

# ADVENTURE LIFESIGNS MOROCCO

8 DAYS | CARRINGTON SCHOOL | OCTOBER 2022



## MOROCCO

Visit the Atlas mountains in all its splendour in October 2022 with Adventure Lifesigns expeditions.

## OUR SERVICES

Adventure Lifesigns specialise in providing bespoke UK-based outdoor programmes and overseas expeditions for both the youth and adult markets. If you are looking for an overseas expedition, medical, safety training course or team building session, you have come to the right place! We pride ourselves on high quality customer service.

**Morocco** lies on the Atlantic coast and has a population of 24 million, consisting mainly of Berber and Arab tribes. Morocco has previously been invaded by the Arabs, Romans and French and as a result is an amazing mix of cultures and religions. Arabic is the official language although French and English are widely spoken.

As a modern country, Morocco offers a totally different blend of the ancient and the new to every visitor. You could be trekking through the spectacular Atlas Mountains or drinking mint tea in a bazaar, whatever you do, it will be a truly life changing experience.

**COST FROM  
£1,220**

Trek with our highly qualified and experienced expeditions leaders and medics in some of the most breathtaking landscapes North Africa has to offer!

**DAY ONE**

The expedition will start with an administrative session at the school lasting around 2-3 hours to check kit etc. Upon arrival in Marrakesh, the team will transfer to the Riad. Possible visit to the main square in the evening.

**DAY TWO**

Today the team will depart from the Riad and travel to the mountains. The team will arrive at Imlil and walk to Armed, which will take about 45 minutes. At Armed, the team will have lunch and then they will go out in the afternoon on an acclimatisation trek. The accommodation in Armed (1900m) is in Gites.

**DAY THREE**

Today is a long trekking day approximately 5-6 hours, with lunch on the way. The trek follows a well-defined trail that zigzags up the valley. There is a small hamlet called Chamarouch on the way where the team can buy snacks and drinks. The team will spend the evening in the Nether Refuge (3100m) which is a typical mountain hut. All meals on the trek are prepared by a Berber cook who will be with the team for the duration.



*"This was a great boost for building self-confidence and independence that I cannot experience from home. Experiencing the culture first hand gives you a great insight into a whole undiscovered world. "I 'd just like to say thank you for such an incredible trip we've been on. It's just sinking in now that I am back how amazing it was and how I will remember some of the experiences I had for the rest of my life. I know it took a lot of organising but it really paid off."*

ACS Egham, Morocco Expedition

**DAY FOUR**

Today the team will have an early start in an attempt to reach the summit (4169m). The trek up will take between 4-5 hours followed by a 3-hour return trip. The team will have some time at the summit to take pictures and enjoy the view. This is a hard day and there are some particularly steep scree filled tracks. Once they have descended, they will spend the night in the Nether Refuge again.

**DAY FIVE**

After the previous summit day today is a relaxed 3-hour trek taking in the beautiful scenery. Accommodation is back at the Gites in Armed.

## EXPEDITIONS WITH A PURPOSE

**DAY SIX - SEVEN**

Today the team will travel to their project site in the high Atlas Mountains. The team will be working with local communities on sustainable development projects such as reforestation and clean water programmes. Overnight at the project site.

**DAY EIGHT**

After breakfast, the team will trek back down to Imlil and then travel back to Marrakesh where the team has the remainder of the day in the city. They will have their evening meal and stay the night in the Riad, Marrakech.

**DAY NINE**

After breakfast, the team will depart from the Riad to the airport. Fly back to the UK.

**Note:** Due to the nature of expeditions, itineraries and timings may change at short notice.

