HUMAN RELIEF FOUNDATION

TRIP NOTES

BELIEVE ACHIEVE INSPIRE

HIGH ATLAS SUMMIT TREK MOROCCO

Tue 18 Aug - Sun 23 Aug 2015

In aid of Human Relief Foundation

18 Aug - 23 Aug 2015

HUMAN RELIEF FOUNDATION

6 DAYS | MOROCCO | TOUGH

This tough but incredibly rewarding challenge combines the unforgettable scenery of the High Atlas Mountains with the splendour and colour of Marrakech. Our challenge sees us climbing and scrambling over the huge boulders and rocks of northern Africa's tallest peak – Jebel Toubkal, standing at a whopping 4,167m! Although not technically climbing, the weather and terrain make this challenge extremely tough and a good level of fitness is essential. We finish in the vibrant city of Marrakech, where the southern tribesmen and Berber villagers bring their goods to the souks.

- Unforgettable mountain scenery and spectacular views
- Tackle daunting peaks dotted with Berber villages
- Summit Jebel Toubkal, Morocco's highest mountain
- Push yourself mentally and physically at high altitude
- Get lost in the colourful souks of mystical Marrakech

YOUR CHALLENGE DAY BY DAY

DAY 1 *Tue 18 Aug*

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International departure from London

Once you're all packed, it's off to the airport to finally meet the Charity Challenge representative and the rest of the team. Touching down in Morocco, we will be met by the buzzing vibrancy of Marrakech. From here, we transfer to the hotel for our first team dinner and a good night's sleep.

DAY 2 *Wed 19 Aug*

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Marrakech to the Atlas Mountains, Neltner Refuge, 3,200m (approximately 5 hours)

After breakfast and a final briefing, we leave the city. The scenery quickly changes as we head into the foothills of the High Atlas Mountains. At 2000m sits the village of Imlil, the challenge starting point. Here we begin trekking! The route follows the river towards Sidi Chamarouch, Lunch will be taken with the Berbers, before heading towards home for the night: the Neltner Refuge at 3,200m.

DAY 3 *Thu 20 Aug*

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Neltner Refuge, 3,200m to Mount Toubkal, 4,167m (approximately 4 hours)

We set off early from camp as we head towards our destination, stopping along the way to take in the views. The Toubkal summit is tough, especially across the scree. But with the buoyant team spirit – and several pitstops – we'll reach the top of North Africa's highest peak. Taking time to reflect on our achievement, we then descend back to the Neltner Refuge for the night.

DAY 4 *Fri 21 Aug*

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Neltner Refuge to Marrakech (approximately 4 hours)

Limbs may be feeling weary, but it's an easy descent back down to Sidi Chamarouch (2,310m) where we will stop for some refreshments and a spot of shopping. From here it's two-hour hike to Aremd, before one last push to Imlil. We bid farwell to our muleteers before heading back to Marrakech, which leaves the rest of the day free to explore this wonderful city.

DAY 5 *Sat 22 Aug*

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Tour of Marrakech

The day starts with a guided tour of Marrakech, taking in the 70m high Koutoubia Minaret and the Sixteenth Century Saadian Tombs. The tour ends in the bustling Djemma El Fna square. Lunch is in the medina, after which there will be time to explore the subtropical botanical gardens of Jardin Majorelle. Celebrate the trip and all our achievements over a final celebratory meal together.

DAY 6 *Sun 23 Aug*

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Arrive home

Today is bitter sweet as we wave goodbye to Marrakech and head home to the UK. Saying goodbye to new-found friends and trekking partners will be hard, so be sure to exchange details on the flight home.

NB

The itinerary is there as a guide and may change due to unusual weather patterns, wildlife movements, the strength of the group, and other unpredictable factors. We will do our very best to keep to the set itinerary; however we cannot be held responsible for any last minute changes that may occur. In all such circumstances, your expedition leader will have the final say.

Should you suffer from vertigo, it is worth considering that on most mountain treks there will be occasional exposure to sheer drops. You should, therefore, discuss the particular itinerary of your choice with a member of our team.

HOW TO FUND YOUR CHALLENGE

MINIMUM SPONSORSHIP

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Registration fee of £145.00 when you book
Raise a minimum of £1675.00 for your charity.

WHAT'S INCLUDED

Before you go

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- Access to your own password protected account including support materials and training schedules
- Risk assessment and emergency management planning
- Public liability insurance
- Discount on personal equipment from The Outdoor Shop, Outdoorhire, Cotswold Outdoor and Nomad Travel Stores
- Access to "ask the expert" re your kit requirements
- Access to training weekends (optional and at additional expense)
- Warm up exercise routines
- 16 and 20 week trek/bike training schedule
- Fitness training notes
- Sponsorship forms (online and hard copy)
- Template press release
- A-Z of fundraising ideas
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)
- Fundraising advice

On your challenge

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- International flights to and from the UK (including all known UK air taxes, and fuel surcharges, at the time of costing)
- Internal road and air transfers as per the itinerary
- Accommodation during the challenge (usually in twin share)
- Three meals a day (unless otherwise stated in the itinerary)
- Drinking water on challenge days
- Entrance fees to national parks or other places of interest visited on the itinerary
- All ground staff including English speaking guide, drivers, cooks, and porters
- Full back-up support including first-aid qualified staff and first-aid supplies
- Activity equipment such as bikes, tents and rafts as per the challenge activity
- A donation to a community project in one of the countries in which we operate
- A contribution towards funding the reduction of carbon emissions through Climate Care's portfolio of award winning projects
- A Charity Challenge T-Shirt
- All challenge management before, during and post event

WHAT'S NOT INCLUDED

Before you go

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- Travel to and from the UK airport of departure
- Vaccinations (please check Trip Notes for requirements)
- Travel Insurance (you can buy at time of booking or in your Account Area, or provide your own policy details)

On your challenge

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- Tips
- Departure Tax (if applicable)
- Personal spending money
- Any other specific items listed as not included in your Trip Notes

- Clothing and equipment listed on your Kit List

THE DETAILS

Fundraising deadlines	You will need to send your sponsorship money to the charity as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 10 weeks before departure (by 09/06/2015), and the remaining 20% within 4 weeks of completing the challenge (by 20/09/2015). If you have raised the necessary funds, the charity will then pay the balance of your challenge costs. The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.
Prices include all known air taxes	We include ALL known air taxes (including fuel) at the time of costing. Many companies do not include air taxes at all, and clients are therefore hit with a surcharge of three or four hundreds of pounds just before departure. Our aim is to provide you with transparent pricing and clear instructions as to what is included in our prices and if applicable what isn't.
Typical group size	The typical group size is 16 - 30 participants
Small group supplement	The costs and sponsorship levels on our website are based on a minimum of 16 participants. We can run this trip with 10-15 people, but there will be a small group supplement of £30. This is payable by your charity if you book under the Minimum Sponsorship or Flexi options, and by yourself if you choose the Self Funder option. We will notify you 12 weeks before departure if this is necessary.
Optional extras	Business class upgrades* Travel insurance Single room supplements* Extensions at end of trip* Trek/bike training weekends* (*subject to availability)

Travel insurance	Your safety when travelling with Charity Challenge is our main concern, which is why it is a booking condition that you have a suitable travel insurance policy, which covers you for the adventurous nature of your challenge, the activities you are undertaking, and the altitudes. We have chosen to partner with specialist travel insurance providers Campbell Irvine, who offer cover for an extensive number of adventurous activities. Cover is available directly from Campbell Irvine for most European residents and includes cover for emergency medical and repatriation and for your cancellation or curtailment of the challenge. Full details including costs may be found at https://www.campbellirvine.com/charitychallenge.

Level of Difficulty

The High Atlas Summit Trek is graded as tough. This is a challenge for someone who who has some experience with regular trekking and who wants to take that to the next level. During your High Atlas Summit Trek you will be:

- Trekking at high altitude and sleeping at 3200 meters above sea level.
- Reaching a maximum altitude of 4176 meters above sea level.
- Staying in a refuge the night before summiting where facilities are very basic.
- Weather conditions are tough and it might mean that you won't be able to summit.

Money

Currency: The national currency is the Dirham, which is divided into 100 centimes. For up to date currency exchange, go to www.xe.com.
The Dirham is officially designated as a closed currency meaning it can only be traded within Morocco; however, Dirhams are being sold and bought in travel agencies and at major airports in several countries (notably the UK).

Cash: There are ATMs available at the airport near to the hotel in Marrakech. This is the best source of obtaining currency whilst you are in Morocco.

Credit cards: Widely accepted in the larger urban centres, although a 5% charge is often charged. You should bring one in case of emergencies.

Spending money: You will not need a large amount of money during this trip as most expenses are covered. However, approximately £200 is recommended for gifts, souvenirs, alcohol & tipping. Euros and US$ can all be exchanged on arrival (GBP are much harder to change), although travellers cheques are only exchanged at larger banks.

Tipping: Tipping is of course discretionary. However, tourism is a tipping industry and the guides in Morocco will generally receive a tip at the end of a job well done. We recommend approx. £30 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

Visa

For UK passport holders a full passport is required but no Visa. You must have at least six months to run on your passport from the end of the challenge. Ensure your passport is stamped on arrival. Non UK passport holders should consult their nearest Moroccan embassy regarding visa requirements.

Vaccinations

For up to date vaccination information please check the NHS travel website Fit for Travel at: http://www.fitfortravel.nhs.uk/destinations.aspx. Although the Charity Challenge staff are travel professionals, we are not medically trained and therefore we recommend that you seek advice on vaccinations from your travel nurse or GP. They may ask you exactly where you are going, and as such it's a good idea to take a copy of your itinerary with you.

Flights

You will be flying from London to Marrakech via Casablanca and returning from Marrakech to London via Casablanca. The flight will take approx. 4 hrs. Your flight tickets will be issued to you at the airport.

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 for further assistance).

Insurance

It is a condition of booking that you have a suitable travel insurance policy whilst participating on the challenge. We have a special policy which covers among other things, medical (emergency, evacuation and repatriation) arrangements, cancellation and curtailment of the challenge, and more specifically for the adventurous activities undertaken on this challenge. If you have your own travel insurance policy, you must ensure that it provides at least the same level of cover as our recommended policy, including protecting the charity in the event of your cancellation 56 days or less prior to departure. If you choose not to purchase our recommended policy when you book we will send you a disclaimer which you should complete and return.

For more general travel insurance questions, please refer to our main FAQs page.

Group Size

Each group is intended to be a minimum of 16 people in order to run and a maximum of approximately 30 people due to the wilderness environment in which the challenge takes place. We will be able to run this challenge for 10 to 15 people by charging a small group supplement of £30, which will be added to your final balance invoice (self funders) or charged to your charity (minimum sponsorship or flexi).

Leadership

We employ a number of first aid qualified challenge leaders, all of whom speak English to varying degrees. They will be ultimately responsible for the running of the itinerary and the safety of your group.

Climate

Early mornings will immediately warm as soon as the sun rises, and the days will be hot and bright. As soon as the sun sets, the temperature drops radically and is often well below zero degrees. Towards the top of the mountain, you will be trekking above the clouds and will need strong UV protection. Departures in October are much colder as you summit, but good quality warm equipment is essential all year round.

Terrain

The trip starts on a well maintained dirt track in the mountains before it gets slightly narrow on the second day with mainly uphill sections. Occasionally single tracks are involved with even stony sections for couple kilometers . However there is a large mixture of tarmac road on couple days and good dirt road on others, one day we cycle on a flat single trail through the valley of Ait Bougumez in the middle of the fields.

Luggage allowance and valuables

Your rucksack/holdall (suitcases are not appropriate) must not exceed the maximum weight limit of the airline you are flying with. This is generally one piece at approximately 20kg, however do check this with your airline before you fly. On the day when you begin to ride, your personal kit will be transported to the next hotel. You will only need to have a handle bar bag or bum bag with you during the day and you will be able to access your day pack at rest stops.

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.

Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism, and work closely with bodies such as the International Porter Protection Group and Climate Care to ensure that our challenges benefit the local environments and communities in which they take place. We ensure that all rubbish is disposed of responsibly, and following local guidelines on cultural and environmental protection and respect, we aim to limit our impact on the natural environment. In addition to taking these practical steps to ensure that our challenges are sustainable, we also make a contribution each year to a number of local community projects, so as to give something back directly to the communities that we visit. Since 2000 we have donated almost £200,000 to such projects, supporting a range of initiatives, including schooling for children in Africa, shelter for street children in Brazil, and Orang-utan conservation in Indonesia. We recommend that any gifts brought over for children are given to the UK challenge leader and distributed where needed by them and our local Ground Agent. If you wish to do more, you should consider buying drinks, postcards and souvenirs from the local vendors. For many, it is their sole source of income. For more information, please visit our Responsible Tourism pages, where you will be able to view a list of the projects that we currently support.

Typical day

You will wake early (around sunrise), in time for a hearty breakfast, and you will be trekking for around 8 hours with a long break for your packed lunch. On summit day you will arise before daybreak in order to make the summit by sunrise. This will be a long day of approximately 12 hours of trekking.

Accommodation

During the challenge you will be staying mainly in a mountain lodge with shared toilet facilities and no showers. You will be in a centrally located hotel in Marrakech. If you are travelling with a friend or partner who you wish to share with please ensure that you note this where appropriate when booking or email

challenges@charitychallenge.com.

You will need to bring a warm sleeping bag (three to four season). The refuge provides mattresses.

Food & Drink

You will be served a variety of Moroccan food. All meals are healthy and nourishing. Lunches will be in the form of a picnic lunch, ideal for carrying on the trek. There will be plenty of food to satisfy hungry appetites, but please let Charity Challenge know if you have any specific dietary requirements.

Clothing and equipment

Good quality, durable kit could mean the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, waterproof, well-worn in boots will be indispensable, particularly coupled with some really good quality walking socks. You don't need a clean pair every day, but enough to make sure you have dry socks each morning. The benefits of a comfortable sack cannot be underestimated, so make sure that you train with this. Other essentials are high quality gore-tex waterproof and windproof jackets and trousers, and technical/wicking t-shirts rather than cotton shirts. A full kit list for this challenge can be found here and once you book you will have access to kit discounts with our partners The Outdoor Shop, Outdoorhire and Cotswold Outdoor.

Toilets

During the challenge you will be staying in a mountain refuge, with shared toilets/shower facilities. It is advisable to bring your own toilet tissue. You will be in a centrally located hotel in Marrakech with western style toilets.

Phone and WiFi

WIFI and mobile phone reception will be available at the hotel in Marrakech. After leaving Marrakech, the mobile phone and WIFI signal will be limited.

Safety

Charity Challenge considers the safety of all of its participants and staff to be a top priority, and as such we have set up one of the most advanced and thorough safety management systems in the industry. In a nutshell, Our Challenge Safe brand (link to Challenge Safe page on new website) formalises our ethos when it comes to safety, and brings together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the activity itself. Your welfare is paramount!
In terms of your High Atlas Mountain Mountain Trek, there are a couple of important points that you should be aware of:

- You will be trekking at high altitude throughout, to the summit of Toubkal at 4167m.
- Expect a wide and unpredictable range of temperatures. Nights will certainly be down to minus temperatures,

but seasons can be unpredictable, and you need to dress for both warm and freezing temperatures.
- Trekking at altitude can cause dehydration, so you need to hydrate hydrate hydrate, cover up with suncream and ensure that you are replensihing salts and sugars.

Emergencies

This challenge is not run as a race and there is always a large discrepancy in people's trekking abilities. There will be a staff member at the back of the group at all times to ensure that no one is left behind and can take things at your own pace. In the case of an emergency, all leaders are carrying radios and will coordinate a swift evacuation off the mountain. Their decision is final in all cases.

Training

Training and fitness is definitely required. 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 the altitudes are different from the UK. While strength is important, endurance training should be your primary focus. Walking up hills and climbing stairs are both ways to condition your lower body. Begin slowly, without the weight of a pack, eventually adding weight as you increase your training pace. Take a long hike (6-8hours) several times with a weighted pack, up and down hills or on small mountains.

Challenge Training

If you would like to get a feel for our challenges ahead of your departure, why not consider booking on a 1 or 2 day UK Challenge?

We have a variety of challenges, covering all levels of difficulty, taking place in stunning National Parks across the UK that are led by highly qualified and experienced expedition and mountain leaders. These challenges will give you the perfect opportunity to monitor fitness levels, test out your kit, meet people in the great outdoors, share fundraising stories and gain valuable advice and support for the challenge ahead. We encourage participants to make use of our highly knowledgeable leaders and ask them any questions you may have about clothing and equipment, expedition health and wellbeing, trekking skills, walking techniques and teamwork!

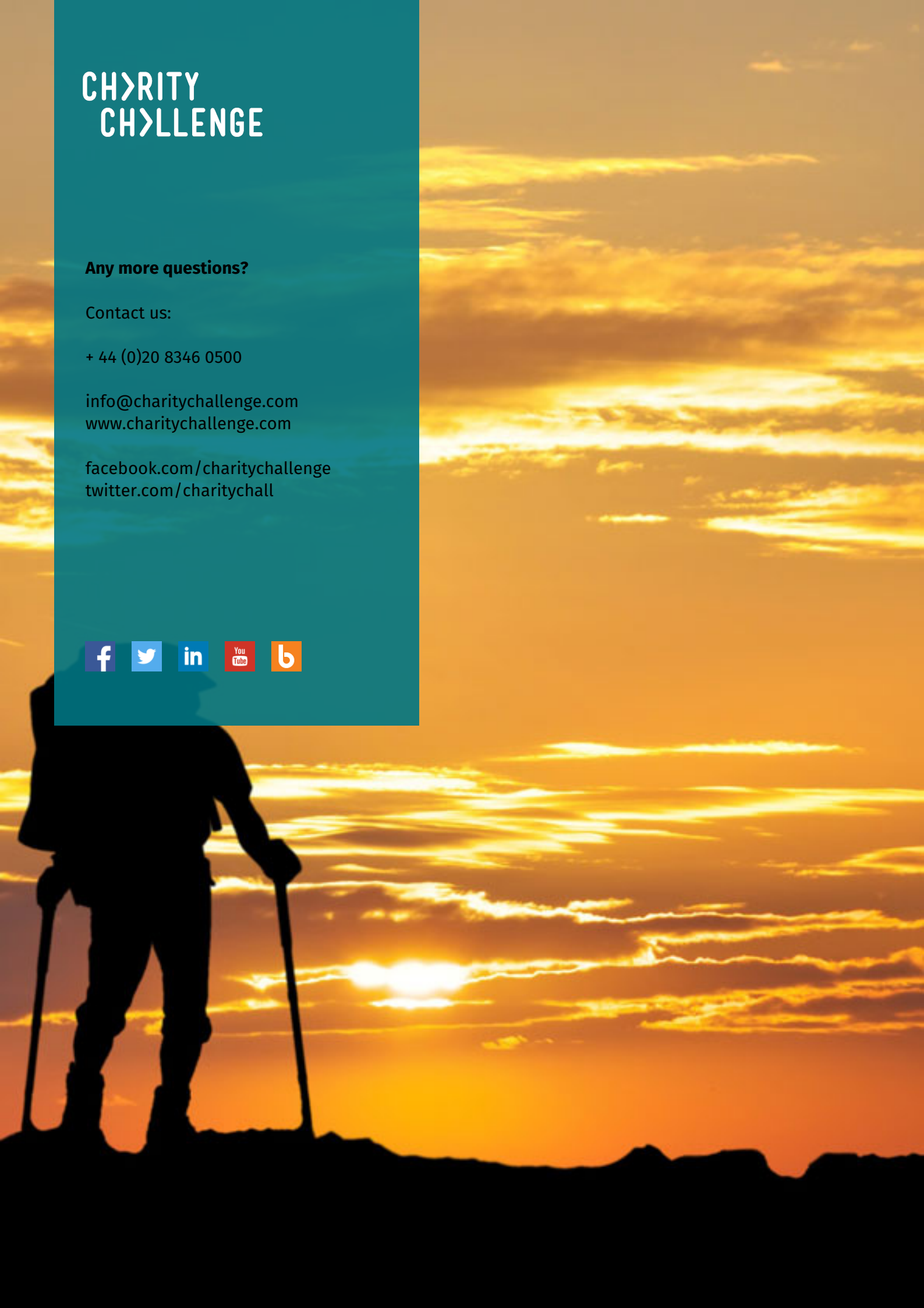
We are offering all participants **50% off** the registration fee when you book on one of the UK challenges listed via the link below. Just use the code **TRAINING** when booking. T&C's – you must have an active booking on a challenge to avail of this offer. Discount cannot be used in conjunction with any other offer. Find out more here

CHARITY CHALLENGE

Any more questions?

Contact us:

+ 44 (0)20 8346 0500

info@charitychallenge.com
www.charitychallenge.com

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