

# Trip Details

## Amazing Morocco

A true taste of Moroccan adventure awaits on this 9-day adventure through the highlights of Central Morocco. Discover bustling souks and the Royal Palace of Marrakech. Hit the Atlantic coast for Casablanca to visit the breathtakingly Hassan II Mosque with its vast ocean backdrop. Tap into the nomadic spirit of the Berbers with a hike through the Atlas Mountains and valleys. Explore the medieval city of Fes to learn the ancient arts of pottery and leather dying.

<b>Duration</b>	9 Days	<b>Group Size</b>	13-35 People
<b>Destination</b>	Morocco	<b>Age Req.</b>	18+
<b>Start/Ends in</b>	Marrakech/Marrakech	<b>Trip Theme</b>	Classic, Overland
<b>Hotels</b>	4 Star	<b>Departs</b>	All Year Round

## Why You Will Love This Tour

- \* Discover Morocco in depth with your expert local guide, stay in carefully selected 4 & 3-star hotels and enjoy all breakfasts included in your tour price.
- \* Explore the vibrant city of Marrakech with your local guide with visits to the Bahia Palace, Koutoubia Mosque, local medinas, and more!
- \* Visit one of Africa's largest Mosques – Hassan II Mosque and soak in the breathtaking ocean backdrops in Casablanca!
- \* Get a taste for 'real' Morocco in Fes on a guided city tour to the iconic Blue Gate, spices market, Jewish Quarter, and famous leather tanneries to see how the old and new of Morocco seamlessly
- \* Hike through the other-worldly landscapes of the High Atlas Mountains on a 2-3 hour walking tour. Visit local Berber Villages and tap into your nomadic spirit as you explore the iconic Dades Valley.
- \* No night drives, so you can rest comfortably. However, some long drives are required to cover all these incredible experiences.

## Arrival Details

The group welcome meeting with your guide and other travellers is held around 18:30 at the hotel lobby on Day 1 of your tour, unless otherwise notified.

### Meeting Point

#### **BLUE SEA LE PRINTEMPS HOTEL – MARRAKECH**

**Address :** Boulevard el Mansour Eddahbi, Marrakesh 40000

**Phone :** +212 (0) 5 24 32992      **Emergency Number:** +44 (0) 208 099 75 36

### Airport Transfers

All tours starting in Marrakech include arrival airport transfer if your flight lands in Marrakech on the first day of your tour between 5am and 11:59pm or if you have booked pre-accommodation with us

For tours ending in Marrakech, there is only one return shuttle to the airport on the last day of the tour between 05:00 and 15:00. Departure transfer is not available with post-accommodation in Morocco.

To arrange your airport transfer please email us the following information at least 2 weeks before your departure date. [info@traveltalktours.com](mailto:info@traveltalktours.com)

- Travel Date
- Flight Number
- Local Arrival Time
- Name/s of the Passengers

### Making Your Own Way to the Starting Point

The arrival hotel is 8 km away from the Marrakech Menera Airport (RAK). It takes about 10-15 minutes by taxi depending on the traffic. You can take a taxi from the airport directly to the hotel, which is expected to cost around 60-80 MAD.

### Finishing Point

#### BLUE SEA LE PRINTEMPS HOTEL – MARRAKECH

**Address :** Boulevard el Mansour Eddahbi, Marrakesh 40000

**Phone :** +212 (0) 5 24 32992      **Emergency Number:** +44 (0) 208 099 75 36

### Highlights

- \* **Djeema El Fna:** Agadir is the major coastal town on the coast of the Atlantic Ocean. Agadir is famous with its summer resorts and beautiful beaches as well as the sea foods in Agadir.
- \* **Moulay Idriss:** This town is in north, spread over two hills at the base of Mount Zerhoun. It is famous for being the site of the tomb of Idris I, the first major Islamic ruler of Morocco.
- \* **Marrakech:** Marrakesh, a former imperial city in western Morocco, is a home to mosques, palaces and gardens, pottery and jewelry is a symbol of the city.
- \* **Casablanca:** The largest city of Morocco stands impressively on the coast of the Atlantic. This major city has a huge beautiful port and countless activities and venues to enjoy.
- \* **Fes:** Fes is a northeastern Moroccan city very often referred to as the country's cultural capital. it is primarily known for its Fes El Bali walled medina.
- \* **Ouarzazate:** The "door of the desert", Ourzazate is located just in the north of the Sahara desert. It is mainly inhabited by Berbers who built the famous Kasbahs.
- \* **Rabat:** The capital of Morocco, is the second largest city and lies on the coast of beautiful Atlantic as well. The city was awarded second place in "Top Travel Destinations" of 2013.
- \* **Todra Gorges:** The Todra Gorges are a series of limestone river canyons, or wadi, in the eastern part of the High Atlas Mountains in Morocco, near the town of Tinerhir.
- \* **Volubilis:** Volubilis is a partly excavated Berber city in Morocco situated near the city of Meknes, considered as the ancient capital of the kingdom of Mauretania.
- \* **Ait Ben Haddou:** Ksar of Ait-Ben-Haddou, established in 757, and listed as a UNESCO World Heritage Site in Morocco in 1987. Also used in parts of the TV series Game of Thrones.
- \* **Azrou:** Azrou is a Moroccan town in the south of Fez in Ifrane, which means literally 'rock' in the local language, named for the large, black volcanic outcrop in the center of town.
- \* **Dades Valley:** The Dades Valley is the principal route between the desert and the ancient trading oases of the Tifilalt. The valley itself is made lush and green by the Dades River.
- \* **Ifrane:** Ifrane is a town located in Morocco's Middle Atlas Mountains. It's also known for its alpine-style architecture and nearby ski slopes and forests.

## Itinerary

Please note that the itinerary may be subject to small changes depending on the conditions during the tour. Alternative accommodation of similar standards may be used depending on the group size and hotel availability.

### Day 1: Marrakech

Welcome to Morocco! Keep your eyes peeled at Morocco airport for the Travel Talk sign for your transfer to the hotel. Freshen up and meet in the lobby around 7:00pm for an informal meeting with your guide and other tour members. Afterwards you have free time to start exploring vibrant Marrakech or go out for an optional group dinner and mingle with fellow travellers.

- **Accommodation**

Blue Sea Le Printemps– 4 Star

- **Included Activities**

Welcome Meeting

- **Optional Activities**

Group Dinner – 120 MAD

### Day 2 : Marrakech City Tour

Prepare to have your sense overwhelmed with the dazzling sights and sounds of Marrakech. Sitting on the edge of the Sahara Desert, this city is seething with souks, museums, palaces, and more! Follow your guide on a city tour to the unmissable highlights including the Koutoubia Mosque, Saadian Tombs, Bahia Palace, Dar Si Said Museum, Market, and Jama Elfna Square.

- **Accommodation**

Blue Sea Le Printemps– 4 Star

- **Meals Included**

Breakfast

- **Included Activities**

Sightseeing of Saadian Tombs

Sightseeing of Koutoubia Mosque

Sightseeing of Bahia Palace & Dar Si Said Museum

- **Entrance Fees**

Bahai Palace – 70 MAD

Saadian Tombs – 70 MAD

Said Mausoleum – 70 MAD

### Day 3: Marrakech, Casablanca

Today we'll farewell Marrakech for the port-side city of Casablanca! On arrival, take a guided tour of the gigantic Hassan II Mosque. Considered one of the largest mosques in Africa and overhanging on the ocean's edge – this mosque is the perfect place for a photo opp! Next up, visit the old Medinas and United Nations Square. Finish up the city tour in the affluent district of Anfa where streets are lined with beach clubs, upmarket hotels, restaurants, bars, and clubs! The night is yours to explore the best of Casablanca.

- **Accommodation**

Diwan Hotel- 4 Star

- **Meals Included**

Breakfast

- **Included Activities**

Sightseeing of Hassan II Mosque  
Sightseeing of Anfa Residential Quarter  
Sightseeing of United Nations Square

- **Entrance Fees**

Hassan II Mosque – 130 MAD

#### Day 4 : Casablanca, Rabat, Meknes, Volubilis, Moulay Driss, Fes

Grab a window seat as we head along the charming coastline to Morocco's capital, Rabat. Known as Morocco's laid-back city, Rabat is filled with rich amber-colored landscapes, atmosphere, and eye-catching medinas. Take a guided walking tour to the Royal Palace, medieval Chellah Ruins, Mohamed the fifth Mausoleum, Hassan Tower, and more. Then, continue on towards the city of Meknes with visits at Bab Mansour Laleuj's monumental gate and the ancient Berber ruins of Volubilis. Make a final stop in Moulay Driss Zarhoun, Morocco's cultural capital surrounded by olive groves, green hills, and cacti. While you're here, learn from your guide about the region's remarkable history and significance in Moroccan culture. Tonight we'll rest up at our 4-star hotel in Fes.

- **Accommodation**

Royal Mirage Hotel – 4 Star

- **Meals Included**

Breakfast

- **Included Activities**

Sightseeing of Museum Mohammed  
Sightseeing of Hassan Mosque  
Sightseeing of Meknes  
Sightseeing of Volubilis  
Sightseeing of Moulay Driss

#### Day 5 : Fes City Tour

Fill up on breakfast ahead of a big day exploring Fes. Discover all the highlights of this charmingly chaotic city with your local guide. The walking tour includes visits to the iconic Bab Bouloud Gate (Blue Gate), Bou Inania Madrasa, Mausoleum of Moulay Idriss, Quaraouiyine Mosque, Najjarine Square, Spices Market, Terina Madrasa, the surroundings of Karaouine Medina and Mellah (Jewish Quarter). No trip to Fes would be complete without a Pottery demonstration and of course, a visit to the famous leather Tanneries. Tonight, join an optional traditional Moroccan Dinner Show with your travel mates or explore Fes at your own pace.

- **Accommodation**

Royal Mirage Hotel – 4 Star

- **Meals Included**

Breakfast

- **Included Activities**

Sightseeing of Bab Bouloud Gate (Royal Palace)  
Sightseeing of Bou Inania Medersa  
Sightseeing of Mausoleum of Moulay Idriss  
Sightseeing of Najjarine Square  
Sightseeing of Quaraouiyine Mosque

Sightseeing of Spices Market  
Sightseeing of Attarine Medersa  
Sightseeing of The Surroundings of Karaouine Medina and Mellah (Jewish Quarter)  
Tannery & Pottery Visits

- **Optional Activities**

Dinner Show – 250 MAD

- **Entrance Fees**

Bou Inania Medersa – 10 MAD

Attarine Medersa – 20 MAD

### Day 6 : Fes, Ifrane, Azrou, Todra, Dades Valley

Rise and shine with an early alarm today! Hop on board the private coach as we drive towards Ifrane City in the High Atlas Mountains. Ifrane offers spectacular panoramic views over the mountain valleys and national parks, so keep your camera at the ready. We'll then continue our journey south through Azrou and Todra to witness the jaw-dropping gorges and limestone river canyons before arriving in Dadès Valley overnight.

- **Accommodation**

Riad Marhaba Hotel – 3 Star

- **Meals Included**

Breakfast

- **Included Activities**

Sightseeing of Ifran City

Sightseeing of Cedar Forest

Sightseeing of Atlas Mountains

Sightseeing of National Park of Ain Aserdoun in Beni Mellal

### Day 7 : Dadès Valley

Put on your hiking shoes and get set for a day filled with adventure as we trek through Dadès Valley (2-3hr hike). Trek through local Berber villages and livestock fields for a true taste of Valley-living. In the afternoon, enjoy an optional Moroccan bathing experience, known as Hammam, before returning to our accommodation in Dadès Valley overnight.

- **Accommodation**

Riad Marhaba Hotel – 3 Star

- **Meals Included**

Breakfast

- **Included Activities**

Dades Valley Hiking Tour (2-3 hours)

### Day 8 : Dadès Valley , Ouarzazate, Ait Ben Hadou, Marrakech.

Today we'll depart for Ouarzazate. Known as the gateway to the desert, Ouarzazate has been made famous in modern-day for its spectacular 'Ouallywood' studios and landscapes which have provided a convincingly exotic backdrop for movies such as Gladiator, Lawrence of Arabia, Games of Thrones, and plenty more. In the afternoon, continue towards Marrakech via Ait Ben Hadou. The evening is yours to explore Marrakech at your own pace.

- **Accommodation**

Blue Sea Le Printemps – 4 Star

- **Meals Included**

Breakfast

- **Included Activities**

Sightseeing of Djeema El – Fna Square in Marrakech

### Day 9 : Marrakech

Have your final breakfast on us and start bidding farewells to your travel mates before checking out of the hotel (11:00). Time to start counting days for your next adventure with Travel Talk!

- **Meals**

Breakfast

## Inclusions & Exclusions

The tour price covers the following services:

<b>Accommodation:</b>	4 star hotels, desert camp (Bedouin tents)
<b>Airport Transfer:</b>	Arrival transfer on day 1 and return shuttle on the last day of the tour.
<b>Meals:</b>	8 breakfasts
<b>Transportation:</b>	A/C, modern coach or mini-bus
<b>Guide:</b>	Services of experienced Travel Talk local guides licenced by the Ministry of Tourism
<b>Sightseeing:</b>	Saadian Tombs & Menara Gardens, Koutoubia Mosque, Bahia Palace & Dar Si Said Hassan II Mosque, Anfa Residential Quarter, United Nations Square, Royal Palace Museum Mohammed, Hassan II Mosque, Eloidaia Kasbah, Bab Bouloud Gate Bou Inania Medersa, Mausoleum of Moulay Idriss, Quaraouiyyine Mosque Djeema El – Fna Square, Spices Market, Attarine Medersa, Karaouine Medina and Mellah Ifran City, Cedar Forest, Atlas Mountains, National Park of Ain Aserdoun

### What is NOT included in the tour price?

- Any flights not mentioned above
- Travel insurance
- Meals not stated above
- Items of a personal nature
- Tips & gestures
- Entrance fees to the sights and museums
- Optional activities
- Other services not stated in the itinerary

## Hotels & Accommodation

Solo travellers will be roomed with another solo traveller of the same gender in a twin or triple room, or can upgrade to a solo room by paying the single supplement. You may choose the solo room option when booking online or contact us to arrange a private room.

### BLUE SEA LE PRINTEMPS – MARRAKECH – 4 Star

This hotel is well located close to Plaza Square, and it has an outdoor swimming pool to offer. The Blue Sea Le Hotel is 3.5 km from Marrakech Plaza Square and city center.

### DIWAN HOTEL – CASABLANCA – 4 Star

This hotel is located at the centre, built with marble and massive wood, rooms are decorated with handmade artisanal elements from some of the finest craftsmen in Morocco.

### ROYAL MIRAGE HOTEL – FES – 4 Star

This hotel is located in the very heart of the city center, the ibis Casablanca City Center, close to the Old Medina and is only a 5-min walk from the New Marina and Hassan II Mosque.

## RIAD MARHABA HOTEL – DADES VALLEY - Guesthouse

Located 1.9 km from Dades Gorge, the hotel offers guests a splendid garden and terrace to relax. This traditional house shows Arabic architecture with a roof terrace

## Distances

Please find below the distances between the sights visited in Morocco and the approximate driving times. We will always strive to take a short break every few hours to enable passengers to stretch their legs, purchase snacks and use wash facilities during long drives.

Marrakech - Casablanca: 243 Km – 2.5 hrs

Casablanca – Rabat: 85 Km – 1 hrs

Rabat -Fes: 210 Km – 2.5 hrs

Fes - Dades Valley: 540 Km – 8.5 hrs

Dades Valley - Ouarzazate: 140 Km 2 hrs

Ouarzazate – Marrakech: 190 Km – 3.5 hrs

## Budgeting

Please note that entrance fees to sights and optional activities are not included in the tour price. Optional activities are not operated by Travel Talk and may require a certain number of attendees to run. Your guide will be happy to inform you further about the available optional activities at the start of your tour. Optional activities are also listed under each day in your tour itinerary.

### Entrance Fees

#### Marrakech

Bahai Palace	70 MAD
Saadian Tombs	70 MAD
Said Mausoleum	70 MAD

#### Fes

Bou Inania Medersa	10 MAD
Atterine Medersa	20 MAD

#### Casablanca

Hasan II Mosque	130 MAD
Taorirt Kasbah	20 MAD

**TOTAL 390 MAD (approx. 45 USD)**

### Optional Activities

Please note that Optional Activities are not operated by Travel Talk.

Moroccan Hammam	300 MAD
Dinner Show	250 MAD
Group Dinner	120 MAD

**TOTAL 670 MAD (approx. 80 USD)**

## Personal Spending

The currency of Morocco is the dirham (MAD), with bank notes found in the denominations of MAD 200, 100, 50 and 20 and coins issued in smaller values. While every traveller's spending habits may differ slightly, we have estimated the average daily expenses to help with budgeting for your next trip. Here you'll find the average cost for a meal or drink and advice for best practice in tipping.

### Meals

Lunch at restaurant	US\$ 7-10
Dinner at restaurant	US\$ 12-16
Sandwich at a stall	US\$ 1-2
Sfenj - Moroccan Donut	US\$ 0.30

### Drinks

Bottle of water	US\$ 0.5
Coffee	US\$ 1.5-2
Tea	US\$ 1-2
Bottle of beer	US\$ 2-4

### Tipping

Tipping is not compulsory, but is encouraged for good service in Morocco. The general rule of thumb is to tip 5~10% in restaurants or to private services such as porters. Your guide and driver would also appreciate this kind of gratitude at the end of your tour. For Taxi Drivers, typically rounding up the fare for convenience is recommended, as well as at market stalls.

## Shopping

Morocco is home to some of the oldest retail cultures in the world, meaning there's no shortage of souqs waiting to be explored. Haggling in Morocco is expected and welcomed. You'll notice prices are not often listed on items in the souqs, so evaluate what you're willing to pay and come prepared to bargain with the shopkeeper - it's all part of the fun!

### Leather Goods

Moroccan leather is highly unique and the centuries-old tanning techniques are still practiced across the country today. The most famous tannery is Chouara Tanner of Fez, making it the perfect place to purchase quality, hand-crafted leather goods including slippers, bags, jackets, belts and wallets. Prices for leather goods start at approximately 10 USD.

### Berber Rugs

Berber rugs and carpets are traditionally the craftwork of nomadic women from the Middle Atlas region and date back to the 2nd century BC. They are made from virgin wool from the sheep and can be found in souqs across Marrakech in all shades, sizes and shapes. Rug shopowners will encourage you into their store with the offer of tea, but feel no obligation to buy. Rug prices may range from 50 to 1,000+ USD.

### Argan Oil

Used by the local Amazigh people for its healing properties, Argan Oil is immensely popular in Morocco. It is common to see women sitting on the front step of beauty shops crushing the kerns of the argan tree into paste, which is sold cosmetically for its healing properties to skin and hair. The regions surrounding Essauira and Agadir are the only places in the world where the specific tree grows. In this region you can purchase a quality 150ml bottle of the oil for approximately 20 USD.



# Essential Information: Morocco

## Passport & Visas

Travellers from the United Kingdom, Australia, New Zealand, USA, Canada, Ireland and Germany do not require a visa to visit Morocco for up to 90 days. South Africans require a visa in advance, which can take several weeks to obtain.

Please ensure that you check with the Moroccan Embassy or Consulate of your country for up-to-date visa information. You may visit the consular website for the latest information: <https://www.consulat.ma/en>

Passport validity entry requirements: The validity of the passport or travel document must be longer than the duration of stay. We generally recommend to have a passport or travel document that is valid for at least 6 months' from your travel date.

Passport validity entry requirements: Travellers entering Egypt must also carry a passport or travel document valid for at least 6 months from your arrival date.

This information is provided as a guidance, we strongly advise that you check with the consulate or embassy as this information can change. Please note, visa costs can change at any time and with little notice depending on the political climate of the region. It is your responsibility to make sure that all the required travel documents are ready when travelling.

## Travel Advice

We are closely monitoring the latest travel updates to Morocco and follow the advice of the UK Foreign Office (FCDO). For the latest travel advice from the UK Foreign, Commonwealth & Development Office, <https://www.gov.uk/foreign-travel-advice/morocco>

We recommend all travellers to check their Government National Travel Advisory prior to their departure:

- Australia - <https://www.smartraveller.gov.au/>
- Canada - <https://travel.gc.ca/>
- New Zealand - <https://www.safetravel.govt.nz/>
- USA - <https://travel.state.gov/>

## Travel Insurance

All passengers travelling with Travel Talk are required to have personal travel insurance before participating in any of our tours. Your guide will collect your travel insurance details on the first day of your trip. It is your responsibility to make sure you have an adequate and suitable travel insurance for you in place, you may read more at <https://www.traveltalktours.com/travel-insurance>

## Health & Safety

The health and safety of our passengers, staff and communities visited is of utmost priority. As we monitor and comply with the official advice from the UK Foreign Office, as well as World Health Organization and government authorities regularly, we have implemented several policies and precautions on our tours for your wellbeing. You may find our Safe Travels Protocols at <https://www.traveltalktours.com/safe-travels>



Travel Talk Adventures has received the Safe Travels stamp by the World Travel and Tourism Council (WTTTC), which allows travellers to recognise companies around the world that have adopted health and hygiene global standardised protocols – so consumers can experience ‘Safe Travels’.

Please make sure to regularly check your Government’s travel advice before travelling and be well-informed of any requirements. Your tour guide will also notify you of the regulations and protocols to follow throughout your trip with us.

Please note that if any traveller is unable to complete the itinerary or possess a potential risk to themselves and/or the rest of the group, we reserve the right to remove them from all or part of a trip.

Please consult with your doctor for the latest medical travel information and any vaccinations you may need. We recommend that you bring any personal medical requirements and medications with you as these may be difficult to obtain while on tour.

## Weather

The Moroccan climate varies according to season and region of the country. The Atlantic coast experiences minor temperature variations with 30°C summers and a warm Mediterranean climate all year round. November through to March sees the most rain fall in the coastal areas. Meanwhile, the climate in southern Morocco and inland can become more extreme with hot days and almost no rain. We strongly recommend bringing a set of light-weight long clothing, sunscreen, sunglasses, and hat to protect yourself. Overall, the best time to travel is considered March to June and September to December.

Months	Casablanca		Midelt		Marrakech		Zagora	
	C°	F	C°	F	C°	F	C°	F
January	16	62	11	53	17	64	26	79
February	17	63	13	56	19	67	31	88
March	17	64	16	62	22	72	35	95
April	18	66	20	68	23	74	39	103
May	20	69	23	74	26	80	41	106
June	22	73	28	83	30	87	45	114
July	25	77	33	93	36	97	49	121
August	25	78	33	92	36	97	50	122
September	25	77	27	82	32	90	47	117
October	22	72	21	70	26	80	33	92
November	20	68	16	62	22	72	31	87
December	17	64	12	55	18	66	28	83

## Money Matters

The dirham (MAD) is the official currency of Morocco, with bank notes found in the denominations of MAD 200, 100, 50 and 20 and coins issued in smaller values.

Major credit and debit cards are widely accepted in most cities and tourist sites across Morocco. However, if you are travelling off the beaten track, come prepared with a small stash of cash on hand for inexpensive purchases at local markets, souqs or for entrance fees and small meals. ATMs can be easily found in many places across the cities, however, are not as common in rural areas. We recommend you do not exchange bulk sums of money at the airport, as the exchange rates are usually more favourable in the major cities. Your tour leader will be happy to help if you need any assistance.

Please remember that everyone has different spending habits, some prefer to spend more on souvenirs, some on experiences and others on a night out! Make sure to budget your trip to your spending habits for shopping, drinking, and tipping.

Tipping is not compulsory but is encouraged for good service in Morocco. The general rule of thumb is to tip 5~10% in restaurants or to private services such as porters. Your guide and driver would also appreciate this kind of gratitude at the end of your tour. For Taxi Drivers, typically rounding up the fare for convenience is recommended, as well as at market stalls.

## Eating & Drinking

Moroccan cuisine carries an exciting blend of Mediterranean, Middle-Eastern, West African and Berber influences. The typical diet is quite healthy and incorporates plenty of vegetables. Moroccan cooking is strongly characterized by the subtle blending of spices, and Moroccans expertly use them to enhance, rather than mask, the flavor and fragrance of their dishes. Searching for unique and authentic dishes can often be overwhelming if you're not a local, so here's a few must-try dishes to get you started in Morocco.

**Tagine:** The famous slow-cooked Moroccan stew takes its name from the traditional clay or ceramic dish it is traditionally cooked in. The ingredients are arranged in a conical fashion and left undisturbed to cook until tender. Tagine is traditionally eaten straight from the cooking vessel.

**Couscous:** Originally from Morocco, Couscous is small balls of soft wheat or barley flours that are steamed in a pot. The traditional North African dish is typically served with meat or vegetable stew and is often eaten using your hands.

**Zalouk:** Zalouk is a common side dish of crusty bread and spread made from eggplants, tomatoes, garlic, olive oil and spices.

**Harira:** Used during Ramadan to break the fast at dusk, Harira is a hearty, traditional Moroccan lentil soup.

**Khobz:** Typically baked in communal wood-fired ovens and served with an array of meals, this crusty bread is a must-try in Morocco.

**Mint Tea:** A green tea base with lots of mint leaves and sugar, making for a refreshing drink.

**Baghrir:** Usually eaten at breakfast, these bubbly, sweet pancakes are a standout for many travellers to Morocco. What makes them different to Western pancakes is that they are made with semolina, thinner than flapjacks but thicker than crepes.

**Chebakia:** Soaked in the syrup of honey and rosewater, then sprinkled with sesame seeds – this sweet, fried pastry can be found in many corner shops and bakeries, especially during Ramadan.

**M'hanncha:** Translating to 'coiled like a snake', this large, coiled sweet pastry is meant to be shared. It can be cut into smaller pieces and pulled apart to reveal almond paste, pistachios and a sugary paste.

As well as the traditional dishes there are also a lot of western style foods available in the larger cities. Kebabs can also often be found in many souks or stalls and are generally served with a spicy sauce.

Morocco's national drink is mint tea, a green tea flavoured with sprigs of mint and sweetened with large amounts of sugar. Also common at cafes and street stalls are a range of freshly squeezed juices and mixed fruit milkshakes! Moroccan tap water is usually considered as safe to drink, however may upset your stomach if not used to it. Hence, we would recommend to drink bottled water which is readily available throughout the country. Morocco typically gives drinking alcohol a low profile, but bars in most tourist areas stay open to late and wines, beers and spirits are widely available with laws around alcohol liberal for visitors. Local beers are relatively inexpensive and a few worth trying include Flag, Stork and Casablanca.

## Internet Access

Most cafes, hotels and restaurants in large cities of Morocco provide free Wi-Fi, but the connection may be spotty or slow. If you wish to use your own 3G/4G Data, be sure to enable data roaming on your mobile. Purchasing a Moroccan SIM card for the duration of your tour may be a cost-effective alternative. Make sure that your phone is unlocked before you leave home so a local SIM will be compatible. The three largest telecommunications networks operating in Morocco are Maroc Telecom, Inwi and Orange. Your guide will be happy to advise on this.

## Essentials to Bring

- \* Face mask/cover and hand sanitiser enough for your personal use throughout the trip – See more at <https://www.traveltalktours.com/safe-travels>
- \* Travel Documents: Passport, Visa (if required), flight or transport ticket (and photocopies)
- \* Travel Talk Tour Voucher (printed or digital)
- \* Travel Insurance Policy (and photocopy)
- \* Personal medical kit and medicine
- \* Money (cash, credit card, travellers' cheques)
- \* Power Adapter
- \* Reusable water bottle
- \* Ear plugs and eye mask
- \* Sun protection – hat, sunglasses, sunscreen
- \* Comfortable, closed walking shoes
- \* Wind/water proof jacket
- \* Warm clothes, hat, and gloves for cold weather
- \* Sandals, swimwear, shorts for warm weather

**Important:** If your tour runs in the months from November to March, we recommend you bring a sleeping bag with you as the weather can be cold at night time (especially in the desert).

## Culture and Traditions

Over centuries of trade and mutual interaction, Moroccan culture and traditions have been significantly influenced by the surrounding people and nations.

Located at the tip of North Africa, Morocco has been the gateway between Europe and Africa, while also neighbouring both the Atlantic and the Mediterranean. This unique blend is beautifully reflected in various facades of Moroccan culture from architecture to music...

Most of the Moroccan society can be considered traditional, with respect for elders, connection to family and giving alms to the poor recognised as hallmarks of everyday life for locals.

Ramadan carries great importance for the nation and is considered a time of spiritual rejuvenation in the Islamic calendar. During this month, Muslims fast from sunrise to sunset – refraining from eating, drinking or smoking during daylight hours.

As a Muslim country, Morocco is a modest nation who deeply respects religion. If you're planning to go on a holiday to Morocco during Ramadan, please be mindful that many restaurants and shops will either be closed or operating on reduced hours during this time.

## Religion, Etiquette and How to Dress

Morocco is a tolerant, yet traditional nation with strong cultural values. Religion is a crucial factor in the life of Moroccans, and it is intermingled with daily activities. It is estimated that more than 98% of the population is Muslim, and the way people dress and interact with each other is influenced by religion. The religious holidays of Ramadan and Eid are the most significant events for Muslims. A wide array of cultural norms, including how people dress and interact with the opposite sex, are influenced as such. Especially in the rural areas, conservative clothing may be preferred.

As a general guideline, we recommend wearing loose-fitting, comfortable clothing and walking shoes while travelling in Morocco. Please also keep in mind that when visiting religious sites, appropriate attire is required. It is recommended to pack at least one set of modest clothing that covers both shoulders and knees, to be worn when visiting mosques and other religious complexes. A headscarf for women is necessary when visiting religious complexes in Morocco. Access to certain mosques and holy places is forbidden to non-Muslims, much to the disappointment of many tourists.

## Solo Travellers

We have many solo travellers joining our tours. Solo travellers will be roomed with another traveller of the same gender. If you would like a private solo room, please contact us.

## Rules to Follow

We are committed to ensuring a safe and enjoyable experience for everyone. We do not tolerate any form of violence (physical or verbal), bullying or harassment involving customers, partners, Travel Talk staff or locals. Sexual relationships between a tour leader and a passenger are forbidden.

We will not tolerate any illegal activity, including but not limited to: use and possession of illegal drugs, trespassing, and disrupting public order. If you consume alcohol, please ensure that you drink responsibly and follow the local laws and regulations.

You must follow the advice of your tour leader and local officials regarding health and safety measures. We operate all tours under Safe Travels protocols for the wellbeing of our passengers, staff and communities visited. Please ensure that you have read the <https://www.traveltalktours.com/safe-travels/> and are fully prepared for your trip.

If someone is acting inappropriately regarding these matters, please notify your tour leader immediately or contact us on the emergency contact number provided below.

Your tour leader has the right to remove from the group anyone not abiding by these rules, with no right of compensation or refund. See more at <https://www.traveltalktours.com/booking-terms/>

Please remember that our travellers come from different parts of the world and will have various needs and preferences. Be understanding and patient with your fellow travellers, and always strive to be on time.

## Responsible Travel

We believe that travel is a force for good and show our support through various initiatives and charity organizations, as well as keeping the principals of responsible and sustainable travel at the core of our ethos. These values are engrained in our business culture and the design of our trips just the same. Together with you, we strive to make a positive impact on local people and economies, respecting the local culture, environment, social fabric and customs; encouraging respectful and meaningful cross-cultural exchange. Read more at <https://www.traveltalktours.com/responsible-travel/>