

# sahara desert trek, q&a



## how big is the group?

The group is intended to be between 18 – 30 people because of the wilderness environment in which this expedition takes place.

## who do we fly with?

You will be flying with Royal Air Maroc from London to Ouarzazate and returning to London. The flight will take approx. 4 hrs. Your flight tickets will be issued to you at the airport on the day of departure. Exact times will be confirmed closer to departure. If you choose to book your own flights you must confirm with the Charity Challenge office before paying otherwise you may be liable for your included group flights (please contact [flights@charitychallenge.com](mailto:flights@charitychallenge.com) for further assistance).

## what's the luggage allowance?

As no formal clothes are needed, luggage should be kept to the absolute minimum - details on what to pack are provided in your Kit List. Your rucksack / soft bag (suitcases are not appropriate) must not exceed 15kgs in weight. On your outward journey, please wear your hiking boots, and carry a spare change of clothing in your hand luggage.

## what will the accommodation be like?

You will sleep in Bedouin tents, which will be supplied. At the very beginning of the trek, you will be staying in hotels in order to relax and recover. On arrival, you will transfer to a comfortable hotel in Ouarzazate, and at the end of the trek after all your hard work, you will be staying in the Tamadot Kasbah (see the itinerary for more details). If you are travelling with a friend or partner who you wish to share with, please let Charity Challenge know in advance.

## do we need to take our own sleeping bags and mats?

Yes, you will need to bring a warm sleeping bag (two to three season). We will provide you with a sleeping mat.

## what are the toilet/washing facilities like?

There will be a toilet tent and a bowl of water in the morning for washing. Please keep in mind that water is life in the desert & should therefore be preserved.

## will my valuables be safe?

While we will do everything to provide adequate safety for the group and security for your possessions, the general rule is that if you don't need it, don't bring it. This includes jewellery, necklaces, rings and even watches. Your passport and money should be kept on you at all times.

## what is the food and drink like?

Each morning you will be provided with a very filling breakfast of hot sweet Moroccan coffee, hot chocolate and bread and cheeses. Lunch will be a packed lunch and for dinner it will vary between western style food and Moroccan national fare. Food will always be ample and will provide heaps of energy. Please let Charity

Challenge knows prior to departure if you have any specific dietary requirements or allergies.

## who will be leading the group?

We employ a number of first aid qualified expedition leaders, all of whom speak English. They will be ultimately responsible for the running of the itinerary and the safety of your group. The itinerary is there as a guide and may change due to unusual weather patterns, the strength of the group and so on. We will do our very best to keep to the set itinerary however we cannot be held responsible for any last minute changes that might occur. In all such circumstances, your expedition leader will have the final say.

## what is a typical day?

You will be woken up early each morning at approx. 6:30am, and given a basic but hearty breakfast. After breakfast you will pack up with the help of all the tour leaders and begin the first trek of the day for about 3 hours. A long and early lunch will be taken to avoid trekking during the hottest part of the day. We set off to walk again for another approx 3 hours and then we establish camp late afternoon for dinner and a well-deserved rest.

## how fit do I need to be?

Training and fitness is definitely required, as this is not for the faint-hearted. Anyone who leads a fairly active and moderately healthy lifestyle should be OK as long as they train regularly over a period of at least three months leading up to the expedition. Don't forget that the temperature and climate is different from the UK and that you will be exercising constantly for a number of days. See the Fitness Training notes for more information.

## what happens if I fall ill, can't keep up or there is an emergency?

Back up support will never be far away and can be brought in, in the event of an emergency. The event is not run as a race and there is always a large discrepancy in people's walking ability, which is catered for. There will always be a staff member at the back of the group to ensure you are not left behind and can take things at your own pace.

## what is included in the cost of the expedition?

The following items are included in the expedition: international flights to and from Morocco, all meals and drinking water unless otherwise stated in the itinerary, all transfers in Morocco, all accommodation whether in tents or hotel, English speaking expedition leader and full local support team & backup, a Charity Challenge T-Shirt, US\$20 to the local community project, and discount from Nomad Travellers Stores for personal equipment. We also make a contribution through Climate Care to offset the equivalent CO2 emissions of your international flight.

### what is not included in the cost of the expedition?

The following items are not included in your expedition and will be at your own expense: tips for the local support team, activities not mentioned in the itinerary, personal spending money, travel to and from UK airports and any required vaccinations.

### what shall I do about spending money?

You will not need large amounts of money during this trip and other than at the start and end of the trip, you will be away from any foreign exchanges or banks. We recommend that you take sufficient amounts of cash in small denominations. Travellers' cheques or credit cards should be accepted in the hotels.

### how much would you recommend for tips?

Tipping is of course discretionary, however, we recommend GBP£20 per person at the end of the event, which you should give to the tour leader who will then divide it among all of the support team.

### what is the weather likely to be like?

Early mornings will immediately warm up as soon as the sun rises, and the days will be warm and hot depending on the season. As soon as the sun sets, the temperature drops radically.

	Jan	Feb	March	Apr	May	June
Max °c	17	19	23	26	30	35
Min °C	2	3	7	10	14	17

	July	Aug	Sept	Oct	Nov	Dec
Max °c	39	40	35	27	21	21
Min °C	21	21	17	12	7	3

### what do you do to protect the environment?

We are keeping to a small group so that we limit the impact we have on the surrounding environment. We will ensure that all rubbish is disposed of responsibly. We follow the local guidelines on cultural and environmental protection and respect. We will also be donating US\$20 per participant towards a local community project (educational, health or environmental) to enhance local living conditions.

### can you recommend any literature about the region?

- Peter Mayne's highly readable *A Year in Marrakech* is his account of time spent living among the people of the city and observations on their lives.
- *Their Heads Are Green* is an intriguing collection of short stories about North Africa by the famous Tangier resident Paul Bowles.
- Leonora Peet's *Women of Marrakech* – A fascinating look at the lives of Moroccan women.
- *Morocco – Lonely Planet*.
- *The House of Si Abdallah*: the oral history of a Moroccan family, by Henry Munson Jr, is a unique insight into the daily life and thoughts of Moroccans, mainly through the eyes of a traditional peddler in Tangier.

### English

Hello  
Goodbye  
Good morning  
Good evening  
Good night  
Please  
Thank you  
How are you?  
Excuse me  
Sorry!  
What is your name?  
My name is  
I don't understand  
Yes  
No  
No problem  
How much?  
When?  
What is the time?

Zero  
One  
Two  
Three  
Four  
Five  
Six  
Seven  
Eight  
Nine  
Ten

### French

Bonjour  
Au revoir  
Bonjour  
Bonsoir  
Bonne nuit  
S'il vous plaît  
Merci  
Comment allez vous ?  
Je m'excuse  
Excusez moi  
Comment vous appelez  
Je m'appelle  
Je ne comprends pas  
Oui  
Non  
Pas de problème  
Combien?  
Quand?  
Quelle heure est il?

Zéro  
Un  
Deux  
Trois  
Quatre  
Cinq  
Six  
Sept  
Huit  
Neuf  
Dix

NB: The information provided above was correct at the time of going to print.