

# Berber Treks

## Duke of Edinburgh Award Gold Expedition Assessments

Day	Itinerary	Assessment days	Accommodation	Meals
*	Optional night in Marrakech	N	3* hotel	Breakfast only.
1	Arrive in Marrakech in the morning. Drive to Tizi n Tamatert 2259m (1.5hours) trek to Tachedirt 2300m (3 hours trekking)	practice	camping	lunch & dinner included
2	Trek Tachedirt to Oukeimeden - 8 hours of planned activity	Y	camping	Breakfast included Cook lunch & dinner yourself
3	Trek Oukeimeden to Amsker - 8 hours of planned activity	Y	camping	Cook breakfast, lunch & dinner yourself
4	Trek from Amsker to Tizi Ousseim - 8 hours of planned activity	Y	camping	Cook breakfast, lunch & dinner yourself
5	Trek from Tizi Ousseim to Aremd - 8 hours of planned activity	Y	camping	Cook breakfast & lunch yourself. Dinner included
6	Trek Aremd - Imil (40 mins trekking). Drive back to Marrakesh (1.5 hours). Depart Marrakech in evening	N	-	Breakfast included Lunch & dinner at own expense
*6	Optional extra night in Marrakech	N	3* hotel	Breakfast included on day 7

**Price includes:** meals as above, cook, transfers to and from airport to start of trek, camping equipment, 1 night accommodation in basic dormitory (gite), english speaking local guide, leader from UK (Georgina Hobbs, DofE assessor), boiled drinking water whilst on trek.

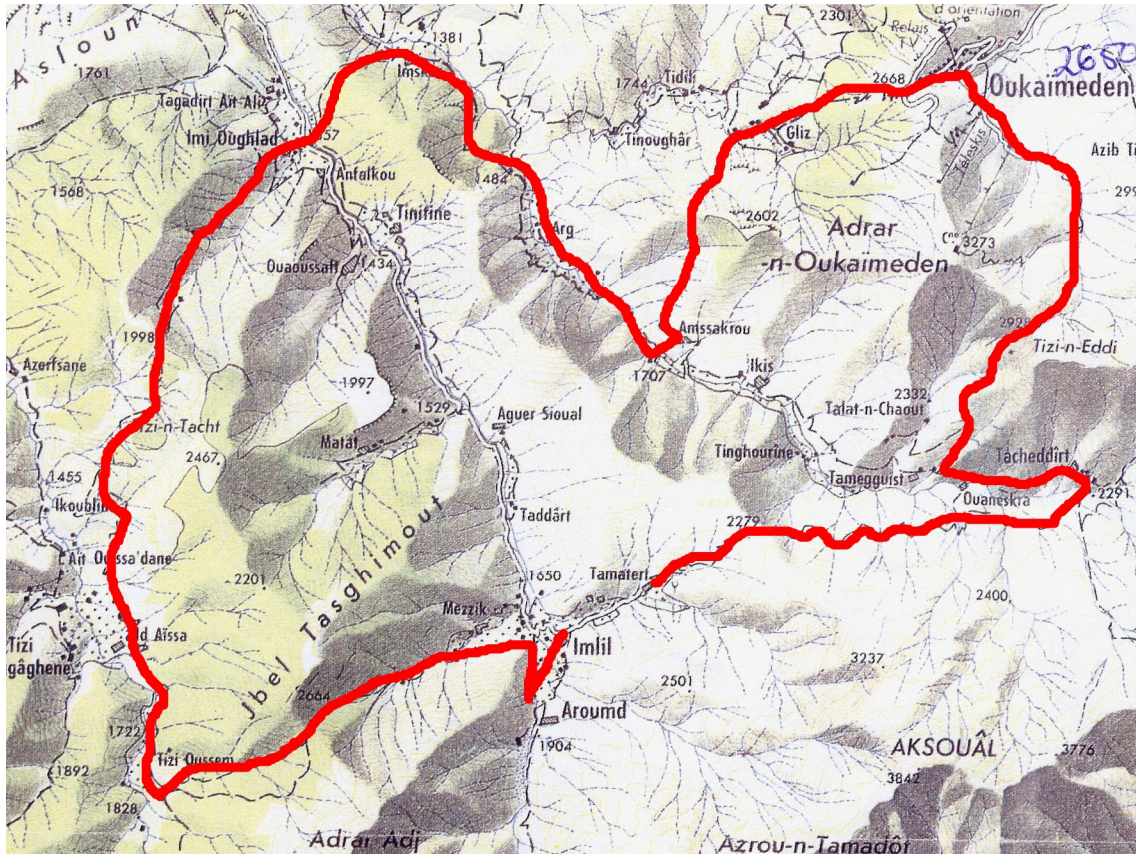
**Not included:** food on assessment, tips for guides, lunch in Marrakech, sightseeing entrance fees, soft drinks or alcoholic beverages, international flights, travel insurance.

Optional night accommodation in Marrakech and transfer from airport £30 per night

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## **MOROCCO - FACT FILE**

### **WHAT HAPPENS ON YOUR ASSESSMENT IN MOROCCO?**

You will arrive at Marrakesh airport where you will be met by your local guide and assessor and taken to the supermarket to buy enough food for your expedition assessment 4 lunches, 3 dinners and 3 breakfasts. After our shopping trip we drive to the start of your trek.

Whilst on assessment you will be supervised remotely. Your assessor will meet you once en route during the day and once at the campsite in the evening. There will also be a local guide for you to talk to about your route with at the beginning of each day. You will always know how to contact your assessor in the event of an emergency.

In the same way that your DofE expeditions in the UK have to fulfil the 20 conditions of DofE so will you expedition in Morocco. We still expect you to be self sufficient, carrying all your equipment, doing 8 hours of planned activity and cooking your own meals. We will send you maps prior to your expedition so that you can write your own route cards in the usual way. You will also be required to have an aim for your expedition. Please refer to <http://www.dofe.org/en/content/cms/doing-your-dofe/activities-sections/expedition/20-conditions/> for full details of 20 conditions.

The nature of a DofE expedition in Morocco is that you will be spending the majority of your time with the same people 24/7. Sometimes your surroundings will not be as comfortable as you are used 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 then you will enjoy yourself. This is an active expedition. You will be required to do planned activity for 8 hours per day and must trek at a moderate and continuous pace. Unlike much of the UK, the terrain in Morocco is not flat! 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, dusting 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.

### **HEALTH & HYGIENE**

You will not be having showers on your trek! We recommend that you bring a flannel, wet wipes and anti-bacterial hand gel. 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 are to be expected on trek, but will pass quickly when treated immediately. Your assessor and local guides are first aid trained and carry a comprehensive first aid but please bring your own personal medication including dioralyte, blister kit and ibuprofen.

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## **FOOD/WATER**

The food that your cooks will make you on non assessment days 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.

The tap water in Morocco is not for drinking. Whilst in Marrakech please buy bottled water. This normally cost 10 MAD from the corner shops. Whilst on trek you will be responsible for purifying your own drinking water. Please bring your own 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 and assessor 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 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. The more you train before for your expedition the more enjoyable your assessment will be!

## **DAILY ROUTINE ON TREK**

6am Wake up, cook breakfast  
6.30am Pack up bags and tents  
7.30am Start trekking early to avoid the hot sun.  
3.30pm Arrive at camp and put up tents. Cook dinner and purify next days water  
6-7pm Assessor visit  
8-9pm Sleep

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## **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 expedition participants 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 assessor and local guides 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! We recommend that you visit: <http://www.dofe.org/en/content/cms/life-zone/commercial-partners/expedition-kit-list/> Please do not hesitate to contact us if you need further advice regarding your equipment.

## **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.

## **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/>

## **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](http://www.thebmc.co.uk)



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## **CURRENCY & SPENDING MONEY**

On the day of writing, the currency exchange rate was approximately 13 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. It is best to bring US\$ or £ in cash to exchange. You will only need enough spending money for souvenirs, soft drinks, personal items, your supermarket shop for assessment food and dinners in Marrakesh. A budget of £100-150 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, however a suggested amount is £5 per person per trek day. 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.

## **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 ready available in Marrakech. There are also many cybercafés with slow speed internet computers, wifi and internet phone for overseas calls. However please advise your friends and family that you will not be contactable during your trek in the mountains.

## **TIME ZONE**

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

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.