

Berber Culture, Yoga & World Dance Holiday with Chrisandra & Jane

Run by Holidays with Heart at La Maison Anglaise (Taroudant) www.holidays-with-heart.co.uk
late November and early December 2019

Chrisandra & Jane will be leading 2 holidays with our lovely staff supporting them. 2 groups: one from **19-28th Nov 2019** and another from **1-10 Dec 2019** (subject to flight schedules). A chance to learn more about the Berber Culture, enjoy the sun in 2 contrasting places off the tourist trail with our delightful educated guides and drivers. Comfortable minibuses for transfers, excursions and tour.

7 Nights at our new Ecolodge, La Maison Anglaise, with natural pool & gardens, 12 en suite bedrooms in the walled town of Taroudant (photo of town walls – the new buildings are right by the walls)

More info at www.Holidays-With-Heart.co.uk Travel over the spectacular Tiz n Test Pass and visit Tin Mal Mosque.



The mountain pass ascends steeply, giving superb views around every bend. See photo on left. Visit the partially-restored Tin Mal Mosque – one of only 2 in Morocco that non-Muslims can visit.

2 Nights at Ouirgane in the High Atlas Mountains Stay at a 9 bedroomed rustic Ecolodge with fabulous walking, a pool and a terrace, ideal for practising Yoga out of doors in the gardens.

Total Cost per person: £740 (£100 deposit, then 2 instalments of £260 before you travel and a local payment of 1500 Dirhams - approx £120); **Single room** (we will have 12 rooms at La Maison Anglaise, but for the 2 nights in the mountains just 2 singles in a suite of 2 bedrooms): **£880**. For a single room for 7 nights and a shared room for 2 nights: **£850**.

Includes accommodation for 9 nights; breakfasts; vegetarian evening meals for 7 nights; vegetarian, meat or fish for 2 nights (special diets catered for), Yoga and Dance tuition; hire of yoga mats, 2 airport transfers from/to Manchester flights; excursion to Dounia's High Atlas villages; talk on Berber culture; 2 Berber Bands; 3 day/2night tour.

Excludes cost of flights Manchester to Agadir one way; Marrakech to Manchester the other (about £140 return), travel insurance, tips, lunches. Optional activities associated with Berber Culture.

Prices for extras at www.cecuc.co.uk/price-list-2016-2017

Bookings: Limited places available. Book early to get good flight prices, but please do NOT book flights until we give the go-ahead! Request a place at www.cecuc.co.uk/bookings We will then send you the payment schedule (split into 4 installments. £100 deposit) & then we send lots of useful advice- we have 20 years' experience behind us.



More Information: please see the table below. For info on Morocco please contact jane@holidays-with-heart.co.uk or www.Holidays-With-Heart.co.uk or for Dance & Yoga: chrisandra@tesco.net

Holidays With Heart

**Voted Top 10 in the World: Lonely Planet Eco Stays 2014, Vege News Vegetarian Holidays 2005
Responsible Tourism Trophy for Community Project Work 2009**

DATE	FLIGHT/JOURNEY	STAY AT	HOURS ON ROAD	ACTIVITIES/OPTIONS	COMMENTS
Group 1 Tuesday 19 th Nov	Easyjet Manchester – Marrakech	Ouirgane Ecolodge, set in gardens with a pool in The High Atlas Mountains	1 Hour	Relaxation after journey	
Wed 20 th	Local exploration			INCLUDED Walking, Yoga and Dancing in a beautiful mountain setting	
Thur 21 st	Spectacular Journey over Tiz n Test Pass over High Atlas	La Maison Anglaise on the new site in gardens with a pool by Taroudant Town Walls. Easy access to the souk	4 Hours	INCLUDED visit to ancient Tinmal mosque & lots of photo options eg Berber villages perched on mountainside	
Fri 22 nd				INCLUDED Talk on Berber language & Culture (Said, Latifa & Dounia) OPTION Hammam & argan oil massages OPTION Beauty the Berber way	
Sat 23 rd				OPTION Trek in Anti Atlas Mountains near the Berber village, Amegour OPTION Berber cookery demonstration	
Sun 24 th				OPTION Shopping in the Souk INCLUDED Women's Berber band	
Mon 25 th				INCLUDED Excursion to Berber Villages in High Atlas Mountains with Dounia	
Tue 26 th				OPTION to see & learns Berber Crafts including baskets, leatherwork, stone carving. OPTION Meet our embroiderer.	
Wed 27 th				INCLUDED Women's Sufi band	
Thurs 28 th	Thomson or Air Arabia Flight Agadir to Manchester			55 minutes	OPTION Excursion to coast ?? Depends on flight time.

Group 2	JOURNEY	STAY AT	TIME ON ROAD	ACTIVITIES/OPTIONS	
Sun 1 st December	Thomson or Air Arabia Flight Agadir to Manchester	La Maison Anglaise on the new site in gardens with a pool by Taroudant Town Walls. Easy access to the souk	55 minutes	Welcome meeting	
Mon 2 nd				INCLUDED Talk on Berber language & Culture (Said) OPTION Hammam & argan oil massages OPTION Beauty the Berber way	
Tues 3 rd				OPTION Trek in Anti Atlas Mountains near the Berber village, Amegour OPTION Berber cookery demonstration	
Wed 4 th				OPTION Shopping in the Souk INCLUDED Women's Berber band	
Thurs 5 th				INCLUDED Excursion to Berber Villages in High Atlas Mountains with Dounia	
Fri 6 th				OPTION to see & learn Berber Crafts including baskets, leatherwork, stone carving. OPTION Meet our embroiderer.	
Sat 7 th				INCLUDED Afternoon: Women's Sufi band	
Sun 8 th	Spectacular Journey over Tiz n Test Pass over High Atlas		Ouirgane Ecolodge, set in gardens with a pool in The High Atlas Mountains	4 hours	INCLUDED visit to ancient Tinmal mosque & lots of photo options eg Berber villages perched on mountainside
Mon 9 th		in The High Atlas Mountains		INCLUDED Walking, Yoga and Dancing in a beautiful mountain setting	
Tue 10 th Dec	Group 2 Depart Easyjet Marrakech - Manchester		1 hour		