



Tour guide

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Nomadic Berber Migration - 11 days

Authentic Berber experience...High Atlas...Marrakech...

A very rare chance to experience Nomadic Berber life with a family as they make their bi-annual migration with their goats and sheep from the High Atlas to the lower Dades valley's and vice versa depending on the time of year.

Tour overview

Tour operates	May and September
Tour type	Nomadic adventure
Vehicle type	4 X 4 Landcruiser / Minivan
Crew	2 crew
Tour rating	Moderate
Accommodation	Hotel/camping
Tour start-finish	Marrakech - Marrakech
Min - max numbers on tour	2-17

What you get

- Arrival transfer from Marrakech airport on day 1
- Full Board - 10 Breakfasts, 9 lunches, 10 dinners
- Services of a driver and English speaking guide.
- 7 nights basic Berber camping,
- 3 nights in a Riad (traditional Moroccan guesthouse)
- Transport in air conditioned vehicle
- Whilst trekking - services of a guide, cook & mules or
- camels to carry rucksacks
- Guided by a Nomadic Berber family
- All road taxes & tolls
- All entrance fees included



Highlights

- Marrakech - UNESCO-listed Place Djemâa el-Fna, souks and the Koutoubia Mosque
- Ouarzazate
- Dades Valley - Gorges Du Dades
- High Atlas Mountain Ranges, steep passes, waterfalls, Berber villages & valleys
- Breathtaking panoramic views over the High Atlas mountains and the valleys below.
- Cascades D'Ouzoud - Morocco's most spectacular waterfalls
- Ait Benhaddou - UNESCO-listed fortified Kasbah city

Price

	2010	2011
All Inclusive Land Price*	£863	£863

which is comprised of...

<u>Tour Price</u> All land transport, all expedition equipment, driver/courier	£599	£599
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<u>Local Payment**</u> Food (3 meals a day), hotel accommodation, local guides	€300	€300
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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

Trek info

- **Area:** High Atlas & Dades Valley
- **Grade:** Moderate
- **Daily walking duration:** 4 - 5 hours
- **Altitude:** Max. 3200 m
- **Accommodation on trek:** basic Berber camping
- Whilst trekking porters with mules, will carry your baggage and all of the heavy gear, you'll just need to carry a small day pack with your essentials in. All of the camping and cooking equipment is provided and we take care of all your meals. You will need to bring your own sleeping bag.



Itinerary

Day 1: Marrakech

Welcome to Morocco ! Arrive airport and included transfer to your traditional Riad in the centre of Marrakech. Be sure to arrive in time for the welcome meeting at 6pm.
(Dinner & overnight – Marrakech)

Day 2: Cascades D'Ouzoud

Marrakech – Tamda – breakfast. This morning we travel by minivan/4x4 to see the magnificent Cascades D'Ouzoud. The three tiered waterfall, drops an impressive 110 metres into the river below, where there is a small foot bridge at its base and it's possible to follow one of the many trails along the river or paddle in the small pools. After lunch in Azilal we continue on to the nomad's camp in Tamda, to meet the Berber family with their sheep, goats and mules, that we will be travelling with for the next 7 days of their bi-annual migration from the High Atlas to the lower Dades Valley .
(Lunch, dinner & overnight – Tamda Camp)



Day 3 – 8: The Nomadic migration

Tamada – Central High Atlas – Dades Valley – breakfast (6). On the morning of day 3 we begin our nomadic adventure! Leaving Tamada we trek for 4 to 5 hours a day, the pace and distance covered each day will be dependent on the movement of the herd of livestock and the route is not set in stone. The pastoral nomadic Berbers have been making this journey all their lives and have an excellent knowledge of the area and the

best routes to take dependent upon the conditions. The beauty of this experience is that we do not follow a rigid itinerary. Our journey starts in the majestic High Atlas, which is the highest mountain range in North Africa, with several peaks over 4000 metres and breathtaking scenery. We will trek through rugged terrain, crossing steep passes with spectacular panoramic views and passing Berber villages tucked away in picturesque valleys. Camping each night in rustic Berber tents, we'll have time to relax and enjoy our amazing surroundings, whilst a cook prepares tasty traditional Moroccan food for us. We will continue our gradual daily descent towards the Dades Valley, until we reach Ait Youl in the beautiful Gorges Du Dades on day 8, where we'll camp for the final night. This signals the end of our incredible trek and the Berber family will settle in the lower valleys for the winter, where they are not exposed to the freezing temperatures of the High Atlas.
(Lunch & dinner & overnight Berber Camp)

Day 9: Ait Benhaddou

Dades Valley – Ouarzazate - Ait Benhaddou - Marrakech – breakfast. Bidding farewell to the Berber family, we head back to Marrakech today stopping en route at Ouarzazate, which African traders once used as a resting point, on their journey up to Europe. Ouarzazate has been used as a setting for several films including, Alexander the Great, The Last Temptation of Christ and The Living Day-lights. Our second stop is at the remarkable Ait Benhaddou, a 'fortified city', situated along the former caravan route, between the Sahara and Marrakech. Ait Benhaddou is one of the best preserved ancient Kasbahs in the Atlas region. Granted UNESCO World Heritage listing, some Kasbahs date back to the 16th Century and the site had been the setting for many famous films including Lawrence of Arabia and Gladiator. Enjoy the comfort of a bed tonight as we return to the Riad in Marrakech for some well earned rest and relaxation!
(Lunch, dinner & overnight – Marrakech)

Day 10 - Marrakech

Marrakech – breakfast. Enjoy a free day exploring incredible Marrakech. Set within the rose-coloured walls of the medina is a reality that is not that far removed from an exotic film set – a tangle of winding streets that open onto verdant gardens and dark alleyways that lead to bustling souks.



The focal point is the central square, the Djemâa-el-Fna, an extraordinary gathering and market place. Full of colour, spicy aromas and traders, it is best seen in the evening, when overflowing with food stalls, dancers, acrobats, fortune tellers, musicians and henna artists. Towering above the bustling square is the beautiful Koutoubia Mosque.
(Lunch, dinner & overnight – Marrakech)

Day 11: Marrakech

Marrakech – breakfast. Expedition ends on day 11 after breakfast.

Dates

The Nomadic Berber Migration is a unique tour that gives you the chance to experience real Berber life. The trek follows a Berber family on their bi-annual migration and therefore there are only two departures per year.

Month	Departure date	Arrival date
May	20.05.10	30.05.10
September	19.09.10	29.09.10
May	20.05.11	30.05.11
September	19.09.11	29.09.11



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.



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