

On Hendrix's Trail

This exceptional yoga break is set in the outstanding beauty of Berber Morocco. Our trip takes us from the pink city of Marrakech to Hendrix's bohemian Essaouira, offering possibilities to shop, camel trek, windsurf, shop or just revel in Morocco's undiscovered beaches. All this plus plenty of yoga and relaxing!



Special Highlights

- Exploring the souqs of Marrakech
- Yoga on the undiscovered beaches of Morocco's Atlantic coastline
- Staying at a selection beautiful riads (old town houses)
- Soaking up the unique atmosphere of Essaouira, Jimi Hendrix's former home



Itinerary

Day 1 - Arrive in Marrakech

Meet our tour leader at our riad accommodation. We then depart for the heart of the souq and an evening meal on the famous Jma el Fna plaza.

Day 2 - Marrakech and to Essaouira

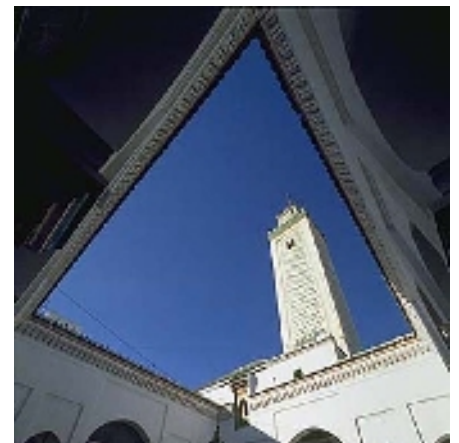
Marrakech is Morocco's elegant southern capital, a city swathed in history and the exotic. Scattered through the old medina are picturesque riads, many now converted into boutique hotels. This morning we have a guided visit through this enormous souq; a unique experience of plush slippers, copper sinks, rare stones, spices and everything in between. We then travel to Essaouira where we check into an 18th century town house, followed by evening yoga class by the sea.

Day 3 - In Essaouira

A morning's yoga class before an orientation walk around this bohemian paradise. Essaouira was Jimi Hendrix's favourite haunt in the 1970s - the guitarist Hendrix loved the town's café society. Today the French influence is still strong: battered Renaults potter past small eateries serving pain au chocolate, café au lait and tasty baguettes. This afternoon is free for personal exploration of Essaouira's hidden alleys, galleries, and world-famous seafood cuisine. Evening yoga class as the sun sets.

Day 4 & 5 - Sidi Kaouki

A morning yoga class before a short drive to the tiny beach side settlement of Sidi Kaouki. Set on a vast, empty shoreline, Sidi Kaouki is a small village set in gloriously isolated countryside. The pristine beach is a favourite for windsurfers and surfers alike - it's also perfect for yoga practice. Our hotel looks over a landscape of wild olive groves in which camels graze and shepherds herd their goat flocks. As well as a swimming pool there's the windsurfing, surfing, horse-riding and delicious Moroccan food and teas - the perfect spot for two days' of yoga, relaxation and enjoying the sun.



Itinerary (cont)

Day 6 - To Marrakech

After a morning's yoga class we say goodbye to the sea and head inland again and back to Marrakech. On arrival to the city we check in to our Riad and the rest of the day is free for more personal exploration of this fascinating city. In the afternoon there's a chance to visit a beautiful hammam before our final meal together in the heart of the souq.

Day 7 - tour ends

Accommodation

Marrakech - Dotted around the celebrated central plaza, Marrakech's riads are traditional residences built around large, airy courtyards and decorated with traditional Moroccan tiling, ornate furniture and hand-made fittings. We stay at a selection of these delightful former merchants' homes, often kitted out with a tinkling central fountains and spacious roof terraces - ideal spaces to relax and enjoy a mint tea whilst enjoying views over the rooftops of the old city.

Essaouira - In 1968 Jimi Hendrix - escaping new-found fame - came to Morocco to relieve the pressures of stardom. We follow in his footsteps, visiting some of the riads that Hendrix stayed in throughout the 60s. Dating from the 19th century these feature intricate tile and mosaic work surrounding their central fountain. Beyond Moorish arches lie sitting areas and restaurants; the sophisticated yet bohemian atmosphere of these stunning has also attracted famous guests such as Tennessee Williams and Leonard Cohen.

Sidi Kaouki - Set in rolling green hills, Sidi Kaouki is a tiny settlement set in gloriously isolated countryside. Positioned above a pristine beach it is a favourite for windsurfers and surfers alike. Quiet and isolated, it's also perfect for yoga practice. Our hotel looks over a landscape of wild olive groves in which camels graze and shepherds herd their goat flocks. As well as a swimming pool there's the opportunity to try windsurfing, surfing, horse-riding and delicious Moroccan food and teas.

Optional excursions

(Prices are a rough guide)

Camel & horse riding - £20

Essaouira guided town tour - £5

Marrakech Hammam - £6

Windsurfing - £15-40

Flights

Please note that flights are not included in the tour. The tour begins and ends in Marrakech so we recommend flying in and out of Marrakech International Airport, a short taxi or bus ride away from the town centre. Please see our website or contact our office for recommended flight agents.



Packing for your trip

Clothing: For our yoga sessions you'll need plenty of light, flowing garments; lightweight cottons and linens are ideal. You'll need warm clothing for the evenings; otherwise Moroccan weather is generally temperate. Foreign women are not expected to wear headscarves unless visiting a mosque. However, it is more respectful to cover shoulders and legs. Beachwear on the Atlantic is just as that on the Mediterranean.

Footwear: Lightweight walking shoes; sandals and/or flip-flops for the beach

Equipment: Sunhat, sunglasses, sun cream.

Personal expenses

You'll need some extra money to cover meals, other sightseeing, shopping, and optional extras. You can change money in Marrakech and Essaouira, where there are also ATMs. Credit Cards and Travellers cheques are less widely used.

Climate Care

The journey from London to Marrakech is over 3000 km, during which time 0.77 tonnes of CO2 is produced - or nearly 50 days' worth of emissions from a 1.4 litre car. In order to reduce CO2 associated with our holidays, Yoga Travel pays for your flight's emissions to be 'balanced out'. This involves planting trees which absorb the equivalent amount of CO2 produced by your flight. For each passenger we plant one tree.

Practical info

Passports and visas

British citizens require a passport valid for at least six months after your return. Tourist visas are free and readily available at Marrakech airport on arrival. Otherwise they can be obtained from Moroccan Consulates and Embassies.

Vaccinations

At the time of going to press there are no compulsory inoculations or vaccinations for Morocco. However, your GP or pharmacist will be able to advise which vaccinations are currently recommended by the Department of Health.

What's included

All yoga instruction (10 classes), transport and accommodation, plus the services of a Yoga Travel tour leader and guides where appropriate. Accommodation is provided on a bed and breakfast basis.

What's not

Flights to and from Marrakech and airport transfers.