

Epworth Explore Morocco Challenge



Trip Highlights

- Explore the medieval city of Fes
- Enjoy sunset views over Fes Medina from Merinides Tombs
- Marvel at the magnificent Hassan II Mosque in Casablanca
- Experience Moroccan fusion-food at Scorpion House overlooking Moulay Idriss Zerhoun
- Visit the exotic and well preserved kasbah of Ait Benhaddou
- Spend a night at a luxury desert camp in the dunes of Erg Znagui
- Have tea with a Berber nomad family
- Hike for 2 days in the starkly beautiful Jebel Saghro mountain range
- Hike around Mt Toubkal, the highest mountain in North Africa and Morocco
- Trek through traditional Berber villages with views of the snow capped Atlas Mountains
- Experience the magic of Marrakech's marketplace, Djemaa el Fna



Trip Duration	12 days	Trip Code: EMC
Grade	Introductory	
Activities	Trekking, Adventure Touring	
Summary	12 day trip, 3 day trek, 6 nights hotel, 3 nights riad, 2 nights luxury camps	

Supporting Your Cause

Epworth Medical Foundation (EMF) opened in 1982 to raise much-needed funds to ensure patients at Epworth Health Care receive the best possible care. Our work is vital, because Epworth is a charitable, not-for-profit hospital. We rely on your generosity to enable us to stay at the forefront of advancements in medical technology, for our patients. Epworth is a private, not-for-profit organisation. We receive very limited funding from government. Instead, we rely on funds raised by Epworth Medical Foundation to continue to provide our patients with the best possible facilities, equipment, surgical expertise and access to research.

By taking part in the Epworth Explore Morocco Challenge, you will not only enjoy the adventure of a lifetime, you will also be helping to give vital support to hundreds of our patients.

Your Huma Challenge

Thank you for your interest in our Epworth Explore Morocco Challenge. Huma Charity Challenge is a division of the worldwide adventure travel company World Expeditions. When joining a Huma Charity Challenge you embark on a remarkable journey to discover your inner philanthropist as you raise money for a Charity that is important to you. At the same time you take on the challenge of fundraising and partake in an adventure to discover new worlds, new landscapes and new cultures ... perhaps you'll even discover how far your personal boundaries stretch as you take on a physical challenge like a cycling, trekking or a mountaineering adventure. We are passionate about off-the-beaten track travel experiences as they provide travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. Our itineraries are well researched, affordable and tailored for the enjoyment of small groups. Our itineraries provide the very best travel experience, designed by people with vast local knowledge who share our vision of authentic exchange and real exploration with a responsible travel approach at the core.



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Charity Challenge Payments

Joining Casablanca from:	\$5785
Non Refundable Registration Fee:	\$200
DO - Fundraising target:	\$2500
SS - Single Supplement:	\$1790

All prices are per person

World Expeditions does not require single travellers to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we cannot match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. Please refer to our website for the additional cost.

Trip Dates

2024 06 Oct - 17 Oct

important notes

RF - Registration Fee

DO - Donation, Fundraising target

SS - Single Supplement

What Impact Will My Fundraising Have?

Epworth Medical Foundation - The difference you make

When you donate to the Foundation, your generosity is used to directly benefit our patients. For example, more than half of all medical equipment at Epworth Health Care is funded by the Foundation, and 80 percent of our medical research.

Charitable funds are used to support:

- *state-of-the-art medical equipment that ensures our patients receive the very best
- *world-class facilities that maximise patient outcomes, safety and comfort
- *groundbreaking medical research projects and trials, shared with our patients
- *staff education and training opportunities to pass best-practice on to our patients
- *support programs to care for our patients' emotional and financial needs

Your Adventure

Morocco's location on the edge of the Sahara, together with its historic trade links with European ports, has shaped its rich cultural heritage. You'll discover its blend of mosques and minarets, great imperial cities and souqs, medinas and riads. You'll dine at the famous Scorpion House restaurant and under the starry sky at a luxury desert camp. Our fully escorted tour travels from the exotic cities of Casablanca to Meknes, Moulay Idriss, Fes and Marrakesh. You'll spend three days trekking in the High Atlas Mountains following trails through contrasting landscapes, traditional Berber villages and fortified Kasbahs, and celebrate the end of this incredible journey in the colourful city of Marrakesh.

Online Fundraising Portal

When fundraising for the charity donation component of this challenge you must seek permission of your charity before beginning to fundraise in their name. The team at Epworth will be in touch with you upon registration to give you the details of the online fundraising page and permission to fundraise. The minimum fundraising target is \$2,500 per person. You can do it!

Itinerary at a Glance

DAY 1	JOIN CASABLANCA
DAY 2	CASABLANCA - FES
DAY 3	FES - VOLUBILIS - MOULAY IDRIS - FES
DAY 4	EXPLORE FES
DAY 5	FES - ERFOUD
DAY 6	ERFOUD - MERZOUGA - ERG ZNAGUI DUNES
DAY 7	ERG ZNAGUI - MERZOUGA - NKOB - ID BAB N ALI - IGLI
DAY 8	IGLI - KOUAOUCH PEAK - IMI N OUAREG - DADES
DAY 9	DADES - OUARZAZATE - AIT BEN HADDOU - OURIKA
DAY 10	OURIKA - IMLIL - MARRAKESH
DAY 11	MARRAKESH
DAY 12	TRIP CONCLUDES IN MARRAKESH

What's Included

- 11 breakfasts, 8 lunches and 6 dinners
- airport transfers (day 1 and 12)
- 3 nights in traditional riads on a twinshare basis



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Fast Facts

Countries Visited:

Morocco

Visas:

Please check visa requirements with your reservations consultant*

Vaccinations:

Please consult a travel vaccination specialist for up to date information

Group Size Min:

10

Group Size Max:

20

Private Groups:

Private group options are available for this trip*

Singles:

A single supplement is available for this trip*

Leader:

Expert local leader

Advice for people with limited mobility

This trip is not suitable for people with limited mobility.

Brochure Reference:

Africa, Middle East

*Ask our staff for more information.

- 6 nights in comfortable hotels on a twinshare basis
- 2 nights fully supported camping on a twinshare tent basis
- group camping equipment including tent, sleeping bag and mat
- English speaking tour leader for 12 days
- local English speaking city guides in Volubilis, Fes, Marrakesh
- private transport
- wine tasting at Meknes
- food tour Marrakesh
- camel ride in the desert
- traditional Gnaoua music at the desert camp
- cook and mule handlers at the camp
- mineral water during trek
- park entrance and trek fees as listed in itinerary
- emergency medical kit

What's Not Included

- International flights and airport taxes
- Arrival and departure transfers (other than Day 1 or Day 12)
- Aerated and alcoholic drinks; mineral water (except on trek)
- Items of a personal nature such as phone calls, laundry, etc.
- Tips
- Visa
- Travel Insurance

Detailed Itinerary

DAY 1 Join Casablanca

On arrival at Casablanca International airport you will be met and transferred to the hotel. Depending on arrival time we may detour to Casablanca city centre and visit Hassan II Mosque, the biggest mosque outside Mecca.

Overnight Hotel Idou Anfa or similar

meals: NIL

DAY 2 Casablanca - Fes

After breakfast at the hotel, we visit Hassan II Mosque if no time the previous day, before driving to Fes. Pass through the Maamoura oak forest to the fertile Saiss Plain with its cereal plantations and vineyards and on to Fes. Founded in the late 8th Century shortly after the Arabs swept across North Africa and Spain, Fes is the symbolic heart of Morocco. It has become the cultural and religious centre of the country and has retained a distinctly Arab identity despite the arrival of some Berbers from the interior over the centuries. Today Fes is made up of three sections, the modern Ville Nouvelle, with its chic cafe-lined avenues, Fes el-Jdid and Fes el-Bali. Fes el-Bali is the original Medina and is one of the largest medieval cities in the world.

This afternoon, visit the Royal Palace gate, the Jewish Quarter and if time permits, the ceramic cooperative.

This evening we drive to the Merinides Tombs for a panoramic sunset view over the Medina, the old section of Fes.

Overnight Riad Fes or similar

Approx. 4.5 hrs drive

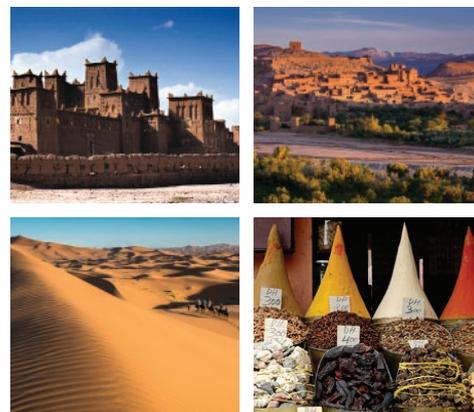
meals: B



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Responsible Travel

The natural environments that you'll travel through are fragile; the cultures and traditions precious and often the communities we pass through are reliant on tourism. It is our responsibility as visitors to minimise the impact of our presence, protect what is precious and where we can leave a positive impact. Learn how you can do this by downloading the Thoughtful Traveller booklet from our website.

Trip grading Introductory

This expedition involves trekking through undulating country, often untracked, for up to eight hours a day at a steady pace. To undertake this level of activity you will need a good level of trekking fitness and be sure-footed. Some days involve walking over rugged terrain, including boulders, scree and heavily vegetated ground. You will need a good level of fitness and be in good health. The majority of our moderately graded treks involve the carrying of a day pack only, though some may involve carrying a full pack. Morocco can get quite warm in the summer months so any experience in dealing with physical activity in warm conditions would be advantageous. Keeping hydrated and being prepared for variable weather conditions is a must.

Suggested preparation; 1 hour of aerobic exercise, three to four times a week and extended periods of exercise during the weekend will accustom you to regular exercise. Hill walking with a pack in variable weather conditions will be beneficial if you are taking part in a trekking adventure, kayaking or road cycling is also recommended depending upon the activity you plan to undertake.

DAY 3 Fes - Volubilis - Moulay Idriss - Fes

Today we take the scenic drive to the ancient Roman ruins at Volubilis, the largest and best preserved in the country and originally one of the Roman Empire's remotest outposts. After a guided tour of this unique site, we wander around the beautiful village of Moulay Idriss, a holy site, named after Morocco's most revered saint of the same name. Moulay Idriss was the great grandson of the Prophet Mohammed and founder of the first Moroccan dynasty.

After a walk through the narrow streets and vegetable market, enjoy a special lunch at Scorpion House, the private home of Mike Richardson, the restaurateur behind Cafe Clock in Morocco (previously at The Ivy in London).

If time permits, afternoon drive to Bouferkane, in the outskirts of Meknes for a wine tasting experience before returning to Fes for overnight.

Overnight Riad Fes or similar

Approx. 3 hrs drive

meals: B,L

DAY 4 Explore Fes

Fes is one of the best preserved medieval Islamic cities in the world. This morning we have a guided tour of the main sites including the Karaouine Mosque, the Medersas, Nejjarine Place and through the narrow streets of old Medina, to the souks, the tanneries and a mosaic and tile factory. The colours and aromas of the olive and spice stores mixed in with communal bakeries and the mysterious perfume shops are just some of the delights that make this journey through the ancient alleyways, full of scurrying people and surprises, a memorable experience.

Afternoon at leisure or optional activities available and payable on the day. Options include food tours, cooking classes, calligraphy and pottery workshops.

Overnight Riad Fes or similar

meals: B,L

DAY 5 Fes - Erfoud

Today we head south to Ifrane, a winter resort town, and Azrou in the Middle Atlas. We travel in our air-conditioned minibus passing through the agricultural regions of north Morocco and the fertile plains irrigated by the Oued Aggai in the foothills of the Middle Atlas. We then begin a long climb through an old cedar forest and holm oaks - keep a look out for the monkeys (Barbary Apes)! The scenery changes dramatically beyond Timhadite to become a completely barren plateau, reminiscent of a lunar landscape pitted with small volcanic craters, the largest of which is Sidi Ali, an immense lake bordered by steep cliffs. Continue over high pastures to the Berber town of Midelt before crossing the High Atlas range over Tizi n Talghemt (the pass of the camel) to the pre-Sahara land. The road drops into the breathtaking Ziz Gorge and Tafilalet valley with its green oasis and palm groves before reaching the palm-fringed towns to Erfoud and the gateway to the Sahara.

Overnight Hotel Xaluca

Approx. 7 hrs drive

meals: B,D



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Adventure Travel

By its very nature Charity Challenges involve an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are suitably fit, flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your charity representative or one of our team.

Important Note

These trip notes represent the most current information for this itinerary, and may supersede any other supplied information, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

DAY 6 Erfoud - Merzouga – Erg Znagui dunes

An early start today, we drive along the Tafilalet palmeraie to Rissani, once a meeting point of the Sahara caravans. Continue to Merzouga at the foothills of the impressive dunes of Erg Chebbi, the deep orange-hued dunes of the vast Sahara that stretch for miles. Transfer to 4WD vehicles to visit a nomad family living the traditional desert life and on to the luxury tented desert camp at the isolated dunes of Erg Znagui. This is camping with a silk edge. Carpets on the floor, hot showers, flush toilets and a proper bed.

This afternoon, explore the desert on foot or by camel.

Return to camp for a special three-course dinner and traditional Gnaoua music around the campfire.

Overnight Erg Znagui, Golden Dune Luxury Camp

Approx. 2 hrs drive

meals: **B,L,D**

DAY 7 Erg Znagui – Merzouga – Nkob – Id Bab n Ali - Igli

After a memorable stay in the desert we set off along the southern slopes to Alnif. Continue to Nkob then detour into the dramatic rock formation of Id Bab n Ali (1350m) in the heart of Jebel Saghro. Meet the trekking crew and hike up the Afourar Valley to the oasis of Igli (1700m).

Overnight wild camp

Approx. 5 hrs drive / 2.5 hrs walk

meals: **B,L,D**

DAY 8 Igli – Kouaouch peak – Imi n Ouareg - Dades

Today's hike begins with a steady uphill on a mule path passing the rock formations of Tasgdalte Tamejgalte. Leave the main path and start the climb up to Kouaouch peak (2550m) offering great views of Jebel Saghro and stunning Dades Valley. Descend to the north side of Jebel Saghro to Imi n Ouarg.

Meet the vehicle and short transfer to Dades.

Overnight Hotel Xaluca

Approx. 7 hrs walk / 1 h drive

meals: **B,L,D**

DAY 9 Dades – Ouarzazate – Ait Ben Haddou - Ourika

Today we head to Ouarzazate (pronounced war-zar-zate). En-route we pass the Kasbahs, oasis and Berber villages in the fertile valleys along the eastern flanks of the Atlas Mountains. The earthen town of Ouarzazate lies among the shadows of date and pomegranate trees on the banks of the Dades River. After a short stop, we continue to the UNESCO World Heritage site of Ait Benhaddou, the most exotic and best preserved Kasbah in the entire Atlas area and location for many international movies. After lunch we take a spectacular drive over the Tizi n Tichka pass leaving the arid desert area and cross the High Atlas mountains to the outskirts of Marrakesh and on to the entrance of the Ourika Valley.

Overnight Kasbah bab Ourika

Approx. 6 hrs drive

meals: **B,L**



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DAY 10 Ourika - Imlil - Marrakesh

After breakfast, we take a short walk in the valley before boarding the vehicle to transfer to Imlil, the starting point of today's hike where we'll gain incredible views of Mt Toubkal, Morocco's highest peak. Later this afternoon, we drive to Marrakesh, our final destination. Framed by the snowy heights of the Atlas Mountains and thousand-year-old palm groves, Marrakesh has a profound impact on all who visit. After checking into the hotel, we head to the famous Majorelle Gardens before venturing into the busy Medina for an evening food tour.

Riad Kniza or similar

Approx. 4-5 hrs walk / 2 h drive

meals: B,L,D

DAY 11 Marrakesh

Today we are led by our expert guide to discover the soul of Marrakesh. We visit souks and sites of historical and cultural interest including the Koutoubia Minaret and the beautiful Bahia Palace and walk through the old Medina, before reaching the humming centre of Marrakesh: the Jamaa el-Fna. The atmosphere of this square is overwhelming with its jumble of food stalls, snake charmers, fortune and storytellers and the wide variety of people that flock to its attractions. This evening, we'll return when the square really comes alive, for a traditional Moroccan meal to celebrate the end of an extraordinary journey.

Riad Kniza or similar

meals: B,L,D

DAY 12 Trip concludes in Marrakesh

Our trip concludes after breakfast. You will be transferred to the airport if you depart Marrakesh today. For departure on any other day, transfers can be arranged at an additional cost.

meals: B

This itinerary is subject to change with any modifications in Community regulations as well as Governmental changes and natural circumstances beyond our control.

Fundraising Support

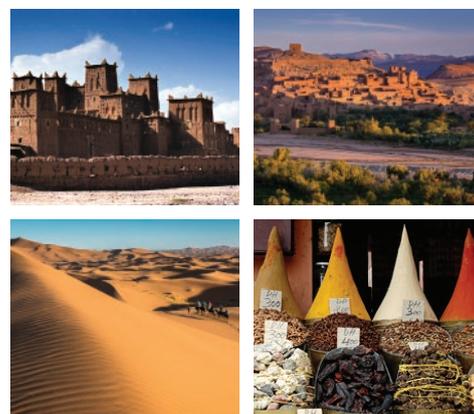
There are a number of ways you can approach your fundraising:

1. Simply pay for it yourself, as you would any other holiday (although this will be a LOT more memorable than any other holiday!). If you do so, \$2,500 of this cost will be tax deductible.
2. Fundraise some or all of the amount. When you do so, any donations that others make towards your challenge will be tax deductible. If you'd like to fundraise for your trip but don't know where to start, our professional fundraisers will provide you with the support and resources to make it easy and stress-free.



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Country Information

The oldest known inhabitants of Morocco are the Berber people. They have occupied the area for at least 5000 years however their exact origins are unknown. As early as the 6th century BC Phoenician traders established depots on the Atlantic coast, forging relations with Berber tribes to enable the exploitation of raw materials. With the fall of Carthage in the 1st century CE (Common Era) the Romans annexed much of the northern coastal plain and allied themselves with Berber leaders which facilitated their control of economically viable regions, especially for the cultivation of wheat and olives. In the 5th century, the Roman presence ended with a wave of invasions by the Vandals, Visigoths and Byzantine Greeks and Christianity was introduced. There was already a significant Jewish presence at that time. In the 7th century, Arabs conquered the region bringing Islam to Morocco. Berber tribes adopted Islam, adapting it to encompass their folk traditions and beliefs. The first Muslim dynasty was founded by Idriss I, an Arab descendant of the Prophet Mohammed, who broke away from the Abbasid Caliphate based in Baghdad. Morocco achieved its greatest heights under subsequent Berber dynasties, the Almoravids and the Almohads who came from south of the Atlas Mountains and the Merinids from Figuig in the East. They embarked on a great wave of building and expansion, dominating the Maghreb and Andalusian Spain for over two centuries. In the mid 16th century, the region was ruled for close to 100 years by the Arab Saadian dynasty, followed in the mid 17th century by the Alaouite dynasty, claiming to be descendants of the Prophet and who reign to this day. King Mohamed VI is the current ruler of Morocco and has instituted considerable social reforms since he came to the throne in 1999.

Prior to the First World War, when European powers were eyeing Morocco as a region of interest, the Algeiras Conference of 1906 conferred control of Morocco to France and Spain. The treaty of Fez resulted in Morocco becoming a French Protectorate in 1912, while Spain retained control of an enclave in the north and the Western Sahara. The French exploited Morocco's mineral wealth and built roads, French quarters in the major cities and military garrisons in the more remote areas. In 1944, the Istiqlal (Independence) Party was active in the move towards independence, which was finally proclaimed in 1956.

Most Moroccans (over 98%) are Sunni Moslems of Arab, Arab-Berber, Arabized Berber and Berber descent. There is also a minority of Gnaoua or Haratin descended from sub Saharan African slaves. The Jewish population has decreased considerably since the 1950s and the Christian population consists of foreign nationals, mainly French. Morocco's official language is Classical Arabic although Moroccan Arabic or Darija is the lingua franca. 12 million of Morocco's population of 31 million speak a Berber language (there are 3 regional languages, Riff, Shilha and Tamazight). Although education is compulsory to grade 5, Morocco's literacy rate remains around 50%. Morocco is renowned for its arts and crafts – music, ceramics textiles and jewellery. Its incredibly diverse and stunning landscape, good roads, charming and hospitable people and delicious cuisine all contribute to an extraordinary feast for the senses and a very special experience for the visitor.

Climate

Morocco's climate varies according to altitude and location. Coastal areas experience a Mediterranean climate tempered by winds from the southwest. At low altitudes, summers tend to be humid and warm. In the Alpine regions the summers are warm and dry with winters being extremely cold. Snow is not unusual at high altitude. Average temperatures range from 28-35 degrees in the summer with the nights on the trek getting as low as 0-5 degrees in April and September.



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Dietary Requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

Accommodation on the Trip

All accommodation is on a twin share / or double room basis with ensuite rooms, unless single rooms are requested and paid for in advance. If you are a single traveller, you will be matched up with someone of the same gender for the duration of the trip.

We have specially chosen well located and charming, boutique hotels or riads (traditional Moroccan house) in Casablanca, Fes, Erfoud, Dades and Marrakesh. When in the desert we'll stay at the Merzouga luxury tented camp and a wild camp in the Afourar Valley.

What You Carry

In your daypack you will need to carry extra warm clothing, a rainjacket, water bottle, camera gear, valuables and personal items such as sunscreen, lip balm etc. Mules carry all group gear and your trek pack.

Equipment Required

Specialist gear required include walking boots and day pack (a comprehensive gear list is provided in the pre-departure information provided on booking).

How To Book

To register on this Charity Challenge please complete the registration form and return to Huma Charity Challenge, Attention Scott Pinnegar

Email: scott@worldexpeditions.com.au

Post: Huma Charity Challenge, Level 1 - 393 Little Bourke Street, Melbourne Victoria 3000

Otherwise you can make your booking online by using the REGISTER NOW button found at the bottom of the relevant Charity Challenge page on our website www.humacharitychallenge.com.au

The Epworth Medical Foundation staff are able to answer any questions you may have as well as provide you with all the support you need as you fundraise for your challenge. Please contact Kathryn Johnston on telephone 03 9426 6359 or email kathryn.johnston@epworth.org.au who will be happy to talk with you.

