



DOMAINE DE TAM  
MARRAKECH

*Activity  
guide*

# Summary :

- ~ Hammam, beauty treatments ●
- ~ Yoga
- ~ Golf in Marrakech
- ~ Guided tour of Marrakech Médina ●
- ~ Moroccan cooking lessons ●
- ~ Cosmetic activity with Le Jardin de SidiB
- ~ Creative and relaxing workshop
- ~ Moped motorcycle ride / Agafay
- ~ Enduro motorbike rides
- ~ Quad and Buggy rides ●
- ~ Lunch or dinner in Agafay / Dromedary ride ●
- ~ Electric mountain bike / Agafay
- ~ Day excursions and discovering Marrakech ●
- ~ Hot-air balloon flight
- ~ Aquatic activities
- ~ Morocco 4x4
- ~ What to do in Marrakech ? Walking, exploring, eating ... ●

For any information or bookings, please contact us 24 hours in advance



# Hammam

The hammam is a tradition in Morocco, with men and women going there every week. It is a bath of moist heat. Soaping with black soap, scrubbing and wrapping with ghassoul are all part of this treatment. A moment of pure relaxation!

## “The Baths”

**Hammam and scrub** - 45 min

**350 MAD**

Soaping with black soap followed by a scrub and a Ghassoul wrap (natural mineral clay)

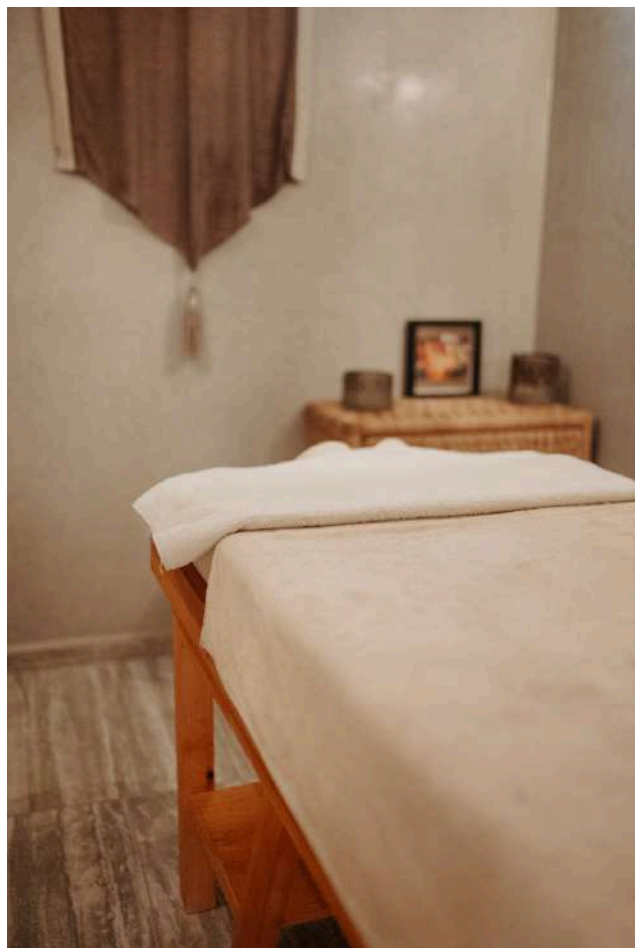
## “The Moroccan ritual”

~ **Hammam, scrub and massage** - 2 hours

**750 MAD**

Soaping with black soap followed by a scrub and a Ghassoul wrap (natural mineral clay) + 1-hour relaxing massage

*You can do it in duo !*





## À LA CARTE TREATMENTS

Relaxing or Toning Massage – 1H	<b>450 MAD</b>
ENERGETIC Full-Body Massage (including abdomen and acupressure points) – 1H30	<b>950 MAD</b>
Lymphatic Drainage Massage – full body (or by area)	<b>1000 MAD</b>
Manicure + nail polish	<b>350 MAD</b>
Pedicure + nail polish	<b>350 MAD</b>
Semi-permanent nail polish	<b>200 MAD</b>
Manicure or pedicure + semi-permanent nail polish	<b>450 MAD</b>
Underarm waxing	<b>100 MAD</b>
Half-leg waxing	<b>150 MAD</b>
Full-leg waxing	<b>300 MAD</b>
Bikini waxing	<b>100 MAD</b>

## SPECIFIC TREATMENTS BY ESTHER - high-end professional care (Book 24 hours in advance)

<b>Glow facial treatment – 1H</b>	<b>900 MAD</b>
skin cleansing / retinol and antioxidant peptide peeling / nourishing mask and serum / kobido facial massage (japanese) + décolleté, head, arms.	
<b>“Skin booster” firming complete treatment – 1h15–1h30</b>	<b>1100 MAD</b>
skin cleansing / peeling / phototherapy (red light) – ideal for firming and toning the skin / vitamin complex / kobido facial massage (japanese) + décolleté, head, arms.	
<u>Add-on:</u> <b>eyebrow hair removal</b> (by hand) <b>+ 100 DH</b>	



# Yoga

Nature, calm, relaxation, a return to yourself and a change of scenery are waiting for you ...  
An opportunity to switch off and **recharge your batteries in an idyllic setting.**

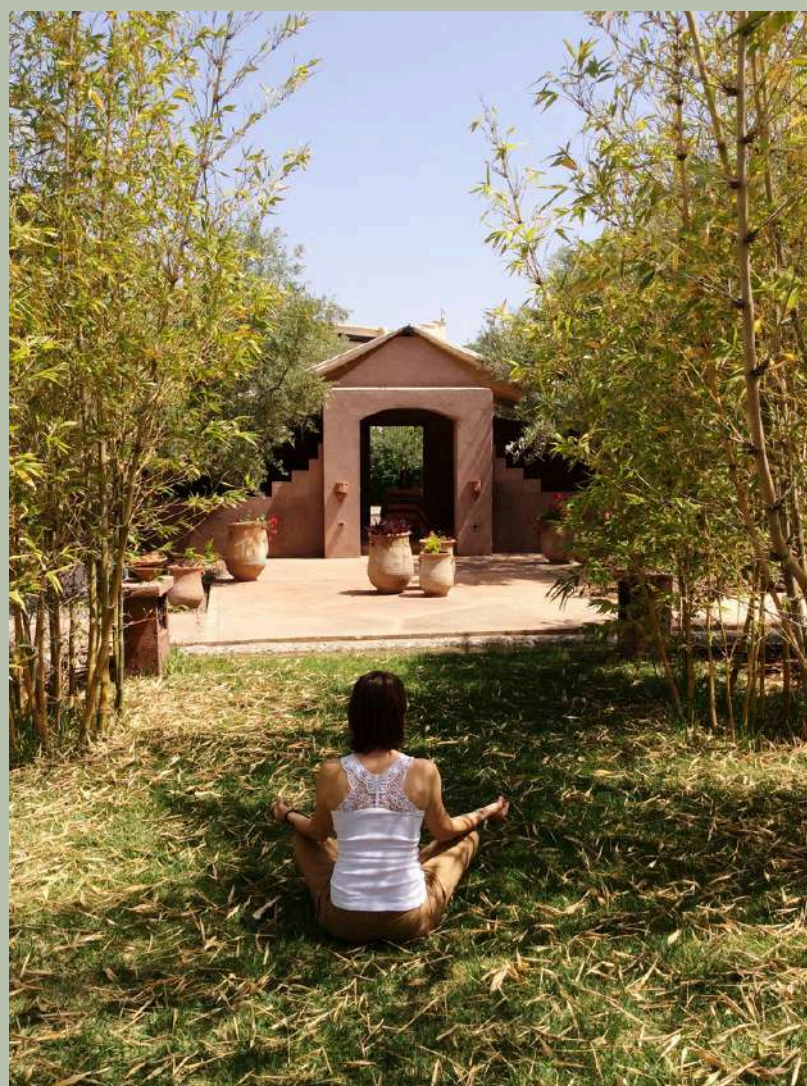
We can provide you with yoga mats, blankets and blocks.

By reservation : **lessons (individual or group) with a certified yoga teacher**

**1 pax** = 600 MAD

**2 pax and more** - supp 200 MAD/person

Several times a year, we organise **yoga and well-being Courses and Retreats** - Contact us



# Golf in Marrakech

18-hole, 9-hole, amateur or professional, play the most beautiful golf courses in Marrakech, each with its own environment and difficulties. Take advantage of our partnerships with the golf courses and benefit from **special rates** by booking directly with us.

## 18-HOLE GOLF COURSES :

At 5 min : Royal Palm Golf, Golf Samanah

At 15 min : Noria Golf

At 20 min : Assoufid

And other good ones

## 9-HOLE GOLF COURSE :

At 15 min : Atlas Golf



# Guided tour of Marrakech

Marrakech is full of possibilities for lovers of architecture and history. Our guide will show you the must-see sites and introduce you to the **history and culture of the country.**



## Half-day (9.30am-1.30pm)

The Koutoubia, the Bahia Palace and the Saadian Tombs or the Musée des Confluences, the Place des Ferblantiers, Jemaa El Fna Square and the souks - you'll learn all about this fabulous medina !

*Transfers and Museum Entrance Fees included :*

2 people :

**950 MAD/pers.**

3-6 people :

**700 MAD/pers.**

## Full-day (9.30am-5.30pm)

You add to your visit the Médersa Ben Youssef, a Koranic school and a jewel of Saadian architecture. Also the Secret Garden, an elegant, richly decorated 19th-century palace with traditional Islamic gardens.

*Transfers and Museum Entrance Fees included :*

2 people :

**1200 MAD/pers.**

3-6 people :

**900 MAD/pers.**



# Moroccan cooking lesson

Fancy discovering the authentic flavours of Morocco in a different way?

Treat yourself to a unique culinary experience at the estate by cooking alongside our chef.

**Learn how to cook iconic dishes** such as Moroccan bread, lamb tagine or the famous couscous, whilst discovering the secrets and techniques of **traditional Moroccan cuisine**.

After the workshop, it's time to enjoy the fruits of your labour: **savour the meal you've prepared yourself** in a warm and friendly atmosphere.

An immersive, gourmet and unforgettable experience to share !

From 10 am to 2 pm

**Group of 1 to 8 people :**

**400 MAD/people**





# Beauty activity

## Le Jardin de SidiB

Create and design your own cosmetics with a professional using quality and natural products, that are emblematic of Morocco, such as Argan oil.

**100% homemade** and **zero waste** !

During 1h30 :

- Presentation of ingredients
- Production of a Berber Ritual
- Making a Magic Balm

Leave with your own beauty product !

Price : **600 MAD/pers** (min 2 persons) - Book 24 hours in advance

# Creative and relaxing workshop

This 1-hour to 1.30-hour artistic experience combines art, wellbeing and relaxation.

The workshop takes place in a **calm atmosphere** that encourages concentration and relaxation.

Led by **Mounia Lafraoui Ghinasif, a Moroccan artist** and member of the Diarbid art community in Dubai.

You will receive an **original canvas painting** created by Mounia and will be invited to colour it in with felt-tip pens to complete the piece according to your own inspiration.

At the end of the workshop, take your artwork home with you, along with a certificate of authenticity!

**Group of 1 to 12 people :**

600 MAD

**Group of 13 to 20 people :**

500 MAD



# Moped Motorcycle

A ride in the Agafay desert !

Enjoy a real sense of freedom, a unique and original experience !

*Accessible to all - Leaving from the Domaine*

One moped/person (14 years and older)

Possibility for 2 persons with 1 child free - excluding meals

## Half-day outing

From 10am-12pm or 2-4pm with tea break

**500 MAD /pers.**

## Day outing

11am-5pm / Lunch included

**800 MAD /pers.**



# Enduro motorbike

Want to discover the breathtaking landscapes between the foothills of the Atlas mountains and the Agafay desert ?

Live your passion in total freedom !

Enjoy the thrill of riding their **HUSQVARNA 450 FE 2022 enduro motorbikes** (a wide range of routes for all levels).

**Leaving from the Domaine**

Demi-journée :

A partir de 2 pers.

**3900 MAD/pers**



# Quad & Buggy



Discover the landscapes of the Agafay desert or the Atlas mountains for a thrilling ride on a **quad bike** or **buggy**.

## QUAD - LUXURY PACKAGE / Departure from the Domaine

Off the beaten track in a **CAN-AM 450 OUTLANDER two-seater quad bike**  
Thrills guaranteed ! **Supervised by PRO**

**Half day ride / 2 H quad :** **800 MAD/quad/pers.**

(Additional Passenger : + 200 MAD = 1000 MAD for 2 pers.)

**2 H Quad + 1 H Camel + Lunch included :** **1200 MAD/quad/pers.**

(Additional passenger with lunch : + 600 MAD = 1800 MAD for 2 pers.)

**Day ride / 4 H de quad + Lunch included :** **1800 MAD/quad/pers.**

(Additional passenger with lunch : + 600 MAD /pers = 2400 MAD for 2 pers.)

## BUGGY / Departure from The Lake (20 min)

**Half-day ride** - Transfers included :

Double Buggy : **1600 MAD/2 pers.**

Buggy 4 seats : **2400 MAD/4 pers.**

**Day ride** – Transfers and Lunch included :

Double Buggy: **2200 MAD /2 people**

Buggy 4 seats : **2800 MAD /4 people**

# Lunch or Dinner in Agafay

*Agafay is a REG : a rocky desert with lunar landscapes !*

## Lunch or dinner / Transfer included :

2 people  
3-6 people

**750 MAD/pers.**  
**550 MAD/pers.**



## Ride with lunch or dinner / Transfer included :

### **2 options depending on the season :**

- ~ morning ride and lunch
- ~ late afternoon ride and dinner at sunset over the Agafay desert

2 people  
3-6 people

**950 MAD/pers.**  
**750 MAD/pers.**



# Electric mountain bike

in the Agafay Desert

## AVAILABLE PACKAGES :

- **SELF-DRIVE HIRE :**

Half-day 3H :

**400 MAD /pers**

Full day 7H :

**800 MAD /pers**

- **HIRE WITH GUIDE :**

Half-day 3 H :

2-3 people :

**800 MAD /pers.**

4-8 people :

**700 MAD/pers.**

Full day 6-7 H - Lunch included :

2-3 people :

**1350 MAD/pers.**

4-8 people :

**1250 MAD/pers.**

## PREMIUM CYCLING OPTION :

Full-suspension bike

Available for 2 or more people : **+400 MAD/pers.**

For experienced cyclists

Booking at least 48 hours in advance

Escape to the heart of the wild landscapes of the Agafay Desert on an electric mountain bike and enjoy a unique experience combining nature, freedom and thrills!

Setting off from the estate, set out to discover the spectacular panoramas of the Agafay Desert on our eight high-quality (semi-rigid suspension) electric bikes.

**Enjoy an adventure suitable for everyone, combining fun, discovery and wonder.**



# Hiking

around Amizmiz and Azgour

Full day (9am-4.30pm).

**A 2 to 4 hour walk with our guide / Lunch and transfers included**

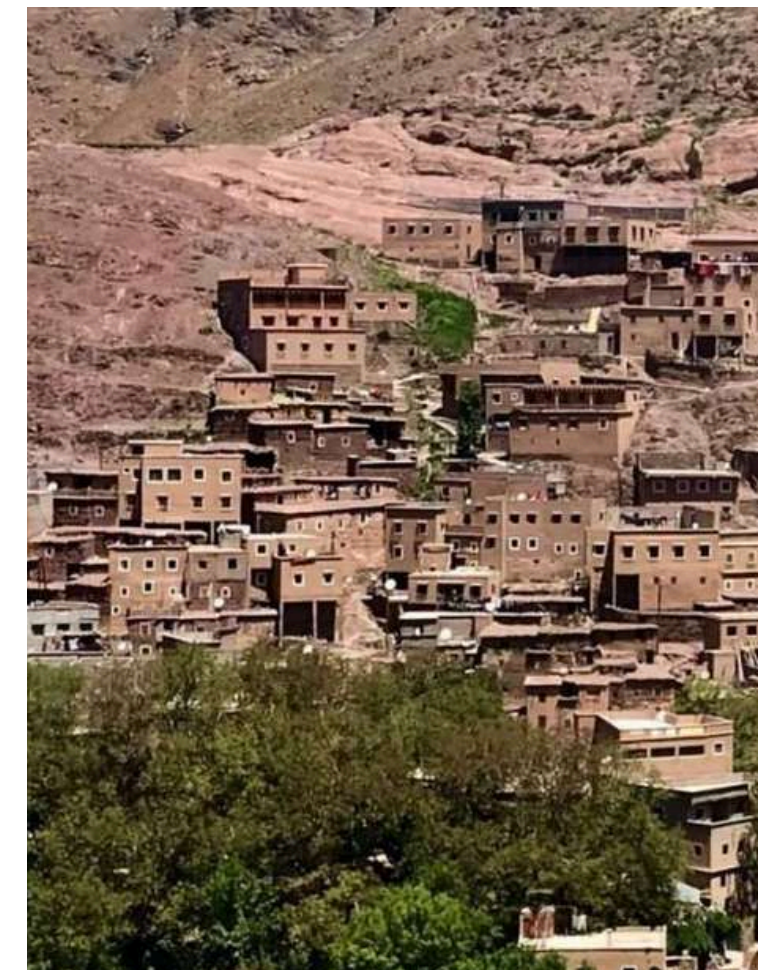
A choice of fun and cultural themed walks :

Discover nature and the local flora with your guide, who will share his knowledge with you.

2 persons : **700 MAD/pers**

3-6 persons : **550 MAD/pers**

Possibility of reserving mules for children : **150 MAD/mule**





# Walk in Imfil

Full day (9am-4.30pm)

Discovering Berber villages such as the small village of Imfil at an altitude of 1700 metres, considered to be the main starting point for the Toubkal hikes.

This is where all the guides and muleteers who organise the treks to the summit gather.

Return via Moulay Brahim and the Kik plateau (Lalla Takerkouist dam).

**Walk (1h30) with guide, lunch with local people / Passenger car :**

2 persons :

**750 MAD/pers**

3-6 persons :

**600 MAD/pers**

**Lunch at the Toubkal Kasbah**

**+ 200 MAD/pers**

Possibility of reserving mules for children :

**+ 150 MAD/mule**



# Ouzrika valley

Full day (9.30am-4.30pm).

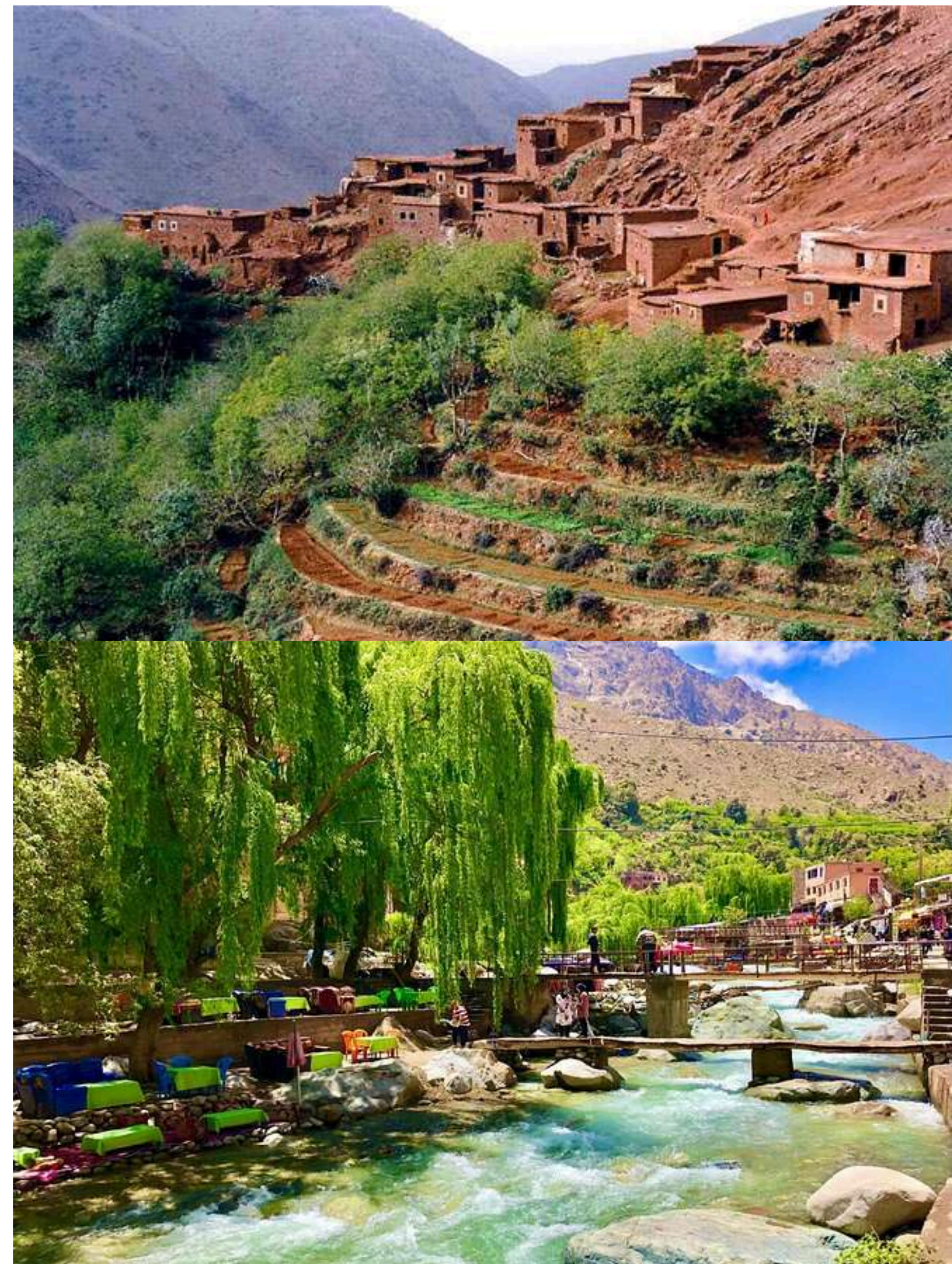
Discover the villages and inhabitants of this typical High Atlas valley, located around 30 km from Marrakech.

You can also take the Setti Fatma waterfalls walk, with guides available on site (at your own charge).

**Tour in passenger car + moroccan lunch in the valley (excluding drinks) :**

2 persons : **650 MAD/pers**

3-6 persons : **500 MAD/pers**



# Discover

the Atlas



Full day (9am-4.30pm).

Enjoy the scenery of the Atlas mountains, just a few kilometres from Marrakech :

- ~ Lalla Takerkoust lake
- ~ Kik plateau
- ~ Asni valley
- ~ Gorges of Moulay Brahim
- ~ Sidi Farez valley
- ~ Ourika valley

**Tour in passenger car + lunch (excluding drinks) :**

2 persons :

**800 MAD/pers**

3-6 persons :

**650 MAD/pers**

# Ouzoud waterfalls



Full day (8am-7pm).

At 100 metres, this waterfall is the highest in the country !

Your driver will show you the dams, gorges and waterfalls on one of Morocco's most famous tours.

Start your day with a cup of mint tea in a kasbah and continue your visit at the top of the waterfalls.

**Round trip transfer in passenger car / Lunch not included :**

For up to 6 persons :

**1600 MAD/car**

# Discover

## Essaouira

Full day (8am-7pm)

Essaouira, the former Portuguese city of Mogador, is around 2h30 from Marrakech.

You can admire the port, a labyrinth of narrow streets will lead you to the heart of the medina.

Handicrafts are the town's speciality, particularly leatherwork on thuja wood.

You can have your lunch facing the sea and eat fresh fish in the harbour !

**Round trip transfer in passenger car / Lunch not included :**

For up to 6 persons :

**1600 MAD/car**





# Hot-air balloon flight

## Flying over Morocco !

With our partner CIEL D'AFRIQUE, established in Morocco since 1990

Take a pleasant flight and discover the Marrakech region from the air,  
during a 40 to 60 minute flight!

Admire the splendid colours and relief of Morocco, with the High Atlas mountains  
in the background.



### VIP flight :

Enjoy an exclusive compartment with steward and in-flight drinks service

Moroccan tea and welcome coffee + Berber breakfast + transfers : **3900 MAD /pers**

### Classic flight :

Moroccan tea and coffee welcome + Berber breakfast + transfers : **2400 MAD /pers**

# Aquatic activities

## OASIRIA at 10 min :

Have fun at Marrakech's first water park !



## WAKY MARRAKECH / Ourika gol course :

Wakeboarding and water-skiing, try out water sports at this fantastic centre !





# Morocco by 4x4

A la carte and personalised tours to  
**explore the splendid Moroccan countryside.**

## 2-DAY TOUR - FULL BOARD AND DRIVER :

### -> **The Skoura palm grove :**

Crossing the High Atlas via Demnate, visit to the Ksar of Aït Benhaddou ...

### -> **Ciné Nature :**

An exceptional journey to discover the greatest film sets ...

## 3-DAY TOUR - FULL BOARD AND DRIVER :

### -> **Southward :**

3 days across the High Atlas to the Deep South.

Pass through the dunes of Erg Lihoudi and visit the old Ksar of Aït Benhaddou ...

## MORROCAN FOOD IN MEDINA and GUELIȚ :

**RESTAURANTS** - Médina : Terrasses des épices / Nomad / L'mida / La Famille / Le palais Lamrani / Mandala society / La Maison Arabe  
- Gueliz : Al Fassia / Mizaan

**GASTRONOMIC RESTAURANTS** : Médina : Dar Zellij / Dar Moha / Dar Yacout / La villa des Orangers / Dar Rhizlane (remparts)

**COFFEE / STREET FOOD** : Médina : Café des épices / Mazel (Quartier Melah et Laksour)

## INTERNATIONAL FOOD :

International (Amizmiz Road) : La Paillote

French : L'O à la bouche, Le Petit Cornichon, Padam Padam, MB Restaurant

Italian : La Trattoria

Lebanese : Azar

## SHOW RESTAURANTS / BARS :

**HIVERNAGE** : Comptoir Darna / L'Épicurien / Le Jad Mahal / Nouba

**ROOFTOP Médina (for evening)** : Dar Dar / Kabana / Café Arabe / MK rooftop / El Fenn / Terrasse des épices

## PALACE RESTAURANTS :

Le Sésamo du ROYAL MANSOUR / Le Marocain de la MAMOUNIA / Rivayat de l'OBEROY (Indian)

## Star chefs in Marrakech !

Jean-François PIEGE at SELMAN

Hélène DARROZE La grande Brasserie at ROYAL MANSOUR

*What can you do in Marrakech?*  
Walking, exploring, eating ...

## GARDENS :

- Majorelle Garden + Berber Museum (Tickets can be reserved/bought on the official website. Tickets can be combined with the YSL Museum) - Guéliz
- The secret garden (Medina)
- Menara Gardens (Av. Mohammed VI)
- Anima (Ourika road)

## MUSEUM, EXHIBITION ROOMS, FORMER SITES :

- The Ben Youssef Medersa (former Koranic school)
- The Bahia Palace
- El Badi Palace
- The Saadian Tombs
- The Koutoubia (Mosque) and its gardens
- The Jemaa El Fna square
- The Medina ramparts
- The Museum of Photography
- Dar Si Said, National Museum of Weaving and Carpets
- The Confluences Museum - Bacha coffee (Dar el Bacha)
- The Water Museum (Palmeraie)
- The YSL Museum (combined ticket with jardin Majorelle + Musée Berbère) Guéliz
- The Montresso Foundation (30 min from Marrakech)

