



BERBERTREKS

Moroccan Gardens Tour – Marrakesh & Taroudant - Full Itinerary

27th April 2019: Arrive at Marrakesh airport where you will be met by your guide who will transfer you to your hotel. The rest of the day is free to explore the medina or relax as you wish. Hotel included. Meals at own expense

28th April 2019: This morning you will spend your time visiting the newly opened Le Jardin Secret and then in the afternoon you will have another opportunity to visit the les Jardin de Majorelle. Hotel, breakfast and lunch included, dinner at own expense

29th April 2019: In the morning you will visit a peaceful garden created by Abderrazzak Benchaabane with a good collection of plants. In the afternoon you will have a guided city tour of Marrakesh and will be able to discuss with your professional city guide where you would like to go. For ideas visit: <http://www.moroccotreks.co.uk/sightseeingmarrakechmorocco.asp>. Hotel, breakfast and lunch included, dinner at own expense

30th April 2019: Departing south we travel through the Argan tree growing region where you will visit an argan oil co-operative enroute to medieval Taroudannt. We also visit Dar al Hossoun and the rich plant collections with the owner. Hotel, breakfast and lunch included, dinner at own expense

1st May 2019: Today we have a guided visit to nearby privately-owned gardens with succulents and grasses, water rills and courtyards designed by Ossart and Maurières. Hotel, breakfast and lunch included, dinner at own expense

2nd May 2019: Morning visit to an exceptional walled private garden on the outskirts of Taroudannt continuing to the bustling, colourful souks. Lunch at the fabulous La Gazelle d'Or followed by a visit to their garden. Travel back to Marrakesh (4 hours) Hotel, breakfast and lunch included, dinner at own expense

3rd May 2019: Free day in Marrakech. Hotel, Breakfast included

4th May 2019: Depart for UK Breakfast included

£589 per person (minimum group size 6)

Included in the price: english speaking guide throughout the tour, 7 nights accommodation in hotel in single rooms, meals as above, transfers to and from airport and gardens when necessary, entrance fees to gardens, private transfer to Taroudannt

Not included: tips for guides, dinners, sightseeing entrance fees, bottled water, soft drinks or alcoholic beverages, international flights, travel insurance

For further details contact Georgina on:

Phone: 00 44 773 824 2619

Email: treks@moroccotreks.co.uk

Website: www.moroccotreks.co.uk



BERBER TREKS

MOROCCO - FACT FILE

ACCOMMODATION

Whilst in Marrakesh and Tarouddant you will be accommodated in 3 star hotels in single rooms. The hotel will be walking distance from the medina in Marrakesh.

HEALTH & HYGIENE

Your hotel will have hot water. We also recommend that you bring 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 sometimes be encountered with the new food, but will pass quickly when treated immediately. Your guide is first aid trained and carries a comprehensive first aid 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 and meat with spices) rice, lentils, pasta, potatoes. Meat is provided when available such as chicken, lamb or goat. 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 western food and restaurants.

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. You will be provided with drinking water whilst on trek however please bring your own supply of water purifying tablets for the duration of the trek.

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 tour 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.

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.

ESSENTIAL TREKKING EQUIPMENT

- Sturdy walking shoes
- 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
- Sunglasses
- Water container at least 2 litres, I recommend platypus, source or camelbak pouches with a drinking hose
- 20 - 30 litre rucksack to carry during the day
- Waterproof bag inside your rucksack
- Camera & spare batteries
- Lightweight waterproof jacket
- Blister kit and personal medication such as ibuprofen, anti-histamines, dioralyte, lemsip, throat lozenges



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.

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 be put in place at the time of booking. It should 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 <http://www.campbellirvine.com/> or www.thebmc.co.uk

CURRENCY & SPENDING MONEY

On the day of writing, the currency exchange rate was 12.3 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. 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 and a 1.5 litre bottle of water cost 10 MAD and a good meal in a local restaurant costs between 50-150 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.

ELECTRICITY

240 volts, 2 round pin European plug. It is possible to charge your electrical items in your hotel room.



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COMMUNICATIONS

Mobile phone reception is available in Marrakech. There are also many cybercafés in Marrakesh and free wifi in your hotel.

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 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	Moroccan Gardens Tour - Marrakech & Taroudant
DEPARTURE DATE	27 th April 2019

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



BERBERTREKS

PAYMENT	
TREK PRICE PER PERSON	£589

PAYMENT METHODS (Please mark 'x' in the appropriate box)	x
HSBC BANK TRANSFER: Sort Code: 40 45 22, Acc No: 91713175	
CHEQUE: made out to 'Berber Treks Ltd' 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

Please return the completed form via email to: info@moroccotreks.co.uk or post to Georgina Talfana Berber Treks Ltd, 4 Westbury Close, Fleet, Hampshire GU51 3HR. United Kingdom