



*Activity
guide*

Summary :

- ~ Hammam, beauty treatments
- ~ Yoga
- ~ Golf in Marrakech
- ~ Guided tour of Marrakech Médina
- ~ Moroccan cooking lessons ●
- ~ Cosmetic activity with Le Jardin de SidiB ●
- ~ Moped motorcycle ride ●
- ~ Enduro motorbike rides
- ~ Quad and buggy rides ●
- ~ Dromedary rides in Agafay desert
- ~ Electric mountain bike ride in Agafay desert ●
- ~ Day excursions and discovering Marrakech
- ~ Hot-air balloon flight ●
- ~ Aquatic activities
- ~ Lands of Amanar
- ~ Morocco 4x4
- ~ What to do in Marrakech ? Walking, exploring, eating ... ●

For any information or bookings, please contact us 24 hours in advance..



Hammam

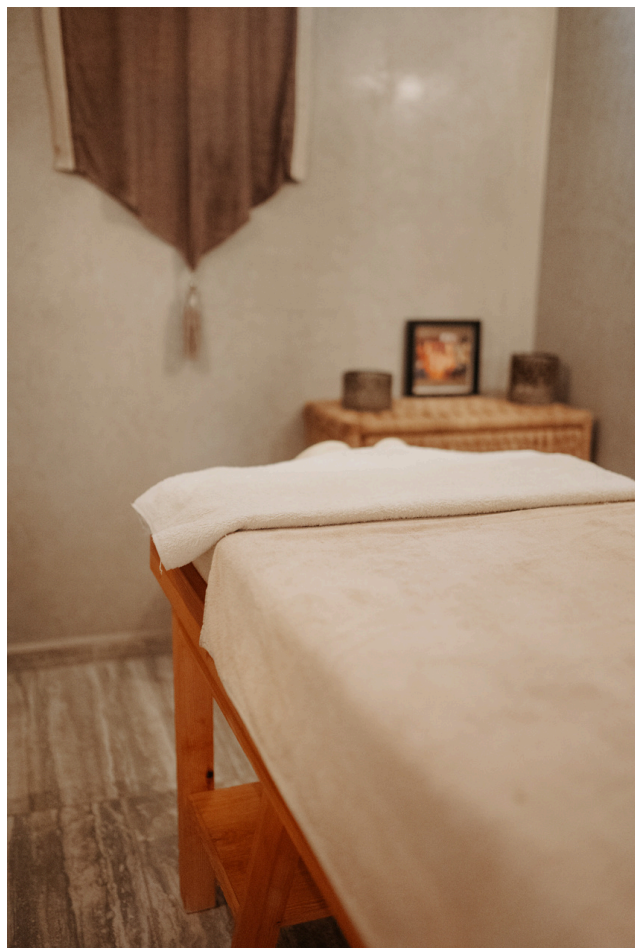
The hammam is a tradition in Morocco, with men and women going there every week. It is a bath of moist heat. Soaping with black soap, scrubbing and wrapping with ghassoul are all part of this treatment. A moment of pure relaxation!

“The Baths”

Hammam and scrub - 45 min

350 MAD

Soaping with black soap followed by a scrub and a Ghassoul wrap (natural mineral clay)



“The Moroccan ritual”

~ **Hammam, scrub and massage** - 2 hours

700 MAD

Soaping with black soap followed by a scrub and a Ghassoul wrap (natural mineral clay) + 1-hour relaxing massage

+ a gift : a *FREE* argan oil soap

You can do it in duo !

A LA CARTE TREATMENTS

Relaxing or tonic massage - 1 hour	400 MAD
Manicure + varnish application	350 MAD
Pedicure + varnish application	350 MAD
Semi permanent varnish application	200 MAD
Manicure or pedicure + semi permanent varnish application	450 MAD
Underarm waxing	100 MAD
Half-leg waxing	150 MAD
Full-leg waxing	250 MAD
Bikini waxing	100 MAD
Full bikini waxing	150 MAD

Care and beauty

SPECIFIC TREATMENTS by NATHALIE - Book 48 hours in advance

Face lift modelling - 45 min	650 MAD
Massage inspired by various techniques (modelling, pinching, kobido). It restores radiance, relaxing, draining and sculpting the face.	
Energising body massage - 1h15/30	780 MAD
Massage practised in a spirit of listening to the body and using the right touch, adapted to each person. Energetic massage (pressure along the meridians to remove blockages), draining and relaxing.	



Yoga

Nature, calm, relaxation, a return to yourself and a change of scenery are waiting for you ...
An opportunity to switch off and **recharge your batteries in an idyllic setting.**

We can provide you with yoga mats, blankets and blocks.

By reservation : **lessons (individual or group) with a certified yoga teacher**

Several times a year, we organise **yoga and well-being Courses and Retreats** - Contact us



Golf in Marrakech

18-hole, 9-hole, amateur or professional, play the most beautiful golf courses in Marrakech, each with its own environment and difficulties.

Take advantage of our partnerships with the golf courses and benefit from **special rates** by booking directly with us.

18-HOLE GOLF COURSES :

At 5 min : Royal Palm Golf, Golf Samanah

At 15 min : Noria Golf

At 20 min : Assoufid

And other good ones

9-HOLE GOLF COURSE :

At 15 min : Atlas Golf

For your private lessons, initiation, accompanied courses
(beginner or advanced) our PGA PRO

Mr Laurenceau Jean-Claude is at your disposal.

Marrakech Golf Training Camp

Phone : 00212 (0)6 19 66 24 66

E-mail : marrakech-gtc@gmail.com

Web site : www.marrakechstagegolf.com



Guided Tour of Marrakech

Marrakech is full of possibilities for lovers of architecture and history. Our guide will show you the must-see sites and introduce you to the **history and culture of the country.**



Half-day (9.30am-1.30pm).

The Koutoubia, the Bahia Palace and the Saadian Tombs or the Musée des Confluences, the Place des Ferblantiers, Jemaa El Fna Square and the souks - you'll learn all about this fabulous medina !

Transfers and Museum Entrance Fees included :

2 people :

800 MAD/pers.

3-6 people :

650 MAD/pers.

Full-day (9.30am-5.30pm).

You add to your visit the Médersa Ben Youssef, a Koranic school and a jewel of Saadian architecture. Also the Secret Garden, an elegant, richly decorated 19th-century palace with traditional Islamic gardens.

Transfers and Museum Entrance Fees included :

2 people :

1100 MAD/pers.

3-6 people :

850 MAD/pers.



Moroccan cooking lessons

Would you like to know how to make Moroccan bread, learn how to cook a lamb tajine or the famous couscous ?

Book a cookery class with our Domaine chefs and learn all the **secrets of traditional Moroccan cuisine.**

From 10am to 12pm (wednesday / saturday) :

Groups of 1-4 people :

100 MAD/pers.



Beauty activity

Le Jardin de SidiB

Create and design your own cosmetics with a professional using quality and natural products, that are emblematic of Morocco, such as Argan oil.

100% homemade and **zero waste** !

During 1h30 :

- Presentation of ingredients
- Production of a Berber Ritual
- Making a Magic Balm

Leave with your own beauty product !

Price : **600 MAD/pers** (*min 2 persons*) - Book 24 hours in advance

Last-minute booking : 900 MAD/pers (*min 2 persons*)



Moped Motorcycle

A ride in the Agafay desert !

Enjoy a real sense of freedom, a unique and original experience !

Accessible to all - Leaving from the Domaine

One moped/person (14 years and older)

Possibility for 2 persons with 1 child free - excluding meals

Half-day outing

From 10am-12pm or 2-4pm with tea break

500 MAD /pers.

Day outing

11am-5pm / Lunch included

800 MAD /pers.



Enduro motorbike

Want to discover the breathtaking landscapes between the foothills of the Atlas mountains and the Agafay desert ?

Live your passion in total freedom!

Enjoy the thrill of riding their **HUSQVARNA 450 FE 2022 enduro motorbikes** (a wide range of routes for all levels).

Leaving from the Domaine

Day trip :

2700 MAD/pers.

Multi-day circuits :

Marrakech region and Atlas mountains or Atlantic coast between Agadir and Essaouira.

Our partner : MOUNTAIN WHEELS

-> Contact Olivier : 00212 614 219 866



Quad & Buggy



Discover the landscapes of the Agafay desert or the Atlas mountains for a thrilling ride on a quad bike or buggy.

QUAD / LUXURY PACKAGE :

Off the beaten track in a **CAN-AM 450 OUTLANDER** two-seater quad bike

Thrills guaranteed ! **Supervised by PRO.**

Half day ride / 2 H quad : **800 MAD/quad/pers.**

(Additional Passenger : + 200 MAD = 1000 MAD for 2 pers.)

2 H Quad + 1 H Camel + Lunch included : **1200 MAD/quad/pers.**

(Additional passenger with lunch : + 600 MAD = 1800 MAD for 2 pers.)

Day ride / 4 H de quad + Lunch included : **1800 MAD/quad/pers.**

(Additionnal passenger with lunch : + 600 MAD /pers = 2400 MAD for 2 pers.)

BUGGY :

Half-day ride / Transfer included :

Double Buggy :

1600 MAD/2 pers.

Buggy 4 seats :

2400 MAD/4 pers.

Dromedary ride

in Agafay desert

Discover the **Agafay desert** on camelback and taste the famous tajine in a tent in the middle of the desert.

Agafay is a REG : a rocky desert with lunar landscapes !

2 options depending on the season :

~ morning ride and lunch

~ late afternoon ride and dinner at sunset over the Agafay desert

Ride with lunch or dinner / Transfer included :

2 people

3-6 people

950 MAD/pers.

750 MAD/pers.



Electric mountain bike

in the Agafay desert



FLYER UPROC 4 : top-of-the-range Swiss electric mountain bikes in total comfort !

DISCOVERY TOUR

790 MAD/pers. (min 2 pers)

Guides, experts in the Atlas mountains and the Agafay desert, ensure an experience rich in discoveries. An electric adventure that promises a perfect combination of thrills and varied landscapes.

Fun and physical activity on unusual trails in the Agafay reg desert, the eucalyptus forest and a canyon.

Price without the transfer on the site - Add 800 MAD (2-6 persons)

Hiking

around Amizmiz and Azgour

Full day (9am-4.30pm).

A 2 to 4 hour walk with our guide / Lunch and transfers included

A choice of fun and cultural themed walks :

Discover nature and the local flora with your guide, who will share his knowledge with you.

2 persons :

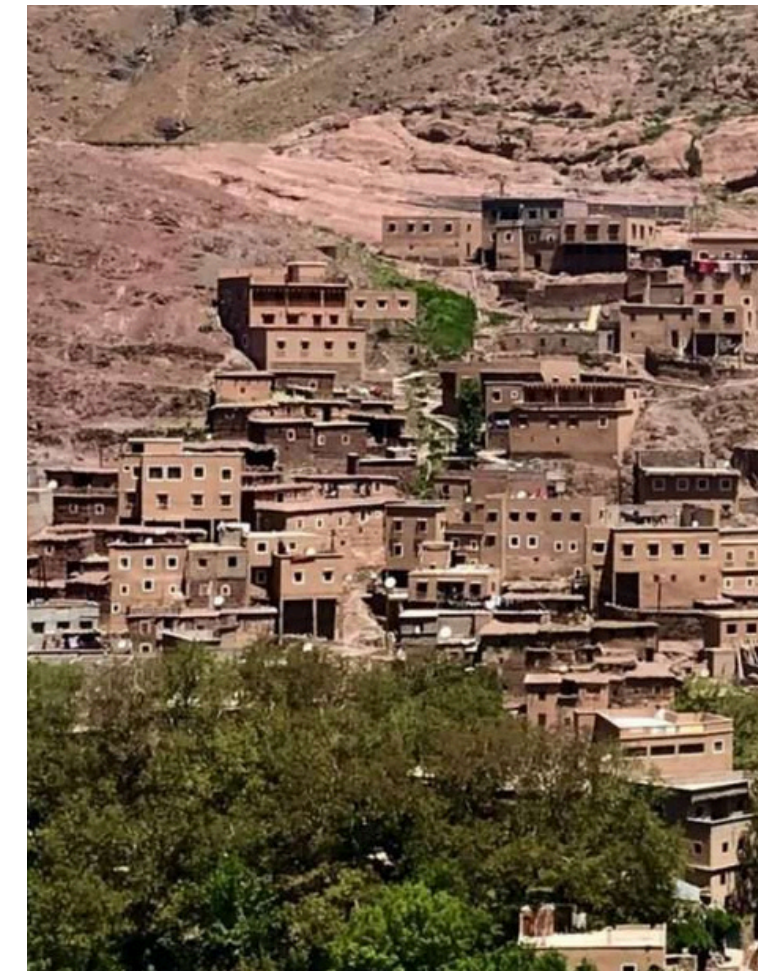
700 MAD/pers

3-6 persons :

550 MAD/pers

Possibility of reserving mules for children :

150 MAD/mule





Walk in Imfil

Full day (9am-4.30pm).

Discovering Berber villages such as the small village of Imfil at an altitude of 1700 metres, considered to be the main starting point for the Toubkal hikes.

This is where all the guides and muleteers who organise the treks to the summit gather.

Return via Moulay Brahim and the Kik plateau (Lalla Takerkouist dam).

Walk (1h30) with guide, lunch with local people / Passenger car :

2 persons :

750 MAD/pers

3-6 persons :

600 MAD/pers

Lunch at the Toubkal Kasbah

+ 150 MAD/pers

Possibility of reserving mules for children :

+ 150 MAD/mule

Ouzrika valley

Full day (9.30am-4.30pm).

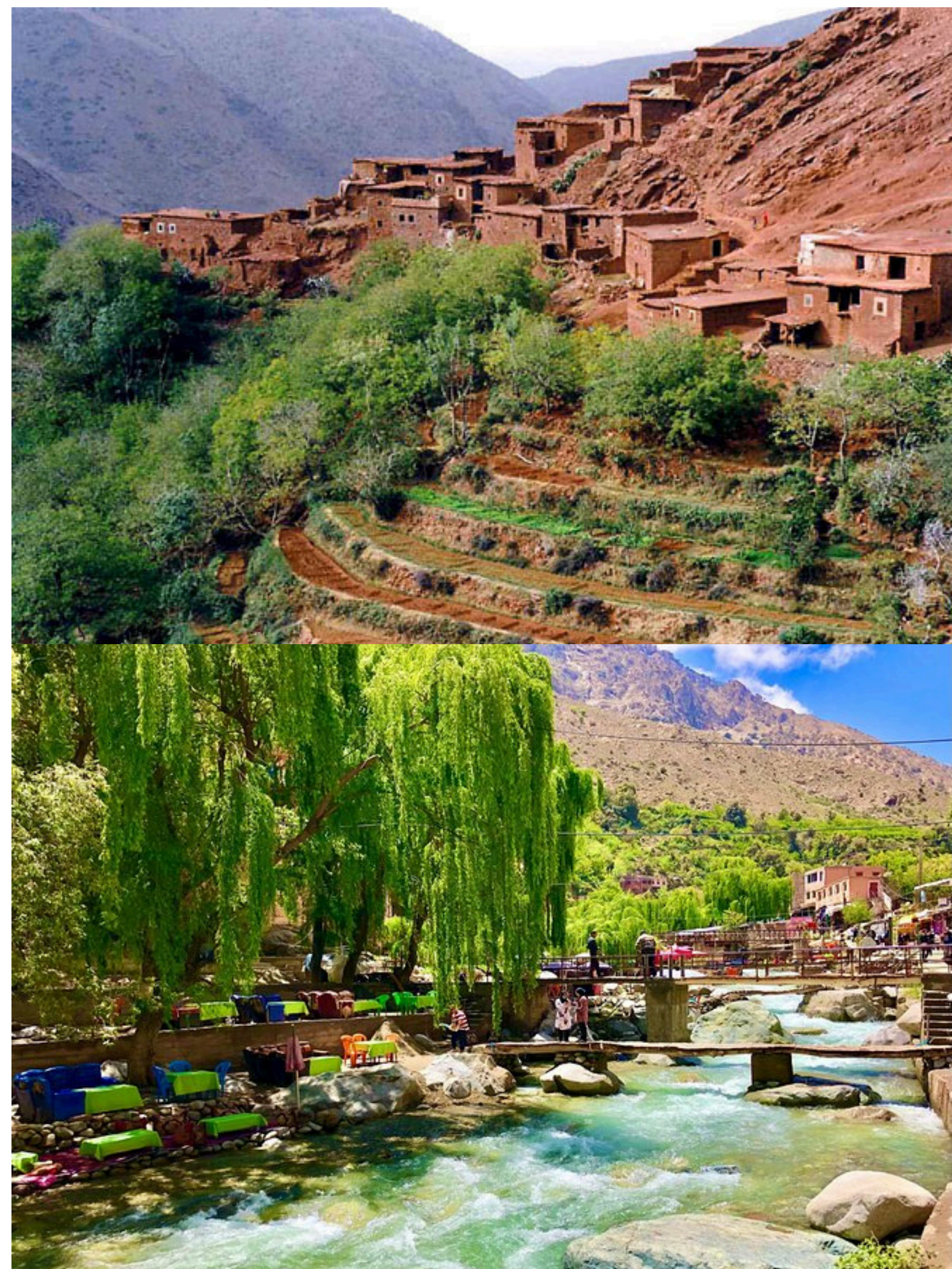
Discover the villages and inhabitants of this typical High Atlas valley, located around 30 km from Marrakech.

You can also take the Setti Fatma waterfalls walk, with guides available on site (at your own charge).

Tour in passenger car + moroccan lunch in the valley (excluding drinks) :

2 persons : **650 MAD/pers**

3-6 persons : **500 MAD/pers**



Discover

the Atlas



Full day (9am-4.30pm).

Enjoy the scenery of the Atlas mountains, just a few kilometres from Marrakech :

- ~ Lalla Takerkoust lake
- ~ Kik plateau
- ~ Asni valley
- ~ Gorges of Moulay Brahim
- ~ Sidi Farez valley
- ~ Ourika valley

Tour in passenger car + lunch (excluding drinks) :

2 persons :

800 MAD/pers

3-6 persons :

650 MAD/pers

Ouzoud waterfalls



Full day (8am-7pm).

At 100 metres, this waterfall is the highest in the country !

Your driver will show you the dams, gorges and waterfalls on one of Morocco's most famous tours.

Start your day with a cup of mint tea in a kasbah and continue your visit at the top of the waterfalls.

Round trip transfer in passenger car / Lunch not included :

For up to 6 persons :

1600 MAD/car

Discover

Essaouira

Full day (8am-7pm)

Essaouira, the former Portuguese city of Mogador, is around 2h30 from Marrakech.

You can admire the port, a labyrinth of narrow streets will lead you to the heart of the medina.

Handicrafts are the town's speciality, particularly leatherwork on thuja wood.

You can have your lunch facing the sea and eat fresh fish in the harbour !

Round trip transfer in passenger car / Lunch not included :

For up to 6 persons :

1600 MAD/car





Hot-air balloon flight

Flying over Morocco !

With our partner CIEL D'AFRIQUE, established in Morocco since 1990

Take a pleasant flight and discover the Marrakech region from the air,
during a 40 to 60 minute flight!

Admire the splendid colours and relief of Morocco, with the High Atlas mountains
in the background.



VIP flight :

Enjoy an exclusive compartment with steward and in-flight drinks service

Moroccan tea and welcome coffee + Berber breakfast + transfers : **3900 MAD /pers**

Classic flight :

Moroccan tea and coffee welcome + Berber breakfast + transfers : **2400 MAD /pers**

Aquatic activities

OASIRIA at 10 min :

Have fun at Marrakech's first water park !



WAKY MARRAKECH / Ourika gol course :

Wakeboarding and water-skiing, try out water sports at this fantastic centre !



Lands of Amanar

HORSE RIDING :

Several ride options :

- _ 1 hour on site
- _ 2 hours on site
- _ half-day discovery ride
- _ full-day rides in the village and mountains (excluding meals)

ACCRO PARK / TREE CLIMBING + ZIPLINE COURSE

(the longest in Africa !)

Access for all levels and ages.

For information, other activities are available at Lands of Amanar,
please contact the Park directly.





Morocco by 4x4

A la carte and personalised tours to
explore the splendid Moroccan countryside.

2-DAY TOUR - FULL BOARD AND DRIVER :

-> **The Skoura palm grove :**

Crossing the High Atlas via Demnate, visit to the Ksar of Aït Benhaddou ...

-> **Ciné Nature :**

An exceptional journey to discover the greatest film sets ...

3-DAY TOUR - FULL BOARD AND DRIVER :

-> **Southward :**

3 days across the High Atlas to the Deep South.

Pass through the dunes of Erg Lihoudi and visit the old Ksar of Aït Benhaddou ...

MORROCAN FOOD IN MEDINA and GUELIȚ :

RESTAURANTS - Médina : Terrasses des épices / Nomad / L'mida / La Famille / Le palais Lamrani / Mandala society / La Maison Arabe
- Gueliz : Al Fassia / Mizaan

GASTRONOMIC RESTAURANTS : Médina : Dar Zellij / Dar Moha / Dar Yacout / La villa des Orangers / Dar Rhizlane (remparts)

COFFEE / STREET FOOD : Médina : Café des épices / Mazel (Quartier Melah et Laksour)

INTERNATIONAL FOOD :

International (Amizmiz Road) : La Paillote

French : L'O à la bouche, Le Petit Cornichon, Padam Padam, MB Restaurant

Italian : La Trattoria

Lebanese : Azar

SHOW RESTAURANTS / BARS :

HIVERNAGE : Comptoir Darna / L'Epicurien / Le Jad Mahal / Nouba

ROOFTOP Médina (for evening) : Dar Dar / Kabana / Café Arabe / MK rooftop / El Fenn / Terrasse des épices

PALACE RESTAURANTS :

Le Sésamo du ROYAL MANSOUR / Le Marocain de la MAMOUNIA / Rivayat de l'OBEROY (Indian)

Star chefs in Marrakech !

Jean-François PIEGE at SELMAN

Hélène DARROZE La grande Brasserie at ROYAL MANSOUR

What can you do in Marrakech?
Walking, exploring, eating ...

GARDENS :

- Majorelle Garden + Berber Museum (Tickets can be reserved/bought on the official website. Tickets can be combined with the YSL Museum) - Guéliz
- The secret garden (Medina)
- . Menara Gardens (Av. Mohammed VI)
- . Anima (Ourika road)

MUSEUM, EXHIBITION ROOMS, FORMER SITES :

- The Ben Youssef Medersa (former Koranic school)
- The Bahia Palace
- . El Badi Palace
- The Saadian Tombs
- . The Koutoubia (Mosque) and its gardens
- The Jemaa El Fna square
- The Medina ramparts
- The Museum of Photography
- Dar Si Said, National Museum of Weaving and Carpets
- The Confluences Museum - Bacha coffee (Dar el Bacha)
- The Water Museum (Palmeraie)
- The YSL Museum (combined ticket with jardin Majorelle + Musée Berbère) Guéliz
- The Montresso Foundation (30 min from Marrakech)

