

Trekking In The Sahara Desert

Information and Itinerary

Including Special

Help for Heroes, The Grantham Hospice and Royal Brompton Hospital Treks

This 10 day itinerary includes some time in the ancient city of Marrakesh, a wonderful drive to and from the desert and a trek of some quality in a very different and unique environment.

You will be met at the airport and transferred to your traditional Moroccan Riad (hotel), just minutes from the famous square; the Djemaa el Fna. It is here that the entertainers perform and it also the location of the Medina (myriad of souks (markets)).

On Day 2, your drive down to the Desert begins. You will drive over High Atlas mountains and down to your overnight stop - Ouarzazate. This small town is the gateway to the desert and home to many famous films (most notably 'The Gladiator'). Your hotel is a typically Moroccan Oasis. Enjoy a tagine and a glass of wine before you reach the miles of glorious sand that await you the following day.

Another half day drive through the Draa Valley and you will reach the end of the road, literally! M'Hamid is a desert town and where you will meet your support team, complete with camels and handlers and your trek begins.

Once you begin trekking, it will not be long before you wonder how your Guide is navigating; it all looks so similar with no landmarks to speak of. Until that is, you meet Eric. Eric is a 300m high sand dune and you will sit on top of it (eventually!) at least once.

This 5 day trek takes you deep into the desert, experiencing what life there is (and there is more than you think) and the tranquillity that it can bring. With no ambient

**The feeling of isolation, the lack of any
ambient noise or light is just wonderful**

light and the desert to absorb all sound, the evenings and nights are just so dark and quiet. It is quite eerie even just to sit on a small dune overlooking the campsite and just look and listen. The stars are so bright and it is very easy to spot the orbiting satellites as they speed across the skies above you.

This is a camping trek so all of your kit will be transported on camels; all you need to carry is your daysack containing items such as your cam-



Charity Trekking

Come on...support

Our Armed Forces

The Grantham Hospice

Rose Ward, of the Royal Brompton Hospital

Travel and Trek is delighted to be able to facilitate these specific treks in support of these wonderful charities.

These treks for charity have no 'set up fees', no sponsorship targets; the respective Charities are grateful for anything that you can collect. Travel and Trek can provide the sponsorship paperwork.

Whilst these treks are dedicated to these Charities, if you wish to trek for an alternative charity or even not for any charity, you are still welcome to join it.

More information, including dates on Page 2.

The Help for Heroes Charity reference number for this trek is 20100301-8836-1943.

DETAILS

Price: between £460 - £495 pp

Duration: 10 days UK - UK

Dates: see website



The vast sands can stretch for miles and below, have you ever made bread in the sand?



era, water, sunscreen, etc...

If you are a keen photographer, protect it well. Sand and cameras do not mix well!

The terrain is not all soft sand; some hard baked surfaces (mainly river beds) and even rocks are never too far away.

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

It is way too hot to trek in the desert in our traditional summer months (over 50 Deg C). We subsequently trek in the winter months, Dec - Mar. There will always be a chill when the sun is down and a slight frost overnight on tents is not uncommon.

Should you decide to book, you will be provided with **a comprehensive set of trekking notes and a kit list** to help prepare you for the trek.

Marrakech. No trip to Morocco would be complete without visiting Marrakech.

A city to whet your appetite; one that conjures up a picture of an ancient walled city within which traders ply their goods and find entertainment – it is still true today. All Travel and Trek trips begin here.

You will be accommodated in a local, traditional Riad a few minutes away from a square full of entertainment - the Djemaa el Fna. This square comes alive after dusk with the bright burning lamps of the food stalls, the story tellers, the musicians all entertaining the tourists and locals alike.

The Medina is also on your doorstep; it is a myriad of lanes that lead to many Souks (markets) selling local crafts such as carpets, leather goods, metalwork, wooden crafts and specialist foods including spices.

Flights To Marrakech

(researched Apr 2010)

Scheduled airlines:

Royal Air Maroc (from Heathrow and Gatwick) and Iberia (from Heathrow)

Low Cost Airlines (all direct)

Ryanair fly from Bristol, East Midland (Nottingham), Edinburgh and Luton

Thompson fly from Manchester and Gatwick

Easyjet fly from Manchester and Gatwick

Don't discount flying to other European countries (ie France) and connecting to Marrakech from there.

Excellent research websites:

www.low-cost-airline-guide.com
<http://www.skyscanner.net/>
<http://www.kayak.co.uk/flights>

Special Treks for Charities

11 - 20 Feb 2011

The Grantham Hospice

Grantham's GIFTS Hospice is to close in the summer of this year for a £1.3 million refurbishment. It is scheduled to open in March 2011 under the new name of 'The Grantham Hospice'.

The new Hospice will be able to treat a wider range of patients and provide more home support.

Travel and Trek have teamed up with the Grantham Journal to promote and facilitate this trek to support the Hospice, which plays an enormous part in the lives of many of the local community.

Same dates as above

Help for Heroes

Terry Crosby served for 33 years in the Armed Forces. He was fortunate enough to complete his service without serious injury.

Others are not so lucky.

As the founder and Managing Director of Travel and Trek he is delighted to be able to use his expertise to facilitate and indeed lead a trek of this challenging nature in aid of Help for Heroes.

For those on this trek, be assured that you will be trekking with others that have the same common interest.

Rose Ward, Royal Brompton Hospital

19 - 28 Nov 2010

Rebecca Perry was just 3 months old when she had open heart surgery. She is now 6. She still has more procedures to come.



Had it not been for the dedicated staff and surgeons of this hospital, she would not be here today.

Celena is Rebecca's mother and has to say thank you somehow. She is taking on the might of the Sahara to raise money for this wonderful hospital that saved her daughters life.

Join Celena in November this year.

Important Information:

- **Costs** are based on 2 sharing and are per person (singles see below).
- **Dates:** See website.
- **Passports.** Passports should be valid for a minimum period of 6 months on the date on entry into Morocco.
- **Tourist Visas** are not required for UK Nationals.
- **Itineraries.** Day 1 of itineraries is deemed to be your departure day from the UK.
- When you book with Travel and Trek, you will receive a set of **comprehensive trekking notes**, an itinerary, clothing and equipment lists and notes on medical issues.
- **Singles.** Travel and Trek does not believe in penalising single travellers unnecessarily. Regretfully in Morocco, it is unavoidable and therefore necessary to charge an additional £20 per night if a room is occupied by just 1 person. This only applies to hotels and not on trek. If you do not request sole occupancy of a room, you will be accommodated with another member of the group of the same sex.
- **Extended Stays.** You are free to extend your stay in Morocco with extra days before or after the trek. Travel and Trek can assist you with accommodation if you wish or you are free to make your own arrangements.
- **UK Leaders.** Some treks are led by a UK Leader IN ADDITION to a local Moroccan Guide. ALL treks have a local Guide on them.
- **Fitness.** Walking in the Sahara is clearly not as physical as mountainous high altitude terrain but it does have its own challenges. Whilst all of the terrain is not soft sand, it is undulating the heat will have an affect. A reasonable level of fitness based on the ability to walk at your own comfortable pace for 6 - 7 hrs a day (with rest stops), for several consecutive days carrying a day sack weighing approx 5kg is all that is required.
- **Medical/Vaccinations.** You are advised to consult your GP if you are in any doubt about your physical condition to undertake this trek. You should also seek advice on what vaccinations you require for Morocco but in general terms you should plan on requiring Hep A, Tetanus, Polio and Typhoid.
- **Desert Heat.** To trek in the Sahara in the summer months would simply be too hot. In the winter months, you can still expect daytime temperatures to reach around 30 Deg C but may drop close to freezing at night. A light frost on the tents overnight is not uncommon. The region they we trek in has over 320 cloudless days per year.
- **Local Payments.** Travel and Trek does not charge any local payments.
- **Travel Insurance.** It is absolutely vital that you have adequate travel insurance. Further advice will be given on booking.
- **Inclusions.** All hotel accommodation on a twin share basis in Marrakech and Ouarzazate, return airport transfers, return road transportation to/from trek, the services of an English-speaking qualified Moroccan Guide, full time throughout the trek, camel team support for portage on trek, all accommodation for the trek (tented, twin share), all meals on trek, breakfasts in hotels, mineral water for trekking phase only.
- **Exclusions:** International flights UK – Morocco - UK, local trek staff gratuities, personal spending, travel insurance.
- **How to Book.** Download the Booking Form from the website's Homepage (located bottom right hand corner). Complete and return (it can be done by e-mail) with your deposit of £120 (details of how to pay are on the form).
- **Documentation.** Having booked, you will then receive a confirmation letter and comprehensive set of documents to help you prepare. You will also be kept informed of how the trek is going and assistance with sponsor forms if required. If in any doubt, call Terry at Travel and Trek.



Daily Itinerary - Sahara Desert

Days	Event	Remarks
1	Arrive Marrakech	You will be met at the airport by a Travel and Trek representative and taken to your traditional Riad (hotel). Your Riad will be very close to the famous Medina (see page 2) and how much time you have there will depend on your arrival time. It is open until late.
2	Depart for Ouarzazate Overnight Ouarzazate	There is enough time for a leisurely breakfast and a little time to walk around the centre of Marrakech before the departure. This journey goes directly over the High Atlas mountains before descending to the sandy plains close to Ouarzazate; wonderful scenery. Total journey time 5 – 6 hrs, lunch en route
3	Ouarzazate – M’Hamid Begin the trek	Despite the sandy appearance, you are still some 5hrs from the Sahara for real. A leisurely breakfast and depart for M’Hamid through the Draa valley. There will be a stop en route to pick up some supplies. Lunch is just beyond M’Hamid where you will meet the support team. Trek for up to 2 hrs to your first night’s camp.
4 - 7	Trek	Trek deep into the desert with mixed and varied terrain showing all that this unique environment has to offer. It will take half a day to lose any urban life and trees. The ground will always be a mix of hard baked and soft sand but eventually you will emerge onto classic deep sand. Your chef will always be ahead of you, preparing lunch in a shady spot. Keep your eye on the camels, they will trek a slightly different route. You will, at times, come across some Nomadic camels, usually near a water base. There are no official place names for the overnight stops; just go with the flow! The deeper you go, the bigger the dunes so take your time when climbing some of the big ones! Great photo opportunities.
8	Final trek day– pick up by 4 x 4 Transported to Ouarzazate Overnight Ouarzazate	It is possible that you may be picked up by 4 x 4 at the campsite. There may also be an opportunity to ride the camels for a short period. There is a 4x4 drive through the desert back to M’Hamid where you will be transferred to another form of transport for the drive to Ouarzazate. You will likely stop in a town en route for a leisurely lunch.
9	Ouarzazate – Marrakech Overnight Marrakech	Return journey across the High Atlas, lunch en route. Enjoy your last night in this ancient city in or around the square.
10	Depart for UK	Transferred back to the airport for your flight to UK. The hotel will gladly store your luggage until you depart if you have late departure.

Meals included:

Breakfast everyday

All meals between (and including) lunch on Day 3 to breakfast on Day 8.

Camping equipment included:

Tents for sleeping (including soft insulation mats)

Tent, for dining; be aware that eating is done sitting on your mats in a square, with the food central. There are no chairs. It is traditional.

All plates, cups, utensils

Toilet tent

CONTACT DETAILS

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