

Further Information



This document has been compiled by our local Ground Handlers and is based on recommendations from previous expeditions.

Please do take into account your own personal preferences and common sense! We welcome feedback on how this document can be improved upon your return from your Challenge.

A few notes.....

Morocco is about 3 hours in flight time from London on the North Coast of Africa. The time difference in the summer is 1 hour later than GMT. Morocco includes an Atlantic coastline, a flat arid interior rising up to the massive mountain range of the High Atlas (of which Toubkal is the highest peak), and another smaller mountain range - the Anti Atlas before the countries southern borders in the Sahara desert.

The people of Morocco are of Berber and Arabic origin, speaking different languages. The official language is the Moroccan dialect of Arabic, and Arabic itself. The Berbers speak Tachelhit. The country is Islamic and is reined by Mohamed VI.

The south of Morocco is the land of the Sahara. Here, where life is only possible in oases and Kasbahs, these words, synonymous with water, have a magical ring. At Quarzazate, scarcely 200km from Marrakesh but in a different world, you stand on the threshold of the mighty Sahara. Standing on the edge of a vast desert plateau, with snow-covered peaks visible in the distance, this ancient garrison town retains an almost tangible connection with a distant past.

Morocco is very welcoming and the people are friendly, enjoy your experience!

Climate & Temperatures

Quarzazate average day time - 15-30 °C, night time- 0-10 °C

The evenings could feel much colder in the wind, and there is always a possibility of rain. Remember to take waterproofs just in case.

Time

Morocco is in the same time zone as the UK, except in the summer when it is +1 GMT.

Food

The hotel in Quarzazate is on a bed and breakfast basis, apart from the last night where there will be a celebratory dinner! All meals are supplied on the trek, including fully cooked dinners. You will have a chance to try the local Moroccan specialities including tangerines and couscous. Please note, due the early departure on Day 6, breakfast will not be available at our Hotel.

Difficulty

The trek, while not too technical in the walking sense, is quite tough due to the difficulty of walking in Sand Dunes. The scenery has a stark beauty and will offer tremendous photo opportunities.

The distances trekked on this Challenge can change daily due the sand continuously moving! Although the mileage covered is not huge, you will be trekking for approximately for 7 hours on the 2nd and 3rd day actual trek. The average speed trekked through can be approximately 1 -2 km per hour.

Any form of endurance exercise would be good training.

Equipment

All equipment that you should bring is shown on the Kit List. Trekking poles may not be suitable in some area of the dunes, but they are always worth bringing along.

Accommodation and Sleeping arrangements

Whilst on trek we will camp with all the camping equipment being transported by our camels. 2 people to a tent with sleeping mattresses being supplied. You will need to bring your own sleeping bag as advised in the Kit List.

Further Information cont.



Health/Vaccinations

It is highly recommended you consult your Doctor about what immunisations are required for Morocco.

The vaccinations below are given as a guideline only – always consult your own Doctor:-

Hepatitis A, Typhoid and Diphtheria

Tetanus and polio boosters should be up to date

Toilets and washing facilities

Whilst in Quarzazate, we will stay in a Hotel using twin rooms with en-suite washing facilities. Whilst on trek, as you can appreciate, it's very difficult to provide water due to us being in the desert! Therefore, we suggest "wet-wipe" washes! Remember, this is a Challenge! A latrine toilet will be dug at each camp which again, will be very basic!

Security and Safety

Our group will be accompanied by experienced local Berber guides, in addition to a Global Adventure Challenge Expedition Leader from the UK. Full comprehensive medical kits will be taken and Satellite Telephones will also accompany the group ensuring safety. In extreme emergencies, there's a local helicopter service for the evacuation if required.

Passport/Visa

There are no visas needed to enter Morocco on a free 3 month tourist visa if you are a UK, European or American citizen. However, a customs/police form will be given to you on the flight to Morocco which needs to be completed and handed to the immigration police on arrival. A departure form needs to be also completed before leaving the country at the airport. Please contact the Embassy if you are not sure.

Water

Mineral water is carried by the camels and is provided free of charge.

Valuables

We suggest you take all personal and valuable items, including your passport, with you on trek in your day pack.

Currency & Spending Money

The currency is the Dirham, which is roughly 13 to the pound. Dirhams can be found at the departure airports (London) or at cash machines in the city. Cash can also be exchanged in the bank or associated currency exchangers (English notes only). We suggest you take cash if you want to have a quick shop before the celebratory dinner, as Quarzazate is a really small town and credit card facilities are very, very scarce. As a guide, a cup of coffee is 6-15 DH, a glass of orange juice in the Place Jamna el Fnaa- 3DH, a dinner of two courses 25- 200 DH (of course there are also expensive places). A light weight women's top - about 100DH in the souk.

Luggage

Luggage will be transferred with you to the hotel and by camel between camps. Any luggage that you don't need for the trek please leave in the hotel in Quarzazate where it will be held in a safe place. Please try to keep the amount taken on a trek to the minimum for the camel's sake! Your overnight soft bag will be carried by camel to each camp site where it will be available in the evenings after the days walk is over. Your tents will also be erected for you on arrival.

Further Information cont.



Tipping

Tipping your guide(s) is appropriate, customary and always appreciated. Your guides work in teams and evenly split all gratuities they receive. Your gratuity should reflect the quality of service you received and anything special your guide(s) did to enhance your trip.

Local Life

You will see mainly Berbers in Quarzazate. Here you will see nearly all the women wearing Djellaba's (long robes with long sleeves and hood) and the foulard or head scarf. The mosque calls out 5 times a day for prayer, and you will probably be woken by the call from the muezzin at the early morning call before you get used to it.

Snakes and Bugs

In the desert, there are vipers, cobra's and scorpions, but please **DO NOT BE ALARMED!** It is very, very unlikely that we will come across them. Please do use your common sense and check your boots and shoes before putting them on, and always zip up your tent at night.

Telephone Signals

Mobile signals can be found all over Morocco, (roam for IAM and Maroc Telecom). There will be mobile phone signals in Quarzazate, but this will start to diminish as soon as we reach M'Hamid on Day 2.

Please note that the information above is correct at the time of going to publication