

In support of
HELP for HEROES

TRAVELANDTREK.COM

Sahara Trek 11 - 20 Feb 2011

Travel and Trek is delighted to be able to facilitate this trek in support our Armed Forces.

This trek for charity has no 'set up fees', no sponsorship targets; we are grateful for anything that you can collect.

This 10 day itinerary includes 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, unique and challenging 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 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 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 camera, water, sunscreen, etc... The terrain is not all soft sand; some hard baked surfaces (mainly river beds) and even rocks are never too far away.

DETAILS

Price: £460

Duration: 10 days UK - UK

Trek guaranteed to go

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!



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 a trek of this challenging nature in aid of Help for Heroes.

Terry is coordinating this trek personally and will ensure that your trek is well taken care of.

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

If you do decide to support this trek, you are encouraged to get as many people to sponsor you as possible BUT there is no formal obligation to do so. Official H4H sponsorship forms will be provided by Travel and Trek.

This trek is officially authorised by the charity; it's Reference Number is 20100301-8836-1943.

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Important Information:

- **Costs** are based on 2 sharing and are per person (singles see below).
- **Dates:** 11 - 20 Feb 2011.
- **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. If you are a single traveller and do not request sole occupancy of a room, you will be accommodated with another member of the group of the same sex. If there is an odd number travelling and you happen to be the odd one out then you will be allocated sole occupancy at no extra cost. If you do request sole occupancy throughout all or part of the trip, then you will be charged a supplement.
- **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.
- **Desert Heat.** To trek in 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.
- **Price:** £460
- **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, the contact details are below.

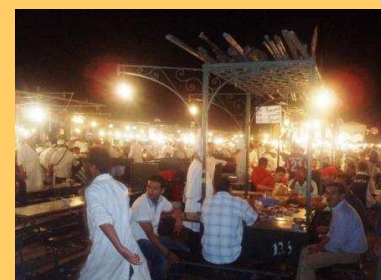
Marrakech

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.

You will be accommodated in a local, traditional Riad a few minutes away from 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.

**CONTACT DETAILS**

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Daily Itinerary - Sahara Desert

Days	Date	Event	Remarks
1	11 Feb	Arrive Marrakech	You will be met at the airport by a Travel and Trek representative and taken to your hotel. What you are able to do for the rest of this day will largely depend on what time you arrive in Marrakech.
2	12 Feb	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. Total journey time 5 – 6 hrs, lunch en route
3	13 Feb	Ouarzazate – M’Hamid Begin the trek	Depart after breakfast for this 5 hr journey to M’Hamid. 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	14 - 17 Feb	Trek	Trek deep into the desert with mixed and varied terrain showing all that this unique environment has to offer. There are no official place names for the overnight stops; just go with the flow!
8	18 Feb	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 15km 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 to Ouarzazate for a leisurely lunch.
9	19 Feb	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	20 Feb	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

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

Toilet tent

Sleeping mats

All plates, cups, utensils