

TANGIER AND ITS REGION



Tangier is a major city in northwestern Morocco. It is located on the Maghreb coast at the western entrance to the Strait of Gibraltar, where the Mediterranean Sea meets the Atlantic Ocean off Cape Spartel.

Many civilizations and cultures have impacted the history of Tangier starting from before the 5th century BC. Visitors will find that the destination is rich in history and that it constitutes a nexus for many cultures

Getting Around

Tangier, like most Moroccan cities, consists of a Medina and a Modern City, that makes it very easy to move around. Grands taxis (Big Taxi) can carry up to six passengers; they are quick and efficient and are a good value for money. Petit taxis (Small Taxi) can be caught almost anywhere in town. They may not carry more than three passengers and are metered. Petit and Grands taxis increase their rates at fifty percent after 8pm at night. City Buses are very useful; they operate between the train station, Grand Socco and the Cave of Hercules.

TANGIER

Tangier is a city of an exacerbated inspiration power. It was fed through centuries of history and legend, making the city a great creative space that hosted the great names of painting and literature.

Hard to be something else than cosmopolitan, this is the note that we conceive after looking closely to Tangier and its geographical location at the crossroads between the north and the south. It overlooks the sea, in the particular point where the Mediterranean Sea meets with the Atlantic Ocean.

Various cultures, nationalities, religions and languages are intertwined in this particular city. Its streets have allowed and still welcome conversations in Arabic, Berber, Spanish, French, English, Hebrew and other modern languages of our world. Evidenced by its Medina with Hispano-Moorish buildings, museums, flower gardens, high alleys etc. Added to this, its charms that inspired famous artists: painters, poets, novelists, film makers...

Tangier... the mythical

Crossroads of civilizations, the history of Tangier began 4000 years ago with Greek mythology and the 12 labors of Hercules. The legend says that Tangier (Tingis) was founded by Tingis and Antaeus. The tomb of Antaeus was set over a hill near Tangier, called Charf. After a Phoenician presence, from which remain two small cemeteries, the city was founded in the fourth century B.C. by the Carthaginians who established a colony named (Tingis). In 146 B.C, during the fall of Carthage, the city is attached to Mauretania and became a Roman colony (Tingis) related to the province of Spain. Tangier becoming such an important city, was made, in the third century, capital of the Mauritanian colony; "Tingitane".



Tangier... the crossroad

Tangier spreads a magnificent bay at the foot of green hills. As waters of the Mediterranean and the Atlantic intertwined at the foot of Tangier, it also combines the European, Arab and African cultures. A blend that surprises its visitors. Polyglot and friendly people, a mild climate, a wide beach, and a lush Mediterranean vegetation make the city of Detroit a tourist destination to visit again and again.

Along the coast stretched over the Corniche, Tangier undergoes a structural metamorphosis in recent years. As part of the Tangier-Metropole project, it's a whole new infrastructure that will be constructed there, including parking, a renovation of the seaside area, and especially the addition of a seaside touches on its ledge rich lots of potential. The project is an extension of the previous one, already set up in the port of Tangier city. The latter has the discreet vow to upgrade Tangier in order to align it with the most beautiful marinas in the Mediterranean, Puerto Banus as an example. It will set up a marina of 1400 rings, a cruise port with three berths, in addition to modernizing the existing ferry terminal, to serve in tourism. The port also includes a residential part of high standards, consisting of several hotel units with four to five stars ranking.

A little further, stands the Tangier City Center, one of the first major integrated tourism projects of the 2000s. It includes two hotel units already belonging to the international Hilton brand, and a shopping center with dozens of brand names stores including Aldo, Zara, Vero Moda... On the entertainment Level, the city includes a National film benchmark "Megarama" with its multi-cinema of eight projection rooms.



TANGIER

The leading Destination for Cruise Tourism in Morocco



Becoming the largest cruise port in the region, Tangier City Port has considerable equipment, it provides infrastructure to accommodate the world's largest cruise ships. Three berths are dedicated to this activity, the largest of which is 360 m long with a depth of 10.5m.



The Cruise Dock and Terminal are only 800 meters from the city center

Tangier region stand out geographically by its well-endowed assets and touristic attractions of the first choice which make it one of the top destinations of southern Mediterranean area. A visit to these places that we describe as inescapable is a must

1-The Medina

With its monuments and heritage of different civilizations, the Medina of Tangier has great historical and architectural legacy.

2-Kasbah: beating heart of the city

Separated from the medina by ramparts, the Kasbah, ancient palace district, is built on the highest point in the city, overlooking the harbor. It can be accessed through Bab El Assa to enjoy beautiful mansions, the palace of Sultan «Dar El Makhzen», the Museum of Moroccan Arts and the Museum of Antiquities «Dar El Ghorfa» where you can discover the prehistoric and ancient remains of Tangier...

3-The Mechouar

Main square of the Kasbah dating from the seventeenth century under the reign of Moulay Ismail.

4-Dar El Makhzen

In the Kasbah you will find the majestic Dar el Makhzen, one of the most spectacular attractions in Tangier. Rebuilt in 1740, the palace became the Museum of Moroccan Arts in Tangier where visitors can marvel at the exquisite mosaics, sculptured plasterwork, and view lovely art collection representative of different crafts of Morocco: silks, pottery, Bronzes and mosaics from the Roman sites of Lixus, Cotta, Banasa or Volubilis. The history of Tangier and its region is traced back in the first floor of this ancestral building. This tour ends with a pleasant Andalusian garden which seems to sleep for eternity, a reconstituted ancient necropolis.

5-The Grand Socco

The one bustling market place called "The Grand Socco" (souq). It is the central point for travelers who want to explore the city. It is located at the entrance to the medina, a point where the modern city's streets are forced to continue into the narrow streets of the old city.

6-The Mendoubia Garden

The former residence of Mendoub (representative of the Sultan), the Mandoubia. Today turned into a court whose garden is of outstanding beauty. Ancient trees testify to the historicity of the place. It has just been refurbished by opening his side on the old medina and restoring some of its gardens.

7-The Little Socco

Following the footsteps of famous celebrities like Paul Bowles, nothing beats mint tea in the cafes (coffee shops) of the small Socco. There is also a large mosque built in the eighteenth century over the ruins of an old Portuguese cathedral.

8-The American legation Museum

This is the first American historical monument located outside the United States. It is a small palace in the heart of the kasbah, offered in 1821 by Sultan Moulay Suleiman to the fifth President of the United States, James Monroe. once called «consulate» until 1923, then it was adopted through a new naming

“legation”. This was a significant event for the U.S. government as it was one of the first pieces of property the government had ever owned from abroad. Today, we find inside it a collection of pictures on Moroccan history, maps, prints of Tangier and historical events that took place in the Medina, and The McBey Collection, that includes a number of paintings from over forty artists originating from eleven countries.

9-Tangier, the new city

The new city’s main Boulevard “Pasteur” lined with modern buildings and residences. Amidst these buildings, the Faro square, a few meters from the place of France, opens a wonderful view of the harbor and the Bay of Tangier. The Tangiers call it «Sour al magazine» or «Wall of lazy people», that is where people resumed their breath after the steep path from the port. The Boulevard is also populated with buildings dating from the early twentieth century. True witnesses of the history of the city and its bay.

10-The Cornice (ledge)

The city of Tangier is also the panoramic ledge. Overlooking the Bay of Tangier, it offers a place to relax and walk with stunning views of the beach and the Bay of Tangier.

The cornice, which has just been refurbished, has been redesigned to provide maximum space for pedestrians clearing the sea view. It also has many trendy places for relaxing moments in Tangier.

11-Jebel Lekbir

The mountain of Tangier is the lung of the city. The forest of pine trees and local vegetation make it a place of unique walks. It is also the residential district of Tangier where you can admire beautiful houses and magnificent palaces in the shade of the forest. Do not miss the park Perdicaris and the Miradors.

12-The Cervantes Theater

Inaugurated in 1913, and was, once the largest theater in North Africa. It should resume service soon, meanwhile its renovation is planned. While you may not yet be able to enjoy a performance at this theater, you can enjoy the beautiful Art Deco facade and other aspects of this building’s architecture.

13-Grottes of Hercules (Caves of Hercules)

The Caves of Hercules “, situated 14 Km west of the city of Tangier, are a place of stunning natural beauty and great archaeological significance. This is where the mythical figure, Hercules used to sleep to rest from the 12 labors that was given to him by king Eurystheus of Tiryns.

14-Lawrence-Arnott Art Gallery

Whether you are interested in purchasing a piece of fine Moroccan Art or simply want a good look at some exquisite art works, don’t miss the Tangier Lawrence-Arnott Art Gallery that was established in 1991 by Philip Arnott and John Lawrence, who are representatives of Bonhams in North Africa.

Since its establishment, Lawrence-Arnott Gallery has seen some of the most intriguing art works by local and international artists including Colin Watson, Stacey Elko, Mohamed Hamri, Jean-Pierre Favre, and Katie Gabet

15-St Andrews Church

Tangier is home to a very famous little church and a popular tourist attraction named St Andrews Church. In the year 1880, Hassan I of Morocco donated the first strip of land to the English where they could erect an iron Church. Soon it became too small to accommodate congregation and a bigger one was built. The neat church with its clean rows of pews is still well attended every Sunday morning and worshippers come from far and wide to attend the morning service.

What makes this church so unique and interesting is the Lord's Prayer. Behind the altar on the archway, visitors will be able to view a version of this well-known prayer in Arabic. Several famous names are buried in the church ground such as the British writer Walter Harris, and Commander Roy Howell RN to name a few.

16-Forbes Building

The Tangier Forbes building is located on the Marchan in Tangier and was founded by Malcolm Forbes, who is also publisher of Forbes magazine. It is located on a 10-acre piece of land called Palais Mendoub, which creates the perfect surroundings for this unique building.

17-Museum of Antiquities – Object and artifacts from Roman sites

The Museum of Antiquities is in the village of Chaouen, in Tangier, and is found in what used to be the kitchens of the Sultan's palace, Dar El Makhzen. Surrounding the museum is a beautiful Andalusian Garden where visitors can walk and enjoy the peaceful surroundings. There is also a replica of an ancient necropolis, which is a large and elaborate cemetery that was used by ancient cities.

The Museum contained several mosaics and bronze pieces that can now be viewed at the museum of antiquities. One of the better-known mosaics that came out of this location was "The Voyage of Venus". This mosaic depicts the Goddess Venus sitting on a throne that is situated on a ship. Surrounding the throne are many nymphs.

18-Perdicaris Park

The Perdicaris Park extends in the area of 70 hectares between the sea and the mountains. Known also under the name Rmilat, it offers a great and cultural richness. It was an old property of the US diplomat Ion Perdicaris but now it belongs to the Moroccan State, which oversees its maintenance and preservation.

The Park seduces with its vegetation and the variety of bird species it hosts. It is an ideal place in Tangier to resource one's energies, spend time with family, have picnic and a stroll or to exercise. For those who love nature, this park is an opportunity to enjoy its lush vegetation, the mountains surroundings it and the sea that completes this irreplaceable place.



19- El Hafa Café

Open since 1920, El Hafa Café is the ideal place to cherish the heyday of the savory minty tea. Facing the Atlantic Ocean, this mythical terrace café hanging on the cliff, has been visited by many celebrities: The Beatles, Randy Weston, Sean Connery.

20-Cape Spartel

To the west of Tangier and close to the caves of Hercules, a lighthouse was built in 1864 on Cape Spartel to prevent the numerous shipwrecks that occurred in the rough waters of the ocean. It is believed that 15 km north of the cape there was once an island, now submerged.... Some think it was the legendary city of Atlantis.

21-The Phoenicians Tombs

Located on a cliff near the Medina and near the Marchan neighborhood, this necropolis consists of several tombs witnessing the Phoenician civilization

22-Cotta Archaeological Site

Located near the Hercules caves, the site of Cotta is dated to 1st century BC. Its greatest importance lies in the presence of the ruins of a Roman fish salting factory, and manufacturing of garum (sauce made of fermented fish). Salt trade was also practiced here.

23-Dar Niyaba Museum

Located at the crossroads of interreligious dialogue and tolerance, Dar Niaba is opposite the Assayag Synagogue, next to the J. Serrano Church and near the Bait Yahuda Museum of Judaism, it displays the mainly the artwork of the famous painter Antonio Fuentes.

24-The Assayag Synagogue

It houses the Jewish Museum that is entirely dedicated to the history of the Jews of Tangier and Tetouan.

25-Villa Harris Museum

The Villa Harris Museum completes the museum offering in Tangier, a city at the crossroads of Europe and Africa. Once a residence for international meetings, and leisure activities, Villa Harris has been reinvented as a place of exchange and culture that houses two centuries of art history in Morocco, while highlighting the artistic influence of the Mediterranean world and the ongoing dialogue between the two shores. It Exhibits the artwork of Tangier & Tetouan School of art.

TETOUAN

The Historical Capital of Northern Morocco



Tetouan, a welcoming city that extends along the Mediterranean with charming background. It was founded in the 3rd century BC. Echoes of the Roman and Phoenician eras known to exist in the site of Tamuda colored the region's early days. Locals affectionately call it 'The Daughter of Granada' because the architecture's got a distinctly Hispanic feel to it.

When you arrive to the city you'll be struck by its dazzling setting. Perched atop the slope of a narrow valley with a huge dark mass rock, the city has a very beautiful setting. Backed by the majestic Rif Mountains and washed by the cobalt waters of the Mediterranean, Morocco's "white dove" lies resplendent in the sun. Gaze at the tidy whitewashed houses with wooden doors bearing Granada's pomegranate symbol, travel cobbled streets laced with white-brick arches and tinkling fountains, and enter the historic walled medina "the timeless UNESCO Heritage Site" through one of its seven original doors. Here, a warren of shaded alleyways leads to intricate hand-tiled mosques, intriguing museums, Hassan II Square and the Khalifa, in all of this you'll touch the heart of two cultures (Spanish and Arab) at the crossroads of two continents (Europe and Africa).

TETOUAN

WHAT TO DO?



26-The Medina” a UNISCO World Heritage Site”

Tetouan Medina (Old Town) has retained its authentic Andalusian soul, which makes this town the most Hispano-Moorish influenced of Moroccan cities. It is easily accessed through its seven gates beautifully engineered. This is a thoroughly atmospheric place to explore its various ethnic quarters- Andalusian, Berber, and Jewish and experience Morocco’s multicultural history. Every twist and turn down an alleyway bring you to a new picture to a perfect local scene with lots of lovely, slightly crumbling buildings lining the narrow lanes.

27-The Archaeological Museum

Two cities rose and fell in the premises of Tetouan before the city’s rebuilding in the 15th century. The Archaeological Museum is dedicated to exploring this prehistoric Tetouan, exhibiting beautiful art facts from sites across Northern Morocco to teach visitors about the city’s historical roots. Antique coins, bronzes, pottery items, and mosaics. The museum also houses an excellent library, with more than 60,000 volumes dedicated to the preservation of North African literature. Open Wed-Mon from 9am to 4:30pm

28-The Grand Mosque

Built by Sultan in the eighteenth century, the grand mosque” JAMAA KEBIR” is an admirable sight to witness.

It is one of the most beautiful historic buildings of the city and its minaret is one of the tallest in the medina.

29-The Ethnography Museum

Inside the fortress walls of Sultan Moulay Abderrahman, in Bab el Okla, is located Tetouan's interesting Ethnography Museum, established in 1948. It is one great way to learn about Morocco's history and tradition. Within the various exhibition halls of this excellent museum, you will be able to view all kinds of objects from embroidered pillows to skillfully decorated baskets, customs from marriage ceremonies, weapons, and crafts. In the kitchen area, you can even get a small taste of traditional Tetouan cuisine and take a sip of some non-alcoholic drinks that are prepared on the premises. Open Mon-Sat from 9am to 4pm.

30-Tetouan museum of Modern Art

Tetouan is known for its exceptional artistic community, so it is only appropriate that one of Morocco's two modern museums is located there. Set in a gorgeous Andalusian-style former railway station, the Tetouan Museum of Modern Art houses a permanent collection of contemporary Moroccan art and a variety of visiting exhibitions. Open Mon-Sat from 9am to 4pm.

31-Tanneries

Established north to the medina since the sixteenth century, and contiguous its enclosure, tanneries ensure the continuation of an ancestral craft tradition.

32-Khalifa Palace.

Built in the seventeenth century under the reign of Moulay Ismail, the palace of Khalifa is one of the architectural models of the Alawite dynasty. Enjoy the peacefulness of the main square of Méchouar, before entering the souk El Fouki, where urban in modern western way of dressing and mountaineers in djellaba or peasant in «mendil» striped red and white, sell their products and make it their all-day shopping.

33-Iglesia de Bacturia

The Spanish influence on Tetouan is very much still alive today and nowhere is that clearer than is the city's only surviving church, Iglesia de Bacturia, originally built in 1917, the church is still active today, catering to the city's scarce catholics and ringing the bells every hour. Daily mass is held at Moulay Slimane in 7pm and on Sundays at 11am.

34-Guersa El Kebira

In the Medina of Tetouan, Guersa EL Kebira is where the clothing and textile traders set up shops with wonderful local fabrics to buy. The richly plain and precious embroidered colored fabrics are true wonder. The colors and materials seem infinitely varied. Their sights, they seem like a living painting. At the center of the square, riffi women dressed in their local customs, sit behind crowded part stalls of red, white and blue stripped fabric.

35-Dar Sanaa

This artisan center, which is set in a stunning Hispano-Moorish building just outside bab el Okla, was originally established in 1919 by famous Italian painter Mariano Bertuchi with the aim of preserving the Hispano-Moorish art heritage in Tetouan.

Today Dar Sanaa offers many courses on traditional Moroccan arts such as wood carving, painting,

leather, embroidery, Zeilij and more. You can visit the exquisite building with its studios and lovely courtyard to gain some insight into the local art culture in Tetouan. Open Sat-Thu from 8:30am to 2:30 and on Friday from 8:30am to 11:30pm.

36-Souk of the Medina

Charming little square planted between some trees, where you can admire the traditional clothes on sale and pottery on display over the shelves. A few meters away, the street jewelers unveil their multiple crafts...

ASSILAH

The City of Art



Assilah,

A beautiful artist town located 25 miles down the coast of Tangier. It is on the first waves of the Atlantic Ocean where the city of Assilah is ensuring the safety of the place. Sandy beaches for lovers of relaxation, but also the remains of an almost legendary era. The medina still preserves traces of a Portuguese fortified city that does not deny its Arab roots too. The city will satisfy the curiosity lovers of water sports, especially surfing.

37-Sea and Culture

Assilah is well known in Morocco for its artists, whitewashed houses and cultural life. Its popular festival of culture has made this small seaside town a destination for art-work insiders without ruining its unhurried pace and traditional way of life. The International Cultural Moussem of Assilah has become a cultural meeting place. In August, since 1978 when the moussem was first established, the city of Assilah turns into a cultural capital, a pilgrimage place for artists of all types and from all walks. Assilah also houses a study center and a large library.

Assilah's charms beyond the festival: several sublime beaches lie at the foot of the village's fifteenth-century ramparts, and in the souk inside the Andalusian-style medina, vendors sell Berber rugs, vintage textiles, and hand-painted furniture, all of it authentic and well-priced.

38-Raissouni Palace

Built in 1909 by a prosperous pirate named Pasha Raissouni, this towering symbol for the area's renaissance was a general hangout for villains of the high sea. Assilah's Palace served as the unofficial "palace of culture" it is a magnet for all things artistic, creative, and historical.

39-The Medina

Assilah's Medina "old town" is characterized by its famous 15th century Portuguese ramparts and

whitewashed houses with blue and green shutters forming a delightful seaside walk.



40-Borj al-karma

Borj al-karma, a massive and spectacular tower built by the Portuguese in 1516, is the main tower of the rampart surrounding the medina of Assilah. Borj al-bahr is also worth seeing; having access to the sea. It was used for supply and military back-up.

LARACHE

Larache Site of Lixus



The city is located a few kilometers from the site of Lixus and was an ancient Roman city and a major port at that time. The discovered archaeological remains certify that the city hosted a veritable factory of salting fish and preparation of garum, the famous sauce that Romans used in their kitchen.

According to the legend, the Garden of the Hesperides, a paradise on earth, stood near Larache. There was the fantastic tree laden with golden apples of gold which Hercules picked up while he was wondering the Atlantic coast.

41-Larache, Resort City

Larache is also endowed with a coastal border with lovely beaches in Atlantic temperament. Two of them are bound by a pier giving the possibility of swimming and the practice of water sports.

42-Lixus ruins

On a hill a few kilometers from Larache, there lies Lixus ruins; one of the most important ancient cities of the Atlantic coast and certainly enlisted till now as the oldest in North Africa (founded by the Phoenicians around 1100 BC).

43-Shadows of Olympus in Larache

It is the thermal Baths of Lixus, 80 km south of Tangier, where tourists can admirably enjoy the 60m² mosaics representing the austere and majestic features of Neptune, topped between crustacean legs. The presence of Neptune is not accidental, it said that at Lixus that Hercules would have picked the golden apples, the eleventh deed of his labors.

The most remarkable remains of the thermal baths are the temple, the theater and the Acropolis preserved in perfect condition.

44-Larache; Go hunting

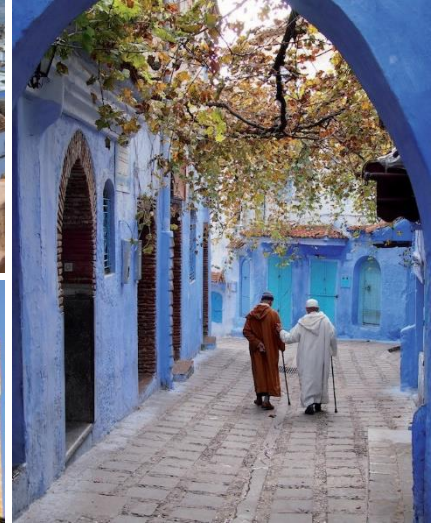
Hunting enthusiasts will be delighted by Arbaoua's tourist reserve. In its vast 12 000 ha wilderness, one can freely practice hunting through its forests, marshy plains. It is a perfect place to hunt wild boars, hares, rabbits, quails, and waterfowls.

Under water fishing trips are also organized in Larache's waters.

Finally, and in a completely different style, golfers can enjoy the brand's new golf course of the Lixus Port Facing the sea.

CHAOUEN

AT THE GATE OF THE RIF; The bleu City



Chaouen, a mountain-oriented city

Located on the hillside, one of the living jewels of the north, the city of Chaouen or as it is called in the Riffi dialect, Chaouen. Its Berber name «city with two horns» a denomination explained by the presence of the two mountain peaks overlooking the city was assigned by its first inhabitants.

Chaouen is a city where nature is kept in its virginity, to discover on the spot. Mountain hikers will be given the chance to fans to admire new landscapes with peaks rising to almost 2000 meters.

The white and blue washed houses here within the medina are dreamlike in their sheer beauty, and even the floods of tourists exploring them can't break this town's magical spell. Get good view over the entire medina by taking a walk out of town along the Ras-el-Maa River.

45-The Medina

Chaouen is privileged with a lovely Medina, quaint and uncrowded this part of town offers an excellent place to experience the town street's life,

46-Uta El Hamam Square

While wondering through the medina's cobbled street you can visit Uta el Haam square; the heartbeat of Chaouen, its treasures include the beautiful mosque, the Kasbah, craft and art shops as well as a plenty of coffees and restaurant.

47-The Kasbah

It is around 1471 that Chaouen and its Kasbah came to existence being Makhzanian residence. It was also a military facility with 11 towers and a lookout point scattering over the imposing walls. Its clear view used to help detect any intrusions. The green shades of the lush and fragrant garden beautifully blend into the fiery ocher of the building and offer visitors a guaranteed change of scenery.

The Casbah Museum is located at the famous square of Uta el Hamam, it houses an important collection of Moroccan art. Musical instrument, and ceramics.

48-Talassemtane National Park

The city of Chaouen sits right on the border of the Talassemtane National Park. The park was designed in 1989 and covers some 145.000 hectares. It is a great location for hiking and trekking. Many routes are available for short half-or day hikes as well as longer trekking and camping excursions. The park has a Mediterranean ecosystem including Rif Monkeys, native bird varieties and more than 239 plants species.

49-Ras El Maa

The waterfall of Ras el Maa is just beyond the far northeastern gate of Chaouen medina. It's here, where the water comes gushing out of mountains. Local woman come to do their washing there. The sound of the water and the verdant hills just beyond the medina wall provide a sudden, strong dose of nature.



Talassemtane National



Park Ras EL Maa

TANGIER AND ITS REGION

Green and Ecotourism



Tangier; A variety of Landscapes richness

The area around tangier offers a variety of places and landscapes alter alternating between sea and ocean, beaches, plains, plateaus, wetlands, mountains.... The heights provide some splendid views. The field offers many opportunities for hiking up steep mountainsides to hardly inclined plateaus. This richness applies to all hinterland, giving those who enjoy the charm of ecotourism

Assilah; Protect the Bustard

A program was established in the humid zone of Oued Tahaddart estuary for the protection of the Great Bustard, a bird disappeared from the African continent, but still present in Northern Morocco.

This bird can be observed in the region of Tahaddart which is an area classified as RAMSAR (wetland of international importance) and SIBE (a place of biological and ecological interest).

The term SIBE designates Moroccan sites that foster biodiversity interests or house rare ecological systems whether being original or threatened with extinction.

Larache; The path of migratory birds

Larache is located at the mouth of Loukssos, river with many meandering that marks the many salty marshes and forms an arm of the sea up the river, the marshes are home to many wading birds (flamingos, herons, storks...) As in other bird sanctuaries off the coast, we observe the development of a high-quality ecotourism.

Chaouen; Being among Mountains and wonders

A town perched at 600 meters high, Chaouen hosts within its 2000 meters mountains the only fir tree of the continent.

The assumption of protecting this area has led to the creation of the Talassemtane National Park. In this place, naturalist-guided tours can be organized in a double objective: relaxation and instruction; like botanical routes or the observation of wildlife and flora. The park also includes an open-air museum, reception areas and forest huts.

Further west of the city, another interesting park worth visiting; Bouhachem Regional Park, a park filled with a remarkable forest (pine, cedar...) no doubt that Chaouen has been declared "green City"! Due to this characteristic, the town officials have taken various measures concerning the protection of the environment, where the development of natural resources management policy, the creation of green spaces and the organization of awareness campaigns are taken into consideration in respect of the environment and sustainable development.

TANGIER AND ITS REGION

Sports and Well-being Tourism



Tangier; A choice dilemma

Throughout all seasons, one can indulge in equestrian activities such as hiking and excursions that lead to breathtaking viewing positions over the ocean. The city also hosts Tangier Royal Golf that is considered one of the most prestigious golf courses in the world and the oldest in Morocco. Motor sports are present through the quad tours, the practice of jet-skiing or in car racing like Tangier Annual Grand Prix.

After sweating yourself out, enjoy relaxation in one of fitness centers, hammams, spas, swimming pools and aquatic parks.

Assilah; Eden Windsurfers

Assilah is an attractive and famous tourist resort for windsurfing. It offers many opportunities for the practice of various water sports. The dominating windy climate of Sidi Mghait beach provides a very favorable atmosphere for the surfing fans be it for windsurfing or kite surfing. In times of western wind, the waves reach 2 meters high. Its finishing port supplies restaurants, which are famous with their fried fish, with various sea products.

Larache; Go hunting

Hunting enthusiasts will be delighted by Arabaoua's tourist reserve. In its vast 120 000 ha wilderness, one can freely practice hunting through its forests, marshy plains. It is a perfect place to hunt wild boars, rabbits, and waterfowls.

Chaouen; Embark on adventure paths

It is an ideal departure point for the practice of trekking. With the development of Talassemtane National Park, many trekking tours have been designed: get your backpack well-ready, because hiking may last between 3 hours to 2 days depending on one's physical fitness and endurance. Here the effort matches the extraordinary landscapes provided by Chaouen nature: arches, caves, natural bridges, cliffs and mountains, springs, waterfalls, natural pools, torrential streams, lush vegetation, fir trees.... that will make your excursions worthwhile trying!

Geographically speaking, this place is also appropriate for the practice of some specific sports like climbing, mountaineering, and paragliding.



TANGIER'S COOKING EXPERIENCE

Cooking class:

Guests Get introduced through this class to one of the important facets in Moroccan culture and hospitality. The chef shares with them great tricks and the essentials to make a delicious chicken or Beef Tagine with prunes, Bread, and Couscous, they get introduced to the different ingredients so that they can enjoy leisurely moments with friends and family when they are back home.

With this Moroccan Cooking Class, guests expand their knowledge of regional cuisine. Their journey begins at a cooking school, located just outside the medina. They take a guided tour to a neighborhood market and bakery, an integral part of community life, where locals drop off dough for baking and socialize. Then, head into the kitchen to learn about the eclectic mix of Arab, Andalusian, Berber and Mediterranean influences on Moroccan cuisine. Learn about the tagine, a traditional dish named for the earthenware pot it is cooked in-a dome-topped or cone-topped pot whose design requires minimal water to boil its contents. The chef will demonstrate a variety of techniques and methods. Then, they practice what they have learned to create a traditional beef/chicken tagine with prunes, bread or couscous. Finish their lesson by dining on the appetizing meal while sipping a glass of mint tea.

A Glimpse into Moroccan life through the keyhole of cooking classes such as:

Bread & Tea Experience -3 Hours-

- Bread & Tea Experience -3 Hours-
- Learn to serve and enjoy Moroccan Mint Tea
- Learn to prepare and bake traditional Moroccan Bread
- Visit the Ferran (community wood-burning oven)
- Experience a Moroccan Degustation with cheese honey, and more.



Chicken & Olives Tagine - 4 Hours-

- Bread & Tea Experience
- Visit to the Spice Shop
- Hand-on, step by step lesson in preparing a sumptuous Tagine.



Royal Souscous – 5 Hours-

- Bread & Tea Experience
- Visit to the Spice Shop
- Hand-on, step by step lesson in preparing an impressive Couscous.

