Join us on this enriching cultural journey to explore the rich history and culture of Morocco through its hot springs and hammams.

**Itinerary**

You have the option of attending the tour for four of six days, including one full day of travel from Marrakech to Fes.

**Day 1**
- 9 am: Depart from Marrakech at 9am by coach
- 3 course lunch en route in Casablanca
- Dinner in the old town of Fes
- Overnight at Sofitel Palais Jamai

**Day 2**
- Breakfast at the Hotel
- Today we visit the Moulay Yacoub Hot Springs (30 minutes away from Fes) and meet with management of SOTHERMY (société thermo-médicale de moulay yacoub).
- This historic location, site of a royal palace and for centuries attracting travellers in search of cures at the hot springs, is being upgraded to include several 4 star hotels, a 5 star hotel, a mosque, a promenade, new public baths, international quality spas and souks.
- Refurbished to appeal to an anticipated influx of health tourists. The massive project, which comprises interior design, architecture and urban planning, is based on the site’s total integration into its environment. Green features and contextual design elements should help ensure it continues to be a unique experience.

There are 117 known hot springs in Morocco.
Enjoy a private Hammam and massage at the hotel or in the city. With more than 250 hammams, Fes is one of the best places in Morocco to join the locals for a Hammam that can last for hours.

Suggested Hammams and spas:
- **Maison Bleue Spa and Hammam**
  The list of therapies includes a "Thousand Senses" steam bath and an orange-blossom massage.
- **Nausikaa Spa**
  Marble-clad modern spa in the southern Ville Nouvelle, centred round a hammam, steam rooms and sauna, and offering massages, reflexology and various other treatments.
- **Spa Laaroussa Fes**
  Detox amid the sublime surroundings of a sympathetically restored seventeenth-century bathhouse.

- **- Overnight at Sofitel Palais Jamai.**

**Day 5 – 17 September**

Today we have a very early start.

We’ll be flying to the south of Morocco with Royal Air Maroc from Fes to Guelmim via Casablanca

AT 441 Departs Fes 06.20 / Arrive Casablanca 07.05

AT 435 Departs Casablanca 09.45 / Arrive Guelmim 11.30

**Guelmim**

-origin of the name comes from "Aguelmim" which is an Amazigh word (local language) meaning presence of water.

- **Visit the baignoires or anciens thermes** (the old thermal baths). Enjoy a plunge in the communal bath and/or a hot bath. Masseurs and therapists are available at the baths for a Hammam style treatment. The old thermal baths are sexe separated.

- **Visit the Thermes de Moulay Yacoub**, specialized in medical treatments of rheumatism and respiratory problems. Bathe in the pool and have a balneo therapy treatment. This new baths are sexe mixed.

- **Lunch in Moulay Yacoub**

- **Travel to the Oulmes Region** (two hours by bus) to visit local hot springs and meet with representatives of the water company Oulmes and young representatives of ANBJI. ANBJI is non-governmental organization that was founded in 2010 by young Moroccans for the purpose of the promotion of the local culture on the national and international scales throughout their activities and projects and to help the surrounding villages benefit from sustainable development plans. The association has a network of villages around the city of Oulmes where most of it is projects take place. The major focus of the association is on rural tourism, social development and non-formal education.

- **Dinner in Fes (own arrangements)**

- **- Overnight at Sofitel Palais Jamai**

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‘A city without a hammam is not a city’
Sheherezade, ‘Tales from the Arabian Nights’.

**Morocco’s 117 hot springs are located across six geographic zones: The North-East; South Rif; Middle Atlas; High Atlas; Anti Atlas, and; the Sahara.**
Meet the investors, directors, cooperatives and managers responsible for what seems to be a renewal of Morocco’s hammam/spa/springs history and culture.

Hot springs visited

DAY 1
Marrakech-Fes via Casablanca

DAY 2
Moulay Yacoub
Moulay Yacoub is located 20 km north west of Fes. The hot springs are the most known and visited springs in Morocco. Services are provided in two separate structures. Two separate structures: a public and private bathing area. The much more expensive Hot Springs medical centre has jacuzzis and pools that are open to the general public. The plains of Saiss still display ancient remnants of volcanic activity. The three hot springs are Ain Allah, Moulay Yacoub and Sidi Harazem and are all located within a 20 km radius of Fes.

DAY 3
Sidi Harazem
The second hot spring in the region of Fes-Boulemane is found 30 km from the city of Fes. Discovered during Roman times, Moroccans have consumed this water for centuries. Sidi Harazem is the first commercial bottled mineral water from Morocco, bottled since 1968.

DAY 4
Ain Salama
With a constant temperature of 38°C, Ain Salama is located 13 km from the city of Meknes. The waters are said to be beneficial for those who lead stressful lives, good for blood circulation and re-energising the body. The bathing facility consists of a basin or pool, showers and a play area for children and attracts a large number of daily visitors.

Ain Allah
Located 14 km from the city of Fes. The water from this 30°C hot spring is said to be originating from 1650 meters deep. The source is used for irrigation and consumption. The natural exfoliating and massaging baths are characteristic for Ain Allah.

DAY 5
Abaynou
Located 15 kilometers south west of the city of Guelmin. This thermal station with separate male and female pools of 38°C is at the foot of the anti-Atlas amidst palm and olive trees. Analyses by the Moroccan Health Department show that the waters are rich in calcium, magnesium, sodium, potassium, chloride, nitrate, sulfate and carbon dioxide.

Tighmert Oasis
In the afternoon we will visit the hot spring at Oasis Tighmert (below) followed by dinner in the Oasis.

Meet the investors, directors, cooperatives and managers responsible for what seems to be a renewal of Morocco’s hammam/spa/springs history and culture.
Day 1 – Saturday 13 September:
From Marrakech by coach to Fes we visit Casa Blanca along the way, with a tour to the Hassan II Mosque (and its hammam) and to Rick’s Café (re-make of the famous film set).

Day 2 – Sunday 14 September
From Fes we visit the Moulay Yacoub Hot Springs and meet with management of SOTHERMY (société thermo-médicale de moulay yacoub).
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Refurbished to appeal to an anticipated influx of health tourists. The massive project, which comprises interior design, architecture and urban planning, is based on the site’s total integration into its environment. Green features and contextual design elements should help ensure it continues to be a unique experience.
On the agenda is a visit to the baignoires or anciens thermes (the old thermal baths). Enjoy a plunge in the communal bath and/or a hot bath. Masseurs and therapists are available at the baths for a hammam style treatment.
We travel to the Oulmes Region to visit local hot springs and meet with representatives of the water company Oulmes and young representatives of ANBJI.
ANBJI is a non-governmental organization that was founded in 2010 by young Moroccans for the purpose of the promotion of the local culture on the national and international scales throughout their activities and projects and to help the surrounding villages benefit from sustainable development plans. The association has a network of villages around the city of Oulmes where most of its projects take place. The major focus of the association is on rural tourism, social development and non formal education.

Day 3 – Monday 15 September
Today we meet with local women of Fes who have been involved with hammam restoration and preservation at the Makhfiya Hammam in the old city of Fes and learn about the old hammam culture in Fes. We travel to Sidi Harazem and tour the Sidi Harazem springs, meeting with management of the springs.

Day 4 – Tuesday 16 September
Three day tour members return to Casablanca Airport. Six day tour members continue, visiting Ain Salama springs and Ain Allah springs, to meet with locals and reps from the source thermal complex. Enjoy a private Hammam and massage at the hotel or in the city. With more than 250 hammams, Fes is one of the best places in Morocco to join the locals for a Hammam that can last for hours.

Day 5 – 17 September
We fly south to Guelmim - origin of the name comes from ’Aguelmim’ which is an Amazigh word (local language) meaning “presence of water”. We then travel to Abaynou where we’ll meet with local elders and owners of the Abaynou thermal station and bathe. We may also visit a smaller local hot springs such as the grotto of Lalla Mlouka and meet elders from the local village.
In the afternoon we will visit the hot spring at Oasis Tighmert followed by dinner in the Oasis.

Day 6 – 18 September
We’ll bathe in the local springs at the Tighmert Oasis, while watching the desert sunrise. We’ll meet with local guides and camel herders from the area. Fly from Guelmim to Casablanca and connect with own arrangements to onward destinations.
Tour cost

Total cost per person for
Three day tour
September 13-16
Three days and three nights
USD$1501 per person (twin share)
Single supplement: $460

Total cost per person for
Six day tour
September 13-18
Six days and five nights
USD$2005 per person (twin share)
Single supplement: $750

Please note costs include a Tour Escort for the duration of the trip, services of a Long Distance Vehicle as detailed in the below itinerary, tips for Coach Drivers and Tour Escorts and economy airfares as detailed.

Please note that all hotels and restaurants are subject to change and may be substituted for hotels and restaurants of similar standard if necessary. Tour is subject to minimum numbers. If minimum numbers are not met you will have the choice of a full refund or an additional surcharge based on the number of people confirmed on the tour.

All pricing is subject to change until paid for in full.

The 2014 post Global Spa and Wellness Summit tour of Moroccan Hot Springs and Hammams is an initiative of Jamila El Maroudi of Mira’s Hand (Morocco and Australia) and Charles Davidson of Peninsula Hot Springs (Australia).

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