

# MARRAKECH to MARRAKECH (9 days) Moroccan Circuit



## **COUNTRIES VISITED: MOROCCO**

### **INCLUDES**

- 24hr arrival airport transfer service
- Accommodation in 3-4 star hotels
- 1 night in an authentic Berber Desert Camp
- Transport by air conditioned 4x4 or minibus
- Meals: 8 breakfasts, 3 dinners including a Berber camp dinner
- Guided tour of Ait Benhaddou, Fes & Rabat & Chefchaouen
- English speaking tour guide, plus driver
- Sahara camel trek

### **EXCLUDES**

- International flights
- Travel insurance (mandatory)
- Visas
- Tipping kitty - USD 60
- Departure Airport Transfer

- Tour guide tips
- Meals not indicated in the itinerary
- Drinks, snacks & personal expenses
- Optional activities

## TRIP ITINERARY

### DAYS 1 ARRIVE IN MARRAKECH, TRANSFER TO HOTEL

Welcome to Morocco! We will meet you on your arrival in Marrakech airport and transfer you to the hotel. Your time is then free to relax by the hotel pool, or explore Marrakech a little independently if you arrive early. We will then have a welcome meeting with the tour guide at 6.00pm where you will meet your fellow travellers. If you arrive late and miss this meeting then we will make the introductions again tomorrow morning. Dinner is included in the hotel tonight. (*Dinner*)

Overnight: Hotel El Andalous (or similar)

### DAYS 2 TO BOUMALNE DADES VIA AIT BENHADDOU

Today, our adventure begins with a scenic drive across the High Atlas Mountains of Morocco, culminating in the ancient village of Ait Benhaddou. This historic village was once a vital stopping point for caravans, and its unique architecture has made it a UNESCO World Heritage site and a popular filming location for international movies such as "Gladiator," "Prince of Persia," and "Game of Thrones."

Nearby, we'll explore Ouarzazate, a city in southern Morocco known as the "Hollywood of North Africa" due to its numerous film studios. We'll have the opportunity to visit these studios and see where many movies have been made.

Continuing our journey, we'll pass through the picturesque Roses Valley, a lush region known for its fragrant damaskina roses. Each year, locals celebrate the rose harvest with a vibrant festival. Our day concludes in Boumalne Dades, a charming town nestled amidst stunning scenery, where we'll spend the night. (*Breakfast*)

Overnight: Kasbah Tizzarouine (or similar)

### DAYS 3 VISIT THE TODRA GORGE BEFORE A CAMEL TREK INTO THE SAHARA

Today, we bid farewell to the Dades Valley and journey eastward to the Todra Gorge. Amidst the palm groves of this oasis, we'll enjoy a leisurely stroll and marvel at the impressive gorges.

Next, we set our sights on the majestic Erg Chebbi dunes of Merzouga, where we'll embark on a camel trek into the vast Sahara Desert. As the sun dips below the horizon, we'll witness the desert's breathtaking transformation.

Our evening unfolds in an authentic Berber Camp on the desert's edge. Here, we'll savor local cuisine, be enchanted by traditional music, and relish a magical night beneath the twinkling Saharan stars. (*Breakfast, Dinner*)

Overnight: Berber desert camp (or similar)

### DAYS 4 DRIVE TO FES VIA ZIZ VALLEY, HIGH ATLAS AND IFRANE. KEEP YOUR EYES PEELED FOR MACAQUES.

Following breakfast, our journey takes us through Errachidia and the Ziz Valley, renowned for its abundant date palms. We then traverse the High and Middle Atlas Mountains, a natural barrier between the Sahara Desert and the country's interior.

En route, we'll pause at the Cedar Forest to observe the playful Barbary macaque apes. Our next stop is

the charming alpine town of Ifrane, a former French colonial retreat.

Finally, we reach Fes, Morocco's ancient capital, where we'll settle in for the night. *(Breakfast)*

Overnight: L'Escale hotel (or similar)

## **DAYS 5 FULL DAY EXPLORING FES**

Considered the largest and oldest medieval city in the world by many, Fes is over 1,200 years old and is famous for its busy Medina. Home to 400,000 inhabitants this is packed with narrow winding streets, mosques, souks and is a heady mix of sights, smells and sounds. We'll spend plenty of time exploring the Medina, seeing various palaces and mosques (which non-Muslims will not be able to enter), and many different crafts on sale. Our guided tour will also include the Fes's famous dye-pits and tanneries, as well as a traditional Moroccan pharmacy and pottery. Finally we'll return to our hotel to relax after a long day of walking and exploring. This evening there is the option for a traditional meal inside the city with live Moroccan entertainment including music, belly dancing and magicians. *(Breakfast)*

Overnight: L'Escale hotel (or similar)

## **DAYS 6 HEAD TO THE BLUE CITY OF CHEFCHAOUEN**

This morning we travel on to explore Chefchaouen, a haven of peace and tranquility. High up in the Rif mountains, Chefchaouen is a beautiful blue door and white-walled medina that was originally a Berber post. The main square is the heart of Chefchaouen, with the Kasbah (built back in the 18th century), central mosque and cafes with great local food. You can explore the busy market in a relaxed atmosphere. *(Breakfast)*

Overnight: Hotel Madrid (or similar)

## **DAYS 7 EXPLORE RABAT EN-ROUTE TO CASABLANCA**

Setting out early today, we journey south to Rabat, Morocco's official capital. Upon arrival, we'll embark on a guided tour of the city, exploring prominent landmarks such as the Hassan Tower and the Mausoleum of King Mohamed V and his son, Hassan II.

Next, we'll venture into the Oudaya Kasbah, a historic fortress that once served as a bulwark against European incursions. After enjoying a delicious lunch in Rabat, we continue to Casablanca, where an optional yet highly recommended visit to the Hassan II Mosque awaits before we check into our hotel. *(Breakfast and Dinner)*

Overnight: Diwan hotel (or similar)

## **DAYS 8 RETURN TO MARRAKECH. OPTIONAL CITY TOUR**

Following breakfast, we'll return to the vibrant city of Marrakech. After settling into your hotel, the afternoon is yours to unwind by the pool or continue exploring independently. You might consider booking our guided city tour, indulging in a relaxing hammam spa and massage, or visiting the enchanting Majorelle Gardens.

During your time here, you won't want to miss Marrakech's iconic landmark, the rose-hued Koutoubia Mosque, standing tall at 77 meters. Its tower, reminiscent of the Hassan Tower in Rabat and the Giralda Tower in Seville, graces the edge of the medina.

To truly experience Marrakech, a visit to the UNESCO-listed medina and Djemaa el-Fna square is essential. This bustling hub of activity is a captivating spectacle, teeming with snake charmers, musicians, henna artists, spice vendors, and souvenir stalls. Here, we'll spend our final evening, where you can immerse yourselves in the city's vibrant atmosphere. *(Breakfast)*

Overnight: Hotel El Andalous (or similar)

## DAYS 9 MARRAKECH

Your adventure tour ends after breakfast. For those flying out of Marrakech on this day, you can arrange airport transfers with your guide, and these can be booked any time for this day - there is luggage storage at the hotel should you need to check out before you go to the airport. Additional nights in Marrakech can also be booked upon request, please contact us for details. (*Breakfast*)

Please note - This trip is run in conjunction with a local operator.

## ESSENTIAL INFORMATION ABOUT YOUR TRIP

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### ARRIVAL & ACCOMMODATION

**Trip Joining Point:** Moroccan House Hotel - Casablanca

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

**Address:** 4 Boulevard Mohamed Smiha, Casablanca 20000, Morocco

**Website:** <https://www.moroccanhousehotels.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 Casablanca 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.

### **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**



- **All trips:**

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 and at the very least are insured for all necessary medical and 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.

### **IMPORTANT INSURANCE INFORMATION FOR THOSE VISITING ZANZIBAR:**

The Zanzibar Government have announced the introduction of a travel insurance policy which will be obligatory for all foreign visitors to the islands, regardless of whether travellers have their own travel insurance in place.

1. The insurance policy is sold by Zanzibar Insurance Corporation.
2. The cost is US\$44 per person.
3. The insurance requirement comes into force on 1st October 2024.
4. The policy must be purchased online at [visitzanzibar.go.tz](http://visitzanzibar.go.tz) and purchases can be made from 1st September 2024.
5. Payment can be made online by debit or credit card.
6. On completion of the purchase, visitors will receive a QR code. The policy documents will be sent to your registered email address.
7. The policy document and QR code must be presented on in Zanzibar. Entry will be refused without this documentation.

To ensure you have a smooth entry, please ensure the above policy is purchased in advance of your arrival.

## **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 -

### **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

for personal use - we recommend Water-to-Go (see below Responsible Travel)

### **Clothes**

- One pair of trainers or boots
- Sandals/flip flops/jandals/thongs
- Underwear/socks
- T shirts/shirts
- Shorts/swimwear
- Jeans/trousers/jog pants/leggings
- Skirt or dress
- Sweat shirt/jumper
- Jacket/fleece & waterproof jacket

### **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
- 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.



## 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

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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
Dinner and Moroccan Entertainment in Fez	US\$30
Hassan II Mosque entry	US\$14
Hammam - Moroccan Bath House	US\$16
Marrakech Guided Walking Tour	US\$20
Ouarzazate Movie Studio visit	US\$9
Cooking class in Marrakech	US\$35

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:** 07-02-2025

