



#TEAMWINCHESTERHOSPICE  
**SAHARA TREK**  
2024



**6 - 11 November 2024**

Battle scorching temperatures, scale sand dunes and sleep under the stars as you trek 50km through the Moroccan Sahara in aid of Winchester Hospice.



For more information contact  
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[www.winchesterhospice.com](http://www.winchesterhospice.com)

Registered Charity No. 1180948



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REGULATOR**



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## Trip overview

### The Trek

This trek in the Moroccan Sahara gives you an insight into this vast and diverse landscape as well as the Berber way of life. You will spend two full days and two half days trekking across ancient dried-up river beds, sand dunes and vast sun-baked plains. Camping each night gives you a chance to experience the stunning stars in the night sky (weather permitting) and the traditional Berber cuisine cooked by the team is second to none.

### Morocco

Situated in North West Africa, the Kingdom of Morocco is a country with a population of over 35 million people. Morocco has a diverse geography with both Atlantic and Mediterranean coastlines in addition to a rugged mountainous and desert interior. The mighty Atlas Mountains and the vast Sahara Desert make Morocco an adventure lover's paradise, and Marrakech is a wonderful place to visit with its spicy aromas, peaceful mosques, diverse entertainers and a cacophony of merchants in the bustling medina.

### Sahara

The Sahara covers an area of over 3,600,000 square miles making it the third-largest desert on the planet (after Antarctica and the Arctic respectively). It stretches from the Mediterranean and Atlantic to the north, the Red Sea to the east, and as far south as the Niger River. The Sahara is the world's hottest desert with record temperatures exceeding 50°C. Despite its inhospitable conditions, the Sahara has many species of flora such as acacia, palms and grass which have adapted to the arid conditions.

### Berbers

The Berbers (or Amazighen – 'free people') are an ethnic group indigenous to North Africa whose culture can be traced back over 4,000 years. Traditionally, Berber men take care of livestock and Berber women take care of the home and make handicrafts for use around the home and to sell. The lifestyle is generally nomadic or semi-nomadic and there are large Berber communities in the rural parts of the country.



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## What is the experience like?

### Who accompanies us?

You will be accompanied by professional English-speaking Berber guides who have an excellent knowledge of culture and hiking in the region. The guides are first-aid trained and will support you throughout your journey. You will also be accompanied by a team of support staff including cooks and camel handlers, and a Different Travel Company UK tour manager.

### How tough is it?

The trek is rated moderately challenging for someone of a good fitness level. The terrain is a mixture of hard, flat sundried plains, dried-up ancient riverbeds, wide sandy dune fields and hard rocky outcrops. Temperatures pose a specific challenge with temperatures historically reaching 35°C. You must be of a good fitness level before departure, to ensure fast recovery each day.

### What is the climate like?

In November temperatures can range from 22°C to 27°C during the day and drop to around 0°C at night. However, historically the temperature has risen to 35°C in this area so you must be prepared for variations to this which are out of our control. Weather during the trek will be dry but there may be some strong winds. Rain, although very rare, is not impossible. Please note: the temperatures and conditions above are historically accurate but climate change can impact the seasons so you may experience uncharacteristic conditions during the trip which are out of our control. The guides will assess the situation and make decisions to ensure the best enjoyment and safety of the group.

### How do we get to the desert?

To get to and from the desert requires long drives (approx. 9 hours including breaks) along winding mountain roads which offer stunning views of the snow-capped peaks and lush valleys. If you suffer from motion sickness you are advised to bring your usual anti-nausea medication with you. Regular stops are taken.

### What is camping like?

During the trek, you will sleep in tents (two to a tent), or if the weather is good you can sleep outside under the stars; highly recommended! Foam sleeping mats are provided but you will need to bring a sleeping bag. Toilet facilities consist of a small toilet 'tent' covering a hole in



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the ground. There are no showers or bathing facilities in the desert so you must bring a pack of baby wipes.

## What is the food like?

During the trek meals are cooked by a chef who will prepare Moroccan dishes. Breakfast and lunch will be eaten alfresco, and evening meals will be in a mess tent at camp. Plates, mugs, cutlery and other equipment are provided. While staying in Marrakech (and Ouarzazate if applicable) meals will be at the hotel, the project or at local restaurants.

## Practical information

### Who can take part?

The minimum age is 18. It may be possible to participate if you are 16 or 17 years old but you must be accompanied by a parent or guardian. There is no upper age limit. The ideal candidate would be fit, healthy and determined, open to adventure and adaptable to unexpected changes.

### Medical Declaration

We require a medical form to be completed by everyone upon registering, and any pre-existing conditions, medications used and other medical issues must be specified. All your medical details are treated in the strictest confidence.

The information will be securely screened by a qualified medical professional, and details provided to your tour manager and local guides so our staff are adequately informed and prepared to support you during the trip. By completing this booking form you are giving consent for us to contact you confidentially with any follow-up questions regarding your health.

If you declare any medical conditions you may be asked to provide more information, or we may request to contact your GP.

In the event that your medical issues at the time of booking represent a concern for your safety and wellbeing or the safety and wellbeing of others in the group, you may be recommended not to take part. If this happens your booking will not be confirmed and the deposit will be refunded.

We must be informed if any conditions or medication change, or if new conditions develop. If necessary confirmation of fitness to travel from your GP or specialist may be required.

Please note that we will never unreasonably deny participation on a trip nor contravene the Equality Act 2010.



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## COVID-19

Your health and safety is our top priority so rest assured that we are taking steps to ensure you not only have a memorable experience, but a safe one too.

We constantly monitor and follow the advice of the British Foreign, Commonwealth and Development Office (FCDO) which provides recommendations and advice to British travellers about travel to a certain destination.

Health and safety is our top priority so we will **NEVER** operate a trip in an area where there is clear and present risk to our team members, whether that is due to a health outbreak, political instability, natural disasters or anything else.

If travel restrictions either in the UK or Morocco prevent safe travel we will look to either postpone or cancel your trip at no cost to you.

Please note that at the time of travel, there may be enhanced safety and security measures in airports, bag drop may take longer, and you may need to provide a certificate of health or proof of vaccination.

We will inform you about any information pertinent to your travel arrangements.

If you have any questions or concerns, please contact us at [info@different-travel.com](mailto:info@different-travel.com).



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## Trip cost

A £375 registration fee is payable at the time of booking, then you are asked to fundraise £1,800 for Winchester Hospice.

A total of £1,440 (80%) is due to be fundraised by 14 August 2024. The remaining £360 is due by the date of departure.

A flexible payment option, where you self-fund your trip costs is also available.

### What is included?

- ✓ Return flights from the UK (inc. current taxes and fuel surcharges),
- ✓ Transfers and transport in Morocco
- ✓ Accommodation in hotels (2 nights)
- ✓ Tents and sleeping mats on trek (3 nights)
- ✓ All meals as specified
- ✓ Local guides, camels and camel handlers on trek
- ✓ Different Travel UK tour manager.

### What is excluded?

- ✗ Travel insurance
- ✗ Tips (£40-£45pp)
- ✗ Personal expenses (e.g. drinks, souvenirs etc.)
- ✗ Vaccinations



## Itinerary

### Day 1 (Wednesday 6 November 2024):

#### UK - Marrakech

We fly together to Marrakech where we are met by our guide and transferred to our hotel for the night. Depending on flight arrival times we may start the journey to the desert today and stay in Ouarzazate tonight (approx. 4-5 hours).

*Overnight: Hotel*

*Meals: Dinner*



### Day 2 (Thursday 7 November 2024):

If staying in Marrakech we set off early, crossing the Atlas Mountains and following ancient caravan routes into the Sahara, stopping for lunch in Ouarzazate on the way (journey time approx. 9 hours including stops.) If starting in Ouarzazate the journey to the desert takes approximately 4-5 hours. This afternoon we will arrive in the desert and be welcomed by the rest of the trek team and the camels before commencing our trek, stopping overnight to camp under the stars of the Sahara. Approx. trek distance: 5km.

*Meals: Breakfast, lunch, dinner*

*Overnight: Camping*

*Approx Trek Distance: 5km*

### Days 3-4 (Friday 8 - Saturday 9 November 2024): Sahara Desert

Our trek continues through the desert as we traverse sand dunes and rocky, lunar landscapes for the next two days. We are aided by our local Berber team comprising of the guides, cook and camel owners (the camels are our porters, carrying our luggage and equipment). Each day you enjoy the varied Saharan landscape and learn about how important it is to respect and comply with the forces of nature in the desert. On average we will cover 15-20km per day but this will vary. As the trek progresses we learn how the nomadic people of the Sahara live: from cooking to sleeping out under the stars and reading the magnificent Saharan night sky.

*Overnight: Camping*

*Approx. trek distance: 15-20km*

*Meals: Breakfast, lunch, dinner*

### Day 5 (Sunday 10 November 2024):

#### Sahara - Oulaid Driss - Marrakech

This morning it's the final leg of the trek to the small village where we bid farewell to the trek team and head back to Marrakech (approx. 8 hours' drive).

*Overnight: Hotel*

*Approx. trek distance: 5km.*

*Meals: Breakfast, lunch, dinner*

### Day 6 (Monday 11 November 2024):

#### Marrakech - UK

Depending on flight times, have some free time to explore Marrakech before your flight back to the UK.

*Meals: Breakfast*

N.B. This itinerary may change due to weather, the ability of the group and so on. We will do our best to keep to the itinerary but we cannot be held responsible for changes outside of our control. In all circumstances, your guide and tour leader will have the final say in the interest of health and safety.

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## Kit List – Sahara Trek

The kit you take can distinguish between being 'just a trek' or a 'memorable trek'.

Our kit lists are put together with feedback from our experiences and those of participants who have participated in our previous trips. The items on this list do not take into account your personal preferences based on your previous experiences, or individual requirements.

PLEASE NOTE: This list is just a guideline and is not exhaustive or take into account personal preferences.

For information about items on this list please refer to the trip dossier or contact The Different Travel Company on [info@different-travel.com](mailto:info@different-travel.com)

\*Please consider eco-friendly or biodegradable options.

ESSENTIAL

SUGGESTED

OPTIONAL

Documents & Flight Essentials	✓
Passport and Copy	ESSENTIAL
E-Tickets	ESSENTIAL
Travel insurance	ESSENTIAL
ATM and credit card (s)	ESSENTIAL
Cash (£ Sterling)	ESSENTIAL
Pen for immigration forms	ESSENTIAL
Sunglasses (preferably polarized)	ESSENTIAL
Mobile phone + charger	ESSENTIAL
Camera + spare batteries	SUGGESTED

Luggage	✓
Suitcase/large holdall	ESSENTIAL
Daypack (25 - 30 litres)	ESSENTIAL
Soft sided kit bag for trek	ESSENTIAL
Hand Luggage (take note of dimensions from airline)	ESSENTIAL
Combination padlocks	ESSENTIAL

Clothing and Footwear	✓
Trekking boots: either worn on flight or carried in hand luggage	ESSENTIAL
Lightweight trek trousers (zip off trousers ideal)	ESSENTIAL
Non-cotton, technical t-shirts	ESSENTIAL
Non-cotton long sleeved top/shirt	ESSENTIAL
Trek socks	ESSENTIAL
Warm fleece or sweater (for evening and morning)	ESSENTIAL
Thermal top and trousers for sleeping	ESSENTIAL
Sun hat with brim (a cheche can be bought en-route to the desert)	ESSENTIAL
Warm hat for night	ESSENTIAL
Sandals for camp	ESSENTIAL
Neck cooling 'Cobber' or cooling towel	SUGGESTED
Buff ( <a href="http://www.buffwear.co.uk">www.buffwear.co.uk</a> )	SUGGESTED
Gaiters (for the sand and will help stop blisters)	SUGGESTED

Health and Hygiene*	✓
Hygiene kit to include: toothbrush and toothpaste, antiperspirant deodorant, wet wipes, shampoo, conditioner	ESSENTIAL
Personal first aid kit to include: prescription medicine, insect repellent, ibuprofen, paracetamol, plasters, blister plasters (e.g. Compeed), Imodium, rehydration salts (Dioralyte), antiseptic cream (e.g. Savlon), Anti-histamine cream/tablets, lip balm with SPF protection, zinc oxide tape, nail scissors/tweezers, muscle rub (e.g. Deep Heat)	ESSENTIAL
Hairbrush/comb	ESSENTIAL
Lateral flow tests (min x2)	SUGGESTED
Disposable masks	SUGGESTED
Feminine care products	SUGGESTED

OTHER KIT	✓
Sleeping bag (comfort 0° C)	ESSENTIAL
Sleeping bag liner (cotton/silk)	ESSENTIAL
Sun block (high SPF)	ESSENTIAL
Toilet bag: toilet paper, wipes, hand sanitiser, nappy sacks	ESSENTIAL
2 ltr water hydration system (e.g. Camelbak)	ESSENTIAL
1 ltr insulated bottle	ESSENTIAL
LED head torch + spare batteries	ESSENTIAL
Adaptor (European 2 round pin)	ESSENTIAL
Ear plugs	ESSENTIAL
Casual shoes for Marrakech	ESSENTIAL
Casual clothing for Marrakech	ESSENTIAL
Hiking poles – to be stowed in hold luggage for flight	SUGGESTED
Energy food/snack bars/small bottle concentrated squash	SUGGESTED
Swimwear for hotel	OPTIONAL
Bags for dirty washing	OPTIONAL
Spare glasses/contact lenses	OPTIONAL
Video camera + charger	OPTIONAL
MP3 player/ipod	OPTIONAL
Portable power bank	OPTIONAL
Books/packs of cards	OPTIONAL
Travel pillow	OPTIONAL

