



Mount Toubkal and Sahara Desert Trek

1st - 9th March 2016



Peace
Hospice
Care

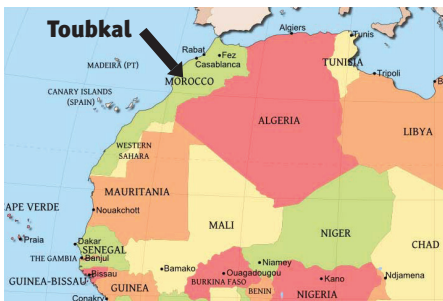




Toubkal refuge

Imagine....

Views stretching across the mountains to Marrakech in the north and the Sahara in the south; the jagged peaks of the High Atlas stretching as far as you can see in every direction, and local Berber villages built into the steep valley sides where people have retained the local way of life for centuries. This is the awe-inspiring first leg of the trip to summit Mount Toubkal.



Imagine then.....

The breath-taking views of one of the largest deserts on earth with nights under the stars and days in mesmerising salt pans and sand dunes. The experience of being in this diverse and beautiful landscape has been described as life-changing, and there's nothing like celebrating the end of the twin challenge of Toubkal and Sahara in the hustle and bustle of Marrakech.

About this trip

Day 1-3 Climbing Mount Toubkal

At 4167m Mount Toubkal is the highest peak in North Africa and a popular destination for climbers. In March (late Winter) Mount Toubkal turns into a walkers paradise; with empty trails, clear air and spectacular views over the Toubkal Massif.

It is a snowy climb in March and crampons and ice axes are usually required, but this trip is designed to be achievable by those who are fit, even if they are new to winter walking. The ascent is non-technical and no previous mountaineering experience is needed.

Day 4-7 Trekking the Sahara

You don't need to be super fit for this part of the challenge either, but you will need to do some training as you'll be trekking on tough uneven terrain in hot weather. Temperatures can get to 30°C during the day but the nights will be much colder. You will be trekking on foot and the camels will be for carrying your bags, equipment and water.



Sahara desert

Itinerary

Day 1



We fly to Marrakech from London Gatwick and transfer to Imlil, the gateway to Toubkal, in the heart of the mountains. We have dinner and stay overnight in a mountain gite.

Day 2



The trek begins to Toubkal Refuge, at a mostly gentle gradient above the snowline at 3200m, and we arrive at a winter wonderland of high peaks. We have dinner and stay overnight in Le Refuge de Mouflons.



Day 3



We leave for the summit of Toubkal, crossing two snow plateaus, including a great snow amphitheatre formed by the curving north and south ridges of Toubkal's main summit where you will have an amazing 360° view. A quick descent takes us back to the refuge, down the snow slopes. We have dinner and stay overnight in Imlil.

Day 4



We travel from Imlil to Ouarzazate driving through the Anti Atlas Bay, the Tinifit Pass, Agdez - the town of the date market, and through Tamegroute - the village of green pottery. We are then met by our camels and their owners and have dinner and an overnight stay under canvas.

Day 5



Walking at the pace of the camels we go off the beaten track and trek through the Sahara immersing ourselves in desert life. We have dinner and stay a second night under canvas.

Day 6



We walk through sand dunes and the field of old tombs. We continue along the Draa River and stop for lunch under the trees of Tamarisk. The trek continues through the beautiful dunes near the oasis. We have dinner and stay overnight under canvas.

Day 7



After an early morning breakfast we leave the dunes, cross the Draa River and return to Marrakech for an overnight stay in a hotel.

Day 8



A free day to explore the sights of Marrakech.

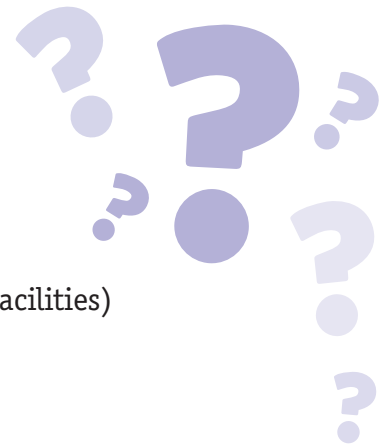


Day 9



Transfer back to Marrakech airport and return flight to London Gatwick. Say goodbye to the friends you've made during this incredible experience.

Frequently Asked Questions



What's included in my trip?

- International Flights in Economy Class
- Meet & greet at Marrakech airport
- Return to Marrakech airport transfer via minibus
- Return transfers Marrakech / Imlil
- Return transfers Marrakech / Sahara
- 2 nights in a mountain gite in Imlil (sleeping in large rooms, no facilities)
- 1 night at the refuge on Toubkal base camp
- 2 nights in 3 star hotel in Marrakech (twin sharing)
- Full board from dinner on day 1 to breakfast on day 9
- Qualified, English-speaking tour leader during the whole trek
- Experienced cook during the whole trek and water supplies
- Service of muleteers and their mules to carry equipment & luggage in mountain
- Service of camel owners & their camels in Sahara
- Logistics (igloo tents for sleeping, cooking tent, Mess tent, foam mattress, kitchen equipment etc.)

What's not included?

- Sleeping Bag
- Travel Insurance
- Personal Kit

What support will I receive before and during the trip?

Prior to the trip Peace Hospice Care will support you with fundraising hints and tips, a get-together with other participants, and a dedicated fundraising contact to help you flesh out your ideas for fundraising. You will receive a kit list of everything you need. During the trip, as well as your tour leader and everything that's included in the section above, you will also have a doctor on hand as well as a member of the Peace Hospice Care fundraising team.

What medical certificates will I need?

Hepatitis A and Typhoid vaccinations are advised to all visitors to Morocco although they are not compulsory.

How is the trip arranged?

We work with Cultural Tours to organise this trip. They are an ATOL protected member of the Association of British Travel Agents (ABTA). Their ATOL number is 2906 and they are also a member of IATA (the International Air Transport Association). We have worked with them previously on our China Trek and have been impressed by the quality of their very personal service.

What are the main challenges/risks?

The main risks with climbing Mount Toubkal are altitude sickness (although the likelihood of this is very small) and weather changes, as rain and snow storms are possible during March. Temperatures are colder higher up at the refuge and on the peaks. However, your guides will keep a close eye on the weather and amend the itinerary to lower level walks should weather make an ascent impossible (although again the chances of this are small).

The main challenge with the Sahara trekking is the heat, however your trip includes your water supply and there are ample opportunities to rest.

Fundraising - Total target to raise £1,950

We ask that you make a personal donation of £100 as a non-refundable deposit. You will then need to raise a further £1,850 (not including Gift Aid) to finance the trip.

Raising £1,850 is easier than you might think once you break it down into chunks and plan your activities in advance. Unusual fundraising ideas and fun activities go down well with friends and families. We suggest you fundraise little and often. Here are just a few ideas to get you started:

£100	Ask 10 friends to sponsor you or bag pack at your local super market.
£150	Car boot sale. Ask friends and family to donate unwanted items.
£200	Quiz night with raffle or dress down day at work.
£300	Organise an event at a local restaurant. Agree on a set price menu, charge your friends a supplementary cost. Boost your sponsorship by holding a raffle.
£500	Self-funding - you can make a monthly donation yourself towards your fundraising target.
£1,000	Matched giving - do you work for a company that might match every penny you raise.

Online Fundraising is a simple and hassle free way of getting your friends and family to sponsor you with only a few clicks. You can use Just Giving, Virgin Money Giving or BT MyDonate.

BT MyDonate is our preferred choice as they give 100% of the money you raise back to the charity (unlike some of the other providers). We have set up a Toubkal and Sahara page which will give you instructions to create an account and set up your unique fundraising page:

<http://mydonate.bt.com/events/toubkalsahara16>

Use **Facebook** to post your unique link with a personal message. Use **Twitter** and update your followers on how your fundraising is going, with constant reminders of how they can support and email all of your friends, family, work colleagues and let them know what you're doing and how to support you.

Contact details

Peace Hospice Care's Fundraising Team will be more than happy to help and support you with your fundraising. We can provide collection buckets, tins, banners and t-shirts where possible. If you would like more information or to register by phone please contact **Claire Nickless** on **01923 335373** or email at **cnickless@peacehospicecare.org.uk**

Registration Form

To register for this fantastic event, please complete all sections of this registration form in as much detail as possible and sign the pledge form.

Along with your registration form you will also need to include the following:

- Your non-refundable deposit of £100 (to secure your place).
- Signed copy of the pledge form, which is taken as a statement of your intent to raise the minimum sponsorship of £1,850 (not including Gift Aid)

Please send all of the above to:

The Fundraising Team, Peace Hospice Care, Peace Drive, Watford, WD17 3PH.

Please can we ask that you send a cheque (made out to Peace Hospice Care), not cash. Cash can be brought to the Peace Hospice in person, or we can take card payments on the phone (see previous page for contact details).

Title:	First name:
Surname:	
Address:	
	Postcode:
Date of birth:	Telephone:
Email:	
Emergency contact name:	
Emergency contact telephone:	

Terms and Conditions

Participants must be 18 years of age by the date of travel.

Each participant must hold a current passport with at least 6 months to run from 1st March 2016.

Walkers must be covered by insurance for travel, health, accident and loss (insurance is not included in the travel cost). If you are aged over 65 years of age, or if you have any medical conditions that could be adversely affected by exercise, particularly a heart condition, you must obtain a medical certificate from your doctor. By signing this pledge you are confirming that, to the best of your knowledge, your general state of health is good and that you take full responsibility for yourself and your personal well-being.

The maximum number of places available for this trip is 25. Completing this form does not guarantee your place on the trek. Once we've received your signed registration form and deposit we'll get back to you to confirm if your registration has been successful. If we have already reached our maximum of 25 registrations we will return your deposit to you and put you on a reserves list. We highly recommend returning your registration form to us as early as possible to increase your chances of being successful. 80% of your fundraising target is due 12 weeks before the trip.

I promise to keep smiling even when the going gets tough!

Signed: Date: