



CHARITY CHALLENGE

MOROCCO SUMMIT TO SAHARA



DATE:	TBC (Friday pm to Thursday midday return)(+ optional extension)
EVENT DURATION:	4 Days TREKKING on foot / 2 days adventure travel
EVENT STYLE:	Summit climb of Mount Toubkal and descent trek to Sahara Desert Region
LOCATION:	Morocco 's highlights including Marrakech, Atlas Mountains & Sahara!

Welcome to the **SUMMIT to SAHARA** Challenge!



RifCom has been involved in hands-on community projects in Northern Morocco since 2008. Through fundraising events such as sponsored treks challenges, we have funded our charitable projects and community support work to help enhance the lives of those less fortunate than us.

This event will raise funds via sponsorship and events in your community. Our challenge is to summit North Africa's highest peak, Mount Toubkal at 4167 m (13,665 feet) then continue on trekking south over the high Atlas mountain range and down an extraordinary valley where the Sahara Desert begins. This is a life-enhancing expedition!

The journey includes a visit to support the TWIZI ASSOCIATION of Asni and the opportunity to employ a large team of local guides and support personnel in Morocco itself. RifCom's events are a win-win for so many; benefitting us as participants, our support team and the communities funded by your donations!

What to Expect?

To climb Mount Toubkal, at 13,665 feet is to bag one of the world's monumental summits. Not considered a technical climb, but instead a challenging ascent through beautiful alpine terrain. Toubkal is a brilliant milestone for any serious hiker. The journey itself is an adventure as we cross the waters between Europe and Africa by ferry, followed by an overnight train on the Marrakech Express, a throwback from the 1960's. Expect 4 hard days trekking to complete this challenge – including an acclimatisation trek, a hike up to the Toubkal base camp, an early-start summit day and a further day's trek to arrive at the gateway to the Sahara! We'll have 2 nights in overnight-train sleeper accommodation, 3 nights in basic high mountain tent camps and one night in a comfortable guest house.



All transportation, meals, accommodation, guides and porters are included in your program, as well as the support of a fully qualified doctor in our Team and leadership by an expert team of experienced and qualified mountain leaders. Weather at altitude can be unpredictable, but in June we shouldn't need any snow-induced technical alpine walking. A fair level of fitness is important and altitude sickness can be a reality at these heights, but adequate training and preparation for this summit challenge normally ensures a successful expedition for everyone.

JOIN US !

Join us for this win-win expedition – raising critical funds for Rifcom, seeing NGO projects unfold before you, and the thrill of accomplishing a life-enhancing ascent in the high Atlas!

If you would like to register, please email us on info@rifcom.org and request a registration pack. Individuals and teams are welcome to join the Challenge: We'll all become friends by the end of the trail ! Spaces are limited, so reserve your space by submitting fully completed registration and medical forms as well as paying the registration fee of £250.

ITINERARY

Friday, 7 June, 2019 - JOURNEY TO THE ATLAS MOUNTAINS

4 pm transfer Gib frontier to Tarifa Ferry Port / Ferry Boat Crossing / Group Dinner Tangier / overnight train in sleeper car to Marrakech.

Saturday, 8 June, 2019 – TREK DAY 1 ACCLIMATISATION

Transfer 1 hour to visit TIWIZI Asni Association for breakfast / begin trek 6-7 hours through the Imizen Valley / Our first tent camp near the Berber mountain village of Taimsould.

Sunday, 9 June, 2019 – ASCENT TO BASE CAMP

Trek full day from Taimsould to reach Base Camp of Toubkal at over 3,000 metres. Tonight we stay in tent camp near the famous Refuge.



Monday, 10 June, 2019 – Mt. TOUBKAL SUMMIT DAY

Early morning summit trek, return to base camp for lunch and rest. Trek to our tent camp at Lake Ifni on the South Atlas range.

Tuesday, 11 June, 2019 – SAHARA DESERT ARRIVAL DAY

Trek south to valleys of the Sahara Desert / Lunch in Amsouszarte Oasis village / continue further on foot followed by 2 hour vehicle transfer to Ait Benhadou historic desert village, considered the gateway to the Sahara! / celebration dinner in comfortable hotel!

Wednesday, 12 June, 2019 – SAHARA & MARRAKECH DAY

Visit to Ait Benhadou Oasis Kasbah and Telouet Valley followed by scenic transfer back to Marrakech / visiting time in Marrakech's historic Medina District / Return night train to Tangier in sleeper car.

Thursday, 13 June, 2019 – ARRIVAL HOME

Morning arrival by train to Tangier / Ferry transfer back to Tarifa / Transfer to Gib Frontier, arrival time approximately midday.

Optional Extension – SAHARAN ADVENTURE TOUR

An extended Sahara Desert relaxing tour is provided for those wishing to explore more of this beautiful area with its kasbahs, oases, stone and sand deserts, returning by Sunday 16 June. Ask for details



Expedition Price

Participants are expected to contribute a minimum amount of £975, which will cover the cost of the expedition AND an equivalent donation for RifCom's charitable projects

Inclusions

- * All transfers in private coach, ferry, sleeper class train and other means from the Gibraltar frontier (For those travelling from the UK or beyond, feel free to discuss travel options with us)
- * Accommodation in basic but comfortable tent camps in the Atlas Mountains
- * Tents and light foam beds included for camping (please bring a warm sleeping bag)
- * All meals as per itinerary & mineral water on all trekking days
- * Trip leadership team and local team responsible for all logistics, equipment and safety
- * RifCom Event Doctor to oversee all health and pre-event preparation matters
- * Porters and mules support team for carrying larger bags
- * Risk assessment and Emergency Contingency Plan throughout

NB: Personal Travel & Evacuation Insurance is not included and is the responsibility of the participant.



SAHARA DESERT / MARRAKECH EXTENSION TOUR



To make the most of your visit to Morocco, treat yourself to this comfortable and highly scenic tour of the *Highlights of the Moroccan Sahara*. With our local guide and experienced drivers, you'll be escorted to some of our favourite locations in southern Morocco. This extension adds four additional nights to your travels – three of them in comfortable hotels and one in a unique Bedouin style dunes camp! The tour is rated 'easy' in terms of physical output. Long transfers are required but the breathtaking scenery makes up for hours on the road...

EXTENSION TOUR ITINERARY

Wednesday, 12 June

Depart Ait Benhadou after breakfast and a visit to this remarkable Kasbah. Travel to Todra Gorge & Tineghir via the Valley of a Thousand Kasbahs / Night in hotel in Tineghir / Breakfast and Dinner included

Thursday, 13 June

Road trip to Merzouga & the great dunes of Erg Chebbi. Camel trek to our Bedouin style camp / Night in desert camp / Breakfast, Lunch and Dinner included

Friday, 14 June

Escape the dunes on camel or foot and head by road to Tazzarine, Knob & Ourzazate / Night in hotel in Ouarzazate / Breakfast and Dinner included

Saturday, 15 June

Morning visit of Ouarzazate (perhaps the Hollywood Studio desert sets) before driving the Tichka Pass to Marrakech / Night train to Tangier / Breakfast and Lunch included

Sunday, 16 June

Arrival to Spain / Algeciras Port (train – ferry to Tarifa – transfer to Algeciras Port) Arrival mid afternoon approx.

*Please note, your transfer services will end with the ferry at Tarifa port and this includes a final transfer by bus to Algeciras Port. Please make arrangements for your journey home from Algeciras. No meals included today

EXTENSION PRICE

Price per Person: *295 Euros (*subject to confirmation based on final number of participants)

* This amount is paid directly to the local tour operator in Morocco and represents their fixed / NET price.

* There is no fundraising amount for RifCom nor is it required. This is purely a holiday tour extension after the expedition.

* RifCom nor Adventurebug S.L. operate or commission this tour, it is run exclusively by a reputable local tour operator.

TOUR INCLUSIONS

- All transfers in private, air-conditioned micro bus(s) for duration of Desert Tour.
- 2 nights comfortable Hotels / twin & possible single and/or triple share.
- 1 night Bedouin style Berber Camp in Erg Chebbi dunes.
- All meals as per itinerary
- Entrance fees and site visits where applicable.
- Local guiding services, driver and support team.
- Camel hire for desert dune access

NOT INCLUDED

- Additional meals and transfers outside of itinerary
- Drinks at meals
- Tips for local guides and drivers
- Third party Public Liability Insurance (*accident / medical personal insurance not included).
- Final transfer from Algeciras Port (after arriving to Tarifa Port), to your home not included



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Who can join this expedition?	Do I need to take out insurance?
Essentially anyone who has a sense of adventure and the desire to help make a difference. However, this is a demanding physical challenge with a summit approach over 4000 meters and therefore, long days on foot over steep terrain – both ascending and descending!	YES. You will need to take out your own specific travel and expatriation insurance and this is a condition of joining us. Please insure it covers mountain trekking at altitudes up to 4,167 metres. The climb is NON-TECHNICAL and considered a trek but none the less it's contains high 'Alpine' terrain.
Are there minimum or maximum numbers?	How fit do I need to be?
Yes. In total, the minimum number is 25 and the maximum is 40. We may have a little flexibility with numbers at the top end, but the minimum number is necessary for the trip to be cost effective and so if we do not achieve more than 25 registered participants then we wont be able to run the event. This will also apply if we get too many drop-outs between now and the registration deadline.	We recommend a good level of fitness. The days are long and if you're not used to climbing in the outdoors all day, it can be tiring, especially over 3000 meters. Heat and/or cool, sunny, rainy, foggy and/or snowy weather may be upon us which increases fatigue. Mental and Physical acceptance of this program is important. Please ensure you are physically ok for this program. If in doubt, consult your GP – which is a condition of joining this trip.
How do we travel?	What kinds of trek conditions can I expect?
We use a variety of transport, primarily private bus, train and a ferry across the Straits. The bulk of travel will be trekking on foot. We utilize highly experienced international and local tour operators - ensuring that the nitty-gritty logistics, safety concerns and overall management of the event runs smoothly.	This is a non-technical but enduring trek that utilizes simple stone and scree paths and tracks. Th summit day for Toubkal is demanding and classified as an Alpine scramble – meaning there's no single path and conditions predict the line of our route. The route is steep in places and concentration is required. Weather can range from sunny to rain storms with strong wind gusts in a matter of hours.
What luggage can I take?	What is the food and drink like?
Travel very light – taking only the main items from the kit list you need. Bring a soft bag that is easy to carry over your shoulder – and a good day pack to carry your personal items. No hard suitcases please!	All meals provided will be nutritious and focused on a combination of energy needs and cultural experience. Hygiene is often a concern in developing countries but helping with that is also one of the reasons we are there and so will largely be within our own control and influence.
What will the accommodation be like?	Costs: What's included and what isn't?
Expect a combination of train, tent and hostel accommodation (between 2 and 3 persons sharing). Nights are simple, basic but all materials and meals are fully catered for (you only need to bring a good quality sleeping bag and you may appreciate having ear plugs too!). A simple foam bed per person is provided in each tent (2 person share tents).	Your fee pays the expedition costs (transport, accommodation, meals, daily mineral water, permits, guiding, equipment, etc.) as per the itinerary. This is a semi-inclusive holiday and you are expected to pay for additional water and snacks and to tip your local guides, cooks and other supporters (channelled via your group leader).

For other questions please contact us at info@rifcom.org or Adventurebug at info@adventurebug.com