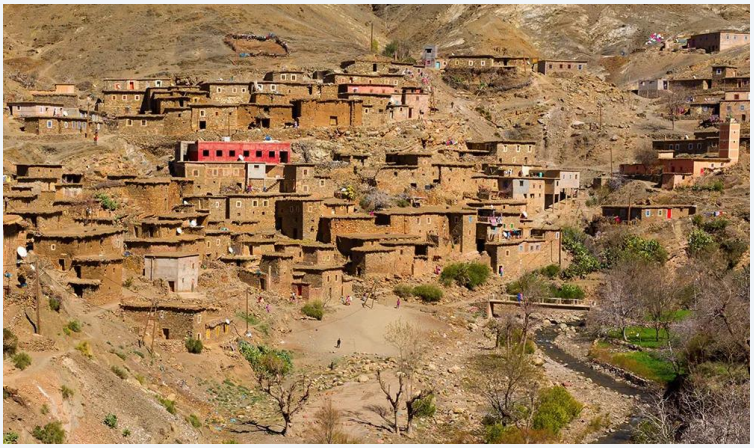


ONE EXPEDITION. ONE TOKEN.

Complete this expedition to earn the silver Morocco Winter piece of the Seven Summits Medallion.

LOCATION MOROCCO	**DURATION** 7 DAYS	**ROUTE** WINTER
GRADE STRENUOUS	**ALTITUDE** UP TO 4,167M	**DAILY ACTIVITY** 8 HOURS

EXPEDITION INTRODUCTION



Location	**Morocco**
Duration	**7 Days**
Route	**Winter**
Grade	**Strenuous**
Daily Activity	**Approx. 8 hours**
Altitude	**Up to 4,167m**

Morocco Winter Skills 7 Summits is far more than a week of climbing mountains. Part of the Global Seven Summits Series, it combines a complete Winter Skills Programme with a winter expedition across the High Atlas, giving you the practical experience and confidence to progress into alpine and high-altitude mountaineering.

The seven summits are Mt Aguelzim (3,650m), Mt Akioud N'bou Imhraz (4,030m), Mt Timzguida (4,089m), Ras n'Ouanoukrim (4,083m), Imouzzer (4,010m), Toubkal West (4,010m) and Mt Toubkal (4,167m), the highest mountain in North Africa.

Led by our experienced UIMLA guides and WMCI Instructor, you will learn to use crampons and an ice axe, move safely on snow and ice, self-arrest, understand avalanche awareness, improve winter navigation and make better decisions in challenging mountain conditions. These skills are built into every day of the expedition.

No previous winter experience is normally required, although you should already be comfortable walking in mountainous terrain. The programme prepares you for the next stage, whether the Alps, Mont Blanc, a 6,000-metre peak or a future high-altitude expedition. Every finisher receives the official Winter 7 Summits Medallion.







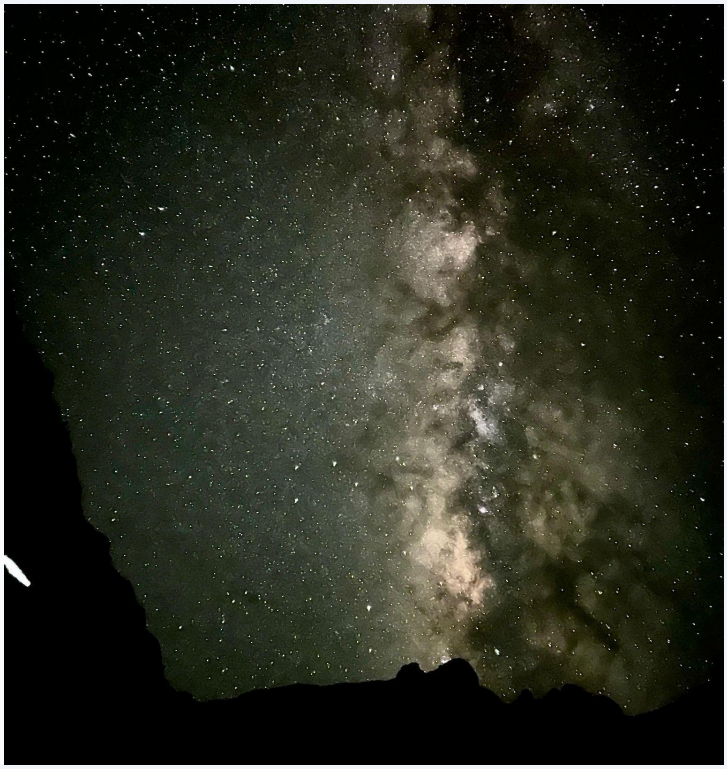
MOROCCO & REQUIRED EXPERIENCE

In winter, Morocco's High Atlas becomes a true snow and ice environment. Mountain temperatures often range between −5°C and −10°C, particularly overnight and during early summit starts, with strong winds and rapidly changing conditions.

From a traditional riad in Marrakech, the team drives to Imlil (1,740m) and treks the Mizane Valley past Aremd and the sacred shrine of Sidi Chamarouch to the Toubkal Refuge (3,200m), the expedition base camp for the week.

After a full day of winter skills training, three summit days take in the High Atlas 4,000m peaks, including Jebel Toubkal (4,167m), before the descent to Aremd.

Ideal for summer hikers exploring winter mountains safely, hillwalkers preparing for Island Peak, Mera or Mont Blanc, and anyone planning future alpine or expedition climbing.



MINIMUM REQUIREMENTS FOR EVERY CLIMBER

01 **No Winter Experience Needed**
No previous winter mountaineering experience is required. All the essential skills are taught on the expedition.

02 **Summer Hillwalking Experience**
Previous summer hillwalking in mountainous terrain, comfortable on steep, rough and uneven ground.

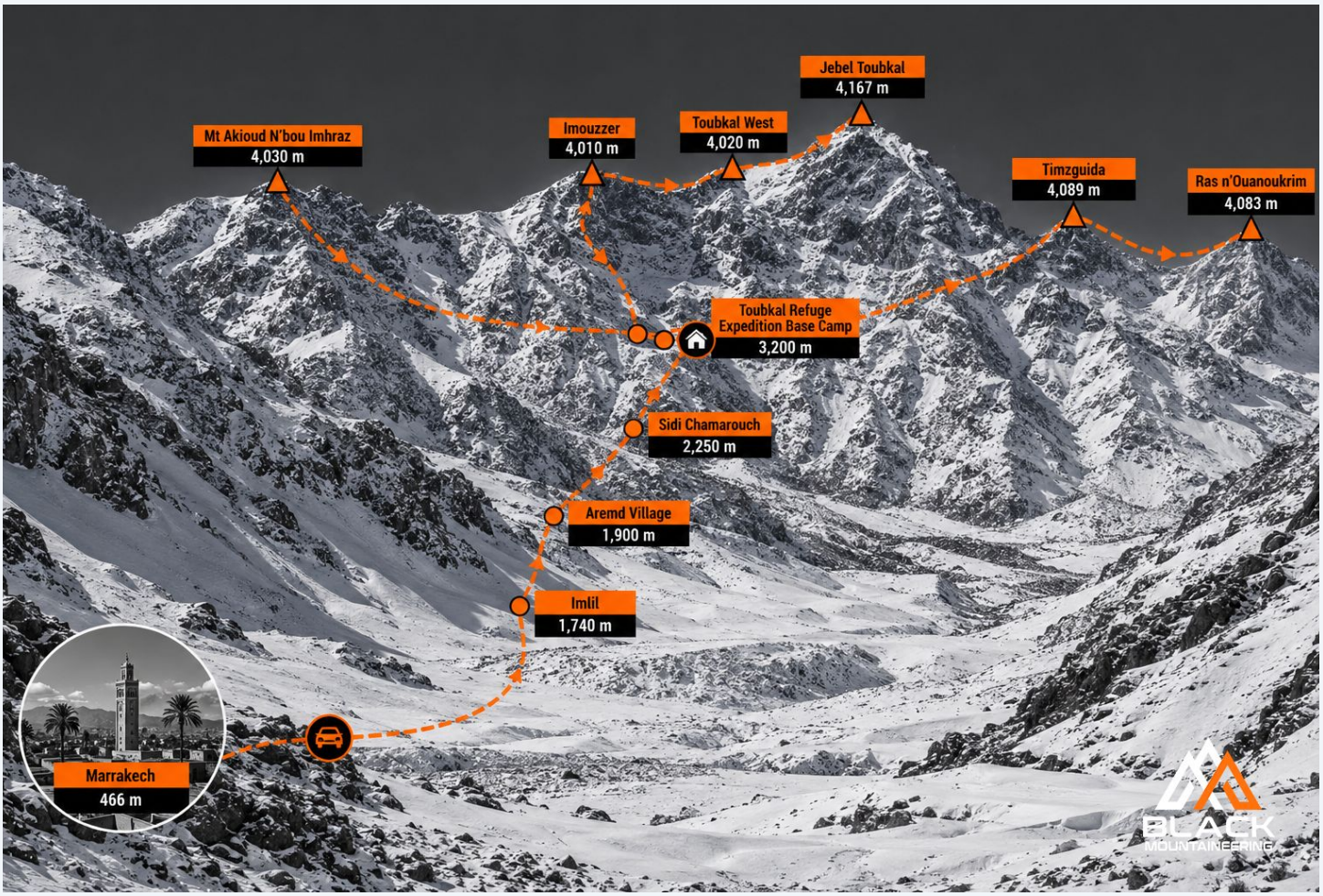
03 **Good Mountain Fitness**
A good level of mountain fitness, Should be able to spend multiple days hiking in the mountain.

04 **Carry Your Own Kit**
Physically capable of carrying your own day pack and equipment.

05 **Cold & Winter Weather**
Willing to operate in cold, wet, snowy and potentially challenging winter weather.

✔ **Positive Team Attitude**
A positive attitude, a willingness to learn and to work as part of a group, with the winter kit from the kit list.

HIGH ATLAS WINTER ROUTE



Peak Altitude	**4,167 meters**	Base	**Toubkal Refuge (3,200m)**
Total Duration	**7 days, arrival to departure**	Summit Days	**3 days, 4,000m+ peaks**
Expedition Grade	**Strenuous**	Route	**High Atlas, Winter**
Daily Activity	**Approx. 8 hours**	Group Size	**Typically 10–20**

MARRAKECH TO THE HIGH ATLAS SUMMITS

DAY 1

Arrive in Marrakech

Met by our guide team and transferred to your riad in the heart of Marrakech. Equipment check, then a traditional welcome dinner and expedition briefing.

Location: Marrakech

Evening: Welcome Dinner

Overnight: Riad Omar, Marrakech

DAY 2 - 3

Toubkal Refuge & Winter Skills

Day 2: drive to Imlil and trek the Mizane Valley past Aremd to the Toubkal Refuge.

Day 3: winter skills: ice axe, crampons, snow belays, fixed lines and abseiling.

Imlil: 1,740m / 5,709ft

Refuge: 3,200m / 10,499ft

Day 3: Skills Training

Overnight: Expedition Base Camp

MILESTONE | DAY 4

Imouzzer, Toubkal West & Toubkal

An early alpine start to Imouzzer (4,010m) and Toubkal West, then the summit of Jebel Toubkal (4,167m), the highest mountain in North Africa.

Summit: 4,167m / 13,671ft

Trek: Approx. 8 hours

Ascent: +1,100m / −1,100m

Overnight: Expedition Base Camp

DAY 5

Timzguida & Ras n'Ouanoukrim

Two of the High Atlas' finest 4,000m summits, with spectacular views across the Atlas range and towards the Sahara on a clear day.

Summits: 4,089m & 4,083m

Trek: Approx. 8–10 hours

Ascent: +1,050m / −1,050m

Overnight: Expedition Base Camp

DAY 6

Mt Akioud & Descent to Aremd

A headtorch start for Mt Akioud N'bou Imhraz (4,030m) at sunrise, breakfast at base camp, then about 3 hours down to Aremd and a celebration dinner.

Trek: Approx. 8 hours

Ascent: +1,000m / −2,100m

Expedition: Berber Guesthouse, Aremd

DAY 7 - 8

Marrakech & Departure

Day 7: back in Marrakech by about 3:00pm, free time in the souks and a home-cooked dinner where you receive your Winter 7 Summits Medallion. Day 8: transfer to Marrakech Airport.

Day 7: Medallion Dinner

Day 8: Airport Transfer

Overnight: Marrakech (Day 7)

WHAT'S INCLUDED

INCLUDED

- ✔ 80-litre expedition duffle bag
- ✔ Marrakech riad accommodation (shared basis) with breakfast
- ✔ Elite Black Mountaineering expedition guiding team
- ✔ Fully supported porter team
- ✔ Celebration dinner in Marrakech
- ✔ Welcome dinner in Marrakech
- ✔ All airport and expedition transfers throughout the itinerary
- ✔ Private expedition cook team
- ✔ All mountain meals (breakfast, lunch and dinner)
- ✔ Official Winter Skills 7 Summits Medallion

NOT INCLUDED & OPTIONAL EXTRAS

- ✖ International flights to/from Morocco
- ✖ Guide gratuities (€100)
- ✖ Optional: extra double/twin night (€100 per night)
- ✖ Optional: private Marrakech cultural tour (€100 per group)
- ✖ Personal travel insurance
- ✖ Optional: single room in Marrakech (€80 per night)
- ✖ Optional: sunrise hot-air balloon (€175 per person)
- ✖ Optional: private airport transfer outside the itinerary (€50)

TRAVEL INSURANCE (MANDATORY)

Participants must have travel insurance with the following minimum cover.

Recommended:
True Traveller

Your policy must include all four of the following:

- ✔ Medical expenses: €10,000,000
- ✔ Trip cancellation: €9,000
- ✔ Personal liability: €2,000,000
- ✔ Trekking up to 4,500 metres

Single Trip · Adventure Pack · Winter Sport

Get True Traveller Insurance



⚠ **IMPORTANT:** Insurance is mandatory. We strongly recommend True Traveller. Baggage cover (€3,000) is optional. Bring your policy details on the expedition in the event they are required.

MANDATORY EQUIPMENT & LAYERING CHECKLIST

Winter in the High Atlas means snow, ice, strong winds and temperatures of –5°C to –10°C, with technical skills training and three 4,000m summit days. Use Jason's Great Outdoors discount code GOJB15.

All mandatory equipment must be expedition quality, fit correctly and have been tested before departure.

01 | BAGS

- [ ] 80-litre expedition duffle bag
- [ ] Mountaineering backpack 65L

02 | BASE LAYERS

- [ ] Merino wool underwear (4 pcs)
- [ ] Merino long-sleeve base layer (1 pc)
- [ ] Merino long pants base layer (1 pc)
- [ ] Short-sleeve T-shirt (4 pcs)

03 | MID LAYERS

- [ ] Fleece (1 pc)
- [ ] Hiking shorts (1 pc)
- [ ] Mid-weight hiking pants (1 pc)
- [ ] Lightweight hiking pants (1 pc)

04 | WINDPROOF / RAIN LAYERS

- [ ] Hard shell jacket (1 pc)
- [ ] Hard shell pants (1 pc)

05 | INSULATION LAYERS

- [ ] Lite puffer jacket

MANDATORY EQUIPMENT & LAYERING CHECKLIST

06 | HEADWEAR

- [ ] Warm hat (2 pcs)
- [ ] Balaclava (1 pc)
- [ ] Baseball cap (1 pc)
- [ ] Buff (2 pcs)

07 | EYEWEAR

- [ ] Sunglasses

08 | GLOVES

- [ ] Lightweight liner gloves
- [ ] Leather guide glove

09 | FOOTWEAR

- [ ] **Mountaineering boots:** men's or women's, B2 (compatible with semi-automatic crampons)
- [ ] Hiking socks (4 pcs)
- [ ] Trekking shoes
- [ ] Trekking socks (3 pcs)
- [ ] **Refuge shoes:** crocs or sandals

10 | SLEEPING EQUIPMENT

- [ ] Lite sleeping bag for refuge
- [ ] Earplugs

11 | MOUNTAINEERING GEAR

- [ ] Climbing helmet
- [ ] Ice axe
- [ ] Crampons
- [ ] Climbing harness
- [ ] Ascender (left or right hand)
- [ ] ATC belay device
- [ ] Screwgate carabiners (2)

MANDATORY EQUIPMENT & LAYERING CHECKLIST

12 | TRAVEL ITEMS

- [ ] Travel clothes
- [ ] Passport (valid for 6 months)
- [ ] Cash
- [ ] Visa card
- [ ] ATM card
- [ ] Insurance

13 | ADDITIONAL SNACKS

- [ ] Salty-sweet bars
- [ ] Summit gels
- [ ] Nuts

14 | MEDICAL / FIRST AID

- [ ] Compeed blister packs
- [ ] Sutures & steri strips
- [ ] Ibuprofen
- [ ] Paracetamol 500mg
- [ ] Antibiotic Azithromycin 500mg
- [ ] Laxatives
- [ ] Imodium
- [ ] Electrolytes
- [ ] Nail cutter
- [ ] Duct tape – repair kit
- [ ] Hand & feet chemical warmers

MANDATORY EQUIPMENT & LAYERING CHECKLIST

15 | TOILETRIES (PERSONAL)

- [ ] Toilet paper
- [ ] Toothpaste & toothbrush
- [ ] Bio baby wipes (2 pcs)
- [ ] Soap
- [ ] Shampoo
- [ ] Shaver
- [ ] Towel
- [ ] Small nail brush
- [ ] **Sunscreen:** SPF 50
- [ ] **Lip screen:** SPF 30
- [ ] Aftersun

16 | ADDITIONAL ITEMS

- [ ] Headlight 500–700 lumens & charging leads
- [ ] Trekking poles
- [ ] Water bottles 1 litre (2 pcs)

17 | OPTIONAL ELECTRONICS

- [ ] Country-appropriate plug adapters
- [ ] Power bank
- [ ] Phone & charging leads

16-WEEK INTERMEDIATE–ADVANCED PLAN

This 16-week intermediate–advanced programme is for athletes with an established fitness base. Expedition fitness is built through consistent work, not one huge training week. The plan develops the engine, leg strength, durability and recovery habits needed for long days in the mountains.

The Aim
"Move well. Recover well. Carry load. Climb steadily. Repeat the effort on consecutive days."

01 **Weeks 1–4 | Foundation**
Aerobic base + gym strength. Long hill day builds from 2 to 3.5 hr, 400–800m gain, 5–6kg pack.

02 **Weeks 5–8 | Build**
Strength + vertical volume. Long hill day 4 to 5.5 hr, 800–1,200m gain, 6–8kg. Heavier gym work.

03 **Weeks 9–12 | Specific**
Load carriage + tired legs. 6–7 hr mountain days up to 1,500m with 8–10kg and back-to-back weekends.

04 **Weeks 13–16 | Peak & Taper**
Simulation + freshness. Peak 7–8 hr day and 2-day simulation, then volume drops so you arrive fresh.

GETTING PREPARED | DO NOT UNDERESTIMATE WHAT YOU ARE SIGNING UP TO

Expeditions demand time on your feet, repeated climbing, load carrying and the ability to keep moving when tired.

FOUR PILLARS OF PREPARATION:
- **Endurance:** Build a strong aerobic base through regular walking and steady cardio.
- **Durability:** Condition feet, ankles, legs and back for repeated days of work.
- **Confidence:** Train in poor weather, on hills and with your expedition equipment.
- **Recovery:** Rest, sleep, mobility, nutrition and hydration are part of the plan.

THE FOUNDATION: Start from your current level. Build gradually. Use hills whenever possible. Train in the footwear and backpack you expect to use. Consistency is more valuable than chasing one heroic session.

THE PAY-OFF: Better fitness means more enjoyment, more confidence, improved recovery and greater capacity to deal with the unexpected.

TRAINING TERMS & MEASURING EFFORT

01 **Rest**
No structured training. Let the body absorb the work.

02 **Long Walks**
Build time on feet, endurance, kit confidence and fuelling habits.

03 **Hill Walking**
Develop climbing strength, descending control and mountain movement.

04 **Intervals**
Repeated work and recovery to improve cardiovascular capacity.

05 **Cross-Training**
Low-impact aerobic work such as cycling or swimming.

06 **Strength Training**
Gym-based full-body strength with emphasis on legs, posterior chain and load carrying.

MEASURING YOUR EFFORT | USE THE TALK TEST

ZONE	LEVEL	FEEL	TALK TEST
RECOVERY	**6–6.5**	Very easy	Full conversation. Cool down and recover.
EASY	**6.5–7**	Comfortable	Conversational pace. Builds aerobic base.
STEADY	**7–8**	Working	Short sentences. Sustainable effort.
THRESHOLD	**8–8.5**	Hard	Only a few words at a time. Controlled discomfort.

Heart-rate figures can be useful, but terrain, fatigue, heat, altitude and individual differences all affect the number. The talk test gives you a simple real-world check of effort.

TRAIN SMART: The goal is not to finish every session exhausted. The goal is to build a body that can work for hours, recover, and do it again the next day.

10 STEPS TO PREPARE

1 Start Walking Now
Build regular time on your feet. Start with manageable distances and progress gradually.

2 Make Leg-Based Cardio a Habit
Cycling, swimming, stair work and other aerobic sessions support your walking base.

3 Take the Stairs
Use everyday opportunities to strengthen glutes, quads and calves.

4 Analyse How You Move
Good posture, efficient stride and controlled descending reduce wasted energy.

5 Train on Different Terrain
Use hills, rough ground and varied surfaces to prepare feet and ankles.

6 Train in Bad Weather
Use wind and rain to test layers, waterproofs and your ability to stay organised.

7 Practise with Walking Poles
Develop a natural rhythm and learn to use poles effectively uphill and downhill.

8 Train with Your Expedition Kit
Use your boots and progressively load your pack on longer sessions.

9 Fuel & Hydration
Practise eating and drinking little and often during training so it becomes automatic.

10 Footwear
Train in the boots you intend to use. Test socks, lacing, blister prevention and foot care.

SIMPLE RULE: TEST EVERYTHING IN TRAINING

FUEL & HYDRATION ROUTINE:
- **Before:** Eat a familiar meal and start hydrated.
- **During:** Small regular snacks and frequent fluids.
- **After:** Refuel, rehydrate and recover.

EXPEDITION HABIT: Do not leave equipment testing until the final weeks. Long training walks are where you learn how your boots, socks, pack, poles, layers, food and hydration system actually perform.

REMEMBER: The expedition is not the place to discover that your boots rub, your pack does not fit, or your food strategy does not work.

WEEKS 1–4 | FOUNDATION

AEROBIC BASE + GYM STRENGTH

HARD · STEADY · STRENGTH · EASY · RECOVERY · MOUNTAIN

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	RECOVERY **Easy walk** 30 min 3 mi / 4.8 km	EASY **Aerobic** 45 min Conversational	STRENGTH **Strength A** 50 min Progress load	EASY **Aerobic** 45 min Easy
TUE	STRENGTH **Strength A** 45-50 min Technique first	STRENGTH **Strength B** 45-50 min Controlled load	EASY **Aerobic** 50 min Conversational	STRENGTH **Strength B** 50 min Progress load
WED	EASY **Aerobic** 40 min Bike / incline walk	REST	REST	REST
THU	REST	HARD **Uphill intervals** 6 x 2 min Easy recovery	STEADY **Hill session** 75 min 400-500 m | 5-6 kg	HARD **Uphill intervals** 5 x 3 min Controlled hard
FRI	EASY **Hill walk** 75 min 300-400 m | 5 kg	RECOVERY **Recovery walk** 30 min Very easy	RECOVERY **Recovery** 30 min Walk / easy bike	RECOVERY **Recovery** 30 min Very easy
SAT	MOUNTAIN **Long hill day** 2 hr 5-6 mi / 8-10 km 400-500 m | 5 kg	MOUNTAIN **Long hill day** 2.5 hr 6-7 mi / 10-11 km 500-600 m | 5 kg	MOUNTAIN **Long hill day** 3 hr 7-8 mi / 11-13 km 600-700 m | 5-6 kg	MOUNTAIN **Long hill day** 3.5 hr 8-9 mi / 13-14.5 km 700-800 m | 6 kg
SUN	REST	EASY **Easy walk** 45 min Flat / gentle	REST	EASY **Easy walk** 60 min No pack

STRENGTH / EXPEDITION GUIDANCE

Strength A: squat or leg press, Romanian deadlift, step-up, row, calf raise, loaded carry. Strength B: split squat, hip hinge, step-up, pulldown, calf raise, carry. 2-3 sets each; finish with good form, not failure.

WEEKS 5–8 | BUILD

STRENGTH + VERTICAL VOLUME

HARD · STEADY · STRENGTH · EASY · RECOVERY · MOUNTAIN

	WEEK 5	WEEK 6	WEEK 7	WEEK 8
MON	STRENGTH **Strength A** 50-55 min Heavier, clean form	EASY **Aerobic** 60 min Easy	STRENGTH **Strength A** 55 min Final heavy block	EASY **Aerobic** 50 min Easy
TUE	EASY **Aerobic** 50 min Conversational	STRENGTH **Strength B** 50-55 min Heavier, clean form	EASY **Aerobic** 60 min Conversational	STRENGTH **Strength B** 50 min Reduce load slightly
WED	REST	REST	REST	REST
THU	STEADY **Loaded hills** 90 min 500-600 m | 6-7 kg	HARD **Uphill intervals** 6 x 3 min Jog / hike recovery	STEADY **Loaded hills** 1 hr 45 min 600-700 m | 7-8 kg	HARD **Uphill intervals** 5 x 4 min Controlled hard
FRI	RECOVERY **Recovery** 30 min Very easy	RECOVERY **Recovery** 35 min Very easy	RECOVERY **Recovery** 30 min Very easy	RECOVERY **Recovery** 35 min Very easy
SAT	MOUNTAIN **Long hill day** 4 hr 9-10 mi / 14.5-16 km 800-900 m | 6-7 kg	MOUNTAIN **Long hill day** 4.5 hr 10-11 mi / 16-18 km 900-1000 m | 7 kg	MOUNTAIN **Long hill day** 5 hr 11-12 mi / 18-19 km 1000-1100 m | 7-8 kg	MOUNTAIN **Long hill day** 5.5 hr 12-13 mi / 19-21 km 1100-1200 m | 8 kg
SUN	REST	EASY **Easy hills** 75 min 300-400 m | light pack	EASY **Easy walk** 60 min Recovery pace	REST

STRENGTH / EXPEDITION GUIDANCE

Continue Strength A/B with progressive resistance. Keep most aerobic work conversational. Long hill days are for efficient movement, fuelling, footwear and pack practice – not racing.

WEEKS 9–12 | SPECIFIC

LOAD CARRIAGE + TIRED LEGS

HARD · STEADY · STRENGTH · EASY · RECOVERY · MOUNTAIN

	WEEK 9	WEEK 10	WEEK 11	WEEK 12
MON	STRENGTH **Muscular endurance** 45-50 min Step-ups + lunges	RECOVERY **Recovery** 35 min Very easy	STRENGTH **Muscular endurance** 45 min Moderate load	RECOVERY **Recovery** 35 min Very easy
TUE	EASY **Aerobic** 60 min Conversational	STRENGTH **Muscular endurance** 45 min Step-ups + carries	EASY **Aerobic** 60 min Conversational	STRENGTH **Muscular endurance** 40-45 min Do not chase fatigue
WED	REST	REST	REST	REST
THU	STEADY **Loaded climb** 2 hr 700-800 m | 8-9 kg	EASY **Aerobic** 60 min Easy	HARD **Uphill intervals** 6 x 4 min Strong but controlled	STEADY **Loaded climb** 90 min 500-600 m | 10 kg
FRI	RECOVERY **Recovery** 30 min Very easy	REST	RECOVERY **Recovery** 30 min Very easy	REST
SAT	MOUNTAIN **Long mountain day** 6 hr 12-14 mi / 19-22.5 km 1200-1300 m | 8-9 kg	MOUNTAIN **Back-to-back Day 1** 4 hr 8-10 mi / 13-16 km 650-750 m | 9 kg	MOUNTAIN **Long mountain day** 6-7 hr 14-16 mi / 22.5-26 km 1300-1500 m | 9-10 kg	MOUNTAIN **Back-to-back Day 1** 5 hr 10-12 mi / 16-19 km 850-950 m | 10 kg
SUN	EASY **Easy walk** 75 min Tired-leg recovery	MOUNTAIN **Back-to-back Day 2** 5 hr 10-12 mi / 16-19 km 750-850 m | 9 kg	EASY **Easy walk** 60 min Recovery pace	MOUNTAIN **Back-to-back Day 2** 6 hr 12-14 mi / 19-22.5 km 950-1050 m | 10 kg

STRENGTH / EXPEDITION GUIDANCE

Shift gym work toward muscular endurance: weighted step-ups, walking lunges, calf work and loaded carries. Back-to-back days teach you to recover and perform again on tired legs.

WEEKS 13–16 | PEAK & TAPER

SIMULATION + FRESHNESS

HARD | STEADY | STRENGTH | EASY | RECOVERY | MOUNTAIN

	WEEK 13	WEEK 14	WEEK 15	WEEK 16
MON	STRENGTH **Maintenance strength** 40 min Reduced volume	RECOVERY **Recovery** 35 min Very easy	REST	EASY **Easy walk** 40 min No fatigue
TUE	EASY **Aerobic** 50 min Easy	STRENGTH **Light strength** 35-40 min No max efforts	EASY **Aerobic** 45 min Conversational	MOBILITY **Mobility** 25-30 min Hips, calves, ankles
WED	REST	REST	STRENGTH **Light strength** 30-35 min Mobility + activation	REST
THU	STEADY **Loaded hills** 90 min 600-700 m | 10-12 kg	EASY **Aerobic** 45 min Easy	REST	EASY **Easy hills** 60-75 min 300-500 m | light pack
FRI	RECOVERY **Recovery** 30 min Very easy	REST	EASY **Easy hills** 60 min 250-350 m | 6-8 kg	REST
SAT	MOUNTAIN **Peak mountain day** 7-8 hr 16-18 mi / 26-29 km 1500-1800 m | 10-12 kg	MOUNTAIN **Simulation Day 1** 6 hr 12-14 mi / 19-22.5 km 950-1150 m | 10-12 kg	MOUNTAIN **Reduced hill day** 4-5 hr 9-11 mi / 14.5-18 km 700-900 m | 6-8 kg	EASY **Shake-out walk** 30 min Very easy
SUN	REST	MOUNTAIN **Simulation Day 2** 7 hr 14-16 mi / 22.5-26 km 1050-1350 m | 10-12 kg	REST	READY **Expedition ready** Arrive fresh

STRENGTH / EXPEDITION GUIDANCE

Weeks 13-14 are the peak specific block. Weeks 15-16 reduce volume so fitness is retained while fatigue falls. Do not add missed sessions or extra hard work during the taper.

LOGISTICS & MOUNTAIN RULES







PASSPORT, LUGGAGE & MONEY

Passport Validity
- Must be valid 6+ months past return date.

Luggage
- An 80-litre expedition duffle bag is included.
- Rooms at the Atlas Mountains refuge are shared dorms.

Currency & Financials
- Local currency: Moroccan Dirham (MAD).
- Bring cash, a Visa card and an ATM card for gratuities and optional extras.

FLIGHTS & MEETING POINT

Destination Airport
- Marrakech Airport.

Flight Booking Advisory
- CRITICAL: Do NOT book flights until dates & schedule are confirmed by Black Mountaineering.

Mandatory Meeting Point
- Day 1: met by our guide team and transferred to your riad. Private transfers outside the itinerary: €50.

GUIDE AUTHORITY & RULES

Lead Guide Command
- Guide decisions on weather, pacing, route & turn-around times are FINAL.
- Team safety is the ultimate priority.

Zero Tolerance Policy
- NO illegal drugs or illicit substances.
- Violations result in immediate removal.

HAZARDS & EXPEDITION PROTOCOL

Objective Mountain Hazards
- Snow, ice, strong winds and rapidly changing conditions, –5°C to –10°C, avalanche terrain and altitude illness (AMS/HAPE/HACE).
- Immediate reporting of distress is mandatory.

Guide Gratuity
- Gratuities are discretionary but greatly appreciated.
- Recommended €100 per participant, given to Hassan, our Lead Guide, and shared with the whole mountain team.

PRECISION. PROFESSIONALISM. PASSION.

Black Mountaineering Expedition Leadership

PRECISION
Safety & Security

Careful planning, proven logistics, acclimatisation & risk management.

PROFESSIONALISM
Expedition Leadership

Led by Jason Black — multiple Everest & K2 summiteer with more than two decades of high-altitude experience.

PASSION
Authentic Experience

Built on a lifelong passion for exploration, challenge and adventure.

DIRECT EXPEDITION INQUIRIES & OFFICIAL WEBSITE

DIRECT CONTACT
info@blackmountaineering.com

OFFICIAL WEBSITE
blackmountaineering.com

EXPEDITION PAGE
View Morocco Winter 7 Summits

CONNECT WITH US ON SOCIAL MEDIA

Facebook
Jason Black Mountaineering

Instagram
jasonblackmountaineering

LinkedIn
black-mountaineering

YouTube
@BlackMountaineering

BLACK MOUNTAINEERING