

Climb Mt Toubkal - DCCT

7 days: Marrakech to Marrakech

What's Included

5 days trekking in the Atlas Mountains with a qualified Mountain guide, 2 nights accommodation in Marrakech, 4 days in mountain gites and camping with all meals included.

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing January 1st, 2013 - December 31st, 2013

Itinerary



Day 1 Marrakech

You are welcome to arrive in Marrakech at any time, as today is a designated arrival day with no planned activities. Please note that there will be an important welcome meeting this evening at our joining hotel. Please check the hotel notice board for more information on the location of this meeting or ask at reception. Please bring your passport and travel insurance documents to this meeting, as you will be required to fill out some important pre-tour administration documents. After learning more about our tour and plans for the following day, you are welcome to join our CEO and your travelling companions for an optional dinner in a local restaurant.

Day 2 Imi Oughlad/Azzadene Valley (1B,1L,1D)

After an early breakfast we depart by minibus. Leaving the plains around Marrakech we wind our way through the Moulay Brahim Gorge and the foothills of the western High Atlas Mountains. We pass via the village of Asni to Imi Oughlad, where we'll meet our mules and muleteers to begin our trekking adventure. Our trekking mules will carry your larger bags as well as tents and equipment. Luggage is limited to 12kg per person for the trek and bags must be soft duffel bags or frameless backpacks.

You will carry only your own daypack when trekking - for water, camera, jacket, sunscreen, etc.

It can be that sometimes the mules take a slightly different track at some points, or go faster than we walk. As you may not see them for long stretches, you should be prepared to carry the things you need with you while walking between stops.

We wind our way up past cornfields and woods of juniper and pine to the Tizi 'n Tacht pass (2000m), where we have views back down to Imlil and the Ait Oussaden valley. We descend to the Azzadene Valley, passing red clay terraced villages to reach the village of Tizi Oussemm (1720m) where we stay in a mountain gîte for the night.

Gîtes are accommodation in family houses, or mountain huts, usually in mountain villages and are very, very simple. If you have this expectation in mind we are sure you will be pleasantly surprised. Sleeping arrangements are multi-share. Mattresses are provided. You will need to have your own sleeping bag and sleeping sheet, and bath towel. (Bathroom facilities are basic and shared, and hot water is not always available). You will enjoy delicious homemade dinners of local produce, dining in a traditional manner, often

sitting on the floor in a cozy salon.

Approx driving time: Marrakech to Imi Oughlad, 1.5 hours.

Approx walking time: 6 hours excluding stops (ascent: 850m, descent:300m).

Day 3 Berber villages/Aremd (1B,1L,1D)

A full day walking that takes us through the villages of this grand valley to high passes with stunning views. Walk over the Tizi 'n Tizikert pass (2930m) where we are rewarded with magnificent views over the Mt Toubkal summit, the Tazaghart Pass and the peak of Taddat (3800m).

We then descend to Aremd (1900m) where we stay in another village gite for the night, enjoying another local dinner cooked by our trek team.

Approx walking time: 7 hours excluding stops (ascent: 1200m, descent: 1000m).

Day 4 Mizane Valley/Toubkal base camp (1B,1L,1D)

Today we ascend the beautiful Mizane Valley via the pilgrimage hamlet of Sidi Chamharouch, with the shrine of a marabout (please note that only muslims can cross the bridge to visit the shrine). From here our trail continues to zigzag steadily upwards to reach the Mt Toubkal base camp. Time permitting, we can either enjoy a 2 hour optional climb to the summit of Ouanoums (3650m) or simply relax at our base camp for the night. Tonight we camp in two person tents near the busy Mt Toubkal refuges, which sit at an altitude of 3207m.

Foam mattresses are provided for you to sleep on during our camping. If you would like more comfort please bring a light weight self-inflating mattress such as a thermarest. Pillows are not provided so you may also wish to bring an inflatable pillow. You will need to bring a sleeping bag and we recommend a lightweight sleeping sheet as well (for extra warmth or for when hot).

Bathroom facilities are "au naturelle", we will hide our "hole in the ground" toilet with a tent, and ask that all toilet paper is burnt. You can also make use of the toilets and showers at the base camp refuge, but you will be asked to pay and the camp may be some distance from the refuge.

Approx walking time: 5-6 hours excluding stops (ascend: 1300m, descend: 0m)

Day 5 Mt Toubkal/Amred (1B,1L,1D)

An early start today for the challenging trek to the summit of Mt. Toubkal, at 4167 metres. After conquering the highest mountain in North Africa, enjoy the magnificent views in all directions and relish the sense of achievement that there is on having reached the summit.

We descend back to our basecamp for lunch and then to the camping site in Amred.

Approx walking time: 10 Hours excluding stops (ascend: 960m, descend: 960m).

Day 6 Imlil/Marrakech (1B,1L)

A long descent leads us back via Sidi Chamharouch and Aremd to reach Imlil. After a quick lunch we bid farewell to muleteers and transfer back to Marrakech.

We have the early evening to explore this wonderful city - perhaps for some serious bargaining for souvenirs. Djemaa el Fna, the open-air market place around which the traditional life of Marrakech revolves, has always been an exciting place to visit. The name literally means 'place of death' as it was the place where the Sultans used to display the heads of their enemies. Now, with the food-stalls, snake-charmers, water-sellers, travelling musicians and acrobats, the square is a place of entertainment for both Moroccan and overseas visitors. The modern shopping centres and boulevards of the French-built new town are also only a short walk away. Please note that only certified local city guides are allowed to guide travellers in the medina, therefore your CEO cannot accompany you through the souks, but will be able to help you find a local guide if you wish. Of course, you are also free to wander at your leisure, just make sure to get a map!

We spend this evening in a Marrakech hotel.

Approx walking time: 4-5 hours excluding stops(descent 1470m).

Approx driving time:1.5 hours, Imlil to Marrakech.

Day 7 Marrakech (1B)

You are free to depart Marrakech at any time. Please note that hotel check out time is normally mid-morning, but luggage storage is available (possible extra charge to be paid locally). We are able to organise extra nights accommodation if you wish to extend your stay. Please enquire at the time of booking.

What's Included

5 days trekking in the Atlas Mountains with a qualified Mountain guide, 2 nights accommodation in Marrakech, 4 days in mountain gites and camping with all meals included.

Highlights

Walking in spectacular mountain scenery, tasting delicious local cuisine, camping in the great outdoors.

Dossier Disclaimer

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VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

Important Notes

1. Our trekking mules will carry your larger bags as well as tents and equipment. Luggage is limited to 12kg per person for the trek, and bags must be soft duffel bags or frameless backpacks. Any additional luggage you bring with you can be left in storage at the hotel in Marrakech (at your own risk) – come prepared with an additional bag for this. You will carry only your daypack when trekking - for water, camera, jacket, sunscreen, etc. It can be that sometimes the mules take a slightly different track at some points, or go faster, and you might not see them for long stretches so it is best not to rely on mules carrying the things you need with them between stops.

Foam mattresses are provided for you to sleep on during our camping. If you would like more comfort please bring a light weight self inflating mattress such as a thermarest. Pillows are not provided so you may also wish to bring an inflatable pillow. You will need to bring a sleeping bag (3–4 season depending on time of year) and we recommend a lightweight sleeping sheet as well (for extra warmth or for when hot).

As you will be trekking through remote areas, washing and toilet facilities are basic and may be limited, if non-existent. The toilet facilities are usually squat toilets, and in two locations it's back to nature for the bathroom facilities. Most often only cold water is available. Should heating facilities be available, you may have to pay a small additional charge for this to cover costs of the gas used to heat the water.

2. Weather: Please note that the climate in Morocco can be both very hot during the day in summer months (up to 50°C) and cold at night in the mountains in autumn, early spring and winter (down to -6°C). Summer months, from April to September are very hot throughout Morocco. Winter months November to March can be cool to cold, especially in the Atlas Mountains, with high probability of snowfall. Most Moroccan buildings are not equipped with heating, so without proper layers you will be cold at night. Please bring appropriate clothing for the months in which you are travelling and check temperatures before you leave. Bedding is provided in the desert camp and the gîte, but in winter months if you feel the cold you may wish to bring a sleeping bag too.

3. Depending on the lunar cycle, Ramadan will fall between July 10 to August 10, 2013. Please note that Ramadan is a month of fasting observed by Muslims throughout the world, during which time the followers of Islam should not eat or drink between sunrise and sunset. There may be some limitations to services and disruptions to schedules during Ramadan, but generally our tours still operate effectively during this period and food is available to non-muslims throughout the day.

Group Leader Description

This G Adventures group trip is accompanied by one of our group leaders, otherwise known as a Chief Experience Officer (CEO).

As the group coordinator and manager, the aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. You can expect them to have a broad general knowledge of Morocco, including historical, cultural, religious and social aspects. They will also offer suggestions for things to do and to see, recommend great local eating venues and introduce you to our local friends.

We also use certified local city guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

On this specific trip, your CEO will be an experienced mountain guide.

Group Size Notes

Max 15, Avg 10

Meals Included

6 breakfasts, 5 picnic lunches, 4 dinners

Meals

On this tour many of your meals are included. You can expect simple, healthy seasonal food. Breakfast is typically bread, jam, cheese, sometimes eggs, accompanied by tea/coffee. Lunches are usually salads sometimes with eggs or tinned fish, always with bread. Dinners usually start with a soup followed by tagine, rice or pasta dishes, again with plenty of bread.

We are able to cater for vegetarians.

Please advise us of any other special dietary issues at time of booking.

You are accompanied by a cook who, together with your CEO and mule handlers, will prepare your hearty meals during your trek. If you'd like to lend a hand and learn some of the local techniques, you are more than welcome!

Water and other drinks are at your own expense. Your CEO will give advice about the quantity of water to take at the start of the tour, and availability of additional supplies during the trek.

Meal Budget

Allow USD30-75 for meals not included

Transport

Private air-con van, walking

About our Transportation

On this trip we will travel by private van between Marrakech and Aremd and on foot in the mountains on trekking days.

Solo Travellers

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

Accommodation

Hotels (2 nts), mountain gîtes (2 nts), camping (2 nts, 2-man tents)

My Own Room

Not available on this tour.

About Accommodation

Local mountain gîtes:

Gîtes are accommodation in family homes, or mountain huts, usually in mountain villages and are very, very simple. If you have this expectation in mind we are sure you will be pleasantly surprised. Sleeping arrangements are multi-share. Mattresses are provided. You will need to have your own sleeping bag and sleeping sheet, and bath towel. Bathroom facilities are basic and shared. Hot water is often not available. You will enjoy delicious homemade dinners of local produce, dining in a traditional manner, often sitting on the floor in a cozy salon.

Camping:

We sleep in modern two person tents which are easy to set up. Foam mattresses are provided for you to sleep on during our camping. If you would like more comfort please bring a light weight self-inflating mattress such as a thermarest. Pillows are not provided so you may also wish to bring an inflatable pillow. You will need to bring a sleeping bag and we recommend a lightweight sleeping sheet as well (for extra warmth or for when hot). Bathroom facilities are "au naturelle" We will hide our "hole in the ground" toilet with a tent, and ask that all toilet paper is burnt. You can also make use the toilets and showers at the Toubkal refuge, but you will be asked to pay and often the camp is some distance from the refuge. Don't forget your flashlight/torch. Those worn as "headlamps" are especially useful.

Hotel

In Marrakech we will stay in a local hotel in the new town. This is approximately a 25 minute walk to the central medina. Please note that Morocco is a developing country and as such the infrastructure is not as reliable as you would expect at home. Expect quirky plumbing and the odd cold shower!

Joining Hotel

Hotel Majorelle
25 Allal el Fassi
Marrakech
Morocco
+212 44 30 99 40 or +212 44 31 07 78

Joining Instructions

Upon arrival at Marrakech International Airport, please make your way to the joining hotel. A small "Petit Taxi" from Menara Airport to the hotel should cost around 70-100MAD, but you will have to strike a hard bargain to get this price. "Petit taxis" run on meters with a minimum fare of 5 MAD (50% more after 8pm). You should insist on the driver switching on the meter - they may try to fix a fare with you off the meter, but it will invariably be cheaper to travel on the meter. A "Grand Taxi", a larger car without a meter, will cost more and the price should be bargained for before you set off. If you have more than one piece of luggage, a "Grand Taxi" may be more suitable. A "Grand Taxi" direct from the airport to the hotel will cost around 150MAD. Again, you should be sure to fix the price before you set off and be prepared to bargain if the first price you are given is much more than this.

If you have pre booked an airport to hotel transfer, please look for the G Adventures representative, who will be holding a G Adventures sign. Please start looking for your driver as soon as you enter the terminal. Your name will not be on the G Adventures sign, so please ask the driver whom they are there to meet.

If you are unable to locate your G Adventures transfer, please follow the instructions in "Arrival complications" below.

Arrival Complications

We do not expect any complications and nor should you but the following information is supplied in case of extra ordinary circumstances.

PRE-BOOKED AIRPORT TO HOTEL TRANSFERS

If you have pre booked an airport to hotel transfer, please look for the G Adventures representative, who will be holding a G Adventures sign. Please start looking for your driver as soon as you enter the terminal. Your name will not be on the G Adventures sign, so please ask the driver whom they are there to meet.

If you are unable to locate your G Adventures airport representative, please call our local staff at +212 528 824898 (during office

hours Mon-Fri) or +212 661 429700 (after office hours or at any time if you are not able to reach anyone on the office number. They will assist you in getting to the joining hotel. When you call please have to hand your trip code, as well as your name and telephone number. This will enable our local staff to assist you as soon as possible.

If you are not travelling with a telephone, please head to the airport Information booth who will be able to assist you in the purchase of a phone card and direct you to a telephone.

If for any reason you are unable to commence your trip as scheduled, or your flight is delayed, please call the above numbers to inform our staff so we can re-book your transfer.

Emergency Contact

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

EMERGENCY CONTACT NUMBERS

G Adventures Local Representative (Morocco)

During Office hours (Weekdays, 9am-5pm Local Time): +212 (0)528 824898

After hours emergency number: +212 (0)661 429700

G Adventures Local Office London, UK

Emergency number: +44 7817 262559

If you are unable for any reason to contact our local office, please call the numbers listed below, which will connect you directly with our 24 hour Sales team, who will happily assist you.

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0844 272 0000

Calls from Germany: 01805 70 90 30 00

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

Finishing Point Instructions

We are able to organise extra accommodation post-trip should you require it. Please enquire at the time of booking.

For departure to Marrakech International Airport: a taxi will cost spproximately MAD150. Ask the Hotel staff or your CEO for help in arranging a taxi.

For departure to Casablanca: Take the train from Marrakech to Casablanca. The train service is comfortable and fast (approx 3hrs 10 mins to Casablanca city centre and 4hrs 40 minutes to the airport). It is probably best to go to the Marrakech station and buy your ticket the day before travel. Ask your CEO if you need any advice.

Please note that Casablanca Airport is directly served by train so if you are going to the airport make sure you buy tickets to Casablanca Mohammed V Airport (approx MAD200 first class).

To give you sufficient time to catch your plane, please do not book a flight home which departs before 13:00 at the absolute earliest

Take a petit taxi from the hotel to the Gare (train station) in Marrakech (approx MAD20, may be more with luggage).

What to Take

You will be on the move a lot, so our advice is to pack as lightly as possible. We highly recommend using a backpack or light sports bag, whichever you find easiest to carry, plus a small daypack. Luggage space on transport is limited.

Checklist

Suggested Items:

- Day pack
- Sleeping bag (3 season)
- Sleep sheet
- Fleece top or jacket
- Windproof/waterproof jacket and trousers
- Small travel fast dry towel
- Sun hat
- Personal clothing appropriate for the weather (See also "What to Take" and "Local Dress" sections of this dossier)
- Hiking boots with good ankle support and tread
- Light socks for hiking, warmer for evenings
- Flashlight/torch (with extra batteries and bulbs)
- Flask or water bottle (capacity 2 litre minimum)
- Sunblock
- Sunglasses
- Toiletries
- Watch or alarm clock
- Money belt
- Wetwipes
- Water free antiseptic hand gel
- First-aid kit (should contain lip salve, Aspirin, bandaids, anti-histamine, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, insect repellent, extra prescription drugs you may be taking)

Optional

- Trekking poles
- Inflatable mattress/thermarest
- Small inflatable pillow
- Water purification tablets (in case of limited availability of bottled water)

Additionally for departures April, May, June, Sep, Oct

Please be ready to use layering- be prepared for warm to hot weather while you walk and freezing evenings.

- Warm jacket, anorak or fiber filled jacket
- Warm trousers
- Warm hat
- Gloves
- Scarf
- 4 season sleeping bag recommended

Documents:

- Passport (with photocopies)
- Travel insurance (with photocopies)
- Airline tickets (with photocopies)
- EUR/USD cash
- Credit or debit card (see personal spending money)
- G Adventures vouchers, pre-departure information and dossier
- Any entry visas or vaccination certificates required

Laundry

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

Visas

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy, or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check yourself and understand that you are fully responsible for your own visa requirements.

Most visitors to Morocco, including citizens of the UK, USA, Canada, Australia, New Zealand and EU countries, do not require visas and can remain in the country without a visa for 90 days from the date of entry. Exceptions to this include Israeli and South African passport holders. Please check with your local embassy for more details.

Detailed Trip Notes

Morocco

Climate:

The climate in Morocco is Mediterranean along the coast, becoming more extreme towards the interior of the country. The winter months are from October to March and are characterized by cold nights and pleasant days. Summer is from April to September and starts off very pleasantly with moderate temperatures until mid-June when temperatures get extremely hot, to return to more moderate heat in late September. Inland, the climate is very dry and high temperatures predominate during the day for most of the year, except in the higher mountain areas. It rains generally only in short bursts in the period from the beginning of November until March.

Electricity:

Morocco uses 220V, 50Hz and plugs are two prong rounded (as for Europe).

Languages:

Arabic is the official language of Morocco, spoken in the distinctive Moroccan dialect. Approximately 40% of the population (mainly in rural areas) speak Berber in one of its three different dialects (Tarfyt, Tashelhyt and Tamazight). French is Morocco's unofficial second language and is taught universally, serving as the country's primary language in economics and commerce, as well as being widely used in education and government. Many Moroccans in the north of the country speak Spanish and English is widely spoken in tourist areas.

Capital city: Rabat

Principal ethnic groups: 30% Arab, 60% Berber

Religion: Islam is the official state religion with almost the entire population being Sunni Muslim. 1% are Christian and about 0.2% are Jewish.

Spending Money

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

Money Exchange

The local currency in Morocco is the Moroccan Dirham (MAD).

ATMs are very common in Morocco with Cirrus and Plus system cards are the most widely accepted debit cards. While ATMs are commonly available, there are no guarantees that your credit or debit cards will actually work - it is important you check with your bank before departure and advisable to travel with more than one type of card.

Visa cards are the most widely accepted credit cards, but are generally only useful for larger/expensive purchases. You should be aware when purchasing products or services on a credit card, that a fee usually applies.

The foreign currency most commonly accepted in Morocco is the Euro. You will be able to exchange Euros, as well as GBP and USD at money exchange offices in major cities.

Do not rely on credit or debit cards as your only source of money. A combination of cash (Euro/GBP or USD) and cards is best.

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com

Emergency Fund

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Departure Tax

Usually included in flight tickets.

Tipping

Morocco has a strong tipping culture - it is customary and even expected to tip small service providers such as restaurant and bar waiters, hotel staff, reception, cleaning personnel, bell boys, taxis and van drivers. Tips are regarded as an essential means of supplementing income for those working in the tourism industry.

Even though this might not be customary to you, nor such common practice in your home country, it is generally expected and of great significance to the people who will be assisting you during your travels.

Depending on your preference and/or that of the group, you may choose to tip individually, organize the tipping with your travelling companions, or, your CEO will offer to collect the tip money at the beginning of your tour and tip as a group with your participation as the tour progresses. A recommendation for tipping small service providers is about \$3 USD per day, depending on the quality of the service (this does not include your G Adventures CEO).

Feel free to ask your CEO for the breakdown/distribution of the tips. Note that if you have been very disappointed by a particular service, please inform your CEO right away, and the tip will be adjusted accordingly.

Also, at the end of your trip if you felt your G Adventures CEO did an outstanding job, tipping is also expected and appreciated. The precise amount is entirely a personal preference, however \$20-25 USD per person per week can be used as a general guideline.

Optional Activities

Your CEO will recommend different optional activities, feel free to ask him for more information.

Please note that prices are quoted in Moroccan Dirham (Dh)

Marrakech:

Traditional Hammam (steam bath) including massage – Dh 300

Moroccan 3 course dinner and folklore entertainment in a traditional restaurant overlooking the famous Djemma el Fna Square - Dh 400

Ali Ben Youssef Medersa - Dh 40

Koubba Ba'adiyn - Dh 40

Museum of Marrakech - Dh 40

El Badi Palace - Dh10

Saadian Tombs - Dh10

Bahia Palace - Dh10

Dar si Said - Dh10

Majorelle and Museum of Islamic Art - Dh 50

Bicycle hire – Dh 70–100 per day

All prices are per person (unless stated otherwise), and are subject to change as services are provided by third party operators.

Health

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

DRINKING WATER: It is advisable to drink bottled water in Morocco.

There are no specific health requirements for this trip. However, we recommend protection against typhoid, tetanus, infectious hepatitis and polio. You should consult your doctor for up-to-date medical travel information before departure. We recommend that you carry a First Aid kit, hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that we are in remote areas and away from medical facilities for some time during this trip, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc.

Please note that your adventure travels to high altitude. This is medically defined as anything over 8,000ft (2,440m). Most people can travel to 8,000ft with minimal effects. However, everyone reacts to altitude differently and altitude sickness can on set with some people irrespective of fitness and age. For details on how to best prepare and what to do in the unlikely event you are affected on your adventure, please consult your physician.

Safety and Security

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

www.gadventures.com/travel-resources/safety/

Trip Specific Safety

Altitude Warning

This trip goes to high altitudes where you may well experience the effects of altitude as your body acclimatizes. There is also a small risk of being affected by Acute Mountain Sickness (AMS). The correct way to ascend a mountain is slowly, allowing your body time to acclimatise to the altitude, which we do: but you should be aware that it is still possible for you to be affected. When hiking do not hurry, enjoy the scenery and give your body the chance to adjust. Should you experience headaches, nausea, dizziness or breathing difficulties you should speak to your CEO immediately and take advice on appropriate action.

Medical Form

Our small group adventures bring together people of all ages. It is very important you are aware that, as a minimum, an average level of fitness and mobility' is required to undertake our easiest programs. Travellers must be able to walk without the aid of another person, climb 3-4 flights of stairs, step on and off small boats, and carry their own luggage at a minimum. Travellers with a pre-existing medical condition are required to complete a short medical questionnaire, which must be signed by their physician. This

is to ensure that travellers have the necessary fitness and mobility to comfortably complete their chosen trip. While our CEOs work hard to ensure that all our travellers are catered for equally, it is not their responsibility to help individuals who cannot complete the day's activities unaided. Please refer to the physical ratings in this Trip Details document for more information. Please note that all passengers traveling to Antarctica are required to fill out this questionnaire.

The medical questionnaire can be found online at:

- www.gadventures.com/medical-form.

A Couple of Rules

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Travel Insurance

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Trip Specific Responsible Travel

Things to consider when trekking

The mountains of Morocco are a relatively sheltered domain. The environment is fragile and the socio-cultural traditions should be respected. We ask that you take note of the following guidelines:

- Trekking clothing should be modest (covered shoulders, upper arms and upper legs) especially in or around villages.
- Always ask permission before photographing local people and respect their wishes if they refuse.
- Please do not distribute sweets, pens, money and other items to children as it encourages begging.
- Please do not give medicines to local people without consulting your trek guide.
- Degradable refuse should be safely burnt and the remains buried. Other refuse (tins, bottles, etc) should be carried out of the area to an appropriate place for disposal.
- Crops and plantations should be respected and only dead wood used for fires.
- Water supplies are drawn from local streams, so please limit the use of soaps and detergents and make sure you use those that are biodegradable/eco-friendly. When toileting in the wild, please keep away from water sources.
- Where there is a toilet, please use it. Where there is none, keep away from water sources and make sure you bury your waste. Toilet paper should be used sparingly and be burned and buried safely or taken out of the area for disposal.

Planeterra-The G Adventures Foundation

Through our commitment to responsible tourism we have developed the Planeterra Foundation, a non-profit organization dedicated to making a positive difference in the lives of people and communities around the world through support of international charities, local organizations and community projects in the places that we visit on our tours. G Adventures matches all individual donations and pays all administration costs, which means that 100% of each donation is doubled and goes directly to support our projects. For more information about Planeterra and the projects we support, or to make a donation, please visit www.planeterra.org

Planeterra Dollar-A-Day Program

Our Dollar-A-Day Program provides travellers with the opportunity to help us give back to the people and places visited on our tours by donating one dollar per day for the duration of their tour. 100% of these proceeds will go directly to support our Planeterra projects.

To participate in this program please indicate at the time of booking that you would like to participate in G Adventures' Dollar-A-Day program, either by clicking the check box online, or by advising your G Adventures specialist or travel agent. (Note: Donation will be charged in the currency of your booking)

Local Dress

While visiting mosques and other religious monuments you should dress modestly, cover your shoulders and you shouldn't wear short shorts or skirts. Outside of capital cities and the more touristic centres, local dress is often more conservative and as a matter of respect we ask that both men and women are aware of this and recommend loose-fitting clothes with your shoulders covered. Ask your CEO for more specific advice.

Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at customerservice@gadventures.com and we will send it on to you.

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

Travel Forum - The Watering Hole

Be sure to stop by [The Watering Hole](#), our adventure travel forum. If you're interested in meeting others booked on your upcoming trip, check out the [Departure Lounge](#) section of our forum and introduce yourself. Otherwise, just drop in at anytime to share some travel tips, ask questions, meet other travellers and quench your thirst for travel. Our forum is located at wateringhole.gadventures.com.