

# FURTHER INFORMATION



## MOUNT TOUBKAL TREK

Your trek takes you through the Atlas Mountains to summit its highest peak – Mount Toubkal (4,167m) – the highest point in North Africa!

Trekking for 3 days you will experience stunning scenery, breathtaking views across North Africa and the warmth and friendliness of locals during our short charity challenge.

Your trek to the summit Mount Toubkal will be tough and will certainly challenge you – the terrain is demanding and will involve scrambling over boulders and negotiating scree – but don't worry; with our exceptional support and expert mountain guides no previous trek experience is necessary. Reaching the top of North Africa and looking across the valleys and mountains will be an experience never to be forgotten. We then end our charity challenge with a special celebratory dinner in Marrakech – a city full of charm, exotic delights and fantastic bargains!

Life has changed very little for the Berber people of this region and you'll be lucky enough to witness first hand their culture and lifestyle as we discover the real Morocco.

“BELIEVE YOU CAN”



# MOUNT TOUBKAL TREK

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## INTRODUCTION

This document will provide you with challenge and route information along with approximate timings for each day. It is hoped this will give you an insight into what you can expect whilst on this awesome challenge and help you to prepare further.

Taking part in one of our challenges undoubtedly requires commitment, determination and, above all, a positive attitude from the outset. From the moment you sign up there are steps in place to ensure that you have the correct level of support and help throughout the entire journey not just on the challenge itself. Each participant should approach the challenge with an open mind and prepare to be adaptable throughout. Whilst thousands of hours of work will have gone into the preparation across all of our challenges, the itineraries are complex and things can often need to change on the ground, therefore they are strictly subject to change.

If you have any other questions which are not answered in this document, about the challenge you are about to embark upon, please do not hesitate to contact the office on 01244 676454 or email [customer.care@globaladventurechallenges.com](mailto:customer.care@globaladventurechallenges.com).



## FINANCIAL PROTECTION

By travelling with Global Adventure Challenges you are protected by the Civil Aviation Authority (CAA) under our ATOL licence number 6506.

When you buy an ATOL protected flight inclusive Overseas Challenge from us you will receive an ATOL Certificate. This lists what is financially protected, where you can get information on what this means for you and who to contact if things go wrong.

The CAA are the UK's specialist aviation regulator. They are a public corporation, established by Parliament in 1972.

As the Tour Operator we are responsible for your travel package. The whole philosophy of this type of challenge is one which allows for changes and a substantial degree of on-tour flexibility. The outline itinerary given later in this document is an indication of what you and the group are aiming to accomplish and not a contractual obligation on our part.



# MOUNT TOUBKAL TREK

## ABOUT GLOBAL ADVENTURE CHALLENGES

Global Adventure Challenges have been organising world-wide charity challenge events and adventures since the year 2000. Since we began organising challenge events we have grown and developed very steadily – we believe that our charity partners, participants and corporate organisations – basically, our customer base – are the best form of advertising. Word of mouth, they say, is the best form of marketing and we believe this also.

Our challenges have helped raise well in excess of £15 million for a wide range of charities located throughout both the UK and overseas. Over the years, we have taken tens of thousands of people on exciting challenges all over the world, helping them realise their dreams and fulfil lifetime ambitions. Our challenge events are “life-changing...” and these are the words of our participants, not ours!

We are extremely proud of the events we organise and we are here to give you a memorable lifetime experience. Without doubt our success lies in the dedicated team we have working both in the office, and out in the field.

Our passion for adventure travel and pushing your ‘comfort zone’, combined with extensive fundraising

event experience, are what makes us different from other operators. We believe that from the moment you enquire, you will be embarking on a journey that you will remember forever.

Travelling with Global Adventure Challenges is an enjoyable and satisfying way to show your commitment to fantastic charitable causes. Come and be part of our success! We are taking more and more individuals away on exciting challenge events every year... join them... join us!

## MINIMUM NUMBERS

Each of our challenges require a minimum number of participants to enable us to run the challenge at the advertised costs.

For this challenge the minimum number of participants is 10.

If the group is smaller or becomes smaller than this minimum number in the run up to the challenge, we may consider the option to continue to run the challenge with less than the minimum number, however a small supplement will be applicable.

In this instance we will communicate this to you no later than 11 weeks before departure.

Our average group size for this challenge is normally between 20 - 25 participants.



## RESPONSIBLE TOURISM

At our overseas destinations we work with small, local ground handlers who employ local guides and we use as much local infrastructure as we can to boost the economy and income. We aim to ensure that all local guides involved with our events are given a fair wage in accordance with appropriate local standards and each of our challenges is designed using the knowledge of local experts.

We believe that we need to preserve and respect the locations in which our challenges take place in order for future generations to experience the same fantastic places as we do now. More information regarding our Responsible Tourism Policy can be found on our website.



# MOUNT TOUBKAL TREK

## A FEW NOTES ON MOROCCO

Morocco is about 3½ hours in flight time from London and is on the North Coast of Africa. It includes an Atlantic coastline, a flat, arid interior rising up to the massive mountain range of the High Atlas (of which Mount Toubkal is the highest peak at over 4,000m) and another smaller mountain range - the Anti Atlas - before the country's southern borders in the Sahara desert.

Marrakech was originally a Berber city and first time visitors are struck by the rose colour of all the buildings and even the taxis. One reason for this is that it can get so hot in summer that white buildings would be uncomfortable to be near because of the reflected heat. The colour also fits in well with the surrounding ochre of the countryside.

The old city or 'Medina' is a fascinating place to explore. The souks, which form most of the medieval warren of streets and houses, sell just about anything - a perfect opportunity to try out your haggling techniques! Outside the Medina are the newer parts of the city - Guéliz and Hivernage. There are gardens to explore here, (Menara and Majorelle), camel rides to be taken or serious shopping on the boulevards. Street cafes abound to suit all pockets.

Morocco is very welcoming and the people are friendly.

### Fact File – Morocco

- **Population:** 32.9 million.
- **Capital city:** Rabat.
- **Religion:** Sunni Islam.
- **Language:** Arabic, Moroccan Arabic, Berber.
- **Time difference to GMT:** +1 hour.

**Local way of life** - You will see mainly Berbers whilst on the trek and nearly all the women wearing Djellabas (long robes with long sleeves and hood) and the foulard or head scarf. The mosque calls out 5 times a day for prayer and you will probably be woken by the call from the muezzin at the early morning call until you get used to it!

**Alcohol** - Please note that although our guides and cook are used to tourists, they do not drink alcohol and therefore we ask that they are not put in the situation of being offered a drink.

**Clothing** - It is respectful in Berber areas for long sleeves and trousers to be worn, by men as well as women, especially in the villages and places outside Marrakech – however, crop tops and thin straps will attract unwanted attention in the city as well!

**A little bit of politics** - The Moroccan government is cracking down on proselytising and any attempt to convert the local people and even carrying a bible may get you into trouble.



## USEFUL TIPS

- Dress appropriately in Berber areas – long sleeves and trousers for women **and** men.
- Hello' in Moroccan Arabic is 'salam alaykum' and 'thank you' is 'shukran'. The Berber word for 'how are you' is 'la bes' and for 'thank you' is 'saha'.
- The Moroccans are very sensitive about their King so any negative views should be withheld until out of the country.

## CURRENCY

The currency in Morocco is the Moroccan dirham (MAD), of which there are roughly 12 to the £GBP. Dirhams can be bought at London airports or there are ATMs in Marrakech and Ouarzazate. Cash can also be exchanged in banks or associated currency exchangers (English notes only).



# MOUNT TOUBKAL TREK

## CLIMATE, TEMPERATURE & HUMIDITY

The average temperatures for our trekking season are as follows:

**Marrakech** daytime 30-35 °C, night time 15-25 °C

**Mountains** daytime 15-30 °C, night time 0-10 °C

The temperatures generally at night and also at the summit can feel much colder in the wind and there is always a possibility of rain. Remember to take waterproofs just in case.

Month	Max Temp (F)	Min Temp (F)	Rain Fall (mm)
Jan	61	37	16
Feb	66	43	12
Mar	72	48	14
Apr	77	52	11
May	84	59	10
Jun	93	66	3
Jul	99	72	1
Aug	97	72	5
Sep	90	66	12
Oct	79	55	24
Nov	70	46	25
Dec	63	39	17

The temperatures and rainfall measurements stated above are for Marrakech.

## SNAKES & BUGS

Snakes and scorpions are residents of the Atlas Mountains, but please **DO NOT BE ALARMED!** It is very, very unlikely that we will come across them, especially if you follow a few simple rules:

- Never put your hands or feet anywhere you cannot see.
- Make sure you zip up your tent at night.
- Shake out all clothes and shoes before reaching into them.
- Never go barefooted.
- Use a torch at night so you can see where you are walking.

Your local guides will inform you of any other precautions that may be necessary.

The only insects to be wary about are bees and wasps near orchards and mosquitoes at lower levels (not many). The noise, like a motorcycle in bushes along the trek, comes from crickets. Look out for fireflies at night, usually sitting in the vegetation.



# MOUNT TOUBKAL TREK

## HEALTH & VACCINATIONS

As part of the registration process we require you to complete a medical questionnaire in full. Your answers will be treated in the strictest confidence in accordance with the Data Protection Act and our policy is to encourage and support as many people as possible to take part in our challenges. We request medical information from you in an endeavour to minimise risk to all participants, and for that reason **we ask that you disclose all your medical history**. Depending on the answers given you may need to get your Doctor to sign and stamp your medical declaration. If you are 70 years of age or over at time of travel you must be authorised by your Doctor regardless of the answers given.

It is strongly recommended that you consult a medical professional to ensure your vaccinations are all up to date. You must discuss your own particular needs and contra-indications to vaccines or tablets with them.

The following information is only given as a guideline – always seek professional advice:

- Confirm primary courses and boosters as recommended for life in Britain are up to date.
- Vaccines sometimes advised - Hepatitis A, Typhoid, Diphtheria, Tetanus and Polio.

If you take prescription medication please make sure they are in the original packaging with a label showing your name, alternatively take a copy of the prescription with you or a letter from your doctor

confirming you have been prescribed this medication.

Wash your hands wherever possible to avoid stomach upsets. We highly recommend that you bring a couple of small bottles of antibacterial dry wash, this is especially important when washing facilities aren't available.

We also recommend you use a high factor sunscreen and re-apply regularly.



## SAFETY & SECURITY

To ensure the safety and security of your group all guides will be in radio/phone contact with each other. Satellite telephones will be carried with the group ***strictly*** for use in emergencies only.

You should always be vigilant when staying in an unfamiliar environment and it is sensible to look after your personal possessions as you would do at home:

- Keep handbags closed and wallets in zipped pockets.
- Don't leave valuable equipment such as cameras and mobile phones unattended on tables etc.
- Don't wear expensive jewellery/watches or carry large amounts of cash.
- Use hotel safes and lock boxes where available for passports, tickets and other valuables when leaving your accommodation for the evening.
- Our recommendation is to leave valuables at home. If you don't need it, don't bring it!

**Credit card for emergencies** – in the unlikely event you have to curtail your challenge, it is expected that you will have to cover any additional costs such as extra accommodation, transfers etc. Often these additional costs incurred can be claimed back through your travel insurance on your return to the UK.

# MOUNT TOUBKAL TREK

## PASSPORT & VISA

Passports should have a validity of at least 6 months after your return. Please ensure that your passport is in good condition as you may be refused entry onto the plane if it is damaged in any way.

UK citizens do not need to acquire a Visa beforehand as UK citizens can enter Morocco on a free, three month tourist Visa. A Customs/Police form will be given to you on the flight to Morocco which needs to be completed and handed to the Immigration Police on arrival. A departure form also needs to be completed at the airport before leaving the country. For other nationalities please contact the appropriate Embassy.



## TRAVEL INSURANCE

We strongly recommend you take out comprehensive travel insurance at the earliest opportunity. A comprehensive travel insurance policy is available through Global Adventure Challenges and details of how to apply are given in your welcome letter.

If you are opting to use your own personal travel insurance then details of your policy should be sent to us. Please be aware that we will not vet or check your own personal travel insurance policy details. Therefore you and you alone are responsible for ensuring that you have adequate personal travel insurance with protection for the full duration of the challenge in respect of at least medical expenses, injury, death, repatriation, cancellation and curtailment. You should also make sure there are no exclusion clauses limiting protection for the type of activities included in the challenge.

## FLIGHTS

Flights normally depart from the UK early in the morning and will arrive back into the UK mid-afternoon. Your flying time will be approximately 4 hours on both the outbound and inbound leg.

Your exact flight details will be confirmed in the lead up to your challenge. Flight bookings will normally be made on a group fare basis and be in economy class. If you would like us to look into upgrading you to a different class please contact our Customer Care team at [customer.care@globaladventurechallenges.com](mailto:customer.care@globaladventurechallenges.com) or call us on 01244 676454.

You are responsible for checking in at the correct time and for presenting yourself to take up all pre-booked components of your Challenge.

Unfortunately, we have no control over cancellations and delays, which are subject to operational decisions by carriers, airlines and/or traffic control authorities.

Where it is not possible to ensure your timely return to the departure point due to unavoidable and extraordinary circumstances, we will bear the cost of any necessary accommodation for a period not exceeding 3 nights.



# MOUNT TOUBKAL TREK

## LUGGAGE & KIT

You will need a large soft holdall/rucksack for your main luggage which will be transported by vehicle to your hotel and by mule to and from Nelter Hut.

We recommend that your main piece of luggage weighs no more than 20kgs irrespective of whether the airline has a higher baggage allowance. Please remember our ground crew, porters and in some cases animals, will be transporting your luggage whilst you are on the challenge and so with their health and safety in mind, it is advisable not to pack any heavier.

Please leave any luggage that you don't need for the trek in a small bag at the hotel in Marrakech, where it will be kept in a safe place. Please try to keep the amount taken on trek to the minimum for the mules' sake! Your trekking bag will be carried by mules to Nelter Hut where it will be available in the evenings after the day's walk is over.

You will also need a small backpack/camelbak to carry any essentials with you during the day i.e. sunscreen, tissues, camera, small personal first aid kit etc.

## EXTENDING YOUR STAY

If you would like to take the opportunity to extend your stay, it might be possible for us to arrange an extension for you with the airline so you can spend some extra time immersing yourself in the culture and beautiful landscape on offer.

If you are interested, please contact the Customer Care team to request an extension form at [customer.care@globaladventurechallenges.com](mailto:customer.care@globaladventurechallenges.com) or by calling us on 01244 676454. We recommend you do this as soon as possible as all extensions are strictly limited, subject to availability, given on a first come, first served basis and the final decision always rests with the airline. Your request will be placed on a list in order of receipt and we will contact you at the earliest opportunity before the date of travel to confirm whether the extension has been granted. Therefore please do not make any plans for your requested extended period until you have heard back from us.

There is a minimum £60 + VAT charge to have your return airline ticket extended.

Through our in-country ground handler it may also be possible for us to create bespoke/tailor-made extension packages to suit your needs.





# MOUNT TOUBKAL TREK

## ACCOMMODATION

When in Marreckech we will be staying in air-conditioned hotels with en-suite washing facilities, usually two people to a room. The hotels are clean and comfortable but can be much more basic than what we are used to in the UK.

While on trek we will stay at a campsite near Nelter Hut, the base camp for the summit attempt. At the campsite there will be two people to a tent with mattresses supplied, however you will need to bring your own sleeping bag as shown on the kit list.

We submit our rooming lists for your challenge at 8 weeks before challenge departure. Please make sure you have informed us of anybody you would like to share with along with your relationship to them before this time as we are unable to amend the rooming lists once submitted. If you are a solo participant we will partner you with another participant of the same sex, and where possible, of a similar age.

Please contact the Customer Care team at [customer.care@globaladventurechallenges.com](mailto:customer.care@globaladventurechallenges.com) if you would like the cost of a single supplement.

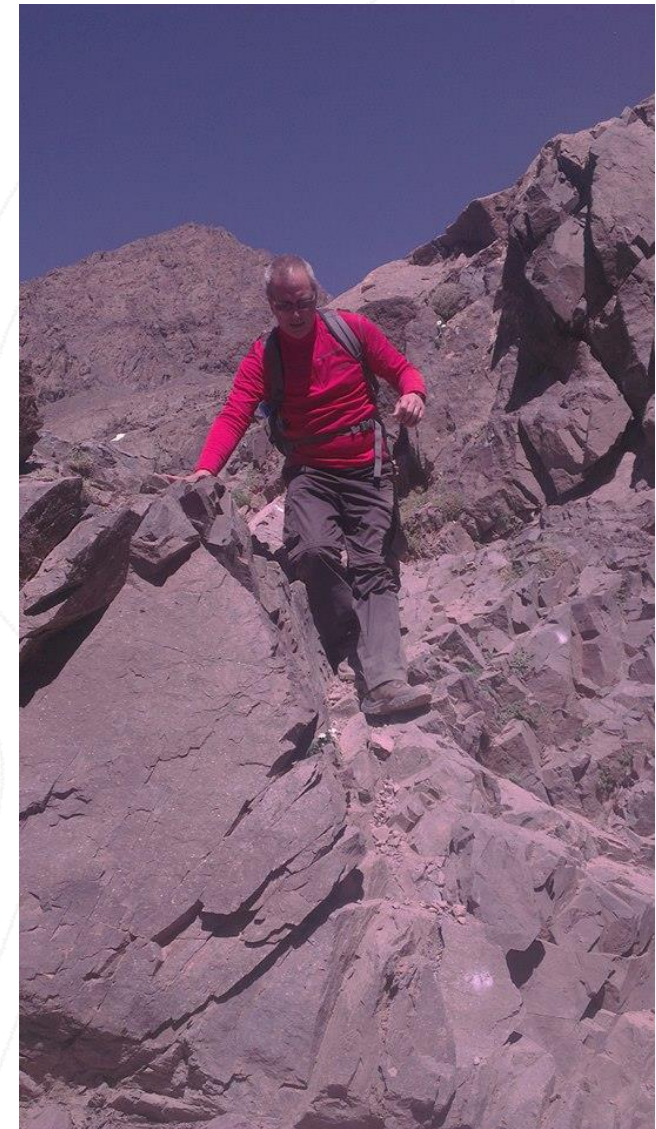
## TOILET & WASHING FACILITIES

When staying in hotels we will have en-suite washing facilities.

Whilst camping on the trek you can use the washing facilities and toilets at Nelter Hut but these are **very** basic - remember, this is a challenge! There will also be toilets at our campsite.

Facilities are scarce elsewhere so you will have to be prepared to use the 'great outdoors' when necessary! You should carry your own supply of tissues but please dispose of these appropriately ('nappy sacks' are very useful!).

Remember to wash hands wherever possible to avoid getting stomach upsets. A small bottle of antibacterial hand gel is a must.



# MOUNT TOUBKAL TREK

## TELEPHONE & WI-FI

Mobile signals can be found all over Morocco (roam for IAM and Maroc Telecom). There will be mobile phone signals in Marrakech, but these will become more patchy when we start the trek. Mobile phones may possibly work at Nelter Hut and at the summit but please don't rely on being able to use your mobile phone for the entire challenge as coverage will be poor for significant parts of the route.

Wi-Fi – will also be very limited along the route and more information can be found on Wi-Fi availability at the hotels and camps we stop in the Accommodation Information Document.

There will be the opportunity to charge electrical items at hotels so make sure you bring the appropriate travel adapter for Morocco.

## OTHER COSTS THAT YOU NEED TO BUDGET FOR

Below are some approximate costs for other expenditure you may incur for the challenge:

Item	Approx. cost
Kit and clothing	Please see kit list
Travel insurance	£37
Spending money	£200 - £250
Hotels the night before your UK departure and/or the night of your UK arrival	£60 - £100 per night
Airport car parking	£75 - £150
Travel to and from the UK departure airport	The cost depends on how far you need to travel and type of transport you are taking – flights and trains are quicker but also more expensive than going by coach.



**Average costs** - As a guide, a cup of coffee is 6-15MAD, a glass of orange juice 3MAD, a dinner of two courses 25-200MAD (of course there are also more expensive restaurants!). A lightweight women's top costs around 100MAD in the souk.

How much spending money you will need usually depends on how many presents and souvenirs you want to bring home!



# MOUNT TOUBKAL TREK

## DIFFICULTY & TERRAIN

Our challenges are graded 1 (Challenging), 2 (Tough) or 3 (Extreme). This challenge is graded at 2 (Tough).

You will be walking for 3 consecutive days, covering approx. 15 – 18 miles in hot temperatures and going into altitude.

The first day ascends to over 3,000m and at this level breathlessness during physical activity is common. The mountain has a rocky path that leads to the summit and care is needed on the descent due to loose stones on the path. Some scrambling will also be required on the descent. On the way there will be terrific views of mountain scenery ascending through the fields and orchards to the high jagged rocks typical of the Atlas range.

As mentioned previously this itinerary has been designed to maximise our chances of success, it is worth remembering it is not a race and one top tip you should follow is to trek at a slow steady pace.

Our policy is to encourage and support as many people as possible to take part in our challenges. But they may not be suitable for all people due to restriction posed by limitation in mobility, physical or cognitive disability, pregnancy or other various medical conditions. GAC reserves the right to refuse a booking if we feel unable to accommodate the

particular needs of the person(s) concerned. If you have any doubts regarding your suitability for your challenge please contact our office immediately to speak to one of the team.



## CHALLENGE GRADING

Each of our challenge events are designed to be achievable by most individuals, providing you are prepared to put the effort into training. You do not need to be a professional athlete or 'super fit', however, the fitter you are the more you will enjoy the challenge!

Please keep in mind that these guidelines are to give an insight into the difficulty level associated with the challenge. You may find that an event rated 'Challenging', could have a 'Tough' day, or we may find that a 'Tough' challenge, may have a 'Challenging' day.

### TOUGH

A 'Tough' trek features more demanding activities and the days are generally longer and harder than a challenge graded as 'challenging'!

The challenge is likely to involve considerable amounts of facilities that we aren't accustomed to in the UK.

The weather can be more unpredictable on these challenges.



# MOUNT TOUBKAL TREK

## TRAINING TIPS

Training is a critical component in the preparation for your challenge. Good cardiovascular fitness is essential in order to complete these challenges and prior fitness preparation is a MUST! It is important that you are fit enough to complete the challenge.

Training tips can be found on our website and in your welcome pack to point you in the right direction. We also offer training days and weekends to help you prepare.

As mentioned previously this challenge has been graded as 'Tough' and we strongly recommend training for this challenge.

### Our training tips include:

- Train in the hills and in particular, on short, steep sections. Lots of step training will also prove to be of massive benefit. If you haven't experienced aching feet then we suggest you probably haven't trained for long enough.
- Try to go training on consecutive days instead of doing one big day. This will help your muscles get used to the strains of trekking over consecutive days.
- It is best to improve and work on your stamina, leg and joint strength.

## SUPPORT ON YOUR CHALLENGE

There will be a strong support team with a professional Global Adventure Challenges leader from the UK, knowledgeable and experienced local professional Berber guides, cooks and mule guides to look after us.

A comprehensive first aid kit will be carried with the group at all times. All Global Adventure Challenges leaders are 16 hour Outdoor First Aid qualified.

In extreme emergencies there is a local helicopter service for evacuation if required



## TIPPING

Tipping your crew/drivers is appropriate, customary and always appreciated. Your guides work in teams and evenly split all gratuities they receive. Your gratuity should reflect the quality of service you received and anything special the team did to enhance your trip. We recommend around £30 from each person but this does depend on your budget, and what you feel is appropriate.



# MOUNT TOUBKAL TREK

## FOOD, WATER & REFRESHMENT STOPS

All meals will be provided on the challenge from breakfast on Day 2 to breakfast on Day 5.

You will have a chance to try the local Moroccan specialities including tagines and couscous.

We will wake each day around 6am and enjoy a breakfast of porridge, eggs, pancakes and cheese to set us up for the challenging day ahead. We will stop for lunch around midday and usually get into camp for the evening between 3-4pm. There will be time for a couple of hours rest before dinner. Our evening meal will be between 6-7pm.

All dietary requirements can be catered for so long as we know in advance.

We don't have scheduled rest stops but we can stop at any time for water and snacks. Rest stops will be whenever needed and depend on the dynamics of the group. Mineral water is carried by the mules and is provided free of charge. There is a strict policy of 3 litres of mineral water per person, per day, provided **ONLY** for drinking – **NOT** for washing. This is because the mules have to carry all the water for people and animals and they have a weight restriction (they also have to carry feed and trek kit). It is also not eco-friendly to use bottled water for

wetting scarves and pouring on hot skin! We recommend you bring some of your own snacks. Tracker bars and fruit sweets such as jelly babies are ideal, to give you an extra boost when you find the going tough.

It is not safe to drink the water from the taps in Morocco and you should only use bottled water for drinking, brushing teeth, etc. – no singing in the shower!



## EFFECTS OF ALTITUDE

There are no set rules regarding acclimatisation to altitude, whether you will be affected or at what height. Your physical fitness will not affect your ability to cope with the altitude, but the fitter you are the better you will cope whilst in the mountains.

Altitude sickness can occur at 2,500m above sea level although the more severe cases of altitude sickness only tend to occur at altitude of 3,600m and above – the highest point of this trek is approx. 4,167m. Altitude sickness is caused by decreased oxygen concentration in your blood due to lower atmospheric pressure. In most cases, symptoms are mild and include fatigue, shortness of breath, nausea and headache.

The best way to adjust to altitude is to walk slowly and rest as often as possible – in addition, drink lots of water! If anyone experiences serious problems, they will be evacuated to a lower altitude.

A more detailed high altitude document is included in your welcome pack.

# MOUNT TOUBKAL TREK



## TRANSFERRING YOUR PLACE

It may be possible to transfer your place to another person. Any transfer request must be made at least 7 days before the departure of your challenge. Costs associated with a transfer are detailed below.

- 56 days or more before challenge departure: £60.00 plus VAT.
- Within 56 days of challenge departure: £100.00 plus VAT.

Suppliers associated with the challenge may also charge additional fees (as an example an airline will often charge a name change fee).

All costs associated with a transfer must be paid in full before it can be confirmed / granted.

In addition to the costs above the person taking your place on the challenge must meet all registration formalities including completing a full registration form, medical questionnaire and if necessary get their GP's signature confirming they are physically and mentally fit enough to complete the challenge.

As you know our challenges are not your normal 'flop and drop' trips! Therefore, we reserve the right to decline a transfer request. For example, this may be because we don't feel there is sufficient enough training and preparation time before the challenge departs.

## COMPLAINTS

We view complaints as an opportunity to learn and improve for the future, as well as putting things right for you.

If there is something that you perceive to be a lack of conformity during the performance of the challenge you must inform your challenge leader without undue delay. This will allow us the opportunity to remedy the situation on the ground.

If you have any form of complaint in the lead up to your challenge please contact the Customer Care team on the details below who will endeavour to put things right.

[customer.care@globaladventurechallenges.com](mailto:customer.care@globaladventurechallenges.com)



# MOUNT TOUBKAL TREK



DAY	TRANSFERS	DIFFICULTY RATING	TREK STATS (APPROX.)	ITINERARY NOTES
<b>Day 1:</b> Depart UK to Marrakech	Approx. 30 minute transfer to our hotel.	N/A	N/A	<ul style="list-style-type: none"> <li>Upon arrival in Marrakech we take the short transfer to our hotel. After dinner we have a briefing about the challenge ahead.</li> <li>We should have time in the afternoon to explore Marrakech.</li> </ul>
<b>Day 2:</b> Marrakech to Nelter Hut	Approx. 1 hour, 30 minute transfer to the village of Imlil.	Tough	<b>Distance trekked:</b> 10km <b>Altitude at the end of the day:</b> 3,210m <b>Trekking time:</b> 5-7 hours	<ul style="list-style-type: none"> <li>We transfer to the Berber village of Imlil where we will meet our mules that will carry our luggage and food for the trek!</li> <li>We begin our trek at an altitude of 1,740m and the trail winds slowly uphill crossing a couple of rivers. We reach the village of Sidi Chamarouch (2,310m), where we will see its famous white rock Mosque in the distance. We continue to trek up the mountainous terrain to Nelter Hut.</li> <li>Early to bed tonight so we have plenty of rest for our summit attempt tomorrow!</li> </ul>
<b>Day 3:</b> Summit Mount Toubkal	N/A	Tough	<b>Distance trekked:</b> 8km <b>Altitude at the end of the day:</b> 3,210m <b>Trekking time:</b> 5-7 hours	<ul style="list-style-type: none"> <li>We begin in grassy green meadows but we will soon be negotiating sections of steep scree and boulders as we hike higher into the soaring peaks of the High Atlas Mountains.</li> <li>Today is the toughest day, but our hard work will be worth it when we reach the summit (4,167m)! Weather permitting we can see the plains of Marrakech to the north and the Siroua range of mountains to the south.</li> </ul>
<b>Day 4:</b> Nelter Hut to Marrakech	Approx. 1 hour transfer to Marrakech.	Challenging	<b>Distance trekked:</b> 8km <b>Trekking time:</b> 4-6 hours	<ul style="list-style-type: none"> <li>After breakfast we push on trekking downhill until we reach Aroumd. We wave goodbye to our muleteers and transfer back to Marrakech.</li> <li>Tonight we celebrate our achievements Moroccan style at our celebratory meal.</li> </ul>
<b>Day 5:</b> Return to the UK	30 minute transfer to the airport.	N/A	N/A	<ul style="list-style-type: none"> <li>After breakfast we take a short transfer to the airport to catch our flight back to the UK.</li> </ul>



