

# IAPWA & STREETVET SAHARA DESERT TREK

## Highlights

- Two boots. One captivating desert. 100kms trekked! One great adventure in support of [IAPWA](#) or [StreetVet!](#)
- Rediscover the ancient nomadic way of life of the Berber people and their culture
- Experience the unique magic of an adventure in the largest desert in the world
- Delve into inspirational and everchanging landscapes of valleys, gorges, plateaus, sand dunes and oases
- Immerse yourself in the dramatic colour changes of the desert during sunset. Pinks. Reds. Yellows. Orange.
- Marvel at the abundance of twinkling stars in the dark night skies, devoid of any light pollution
- Walk with your traditional Berber guides who are passionate about sharing all they know about the Sahara
- Enjoy the immense flavours of home-cooked tagines and the warmth of freshly baked bread as it's uncovered from desert ovens
- Time to explore the maze of Marrakech and/or extend your adventure and trek from the hottest area of Morocco to the highest point, Jebel Toubkal at 4167m
- Receive a complimentary [Water-To-Go bottle](#) when you depart on this trip to minimise our plastic foot- print in Morocco.



**STREETVET**



# WELCOME

'ahlaan bik

## Overview

There are very few places on Earth that compare to the incredible landscapes you'll see with exploring the Sahara Desert. Running roughly north-south along Morocco's eastern border with neighbouring Algeria, the Sahara Desert is the world's largest hot desert.

This is your chance to immerse yourself in the amazing desert scenery as you journey over the High Atlas Mountains before starting your trek through wide-open plains, snaking wadis, dramatic plateaus, past tamarisk bushes, acacia trees, hidden villages, palm gorges, dry river-beds and moon-like sceneries. With the heat and the winds shaping the desert, the landscape is constantly on the move and evidence is easy to see with the patterns and formations woven across the lands.

Accompanied by local Berber Guides who will share their local knowledge and culture with pride. Honestly, they are truly incredible people, and you'll learn so much trekking with them.

The local food prepared by your Berber crew is a delicious highlight awaiting your taste buds. Enjoy the immense flavours of homecooked cooked tagines and the warmth of freshly baked bread as it's uncovered from desert ovens. Dining under the canvas of a traditional Bedouin tent is an appetising experience. Plus there's plenty of evenings to sip your mint tea whilst marvelling at the abundance of twinkling stars in the dark night skies.

There's no better place to host a social trek other than a journey through the Saharan Desert. With no trails restricting your hiking route or ability to chat with your fellow trekking-mates, the desert setting is a great way to experience a fantastic adventure whilst being able to mix & with your team-mates and learn more about IAPWA & StreetVet. You'll walk away with treasured moments and the knowledge that you have helped animals in need have a better future.

If you have any questions, please get in touch with us at [jim@adventurousewe.co.uk](mailto:jim@adventurousewe.co.uk) or call 01492 588 069.

We look forward to welcoming you to the largest desert in the world.



# TRIP SUMMARY



**Activity:** Desert trek  
**Duration:** 8 days & 7 nights  
**Active days:** 6 days  
**Distance:** Approx. 100kms  
**Accommodation:** Guesthouse (1), camping (5) & riad (1)  
**Cost:**  
**Deposit:** £145 per person, payable on booking  
**Balance:** £580 per person, payable 4 weeks prior to your trip departure date

**Group size:** 8 – 16 people  
**Trip grading:** ■ ■ ■ ■  
**Dates:**  
**Sponsorship target:**  
**Choose your charity:** Please select either [IAPWA](#) or [StreetVet](#)  
**Moderate / Challenging**  
**Group 1:** Sat 2 – Sat 9 Nov 2024  
**Group 2:** Sun 10 – Sun 17 Nov 2024  
£1000 per person sent to charity

# ROUTE MAP

Get ready for an adventure



**DAY 1**  
Flight from UK to Marrakech Airport, Morocco and on to Ait-Ben-Haddou

**DAY 2**  
Ait-Ben-Haddou to M'hamid

**DAY 3**  
Trek M'hamid – Dunes of Ait Oumir (trekking approx. 7 hours)

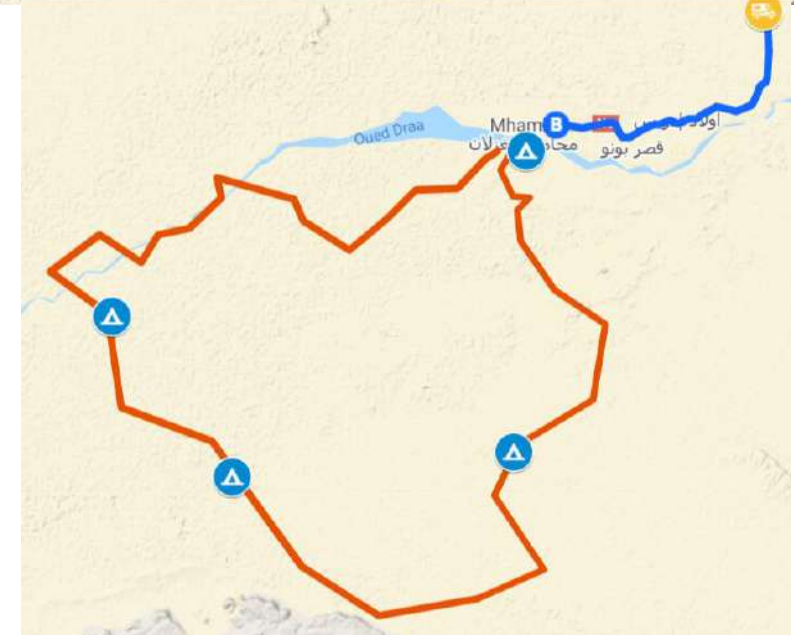
**DAY 4**  
Trek Dunes of Ait Oumir - L'erg Zaher (trekking approx. 6 - 7 hours)

**DAY 5**  
Trek L'erg Zaher – Bouguern (trekking approx. 6 – 7 hours)

**DAY 6**  
Trek Bouguern – M'hamid (trekking approx. 6 – 7 hours)

**DAY 7**  
M'hamid – Marrakech

**DAY 8**  
Marrakech – UK or extend your travels in Morocco



# ITINERARY

2 boots. 1 desert. 100kms trekked. 1 great adventure!

## DAY 1

### Flight from UK to Marrakech Airport, Morocco and on to Ait-Ben-Haddou

Flight from London UK to Marrakech Morocco (approx 3.5 hours)

On signing up for the trip, we will provide you with the recommended flights to book or alternately, we can book the flights for you through our ATOL protected Flight Agent at an additional cost. Flights are not included in your to give you the flexibility to travel from your nearest airport, use your frequent flyer points or extend your stay in Morocco if you wish. The recommended flights for this will include airport transfers in Morocco. There are direct flights from London and other major airports across the UK.

On arrival in Marrakech, you will have a private transfer to Ait Ben Haddou which takes approximately 5 hours. The journey travels over the Tizi 'n' Tichka pass offering incredible views of the High Atlas and is quite possibly the most scenic drive in Morocco. Ait Ben Haddou lies just below the High Atlas Mountains on the edge of the Sahara Desert. This Unesco-protected red mudbrick ksar seems frozen in time, still resembling its days in the 11th century as an Almoravid caravanserai. Overnight in Ait-Ben-Haddou.

#### Included

Transfer:	Private vehicle from Marrakech to Ait Ben Haddou
Accommodation:	Local guesthouse (twin share basis)
Meals:	Dinner only

## DAY 2

### Ait-Ben-Haddou to M'hamid

After an early breakfast the journey deep into the desert continues with a 3 hour drive via Tizi n Tiniffit through the Draa Valley, the known as 'Valley of a thousand Kasbahs'. Stopping enroute at a local trader you have the chance to purchase a traditional shash (native headscarf) for your trekking journey ahead. Continuing towards Ait Atta where you'll arrive at your first night's camp in M'Hamid.

#### Included

Accommodation:	Desert camp
Meals:	Breakfast, lunch and dinner

## DAY 3

### Trek M'hamid – Dunes of Ait Oumir

The full colour of the landscape erupts as the sun rises across the vast desert landscape. A freshly made breakfast will prepare you well for a good day's trek ahead. Breaking camp you'll head off across the desert, progressing at the speed of your accompaniment caravan of camels. The route pass the cliffs of the southern Drâa in the direction of the first Dunes of Ait Oumir. Having lunch at a Palm Oasis where you have the chance to meet some nomadic families. The afternoon will be spent trekking across more sand dunes with soaking in the desert scenery that surrounds you as far as the eye can see. After a full day of trekking, you will be greeted with your camp shaded by Tamarisk trees

Trekking: Approx 7 hours

#### Included

Accommodation:	Desert camp
Meals:	Breakfast, lunch and dinner

## DAY 4

### Trek Dunes of Ait Oumir - L'erg Zaher

Leaving camp in your trails, you'll wind your way towards the edge of some low dunes. Skirting the dunes, you'll trek on both soft sand and a stony plateau where you can find the occasional fossilised sea creature. The hottest part of the day is spent having lunch in the shade with time to relax and refill the water bottles. Once the hottest part of the day has passed you'll continue across more dunes alternating between volcanic rock, sandy sheets and arid plains. To the South are rolling dunes as far as you can see and to the North the Hamada all whilst passing the occasional nomadic encampment. The nomadic people move here with their animals from the Atlas to the South in the Autumn when the snows begin. Another great day in the desert draws to an end with your camp punctuated at L'erg Zaher, the largest dunes in area.

Trekking: Approx 6 - 7 hours

#### Included

Accommodation:	Desert camp
Meals:	Breakfast, lunch and dinner

# ITINERARY

2 boots. 1 desert. 100kms trekked. 1 great adventure!

## DAY 5

### Trek L'erg Zaher – Bouguern

This is a day you'll remember as you set off before breakfast under a blanket of stars to trek to the summit of the highest dune for sunrise. As a new day awakes, immerse yourself in the golden colours of a Saharan sunrise and the peacefulness of the desert setting. It's the perfect way to start the day. Returning to camp for another home-cooked breakfast, you'll continue the day winding your way along dunes with views cross the desert landscape. Today sees little vegetation though lunch will be enjoyed under the shade of the very few trees found in this vastness. The desert air meanwhile makes the distances impossible to assess with panoramas as far as the eye can see that shimmer in the heat. Following another full day of trekking, your desert camp set amidst the ever impressive dunes is a welcomed sight to see.

Trekking: *Approx 6 – 7 hours*

#### Included

Accommodation: Desert camp  
Meals: Breakfast, lunch and dinner

## DAY 6

### Trek Bouguern – M'hamid

Today is tough one and the longest day of the entire trek as you journey towards some of the largest dunes in the area. Crossing Chwriif Plateau, formed by erosion from wind and temperature, you'll have lunch near the dunes in preparation for your impressive dune traverse. The walking is tough going as sand fills your boots and your feet sink into the dunes, however the climb is spectacular as you reach the highest point of the dune. There's time to absorb the incredible 360 desert views before the fun descent along one of the narrow ridges which leads into tonight's camp at the base.

Trekking: *Approx 8hrs walking*

#### Included

Accommodation: Desert camp  
Meals: Breakfast, lunch and dinner

## DAY 7

### M'hamid - Marrakech

After your final breakfast in the desert its time to load into the 4WD's for an exciting (and bumpy) journey back to Marrakech. This exciting journey winds its way over the High Atlas with incredible views before finally arriving at our traditional Raid in Marrakech. There's time for a welcomed shower and clean change of clothes before heading into Jma El Fnaa, the main square and exploring the maze of souks before enjoy a festive dinner in a local restaurant.

#### Included

Transfers: Private vehicle transfer  
Accommodation: Traditional Riad in Marrakech (twin share basis)  
Meals: Breakfast and lunch

## DAY 8

### Marrakech - UK

Depending on your plans, you can either explore Marrakech and visit the Djemaa el Fna, an open-air market with food stalls, colourful spice stands, a huge array of clothing and all sorts of trinkets. Or be transferred directly to the airport for your return flight to the UK.

#### Included

Transfer: Private airport transfer at a designated time  
Accommodation: Not included  
Meals: Breakfast only

**Please note, if you wish to extend your stay in Marrakech or further explore Morocco, we can help you with plenty of recommendations of things to do and see, places to stay and suggestions on where to eat. Central Marrakech is only a short taxi journey to the airport plus there's many other areas of Morocco which are worth exploring if your time permits. Chief Ewe, Jim, has lived in Morocco so he has plenty of helpful tips available once you've booked on this exciting adventure.**

# TRAVEL APP

Once signed up, all your trip details and updates will be available through our free travel app, **Vamoos**. It's accessible 24/7 and the excitement will build with the countdown to your adventure starts. Plus, no more paper, A'ppy days.



## TRIP SUMMARY

Itinerary at a glance



## TRIP DETAILS

Itinerary, activity details and inclusions



## TRAVEL DOCUMENTS

Training guide, kit list & exclusive discount codes, meet the team, emergency contact details, essential info doc



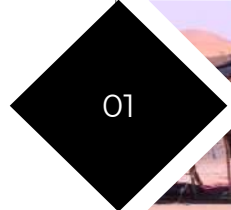
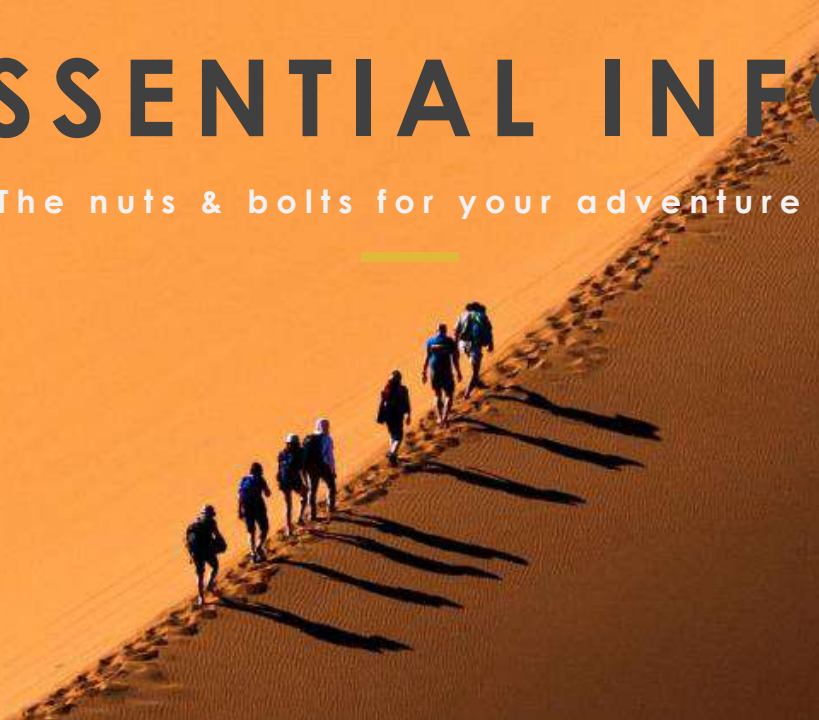
## OTHER INFO

Weather, maps, etc.



# ESSENTIAL INFO

The nuts & bolts for your adventure



## Safety & well-being

Adventurous Ewe puts the safety and well-being of you, our leaders & crew and the communities we visit at the centre of all our operations, always.

The Sahara Desert Trek will require preparation as the challenge is designed to take you out of your every-day comfort zone and achieve something amazing. Rest assured we have a thorough Safety Management System, in-depth risk assessments and risk management systems in place.

You're in safe hands with Adventurous Ewe.



## Leaders & crew

An Adventurous Ewe UK Leader will accompany groups of over 8 people and is an experienced hot-weather leader. Leaders have been carefully selected to ensure you have the best experience with a bit of humour thrown in for good measure. Your Leader will be Wilderness First Aid trained too.

Your Local Berber Guide is a key part to this trip. They are expertly trained and experienced in every field of this trek, bilingual (English and Arabic) and qualified in first aid and/or Wilderness First responder. They also have a huge passion for what they do and have plenty of local knowledge ready to share with you. They are responsible for ensuring the complete safety, well-being and enjoyment of the team whilst also retaining a flexible and fun attitude. The Leaders have radio and phone contact with base, the local office and Adventurous Ewe's HQ.

## Group size

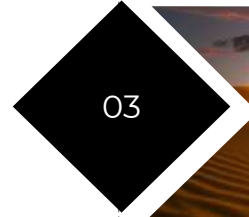
We pride ourselves in small group trips to minimise the impact on the environment, to maximise your safety & wellbeing and to make your experience more authentic.

The minimum group size for this trip to run is **8 people** and the maximum group size is **16 people**.

You are most welcome to join this adventure as a group of friends, family, colleagues or as a solo traveller.



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## Trip grading

The Sahara Desert Trek is graded as 'Moderate/Challenging' and is an ideal intro into multi-day trekking adventures or those wishing to try out a hot climate journey.

Preparation is key to help you get the most enjoyment and reward from this trip. A good level of fitness, endurance and some gritty determination will help you conquer each day of trekking in the hot desert.

During your trek you will be hiking between 15kms – 25kms per day for 5 consecutive days. The temperatures will be extremely warm during the day and much cooler at night. The terrain will vary from hot sand to rocky terrain. Climbing dunes will prove tough, particularly in the hot conditions. Each evening of camp you will have basic conditions and live a nomadic style way of life for the duration of the trek.

Preparation is key to help you get the most enjoyment and reward from this challenge.

## Training

A bespoke trek training programme will be provided when you join this trip to help you with your preparations.

You are also most welcome to visit our Training and Preparation page at [Training & Kit | \(adventurousewe.co.uk\)](https://adventurousewe.co.uk/training-kit)

Our motto is:  
**Train hard, smile harder and enjoy the journey!**

## Kit and discount codes

A full kit list will be provided when you join this adventure together with an exclusive Adventurous Ewe discount code for independent outdoor retailers.

Packing and kit tips will also be provided when you sign up.



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2020-2022

Enigwyr ar ymweliad â'r Wyddfa  
Snowdon visit specialist

Partneriaeth Yr Wyddfa Partnership

## Adventure with purpose

Adventurous Ewe is a Snowdon Visit Specialist and we also support the vital work of the **Snowdonia Society** who work tirelessly to ensure that Snowdonia is well-protected, well-managed and enjoyed by all.

We've also teamed up with leading climate change charity **Cool Earth** and invest a % of our revenue into supporting their critical conservation projects around the world. This partnership means that just by joining the flock and taking part in this adventure, you will not only have an incredible experience, but you can do so by knowing you are actively supporting rainforest communities across the globe.

# Any queries?

Feel free to contact Jim or Sue at:

[jim@adventurousewe.co.uk](mailto:jim@adventurousewe.co.uk)

[susan@adventurousewe.co.uk](mailto:susan@adventurousewe.co.uk)

call 01492 588 069 or chat to us online via the website.

We're here to help, support and guide you as much as you need.

# Travel Admin

A quick snapshot of what you need to know...

## Financial security

Rest assured, your money is safe in any and all circumstances. There has been and always will be full financial protection on your booking. If your adventure needs to be cancelled for any reason, like say a global pandemic, you won't be left stuck and you'll be offered plenty of alternative options thanks to our financial protection through **IPP** (International Passenger Protection). What's more, in the very unlikely event of Adventurous Ewe going under, you'll get your money back and be repatriated if you were on a trip at the time.

## Passport

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay.

## Visa

British nationals do not require a visa to enter Morocco for the purpose of tourism for up to 3 months. For the latest entry requirements, please visit <https://www.gov.uk/foreign-travel-advice/morocco/entry-requirements>.

## Insurance

Travel insurance is compulsory for all our overseas trips. It is a condition of joining this trip that you are fully insured against medical and personal accident risks (to include repatriation costs and air ambulance or helicopter rescue services where appropriate). We strongly recommend that the policy also covers the activities you are undertaking more specifically for the adventurous activities undertaken on this desert trek, personal liability, cancellation, curtailment and loss of luggage and personal effects.

## Vaccinations

There are currently no mandatory vaccination requirements. Recommended vaccinations include: Tetanus, Typhoid and Hepatitis A. For the most up to date info on vaccinations, please consult with your GP or travel healthcare practitioner 8 weeks in advance of travel. For more info, feel free to visit <https://www.fitfortravel.nhs.uk/destinations>.





# WHY ADVENTUREOUS EWE

## Big adventures, small footprints

Here at Adventurous Ewe we think, talk, love, live and breathe adventure. We create and deliver worldwide adventures, whether they be trailblazing itineraries to remote pockets of the globe or classic bucket list adventures. At the core of each trip creation is real and meaningful connections to destinations and people. This is part of our **Travelife Partner Award** in [sustainable travel](#).

We're a friendly family business operating since 2007 with decades of adventure travel experience, knowledge and insight that you can depend on. We're passionate about igniting your adventurous spirit and achieving the extraordinary in some of the world's most incredible places. We're also proud to be the main UK trip supplier for **Much Better Adventures**.

We're also proud to operate adventures with reason by supporting both local and global environmental charities, the **Snowdonia Society** and **Cool Earth**. So, by joining the flock for your next trip, experience the feel-good factor that you're helping the planet through these partnerships. We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

## Why join us:

- ✓ Reconnect and gain a fresh perspective through the lens of adventure
- ✓ Be bold, be ambitious and experience an adventure to remember
- ✓ Feel protected, feel safe and know your wellbeing is our focus
- ✓ Be part of something bigger and help the environment and local communities grow
- ✓ Meet and mingle with the people of the planet
- ✓ Enjoy the *whole* journey - the support & guidance from AE, the new friend-sheeps made, the thrill of travelling, the people & places, the great achievements and difference you can make - not only to your life, others too!

We're excited to be immersed in your adventure from your very first step. Travel is a force for good, for everyone!

## All you need is the....

1. **Courage** to start
2. **Strength** to endure
3. **Determination** to finish! **#ewecandoit**

# HELPING SHAPE THE FUTURE OF TOURISM

Adventurous Ewe may only be a small tour operator however we are proud to be part of these fantastic initiatives with our operations and as a collective collaboration, make a difference to the safety and future of tourism.

## AITO

Following a rigorous assessment process, Adventurous Ewe is delighted to be a member of AITO, the association for specialist travel companies. The membership is formed of companies, usually owner-managed, who strive to create travel experiences with high levels of professionalism and a shared concern for quality and personal service. The Association promotes the unique range of its members' travel packages and encourages the highest standards in all aspects of tour operating. Our membership also dictates that we have financial protection for all our trips and other arrangements (including accommodation only) booked by you.

## Travelife Partner

Travelife Partner Award Adventurous Ewe complies with more than 100 criteria, related to an operator's office management, product range, international business partners and customer information. The Travelife Partner level standard is covering the ISO 26000 Corporate Social Responsibility themes, including environment, biodiversity, human rights, and labour relation. Mr. Naut Kusters, manager of Travelife for Tour Operators, "I am delighted to see that sustainability in the tour operator sector is obtaining momentum. The Partner award of Adventurous Ewe will inspire other companies in Europe to follow the same path". Travelife is the leading international sustainability certification for the travel sector. More than 35 national travel associations are promoting the scheme to their members including, SMAL, APAVT, UHPA, ANVR, ABTA, PATA and more.

## Tourism Declares Climate Emergency

As part of being part of Tourism Declares a Climate Emergency, we have put in place an action plan to reduce our carbon emissions in the next 12 months.

## Future of Tourism

We've also joined the movement to reshape the Future of Tourism. We are excited to announce that Adventurous Ewe has signed the new set of Guiding Principles launched by the Future of Tourism Coalition. As a signatory, we commit to please destination needs at the centre of our recovery strategies and do our part to build a better tomorrow for travel and tourism. Learn more at [www.futureoftourism.org](http://www.futureoftourism.org). #FutureofTourism

## Glasgow Declaration

Launched at COP26, the Glasgow Declaration aims to unite everyone in the tourism sector around a common set of pathways for climate action. As a signatory, Adventurous Ewe commits to:

- Support the global commitment to halve emissions by 2030 and reach Net Zero as soon as possible before 2050;
- Deliver climate action plans within 12 months from becoming a signatory and begin implementing;
- Align plans with the five pathways of the Declaration (Measure, Decarbonise, Regenerate, Collaborate, Finance) to accelerate and co-ordinate climate action in tourism.



For more info please visit: <https://www.adventurousewe.co.uk/tourism-declares-a-climate-emergency/>

# ADVENTURE WITH PURPOSE

**Our mission:** to harness the power of travel to conserve and protect the world's precious natural spaces, one epic adventure at a time.

**Our goal:** to ensure rainforest communities benefit from adventure tourism, and to educate and inspire our flock to help actively support these communities across the planet.

Now more than ever our commitment to maintain our support of one of the leading global climate change charities, **Cool Earth** and the local protection and sustainability work of the **Snowdonia Society**, is of utmost importance.

To do this we'll continue to contribute a % from every booking to Cool Earth and maintain our partnership with the Snowdonia Society. It's time that we all live in a more responsible world. This means that not only will you have a fabewelous experience when you travel with Adventurous Ewe, you can do so whilst taking pride in knowing that you are helping support both of these fantastic causes.

## **Snowdonia National Park Ambassador**

Adventurous Ewe have been a founding member of the Snowdonia National Park Ambassador Scheme since 2019. The scheme was formed to strengthen links between stakeholders working within the tourism industry and the National Park and provide training to create a greater understanding and knowledge about the area's natural and cultural resources, in order to improve the overall visitor and local experience.

For more info please visit: <https://www.adventuroousewe.co.uk/about-us/adventurous-ewes-partnership-with-cool-earth/>

# COOL EARTH



# TOP TIPS

## Desert trekking!

- Dress the part. During the day the temperatures soar so ensure you have a full brimmed hat & lightweight scarf, sunglasses, a loose long-sleeved shirt (ideal) and plenty of sun-screen (SPF50+). At night the temperatures plummet so it's time to layer up – base layer, insulating layer and shell. Base layer t-shirt that wicks perspiration away from your skin (merino wool base layers are ideal), a mid-layer that insulates you from the cold and a shell layer that keeps wind out
- Train in your trekking kit including the wearing of your rucksack with weight inside and in hot weather conditions so you know your kit is both suitable, where it may chaff and is comfy
- Good sturdy hiking boots which are comfy and well worn-in together with breathable socks (ie. merino wool based). Trainers or crocs can be worn for in camp in the evenings and flipflops are always a welcome relief when you arrive in camp
- Gaiters can help keep sand and stones out of your boots and therefore help with the prevention of blisters
- Look after your feet. Rock tape is ideal for blister prevention. Check out the website Fixing your Feet for some great tips: <https://www.fixingyourfeet.com/>
- Have two bags – a daypack for the trek with everything you need for the day (snacks, water, sun-screen, hand-held fan & any medication) and your soft sided kit bag which will be transported by camels from camp to camp
- Ensure you have a good head torch as it can become very dark under the night skies in the desert
- Stargaze. One of the best places to stargaze is in the desert! The stars glitter throughout the night. Bring a book or use an app on stargazing as a great way to embrace the night in the desert wilderness.
- Bring some of your favourite snacks. Remove as much packaging as you can before taking it on the trek (less litter to carry)
- Bring your own water bottle, camelbak/platypus that you can refill and avoid plastic bottles. Water flavouring & electrolytes are also ideal as a thirst quencher, replenish lost salts and to add some variety to the water you drink
- **Most importantly.....SMILE AND ENJOY THE ADVENTURE!**





# COST

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<b>Deposit:</b>	<b>£145 per person payable on booking</b>
<b>Balance:</b>	<b>£580 per person payable 4 weeks prior to departure</b>
<b>Sponsorship:</b>	<b>£1000 per person for IAPWA or StreetVet</b>

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### **Choose your charity**

Please select either [IAPWA](#) or [StreetVet](#) to support for your Sahara Desert Trek. This can be done through the booking process.

### **We've got you covered – financial protection**

If your adventure needs to be cancelled for any reason, like say a global pandemic, you won't be left stuck and you'll be offered plenty of alternative options thanks to our financial protection arranged through [IPP](#) (International Passenger Protection).

### **Book & Travel with Confidence**

As well as carefully crafting amazing and meaningful adventures across the planet, we've made booking them as flexible, safe and as simple as possible.

For the latest info regarding booking and travelling with Adventurous Ewe, please visit our [website](#).



# INCLUSIONS & EXCLUSIONS

## Sahara Desert Trek

### INCLUDED

#### Pre-trip:

- Personalised trip support in the lead up to your trek from Adventurous Ewe
- Training guide
- Discount on personal kit from independent outdoor retailers, both in shop and online
- Trip info supplied via our free mobile travel app, Vamoos
- Travel protection cover
- Public liability insurance
- Risk assessment and emergency management planning
- Monthly payment plan available.

#### During your trip:

- UK Leader for groups over 8 people
- Local Berber Guide and support crew
- Camel caravan (optional)
- 1 night guesthouse accommodation at Ait-Ben-Haddou
- Ait-Ben-Haddou guided tour
- 5 nights desert camping accommodation
- 1 night traditional Riad accommodation in Marrakech
- All transfers via private vehicle
- All meals whilst on the trek
- Satellite phone and VHF radio

### NOT INCLUDED

- Return flights to Marrakech, Morocco
- Travel insurance (mandatory)
- Single room supplement dependent on availability
- Celebration meal in Marrakech
- Clothing and equipment listed on your Kit List
- Personal spending money
- Tips for local crew and local restaurants
- Any expenses incurred with leaving the trip early ie. hotel accommodation or change of travel costs.

#### Currently not included but can be organised at an additional cost

- Return flights booked through our Flight Agent who is ATOL bonded
- Additional night/s accommodation
- Any trip extensions

# KIT LIST

Good quality, durable kit could mean the difference between a fantastic trip and an uncomfortable one. This is a list of recommended kit to take on your adventure.

## BAGS

- Main kit bag (duffle bag)** – with all your items. This will be transferred by vehicle from camp to camp during your trek. Suitcases and wheeled bags are not suitable
- Daypack** – 25 – 30 litre for trekking to carry items needed during the course of the day
- Dry bags** - that keep fresh clothing and other important items like passports and cameras free of sand and dry in the unlikely event of a total downpour. Good for quarantining worn clothing too
- Reusable cloth bag** for shopping (to avoid plastic bags)
- Please ensure you clearly mark all your bags with your name

## CLOTHING

- Hard shell/wind proof jacket** - these jackets are thin, highly waterproof & windproof and worn over all other items of clothing
- Light weight down/Primaloft** jacket – ideal for in camp & layering
- Mid layer fleece** - lightweight microfleece
- Trekking trousers** - trekking trousers with zip off legs are ideal. Avoid cotton. Option for women to wear leggings
- Base layers** - (merino wool or wicking fabric) long-sleeved top x 1 and long johns x 1 (for camp and sleeping)
- Merino wool or wicking t-shirts** - for trekking
- Loose fitting long sleeve shirt** - for sun protection
- Shorts** - for trekking. Avoid cotton
- Buff** – used for sun protection and sand-storms. Bring a couple.
- Beanie** - for warmth in camp
- Gloves** – thermal for camp
- Underwear** – wicking or merino wool base
- Casual clothes** for evenings and travel

## FOOTWEAR

- Hiking boots** – well-worn in hiking boots with ankle support and ankle height to help prevent sand entering footwear
- Trainers/sandals/flip-flops** – for camp & casual wear
- Socks** – minimum of 3 pairs of merino wool or synthetic trekking socks.

## EQUIPMENT

- Water bottle** - we suggest a 2-3 litre capacity. Platypus / Camelbak system. You will be given a free Adventurous Ewe Water-to-Go filtration bottle
- Head torch & spare batteries** – for camp
- Sunglasses** – these are essential. They must have strong UVA/UVB protection
- Trekking pole(s)** - optional. Please train with these prior to your trek
- Gaiters** – optional
- Sleeping bag** (comfort rated -5°C and -10°C for departures from mid-Oct to end Feb)
- Sleeping bag liner** - optional
- Thermarest** or sleeping mat
- Pillow** – option to place clothing in your sleeping bag cover or buff to make a pillow

## TRAVEL ADMIN

- Passport**
- Travel tickets**
- Travel insurance policy & emergency contact details** – must be given to Adventurous Ewe prior to departure
- Cash** – Moroccan Dirhams. You can withdraw dirhams's from ATM's at Marrakech Airport or in Marrakech
- Debit and credit cards**

### Top tip: Choose Light Colours

Light clothing colours such as white, beige, and pastels will help keep you cooler on desert hikes since these colours don't absorb the sun's heat as darker colours do. Also, opt for loose-fitting clothes so you can get nice airflow while you hike.

## ADDITIONAL ITEMS

- Hand sanitiser** (essential)
- Sunscreen and lip block** – SPF50 as a minimum
- Electrolytes**
- Camera** – enclose in a dry bag to keep sand out
- Toiletries for trek** – biodegradable loo paper, dog poop bags, travel hand soap, biodegradable wet wipes (washing water can be scarce at camp), toothpaste & bamboo toothbrush, deodorant, lip balm, etc.
- Toiletries for Marrakech** - biodegradable soap / shampoo/conditioner
- Light-weight micro-fibre towel** – optional
- Personal First Aid** - please bring any personal medication plus paracetamol, ibuprofen, antihistamines, rehydration sachets, antibacterial hand gel and plasters/Compeed blister pads, zinc oxide or Rock tape, etc.
- Water purification tablets or your Water-to-go bottle** - although generally all water is boiled some prefer to double up and add purification tabs as well

## NICE TO HAVE

- Favourite snacks**, both sweet and savoury
- Duct tape** for emergency repairs – (wrap some around your trekking pole or water bottle rather than carrying a whole roll)
- Ear plugs** for camp
- Reading material / card games** for the evenings
- Stargazing book or app**
- Spare dry bag** for dirty clothing
- Multitool/Swiss army knife**
- Portable charger and adapter**
- Travel padlock**
- Hand-held fan or cooling spray** if you feel the heat

# ADVENTUROUS EWE

Big Adventures, Small Footprints

EST 2007

We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

- We believe in epic goals, trailblazing adventures and pushing boundaries
- We cheer, salute and support every person stepping outside their comfort zone
- We celebrate the things that make us different and doing things that make a difference
- We dream big, aim high, inspire others and believe #ewecandoit



EPIC  
ADVENTURES

# CONTACT US

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@Adventurous Ewe





We look forward to welcoming you to the hottest desert on the planet for this fantastic trek through the ever-changing landscapes of the Sahara.

