

# TREK THE SAHARA

FOR AGE UK PLYMOUTH

2024

## EXPLORE. FUNDRAISE.

INFORMATION AND REGISTRATION PACK



[www.ageuk.org.uk/plymouth](http://www.ageuk.org.uk/plymouth)  
01752 256020

Registered charity number 281820



## TREK THE SAHARA

### 9th - 16th March 2024

**CHALLENGE :****MAIN ACCOMMODATION :****CHALLENGE FACTOR :**

TREK

HOTELS &amp; CAMPING

HEAT &amp; LONG DAYS TREKKING

The Sahara trek in the Moroccan desert gives you an insight into this vast and diverse landscape as well as discover the Berber way of life. You will spend two full days and two half days trekking across ancient dried up river beds, sand dunes and vast sun-baked plains. Camping each during the Sahara trek night gives you a chance to experience the stunning stars in the night sky (weather permitting) and the traditional Berber cuisine cooked by the team is second to none.

You will then spend two days helping a community project in Marrakech which supports vulnerable young and older people. Your tasks will vary depending on the need at the time but you're likely to get involved with refurbishment, redecorating and gardening which will make an instant impact at this incredible centre.



**"SAHARA" to 70580**  
to donate £5

Texts will cost the donation amount plus one standard network rate message



# ITINERY

## DAY 1 : Fly to Marrakech

## DAY 2 : Marrakech - Sahara

If staying in Marrakech we set off early, crossing the Atlas Mountains and following ancient caravan routes into the Sahara, stopping for lunch in Ouarzazate on the way (journey time approx. 9 hours including stops.) If starting in Ouarzazate the journey to the desert takes approximately 4-5 hours. This afternoon we will arrive in the desert and be welcomed by the rest of the trek team and the camels before commencing our trek, stopping overnight to camp under the stars of the Sahara.

## DAY 3 & 4 : Sahara Desert

Our trek continues through the desert as we traverse sand dunes and rocky, lunar landscapes for the next two days. We are aided by our local Berber team comprising of the guides, cook and camel owners (the camels are our porters, carrying our luggage and equipment). Each day you enjoy the varied Saharan landscape and learn about how important it is to respect and comply with the forces of nature in the desert. On average we will cover 15-20km per day but this will vary. As the trek progresses we learn how the nomadic people of the Sahara live: from cooking to sleeping out under the stars and reading the magnificent Saharan night sky.

## DAY 5 : Sahara - Marrakech

This morning it's the final leg of the trek to a small village where we bid farewell to the trek team and head back to Marrakech (approx. 9 hours' drive).

## Day 6 & 7 : Marrakech

After a good night's rest we spend two days assisting at the community project. Typical tasks include decorating, refurbishment, gardening or generally working to improve the environment. No experience is necessary, just a willingness to get involved.

## Day 8 : Marrakech - London

Depending on flight times, have some free time to explore Marrakech before your flight back to the UK.

There is also the option to extend your stay after the trek to explore more of Morocco.



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# MILEAGE

**Day 2 : Approx. 5km**

**Day 3 : Approx. 15-20km**

**Day 4 : Approx. 15-20km**

**Day 5 : Approx. 5km**

# FITNESS LEVELS

A moderately challenging trip. The terrain is generally flat with sand dunes representing the biggest variation in gradient; however the temperatures pose a specific challenge with temperatures historically reaching 40°C.

You are advised to be of a good fitness level before departure to ensure fast recovery from each day's exertions.

It's not just sand! The terrain is a mixture of hard, flat sun-dried plains, dried up ancient river beds, wide sandy dune fields and hard rocky outcrops.





# WHAT'S INCLUDED

- Return flights from the UK
- Airport taxes and charges
- Local transfers and transport in Morocco
- Accommodation in 3 star hotels, tents and sleeping mats on trek
- English-speaking local guides
- Support staff, camels and camel handlers on trek
- All meals as specified
- Different Travel UK tour manager



# WHAT'S EXCLUDED

- Any necessary vaccinations
- Drinks, laundry and personal expenses
- Spending money (tips and gratuities, souvenirs)
- Transport to/from UK airports
- Personal trek kit
- Travel insurance



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# FAQs

## Who accompanies us?

You will be accompanied by professional English-speaking Berber guides who have an excellent knowledge of culture and hiking in the region. The guides are first aid trained and will support you throughout your journey. You will also be accompanied by a team of support staff including cooks and camel handlers and a Different Travel Company UK tour manager.

## What is the climate like?

Temperatures tend to range from 25°C to 35°C during the day, and drop to around 0°C at night however you must be prepared for climate variations, which are out of our control. The climate will be dry and there may be some strong winds. Rain, although very rare, is not impossible.

## What is the food like?

Meals are cooked by your trek chef who will prepare hearty, delicious Moroccan meals that will keep your energy levels high for each day's trek. Breakfast and lunch will be taken alfresco, and evening meals will be taken in a mess tent at camp. Plates, mugs, cutlery and other equipment are provided for you.

Lunch will be provided at the community project with breakfast and dinner available at the hotel.

## Where will we stay?

During the trek you will sleep in tents (two to a tent), or if the weather is good you can sleep outside under the stars (recommended!). You need to bring a sleeping bag but sleeping mats and tents are provided. While in Marrakech (and Ouarzazate, if applicable) you will stay in hotels with en-suite facilities.

## What are the bathroom facilities like?

During the trek the toilet facilities consist of a small toilet 'tent' covering a hole in the ground. There are no showers or bathing facilities so you should ensure you bring a 'toilet bag' consisting of baby wipes (ideally biodegradable), hand sanitiser, toilet roll and nappy bags.

## How much does it cost?

All trekkers will need to pay a £395 registration fee  
Then either:

- Pay your own tour costs of £995 and then fundraise a minimum of £750
- Or fundraise for your whole event of £1,745

## What documents do I need?

Travel Insurance is compulsory; we strongly suggest that you arrange insurance cover as soon as your booking is confirmed. 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.

## How do I book?

Go online to [different-travel.com](http://different-travel.com) to book.



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# SPONSORSHIP

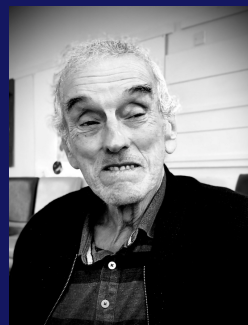
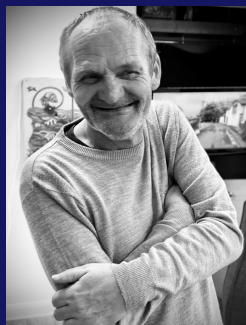


- We'll support you with your fundraising, donations sent via our text service will be added to the team's fundraising total.
- You can be featured on our socials and we'll invite people to donate directly to you via your online donation page.
- You can host a takeover of our monthly quiz, adding around £150 of donations to your sponsorship.
- We can work with you to approach corporate sponsors.

## WHY FUNDRAISE FOR AGE UK PLYMOUTH?

Age UK Plymouth exists to care for and work with over 50s, those living with dementia and carers in and around the City of Plymouth to improve their quality of life through promotion of choice, opportunity and independence.

We rely on donations to keep us active in the community. All money raised is spent locally supporting people in Plymouth.



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# WILL I MAKE A DIFFERENCE?

ABSOLUTELY. The money donated through these fundraising activities is such an important part of what keeps charities like us going. Unlike grants and money for specific projects, this 'unrestricted funding' allows us to take action on vital work with real urgency. Essentially it enables us to identify a problem or opportunity in the community and immediately start work on addressing it and putting solutions in place. Given the current social and economic climate, for some, the stakes have never been higher.

**TARA DALE - HEAD OF FUNDRAISING, AGE UK PLYMOUTH**

## At a glance...

We're a local charity working in the community to support over 50s, those living with dementia and carers. We are committed to making Plymouth a city where people Love Later Life.

## WHAT YOUR FUNDS COULD DO...



**£5**

Provides simple sports equipment and games, for fun and engaging activities at our Day Centres.



**£10**

Supports our team in accessing vital funding for people to secure care, heat their homes or buy food.



**£50**

Helps our teams returning people to safe, independent living at home after a long stay in hospital.



**£100**

Would support one of our team of Volunteer Befrienders in making 3,360 call a year.

## CHALLENGES

To get a sense of the urgency and size of the support that Age UK Plymouth provides consider this:



The City of Plymouth is within the 20% most deprived districts in the country.



In 10 years Plymouth's population of over 65s will increase by 1/3. That's 15,400 people.



One in 14 people over the age of 65 lives with dementia, that increases to 1 in 6 people over 80.



In 2021, 432 people a month called our Information & Advice team for their free help & support.

## SOLUTIONS

### Day Centre & Dementia Day Centre

1

We operate a day care service offering those aged 50+ an enjoyable and friendly atmosphere to socially engage. We also run a specialist Dementia Day Centre providing meaningful and varied activities and invaluable respite for carers.

2

### Help at Home Community Support

From shopping to assisted trips out, laundry to household and garden maintenance our Help at Home team offer a high-quality, flexible service providing vital support that helps people to remain living independently and safely in their own homes.

3

### Wellbeing Hub

Our specialist 50+ Wellbeing Hub connects people with free or subsidised events and services. Including Befriending, Veterans activities and exercise classes. Activities at the Hub reduce isolation and promote mental and physical health improving overall well-being.

### Hospital Discharge Service

4

This free service provides a vital life line for those leaving hospital by existing solely to support the journey to independence. Our high-quality and flexible short term service is tailored to create a bespoke package tailored to suit an individual's needs.



Astor Drive, Mount Gould,  
Plymouth, PL4 9RD  
Registered charity: 281820





- ATOL bonded tour operator that specialises in overseas charity challenges and adventure holidays
- Founded in 2005
- First groups supported areas in Sri Lanka and Thailand repair their lives following the Asian Boxing Day tsunami
- Many itineraries are combined with the opportunity for participants to assist at development projects alongside local people

**“I loved every moment of the trip; the company, the guides, the challenge (most of the time!), sleeping under the stars, good food.”**

**“The guides and our group made the experience all the more better.”**

## RESPONSIBLE TOURISM:

We define Responsible Travel and Tourism as: ‘The use of tourism as a force for good which adds value to, and benefits, the economies, societies and communities we visit, whilst minimising the negative side effects of our tourism to both the destination and the global environment’.

When we travel, we become a guest in the destination and like all good guests we believe it’s right to be respectful and open-minded. Life-enhancing travel is not about seeing a place but experiencing a place, its people, its cultures, food and ways of life.

It is only right that when we, relatively wealthy tourists, enjoy the benefits of tourism we do so responsibly by ensuring that we are not contributing to the exploitation of either people or the environment; that we are participating in ‘fair trade’ practices which benefit those who work so hard to make our trips so great; that we are contributing to the sustainable economic development of the communities who host us; and that we are respectful towards and assist in the maintenance of indigenous cultures.



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