



# Mayhew International



## Atlas Mountain Challenge

4<sup>th</sup> – 12<sup>th</sup> September 2010





# Mayhew International

## Atlas Mountain Challenge

Mayhew International is proud to invite you on our first overseas challenge event. We have organised this amazing adventure with international mountain leader and former Royal Marine Commando Pen Farthing, from The AdventureFitness Company to help raise money for our animal welfare work abroad.

If you are looking for an adventure, then The Atlas Mountain Challenge will be a fantastic experience for you. We will be spending a week exploring the Atlas Mountains and climbing to the summit of Jebel Toubkal, in southwest Morocco and at 13,671 feet, it is North Africa's highest peak!

This will be a challenging trek, and one that will leave you with memories and a sense of achievement that will last forever. So if you want to set yourself a challenge or if you just want to help animals in countries such as India, Nepal and Russia then sign up for this fantastic event. The adventure starts here!

## What now?

This information pack contains further details about our amazing Morocco trek. With advice on fitness, food, equipment and many other questions you may have about the trip. If, however, you have further questions and would like to speak to someone please contact our International Projects Officer Chris Sainsbury. He will help you with any queries that you may have.

## Secure your place!

If you like the sound of this adventure and would like to book your place on this once-in-a-lifetime trip, please contact Chris Sainsbury at Mayhew International via e-mail ([chris@mayhewanimalhome.org](mailto:chris@mayhewanimalhome.org)) or by telephone (0208 968 2343). To secure your place you will need to pay a £200 deposit and then send in the remaining £250 fee for the trip by August 1<sup>st</sup>.

## Location

Participants will spend a week exploring the northern Atlas Mountains and we will end the trip with a breath-taking climb of Jebel Toubkal, the highest mountain in North Africa!



## Itinerary

**Saturday 4<sup>th</sup>** – Arrive in Marrakech and meet at the hotel

**Sunday 5<sup>th</sup>** – Travel to the mountain village of Imlil

**Monday 6<sup>th</sup>** – Start acclimatisation with a walk in the local village

**Tuesday 7<sup>th</sup>** – Further walking in the local area

**Wednesday 8<sup>th</sup>** – Trek to Mountain Refuge

**Thursday 9<sup>th</sup>** – Trek to summit of Jebel Toubkal

**Friday 10<sup>th</sup>** – Reserve Day for summit and trek back down to Imlil

**Saturday 11<sup>th</sup>** – Drive to Marrakech and visit to Medina market

**Sunday 12<sup>th</sup>** – Flights home

## Cost of Trip

**Trip fee:** £450

To take part in this challenge, participants will need to pay a fee of £450. This covers the cost of the trip and ensures that all sponsorship money raised goes towards the work of Mayhew International. The Registration fee includes:

- The hotel stay in Marrakech
- Transport to mountains
- Accommodation in the mountains
- All food on the trek
- Guides
- Mules
- International Mountain Leader

**Minimum Fundraising target:** £500

Participants will need to raise £500 in sponsorship for this event. We at The Mayhew, will be on hand with lots of fundraising advice and ideas to help you reach this target.

All of the sponsorship money raised will go towards Mayhew International's vital animal welfare work abroad

## Questions you may have about the trip

### Fitness

#### **How fit do you need to be to take part?**

We will be walking for around six to eight hours each day for four days. The trek will go at your pace, so if at any time you need to stop and rest then this will be catered for. It is not a race and we will go at a speed that everyone is happy with.

#### **Will I need to do any training before the challenge?**

We would recommend that you get out walking for an hour or so, 4-5 times per week at a steady pace to build up to the trek and go for longer walks at the weekend. Please make sure that you walk in the boots that you will be taking on the trek, to ensure that they are comfortable.

### Food

#### **What will the food be like?**

There will be fresh salads, rice, potato, locally made bread etc. Sardines are also always available. Alcohol will only be available in Marrakech.

#### **I am vegetarian, will there be food for me?**

Vegetarians are catered for and wheat and dairy products can be avoided if necessary.

#### **Should I bring snacks along on the trek?**

If you would like extra food during the day, please feel free to pack power bars, energy bars etc

#### **Will I need to pay for any meals?**

You will need to pay for meals in Marrakech. All other meals on the trek will be provided.

## **Equipment**

### **What equipment will I need to bring?**

A small day sack

Strong (and comfortable) walking boots/shoes

A hard plastic water bottle

Small pack of wet wipes and tissues

Sun glasses, sun hat and suntan lotion

### **Will I need to carry my luggage whilst trekking?**

You will just need your day sack with water, snacks and warm clothing. All other luggage will be left at the accomodation or transported for you.

### **Will I need to bring my own sleeping equipment?**

You will need a sleeping bag for the mountain village and hut.

### **What kind of shoes will I need to bring?**

You will need good walking boots or shoes for trekking and sandals or flip flops for relaxing in.

### **What kind of clothes should I wear for the trek?**

General walking clothing (Blacks, Cotswold Outdoor etc)

Shorts and vests are fine outside of Marakesh, but you will need to cover up in the city

Sports bra for ladies on the trek

Warm top and jacket will be needed for the evenings in the mountains

Gloves and hat needed for the summit

Sunglasses

## Money

### **Will I be able to change money when out there if needed?**

Yes. Please bring euros in small denominations – you can change money for local currency if required in Marrakech. Most shops take euros.

## Medical

### **What medical facilities will there be in case of an emergency?**

Your guide will be fully mountain first-aid qualified and Marrakech has a full A&E hospital.

### **Am I likely to suffer from altitude sickness?**

We will be walking at altitude, so altitude sickness is a possibility. We will be spending a day at the beginning of the trip walking to acclimatise to the altitude, to help reduce the risk of this. Drinking lots of fluids and walking at a steady pace can both help to reduce your chances of suffering and most importantly, make sure that you listen to the advice of your trip guide.

### **Will I need any injections before the trip?**

Please contact your own doctor for pre-travel health advice.

### **Should I bring a personal first-aid kit?**

Only personal medication as required and plasters, sun cream and insect repellent.

## General Questions

### **Will I be able to extend my stay to allow for some further days of sight-seeing?**

Yes, you will be booking your own flights, so if you would like to spend time in the area after the trek, please book your flights accordingly.

### **What is included in the £450 trip cost?**

The hotel stay in Marrakech (at start and end of trip)

Transport to mountains,

All food on the trek

Guides

Mules

International Mountain Leader

Mountain hut and village accommodation

**What is not included in the £450 trip cost?**

Food in hotel

Water

Airport transfers

Personal Insurance

**Do the locals speak English?**

Yes most people speak English and/or French

**What is the accomodation like?**

During your visit you will be staying in a hotel, mountain village gite and mountain hut. These will be clean and warm but basic accomodation. You will be sharing a room with the other members of the trip in the mountain hut.

**What is the average temperature likely to be?**

It will be extremely hot in Marrakech, but cooler as you head into the mountains. The temperature at the summit will be around freezing.

**Are the mules treated well?**

Yes, as part of the tourist animal welfare initiative.

**What kind of inurance will I need?**

You will need to organise insurance that covers you for trekking a 4000m peak – It is very important that you arrange adequate insurance for the trip.

## Flights

As participants in this trek may be travelling from various locations, we are unable to book flights for you to Marrakech. Please see below for suggested flights from London.

We would strongly recommend booking your flights as soon as you have registered and received confirmation of your place from Mayhew International to ensure that you are booked onto the best possible flight for this trip.

Suggested flights (with Easyjet):



### London Gatwick to Marrakech

- Dep **04 September 2010** 12:25
- Arr **04 September 2010** 15:05
- Flight **8895**
- 1 Adult
- 1 x £94.99



### Marrakech to London Gatwick

- Dep **12 September 2010** 10:00
- Arr **12 September 2010** 14:30
- Flight **8894**
- 1 Adult
- 1 x £116.99

In the event that the trek does not go ahead, the initial £200 registration fee will be returned, but we are unable to reimburse the cost of the flight.

