



TRAVEL THERE CO

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Climb Mt Toubkal

Days:Marrakech toMarrakech

What's Included

Your Welcome Moment: Meet Your CEO and Group. Atlas Mountains trek with a qualified mountain guide (5 days). Trek Tizi N'Tacht pass and Mizane Valley. Visit the shrine of Sidi Chamharouch. Summit Mt Toubkal. Enjoy free time in Marrakech. All transport between destinations and to/from included activities.

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

Itinerary

Highlights

Walk in spectacular mountain scenery, taste delicious local cuisine, camp in the great outdoors, summit the spectacular peak of Mt. Toubkal.

Dossier Disclaimer

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Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into

the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

Important Notes

1. Our trekking mules will carry your larger bags as well as tents and equipment. Luggage is limited to 12kg per person for the trek, and bags must be soft duffle bags or frameless backpacks. Any additional luggage you bring with you can be left in storage at the hotel in Marrakech (at your own risk) – come prepared with an additional bag for this. You will carry only your daypack when trekking - for water, camera, jacket, sunscreen, etc. It can be that sometimes the mules take a slightly different track at some points, or go faster, and you might not see them for long stretches so it is best not to rely on mules carrying the things you need with them between stops.

Foam mattresses are provided for you to sleep on during our camping. If you would like more comfort please bring a light weight self inflating mattress such as a thermarest. Pillows are not provided so you may also wish to bring an inflatable pillow. You will need to bring a sleeping bag (3–4 season depending on time of year) and we recommend a lightweight sleeping sheet as well (for extra warmth or for when hot).

As you will be trekking through remote areas, washing and toilet facilities are basic and may be limited, if non-existent. The toilet facilities are usually squat toilets, and in two locations it's back to nature for the bathroom facilities. Most often only cold water is available. Should heating facilities be available, you may have to pay a small additional charge for this to cover costs of the gas used to heat the water.

2. WEATHER

Please note that the climate in Morocco can be both very hot during the day in summer months (up to 50°C) and cold at night in the mountains in autumn, early spring and winter (down to -6°C). Summer months, from April to September are very hot throughout Morocco. Winter months November to March can be cool to cold, especially in the Atlas Mountains, with high probability of snowfall. Most Moroccan buildings are not equipped with heating, so without proper layers you will be cold at night. Please bring appropriate clothing for the months in which you are travelling and check temperatures before you leave. Bedding is provided in the desert camp and the gîte, but in winter months if you feel the cold you may wish to bring a sleeping bag too.

3. RAMADAN

According to the lunar cycle, Ramadan will fall between April 23rd and May 23rd, 2020. Please note that Ramadan is a month of fasting observed by Muslims throughout the world, during which time the followers of Islam should not eat or drink between sunrise and sunset. There may be some limitations to services and disruptions to schedules during Ramadan, but generally our tours still operate effectively during this period and food is available to non-Muslims throughout the day. It is very important to display increased cultural sensitivity during Ramadan. Please wear loose fitting clothes, that cover knees and shoulders, and try to avoid eating, drinking or smoking in public out of respect for those who can't at that time.

Group Leader Description

This Travel There Co group trip is accompanied by one of our group leaders, otherwise known as a Chief Experience Officer (CEO).

As the group coordinator and manager, the aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. You can expect them to have a broad general knowledge of Morocco, including historical, cultural, religious and social aspects. They will also offer suggestions for things to do and to see, recommend great local eating venues and introduce you to our local friends.

We also use certified local city guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

On this specific trip, your CEO will be an experienced mountain guide.

Group Size Notes

Max 12, Avg 10.

Meals Included

6 breakfasts, 4 lunches, 4 dinners

Meals

On this tour many of your meals are included. You can expect simple, healthy seasonal food. Breakfast is typically bread, jam, cheese, sometimes eggs, accompanied by tea/coffee. Lunches are usually salads sometimes with eggs or tinned fish, always with bread. Dinners usually start with a soup followed by tagine, rice or pasta dishes, again with plenty of bread.

We are able to cater for vegetarians.

Please advise us of any other special dietary issues at time of booking.

You are accompanied by a cook who, together with your CEO and mule handlers, will prepare your hearty meals during your trek. If you'd like to lend a hand and learn some of the local techniques, you are more than welcome!

Water and other drinks are at your own expense. Your CEO will give advice about the quantity of water to take at the start of the tour, and availability of additional supplies during the trek.

Transport

Private air-conditioned van, walking.

About our Transportation

On this trip we will travel by private van between Marrakech and Agued and on foot in the mountains on trekking days.



Local Flights

Solo Travellers

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

Accommodation

Hotels (2 nts), mountain gîtes (2 nts), camping (2 nts, 2-man tents).

About Accommodation

Local mountain gîtes:

Gîtes are accommodation in family homes, or mountain huts, usually in mountain villages and are very, very simple. If you have this expectation in mind we are sure you will be pleasantly surprised. Sleeping arrangements are multi-share. Mattresses are provided. You will need to have your own sleeping bag and sleeping sheet, and bath towel. Bathroom facilities are basic and shared. Hot water is often not available. You will enjoy delicious homemade dinners of local produce, dining in a traditional manner, often sitting on the floor in a cozy salon.

Camping:

We sleep in modern two person tents which are easy to set up. Foam mattresses are provided for you to sleep on during our camping. If you would like more comfort please bring a light weight self-inflating mattress such as a thermarest. Pillows are not provided so you may also wish to bring an inflatable pillow. You will need to bring a sleeping bag and we recommend a lightweight sleeping sheet as well (for extra warmth or for when hot). Bathroom facilities are "au naturelle" We will hide our "hole in the ground" toilet with a tent, and ask that all toilet paper is burnt. You can also make use the toilets and showers at the Toubkal refuge, but you will be asked to pay and often the camp is some distance from the refuge. Don't forget your flashlight/torch. Those worn as "headlamps" are especially useful.

Hotel

In Marrakech we will stay in a local hotel in the new town. This is approximately a 25 minute walk to the central medina.

Please note that Morocco is a developing country and as such the infrastructure is not as reliable as you would expect at home. Expect quirky plumbing and the odd cold shower!

Joining Hotel

For details of your joining hotel please refer to your tour voucher, G Account, the Travel There Co App or contact your travel agent.

Joining Instructions

When you arrive to Marrakesh Menara Airport, you will have several options to get to the Hotel Majorelle.

If you are taking a taxi, upon exiting the main terminal, walk straight ahead into the main car park where you will see the taxi stand with many taxis all queued and waiting. The cost of a taxi can be as much as 200MAD, but please haggle to get a lower price.

If you are using public transit, when exiting the main terminal building, you will need to walk through the car park and out of the car park exit (approximately a 1km walk) to reach the bus stop. You will need to take the N° 19 bus from outside of the airport grounds and that will take you to Jemaa El Fna and then onto Bab Doukkala Bus Station making other stops along the way. From Bab Doukkala Bus Station, you will need to take a taxi to the hotel. The journey takes approx. 50-60 minutes and a single bus ticket currently costs 50MAD. The cost of a taxi from the bus station to the hotel can be between 40MAD and 100MAD. Please haggle to get the lowest price possible.

If you have pre-arranged an arrival transfer, please look for the driver holding a Travel There Co sign outside of the terminal hall. Please approach them, and ask them who they are supposed to be picking up (do not tell them your name, they should have this information already). Once they give you the correct name, have your passport ready to show them and you will be on your way!

Please note that day 1 is an arrival day and no activities have been planned on this day. Upon arrival to the city on day 1 (or earlier if you have booked pre-accommodation with us), please make your way to the joining hotel (note that check-in time will be in the afternoon). Once you arrive at the hotel, look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

Arrival Complications

We do not expect any complications and nor should you but the following information is supplied in case of extra ordinary circumstances.

PRE-BOOKED AIRPORT TO HOTEL TRANSFERS

If you have pre-arranged an arrival transfer, please look for the driver holding a Travel There Co sign outside of the terminal hall. Please approach them, and ask them who they are supposed to be picking up (do not tell them your name, they should have this information already). Once they give you the correct name, have your passport ready to show them and you will be on your way!

If you are unable to locate your Travel There Co airport representative, please call our local staff at +212 528 824898 (during office hours Mon-Fri) or +212 661 429700 (after office hours or at any time if you are not able to reach anyone on the office number. They will assist you in getting to the joining hotel. When you call please have to hand your trip code, as well as your name and telephone number. This will enable our local staff to assist you as soon as possible.

If you are not travelling with a telephone, please head to the airport Information booth who will be able to assist you in the purchase of a phone card and direct you to a telephone.

If for any reason you are unable to commence your trip as scheduled, or your flight is delayed, please call the above numbers to inform our staff so we can re-book your transfer.

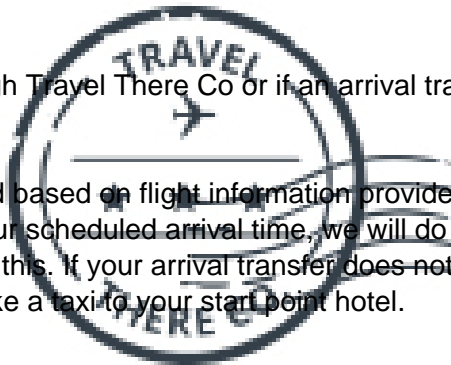
Emergency Contact

Should you need to contact us during a situation of dire need, it is best to first call either the Travel There Co Local Representative (if one is listed below) or our Travel There Co Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER

If you have purchased an arrival through Travel There Co or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.



EMERGENCY CONTACT NUMBERS

Travel There Co Local Representative (Morocco)

During Office hours (Weekdays, 9am-5pm Local Time): +212 (0)528 824898

After hours emergency number: +212 (0) 661 861950

If you are unable to contact either of these numbers please phone Travel There Co Regional Operations Manager Emergency Cell Phone: +212 06 13 54 20 21

If you are unable for any reason to contact our local office, please call the numbers listed below, which will connect you directly with our 24 hour Sales team, who will happily assist you.

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What to Take

You will be on the move a lot, so our advice is to pack as lightly as possible. We highly recommend using a backpack or light sports bag, whichever you find easiest to carry, plus a small daypack. Luggage space on

transport is limited.

Checklist

Additional Items:

- Sleeping bag and liner (Seasonally appropriate)

Cold Weather:

- Long-sleeved shirts or sweater
- Scarf
- Warm gloves
- Warm hat
- Warm layers

Conservative Dress:

- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

Documents:

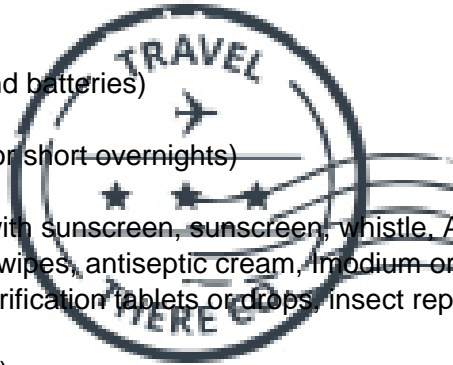
- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Required visas or vaccination certificates (required) (With photocopies)
- Vouchers and pre-departure information (required)

Essentials:

- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Toiletries (Preferably biodegradable)
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

- Face masks (required)
- Hand sanitizer (required)
- Pen (Please bring your own pen for filling out documents.)
- Rubber gloves



Trekking:

- Gloves
- Hat
- Hiking boots/sturdy walking shoes
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Snacks (Protein bars, chocolate, dried fruits, candies, energy sweets.)
- Socks (Trekking socks (woollen or synthetic, not cotton).)
- Thermal base layer (Woollen or synthetic, not cotton.)
- Walking poles (Highly recommended.)

Note: Please note a three season sleeping bag is recommended,

Note: The best clothing for trekking is either wool or synthetic materials in layers, as this is quick-drying and can keep heat in better. We suggest a base-layer, then a mid-layer such as a light fleece jacket or similar, then a windproof and waterproof layer.

Laundry

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

Visas and Entry Requirements

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy, or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check yourself and understand that you are fully responsible for your own visa requirements.

Most visitors to Morocco, including citizens of the UK, USA, Canada, Australia, New Zealand and EU countries, do not require visas and can remain in the country without a visa for 90 days from the date of entry. Exceptions to this include Israeli and South African passport holders. Please check with your local embassy for more details.

Spending Money

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

Money Exchange

The local currency in Morocco is the Moroccan Dirham (MAD).

ATMs are very common in Morocco with Cirrus and Plus system cards are the most widely accepted debit cards. While ATMs are commonly available, there are no guarantees that your credit or debit cards will actually work - it is important you check with your bank before departure and advisable to travel with more than one type of card.

Visa cards are the most widely accepted credit cards, but are generally only useful for larger/expensive purchases. You should be aware when purchasing products or services on a credit card, that a fee usually applies.

The foreign currency most commonly accepted in Morocco is the Euro. You will be able to exchange Euros, as well as GBP and USD at money exchange offices in major cities.

Do not rely on credit or debit cards as your only source of money. A combination of cash (Euro/GBP or USD) and cards is best.

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com

Emergency Fund

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Departure Tax

Usually included in flight tickets.

Tipping

Morocco has a strong tipping culture - it is customary and even expected to tip small service providers such as restaurant and bar waiters, hotel staff, reception, cleaning personnel, bell boys, taxis and van drivers. Tips are regarded as an essential means of supplementing income for those working in the tourism industry.

Even though this might not be customary to you, nor such common practice in your home country, it is generally expected and of great significance to the people who will be assisting you during your travels.

Depending on your preference and/or that of the group, you may choose to tip individually, organize the tipping with your travelling companions, or, your CEO will offer to collect the tip money at the beginning of your tour and tip as a group with your participation as the tour progresses. A recommendation for tipping small service providers is about \$3 USD per day, depending on the quality of the service (this does not include your Travel There Co CEO).

Feel free to ask your CEO for the breakdown/distribution of the tips. Note that if you have been very disappointed by a particular service, please inform your CEO right away, and the tip will be adjusted accordingly.

Also, at the end of your trip if you felt your Travel There Co CEO did an outstanding job, tipping is also expected and appreciated. The precise amount is entirely a personal preference, however \$35-40 USD per person per week can be used as a general guideline.

Optional Activities

Marrakech

- El Badi Palace (70MAD per person)
- Jardins Majorelle (70-100MAD per person)
- Dar Si Said (30MAD per person)
- Djemaa el Fna Market Square Visit (Free)
- Musée de Marrakech (50MAD per person)

Health

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

DRINKING WATER: It is advisable to drink bottled water in Morocco.

There are no specific health requirements for this trip. However, we recommend protection against typhoid,

tetanus, infectious hepatitis and polio. You should consult your doctor for up-to-date medical travel information before departure. We recommend that you carry a First Aid kit, hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that we are in remote areas and away from medical facilities for some time during this trip, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc.

Please note that your adventure travels to high altitude. This is medically defined as anything over 8,000ft (2,440m). Most people can travel to 8,000ft with minimal effects. However, everyone reacts to altitude differently and altitude sickness can on set with some people irrespective of fitness and age. For details on how to best prepare and what to do in the unlikely event you are affected on your adventure, please consult your physician.

Safety and Security

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

<http://www.gadventures.com/travel-resources/safety/>
www.gadventures.com/travel-resources/safety/

Trip Specific Safety

Altitude Warning

This trip goes to high altitudes where you may well experience the effects of altitude as your body acclimatizes. There is also a small risk of being affected by Acute Mountain Sickness (AMS). The correct way to ascend a mountain is slowly, allowing your body time to acclimatise to the altitude, which we do: but you should be aware that it is still possible for you to be affected. When hiking do not hurry, enjoy the scenery and give your body the chance to adjust. Should you experience headaches, nausea, dizziness or breathing difficulties you should

Speak to your CEO immediately and take advice on appropriate action.

Medical Form

A Couple of Rules

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

A Word of Warning

Travel Insurance

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Local Dress

While visiting mosques and other religious monuments you should dress modestly, cover your shoulders and you shouldn't wear short shorts or skirts. Outside of capital cities and the more touristic centres, local dress is often more conservative and as a matter of respect we ask that both men and women are aware of this and recommend loose-fitting clothes with your shoulders covered. Ask your CEO for more specific advice.

Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next Travel There Co trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at customerservice@gadventures.com and we will send it on to you.

Minimum Age

You must be 18 to travel unaccompanied on a Travel There Co tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

International Flights

Check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

