

Trip Details

Impressive Spain & Morocco

A combination of sangria, sun and fun mixed with desert, camels and adventure. Let us take you on this magical journey through these two different, unique and incredible countries.

Attention: To catch the sunset at the desert; the groups departing from 20th of October to the 21st of May will spend one night in Ouarzazate, replacing one night in Essaouira.

Duration	13 Days	Group Size	13-35 People
Destination	Morocco/Spain	Age Req.	18+
Start/Ends in	Barcelona/Marrakech	Trip Theme	Discovery, Overland
Hotels	4 & 3 Star	Departs	April to October

Why You Will Love This Tour

- * Kick-start your 13-day adventure in Spain – embracing the vibrant atmosphere, history, architecture, nightlife and of course, some of the world’s best tapas in Barcelona.
- * Slow down the pace as you head towards Valencia and Granada for a taste of coastal living, quaint cobblestone streets and lavish royal palaces.
- * Save on travel time with an included international flight from Seville to Marrakech. Plus, all breakfasts, two lunches and two dinners are included in this trip.
- * Experience the authentic Berber way of life with nightly songs and dance around a campfire during a two night stay at a Sahara desert camp.
- * Soak in magical Saharan sunsets, enjoy included camel trekking and jeep safari across the desert or an optional quad-biking tour through the dunes.
- * Great the Atlantic breeze at the seaside medinas of Agadir and Essaouira, both popular locations for having a surfing. Or if relaxing is more your scene, experience an optional – G an Moroccan Hammam bath experience in Essaouira.

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

Catalonia Park Guell – Barcelona

Address : Passeig de la Mare de Déu del Coll, 10, 08023 Barcelona / Spain

Phone : +34 932 19 12 04

Emergency Number: +44 (0) 208 099 75 36

Making Your Own Way to the Starting Point

The Catalonia Park Güell is just a few metres from the Vallcarca metro station. If you prefer to use metro from the airport, you can change at Zona Universitària Station (15th station) and take the line 3 (green line) to Vallcarca Station (17th station, exit on Avda. República Argentina) One-way metro ticket for one person is €2.5 The trip from the Airport to Plaza de Espana metro station takes around 40 min.

You can also use airport taxis, which cost €35-40 from Barcelona Airport–El Prat (BCN) to your hotel.

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.
- * **Essaouira:** Located on the Atlantic Coast, Essaouira is famous with the powerful trade wind blowing onto the protected, calm bay. Very popular among windsurfers!
- * **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.
- * **Agadir:** 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.
- * **M'Hamid:** M'hamid is an oasis town isolated from the crowds. Hidden in the palm oases of M'Hamid are seven old and decaying Ksars. M'Hamid is also known as Bounou.
- * **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.
- * **Zagora:** Zagora is an amazing town in the Draa River valley in the Drâa-Tafilalet region of southeastern Morocco. It is referred as “ the gate to the Sahara ”
- * **Barcelona:** Barcelona, the cosmopolitan capital of Spain’s Catalonia region, is known for its art and architecture. The fantastical Sagrada Família church and other modernist landmarks.
- * **Granada:** The cultural and historic centre of Cordoba is listed as a World Heritage Site. The Alcazar Fortress is breath-taking and the Jewish neighborhood is not to be missed.
- * **Valencia:** On the east coast of the Iberian Peninsula, this magnificent city will blow your mind with its phenomenal combination of Roman, Gothic and Renaissance.

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: Barcelona

Welcome to Spain! Meet at the lobby reception at 6:00pm for an informal meeting with your tour guide and other tour members. After, you will have free time to explore Barcelona's vibrant nightlife or join us for an optional group dinner at a local restaurant.

- **Accommodation**

Catalonia Park Guell – 3 Star

- **Included Activities**

Welcome Meeting

- **Optional Activities**

Group Dinner

Day 2: Barcelona City Tour

We'll start the day by checking out all the top sites in our guided panoramic city tour. In the afternoon, you will have free time to explore the pretty cobblestone streets of the old Gothic Quarter or the buzzing La Rambla district.

- **Accommodation**

Catalonia Park Guell – 3 Star

- **Meals Included**

Breakfast

- **Included Activities**

Panoramic Barcelona City Tour

Day 3: Barcelona, Valencia

Valencia here we come! On arrival we will spend the evening exploring the city together on an orientation walk. In the evening why not try some delicious paella, it originated from this city after all and after check out Valencia's nightlife!

- **Accommodation**

Hotel Acteon – 4 Star

- **Meals Included**

Breakfast

- **Included Activities**

Orientation Walk in Valencia

Day 4: Valencia City Tour

After breakfast we start our walking tour at Plaza de Reina, located in the heart of the old city. In the afternoon, you will have free time to explore the city by your own. Relax at the beach or visit Ciudad de las Artes y las Ciencias a modern scientific and cultural complex which is the largest of it's kind in Europe.

- **Accommodation**

Hotel Acteon – 4 Star

- **Meals Included**

Breakfast

- **Included Activities**

Sightseeing of Valencia

Day 5: Valencia, Granada

It's time to depart for our next stop Granada. On arrival we will take a guided orientation tour of Granada to get a glimpse into this beautiful region of Spain. Don't forget to check out one of Spain's iconic highlights, the Alhambra and Generalife gardens. Walk around the fortified Moorish palace complex, with its dramatic backdrop of the Sierra Nevada mountain range, it's not a sight you should miss. End the day by treating yourself to a cold drink and you'll usually get a free tapa! Winning!

- **Accommodation**

Los Angeles Hotel – 4 Star

- **Meals Included**

Breakfast

- **Included Activities**

Sightseeing of Alhambra & Generalife Gardens

Sightseeing of Granada

- **Entrance Fees**

Alhambra & Generalife Gardens – EUR 21

Day 6: Granada, Sevilla, Marrakech

Today we will fly from Sevilla to Marrakech. Keep your eyes peeled at Marrakech 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 new local guide and other tour members. Afterwards you have free time to start exploring vibrant Marrakech or go out for an optional group dinner.

- **Accommodation**

Blue Sea Le Printemps– 4 Star

- **Included Activities**

Welcome Meeting

- **Optional Activities**

Group Dinner – 100 MAD

Day 7: Marrakech, Zagora, Jeep Safari, M'hamid

It's time to cross into the vast Sahara desert! Drive along the Draa valley until reaching the desert village of Zagora, reflecting the traditional desert life in Morocco. Pass through magnificent dessert villages and take a break at an oasis for a locally prepared lunch. The village is located at the edge of the Sahara desert, where you join a 4x4 jeep safari. Continue on to M'hamid in the Sahara and climb up the sand dunes before we heading to our camp. A traditional Moroccan dinner is prepared by the camp staff for you to enjoy under the desert stars.

- **Accommodation**

Desert Camp

- **Meals Included**

Breakfast, Dinner

- **Included Activities**

Panoramic View of Zagora Villages

4X4 Jeep Safari

Day 8: M'hamid, Camel Trek at the desert, Zagora

Wake up to the Saharan sun and take a mental picture to last forever, an astounding day of Saharan adventure awaits! Ride your camel across the Sahara soak in the magical desert atmosphere and way of life. Have lunch at a local house in the desert. Make your way back to the campsite for an experience of a lifetime: watching the desert change colour at sunset. Enjoy your Bedouin style dinner and if you're lucky locals may entertain you with traditional songs and dances by the campfire.

- **Accommodation**

Desert Camp

- **Meals Included**

Breakfast, Lunch, Dinner

- **Included Activities**

Camel Trekking

- **Optional Activities**

Quad Biking – 350 MAD

Day 9: M'hamid, Agadir

Enough of the desert, time to embrace the ocean! Leave the desert sands for the sandy beaches of Agadir and the beautiful vast ocean. A popular sea resort, especially for windsurfers, the town gets 340 days of sunshine a year! Roam the pretty village and markets, and rest up along the southern Atlantic coastline of

- **Accommodation**

Oasis Hotel & Spa – 4 Star

- **Meals Included**

Breakfast

- **Included Activities**

Sightseeing of Atlas Mountains

Sightseeing of Agadir

- **Optional Activities**

Moroccan Hammam – 300 MAD

Day 10: Agadir, Essaouira

Hop back on the coach and drive along the charming ocean coast and banana plantations until we reach Essaouira. Morocco's top sea-side destination, Essaouira has something to offer everyone: water sports, delicious Moroccan seafood, vast beaches and attractive nightlife. Its marvellous citadel is an attraction of its own with breath-taking views of the ocean and tiny local shops scattered all around.

- **Accommodation**

La Perle de Mogador Hotel – 3 Star

- **Meals Included**

Breakfast

- **Included Activities**

Sightseeing of Essaouira

Day 11: Essaouira

Embark on a full day of discovery of the beautiful town. One of the most popular surfing destinations on the Atlantic Ocean, Essaouira is serene, friendly and charming. Wander through tall white houses with yellow detail and blue doors, narrow streets, local markets and the impressive ramparts that surround the old town. Enjoy some jazz, and savour delicious fish at the Essaouira port for a spectacular evening.

- **Accommodation**

La Perle de Mogador Hotel – 3 Star

- **Meals Included**

Breakfast

- **Included Activities**

Visit of Argan Women Cooperative

Day 12: Essaouira, Marrakech

Time to bid farewell to the ocean as you embark on a scenic drive to Marrakech through Argan trees. If you're lucky, you may meet goats climbing the trees! Late in the afternoon you will reach the fascinating city of Marrakech. It is where the Arab city culture meets the Berber culture of the desert and mountain villages. Here, the sub-Saharan traders would trade their wares with European merchants, who would then bring them to Europe. Wear your haggling hats as you discover Djemaa el-Fna Square and brace for the mayhem! Marking the entrance to the huge bazaar, the area is packed with story tellers, snake charmers, acrobats and

- **Accommodation**

Blue Sea Le Printemps – 4 Star

- **Meals Included**

Breakfast

- **Included Activities**

Sightseeing of Djemaa El – Fna Square in Marrakech

- **Optional Activities**

Dinner Show – 250 MAD

Day 13: Marrakech

Our trip will end after check-out (11:00am) say goodbye to our new friends over breakfast, and we bid you safe travels.

- **Meals Included**

Breakfast

Inclusions & Exclusions

Accommodation:	4 & 3 star hotels, desert camp (Bedouin tents)
Airport Transfer:	Arrival transfer on day 1 and return shuttle on the last day of the tour.
Meals:	12 breakfasts 1 Lunch 2 dinners
Transportation:	A/C, modern coach or mini-bus, 4X4 Jeep, Flight between Morocco & Spain
Guide:	Services of experienced Travel Talk local guides licenced by the Ministry of Tourism
Sightseeing:	Ait Ben Haddou, Zagora, M'Hamid, Agadir, Essaouira, Berber Village, Atlas Mountains Djemaa El – Fna Square, Alhambra & Generalife Gardens, Giralda Tower, Reales Alcázare Cathedral of St Mary, Mudéjar Pavilion, Parque de María Luisa

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.

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.

HOTEL MIRAMAR - ESSAOUIRA – 3 Star

Overlooking the bay, this Moorish beachfront hotel is Located in the center. The hotel is located 2 steps from the medina and facing the ocean, the Miramar hotel is the promise of a successful stay.

CAMP SITE ZAGORA

This camping site is an amazing place to relax and to dive deep into nomadic spirit. Get ready for once in a lifetime experience around the campfire and under the sky on the sand dunes.

CAMP SITE M'HAMID

It's only an hour driving from Zagora, located in the Sahara, this camping site is decorated Berber style, accommodation includes open air folk-shows around the campfire, traditional foods.

TULIP INN OASIS HOTEL – AGADIR – 4 Star

Centrally located in Agadir and only 200 metres far from the beach, has a gym and most rooms have sea views. This hotel offers an amazing spa experience to it's guests.

CATALONIA PARK GUELL – BARCELONA – 3 Star

This hotel with a rooftop pool and a restaurant is situated in the upper area of Barcelona, a few minutes away from Park Güell.

HOTEL ACTEON – VALENCIA – 5 Star

Located a few steps from Puerto de Valencia avenue and Ciudad de las Artes Ciencias. This hotel has a design of cheerful atmosphere.

LOS ANGELES HOTEL – GRANADA – 4 Star

This 4 star hotel situated in the beautiful heart of Granada, next to La Alhambra's relaxing residential area. The property also features a pool and a lounge.

Distances

- Marrakech – Ouarzazate: 195 Km – 4 hrs
- Quarzazate - Ait Ben Haddou: 30 kms - 30 min
- Quarzazate - M'Hamid: 205 Km – 4 hrs
- Agadir – Essaouira: 175 Km – 3 hrs
- Essaouira – Marrakech: 180 Km – 3 hrs
- Barcelona - Valencia: 350km, 4 hours
- Valencia – Granada: 520km, 5 hours 30 min
- Granada - Sevilla: 250km, 2 hours 30 min

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.

Entrance Fees

Morocco

Bahai Palace	70 MAD
Menera Gardens	10 MAD
Said Mausoleum	70 MAD

Spain

St. George Castle	EUR 10
The Cathedral of St. Mary (Seville Cathedral)	EUR 10
Alhambra & Generalife Gardens	EUR 21

Optional Activities

Moroccan Hammam	300 MAD
Dinner Show	250 MAD
Quad Biking	350 MAD
Flamenco Show	EUR 20-40

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.

Spain has adopted the common currency of the European Union, the Euro (EUR). In Europe, ATMs are the most convenient way to acquire cash. However, debit and credit cards are widely accepted across the country.

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

Morocco

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

Spain

Lunch at restaurant	US\$ 7-10
Dinner at restaurant	US\$ 10-15
Paella at a stall	US\$ 5-8
Churros	US\$ 3-5
Bottle of water	US\$ 0.7
Coffee	US\$ 2-3
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.

Tipping in Spain is considered optional, but is kindly appreciated for good service by waiters, drivers, and other similar services. At bars, cafes or in taxis, simply rounding your bill to the nearest Euro is commonplace.

Shopping (Morocco)

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.

Shopping (Spain)

Bustling with colour, local produce and atmosphere, the great city markets of Spain are an attraction, in their own right. Many locals can be found doing daily shopping in iconic marketplaces such as La Boqueria in Barcelona or Mercado de San Miguel in Madrid. There is an abundance of high-street fashion stores in the major cities or even flea markets if you are chasing a bargain.

Leatherwork

Leather production has been an integral part of Spain history since medieval times. Today, you can browse and buy anything from high-quality belts, bags, purses, and boots from leather workshops that line the streets and markets.

Flamenco Costumes

Home to the dramatic and passionate musical dance style of Flamenco, Spain is the perfect place to buy your own Flamenco dress, shawl or wooden Castanet instrument. A high-quality traditional Flamenco dress can cost approximately 100-200 USD depending upon design while hand-painted Castanets can be purchased for approximately 5 USD at the markets.

Vintage Abanico Fan

The Abanico Fan is an important piece of Spanish culture and history. While you can find a printed fan at almost every tourist shop in Spain, the flea markets of Barcelona and Madrid are the perfect place to visit if you are looking for a vintage fan that very few others may have! Expect to pay approximately 2 USD for a souvenir fan, or upwards of 10 USD for a vintage design at the flea markets.

Essential Information

Passport & Visas

Morocco

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>

Spain

Spain is part of the European Union and Schengen area, and European citizens do not require a visa. Citizens of the following countries do not require a tourist visa if staying for less than three months: USA, Canada, Australia, New Zealand, Japan.

General

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.

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 Spain, follow the advice of the UK Foreign Office. For the latest travel advice from the UK Foreign, Commonwealth & Development Office, <https://www.gov.uk/foreign-travel-advice/morocco>
<https://www.gov.uk/foreign-travel-advice/spain>

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 (WTTC), 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 (Morocco)

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

Weather (Spain)

Spain experiences a wide range of climates, varying from hot summers and mild winters along the Mediterranean coast to semi-arid inland temperatures. Spain is a widely popular summer destination with beautiful beaches and lovely weather, drawing in visitors from all around the world in this season. A great time to visit Spain is in late spring (April to May) or early Autumn (September to October) due to the pleasant temperatures and quieter crowds of tourists. However, Spain's diverse climatic offerings mean you can enjoy travelling through the country any time of the year. Along the east coast, major cities like Barcelona and Valencia can be remarkably busy throughout the summer with temperatures pleasantly sitting around the high 20s to low 30s. Meanwhile, parts of Andalucía are blissful in the winter with skiing in the mountains and sunbathing on a beach all available within one day's adventure.

Months	Barcelona		Madrid		Sevilla	
	C°	F	C°	F	C°	F
January	13	55	10	50	16	60
February	14	57	12	53	17	62
March	15	59	14	57	20	68
April	17	62	15	59	22	71
May	20	68	18	64	27	80
June	24	75	21	69	31	88
July	27	80	24	75	35	95
August	27	80	24	75	35	95
September	25	77	23	73	32	89
October	21	69	19	66	26	79
November	17	62	14	57	20	68
December	14	57	12	53	16	60

Money Matters

Morocco

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.

Spain

Spain's currency is the Euro (EUR / €) and credit or debit cards are accepted across all major Islands. We advise to carry some cash for small purchases from simple vendors and shops.

General

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. 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.

Eating & Drinking (Morocco)

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.

Eating & Drinking (Spain)

Food and drink are two of the most iconic elements of the Spanish culture. Tourists are often lured to Spain, particularly the South, to try the world-famous seafood, tapas, pintxo and endless jugs of fresh sangria. The Spanish are known to eat late in the evening, with a long gap between lunch and dinner. Breakfast is short, sharp and to the point, consisting of a strong coffee and pastry or churro. But nothing is more quintessentially Spanish than going for tapas or pintxo in the afternoon or late evening. This style of eating involves standing at a bar and trying a range of small plates or toothpicks piled with food while enjoying a

Tapas can be anything from stuffed olive appetizers to gourmet slow-cooked beef cheek served over a sweet potato puree. Tapas is a culinary experience that cannot be missed while visiting Spain. Searching for unique and authentic dishes can often be overwhelming if you are not a local, so here is a few must-try dishes to get you started.

Paella: Like flamenco or football, paella is synonymous with Spain. The dish consists of rice cooked in a shallow, wide pan with saffron to give it that unique yellow colour with either seafood, vegetables, meats, and more traditionally rabbit.

Croquettes: A tapas favourite, croquettes are little balls of fried bechamel filled with goat's cheese, beef, ham, or broccoli.

Churros: Traditionally served at breakfast, Churros are deep-fried, doughy bread sticks dipped in chocolate and sugar.

Jamon Iberico: Wafer thin slices of cured pork that can be eaten on it's own or with bread, tomato or

Tortilla de Espanola: A classic Spanish dish, it's simply a potato omelette. Usually served as tapa, this delicious comfort food is served in most bars and cafes in Spain.

Patatas Bravas: Chunks of potato fries and served with sweet and spicy pimentón – a Spanish paprika

Sangria: The perfect partner to Spain's golden hour every Summer afternoon, sangria is well-known alcoholic beverage across Spain with chunks of apple, lemon and orange chilled in a jug of red wine.

Spanish Chorizo: A fermented, cured pork sausage seasoned with spices and served by itself or with cheese and bread.

Pulpo: Commonly known as grilled octopus, this delicious dish is flavoured simply with Spanish paprika and olive oil. It is an extremely popular dish as tapas bars, often served on wooden plates with toothpicks.

One of the greatest pleasures of eating out in Spain is the chance to sample an array of the country's best wines. Over 50% of Europe's vineyards are in Spain. Restaurant wine starts at around 5 to 10 euro per bottle. Beer (cerveza) is nearly always lager in Spain and usually comes in 300ml bottles or botellines. Popular beers worth trying include San Miguel, Cruz Campo, Mahou and Estrella de Galicia.

Internet Access

Morocco

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.

Spain

Internet access is common in hotels, cafes, and restaurants across Spain. Many internet cafes can be found in the cities as well. If your current Mobile SIM provider is from the EU or UK, it may be possible that you can use your data roaming free of charge in Spain. Please consult your mobile provider to find out more. Alternatively, purchasing a Spanish SIM card for the duration of your tour may be a cost-effective option.

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

Morocco

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.

Spain

Spain has one of the most distinctive cultures in all of Europe. Well known for its lively fiestas, routine for siestas and passion for food and drink – there is much to love about the Spanish way of life. The nation is made up of 17 distinct autonomous communities, each home to unique traditions, customs and cuisines shaped by politics, religion and centuries of mutual interaction.

Roman Catholicism is deeply embedded in Spanish society, and Christian holidays like Easter and Christmas are widely celebrated or acknowledged. Additionally, every different region or city in Spain has its own patron saint. Each city or village celebrate their saint with bonfires, feasts, and parades.

Religion, Etiquette and How to Dress

Morocco

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.

Spain

Spaniards are renowned for being welcoming and generous people who are passionate about sharing their culture with visitors. It is important to remain respectful when discussing the politics of Spain as locals may have passionate views towards whichever of the 17 distinct communities they belong to. Drinking in public is commonplace and acceptable across the nation, however public nuisances are not welcome. The Spanish are quite relaxed with the dress code of tourists, with many coastal destinations seeing flocks of visitors spend their days in swimwear and summery attire. However, Travel Talk does recommend packing a set of clothing that covers both your shoulders and knees for visiting religious complexes. Your Tour Leader can advise when such dress will be necessary throughout your trip.

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/>