



BERBERTREKS

Moroccan Gardens Tour – Marrakech & Ourika Valley - Full Itinerary

20.04.2019.: Arrive Marrakesh airport where your guide will transfer you to your hotel. The rest of the day is free to relax and explore the medina. Hotel included, meals at own expense

21.04.2019.: Guided tour around Koutoubia Gardens which are south of the Koutoubia mosque. There is topiary and many roses. Following this you will visit El Bahia Palace and Gardens. The Bahia palace and gardens were built in the late 19th century, intended to be the greatest palace of its time. The name means 'brilliance'. As in other buildings of the period in other countries, it was intended to capture the essence of the nation's style: Moroccan and Islamic. There is a 2 acre garden with rooms opening onto courtyards. In the afternoon you will visit Cyberparc Arsat Moulay Abdessalam. The original park was built in the eighteenth century for Prince Moulay Abdessalam. It has been restored and launched into the technological age with the installation of internet kiosks and WiFi. The Cyberparc opened in February 2005. There is a telecommunications museum at the entrance to the park. Hotel, breakfast and lunch included

22.04.2019.: In the morning you will visit Agdal Gardens (Aguedal Park Gardens) The name "Agdal" comes from the Berber language and means "meadow on the banks of a wadi enclosed with a stone wall". The Almoravids laid out an orchard garden in the 12th century. Water was brought from the Ourika Valley by a network of underground channels and ditches. Agdal comprises several linked gardens, with one leading on to the next, including an orange grove and an olive plantation. In the nineteenth century the gardens were enlarged and enclosed with pise walls. A lake, called the Tank of Health, is probably as old as the orchards old but was re-shaped at this time with pavilions overlooking the water. In the afternoon you will go to Menara Garden. The Menara Garden was established in the 12th century as an orchard of palm, olive and fruit trees. It has a formal pool overlooked by a pavilion (minzah) previously used by the sultan and his family. The present pavilion dates from the nineteenth century but is believed to be on the site of an earlier (16th-century) Saadian structure. An orchards, pools and pavilions are the primary components of Islamic gardens. Hotel, breakfast and lunch included

23.04.2019.: Private transfer for 1 hour south east of Marrakesh for an all day tour of Nectarome Aromatic Garden. Nectarome is an aromatherapy company and they have developed an organic garden in the foothills of the Atlas Mountains. The garden is one hectare and situated in the valley of the Ourika River. There are 50 species of aromatic and medicinal plants. Hotel, breakfast and lunch included

24.04.2019.: Morning tour to Badi Palace. The Badi' Palace was built in the Qasba during the reign of Muhammad al-Shaykh al-Mansur (1578-1603). It has a symmetrical plan with chambers and pavilions round a central courtyard with water and planting. Four gardens open off the courtyard. After lunch you will visit the Saadian Tombs. The Saadian Tombs were built in the time of Sultan Ahmad al-Mansur (1578-1603), of the Saadi dynasty. Moulay Ismail sealed up the entrances to the tombs and they were largely forgotten until 1917. In addition to the two principle mausoleums, there are over 100 tombs scattered around the gardens, marked with gravestones decorated with coloured tiles. Hotel, breakfast and lunch included



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25.04.2019.: Visit Palmeraie - palm garden in the morning with an optional camel ride. The Palmerie is a large oasis planted with date palms and some ornamental plants, including jasmine, roses and honeysuckle. It is irrigated by means of underground water channels. There are approximately 13,000 hectares of orchard with 100,000 trees amongst which a number of hotels have been built. It is the only palm grove of its kind north of the High Atlas mountain range. The Palmarie Gardens include Dar Asseraf, Dar Gunz, Dar Rachad, Palmeraie Golf Palace, Tikida Garden and Villa Schubnel. In the afternoon you can visit les Jardins de Marjorelles or go souvenir shopping in the souks, have a massage and hammam or a visit to the tanneries to see how the skins are prepared before being made into shoes and handbags. Hotel, breakfast and lunch included

26.04.2019.: Free day in Marrakech. Hotel, Breakfast only included

27.04.2019.: Transfer to Marrakesh airport 2 hours before your departure. Breakfast only included

£489 per person (minimum group size of 6)

Included in the price: english speaking guide throughout the tour, 7 nights accommodation in hotel in twin room, walking distance from medina, meals as above, transfers to and from airport and gardens when necessary, entrance fees to gardens

Not included: tips for guides, dinner in Marrakech, sightseeing entrance fees, bottled water, soft drinks or alcoholic beverages, international flights, travel insurance

For further details contact Georgina on:

Phone: 07738 242619

Email: info@moroccotreks.co.uk

Website: www.moroccotreks.co.uk



BERBERTREKS

MOROCCO - FACT FILE

ACCOMMODATION

Whilst in Marrakesh you will be accommodated in 3 star hotels in twin rooms. The hotel will be walking distance from the medina in Marrakesh.

HEALTH & HYGIENE

Your hotel will have hot water. We also recommend that you bring wet wipes and anti-bacterial hand gel. In addition we also recommend that you drink between 2-3 litres of water each day and eat more than you would at home to keep up your energy levels. Stomach upsets, headaches and blisters can sometimes be encountered with the new food, but will pass quickly when treated immediately. Your guide is first aid trained and carries a comprehensive first aid but please bring your own personal medication including blister kit and ibuprofen.

FOOD/WATER

Food on trek is basic but substantial. Breakfast largely consists of porridge, cereals, eggs, bread and spreads. For lunch you should expect to have salad, bread, couscous, tinned fish and fruit. Dinner consists of tagine (steamed vegetables and meat with spices) rice, lentils, pasta, potatoes. Meat is provided when available such as chicken, lamb or goat. Vegetarians will have no problems in Morocco, however please let us know as soon as possible about your dietary requirements. Whilst in Marrakech you will have a greater range of western food and restaurants.

The tap water in Morocco is not for drinking. Whilst in Marrakech please buy bottled water. This normally cost 10 MAD from the corner shops. You will be provided with drinking water whilst on trek however please bring your own supply of water purifying tablets for the duration of the trek.

STAFF

You will be met at the airport by your head guide, who will give you a full briefing about your trek at your hotel. He/she has overall responsibility for the tour and makes all final decisions on behalf of clients' welfare. He is responsible for the logistics of your trek. Your head guide will speak good English and will answer all your questions about Moroccan and Berber culture.

CLIMATE & EQUIPMENT

As a general rule the days are clear bright and sunny during the day between 25-40 degrees Celsius and the evenings get cooler once the sun goes down around 15 degrees Celsius.

ESSENTIAL TREKKING EQUIPMENT

- Sturdy walking shoes
- Wicking t-shirts, not cotton
- Fleece jumpers, not cotton
- Quick drying walking trousers or shorts, not cotton or denim
- Sun hat
- Sunblock Factor 30+
- Personal toiletries
- Sunglasses
- Water container at least 2 litres, I recommend platypus, source or camelbak pouches with a drinking hose
- 20 - 30 litre rucksack to carry during the day
- Waterproof bag inside your rucksack
- Camera & spare batteries
- Lightweight waterproof jacket
- Blister kit and personal medication such as ibuprofen, anti-histamines, dioralyte, lemsip, throat lozenges



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DONATIONS TO VILLAGES & SCHOOLS

Please check with your airline about your luggage allowance however it would be wonderful if you would like to bring old clothing particularly warm jumpers and coats to donate to the Berber villages that you trek through. In addition any stationery, books or art materials would be gratefully received at the local schools. We do not recommend that you give out sweets to children as dentists are not readily available in remote areas.

PASSPORT & VISAS

It is essential that your passport is valid for 6 months after your entry to Morocco. British citizens do not require a visa for entry to Morocco. For citizens of other countries please visit: <http://morocco.embassyhomepage.com/> You will need to fill out a landing card on your arrival and departure at Marrakech airport so it is good to have a pen handy.

VACCINATIONS

There are no specific vaccinations required for entry into Morocco however we suggest that you are covered for; diphtheria, tetanus, measles, mumps, rubella, polio and Hepatitis B. Please consult your doctor for further information or visit: <http://www.netdoctor.co.uk/travel/africa/morocco.shtml> or <http://www.who.int/countries/mar/en/>

TRAVEL INSURANCE

This is compulsory and must be put in place at the time of booking. It should cover; repatriation to your own country, trekking activities and helicopter rescue in the mountains. You will be required to carry your insurance documents whilst trekking. We recommend <http://www.campbellirvine.com/> or www.thebmc.co.uk

CURRENCY & SPENDING MONEY

On the day of writing, the currency exchange rate was 13.7 dirhams (MAD) to £1 sterling. There are many bureaux and ATMs where you can exchange money or withdraw dirhams in Marrakech. ATMs generally take visa, cirrus and maestro. Payments made by Visa in shops and souks are readily accepted although often a surcharge is added. It is best to bring US\$ or £ in cash to exchange. Throughout the trek all meals are provided so you will only need enough spending money for souvenirs, soft and alcohol drinks and personal items. A budget of £200-300 spending money would be plenty for the whole trip. To give a rough idea in Marrakech; a bottle of coke cost and a 1.5 litre bottle of water cost 10 MAD and a good meal in a local restaurant costs between 50-150 MAD.

TIPPING

We make it our policy to pay our staff well. We believe that in paying our staff properly for their experience and qualifications, in return they will be willing to work to their best standard. Please tip your staff team at your own discretion. As a general guide US\$5 per person per trek day would be ample. Donations of old equipment and clothing are always gratefully received.

RELIGION & RESPONSIBLE TOURISM

In Morocco today 99% of the population are Muslims. The other percent are Jewish or Christian. Please buy local produce as much as possible, talk to the locals, dress modestly in religious buildings and remote villages ie; long trousers and long sleeved tops for both men and women, never leave litter and ask first before taking photos. We endeavour to employ local staff and buy local produce as much as possible.

ELECTRICITY

240 volts, 2 round pin European plug. It is possible to charge your electrical items in your hotel room.



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COMMUNICATIONS

Mobile phone reception is available in Marrakech. There are also many cybercafés in Marrakesh and free wifi in your hotel.

TIME ZONE

During BST Morocco is 1 hour behind UK time. During GMT Morocco is on the same time as the UK.

Every effort has been made to ensure that sure the information on this fact file is correct in 'average conditions' however, we will not be held liable for any inaccuracies due to extreme circumstances.



BERBERTREKS BOOKING FORM

The holidays and expeditions offered by Berber Treks are of a strenuous and active nature. Please make sure that you have read and understood the level of fitness necessary to participate fully on your trek, before signing and returning the form. Please fill in this form using the details written exactly in your passport. Signing and completing this form denotes that you have read and agree to abide by the Terms & Conditions detailed at: <http://www.moroccotreks.co.uk/termsconditions.asp>

PLEASE COMPLETE ONE FORM PER PARTICIPANT

TODAY'S DATE	
NAME OF TREK	Moroccan Gardens Tour, Marrakesh & Ourika Valley
DEPARTURE DATE	20.04.2019.

TITLE	FIRST NAME	SURNAME	NATIONALITY	OCCUPATION	SIGNATURE

DATE OF BIRTH	PLACE OF BIRTH	PASSPORT NO	PLACE OF ISSUE	DATE OF ISSUE	DATE OF EXPIRY

CORRESPONDENCE ADDRESS	EMERGENCY CONTACT DETAILS
	NAME
	ADDRESS
POSTCODE	
PHONE	POSTCODE
EMAIL	PHONE

DIETARY REQUIREMENTS	MEDICAL CONDITIONS



BERBERTREKS

PAYMENT	
TOTAL TOUR PRICE PER PERSON	£489.00

PAYMENT METHODS (Please mark 'x' in the appropriate box)	
HSBC BANK TRANSFER: Sort Code: 40 45 22, Acc No: 91713175	
CHEQUE: Made out to "Berber Treks Ltd" and posted to the address below	

Flight details

ARRIVAL PLACE	ARRIVAL DATE	ARRIVAL TIME	AIRLINE & FLIGHT NO
Marrakesh Menara International Airport			
DEPARTURE PLACE	DEPARTURE DATE	DEPARTURE TIME	AIRLINE & FLIGHT NO
Marrakesh Menara International Airport			

Travel insurance must be put in place at the time of booking

INSURANCE COMPANY	INSURANCE POLICY NO	INSURANCE EMERGENCY CONTACT NO

Please return the completed form via email to: info@moroccotreks.co.uk or post to Georgina Talfana, Berber Treks Ltd, 4 Westbury Close, Fleet, Hampshire GU51 3HR