

Questions & Answers



100TH ANNIVERSARY TREK ★ 1923 – 2023

MOUNT TOUBKAL MOROCCO TREK

5-9 October 2023



Reg Charity
No 1052501

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What will we eat and drink?

All the water on trek will be bottled. Bottled water is available to buy in the hotel. People should not drink the water from the hotel (even for brushing teeth), streams or rivers.

Meals will be substantial, but it is still a good idea to bring energy bars, snacks, etc. to keep you going during the day. Breakfast will consist of fruit, cereals and/or bread, jam, cheese etc, plus mint tea, tea, and coffee. A typical lunch will be couscous, vegetables, chicken, olives, eggs, cheese, and salad, plus drinks. For our evening meal there will be soup followed by a main course such as traditional meat or vegetable stew ('tajines'), with couscous and a dessert. Again, hot drinks will be served.

Vegetarians, non-dairy and gluten-free can usually be catered for but we do need to know dietary requirements in advance.

What will the weather be like?

In general Morocco experiences hot, dry summers and mild winters. Up in the mountains however the weather can be very different from the plains. On trek we can expect fresher, cooler air than in Marrakech. Our scheduled departure avoids the hottest months of the year and most people find that once up in the mountains the temperature is much more pleasant. On trek temperatures are on average 15-20°C during the day, with cold evenings. Rain (and snow in October) in the mountains is common throughout the year, but this is normally in the form of short, sharp storms, so everyone should come prepared!

Will I be insured?

YOU are responsible for taking out adequate travel insurance to participate. We recommend www.snowcard.co.uk but others are available. If you have an existing annual policy, we highly recommend you call and check that you are covered. We also recommend that you check you don't need pay an upgrade for this specific challenge.

We strongly recommend you are insured for the full duration of your trip and the policy is taken out prior to the date of your departure and does not cease until you have returned.

We strongly recommend the highest levels of cover and that should include as a minimum "air evacuation, medical expenses and repatriation". Your policy should also include medical, cancellation and curtailment cover for Coronavirus (before and during departure)

What will a typical day look like?

While camping we will be up early (3.30am on summit day and 6.00am on the last day). We will be woken with a cup of mint tea/coffee and bowls of washing water will be available. After an early breakfast in a mess tent we will start walking (on summit day around 4.00am-4.30am). In the evenings, firstly we will have a mint tea and rest, followed by dinner served in a mess tent. After dinner we will have a briefing about the next days trek.

Foreign and Commonwealth Office Advice

Please visit www.gov.uk/foreign-travel-advice for all updated advice prior to departing.



Will I need to complete a medical form?

You will need to complete a detailed medical form and have it signed by your GP, detailing pre-existing medical conditions and current medication. These details will be passed to the doctor accompanying the group; s/he may wish to contact you prior to the event to clarify any medical conditions or requirements.

Will I need any vaccinations?

You must seek professional medical advice from your GP or local travel clinic. To find out more about the relevant NHS travel health advice, a good website is www.fitfortravel.nhs.uk. For reference only the current recommendations are COVID-19 – fully vaccinated, Hepatitis A, Tetanus, Polio and Typhoid.

What support will be provided on the Trek?

You will be fully supported throughout the challenge.

- A member of Ultimate Challenges (UTC) will meet the group in London to distribute flight tickets and ensure that the check-in runs smoothly.
- Ultimate Challenges will provide you with a UK leader who will trek with the group.
- UK Doctor will be accompanying the group.
- Local guides will trek with the group and will be knowledgeable about the country and route.
- The guides will carry radios for safety.
- A Satellite phone will be carried for emergencies.
- At least one member of the Velindre Fundraising Team will also accompany participants throughout the challenge.
- In the lead up to the challenge, you will receive fundraising support and guidance from multiple, experienced fundraising officers.



Will we be trekking at altitude?

The air gets thinner the higher you climb so there becomes a shortage of oxygen. The effects of altitude can be felt from around 2500m upwards. Not everyone is affected by altitude sickness and fitness, size, age, or sex has nothing to do with how people maybe affected (although females are less likely to be affected than males) if at all.

Your body responds in various ways to needing more oxygen:

- You breathe faster and deeper.
- Your heart beats faster, increasing oxygen reaching your tissues and forcing blood into parts of your lungs which aren't normally used.
- Your body expels excess fluid and creates more red blood cells, making the blood thicker.

These changes happen over different time scales. You start to breathe faster right away. Your heart rate rises in minutes. After several days, your blood starts to become thicker. If you find yourself urinating a lot that is probably a sign your body is acclimatising well.

Everyone will be encouraged to walk at his or her own pace. It is important people don't put themselves under pressure whilst on the trek and to walk more slowly than they normally would as this helps the body to acclimatise.

What will I need to pack?

A good pair of walking boots and socks plus a sleeping bag is required. A trekking rucksack of 25-35 litres is also recommended along with a head torch, walking poles and travel towel. A full kit list will be shared with participant ahead of departure.



How fit will I need to be?

This trek requires a very high level of physical fitness. The terrain and length of time you spend walking and extremes of temperatures could present a tough, physical, and mental challenge. The amount of training you will require depends on your current overall fitness levels. We recommend consulting your GP before embarking on any new, strenuous training campaign, plus enlisting the support and expertise of a personal trainer if you train at a gym (if only initially to set you on the right track).

The area is a known trekking destination and the trails are well-marked. The trek is not technically difficult, but you will encounter a variety of terrain, some rocky steps, big ascents, and descents. Overall, this trek is demanding so you should be physically fit and prepared for the rigours of trekking for long hours.

Where will we sleep?

Hotels and addresses will be confirmed nearer the time of your departure: typically, the hotel rooms are based on twin share. Whilst we are trekking, we will be sleeping in two-person tents.

Whilst we are trekking, we advise you tell people in the UK that you will not be contactable.

Day 1: Hotel Marrakech (Subject to change)
Day 2-3: Camping on trek
Day 4: Hotel Marrakech (Subject to change)

Will I need a visa to travel?

Visas are not needed for UK passport holders. All other nationalities should check on the relevant embassy website.



How much money will I need?

The currency in Morocco is Moroccan Dirham.

Participants should take out US dollars in small denominations, which can be exchanged at the hotel.

Visa and MasterCard credit cards are widely recognised and useful to have in emergencies. Approximately £150-200 spending money is sufficient for drinks, tips, and some souvenirs.

There will be a bar at the hotel at the beginning and end of the trek. There is nothing to buy whilst we are trekking until we return to Marrakech.

There is great shopping in Marrakech selling traditional Moroccan crafts e.g. rugs, silver, pottery, baskets etc.

Our local crew and guides work extremely hard on the trek. If at the end of the challenge participants would like to show their appreciation, we suggest a tip of £30.

How much will I need to fundraise?

To book your place on the trip each participant will need to pay an entry fee of £100. Each participant will need to raise £2,500 in sponsorship - this is a lot of money, but we have experienced staff that will help and support you with your fundraising.



Can I stay on after the Trek?

Anyone wanting to stay on after the trip should contact Ultimate Challenges on events@theultimatetravelcompany.co.uk

There is an administrative fee of £95 per person to extend the flights. Any costs over and above the original fare we have for the group will also be passed onto the individual to pay. Flight extensions are on a first come first served basis and are strictly subject to availability. Please contact Ultimate Challenges no later than 3 months before the departure date.

Facts and Figures:

Full country name: Kingdom of Morocco.

Area: 710,850 sq. km (including W Sahara).

Population: 36.2 million.

Capital city: Rabat.

People: 55% Arab, 44% Berber, 0.7% foreigners.

Languages: Arabic (officially) with Berber dialects, as well as French, Spanish and English.

Religion: 98% Islam, 1% Christian, 1% Jewish.

Government: Constitutional monarchy.

King: King Mohammed VI.

Prime Minister: Saad-Eddine El Othmani.

Time: Same as GMT



Velindre, the Hospital Of Hope is Wales' Premier Cancer Centre and has been providing care, support and treatment to cancer patients and their families for over 65 years.

Velindre is the major provider of radiotherapy and other specialised anti-cancer treatments in Wales. We all know of family, friends and loved ones who have been touched by cancer.

The incidence of cancer is rising by 2% each year in Wales with nearly 20,000 people diagnosed with this illness each year.

However as Velindre staff strive every day to deliver the best cancer services through exceptional care, more people than ever are living with cancer – survival rates have doubled in the last 40 years through better treatments and earlier detection.

We want to lead in the delivery and development of compassionate, individualised and effective cancer care to achieve outcomes comparable with the best in the world.

Donations to Velindre fund things over and above what the NHS provide, so fundraising really does make a huge difference to our patients and their families.

We aim to provide the best care, when people need us most.

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