

The challenge of a lifetime...  
...for the charity of your choice

# Sahara Desert

# Trek



## Much more than a stroll on the beach!



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# Witness the sun rising over the ever-changing dunes of the Sahara - a truly breathtaking sight...

## Your trekking challenge...

...is to hike through this ever-changing landscape and climb to the top of the Chigaga Dunes to witness the desert sunrise. The days will be hot and the trekking will be tough, but the rewards of conquering this desert with the High Atlas Mountains as our backdrop will be worth it! This event is perfect for those with little time to take away from the UK - so join us as we conquer the mighty dunes of the Sahara!

## Your itinerary...

### Day 1

We depart the UK for our flight to Morocco and upon arrival, we transfer to our hotel in Ouarzazate.

Ouarzazate is a town south of the High Atlas Mountains created by the French in 1928 but is now the film centre of Morocco - the base for such films as 'Gladiator' and 'Alexander the Great'. As a relatively new town it does not have a city centre, but has a large Glaoui Kasbah which is well worth visiting. We have an early start in the morning so an early night is recommended!

### Day 2

Following a very early breakfast, we transfer from our hotel and set off for the desert. Our driving route goes along the Draa Valley - a long, stunning palm filled oasis with rocky mountains and Hamada (rock desert) on each side. After approximately 4 hours drive (discounting photo and tea stops and our lunch at Ouled Driss) we arrive at M'hamid - the gateway of the desert. We'll then don our trekking boots before setting off into the dunes for the beginning of our challenge! To get us into the spirit of trekking in the desert we will have a short trek of about 2-3 hours today which will finish at our camp in the Bougharn Dunes.

**Approx. 2-3 hours trekking**

### Day 3

Today we set off with our camel trains and begin trekking through the dunes - there is no path to follow as they continually change in the wind. Our camels will find the best way through the dunes and in the event of a sandstorm we can protect ourselves by wearing a Seche (headscarf). This is part of the traditional costume worn by the nomadic Tuaregs that covers the face, ears and neck and gives protection from the wind-driven sand - they are also ours to keep as souvenirs from our challenge.

Towards the end of our trek, we'll try and find the nomads' encampment and pay a visit to experience their unique way of life - they are very hospitable people and we may be asked to partake in a strong cup of mint tea or coffee. Tonight's camp is at the foot of the stunning Chigaga Dunes.

**Approx. 6-7 hours trekking**





## Sahara...

The desert is one of nature's wonders and has always mystified people with its vast stretches of sand. It covers around 9,000,000 square kilometres stretching from the Red Sea to the outskirts of the Atlantic Ocean and shares its boundaries with the Atlas Mountains and the Mediterranean Sea.

Our challenge will see us conquer magnificent sand dunes, make friends with the camels and sample the unique nomadic lifestyle of the people of the Sahara.

## Conquer the mighty dunes of the Sahara!



### Day 4

A very early start today before the sun rises – after waking, we'll have a very quick snack and then commence our climb up to the top of the Chigaga Dunes (100m). Our climb will be in the dark, but the moon and stars should be enough to light our way. Upon reaching the top, we'll rest and wait for the sunrise over the Sahara, then watch the colours of the dunes change in the sunlight – a truly breathtaking sight!

After watching the sunrise, we descend in the heat of the morning sun back to our camp, where we will have our breakfast. After a short rest, we push on with our desert challenge towards our camp at Erg Eghaul which is about 7 hours on foot.

**Approx. 7-8 hours trekking**

### Day 5

Following breakfast at camp, we push on to the end of our trekking challenge – it's a short walk to our waiting transport at Zaoui Sidi Abd-En-Nabi. We'll wave goodbye to our camels and the breathtaking Sahara and then transfer back to our hotel. This evening we will toast our achievements at a celebratory dinner.

**Approx. 1-2 hours trekking**



### Day 6

After breakfast we transfer over the High Atlas Mountains and depending on flight times we may have some free time in Marrakech before our flight back to the UK.



# Your questions answered...

## Is this trip for me?

ABSOLUTELY!! This trek is suitable for people of all ages (minimum 18 years old). The one thing everyone will have in common is a sense of adventure and the desire to help their favourite charity. Most people will sign up as individuals meaning you will all be in the same situation!

## How fit do I need to be?

This trek has been designed to be challenging but achievable by anyone as long as you train. Remember, you are trekking for 4 consecutive days and in hot temperatures – the fitter you are the more you will enjoy this challenge. Trekking training tips can be found on the Global Adventure Challenges website to point you in the right direction and why not join one of our challenge training weekends - it's a great opportunity for you to meet our team and fellow participants!

## Where will we stay?

On the first and last night we will stay in a 3 star hotel; twin share with en-suite washing facilities. Whilst on trek we will be camping – all tents will be provided but participants are expected to bring their own sleeping bags.

## Do I need specialist kit?

We will supply you with a suggested kit list of what to take once you register to take part. Apart from some broken in trekking boots, sleeping bag and maybe some trekking poles, you do not need any specialist kit.

## Do I have to carry my own luggage?

No. All participants will only have to carry a day pack (for items such as sun-screen, water, sun hat, camera etc) and your main piece of luggage will be transported by camels on trek, whilst in Ouarzazate, it will be transported by vehicle. Remember, it is only 6 days in total so travel light!

## Food matters...

All meals will be provided whilst on trek as well as breakfast whilst staying in Ouarzazate. Bottles of water will be provided free of charge on trekking days. We can cater for all dietary requirements as long as we know in advance – just fill in the appropriate section on your registration form enclosed. Moroccan food is very varied and nutritious with plenty of vegetables.

## What's included?

Return flights from London to Marrakech, hotel accommodation in Ouarzazate on day 1 and day 5, transfers, tents and other camping equipment (participants must bring their own sleeping bags), meals from dinner on day 1 through to breakfast on day 6, camels to transport luggage, food, water and other supplies, drinking water for each participant, local English speaking guides, Global Adventure Challenges leader from the UK and a full, comprehensive First Aid kit.

## What's not included?

Airport Taxes and Fuel Surcharges – these are approximately £100 and payable 6 weeks prior to departure, personal travel insurance, tips and gratuities, sleeping bag, visa (if applicable), alcoholic drinks and your personal kit.

## Can I stay in Morocco after the Challenge?

All extensions are strictly limited, subject to availability and given on a first come first served basis. Those wanting to request an extension should contact Global Adventure Challenges as soon as possible at [customer.care@globaladventurechallenges.com](mailto:customer.care@globaladventurechallenges.com). There is a minimum £60 + VAT charge for having your return airline ticket extended.

## What sort of back-up is there?

There will be a strong support team with a professional Global Adventure Challenges leader from the UK, as well as local guides and Berbers. Full, comprehensive first aid kits will be taken and satellite/mobile telephones will be used to ensure your safety and security at all times.

## What happens if I get tired?

There will be regular rest stops for drinks and snacks – there is no problem if you need to take more rest stops. A guide will be bringing up the rear of the group ensuring no-one is left alone – remember though, this is not a race!

## How do I go about raising sponsorship?

Once you have signed up you will receive a fundraising pack from your charity in order to make your fundraising as easy as possible. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way.

## I am interested... what do I do now?

Places are limited and go on a first come, first served basis, so try to register as soon as you can! You can register online at [www.globaladventurechallenges.com](http://www.globaladventurechallenges.com) or fill in the enclosed registration form and medical questionnaire and post it back to Global Adventure Challenges along with the registration fee – all payment options and costs are explained on the enclosed information sheet. Once your registration is received, Global Adventure Challenges will write to you sending you further information on what to expect from this awesome adventure! Your charity will also be in touch with you to discuss your fundraising.

## Join us and conquer the mighty dunes of the Sahara!

**Register online today!**

[www.globaladventurechallenges.com](http://www.globaladventurechallenges.com)



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