

Moroccan Cultural Holiday with Songs and Rhythms of the Rainforest

by Su Hart and Martin Cradick

Run by Holidays with Heart at La Maison Anglaise (Taroudant)

7-14th April 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. Explore with our delightful educated guides and drivers who are very informative about culture, landscape, wildlife and history.

www.holidays-with-heart.co.uk

Musicians Su Hart and Martin Cradick first visited the Baka rainforest Pygmy People In Cameroon in 1992 as they were inspired by the beauty of polyphonic layering of voice and rhythm. Together they are the core of BAKA BEYOND, and set up Global Music Exchange to benefit the Baka



Su is a skillful and experienced teacher with an inclusive and accessible approach. She runs 2 community choirs in the UK, writes songs & composes music for voice. She will teach Baka songs and other related singing styles.



Martin, guitarist and percussionist, visits the Baka every year where he helps the Baka to further their music by recording, touring, film making and advocating for them.

Su and Martin have a love of Morocco where they have travelled and played music many times. Together they will bring the Baka culture alive; song, rhythm, guitar and listening techniques the joy of cooperative communal music. As well as singing sessions at the centre and on excursions Su will offer early morning singing sessions, 1 to 1 lessons and Martin will offer 1 to 1 guitar. Read more [here](#)

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 (beyond which lies 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 reviews** [here](#)

A **wide choice of authentic activities** option to support charitable projects. A chance to buy some beautiful handcrafted items and other delights.

Substantial pre-visit information and support from owner with 25 years' experience of Morocco.

"It was a FABULOUS week - your staff are unbelievable. In comes another influx of guests, and it feels like we are the first (and favourite) they have welcomed in. The quiet warmth and genuineness of our reception and ongoing care during the week was remarkable. We doubtless all ask the same silly questions, and we are dealt with with unfailing



politeness and charm. The dynamic of Claire and Su together was most enjoyable, and I felt contained the right ratio of singing to cultural activities. It was a week that felt like a fortnight - in the best possible sense. A feast of sights, sounds and sensations, it was a wonderful introduction to Morocco for me". Singer from Su's 2018 holiday with us



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.

****Cost £510 plus 1250 MAD (about £100) payable in Morocco, covers 7 nights in twin/double rooms**

(singles may be possible for a £140 supplement), substantial breakfasts; vegetarian evening meals (option of meat or fish for small supplement. Special diets catered for) 2 cultural experiences (chosen from several), 1 named excursion, workshops, "A Feast for the Senses" celebration, at least 2 hours singing daily and airport transfers to/from Agadir on designated London flight (or you may fly from Manchester – extra taxi in Morocco at cost of about £44 for 4). **Excludes** cost of flights for this peak period reasonable if booked about 9 months in advance, travel insurance, tips & lunches. We encourage you to offset your flights by donating



enough to offset 0.82 metric tons of Carbon Dioxide (cost from £5) generated by your flights to a chosen project

www.carbonfootprint.com/carbonoffsetprojects.html

To Book or Express an Interest: 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 initial deposit) & then we send lots of useful advice - we have 20 years' experience

behind us. **More Information:** about Morocco please contact jane@holidays-with-heart.co.uk or visit www.Holidays-With-Heart.co.uk or about singing contact Su at su@baka.co.uk

**** Note. We have a limited number of places at a reduced rate, sleeping in traditional tents in the garden (details available on enquiry). 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

www.holidays-with-heart.co.uk Tel 01239 615499