

Raft & Trek Morocco

Morocco | 1800m



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Morocco. Souks and sand, camels and desert? Just wait... **there's so much more to this incredible country!!**

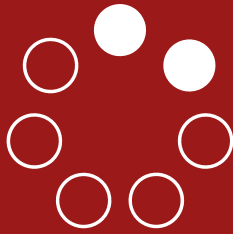
With **white wafter rafting** (grades 3.4) along the stunning Ahansal River, **trekking** through the ever-changing landscapes of with our amazing guides, **visiting local villages** to immerse ourselves in the fascinating **Berber culture** and and exploring the hustle and bustle of the **Marrakech souks and riads**, we've got an action-packed week in store!

The rafting is exhilarating, and we combine the watery side of this expedition with some fantastic trekking through the stunning scenery of the remote High Atlas, setting our sights from the magnificent **Cascades d'Ouzoud** before we make our way to the top of the imposing **Cathedral Rock**.

The world class rivers of the **Ahansal** and the **Assif Melloul** take rafting to a new level, with calm crystal waters churning through rocks as the turquoise waters cut through dramatic red gorges as the river tumbles through. End this epic adventure with some truly spectacular downtime at the luxurious **Widiane Suites**, overlooking pristine pine forests and the calm Ben el Ouidane Lake... it's an unforgettable adventure!

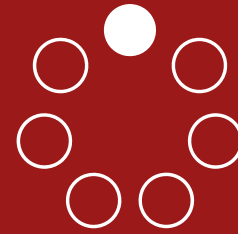
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Physical – P2

This trip is challenging and a good solid fitness level is required. There will be prolonged walking over varied terrain and you should be training to comfortably walk for 6 to 8 hours, over undulating terrain, with a few punchy uphill climbs, carrying a pack up to 6kg in weight.



Technical – T1

No technical skills are needed. A good steady walking ability only is required.

Please note that the grading system used is a rough guide only.



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ITINERARY

DAY 1 : Marrakech

Today we depart London and fly to Marrakech, where we will meet our guide at the airport and transfer to our cozy hotel in the heart of the Medina. We will have time to get settled at the riad, then enjoy a welcome meal and have time to explore the hustle and bustle of the mind-blowing maze of this fascinating city.

(D)

DAY 2 : Ouzoud Waterfalls & Cathedral Rock

After a good breakfast, we will leave from the Riad for a road transfer to the 'Happy Valley' for a rendezvous with the Jurassic Past, as we visit sites where dinosaur tracks and fossils have been discovered. We will stop for lunch at the stunning waterfalls, the 'Cascades d'Ouzoud', then continue by road to the impressive Cathedral Rock. We sleep in a charming local auberge, to get a good sleep ready for our day of trekking tomorrow!

(BLD)

DAY 3 : Cathedral Rock to Wakhodan

We will need a hearty breakfast, as today's goal is the top of the Cathedral Rock, at 1,800 metres. You may see some adrenaline hunters base jumping from the top of Morocco's steepest rock formation, but we take a gentler route! With plenty of opportunities to appreciate the incredible views, then we will head to the gorges of the Assif Melloul ('white river' in Tamazigh) for a delicious lunch and a visit to the waterfalls of Wakhodan.

(Trekking approx: 7-8hrs.)

(BLD)

DAY 4 : Join the Amazighs people and trek through the hidden Atlas

Today, we visit an ancient Berber village, habited by the local Amazighs people. Their hospitality is legendary, their culture fascinating, and we will get to have a glimpse into their lives and experience the nomadic lifestyle as we trek through, exploring this section of the 'Hidden Atlas'. We stay at a local and incredibly friendly refuge, for a hearty dinner and rest before the rafting adventure starts!

(Trekking approx: 4-5hrs.)

(BLD)

DAY 5 : Trekking Aitamjout and Rafting the Ahensal River

An early morning sees us up and ready to hike to the valley of Aitamjout where we will enjoy tea at a local village then meet our canyoning guide. After safety briefings and a gear fit, it's time to jump in (not literally!) and ride the Ahansal river for 3 hours of rafting. It's easy, enjoyable rafting, but there are rapids too to get your pulse racing on our practice paddle.

We will enjoy a well-deserved lunch at the local village before we hike to our camp site for dinner and the night. Tonight is spent under the stars, with a meal over the fire before camping alongside the river.

(Trekking approx: 2hrs.)

(BLD)

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ITINERARY

DAY 6 : Rafting the Ahensal River

Wake up and smell the coffee as your fabulous leaders deliver hot drinks to your tent! You'll be handed out your river gear, and the rest of your luggage will be safely transported to the end of the trip.

After a refresh of yesterday's safety talk and paddle instructions, we head to the river. The Ahensal has excellent rapids and some thrill a minute rafting with rapids such as Wee Stinky, The Wall, The Squeeza and the Mill before we stop for a welcome lunch break on the side of the river. Take a walk up to the nearby Kasbah or relax and have a siesta in the sun. We raft again in the afternoon and see more rapids before the river flattens out and we get a chance to check out the amazing scenery and may even get to see monkeys. We arrive back at our camp site, set up in a stunning gorge on the banks of the river, to find our crew, much-welcomed snacks, fresh mint tea and an amazing meal!

(BLD)

DAY 8 : Depart to Marrakech, and fly home

After a relaxing morning, we will transfer back to Marrakech for lunch and some time to explore the souks and grab some last minute souvenirs, before we head for the airport, bid adieu to Morocco and depart on our flights back to London.

(B)

DAY 7 : Rafting the Ahensal River to Bin El Ouidane

There's not much better than waking up with fresh air and morning sunlight by the river! After a filling breakfast, we get to paddle for 2-3 hours through some exciting rapids (class 3/4) such as Cheeky Monkey and Fake Left, Go Right before we reach the stunning channels of 'Morocco's Grand Canyon' where the turquoise water carves through this impressive red gorge, and we paddle out onto the lake at Bin El Ouidane. Here, we'll be met by boat and towed back across the lake, taking in amazing views the whole way across. Our crew will meet us on the other side, with a delicious lunch awaiting us.

We spend the night at the stunning Widiane Suites, for some R&R in the most beautiful location. Time to settle in, enjoy the infinity pool looking out to the lake and surrounding pine forests, before a group dinner... time for some amazing stories from the past few days.

(BL)

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KIT LIST

Bags & Packs

Kit bag

A 80-120L duffel bag to transport kit. A duffel bag is a strong, soft, weather resistant bag without wheels but with functional straps for carrying. Suitcases and wheeled bags are not suitable

Daysack

Approx. 30L capacity. Your day to day pack that you carry with your daily essentials, fitted with shoulder straps and importantly a waist belt

Waterproof rucksack cover

To protect rucksack from rain

Drybags

Nylon rolltop bags that keep fresh clothing and other important items like passports and iPods dry in the event of a total downpour that seeps into your kitbag. Good for quarantining old socks. Please note that many countries are now banning plastic bags. We would always advise buying re-usable nylon rolltop bags for keeping your kit dry (and sustainability).

Small kit bag or light bag

This is for any kit you intend to leave at the hotel and could even simply be a heavy duty plastic bag

Padlocks

For use on your kit bag for travel and on the expedition plus your hotel bag

Sleeping Gear

3 Season sleeping bag

You should bring a 2/3 season sleeping bag depending on whether you are a warm or cold sleeper. A silk sleeping bag liner will enhance this rating on the coldest nights

Sleeping bag liner

Silk is best for keeping the bag clean and you a little warmer

Headwear

Wide brimmed hat

Keeps the sun off exposed areas like ears and the nape of the neck

Buff/Scarf

Essential for protection from the sun and dust

Sunglasses

Worth spending money on good UV filters. Julbo is our preferred supplier

Sunblock

Buy the highest factor you can, the water reflects a lot of the sun's rays!

Lip salve

Sun cream will not work on your lips and they are very susceptible to burn without proper protection

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KIT LIST

Upper Body

Base layer x 2

This is the layer closest to the skin and its principal function is to draw (wick) moisture and sweat away from the skin.

Mid layer

These are typically lightweight microfleece or similar technology that provide varying degrees of warmth and insulation without being overly bulky or heavy to pack

Light insulated jacket

(Optional) A lighter jacket such as a PrimaLoft or lightweight down is a great addition to your kit for cooler evenings, offering greater flexibility with layering

Soft Shell

These should be windproof (not all are) and insulative. They are mostly made of soft polyester and sometimes resemble a neoprene finish which makes them very mobile and comfortable to wear. While offering a degree of weather repellence, they are not waterproof

Hard Shell

These jackets are thin, highly waterproof and windproof and worn over all other items of clothing. You'll find these made of Gore-Tex or other proprietary waterproof yet breathable technology. Inexpensive hard shells that aren't breathable will prevent evaporation, making you sweat intensely and are not recommended

Lower Body

Trekking trousers

These tend to be polyester so they dry quickly after a shower and weigh little in your pack. Consider perhaps a pair with detachable lower legs as an alternative to shorts

Waterproof trousers

Like the jacket, an essential piece of kit to stay dry and should also be Gore-Tex

Underwear

Merino or wicking material, not cotton. How many pairs you take is entirely up to you

Feet

Walking boots

Well worn in 4 season waterproof boots with mid to high ankle support

Trainers

A lightweight pair for rafting in, and another for dry evening use in the refuges.

Trekking socks x 3

Single layer or wearing 2 pairs is a personal choice and lighter weight merino wool is a good option

Spare laces

Just in case

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KIT LIST

Hydration

Water bottles / bladder

2L capacity either in a combination of bladder and Nalgene bottle or just Nalgene bottles

Water purification

Although generally all water is boiled some prefer to double up and add purification tabs as well. Always good to have in your bag

Toiletries

Wash kit

Keep it simple on the mountain. Essentials are toothbrush, toothpaste and deodorant. Moisturiser is advisable, everything else is a luxury!

Personal first aid kit

The 360 med kits are designed to be used in emergencies and akin to an A&E rather than a pharmacy on Expeditions so please come prepared with useful meds for yourself such as painkillers (Ibuprofen if you can take it and a Paracetamol) plus blister plasters, plasters, antiseptic, rehydration sachets and any muscle rubs you wish to use.

Personal medication

Keep this in your daypack

Travel towel

Travel towels from the likes of Lifesystems are perfect

Wet wipes

These are great for washing when shower facilities become a thing of the past

Alcohol gel

A must have for good camp hygiene

Insect repellent

Toilet paper

Provided, but a spare in your daysack may be useful if you need to hide behind a rock during a hike or on a rafting break!

Nappy sacks or dog poo bags

Only needed to bag your toilet paper if you are caught short in between refuges and for keeping your rubbish tidy

Miscellaneous

Trekking poles

These tend to be a personal preference but help with your stability and can dampen the pressure on the knees coming down hill

Ear plugs

For protection against the inevitable snorers!

Head torch

We recommend Petzl head torches. Bring spare batteries.

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KIT LIST

Camera

Bring spare batteries and memory cards

Penknife (optional)

Snacks

1 to 2 snack bars per day: you will be fed very well and given snacks each day however we advise bringing a small selection as a little bit of comfort. Extra snacks can be bought en-route if needed. Energy gels and protein bars are not suitable

Entertainment

Of course optional, but most trekkers like to bring an iPod, book, Kindle, cards etc for evening entertainment.

Documentation

Passport

Don't forget this! Your passport should have at least 6 months validity. With your passport expiry date at least six months after the final day of travel.

Money

We recommend you take at around £150 – £200 in Dirhams in small denominations. This will allow for tip money (£60 – £80) plus any extras like drinks, beers or snacks along the way. Small denominations are recommended as it may be difficult to obtain change and it will be easier to divide tip money

Travel insurance

Copy of own travel insurance details. And relevant contact numbers. We have a partnership with True Traveller and would recommend that you contact them when looking for travel insurance for your trip with 360. However, it is vital that you ensure that the insurance cover they offer is suitable for you, taking your personal circumstances (items to be insured, cancellation cover, medical history) into account. Many other insurance providers are available and we do recommend that you shop around to get the best cover for you on the expedition you are undertaking. It is your responsibility to ensure that you have the appropriate insurance for your intended trip. To include medical evacuation and coverage up to the maximum altitude of this trip.

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FAQ'S

Food and Water

What is the food like on the expedition?

The meals throughout the expedition will be simple yet fresh, nutritious and reasonably varied. We try to ensure that local ingredients are used – and the Moroccan team are happy to cater for allergies dietary requirements, do just let the 360 office know in advance.

Breakfast is typically bread and jam, porridge or muesli, with plenty of tea and coffee. Lunches can consist of cold vegetable salads, usually with a hot dish to go with it, from soup to pasta. Evenings will tend to be vegetable or meat tagines, couscous or pasta. The underlying aim is to provide balanced, nutritional meals packed with carbohydrates to refuel hungry bodies and to replenish stores for the next day of activity.

Do bring along any of your favourite snacks and goodie bags from home if you want. Concentrate on high energy food-stuffs to give you that little boost on an arduous day.

Where does the drinking water come from?

Initially water will be bottled, but higher up we will source water from local streams. It is advisable that everyone should carry water purification such as iodine, silver chloride or chlorine. When at the refuge the water will normally be purified by boiling.

We are endeavouring to reduce our environmental footprint and reliance on bottled water, so please do bring along a reusable water bottle which can store water that has been boiled.

I have food allergies, can these be catered for?

Absolutely, please inform the office of any allergies or intolerances and we will ensure that these are taken into account on the trek.

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FAQ'S

Accommodation

What kind of accommodation is there on the trek?

In Marrakech we stay in a well-located, charming mid-sized riad where you will be assigned to share with a room-buddy unless travelling with friends or a partner. Single supplements are available at additional cost. In the Atlas we stay in a charming local refuge or guesthouse, and for two nights we will be camping in shared tents alongside the river, in large 3-man tents. Then, to top it all off, we stay at the stunning Widiane Suites for our last night in Ben el Ouidane, for some luxurious R&R to finish the expedition.

Can I stay in a tent on my own?

Yes, of course! Single supplements are available, just chat to the 360 office for more information.

Rafting

Are life jackets provided?

Yes, life jackets will be provided for everyone, and a safety check and briefing will be carried out with the group by the instructors prior to the start of the activity.

Who are our rafting guides?

You will be accompanied by internationally qualified, English speaking rafting guides and instructors for the duration of your time on the river.

Is rafting equipment included?

Yes, rafts, paddles, lifejackets, rafting suits and helmets will be provided. Guides will have drybags too, though we do recommend that you do not take anything valuable onto the river with you!

What safety equipment is provided?

Everyone will be given a lifejacket, waterproof suit and helmet. Guides carry throwbags, additional flotation devices and flielines. as well as a full first aid kit at all times.

If I want to sit out a rapid, is this possible?

This isn't high graded rafting, the rapids are fun and fast, but the idea is to stay in the raft! Having said that, if you do want to sit out any of the rapids, it is possible to walk around them, just chat to your guide in situ.

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FAQ'S

Health and Safety

What happens if there is a problem on the expedition?

Accidents can happen and anyone undertaking these adventures has to accept there is a degree of risk due to the very nature of the challenge. Our mountain crew are all experienced in dealing with problems that may arise. Our 360 Leaders are highly experienced in the field. They all have wilderness first aid skills and can handle emergencies to the highest level of competency. For minor ailments, they carry basic first aid kits. They are also equipped with satellite phones if they need to engage our pre-planned emergency evacuation procedures.

What safety measures are in place for the rafting?

You will be accompanied by fully qualified and highly experienced English-speaking guides and instructors. Everyone will be given a lifejacket, waterproof suit and helmet. Guides carry throw bags, additional flotation devices and flip lines, as well as a full first aid kit at all times.

What medical advice can you give?

We advise all to check with your GP surgery or a travel clinic on latest advice about vaccinations and to ensure you are up to-date.

We require you to take out adequate travel and medical insurance before you set out.

You will need to bring your specific medication that you take for any medical condition that you have, and pack this in your daysack. Please remember to pack plenty of spare medication in case you lose them or they get lost in transport. It is also worth taking a simple first aid kit such as simple painkillers, Compeed or similar for blisters, plasters, antihistamines and perhaps insect repellent.

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FAQ'S

Kit

What clothing should I wear on this trek?

We advocate the beg, steal and borrow principle for first timers instead of buying brand new stuff you'll never use again! The cost of equipment can often be a major deterrent for people coming onto trips in the first place. If you think you'll re-use your gear, then it's worth starting to invest in good gear. The old adage often applies – you get what you pay for!

You'll want lightweight gear for this expedition – suits will be provided for the rafting so just shirts and a tshirt underneath are suitable – though while trekking you may find that long sleeve tops and trekking trousers give you better protection from the sun.

We're in the desert, do I really need water/windproof tops?

As much as we'd like to guarantee eternal sunshine, we can't fix the weather for you! You should bring a hardshell waterproof jacket just in case of rain while trekking, as it is quite possible to be caught out in an afternoon rainstorm in this mountainous / desert environment.

What is the best type of footwear to use?

Because of the huge variety of terrain encountered it is very important to wear the right footwear. Boots should be sturdy, waterproof, and offer adequate ankle support. In addition it is highly recommended that your boots are well worn in to prevent the formation of blisters.

We'd also suggest bringing a lightweight pair of trainers for in between the rafting and for in camp.

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FAQ'S

What advice would you give on duffel bags and daysacks?

Pack no more than you would want to carry yourself: 15kg is the limit and should be more than sufficient on such a comparatively short trip. Any extra weight such as spare clothes etc can be left at the riad before you head for the trek.

Duffel bags are ideal for this sort of trip. Whatever bag you go for, make sure it is robust and has a large capacity. As one goes higher in altitude it becomes harder to pack the bag and some people struggle closing their bags due to bulky sleeping bags and other pieces of kit. It will be far better having a large capacity bag with extra room (after all air doesn't weigh much) than having a bag too small and finding problems packing your kit. Even having a 100 litre plus duffel bag is not too large.

You should bring a daysack with you of approximately 30 litres for personal gear which you will carry yourself. Each day you should only be carrying the following: waterproofs, additional layer, hat, 2 litres of water, snacks, camera, sunscreen, lipsalve, headtorch, minimal first aid kit.

Do we need to take our own sleeping bags?

Yes, you will need to bring a sleeping bag. Depending on whether you are a warm or cold sleeper, we recommend either a 2 or 3 season bag. Nights can get chilly so if you feel the cold bring a 3 season bag and if you don't a 2 season bag should be adequate. Sleeping bags can be enhanced by using a silk liner or by wearing additional clothing to bed. The idea is to be as comfortable and warm as possible in the night to help to ensure a good night's rest for the challenge ahead!

Are down jackets necessary?

Most people get away without a down jacket in the summer. A layer system comprising of several layers of base layers, fleeces, and jackets will suffice. However if you do feel the cold, you may appreciate a light down jacket for evenings around the fire.

Is it possible to rent equipment before I go?

If you do need anything additional for the expedition, it is also possible to hire clothing and equipment before you leave from our partners Outdoor Hire (www.outdoorhire.co.uk). We recommend that you buy your own boots which are worn in prior to the trek.

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FAQ'S

The Weather

What will the weather be like?

Short and heavy rain is not unusual higher up during the afternoon as moist Atlantic air is forced up beyond its dew point by the mountain range, but they don't normally last long. Often we're in luck and a big area of high pressure can come in giving us clear crisp days, with starry and quite chilly nights as temperatures drop below freezing. Along the Ahansal, and back in Marrakech, temperatures will likely be very comfortable, akin to a fair summer's day in the UK, with minimal risk of showers. Our kit list reflects these eventualities.

Travel

Do I need to book my own flights to Morocco?

360 Expeditions will be booking flights on your behalf. We generally fly with Easyjet from Gatwick Airport as they are one of the few airlines providing direct flights to Marrakesh. We will confirm flight times once flights are booked and provide boarding passes approximately 4 weeks before departure.

There are direct flights to Marrakesh from other UK regional airports so please do let us know if you are interested in flying from another UK airport and we can look into this for you.

Insurance

Do I need special travel insurance for the trek?

You must carry individual travel insurance to take part in the expedition. We cannot take you on the expedition without proof of insurance.

It is your responsibility to ensure that you have the appropriate insurance for your intended trip which should include, at a minimum, medical evacuation and coverage up to the maximum altitude of this trip as well as for the adventure activities outlined in the itinerary.

Your insurance details are requested on the booking form, however this can be arranged at a later date. 360 Expeditions will be requesting your insurance details 8 weeks before your departure.

Entry Into Country

Do I need a visa?

UK citizens do not need a visa to enter Morocco.

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FAQ'S

Training

Do I need to train for this trip?

Being trekking fit prior to the expedition will definitely enhance your overall enjoyment of the expedition: if you are struggling from day one then you may not enjoy the rest of the trip.

However, the days are not long, and physical preparation does not have to be Herculean – though we would suggest breaking in your walking boots before the trip as this often helps avoid blisters on the trekking days!

Finance

What currency should I bring?

Morocco uses the Dhiram which can be bought at the airport before travel but exchange rates are generally not good. Euros or dollars are acceptable until you can get some Dirhams and Euros are probably better for shopping and bartering!

Guichets automatiques (ATMs) are now a common sight across Morocco and many accept Visa, MasterCard, Electron, Cirrus and Maestro – however when we are camping we will be further from any main areas. Major credit cards are widely accepted in the main tourist centres, although their use often attracts a surcharge of around 5% from Moroccan businesses.

Tipping and bargaining are integral parts of Moroccan life. Practically any service can warrant a tip, and a few dirham for a service willingly rendered can make life a lot easier. Tipping between 5% and 10% of a restaurant bill is appropriate. A supply of small coins is vital for random tips. It is a good idea to load up at a bank when you arrive so you are well prepared.

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FAQ'S

How much should we tip?

Our local crew work extremely hard to ensure that your expedition runs well. Although tipping is not compulsory, it is customary. As a general rule we suggest around €60 – €80 per person to be shared amongst the local crew. Tipping our 360 Leader is left up to the group but is always a nice gesture and much appreciated.

What additional spending money will I need?

The amount of money you will need depends on how many presents you wish to buy or how much you have to drink when you get to Ben el Ouidane! As a basic rule of thumb €150 should be more than adequate for any post expedition spending. Morocco is a relatively cheap place and when indulging in the local custom of haggling goods can be bought for very good value for money. Your 360 leader will be happy to point out the relative bargains and the suitable prices and where to get the best value for money.

Electronics

Is there mobile phone reception throughout?

Your 360 leaders will have a satellite phone. Yes, you can use it if you really need to make a call, it's £3 per minute. Mobiles will work sporadically. But with both of these, there is limited charging availability, we will use the satellite phone very sparingly, bear that in mind with your mobile.

Do we need a travel adaptor?

Yes. It's a standard European adapter (normally round two pin) which you can buy anywhere in the UK and at the airport if you've left it to the last minute.

General

Will my valuables be safe?

While we will do everything we can to provide adequate safety for the group and security for your possessions, the general rule is that if you don't need it, don't bring it. This includes jewellery, necklaces, rings and even watches. Your passport and money should be kept on you at all times. As with travel in any foreign country, you need to look after yourself and your possessions, and this is no different.

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TRAINING PROGRAM

To begin 6 months prior to the expedition where possible.

1. CVS: Cardiovascular exercise which is low impact such as swimming, cycling, cross trainer, rowing.

2. Weekend walk should be done over undulating terrain. Only a light rucksack needs to be carried.

3. For specific exercises it is worth doing static squats and heel raises on a regular basis to improve leg muscles prior to the trip. Static squats are especially useful to help protect the knees. Please remember that it is still important to have a well balanced workout using a variety of muscle groups.

4. It is worth winding down and resting in the week leading up to the trip, doing several light walks to keep things going.

5. When walking going at a pace of a brisk walk with a light sweat and enough to feel breathless is recommended

6. During the program, rather than step up suddenly each month (example, going for 3 one hour walks each week during the weekdays in April to 3 one and half hour walks suddenly in May) it is better to build up gradually each week so there isn't a large transition (example, going for 3 one hour walks during week 1 in April, going for 3 one hour and ten minute walks during week 2 in April, going for 3 one hour and fifteen minute walks during week 3 in April, going for 3 one hour and twenty minute walks during week 4 in April)

6. It is important you seek medical advice prior to starting any training program, especially if you are not used to regular physical exertion

All the best with your training!

MONTH 1

OPT 1

2 x 30 mins weekday walk
1 x 1 hour weekend walk
1 x 10 mins CVS

OPT 2

1 x 30 mins weekday walk
2 x 1 hour weekend walk
1 x 10 mins CVS

MONTH 2

OPT 1

2 x 45 mins weekday walk
1 x 2 hours weekend walk
2 x 10 mins CVS

OPT 2

1 x 45 mins weekday walk
2 x 2 hours weekend walk
2 x 10 mins CVS

MONTH 3

OPT 1

2 x 45 mins weekday walk
1 x 2 hours weekend walk
2 x 10 mins CVS

OPT 2

1 x 45 mins weekday walk
2 x 2 hours weekend walk
2 x 10 mins CVS

MONTH 4

OPT 1

3 x 1 hour weekday walk
1 x 4 hours weekend walk
3 x 15 mins CVS

OPT 2

2 x 1 hour weekday walk
2 x 4 hours weekend walk
3 x 15 mins CVS

MONTH 5

OPT 1

3 x 1.5 hours weekday walk
1 x 5 hours weekend walk
3 x 20 - 25 mins CVS

OPT 2

2 x 1.5 hours weekday walk
2 x 5 hours weekend walk
3 x 20 - 25 mins CVS

MONTH 6

OPT 1

3 x 2 hours weekday walk
1 x 6 hours weekend walk
3 x 30 mins CVS

OPT 2

2 x 3 hours weekday walk
2 x 6 hours weekend walk
3 x 30 mins CVS

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"Life should not be a journey to the grave with the intention of arriving safely in a pretty & well preserved body, but rather to skid in broadside in a cloud of smoke, thoroughly used up, totally worn out & loudly proclaiming 'Wow! What a Ride!' "

Dream it. Plan it. Live it.