



**TRAVEL THERE CO**

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## Spain, Portugal & Morocco: Tapas, Medinas & Sunsets

**Days:** Barcelona to Marrakech

### What's Included

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Your Welcome Moment: Meet Your CEO and Group

Your Discover Moment: Barcelona

Your First Night Out Moment: Connect With New Friends

Your Big Night Out Moment: Lisbon. Tapas bar crawl (Granada). Orientation walks in Barcelona, Granada, Lisbon, and Madrid. Enjoy free time in Rabat. Explore the blue city of Chefchaouen. Visit the medina and souks of Fès. Discover the bustling city of 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

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Explore Barcelona and Madrid at your own pace, Embark on a tapas bar crawl in Granada, Wind through the alleyways and attractions of Seville, Chill out in the beautiful landscapes of Lagos, Snap selfies in the blue city of Chefchaouen, Explore the markets and artisan quarters of Fès

#### Dossier Disclaimer

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## Itinerary Disclaimer

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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

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1. It is important to note that in Europe, all guiding is based around local guides, all of whom are licensed to work only in a particular city. As such, our leaders are able to provide orientation walks which will show you the layout of each town and city as well as the location of local services such as post offices and laundromats, but are unable to legally share historical facts and figures in public places.

2. In Europe it is very rare to find elevators in train stations, hotels or other public places. We use public transport on this trip, which means you will need to carry your luggage from platform to platform, in and out of trains and buses etc. and also possibly up several flights of stairs. You will also need to be able to stow your luggage safely on trains and buses. It is therefore essential that you pack light and bring luggage which is compact and lightweight, and which you can easily transport. The carrying of your luggage remains your responsibility at all times.

3. Please note that this tour combines with other Travel There Co tours. As such, the staff and some travel companions on your tour may have previously been traveling together with Travel There Co, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another Travel There Co tour, after your trip concludes.

4. This is a very fast paced itinerary which covers lots of ground. While this is great as it allows us to see a huge amount in the available time, it also means some early starts, some long drives in the mini van and less free time than many other Travel There Co. We feel that if you enter this trip with this knowledge and expectation, you will appreciate even more the variety of locations we are able to include in this itinerary.

5. 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.

6. 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

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

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.

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## Group Size Notes

Max 16 (Spain and Portugal), Max 14 (Morocco), Avg 10.

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## Meals Included

6 breakfasts

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## Meals

Eating is a big part of traveling. Travel There Co understands the importance of breakfast to start your day, we strive to include a basic breakfast wherever possible. A typical breakfast may include toast, coffee and tea, however this may vary depending on the city. Should breakfast not be included, your CEO can suggest some local options.

Moroccan breakfasts tend to be different from your usual cereal and toast morning fare – most will be very simple - a croissant or sweet roll with jam and instant coffee and some hotels will have buffets where you will have more variety.

While you are experiencing what a Moroccan family would eat, some travellers do find the provided breakfasts a bit “bread heavy” and enjoy buying fruit the day before to supplement their breakfast.

Travelling with Travel There Co you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. While trekking in remote regions etc. food is included, plentiful and made of fresh local ingredients.

Moroccan cuisine is world famous and your CEO will be taking the chance to show you the best of it.

Staples include cous cous, a type of grain topped with stew, tagine which is actually the name of the pot this tasty dish is cooked in, and brochette, bbq skewers of meat. These meals will generally cost between 45- 70 MAD depending on the type of restaurant and which part of the country you are in.

Other tastes not to be missed include pastilla, a sweet pasty with a savoury filling which is traditionally pigeon and harira, a delicious soup based on chick peas and filling enough when teamed with fresh bread to be a whole lunch. If you are heading to the coast the fresh seafood cooked at one of the local markets is a must eat! Morocco's fresh orange juice is highly recommended and you should not leave without trying a glass. The brave can try the tiny snails which are perhaps the local's favourite snack but you might prefer a cone of piping hot bite-size fried cake donuts.

For all trips please refer to the meals included and budget information for included meals and meal budgets.

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## Transport

Private vehicle, train, bus, walking.

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## About our Transportation

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On this trip we will use local buses and trains for intercity transport and a mix of metro (subway), local bus, taxis and walking for transport between hotels and bus/train stations. Please be prepared to carry your own bags short distances (20-30 mins max) between hotels and transport, as well as to lift your bags on and off buses and trains. Please note that there is often limited luggage storage space on public transport.

As we rely heavily on public transportation during this trip, we ask you to be flexible for possible changes in the modes of transport and schedules, which may necessitate small itinerary changes.

For the Morocco portion of this tour, please note that there is a lot of fast paced travel on this itinerary which necessitates some long travel days in our mini van. We feel that if you enter this trip with this knowledge and expectation, you will appreciate even more the variety of locations we are able to include in this itinerary.

The legroom in the minivan is possibly smaller than you may be used to and taller passengers may find space a little cramped. It is important to be aware that as it is not a legal requirement in buses in Morocco, your vehicle may not be equipped with seat belts. The minivans have air conditioning, however please note that summer temperatures in Morocco can easily reach 50 celsius. When the outside temperature is so hot, a minibus air conditioning system will not be able to cool the bus to the temperatures you are used to enjoying at home. Please bear in mind that travelling in Morocco in summer will inevitably involve very hot temperatures and some discomfort may be experienced when travelling.

## Local Flights

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## Solo Travellers

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We believe solo 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 solo travellers on these itineraries must pay the single trip price.

## Accommodation

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Hostels (9 nts, some multi-share with 4-6 people), Simple hotels (6 nts, twin-share).

## About Accommodation

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The variety and local flavour of our accommodation is a favourite part of our European 18-to-Thirtysomethings trips. Although the properties we use are simply furnished and with few facilities, we base our choices on location, character and cleanliness. We will stay in a mixture of hostels, and private rooms in local households.

All accommodation in Europe is multi-share, on a single-sex basis. This may involve 4-6 group members sharing and even (on rare occasions) dormitory-style rooms for the whole group. The majority of accommodation will have shared bathroom facilities.

Couples: Please note that due to the types of accommodation used in Europe we are not able to take requests for double or matrimonial beds, or room you together on this tour. In multi-share hostels, couples will likely be accommodated in separate rooms.

In Morocco, you can expect to stay in local hotels or pensions (with the exception of the start and finish hotels, which are often larger city hotels), which will vary a little in standard and facilities: some may not have elevators, air-conditioning or English-speaking staff, but most importantly all are locally-run, with some traditional character, and in excellent central locations to give you maximum time for exploring the sights. Where a town has both an ancient medina and a "ville nouvelle" we generally stay in the ville nouvelle, both because the standard of hotels is higher, and because travellers (especially women) often find the medinas at night a little confronting.

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

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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

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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.

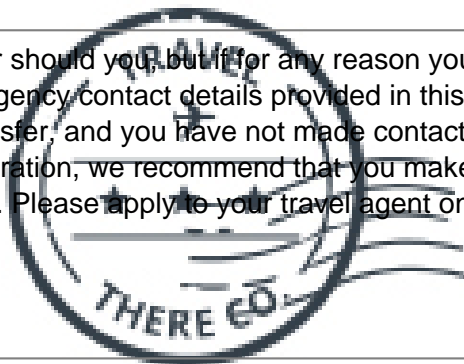
If you are coming by bus from Barcelona El Prat Airport, take the AeroBus blue service, which departs from Terminal 1 and Terminal 2. It's under €6 to Catalunya Square and only takes 30 minutes. From there, take the Metro L3 line and head to Diagonal station.

From Nord Bus Station, you can take the number 39 bus to Rossello-Bruc. You then walk one block and you'll be at the Barcelona Generator hostel.

## Arrival Complications

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We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.



## Emergency Contact

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Should you need to contact us during a situation of dire need, it is best to first call 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.

### EMERGENCY CONTACT NUMBERS

Travel There Co Office London, United Kingdom  
During Office hours (Weekdays, 9am-5:30pm Local Time)  
+44 20 7243 9870

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, from calls within North America only: 1 888 800 4100  
Calls from within UK: 0344 272 0000  
Calls from within Germany: 0800 365 1000  
Calls from within Australia: 1 300 796 618  
Calls from within New Zealand: 0800 333 307  
Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

For absolute emergencies after office hours please contact +44 7817 262559  
If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, and your call will be returned as soon as possible.

## What to Take

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We recommend using a backpack for your convenience, or a medium-sized suitcase if you prefer. A daypack is also essential for carrying everyday items. Space is limited on transportation, so there is a limit of one main piece of luggage per person. You will be responsible for carrying your own luggage. You must be prepared to carry your luggage up and down stairs, on and off transportation, and to hotels (max 15-20 mins.)

## Checklist

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### Conservative Dress:

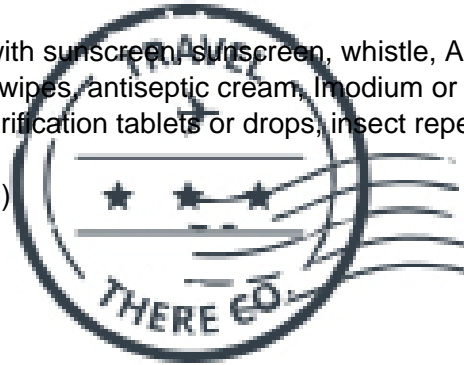
- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

### 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

### Warm Weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)

- Sun hat/bandana
- Swimwear

Note: For departures from Nov-Feb the weather can be cold, please bring warm clothing.

## Laundry

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Laundry facilities are offered by some of our accommodation 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. Your CEO can also show you where the you can get your laundry done.

## Visas and Entry Requirements

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### Spain and Portugal

All visitors to the EU (European Union) and EEC (European Economic Community) countries require a valid passport (with a minimum 6 months validity). USA, Canada, Australia and New Zealand passport holders do not need a visa to visit the Schengen area (see below), however they may not stay longer than three months in any 6-month period.

For other nationalities, travelling in Europe has been simplified with the introduction of the Schengen visa. As a visitor to the Schengen area (Austria, Germany, Netherlands, Belgium, Greece, Norway, Denmark, Iceland, Portugal, Finland, Italy, Spain, France, Luxembourg, Sweden, Czech Republic, Hungary, Estonia, Latvia, Lithuania, Malta, Poland, Slovakia, Slovenia and Switzerland) you will enjoy the many advantages of this unified visa system. Generally speaking with a Schengen visa, you may enter one Schengen country and travel freely throughout the Schengen region during the validity of your visa. There are limited border controls at Schengen borders, if any at all.

A Schengen visa is applied for at the Embassy or Consulate of the Schengen country in which you will be spending the most nights on your trip to the Schengen space. If you are only visiting one country on your trip then you apply for your visa at the Consulate of this Schengen country.

### Morocco

For Morocco, all countries require a valid passport (with a minimum 6 months validity). To date, citizens of the UK, EU, US, Canada, Australia and New Zealand do not need visas for visits of up to three-months. Other nationalities may need to organize a visa pre travel; please check the individual requirements of your passport nationality.

Please note this information is given in good faith, is beyond Travel There Co's control and subject to change at any time.

Contact your local embassy, or consulate for the most up-to-date visa requirements, or see your travel agent. It is the individual's responsibility to ensure that travel documentation is correct.

## Spending Money

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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

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Credit cards and debit cards are very useful for cash advances but you must remember to bring your PIN number (be aware that many ATM machines only accept 4-digit PINs). Both Cirrus and Plus system cards are the most widely accepted debit cards. Visa cards are the most widely accepted credit cards. While ATMs are commonly available, there are no guarantees that your credit or debit cards will actually work - Check with your

bank. You should be aware when purchasing products or services on a credit card, that a fee usually applies.

Do not rely on credit or debit cards as your only source of money. A combination of Euros, traveller's cheques and cards is best. Avoid relying on traveller's cheques alone as these are less and less readily cashed as clients use them very little.

Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

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 (EUR, 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](http://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

## Tipping

Europe:

While conventions can vary from country to country, tipping is customary in Europe. A general rule is 10% of the bill for wait staff, and a smaller amount (€1 or €2) for other service providers.

Tipping is an expected - though not compulsory - component of your tour program, and an expression of satisfaction with the persons who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping local guides would range from €3-5 per day, depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture.

At the end of each trip, if you felt your Travel There Co CEO did an outstanding job, tipping is expected and appreciated. The precise amount is a personal preference, however €30-€40 per person, per week can be used as a guideline.

Morocco:

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 G Moroccan Adventures 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

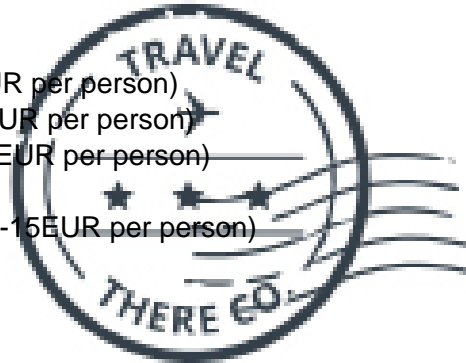
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### Barcelona

- Las Ramblas Visit
- Parc Güell Visit (10EUR per person)
- La Barceloneta Visit (Free)
- Gothic Quarter Visit (Free)
- La Sagrada Família Visit (17-37EUR per person)

### Madrid

- Thyssen-Bornemisza Museum (13EUR per person)
- Museo Nacional Del Prado Visit (15EUR per person)
- Royal Palace (Palacio Real) Visit (17EUR per person)
- Gran Vía Visit (Free)
- Reina Sofia National Art Museum (10-15EUR per person)
- Plaza Mayor Visit (Free)



### Granada

- Albaicín (El Albayzín) Visit (Free)
- Granada Cathedral (Cathedral of the Incarnation) Visit (5EUR per person)

### Seville

- Alcázar Palace Visit (13EUR per person)
- Flamenco Show (18-30EUR per person)
- La Giralda Visit (9EUR per person)
- Santa Cruz Quarter Visit (Free)
- Casa de Pilatos (10-12EUR per person)
- The Golden Tower (Torre del Oro) (3EUR per person)
- Ronda Day trip (100-150EUR per person)
- Santa Paula Convent (2EUR per person)
- Swimming

### Lagos

- Coastal Hike in Algarve (Free)
- Swimming

### Faro

- Benagil Sea Caves

### Lisbon

- Belém District Visit (Free-10EUR per person)
- Alfama District Visit (Free)

- Sao Jorge Castle (10EUR per person)
- Rossio Square (Free)
- Praça da Figueira Market (Free)
- Belém Tower (6EUR per person)
- Santa Justa Lift (6EUR per person)
- Optional Welcome Meeting for Travellers on Combos

#### Casablanca

- Hassan II Mosque (130MAD per person)

#### Er Rif

- Rif Valley Mountains Hike

#### Fès

- Ville Nouvelle Exploration (Free)
- Belghazi Museum (15MAD per person)
- Dinner in Converted Fès Riad (400-500MAD per person)
- Shop Fès Medina (Free)
- Fès Medina Guided Tour (250MAD per person)

#### Meknès

- Meknès City Tour

#### Marrakech

- Traditional Moroccan Dinner with Folklore Entertainment (400-500MAD per person)
- Djemaa el Fna Market Square Visit (Free)

## 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.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings in this dossier for trip specific information. For travellers over 70 years a completed Medical Form is required. Travel There Co reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

## 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 group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (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 and 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 judgement 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.

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. [Read more about travel safety](/travel-resources/safety/) for ways to further enhance your personal safety while traveling.

## Trip Specific Safety

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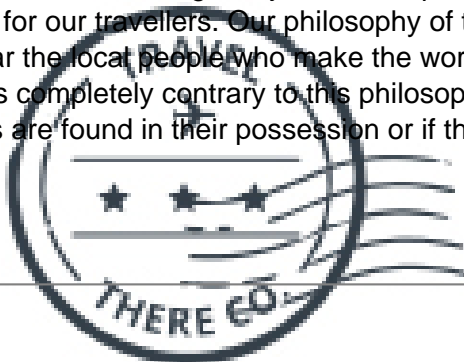
## Medical Form

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## A Couple of Rules

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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 people in the sex trade 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 utilize the services of paid sex workers, in any capacity.



## A Word of Warning

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## Travel Insurance

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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 leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. Travel There Co can provide you with the appropriate coverage. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. 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

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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

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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](mailto:customerservice@gadventures.com) and we will send it on to you.

## Minimum Age

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Minimum age of 18 years for this trip.

## International Flights

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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.

Last updated: Thu 30 Jan '25

