

Contents

On the Road	4	Sleeping	108
		Eating	111
		Drinking	114
		Entertainment	114
		Shopping	115
		Getting There & Away	115
		Getting Around	116
		NORTH OF CASABLANCA	117
		Rabat	117
		Salé	129
		Around Rabat & Salé	132
		Moulay Bousselham	133
		Larache	135
		Lixus	138
		Assilah	139
		Around Asilah	144
		SOUTH OF CASABLANCA	144
		El-Jadida	144
		Around El-Jadida	148
		Oualidia	149
		Safi	150
		Around Safi	153
		Essaouira	153
		Around Essaouira	166
Morocco Highlights	5		
Destination Morocco	20		
Getting Started	21		
Itineraries	26		
History	32		
The Culture	48		
Arts & Architecture	60		
Morocco Crafts	65		
Food & Drink	79		
Environment	90		
Atlantic Coast	98		
History	99		
Climate	100		
Getting There & Away	100		
CASABLANCA (DAR AL-BAÏDA)	100		
History	100		
Orientation	101		
Information	102		
Dangers & Annoyances	103		
Sights	104		
Activities	106		
Walking Tour	106		
Courses	107		
Casablanca for Children	108		
Tours	108		
Festivals	108		
Mediterranean Coast & the Rif	167		
WEST MEDITERRANEAN COAST	169		
Tangier	169		
Around Tangier	186		
Ceuta (Sebta)	188		
THE RIF MOUNTAINS	194		
Tetouan	194		
Around Tetouan	200		
Chefchaouen	201		
Ouezzane	208		
North & East of Chefchaouen	209		
Al-Hoceima	211		
Around Al-Hoceima	214		
EAST MEDITERRANEAN COAST	215		
Melilla	215		
Nador	221		
East of Nador	224		
Berkane	224		
Beni-Snassen Mountains	225		
Saïdia	226		

**Imperial Cities,
Middle Atlas &
the East****227**

Climate	228
Getting There & Away	228
Getting Around	228
IMPERIAL CITIES	228
Fez	228
Around Fez	253
Meknès	254
Around Meknès	266
MIDDLE ATLAS	270
Ifrane	270
Lake Circuit (Route des Lacs)	272
Azrou	272
Midelt	275
Around Midelt	277
THE EAST	278
Taza	278
Around Taza	282
Oujda	283
Around Oujda	287
Bouarfa	288
Figuig	288

**Marrakesh &
Central Morocco****290**

History	291
Climate	291
Language	291
Getting There & Away	291
Getting Around	291
MARRAKESH	293
History	296
Orientation	296
Information	297
Sights	298
Activities	305
Walking Tour	306
Courses	307
Marrakesh for Children	307
Tours	308
Festivals & Events	308
Sleeping	309
Eating	315
Drinking	319
Entertainment	320
Shopping	321
Getting There & Away	322
Getting Around	324
EAST OF MARRAKESH	325
Demnate	325

Cascades d'Ouzoud	327
Azilal	328
Aït Bougomez Valley	329
Zaouiat Ahansal	331
Cathédrale des Rocher & Reserve Naturelle de Tamga	331
Bin el-Ouigane	332
Imilchil	332
SOUTH OF MARRAKESH	332
Ourika Valley	332
Jebel Toubkal	334
To the Tizi n'Test	336
To the Tizi n'Tichka	337
Aït Benhaddou	339
Ouarzazate	340
DRĀA VALLEY	345
Agdz	345
Agdz to Zagora	346
Zagora	347
South of Zagora	349
Foum Zguid to Tizi n'Tichka	352
Zagora to Rissani	353
DADÈS VALLEY & THE GORGES	354
Skoura	354
Kelaâ M'Gouna	355
Boumalne du Dadès	356
Dadès Gorge	357
Tinerhir	359
Todra Gorge	360
Goulmima	363
ZIZ VALLEY & THE TAFILELT	363
Er-Rachidia	363
Around Er-Rachidia	365
Erfoud	365
Rissani	367
Erg Chebbi, Merzouga & Hassi Labied	370
Taouz	372

**The Souss, Anti
Atlas & Western
Sahara****373**

History	375
Climate	375
Language	375
Getting There & Away	375
Getting Around	375
THE SOUSS VALLEY	375
Agadir	375
Around Agadir	384

Souss-Massa National Park	384
North of Agadir	385
Immouzer des Ida	386
Outanane	386
Taroudannt	387
Taliouine	391
Tiznit	392
Around Tiznit	395
Mirleft	395
Sidi Ifni	396
Around Sidi Ifni	398
Goulimime	398
Tan Tan & Tan Tan Plage	400
THE ANTI ATLAS	402
Tafraoute	402
Around Tafraoute	404
Ameln Valley & Jebel Lekst	406
Tata	407
WESTERN SAHARA	408
Tan Tan to Tarfaya	410
Tarfaya	410
Laâyoune (Al-'Uyun)	411
Dakhla (Ad-Dakhla)	414

Trekking**416**

GETTING STARTED	417
Maps	417
Books	418
Clubs	418
Organised Treks	419
Clothing & Equipment	419
Guides	420
Mules	421
ON THE TREK	421
Accommodation	421
Food	421
Responsible Trekking	422
THE HIGH ATLAS	423
Wildlife	424
Planning	424
Toubkal Circuit via Lac D'ifni	425
Jebel Toubkal Ascent	431
Imlil to Setti Fatma	433
Western High Atlas	435
Central High Atlas – M'goun Massif	436
The M'Goun Traverse	437
THE RIF MOUNTAINS	440
Wildlife	440
Planning	441
Chefchaouen to Bab Taza	442
THE ANTI ATLAS	444
Around Tafraoute	444
Jebel Siroua	445

JEBEL SARHRO	446	<u>The Authors</u>	516
Planning	446		
The Sarhro Loop	447		
<u>Directory</u>	450	<u>Behind the Scenes</u>	518
<u>Transport</u>	479	<u>Index</u>	524
<u>Health</u>	498	<u>GreenDex</u>	533
<u>Language</u>	504	<u>World Time Zones</u>	534
<u>Glossary</u>	513	<u>Map Legend</u>	536

Regional Map Contents

