



THE ART OF EXPLORING MOROCCO

Yoga-Infused Cultural Tour of Morocco

April 16-30, 2023

TOUR LEADERS

Addi Ouadderrou directs and manages this deep-dive tour where we experience daily life, cultural traditions, history, art, architecture, music, gardens, and more. Addi, owner of Moroccan Caravan, LLC, is a native Moroccan from the desert region, and an expert on Moroccan culture. Addi will both manage logistics and will lead the cultural components of this tour. addi@moroccancaravan.com

Lili Robins is a gifted yoga teacher, former yoga studio owner, and graphic artist and illustrator. For those interested, Lili will offer an accessible yoga, with meditation and breath work, most mornings before breakfast and some evenings. You'll love her special post-camel ride Chair Yoga class before dinner! Yoga is a tool to bring about a sense of wellbeing to better experience Morocco. artofbalanceyoga.com/travel-yoga

Sandra Clinton, FASLA is a nationally recognized landscape architect and founder of CLINTON+RIES Landscape Architects in the Washington, DC region. Sandy has traveled extensively in Morocco and throughout the world and will add her design expertise to the tour. syc@clintonriesla.com

***Please bring foldable yoga mat, along with any other packable props you require, for use in your yoga practice. We have access to towels, bolsters and pillows at many of our guest**

TRIP OVERVIEW

Morocco's unique geographical location in North Africa, with shorelines on both the Atlantic Ocean and the Mediterranean Sea, between Europe, the Middle East, and the rest of Africa, makes it one of the oldest and most vibrant trading posts in the world. For Romans, Arabs, Imazighen, French, Portuguese, Spanish, and sub-Saharan Africans, it has long been a crossroads for the exchange of food, arts, ideas, and people. It is also a land of intricately designed cities, colorful villages, and stunning landscapes. With expert guidance and exclusive access, we will delve into this exotic nation to soak up its natural beauty and vibrant culture.

Trip highlights include a variety of daily yoga practices with Lili; behind-the-scenes exploration of cultural antiquities unique to Morocco; exclusive entry into private homes to experience unique hands-on cooking lessons and demonstrations; camel trekking through the Sahara Desert; and many surprises! This special and varied exploration of Morocco will give each participant an opportunity to get close to the magic that is Morocco, engage with local people, tickle all your senses, and inspire your creativity.

ITINERARY

Day 1 : April 16, 2023 Depart USA to Casablanca/Morocco

Begin your travels today with a flight across the Atlantic to arrive at Mohammed V Airport (CMN) in Casablanca, Morocco no later than 10:30am on October 16. Participants book their own flights. Suggest nonstop flights from the US to Casablanca, Morocco on Royal Air Maroc:

- From New York (JFK)
- From Washington DC, Dulles International Airport (IAD)

Day 2 : April 17 Casablanca/Rabat

Arrive at Casablanca airport, meet your tour guides, and transfer to our luxury van to head to the center of Casablanca. There we will walk the exterior of the majestic Hassan 2nd mosque, stop by Rick's Café, and enjoy lunch. Overnight in nearby Rabat. (L, D)

Day 3: April 18 Rabat/Chefchaouen

This morning we will visit Rabat, the current capital of Morocco, then drive north towards the Rif Mountains and into the blue city of Chefchaouen. Overnight in Chefchaouen. (B, L, D)

Day 4: April 19 Chefchaouen/Volubilis/Fes

In the morning, we will explore Chefchaouen, a gem tucked in the Rif mountains. This small quaint town was founded in 1471. Its red-walled Kasbah, a 15th-century fortress, still stands. After visiting Chefchaouen, we depart for Fes making a stop to see Volubilis, an ancient Roman site that still preserves its original mosaics. End the day in Fes for overnight. (B, L, D)

Day 5: April 20 Fes

Morning departure for a guided tour to explore one of Morocco's most historic and important cities - Fes. The visit will take us to panoramic views overlooking the ramparts, then into the medina ("old city") where locals still live, where we will see some of its many varied sections. Each section specializes in certain types of foods, wares, and handmade arts and crafts, such as pottery, brass work, traditional embroidery, and handmade weavings. We will have an opportunity to see artisans making exquisite items using centuries-old traditional techniques. Of special interest are the ancient leather dyeing vats in the heart of the city. We will have an opportunity to sample a wide variety of local cuisines.

Tonight, we have a special dinner at a restaurant specializing in authentic Moroccan cuisine with a show featuring a variety of musicians and dancers representing different areas and ethnic groups. As a special treat, we will have a theatrical presentation of a Moroccan wedding ceremony with our group members participating to get very close to the culture, including dancing for all. (B, L, D)

Day 6: April 21 Fes - Midelt

Our morning starts with a quick visit to the important garden of Jnan Sbil, after which we visit an extraordinary family home for a special Sufi ceremony in the Fes medina. Then we will enjoy a home cooked lunch before continuing to Midelt, crossing the Cedar Forest. (B, L, D)

Day 7: April 22 Midelt - Erfoud and Overnight in the Sahara Desert

Today we drive south through the Ziz Valley to the Tafilalet Oasis/ Palm grove. We will stop at a variety of sites to enjoy the beauty of this route. In Erfoud we get to see and learn about fossils that this area is known for, and then we enter the Tafilalet Oasis where we settle at our guest house for dinner & overnight. Prepare an overnight bag for tomorrow's camel ride and overnight camping in the Sahara. (B, L, D)

Day 8: April 23 Rissani/Sahara Desert

The day will be spent exploring nearby Rissani, where we will have a presentation on different types of Amazigh (Berber) textiles. A regional specialty lunch will be served before we head into the Sahara Desert for a magical camel ride experience and overnight at a nomadic camp in the middle of the golden sand dunes. Dinner with local music. When drumming starts, anyone can join with clapping, dancing, and drumming with locals. (B, L, D)

Day 9: April 24 Exploration within the Tafilalet palm grove

After returning from our camel excursion, we will have downtime by the pool/garden to reflect. In the afternoon we visit a local community to sip mint tea, learn about their traditions and experience their unique spiritual music and chanting. Overnight at our guest house in the Oasis. (B, L, D)

Day 10: April 25 Todra Gorge and Boumalen Dades Valley

Today's ride is full of unique scenes. We will stop for lunch, and along the way will stroll through the Todra Gorge (canyon) after passing through a lush valley surrounded by many villages and filled with date palm

trees. Then we continue our spectacular drive to spend the night at a guesthouse in the Amazigh town of Boumalen in the Dades Valley. (B, L, D)

Day 11: April 26 Boumalen Dades - Kalat M'Gouna - Ouarzazate

Depart Dades Valley to Kalat M'Gouna for an amazing experience overlooking the lush valley and kasbahs. During lunch, we will be introduced to and treated to a totally different style of music and dance unique to this region. Participants will have a chance to join the dance. Continue to Ouarzazate to spend the night. (B, L, D)

Day 12: April 27 Ouarzazate - Ait Ben Haddou / Marrakech

Ouarzazate is known for film production and one of the famous filming locations is the UNESCO World Heritage Site of Ait Ben Haddou, which we will view. Lunch en route then continue a beautiful winding drive through the mountains to arrive in Marrakech. We will be staying at a Riad (a guesthouse formerly a home of a local family) in the Medina, the old section of the city (B, L, D)

Day 13: April 28 Explore Marrakech

We will explore Marrakech, including different areas in the Medina (old city). We will also see the 19th century Bahia Palace, and the 11th century Koutoubia Mosque and gardens. We will then enter the souks ("markets") to enjoy its colors and aromas. Overnight at the riad in Marrakech. (B, L, D)

Day 14: April 29 Further Explore Marrakech

Today we will step into the outskirts of Marrakech to visit the unique Anima Sculpture Garden located south of Marrakech. Lunch on your own at the Garden Cafe. In the late afternoon, we will return to Marrakech for downtime, yoga, cocktails, and a farewell dinner on the rooftop of our guesthouse. (B, D)

Day 15: April 30 Transfer back to Casablanca for return to USA

Morning transfer back to Casablanca Airport for departure back to the US, arriving at airport at least 3 hours ahead of flight departure time. (B)

Bon Voyage!!

DATES, FEES, REGISTRATION, AND TRIP INFORMATION

This tour will be a GO when we have reached our minimum occupancy of 10 participants. We can take 12 participants total. Invite your friends and family. But do not purchase your flights until we have alerted you that we have reached our minimum occupancy!

Tour Dates – April 16-30, 2023

Tour Costs - \$4,095/person double room (+ \$750/person single supplement), **PLUS** \$300/person for out-of-pocket expenses paid along the journey by tour director (tips, private guides, and other behind the scenes expenses) to be paid in cash (\$300 US or 3000 Moroccan Dirham) at the end of the trip.

3 things required to book a space on this trip...

- Completed registration form available at www.moroccancaravantours.com/registration
- Deposit payment of \$1,000 to hold your spot, to be paid at the time of registration and before January 15, 2023
- Full Payment due by January 15, 2023

Send payment made out to Moroccan Caravan, LLC to:

Moroccan Caravan, LLC
53 Perkins Avenue
Malden, MA 02148
USA

Space is subject to cancellation if full payment is not received by the date noted. Notification of participant cancellation must be made to Moroccan Caravan, LLC in writing. Refunds for services that are booked and not used by participant will be made.

Frequently Asked Questions, including information about dress, climate, money, what to pack, etc. can be found at www.moroccancaravantours.com/faq

For additional Information please contact Addi Ouadderrou at (617) 833-1503 or addi@moroccancaravan.com

INCLUDED

- 1st class private air-conditioned van/bus transportation during the tour
- Charming accommodations as indicated in the itinerary or similar
- Admission to historical sites, gardens, and parks during scheduled guided group tours
- Visit to a mud (adobe) brick village in southern Morocco
- All meals as indicated in the itinerary, excluding all beverages and water
- (B=breakfast, L=lunch, D=dinner) – see itinerary
- First rate tour guides, professional driver, licensed local guides at specialty locations
- Many unique surprises!

NOT INCLUDED

- Airfare
- Travel and health insurance plan, which can cover you overseas, is required and is the participant's responsibility
- Passport fees and related paperwork
- Excess baggage, telephone, laundry services, room service, personal and medical expenses
- Fees for optional massages, hammams, or anything outside of this package are not included
- Cost of COVID/pandemic Testing – see below in NOTES ABOUT COVID/PANDEMIC
- \$300 US for tips mentioned above in Fees.
- One lunch and one dinner are not included (see itinerary)

ADDITIONAL INFORMATION AND REQUIREMENTS

USA Citizens **do not** need a visa to enter Morocco. All other participants must check if they need a visa to travel to Morocco <http://www.moroccanconsulate.com/visa.cfm>

Rooming

On the registration form, provide the name of the person you will want to room with. Otherwise, we will match roommates based on gender. If we end up with an odd number, the last person to sign up will have to pay the extra supplement if no one to room with, another reason why signing up early is good. Also signing up early helps us better organize so please don't wait :)

Fitness and Health

This journey to Morocco is not physically strenuous but participants should be in reasonably good health to participate. There is a good amount of walking throughout, and sometimes surfaces can be uneven. Please be aware that in some remote areas emergency medical care, physicians, and medication may not be readily available. Please bring all necessary medications with you. **Each participant must be covered by medical insurance that is valid overseas. Each participant is required to purchase Travel Insurance which includes trip cancellation and interruption coverage, as well as repatriation (through World Nomad, Allianz, etc.).**

We look forward to welcoming you to this engaging

Yoga-Infused Cultural Tour of Morocco!