

## Andalusia to Moorish Morocco Guided Tour 2009



### *Moderate 7 nights*

*This tour is designed for those wishing to enjoy the best of Andalusian culture and natural beauty with the exoticness of Africa located only 1 hour across the Straits. The tour pace is gentle with walks of up to 4 or 5 hours a day with plenty of breaks and interesting interpretive moments. The emphasis of the week is to introduce visitors to Andalusia's unique culture, gastronomy, geography and liveliness combined with the age-old customs of Morocco's hill tribes, market society and relaxed mannerisms.*

*Travel to/from Morocco from Spain is now safer and easier than ever. North Africa is very welcoming to all nationalities and we spend the majority of time in rural areas with the Berber mountain people of the Rif. This is a one of a kind walking holiday that bridges 2 continents. Like good wine, this trip gets better with age and we welcome all walks of life and interests on this amazingly insightful journey!*

### TOUR ITINERARY

#### **DAY 1: (Sunday)**

You are met at Malaga airport (16:00 hrs). After a private shuttle (2 hours) to our base in Tarifa and a short stroll around the historic quarter we sit down for a true Tapas dinner with local wines and sheries and become acquainted with the journey to come. Night in Tarifa.

#### **DAY 2: (Monday) - Total Distance 12 km and gentle / coastal walk**

Our first day walk takes us on a pleasant stroll along the Straits of Gibraltar coastline on arguably one of Spain's most delightful beach walks in the direction of Punta Paloma Dune and a lovely pine forest. This new Natural Park is a sheer delight not just for the colors and open vistas it offers but because its remoteness, quiet and totally unspoiled nature. A climb up the dunes for lunch followed by a stroll

through the forest or perhaps onto Bolonia village to see the Roman Ruins can be done before we head back to Tarifa. Night in Tarifa.

**DAY 3: (Tuesday) - Total Distance 8-10 km. Level easy**

This morning after breakfast we board our modern fast ferry for a brief 45 min crossing to Africa. Upon arrival we take a short journey through Tanger and up the coast to Asilah – a former Portuguese fort and a lovely introduction to rural Morocco. This seaside town is colorful, welcoming and a pleasant first day in the Maghrib! This afternoon we take a coastal pathway walk between some basic farm villages and along lovely deserted stretches of beach. Night in Asilah.

**DAY 4: (Wednesday) - Total Distance 10-12 km and moderate**

Today we begin with a scenic 2 hour private shuttle to our mountain base of Chefchaouen, high up in the Rif Mountains. This afternoon we'll have a walking tour of the town's historic quarter followed by a lovely walk through the farmsteads of the lower Rif mountains. A visit to a local family's home for lunch is a particular highlight today! Night in Chefchaouen Village.

**DAY 5: (Thursday) - Total Distance 10-12 km and moderate**

Today we head up into the Rif Mountains with our local guide for a generous day walk to explore some remote Berber villages, ancient granaries and meet with tribes people who practice the cultivation of fruits, grains, vegetables and more using traditional methods. A full day in the Rif and a very rewarding experience to interact with the Berber people! Upon return we explore more of Chef's fine market stalls and enjoy a group dinner in a traditional Berber village house. Night in Chefchaouen Village.

**DAY 6: (Friday) - Total Distance 10-12 km and moderate with some hill ascents**

This morning we shuttle by private transfer (40 minutes) to the exotic mountain ranges and canyons deep in the heart of the Rif. Our guided walk today takes us between 3 isolated mountain villages, along steep canyon walls and across clean rivers. One of the week's finest walks for sheer natural beauty and unique cultural elements. We enjoy mint tea and cakes with villagers and witness the unique cultivation of agriculture practiced for hundreds of years. Night in Chefchaouen Village.

**DAY 7: (Saturday) - Total Distance 2k / village and countryside walking tour**

Our final Morocco day offers us a last chance to soak up the easy going mannerisms of the Moroccans before we transfer back to Tanger (3 hours) and cross back to Tarifa followed by a shuttle (1 hour) to Adventurebug's base at Casares. Here we make a guided walk around this lovely old Andalucian village before our final farewell dinner and celebration with the group.

**DAY 8: (Sunday)**

Morning transfer back to Malaga airport and a final Adios to your group and leader.

**2009 TOUR DATES AND PRICE**

Dates:

- April 12
- July 19
- September 27
- November 1

### What does the tour price €50.00 per person sharing include?

- 7 nights quality accommodation in charming double rooms
- All breakfasts, 4 dinners and 5 Picnics with wine
- Return transfer from Malaga airport to holiday base
- Local shuttles and baggage transfers
- 5 guided countryside walks in both Spain and Morocco
- Full time trip leader / including Moroccan Guides
- Return trip to / from Africa via Fast Ferry and private mini bus

### Single supplement: €120.00

## WHAT TO BRING

Your enjoyment of your walking holiday will be greatly helped by having the right gear. The following list should help you in planning your packing for your trip.

**Footwear:** Good footwear is vital for a happy walking holiday! We recommend waterproof, breathable, walking boots with good ankle support. Boots which are “broken in” (i.e. not brand new), teamed with **well fitting hiking socks** will keep your feet snug and dry and help to avoid blisters.

### Hiking Clothes

We recommend the “onion look” of layering clothing as the best protection against heat/cold:

- Base Layer –this layer should not retain moisture but transport it away from the skin (there are lots of “wick away” fabrics now on the market.
- Insulation layer – this layer should stop you from losing body heat – fleece is ideal
- Outer Layer – this layer should keep you dry even in a downpour! A waterproof, breathable jacket and over-trousers are as important as your comfy boots. You should bear in mind that clothing tends to lose its “waterproofness” over time so if you have had your gear for many years it might be time to treat yourself with a trip to an outdoor store!
- Walking trousers/ shorts (avoid denim)
- Warm hat and gloves for chilly mornings or high mountains (between December and early March)
- Sun hat
- Walking stick/pole (a great help on uneven terrain)
- Bath suit
- *For Morocco, you may wish to bring a few bits of clothing, shoes, sporting goods, stationary for the villages – please only bring small personal amount if possible!*

**Daypack** - a small comfortable rucksack to carry the bits and pieces you will need during the day:

- Water bottle/flask
- Moleskin/plasters/”second skin” – ward off any impending blisters before they become a problem!
- Sun screen
- Camera
- Binoculars
- Waterproof map case
- Mobile phone

## ACCOMODATION

**Night 1 & 2 – Tarifa – Hotel Alameda:** Located centrally in Tarifa's old town, minutes from the white sand beaches, the Fortress – Castillo de Guzman el Bueno and in the center of many fine cafes surrounding a pretty open plaza. Tarifa boasts a vivid day and night atmosphere with a frontier like feel being within such short range of Africa.

**Night 3 – Hotel Zelis – Asilah, Morocco:** A modern hotel situated minutes from the main souk (medina / old quarter) and 2<sup>nd</sup> line to the wonderful beaches of Asilah. Comfortable, secure and very practical for our first night in Morocco.

**Night 4, 5 & 6 – Hotel Darchezchouen, Chefchouen, Morocco :** The town of Chefchouen's most comfortable hotel with lovely gardens and charming rooms decorated in the unique Chef fashion. A welcoming, family run hotel for our 3 nights in Chef.

**Night 7 – Casares - Hotel Rural Casares:** Charmingly decorated and very Andaluz with stunning views across the village rooftops and down to the Med and Africa. All rooms ensuite with all mod cons.

We do reserve the right to change the accommodation during the tour, but we will always endeavor to provide a high standard.

## GENERAL INFORMATION

### Money

The unit of currency in Spain is the Euro (€), 100 cent = €1. In Morocco we utilize both Euros but mostly the Dirham (Dh). We normally buy dirhams directly from the bank at the ferry port upon arrival to Morocco / Tanger. Bank cards (interact), are widely used.

### Travel Insurance

It is essential to take out holiday insurance to cover cancellation, personal accident, illness, or loss of possessions. This can be obtained from travel agents, airlines; we can also offer you a week long package for €35.00

### Travel

The tour begins and ends at Malaga Airport. Once in Malaga, we transport you by mini-bus to our holiday base – normally 2 hours drive along the scenic, mountainous coast of southern Spain to the Costa del Luz / Tarifa – away from the busy resorts! When your holiday is complete, you will be transported back to Malaga Airport in time for your next transportation link. Shuttle from Casares to Malaga takes 1 hour 20 min..

The meeting time at Malaga Airport on the first day of your holiday is normally 16:00 hrs (Terminal II arrivals hall, near Airport Info booth). If you arrive early, we can suggest a few pleasant site seeing options in Malaga city or on the coast and places to relax only minutes from the airport while you wait for the shuttle bus. For example you may hop on the airport shuttle train for the 15 minute journey either to the nearby shops and beaches or into the historic city of Malaga – where the new Picasso museum had recently opened – both destinations are great ways to warm-up to the local culture!

Drop off time at the end of your holidays is normally around 10 am or dependent on the group's travel times. Please bear these times in mind when arranging your travel to and from Malaga. For flights

leaving Malaga at 10am, the minibus shuttle will have to leave Casares at 07:00! Please try to arrange your flight home to be later than 10am...

### **Morocco / What to Expect!**

- Morocco is a very tolerant Muslim country – every nationality is welcome!
- Visas are not required for all European and North American passports / please check if visas are required for other nationalities.
- Vaccinations and special health concerns have not been an issue for travel to north Morocco for some time. Normal precautions are advised (drink bottled water, etc.). If you are concerned visit the WHO website for up to date information: ([http://whqlibdoc.who.int/publications/2005/9241580364\\_country\\_list.pdf](http://whqlibdoc.who.int/publications/2005/9241580364_country_list.pdf)) and / or speak to a medical specialist that deals with travel to this region specifically.
- Security in the north of Morocco has in our experience been very good. The biggest risks are road travel and we limit this by taking short transfers at the best hours of the day. Robbery and violent muggings are more frequent in Europe than Morocco!
- Dress code is very relaxed in Morocco. Ladies are asked to cover legs and shoulders around holy sites. Shorts and tshirts for men/women on walks is perfectly acceptable.
- Food in our experience is very well cooked, tasty and healthy. Moroccans are very health conscious.
- Alcohol is not forbidden and is available in some restaurants and cafes. Having wine at dinner each night is now normal in Morocco – providing we are very subtle about it!
- Family is the center of life to Moroccans, work is less important than time spent with friends and family!
- Market haggling is less and less frequent and the level of harassment has dropped drastically – especially when travelling in groups.