

Climb Mt Toubkal - DCCT



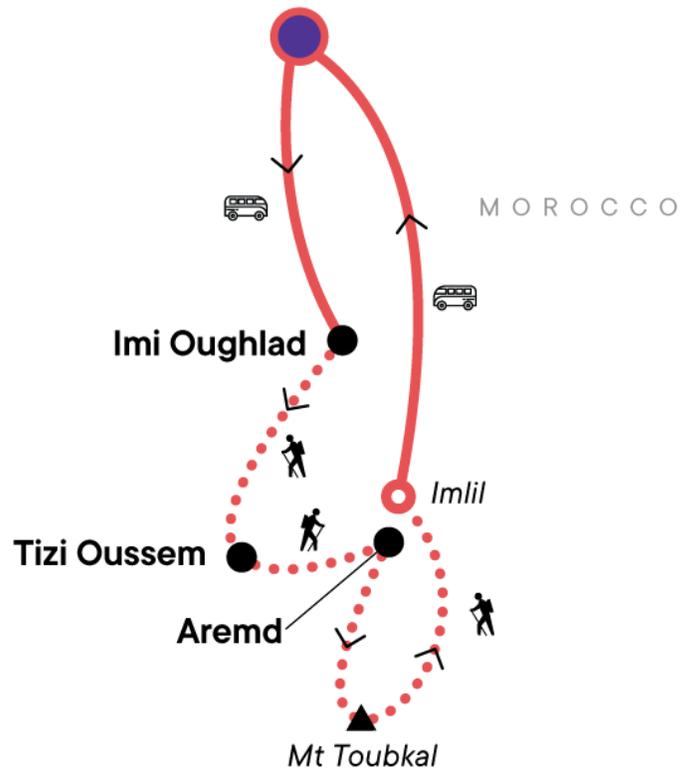
<p>Turkode 22963</p>	<p>Destinasjoner Marokko</p>	<p>Turen starter 3873674https://rest.gadventures.com/places/</p>
<p>Turen destinasjon 3873674https://rest.gadventures.com/places/</p>	<p>Reisen er levert av 3873674Marrakech </p>	<p>o dager Fra : NOK</p>

Oversikt

Jebel Toubkal, Morocco's highest peak, has captivated mountaineers for centuries. Our ascent up the rocky giant of North Africa — the tallest in the region — is no picnic, but is accessible to anyone in good shape and hungry for a thrilling high-altitude adventure. Traditional Amazigh communities line the route on this trip and you'll have plenty of time to learn their customs through village visits and overnight camping with hearty home-cooked meals. The views on the way up are spectacular, but nothing compares to what you'll see (and feel) at the top.

Marrakech

START • END



Reiseroute

Marrakech

Arrive at any time.

Marrakech/Tizi Ousseem

Transfer to Imi Oughlad and enjoy a long walk up to the Tizi 'n Tacht Pass. Descend into the Azzadene Valley and spend the night at the village of Tizi Ousseem.

Leave the plains around Marrakech, wind your way through the Moulay Brahim Gorge and the foothills of the western High Atlas Mountains. Pass the village of Asni to Imi Oughlad, where we meet our mules and muleteers to begin the trekking adventure.

Tizi Ousseem/Around (Aremd)

Today is a full day of walking through villages on the northern slopes of Mt Toubkal.

We stay in another village gite for the night.

Around (Aremd)/Mt Toubkal Base Camp

Ascend the beautiful Mizane Valley, passing the shrine of Sidi Chamharouch, before arriving at our Mt Toubkal base camp.

Time permitting, enjoy either a 2-hour optional climb to the summit of Ouanoums (3,650m/11,975 ft) or simply relax at base camp for the night.

Mt Toubkal Base Camp/Mt Toubkal Summit

Savour the satisfaction of the ascent and the spectacular views across the valleys below when summiting the 4,167m (13,671 ft) Mt Toubkal today. Return to base camp for the night.

Mt Toubkal Base Camp/Marrakech

Descend to the village of Imlil before travelling back to Marrakech for a free afternoon.

Take advantage of a few hours in the early evening to explore this wonderful city - perhaps for some serious bargaining for souvenirs.

Viktig Informasjon

Product Line Code

DCCT

What's Included

Your Welcome Moment: Meet Your CEO and Group. Atlas Mountains trek with a qualified mountain guide (5 days). Trek Tizi N'Tacht pass and Mizane Valley. Visit the shrine of Sidi Chamharouch. Summit Mt Toubkal. Enjoy free time in Marrakech. All transport between destinations and to/from included activities.

Highlights

Walk in spectacular mountain scenery, taste delicious local cuisine, camp in the great outdoors, summit the spectacular peak of Mt. Toubkal.

Dossier Disclaimer

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary. VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission. Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

Itinerary Notes

Please note that if you are travelling to Morocco between November and February, your tour will have a level of flexibility based off of winter weather conditions on roads in the mountains. Heavy snow is not uncommon, so plan on packing warmer clothing to suit conditions.

Important Notes

TREKKING AND CAMPING Our trekking mules will carry your larger bags as well as tents and equipment. Luggage is limited to 12kg per person for the trek, and bags must be soft duffel bags or frameless backpacks. Any additional luggage you bring with you can be left in storage at the hotel in Marrakech (at your own risk) – come prepared with an additional bag for this. You will carry only your daypack when trekking - for water, camera, jacket, sunscreen, etc. It can be that sometimes the mules take a slightly different track at some points, or go faster, and you might not see them for long stretches so it is best not to rely on mules carrying the things you need with them between stops. Foam mattresses are provided for you to sleep on during our camping. If you would like more comfort please bring a light weight self inflating mattress such as a thermarest. Pillows are not provided so you may also wish to bring an inflatable pillow. You will need to bring a sleeping bag (3–4 season depending on time of year) and we recommend a lightweight sleeping sheet as well (for extra warmth or for when hot). As you will be trekking through remote areas, washing and toilet facilities are basic and may be limited, if non-existent. The toilet facilities are usually squat toilets, and in two locations it's back to nature for the bathroom facilities. Most often only cold water is available. Should heating facilities be available, you may have to pay a small additional charge for

this to cover costs of the gas used to heat the water. **WEATHER** Please note that the climate in Morocco can be both very hot during the day in summer months (up to 50°C) and cold at night in the mountains in autumn, early spring and winter (down to -6°C). Summer months, from April to September are very hot throughout Morocco. Winter months November to March can be cool to cold, especially in the Atlas Mountains, with high probability of snowfall. Most Moroccan buildings are not equipped with heating, so without proper layers you will be cold at night. Please bring appropriate clothing for the months in which you are travelling and check temperatures before you leave. Bedding is provided in the desert camp and the gîte, but in winter months if you feel the cold you may wish to bring a sleeping bag too. **RAMADAN** According to the lunar cycle, Ramadan will fall between Apr 10th - May 14th 2021, and Apr 1st - May 3rd 2022. Please note that Ramadan is a month of fasting observed by Muslims throughout the world, during which time the followers of Islam should not eat or drink between sunrise and sunset. There may be some limitations to services and disruptions to schedules during Ramadan, but generally our tours still operate effectively during this period and food is available to non-Muslims throughout the day. It is very important to display increased cultural sensitivity during Ramadan. Please wear loose fitting clothes, that cover knees and shoulders, and try to avoid eating, drinking or smoking in public out of respect for those who can't at that time. **DRINKING WATER:** It is advisable to drink bottled water in Morocco.

Group Leader Description

This G Adventures group trip is accompanied by one of our group leaders, otherwise known as a Chief Experience Officer (CEO). As the group coordinator and manager, the aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. You can expect them to have a broad general knowledge of Morocco, including historical, cultural, religious and social aspects. They will also offer suggestions for things to do and to see, recommend great local eating venues and introduce you to our local friends. We also use certified local city guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds. On this specific trip, your CEO will be an experienced mountain guide.

Group Size Notes

Max 12, Avg 10.

Meals Included

6 breakfasts, 4 lunches, 4 dinners

Meals

On this tour many of your meals are included. You can expect simple, healthy seasonal food. Breakfast is typically bread, jam, cheese, sometimes eggs, accompanied by tea/coffee. Lunches are usually salads sometimes with eggs or tinned fish, always with bread. Dinners usually start with a soup followed by tagine, rice or pasta dishes, again with plenty of bread. We are able to cater for vegetarians. Please advise us of any other special dietary issues at time of booking. You are accompanied by a cook who, together with your CEO and mule handlers, will prepare your hearty meals during your trek. If you'd like to lend a hand and learn some of the local techniques, you are more than welcome! Water and other drinks are at your own expense. Your CEO will give advice about the quantity of water to take at the start of the tour, and availability of additional supplies during the trek.

Transport

Private air-conditioned van, walking.

About our Transportation

On this trip we will travel by private van between Marrakech and Arned and on foot in the mountains on trekking days.

Solo Travellers

We believe solo travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and solo travellers on these itineraries must pay the single trip price.

Accommodation

Hotels (2 nts), mountain gîtes (2 nts), camping (2 nts, 2-man tents).

About Accommodation

Local mountain gîtes: Gites are accommodation in family homes, or mountain huts, usually in mountain villages and are very, very simple. If you have this expectation in mind we are sure you will be pleasantly surprised. Sleeping arrangements are multi-share. Mattresses are provided. You will need to have your own sleeping bag and sleeping sheet, and bath towel. Bathroom facilities are basic and shared. Hot water is often not available. You will enjoy delicious homemade dinners of local produce, dining in a traditional manner, often sitting on the floor in a cozy salon. Camping: We sleep in modern two person tents which are easy to set up. Foam mattresses are provided for you to sleep on during our camping. If you would like more comfort please bring a light weight self-inflating mattress such as a thermarest. Pillows are not provided so you may also wish to bring an inflatable pillow. You will need to bring a sleeping bag and we recommend a lightweight sleeping sheet as well (for extra warmth or for when hot). Bathroom facilities are "au naturelle" We will hide our "hole in the ground" toilet with a tent, and ask that all toilet paper is burnt. You can also make use of the toilets and showers at the Toubkal refuge, but you will be asked to pay and often the camp is some distance from the refuge. Don't forget your flashlight/torch. Those worn as "headlamps" are especially useful. Hotel: In Marrakech we will stay in a local hotel in the new town. This is approximately a 25 minute walk to the central medina. Please note that Morocco is a developing country and as such the infrastructure is not as reliable as you would expect at home. Expect quirky plumbing and the odd cold shower!

Joining Hotel

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

Joining Instructions

When you arrive to Marrakesh Menara Airport, you will have several options to get to the Hotel Majorelle. If you are taking a taxi, upon exiting the main terminal, walk straight ahead into the main car park where you will see the taxi stand with many taxis all queued and waiting. The cost of a taxi can be as much as 200MAD, but please haggle to get a lower price. If you are using public transit, when exiting the main terminal building, you will need to walk through the car park and out of the car park exit (approximately a 1km walk) to reach the bus stop. You will need to take the N° 19 bus from outside of the airport grounds and that will take you to Jemaa El Fna and then onto Bab Doukkala Bus Station making other stops along the way. From Bab Doukkala Bus Station, you will need to take a taxi to the hotel. The journey takes approx. 50-60 minutes and a single bus ticket currently costs 50MAD. The cost of a taxi from the bus station to the hotel can be between 40MAD and 100MAD. Please haggle to get the lowest price possible. If you have pre-arranged an arrival transfer, please note that transfer representatives are no longer allowed to wait for passengers inside the airport. Please exit the airport, and look for the driver holding a G Adventures sign. Please approach them, and ask them who they are supposed to be picking up (do not tell them your name, they should have this information already). Once they give you the correct name, have your passport ready to show them and you will be on your way! Please note that day 1 is an arrival day and no activities have been planned on this day. Upon arrival to the city on day 1 (or earlier if you have booked pre-accommodation with us), please make your way to the joining hotel (note that check-in time will be in the afternoon). Once you arrive at the hotel, look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance

to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details! If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

Arrival Complications

We do not expect any complications and nor should you but the following information is supplied in case of extra ordinary circumstances. **PRE-BOOKED AIRPORT TO HOTEL TRANSFERS** If you have pre-arranged an arrival transfer, please look for the driver holding a G Adventures sign outside of the terminal hall. Please approach them, and ask them who they are supposed to be picking up (do not tell them your name, they should have this information already). Once they give you the correct name, have your passport ready to show them and you will be on your way! If you are unable to locate your G Adventures airport representative, please call our local staff at +212 528 824898 (during office hours Mon-Fri) or +212 661 429700 (after office hours or at any time if you are unable to get through to the office) They will assist you in getting to the joining hotel. If you have arrived at Casablanca airport, before calling please double-check with the airport staff which terminal you have arrived at. (This may not be the terminal stated on your airline ticket, as Casablanca flight arrivals often experience a change in arrival terminal). Please make your way to the Airport Information Desk in Terminal 1 (this is a short walk from the other terminals) If you are not travelling with a telephone, please head to the airport Information booth who will be able to assist you in the purchase of a phone card and direct you to a telephone. If for any reason you are unable to commence your trip as scheduled, or your flight is delayed, please call the above numbers to inform our staff so we can re-book your transfer.

Emergency Contact

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that: Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel. **EMERGENCY CONTACT NUMBERS** G Adventures Local Representative (Morocco) During Office hours (Weekdays, 9am-5pm Local Time): +212 (0)528 824898 After hours emergency number: +212 (0) 661 861950 If you are unable to contact either of these numbers please phone G Adventures Regional Operations Manager Emergency Cell Phone: +212 06 13 54 20 21 If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found here. Toll-free, North America only: 1 888 800 4100 Calls from UK: 0344 272 0000 Calls from Germany: 0800 365 1000 Calls from Australia: 1 300 796 618 Calls from New Zealand: 0800 333 307 Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

Finishing Point Instructions

We are able to organize extra accommodation post-trip should you require it, as well as departure transfer. Please inquire at the time of booking. If you'd like to book a departure transfer from Marrakech Hotel to Casablanca International Airport, please choose an 8am shuttle option for flights departing after 14:30, and a 13:30 shuttle option for flights departing after 19:30. For departure to Marrakech International Airport: a taxi will cost approximately MAD150. Ask the Hotel staff or your CEO for help in arranging a taxi. For departure to Casablanca: Take the train from Marrakech to Casablanca. The train service is comfortable and fast (approx 3hrs 10 mins to Casablanca city centre and 4hrs 40 minutes to the airport). It is probably best to go to the Marrakech station and buy your ticket the day before travel. Ask your CEO if you need any advice. Please note that Casablanca Airport is directly served by train so if you are going to the airport make sure you buy tickets to Casablanca Mohammed V Airport (approx MAD200 first class). To give you sufficient time to catch your plane, please do not book a flight home which departs before 13:00 at the absolute earliest Take a petit taxi from the hotel to the Gare (train station) in Marrakech (approx MAD20, may be more with luggage).

What to Take

You will be on the move a lot, so our advice is to pack as lightly as possible. We highly recommend using a backpack or light sports bag, whichever you find easiest to carry, plus a small daypack. Luggage space on public transport is limited.

Packing List

Additional Items: • Sleeping bag and liner (Seasonally appropriate) **Cold Weather:** • Long-sleeved shirts or sweater • Scarf • Warm gloves • Warm hat • Warm layers **Conservative Dress:** • Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders) • Shawl or scarf (for temple visits) **Documents:** • Flight info (required) (Printouts of e-tickets may be required at the border) • Insurance info (required) (With photocopies) • Passport (required) (With photocopies) • Required visas or vaccination certificates (required) (With photocopies) • Vouchers and pre-departure information (required) **Essentials:** • Binoculars (optional) • Camera (With extra memory cards and batteries) • Cash, credit and debit cards • Day pack (Used for daily excursions or short overnights) • Ear plugs • First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking) • Flashlight/torch (Headlamps are ideal) • Fleece top/sweater • Footwear • Hat • Locks for bags • Long pants/jeans • Moneybelt • Outlet adapter • Personal entertainment (Reading and writing materials, cards, music player, etc.) • Reusable water bottle • Shirts/t-shirts • Sleepwear • Small travel towel • Sunglasses • Toiletries (Preferably biodegradable) • Watch and alarm clock • Waterproof backpack cover • Windproof rain jacket **Health & Safety:** • Face masks (required) • Hand sanitizer (required) • Pen (Please bring your own pen for filling out documents.) • Rubber gloves **Trekking:** • Gloves • Hat • Hiking boots/sturdy walking shoes • Hiking pants (Convertible/Zip-off and quick dry recommended) • Snacks (Protein bars, chocolate, dried fruits, candies, energy sweets.) • Socks (Trekking socks (woollen or synthetic, not cotton.)) • Thermal base layer (Woollen or synthetic, not cotton.) • Walking poles (Highly recommended.) **Note:** Please note a three season sleeping bag is recommended, **Note:** The best clothing for trekking is either wool or synthetic materials in layers, as this is quick-drying and can keep heat in better. We suggest a base-layer, then a mid-layer such as a light fleece jacket or similar, then a windproof and waterproof layer.

Laundry

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

Visas and Entry Requirements

All countries require a valid passport (with a minimum 6 months validity). To date, citizens of the UK, EU, US, Canada, Australia and New Zealand do not need visas for visits of up to three-months. Other nationalities may need to organise a visa pre travel- please check the individual requirements of your passport nationality. Please note this information is given in good faith, is beyond G Adventures's control and subject to change at any time. Contact your local embassy, or consulate for the most up-to-date visa requirements, or see your travel agent. It is the individual's responsibility to ensure that travel documentation is correct.

Detailed Trip Notes

REGIONAL INFORMATION. Climate: The climate in Morocco is Mediterranean along the coast, becoming more extreme towards the interior of the country. The winter months are from October to March and are characterized by cold nights and pleasant days. Summer is from April to September and starts off very pleasantly with moderate temperatures until mid-June when temperatures get extremely hot, to return to more moderate heat in late September. Inland, the climate is very dry and high temperatures predominate during the day for most of the year, except in the higher mountain areas. It rains generally only in short bursts in the period from the beginning of November until March. **Electricity:** Morocco uses 220V, 50Hz and

plugs are two prong rounded (as for Europe). Languages: Arabic is the official language of Morocco, spoken in the distinctive Moroccan dialect. Approximately 40% of the population (mainly in rural areas) speak Amazigh (or Berber) in one of its three different dialects (Tarafit, Tashelhiyt and Tamazight). French is Morocco's unofficial second language and is taught universally, serving as the country's primary language in economics and commerce, as well as being widely used in education and government. Many Moroccans in the north of the country speak Spanish and English is widely spoken in tourist areas. Capital city: Rabat Principal ethnic groups: 30% Arab, 60% Amazigh Religion: Islam is the official state religion with almost the entire population being Sunni Muslim. 1% are Christian and about 0.2% are Jewish.

Spending Money

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

Money Exchange

The local currency in Morocco is the Moroccan Dirham (MAD). ATMs are very common in Morocco with Cirrus and Plus system cards are the most widely accepted debit cards. While ATMs are commonly available, there are no guarantees that your credit or debit cards will actually work - it is important you check with your bank before departure and advisable to travel with more than one type of card. Visa cards are the most widely accepted credit cards, but are generally only useful for larger/expensive purchases. You should be aware when purchasing products or services on a credit card, that a fee usually applies. The foreign currency most commonly accepted in Morocco is the Euro. You will be able to exchange Euros, as well as GBP and USD at money exchange offices in major cities. Do not rely on credit or debit cards as your only source of money. A combination of cash (Euro/GBP or USD) and cards is best. As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com

Emergency Fund

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Departure Tax

Usually included in your ticket, check with your air travel agent.

Tipping

Morocco has a strong tipping culture - it is customary and even expected to tip small service providers such as restaurant and bar waiters, hotel staff, reception, cleaning personnel, bell boys, taxis and van drivers. Tips are regarded as an essential means of supplementing income for those working in the tourism industry. Even though this might not be customary to you, nor such common practice in your home country, it is generally expected and of great significance to the people who will be assisting you during your travels. Depending on your preference and/or that of the group, you may choose to tip individually, organize the tipping with your travelling companions, or, your CEO will offer to collect the tip money at the beginning of your tour and tip as a group with your participation as the tour progresses. A recommendation for tipping small service providers is about \$3 USD per day, depending on the quality of the service (this does not include your G Adventures CEO). Feel free to ask your CEO for the breakdown/distribution of the tips. Note that if you have been very disappointed by a particular service, please inform your CEO right away, and the tip will be adjusted accordingly. Also, at the end of your trip if you felt your G Adventures CEO did an outstanding job, tipping is also expected and appreciated. The precise amount is entirely a personal preference, however \$35-40 USD per person per week can be used as a general guideline.

Optional Activities

Marrakech - El Badi Palace (70MAD per person) - Djemaa el Fna Market Square Visit (Free) - Dar Si Said (30MAD per person) - Jardins Majorelle (70-100MAD per person) - Marrakech Hammam Visit (400MAD per person) - Musée de Marrakech (50MAD per person) - Hot Air Balloon Marrakech

Health

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure. There are no specific health requirements for this trip. However, we recommend protection against typhoid, tetanus, infectious hepatitis and polio. You should consult your doctor for up-to-date medical travel information before departure. We recommend that you carry a First Aid kit, hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that we are in remote areas and away from medical facilities for some time during this trip, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. Please note that your adventure travels to high altitude. This is medically defined as anything over 8,000ft (2,440m). Most people can travel to 8,000ft with minimal effects. However, everyone reacts to altitude differently and altitude sickness can set with some people irrespective of fitness and age. For details on how to best prepare and what to do in the unlikely event you are affected on your adventure, please consult your physician.

Safety and Security

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions. Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately. Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s). Swimming, including snorkeling, is always at your own risk. We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit: www.gadventures.com/travel-resources/safety/

Trip Specific Safety

Altitude Warning This trip goes to high altitudes where you may well experience the effects of altitude as your body acclimatizes. There is also a small risk of being affected by Acute Mountain Sickness (AMS). The correct way to ascend a mountain is slowly, allowing your body time to acclimatise to the altitude, which we do: but you should be aware that it is still

possible for you to be affected. When hiking do not hurry, enjoy the scenery and give your body the chance to adjust. Should you experience headaches, nausea, dizziness or breathing difficulties you should speak to your CEO immediately and take advice on appropriate action.

A Couple of Rules

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter and in particular the local people who make the world the special place it is. The exploitation of people in the sex trade is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they utilize the services of paid sex workers, in any capacity.

Travel Insurance

Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. G Adventures can provide you with the appropriate coverage. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Trip Specific Responsible Travel

Things to consider when trekking The mountains of Morocco are a relatively sheltered domain. The environment is fragile and the socio-cultural traditions should be respected. We ask that you take note of the following guidelines: •Trekking clothing should be modest (covered shoulders, upper arms and upper legs) especially in or around villages. •Always ask permission before photographing local people and respect their wishes if they refuse. •Please do not distribute sweets, pens, money and other items to children as it encourages begging. •Please do not give medicines to local people without consulting your trek guide. •Degradable refuse should be safely burnt and the remains buried. Other refuse (tins, bottles, etc) should be carried out of the area to an appropriate place for disposal. •Crops and plantations should be respected and only dead wood used for fires. •Water supplies are drawn from local streams, so please limit the use of soaps and detergents and make sure you use those that are biodegradable/eco-friendly. When toileting in the wild, please keep away from water sources. •Where there is a toilet, please use it. Where there is none, keep away from water sources and make sure you bury your waste. Toilet paper should be used sparingly and be burned and buried safely or taken out of the area for disposal.

Planeterra Foundation - the non-profit partner of G Adventures

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally. G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need. G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with Planeterra Foundation. Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment. Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

Local Dress

While visiting mosques and other religious monuments you should dress modestly, cover your shoulders and you shouldn't wear short shorts or skirts. Outside of capital cities and the more touristic centres, local dress is often more conservative and as a matter of respect we ask that both men and women are aware of this and recommend loose-fitting clothes with your shoulders covered. Ask your CEO for more specific advice.

Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at customerservice@gadventures.com and we will send it on to you.

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/ Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for Planeterra's monthly news to learn more about how to give back and support the people and places we love to visit.

Minimum Age

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

International Flights

Check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

Max Pax

15

Group Leader

Certified mountain guide as Chief Experience Officer (CEO) throughout

Travel Style

Active

Priser / Datoer

Ved skriftlig aksept av vårt tilbud bekrefter du/dere at våre betingelser er både lest og forstått og at evt kansellerings gebyrer kan tilkomme ved en evt. avbestilling av reisen

Tilgjengelige datoer	Pris (1 voksen)	Pris (1 barn)	Status reise
Fri, 13 May 22 / Thu, 19 May 22	NOK 5 591	På forespørsel	Garantert
Fri, 03 Jun 22 / Thu, 09 Jun 22	NOK 5 274	På forespørsel	Garantert
Fri, 22 Jul 22 / Thu, 28 Jul 22	NOK 5 274	På forespørsel	Garantert
Fri, 17 Jun 22 / Thu, 23 Jun 22	NOK 5 274	På forespørsel	Garantert
Fri, 15 Jul 22 / Thu, 21 Jul 22	NOK 5 274	På forespørsel	Garantert
Fri, 02 Sep 22 / Thu, 08 Sep 22	NOK 5 591	På forespørsel	Garantert
Fri, 01 Jul 22 / Thu, 07 Jul 22	NOK 5 274	På forespørsel	Garantert
Fri, 19 Aug 22 / Thu, 25 Aug 22	NOK 5 274	På forespørsel	Garantert
Fri, 26 Aug 22 / Thu, 01 Sep 22	NOK 5 274	På forespørsel	Garantert
Fri, 05 Aug 22 / Thu, 11 Aug 22	NOK 5 274	På forespørsel	Garantert
Fri, 27 May 22 / Thu, 02 Jun 22	NOK 5 591	På forespørsel	Garantert
Fri, 10 Jun 22 / Thu, 16 Jun 22	NOK 5 274	På forespørsel	Garantert
Fri, 20 May 22 / Thu, 26 May 22	NOK 5 591	På forespørsel	Garantert
Fri, 24 Jun 22 / Thu, 30 Jun 22	NOK 5 274	På forespørsel	Garantert
Fri, 09 Sep 22 / Thu, 15 Sep 22	NOK 5 591	På forespørsel	Garantert
Fri, 16 Sep 22 / Thu, 22 Sep 22	NOK 5 591	På forespørsel	Garantert
Fri, 08 Jul 22 / Thu, 14 Jul 22	NOK 5 274	På forespørsel	Garantert
Fri, 12 Aug 22 / Thu, 18 Aug 22	NOK 5 274	På forespørsel	Garantert
Fri, 17 Sep 21 / Thu, 23 Sep 21	NOK 4 752	På forespørsel	Garantert
Fri, 10 Sep 21 / Thu, 16 Sep 21	NOK 4 752	På forespørsel	Garantert

Vi vil komme tilbake til deg med et tilbud på den forespurte reisen/pakken i løpet av 48 timer. Alle tilbud er uforpliktende og er vanligvis gyldige i 7 dager. Vi gjør oppmerksom på at reserverte tjenester kan bli kansellert innenfor disse 7 dagene og at pris kan endres inntil en endelig bestilling er mottatt.



VIRKE

