CHARITY CHALLENGE

TRIP NOTES

# BELIEVE ACHIEVE INSPIRE

## MOUNT TOUBKAL TREK MOROCCO

Tue 06 Jun - Sun 11 Jun 2023

## In aid of your choice of charity

*06 Jun - 11 Jun 2023*

### 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 06 Jun*

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**International departure from London**

Once you're all packed, it's off to the airport to finally meet the rest of the team. Touching down in Morocco, you'll be met and experience the buzzing vibrancy of Marrakech. You'll transfer to the hotel for your first team dinner and a good night's sleep. (D)

Accommodation: Hotel

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**DAY 2** *Wed 07 Jun*

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**Marrakech to the Atlas Mountains, Neltner Refuge, 3,200m (approx. 5-6 hrs)**

After breakfast and a final briefing, you leave the city and the scenery changes quickly as your journey heads into the foothills of the High Atlas Mountains. At 2,000m sits the village of Imlil, the challenge starting point. Here you 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. (B,L,D)

Accommodation: Mountain Refuge

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**DAY 3** *Thu 08 Jun*

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**Neltner Refuge, 3,200m to Mount Toubkal, 4,167m (approx. 4 hrs up/3 hrs down)**

This morning sees an early start as you head towards your 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 – you'll reach the top of North Africa's highest peak. Taking time to reflect on your achievement, you then descend back to the Neltner Refuge for the night. (B,L,D)

Accommodation: Mountain Refuge

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**DAY 4** *Fri 09 Jun*

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**Neltner Refuge to Marrakech (approx. 4-5 hrs/1.5 hrs drive)**

Your limbs may be feeling weary, but it's an easy descent back down to Sidi Chamarouch (2,310m) where you will stop for some refreshments. From here it's a two-hour hike to Aremd, before one last push to Imlil. Here you'll bid farewell to your muleteers before heading back to Marrakech, where the rest of the day is free to explore this wonderful city. (B,L,D)

Accommodation: Hotel

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**DAY 5** *Sat 10 Jun*

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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 16th century Saadian Tombs before ending 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 your achievements over a final celebratory meal together. (B,L,D)

Accommodation: Hotel

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**DAY 6** *Sun 11 Jun*

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**Arrive home**

Today is bitter sweet as you 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. (B)

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**NB**

B = Breakfast; L = Lunch; D = Dinner

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 | MINIMUM SPONSORSHIP | FLEXI |
|---|---|---|
| - | - | - |
| *Pay a registration fee of £199.00 when you book*<br>*Then a balance of £799.00*<br>*(10 weeks before your challenge)*<br>*Raise as much as you can for your charity.* | *Registration fee of £199.00 when you book*<br>*Raise a minimum of £1630.00 for your charity.* | *Registration fee of £199.00 when you book*<br>*Then £199.00 towards challenge costs*<br>*(10 weeks before your challenge)*<br>*Raise a minimum of £1225.00 for your charity.* |

*You will be invoiced for the air tax and fuel element contribution for your international flights, capped at £75.00, which is due 10 weeks before departure.*

## WHAT'S INCLUDED

**Before you go**

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- Support materials (itinerary, kit list, visa information, travel tips, responsible travel policy and guidance)
- Sponsorship forms
- 12.5% off Cotswold Outdoor, Snow + Rock, and Runners Need
- Access to your own password protected account including support materials and training schedules
- Fitness training notes
- 16 and 20 week trek/bike training schedule
- Warm up exercise routines
- Public liability insurance
- Risk assessment and emergency management planning

**On your challenge**

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- Drinking water on challenge days
- A contribution towards funding the reduction of carbon emissions through Climate Care's portfolio of award winning projects
- A donation to a community project in one of the countries in which we operate
- An English speaking first aid trained challenge leader and full local support team
- Equipment as per the challenge activity
- Internal transfers (unless otherwise stated in the itinerary)
- UK-based 24-hour emergency support line
- A Charity Challenge T-Shirt
- Full back-up support including first-aid qualified staff and first-aid supplies
- Entrance fees to national parks or other places of interest visited on the itinerary
- Three meals a day (unless otherwise stated in the itinerary)
- Accommodation during the challenge (usually in twin share)
- International flights to and from the UK, in economy class (see air tax exclusion below)

## WHAT'S NOT INCLUDED

**Before you go**

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- Visa (if required)
- Any covid tests required for entry to any countries or places of interest on your challenge itinerary
- Travel to and from the UK airport of departure
- Travel to and from the UK airport of departure
- Access to training weekends (optional and at additional expense)
- Vaccinations (please check Trip Notes for requirements)

**On your challenge**

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- Contribution towards air taxes and fuel element (please see the section below on "Air Tax and Fuel Element Contribution")
- Tips
- Departure Tax (if applicable)

## THE DETAILS

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| 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 12 weeks before departure (by 14/03/2023), and the remaining 20% within 4 weeks of completing the challenge (by 09/07/2023). 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. |
| Air tax and fuel element contribution | The air taxes, and fuel element, that make up part of the flight costs can fluctuate significantly before a challenge takes place. As such, we exclude part of these taxes from the initial cost of the challenge and we will invoice you for it 10 weeks before departure. This applies to all participants on all payment options. For the challenge you are booked on this payment will be capped at £75 and we will absorb any amount above that. Please be sure to factor this cost into your budgeting for the challenge. |
| Typical group size | The typical group size is 10 - 30 participants |

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|---|---|
| Small group supplement | The costs and sponsorship levels on our website are based on a minimum of 10 participants. We can run this trip with 6-9 people, but there will be a small group supplement of £50. 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 | Single room supplements*<br>Business class upgrades*<br>Extensions at end of trip*<br>Travel insurance<br>(*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 Mount Toubkal 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 Mount Toubkal Trek you will be:

- Trekking at high altitude and sleeping at 3200 metres above sea level.
- Reaching a maximum altitude of 4176 metres 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.

### Typical day

You will wake early, in time for a hearty breakfast, and will be trekking for around 4-5 hours. On summit day you will arise early (around sunrise) and take it slowly to reach the top of Mount Toubkal. This will be a long day of approximately 6-7 hours of trekking.

### 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 Mount Toubkal 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 keep hydrated, cover up with suncream and ensure that you are replenishing salts and sugars.

### 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.

### Flights

You will be flying from London to Marrakech and returning from Marrakech to London. The flight will take approx. 4 hrs. Your flight tickets will be e-mailed to you before 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 for further assistance).

### 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.

### Insurance

Your safety when travelling with Charity Challenges is our main concern which is why it is a booking condition that you have a suitable travel insurance policy that will cover you for the adventurous nature of your challenge. 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 by clicking here.

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

### Vaccinations & Medicines

For up to date vaccination information please check the Travel Health Pro page: https://travelhealthpro.org.uk/country/154/morocco#Vaccine_recommendations

Charity Challenge team are not medical experts and we would encourage you to visit your GP or travel nurse to discuss vaccination requirements. Your GP may ask questions about the specific locations that you are visiting, and as such it may be useful to take a copy of your itinerary with you.

**Medication**

- Carry medicines (including those bought over the counter) in their correctly labelled original packaging, as issued by the pharmacist. These should be carried in your hand luggage.
- Consider packing a spare supply of medication in the hold luggage in case of loss of hand luggage
- A letter from the prescriber detailing the medicines with the generic names for the medications can be helpful for border control checks, and in case medicines have to be replaced or medical help is required
- Carry a note from the prescribing physician on letterhead stationery for controlled substances and injection medications

- Take out an appropriate level of travel health insurance including repatriation and specific cover for any pre-existing illnesses

N.B. Some medications are banned abroad so please check. You can find further information at https://travelhealthpro.org.uk/factsheet/43/medicines-abroad

**Altitude**
This trip goes to high altitude (maximum 4167m, average 2600mm) where there is a risk of being affected by Acute Mountain Sickness. https://travelhealthpro.org.uk/country/154/morocco#Other_risks

## Climate & Terrain

**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 rapidly 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 late summer are much colder as you summit, but good quality warm equipment is essential all year round.

**Terrain**
You will navigate your way, climbing and scrambling over the huge, obstructive boulders and loose rock of Jebel Toubkal.

## Training

Training and fitness is definitely required. Anyone who leads a fairly active and moderately healthy lifestyle should be okay 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 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

### Luggage allowance and valuables

As no formal clothes are needed whilst trekking, 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 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 your outward journey, please wear your 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.

### Leadership

There will be an English-speaking challenge leader who will be responsible for the logistics and co-ordination of your challenge. There will also be numerous local support guides and staff to assist them. The challenge leader will be ultimately responsible for the running of the itinerary and the safety of your group.

### Group Size

Each group is intended to be a minimum of 10 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 6 to 9 people by charging a small group supplement of £50, which will be added to your final balance invoice (self funders) or charged to your charity (minimum sponsorship or flexi).

### 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, 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.

### Accommodation & Toilets

**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.

**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. The hotel in Marrakech has western style toilets.

## 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.
Whilst our team in Morocco will do their best to meet any special requests, gluten free food is quite limited. We recommend you take a supply of gluten free bread, oats, and pasta that can be used for daily meals as well as gluten free snack bars during the day.
Please let Charity Challenge know prior to departure if you have any specific dietary requirements or allergies.

## 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 and at 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 GBP£40 per person (in Moroccan Dirhams) 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.

## 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.

### 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.

### Pre-Existing Medical Conditions

We do not professionally vet your medical details. Please assess for yourself whether you are fit and able to take on the challenge. Please review the detailed Trip Notes and itinerary to get a better idea of what is involved. Please speak to your doctor or specialist if you have any concerns about taking part. If you suffer from a severe allergy, you are required to contact us to discuss any requirements. If you think that there are things we can do to make the challenge more accessible/comfortable for you, it is your responsibility to let us know, and we will then let you know if we can accommodate your request. Whilst we will do our best to put in place appropriate measures we cannot guarantee that this will be possible.

### Medical Support

First Aid qualified staff will be provided with the medical details that you give on your booking form but please note that they are on the challenge to support with medical matters related to the challenge environment and terrain itself, i.e. heat/cold, high altitude and so on. They will deal with any incidents and accidents (cuts, sprains, breaks and so on). They are not intended to continue any ongoing specialist medical care that you receive in the UK for pre-exiting medical conditions, and should not be assumed to have any professional experience of your specific medical condition.

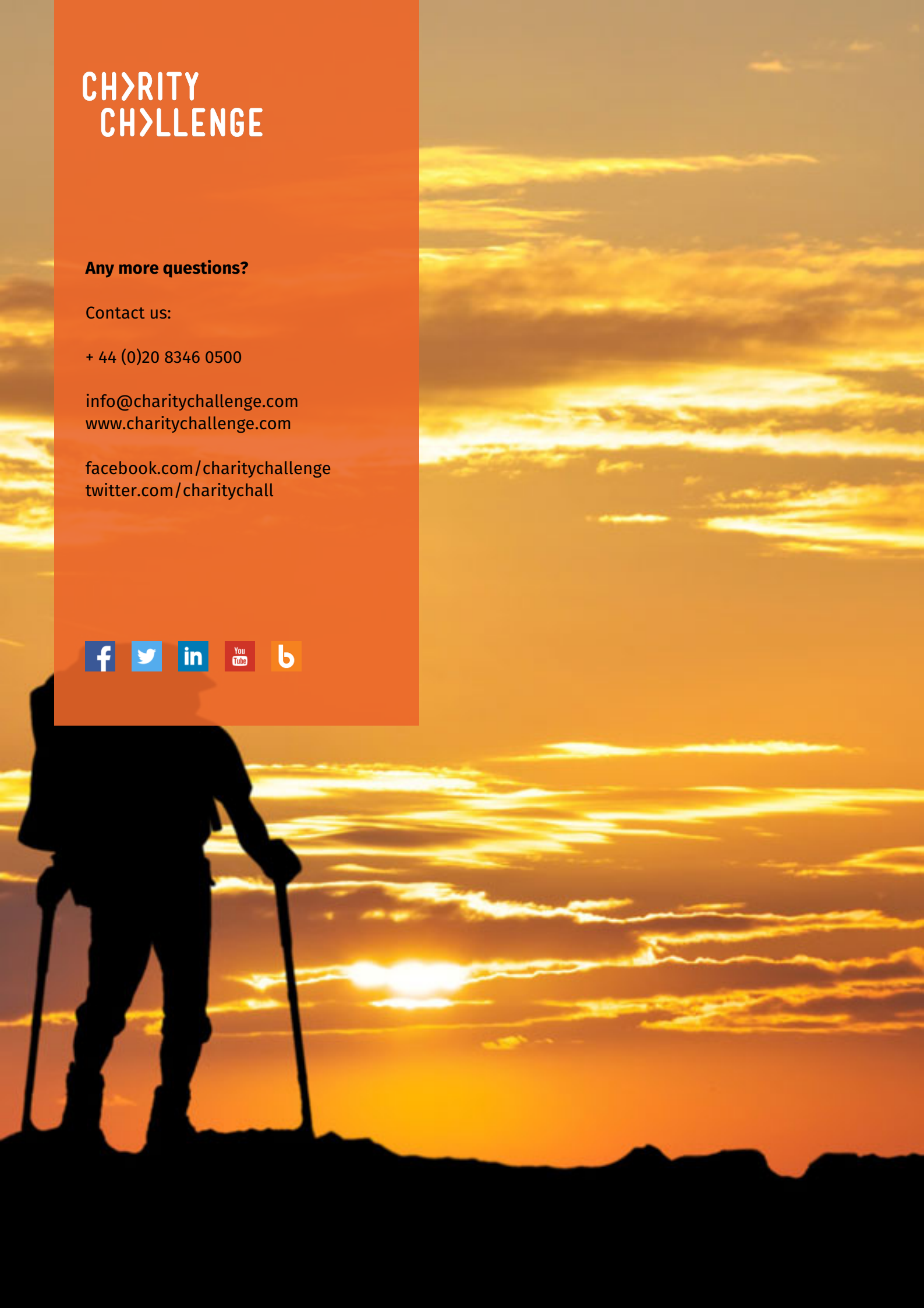
If you have any specific needs around pre-existing medical conditions, you should discuss with your family doctor or specialist in advance and can discuss any advice given by them with the challenge leader or doctor.

CHARITY CHALLENGE

**Any more questions?**

Contact us:

+ 44 (0)20 8346 0500

info@charitychallenge.com
www.charitychallenge.com

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