



# Tour guide

www.nomadic.co.uk  
info@nomadic.co.uk  
0044 (0) 1189 737 011



## Morocco, Surf & Ski - 8 days

surfing...skiing...Marrakech...and more..!

Ski & Surf all in one week as we take to the piste in the Atlas mountains and then head for the Atlantic coast for some awesome Surf before visiting Imperial Marrakech.

### Tour overview

<b>Tour operates</b>	December—March
<b>Tour type</b>	Hotel
<b>Vehicle type</b>	Mini-van or 4x4 Landcruiser
<b>Crew</b>	2 crew
<b>Tour rating</b>	Easy
<b>Accommodation</b>	Hotel/Ski chalet
<b>Tour start-finish</b>	Marrakech - Marrakech
<b>Min - max numbers on tour</b>	2-20

### What you get

- Arrival transfer from Marrakech airport on day 1
- Full Board: 7 Breakfasts, 6 lunches, 17 dinners inc. a Berber camp dinner
- 2 - 3 H hotel /Ski chalet/Surf camp
- Transport in 4x4 Land Cruiser or Mini Van
- Guided tour of Marrakech
- Services of 1 or 2 person crew (leader and driver)
- Ski Equipment hire and Pass for 2 days (inc. jacket, trousers, boots and skis)
- Half day ski lesson
- Half day surfing lesson, board & wetsuit hire
- All road taxes and tolls



### Highlights

- Marrakech - Koutoubia Mosque, UNESCO listed site - Djemâa el-Fna, souks and Koutoubia Mosque
- Oukaimden - the highest ski resort in Africa
- Agadir - bustling coastal resort
- High Atlas Mountains
- Taghazoute - small Atlantic coast, fishing village and surf Mecca

### Price

	2010	2011
<b>All Inclusive Land Price*</b>	£807	£807

which is comprised of...

#### Tour Price

All land transport, all expedition equipment, driver/courier (£30 supplement on 23.12.09 departure)	£499	£499
--	------	------

#### Local Payment\*\*

Food (3 meals a day), hotel accommodation, local guides	€350	€350
---	------	------

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.

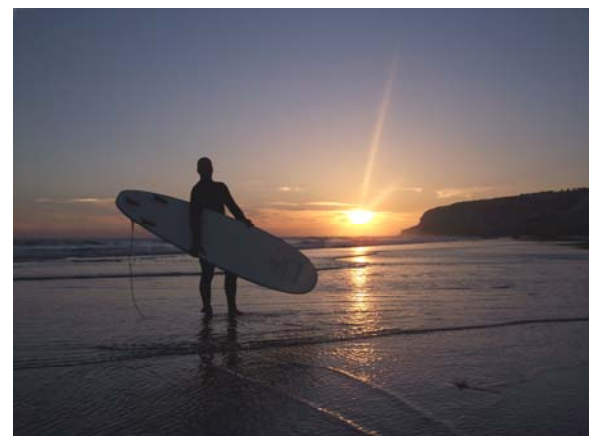
\*\*The Local Payment is payable at the start of the tour and should be made to the Tour Guide in Euros or Moroccan Dirham Cash. It is in addition to the Tour Price and constitutes part of the All Inclusive Land Price.

### 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
Marrakech	Hammam	DM75
Taghazoute	Horse trekking (half day)	DM500
	Horse trekking inc. Lunch (full day)	DM1000
	Additional surfing inc. coach, board & wetsuit)	DM300



# Itinerary

## Day 1 - Marrakech

Welcome to Morocco ! Arrive Marrakech and included transfer to our hotel. Be sure to arrive in time for your pre-departure meeting at 6:00pm. Your first night will be spent at our pre-expedition hotel in the centre of town. **(Dinner & overnight - Marrakech)**

## Day 2 - Djemaa-el-Fna

Marrakech - Oukaimden - breakfast. We take a guided city tour and see the sights of magical Marrakech. Inside rose-coloured walls lies a tangle of winding streets that open onto verdant gardens and intriguing alleyways that lead onto bustling souks. You'll reach central square, the Djemaa-el-Fna, and be amazed at the cacophony of sounds, smells and colour. Towering over this is the famous Koutoubia mosque, the tallest building in the city! Later this afternoon we take the scenic drive to Oukaimden, our ski paradise in the High Atlas mountains! **(Lunch, dinner and overnight - Oukaimden)**



## Day 3 - Oukaimden - Skiing

Oukaimden - breakfast. Today we hit the slopes, with our experienced instructor in tow. At 3268m Oukaimden is the highest ski resort in Africa, and is stunningly beautiful, take a moment to survey the amazing panoramic views over the High Atlas ranges. After a full morning's lessons (with all equipment included) we can practise what we learnt in the afternoon, before taking the evening to chill out and experience Apres Ski, Moroccan style! **(Lunch, dinner and overnight - Oukaimden)**

## Day 4 - Free day

Oukaimden - breakfast. Wake up, take a deep breath and see the snow glistening in the sun, before going for another hard days skiing! Today is free for you to ski at your own pace, or if you prefer you can just take today to relax and enjoy the beautiful scenery. **(Lunch, dinner and overnight - Oukaimden)**

## Day 5 - Taghazoute

Oukaimden - Agadir - breakfast. This morning we have an early start so that we can reach our hotel in Agadir in good time and then we head out to the small fishing village of Taghazoute. The laid back atmosphere, beautiful beach and traditional charm of Taghazoute, has made it popular with hippies since the 60's and surfers soon discovered its world class point breaks, making it the surfing Mecca it is today. Spend the afternoon at leisure, perhaps head to the beach or explore the area. **(Lunch, dinner & overnight - Agadir)**

## Day 6 - Surfs Up!

Agadir - breakfast. It's time to put on our wet-suits and head to the sea for a morning of surf tuition and riding the waves! Enjoy the afternoon at leisure relaxing on the beach and topping up your tan, or choose from our exciting optional activities (payable locally) - Perhaps continue perfecting your surfing skills, or go horse trekking along the beautiful Moroccan coastline. Tonight why not check out some of Agadir's bars and clubs? **(Lunch, dinner & overnight - Agadir)**



## Day 7 - Marrakech

Taghazoute - Marrakech - breakfast. The morning is free for you to spend at leisure in Taghazoute or the final opportunity to ride the waves, or to try one of the optional activities. We have lunch in Taghazoute before heading back to the hustle and bustle of Marrakech, stopping en route for dinner. **(Lunch, dinner & overnight - Marrakech)**

## Day 8 - Marrakech

Marrakech - breakfast. The tour finishes after breakfast.

# Dates

Month	Departure date	Arrival date
March	06.03.10	13.03.10
	13.03.10	20.03.10
	20.03.10	27.03.10
December	23.12.10	30.12.10

Month	Departure date	Arrival date
January	08.01.11	15.01.11
	22.01.11	29.01.11
February	05.02.11	12.02.11
	19.02.11	26.02.11
March	05.03.11	12.03.11

# 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 USD \$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 the area.



Nomadic Expeditions Ltd, 26 Matthews Green Road, Wokingham, Berkshire. RG41 1JU. UK

Tel: 0044 (0) 1189 737 011 ° Fax: 0044 (0) 1189 737 698 °

Email: info@nomadic.co.uk ° Website: www.nomadic.co.uk