

JEBEL TOUBKAL – 4,167m

Summer Ascent





Introduction

Jebel Toubkal, the highest mountain in the Atlas mountains and North Africa may be just on our doorstep, but it's hard to imagine a greater contrast from our way of life. Morocco's culture, varied landscape, religion, climate and food delight the senses the second we step off the flight. Climbing of Toubkal not only gives you with a chance to experience an ascent of a mountain more than 4,000m high but also allows you to encounter a fascinating country in its own right.

This itinerary can be done within a week and gives you the chance to spend time in the vibrant and intoxicating city of Marrakech, situated on the plains to the north of the Atlas. Explore the souks, haggle

for souvenirs and get caught up in the bustle of Jemaa El Fna square.

The Atlas provide a striking alternative to European Alpine trekking. On this trip we also tackle Ouanakrim Peak, almost as high as Toubkal itself, in order to acclimatise and to provide you with a much greater sense of what this enormous mountain range is all about. From the summit on a clear day the views stretch far and wide across the plains to Marrakech to the north and the sandy palm sands towards the Sahara to the south.

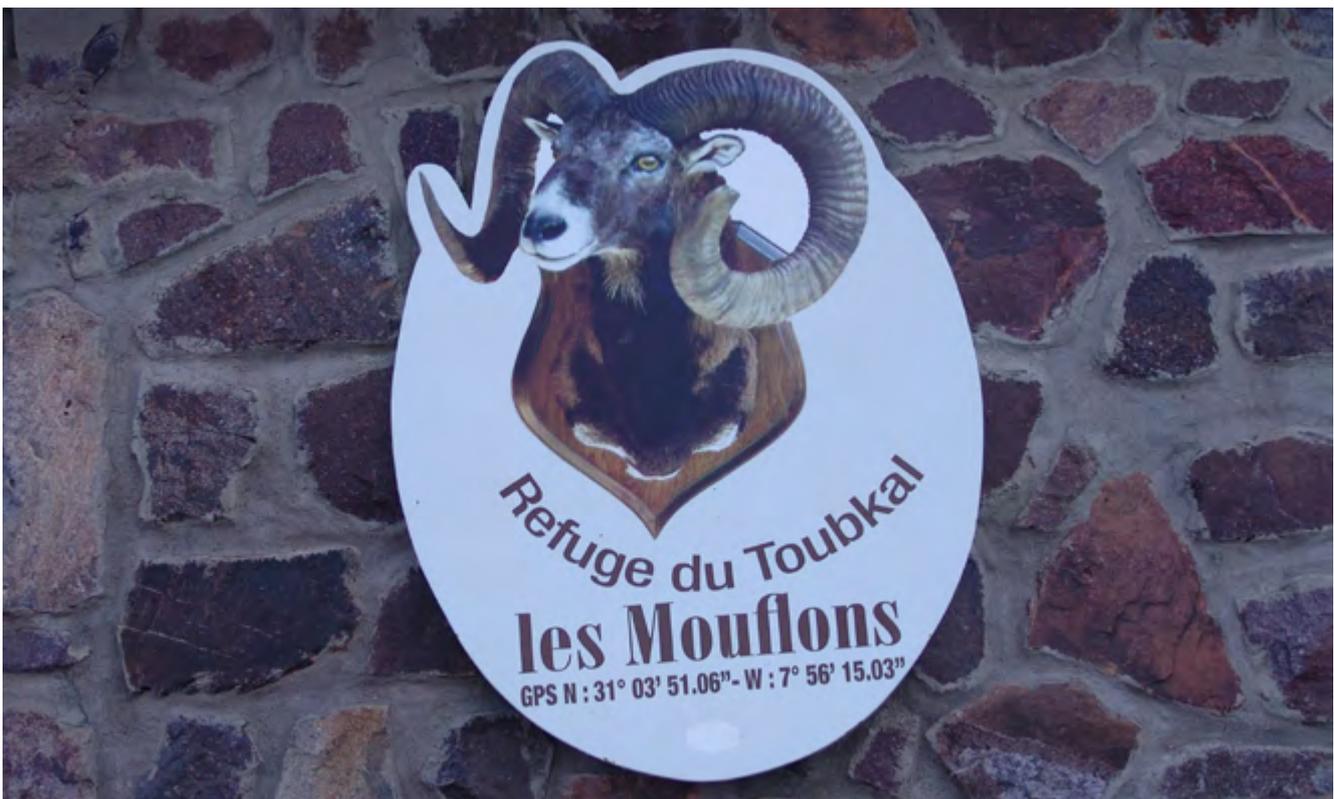
There is no camping on this trek as we spend the nights in refuges.





ITINERARY

DAY 1	<p>Marrakech You will be met at Marrakech airport and taken to your charming 4 star riad. The day is yours to relax, explore the souks and enjoy this vibrant city before heading out for dinner with your leader who will take you through the plan for the days ahead. D</p>
DAY 2	<p>Marrakech – Aremd – Sidi Chamharouch – Toubkal Refuge (3,207 m) After a hearty breakfast, our minibus will drive us up to our start point at Imlil (1,800 m) in the foothills of The Atlas. We set out from there and head initially to Aremd (1,940m) about an hour away and stop for a quick lunch. We continue up meandering mule paths for a further five hours through the Ait Mizen valley and into breathtaking high mountain scenery. On the way we call in to the marabout of Sidi Chamharouch before reaching the Toubkal Refuge for dinner and overnight. BD</p>
DAY 3	<p>Ouanakrim (4,088m) - Mouflon Refuge Today is spent acclimatising as we explore the area around the refuge. There is the option of climbing Ouanakrim (4,088m), a local peak for those who feel up a bit more of a challenge. We stay at Les Mouflon Refuge that evening for dinner and sleeping overnight. BLD</p>
DAY 4	<p>Mouflon Refuge - Toubkal Summit (4,167m) - Kasbah Du Toubkal (1,800m) Up very early for breakfast to set us up for the climb to the summit of Toubkal. We wind through rocky paths as the vegetation starts to disappear at this altitude. As we pass the 4,000m mark the whole of the Atlas range opens up in front of us before we get a full, magnificent 360 degree panorama at the summit. The silence is remarkable, the High Atlas is unforgettable. Once we've had time to contemplate what we've just achieved, we head all the way back down to Aremd Village. Stopping for lunch as we wend our way down, we'll be picked up at the bottom and taken to the fabulous Kasbah du Toubkal where we'll spend the night and have a well-earned rest. BLD</p>
DAY 5	<p>Kasbah du Toubkal - Marrakech We set out in the morning from Kasbah du Toubkal to make our way steadily back down to Imlil, enjoying stunning views all the way to our minibus that will take us back to Marrakech. The lively souks and the city of Marrakech are yours to explore in the afternoon before we head out for an amazing 14 course celebratory tasting dinner that evening via Jemaa El Fna square. Overnight in the hotel. BD</p>
DAY 6	<p>Departure Transfer to airport to catch flight home. B</p>



JEBEL TOUBKAL KIT LIST

We recommend the following kit.

It is not an exhaustive list and there are some items which are more luxury than necessity. If you want to discuss any kit requirements please feel free to contact us. It is possible to leave bags with clean clothes etc. at the hotel prior to departing for the mountain. You can also hire kit from our partners Outdoorhire.co.uk

Weight allowance on the trek is no more than 15kg for your main bag to be carried by the mules.

DOCUMENTATION

Bureaucratic

Passports — *Don't forget this! It should be valid for the dates of your trip to at least 6 months before expiry*

Money — *We recommend you take at around £150 - £200 in Dirhams onto the mountain in small denominations. This will allow for tip money (£60 - £80) plus any extras like drinks, beers or snacks in the refuges. Small denominations are recommended as it may be difficult to obtain change and it will be easier to divide tip money*

Copy of own travel insurance details - And relevant contact numbers. *Please ensure you have appropriate insurance to include medical evacuation and coverage up to an altitude of 4,200m.*

PERSONAL KIT

Packing

Most of your kit is likely to be bulky so make sure you can fit everything in before you go

Duffel Bag 90 - 120L — *a duffel bag is strong, soft, weather resistant bag without wheels but with functional straps for carrying. A duffel bag is recommended over a rucksack as it is easier and more comfortable for mules to carry. Suitcases are not recommended*

Small daysack — *approx. 30 litre capacity. Your day to day pack that you carry with your daily essentials (see FAQ's later), fitted with shoulder straps and importantly a waist belt*

Waterproof rucksack cover

Dry stuffsacs — *nylon rolltop bags (or even just large plastic bags) that keep fresh clothing and other important items like passports and iPods dry in the event of a total downpour that seeps into your kitbag. Good for quarantining old socks*

Small kit bag or light bag — *this is for any kit you intend to leave at the hotel and could even simply be a heavy duty plastic bag*

2 Padlocks — *For use on your kit bag for travel and on the expedition plus your hotel bag*

Sleeping

Sleeping Bag 3-4 season — *you should get a sleeping bag rated to -5C and choose a sleeping bag that functions within the **comfort** rating of this temperature. A silk sleeping bag liner will enhance this rating on the coldest nights*

Sleeping bag liner — *Silk is best for keeping the bag clean and you a little warmer*

CLOTHING

Head and Face

The weather can be extremely changeable at altitude so the ability to cover up is essential. Getting sunburn on the mountain is not a good look

Warm Headgear — *this can be a warm hat, beanie, balaclava, anything to reduce the heat loss from your head*

Wide Brimmed Hat — *keeps the sun off exposed areas like ears and the nape of the neck*

Buff or scarf — *Essential for protection from the sun and dust on the trail*

Sunglasses — *worth spending money on good UV filters*

Sunblock — *buy the highest SPF you can find as UV intensifies with altitude*

Lipsalve — *Sun cream will not work on your lips and they are very susceptible to burn without proper protection*

Upper Body

There are many options for your upper body with some people preferring synthetic clothing whilst others prefer merino wool. The ability to layer your clothing in different combinations is key to being comfortable. Too hot: take a layer off, too cold: put a layer on. Our panel on the following pages explains the benefits of some of these important layers

2 Base layers — *lighter weight layer that can be worn on its own or underneath other layers. Wear either synthetic or merino wool for their wicking properties. Cotton is not suitable*

Mid Layer — a slightly heavier weight for greater warmth that can be worn over a base layer. Fleece or merino wool are both popular

Gilet - a great low volume additional layer to keep your core warm, whether down, primaloft or fleece (optional)

Light insulated jacket — a lighter jacket such as a Primaloft or lightweight down which can be worn at lower to mid altitudes is a great addition to your kit offering greater flexibility with layering

Outer layer — optional, these are very mobile jackets and some prefer these over hardshell combinations during dry weather on the trail

Hard Shell — essential waterproof, windproof kit, should be big enough to fit over several other layers and breathable. Heavy and bulky ski jackets are not suitable for this expedition

Down jacket – optional, these provide the best insulation, especially sitting in the refuge and can be worth every penny if you feel the cold. Ask advice in the shop (or from us) when buying the jacket and mention you want it rated to -10C and the assistant will recommend the correct fill for you (see FAQ's)

Warm gloves – consider liners or a light polartec pair for lower altitudes and evenings, and a thicker waterproof pair like ski gloves for higher altitudes

Lower Body

Trekking trousers – these tend to be polyester so they dry quickly after a shower and weigh little in your pack. Consider perhaps a pair with detachable lower legs as an alternative to shorts

Softshell trousers - windproof or thermal lined trekking trousers for higher altitudes and the summit night. Thermal leggings can still be worn underneath if necessary

Long Johns — thermal insulation for the lower body

Waterproof overtrousers – like the jacket, an essential piece of kit to stay dry and should also be Goretex

Underwear – merino or wicking material, not cotton. How many pairs you take is entirely up to you

Feet

Well broken in 3 to 4 season walking boots

Comfortable Trainers — for evening use in the refuges

Trekking socks – start with lighter socks lower down, working up to thicker pairs for higher up as it gets colder. Some people like a clean pair every day, others are happy to change every other day – that's a personal choice

Gaiters — To keep snow and scree out of your boots, if your trousers do not have in-built gaiters

Spare laces

PERSONAL EFFECTS

Water and Hygiene

Hydration – sterilized water will be provided but it is always worth being prepared just in case you drink more than expected out on the hill and need to refill

Water bottles (3 Litre equivalent) – Camelbaks are useful at lower altitudes but have a tendency to freeze up at higher altitudes without insulation tubes, Nalgene bottles are better at altitude. We suggest a combination of a 2L bladder and 1L bottle or 2 x ½L bottles to put in your jacket for summit night

Water purification – if you are using tablets, take neutraliser or use Silver Chloride which has little taste

Wash kit (Toothbrush, toothpaste etc.)

Personal first aid kit – blister patches, plasters, antiseptic, painkillers, (See FAQ's in the following pages)

Personal medication – *keep this in your daypack*

Travel Towel – travel towels from the likes of Lifesystems are perfect

Wet wipes – these are great for washing when shower facilities become a thing of the past

Alcohol rub – for good hygiene

JEBEL TOUBKAL KIT LIST

Insect Repellent – for early stages and once back down

Toilet paper – provided on the mountain but a spare in your daysack may be useful if you need to hide behind a rock between refuges

Nappy or dog poo bags – only needed to bag your toilet paper if you are caught short in between refuges

Miscellaneous equipment

Trekking Poles – these tend to be a personal preference but help with your stability and can dampen the pressure on the knees coming down hill

Ear plugs – will help light sleepers at the refuges

Headtorch – bring spare batteries

Camera – bring spare batteries and memory cards

Penknife

Snacks – 1 to 2 snack bars per day: you will be fed very well and given snacks each day however we advise bringing a small selection as a little bit of comfort. Extra snacks can be bought en-route if needed. Energy gels and protein bars are not suitable

Entertainment – pack some paperback books, iPod, pack of cards etc as you will have down time in the refuges

CLOTHING TERMINOLOGY EXPLAINED

Base layer – this is the layer closest to the skin and its principal function is to draw (wick) moisture and sweat away from the skin. Wet or sweaty clothing makes you cold and saps your energy as your body compensates to dry it. You can also get thermal base layers for use at higher altitudes that provide an additional insulative layer while still drawing sweat during times of high exertion.

Mid layer – these are typically lightweight microfleeeces or similar technology that provide varying degrees of warmth and insulation without being overly bulky or heavy to pack.

Light insulated jacket – these are either down or primaloft and have much better thermal properties than fleece above, they are very light and highly compressible. Worn in combination with a hardshell for wind resistance, or even with your down jacket for maximum warmth.

Outer layer – frequently referred to as a Softshell, these should be windproof (not all are), and insulative. They are mostly made of soft polyester and sometimes resemble a neoprene finish which makes them very mobile and comfortable to wear. While offering a degree of weather repellence, they are not waterproof, which is why you must also have:

Hard Shell – These jackets (and trousers) are thin, highly waterproof and windproof and worn over all other items of clothing. They are your last line of defence against harsh weather. You'll find these made of Gore-Tex or other proprietary waterproof yet breathable technology. Inexpensive hard shells that aren't breathable will prevent evaporation, making you sweat intensely and are not recommended.

Down jackets – generally made using feathers, these are the ultra-warm and insulated layer that are used when at camp or in extremely cold environments. Those with a windproof outer fabric will provide the best insulation.





FAQ's

FOOD:

What is the food like on the mountain?

The meals on the mountain will be simple yet fresh, nutritious and reasonably varied. We try to ensure that dietary preferences are met and that local ingredients are used. Breakfast is typically bread and jam, porridge or muesli, with plenty of tea and coffee. Lunches can consist of cold vegetable salads, usually with a hot dish to go with it, from soup to pasta. Evenings will tend to be vegetable or meat tagines, couscous or pasta. The underlying aim is to provide balanced, nutritional meals packed with carbohydrates to refuel hungry bodies and to replenish stores for the next day of activity.

Do bring along any of your favourite snacks and goodie bags from home if you want. Concentrate on high energy food-stuffs to give you that little boost on an arduous day.

Drinking water:

Initially water will be bottled, but higher up we will source water from local streams. It is advisable that everyone should carry water purification such as iodine, silver chloride or chlorine. When at the refuge the water will normally be purified by boiling.

I have food allergies, can these be catered for?

Absolutely, please inform the office of any allergies or intolerances and we will ensure that these are taken into account on the trek.

CLOTHING AND FOOTWEAR:

We advocate the beg, steal and borrow principle for first timers instead of buying brand new stuff you'll never use again. The cost of equipment is usually a major deterrent for people coming onto trips in the first place. If you think you'll re-use your gear, then it's worth starting to invest in good gear. The old adage often applies – you get what you pay for.

Think about the time of year, and how high you are going. While you will be comfortable at the bottom of the mountains where it will be warm rather than hot. It can get surprisingly cold out of the sun at altitude and at the refuges in the evenings, and particularly on the summit, dropping well below freezing.

Both long sleeve tops and trekking trousers are recommended rather than shorts. Long sleeves and trousers are a deterrent to insects, scratches from bushes and to act as sun protection.

The prevailing conditions of the day on the mountain will dictate what you feel like wearing. And the layering system never fails. If you're cold, put a layer on, if you're hot, take one off.

Waterproofs:

As much as we'd like to guarantee eternal sunshine, we can't fix the weather for you. You should bring a hardshell waterproof

jacket and overtrousers and they should be accessible. It is quite possible to be caught out in an afternoon rainstorm low down on the mountain or snow higher up. Once you get wet and your core temperature drops slightly, it becomes very hard to warm up and dry out your clothing. Waterproofs should be breathable Goretex material or similar to save you drowning in your own sweat. Additionally they can be used as an invaluable wind shield to protect you against the effect of wind-chill when a strong wind blows.

Boots:

Because of the huge variety of terrain encountered when ascending these mountains it is very important to wear the right footwear. Boots should be sturdy, waterproof, insulated against cold temperatures and offer adequate ankle support. In addition it is highly recommended that your boots are well worn in to prevent the formation of blisters. A wide range of suitable boots are on the market and further advice as to which brand names are available can be found online or at your local outdoor store. The leather / synthetic combinations are endless and each with their merits. Our best advice is to try them on, walk up the ramps in the shop to check their grip – if you think they're comfortable, and will be for several hours a day, buy them. Make sure you practice your training walks in your boots well in advance of your trip to ensure your boots are well broken in and not causing any problems.

Duffel Bags and Daysacks:

Fortunately mules will be taking the strain for this trip, but be nice to them! Pack no more than you would want to carry yourself: 15kg is the limit and should be more than sufficient on such a comparatively short trip. Any extra weight such as spare clothes etc can be left at the riad before you head for the trek. The muleteers will not look favourably on overweight packs.

Duffel bags are ideal for this sort of trip. Whatever bag you go for, make sure it is robust and has a large capacity. As one goes higher in altitude it becomes harder to pack the bag and some people struggle closing their bags due to bulky sleeping bags and other pieces of kit. It will be far better having a large capacity bag with extra room (after all air doesn't weigh much) than having a bag too small and finding problems packing your kit. Even having a 100 litre plus duffel bag is not too large.

You should bring a daysack with you of approximately 30 litres for personal gear which you will carry yourself. Each day you should only be carrying the following: waterproofs, warm top, warm hat, gloves, 2 litres of water, snacks, camera, sunscreen, lipsalve, headtorch, minimal first aid kit. Anything else is considered more of a luxury than a necessity. It is importance to go as light as possible as weight makes a huge difference at altitude.

Sleeping bags:

These should be rated within a Comfort Rating of -5 centigrade. At the refuge it is not unusual to experience surprisingly chilly nights and a good night's sleep is important. Ensure you have a sleeping bag that has this Comfort Rating rather than the Extreme Rating. Sleeping bags can be enhanced by using an inner fleece or silk liner or by wearing additional clothing to bed. The idea is to be as comfortable and warm as possible in the night to help to ensure a good night's rest for the challenge ahead.

Are down jackets necessary?

Most people get away without a down jacket climbing Toubkal in the summer. A layer system comprising of several layer of base layers, fleeces, and jackets will suffice on the climb. However if you do feel the cold, you may appreciate a light down jacket in the refuge in the evening and for summit night.

Is it possible to rent equipment before I go?

It is also possible to hire clothing and equipment before you leave from our partners Outdoor Hire (www.outdoorhire.co.uk) where 360 Expeditions has a kit list set up and you can pick and choose hire items from this. We recommend that you buy your own boots which are worn in prior to the trek.

ACCOMMODATION:

What kind of accommodation is there on the trek?

Once in the Atlas we stay in mountain refuges. These are reasonably big buildings with shared living rooms, normally heated with a fire or stove, large dormitories to sleep in, and shared washing facilities. Ear plugs are worthwhile for light sleepers. They normally have blankets available if you get cold. They are clean but basic.

In Marrakech we stay in a well-located, charming mid-sized riad where you will be assigned to share with a room-buddy unless travelling with friends or a partner. Single supplements are available at additional cost.

TRAINING:

Being trekking fit prior to coming to the mountain is of great importance not only to maximise your chances of reaching the summits but much more importantly to enhance your overall enjoyment of the expedition: if you are struggling from day one then you will not enjoy the rest of the trip.

Physical preparation does not have to be Herculean: concentrate on cardio vascular exercise during the week by taking short runs when time allows and try to spend at least 2 weekends a month going on good long walks (longer than 6 hrs) carrying a rucksack of around 6-8kg, and head for the hills. This kind of



regime will not only prepare your body for carrying these loads but will harden your body against the big days on the mountain itself. In addition it will help break in your boots and get used to your equipment. In combination this will pay dividends when you reach the mountains.

WEATHER:

Short and heavy rain is not unusual in the mountains during the afternoon as moist Atlantic air is forced up beyond its dew point by the mountain range, but they don't normally last long. Often we're in luck and a big area of high pressure can come in giving us clear crisp days, with starry and quite chilly nights as temperatures drop below freezing. Back in Marrakech, temperatures will be very comfortable, akin to a fair summer's day in the UK, with minimal risk of showers. Our kit list reflects these eventualities.

MEDICAL:

We advise all to check with your GP surgery or a travel clinic on latest advice about vaccinations and to ensure you are up-to-date.

We require you to take out adequate travel and medical insurance before you set out.

You will need to bring your specific medication that you take for any medical condition that you have, and pack this in your daysack. Please remember to pack plenty of spare medication in case you lose them or they get lost in transport. It is also worth taking a simple first aid kit such as simple painkillers, Compeed or similar for blisters, plasters, antihistamines and perhaps insect repellent.

Other medications which can be useful are Ciprofloxacin antibiotics and Loperamide which helps to ease diarrhoea. Altitude specific drugs such as Acetazolamide (Diamox) may also be useful. If you are unable to get hold of any of these then please don't worry, as your Expedition Leader will have these in the trek first aid kit.

PROBLEMS AND RESCUE ON THE MOUNTAIN:

Accidents can happen and anyone undertaking these adventures has to accept there is a degree of risk due to the very nature of the challenge. Our mountain crew are all experienced in dealing with problems that may arise. Our 360 Leaders are highly experienced in the field. They all have wilderness first aid skills and can handle emergencies to the highest level of competency. For minor ailments, they carry basic first aid kits. They are also equipped with satellite phones if they need to engage our pre-planned emergency evacuation procedures.

SATELLITE PHONES AND MOBILES:

Yes you can use the satellite phone if you really need to make a call, it's £3 per minute. Mobiles will work sporadically. But with

both of these, there is limited charging availability (the refuges normally have generators), we will use the satellite phone very sparingly, bear that in mind with your mobile.

FLIGHTS AND INSURANCE

Do I need to book my own flights to Morocco?

Yes you will. Due to the wide variety of flights to Morocco from various departure points around the UK that may be closer to you than London, which in turn vary greatly in price, we suggest that you book your own flights. If this is a problem we will be more than happy to assist and add flight costs (with a small administration fee) to your final invoice.

Do I need special travel insurance for the trek?

You must carry individual travel insurance to take part in the trek. We cannot take you on the mountain without proof of insurance. For Jebel Toubkal you will need insurance that covers you for trekking to an altitude of 4,200mm.

Your insurance details are requested on the booking form, however this can be arranged at a later date. 360 Expeditions will be requesting your insurance details 8 weeks before departure.

ELECTRICITY:

It's a standard European adapter (normally round two pin) which you can buy anywhere in the UK and at the airport if you've left it to the last minute.

MONEY:

The Moroccan Dirham is widely available. Guichets automatiques (ATMs) are now a common sight across Morocco and many accept Visa, MasterCard, Electron, Cirrus and Maestro. Major credit cards are widely accepted in the main tourist centres, although their use often attracts a surcharge of around 5% from Moroccan businesses.

Tipping and bargaining are integral parts of Moroccan life. Practically any service can warrant a tip, and a few dirham for a service willingly rendered can make life a lot easier. Tipping between 5% and 10% of a restaurant bill is appropriate. A supply of small coins is vital for random tips. It is a good idea to load up at a bank when you arrive so you are well prepared.

Tipping - crew:

Our local crew work extremely hard to ensure that your expedition runs well. Although tipping is not compulsory, it is customary. As a general rule we suggest around £60 - £80 per person to be shared amongst the local crew.

Tipping our 360 Leader is left up to the group but is always a nice gesture and much appreciated.

VISAS:

UK citizens do not need a visa to enter Morocco.

To begin 6 months prior to the expedition where possible.

1. CVS: Cardiovascular exercise which is low impact such as swimming, cycling, cross trainer, rowing.
2. Weekend walk should be done over undulating terrain. Only a light rucksack needs to be carried.
3. For specific exercises it is worth doing static squats and heel raises on a regular basis to improve leg muscles prior to the trip. Static squats are especially useful to help protect the knees. Please remember that it is still important to have a well balanced workout using a variety of muscle groups.
4. It is worth winding down and resting in the week leading up to the trip, doing several light walks to keep things going.
5. When walking going at a pace of a brisk walk with a light sweat and enough to feel breathless is recommended
6. During the program, rather than step up suddenly each month it is better to build up gradually each week so there isn't a large transition

It is important you seek medical advice prior to starting any training program, especially if you are not used to regular physical exertion.

MONTH ONE

- 2 x 30 mins weekday walk (this means two walks during the week of 30 minutes duration each)
- 1 x 1 hour weekend walk (this means 1 walk during the weekend of 1 hour duration)
- 1 x 10 mins CVS (this means 1 session of cardiovascular exercise of 10 minutes duration)
- or
- 1 x 30 mins weekday walk
- 2 x 1 hour weekend walk
- 1 x 10 mins CVS

MONTH TWO

- 2 x 45 mins weekday walk
- 1 x 2 hours weekend walk
- 2 x 10 mins CVS
- or
- 1 x 45 mins weekday walk
- 2 x 2 hours weekend walk
- 2 x 10 mins CVS

MONTH THREE

- 2 x 1 hour weekday walk
- 1 x 3 hours weekend walk
- 2 x 15 mins CVS
- or
- 1 x 1 hour weekday walk
- 2 x 3 hours weekend walk
- 2 x 15 mins CVS

MONTH FOUR

- 3 x 1 hour weekday walk
- 1 x 4 hours weekend walk
- 3 x 15 mins CVS
- or
- 2 x 1 hour weekday walk
- 2 x 4 hours weekend walk
- 3 x 15 mins CVS

MONTH FIVE

- 3 x 1.5 hours weekday walk
- 1 x 5 hours weekend walk
- 3 x 20 - 25 mins CVS
- or
- 2 x 1.5 hours weekday walk
- 2 x 5 hours weekend walk
- 3 x 20 - 25 mins CVS

MONTH SIX

- 3 x 2 hours weekday walk
- 1 x 6 hours weekend walk
- 3 x 30 mins CVS
- or
- 2 x 3 hours weekday walk
- 2 x 6 hours weekend walk
- 3 x 30 mins CVS

360



EXPEDITIONS

360 employs only the very best leaders in the industry. We know from personal experience that these remarkable individuals can make or break an expedition. All our 360 Leaders bring considerable knowledge, enthusiasm and expertise to every expedition. As well as being your guide, comfort and support, our Leaders have an extensive range of abilities such as in depth wilderness first aid and survival skills, but equally importantly they have a dedicated and caring attitude towards you. Your success is their success. Many clients leave their comfort boundaries while out in the field with us, emotionally and physically. You will always have the utmost support from your leader and the whole 360 team.



Our attention to detail doesn't just stop with our 360 leaders and local teams. Our office staff have a huge amount of travelling and field experience themselves, which helps them understand what you want from your trip. Everything from comprehensive, yet salient and common sense information prior to your trip, to offering knowledgeable advice and support when necessary, to liaising with you and listening to your thoughts and feedback after you return.

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