



Winter Toubkal Ascent

7 days, Marrakech to Marrakech

Trip code DCWT

What's included

- Your Welcome Moment: Meet Your CEO and Group

- 5 days trekking in the High Atlas Mountains with a qualified mountain guide

- All transport between destinations and to/from included activities

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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.

VALIDITY: Valid for all trips departing January 1st, 2015 and onwards

Itinerary



NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

Marrakech

Arrive at any time.



Meals included

Dinner



Today's Activities

ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

Welcome Dinner

Enjoy a delicious welcome dinner in Marrakech.

Trek from Imlil to the mountain village of Aroundd and take in the views of Mt Toubkal. In the afternoon, explore the village and local area.

This morning, depart Marrakech and journey to Imlil in the Toubkal region – where the adventure begins! Start off with a short trek from Imlil to the small village of Aroundd. Settle into the simple mountain gîte where we will spend the night, then head out with the CEO and explore this Berber community.

Accommodation is multi-share with 3 or 4 beds in each dormitory/room. Bedding is provided but it is necessary that you bring a sleeping bag for additional warmth, seeing that it is winter time. You will also need to bring your own bath towel. Bathroom facilities are unisex and shared.

Luggage will be transported by mules.



Meals included

Breakfast | Dinner



Today's Activities

Private Vehicle

Marrakech – Imlil

1h30m

Settle in and scan the scenery from the convenience of a private vehicle.

High Atlas Trek

Imlil – Aroundd (Aremd)

4h-6h

Set out on a short trek from Imlil to the small village of Aroundd. Take in fresh air and great views of the Atlas Mountains as you go.

Trek to Sidi Chamharouch, a pilgrimage site for many Moroccans. Continue on to the Mt Toubkal refuge.

Hike along the mountain slopes to Sidi Chamharouch. From there the trail continues to climb steeply towards the refuge, which sits at an altitude of 3,207m (10,521 ft). After arriving, take time to relax, review equipment, and practice your technique on the surrounding snow. The CEO will give you instructions on the use of ice axes and crampons.

Approximate walking time: 6hr (excluding stops)

Ascent: 1,200m (3,937 ft)



Meals included

Breakfast | Lunch | Dinner



Today's Activities

High Atlas Trek: Sidi Chamharouch

Around (Aremd)

4h-6h

Trek through the Ait Mizane Valley to the shrine of Sidi Chamharouch. Located at 2,350m (7,710 ft), this sacred site draws numerous pilgrims who come to pray and make offerings. Take in the unique shrine and its rocky surroundings. Please note that only Muslims are permitted to enter the shrine itself.

Full-day trekking to the summit of Mt Ouanakrim.

Set out early for the summit of Mt. Ouanakrim. Enjoy stunning views from the top before heading back to the refuge. This afternoon, there is time to relax and get ready to ascend Mt Toubkal.

Approximate walking time: 6hr (excluding stops)

Ascent: 900m (2952 ft)

Descent: 900m (2952 ft)



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Mount Ouanakrim Trek (Winter)

Jebel Toubkal

6h-7h

Set off through the valley early this morning and begin trekking up North Africa's second highest peak. There are several routes to the summit and the CEO will chose the most appropriate one for your group depending on local conditions. Once you've reached the top, take some time to enjoy the stellar views of Mount Toubkal and the snowy mountaintops of the High Atlas Mountains before beginning the descent back to the refuge.

Another full day of trekking to the 4,167m-high (13,671 ft) summit of Mt Toubkal. Take a moment to enjoy the views and then head back to the refuge.

Rise early this morning and begin the ascent of Mt Toubkal—the highest mountain in North Africa. Enjoy lunch upon arriving back at the refuge and spend the rest of the day relaxing.

Approximate walking time: 6-7hr (excluding stops)

Ascent: 960m (3149 ft)

Descent: 960m (3149 ft)



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Mount Toubkal Trek (Winter)

Jebel Toubkal

6h-7h

Today is the day! Wake up early, grab your ice axe, and begin the trek to the snowy summit of Mount Toubkal at 4,167m (13,671 ft). Set out from the base of the mountain and prepare to navigate scree and, later, snow from the start of the steep climb. Continue on and traverse the south ridge to reach the top, this is the climax of your adventure—enjoy it! Once you've made it to the summit, rejoice and relish the achievement of having conquered North Africa's highest peak. After taking in the magnificent views in all directions, head back down to the refuge via the same route.

Descend to the village of Aroumd via Tizi Ouanoums Pass. It may be possible to catch a view of Lake D'ifni en route.

Approximate walking time: 7hr

Ascent: 457m (1,500 ft)

Decent: 1,664m (5,459 ft)



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Aroumd Trek (Winter)

Jebel Toubkal

Journey back to the little village of Aroumd via the Tizi Ouanoums pass. Follow the route alongside Mount Toubkal and (weather permitting) enjoy spectacular views of Lac D'Ifni.

Day 7

Aroundd (Aremd)/Marrakech

Hike back to Imlil before transferring back to Marrakech, tour ends upon arrival.

Please book any ongoing travel after 14:00 to allow for travel time back to Marrakech.



Meals included

Breakfast



Today's Activities

High Atlas Trek

Aroundd (Aremd) – Imlil

4h-6h

Begin today's trek in Aroundd. Follow mountain trails through remote villages and across open spaces in this incredible wilderness, before reaching the town of Imlil.

Private Vehicle

Imlil – Marrakech

1h45m

Settle in and scan the scenery from the convenience of a private vehicle.

Departure Day

Not ready to leave? Your CEO can help with any onward travel arrangements you require.

What's included

- Your Welcome Moment: Meet Your CEO and Group
- All transport between destinations and to/from included activities
- 5 days trekking in the High Atlas Mountains with a qualified mountain guide

What are the main highlights of this trip?

Hike amongst snowy mountain scenery, summit two peaks in the High Atlas Mountains, experience Moroccan village life in winter

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Is there a disclaimer I should read before booking this trip?

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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.

Is there a travel disclaimer for my itinerary I should review before booking this trip?

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.

What important notes should I be aware of before the trip?

Please note - this is winter trekking. Use of crampons and ice axes is essential to be able to make the summit attempt. Experience is not essential, but would be helpful. The guide will give assistance to those who have little or no experience. You do not need any previous experience of using this equipment, but please be aware that you are walking over snow and ice on the way to the summit. This equipment is not provided, and we recommend that you bring this with you for the trip. It may be possible to hire ice axes and crampons in Morocco, but availability of the equipment is limited, so we cannot guarantee this. You should be able to purchase or hire crampons and ice axes in mountain equipment stores near you.

Crampon Requirements:

Crampons come in a variety of shapes and sizes, as do the boots that come with them. For this trip you require crampons that are suitable for mountaineering. The best crampons would be 10 or 12 point crampons with semi-rigid steel frames. These can be either strap-on, step-in or hybrid crampons, with fixed horizontal front points. For more information, consult with your favourite outdoor equipment store if you are unsure of the best crampons for you.

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 duffle 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) and we recommend a lightweight sleeping sheet as well (for extra warmth).

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.

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.

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. It is very important to display increased cultural sensitivity during

Ramadan. Please wear loose fitting clothes, that cover knees and shoulders, and try to avoid eating, drinking or smoking in public out of respect for those who can't at that time.

What is the role of the group leader during this trip?

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.

What is the maximum and typical number of participants on this tour?

Max 12, Avg. 8.

What meals are included in this trip?

6 breakfasts, 4 lunches, 6 dinners

What are the meals like on this trip?

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.

What are the modes of transportation on my trip?

Private van, walking

How will we travel between destinations?

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

Is there an extra cost for travelling solo?

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.

Where will we stay during the trip?

Hotel (1 nt), village houses (2 nts multi-share), mountain refuges (3 nts multi-share)

What should I expect from the accommodations on this trip?

Mountain Refuges:

The mountain refuges are extremely basic sleeping facilities used pre and post summit. The dormitories here are set up to sleep up to 20 people per dormitory. You will need to have your own sleeping bag and sleeping sheet. Bathroom facilities are very basic and shared, expect no hot water. In the winter months November to February also expect very cold temperatures.

Village Houses:

This is accommodation in family homes, 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. 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!

What is the joining hotel?

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

What are the joining instructions?

Please note that day 1 is an arrival day and no activities have been planned on this day. Upon arrival to the city on day 1 (or earlier if you have booked pre-accommodation with us), please make your way to the joining hotel (note that check-in time will be in the afternoon). Once you arrive at the hotel, look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

When you arrive to Marrakesh Menara Airport, you will have several options to get to the Hotel Majorelle.

If you have pre-arranged an arrival transfer, look for the driver holding a G Adventures sign in the arrivals hall. Please approach them, and ask them who they are supposed to be picking up (do not tell them your name, they should have this information already). Once they give you the correct name, have your passport ready to show them and you will be on your way!

If you are taking a taxi, upon exiting the main terminal, walk straight ahead into the main car park where you will see the taxi stand with many taxis all queued and waiting. The cost of a taxi can be as much as 200MAD, but please haggle to get a lower price.

If you are using public transit, when exiting the main terminal building, you will need to walk through the car park and out of the car park exit (approximately a 1km walk) to reach the bus stop. You will need to take the N° 19 bus from outside of the airport grounds and that will take you to Jemaa El Fna and then onto Bab Doukkala Bus Station making other stops along the way. From Bab Doukkala Bus Station, you will need to take a taxi to the hotel. The journey takes approx. 50-60 minutes and a single bus ticket currently costs 50MAD. The cost of a taxi from the bus station to the hotel can be between 40MAD and 100MAD. Please haggle to get the lowest price possible.

What should I do if I can't find my airport transfer or experience arrival issues?

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.

Who do I contact for arrival issues or in the event of an emergency?

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 861950

If you are unable to contact either of these numbers please phone G Adventures Regional Operations Manager
Emergency Cell Phone: +905324815173

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 Sales team who will happily assist you. Hours of operation by region can be found [here](#).

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

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

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

What details should I be aware of when planning my departure day?

We are able to organize extra accommodation post-trip should you require it, as well as departure transfer. Please inquire at the time of booking.

If you'd like to book a departure transfer from Marrakech Hotel to Casablanca International Airport, please choose an 8am shuttle option for flights departing after 14:30, and a 13:30 shuttle option for flights departing after 19:30.

For departure to Marrakech International Airport: a taxi will cost approximately 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 14:00 at the absolute earliest.

Take a petit taxi from the hotel to the Gare (train station) in Marrakech (approx MAD30, may be more with luggage).

What are the packing guidelines and luggage restrictions?

We recommend using a backpack for your convenience, or a medium-sized suitcase if you prefer. A daypack is also essential for carrying everyday items. Space is limited on transportation, so there is a limit of one main piece of luggage per person. You will be responsible for carrying your own luggage. You must be prepared to carry your luggage up and down stairs, as well as on and off transportation.

What should I pack for this trip?

Health & Safety:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

Where can I do my laundry on this trip?

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.

What are the visas and entry requirements for my trip?

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 the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

Where can I read detailed notes about this trip?

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 (Tarafit, Tashelhiyt 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.

What should I consider when planning my personal expenses and discretionary spending for this itinerary?

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.

What should I know about currency, credit cards, and exchanging money while on this tour?

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

What emergency funds do I need access to on this trip?

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!

Do I need to pay a departure tax?

Usually included in flight tickets.

What are the tipping guidelines for this trip?

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 and driver).

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.

What activities are optional on this trip?

- No optional activities

Are there any health considerations I should know before travelling?

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.

What general safety tips and free-time guidelines should I follow?

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/

Are there any specific safety considerations for this itinerary?

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.

What are the mandatory group rules regarding laws and behaviour?

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.

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.

What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

How should I dress to respect local customs during the tour?

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.

How can I share feedback about my trip experience?

Earn 5% off your next G Adventures Tour (up to \$100 USD)*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

Does G Adventures have an email newsletter I can subscribe to?

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.

What are the age restrictions for this trip?

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

Dossier Disclaimer

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 the operator. 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.

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.