

# Exotic Cultural Holiday in Morocco

## with Herbal Medicine led by Helen Kearney & Clare Shippey

14-21 January 2020



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 Helen & Clare are coming to enlighten you about common ailments and herbal remedies, herbal infusions (with tea tasting), foot and hand baths, plant I.D., salve making, and tinctures and tincture making, using local herbs which are of exceptional quality (eg saffron, turmeric, lavender, thyme, rose and many more) thanks to the climate and freshness.

- 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 9 charming English-speaking Moroccan staff experienced in running successful group holidays. Read our outstanding Trip Advisor Reviews [here](#)
- 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*



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. Green Key Certified 2012- present

# Exotic Cultural Holiday in Morocco

## with Herbal Medicine led by Helen Kearney & Clare Shippey

14-21 January 2020

**Cost of £550 plus 1250 MAD (about £100)\*\* includes:** airport transfers to and from the agreed flight to Agadir; accommodation or 7 nights in twin/double rooms (single occupancy may be possible for a £140 supplement); substantial breakfasts; vegetarian evening meals (meat or fish available for a small supplement); 2 cultural experiences (chosen from several); 2 excursions, 3 hours tuition per day (in 2 sessions usually) and “A Feast for the Senses” celebration. **Optional extra activities:** live music and dancing with local Berber Women’s band, wildlife, crafts, cookery, massage & hammam therapy and a trek; prices [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** please contact Helen on [jhelen@elderfarm.co.uk](mailto:jhelen@elderfarm.co.uk); to ask more about Morocco please use [www.cecuc.co.uk/contact/](http://www.cecuc.co.uk/contact/)



*“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.”*

**\*\*Note.** The 1250 Moroccan Dirhams (about £100 at current exchange rates) is payable on arrival in Morocco.

In addition, we reserve the right to amend the cost of the holiday if the exchange rate is severely and adversely affected by factors beyond our control such as Brexit. Costs are calculated at least a year in advance and can cater for normal exchange rate fluctuations, but not extreme, sudden changes that may occur in these politically uncertain times. The good news is that the Moroccan Dirham has been much less volatile than the Euro in relation to the GBP!

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. Green Key Certified 2012- present