

# A Taste of Morocco

Trip Code: ATM

Version:



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

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

# Introduction

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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.

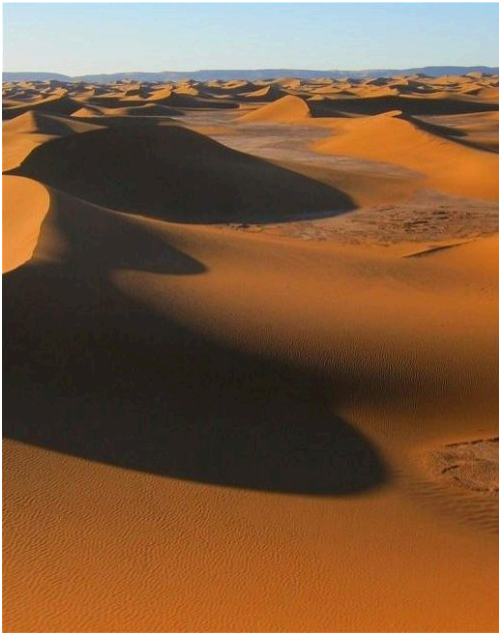
# Itinerary

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Version:

# 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  
**US\$1,005** 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

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### 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.

## 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

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## 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](http://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](http://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.

Please note that a paper copy of your travel insurance is required if you are travelling to Huaraz and the Huayhuash region.

# 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 03/07/2024 and the trip is subject to change