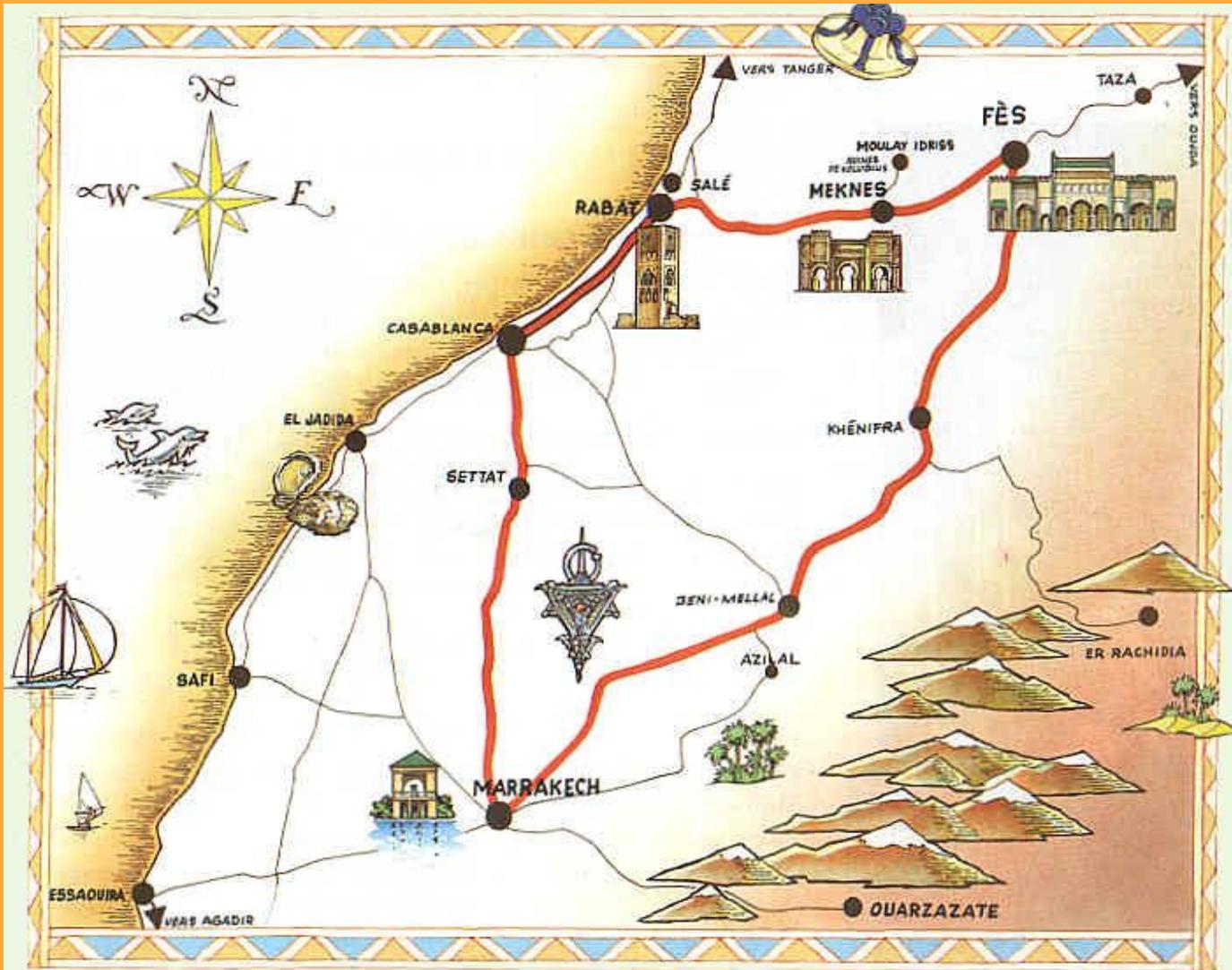


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*Morocco, July 2016*



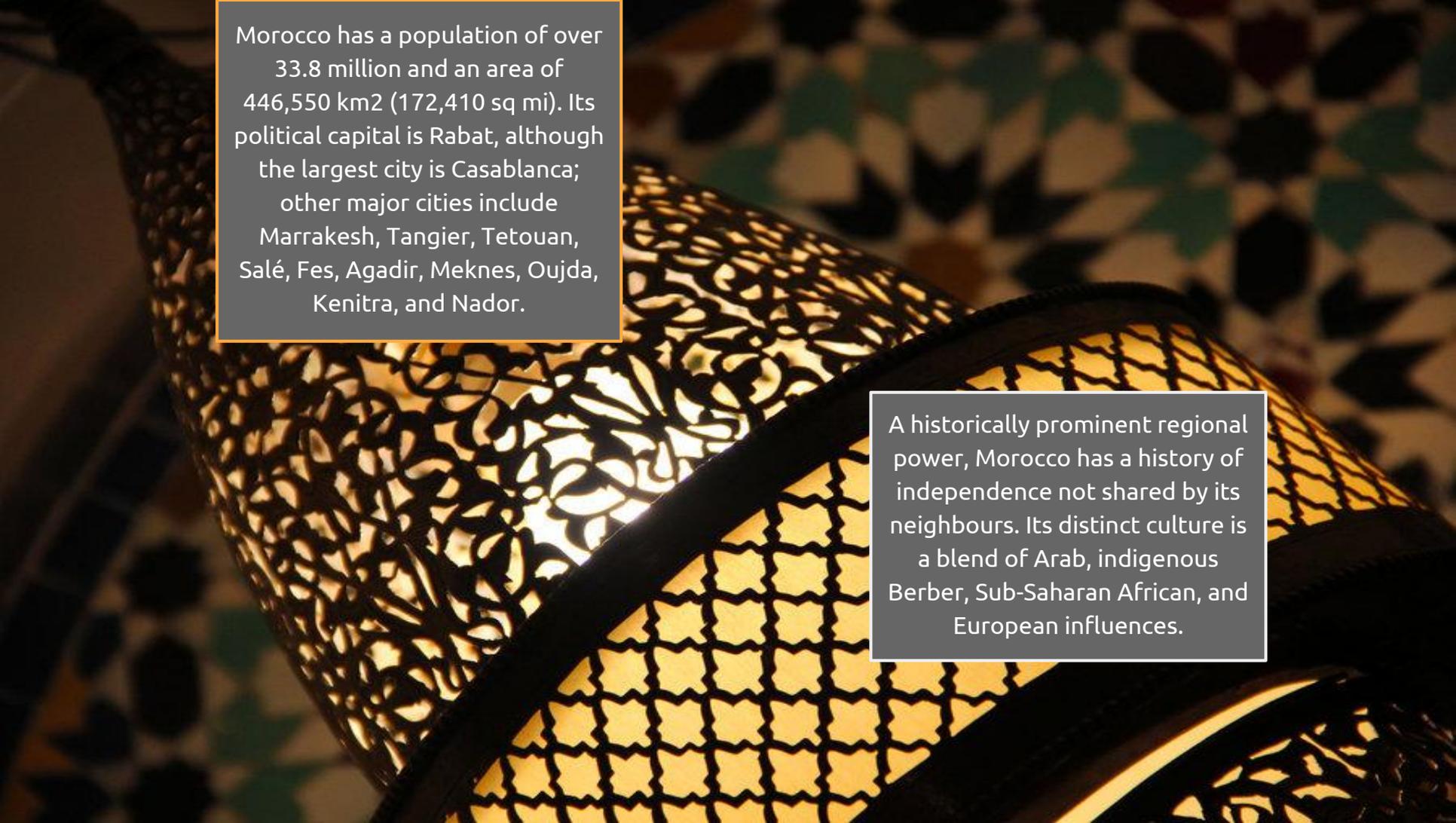
## Morocco is a Muslim Country.

We arrive during Ramadan.

What is Ramadan?  
For 30 days Muslims all over the world fast from dawn to dusk. Fasting is one of the five pillars of Islam. It is viewed as a spiritual detox during which Muslims donate to charities and feed the hungry.

Ramadan ends between the 5-7th July and then it's time for Eid Al-Fitr!

At the end of Ramadan we will be celebrating 'Eid Al-Fitr with locals. This is often compared to Christmas for Christians



Morocco has a population of over 33.8 million and an area of 446,550 km<sup>2</sup> (172,410 sq mi). Its political capital is Rabat, although the largest city is Casablanca; other major cities include Marrakesh, Tangier, Tetouan, Salé, Fes, Agadir, Meknes, Oujda, Kenitra, and Nador.

A historically prominent regional power, Morocco has a history of independence not shared by its neighbours. Its distinct culture is a blend of Arab, indigenous Berber, Sub-Saharan African, and European influences.

# Rabat

Rabat, Morocco's capital, rests along the shores of the Bouregreg River and the Atlantic Ocean. It's known for landmarks that speak to its Islamic and French-colonial heritage, including the Kasbah of the Udayas.

This Berber-era royal fort is surrounded by formal French-designed gardens and overlooks the ocean. The city's iconic Hassan Tower, a 12th-century minaret, soars above the ruins of a mosque.

*Rabat, is conservative in character, with grand architecture, beautiful boulevards and pleasant cafés.*



## *Local Laws + Customs*

1

Most shops & museums are closed on Friday (afternoon) - it's a holy day.

2

Avoid public displays of affection. Complaints can lead to prosecution. Women are advised to dress modestly.

3

Alcohol is served in licensed hotels, bars and in tourist areas. However, drinking alcohol on the street or an unlicensed restaurant or bar isn't allowed and can lead to arrest.

4

Eat and drink only with your right hand and remove your shoes when entering a Moroccan's home.

5

Mint tea demonstrates hospitality expect to be served this whenever you meet someone. Moroccan people are warm, friendly and inviting!

*Be in the know!*

### Average Prices

30 MAD Meal, Inexpensive Restaurant  
30 MAD Imported Beer (0.33 litre bottle)  
14 MAD Regular Cappuccino  
6 MAD Water (1.5 litre bottle)

For Visa requirements click [here](#)

1 GBP = 13.74 MAD

1 Euro = 10.93 MAD

1 USD = 9.69 MAD

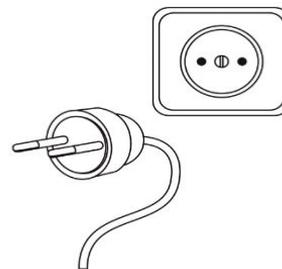
\*rates may be subject to change

Card payments are not widely accepted

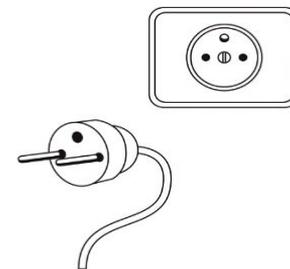
### Electricity 220V/50hz

You may need a power converter and an adapter.

### Travel Adapter



Type C



Type E

# Health Check

## Immunisations

### **Advised:**

Hepatitis A,  
Typhoid  
and Tetanus

### **Also consider:**

Hepatitis B  
and Rabies

## Health Risks

Altitude Sickness,  
Dengue Fever  
and Schistosomiasis

*Recommended  
reading [click here](#)*



Drinking tap water is  
not considered safe

All prescription and non prescription medication you carry must be certified by a medical professional covering the medication and quantities.

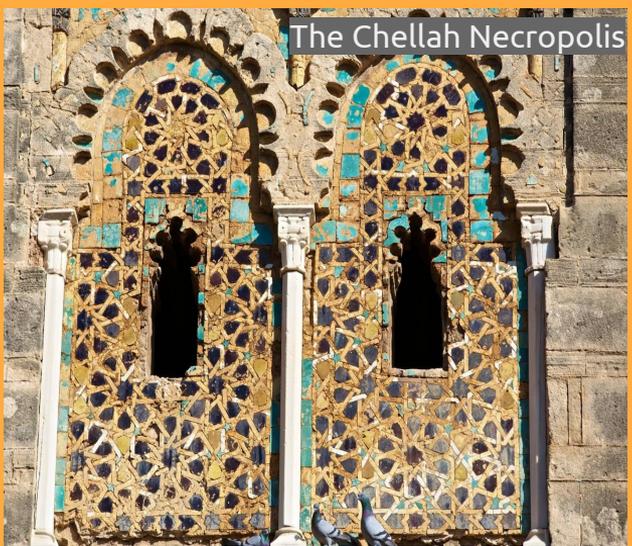


*Sights in Rabat?*

Hassan Tower



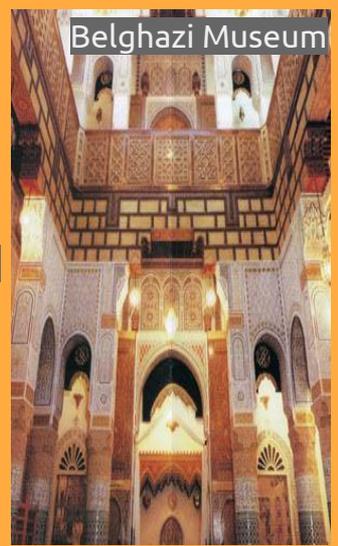
The Chellah Necropolis



Bouznika Bay



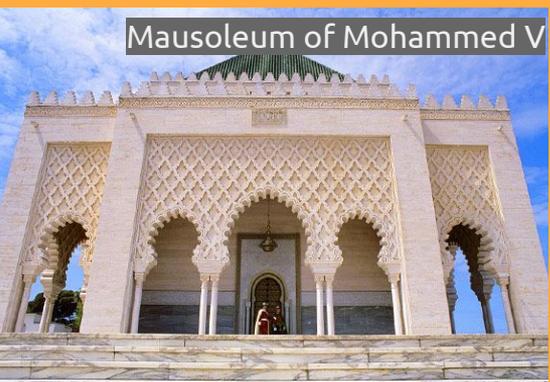
Belghazi Museum



Medina



Mausoleum of Mohammed V



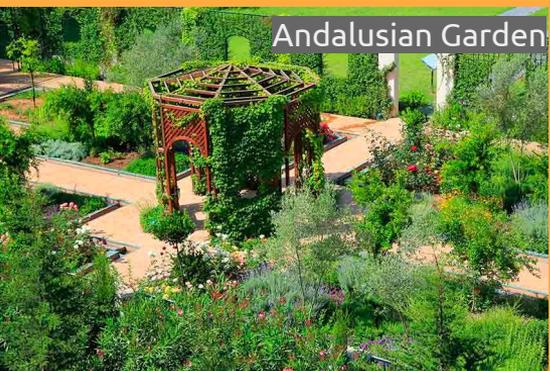
Bab Rouah



Kasbah of the Oudayas



Andalusian Garden



Sale



# *Public Holidays*



Eid al-Fitr 7-8th July

Feast of the Throne 30th July

Daylight Saving Time +1 10th July

## Within Rabat

Local Bus: 4 MAD for a single journey

Small Blue Taxi: The minimum fare is 5 MAD, to go anywhere within Rabat expect to pay 30-35 MAD. Make sure the meter is running! Expect a 50% price hike in fares after 9pm

White Mercedes Grand Taxi: Are expensive and are not recommended for safety reasons

Tram: 6 MAD for a one way ticket

## Outside Rabat

Bus: National CTM buses are recommended for their speed and reliability

Train: Most comfortable and efficient way to get around, see ONCF

# Travel





*What is Moroccan cuisine?*



Tagine



Couscous



B'stilla



Harira



Bread

Always check the price first  
Places that don't display prices  
are likely to overcharge you

If you're a vegetarian make a note of the following; "I'm a vegetarian"  
(*ana nabaati* in Arabic, or *je suis vegetarian/vegetarienne* in French.

Recommended: '*asir panaché*, a  
mixed fruit milk shake often  
featuring raisins and fresh juice



Zaalouk



Maakouda



Fish Chermoula



B'ssara



Mint Tea



Let's Explore Morocco Together!

# Bucket List

- Explore the fortified city of Ait Benhaddou
- Admire the blue houses of Chefchaouen
- Experience the colour and chaos of Djemma el-Fna in Marrakech
- Kick back in the coastal town of Essaouira
- Check out Midelt's scenic alpine region
- Trek through the impressive Todra Gorge
- Relive a glorious medieval past in Fes
- Go camping in the dunes of the Sahara
- Walk the buzzing streets of Casablanca
- Be impressed by the grandeur of Rabat
- High Atlas Mountains + Mt Toubkal





**Diamonds Adventures** Are Forever!

1st July Rabat, *See you there?*

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