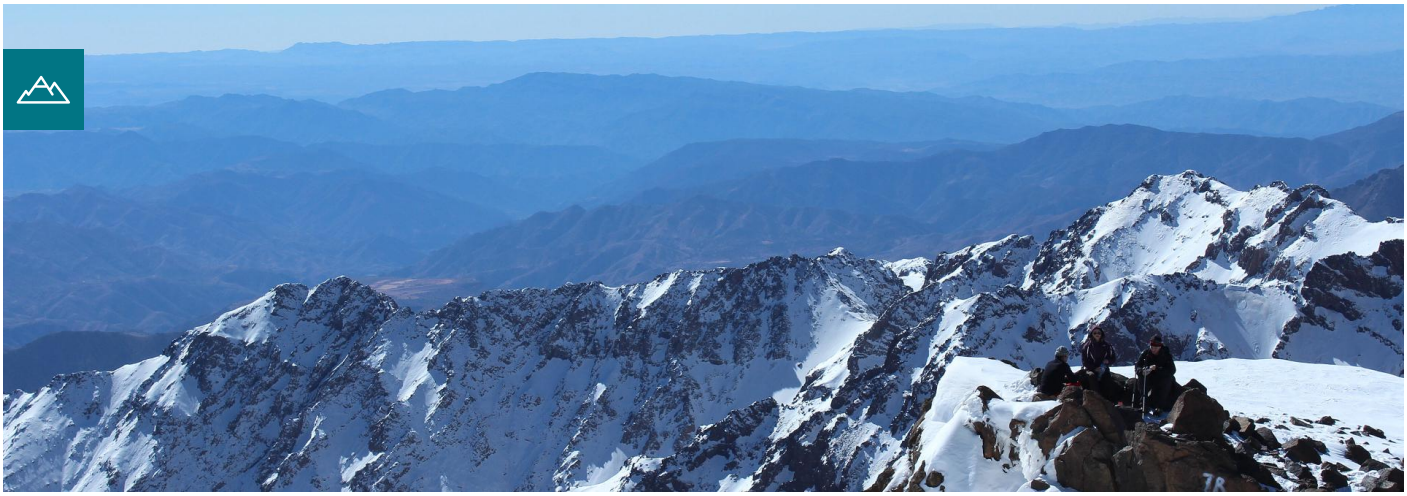
CHARITY CHALLENGE

TRIP NOTES

BELIEVE ACHIEVE INSPIRE

WINTER TOUBKAL TREK MOROCCO

Tue 08 Nov - Sun 13 Nov 2016



In aid of your choice of charity

08 Nov - 13 Nov 2016

6 DAYS | MOROCCO | EXTREME

Morocco is home to the High Atlas mountain range, including Jebel Toubkal, one of North Africa's tallest peaks.

The western range features several peaks over 3,900m – two of which we encounter. Beginning in Marrakech, we venture into Berber country to discover the majesty of the mountains.

Each day, we will spend between four and eight hours trekking across the peaks and through remote Berber villages. A good degree of fitness is required, particularly given the changeable weather conditions. The climb is not technical, however, you will be trained to use crampons and ice axes.

Ultimately, the challenge ends with celebrations in the vibrant city of Marrakech.

- 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 08 Nov*

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Day 1: International departure from London. Leave Marrakech and climb to Aremd (1,950m)

Meet the rest of the team and a Charity Challenge representative at the airport for the long-awaited departure to Marrakech. Upon arrival, the group will be met by a local guide and transferred through the valley of Ait Mizane to the hamlet of Imlil. Trekking begins straight away with a short walk uphill to Aremd on the foothills of Toubkal. Overnight here in a village house.

DAY 2 *Wed 09 Nov*

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Day 2: Aremd to Toubkal Refuge, 3,200m (approximately 5-6 hours)

After breakfast we set off along the Ait Mizane valley. It's a gradual climb to the Shrine of Sidi Chamharouch. Soon, the first high peaks emerge in the distance. Once we hit the snow, the group will be shown how to use crampons and ice axes for the onward trek to a glacial valley where we spend three nights. Overnight at mountain refuge.

DAY 3 *Thu 10 Nov*

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Day 3: Toubkal Refuge to Ouanoukrim, 4089m (approximately 8 hours)

This morning, weather depending, we set off to summit Ouanoukrim (4,089m). The trek starts from the Assif n Isseguane valley to the pass of Tizi Ouagane, then follows the ridge to Ras Ouanoukrim (4,070m) on to Timezguida (4,089m). Heart pumping, you scramble to the top where you take in the awe-inspiring sight of all you've achieved before heading back down to the refuge.

DAY 4 *Fri 11 Nov*

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Day 4: Toubkal Refuge to Mount Toubkal, 4,165m (approximately 7 hours)

Yesterday's hike was just a taster – now you're ready for Toubkal! Leaving the refuge behind, the climb sets off on a steep slope before entering a glacial valley to the pass of Tizi'n'Toubkal. The route continues along the ridge to the summit with great views overlooking both the southern Atlas mountain range and the Marrakech plain to the north. Overnight at the refuge for the last time.

DAY 5 *Sat 12 Nov*

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Day 5: Toubkal Refuge to Imlil and Marrakech (approximately 4.5 hours)

After an invigorating and fascinating trip you leave the refuge for the last time and walk back to Imlil, for the transfer back to Marrakech. There will be free time to relax or explore the souks, before a celebratory dinner in a traditional Moroccan restaurant and overnight at a local hotel.

DAY 6 *Sun 13 Nov*

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Day 6: International departure to UK

Expect to feel elated and emotional as we head for the airport for our international flight back to London. Be sure to swap contact details with new friends and trekking partners, before arriving back in the UK. Please note that lunch is not included today.

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

This page provides you details of the costs of your challenge.
The costs below are per person.

SELF FUNDER

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Pay a registration fee of £150.00 when you book
Then a balance of £809.00
(8 weeks before your challenge)
Raise as much as you can for your charity.

MINIMUM SPONSORSHIP

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Registration fee of £150.00 when you book
Raise a minimum of £1650.00 for your charity.

FLEXI

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Registration fee of £150.00 when you book
Then £150.00 towards challenge costs
(8 weeks before your challenge)
Raise a minimum of £1345.00 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)
- Clothing and equipment listed on your Kit List

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

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 30/08/2016), and the remaining 20% within 4 weeks of completing the challenge (by 11/12/2016). 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 12 - 20 participants
Small group supplement	The costs and sponsorship levels on our website are based on a minimum of 12 participants. We can run this trip with 6-12 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 Winter Toubkal Challenge is graded as “extreme”. You will be trekking at altitude through snowy conditions. You should not undertake this challenge without significant training. During the trek you will be:

- Trekking for around 4-8 hours per day
- Battling the altitude on the mountain up to the summit of 4165m.
- Crampons and ice axes may be needed at some points of the climb.
- Trekking in snow at the peak.

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.

Import and export of local currency is strictly prohibited. It is not possible to exchange Scottish or Irish bank notes. 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.

Travellers Cheques: The only point on the trip to change travellers cheques is at the airport. The Banque Marocaine du Commerce Exterieur (BMCE) appears to be the only bank that charges commission on travellers’ cheques – about USD0.50 per cheque. A lot of travellers have run into problems when changing travellers cheques at the airports, where in some cases only cash is accepted.
spending money

While you will not need a large amount of money during this trek, we recommend that you take a reasonable amount of cash in small denominations for tips, snacks and souvenirs. Credit cards should be accepted in the hotels. Keep in mind that for most of the challenge you will be trekking in the mountains away from any foreign exchange or banks.
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Tips: Tipping is of course discretionary. However, 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. Also see Travel Tips.
Non UK passport holders should consult their nearest Moroccan embassy regarding visa requirements.

Vaccinations

For up to date vaccination information please consult the NHS government website 'Fit for Travel' at: http://www.fitfortravel.nhs.uk/home.aspx
Please check the latest advice regarding whether you will need a yellow fever certificates as this often changes. If you are over landing into Tanzania or have a long lay over in an 'at risk country' you may require this for entry. Vaccines sometimes advised: tuberculosis; meningococcal meningitis; hepatitis B; rabies; cholera. Malaria precautions are essential in all areas below 1800m, all year round. Avoid mosquito bites by covering up with clothing such as long sleeves and long trousers especially after sunset, using insect repellents on exposed skin and, when necessary, sleeping under a mosquito net. Also see Health notes. *Requirements change and these are recommendations only*

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 12 people in order to run and a maximum of 20 people due to the wilderness environment in which the challenge takes place. We will be able to run this challenge for 6 to 12 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

In March the early mornings and evenings are very cold where temperatures can drop dramatically below zero degrees. On sunny days the temperature will rise up to 18 to 25 degrees during the day. However, with the wind chill the temperature can be very low even on a sunny day. Possible snow fall in March. It's best to be prepared for both cold and warm and have a strong UV protection

Which crampons are used?

Please note that ultralight crampons Salewa Alunal 2.0 (walk) are provided for trekkers.

These crampons are adjustable and can be fitted to all kind of boots. There is no need for boots with specific crampons adjustment and you are able to bring your normal boots if they are suitable for trekking on rocky and snowy terrain.

Luggage Allowance and Valuables

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

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 be woken up early each morning at approx. 6am, and given a basic but hearty breakfast. After breakfast you will begin the first climb of the day usually lasting 3-4 hours. A long and early lunch will be taken to avoid trekking during the hottest part of the day; it will consist of bread, salad, fruit, fish and/or eggs. We set off to walk again for another 3-4 hours and then we return to the refuge late afternoon for dinner and a well-deserved rest.

Accommodation

During the trek you will be staying in a mountain refuge in cosy dormitories with shared facilities. At the very start you will stay in village house and at the end of the trek, you will be staying in a moderate hotel in order to relax and recover. If you are travelling with a friend or partner who you wish to share with, please let Charity Challenge know in advance.

A good warm sleeping bag (three to four season) is recommended. Sleeping mattresses are provided at the refuge and blankets will be available at the village house in Aremd.

Food & Drink

Each morning you will be provided with a filling breakfast of porridge, muesli, bread, cheese, jam and honey. Occasionally omelettes and pancakes will be served. Lunch will be fresh salad, vegetables, rice macaroni, tomatoes, lentils, haricot beans, tinned fish with bread and fruit. For dinner it will vary between western style food such as spaghetti and Moroccan national fare like tagine and couscous. Food will always be ample and will provide heaps of energy. Please let Charity Challenge know prior to departure if you have any specific dietary requirements or allergies.

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 day 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,

technical/wicking t-shirts rather than cotton shirts, and a down jacket for the evenings in camp and your summit day/night. 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, Outdoor Hire and Cotswold Outdoor.

Toilets

The refuge has unisex Berber style toilets and washing facilities with showers.

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 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 Winter Toubkal Trek, there are a couple of important points that you should be aware of:

- You will be trekking to an altitude of 4165m, and altitude trekking carries it's own risks.
- Emergency evacuation to a hospital may take upwards of 1 hour, depending on your location on the mountain

Emergencies

Back up support will never be far away 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 allowed for. There will be a staff member at the back of the group at all times to ensure you are not left behind and can take things at your own pace.

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.

In your Charity Challenge account you will find more comprehensive Fitness Training Notes. You can also look to join one of our training weekends.

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

What Winter Kit is Included

Being a winter climb there is a possibility of encountering snow and ice on the trek. Therefore we have included crampons and ice axes (if necessary) for you to use.

What Winter Training is Included

Walking on snow and ice can be tricky and before you have to do this you will have a briefing and training on how to properly use the provided winter kit and trek safely. The walk to Toubkal does not involve any snow crevasses or glaciers. The group will walk in a line with the guide in the front. In case a couple of sections are difficult the guide will use a rope as a handrail.

CHARITY CHALLENGE

Any more questions?

Contact us:

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