

Grade: Moderate + - winter conditions

- Previous experience of winter mountain climbing experience isn't necessary, but you'll need a reasonable level of general fitness to climb in the Atlas Mountains during the winter months.
- Conditions can be harsh. A good sense of humour and the physical and mental toughness to deal with cold conditions, high winds and early starts will come in handy.

What to expect

- Trekking days can be 5 - 7 hrs long.
- The route follows easy angled terrain with the odd steep section. In winter, you'll spend most of your time walking over snowy slopes where crampons and an ice axe will be needed. The guide will give you basic instruction.
- You are likely to spend time well above 4000m mark, and trekking at this altitude can be hard work. Expect to experience some of the symptoms cause by travel at altitude such as breathlessness and the occasional headache.
- Plan for variable weather conditions, sometimes as low as minus 10c. High winds are not unusual.
- Porters and pack animals will carry equipment and provisions most of the time, and you will usually carry a rucksack which is no more than 5KGs in weight.

Grade: Easy - summer conditions

- These are short, introductory trekking expeditions. Although not particularly strenuous, these trips involve travel in remote mountainous areas so a reasonable level of fitness is required.

What to expect

- Trekking days are usually 4 - 6 hrs long.
- The route will usually follow good paths on easy angled terrain.
- You are likely to spend some time at the 4000m mark. Expect to experience some of the symptoms caused by travel at altitude such as breathlessness and the occasional headache.

- Mild and stable weather conditions (usually!). It can be cool at night.
- Pack animals will carry equipment and provisions most of the time, and you will usually carry a rucksack which is no more than 5KGs in weight.