

# *Berber Treks*

## **UK Training weekend - Full Itinerary**

### **26<sup>th</sup> April 2013 - Arrive in Castleton, Peak District**

Arrive in Castleton at your hotel by 7.30pm. You will be welcomed by Georgina Talfana your guide for the weekend. She will explain to you the programme for the weekend and the necessary equipment to take on your day walks.

3\* hotel included, meals at own expense

### **27<sup>th</sup> April 2013 – Day walk**

Today you will go on your first training day walk to help you prepare for the Berber markets trek in June. We will walk from the village of Castleton up Lords Seat over to Brown Knoll 569m and up to Kinder Low 633m, one of the highest peaks in the Peak District. After admiring the view we will make our way down Jacob's Ladder into the pretty village of Edale. From Edale we ascend to Hollings Cross and then back down to Castleton. In the evening a power point presentation of the Berber market's trek will be shown followed by a question and answer session.

Hotel and breakfast included 8 hours walking

### **28<sup>th</sup> April 2013 – Day walk**

We will drive to the north end of Ladybower reservoir where we will start our day walk. We walk past beautiful rhododendron bushes and pines along the east side of Derwent reservoir before ascending up Cranberry Clough onto our high point of Margery Hill 546m. From here we have a beautiful view of the reservoir and the Howden hills. We return to the carpark via Howdon Moors. In the evening there is more opportunity for questions about your forthcoming trek.

Hotel and breakfast included 6 hours walking

### **29<sup>th</sup> April 2013 – Half day walk**

We will drive south to the Roaches in the morning which is also a famous area for rock climbing. Our half day walk is circular takes us gently up Hen Cloud and along the tops of the cliffs. Here you can see very interesting rock formations. We will depart between 2/3pm

Hotel and breakfast included 4.5 hours walking

### **Included in the price of the package:**

- 3 nights 3\* hotel accommodation shared twin room with breakfast
- 2 full day guided walks, 1 half day guided walk
- Transport to and from start of walk locations
- Evening presentation and Q&A session

### **Excluded in the price of package**

- Travel to Castleton
- Lunch and dinner
- Travel Insurance

For further details contact Georgina on:

Phone: 00 44 773 824 2619

Email: [info@moroccotreks.co.uk](mailto:info@moroccotreks.co.uk)

Website: [www.moroccotreks.co.uk](http://www.moroccotreks.co.uk)

# *Berber Treks*

## **MOUNTAINOUS CLIMATE & EQUIPMENT**

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**

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

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

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.

Fleece hat/beanie/neck gaiter(Buff)

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

## 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	UK Training weekend 26-29 <sup>th</sup> April 2013
DEPARTURE DATE	

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](mailto:treks@moroccotreks.co.uk)

+44 (0)773 824 2619

# Berber Treks

PAYMENT	
TREK PRICE PER PERSON	£299.00
DEPOSIT DUE AT TIME OF BOOKING 50%	£150.00
BALANCE DUE 10 WEEKS BEFORE DEPARTURE DATE 50% - 15 <sup>th</sup> Feb 2013	£149.00
TOTAL BOOKING PRICE	£299.00

PAYMENT METHODS (Please mark 'x' in the appropriate box)	x
HSBC BANK TRANSFER: Sort Code: 40 15 22, Acc No: 01330942 IBAN: GB37MIDL40152201330942 Branch Identifier Code: MIDLGB2103H	
CHEQUE: made out to 'Mrs GM Talfana' and posted to address below	

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

Please return the completed form via email to: [treks@moroccotreks.co.uk](mailto:treks@moroccotreks.co.uk) or post to Berber Treks, 68/5 Portobello High Street, Edinburgh EH15 1AN