

DISCOVER CENTRAL MORROCO: HIGH ATLAS TO THE SAHARA TREK



Highlights

- Trek the M'Goun Massif, a spectacular spine of mountain ridges and sculpted valleys in the heart of the Atlas mountains
- Climb the second highest point in North Africa M'Goun at 4068m
- Get off the beaten track and explore the saw-tooth Jurassic peaks and remote mountain villages of the High Atlas
- Experience nomadic Berber communities and their way of life
- Be in awe of Dades Gorge, Todra Gorge and the dunes of Erg Chebbi
- Marvel at the panoramic views of the Atlas Mountains, the Sahara Desert and the environments that have enclosed them for centuries
- Be dazzled by the incredible night skies as you camp under the endless display of stars
- Visit Aït Ben Haddou, UNESCO-protected red mudbrick ksar (fortified village) which seems frozen in time and still resembling its days in the 11th century
- Enjoy delicious and hearty home cooked Moroccan meals during your trek
- Explore the vibrant and colourful maze of Marrakech
- Receive a complimentary Water-To-Go bottle when on this trip to minimise our plastic foot- print in Morocco!



WELCOME

'ahlaan bik

Overview

Discover the remote and less visited pocket of the High Atlas Mountains, stand in awe of Dades Gorge, Todra Gorge and the dunes of Erg Chebbi, explore the Unesco-listed 16th-century kasbah of Ait Benhaddou, before a desert trek and night under a thousand stars on the edge of the largest desert in the world, the Sahara.

This is your chance to experience the diverse landscapes of Morocco sculptured over centuries, trek with local Berber people and conquer the second highest peak in North Africa, M'Goun (4068m).

The M'Goun Massif is a spectacular spine of mountain ridges and sculpted valleys located in the remote Ait Bougamez Valley, 'The Happiness Valley', which gets its name from the cheerful and welcoming local people, this summit is regarded as Morocco's best kept secret.

Following ancient caravan routes, you'll trek through the valleys and high plateaus passing through remote villages, reaching M'Goun which is the valley's crowning glory. Surrounded by fragrant orchards, dramatic gorges and fertile pastures, you'll encounter a hidden pocket of Morocco where travellers are rarely seen. By day you'll trek through this amazing scenery while at night, you'll camp & overnight in mountain huts used by nomadic shepherds.

This new and exclusive journey also explores Ait Ben Haddou, a village made of earthen clay whilst giving you the chance to walk the ancient sands of the Sahara Desert. Finally, there's time to enjoy the sights and smells of Marrakech, one of the great cities of the Arabic world.

If you have any questions, please contact us at jim@adventurousewe.co.uk or call 07747 346 588.





TRIP SUMMARY



Activity: Trekking
Duration: 11 days & 10 nights
Active days: 8 days
Altitude: 4068m
Accommodation: Local guesthouse, gite, mountain huts & berber camp

Group size: 6 - 16 people
Trip grading: ■■■■■
Tough
Dates: Spring and Autumn months

ITINERARY

Mountains, valleys, gorges, remote villages and deserts of Morocco

DAY 1

Flight from UK to Marrakech Airport, Morocco

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 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 trip will include airport transfers in Morocco. There are direct flights from London and other major airports across the UK.

On your arrival into Marrakech Airport on the recommended Adventurous Ewe flight time, you will be met with a private transfer to the riad where you will spend the night. Marrakech is a colourful city and most people head for the central square of the Djemaa-el-Fna beneath the imposing tower of the Koutoubia Mosque.

Here you'll have time to get to know your fellow team-mates, make final preparations for your trek as your Leader will provide a full trek briefing over dinner and you'll overnight in a local riad.

Included

Transfer:	Transfer from Marrakech airport to local riad
Accommodation:	Riad (twin/multi share basis)
Meals:	Not included

DAY 2

Transfer to Agouti. Trek to Arous

After breakfast in the riad, you'll load your kit into the vehicle to begin your journey to the trek start point. Travelling beyond beyond the hustle and bustle of Marrakech the road leads through the farmlands of the Moroccan countryside. On the way your local guide will give a detailed talk on Morocco's cultural history and answer any questions you may have.

Enroute you'll stop in the town of Azilal for mint tea, refreshments, and some lunch before continuing down into the Bougamez Valley, an arid, craggy and starkly beautiful region, stopping close to the village of Agouti (1780m). Meeting your muleteers, and the rest of your trek crew, your trek begins into the lush farmland towards Arous, following the river as it meanders through poppy strewn fields. Overnight camp.

Included

Kit bag transfer:	Main kit bag transferred on mules
Accommodation:	Camp
Meals:	Breakfast, lunch & dinner



ITINERARY

Mountains, valleys, gorges, remote villages and deserts of Morocco

DAY 3

Trek the M'Goun Massif

Today sees a steadily rising traverse towards the col known as Tizi-m-Oumskiyg (2910m). The river gradually peters out as you enter the higher mountain scenery of the Central Atlas. A welcome rest at the col and some mid morning snacks before bearing left and upwards towards the ridgeline above. Approximately 2 miles of gradual ascent see you on the ridge and the viewpoint of Aghouixni Est (3400m). From here you'll have spectacular views of M'Goun and can clearly see the following days route.

Then it's time to descend via good paths towards the high plateau known as Tilibiyt N'Tarkeddit, overlooking the Tessaout Valley. This is a strikingly green oasis area used frequently by Berber shepherds. High pasture nestles beneath the peaks of the M'Goun massif, and spectacular rock formations surround the area.

Tonight's camp is near a small mountain hut with good toilet facilities and showers (for a small fee). The rest of the afternoon is free to soak up the nomadic Berber ambience of the tranquil oasis.

Included

Accommodation: Camp
Meals: Breakfast, lunch & dinner

DAY 4

Trek the second highest mountain in North Africa, M'Goun (4068m)

A pre-dawn start is required today as your route gains height steadily, at first by headtorch, onto the lower slopes of M'Goun. An hour or so later the first rays of sunshine begin to creep across the lower slopes of the M'Goun massif. This straightforward route, with the odd rougher section makes progress via switchbacks up a rolling ridgeline of subsidiary peak M'Goun Oest (3978m). After 4 or 5 hours you'll reach the stunning ridgeline leading to M'Goun. Breaking left along the ridge, which drops away steeply on both sides, you'll be surrounded by breath-taking views. To the south the Jebel Sahro region frames the edge of the Sahara beyond, and southwest we can see the Toubkal range in the distance.

Looking back to the north your route of the previous two days is clear, dipping into the Bougamez Valley and the Draa region. A further hour, gently rising along the ridge brings you to the cairned summit of M'Goun itself (4068m). After the obligatory summit photos you begin the descent by a different route making a traverse of the mountain. Heading south initially on the ridge and then down scree slopes to your lunch spot by the river where wild camels graze the fertile valley sides. After lunch you'll continue along tracks toward Tiguitine (2700m) and your camp for the night which should be reached in under 3 hours from the summit.

Tiguitine is a very pleasant camp, surrounded by interesting rock formations and beautiful streams. Your local crew will no doubt treat you to some Berber songs and dancing in the evening to celebrate your successful traverse and summit of the mountain.

Included

Accommodation: Camp
Meals: Breakfast, lunch & dinner

ITINERARY

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DAY 5

Trek to Ameskar Gorge

A more leisurely start today as you continue to follow the river course away from the high mountains and into the fertile farmland of the Central Atlas foothills. After a short ascent to a small col you lose height gradually following undulating terrain, passing through small thickets of fig trees and criss-crossing streams before emerging from the undergrowth at Ifni Ait Hamou (2550m).

A small café sits by the trailside in this improbable location offering mint tea and biscuits. In a further 2 miles you'll reach the village of Tighremt N'Tichki, passing a large kasbah on the outskirts now used for communal grain storage – an impressive structure.

As the river broadens you'll pass rushing waterfalls and use stepping-stones to cross where necessary. Taking advantage of riverside trees for shade you'll stop for lunch. Another leisurely couple of hours along the river leads you to the village of Ameskar El Fougani, where you'll negotiate the field systems surrounding the village and continue to Ameskar El Tahtani (1990m) 2 miles further on. Your campsite is just before the entrance to the Ameskar Gorge.

Included

Accommodation: Camp
Meals: Breakfast, lunch & dinner

DAY 6

Trek to Boutaghar village

A fairly early start today to avoid the heat later in the day. Leaving camp the valley walls steepen quickly and awesome rock architecture looms above as you press on through the 'Petites Gorges du M'Goun'.

Eventually the gorge opens out giving way to open farmland. Crops line the riverbanks and the smell of fruit trees and growing herbs fills the air. Lunch will be served along a shady riverside nook with the chance for a refreshing dip. It's then a 2 hour trek to the village of Boutaghar for a night at a local gite.

Included

Accommodation: Local gite (shared room basis)
Meals: Breakfast, lunch & dinner

DAY 7

Transfer and camel trek into the Sahara Desert

After breakfast you'll be transferred from Boutaghar to the Dades Gorge and further to Todra Gorge. After a quick explore it's then on to the dunes of Erg Chebbi. You will arrive there later in the afternoon and after a short break you will start your trek into the Saharan desert dunes, accompanied by your camels where you will spend the night in berber tents. After witnessing a stunning sunset, its time to enjoy a fantastic home cooked camp dinner.

Included

Accommodation: Desert camp
Meals: Breakfast, lunch & dinner

ITINERARY

Mountains, valleys, gorges, remote villages and deserts of Morocco

DAY 8

Ait Ben Haddou

It's the perfect morning to rise early to catch the sun rise over the sand dunes and to enjoy a camp breakfast. It's then back on the camels to return to the auberge. From there you'll be transferred to Ait Ben Haddou.

Ait Benhaddou is a small town with one of the best-preserved and most sought-after Kasbah's to visit in all of Morocco. Located in the foothills on the southern slopes of the High Atlas in the Province of Ouarzazate, the site of Ait-Ben-Haddou is the most famous ksar in the Ounila Valley. The Ksar of Aït-Ben-Haddou is a striking example of southern Moroccan architecture. The ksar is a mainly collective grouping of dwellings. Inside the defensive walls which are reinforced by angle towers and pierced with a baffle gate, houses crowd together - some modest, others resembling small urban castles with their high angle towers and upper sections decorated with motifs in clay brick - but there are also buildings and community areas. It is an extraordinary ensemble of buildings offering a complete panorama of pre-Saharan earthen construction techniques. Here you will spend an incredible night.

Included

Accommodation: Camp
Meals: Breakfast, lunch & dinner



DAY 9

Marrakech

After breakfast you'll be transferred back to Marrakech, via the spectacular Tizi 'n Tichka pass. The Tizi n'Tichka (2260m) connects Marrakesh with the southern oases. It was built to bypass the old caravan route to the Draa, which meandered through the Ounilla Valley and was controlled throughout the 19th century by the powerful Glaoui clan.

As you pass Aït Ourir, the road ascends and takes a turn for the scenic amid oak trees and walnut groves. Past the village of Taddert, the road gets steeper and the landscape is stripped of colour, except for hardy wildflowers and kids along the road selling geodes dyed red.

Arriving in Marrakech early in the afternoon prepare for all your senses to be ignited. Spend the last 2 nights in a riad in the medina of Marrakech allowing you plenty of easy access to explore this maze of enchantment and dazzlement.

Included

Accommodation: Local riad (shared room basis)
Meals: Breakfast & lunch

DAY 10

Free day in Marrakech

Included

Accommodation: Local riad (shared room basis)
Meals: Breakfast only

DAY 11

Return home

Transfer to Marrakech Airport for your return flight home filled with travel tales and experiences to cherish for a lifetime.

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

Snapshot of trip highlights



TRIP DETAILS

Itinerary, activity details and inclusions



TRAVEL DOCUMENTS

Training guide, kit list & exclusive discount codes, meet the team, emergency contact details, safety & wellbeing guidelines



OTHER INFO

Weather, maps, etc.



ESSENTIAL INFO

The nuts & bolts of your adventure



01

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. Your safety and well-being is our top priority and as such we have implemented a new operational procedures focused on safety and strong hygiene practices for all our adventures.

This 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 6 people and is an experienced high-altitude 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 Leader is a key part to this trip. They are expertly trained and experienced in every field of this high-altitude 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 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.

Trip grading

This trek is graded as **'Tough'**. The trip is designed for confident trekkers who may be new to high altitude trekking as well as those who have some experience. Although this trek is not technically difficult, you should be an experienced walker as trails can be quite rocky. Most routes follow mule trails but there are some rough paths that involve walking on scree. The trek includes full portage and you should be prepared for a couple of long days with some boulders and steep sections.

For spring and autumn treks, the days are pleasant (20-26°C) in Agadir and Taroudant and the nights mild. Rain is infrequent. On trek the days should be warm to hot (18- 28°C with clear skies and strong sun) the nights will be cool (8-18°C). At this time of year it is unlikely there will be any snow on the higher ridges. Rain cannot be ruled out but is unlikely to be prolonged. Please note mountain weather is always unpredictable and as a result we may very occasionally be forced to amend the itinerary for part of the trek.



02



03



04



05

Group size

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

The minimum group size for this trek to run is **6 people** and the maximum group size is **16 people**.

Training

A Trek Training Programme will be provided when you join this event to help you with your preparations.

We also have exclusive offers with our Training Partners and Communities – **Her Spirit** and **Strength & Movement Coast, Peter Lant**. For more info, please visit our [Training and Preparation](#) page.

The more you are prepared, the more you will enjoy the challenge.

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 UK specialist outdoor retailers, both online and in store.

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



06

07



Adventure with purpose

We're very proud to have 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 partnerships means that just by joining the flock and taking part in this trip, you will not only have an incredible experience, but you can do so by knowing you are actively supporting rainforest communities across the globe, sustainably.

Any queries?

Feel free to contact Jim or Sue at:

jim@adventurousewe.co.uk

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 trekking challenge at 4068 metres in altitude, personal liability, cancellation, curtailment and loss of luggage and personal effects.

For a travel insurance quote please visit Campbell & Irvine at

<https://www.campbellirvinedirect.com/adventurousewe/>

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.

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.

World Travel & Tourism Council's #SafeTravels

We have implemented the protocols for tour operators which have been compiled based on input from leading tour operators either directly or from their public announcements around the healthy, and responsible reopening of tour operations to the public. The protocols also take into account World Health Organisation (WHO), the US' Centres for Disease Control and Prevention (CDC) and the European Centre for Disease Prevention and Control (ECDC) guidelines. The objective is to ensure that protocols are in place across all relevant functions with an increased focus on health, hygiene, and reduction of physical contact guidance which travellers will need and expect to embrace a safe travel experience.

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. #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/>



The Specialist Travel Association



**TOURISM DECLARES
CLIMATE EMERGENCY**



Glasgow Declaration
Climate Action in Tourism

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.adventurosewe.co.uk/about-us/adventurous-ewes-partnership-with-cool-earth/>



Cymdeithas Eryri
Snowdonia Society

**COOL
EARTH**



INCLUSIONS & EXCLUSIONS

DISCOVER CENTRAL MOROCCO: HIGH ATLAS TO THE SAHARA TREK

INCLUDED

Pre-trip:

- Personalised trip support in the lead up to your trek from Adventurous Ewe
- Trek training guide
- Discount on personal kit
- Trip info supplied via our free mobile travel app
- Public liability insurance
- Financial Protection for your booking
- Monthly payment plan available
- Risk assessment and emergency management planning
- Free Adventurous Ewe Water-to-Go Bottle

During your trip:

- Adventurous Ewe Leader (for groups over 7 people)
- Local Mountain Guide
- All ground crew per your itinerary including cook and luggage transfer on the trek via mules (please ensure your kit bag does not exceed 10kgs for the mules)
- 4 night's guesthouse/riad accommodation (twin or multi share)
- 5 night's camping (shared tents)
- 1 night local gite (shared rooms)
- All meals as outlined in your itinerary – 9 breakfasts, 8 lunches & 7 dinners
- Private vehicle transfers as outlined in your itinerary
- Safety equipment and first aid provisions
- Risk assessments, safety management and emergency planning.

NOT INCLUDED

- Travel insurance (mandatory)
- Vaccinations
- Return flights to Marrakech. These can be arranged for you at an additional cost through our Flight Agent who is ATOL protected
- Airport transfers if arriving or departing on flights outside our recommended flight times
- Additional excursions outside the itinerary
- Personal spending money and drinks (cash is needed for purchases of snacks & drinks along the trek route)
- Personal snacks, electrolytes, water purification tablets and medication
- Kit and equipment as listed on your kit list
- Tips for local crew
- Single room/tent supplement
- Any associated costs with leaving the trek early.

TRIP EXTENSION

If you wish to extend your stay in Marrakech, 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. For more information, please contact us at info@adventurousewe.co.uk.

KIT LIST

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

BAGS

- Main kit bag (duffle bag)** – recommend no more than 70L soft duffle bag with back straps as you will need to carry this bag at some points. When on the trek, please ensure your bag weighs no more than 10kgs as the bags are transported by mules
- Daypack** – 25 - 30 litre rucksack to carry your kit required on the trek. Ensure it is comfortable and has waist-straps
- Dry bags** – we recommend packing your kit inside dry bags to ensure your kit remains dry in the case of wet weather. A wet-weather cover can also be used over your rucksack but this must be securely fastened to your bag especially during high winds.
- Dry bag or small foldaway bag** - for which you can leave items not needed on the trek in your accommodation in Imllil

CLOTHING

- Water-proof jacket with hood AND water-proof trousers.** It is imperative to have good quality water-proof clothing which is breathable. We recommend the following fabrics: Gore-Tex Pro, Gore-Tex or Páramo.
- Wind-stopper jacket** or a **soft-shell jacket** which is wind-proof
- Down jacket** ideally with a hood. Great for wearing at night or in extreme weather conditions
- Midlayer** or **fleece**
- Trekking trousers** – with zip off legs are ideal. Avoid cotton trousers
- Base layers** (merino wool or wicking fabric) long-sleeved top x 1 and long johns x 1 (ideal for sleeping)
- Buff** – which can be used for sun protection and dusty scree slopes
- Sun hat** – wide brimmed hats are ideal
- Beanie** – for the evenings camp
- Gloves** – light weight thermal or fleece gloves
- Underwear** - Merino wool or wicking material, not cotton
- Evening clothing** - for camping and at guesthouse

FOOTWEAR

- Hiking boots** – well-worn in trekking boots with ankle support and waterproof
- Trainers / crocs** – or comfy shoes to wear in the evenings
- Socks** – minimum of 2 pairs of merino wool or synthetic trekking socks. Please ensure you trial your sock-wear prior to departure to ensure your choice is suitable
- Flip-flops/sandals** or similar – for casual wear

TREKKING EQUIPMENT

- Water bottle** - suggest a 2-3 litre capacity. Platypus/ Camelbak system. A wide mouth water bottle is ideal for collecting water. Please bring water purification tablets to reduce the need for purchasing water in plastic bottles or use your [Adventurous Ewe Water-to-Go filtration bottle](#)
- Head torch & spare batteries** - essential
- Sunglasses** – essential and must have strong UVA/UVB protection
- Trekking pole(s)** - optional
- Gaiters** – optional. Should be worn over the boot & not tight
- Sleeping bag** – please ensure a good 2-3 season sleeping bag with a comfort rating of -5°C as the nights can be cold when camping.
- Sleeping bag liner** (optional)
- Sleeping mat** – such as a thermarest

TRAVEL ADMIN

- Passport** plus photocopy of passport
- Flight tickets**
- Pen & address of your accom** – as you need to complete an arrival card on entering Morocco
- Any COVID related documentation** for entry requirements
- Travel insurance policy and emergency number**
- Debit/credit cards**
- Cash** – Moroccan Dirhams. You can withdraw dirhams's from ATM's at Marrakech Airport or in Marrakech. Don't forget to keep some cash for tips for your local crew.

ADDITIONAL ITEMS

- Antibacterial hand gel**
- Sunscreen and lip block** – minimum SPF50
- Favourite snacks** - both sweet and savoury
- Electrolytes**
- Camera** – enclose in a dry bag
- Toiletries** – including biodegradable loo paper, dog poop bags, biodegradable soap/shampoo/conditioner, travel hand soap, eco-friendly wet-wipes, toothpaste & bamboo toothbrush, deodorant, lip balm, etc.
- Light-weight micro-fibre towel** – optional
- Personal First Aid** - personal medication plus paracetamol, ibuprofen, antihistamines, rehydration sachets, diarrhoea tablets and plasters/Compeed blister pads, zinc oxide or Rock tape, ankle and knee supporters if you need, etc.

NICE TO HAVE

- Duct tape** for emergency repairs – wrap some around your water bottle rather than carrying a whole roll
- Ear plugs** for camping
- Reading material / card games** for evenings
- Spare dry bag** for dirty or wet clothing
- Portable charger** - any chargers or battery items must be transported in your carry-on luggage during your flight
- Reusable small foldaway** bag for shopping etc.
- Go-Pro** - if you have a Go-Pro or similar, again this is a film-makers dream location, so feel free to bring this along as well. Please note, recharging facilities will be limited so it would be ideal to bring your own charging packs. Please note, the use of drones is **not** permitted in Morocco

An exclusive discount code will be provided on booking for Cotswolds Outdoor.

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
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CONTACT US

For any further info or any questions,
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Online chat on our website at
<https://www.adventurousewe.co.uk/>



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We look forward to welcoming you to Morocco for this off the beaten track experience in the heart of the central High Atlas Mountains to the desert sands of the Sahara and the Berber communities inbetween.