

Berber Treks

Berber Markets Trek - Full Itinerary

June 28th 2013 – Arrive in Marrakech.

You will be met at Marrakech Menara airport and transferred to your accommodation. The rest of the day is free for you to explore the medina and its many souks. It is possible to organise a city guide for you in order to learn about the history of the old palaces and to help you find the best souks for your souvenir shopping. Please let us know on your arrival if you would like this.

Hotel, meals at own expense

June 29th 2013 – Transfer from Marrakech. Trek from Asni to Amsker

You will be met in the morning at your accommodation in Marrakech and transferred to Asni by private vehicle. This takes about 1.5 hours. In Asni 1216m we will be able to visit the Saturday market where you will see fruit, vegetables, livestock, textiles and household goods for sale. After this we will set off on our trek to Amsker 1600m following the river gradually uphill through the Ourika valley. The trek will take approximately 3 hours passing through interesting Berber villages.

Gite, B, L & D 6-7 hours, 384m ascent

June 30th 2013 - Trek to Oukaimeden

Today's trek takes us steadily up through mountainous scenery. We often cross over streams and walk along the ochre colour slopes where you can see children and women herding their goats. We will also see some small villages along the way. Oukaimeden 2650m is a small ski resort which at this time of year will have no snow left there, however there are a few cafes and souvenir shops here to relax in and enjoy the views.

Gite, B, L & D 5 hours, 1100m ascent

July 1st 2013 - Trek to Tachedirt

Our trek starts by heading uphill over Tizi n Eddi 2900m, the terrain is rocky but the panoramas at the top of the pass will be very rewarding. We descend downhill to the village of Tachedirt 2200m where you can see local Berber people attending to their everyday lives.

Gite, B, L & D 5 hours, 200m ascent, 700m descent

July 2nd 2013 - Trek to Timichi

Tachedirt to Timichi is a wonderful days walk. The first 3 hours are spent trekking uphill over Tizi n Tachedirt 3616m with spectacular views. The character of the pass changes abruptly after the top with green terracing giving way to rough and craggy slopes. Then as you approach the village of Timichi 2000m, the slopes become more green and vegetated again.

Gite, B, L & D 5-6 hours, 1400m ascent, 700m descent

July 3rd 2013 - Trek to Setti Fatma. Transfer to Marrakech

This is another beautiful half day trek. The path follows the river closely at first and then climbs up about 300m above the riverbed. Finally we zig zag back down into the Ourika valley and visit some waterfalls where we will take lunch. Following this we return to Marrakech where the rest of the day is free to explore Marrakech.

Hotel, B & L 4 hours, 300m ascent, 300m descent

July 4th 2013 – Depart for UK

You will be picked up 2 hours before your departure from Marrakech Menara airport

B only

Berber Treks

Included in the price of the package:

- Meals as detailed above
- Land transfers by private vehicle to and from Marrakech
- Whilst on trek, 4 nights accommodation in basic dormitory style accommodation with all meals and separate shower and toilet
- Whilst in Marrakech 2 nights accommodation in 3* hotel with breakfast only included
- English Speaking Guide for your entire trek days (includes his own food, accommodation and daily wages) and assistant guide depending on group size
- Necessary muleteers to carry your baggage and camping equipment for your entire trek days. (Includes their accommodation & daily wages).
- Necessary staff for full service trek - cook, kitchen assistants etc.
- First aid kit
- Whilst on trek freshly prepared main meals (breakfast, lunch and dinner) with hot drinks and boiled drinking water

Excluded in the price of package

- Sightseeing in Marrakech
- Accommodation and meals in Marrakech
- Alcoholic beverages, soft drinks and bottled mineral water
- Rescue operation by any means of transportation
- Expenses of a personal nature - telephone, fax & laundry bills, tipping etc.
- Personal warm clothing such as jackets, trousers, boots etc.
- Sleeping bag - please bring your own or contact us to arrange hire
- International airfare - please organize your own flight arriving at Marrakesh Menara International airport *as soon as* you have booked your place on the trek.
- Travel Insurance -

For further details contact Georgina on:

Phone: 00 44 773 824 2619

Email: info@moroccotreks.co.uk

Website: www.moroccotreks.co.uk

Berber Treks

MOROCCO - FACT FILE

IS THIS THE HOLIDAY FOR YOU?

The nature of a group trekking holiday is that you will be spending the majority of your time with the same people. Sometimes your surroundings will not be as comfortable as you are used to in your own home in the UK. If you can put up with not having your own space, home comforts and eating strange food for a week or 2 then you will enjoy yourself. This is an active holiday. You will be required to walk up to 6 hours per day at a moderate and continuous pace. Unlike much of the UK the terrain is not flat in Morocco! The roads and paths are bumpy and rarely paved out in the mountains. You will be walking uphill and downhill on rough terrain which is sometimes rocky, dusty or consists of relentless rock steps. At times you will feel challenged physically and emotionally however, the breath taking views and evocative culture will over compensate.

ACCOMMODATION

Whilst trekking, you will be accommodated in basic hotels known as gites or refuges. During the busy season you may be accommodated in a mixed dormitory.

HEALTH & HYGIENE

In the gites and refuges it is possible to take a hot shower. We recommend that you bring a flannel, wet wipes and anti-bacterial hand gel. In addition we also recommend that you drink between 2-3 litres of water each day and eat more than you would at home to keep up your energy levels. Stomach upsets, headaches and blisters can be encountered on trek, but will pass quickly when treated immediately. Your leader is first aid trained and carries a comprehensive first aid kit but please bring your own personal medication including blister kit and ibuprofen.

FOOD/WATER

Food on trek is basic but substantial. Breakfast largely consists of porridge, cereals, eggs, bread and spreads. For lunch you should expect to have salad, bread, couscous, tinned fish and fruit. Dinner consists of tagine (steamed vegetables) rice, lentils, pasta, potatoes. Depending on the season it is likely that the same vegetables will be on the menu everyday such as potatoes and spinach. Meat is provided when available such as chicken. Vegetarians will have no problems in Morocco, however please let us know as soon as possible about your dietary requirements. Whilst in Marrakech you will have a greater range of food and restaurants.

The tap water in Morocco is not for drinking. Whilst in Marrakech please buy bottled water. This normally costs 10 MAD from the corner shops. You will be provided with drinking water whilst on trek. This water is boiled and therefore safe to drink however I also recommend using water purifying tablets.

ALTITUDE

Acute mountain sickness (AMS) can be encountered at anytime over the height of 3000m and very rarely over 2500m. Your leader will brief you on the symptoms of AMS, HACE and HAPE on your trek. To help avoid problems with altitude you will always be encouraged to keep a moderate but continuous pace and to drink plenty of water.

FITNESS

For this grade of trek you need a good level of fitness and will be required to walk steadily up to 8 hours in the mountains. A full day out walking in mountainous terrain in the Lake District would be comparable. A routine of 3-4 sessions a week of yoga classes, walking, aerobics, swimming or gym sessions are suggested in preparation for this trek.

Berber Treks

DAILY ROUTINE ON TREK

6am Wake up call. Pack up bags
6.30am Breakfast
7am Start trekking early to avoid the hot sun.
Arrive at camp or gite for lunch, time dependant on length of trek
4pm Tea and biscuits
6.30pm Dinner and briefing

STAFF

You will be met at the airport by your head guide, who will give you a full briefing about your trek at your hotel. He/she has overall responsibility for the trek and makes all final decisions on behalf of clients' welfare. He is responsible for the logistics of your trek. Your head guide will speak good English and will answer all your questions about Moroccan and Berber culture. You will also have a team of guides, kitchen staff, a cook and muleteers. Everybody works as a team.

MOUNTAINOUS CLIMATE & EQUIPMENT

As a general rule the days are clear bright and sunny during the day between 25-40 degrees Celsius and the evenings get cooler once the sun goes down around 15 degrees Celsius. We like to advise all our clients that you can encounter all 4 seasons of weather in just one day, in any season on the mountain. Therefore it is essential to come fully prepared with clothing for sunshine, rain, hail, wind and snow even in the summer. Whilst your leader will take every step to ensure your safety in the mountains, trekking activities do provide an element of risk of injury. We ask that you follow the advice of your leader at all times and respect the fact that they are qualified and responsible for making final decisions for the group. She/he however is not responsible for the changeable nature of our climate! Therefore we ask you to come suitably equipped with the following essential items. As a general rule, it is false economy to buy the cheapest that you can find, as they may not make it to the end of your trek and will cause you great discomfort! Please do not hesitate to contact us if you need further advice regarding your equipment.

ESSENTIAL TREKKING EQUIPMENT

3-4 season sleeping bag – down or synthetic
Waterproof walking boots not approach shoes or trainers. Please wear them in!
Wicking t-shirts, not cotton
Fleece jumpers, not cotton
Quick drying walking trousers or shorts, not cotton or denim
Sun hat
Sunblock Factor 30
Personal toiletries & towel
Sunglasses
Water container at least 2 litres, I recommend platypus, source or camelbak pouches with a drinking hose
Water purifying tablets
20 - 30 litre rucksack to carry during the day
Waterproof bag inside your rucksack
Camera & spare batteries
Walking poles, scientifically proven to reduce wear and tear on your knees and improve balance on mountainous terrain
Gore-Tex (waterproof and breathable) jacket and trousers. It does rain in Morocco!
Fleece hat/beanie
Neck gaiter (Buff) good to keep dust out of your nose!
Gloves
Walking socks
Head torch
Blister kit and personal medication such as ibuprofen, anti-histamines, dioralyte, lemsip, throat lozenges
Thermal base layers, top and bottoms

Berber Treks

DONATIONS TO VILLAGES & SCHOOLS

Please check with your airline about your luggage allowance however it would be wonderful if you would like to bring old clothing particularly warm jumpers and coats to donate to the Berber villages that you trek through. In addition any stationery, books or art materials would be gratefully received at the local schools. We do not recommend that you give out sweets to children as dentists are not readily available in remote areas.

BAGGAGE ON TREK

You are allowed 1 large duffel bag for your luggage whilst on trek. There will be muleteers employed to carry them so please keep the weight down to 15kg. Any excess luggage may be stored in your accommodation in Imlil and collected after the trek.

PASSPORT & VISAS

It is essential that your passport is valid for 6 months after your entry to Morocco. British citizens do not require a visa for entry to Morocco. For citizens of other countries please visit: <http://morocco.embassyhomepage.com/> You will need to fill out a landing card on your arrival and departure at Marrakech airport so it is good to have a pen handy.

VACCINATIONS

There are no specific vaccinations required for entry into Morocco however we suggest that you are covered for; diphtheria, tetanus, measles, mumps, rubella, polio and Hepatitis B. Please consult your doctor for further information or visit: <http://www.netdoctor.co.uk/travel/africa/morocco.shtml> or <http://www.who.int/countries/mar/en/>

TRAVEL INSURANCE

This is compulsory and must cover repatriation to your own country, trekking activities and helicopter rescue in the mountains. You will be required to carry your insurance documents whilst trekking. We recommend www.thebmc.co.uk

CURRENCY & SPENDING MONEY

On the day of writing, the currency exchange rate was 13.49 dirhams (MAD) to £1 sterling. There are many bureaux and ATMs where you can exchange money or withdraw dirhams in Marrakech. ATMs generally take visa, cirrus and maestro. Payments made by Visa in shops and souks are readily accepted although often a surcharge is added. Travellers cheques may also be exchanged in banks and bureaux, but make sure you bring both parts of the cheque even if you are advised to keep them separate. It is best to bring US\$ or £ in cash to exchange. Throughout the trek all meals are provided so you will only need enough spending money for souvenirs, soft and alcohol drinks and personal items. A budget of £200-300 spending money would be plenty for the whole trip. To give a rough idea in Marrakech; a bottle of coke cost 5 MAD a 1.5 litre bottle of water cost 10 MAD and a tagine in a local restaurant cost 30 MAD.

TIPPING

We make it our policy to pay our staff well. We believe that in paying our staff properly for their experience and qualifications, in return they will be willing to work to their best standard. Please tip your staff team at your own discretion. As a general guide US\$5 per person per trek day would be ample. Donations of old equipment and clothing are always gratefully received.

RELIGION & RESPONSIBLE TOURISM

In Morocco today 99% of the population are Muslims. The other percent are Jewish or Christian. Please buy local produce as much as possible, talk to the locals, dress modestly in religious buildings and remote villages ie; long trousers and long sleeved tops for both men and women, never leave litter and ask first before taking photos. We endeavour to employ local staff and buy local produce as much as possible.

Berber Treks

ELECTRICITY

240 volts, 2 round pin European plug. It is not possible to charge your electrical gear everyday on trek so please bring plenty of spare batteries.

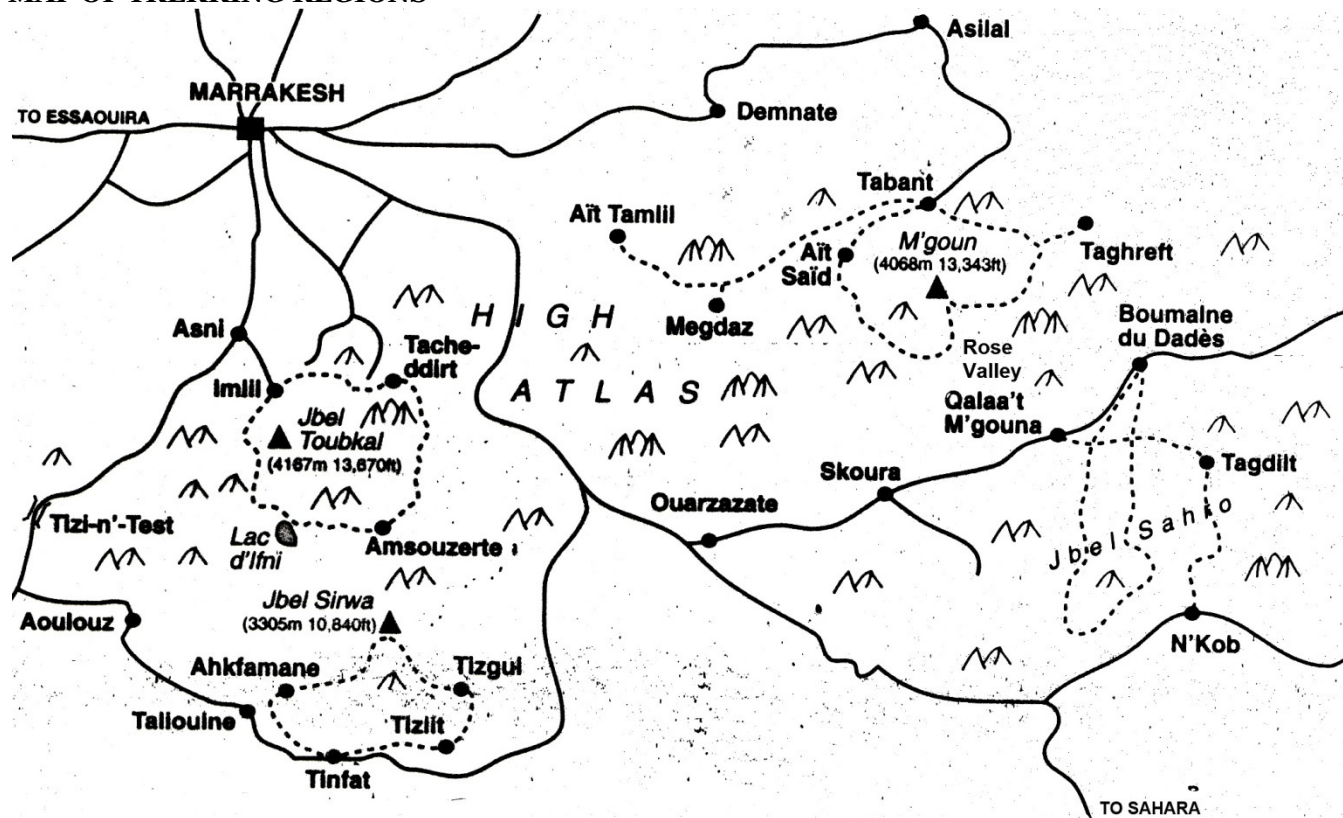
COMMUNICATIONS

Mobile phone reception is not available all the time trek, however 5 bars are possible in Marrakech. There are also many cybercafés with slow speed internet computers, wifi and internet phone for overseas calls.

TIME ZONE

During BST Morocco is 1 hour behind UK time. During GMT Morocco is on the same time as the UK.

MAP OF TREKKING REGIONS



Every effort has been made to ensure that sure the information on this fact file is correct in 'average conditions' however, we will not be held liable for any inaccuracies due to extreme circumstances.

Berber Treks

BOOKING FORM

The holidays and expeditions offered by Berber Treks are of a strenuous and active nature. Please make sure that you have read and understood the level of fitness necessary to participate fully on your trek, before signing and returning the form. Please fill in this form using the details written exactly in your passport. Signing and completing this form denotes that you have read and agree to abide by the Terms & Conditions detailed at:

<http://www.moroccotreks.co.uk/termsconditions.asp>

PLEASE COMPLETE ONE FORM PER PARTICIPANT

TODAY'S DATE	
NAME OF TREK	Berber Markets Trek
DEPARTURE DATE	28 th June 2013

TITLE	FIRST NAME	SURNAME	NATIONALITY	OCCUPATION	SIGNATURE

DATE OF BIRTH	PLACE OF BIRTH	PASSPORT NO	PLACE OF ISSUE	DATE OF ISSUE	DATE OF EXPIRY

CORRESPONDENCE ADDRESS	EMERGENCY CONTACT DETAILS
	NAME
	ADDRESS
POSTCODE	
PHONE	POSTCODE
EMAIL	PHONE

DIETARY REQUIREMENTS	MEDICAL CONDITIONS

treks@moroccotreks.co.uk

+44 (0)773 824 2619

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PAYMENT	
TREK PRICE PER PERSON	£420.00
DEPOSIT DUE AT TIME OF BOOKING 50%	£210.00
BALANCE DUE 10 WEEKS BEFORE DEPARTURE DATE 50%	£210.00
TOTAL BOOKING PRICE	£420.00

PAYMENT METHODS (Please mark 'x' in the appropriate box)	x
HSBC BANK TRANSFER: Sort Code: 40 15 22, Acc No: 01330942	
CHEQUE: made out to 'Georgina Talfana' and posted to address below	

Please book your flights and insurance as soon as you have confirmed your place on your trek.

ARRIVAL PLACE	ARRIVAL DATE	ARRIVAL TIME	FLIGHT NO
Marrakesh Menara International Airport			
DEPARTURE PLACE	DEPARTURE DATE	DEPARTURE TIME	FLIGHT NO
Marrakesh Menara International Airport			

INSURANCE COMPANY	INSURANCE POLICY NO	INSURANCE EMERGENCY CONTACT NO

T-SHIRT SIZE
Please circle the size you require small/medium/large

Please return the completed form via email to: treks@moroccotreks.co.uk or post to Berber Treks, 24 Beauford Road, Ingham, Bury St Edmunds, Suffolk IP31 1NW