

Bike or Hike Morocco

5-9 July 2012

**Cycle the beautiful Atlas Mountain foothills
or trek to the summit of Mount Toubkal,
the highest peak in North Africa**

Limited
places
available
so sign up
today!

For further information
trekking@action.org.uk
0870 333 1662



raising funds for
action **medical research**
for children, for life

Charity reg. nos 208701 and SC039284

Choose your challenge

Charged with the exotic, but with its roots in Africa, Morocco represents a truly different destination. Twice the size of the UK, but with only half the population, much of Morocco is a desolate desert and a vast wilderness of towering mountains, where rural life has changed little over centuries. Add to this, superb hospitality and amazing culture, and all the ingredients are there for a fantastic weekend challenge destination!

Our mountain biking challenge takes us along an incredible network of dirt roads through the Atlas Mountains; or if you'd prefer to see Morocco on foot, join our trek

to the summit of Mount Toubkal where you can look out over the Sahara Desert.

Both the cycling and trekking challenges start and finish in Marrakech where you will have time to explore this incredible city and experience its unique atmosphere.

To join us for either challenge we require a non-refundable registration fee of £99 plus your commitment to raise £1,800 in sponsorship for Action Medical Research. What are you waiting for? Stop dreaming and sign up today!

Cycle

Our journey takes us from the exotic sights of Marrakech south to the dramatic Jebel Siroua mountain range located between the High Atlas and Anti-Atlas Mountains.

Our route is a mixture of rocky and sandy trails and will involve crossing desert plateaus, climbing amazing

high cols, descending through exciting gorges and exploring remote Berber valleys before winding down through cedar and pine forests, all under the watchful eye of the imposing Mount Toubkal.

Trek

In and around the foothills of Jebel Toubkal, we find historical villages largely unaffected by the changes that have taken place in Morocco's lowland country and cities in the past 30 to 40 years. With their traditional architecture intact, these villages cling to the side of mountains, defying gravity. It is this unchanging and glorious panorama that we trek through on our way to the summit of Mount Toubkal; North Africa's highest peak at 4,167 metres.



The itinerary

All

Day 1 depart London

We depart London Heathrow on Royal Air Maroc flight to Marrakech and transfer to our hotel.

Cycle

Day 2

We leave early morning by minibus towards the Tizi n'Tichka Pass and drive south towards Tidili at 1,800m. We mount our bikes and start a superb traverse of the Siroua Range; after 34km we reach our camp at 2,200m on a high plateau.

Day 3

Today we ride down to the remote village of Ait Qalla. We attack our second serious climb of the journey to reach our camp, overhanging a stunning boundless view from the Toubkal to the Mgoun Range. We camp at Azib n'Aziwan at 2,200m after 56km.

Day 4

Today's route is largely downhill as we cycle through villages where the rare saffron spice grows. We meet our minibuses after 26km and transfer back to Marrakech. Here we reconvene with the trekkers for a celebration dinner in the Medina at one of the city's traditional Moroccan restaurants.

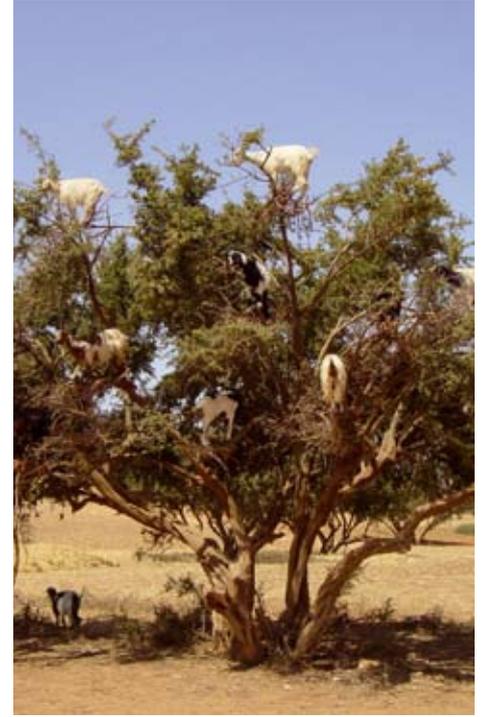
Overnight hotel accomodation.

Trek

Day 2

After an early breakfast at our hotel, we drive for two hours to Imlil (1,650m), where our belongings are loaded on to mules and our trek begins! We climb quickly to the village of Aremd (1,900m), and then follow the course of the Assif and Tafklast River through numerous small hamlets towards the sanctuary of Sidi Chamarouch (2,310m). There is a further 1,000 metres of

steepening ascent before we reach the Toubkal Hut (3,200m) where base camp will be established in preparation for the climb to the summit the following day.



Day 3

This morning we have an early start for the ascent with the aim of being on the summit of Toubkal (4,167m) to enjoy the superb panoramic views over the Sahara Desert before the heat increases. The descent follows the line of ascent back down to the Toubkal base camp where we'll camp for a second night.

Day 4

We trek back down to the road at Imlil where vehicles will be waiting to drive us back to Marrakech. Here we regroup with the cyclists for a celebration dinner in the Medina at one of the city's traditional Moroccan restaurants.

Overnight hotel accomodation.

All

Day 5

Flight to London Heathrow.



Key information

Both challenges will require a good level of fitness. We will supply you with a training guide to help you prepare. The better you prepare, the more you will enjoy yourself.

Cycle

Our longest day is approx 56km. This will be around 7-8 hours in the saddle. The overall level of difficulty is moderate – tough (depending on your fitness). The terrain is mountainous and of moderate technicality – there will be some rocky and sandy tracks. The climbs will typically be on long hair pinned wide tracks.

Trek

In summer the ascent of Toubkal poses few problems for any reasonably fit person, although much of the final ascent is made over rough scree, which is hard work but not technically demanding. One of the main challenges will be altitude; the effects of altitude can be felt from around 2,500m upwards (Mt Toubkal is 4,167m)

but the trip is designed so that there is plenty of time to acclimatise.

Weather

In general Morocco experiences hot, dry summers. Temperatures in July will be between 25-30°C in the mountains, with cool evenings, and well over 35°C during the day in Marrakech. Rain in the mountains is fairly common throughout the year, but this is normally in the form of short, sharp storms, so come prepared.

Passport, visa and vaccinations

Participants must have at least six months remaining on their passports from the date of return to the UK. A visa is not required by British passport holders. Non-British passport holders should check with the Moroccan Embassy whether they require a visa. It is essential we receive a copy of everyone's full passport details for the flights.

Typhoid and Hepatitis A vaccinations are advisable. Tetanus and polio vaccinations should be

up to date. This is a **guideline only**. Participants must seek professional medical advice from their GP or local travel clinic before travelling.

What is included?

- Group flights from London Heathrow
- Twin hotel accommodation in Marrakech and tented accommodation in camps
- All meals
- All transfers
- Professional local tour guides
- UK expedition leader and doctors supplied by The Ultimate Travel Company
- Celebration meal

What is not included?

- Travel insurance (compulsory)
- Tip for porters and guides (we recommend a tip of £20-£25)
- Personal expenses (we recommend £100-£150 will be sufficient for drinks, tips and some souvenirs)
- Fuel surcharge (approximately £150)



How we support you

We know that committing to raising £1,800 can be a daunting prospect but we are here to support you and with a little bit of planning and lots of enthusiasm you'll soon reach your target.

Fundraising pack

To get you started we send you a fantastic pack as soon as you register. This pack is filled with tried and tested fundraising ideas and tips to help you get the money rolling in. You will receive a branded t-shirt, sponsorship forms, and information about how to order collection tins, balloons and other helpful fundraising supplies.

Online sponsorship

You can set up your own online sponsorship account through our website. You can personalise your page with a photo and your own account of why you are taking part. Using the online sponsorship system saves on paper and is a very effective way of getting your message out to all of your contacts, so be sure to make the most of it.

Newsletters

We will send out regular newsletters giving you help and advice with your training and fundraising. They will also include information about Morocco, the challenge you have chosen, and will keep you up to date with what's going on in the charity.

Information day

We will organise an information day about four months before the trip. This is your opportunity to meet the Action Medical Research team and your fellow participants, as well as learning more about your challenge of choice and sharing fundraising ideas.

Frequently asked questions

Is altitude a problem?

If you are doing the trek up Mount Toubkal then you will feel the effects of altitude. The route has been designed to allow time for the group to acclimatise and we will be encouraging everyone to walk at

his or her own pace. It is important people don't put themselves under pressure whilst on the hike; it is far better to walk more slowly than you normally would, as this helps the body to acclimatise. If you have any medical conditions then you should consult your GP.

If you do the mountain bike challenge then altitude will not be a problem.

How fit do I have to be?

For both challenges you will need to have trained hard and have established a good level of fitness. We will send you a training guide and keep you up to date with regular newsletters to keep you motivated. Don't worry, it is not a race and you won't be left behind.

Will I have to carry my own kit?

No, for both challenges your main kit will be transported for you, and will be waiting for you at the end of each day. All you will need to carry is a daypack to hold your kit for each individual day.

Do I need specialist kit? Cycle

Mountain bikes are supplied. You will need to bring your own helmet, this is compulsory. The bikes will be fitted with flat pedals, if you want to bring your own toe clips or SPD pedals the guides will help you fit them when we arrive.

Trek

You will need a good pair of walking boots, worn in, and a 3-4 season sleeping bag.

A full kit list for your challenge of choice will be sent to you in the welcome pack.

What does the registration fee cover?

The entire £99 non-refundable registration fee goes to Action Medical Research. It is used to fund all administration involved in organising the trek i.e. resources, staffing, marketing, information packs and advertising.

When do I have to raise the sponsorship by?

We require that you bank at least 80 per cent of the minimum fundraising total at least 10 weeks prior to our departure to Morocco, which means you need to have raised £1,440 by 26 April 2012. The final deadline for the full amount to be banked is eight weeks after we return from Morocco, which is 3 September 2012.

What happens if I can't raise the money?

If you cannot raise the 80 per cent by 26 April, you are liable to forfeit your place on the trip or you may choose to make up the difference

yourself. Remember to let us know if you are having difficulties, we are here to help you.

What next?

To join us for either of these awesome challenges, complete the attached registration form and return it with your non-refundable registration fee to Action Medical Research or register online at action.org.uk/morocco

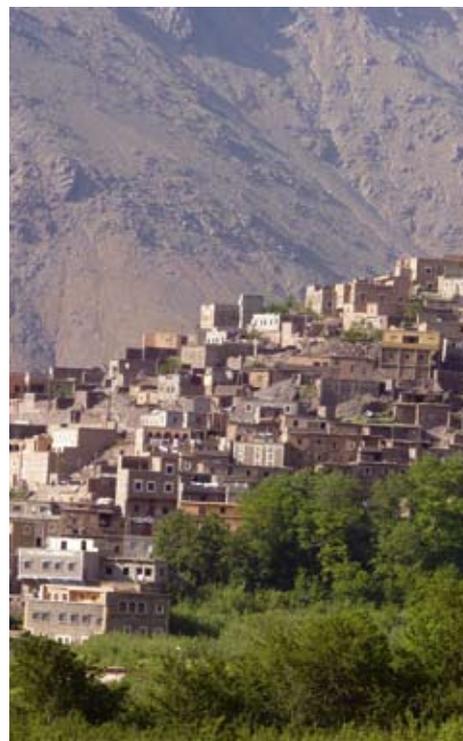
For further information contact:

**Morocco Bike or Hike,
FREEPOST CY252,
Vincent House, Horsham,
West Sussex RH12 2BR**

T 0870 333 1662

E trekking@action.org.uk

E cycling@action.org.uk



So why take part?

Action Medical Research has been making medical breakthroughs for 60 years. Highlights include helping to develop the UK polio vaccine, ultrasound scanning in pregnancy and discovering the importance of taking folic acid during pregnancy to prevent spina bifida. Today, we continue to find and fund the very best medical research to help stop the suffering of babies and children caused by disease and disability.

We want to make a difference in tackling premature birth and treating sick and vulnerable babies, helping children affected by disability, disabling conditions and infections, and targeting rare diseases that together severely affect many forgotten children.

We know that medical research can save and change children's lives. Yet surprisingly, child health research is poorly funded. Our research is not limited to one condition and we have the flexibility to identify the best medical research most likely to deliver real benefits to babies and children.



Right now the best medical minds in children's hospitals and universities across the UK are waiting for the green light to start research that could lead to life-changing treatments for babies and children. They just need the funding.

Unlike many research charities Action Medical Research relies entirely on donations. We cannot fund new medical breakthroughs without your help.

Registration form

You can also register online at action.org.uk/Morocco

Please complete this form in BLOCK CAPITALS and return it with your non-refundable registration fee of £99 to Action Medical Research.

Please tick:

Cycle **Trek**

Personal details

Title _____

Surname _____

Firstname _____

Address _____

Postcode _____

Telephone (daytime) _____

Telephone (mobile) _____

E-mail _____

Dietary requirements _____

Would you like a free Action Medical Research T-shirt?

Yes / No (if yes what size) **S** **M** **L** **XL**

Publicity

How did you find out about this trek?

Newspaper
if yes, which one _____

Magazine
if yes, which one _____

Website
if yes, which one _____

Other (please state) _____

Accommodation

Please give the name of any fellow participant with whom you would like to share a room.

Name _____

Passport information

It is essential that you have a passport that is valid for at least six months after the date of exit from Morocco.

Full name (as it appears) _____

Passport No. _____

Nationality _____

Issuing authority _____

Expiry date _____

Date of birth _____

Employment

Name of employer _____

Type of business _____

Position held _____

Next of kin

This must be someone who is not taking part in the event

Name of next of kin _____

Relationship to you _____

Address _____

Postcode _____

Telephone (daytime) _____

Telephone (mobile) _____

Tribute funds

If you are taking part in this challenge in memory of someone close to you and would be interested in receiving information about setting up a tribute fund for them, please tick this box

Recommend a friend

If you have a friend you think would be interested in taking part in this event with you, please fill out their details below and we will send them an information pack.

Name _____

Address _____

Postcode _____

Pledge

I have read and understood the Action Medical Research terms and conditions, the Professional Fundraisers agreement, and the Ultimate Travel Company booking conditions. I have enclosed my non-refundable registration fee of £99 (cheques made payable to 'Action Medical Research'). I agree to raise the minimum sponsorship of £1,800. I understand that my place on this trip is not guaranteed until my completed medical and insurance forms have been received by The Ultimate Travel Company.

Signed _____

Print name _____

Date _____

If you would prefer to pay your registration fee by credit or debit card, please call our supporter care team on 01403 210406 during office hours, or visit our website action.org.uk

We would like to keep you informed about the important work that we do and advise you of the different ways in which you can support Action Medical Research. If you would prefer not to receive this information please tick this box

Return completed registration form to:

Action Medical Research, Morocco Bike or Hike,
FREEPOST CY252, Vincent House,
Horsham, West Sussex RH12 2BR

T 0870 333 1662

Terms and conditions

Please read these carefully before signing the registration form

Action Medical Research

By signing the registration form you agree to the following conditions:

1. In return for a secured place on Action Medical Research's Morocco Bike or Hike, you must pay to Action Medical Research a non-refundable registration fee of £99 and commit to raising a further minimum amount of sponsorship (£1,800). Ideally the entire amount in sponsorship should be received by Action Medical Research a minimum of 10 weeks before the first day of the trip or at least 80 per cent (£1,440) with proof of confirmed pledges for the full amount. The 80 per cent figure does not include your registration fee of £99. Action Medical Research will hold costs of the tour and will pay this to the tour operator at the minimum sponsorship deadline when it will be protected by ATOL bonding. The balance itself must be paid to Action Medical Research within eight weeks of your return. Failure to do so means you must make up the balance yourself.
2. If you are unable to obtain the minimum target of sponsorship you are liable to forfeit your place on the trip – or you may choose to make up the balance yourself.
3. You must make it clear to all prospective sponsors that a certain amount from your sponsorship money goes towards payment for you to take part in the trip. The cost of the trip is estimated at £827.
4. Should you not be able to take up your place, the people who sponsored you are required to ask for a refund in writing (letter or email) before we can return their monies to them.
5. You must be at least 18 on the day of departure.
6. All funds raised in the name of Action Medical Research must be paid as soon as practicable to Action Medical Research.
7. Action Medical Research acts as agent only for the tour company and has no control over the organisation and running of each event. All participants take part at their own risk. Action Medical Research has arranged flights, airport transfers, accommodation, a medic and guides with The Ultimate Travel Company, a specialist in overseas treks.

In making these arrangements, Action Medical Research is acting as your agent and is therefore unable to accept liability for any loss or damage, however arising, or for cancellation of the event for any reason outside its control. Registration fees will only be refundable should Action Medical Research cancel the tour.

8. All flights, flight timings and itineraries are subject to change. All transfers to and from a London airport are at the participants' own expense.
9. Participants on the trip must be satisfied that there is nothing in their medical condition which could mean that there is danger in taking part. Action Medical Research does not accept any liability if anybody is injured on a trip, unless it is as a result of the negligence of Action Medical Research or of its agents or employees. Action Medical Research advises participants to have a medical check-up before trekking and to abide by any advice that might be given as a result of such check-up.
10. Action Medical Research reserves the right to use any photography or videos taken of participants on behalf of the charity to raise awareness of and/or funds for Action Medical Research.

Professional Fundraisers agreement for Event Participants

Under charity law, participants in fundraising events such as the event named above are deemed to be professional fundraisers and as such a written agreement is required between both parties. The agreement below sets out the conditions of your participation in this event and states our obligations to you. Please read it carefully and then sign and return to the address shown overleaf. The agreement should be read in conjunction with the above terms and conditions.

Participants in Action Medical Research events take part at their own risk. Action Medical Research cannot be held responsible for loss or injury unless caused by its own negligence. Participants should obtain adequate insurance cover where appropriate for taking part and for cancellation.

I (the Participant) agree to:

1. Raise the money using legal methods and complying with the advice given in Action Medical Research's fundraising pack.
2. Keep accurate records of fundraising activities (please refer to sponsorship section of fundraising pack or online account for further details) and show these to Action Medical Research on request.
3. Comply with all guidelines concerning use of Action Medical Research's logo and any other promotional materials/tools.

4. Do nothing that will bring the name or logo of Action Medical Research into disrepute.
5. Not use Action Medical Research's name or logo for any purpose without written permission after the termination date of this agreement on 7 Nov 2012.
6. Make it clear that I am not an employee or agent of Action Medical Research.
7. Inform all potential donors and sponsors that:
 - a) All donations are for Action Medical Research (a registered charity).
 - b) Travel and accommodation costs for my trip (approx 50 per cent) will be paid for out of the sponsorship money raised, with Gift Aid where applicable being claimed on the balance raised.
 - c) Donations and registration fees will not be refundable to me, even if I do not participate in, or complete, the event. Money will only be refunded directly to the donor upon written request if I do not take part in the event.
 - d) All cash and cheques (made payable to Action Medical Research) should be sent to me and not to Action Medical Research.
8. Pay all cash and cheques received into the Action Medical Research bank account and not into my own account at the earliest opportunity but in any event no later than 28 days after receipt, using the paying in book provided by Action Medical Research.
9. Ensure that all sponsorship forms and donor details are passed to the Events Department at Action Medical Research, Vincent House, Horsham, West Sussex RH12 2DP as soon as sponsorship monies have been collected.
10. Understand that if I have to cancel my participation in the event less than 61 days prior to the event start date, Action Medical Research reserves the right to recover the following irrecoverable tour costs from me:

| | |
|----------------------------------|---------------|
| 61 days or more before departure | 0 per cent |
| 23 – 60 days before departure | 50 per cent |
| 2 – 22 days before departure | 75 per cent |
| 0 – 1 day before departure | 100 per cent. |

Action Medical Research reserves the right to alter or terminate this agreement with immediate effect for any reason by writing to you. Upon termination you should immediately stop raising funds for Action Medical Research and pay to them any sums raised before termination. Your obligation to keep donors' details and provide them to Action Medical Research will continue to apply.

The Ultimate Travel Company

The Ultimate Travel Company accepts bookings subject to the following conditions:

1. You must be at least 18 before the departure date of the event.
2. Entry conditions into countries vary but you must not suffer from alcohol or drug dependency.
You should not have any criminal convictions.
3. Your passport must be valid for at least six months from date of return to the UK. You are responsible for ensuring that you have a valid passport and appropriate visa for the challenge. Passport control and in-country authorities will reserve the right to refuse entry.
4. You must be covered by insurance for health, accident and loss.
5. All participants take part at their own risk.
6. For health and safety reasons the tour operator, ground agents and/or medical staff reserve the right to stop any person from participating.
7. Action Medical Research, the tour operator and local staff should not be subject to inappropriate behaviour; either verbal or physical. We reserve the right to stop any person from participating in the event should we feel that boundaries have been crossed.

This contract is governed by English law and the exclusive jurisdiction of the English Courts.

This trip is operated by The Ultimate Travel Company on behalf of Action Medical Research.

Flights and ground arrangements are fully ATOL bonded (5111) through: The Ultimate Travel Company Limited, 25-27 Vanston Place, London, United Kingdom SW6 1AZ

Action Medical Research acts as agent for The Ultimate Travel Company.



For information contact:

T 0870 333 1662

E trekking@action.org.uk cycling@action.org.uk

Action Medical Research, Vincent House, Horsham, West Sussex RH12 2DP



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