

# Exotic Cultural Holiday in Morocco with Circle Dance led by Jeanette Whitford

9-16 October 2018



Escape the British weather to enjoy sun, the exceptional menu of local healthy food, an exotic culture and environment at an award-winning, comfortable, sustainably-run traditional guest house. [www.holidays-with-heart.co.uk](http://www.holidays-with-heart.co.uk)

We are delighted that Jeanette Whitford is returning to teach gently, precisely and with a light touch, paced and adapted to meet the needs of the group giving a rich and joyful experience of gentle morning meditation dances on the roof terrace to old and new dances later.

- Based in Taroudant, an ancient walled market town little visited by tourists and with shopper-friendly souks to which you may be introduced by one of our staff. Enjoying the best winter climate in Morocco due to its southerly setting in the fertile Souss Valley, the source of an abundance of fruit and vegetables, it lies between contrasting mountain landscapes: the majestic High Atlas and the extraordinary Anti-Atlas (bordering the Sahara). Only an hour's drive from the sandy, rocky and marshy habitats of the Atlantic coast
- Support of 8 charming English-speaking Moroccan staff experienced in running successful group holidays
- A wide choice of other authentic activities including option to support charitable projects
- Substantial pre-visit information and support from owner with 20 years' experience of Morocco
- A chance to buy some beautiful handcrafted items, food and other delights in the souks
- Explore the fascinating culture with the help of delightful guides; option to trek or laze in the sun
- Feel safe thanks to the care of the staff, good medical facilities (no compulsory vaccinations), safe water as well as the town being small, relaxed and friendly with few tourists. Good WiFi and mobile network. Short, inexpensive flight; 50 minute road transfer with our own safe drivers. Compared with Europe, better value for money

*"If only there were more places like this: a medina house run by locals offering a rare glimpse into Moroccan life. They offer skilled guides, exciting cultural experiences and delicious Moroccan meals." Lonely Planet*



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Voted Top 10 in the World: Lonely Planet Eco Stays 2014, Vege News Vegetarian Holidays 2005  
Responsible Tourism Trophy for Community Project Work 2009. Green Key Certified 2012- present

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**Cost includes: £545** for: airport transfers to and from the agreed flight to Agadir; accommodation for 7 nights in twin/double rooms (singles may be possible for a £120 supplement); substantial breakfasts; vegetarian evening meals (meat or fish available for a small supplement); 2 cultural experiences (chosen from several); 2 excursions, and “A Feast for the Senses” celebration.

**Optional extra activities** include live music and dancing with local Berber Women’s band, wildlife, crafts, cookery, massage & hammam therapy and a trek; prices are shown here

[www.cecuc.co.uk/price-list-2016-2017/](http://www.cecuc.co.uk/price-list-2016-2017/)

**Cost excludes:** Inexpensive direct flights (**from £70 return** if booked early) from London to Agadir, which is only 50 minutes’ drive from us so preferable to Marrakech (3.5 hours away); travel insurance (must include cancellation cover); extra meals or activities and tips (which are important in Moroccan culture)

**How to Book** Early booking ensures cheaper fares and that you get a place. Go to [www.cecuc.co.uk/bookings](http://www.cecuc.co.uk/bookings) We will then confirm availability of room(s) and supply you with the payment schedule which is split into 3 parts to make it easier to budget. **We will confirm when flights may be booked.**

**Further Information** We will send you very detailed pre-visit information. If you’d like to know more about the **workshops** contact [jeanettewhitford@gmail.com](mailto:jeanettewhitford@gmail.com); to ask more about Morocco go to [www.cecuc.co.uk/contact/](http://www.cecuc.co.uk/contact/)

*“I’m still feeling “homesick” for La Maison Anglaise, all the lovely staff and the wonderful experiences I had. I had never been out of Europe before and this was a great way to be introduced to Moroccan culture - I always felt there were people around who could give me helpful and accurate information if I needed it”*



*“I just want to tell you that the holiday was completely magical and LOVED EVERY MINUTE.! The staff were just amazing with nothing too much trouble and such fun.”*

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