

# Morocco 2012 v1.03



I am proposing 2 trips to Morocco, if you have any questions please ask, either phone 01754 611899 or email david@dbj.org.uk

## Short break (Half Marathon or Marathon)

	Day	Date	Itinerary	Overnight	Accn.	Meal plan
1	Friday	27 Jan 12	Leave Skegness at 8.30am to arrive Luton 11am Fly with Ryan Air at 13:35 arrive Marrakech 17:10 Evening free	Marrakech	Hotel Islane	
2	Saturday	28 Jan 12	Register for Marathon Free day in Marrakech	Marrakech	Hotel Islane	B
3	Sunday	29 Jan 12	<b>Marathon and Half Marathon.</b> Fly with Ryan Air at 17.35 arriving Luton 21:15			B
4	Monday	30 Jan 12	Back to Skegness about 12.30am			

## Long break (Half Marathon or Marathon and climb Toubkal)

	Day	Date	Itinerary	Overnight	Accn.	Meal plan
1	Friday	27 Jan 12	Leave Skegness at 8.30am to arrive Luton 11am Fly with Ryan Air at 13:35 arrive Marrakech 17:10 Evening free	Marrakech	Hotel Islane	
2	Saturday	28 Jan 12	Register for Marathon Free day in Marrakech	Marrakech	Hotel Islane	B
3	Sunday	29 Jan 12	<b>Marathon and Half Marathon.</b>	Marrakech	Hotel Islane	B
4	Monday	30 Jan 12	Rest	Marrakech	Hotel Islane	B
5	Tuesday	31 Jan 12	Drive to Aremd, walk to Neltner Hut		Neltner Hut	BLD
6	Wednesday	2 Feb 12	Toubkal 4167m		Neltner Hut	BLD
7	Thursday	3 Feb 12	Toubkal, other peak or down to Aremd	Toubkal	Neltner Hut	BLD
8	Friday	4 Feb 12	Walk to Aremd and drive back to Marrakech Afternoon in Marrakesh	Marrakech	Hotel Islane	B
9	Saturday	5 Feb 12	Day in Marrakesh	Marrakech	Hotel Islane	B
10	Sunday	6 Feb 12	Morning in Marrakesh Fly with Ryan Air at 17.35 arriving Luton 21:15	Home	Home	B
11	Monday	7 Feb 12	Back to Skegness about 12.30am			

B=Breakfast

L=Lunch

D=Dinner

### Flights [www.ryanair.com](http://www.ryanair.com)

Ryan Air fly from Luton to Marrakesh and back on Friday, Sunday & Wednesday (June 2011; the price for Jan 2012 is approx £125 return including 15Kg hold luggage)  
All departures from Marrakesh at 17.35  
Stansted flights are on Thursday only

Royal Air Maroc fly to and from London Heathrow every day but are more expensive  
For commercially organised tours see <http://www.runninginspired.co.uk/marrakech-marathon.html> for example

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## **The Race** <http://www.marathon-marrakech.com>

The Marathon and Half Marathon start at 8.30am. The races can be entered in Marrakesh on Saturday or on-line beforehand. The daytime temperature in January is usually about 20°C. Race entry fee: Half Marathon 40 Euro, Marathon 60 Euro.

## **The Hotel** <http://www.hotel-islane-marrakech.com/>

The Hotel Islane is near to the main Mosque in Marrakesh (2 minutes), close to the main square and souks (5 minutes) and about 15 minutes walk to the race start and finish. The hotel is fairly basic but all rooms are en-suite and there is a lovely balcony for meals over-looking the Mosque. There are more basic and more luxurious hotels but this one is fairly central and gives a taste of the local culture. There is no air conditioning in the rooms but I was cold at night anyway, the TV did not always work but only had foreign channels but the shower had hot water. Some rooms may be noisy. There is free wireless internet in the lobby.

Even if you are not going into the mountains you will need a fleece and hat because it does turn cool at night. During the day it can be hot and a sun hat may be needed. Do take a business card from the hotel with you so that if you get lost you stand some chance of finding you way back, not everyone speaks English. It is recommended that ladies dress discreetly and do not walk about on their own

## **Things to do in Marrakesh:**

Visit the big square; at night it is full of people. There are story-tellers, snake charmers, monkeys and food stalls. The freshly squeezed orange-juice is wonderful. There are many restaurants surrounding the square which have balconies on the 1<sup>st</sup> and 2<sup>nd</sup> floor over-looking the square.

Horse-drawn carriage ride

Camel ride

Shopping in the souks. This area is a maze of small streets with thousands of small shops. The streets are full of people, chickens, motor-bikes and animals pulling carts. The further you travel in the better the prices. You will find everything for sale: hand made slippers, wooden carvings, lanterns, clothing .....

## **For those going into the mountains:**

Toubkal is 4167m high so you will feel some effects of the altitude. Some people even feel unwell at the hut which is at 3207m. The accommodation is basic. You sleep in a dormitory room on bunk beds with maybe 6 others in the room. The temperature in the room drops below zero °C at night. You will need a good sleeping bag and a warm fleece and jacket. Some people sleep with a hat and gloves on. You may wake during the night out of breath but this is quite normal on the first night. There is one fire/heater, electric light and running water.

For those going up the mountain you will also need an ice axe, crampons and good gloves. This is a non-technical climb with no previous experience needed. There is no guarantee of reaching the top: you may be unwell, there may be too much snow or it may be too windy

## **Costs:**

RyanAir £125 return

Hotel Islane approx £40 per person per night bed & breakfast for a single room, cheaper for twin

**Short trip total** approx £330 per person.

Approx flights £130 + parking £15 + petrol £10 + insurance £10 + hotel £80 + food £40 + race £45  
(Car park is £46)

**Long trip total approx £855 per person**

Approx: flights £130 + parking £35 + petrol £10 + insurance £15 + hotel £200 + food £120 + race £45 + mountains £300

The mountain excursion price £300 includes transport to and from foothills, porters, guide, accommodation and food  
(Car park is £110)

Hopefully I can negotiate some price reductions with the hotel when I have an idea of numbers. The excursion into the mountains is based on just 2 people doing this.

Please contact me to let me know if you are interested in any of the above. Nothing is booked yet but the sooner we act the cheaper the flights will be. I am thinking of doing the short trip only. I will advise when the trip is definitely on so that individuals can book their own flights with Ryan Air. I will then arrange the accommodation if required.

There are some photos at [http://dbj.org.uk/dbj/2011/morocco\\_jan\\_feb.htm](http://dbj.org.uk/dbj/2011/morocco_jan_feb.htm) and I do also have some video of the climb