



## High Intermediate Jebel Sahro 20 February -29 February 2020 (Thurs-Sat)

We are pleased to offer this amazing trek through the dramatic remote mountain landscape of the Jebel Sahro in Morocco. The perfect destination for a winter sun trek and an opportunity to walk through the lands of the nomadic Berber people. Lying between the High Atlas Mountains and the edge of the Sahara Desert the area has much variety to offer the trekker. There are lofty pinnacles, extraordinary flat-topped mountains, deep gorges and very welcome fertile oases. This is a truly memorable landscape to be savoured. Its inhabitants, the Ait Atta, move from season to season between the Sahro region and the Atlas Mountains to seek food for their animal herds.

Our trek will be a mixture of camping and staying in local Berber village houses. Our highly professional team will prepare all meals and erect our tents so we just have to turn up after our day's walk and relax! With a maximum altitude of 2,592m/8,504ft, there should be no problem with acclimatization and the daytime temperatures should be perfect for walking. We anticipate clear blue skies with extensive views over to the snow-capped High Atlas Mountains. Your main pack will be transported for you so you just need to carry a day pack.

The holiday includes the first night and last 2 nights in Marrakech, a UNESCO World Heritage Site, where we will stay in a riad or hotel. Marrakech, a former imperial city in western Morocco, is home to mosques, palaces and gardens. The medina is a densely packed, walled medieval city dating to the Berber Empire with mazelike alleys where thriving souks sell traditional textiles, leather goods, pottery and spices. Food vendors line Djemaa el-Fna, a broad square where storytellers and musicians perform. The last day will include a guided tour of this bustling city and there will be time to head into the souks to admire the vast array of wares on sale.

There is single accommodation available on 7 of the 9 nights - 3 in our riad in Marrakech and 4 nights in single tents. There are no singles available in the local Berber houses. Single supplement is £20 per night (£140 in total). Please book early as single occupancy is limited.

**Price includes:** 9 nights full board (3 hotel / 4 tent / 2 Berber house); city tour; airport transfer at certain times.

**Not included:** flights, tips (approx. £40), entrance fees on city tour and at kasbah (approx. £10 in total)

### Itinerary

#### Day 1: UK – Marrakech

Upon arrival at Marrakech airport we'll be transferred to your hotel/riad. We will meet our local guide for a team briefing before heading out to dinner. After your meal, you will be free to explore the delights of Djemaa el Fna which truly comes alive at night.

#### Day 2: Marrakech – Tichka Pass Tagudilt village

After breakfast we will take transportation over the Tichka Pass on the other side of the High Atlas Mountains. This is a lovely journey full of delights. We will pass through lots of traditional Berber villages in the High Atlas and the high desert towns of Ouarzazate, Skoura and Klaa El Mgouna where we will stop for

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lunch. From there we will head through the small town of BoumalneDades and continue on to Tagudilt village where we will spend the night in a traditional Berber guesthouse and where we will meet our mule team for the trek.

**Day 3:** Tagudilt - AlmouNourg

After breakfast we start our walk on the beautiful plateau ahead and then climb up to Azarzim Pass for stunning views and have our freshly prepared lunch just before we reach the pass. We will take time to look at the beauty around us before continuing our journey. We will then go over the pass before descending through wonderful scenery to the shepherds' home of AzibAlmouN'Ouarg where we camp. As on every evening on trek, our team will prepare a wonderful dinner for us before we retire!

**Day 4:** AlmouNourg - Igli

Today we will make our push to the spectacular summit of JbelSahro (2,592m/8,504ft) named Kouaouch. We will take a well-earned break at the top to bask in our accomplishment with a snack and take pictures of the breathtaking scenery. As we descend from the summit we will stop for lunch and a rest in Tassigdelt. Then we will continue our adventure walking on to the little village of Igli where we will spend the night camping in a beautiful spot near the nomadic people among almond orchards.

**Day 5:** Igli - Bab N'Ali

After breakfast in the tiny village of Igli we will walk through a pretty gorge next to the Afouner River. We will continue our trek down the valley to a scenic spot with rock pinnacles called Bab N'Ali where we will have our lunch. After lunch we will take a scenic circular walk to view a splendid waterfall and then return to Bab N' Ali where we will camp for the night in this wonderful desert landscape.

**Day 6:** Bab N'ail - AssifNirrazzoun

From Bab N' Ali we will follow the river down the beautiful valley until we reach Irrezzoun N' Imlas where we will stop for a tasty picnic lunch. After lunch we will continue on to Asif N' Irrezzoun where there are a number of traditional farms and almond and fig orchards and palm trees. We will spend the night in this lovely location.

**Day 7:** Assifnirrazzoun - Handour village

After breakfast at AsifN' Irrezzoun we will pass through some small, traditional Berber villages until we reach the village of Handour where we will take time for lunch and spend the night in a welcoming Berber guesthouse. You will be able to relax here: take a shower and have time for a walk around this pretty village.

**Day 8:** Handour - Marrakech

From Handour we will take transport back to Marrakech, passing through splendid scenery along the way. We will have lunch in Ouarzazate and stop by the amazing and historic Kasbah Taourirt for a visit. Then we will get back on the road and arrive in beautiful Marrakech after passing over the well known Tichka Pass (2,660m). We will have dinner out in Marrakech and enjoy the evening bustle of this historic city.

**Day 9** Marrakech

Today we will have a half day tour of the exotic city of Marrakech followed by some free time for shopping, relaxing and exploring. We will meet up in the evening for our last dinner together.

**Day 10:** Marrakech

Today we take the transfer back to the airport for your journey home

**Flights & Transfers – Flight to Marrakech is not included** We believe that this gives maximum flexibility and the best chance of getting a good price as well as the option to extend your stay. Flights must fit with the transfers below otherwise you will be responsible for your own transfer. To find suitable flights try <http://www.skyscanner.net/>

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### from London Gatwick

DATE	FLIGHT	AIRPORT	COUNTRY		DEPART	ARRIVE	AIRPORT	COUNTRY
20/02/20	EZY8895	London Gatwick	UK		15.40	20.20	Marrakech Menara	Morocco
29/02/20	EZY8894	Marrakech Menara	Morocco		13.15	15.55	London Gatwick	UK

### from Manchester

DATE	FLIGHT	AIRPORT	COUNTRY		DEPART	ARRIVE	AIRPORT	COUNTRY
20/02/20	EZY1893	Manchester	UK		15.20	20.05	Marrakech Menara	Morocco
29/02/20	IB3341	Marrakech Menara	Morocco		12.45	14.45	Madrid	Spain
29/02/20	FR3186	Madrid	Spain	transfer	17.45	19.25	Manchester	UK

### Transfer

There will be a transfer meeting the above flights. If you arrive at a different time we can arrange an inexpensive taxi for you (not included).

### Meeting up arrangements at Marrakech Airport

Your guide will meet you in the arrivals area of Marrakech airport. Detailed meeting up arrangements will be sent out by email approximately 2 weeks before the start of the holiday.

**Is your Passport in date?** Please check at this stage that your passport has plenty of time before it expires. It is not too late to renew it now. There is no requirement for a visa for UK nationals. If you are not a UK national then please check the requirements for your country.

### Foreign currency

The currency is the Moroccan Dirham. You can only buy Dirham once you are in Morocco. There is a Bureau de Change at the airport (but rates are not generally good). There are also Bureau de Change in Marrakech and ATMs too. Take clean, untorn sterling notes to exchange and best change smaller amounts more often as you can only revert half of the amount exchanged back to sterling. There is no opportunity to exchange money once on trek but you shouldn't need much.

### Vaccinations

Please visit your GP 4 – 6 weeks before travel. The following vaccinations are recommended for Morocco: Hepatitis A and Tetanus. Please visit the following website for up to date information:  
<http://travelhealthpro.org.uk/>

### What to bring

- Walking boots - leather or waterproof fabric, broken in and comfy, with sufficient tread left for good grip.
- Trainers or other shoes/sandals- for use in the tent

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- Several pairs of walking socks. If your feet blister easily, try 2 thin pairs of coolmax to reduce how hot your feet get.
- Waterproof jacket and trousers. It can rain!
- Extra fleece or sweater to put on during a stop and in the evening
- Trousers &/or shorts - loose enough not to restrict your movement (Jeans are not advisable)
- Thermal underwear – for evenings / sleeping
- Warm jacket (down) and warm hat, gloves/mittens– it does get cold at night
- Sleeping bag 4 season –overnight temperature can drop below zero. A bag can be hired in advance.
- Soft kit bag for trek – 10 – 15kg max on trek. You can leave items not needed at the hotel in Marrakech
- Daypack - to carry spare gear, waterproofs, packed lunch, water & other bits and pieces.
- Water flask or strong plastic water bottle - 1.5 litres. The Platypus water system (or similar) is very effective.
- Water purification tablets for water on trek.
- Sun screen, sun block lip salve, sun hat, sunglasses
- Headtorch with spare batteries
- Wash bag and toiletries, travel towel and anti-bacterial hand wash. Toilet paper provided!
- Mosquito repellent – Deet 50%. You may also want to bring anti-histamine cream for bites or stings
- Large plastic bag to keep the contents of your rucksack dry if it rains.
- Walking poles – not essential, but very good if you have troublesome knees or difficulty with uneven ground.
- Cash in sterling to exchange (or card for ATM), up to date Passport & flight booking reference, insurance details, this holiday sheet for contact details

**Non-essential, but they may be important to you**

Camera, spare card & spare battery, charger; plug adapter; maybe binoculars, a mat to sit on during a drink stop. Mobile & charger. Phrase book. Spare bootlaces. Zinc oxide tape to prevent blister - and Compeed in case you didn't put the zinc oxide tape on in time

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