

Sahara Desert Charity Challenge Information and Itinerary 12 - 21 Mar 2016



A challenging 100km trek through the vast Sahara Desert;
no people, no radio, no TV, just silence and a sea of sand.....

The Challenge is to complete this 100km trek through the Sahara sand and heat living in basic tented conditions throughout culminating in reaching the summit of the 1000' Erg Chigaga sand dune.

A superb adventure for all abilities, including inexperienced trekkers, and especially as a group with a common goal.

This is a wonderful, liberating and very achievable challenge. The experience of living in the sand, the silence, the heat and watching the orbiting satellites in the mesmerizing night skies will make this an experience that you will never forget.

Challenge costs are within.

The Trip - 10 days UK - UK

This trip flies into Marrakesh and has an overnight hotel stop prior to driving over the High Atlas mountains for a 2nd hotel stop in the Desert town of Ouarzazate.

The trek on Day 3 begins with a short 'taster' to get the group into the swing of a desert existence. The route then heads directly for Erg Chigaga (known as 'Eric'!). Eric is a 1000' sand dune and can be seen for miles around. The sunsets from here are superb.

The daily routine on this camping trek is one of changing terrain from hard baked hamada to wonderful knee deep soft golden sand until you reach the finish 6 days later. Sleep out under the stars if the weather permits. With no ambient light

the stars are so bright that it is very easy to spot the orbiting satellites as they speed across the skies above you.

Accompanying you are our excellent personable and knowledgeable Moroccan Berber Guides and a train of camels to carry supplies and equipment. All you need to carry is your daysack containing items such as your camera, water, sunscreen, etc...If you are a keen photographer, protect it well. Sand and cameras do not mix well!

The food supplied and prepared for you is superb even without considering where you are. It is very well presented and served to you in true Moroccan style; in a Bedouin tent sat on the floor cushions. They even bake bread in the sand to keep the supplies up!

Important Information

Trek Dossier - All participants will receive a comprehensive Trek Dossier, which includes detailed information on clothing and equipment, medical notes and a lot more.

Passports need to be valid for the duration of your stay in Morocco (source: UK FCO website).

A tourist visas is not required for UK Nationals.

Accommodation. Hotels are typical Moroccan Riads, which are of 3* standard. Attendance is based on a twin share basis. All rooms are en suite. If sole occupation is requested, an additional charge is applied (see next page). Accommodation on trek is 2 person tents.

Fitness - This trek covers a medium distance in desert terrain. It varies from soft sand to hamada (small rocks or stones) and is undulating. A reasonable level of fitness based on the ability to walk at your own comfortable pace for 6 - 7 hrs a day (with rest stops), for several consecutive days carrying a day sack weighing approx 6 - 7 kg is required.

Desert Heat - The temperatures can vary enormously from 40 Deg C to close to freezing at night. The region boasts over 320 cloudless days per year but you must go prepared for the full range of weather conditions including rain.

Medical - You are advised to consult your GP if you are in any doubt about your physical condition to undertake this trek. You should check with your medical practice to ensure that you are up to date with your routine vaccinations and what others you may require. The following website is useful:

<http://www.fitfortravel.nhs.uk/destinations/africa/morocco.aspx>

Travel Insurance - It is absolutely vital that you have adequate travel insurance. We will ask for proof. We don't sell insurance but we can assist with advice.

Minimum Numbers - These trek are guaranteed to take place with a minimum of 6 trekkers.



Payments, How to Book and more information on the next page.....

Payment Methods

Full Sponsorship Method: £200 deposit, payable to Travel and Trek
PLUS
2016 treks - £1600 sponsorship target payable to the Charity

Charity receives a min of 50% of the total sponsorship

Self Fund Option: Trip cost: £985 for 2016 treks
Includes international flights
No min fund raising target

Accommodation is on a twin share basis. Requested sole occupancy is charged at £120 pp. Sole occupancy entitles you to sole occupation of a hotel room (4 nights) and a tent to yourself. Forced sole occupancy (ie an odd number of people) is not charged.

How To Book

- Complete the booking form from our webpage and return it to us with a deposit of £200 pp.
- The booking can be completed on-line or using the downloadable form.
- Details of payment options are on the webpage (BACS preferred)
- Balance payments are due 10 weeks prior to departure.

International flights

- International flights are included in the prices.
- By agreement, we can run land only trips.
- Our ATOL Licence No is 10755.
- We take the hassle, responsibility and you get the ATOL protection!

Your Trip at A Glance

- Starts/finishes in Marrakesh, 10 days UK - UK
- Includes international flights
- Glorious drive over the High Atlas mountains down to the Sahara
- 6 days of remote desert trekking
- No re-supply; all supplies on camels
- Sleep in 2-man tents
- All food & water on trek

Trip inclusions and exclusions

Inclusions

- Return international flights London - Marrakesh
- Return airport transfers in Marrakesh
- Hotel/Riad accommodation in Marrakesh and Ouarzazate, total 4 nights on a twin share, B&B basis
- Sleeping tents (2 person), dining tent, kitchen tent and toilet tents throughout the trek
- All food and mineral water on trek
- Camp chef and support crew
- Exclusive road transport to and from the trek
- Services of an English speaking Moroccan Guide from departure in Marrakesh to arrival back in Marrakesh
- Comprehensive Trip Dossier, Clothing and equipment list

Exclusions

- Personal spending
- Staff gratuities, advice will be given
- Personal travel insurance

Financial Protection

The flight-inclusive holidays in this brochure are financially protected by the ATOL scheme.



But ATOL protection does not apply to all holiday and travel services listed in this brochure. Please ask us to confirm what protection may apply to your booking.

If you do not receive an ATOL Certificate then the booking will not be ATOL protected. If you do receive an ATOL Certificate but all the parts of your trip are not listed on it, those parts will not be ATOL protected. Please see our booking conditions for information, or for more information about financial protection and the ATOL Certificate go to: www.atol.org.uk/ATOLCertificate

Land only trips are protected by IPP. www.ipplondon.co.uk



Need Help?

Call our experts:

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Sahara Desert Charity Challenge Trek Itinerary



BLD = Breakfast, Lunch, Dinner

1 Fly London - Marrakesh, transfer to Hotel

Flt from London to Marrakesh.
 You will be met at the airport and transferred to your hotel/Riad accommodation.
 Once you have settled in, you will receive a briefing from your Guide and instructions for the following morning.
 Depending on your time of arrival you may wish to experience the famous Djemaa el Fna square.
 Your first experience of the square is one of a senses explosion; entertainers performing, a myriad of food stalls all lit up with the smells to accompany them, and the general melee of activity.

2 Depart for the High Atlas Mountains and Ouarzazate

After breakfast, your drive down to the Desert begins.
 You will drive over High Atlas mountains and down to your overnight stop - Ouarzazate. This is a 5hr journey through some stunning mountain scenery.
 Your hotel is a typical Moroccan Oasis. Enjoy a tagine and perhaps a glass of wine before you reach the miles of glorious sand that await you the following day.
 Total journey time 5 – 6 hrs, lunch en route. B

3 Drive to M'Hamid, begin trekking

This 5hr drive takes you through the beautiful Draa Valley.
 You will stop for a picnic lunch en route.
 You will eventually reach the end of the road, literally! M'Hamid is a Desert town and where you will meet your support team, complete with camels and handlers and your trek begins.
 The first section is fairly short to introduce you to the terrain and also allow you to set up your tents for the first time. BLD

4 - 7 Desert Trekking

For the next 4 full days, you will trek deep into the desert, experiencing what life and tranquillity that it can bring.
 With no ambient light and the desert to absorb all sound, the evenings and nights are just so dark and quiet. It is quite eerie even just to sit on a small dune overlooking the campsite and just look and listen. The stars are so bright and it is very easy to spot the orbiting satellites as they speed across the skies above you.
 Once you begin trekking, it will not be long before you wonder how your Guide is navigating; it all looks so similar with no landmarks to speak of. Until that is, you meet Eric. Eric is a 300m high sand dune and you will sit on top of it (eventually!) at least once. BLD

8 Finish trekking, return to Ouarzazate

Your final day of trekking will be a short few hours to meet the transport to get you back to Ouarzazate and a well earned shower! B
 Lunch and dinner is at your own expense today.

9 Drive to Marrakesh, overnight Marrakesh

After breakfast, it's back towards Marrakesh.
 We get you back as soon as we can leaving you plenty of time to get out into the Medina and experience the multitude of Souks. The bartering and market activity is something special.
 In the evening, enjoy a traditional meal in any one of many restaurants or try your chance by eating on one of the street stalls. B

10 Depart

You will be transferred back to the airport for your flight. B

