



URBAN
ADVENTURES
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Tour Name

A Taste of Marrakech: Inside the Medina

Tour City

Marrakech

Tour Snapshot

Want to get to know Moroccan food better? Like a local? Then look no further! This Marrakech food tour will get you up close and personal with the food scene in this exciting city. Wander through the souks, sampling olives, dried fruits, nuts, pastries, and other Moroccan specialities. Visit a local spice market and hear how spices are used in Moroccan dishes, see the mouth-watering variety of food on offer in the iconic Djemaa El-Fna, and dig in to a traditional dinner amongst the spectacular sights of this world heritage square. Can it get any better?

Highlights

- Get a local to show you the hidden local food shops in Marrakech
- Overuse the phrase 'om nom nom' as you sample Moroccan delicacies in the souks
- Become a spice guru after a visit to a local spice market
- Explore the legendary Djemaa El-Fna as it comes alive at night

- Savour a traditional Moroccan dinner in the middle of a World Heritage listed square

Inclusions: Local English speaking guide, tastings in the market, authentic local dinner.

Exclusions: Additional food above and beyond that listed above, tip / gratuities for your guide, items of a personal nature.

Schedule details

- Duration: 3.5 hours
- Meeting point:
Outside Café France in Djemaa El-Fna. As you walk into Djemaa El-Fna through the main entrance this is a 3-storey café on the right side of the square. Look for the guide holding an Urban Adventures sign or badge.
- Find the exact meeting point with what3words: [///cobbled.burns.line](https://www.what3words.com/?q=///cobbled.burns.line)
- Starting time: 6.00 PM
- Ending point:
Djemaa El-Fna Square.

Full Itinerary

Ready for a real food experience in Marrakech? Let's eat!

We kick off this Marrakech medina tour and food experience at the beautiful and legendary Djemaa El-Fna square, home to almost a millennium of trading, bargaining, eating, and mingling. You'll feel the history, tradition, and culture instantly, and after an initial briefing, we'll wander off into the small streets branching off from the square.

Along the way, we'll stop at hidden local shops that most tourists won't find, to taste a few of the numerous different versions of olives, and snack on nuts and other typical Moroccan treats, before heading off towards the poultry/beef market to see how the locals shop and bargain. Sampling all kinds of food in Marrakech is a fascinating insight into the local life and traditions, and with all the different kinds of places your guide will take you, you'll see many different sides to the part it has to play in Marrakech culture.

From there, we'll head to one of the most popular sections – the spice section! Moroccan cuisine is known for its vibrant spices, and here you'll learn how the spices are used in traditional cuisine, how Marrakech became such a popular spot for spice trading, and get inspired to recreate Moroccan culinary masterpieces when you get home. The spice market will totally enchant you with its exotic smells and bold colours from the likes of cumin, saffron, ginger, pepper, turmeric...we could go on, but you'd best just travel to Marrakech and see for yourself!

We continue our Moroccan food odyssey through the souks, where we'll discover the many traditional breads, learn how nomadic communities preserved meat for periods of scarcity and wars, perhaps try a cow hoof or sheep's head, and stop by to try some Ghoulal.

We'll end up in the square where, after seeing all the fresh ingredients of the souks and markets, we'll enjoy a traditional Moroccan dinner amid the bustling World Heritage listed Djemaa El-Fna at its peak. Surrounded by people, snakes and their charmers, monkeys and their mischief, the atmosphere is hard to beat. We're pretty sure this will be an experience that'll stick with you for a very long time.

Note: All through Djemaa El-Fna there are fake guides who will try to convince you to do a tour with them. Please make sure you find the official guide, who will be holding an Urban Adventures sign or badge and will be waiting for you in front of the café.

Additional information

Inclusions: Local English speaking guide, tastings in the market, authentic local dinner.

Exclusions: Additional food above and beyond that listed above, tip / gratuities for your guide, items of a personal nature.

Dress standard: Morocco is considered by many to be a liberal Muslim country. Many Moroccan women do not wear headscarves, for example, but you may find that Morocco is very conservative compared to what you're used to at home, so you should dress accordingly. As a general guideline your shoulders, chest, and knees should be covered at all times. Wearing shorts (men or women), low-cut tops, and showing midriff is not recommended as it will restrict your entry into buildings of a religious nature and family homes. Covering these parts of your body will be considered as respectful amongst the locals. Lightweight sleeved shirts, trousers and skirts are respectful, cover your body, and keep you cool in the heat. As this is an evening tour, please bring a sweater or jumper in case it gets cool after dark.

Your Trip: For your Urban Adventure you will be in a small group of a maximum of 12 people

Confirmation of booking: If you have your voucher, your booking is confirmed. We'll see you at the start point. Get in touch if you have any concerns or require more information via the email address or phone number (business hours only) on your voucher.

Child Policy: This is a child-friendly tour. Children between the ages of 6 and 11 inclusively are permitted on this tour at the rate listed above. Please select 'child' above when booking. Children under the age of 6 are permitted to join this tour free of charge. Please inform us at the time of booking if you'll be bringing a child under the age of 6. You can do so in the special request box on the checkout page.

Local contact

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