

EXPLORE!

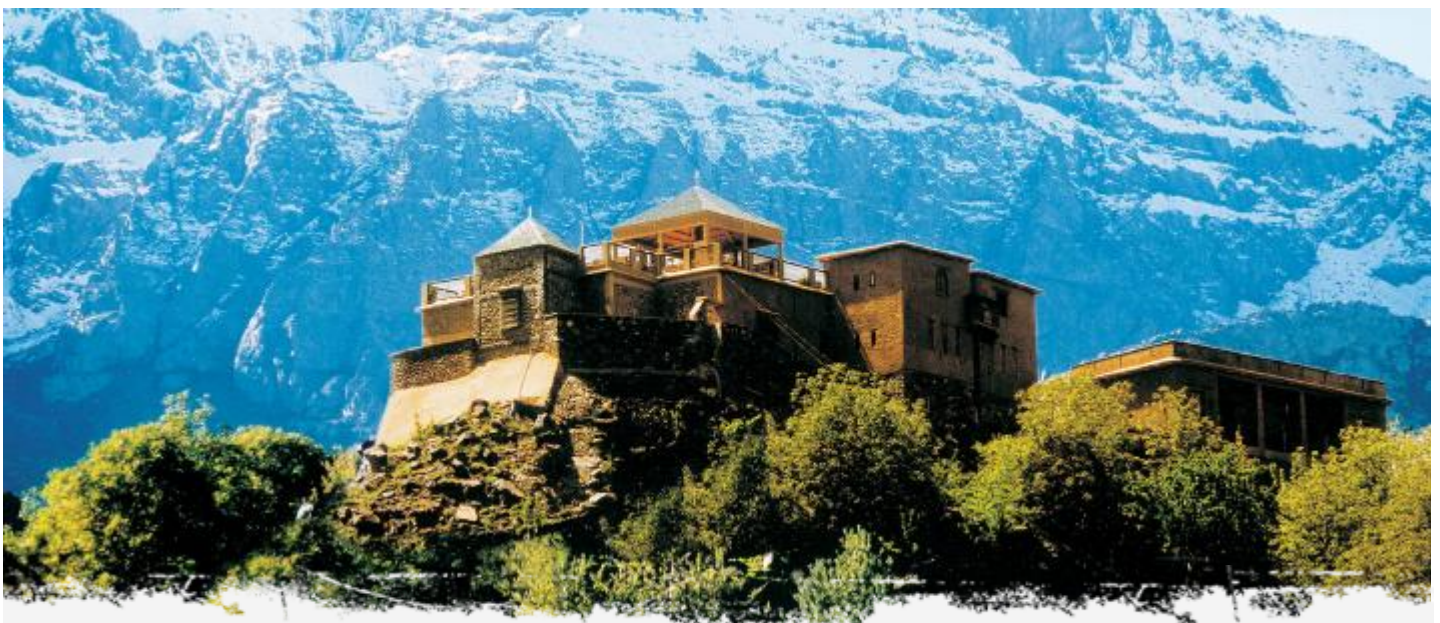
TRIP NOTES



Marrakech and the High Atlas (LMA 2017)



TRIPDURATION
8
DAYS



Tour Style: Classic
Accommodation
Grade: Standard

Tour Type: Small Groups
Trek Grade: Moderate

Trip Code: LMA

Trip Highlights - Marrakech and the High Atlas

- ✓ Atlas Mountains - A centre-based trek in the highest and most scenic mountain range in North Africa.
- ✓ Riad - Spend four nights in a traditional riad in the tranquil village of Imlil.
- ✓ The Berber People - Meet the local Berber people, enjoy their warm hospitality and learn about their traditions.
- ✓ Marrakech - Explore the Red City with its bustling souks and the vibrant Djemma El Fna Square.

Trip Essentials

Accommodation: 7 nights Standard Riad
Included Meals: 7 breakfasts, 4 lunches, 4 dinners
Start Point: Join trip: Marrakech
End Point: Trip ends: Marrakech
Maximum Altitude on Trek (m): 2489
Transport: Minibus
Countries: Morocco

Marrakech and the High Atlas

On this trip we walk amongst the foothills of the majestic High Atlas mountains and enjoy some time in the ancient city of Marrakech. In the mountains we stay at a traditional family-run Berber 'riad' and spend four days exploring the impressive surrounding mountains and valleys, dotted with fruit orchards, patchwork fields and tiny mountain villages.

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.

Accommodation Grade: Standard

Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

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

For those who are fit and active, these moderate walks are normally on good paths and tracks at low altitude. Days may include some fairly demanding ascents and descents, so previous experience is preferable but not essential.

Your trip 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.

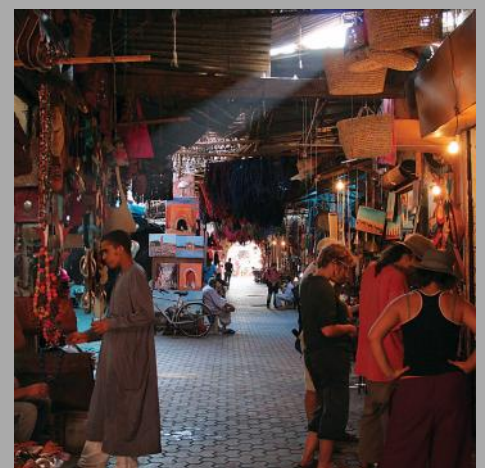
Your Tour Leader

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 organisation 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 hotel. Depending on the schedule of your flights, you may want to start exploring the city independently before meeting your group and Tour Leader.

Overnight: **Standard Riad**
Single Room Available



 **Included Meals:** None

DAY 2 Day to explore Marrakech. Optional walking tour of the souks.

Marrakech is a feast for the senses. Like many North African towns, Marrakech is divided into two distinct parts, the Gueliz (or modern French-built city) and the Medina (the Old City). It has always been a meeting place for the mountain Berbers and the desert peoples of the south and the colourful souks perfectly illustrate this fact. No visit to the city is complete without a visit to the celebrated Djemael- Fna Square. A spectacle not to be missed with many street performers to watch and enjoy. Also of interest is the Koutoubia mosque, Saadian Tombs and the souks and medina. Perhaps you might like to visit the Dar Si Said Palace (now the Museum of Moroccan Art) and the Minara Gardens or just lose yourself in the maze of narrow streets filled with the sounds, colours and smells of the exotic. Your tour leader will be able to arrange a local guide to give a optional walking tour of the souks. This evening there is the option to visit a hammam and to re-emerge renewed and refreshed and ready to continue our journey.


Overnight: **Standard Riad**
Single Room Available

 **Included Meals:** Breakfast

DAY 3 Drive to Imlil. Explore the local villages on foot

This morning we leave the bright lights of Marrakech behind and head into the Atlas Mountains to the small village of Imlil, our base for the next four days. We will be staying in traditional Berber riad with communal salon and open fire, or a breezy rooftop terrace in warmer months. After checking in there should be some time to walk around the local villages to get a feel for the area and meet some of the local people. Today's two kilometre walk is expected to take around one hours with a total ascent of 110 metres and a descent of 110 metres.


Overnight: **Standard Riad**
Single Room Available

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

DAY 4 Walk to the holy shrine of Sidi Chamarouch, following the Mizane Valley.

The beauty of this setting is that stunning scenery is available in abundance, regardless as to how much walking you wish to do. The High Atlas has retained a remoteness and beauty that has been lost elsewhere and the surrounding villages continue life as they have done for centuries. On our first morning here we take a walk to the holy shrine of Sidi Chamarouch, following the Mizane Valley. Straddling a gorge, the village and the shrine sit besides a small waterfall. The village is a jumbled cluster of houses that seem to melt together in a chaotic mass. The shrine attracts tourists and pilgrims alike, although only the Muslims are allowed to cross the stone bridge to visit the marabout shrine itself. We return to the riad along the same track in time for lunch. Today's nine kilometre walk is expected to take around five hours with a total ascent of 610 metres and a descent of 610 metres.


Overnight: **Standard Riad**
Single Room Available

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

DAY 5 Walk to Tizi Mzik

Today's walk takes us up to Tizi Mzik pass (2489m). For outsiders, one of the most surprising aspects of walking in these mountains is the friendliness and openness of the villagers as they go about their everyday tasks. Walking through these communities is a refreshing insight into a lost culture set amidst the stunning beauty of the High Atlas Mountains. Today's seven kilometre walk is expected to take around four and a half hours with a total ascent of 749 metres and a descent of 749 metres.


Overnight: **Standard Riad**
Single Room Available

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

DAY 6 Walk to Ikkis via Tizi-n-Tamaterte

This morning we walk to the pass of Tizi-n- Tamaterte (2279m). This is easy walking along an old mine road that twists through small villages and the views from the top are stunning. The Imane and Ait Mizane Valleys are stretched out below us and Mount Oukaimeden towers above. Descending through meadows of lupins and conifers, we head for the hamlet of Ikkis where we stop for lunch before we return to Imlil via a different route. This time we walk to Aguersioual and Taddart, following the course of the river and passing terraces and walnut groves on our way back to the village. Anyone who would prefer less walking today can return to Imlil from Tizi-n-Tamaterte via a dirt road. Today's 12 kilometre walk is expected to take around eight hours with a total ascent of 739 metres and a descent of 779 metres.

Overnight: **Standard Riad**
Single Room Available

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

DAY 7 Drive to Marrakech; free afternoon

This morning we have to say goodbye to our mountain home and head back to the Red City of Marrakech. On arrival in the city we check-in to our hotel and the rest of the day is free for more personal exploration of this fascinating city.

Overnight: **Standard Riad**
Single Room Available

 **Included Meals:** Breakfast

DAY 8 Tour ends Marrakech

Our tour ends today in Marrakech. Depending on the schedule of your flights, you may wish to spend additional time wandering in the souks independently or buying your last souvenirs.

 **Included Meals:** Breakfast

Accommodation and Meals

Accommodation Notes

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: 7 breakfasts, 4 lunches, 4 dinners included in the price of this trip. 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 Trip

You will need some extra money to cover meals and drinks not included in the trip 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 £: 3.00 - 5.00

Dinner £: 5.00 - 8.00

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 £6, Hammam £5.

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. £10 for tipping of crew and local guides used.

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.

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 Trip

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.

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, 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>.

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.

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

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>.

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 booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that

you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

EXPLORE!

The Adventure Travel Experts

CAMPBELL IRVINE
DIRECT TRAVEL INSURANCE



Travel Insurance is essential. If you have not already arranged cover, please contact our recommended Travel Insurance providers www.campbellirvinedirect.com/Explore who offer Travel Insurance specifically designed to cover travel with Explore or call **Campbell Irvine Direct** on Tel: 020 7938 1734

Explore Worldwide is an Introducer Appointed Representative of Campbell Irvine Ltd who are authorised and regulated by the Financial Conduct Authority.

Travel Aware

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 www.explore.co.uk/travel-safety

We strongly advise that you register with the FCO to receive updates to the travel advice for your chosen destination. A hard copy of the current FCO Travel Advice for your chosen destination is available by contacting cr@explore.co.uk or 01252 379438.

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

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.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

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 Trip

DAILY DISTANCES

| | | |
|-------|------|--------|
| Day 3 | 2km | 1hrs |
| Day 4 | 9km | 5hrs |
| Day 5 | 7km | 4.5hrs |
| Day 6 | 12km | 8hrs |

Maximum Altitude on Trek (m)

2489

EXPLORE! Share your experiences with us



Trekking Details

Walks on 3 days for an average of 6 hours, with an additional orientation walk on arrival to Imlil. We follow well-defined footpaths and mule tracks, and reach a maximum altitude of 2489m. We have graded this trek as moderate.

Walking Boots

Well broken in walking boots are required.

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 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.

Summer: Clothing should be lightweight. However, bring some warm clothing for nights in the mountains. Temperatures can drop sharply at night particularly in September/October.

Equipment

We recommend a sunhat, sunscreen, a torch, insect repellent and a water bottle. Binoculars are very useful for bird and animal spotting. Trekking poles can be useful.

Footwear

Please bring sandals or comfortable shoes for relaxing in.

Luggage: On Tour

One main piece of baggage and a daypack. Remember you are expected to carry your own luggage so don't overload yourself. It is preferable to bring your luggage in soft holdalls rather than a large suitcase - as it is easier to pack them on the coaches (small coaches have very little luggage space). It is also best to pack light as porters can't always be guaranteed. Unrequired and additional luggage can be left in Marrakech at the hotel or with our agent during the trek.

Luggage allowance on trip: 20kg

General Information

Country details

Morocco

Population: 32,000,000

Size of Country: 446,550 sq km

Major Language: Arabic, Berber, French.

Religion: Muslim

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 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, 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.

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

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, 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) and have recently supported women's cooperatives in Borneo and Morocco. We are a member of Tourism Concern's Ethical Tour Operator Group (www.tourismconcern.org.uk) and support their campaign for fair and ethical tourism. We also care passionately about the world's wildlife and actively support and promote the Born Free Organisation and Mahouts Elephant Foundation.

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.

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

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 2016 and 31st December 2017.

Trip 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: 2017 itinerary versions are applicable to tours departing in 2017. 2018/19 itinerary versions are applicable to tours departing from 1st January to 31st December 2018.

These trip notes were printed on 27/05/2017 12:14:36