



## Morocco 2008 information sheet

We have introduced the information sheets in order to make our website easier to navigate by not ‘over-filling’ each page with information. The structure of each information sheet should make it easier for you to find exactly the information that you are looking for. The simple format without images is not a drain on printing resources and the document can either be easily forwarded or the content copied and pasted into another format for sharing with friends, family and colleagues.

If you cannot find the information that you are looking for then please get in touch via the contact page on the website and we will do our best to answer your questions and include any relevant information in an update of this sheet.

If you have not downloaded this sheet from our website then please visit [www.canoecontrol.com](http://www.canoecontrol.com) for further information and resources.

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### Dates

These are on the dates and prices page (arrival/departure dates Marrakech)

### Trip description

A short flight from the UK lie the legendary shores of Barbary; the gateway to Africa. Morocco has much to offer the modern traveler and is little known as a paddling destination. Its unique culture and leisurely pace are so different from our own fast-moving lives that a holiday here is a truly memorable experience. Leaving London on a Friday we embark on a ten-day adventure of desert and river travel that begins in Marrakech. Saturday morning finds us loading up the 4x4’s and heading for the rising sun and the Atlas Mountains. To camp in this arid region is to experience, if only for a short time, the life of the nomad. Life must be lived on nature’s terms and this has a great way of focusing the mind on the real necessities of existence. Worries just fall away and life is lived in the here and now. Our river journey is self-supporting, giving us unmatched freedom to enjoy the landscape and to meet the local people. Depending on flows the river can be fun and technical or big and bouncy. It is a fantastic place to hone your skills.



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By the evening of the 6<sup>th</sup> day we will be back in Marrakech, happily tired and full of memories that will last a lifetime. The next day we have time to explore the bazaars and souks, with their market stalls, snake charmers and acrobats. Mouth-watering aromas fill the air and the food is one of the highlights of the trip. The next two days are spent at the famous Jimmy Hendrix beach in Essaouirs for some great Atlantic surf and unsurpassed seafood. Larger than life, Morocco is not just a destination; it is an experience never to be forgotten.

### Itinerary

#### **Day One**

You will be met by one of our guides and taken to your hotel to settle in. Then it's out to explore the local restaurants and culture (and believe us, there's plenty!).

#### **Day Two**

We enjoy a hearty breakfast at the hotel and then board our vehicles. As we leave Marrakech we can see the sun rising over the Atlas Mountains. On route we will stop for lunch in tranquil olive groves, then continue our drive to Tilouguite. We cross our river destination just past Tilouguite and drive a little further to one of the most fantastic campsites we have ever seen. We dine in style amidst some breathtaking scenery.

#### **Day Three**

There will be a thorough safety briefing for all guests and we will also practise our paddling techniques before tackling our first rapid. Depending on the flow this can be a fun technical river or large volume and bouncy. We paddle through the narrows near Tilouguite with the delighted locals jumping in the river to try and hitch a ride. Camp that night is amongst cedar trees. The afternoon is yours to explore the nearby hills, relax in camp or have a game of volleyball.

#### **Day Four**

Today sees more roller coaster rapids as we head down river. We encounter some great surf waves today. Our day is punctuated by a relaxing lunch, accompanied by the curious locals milling wheat at the local waterwheels. The water is crystal clear and fresh fish for dinner is a distinct possibility. We kayak around 4-5 hours a day, leaving plenty of time to explore local villages or to get to know fellow paddlers.

#### **Day Five**

It is great to remember that we are on the edge of the Sahara, yet tackling some of the best white water Morocco has to offer. Rapids come thick and fast on this river and offer a superb chance to really hone your skills. After lunch we surf and play our way down to our camp in the stunning last gorge of the river journey. It's great just to sit around the fire watching the glow dance off the canyon walls, and recount count the day with a rum punch or two.

#### **Day Six**

On the last day we finish off with a few fun rapids and paddle towards lake Bin El Quidane. We load our gear and boats on the gear raft and motor across the lake to our waiting vehicle. We head back to Marrakech for the evening and enjoy our first chance to explore the souqs of Djeema el Fina. Later in the evening we can enjoy a superb meal in the main square and then head off to our favourite jazz bar.  
(Breakfast and lunch included today).



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### Day Seven

The focal point of Marrakech is the Djemaa el-Fna, a huge square in the old (Medina) part of the town. Although it is a lively place at any time of the day it really comes into its own in the evening, reaching its peak between 7-9 pm. Rows of open-air food stalls are set up and mouth-watering aromas fill the air. Jugglers, storytellers, snake charmers, magicians and acrobats take over the rest of the space. It is a real spectacle to behold!

(Includes your hotel breakfast)

### Day Eight

We drive the two and a half hours to the famed Jimmy Hendrix beach in Essaouira. Have a beach lunch then take our kayaks or boards for an afternoon surfing in the Atlantic. Later in the afternoon we head into town to settle into our traditional Riyadh hotel. We will take you to a great restaurant where there are some guys who play amazing bongo drums.

(Includes breakfast)

### Day Nine

The next day is a chance for some more surfing or to relax in this beautiful old town. After some retail therapy we buy fresh fish for lunch straight off the fishing boats in the harbour.

(Includes breakfast)

### Day Ten

We have a lazy breakfast on the roof of our hotel. Some last minute shopping or watching the world go by in one of the many cafés. We head back to Marrakech to catch the flight home.

(Includes breakfast)

## Kayaker's kit list

We recommend you bring all your own personal paddling equipment. Although we have all the equipment you will require, we have found clients in the past vastly prefer to use what they are used to. We have a list of our boats located in our destinations; please contact us to check on specific availability on your trip. In most cases we are able to accommodate your preference.

### Kit list

- Type III PFD (less than two years old)
- Paddle and bag (they are not insured on planes if they are not bagged)
- Dry top (Short or long sleeved depending on your destination)
- Thermal top Medium weight - Heavyweight capilene or polypropylene is the best
- Wetsuit shorts
- Wetsuit shoes
- Spray deck
- Chaco sandals for around camp
- River shorts
- T shirts X 3
- Nalgene or similar water bottle
- Karabiner for fastening water bottle to your boat
- Waterproof sunscreen and lip balm SPF15 minimum
- Foam pads for fitting out boats and ductape or contact glue
- Whistle
- For evenings and around camp



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- Lightweight long trousers.
- Lightweight Long Sleeved shirt.
- Fleece jacket.
- Ladies should bring a long skirt or sarong to cover your legs whilst in the company of locals.
- Underwear.
- Glasses or Contact lenses. Disposable lenses are ideal.
- Toiletries. Toothbrush, toothpaste, biodegradable soap and shampoo.
- Forget the cosmetics and hair dryer! But we do suggest moisturizer.
- Hand wipes
- A 3-season sleeping bag.
- Travel Pillow.
- Small pack towel.
- Headlamp or head torch and spare batteries.
- Shoes or boots for wearing around camp and on hikes.
- Insect Repellent.
- Any medication you may be taking.
- Optional Items
- Your favourite book or a journal for recording your river memories.
- Sketchpad.
- Photographic or video equipment. On most expeditions we provide a waterproof peli-case for these items. We recommend a cleaning kit as sand gets everywhere. Bring a spare memory card or plenty of film. Also bring spare batteries for your camera.
- Waterproof disposable for the "action" on the raft shots.
- Swiss Army Knife or Leatherman.
- An extra bag to bring back a wooden hippo, a carpet, Thanka or anything else you may purchase on your holiday.
- An iPod or other music preferences - we have speakers.

### Personal Spending

The only money that you need to bring is for meals in town, souvenirs, DVD, personal items and the beer kitty for the raft trip if you drink. Please remember that many of the countries we visit do offer Credit Card and ATM facilities and for a small charge you can withdraw cash either from your account or Credit Card for convenience.

If you wish to pass on a gratuity to your guide we leave this entirely up to you.

Basically, we advise you to keep things as light as possible, without skimping on the necessities. It is great to bring back a load of goodies for everybody back at home.

You do NOT need to bring

Tents, sleeping mats.

### Rafter's kit list

Here is a general list of items we highly recommend you bring on your trip.

#### River wear:

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- A pair of sandals - trainers are also okay.
- A pair of River shorts or swimming costume.
- Lightweight thermal top to wear under your life jacket.
- A baseball cap for under the helmet to keep sun off.
- Wide brimmed sunhat.
- Sunglasses.
- Chums or fastening your sunglasses to your head.
- Water bottle.
- Karabiner for fastening water bottle to your boat.
- Thermal Top for cooler destinations. Medium weight – Heavyweight Capilene or polypropylene is the best.
- Waterproof sunscreen and lip balm SPF15 minimum.

### For evenings and around camp:

- Lightweight long trousers.
- Lightweight Long Sleeved shirt.
- Fleece jacket.
- Ladies should bring a long skirt or sarong to cover your legs whilst in the company of locals.
- Underwear.
- Glasses or Contact lenses. Disposable lenses are ideal.
- Toiletries. Toothbrush, toothpaste, biodegradable soap and shampoo.
- Forget the cosmetics and hair dryer! But we do suggest moisturiser.
- Hand wipes
- A 3-season sleeping bag.
- Travel Pillow.
- Small pack towel.
- Headlamp or head torch and spare batteries.
- Shoes or boots for wearing around camp and on hikes.
- Insect Repellent.
- Any medication you may be taking.

### Optional Items:

- Your favourite book or a journal for recording your river memories.
- Sketchpad.
- Photographic or video equipment. On most expeditions we provide a waterproof pelicase for these items. We recommend a cleaning kit as sand gets everywhere. Bring a spare memory card or plenty of film. Also bring spare batteries for your camera.
- Waterproof disposable for the "action" on the raft shots.
- Swiss Army Knife or Leatherman.
- An extra bag to bring back a wooden hippo, a carpet, Thanka or anything else you may purchase on your holiday.
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If you wish to pass on a gratuity to your guide we leave this entirely up to you.

Basically, we advise you to keep things as light as possible, without skimping on the necessities. It is great to bring back a load of goodies for everybody back at home. You do NOT need to bring Tents, sleeping mats.

### **Cost**

Cost including trip transport, transfers, camping and river equipment hire, food on trip and hotel breakfast. Does not include flights or eating out in the towns. Current price on the dates and prices page.