

Beaumont House Trek of the Sahara 16th – 25th November 2012



Due to the popularity of our very first overseas trek, we have worked with Travel & trek and organised a Trek of the Sahara Challenge in 2012.

The Trek of the Sahara is a 10 day trip and includes time in the ancient city of Marrakesh, a wonderful drive to and from the desert and a 6-day trek in a very different, unique and challenging environment.

Itinerary

Fri 16 Nov – Travel to London for your direct flight to Marrakesh (3 ½ hrs). The group will be met at the airport and transferred to your traditional Moroccan Riad (hotel) inside the Medina. It is just minutes from the famous Djemaa el Fna square. Your first experience of the square is one of a senses explosion; entertainers performing, a myriad of food stalls all lit up with the smells to accompany them, and the general melee of activity.

Sat 17 Nov – After breakfast, your drive down to the Desert begins. You will drive over High Atlas mountains and down to your overnight stop - Ouarzazate. This is a 5hr journey through some stunning mountain scenery. Ouarzazate is the gateway to the desert and home to many famous films (most notably “The Gladiator”). Your hotel is a typically Moroccan Oasis. Enjoy a tagine and a glass of wine before you reach the miles of glorious sand that await you the following day.

Sun 18 Nov – This 5hrs drive takes you through the Draa Valley. After a picnic lunch, you will eventually reach the end of the road, literally! M’Hamid is a Desert town and where you will meet your support team, complete with camels and handlers and your trek begins. The first section is fairly short to introduce you to the terrain and also allow you to set up your tents for the first time.

Mon 18 Nov to Thu 22 Nov – For the next 4 full days, you will trek further into the desert, experiencing what life there is (and there is more than you think) and the tranquillity that it can bring. Life is simple here. With no ambient light and the desert to absorb all sound, the evenings and nights are just so dark and quiet. It is quite eerie even just to sit on a small dune overlooking the campsite and just look and listen. The stars are so bright and it is very easy to spot the orbiting satellites as they speed across the skies above you.

Once you begin trekking, it will not be long before you wonder how your Guide is navigating; it all looks so similar with no landmarks to speak of. Until that is, you meet Eric. Eric is a 300m high sand dune and you will sit on top of it (eventually!) at least once.

Some days are longer and more difficult than others and there is also the



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accumulative fatigue factor.

Fri 23 Nov – Your final day of trekking. This will be a short 2hr trek back into towards where your transport will pick you up. You say goodbye to your support crew and head back to Ouarzazate. Once in the hotel, you can relax and have that well earned shower!

Sat 24 Nov – After breakfast, it's back towards Marrakesh. We get you back as soon as we can which leaves plenty of time to get out into the Medina and experience the multitude of Souks. The bartering and market activity is something special. In the evening, enjoy a traditional meal in any one of many restaurants or try your chance by eating on one of the street stalls.

Sun 25 Nov – You may have some time this morning, depending on the flight times.

Please note – This trek is not exclusive to Beaumont House and trekkers supporting other charities may be participating.

General - This is a camping trek so all of your kit will be transported on camels; all you need to carry is your daypack containing items such as your camera, water, sunscreen, etc... The terrain is not all soft sand; some hard baked surfaces (mainly river beds) and even rocks are never too far away.

The food supplied and prepared for you on this trek is superb even without considering where you are. It is very well presented and served to you in true Moroccan style; in a Bedouin tent sat on the floor cushions. They even bake bread in the sand to keep the supplies up!

Spare clothing (that not going out on trek) can be left safely in Ouarzazate for your return.

Living in Desert conditions can be challenging but ultimately rewarding.

When you book you will receive a set of comprehensive trekking notes, an itinerary, clothing and equipment lists and notes on medical issues.



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Important Information:

Dates: Friday 16 – Sunday 25 November

Passports. Passports should be valid for a minimum period of 6 months on the date on entry into Morocco.

Tourist Visas are not required for UK Nationals.

Itineraries. Day 1 of the itinerary is deemed to be your departure day from the UK.

Extended Stays. You are free to extend your stay in Morocco with extra days before or after the trek. We can assist you with accommodation if you wish or you are free to make your own arrangements. Please note you will have to make your own transport arrangements to/from Newark to the airport if you choose this option.

UK Leaders. A UK Leader will be on this trek IN ADDITION to a local Moroccan Guide(s).

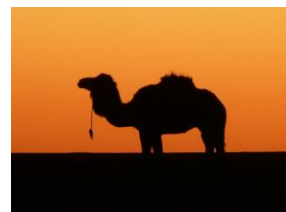
Fitness. Walking in the Sahara is clearly not as physical as mountainous high altitude terrain but it does have its own challenges. Whilst all of the terrain is not soft sand, it is undulating the heat will have an effect. A reasonable level of fitness based on the ability to walk at your own comfortable pace for between 5 and 7 hrs a day (with rest stops), for several consecutive days carrying a day sack weighing approx 5kg is all that is required.

Medical/Vaccinations. You are advised to consult your GP if you are in any doubt about your physical condition to undertake this trek. You should also seek advice on what vaccinations you require for Morocco.

Desert Heat. To trek in the Sahara in the summer months would simply be too hot. In the winter months, you can still expect daytime temperatures to reach around 30 - 35 Deg C but may drop to single figures at night. The region that we trek in has over 320 cloudless days per year.

Local Payments. Travel and Trek does not charge any local payments.

Travel Insurance. It is absolutely vital that you have adequate travel insurance. Further advice will be given on booking.



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Inclusions. Transport to/from Newark to the Airport. Return flights to Marrakech. All hotel accommodation on a twin share basis in Marrakech and Ouarzazate, return airport transfers, return road transportation to/from trek, the services of an English-speaking qualified Moroccan Guide full time throughout the trek, camel team support for portorage on trek, all accommodation for the trek (tented, twin share), all meals on trek, breakfasts in hotels, mineral water for trekking phase only.

Exclusions: Local trek staff gratuities, personal spending, travel insurance.

How to Book. Through Beaumont House Community Hospice.

Documentation. Having booked, you will then receive a confirmation letter and comprehensive set of documents to help you prepare. You will also be kept informed of how the trek is going and assistance with sponsor forms if required.

Price:

There are two options for our supporters to choose from:

Option 1: Minimum sponsorship of £1,500 AND a non-fundable deposit of £100 payable upon booking

Option 2: Payment of £1000 (payable in installments) with NO minimum sponsorship AND a non-fundable deposit of £100 payable upon booking

Contact:

Fundraising, 01636 610 556, fundraising@beaumonthouse.co.uk



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Trek of the Sahara in aid of Beaumont House Application Form (page 1 of 2)

Title _____ First Name _____ Surname _____

Address _____

Town _____

Postcode _____ Phone Number _____

Email Address _____

We will use your email for correspondence regarding this trek. We will also email you from time to time to promote Beaumont House and any events we are having. Please tick the box us if you DO NOT wish us to use your email for promotional purposes.

Date of Birth _____

Emergency Contact _____

Emergency contact telephone number _____

Sponsorship options (please tick a box)

Option 1 – Minimum sponsorship of £1,500 & £100 non-refundable deposit payable upon booking
£500 sponsorship due by 16th April 2012
£1,000 sponsorship due by 17th August 2012
£1,250 sponsorship due by 2nd November 2012
£1,500 and any extra sponsorship due by 24th December 2012

Option 2 – Self funding payment of £1,000 (no minimum sponsorship) & £100 non-refundable deposit payable upon booking.
Payable in installments
£500 installment due by 16th April 2012
£1,000 balance due by 17th August 2012
Any sponsorship due by 24th December 2012



More on the next page 

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Trek of the Sahara in aid of Beaumont House

Application Form (page 2 of 2)

- You must be medically fit to participate in the “Trek of the Sahara” challenge. There is a medical form which you must complete and obtain a professional medical practitioner to sign off if necessary.
- Adequate travel insurance **MUST** be obtained with insurance policy details to be forwarded to Beaumont House Community Hospice for reference
- Beaumont House Community Hospice, Travel & Trek, The Newark Advertiser or any of the sponsors are **NOT** responsible for any injury or illness incurred by the participant during or as a result of the challenge. Neither are they are responsible for any personal property if lost, stolen or damaged
- No children under 16 will be allowed to participate
- Beaumont House Community Hospice & The Newark Advertiser may take and publish photographs of the event for publicity purposes
- All money raised will be donated to Beaumont House Community Hospice

Please note that the registration fee is not refundable and you must reach the sponsorship/installment totals at each deadline to participate in the Trek of the Sahara Challenge. Should you not reach the totals specified, a payment can be made and a cheque returned to you once the minimum sponsorship total is reached.

I have read and understood the above terms and conditions. I have enclosed a non-refundable deposit of £100 to book my place on the Trek of the Sahara 16 – 25 November 2012

Signature: _____

Date: _____

Please return this completed form with registration fee of £100 (payable by Cheque, Debit card or Cash) to:
Please make cheques payable to “Beaumont House Community Hospice”

Beaumont House Fundraising Office
34 Millgate, Newark, Nottinghamshire. NG24 4TS
tel: 01636 610 556
email: fundraising@beaumonthouse.co.uk



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