

# MARRAKECH to MARRAKECH (5 days) Morocco Express



## COUNTRIES VISITED: MOROCCO

### INCLUDES

- Accommodation - 3 nights in 3/4\* hotel (shared rooms) + 1 night desert camp
- Arrival Transfer from Marrakech airport included on Day 1 (or if pre-trip accommodation is booked directly with Oasis for our joining hotel)
- Transport in 4 x 4 Land Cruiser or Minivan
- Desert Camel Trek
- Overnight Sahara Berber Camp
- Services of Local Crew
- 4 breakfasts, 2 dinners, including a Berber camp dinner

### EXCLUDES

- Visas
- Optional Excursions as listed in the Pre-Departure Information
- Flights
- Airport taxes
- Drinks

- Meals not listed in the itinerary
- Tipping kitty \$40 USD - for hotel porters, hotel waiters, local guides used for City tours, airport drivers, Berber camel herders, restaurant tips & Tour driver
- The tipping kitty does not cover your Nomadic guide, so please feel free to offer a tip at the end of the tour if you are happy with the service provided
- Travel Insurance
- End of trip Airport Transfer

## TRIP ITINERARY

### DAYS 1 MARRAKECH

Welcome to Morocco! After a short transfer from the airport, you will have a free day to explore this vibrant city. Tonight you will meet your fellow travellers at your **pre-departure meeting at 6pm**, organised at the joining hotel in the heart of town. *(Dinner)*

Overnight: Hotel El Andalous (or similar)

### DAYS 2 SAHARA DESERT

Today we enjoy a stunning drive over the **High Atlas** en-route to Zagora. We pass through the **Draa Valley**, a green and lush land of palmeries and amazing vistas. It is then time to head towards the great desert, where we transfer to **camels** for a **trek into the Sahara Desert** for a night at our Berber Camp. We enjoy local food, music and an amazing night out under the Saharan stars. *(Breakfast and Dinner)*

Overnight: Sahara Desert Camp (or similar)

### DAYS 3 MARRAKECH

Leaving the desert, we travel back to Marrakech stopping for lunch en-route. We arrive back in Marrakech, where we have dinner in Djemaa El Fna (the legendary Main Square). The name **Marrakech** conjures up images of an exotic city, of magic carpets, snake charmers and spices brought in by camel trains. Set within the rose-coloured walls of the medina lies a reality that is not that far removed from an exotic film set - a tangle of winding streets that open onto verdant gardens and dark alleyways that lead to bustling souks. You can explore the central square, the **Djemâa-el-Fna**, an extraordinary gathering and marketplace. It is full of colour, spicy aromas and traders. It is worth going to the marketplace in the evening when overflowing with food stalls, dancers, acrobats, fortune tellers, musicians and henna artists. Towering over all this is the **Koutoubia mosque**, the tallest building in the city, and a reminder of the importance of Islam to the lives of the city's residents. *(Breakfast)*

Overnight: Hotel El Andalous (or similar)

### DAYS 4 ESSAOUIRA

We leave **Marrakech** after breakfast and take a leisurely drive to **Essaouira, on the Atlantic Coast**, a colourful fishing town situated within 15th century Portuguese fortifications, where great beaches and surf beckon. You have the day to relax on the beach or alternatively explore the UNESCO-listed **medina** with its various souks and woodcarving workshops. Any city gate leads to the medina, so you're unlikely to get lost. The beach is in front of the Medina and there are plenty of cafés with terraces, both ideal for relaxing for a few hours. Blue doors and window frames abound as do the artists shops - buy a carpet or Thuya wood carving or sit on the beach sipping a mint tea as the sun sets. There is the opportunity to do some optional activities, such as quad biking, surfing, horse trekking and wind surfing before relaxing for the evening. We spend the night in Essaouira. *(Breakfast)*

Extra days can be organised in Essaouira if required. Please contact us for details.

Overnight: Hotel Miramar (or similar)

## DAYS 5 ESSAOUIRA TO MARRAKECH

We leave Essaouira after breakfast and travel back to Marrakech, arriving there at about lunch time. Alternatively, you can fly directly from Essaouira back to the UK. *(Breakfast)*

**The trip ends upon arrival back in Marrakech, we normally arrive in the early afternoon. For this reason, please do not book return flights from Marrakech any earlier than the evening of your trip finish date.**

Please note that this tour is run in conjunction with a local operator. Extra days can be organised in Marrakech if required. Please contact us for further details.

## ESSENTIAL INFORMATION ABOUT YOUR TRIP

### ARRIVAL & ACCOMMODATION

**Trip Joining Point:** Hotel El Andalous - Marrakech

**Start Time Day 1:** You can arrive into Marrakech at any time on day 1 - hotel check-in is from 2pm.

**Address:** Av. du Président Kennedy, Marrakech 40000, Morocco

**Website:** <https://www.elandalous-marrakech.com>

**\*Please note that the above hotel is subject to change, we will confirm the final tour starting point approximately 2 weeks prior to departure.**

All prices listed are approximate and subject to limited availability.

Room Type	Price	Description
Single	£90.00	Per Room, En-suite
Double/Twin	£130.00	Per Room, En-suite

**The trip starts in Marrakech on day 1. Day 1 is set aside for arrivals and you can arrive at any time on day 1. The hotel check-in time is from 2pm onwards.**

### PRE-TRIP ACCOMMODATION:

You can pre-book accommodation and your included airport transfers through us. We will require your flight number, arrival time, and arrival date so please ensure this information is forwarded to us as soon as you have booked your flight. Please book this service as soon as you have booked your flight and no later than 3 weeks prior to departure. If you have booked through a travel agent, please contact them to request pre-trip accommodation and airport transfers.

Where extra nights are required, your airport transfer is only included on your pre/post-tour day if the extra night is also booked with Oasis Overland.

Double, twin, and triple rooms will be provided subject to availability, where requested. However when not available we may need to book other rooming arrangements, and will fit these as closely as possible to your request. Those travelling solo will be put in shared rooms to reduce the costs to them if this option is available, where a same sex room share cannot be arranged, the single room supplement will be payable.

If you are arriving early in the morning and you would like to check in immediately, you may have to reserve your room for the previous night to ensure direct check in, otherwise you may have to wait until normal check in times (usually 2pm).

### **AIRPORT TRANSFERS:**

**Airport Arrival Transfers are included** in the cost of your adventure (provided you request these via the UK office or your account 3 weeks before your departure).

You will be met on your arrival in the immigration area of the airport, before you get to passport control. Our representative will be holding a **OASIS OVERLAND** Travel signboard or have your names displayed. Please look out for them and introduce yourself. They will then assist you with passing through immigration, take you through passport control and to collect your luggage, and then transfer you to your hotel. Emergency assistance telephone numbers will be provided with your voucher, approximately 2 weeks prior to departure.

### **PRE-DEPARTURE MEETING**

Day 1 of your trip is an arrivals day, there will be a pre-departure meeting in the starting hotel this evening, usually around 6:00pm. There will be a notice in reception advising the exact time and here your crew will explain how the day to day running of the trip works. Your Tour Leader will **collect your** Tipping Kitty, a photocopy of your **passport information page, insurance policy details** with policy number and confirmation that the duration will cover you for the entire trip and a **24-hour emergency assistance** telephone number. It is essential that you attend this meeting - please let the UK office or your tour leader know if you are unable to do so.

### **POST TRIP ACCOMMODATION AND AIRPORT TRANSFERS**

Post-trip accommodation can be requested and booked by the Oasis Office before your trip commences, please email [africa@oasisoverland.co.uk](mailto:africa@oasisoverland.co.uk). Airport transfers can be arranged with your tour leader on Day 1 or directly with the hotel on arrival if your trip finishes at the same hotel.

### **FLIGHT INFORMATION**

Day 1 in your departure city, is an arrivals day. For your convenience we would advise that you arrive at the latest, on the afternoon of this day. You may wish to allow some extra time to explore your arrival and departure cities.

Departing flights: we recommend not to book a flight departing before midday on your last day of the trip.

There are many online flight search engines such as [www.skyscanner.net](http://www.skyscanner.net) or [www.ebookers.co.uk](http://www.ebookers.co.uk) flights can also be booked direct with airline websites or through travel agencies. Please inform us of your flight details through your online account, as airport transfers can be arranged for various trips.

**One way ticket:** If you intend to travel on a one way ticket to meet up with one of our trips, without possessing an onward flight ticket - we recommend that you have a copy of your payment confirmation/receipt (that you will be sent at time of your balance payment) available at immigration to assist easy entry.

### **PASSPORTS**

Your passport must be valid for at least 6 months **AFTER** your trip finishes. This is a general requirement for all of the countries we travel to on our trips.

If you have dual nationality you can only use one passport for the entire trip. It is your responsibility to ensure you have all the relevant visas you require.

Please bring 2 photocopies of your passport details to give to your tour leader.

## VISAS

The information below is to be used only as a guide and may change without prior notice. It is advisable to contact the relevant embassy in plenty of time before the trip departs to check the current visa requirements. It is **your responsibility** to ensure you have all the relevant visas you require.

For more information on other nationalities & visas checkout [www.projectvisa.com](http://www.projectvisa.com)

### Morocco

Passport Holders from UK, Ireland, Australia, New Zealand, USA, Canada and most EU countries will not require a visa to enter Morocco.

**South African** passport holders require a **visa in advance** to enter Morocco. This needs to be obtained through a Moroccan embassy or consulate in your home country, before beginning the trip. Please contact your nearest High Commission to find out more.

Passport Holders from other countries, will need to check the current visa requirements with the relevant consulate, and whether you need to obtain the visa in advance.

## VACCINATIONS AND HEALTH

It is possible that you may require some vaccinations for your trip, depending on the areas that you are visiting. As we are not medically trained, we are unable to give detailed advice on vaccination requirements. We have worked closely with **Nomad Travel Clinics** for many years and they offer Oasis travellers a **10% discount** on vaccinations, anti- malarial drugs, first aid items, clothing and equipment, just enter discount code OASIS1000 at [www.nomadtravel.co.uk](http://www.nomadtravel.co.uk). Alternatively you can check out the [fit for travel website](#) for more travel health information or consult a reputable travel clinic or your GP for information and advice. We suggest that you allow at least 8 weeks to get all your vaccinations.

**Health** - To join our trips you should be in good general health. Your medical insurance company must be told if you have any pre-existing medical condition / allergy or if you are on any regular medication, otherwise you may not be covered under your policies for these. Our crew will need to know of any medication or conditions you may have. For general health advice log onto [www.nathnac.org/travel/](http://www.nathnac.org/travel/)

## TRAVEL INSURANCE

It is a compulsory requirement that you have adequate travel insurance before you join any Oasis Trip & at the very least are insured for all necessary medical & repatriation costs incurred.

You will be asked to provide the following details if you have not already done so: travel insurance company name, insurance policy number & insurance emergency telephone number. You will also be required to give a copy of your policy with this information to your Tour Leader on arrival with confirmation that the policy duration is sufficient to cover you for the entire duration of your trip. It is also wise to leave a copy of your insurance policy with a friend or relative for safe keeping.

We believe that your safety and holiday enjoyment are very important. It is a mistake to think that "it will never happen to me". It is also very important that you are covered for all the activities that you may wish to undertake while on our trip. It is extremely important that you check the full extent of your cover related to 24 hour Medical Emergency Assistance. In the event of you needing medical treatment you want to know that you have the best cover available to you. Your policy should include adequate Medical Emergency and Repatriation cover as well as Cancellation, Baggage and Personal Liability cover. You need to be aware of EXACTLY what activities your policy covers you for. Please note that skiing is not usually covered in most insurance policies. Please note also that many of the areas we visit are not as developed as the UK and we have no control over the availability or standard of medical and repatriation services and facilities in the areas we visit and these do not form any part of our contract with you.

You should also note that passenger liability insurance covering vehicles, particularly in Third World countries, may be unavailable or inadequate; it is therefore important that your insurance cover makes



sufficient provision for you and your dependents in the event of an accident.

We are happy to refer our UK based travellers to the travel insurance specialists [Campbell Irvine](#) who have a policy suitable for overlanding which covers most of the adventure and sporting activities on our trips.

Please be aware that most travel insurance policies will not cover you if you are visiting areas against government travel advice. If your trip will go through areas like this (for example, some of our Trans Africa routes through West Africa) then you may need to look at an alternative policy for these sections, for example [Battleface](#) or [SafetyWing](#).

For further information, check out the [Travel Insurance](#) section of our website.

## **MONEY, BUDGETS AND LP**

### **Spending Money**

From past trips and travellers feedback £20 to £30 per day per person, should cover costs such as meals not included, soft drinks and beers, email & communications, souvenirs and other general spending. Personal spending habits & budgets differ greatly from person to person. Budget on optional activities separately (see optional excursions page). Please note that Moroccan Dirham's (MAD) cannot be obtained outside of Morocco. Please bring cash in Euros / GBP£ / US\$ to exchange once in Morocco or use the ATM's in the main cities.

### **Changing money**

Change your money only at banks, hotels, airports or forex bureaus. It is illegal to change money on the street, as these people will normally be opportunistic thieves or undercover police. Your crew will advise you where & when you can change money & with what means. It is also a good idea to have a small CASH emergency fund, to allow for the unexpected.

### **Credit & Debit Cards**

A combination of several types are suggested as not all types are accepted in all places. Visa & Maestro are best, MasterCard has limited access through parts of Morocco, but is generally accepted in ATMs. We recommend that you inform your bank that you will be using your card abroad to avoid it being blocked. Please see the optional excursions page for activities that can be paid for using a Credit or Debit Card. Commission rates vary between 2 to 5%.

### **Pre-Paid Travel Currency Cards**

These cards are similar to normal Credit and Debit cards but they can be pre loaded with cash before you travel with a set amount allowing you to withdraw this cash using the card at normal ATMs. It is a more secure way to access cash on your trip and easier to use than travellers cheques, but again do not rely on these as your sole means of funds on a trip - (please refer to the ATM section). Several banks and companies now offer these cards, but be sure to look into the rates for withdrawing cash when making your decision.

### **ATMs**

These are available in most major cities along our route and allow you to withdraw local currency only. We discourage you from relying on your ATM card as a primary source of funds in case it is lost/stolen/ swallowed, or the machine isn't working. Besides memorising your PIN, it is also important to be aware of your daily withdrawal limit and bank withdrawal costs.

### **Tipping**

Is usually expected & is a way of life in the region. Sometimes referred to as 'baksheesh' it is often more than a reward for services well done, but as wages are extremely low, it is an accepted means of supplementing an income. To avoid embarrassment and save you money, your guide will operate a tipping kitty and tip everyone from waiters, hotel staff (including cleaners), drivers and local guides on

your behalf. **You will be asked for your tipping kitty contribution at the welcome meeting.** The tipping kitty amount for your trip can be found on the front page of your pre-departure information and the trip page on our website.

In the past we have been asked for guidance for the tipping of your Tour Leader (who is not covered by the tipping kitty). While this is always your own personal choice, previous travellers feedback has suggested an approximate amount of £1 to £2 per person per day for the trip. Please remember that tipping and the amount you tip is entirely up to you individually and is always your choice.

## CLIMATE

Morocco makes for a good destination all year round. Daily sunshine ranges from 13 hours in the desert to 9 and 10 on the Atlantic coast. In the winter, you will see up to 6 hours in the North, increasing to 7 or 8 as you move south.

The north coast and the Rif mountains have a Mediterranean style climate: hot and generally continuous sunshine between May and September, interspersed with rainy periods for the rest of the year. The Atlantic coast sees most rain, with the heaviest falls in winter. The coast is very mild in winter, and avoids the snow that can be seen throughout the year on the peaks of the Atlas mountains. The night time temperatures up in the Atlas mountains are likely to be very cold. We would advise thermal layers at night-time and a good 4 season sleeping bag. We can experience rain on our Sept. and May departures- although it is more likely for Sept. [View Moroccan Climate Chart](#)

## WHAT TO TAKE

### Equipment

- Sleeping Bag - recommended for trips departing Nov-April
- Sleep Sheet
- Small day-pack or small bag to carry daily items
- Soft rucksack, holdall or suitcase
- Water bottle - for personal use - we recommend Water-to-Go (see below Responsible Travel)

### Toiletries - Most available to buy on trip

- Soap, shampoo, toothbrush/paste, antibacterial hand wash, lip balm & moisturiser
- Sun block 35 + after sun, hat & sun glasses
- Tampons (can buy in most places)
- Contraception

### Clothes

- One pair of trainers or boots
- Sandals/flip flops/jandals/

### Personal Effects

- Camera with protective case, spare batteries, film/memory card
- Torch and spare batteries (head torch is best)
- Travel adaptor plug/charger (for cameras and mobile phone batteries)
- Money belt
- Personal stereo - iPod/MP3 etc

- thongs
- Underwear/socks
- T shirts/shirts
- Shorts/swimwear
- Jeans/trousers/jog pants/leggings
- Skirt or dress
- Sweat shirt/jumper
- Jacket/fleece & waterproof jacket
- Towel and/or sarong

### Recommended Medical Kit List

- Antiseptic ointment/Antihistamine cream & tablets
- Nurofen or equivalent pain-killer
- Eye-drops/bath
- Anti-diarrhoea treatment
- A couple of bandages (elasticated & triangular)
- Medication for personal allergies/asthma etc
- Insect repellent containing Deet
- Re-hydration sachets/vitamin tablets
- Assorted plasters
- Some suitable antibiotics as recommended by your doctor for infected cuts or to treat severe dysentery
- We advise you to bring a small personal medical kit for general everyday use, as well as any personal over-the-counter medicines that you may wish to keep with you. Our guides are familiar with the nearest pharmacies, doctors and hospitals throughout the trip if you need to seek medical attention. It will be your own responsibility to carry your medical kit on included excursions and optional activities as some local operators may not have medical kits to hand.

## PHOTOGRAPHY AND ELECTRICAL EQUIPMENT

**Cameras (incl. Digital & Video Cameras)** - An easy to use 'point and press' will get you some good photos. For memorable shots, it may be worthwhile investing in an SLR camera, but be sure to get some practice in before the trip! Most towns and cities have internet cafes where you can download onto CD/ internet sites - but don't rely on it.

**Photography** - Be aware of your surroundings when taking photographs and filming. Some locations will be sensitive or have local laws banning photography. For example it is usually forbidden to use cameras at borders or around government buildings, military installations, bridges and airports or to take photos of local officials. If you do take photos or film where it is not permitted you may find yourself being questioned by irate officials who may decide to confiscate your camera or instruct you to delete all the images/footage on your device. If in doubt ask for permission, or if there is no-one to ask use some common sense.

**Drones** - As the use of drones becomes more common, countries throughout the world are gradually updating their laws and restrictions on usage. The specific regulations will vary from one country to another, so do check the UK Foreign and Commonwealth Office advice for the latest information. As with



cameras, use your common sense if you do use a drone and avoid operation in sensitive areas. If you plan to bring a drone on your trip with us please contact us first to ensure there will be a suitable place to store it while on your trip.

**Electrical charging & power supply** - It may be difficult to find a power source for charging at times, so a spare battery is a must. Log onto [www.whatplug.net](http://www.whatplug.net) for information regarding the different electrical plugs and voltage used in each country.

## CONTACTING HOME

The internet and WiFi are available in many towns / cities you will visit. Do bear in mind that the connections can be unreliable and will not always be as fast as you are used to at home. If a lot of people try to use the internet at the same time the speed will be slower still, especially if trying to make Skype calls or upload photos / videos. During periods of the trip where we are wild camping, internet will be less common.

Some travellers choose to take an unlocked mobile phone with them and buy local SIM cards in each country, allowing them to use mobile data. If you particularly want or need regular internet access this may be a good option. Telephone calls can be expensive usually £1 to £5 for a three minute call.

**Online Diaries** - A great variety of free "travel blogs" are now available online, they are a good way of keeping relatives and friend up to date with what you are doing and a good place to upload photos, collecting messages as well as keeping a record for yourself.

## RESPONSIBLE TRAVEL

### Before you go

- Remove unnecessary packaging before you go - waste disposal facilities are often stretched or non-existent in the places we visit. To avoid unnecessary pollution of local water supplies take environmentally friendly toiletries with you.
- Why not invest in a wind-up or solar-powered torch or media player before you travel or at least rechargeable batteries.
- Learn some of the local language and read up on the local history/culture before you go. You'll get so much more out of your trip.
- Why not pack some pens/pencils exercise books in your rucksack and they can be donated to a local school or project while you're away. You can also purchase these items cheaply, locally which will help local businesses.
- Take a sturdy water bottle with you from home that you can re-use throughout your trip. We carry large quantities of purified water with us on our Expedition vehicles and it is much better for the environment if you drink this, rather than purchase bottled water along the way. (It also saves you money).
- **Water-to-Go:** Oasis Overland have partnered with Water-to-Go to help reduce the number of plastic water bottles consumed during a trip. Water-to-Go is a filtration system that eliminates over 99.9% of all microbiological contaminants including viruses, bacteria, chemicals and heavy metals from any non-salt water source. [Click here](#) and enter the code OASIS15 to purchase your Water-to-Go products at 15% discount. Water-to-Go will then donate a further 15% to Oasis Overland Charity projects.

### While you're travelling

From experience gained in running trips, we have developed our own practical and manageable environmental policy which all of our crew practice on the trips we operate, and they will share this information with you at the start of your trip. We welcome your input on this, plus any new ideas you may have, to improve our existing procedures. As a guide here's a few tips to bear in mind.

- Don't waste water. It is a scarce resource in many of the places our trips visit. On all our Ultimate and Overland Expeditions we carry large quantities of purified water with us. We encourage you to refill

your own water bottles from this supply, rather than purchase bottled water along the way-much more environmentally friendly and saves you money!

- Never buy endangered species or endangered habitat products. Apart from the fact of it being illegal it also encourages the trade to continue.
- Look after and preserve the areas we visit. Be careful about stepping on coral reefs or trekking on undesignated tracks.
- Buy locally made crafts and products helping to support the local economy.
- Don't feel when bargaining that you have to get the cheapest price possible just for the sake of it. Pay what the item is worth to you & don't worry about what someone else has paid.
- Try the local food and drinks - this will help to support local farmers and food sellers. Sitting in a local cafe is also a great way to meet local people.
- Dispose of litter appropriately on your trip. This includes cigarette butts. Not only does litter look unsightly it can be lethal to wildlife.
- Where any toilet facilities exist, however unsavoury they might seem to you, they should be used. Where they do not, always bury your waste and make sure it is never near, (at least 30m) a water source.
- When game viewing do not encourage your guides to get too close to the wildlife so that their natural behaviour is impeded.
- Respect local customs, traditions and beliefs of the people in the different regions that you travel through.
- Do not take photos of people, ritual events or special places unless you have asked first. Dress appropriately according to local codes and show respect around religious festivals.
- Recycling is almost non-existent in many of the areas and countries we visit - we do the best we can with limited resources & space on our vehicles.
- For books dedicated to travelling more responsibly & ethically see: [www.tourismconcern.org.uk](http://www.tourismconcern.org.uk)

**Community Projects** - As part of your booking a donation is made to the Ait Ouham Association for Development, a local organisation set up by our own Moroccan Guide in his home valley in the Atlas Mountains. It seeks to improve lives through education, setting up co-operatives and providing basic facilities such as tap water to homes in the area.

## SECURITY

The UK Foreign and Commonwealth Office (FCO) offer country-specific advice, regarding not only security but also entry regulations, local laws and customs and health. We strongly recommend all travellers visit the FCO website, or the equivalent in their home country, to familiarise themselves with local conditions and issues in the countries they plan to visit before committing to a trip with us. You can view their website [here](#).

If you have any questions at all about the safety or security of your trip, please do not hesitate to contact us and we will be happy to discuss your trip in more detail.

**In cities** - All major cities have their share of petty crime (just like our cities) and sensible precautions need to be taken. Wearing expensive looking jewellery or watches and carrying cameras will draw unnecessary attention to you. Leave valuables such as passports and excess money in your hotel safe (we recommend carrying a copy of your passport details page at all times). You may find a simple money belt is more discreet than a bag. Always be aware of your surroundings and when approached by people you do not know, use your common sense. At night in cities it's best to use a taxi, rather than walking around the streets, single women in particular need to be careful and we would suggest that it is safer to be in a group.

Oasis does not take responsibility for clients' personal items and we advise you to not take items of value that are not essential for the journey.

## WHAT TO EXPECT

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## **LIFE ON THE ROAD**

You will be travelling within a group size ranging from 2-16 people, so come with an open mind and ready to make new friends! You will be accompanied on your adventure with an experienced Local English speaking guide. They are knowledgeable and passionate about the history and culture of Morocco.

### **Accommodation & Transport**

Transport is by minivan, 4x4 Land Cruiser and Camel! Accommodation is in shared rooms (between 2 people of the same sex from your trip unless you are a couple). We use basic 3 star hotels along with a night camping in a traditional Berber camp in the Desert. Some hotels even have swimming pools and sun-lounge areas. In some hotels you may be able to upgrade to a single room (at your own expense). Temperatures in Morocco are generally high, particularly during the summer months from May to September, so take sunscreen. However in winter temperatures can drop right down in the evenings, but as long as you bring some warm clothing and a sleeping bag for this night in the desert then you should be more than comfortable.

### **Altitude**

For most tours you do not exceed any altitude that would cause ill effects. However for the Berber Migration in the High Atlas which has an altitude of over 3,000 and is therefore defined as a high altitude area then there are different guidelines as exposure to these heights can cause the onset of altitude sickness. This form of sickness which is the biggest health risk for trekkers can cause people to experience differing degrees of symptoms, which include, headaches, nausea, dizziness, fatigue and shortness of breath. However our treks are designed to ensure there is plenty of time for adequate acclimatisation and cases of mountain sickness are rare. If you do suffer though symptoms will usually decrease in severity during acclimatisation. Throughout the trek it is therefore important to drink plenty of fluids and eat lots of carbohydrate food as well to keep the body properly hydrated and finally and most critically please report any symptoms of altitude sickness immediately to your guide.

### **Vegetarians / Vegans / Coeliac / Gluten & Lactose intolerance**

Our Tour Leaders will always do their best to cater for any dietary requirement or intolerance whenever possible. However we don't cater for fussy eaters. It must be remembered that the variety of dishes available may not be the same as available to meat eaters. If there is anything in particular you require in your diet or because of an allergy or would miss from home, it would be best to bring these with you. Remember that when eating out in local restaurants & hotels sometimes being vegetarian or food allergies / intolerances are still not widely known about or understood by many local people. i.e. Vegetarians or Vegans will often be offered fish or chicken in error. Most large towns and cities, or areas used to tourists, will often have more choice but please be aware that it will probably not be as varied as you are used to when eating out at home.

### **Ramadan**

Ramadan is the holy Islamic month during which Muslims fast during the day and is based on Lunar months. No food or liquid is allowed to pass a person's lips during daylight hours. Tourists are not expected to fast during this time, but are expected to show respect, by not eating on the streets or in public view etc. Be aware some shops and historical sites may adjust opening times, but this should not significantly affect our itinerary. Hotels and western style pubs we use normally continue to sell alcohol during Ramadan, but general availability may be limited.

People in some regions are generally conservative, especially about matters concerning sex and women. Muslim countries simply are not the place to make a feminist statement. Attitudes range from fairly liberal to fairly conservative in some of the small towns we may pass through. If you are not prepared to fit in with the social code of the area you may be harassed.

Optional Excursions are paid for on the day and organised during your trip, so you can decide whilst travelling which activity you may want to do. Prices listed are only a guide and may be dependant on fluctuating exchange rates and minimum numbers. Please see below for more details.

## OPTIONAL EXCURSIONS

### MOROCCO

Title	From Price
Hammam - Moroccan Bath House	US\$16
Horse Riding in Essaouira - 1 hour	US\$29
Quad Biking in Essaouira - 2 hours	US\$70
Kayaking in Essaouira - 2 hours	US\$33
Surfing in Essaouira - 2 hours	US\$40
Windsurfing in Essaouira - 2 hours	US\$72

We feel that having optional excursions gives a greater degree of flexibility and independence to our group members; independence to decide how much your spending budget can afford; flexibility to decide when and what time of day or with whom to visit a particular site, rather than for example, with the whole group at a pre-ordained time. If you decide not to join a popular excursion, you will have free time to relax or wander off to a market, village or beach, depending on where we are.

You pay for the optional excursions to the local operator, ensuring the money stays with that operator in the local community and this ensures as well, that you are paying the true price for any optional excursions you want to do. This also applies to accommodation costs before and after the trip. Please note that the prices of optional excursions quoted are approximate as local prices can and do change. Please see the relevant trip page for the Optional excursions you can do on that trip and a list of prices.

**Notes downloaded on:** 29-04-2024

