

# EXPLORE!

## Tour Notes



### High Atlas Trek (HA 2015)



TOUR DURATION  
**15**  
DAYS



**Tour Style:** Classic  
**Tour Comfort:** Basic

**Tour Type:** Small Groups  
**Trek Grade:** Moderate to Challenging

**tour Code:** HA

## Tour Highlights - High Atlas Trek

- ✓ Atlas Mountain - Two weeks trekking in the highest and most scenic mountain range in North Africa.
- ✓ The Berber People - A chance to meet the local Berber people and enjoy their warm hospitality in remote villages.
- ✓ Ascent of Jebel Toubkal - Climb to the top of North Africa's highest peak (4167m).
- ✓ Marrakech - Explore the vibrant 'Red City' with its bustling souks and the vibrant Djemma El Fna.

## Tour Essentials

<b>Accommodation:</b>	3 nights Standard Hotel 6 nights Basic Village House 2 nights Basic Mountain Shelter 3 nights Basic Camping
<b>Included Meals:</b>	14 breakfasts, 11 lunches, 11 dinners
<b>Start Point:</b>	Join tour: Marrakech
<b>End Point:</b>	Tour ends: Marrakech
<b>Maximum Altitude on Trek (m):</b>	4167
<b>Transport:</b>	Minibus
<b>Countries:</b>	Morocco

## High Atlas Trek

On this trek we walk through the rugged terrain of Morocco's highest mountain range. We stay in village houses, meet the local Berber people and discover the wilderness of the High Atlas. We have the option to climb to the summit of Jebel Toubkal (4167m), the highest peak in North Africa, and we explore the souks and medina of the 'Red City' of Marrakech.

### Suitability

We've given each of our tours a comfort rating and a tour pace, walking or cycling grade to give you a general idea about the level of activity on each tour and the standard of accommodation you will be staying in at the end of your day's adventure.

Often you'll stay in different styles of accommodation during your tour; so we make an average rating across the entire tour. For more information on where you'll stay each night, please refer to the day by day tour itinerary.

### Tour Comfort: Basic

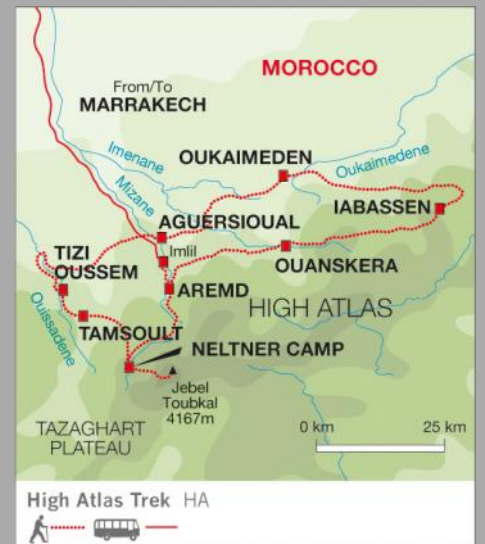
Our basic accommodation can offer the most rewarding and memorable places to stay. These are usually communal or camping style with shared facilities. Running hot and cold water may be unreliable and overall comfort levels are basic.

### Tour Style: Classic

Packed with adventure, these tours offer inspiring destinations and authentic travel experiences at a reasonable price. Using all kinds of transport and accommodation, we'll take you off the beaten track to discover the true heart of the people and places you visit.

### Trek Grade: Moderate to Challenging

Combining moderate grade walks with some more strenuous hikes. This grade is ideal if you are fit and want to challenge yourself with a few longer, more demanding trekking days, possibly on difficult terrain or at higher altitudes.



## Your tour itinerary

### Tour itinerary notes

While our intention is to adhere to the day-by-day itinerary as printed below, a degree of flexibility is built in. Overnight stops may vary from those suggested.

### Your Tour Leader

A Tour Leader is an integral part of any Explore tour and your tour will be led by one of our experienced tour leaders who have been handpicked and expertly trained. We believe that our Tour Leaders are the key to the success of our tours; they are passionate travellers who are bursting with first-hand local knowledge which they love to share. Your tour Leader will also take care of all the planning and organization throughout your journey. Their passionate approach will make this tour fun and inspiring, bringing the destination to life whether you're travelling alone or with others.

### DAY 1 Join tour Marrakech

Arrive Marrakech and check-in at the hotel. Depending on the schedule of your flights you may be able to start exploring the 'Red City' independently with its vibrant souks or just relax before meeting your group and Tour Leader.

Overnight: **Standard Hotel**  
**Single Room Available**

**Swimming Pool Available** 

 **Included Meals:** None

## DAY 2 In Marrakech

Like many North African towns, Marrakech has two distinct parts, the Gueliz (or the modern French-built city) and the Medina (the Old City). It has always been a meeting place for the mountain Berbers and the desert people of the south. The celebrated Djemme-el-Fna Square is a spectacle not to be missed where scenes from 'Arabian Night' seem to be acted out everyday with its story-tellers, snakecharmers, letterwriters, water-sellers and jugglers! After a free morning we head south into the High Atlas mountains toward the tiny hamlet of Imlil. From here we walk along a mule track to the Berber village of Aremd (1950m) where we overnight in a local village house. (Total walking approx. 1 hr). From Aremd we begin our exploration of the High Atlas range with a series of treks, possibly spending each night at a different place. Please note: the exact route of our trek will vary depending on local conditions and on the group's ability. We usually explore the area to the north of Aremd, which reaches some of the lesser known villages in this region. Details of the kind of circuit you might take are given below - this itinerary is given as an example only.


Overnight: **Basic Village House**

 **Included Meals:** Breakfast, Dinner

## DAY 3 Trek to Ouanskera

A rewarding first day's trek to Ouanskera over Tizi n'Tamertert into the Imenane Valley. (Total walking approx. 5.5 hrs)


Overnight: **Basic Village House**

 **Included Meals:** Breakfast, Lunch, Dinner

## DAY 4 Trek via Tachedirt and Tizi n'Tachedirt

A demanding day, starting with a steep ascent and then descending to the remote labessene village, via Tachedirt and Tizi n'Tachedirt. We spend the night in a Berber village house. (Total walking approx. 6-7 hrs)


Overnight: **Basic Village House**

 **Included Meals:** Breakfast, Lunch, Dinner

## DAY 5 Trek to the Alpine Village of Oukaimeden

Walk to the alpine valleys of Oukaimeden, via Tizi Mzlee, Agounss and Tizi n'Ouatter. (Total walking approx. 7 hrs)


Overnight: **Basic Mountain Shelter**

 **Included Meals:** Breakfast, Lunch, Dinner

## DAY 6 Free Day in Oukaimeden

Free day in Oukaimeden with optional walk up to summit of Jebel Oukaimeden (3262m, approx 4 hours round trip) for the stunning panoramic views. There is also the opportunity to walk to a ridge behind the refuge to watch the sunset. (Approx. 2.5 hrs)


Overnight: **Basic Mountain Shelter**

 **Included Meals:** Breakfast, Lunch, Dinner

## DAY 7 Walk through Amskere

A beautiful day walk down to Amskere through juniper forests. We will stop for a picnic lunch by the river before heading up to the Tizi-Aguersioual and then down to the village gite. (Total walking approx. 7 hrs)

Overnight: **Basic Village House**

 **Included Meals:** Breakfast, Lunch, Dinner

## DAY 8 Pass crossing at Tizi-Oudite

We head for Tizi-Oussemm after crossing the pass at Tizi-Oudite and have a relaxing afternoon. There may be an opportunity to visit the village hammam. (Total walking approx. 6 hrs)

Overnight: **Basic Village House**


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 **Included Meals:** Breakfast, Lunch, Dinner

DAY **9** Trek to Tamsoult

This morning we walk to Tamsoult along the Valley of Ousseme, the rest of the afternoon is free to relax, or perhaps visit the nearby waterfall. We spend the night in a Berber camp. (Total walking approx. 3.5 hrs)


Overnight: **Basic Camping**  
**Your own tent available**

 **Included Meals:** Breakfast, Lunch, Dinner

DAY **10** Trek to Toubkal

Trek via Tizi Aguelzim to Toubkal refuge with views of Tizi Ousseme, Asni and the Haouz plain. There is a predominately steep ascent this morning. (Total walking approx. 5-6 hrs)


Overnight: **Basic Camping**  
**Your own tent available**

 **Included Meals:** Breakfast, Lunch, Dinner

DAY **11** Trek to Jebel Toubkal (4165m)

Today, depending on weather conditions, we make an early start for the optional attempt for the summit of North Africa's highest peak, Jebel Toubkal (4165m). This is a fairly strenuous, though non-technical ascent, involving some scrambling over steep scree slopes. The views from the high ridge are superb. Once we have gained the summit of Jebel Toubkal we return by the same path to our base near the Toubkal refuge. (Total walking approx. 7 hrs)


Overnight: **Basic Camping**  
**Your own tent available**

 **Included Meals:** Breakfast, Lunch, Dinner

DAY **12** On to Tizi Ouanoums; afternoon relax

This morning we walk to Tizi Ouanoums to see its nearby lake. Returning via the same path we stop for lunch on our way back down to Aremd (total walking approx. 7 hrs) leaving the late afternoon free to relax or spend some final moments enjoying High Atlas village life.

Overnight: **Basic Village House**

 **Included Meals:** Breakfast, Lunch, Dinner

DAY **13** Walk to Imlil; drive to Marrakech

In the morning we walk back to Imlil and drive down to Marrakech via Asni. The afternoon is free for personal exploration.

Overnight: **Standard Hotel**  
**Single Room Available**

**Swimming Pool Available** 

 **Included Meals:** Breakfast, Lunch

DAY **14** In Marrakech

A full day to enjoy the marvels of this city. There is the opportunity to take a guided walking tour (optional), visit the famous souks and admire fascinating sights such as the Koutoubia mosque and tower, Saadian tombs, Ben Youssef Medersa and the Dar Si Said Palace (now the Museum of Moroccan Art).

Overnight: **Standard Hotel**  
**Single Room Available**

**Swimming Pool Available** 

 **Included Meals:** Breakfast

Our tour ends today in Marrakech. Depending on the schedule of your flights, you may be able to spend some additional time wandering in the souks independently or buying the last souvenirs. Please note that breakfast may not be included today if on an early morning flight.

 **Included Meals:** Breakfast

## Accommodation and Meals

### Accommodation Rating

Morocco is a developing country and as such, the accommodation standards are not equivalent to those in Europe and can be more basic. We generally choose our properties because of their location, cleanliness, traditional style or for their welcoming atmosphere, as we endeavour to provide an authentic Moroccan experience. However, some of the properties might have some outdated or simple furniture and the level of service may vary depending on the location. You may find that availability of hot water is variable or limited in certain locations. Breakfasts are generally continental style. A swimming pool is often available, especially in the cities.

### Food & Drink

Included meals: 14 breakfasts, 11 lunches, 11 dinners included in the price of this tour. Please be prepared to pay for non-included meals. Please note that costs for drinks and meals can vary depending on location.

## Budgeting for your Tour

You will need some extra money to cover meals and drinks not included in the tour price, any optional sightseeing, souvenirs and items of a personal nature such as laundry.

### Food

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

#### Morocco

**Lunch £:** 6.00

**Dinner £:** 8-10

### Drink

The prices for drinks can vary greatly depending upon location and the prices detailed below are an average guide. In general you would expect that drinks purchased in a supermarket or local bar to be less expensive, whilst drinks in an upmarket bar or restaurant may be more expensive.

#### Morocco

**Bottle of Beer £:** 2.50

**Water £:** 0.60

### Other Sightseeing & Activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations.

Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

### Optional Excursions

Marrakech Walking tour of the city £6; Hammam £6.

### Tipping - Tour Leader

At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

### Tipping - Local Crew

Although entirely voluntary, tipping is a recognised part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. Accordingly, you should allow approx. £20 for tipping of crew and local guides used on this tour.

In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour.

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## Foreign Exchange

### Morocco

**ATM Availability:** ATMs are available in main towns/cities, though can be unreliable.

**Credit Card Acceptance:** Not all places.

**Travellers Cheques:** Travellers cheques are difficult to exchange and are not recommended.

**Local Currency:** Moroccan Dirham (MAD).

**Recommended Currency for Exchange:** US Dollars, Sterling and Euros are readily exchangeable. We recommend you take a mixture of cash and credit cards. Scottish bank notes and Australian dollar travellers cheques and cash are NOT normally accepted in Morocco.

**Where to Exchange:** Most major towns - your Tour Leader will advise you.

## Joining your Tour

### Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

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### Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found on our website at [www.explore.co.uk](http://www.explore.co.uk), in the tour specific dates and prices section.

You may also be eligible for the Free Explore Transfer. For more information please refer to <https://www.explore.co.uk/transfers>.

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### Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer please refer to <https://www.explore.co.uk/transfers>.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

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### Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

## Important Information

### Travel Insurance

It is a condition of joining any of our tours that you must have valid travel insurance. It must indicate that you have cover for (at least) medical expenses and emergency repatriation in the event of illness or injury. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling in England and Scotland. We also strongly recommend your policy includes curtailment, personal effects and cancellation protection as all deposits paid are non-refundable. You will also need to ensure your travel policy covers you for all activities you intend to do whilst on tour.

We are delighted to include FREE travel insurance **for all qualifying customers** who book an Explore trip from 01 January 2015.

For more information about Travel insurance and to check whether you are eligible to receive free cover, please visit [www.explore.co.uk/insurance](http://www.explore.co.uk/insurance). Explore Worldwide Ltd are an Appointed Representative of Campbell Irvine Limited, who are authorised and regulated by the Financial Conduct Authority. The registration number can be checked by visiting the the FCA's website [www.fca.gov.uk](http://www.fca.gov.uk) or by contacting them on 0800 111 6768.

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### Visa Information

Morocco: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office.

All visa information is subject to change. You should confirm all visa related questions with the relevant Embassy prior to departure

## Vaccinations & Protection

### Morocco

Nothing compulsory, but we recommend protection against tetanus, typhoid, infectious hepatitis and polio. Consult your travel clinic for latest advice on different prophylaxis available against malaria.

## Preparing for your Tour



### Maximum Altitude on Trek (m)

4167

### Trekking Details

This is a 9-day trek with an average of 6 hours trekking a day. We walk at altitudes of around 3000m except on the optional ascent of Jebel Toubkal, which rises to 4167m. Most of the trek is along well-defined but rough paths. We have graded this trek as moderate to challenging.

### Altitude Description

In the High Atlas our average altitude is around 2500m and the ascent from Toubkal refuge (3206m) at the base of Jebel Toubkal to the mountain's summit is over 900m (to 4167m) and therefore strenuous. Your tour leader will ensure that during your stay in the mountains you acclimatise enough before an ascent (optional) of Jebel Toubkal. At high altitude, you will find yourself moving slower than usual, but this gives an excellent opportunity to admire the spectacular views.

This trip goes to an altitude where there is a risk of being affected by Acute Mountain Sickness (AMS), a common and usually harmless condition caused by reduced air pressure and a lower concentration of oxygen. Whilst the itinerary has been specifically designed to allow your body to acclimatise gradually, the speed of onset and severity - as well as the height at which AMS develops can vary greatly between individuals; being physically fit affords no special protection. If symptoms occur while on tour you must let your tour leader know immediately. For further advice when travelling at altitude we recommend visiting the medical advice website of "Medex" and downloading their information booklet: [http://medex.org.uk/medex\\_book/english\\_version.php](http://medex.org.uk/medex_book/english_version.php)

Travellers with heart or lung conditions, anaemia, asthma, high blood pressure, or taking the contraceptive pill must seek the advice of their GP and specifically mention the maximum altitude the trip reaches (please refer to Tour Essentials box on front page of your Tour Notes). Please take these to your medical appointment so that your doctor has the full details of your trip.

You must have adequate travel insurance for your trip. Please ensure that your insurance policy covers you to the maximum altitude indicated above. If you have Explore insurance you will be covered to this altitude.

### Walking Boots

Walking Boots:

We strongly recommend walking in good boots. Trainers, tennis shoes or shoes of a similar ilk simply do not give the ankle support afforded by a decent pair of boots. Many people now trek in the lighter weight Goretex or leather boots. They have the advantage that they take little breaking in. The slightly heavier traditional leather walking boots are also good. Avoid the types often found in high street shoe shops which are simply cheap trainers with a higher canvas side sewn on - they give little support and will probably not last the trek. Above all, your boots must be well broken in and comfortable. We do not recommend borrowing or renting boots. It is a good idea to carry your boots in your hand luggage on international flights or wear them - should your luggage be delayed, your well broken in boots are the one thing which will be irreplaceable. Gaiters are useful to keep snow out of your boots.

### Climate

#### Morocco

The climate is both Mediterranean and Atlantic. The dry, hot season is from May to October when summer temperatures can reach 38°C and above (if sight seeing is included we will do our best to avoid the heat of the day during this period). Temperatures may drop significantly at times during the night as the day's heat rapidly diminishes. From December to January snow can be expected on mountain passes and it can be wet. In winter, day temperatures will probably be around 18-25°C, dropping to perhaps 0-5°C.

### Clothing

Morocco is a Muslim country and it is important to dress with respect for local customs. People may be offended by shorts or revealing dresses, which can attract unwelcome attention. We advise that in general both men and women should cover shoulders, upper arms

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and knees. Transparent, 'plunging' necklines and tightfitting clothes should be avoided. Women should also cover their heads when entering a sanctuary, though in general, mosques are forbidden to non-Muslims. For those clients on a cycling holiday please bear this information in mind for times that you are not on the bikes. While cycling it is no problem for both men and women to wear your regular cycling gear, tight fitting or not.

#### Socks

It is best to wear a pair of liner socks under a pair of fairly thick loop stitch socks. This helps to protect your feet against blisters. Avoid nylon socks, they are abrasive, don't breathe well and can cause blisters.

#### Down Jacket

After sunset, temperatures can fall below freezing. A down jacket is the lightest and most convenient way of keeping warm when the temperature drops.

#### Waterproofs

Breathable waterproofs made from material such as Goretex not only protects against rain and wind but also stops you from overheating. They 'breathe' and avoid condensation which you will experience from nylon waterproofs.

#### Long Trousers

For everyday walking, light cotton trousers are the most suitable. Jeans are not recommended as they are often difficult to walk in over longer distances and become cumbersome when wet.

#### Thick sweater/fleece jacket

A thick sweater or fleece jacket is necessary as nights can be very cold at altitude. Make sure that your waterproof jacket is loose enough to wear over your sweater or fleece.

#### Track suit

Comfortable around the villages and much more practical (and warmer) to sleep in than pyjamas. Alternatively, thermal underwear is good.

#### Shorts

Shorts can be very comfortable to walk in but you must carry long trousers with you in case you get either sunburned or cold! Follow your tour leader's advice on local sensitivities to wearing shorts during the trek.

#### Hat & Gloves

Especially useful in the morning and in the evening at higher altitudes. Also bring a scarf to cover your face and a warm hat/balaclava.

#### Ice Axe and Crampons

Please note that an ice axe and crampons can be hired locally for MAD240 (approx. £20) each for the duration of the trip. (This is in the event of snowfall only)

#### Swimsuit

You may wish to bring swimwear for the hotel in Marrakech

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## Equipment

The following equipment is provided by Explore once you are on the trek:

All cooking and kitchen gear.

Sleeping mat.

Personal Equipment: On Trek

#### Sleeping Bag

As you do not carry it yourself this may be down or synthetic, but it must be 4-season (temperature -10°C to -5°C). A cotton liner helps to keep your bag clean.

#### Walking Stick/Pole

Walking sticks and poles are recommended.

#### Water Bottle

Water along the trail must never be considered as drinkable. Take at least a 2l personal water bottle, preferably insulated, and a personal supply of water purification tablets/drops not available locally. Powdered fruit juice can be used to disguise the taste. It may be possible to buy bottles water in some places along the way. Energy snacks, including chocolate and sweets, are also recommended whilst on trek.

#### Sunglasses/snow Goggles and sun protection

A good pair of sunglasses are essential for protection against UV rays and glare at high altitudes.

Sun Hat, High Factor Sun Cream/Block & Lip Salve. Choose a high factor suncream (Factor 15 or more) to protect your skin against the sun at high altitudes. A combination sunblock/ lipsalve is ideal for facial protection.

#### Torch/Batteries/Bulb

A small torch is essential for finding things at night. Often a head torch is useful for the early ascent to the summit. Remember to bring some spare batteries.

## Toiletries

Keep heavy cosmetics to a minimum. Essentials are toothbrush/paste, soap, small towel, small nail brush. 'Wet Wipes' are great for a quick clean up.

## Personal First Aid Kit

On each trek a first aid kit is carried but you should have your own blister kit, supply of plasters, aspirin and other essentials. Please do not give medicines to local people without consulting the tour leader. See the list in the General Information Booklet for more information.

For an exclusively designed Explore Medical Kit, visit [www.nomadtravel.co.uk/explore](http://www.nomadtravel.co.uk/explore).

Need help on clothing or equipment? Then we suggest you contact Nomad Travel, our equipment partner, who specialise in kitting people out for adventurous travel. You receive a special 10% discount in-store or online. Visit one of their stores, phone 0845 260 0044, or visit their website [www.nomadtravel.co.uk/explore](http://www.nomadtravel.co.uk/explore) for further information.

Being properly equipped is one of the keys to a successful trek. Use the Explore 'General Information Booklet' for guidance on everyday needs for the tour. Please use the following check-list to be sure that you have what you need for the actual trek. If you are without any equipment for this trip, go to [www.explore.co.uk/trader](http://www.explore.co.uk/trader) or email [explore@nomadtrader.co.uk](mailto:explore@nomadtrader.co.uk) or telephone 0845 260 0044.

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## Footwear

Trainers or Trekking sandals: Useful around the villages and when travelling.

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## Luggage: On Tour

Luggage:

We suggest that you bring a kitbag/barrel bag that will be carried by mules on trek; a stuff-sack to store surplus belongings while on trek and a daysac. Pack mules are used to carry equipment, food and most personal gear. Pack heavy/dense items into your kitbag. It will be possible to store surplus baggage not required on the trek at the hotel in Marrakech.

### Trek Kit Bag

Before leaving Marrakech there is plenty of time to re-sort luggage into what you need on trek and what can be left in Marrakech. Think about what you are taking on trek (remember your sleeping bag) and then think how big your kit bag needs to be. An ex-army type can usually be obtained cheaply. A nylon or canvas bag with a zip along the top is also suitable. Whatever you choose, it must be strong, as porters are not very gentle with baggage. Soft luggage is preferable! Framed rucksacks are unsuitable. The weight limit for the bag AND its contents is 15kg but you will probably find that you do not need this much. Please note there are occasional opportunities to hand wash clothing whilst on the trek.

For an exclusively designed Explore Trek Bag, follow the relevant link at [www.nomadtravel.co.uk/explore](http://www.nomadtravel.co.uk/explore).

### Small Rucksack/Daysac

During the course of a trekking day, you do not have access to the luggage which is being carried for you by the mules. In any mountain region the weather can change rapidly and you must be equipped for this eventuality. Your daysac should, therefore, be large enough to carry the following: waterproofs, sweater, long trousers (if walking in shorts), warm hat and gloves, sun hat, sun cream, water bottle (at least 2litre), tissues and your packed lunch. Most people normally find that this adds up to about 2 to 3kg. Camera equipment can be heavy so think carefully when deciding what to take. Remember to carry spare film with you during the day. Other optional items in a day pack might be binoculars, a diary or a book to read at lunch time. It is usually more comfortable to carry a slightly larger pack which is not full than to carry a small pack which is overfull or with 'bits' tied on the outside. Something between 20 and 25 litres capacity is probably the most suitable. A shoulder bag is not a practical alternative.

### Plastic Bags

If you pack your gear in plastic bags inside your kit bag they will stay dry in case of rain. It will also be easier for you to sort through. Remember, the less you have to unpack in the evening, the less you have to repack each morning! A bin liner to pack inside your daysac is also a good idea.

Luggage allowance on tour: 15Kg

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## General Information

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### Country details

#### Morocco

**Population:** 32,000,000

**Size of Country:** 446,550 sq km

**Major Language:** Arabic, Berber, French.

**Religion:** Muslim

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### Electric Supply & Plugs

#### Morocco

2 Pin Round

## Why Choose Explore

We've been creating award-winning pioneering adventure holidays for over 30 years, earning the trust of thousands of delighted customers, who feel safe in our hands. Our tour leaders have expert local knowledge and our tours are designed to take you off the beaten track to see the most exotic, inspiring and dramatic places in the world.

- With over 30 years' experience, we are passionate about what we do.
- Pioneering small group adventures, self-guided, private journeys & tailor-made holidays.
- Award winning tour leaders who you can trust.
- Responsible travel is and always has been one of the driving principles of Explore.

Our adventure holidays are full of exciting things to see and do, exploring in small groups travelling by bus, boat, plane, rickshaw, camel, elephant, or any number of unusual forms of transport. Often you will stay in family run hotels and village houses and enjoy authentic local cuisine. In this way, it's easy to discover the true heart of the people and the place you travel to – and make some new friends along the way. Each tour is uniquely different, so please feel free to browse through our tours to see what may whet your appetite.

### Our commitment to the environment

We are passionate about sustainable travel and work hard to create tours where your holiday delivers real benefits to the local communities. We minimise our impact by travelling in small groups, respecting local cultures and traditions, reducing waste and offsetting 100% of the CO2 from our flights.

When you travel with Explore, you are directly contributing to local economies and helping empower the people you meet. We currently support a range of charities and good causes, including: Toilet Twinning (helping to flush away poverty), Lone Buffalo Foundation (a community project based in Laos providing creative skills for young people), Dekamer (a turtle rescue centre in Turkey) and Kids Saving the Rainforest (a wildlife rescue centre in Costa Rica supported through the LATA foundation). We also care passionately about the world's wildlife. We are patrons of the Born Free Organisation and Friends of Conservation.

### Cool Earth

Explore are proud to support Cool Earth in their effort to reduce global carbon dioxide levels through the prevention of deforestation in the South America rainforest. Cool Earth focus on areas in immediate danger of deforestation, supporting local communities to be forest guardians. To date 350,000 acres of rainforest has been protected. Saving rainforest also protects rare animals and plants, allows local forest communities to maintain their way of life, and protects a major source of oxygen and fresh water. When you travel on an Explore holiday we make a donation to Cool Earth that exceeds the impact of our customers flights each year.

### Earth Matters

- [The Travel Foundation](#)  
Explore are active members and supporters of the Travel Foundation which has established a variety of sustainable tourism projects in destinations and works with industry to improve practice. Visit their website [www.thetravelfoundation.org.uk](http://www.thetravelfoundation.org.uk)
- [Tourism Concern](#)  
Explore support the work of Tourism Concern who campaign for fairly and ethically traded tourism, and are part of its Ethical Tour Operator Group [www.tourismconcern.org.uk](http://www.tourismconcern.org.uk)
- For further information on responsible travel go to <http://www.explore.co.uk/ResponsibleTourism/>

### Know before you go

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office Advice follow the link at <http://www.explore.co.uk/essential-travel-information/travel-resources/travel-safety>

## Booking Your Holiday

### Peace of mind - book with confidence

You can book your Explore holiday with confidence, as all monies paid to us for your trip are fully protected. Explore is a fully bonded tour operator licensed by the Civil Aviation Authority (CAA) and by ABTOT.

The air holiday packages (Tours including flights) that we advertise are ATOL protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 2595. In addition, As a member of the Association of Bonded Travel Organisers Trust Limited (ABTOT), Explore has provided a bond to meet the requirements of the Package Travel, Package Holidays and Package Tours Regulations 1992. Please note that packages booked outside the UK are only protected when purchased directly with Explore.

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## **Reserving your place**

To reserve your place on this tour you will need to check availability on the Explore website or through our dedicated call centre based in the UK where you can. Our tours can fill up quickly so you are advised to book as early as possible. If your chosen date is 'Available' or 'Guaranteed' we will be able to provisionally hold you a space for up to 48 hours.

For Self-Guided holidays and Private Journeys simply choose your date of travel and let us know so we can confirm all ground services.

The easiest way to confirm your booking is through our website. When you are ready to book, we normally require a 10% non-refundable deposit, but for some holidays this may be more to cover such items as permit fees, internal flights or other non-refundable services. If your travel starts within 60 days of booking, full payment will be required at the time of booking

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## **100% No Surcharge Guarantee**

The price paid for our holidays is no longer subject to change. Once booked and confirmed we will guarantee the price you pay will not increase, whatever the circumstances. You will not be approached to pay fuel surcharges unlike the vast majority of other adventure tour operators. The price guarantee applies to all new bookings departing between 1st January 2014 and 31st December 2015.

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## **Tour Itinerary Versions**

Itinerary details may vary depending on departure date and alternative itineraries for this tour may exist. Please refer to the dates and prices page on our website to check which itinerary operates on each departure date.

Please ensure that you have an up-to-date copy of these tour notes immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from customers. You will be informed of any major changes to your tour but small changes may just be added to these tour notes.

Please note: 2015 itinerary versions are applicable to tours departing in 2015. 2016/17 itinerary versions are applicable to tours departing from 1st January to 31st December 2016.

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