



Intrepid Private Groups



TWINS THAT TRAVEL

Morocco | Intrepid
09th March 2019

Contact us:
T: +44 (0) 203 308 9763
E: groupsuk@intrepidtravel.com

DETAILED ITINERARY

Day 1 / Date: 09th March 2019

Marrakech

Meals included: Dinner

Welcome to Morocco! On arrival at Marrakech Airport, you will be met by our representative and transferred to your hotel.

Later this morning you'll meet Laura and Claire and the local Tour Leader who will host a welcome briefing with the group.

In the late afternoon, join your local guide for a guided foodie tour to discover the hidden local food shops in Marrakech. Visit the souks, sampling olives, dried fruits, seeds, pastries, and other Moroccan specialties. Visit a local spice market and hear how spices are used in Moroccan dishes and finally enjoy dinner at nice local restaurant on the Djemaa El fna.

Group Arrival Transfer

- Included
 - If people are arriving on different flights private transfers can be quoted separately

Included Activities

- Welcome meeting
- Guided foodie tour
- Welcome dinner

Accommodation

Hotel 2Ciels

Day 2 / Date: 10th March 2019

Marrakech

Meals included: Breakfast & Lunch

Today enjoy hand cooking class at Amal Association, a non-profit organization dedicated to the empowerment of disadvantaged women through restaurant training and job placement.

After lunch, meet your local guide and set off on a morning tour of the old medina, through the bustling souks that are the lifeblood flowing through the city. Stop by the Koutoubia Mosque; its famous minaret is the prototype for others of its kind around the world, including La Giralda in Seville. Then walk back through the streets of the old medina to the Djemaa el-Fna. The rest of the day is free to explore further or shop in the bazaar.

Included Activities

- Cooking class and lunch at Amal Association
- Guided tour of Marrakech old medina

Accommodation

Hotel 2Ciels

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Day 3 / Date: 11th March 2019**Agafay****Meals included:** Breakfast & Dinner

Today travel by 4WD to La Pause Camp in the small stone desert of Agafay.

The camp siting affords stunning 360° views of the Agafay's barren grandeur and beyond to the snow-capped Atlas Mountains.

Enjoy sunset camel ride and dinner at the camp.

Included Activities

- Sunset camel ride

Accommodation

La Pause Camp

Day 4 / Date: 12th March 2019**Marrakech****Meals included:** Breakfast & Dinner

Today you'll travel back to Marrakech. After checking into your hotel, the rest of the afternoon will be free.

Tonight, enjoy farewell dinner at Al Fassia restaurant only run by women.

Included Activities

- Farewell dinner at Al Fassia restaurant

Optional Activities

- Hammam & Massage in a luxury spa - MAD750

Accommodation

Hotel 2Ciels

Day 5 / Date: 13th March 2019**Departure****Meals included:** Breakfast

There are no activities planned for the final day and you can depart the accommodation at any time.

Group Departure Transfer - Included**Suggested Flights – Guide price – British Airways - Guide Price £250.00pp**

09 th March Gatwick – Marrakech	07.00 – 10.30
13 th March Marrakech – Gatwick	13.45 – 17.25

N.B Flights are not on hold so price and availability is subject to change.

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WHAT'S INCLUDED

Leader/Guide

1 English speaking tour leader throughout.
Local guides in Marrakech

Meals/drinks

4 breakfasts, 1 lunches, 3 dinners.

Accommodation

Hotel 3 nights
Luxury camp 1 night

Included Activities

As per the itinerary, including entrance fees where applicable.

Transport

Arrival and departure transfers on a group basis
Private Vehicle

Assistance

24-hour support from our local office

Exclusions:

- International arrival/departure flights
- International airport departure tax
- Tour guide for free time or days
- Optional activities
- Any visas required
- Services not mentioned in the itinerary
- Early check in or late check out at hotels
- Meals and drinks not mentioned in the itinerary
- Tips for leaders, guide and driver
- Expenditure of personal nature
- Personal Insurance

Problems and emergency contact information

While we always endeavour to provide the best possible holiday experience, due to the nature of travel and the areas we visit sometimes things can and do go wrong. Should any issue occur while you are on your trip, it is imperative that you discuss this with your group leader or our local representative straight away so that they can do their best to rectify the problem and save any potential negative impact on the rest of your trip. We recognise that there may be times when your group leader/local partner may not be able to resolve a situation to your satisfaction - if this is the case, please ask the leader to speak to their direct manager. You may also choose to provide details in your online feedback, which we ask you to complete within 30 days of the end of your trip. But we do ask you to be aware that it is very difficult for us to provide any practical help after the trip is complete.

For general contact details please use the following page: <http://www.intrepidtravel.com/ourtrips/contact/>

In the case of a genuine crisis or emergency, Intrepid's Morocco Operations Team can be reached on the number listed below:

PEAK Marrakech: +212 661 922 693

Important notes

COMMISSION

The receipt of commissions or kickbacks in exchange for recommending particular shops, services or activities is ingrained in the culture of the Moroccan tourism industry. In an effort to best control and monitor shopping and activities with an aim for the best experience possible, Intrepid has established a system of carefully selected shopping experiences and activities based on positive feedbacks from our previous travellers. On occasion these will be as part of included walking tours or outside of included activities in free time. Please note that if you feel that you do not wish to join in on these shopping

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experiences we assure you there is no obligation and if you indicate your desire to not partake your group leader will help to facilitate a suitable alternative during this time.

Intrepid have set up a centralised system of receiving payments from these recommended suppliers, and funds are then distributed towards local Responsible Travel projects (such as 'say no to plastic' cotton bags for our travellers and drinking water refilling stations), traveller information packs, and leader bonuses. Further details of these arrangements can be provided by your group leader on request.

While Intrepid endeavors to ensure that these suppliers and services maintain reasonable levels of quality, please note recommended suppliers are chosen based on past travellers feedback and experiences and Intrepid cannot explicitly guarantee the quality of the product. A priority in establishing this fund is that the experience of you our traveller is not compromised in any way. Please let us know via the feedback after your trip if we are successfully meeting this objective.

Passport and visas

Visas are the responsibility of the individual traveller. Entry requirements can change at any time, so it's important that you check for the latest information. Please visit the relevant consular website of the country or countries you're visiting for detailed and up-to-date visa information specific to your nationality. Your consultant will also be happy to point you in the right direction with acquiring visas. Visas can take several weeks to process, so familiarise yourself with any requirements as soon as you have booked your trip to allow for processing time.

Australians, New Zealanders, Canadians, Americans, EU and British citizens do not require a visa to visit Morocco for stays up to 90 days. All other nationalities should check with the Moroccan Embassy or Consulate in their country for up-to-date visa information.

Medical and health information

All Intrepid travellers need to be in good physical health in order to participate fully on this trip. When selecting your trip please make sure you have read through the itinerary carefully and assess your ability to cope with our style of travel. Please note that if, in the opinion of our group leader or local guide, any traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, Intrepid Travel reserves the right to exclude them from all or part of a trip without refund.

DRINKING WATER:

As a rule we recommend you don't drink tap water in Morocco, even in hotels, as it contains much higher levels of different minerals than the water you may have at home. For local people this is not a problem as their bodies are used to this and can cope, but for visitors drinking the tap water can result in illness. Generally this isn't serious, an upset stomach being the only symptom, but it's enough to spoil a day or two of your holiday. Bottled water is widely available and your leader can recommend safe alternatives when available. Water consumption should be about two to three litres a day. Rehydration salts, motion sickness tablets, and diarrhoea blockers are recommended for you to pack in your personal first aid kit.

ASTHMA:

For some travellers, the desert sand and dust can bring on bouts of asthma. If you suffer from asthma even occasionally, we recommend you bring your medication as it cannot be administered by your group leader and may not be readily available while you are travelling.

Food and dietary requirements

Moroccan food is, generally speaking, excellent though not particularly varied. Breakfasts usually consist of bread and jam with coffee or tea. Meals eaten out are reasonably priced - kebab and bread cost only about MAD 30. In main towns it is possible to find very good French and Moroccan restaurants where a meal and French wine will cost anything from Mad 220 upwards. Generally dinner is likely to cost between MAD 80-

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120 depending on what you drink - so an estimate for food would be about MAD 150-200 a day. Soft drinks are available at very reasonable prices, but generally speaking alcohol is not widely available in Morocco due to the cultural and religious reasons. Still, in some hotels and restaurants you will be able to purchase beers, wines and spirits, but you can pay western prices or more for imported alcohol. Please be aware of local laws, beliefs and traditions, and be very sensitive and respectful while consuming alcohol. Your leader can help recommend restaurants each evening. Vegetarians can be catered for but there is a fairly limited choice of vegetarian cous cous and tajine or omelettes. This is particularly the case in rural parts of this itinerary. Please note that if you have any special dietary requirements you should inform us prior to the trip. Vegans and those on gluten-free diets may find this region very challenging and may need to supplement meals with their own supplies from supermarkets and markets. Wherever possible we will cater for dietary needs for any included meals, but there may be times when those with special requirements may need to provide their own.

Transport

Camel, Private Bus, 4 x 4

There are some long travel days and some rough travelling in areas away from main tourist routes. High passes, windy roads and rough surfaces make for some challenging travel experiences. On some long travel days we depart early in the morning to ensure we optimise our time at our next destination. If you experience travel sickness we recommend you consider medication to help ease the discomfort. The best part about all of these long drives are the spectacular views and fun stops en route such as mountain passes, kasbahs, palmeries, sand dunes, goats up trees etc.

We also use public transport on some of our trips around Morocco. Be it a train or a public bus, remember that the best part of it is the possibility to interact with local people traveling along with you.

Money matters

CURRENCY

The currency of Morocco is the dirham (MAD), divided into 100 centimes. Bank notes come in denominations of MAD 200, 100, 50 and 20. Smaller values are issued as coins in values of 10, 5, 1 as well as 50c, 20c, 10c and 5c. Changing money is easy and you will find banks and exchange bureaux in Casablanca, Fes and Marrakech. Please note that sometimes Australian dollars are not accepted in exchange bureaux or banks, so the safest option is to bring US dollars. In the desert and Atlas Mountains opportunities to exchange money are limited. There are ATMs in all major cities, which accept Visa cards, MasterCard and cards connected with Cirrus. Some ATMs, belonging to smaller banks, will not work so occasionally you may need to try two or three before you are successful. We would strongly recommend bringing a combination of cash and credit cards. Credit cards are useful for large purchases such as carpets or gold from a large store, but generally speaking they are not accepted in many places. Local restaurants, markets, and many hotels will only accept cash as payment for goods or services. Please ensure you only use banks, licensed money exchangers or hotels. We also suggest you keep your receipts. Do not change money with street touts. This is illegal.

TIPPING

If you're happy with the services provided a tip - though not compulsory - is appropriate. While it may not be customary to you, it's of great significance to the people who will take care of you during your travels, inspires excellent service, and is an entrenched feature of the tourism industry across many Intrepid destinations. The following amounts are based on local considerations and feedback from our past travellers: Restaurants: Local markets and basic restaurants - leave the loose change. More up-market restaurants we suggest 5% to 10% of your bill. Local guides: Throughout your trip you may at times have a local guide in addition to your leader. We suggest MAD20-30 per person per day for local guides. Drivers: You may have a range of private drivers on your trip. Some may be with you for a short journey while others may be with you for several days. We would suggest a higher tip for those more involved with the group

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however MAD10 per person per day is generally appropriate. Over the years we have found that many of our travellers find the need for tipping to be both tiresome and embarrassing, especially if they don't have the correct small change. To overcome this, we have established a tipping kitty system. At your group meeting, your tour leader may discuss the idea of running a group tipping kitty, whereby everybody contributes an equal amount and then your tour leader pays the tips while keeping a running record of all monies spent (except restaurant tips). The record can be checked at any time and any money remaining at the end of the tour returned to group members. Please don't tip with coins, very small denomination notes, or dirty and ripped notes. This is regarded culturally as an insult.

You may also consider tipping your tour leader for outstanding service throughout your trip. The amount is entirely a personal preference, however as a guideline €2-€4 per person, per day can be used. Of course you are free to tip more or less as you see fit, depending on your perception of service quality and the length of your trip. Remember, a tip is not compulsory and should only be given when you receive excellent service.

PRICES IN MOROCCO

Morocco is often misjudged as being an inexpensive destination. With tourism booming, the influx of cheap flights from Europe, prices for some items are becoming more equivalent to prices you would be used to at home. Eating in local restaurants, road side stalls and from markets can be inexpensive, but for nights out at tourist friendly restaurants you can expect to pay much more. With drinks, tipping and of course - shopping, it can all add up. Budgets are a personal choice but please bear in mind that you should not expect Morocco to be a budget destination.

BARGAINING

In Morocco some services and products are not a fixed price which means that your bartering skills will be tested from hiring taxis to buying a souvenir in the Medina. This can be challenging for travellers who have not experienced this before. Ask your leaders for advice when you arrive however the best approach is to smile and have fun as this is an entrenched part of Moroccan culture.

EMERGENCY FUNDS

Please also make sure you have access to an additional US\$500, to be used when unforeseen incidents or circumstances outside our control (e.g. a natural disaster, civil unrest, strike action or an outbreak of bird flu) necessitate a change to our planned route.

COMMISSIONS

The receipt of commissions or kickbacks in exchange for recommending particular shops or services is ingrained in the culture of the tourism industry. Rather than turning a blind eye to this unavoidable issue in some areas, Intrepid has established a centralised fund whereby contributions from recommended suppliers are collected and distributed back into the business. Intrepid aim to provide the best value trips in the market, and this fund assists in keeping operating costs and trip prices low to you.

A priority in establishing this fund is that the experience of our traveller - you - is not compromised in any way. Please let us know via the feedback form completed after your trip if we are successfully meeting this objective.

BUDGET Please budget for additional meals and expenses while on your trip. We suggest EUR 385.00 for meals not included on this trip. Our suggestion is based on past traveller feedback but you may choose to spend more or less.

Packing

What you need to bring will vary according to the trip style you have chosen, the countries you are visiting and when you are travelling. Generally speaking you should pack as lightly as possible. On the vast majority of our trips you are expected to carry your own luggage, although you won't be required to walk long distances with it (max 30 minutes).

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Most travellers carry their luggage in a backpack, although an overnight bag with a shoulder strap would suffice if you travel lightly. Smaller bags or backpacks with wheels are convenient although we recommend your bag has carry straps. You'll also need a day pack/bag to carry water and a camera etc for day trips. Please follow the link for the Intrepid's ultimate packing list. Please use this checklist as a guide when packing for your holiday.

<https://www.intrepidtravel.com/packing-list>

WATER BOTTLE

Consider bringing your own water bottle to refill along the way. The sale of bottled water contributes to an enormous environmental problem around the world. In addition to the water in bottles, the production of a 1 litre plastic bottle takes 2 litres of water and 200ml of oil. A large proportion ends up in limited landfill or discarded in waterways and natural environments. Although it can be difficult to avoid bottled water when travelling, please consider water purification techniques such as iodine or micropur. When unable to avoid bottled water it is better to buy the largest available and distribute into your smaller bottle for the day.

SLEEPING BAGS

Sleeping bags consume valuable space in your luggage and can be a pain. However in the winter months (from November to March) there may not be enough heating (sometimes none) or sufficient blankets to keep everyone warm, we recommend bringing your own sleeping bag. Unfortunately sleeping bags can not be hired/rented while on the trip and are not easy to find for purchase. Buy a small sleeping bag before you leave, it will definitely come in handy, particularly if you feel the cold.

DRONES IN MOROCCO:

Please note that drones are not permitted to enter or be used in Morocco, either for personal or professional/commercial use.

Climate and seasonal information

CLIMATE:

Please note that as a desert country, Morocco can have extreme weather.

Winter (approx November to March) can be very cold. Particularly in the mountains or near the desert, night temperatures can drop to 5 degrees Celsius or less. Even in the hot months out in the desert it can get cold at night. It is recommended to bring a good sleeping bag, thermals, scarf, gloves and a warm jacket for travel in winter. Some of our guesthouses / hotels are unable to supply heating as this would be a major financial and environmental strain. It is also a case of energy supply and timing provisions, which is limited in some places. Please be prepared for cold showers.

Summer (approx May to September) can be very hot everywhere we travel, which means that it can be quite uncomfortable for those not used to the heat. Not all our hotels have air-conditioning, and in those that do, it's not always functioning. A hat is essential.

In 2018, the important month of Ramadan will be in progress from 15 May through until 14 June, and the Eid ul-Fitr festival will be held directly at its conclusion for 3-4 days. Ramadan is a festival of sacrifice where the devout refrain from eating or drinking during daylight hours. During Ramadan, business hours are shortened, including opening hours at some tourist attractions. Alcohol is not permitted during daylight hours and many restaurants will be closed. While you should expect some delays and inconveniences during this period, the month is a fantastic opportunity to travel in a Muslim country and witness this unique period, particularly the nightly celebrations when the sun sets and the fast is broken. Please note that although the Eid ul-Fitr festival can also be a fascinating time to travel it's a period of national holiday. Most government offices and businesses will be closed and some tourist site opening hours may be affected.

Eid Al Adha will take place in Morocco between the 20th and 25th of August 2018. This is also called a Sacrifice Feast and honours the sacrifice Abraham made of his own son. In commemoration of this, an animal is sacrificed and divided into three parts: one third of the share is given to the poor and needy; another third is given to relatives, friends and neighbours; and the remaining third is retained by the family.

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Please expect delays or complete suspension of majority of the services during that time. For some, it may also be disturbing to see animals being sacrificed, as this does take place in public places sometimes. On this trip you are going to cross the High Atlas Mountains through the impressive Tizi n'Tichka pass that raises to the altitude of 2,260 metres above sea level (7,415 ft). It is a great mountain road with breath taking views. During winter months (November till March) this part of Morocco is likely to be hit with heavy snow storms and it is possible for Tizi n'Tichka pass to become impassable. This usually last for a day until authorities have a chance to clear the road. In the event of snow storm, your itinerary may require to change. This is dealt with on the ground and depending on the situation we may re-route your itinerary or reverse it. In any case, you will be adequately informed.

Group Leader

All Intrepid group trips are accompanied by one of our group leaders. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. Intrepid endeavours to provide the services of an experienced leader however, due to the seasonality of travel, rare situations may arise where your leader is new to a particular region or training other group leaders.

Your leader will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the places visited on the trip, including historical, cultural, religious and social aspects. At Intrepid we aim to support local guides who have specialised knowledge of the regions we visit. If you were interested in delving deeper into the local culture at a specific site or location then your leader can recommend a local guide service in most of the main destinations of your trip.

Safety

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure and ensure that your travel insurance covers you for all areas your itinerary covers. Please refer to our website's safety page for links to major travel advisories and updates on safety issues affecting our trip.

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe-keeping of your passport, air tickets, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of our hotels have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

Your leader will accompany you on all included activities, however during your trip you'll have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your leader will assist you with the available options in a given location, please note that any optional activities you undertake are not part of your Intrepid itinerary, and Intrepid makes no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Please also note that your Leader has the authority to amend or cancel any part of the trip itinerary if it's deemed necessary due to safety concerns.

For more details on the type of conditions and safety standards you can expect on your trip, please refer to Intrepid's operational safety policy on our website. We recommend that you take a moment to read through this information before travelling, and would appreciate any feedback on how well it's being implemented in the field:

<http://www.intrepidtravel.com/contact-us/safety>

SCAMS:

When walking through touristy areas of cities you may be approached by 'helpful' locals who want to show

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you where to go or take you to a local spice shop. They will either ask to be your local guide for the day or expect money when you arrive at your destination. Please note these people are not registered guides and will try and get as much money from you as they can. A friendly 'no thank you (or 'la Shukran') should suffice.

PETTY THEFT AND PERSONAL SAFETY:

While travelling there is always the risk of pick-pocketing and petty theft, particularly in the more touristy cities. We recommend that you exercise caution when walking alone at night and encourage you to walk together and only on main, well-lit thoroughfares. Be particularly vigilant on public transport. Simple measures like carrying your day pack on your front, not hanging your bag over the back of your chair or on the floor and wearing a money belt will reduce any chance that your valuables should go missing.

FIRE PRECAUTIONS:

Please be aware that local laws governing tourism facilities in this region differ from those in your home country and not all the accommodation which we use has a fire exit, fire extinguishers or smoke alarms.

TRAFFIC AND DRIVING ON THE OTHER SIDE OF THE ROAD:

Depending on where you come from please note that drivers in this part of the world may drive on the opposite side of the road from what you are used to. Look both ways before crossing any road. Traffic can be a little more chaotic than you might be used to at home. Be aware!

A couple of rules

Illegal drugs will not be tolerated on our trips. Possessing or using drugs not only contravenes the laws of the land, but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for Intrepid travellers. Intrepid's philosophy of travel is one of respect towards everyone we encounter and in particular, the local people who make our destinations such special places. The exploitation of prostitutes is completely contrary to this philosophy. Our group leader has the right to expel any member of the group if drugs are found in their possession or if they use prostitutes. Everyone has the right to feel safe and secure on their trip. We don't tolerate any form of violence (verbal or physical) or sexual harassment at Intrepid, either between passengers or involving our leaders, local operators or locals.

Sexual relationships (consensual or otherwise) between a leader and a passenger are unacceptable. If you ever feel another person is behaving inappropriately please inform us immediately by contacting the emergency contact number detailed in these trip notes.

Travelling on a group trip

GROUP TRAVEL

As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. Your fellow travellers will probably come from all corners of the world and likely a range of age groups too. We ask you to be understanding of the various needs and preferences of your group - patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience. Remember too that you have responsibilities to the group. If you are requested to be at a place at a certain time, ensure that you don't keep the rest of the group waiting. We have found time and time again that the very best trips we operate are those where the dynamics within the group work well - this takes just a little effort on your part. Due to privacy reasons we are unable to provide you with contact details and any personal information about your fellow travellers booked on your trip prior to departure.

Travel Insurance

Travel insurance is compulsory for all our trips. We require that, at a minimum, you are covered for medical expenses including emergency repatriation. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects.

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When travelling on a trip, you won't be permitted to join the group until evidence of travel insurance and the insurance company's 24 hour emergency contact number has been seen by your leader.

If you have credit card insurance your group leader will require details of the participating insurer/underwriter, the level of coverage, policy number and emergency contact number rather than the bank's name and credit card details. Please contact your bank for these details prior to arriving in-country. <http://www.intrepidtravel.com/insurance.php>

Responsible Travel

We believe strongly in low impact or rather positive impact tourism. Broadly speaking this means that we try to minimise the negative aspects of tourism on the local cultures and environments that we visit and highlight the positive aspects. Please visit our website for further details and suggestions on how you can be a responsible traveller.

<http://www.intrepidtravel.com/ourtrips/rt/responsibletraveller>

Morocco can be considered a liberal Muslim country as many Moroccan women do not wear headscarves. However, Morocco is very conservative when compared with standards you may be accustomed to at home and you should dress accordingly. As a general guideline, shoulders, cleavage and knees should be covered at all times. Wearing shorts (men and women), low-cut tops, and showing midriff is not recommended as it will restrict your entry into buildings of a religious nature and family homes, and is considered disrespectful to the local culture. Long, light-coloured, lightweight sleeved shirts, trousers and skirts are respectful, cover your body, keep you cool in the heat and protect you from the harsh sun.

In Morocco we have built strong links with local communities, craftspeople, animal hospitals, artists, and the handicapped - all of which directly rely on the assistance of donations and products purchased by our travellers and other visitors. We offer Intrepid travellers an opportunity to interact with locals, to value their activities and crafts and help towards sustaining their livelihoods.

While on our trips in Morocco you'll have opportunity to meet plenty of local people. Depending on which trip you choose there's a chance to enjoy a meal in a local family's house in Ait Benhaddou, spend a night in a family guesthouse in the High Atlas Mountains or in the pilgrimage village of Moulay Idriss, or share a camp with a nomadic family in Dades Gorge. These experiences will give you a better understanding of the way of life for a rural Moroccan family. You'll also have some fun by learning how to make Morocco's most famous dish, couscous.

Wherever possible, we contract local Moroccan suppliers and assist them to improve the quality of their services. By booking this tour, you'll be helping us to support service providers, artists, small businesses, guesthouse owners and the disadvantaged in communities throughout Morocco.

We use local guides with wide experience and knowledge of cultural traditions and an ability to interpret the cultural heritage of the people in the places visited.

The Intrepid Foundation

Since Intrepid Travel commenced operating in 1989 we've been committed to giving something back to the communities we visit. One way has been through our support for local humanitarian, development and conservation projects. Many of our travellers want to contribute something too. Whilst it is often tempting to give hand-outs to those less fortunate, this has the potential to promote a culture of begging and dependency. Handouts are not a sustainable way for individuals or communities to live. That's why we established The Intrepid Foundation – to make it easier for travellers wishing to give back to communities in an effective and meaningful way.

The Intrepid Foundation is a not-for-profit fund offering a selection of excellent grassroots organisations which you can contribute to. All donations to The Intrepid Foundation will be matched by Intrepid Travel dollar for dollar (up to AU\$1,000 per donor and a total of AU\$400,000 for all donors in each financial year, excluding emergency appeals). And every cent gets there as Intrepid Travel pays for all the administration

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costs. Donating is simple and secure. Please ask your leader for information on the projects we support through The Intrepid Foundation or go to our website:

<http://www.theintrepidfoundation.org/>

Intrepid Travel currently supports the following non-profit organisations:

- * Education For All (EFA) Morocco, which was founded in response to high illiteracy rates among women and girls. EFA provides boarding houses to girls missing out on high school because they live too far away from secondary schools in their region. <https://www.theintrepidfoundation.org/education-for-all>
- * AMAL Non Profit Women's Training Center and Moroccan Restaurant based in Marrakech empowers women from disadvantaged backgrounds to become self-sufficient through training in a professional restaurant setting with the aim of sustainable job placement.
- * The SPANA animal hospital in Marrakech cares for the health and welfare of donkeys, dogs and cats.

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