

A Taste of Morocco

Trip Code: ATM

Version: ATM A Taste of Morocco



WALK & TREK



GUIDED GROUP



LEISURELY



HIGHLIGHTS

- Enjoy walks in the gentle foothills of the High Atlas Mountains
- Sightsee in colourful Marrakech and the coastal town of Essaouira
- Visit a saffron farm and explore the fragrant herb gardens near Ouirka
- Optional cooking class at a women's association in Essaouira

AT A GLANCE

- 6 days walking and sightseeing
- Join at Marrakech

ACCOMMODATIONS & MEALS

- 7 Breakfasts
- 3 Lunches
- 2 Dinners

- 4 nights Riad
- 3 nights Hotel

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

This charming holiday combines easy walks, excellent sightseeing and perfect nuggets of Moroccan culture in hidden places such as the saffron farm, a hamman in the mountains, and the opportunity to cook at a women's association in Essaouira. After some time in Marrakech taking in the sights with a guided tour of the souks we travel to the magnificent High Atlas Mountains by way of a saffron farm and fragrant gardens. In the mountains we stay in a riad, owned by the same Berber family for decades and surrounded by stunning scenery. Our mountain time is spent enjoying some half-day walks, experience a Moroccan hamman and relaxing on the panoramic terrace. After a taste of the mountains, we head to Essaouira on the Atlantic Coast. From our lovely riad in the UNESCO medieval medina, we'll explore this stunning town on foot from the colourful harbour, to the towering ramparts and the vibrant fish market. In our optional cooking class we can learn how to prepare a tajine, skills to take home and try on your friends and a family. This trip to the captivating country of Morocco offers joy in its mountains trails, gorgeous Berber people, crazy souks and the beauty of its culture.

Is this holiday for you?

This wonderful holiday is a perfect active Moroccan holiday experience. A couple of easy walks, cultural sightseeing and traditional food experiences whilst staying in en-suite accommodation.

On two days the walks are around 4 to 5 hours at a leisurely pace and include frequent breaks for enjoying the views and taking photographs. On these days, you only need to carry a small day pack as you walk along mule tracks and mountain footpaths.

The rest of the holiday includes active sightseeing and guided walking tours (2 to 3 hours) which include local elements to give an insight into Moroccan culture.

Group accommodation has not only been selected for its character and value for money, but for the location which we feel is just as important.

Itinerary

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DAY 1

Meet at the group hotel in Marrakech. Transfers from Marrakech Airport are provided.

Your holiday starts at the hotel in Marrakech. On arrival at Marrakech Airport you'll be met by a KE representative who will transfer you to the group hotel. Depending on your arrival time and after settling in you may like to explore Marrakech which is a fantastic city and great for wandering.



Accommodation
Hotel

DAY 2

Marrakech - the souks, the spices, the smells and the sights.

Our adventure in Morocco kicks off with a morning guided tour of Marrakech. We start with a walk through the amazing labyrinth of souks. We'll be surrounded by a wonderful variety of fragrant produce including lemons, mint, olives, nuts, figs, and apricots. For souvenir hunters, the eye-catching lanterns, vibrant leather bags and shining metal work is wonderful. Traditional Moroccan leather slippers, called babouches, range from the very simple to the embroidered and jewelled, whilst the bright yellow ones are traditionally worn by men. Spice Square is a fantastic place to buy everything needed to make your tajine once back home.

You have the afternoon free, possibly to go to the beautiful Marjorelle Gardens or another museum of Berber culture.

This evening we can head out onto the famed main square of Djemaa El Fna. A hive of activity since 1050AD, this remarkable centre-piece comes alive after dusk. Housing an abundance of food carts filling the air with delicious smells ensures a wonderful experience. We can stroll through the illuminated food stalls which are popular with local families and tourists alike.

Meals: **B**



Accommodation
Riad

DAY 3**Visit a saffron farm and aromatic gardens in the charming Ourika Valley. Transfer to Imil and a short afternoon walk in the surrounding foothills.**

We head for the hills this morning. Leaving Marrakech behind, our drive takes us into the Ourika valley at the foothills of the Atlas Mountains. This lovely location is home to the Ourika River, a saffron farm, and the only aromatic garden in Morocco.

Harvesting at the saffron farm is organised by the ladies of the village. Each crocus is handpicked and separated by hand, making it one of the most expensive spices in the world. At the aromatic garden we find over 50 different varieties of aromatic and medicinal plants including fragrant beds of rosemary, lavender, thyme, peppermint, spearmint and roses. They are grown organically and used in soaps, shampoos and creams. We have lunch which includes fresh produce from the garden, fragrant herbs and Moroccan Argan oil.

After lunch we drive to Imilil and to our riad in the hills. Not accessible by road our luggage is taken by mules for the 5 minute walk to the accommodation. Peaceful, clean and simple this riad has been a family business for decades and the small touches shine through. Time allowing we have an optional walk of around 2 hours to stretch our legs and get a sense of where we are in this beautiful country. Before dinner at our riad, there will be time to sit and enjoy the views from the panoramic terrace.

Meals: **B L D**



Accommodation
Riad



Time
1 - 2 hrs walking

DAY 4**A pleasant and relaxed walk with super valley views, through the villages, lush fields and hills of this gentle part of the Atlas Mountains.**

Today we walk in the local area, whilst surrounded by a fantastic backdrop of mountain terracing. We start by walking towards the village of Aremd (1907m) which has two primary schools and simple cafes selling cold drinks and refreshments. The valley is also known for fields of cherry, walnut, wheat and barley. Crops are grown on lush terraces which are irrigated by streams and mini dams running between the houses. This fantastic watering system is constantly being fed by the snow melting in the high mountains. Local farmers say that the lush pastures of the High Atlas make some of the best grazing land in Morocco and the result is happy local cows, sheep and goats! Our lunch, which we'll enjoy in the shade of walnut trees, is carried by the traditional pack animal of the Atlas Mountains, the sure footed mule.

We will return to our traditional Berber riad in the early afternoon. We then have plenty of time to read a book on the terrace or enjoy the riad's own hammam. This traditional hammam is more like a steam room, and a great experience.

We have dinner at our riad and enjoy a second night here in the peace of the mountain village.

Meals: **B L D**



Accommodation
Riad



Time
4 - 5 hrs of walking

DAY 5

Final morning walk through the villages to a view point. Drive to the coastal town of Essaouira, a UNESCO gem.

This morning we can enjoy another walk in this beautiful area. After our breakfast at the accommodation we set off in a different direction from yesterday. There are many walks here to choose from, and your guide will make a decision depending on the weather and the group. A good option is up to the pass, Tizi n'Tamatert, for some glorious views before heading back to the riad for some lunch.

We then set off for the coast and the next part of our holiday, in the walled town of Essaouira. The drive is approximately 3-4 hours. In Essaouira we stay in a traditional riad, full of vibrant colours, quirky corners and fun seating areas. After dinner, which can be taken at the riad or out in town, we can explore the evening cafe culture of Essaouira.

Meals: **B L**



Accommodation
Riad



Time
3 - 4 hrs of walking

DAY 6

Guided walking tour through the harbour, fish market and walled medina of Essaouira.

Today we'll enjoy a day around the spice-scented lanes and palm-lined avenues of the fortified medina of Essaouira. In the morning we have a guided walking tour. We'll pay a visit to the local fish market where locals come to buy the daily catch at its freshest. We'll stroll down to the harbour which is home to a fleet of local fishermen and be surrounded by an array of nets and boats being built in a wonderfully atmospheric little spot. After the harbour we'll wander the towering ramparts which surround the town.

The afternoon we have free to explore. Essaouira is incredibly picturesque due to an array of white washed houses framed by the blue of the ocean. Dating from the late 18th century, the ancient centre was added to UNESCO's World Heritage list in 2001 and is a heady labyrinth of narrow streets, souks, bustling squares and whitewashed houses. As you explore more you'll come across relaxed squares nestled amongst hidden alleyways which all in all creates a wonderful atmosphere.

Outside of the medina and a short walk away is a superb long sandy beach. This is a wonderful place late afternoon to walk and enjoy the sea views. A long promenade, which is popular with cyclists, walkers and runners, follows parallel to the beach. This evening you may wish to head out for dinner in one of the local restaurants which are popular for fresh fish or seafood.

Meals: **B**



Accommodation
Hotel



Time
2 hrs sightseeing walking

DAY 7

Optional cooking class at El Khir Women's Association, Essaouira. Afternoon transfer to Marrakech.

This morning you have choices. Further time can be spent exploring the beautiful town of Essaouira or enjoying a walk on the windy, endless, sandy beach, or you can take part in a cooking lesson with the El Khir Women's Association. Women from vulnerable situations are trained here in to become chefs, pastry chefs and in housekeeping. Supplying experience and ultimately jobs. The cooking course will teach us how to cook a savoury dish, such as a tasty tajine. Lunch is included with the cooking class. Pre-booking is essential, payable locally.

This afternoon we travel back to Marrakech. Our last evening of the holiday we can take ourselves to the main square after dinner to experience some of the vibe of the street food vendors and the buskers weaving their magic. A great ending to a delightful holiday.

Meals: **B**



Accommodation
Hotel

DAY 8

Departure day. Marrakech Airport transfers are provided.

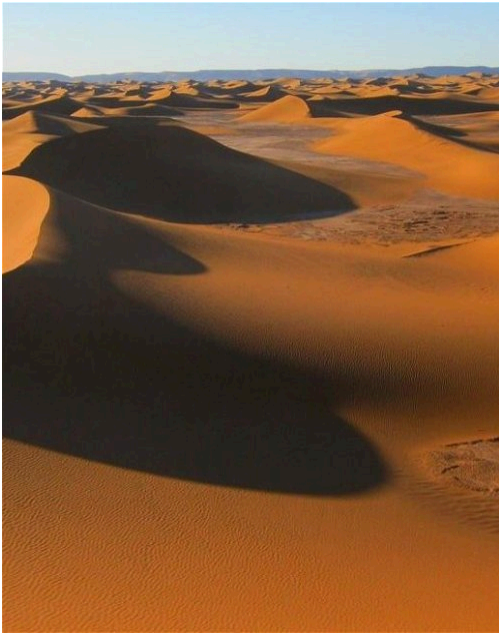
Your holiday ends after breakfast. Depending on your flight time you may wish to enjoy a final stroll around Marrakech before your transfer to the airport.

If you have any spare time, you may wish to extend your stay in Marrakech or we also offer a few days to the mighty Sahara Desert. Please contact the office for details.

Meals: **B**

Extensions

When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



Into the Sahara Desert

For a real taste of the Sahara this adventure is hard to beat! After journeying across the Atlas Mountains we arrive in the oasis town of Agdz for a night in a traditional Moroccan house. Next we head to our comfortable fixed Berber camp at Erg Chegaga and take in a spectacular desert sunset before settling down under star-filled Saharan skies! In the morning we'll watch sunrise over the dunes before exploring this magical landscapes by 4WD. After a night in Ouarzazate, we make our way back to Marrakech via the magnificent UNESCO Kasbah of Ait Ben Haddou. (Please note this extension includes a local driver but not a KE leader. This gives you more freedom to explore at leisure pre/post KE group trip).

4 days from

✕9,223,372,036,854,776,000 per person

Holiday Information

What's Included

- A professional and qualified tour leader
- Marrakech Airport transfers on Day 1 and Day 8
- All accommodation as described
- Meals as per the Meal Plan
- All land transport involved in the itinerary

What's not Included

- Travel Insurance
- Tips for staff
- Meals as per the Meal Plan
- Cooking class at El Khir in Essaouira (pre-booking essential)
- Miscellaneous expenses - drinks and souvenirs etc

Joining Arrangements & Transfers

TRAVEL TO YOUR DESTINATION

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive than low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

The group will meet at the hotel in Marrakech.

Airport transfers are provided for all clients to the group hotel.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All breakfasts, 3 lunches and 2 dinners are included.

Food & Water

One of the highlights of a holiday to Morocco is the food. One of the great cuisines of the world, Moroccan cooking combines subtle spices and rich flavours. From large green olives paired with chopped lemon rind stirred into a tajine of tender chicken, or sardines coated with coriander, parsley, cumin and chilli.

The county is influenced by Andalusian Spain, Arabic dishes and France, ensuring a wonderful combination of mouth-watering flavours. Tajines are clay cooking pots with a conical lid and can be seen bubbling away at every roadside cafe, high-end restaurants and in every home. They are always served with bread – the most important part of any meals.

Couscous is traditionally rolled by hand and steamed over a stew of meat and vegetables. To serve, the meat is covered by couscous, whilst the vegetables are pressed into the sides and any sauce is served separately.

Bssara costs very little and is a rich soup of dried broad beans which is traditionally served for breakfast. It is topped with a swirl of olive oil, a sprinkling of cumin and fresh bread.

Berber picnic in the Atlas Mountains usually starts with Berber tea, followed by a colourful buffet of rice, pasta or couscous and a freshly prepared salad of onion, tomatoes, peppers, grated carrot, beans, sweetcorn and peas.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

During this trip the group will spend 3 nights in a tourist class hotel in Marrakech and although there are a range of high-end hotels in Marrakech, we try to strike the right balance of a comfortable and conveniently located base while maintaining a really good value holiday.

In Essaouira we spend 2 nights in a traditional riad-style hotel. This lovely accommodation is located within the ancient medina and offers the perfect location for exploring and gives you a taste of traditional Moroccan architecture and atmosphere.

In the Atlas Mountains we spend 2 nights in a family run Berber guesthouse. Simpler than a hotel but including a hammam (which essentially is a Moroccan spa/steam room), it is a great opportunity to experience genuine Berber culture and cuisine.

If you are travelling by yourself, you will be paired up with another single client of the same sex. Single hotel rooms are available for a supplementary cost. If you are planning on extending your holiday additional nights at the group hotel or in a range of different hotels and Riad's in Marrakech are available on request.

Group Leader & Support Staff

The group will be led by a professional and qualified tour leader.

Spending Money

Approximately £100-£150 per person (or equivalent in US dollars or Euros) should be allowed for tips, soft drinks, snacks, non-included meals and miscellaneous expenses. Alcoholic drinks, souvenirs and optional activities are additional so you may wish to budget for these.

You cannot usually purchase Moroccan Dirhams outside the country. You can withdraw money in local currency from ATM's on arrival at the airport in arrivals or in Marrakech. You can choose to take your money in pounds sterling, dollars or euros, and you will be able to exchange it at the airport. Credit cards are useful and it is a good idea to carry one in case of emergency.

The Moroccan cooking class at El Khir, a women's association, costs dhs 250. This includes lunch. You should pre-book this with the KE office and pay locally.

Guidance on Tipping

Tips are the accepted way of saying 'thank you' to your local guides and porters. They do not form part of their wages and any tips they receive are seen as a personal thank you from group members. For our part, we advise local teams that tips are not a duty or a prerequisite but are a bonus and entirely dependent on the service that was given.

This is your 'thank-you' to the crew and the final amount should be decided by the group. We estimate that approximately £40 per group member should provide an appropriate level of tips. However, for the leader, we leave the tipping amount totally at your own discretion.

Baggage Allowance

For this holiday you should take one piece of luggage, which should be a soft bag, and a daypack.

For the two nights in the mountains your main baggage gets transported by mule for the 5 mins journey from the vehicle to the accommodation. Therefore we recommend a soft bag, as hard suitcases are more awkward to fit in the mule saddle packs.

When in Essaouira your accommodation is within the city walls in the medina. Vehicles cannot get access here, so you will either need to carry your bag or get it transported by one of the many available people with little hand pulled carts. Usually the whole group utilises one or two of these carts and it costs around 1 Moroccan Dirham per bag (less than 10p).

For international flights please check your baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

Visa Morocco

UK and USA passport holders do not require a visa for short stays.

Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

VACCINATIONS

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid. A good online resource is [Travel Health Pro](#).

Currency

The unit of currency in Morocco is the Moroccan Dirham.

Climate

During Spring and Autumn the average daytime temperatures in Marrakech will be 20 - 28°C. Temperatures on the coast are usually a few degrees cooler than Marrakech and the Atlantic breeze usually means that the 'real feel' temperature here is around 20 - 25°C. At any time of the year nighttime temperatures in the mountains can drop as low as 5°C. In the summer months of July and August it gets very hot in Marrakech.

At the times of all our departures you are unlikely to experience rain but this can never be ruled out and you must have protection from this as well as from the sun.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

You should bring the following items:

- Walking boots or shoes
- Trainers or sandals
- Socks & underwear
- Trekking trousers / shorts (please respect local culture and don't wear in villages and town)
- T-shirts / tops / shirts
- Fleece jacket or warm jumper

- Lightweight waterproof jacket & trousers
- Sunhat / Warm hat
- Sunglasses
- Daypack 20/25 litres
- Headtorch and spare batteries
- Sun protection (including lip sun screen)
- Water bottles 1 Litre (x2), a camelbak or platypus is useful (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Small padlock (to lock your kit bag)
- Antibacterial handwash
- Washbag and toiletries
- Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, Insect repellent, and re-hydration salts (Dioralite).

The following items are optional:

- Walking poles
- Swim wear for hammam
- Camera
- Reusable cloth bag for shopping (to avoid plastic bags)

Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers. [>> Find out more](#)

Land Only Information

We sell this holiday on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The holiday starts at the hotel in Marrakech and transfers are provided from Marrakech Airport.

Why Choose KE

Why KE

Join KE on this live like a local holiday from the imperial city of Marrakech to the coastal gem of Essaouira, via the breath-taking High Atlas Mountains. Stay in traditional riads, shop for spices, visit bustling markets, explore the souks and sample local cuisine.

Please Note This document was downloaded on 18/05/2024 and the trip is subject to change