

OVERVIEW

Journey to Morocco to experience a culture and cuisine that is at the crossroads of civilization, blending the most delectable Arabic, Berber, French and Spanish influences. On our Moroccan cooking tours you'll head from vibrant Casablanca to the charming fishing town of Essaouira, relax in a tiny Berber village in the High Atlas mountains, and finally, explore extraordinary Marrakech, the most African of Morocco's cities. Along the way you'll learn to cook the local cuisine, bargain at *souk* (the fresh food market), tour the highlights of each area, and stay in stunning Moroccan *riads*.

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IS IT FOR ME?

Our Morocco cooking tour is ideal for people wishing to get to know Moroccan culture through its cuisine. It is perfect for those wishing to learn to cook scrumptious meals while also experiencing unique culture and scenery. Unlike other Morocco cooking vacations, we do not limit ourselves to one location. So this is also the ideal tour for those wishing to enjoy a variety of Moroccan experiences: the relaxing coast, rural mountain villages, and the exotic sights and sounds of its ancient cities.

HIGHLIGHTS

- * High quality cooking instruction
- * Experience a Berber village in the High Atlas

- * Discover the charming fishing town of Essaouira
- * Explore the exotic Imperial City of Marrakesh
- * Delicious food, vibrant markets, unique scenery, stunning *riads*

INSTRUCTOR TO GUEST RATIO

1:6

MAX GROUP SIZE

12

ITINERARY

Day 1

Welcome to our Morocco cooking tour! Prepare yourself for one of the most fascinating, colorful and culture-rich countries on the planet. Also prepare for some of the world's best food! We will pick you up at Casablanca's Mohammed V International Airport and drive you to our hotel. If your flight arrives before dinner you'll get your first taste of delicious Moroccan cuisine at one of Casablanca's popular restaurants. Or, if you're inclined toward international cuisine and a trip into Hollywood lore, head to Rick's Cafe, the real-life incarnation of the mythical saloon from the 1942 film "Casablanca."

Day 2

Casablanca is the most cosmopolitan of all Moroccan cities, a vibrant economic hub with the largest port in the Maghreb. After breakfast at our hotel we'll set off to see the highlights of this modern city. We'll visit the majestic Hassan II Mosque, the third largest religious monument in the world, and the only mosque in Morocco that non-Muslims are permitted to enter. Since we will be there on a Friday, you will get to see how the devout worship on the Muslim holy day. Next we will tour the lively squares of Place des Nations Unies and Mohammed V, which host some of the city's most impressive architecture – a blend of Moorish, French colonial and traditional Moroccan styles.

After lunch, we'll take a scenic 4-5 hour drive through the coastal countryside to Essaouira. We'll spend the night in an exquisite *riad*, which will be our base in Essaouira.

Day 3

You'll wake up in the charming fishing village of Essaouira, with its relaxed and artistic vibe. Today we'll explore the town's impressive medina, whose massive ancient fortifications are a mixture of Portuguese, French and Berber architecture overlooking the emerald sea. Next we'll enjoy a spectacular seaside lunch, where freshly caught fish is grilled to perfection before your eyes. Top it off with famous Moroccan mint tea and delectable French pastries at one

Essaouiraâ€™s many cafes. In the afternoon ride a camel or a horse, try your hand at windsurfing, or simply soak up the atmosphere on the townâ€™s magnificent beach. Late afternoon youâ€™ll experience your first cooking class, where youâ€™ll prepare a fresh Mediterranean salad and fish tajine using the fresh catch of the day. And then youâ€™ll enjoy the scrumptious meal you just created!

Day 4

This morning you can awake at your leisure and spend the morning strolling through Essaouiraâ€™s serene squares, browsing artisan workshops and perusing art galleries. After lunch, we will take a three and a half hour drive to the Berber village of Anrar, in the High Atlas mountains. The stunning and incredibly hospitable *riad* Kasbah Omar will be our home for the next three days. Weâ€™ll stretch our legs with a walk around the village, and stop in for a cup of tea with a local Berber family before heading to the Kasbah for dinner.

Day 5

After a delicious Berber breakfast, we will head to the *souk lathnine* the traditional Monday market where Berber villagers from throughout the valley come to trade. We will walk with our donkey for about thirty minutes through olive and fruit groves, along the river and through the ancient Jewish village of Algjii. At the *souk* weâ€™ll select organic vegetables, meat and chicken â€“ everything we need for our cooking classes at the Kasbah. Then weâ€™ll visit the local blacksmith before heading back to the Kasbah with our groceries loaded onto our donkey. At the Kasbah weâ€™ll prepare our food for a delicious Berber barbeque. The afternoon is yours to explore, or relax and enjoy a traditional Moroccan *hammam*, hot bath. In the late afternoon weâ€™ll have our next cooking workshop, where weâ€™ll learn to prepare Berber salads and several kinds of tajine, just in time for dinner.

Day 6

This morning weâ€™ll have a brief cooking class to make our delicious breakfast of Berber crepes. After breakfast weâ€™ll explore the Ourika Valley, one of the most beautiful and traditional valleys of the High Atlas. Weâ€™ll drive to the ancient Jewish village of Algjii, where weâ€™ll meet with the last Jew in the valley, who has dedicated his life to guarding the 500 year old tomb of a legendary Rabbi. We will then visit an organic herb garden before driving to the Berber Village of Moulay Ibrahim, perched on a mountain top. This is wonderful place to see Berber village life, amidst the stunning backdrop of the High Atlas. Last, weâ€™ll tour the Kik Plateau, with its magnificent views of Jebel Toubkal, the highest peak in North Africa. Weâ€™ll return to the Kasbah for an early evening cooking class, where we cook (and eat!) Moroccan soup and traditional couscous.

Day 7

Today we take a short drive to exotic and mystical Marrakech, an enchanting palm oasis set against the snow-capped peaks of the High Atlas mountains. Weâ€™ll visit the Bahia Palace with its expansive harem quarters. Next weâ€™ll enter the ancient royal Saadian Tombs, and then explore the vibrant and historic Jewish *mellah* (quarter) and the majestic Koutoubia Mosque before entering the 9th century walled medina. In the afternoon, we will learn how to make our dinner of delicious lemon chicken, beef with prunes and almonds, and a Moroccan desert. Accommodation tonight is at our charming *riad* inside the Marrakech medina.

Day 8

Weâ€™ll spend another full day exploring the majestic Imperial City of Marrakech. As we explore the medina, weâ€™ll wind our way through the serpentine labyrinth of the ancient bustling *souk*, where weâ€™ll see traditional Moroccan craftsmanship at its finest. In the evening, thrill in the magic that emerges from heart of the famed square, Djemaa el-Fna. Mystical snake charmers, hustlers and mischievous monkeys are part of the nightly drama that unfolds, as Berber acrobats, fortune tellers, musicians and engaging storytellers seduce rapt crowds.

Day 9

Our Moroccan cooking tour ends today as you transfer to the airport for your return home. Depending on your flight plans, we will either drop you off at the Marrakech airport or arrange for a private car transfer to Casablanca's airport. Or ask us about our exciting extensions in Marrakech and Fez!

Please note: This itinerary is designed to give you an idea of what to expect during our trip but is not set in stone. What we actually do on a given day is flexible and can be tailored to the interests of the group.

INSTRUCTION

Our Moroccan culinary vacation includes cooking workshops to prepare the following meals:

- Mediterranean salad and fish tajine, using the fresh catch of the day
- Berber BBQ, using the produce you select at the local *souk*
- Berber salads, beef or lamb tajine, chicken tajine and fruit desert
- Scrumptious Berber crepes
- Moroccan soup and traditional Moroccan couscous.
- Lemon chicken, beef with prunes and almonds, and Moroccan desert

Note: These menu items are subject to change

BEGINNERS

Our Moroccan culinary vacation includes cooking workshops to prepare the following meals:

- Mediterranean salad and fish tajine, using the fresh catch of the day
- Berber BBQ, using the produce you select at the local *souk*
- Berber salads, beef or lamb tajine, chicken tajine and fruit desert
- Scrumptious Berber crepes
- Moroccan soup and traditional Moroccan couscous.
- Lemon chicken, beef with prunes and almonds, and Moroccan desert

Note: These menu items are subject to change

TERRAIN

Our Moroccan cooking vacation takes us to a wide variety of Moroccan villages and cities. All of the locations we visit have lovely, mild weather most of the year, and we don't offer this tour in the hottest summer months. Spring and autumn are the best time to visit Morocco, but the winter months can be quite lovely as well, with fewer crowds.

In bustling coastal Casablanca, the weather is quite moderate year-round, but can get cooler and wet in the winter. In the relaxed fishing village of Essaouira the weather is mild, although quite windy - a great place to try windsurfing. In our Berber mountain village we stay at an altitude of about 1200 feet (365m), so the weather remains mild year-round, although plan for it to get fairly cool in the winter. And in Marrakech the weather is lovely and warm most of the year, and can get quite hot in the summer.

ACCOMMODATION

Moroccan style and hospitality are legendary, and we have selected accommodations that bring you the best of both. In Casablanca we stay in a 4-star modern hotel. Everywhere else, our accommodations are in beautifully decorated *riads*, traditional houses or palaces that have been converted into boutique guesthouses. All of our accommodations offer en suite bathrooms in comfortable, stylish rooms.

Days 1-2: We'll spend our first night in Morocco in a modern 4-star hotel, centrally located in downtown Casablanca.

Days 2-4: In Essaouira we will stay in a gorgeous ocean-front *riad*, converted from a nineteenth century windmill. The entire *riad* is decorated in Berber style, with Moroccan carpets, wood-beamed ceilings, and ocean views. You will love eating breakfast on the roof-top terrace overlooking the Atlantic Ocean. And if you choose, relax in the traditional *hammam*, or Moroccan bath.

Days 4-7: We'll spend these three nights in a luxurious *riad* in Berber village in the High Atlas mountains. With a rooftop restaurant under a Berber tent, a *hammam* with a full range of spa services, and views from snow-capped mountains to the twinkling lights of Marrakech, you may never want to leave.

Days 7-9: In Marrakech we will stay in a lovely renovated *riad* in the heart of the ancient medina. With just a handful of tastefully decorated rooms centered around a courtyard, flower-filled terraces, and attentive and hospitable staff, our *riad* will be your oasis in this exotic city.

Note: All accommodations are subject to availability and may be changed as needed.

FOOD

Morocco is known for its exotic spices and savory dishes, and our Morocco cooking vacation focuses on teaching you how to cook some of Morocco's most delicious meals.

Scrumptious salads, delectable breads and fine wines will complement large steaming dishes of tajine, roasted chicken, grilled fish, and other fine Moroccan and Berber delights.

Our Moroccan cooking trip includes daily breakfast, one lunch, and four dinners. The included lunch, dinners, and one of the breakfasts will be meals that you learn to prepare yourself during the cooking classes.

During your Moroccan cooking classes, you will learn to cook the following dishes:

- * Mediterranean salad and fish tajine, using the fresh catch of the day
- * Berber BBQ, using the produce you select at the local *souk*
- * Berber salads, beef or lamb tajine, chicken tajine and fruit desert
- * Scrumptious Berber crepes
- * Moroccan soup and traditional Moroccan couscous.
- * Lemon chicken, beef with prunes and almonds, and Moroccan desert

Note: These menu items are subject to change

DATES & PRICES

For detailed dates and pricing information, please see our website at <http://www.accesstrips.com>

TRAVEL INFO

1) ARRIVAL & DEPARTURE INFORMATION

Arrival Airport: You should arrive at Casablanca's Mohammed V International Airport (airport abbreviation: CMN). Casablanca is a major metropolis that is serviced by a variety of airlines. Among others, the following airlines fly into Casablanca: Delta Air Lines, Air France, Royal Air Maroc, Iberia, Lufthansa, and Easy Jet.

Departure Airport: You will depart from Marrakech-Menara Airport (airport abbreviation: RAK). Among others, the following airlines fly into Marrakech: Royal Air Maroc, Iberia, Ryanair, Easy Jet. If you prefer to depart from Casablanca, we will be happy to arrange a transfer for you for the 2.5 hour drive.

Pick-up & Drop-off information: We provide complimentary airport pick-ups and drop-offs. We will be waiting for you with a sign saying 'Access Trips' as you exit customs at Casablanca's airport. If you would like to be picked up from or dropped off to somewhere other than the airport, please email us to discuss.

Airlines and Checking Equipment: If you intend to bring any sports equipment, please check with your airline regarding policies for checking and transporting sports gear and equipment before you book your flight. This includes inquiring as to weight, charges and liability.

Flights: We do not book flights or insurance for our clients. For recommendations, [click here](#)

2) TRAVEL REQUIREMENTS

Travel Insurance: Travel insurance, including emergency evacuation coverage, is compulsory for all our trips. Please do not attend any of our trips without purchasing appropriate insurance coverage. We recommend that you purchase travel insurance that includes cancellation protection so that you will be covered in the event that you are unable to attend our trip (due to injury, illness or other unforeseen circumstances) or in the unlikely event that our trip must be cancelled. We do not provide travel insurance for our clients. Please contact your local travel agent to purchase travel insurance.

Passports & Visas: All countries require a valid passport (with a minimum of 6 months validity). Citizens of some countries will also require a visa. To learn more about visa and entry requirements for Morocco, please check out the

Morocco Tourism website at: <http://www.visitmorocco.com> or consult your local travel agent. Please note that it is your responsibility to ensure that you have the correct travel documentation.

Age: We do not have any age restrictions on our trips. The majority of our clients are between the ages of 25 and 45, but we also have many clients who are older and younger than this.

3) HEALTH AND SAFETY

Emergency Contact: If you need to contact Access Travel in an emergency, you can reach us during office hours at the following numbers:

Dialing within North America: 1 (650) 492-4778

Dialing outside of North America: +1 (650) 492-4778

If you feel that you need to contact us outside of office hours, one of our staff members will be available on the following mobile lines:

Mobile-phone: +1 650 521 2662 or +1 650 387 4249

If you do not receive an immediate answer when calling the above numbers, please leave us a detailed message and we will get back to you as soon as possible.

Health requirements: Please carefully review the health information section of the following webpage for up-to-date health information, including information on the quality of medical care, the availability of medications and the necessity for vaccinations in the destination country: http://travel.state.gov/travel/cis_pa_tw/cis/cis_975.html.

You are responsible for ensuring that you receive any necessary vaccinations before embarking on your trip with us.

Fitness requirements: Our cooking trips are open to anyone who wants to learn to cook in a fascinating destination. Nevertheless, many of the countries we operate in do not have adequate facilities for the disabled. The accommodations may not have elevators, the sidewalks may not be even " or even paved! " and we do a fair amount of walking during our sightseeing tours.

Safety & Security: To maximize your safety during our tours you should exercise common sense and caution at all times. We recommend that you always stick to set travel arrangements, and avoid unknown areas. We also recommend that you wear minimal jewelry and that you keep valuable items safely stored. Always keep a copy of your passport, airline tickets, travelers checks and credit card numbers separate from where you keep the originals. For information on safety and security in Morocco, please review the safety and security section of the following webpage: http://travel.state.gov/travel/cis_pa_tw/cis/cis_975.html

4) WHAT TO TAKE

Equipment: We provide all the equipment you will need for your cooking classes.

What to bring: Many of our trips require us to move our base several times, so we recommend that you pack as lightly as possible. There will not always be someone available to help you carry your bags so you should only bring as much as you can carry on your own.

We suggest that you bring the following items:

Clothing & Equipment

* Season-specific casual clothes (at the beach women can feel free to wear normal beach wear, but when we visit towns or cultural places it is polite to cover your shoulders and to wear trousers/skirts that go below your knees. It is not necessary to wear a headscarf.)

* Sandals with straps and sturdy walking shoes

* A pullover and a pair of trousers because it can get cool in the evenings

- * Toiletries
- * Money belt
- * Sunscreen / sunglasses / hat
- * First-aid kit (should contain lip balm, aspirin, band aids, a cream for sore muscles (e.g. deep heat), Imodium or similar tablets for mild cases of diarrhea, rehydration powder, extra prescription drugs you may be taking)

Documents & Money

- * Passport (with photocopies)
- * Travel insurance (with photocopies)
- * Airline tickets (with photocopies)
- * Credit and/or debit card and/or travelers cheques and/or cash. MasterCard and Visa are the most commonly used. Maestro card is difficult to use in Morocco. You should always advise your bank that you are traveling to Morocco.
- * Any entry visas or vaccination certificates required

Spending Money

* Meals – all breakfasts, one lunch and four dinners are included in the price. Please plan to bring at least \$10-\$20 per lunch and \$20-\$30 per dinner for those meals that are not included, as well as money for snacks and drinks.

* Other expenses - there are no required additional expenses for this trip, but you might like to take spending money for such things as souvenir shopping, nightlife and internet cafes.

5) USEFUL LINKS

Country Information: For additional information about traveling in Morocco check out

http://travel.state.gov/travel/cis_pa_tw/cis/cis_975.html

<http://www.visitmorocco.com>

Currency Exchange: The currency in Morocco is the Moroccan Dirham. For the latest currency exchange information please go to: <http://finance.yahoo.com/currency>

6) ABOUT ACCESS TRIPS

Who we are: Access Trips is dedicated to offering a wide range of instructional adventure tours. If you're looking for a vacation that provides a huge sense of personal achievement while still being fun, exciting and rewarding, our tours are right for you. We coined the term 'instructional adventure tour' to describe our unique style of travel because as far as we know, we are the only company in the world to specialize in offering a variety of such trips! Instructional adventure tours offer the best of both worlds - expert instruction to help you develop and improve in your favorite pastime (or, if you're a beginner, to help you learn a new pastime correctly from the start), and varied and exciting itineraries to give you a unique and memorable travel experience. Our tours are the perfect mix of a high quality instructional course and an exciting adventure vacation and you'll find there's nothing more satisfying than challenging yourself and reaching new heights in your favorite pastime, while also enjoying a unique and authentic travel experience. Our instructional tours encourage you to develop your potential in a relaxed and non-intimidating setting, regardless of your ability level, and reward you with carefully selected accommodation, delicious food, incredible scenery and unique cultural experiences.

We offer trips in all continents except Antarctica and we currently specialize in snowboarding, skiing, surfing, mountain biking and multisport and cooking tours. Our team is made up of instructors who are among the best in the world; we select them not only for their talent and experience but also for their great personalities and their passion for teaching. Our tours attract men and women of all abilities and ages and, thanks to the fact that all clients have a common interest, our trips tend to be fantastic social experiences in addition to great instructional trips.

Our commitment to our clients: Like many travel companies, we are dedicated to offering the highest quality, safest and best value trips that we can. But our client mission is much more than this: on top of offering an excellent product, we are committed to making a positive change in the lives of our clients. We at Access Trips have all benefited in meaningful ways from the remarkable power of having a passion in life - of having a pastime that brings you pleasure, friendships, a sense of achievement and a total escape from the pressures of everyday life. Some of us have found self-confidence, others friendships, and others motivation and drive as a result of our involvement in sports. We want our

clients to also experience the pleasure of finding and pursuing a passion. It is our goal that clients return from our trips having found a new passion or solidified an existing one, having made lasting friendships, having experienced a deep sense of achievement as a result of reaching new heights in their favorite pastime, and having acquired a new perspective on life as a result of the unique experiences that our trips provide. We have had more than a few clients who have returned from our trips and decided to make major life changes such as changing careers to pursue more meaningful work, moving countries to be closer to the outdoors, and changing universities to be around more like-minded people. We do not expect our trips to have such a dramatic impact on all our clients, but we do hope that all our clients can be inspired in some small way from the experience of sharing their passion with us.

Our commitment to others: Although we are ultimately a for-profit business, Access Trips is about so much more than just turning profits. We operate Access Trips because we are passionate about travel and the outdoors and because we love to share this passion with our clients, our employees and the local people we encounter during our travels. It is deeply important to us that our business contributes to the world in a favorable way and that we use our resources to affect as much positive change in the world as we can. We believe that we have three major responsibilities: to our clients, to our employees and to the world at large (which includes the environment and local communities) and we are doing everything we can to serve these three groups to the best of our ability. Please see the company section of our website (<http://www.accesstrips.com/company/mission/>) to read more about the actions we are taking to fulfill our mission and to effect positive change in the world.

7) FINAL NOTE

The information contained in this document is provided in good faith. Due to the nature of travel, details in this document may change. You should thus use the above information as an indication only and not as a contractual obligation on the part of Access Travel, Ltd.

TERMS & CONDITIONS

Please have a look at our Terms & Conditions at <http://www.accesstrips.com/company/termsandconditions/> before you make your booking. Thanks!