



# Tour guide

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## Morocco Encompassed - 15 days

Sahara desert...Marrakech...Rif mountains...Todra Gorge...

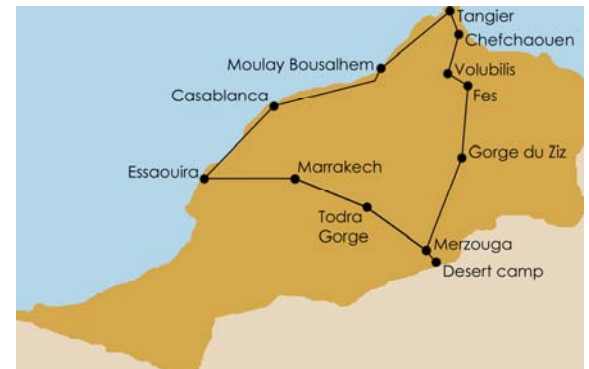
Visit Tangier, Fes, Volubilis, the Todra Gorge, go camel trekking and experience a Berber camp in the Sahara. Finish with a visits to Marrakech and Casablanca.

### Tour overview

<b>Tour operates</b>	May - October
<b>Tour type</b>	Overland adventure
<b>Vehicle type</b>	Fully equipped Mercedes expedition truck
<b>Crew</b>	2 crew
<b>Tour rating</b>	Easy
<b>Accommodation</b>	Camping/hotel
<b>Tour start-finish</b>	Tangier - Tangier
<b>Min - max numbers on tour</b>	2-26

### What you get

- Arrival transfer from Tangier airport or Tangier ferry port on day 1
- Transport in fully equipped expedition truck
- 9 nights camping (including Berber camp), 5 nights 2/3\* hotel
- 14 Breakfasts, 13 lunches, 14 dinners (inc. a Berber camp dinner)
- Fully equipped Mercedes expedition truck
- Guided tour of Chefchaouen, Fes and Volubilis
- Services of 1 or 2 person crew (leader and driver)
- All road taxes and tolls



### Highlights

- Tangier - bustling coastal city
- Chefchaouen - overlooked by the Goat Horns Mountains
- Rif Mountains - beautiful mountain vistas
- Volubilis - UNESCO-listed Roman ruins
- Fes - ancient imperial city
- Ourika Valley
- Merzouga - camel trek
- Todra Gorge - towering red canyon
- Marrakech - UNESCO-listed medina, mosques, palaces and souks
- Essaouira - UNESCO-listed medina, great beaches & surf
- Casablanca - largest Mosque in Morocco
- Moulay Bousalhem - flamingo lagoon
- Cap Spartel - caves of Hercules and Neolithic Man

### Price

	2010	2011
<b>All Inclusive Land Price*</b>	£670	£670

which is comprised of...

<u>Tour Price</u>		
All land transport, all expedition equipment, driver/courier	£439	£439

<u>Local Payment**</u>		
Food (3 meals a day), hotel accommodation, local guides	€250	€250

All Inclusive Land Price excludes flights, insurance, visas, optional activities and spending money

\*The All Inclusive Land Price is correct at the time of writing and may fluctuate slightly according to exchange rates.

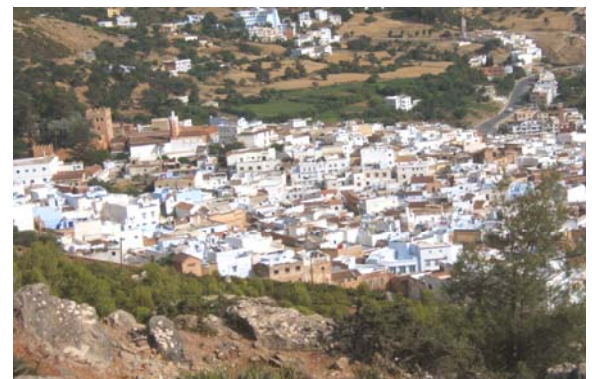
\*\*The Local Payment is payable at the start of the tour and should be made to the Tour Guide in Euros or Moroccan Dirhams Cash. It is in addition to the Tour Price and constitutes part of the All Inclusive Land Price

### Optional

Optional activities are operated by third parties and although every measure is taken to ensure quality control, Nomadic Expeditions can not accept liability for passenger participation in these activities.

If you decide to take part in an optional activity, make sure that your travel insurance covers participation in such activities.

Where?	Activity	How much
Fes	Optional evening meal & entertainment	MAD200
Marrakech	Hammam	MAD75
Todra Gorge	Rock climbing (2 hours)	MAD150
	Tagine cooking lesson	MAD150
Essaouira	Quad biking (2 hours)	MAD500
	Quad biking (3 hours)	MAD600
	Horse trekking (half day)	MAD500



# Itinerary

## Day 1 - Tangier

Saturday. Welcome to Morocco ! Be sure to arrive in time for your pre-departure meeting at 6:00pm, an arrival transfer from Tangier airport or the office next to the ferry port is included on day 1. Your first night will be spent at our pre-expedition beachfront hotel. Tonight we enjoy a traditional dinner. **(Dinner & overnight – Tangier)**

## Day 2 - Rif Mountains

Departing the hustle and bustle of Tangier, we head to Chefchaouen, a haven of peace and tranquillity. High up in the Rif mountains, Chefchaouen is a beautiful blue door and white-walled medina that was originally a Berber post. The main square is the heart of Chefchaouen, with the Kasbah (built back in the 18th century), central mosque and cafes with authentic menus. The busy market is a mix of traditional Moroccan and tourist fayre. **(Lunch, dinner & overnight – Chefchaouen)**



## Days 3 - 4: Volubilis & Fes

En route for the imperial city of Fes, we take a tour of the Roman ruins at Volubilis, the largest ancient site of Morocco . UNESCO-listed, the site dates back to AD40 and once ruled the entire Roman province of Mauritania . The oldest and largest medieval city in the world, Fes is a bustling hive of activity. The medina is a heady mix of aromas, sounds and sights. To navigate, follow the tourist circuits. There are 5 circuits, each with a different theme, such as palaces and gardens, traditional crafts etc. There are plenty of mosques and palaces to visit, but be aware that only Muslims can enter Mosques in Morocco . After a day exploring dye-pits, tanneries and restaurants, we return to camp to get ready for an optional night of Moroccan entertainment and food at a restaurant in town. **(Lunch, dinner & overnight (2) - Fes)**

## Day 5 - Gorge du Ziz & Berber Camp

This morning we journey over the Moyan Atlas, through the Gorge du Ziz. This is a truly stunning drive as we journey across three mountain ranges. This afternoon we head towards the desert for Merzouga, where we transfer to camels for a trek into the desert to a Berber Camp. We enjoy local food and an amazing night out under the Saharan stars. **(Lunch, dinner & overnight - Berber Camp)**

## Days 6 - 7: Todra Gorge

Leaving the desert, we spend the day travelling to Todra Gorge, in anticipation of our gorge exploration the next day. This 1000ft gorge is hemmed in on all sides by vertical limestone cliffs and is also called Morocco 's Grand Canyon . There's time to explore the gorge, from its plunging depths to dizzying heights. The charm of Todra lies in it's changing colours as the sun slowly moves from east to west. **(Lunch, dinner & overnight (2) - Todra Gorge)**

## Days 8 - 9: Marrakech

We head through the Tizi-n-Tichka pass, en route to Marrakech, one of Morocco's four Imperial cities and set against the snow-capped Atlas Mountains. Its great pride and landmark is the Koutoubia Tower , sister to the Tower of Hassan in Rabat and the Giralda Tower in Seville. It is said that after the third of these was completed, the sultan had the eyes of his architect put out, lest he should build another more beautiful tower elsewhere. No visit to the city is complete without a visit to the city's UNESCO-listed medina - Djemâa-el-Fna, an extraordinary gathering and market place. **(Lunch, dinner & overnight (2) – Marrakech)**

## Day 10 - Ourika Valley

We take the short journey up to Ourika, high in the Atlas mountains through the stunning Ourika Valley. We will have a guided trek here. En-route we will take the scenic walk up to a series of 5 waterfalls where it is possible to paddle in the small pools at their base. **(Lunch, dinner & overnight - Ourika Valley)**

## Day 11: Essaouira

A morning drive takes us to Essaouira, a colourful fishing town situated within 15th century Portuguese fortifications. Great beaches and surf beckon. Relax on the beach or alternatively explore the UNESCO-listed medina with its various souks and woodcarving workshops.

Any city gate leads to the Medina , so you're unlikely to get lost. The beach is in front of the Medina and there are plenty of cafés with terraces, both ideal for relaxing for a few hours. Blue doors and window frames abound as do the artists shops – buy a carpet or Thuya wood carving or sit on the beach sipping a mint tea as the sun sets, an antidote to the bustle of the Imperial cities. **(Lunch, dinner & overnight – Essaouira)**



## Day 12: Casablanca

En-route this morning we travel up to Casablanca. Made famous by Humphrey Bogart in the film "Casablanca". We will visit the stunning Hassan 2 mosque, which has the tallest minaret and the third largest mosque in the world, it can hold 25,000 worshippers at any one time. **(Lunch, dinner & overnight - Casablanca)**

## Day 13: Moulay Bousalhem

Moulay Bousalhem is a quaint fishing village with a good beach and nearby lagoon. **(Lunch, dinner & overnight - Moulay Bousalhem)**

## Day 14: Cap Spartel

having dug out the straits between Europe and Africa with his club, the legendary Hercules rested in caves just five kilometres south of the lighthouse on Cap Spartel. Dug into the cliff, the Hercules caves were shelter to Neolithic man. In the 20th century they were used as a setting for sumptuous parties by Tangier's international jet setting crowd. The caves offer a splendid view of the ocean through their openings in the cliff face. **(Breakfast, lunch, dinner and overnight - Cap Spartel)**

## Day 15: Tangier

We head back to Tangier on the morning on day 15; our arrival in Tangier marking the end of the expedition at around 0900. **(Breakfast)**

# Dates

Month	Departure date	Arrival date
May	01.05.10	15.05.10
	15.05.10	29.05.10
	29.05.10	12.06.10
June	12.06.10	26.06.10
	26.06.10	10.07.10
July	10.07.10	24.07.10
	31.07.10	14.08.10
August	14.08.10	28.08.10

Month	Departure date	Arrival date
	28.08.10	11.09.10
September	11.09.10	25.09.10
	25.09.10	09.10.10
April	30.04.11	14.05.11
May	14.05.11	28.05.11
	28.05.11	11.06.11
June	11.06.11	25.06.11
	25.06.11	09.07.11

Month	Departure date	Arrival date
July	09.07.11	23.07.11
	30.07.11	13.08.11
August	13.08.11	27.08.11
	27.08.11	10.09.11
September	10.09.11	24.09.11
	24.09.11	08.10.11

# Useful information

## Before you go

### Visas & permits

Visas are not required for British, Australian, New Zealand, Canadian, US and other EU nationals for a stay of up to 3 months. Please ensure your passport is valid for six months after your return date and that you get your passport stamped upon entry into Morocco. All other nationalities should contact the Moroccan embassy for details. Visas are your responsibility. Don't forget to check!

### Vaccinations

It is recommended that you be vaccinated for Tetanus and Polio, if you haven't had a booster in the last ten years. Food and water-borne diseases are more common, so we recommend vaccinations for typhoid (valid 3 years) and Hepatitis A (validity varies). Morocco is not a high risk malaria area but if in any doubt please consult a physician or travel clinic for further information.

### Travel insurance

All our passengers must be fully insured for travel in Morocco. Most travel insurance does not cover for trekking above 2000m as standard and you may have to pay a premium to cover yourself up to 4168m. It is essential that you get the correct level of cover. Please ensure that the policy provides adequate cover for hospital treatment, repatriation flights home in the event of you being too ill to continue the trek, personal accident, personal baggage and associated valuables. You must bring the policy with you as it is obligatory for joining any expedition.

## Packing

### Luggage

Pack all your gear in a rucksack/backpack for this type of trip. Also bring a daypack, to keep personal items such as your wallet, camera and water bottle. Your rucksack/backpack must not have an exterior frame. Only the soft, flexible variety is permitted. Leave your suitcase at home, they're simply not practical.

Don't overdo it! Luggage is limited to 20kgs. Pack sensibly and take garments that are comfortable and cool. Morocco can be very hot in summer but after the sun sets and at high altitudes, the temperatures can plummet, so pack accordingly. You will need plenty of warm layers, a wind/waterproof jacket, hat, scarf and gloves for the climb to the summit.

**Sleeping bag** - You will need a high quality, compact sleeping bag for camping at high altitudes. You may also want to bring a small trek pillow for added comfort.

### What to bring

- Towel
- Torch and batteries
- Camera and spare memory card/film
- Mosquito repellent
- Water bottle
- Personal first aid kit, antiseptic gel and wipes
- Waterproof/wind proof jacket
- A sturdy pair of walking shoes/boots
- Two spare passport photos and a photocopy of your passport

## In Morocco

### Currency

GBP£1.00 = MAD12

USD\$1.00 = MAD9

EUR1.00 = MAD11

MAD = Moroccan Dirham, rates are subject to fluctuation. Exchange facilities are available at various bureau de changes in major towns and most banks have ATMs.

How much spending money is needed, depends largely on the individual. We currently recommend an average of EURO\$ 20 - 30 per day. We can't specify every sundry cost however and you'll need to allow for expenses such as drinks, snacks and the odd souvenir. Travellers Cheques can be difficult to change en route so we recommend you have cash for convenience and bring a card to use in the ATM's—most accept Visa, MasterCard, Electron, Cirrus and Maestro. There are ATM's at Marrakech airport, which you can use upon arrival.

### Local prices

Mineral water (local brand, 500ml or 1L)

**MAD15**

Meal for 2 (entree, main, a beer, local restaurant)

**MAD50-100**

Beer (local brew Efes - 330-500ml approx)

**MAD20**

Chocolate bar (local brand)

**MAD5-10**

### Climate

Temperatures in Morocco are generally high, particularly during the summer months from May to September, when the sun can be fierce and temperatures are at industrial levels, so take sunscreen. However in the High Atlas it is very cold and some peaks can remain snow capped from November to July. You will need to pack plenty of warm clothing for the trek.

### Altitude

An altitude of over 3,000 meters is defined as high altitude and altitude sickness is the biggest health risk for trekkers. People can experience differing degrees of symptoms, which include headaches, nausea, dizziness, fatigue and shortness of breath. Our treks are designed to ensure there is plenty of time for adequate acclimatisation and cases of altitude sickness are rare. If you do suffer, symptoms will usually decrease in severity during acclimatization. It is important to drink plenty of fluids and eat carbohydrate food to keep the body properly hydrated. Please report any symptoms of altitude sickness immediately to your guide.

## Responsible travel

### Cultural awareness

We cannot emphasise enough that we are travellers and therefore guests. Although we ourselves might have different views, ideas, rules and morals, it is our duty to respect and adjust where possible to the people of the region we are visiting. Never throw pens / sweets out of the truck. It is very patronising! Your Tour Leader will also brief you on environmental matters.

### Religious Awareness

Morocco is predominantly Muslim and, as such, we would ask all of our customers to respect and adhere to (when appropriate) the dress codes of the Islamic faith. This entails covering of shoulders and knees.

### Nomadic Expeditions

Nomadic Expeditions are members of Survival which campaigns for the rights of tribes people through out the world. We also donate to the Ait Ouham Association for Development, a local organisation in the Atlas Mountains that seeks to improve lives through education, setting up co-operatives and providing basic facilities such as tap water to homes in



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