



Alzheimer's Society Saharan Mini Adventure



Duration: 5 days

A challenging trek against the backdrop of the awe-inspiring Sahara Desert, this short but adventurous trip offers a bite-sized desert experience.

From flat desert floor scattered with ancient fossils, to perfect wind-blown sand-dunes, this trek is diverse and demanding. The vast, unforgiving desert is a truly beautiful place to discover, while the incredible star-strewn night skies are unforgettable, especially with a new moon.

Accompanied by Berber guides and a small caravan of camels, our remote night-camps with camp-fires and Berber singing are often a real highlight of the trip!

DETAILED ITINERARY

Day 1: Fly London to Ouarzazate

Pronounced 'Wazzazat', this busy town on the edge of the desert, famous for its film studios, lies just south of the High Atlas Mountains. We transfer the short distance to our hotel. Night hotel.

Day 2: Ouarzazate – Tazerine – Camp

After an early breakfast, we load our gear into the waiting vehicles and set off for the desert. Our drive takes us over the low mountains of the beautiful Jebel Sarhro and then east, passing the small town of Nekob en-route to characterful Tazerine, a small oasis town. On arrival at our start point, we have lunch while the cameleers load up the camels, then set off through beautiful landscapes of palm trees and small sand dunes. We make camp at the edge of the dunes for the night, enjoying the stunning night skies. Night camp.

Drive approx. 3 hours; trek approx. 3 hours

Day 3: Desert Trek

The full colour of the landscape erupts as the sun rises. Hot coffee and a good breakfast set us up for a good day's trek. We break camp, load the camels and head off along a dry river, passing through small oases and low sand dunes. The views around us are amazing, with the colourful Jebel Sarhro mountains to the north, and the startling greenery of the palmery threading its way back towards Tazerine. Leaving the river bed behind, we head out into the desert hills, walking through sand dunes. We pass occasional small tamarisk trees that manage to flourish in this harsh environment, providing a little shade. Continuing through the small dunes, we come to our camp in a sheltered spot among the hills. Night camp.

Trek approx. 6-8 hours

Day 4: Camp – Taghbalt – Ouarzazate

After another amazing night under the stars we set off on the last section of the route, continuing through the low hills until we emerge in open desert, with inspiring views of the barren mountains around us. The terrain becomes firmer underfoot as we walk over *hamada*, or desert floor, until we reach the small, remote town of Taghbalt. We meet our waiting transport and return to Ouarzazate for an evening of celebrations. Night hotel.

(Dinner not included)

Trek approx. 4 hours; drive approx. 3 hours

Day 5: Depart Ouarzazate for London

An early transfer takes us to the airport, and we fly home.

WHAT'S INCLUDED

- Scheduled flights to London - Ouarzazate and all transport
- All accommodation (hotels and camping)
- All meals (exceptions detailed in itinerary)
- Discover Adventure leaders
- Discover Adventure doctor

- Local guides, drivers etc

WHAT'S EXCLUDED

- Fuel supplement at approximately £80pp
- Meals as detailed in itinerary
- Personal travel insurance (to cover personal injury, cancellation/curtailment, lost items etc)
- Alcoholic drinks
- Sleeping bag

GRADE | YELLOW

Trips are graded Yellow, Orange or Red, in increasing level of challenge. This trip lies within the **YELLOW** range.



The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a **spectrum** which reflects the difficulty of these factors; trip duration, accommodation and living conditions (see icon) are also taken into account.

[Trip grading explained](#)

CHALLENGE INFORMATION

DETAILED INFORMATION

Trip Safety

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with communication devices (eg phones, radios and/or emergency satellite phones), medical kit and other safety apparatus appropriate to the destination. Our leaders always have access to our 24-hour emergency UK back-up. They are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary, should local conditions dictate. Pre-trip administration - such as medical questionnaires and travel insurance as appropriate - is all done with your safety in mind.

Foreign Travel Advice

For the latest travel advice from the Foreign & Commonwealth Office including security and local laws, plus passport and visa information, check www.gov.uk/foreign-travel-advice.

Accommodation

Whilst on the trek you will be **camping in tents with room for 2 people plus your luggage**, though sleeping out under the stars for at least one night is highly recommended! On this challenge, it's expected that everyone will share tasks together, like putting up tents each evening in camp. We use good hotels at the start and end of the trip.

We camp in two-man tents; these are usually expedition-style (ie sleeping room only). Camps are usually simple, in remote locations with great views! We have communal dining areas (usually with tables and chairs/stools) and toilet tents, and the local crew look after us very well. We stay in hotels (of a 2-3* standard or equivalent) at the start and end of the trip; standards may vary between different hotels, but they are generally clean and comfortable with good facilities.

PREPARING FOR THE CHALLENGE

Passport & Visa / Vaccinations

Entry requirements vary depending on your destination and nationality. It is your responsibility to ensure your passport is valid, and any visas are obtained in good time. Check the [FCO's advice](#) on entry requirements for your destination to be sure. To find out if you need a visa you can check your requirements using our partner, Visa Machine, website [here](#); please ensure you allow plenty of time.

Your routine UK schedule of vaccinations should be up-to-date (especially tetanus). We recommend you check [Fit For Travel](#) for further details. You should always check with a GP or travel clinic for up-to-date travel health advice as it does change.

Clothing & Kit

We plan our trips around the optimal weather conditions, but could still be exposed to bad weather at any time. It is vital you are prepared for all conditions. We provide you with a detailed packing kit-list on registration, as well as details on useful discounts you are entitled to as a Discover Adventure customer. We are always available if you need advice.

If you are still to buy some kit don't forget that Cotswold Outdoor, Snow and Rock, Cycle Surgery and Runners Need offer all Discover Adventure participants **15% off** any purchases you make with them. Please ask us for the code if you do not have this already.

Travel Insurance

Travel Insurance is compulsory on our challenges; we strongly suggest that you arrange insurance cover as soon as your booking with us is confirmed. Should you need to cancel on medical grounds, you will need insurance to cover the costs involved (registration fee and any trip costs depending on cancellation date).

You should also ensure that you have adequate cover for the type of challenge you are taking part in as well as medical emergencies, evacuation and repatriation.

You can obtain a quote with Insure to Travel from our website [here](#), or you may choose to take out your own travel insurance, just remember to let us know the policy number and emergency phone number!

For more information about travel insurance, please click [here](#).

Cultural Differences

For most people, the main attraction of travelling to a different country is to see new sights and enjoy new experiences. Sometimes those new experiences can make life harder or more inconvenient than you may like, such as toilet hygiene or different food, or simply a different attitude to solving problems. This is all part of the challenge you are signing up for! We are very privileged to live in a country with a high standard of living, and travelling exposes us to different challenges – all of which help broaden our horizons. We can guarantee that coming face-to-face with experiences outside your normal 'comfort zone' will help you bond with your fellow participants and provide you with plenty of things to laugh about! A sense of humour and sense of adventure are two of the most important things to bring with you!



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Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 19 Jan 2021, and the challenge is subject to change.