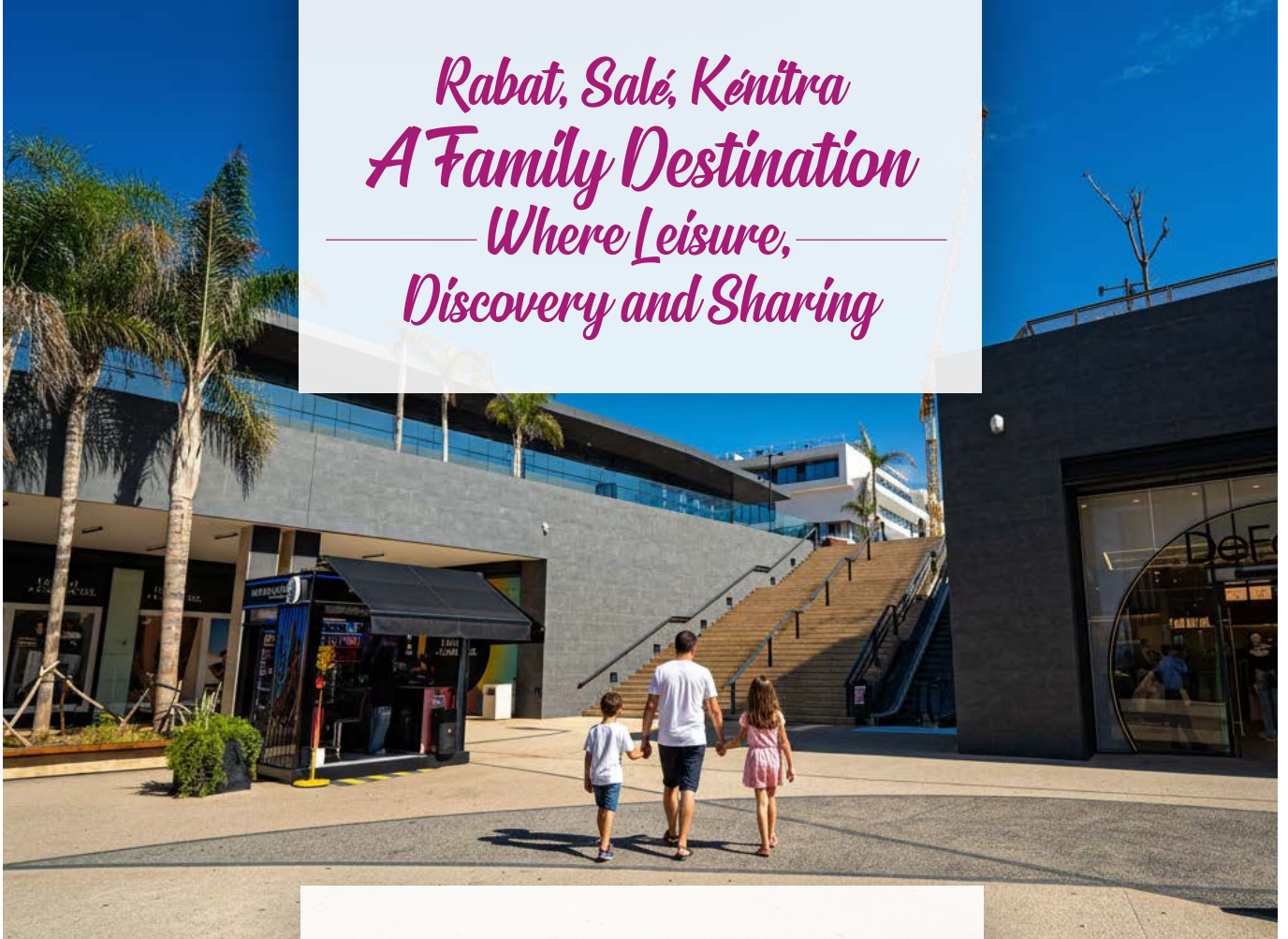


VISIT  
  
RABAT  
CONSEIL REGIONAL DU TOURISME  
RABAT • SALE • KENITRA

*Rabat, Salé, Kenitra  
A Family Destination  
Where Leisure,  
Discovery and Sharing*



MOROCCO  
visitmorocco.com



# Discovering Rabat-Salé-Kénitra as a Family

Choosing this Region for a family holiday means offering yourself a safe, diverse and welcoming destination where every generation finds happiness. Between the ocean and the forests, between living heritage and modernity, it promises precious moments to share, filled with discoveries, games and togetherness.

Much more than a simple destination, it is an experience to live together. In this place where everything invites you to slow down, each day reveals its little joys :

**A stroll at sunset, a trip to the zoo, a bike ride or an afternoon with your feet in the water.**

Imagine your children running through the gardens, laughing out loud in the playgrounds, discovering a lion or a giraffe for the first time, while you enjoy a moment of relaxation.

Treat yourself to a journey where togetherness blends with wonder, and leave with memories to cherish.

# Wonder Together: adventures and discoveries

Family days are lived as a succession of simple pleasures and unexpected adventures. The region is brimming with activities designed to bring generations together, stimulate curiosity and offer enjoyment for all ages.

*Discover, play, learn - always together.*

Begin your adventure at the Rabat Zoo, a true immersion into African ecosystems. Observe the Atlas lions, get close to giraffes, elephants and crocodiles in carefully recreated habitats.

Follow the fun trails, take part in educational activities and let your children marvel at animals they had only seen in pictures.

Treat yourself to a walk between knowledge and wonder, perfect for awakening their curiosity and sharing a unique moment.



Change of scenery and atmosphere and let yourself be carried away by the energy at Play Land in Skhirate or at the Nautical Club.

Give your children the thrill of tree climbing, test your skills as a family during a paintball game, laugh together in a bubble ball match, or throw yourselves into the many interactive activities that fill the park.

Climb, slide, run, challenge each other: every attraction becomes an invitation to experience strong emotions and create unforgettable memories.

## Family Tip

*Take flight in a paraglider over Nations Beach! A gentle and safe experience, perfect for admiring the coastline as a family and sharing a moment of pure freedom.*

# Breathe Fresh Air: Forests, Parks and Lakes

## Craving nature and fresh air?

Treat yourself to a walk in the majestic Maâmora Forest, the largest cork oak forest in the world.

Walk in the shade of centuries-old trees, listen to birdsong, or hop on your bikes for a family outing in the heart of this vast green haven.

Just a few kilometres away, the Sidi Boughaba Reserve plunges you into an entirely different setting. A true ecological sanctuary, this classified site is home to rare species and attracts thousands of migratory birds each year.

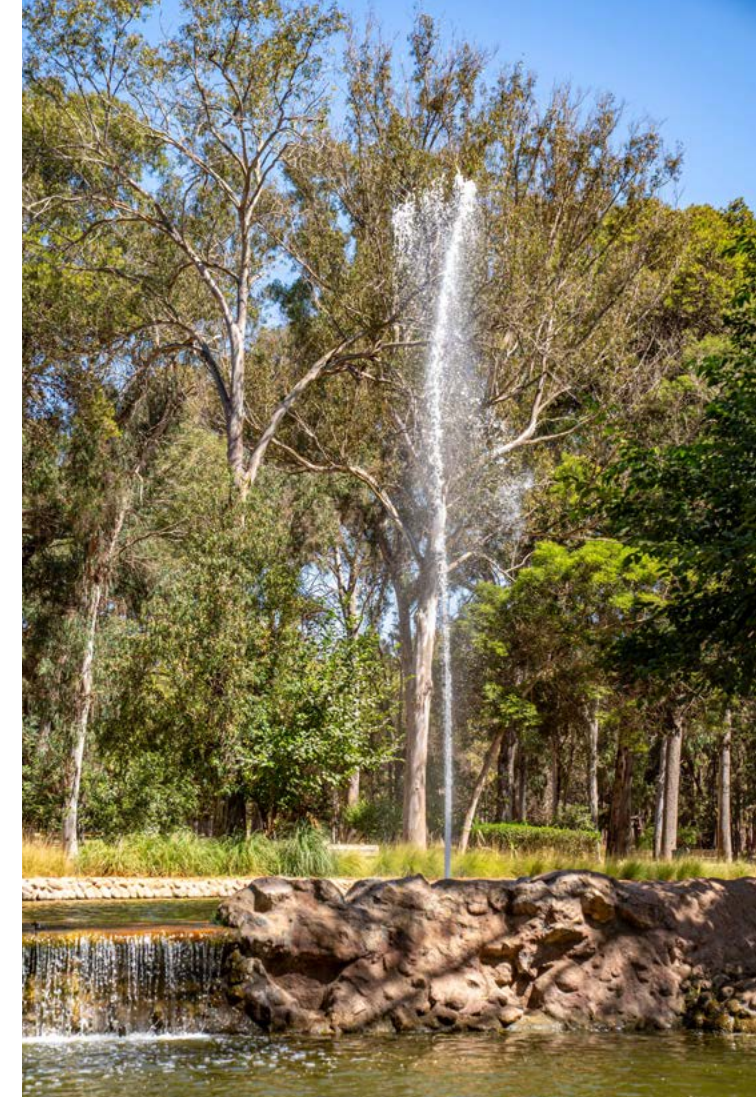
In spring and autumn, the lake transforms into a living mirror reflecting flamingos, herons and cormorants. Take out your binoculars, let the children observe and feel the serenity of this place where nature reigns supreme.



Right in the urban centre of Rabat, immerse yourself in the coolness of parks and gardens.

The Botanical Trial Garden, a true living museum, charms visitors with its plant richness and shaded pathways.

Treat yourself to a nature break in the heart of the city and set off to discover other green spaces such as Nouzhat Hassan Garden near the medina, Nouzhat Ibn Sina in the Agdal district known for the Hilton Forest, or Hassan II Park, which is a living space for everyone: with its vast landscaped areas, it is a true haven of peace in the heart of the city.



Young and old gather here to relax, play, walk or simply enjoy nature, in a setting that is both convivial and safe.

Let the children enjoy the modern playgrounds, admire the fountains and relax on the shaded benches, taking time for a moment of calm amidst the city.



A few kilometres away, the Exotic Garden of Bouknadel invites you on an exceptional green escape.

A true botanical journey, it brings together plants and trees from the four corners of the world in a poetic setting.

Shaded paths, ponds, wooden bridges and aviaries create an enchanting backdrop, ideal for a family walk or a moment of escape. A place where nature, art and serenity meet, just minutes from Rabat and Salé.

To vary the pleasures, head to the lakes. Try the pedal boats at Dayet Roumi, enjoy a picnic by the water and let your children play with their feet in the sand.

Each place offers a moment of relaxation, a breath of adventure and the promise of authentic contact with nature.

**Salé : A City That Breathes, Between Urban Gardens and Sports Facilities**

Salé is not lacking in charm when it comes to its landscaped green spaces, particularly around the Mohammed VI Theater, where vast tree-lined avenues and carefully maintained lawns offer a pleasant and restful place to stroll.

These urban gardens, equipped with modern facilities, actively contribute to beautifying the city and improving residents' quality of life.

Local stadiums dedicated to sports blend harmoniously into green spaces, offering meeting places where sport and nature come together daily.

These developments reflect the city's desire to combine well-being, nature and urban dynamism.



**Family Tip**  
*Enjoy free access to Hassan II Park: playgrounds, climbing wall and multi-sports pitches are waiting for you for an active and joyful day with the children.*



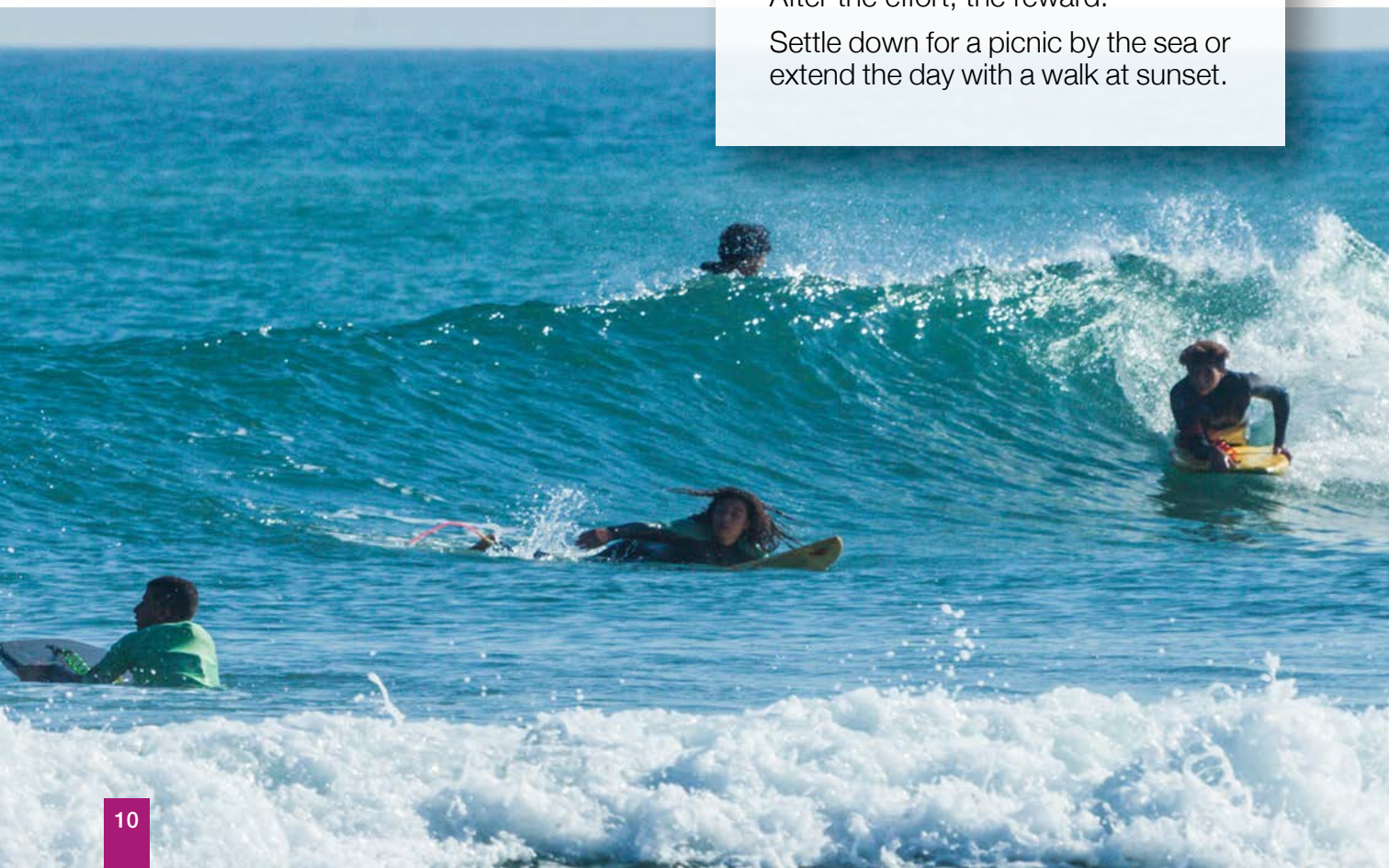
## *Having Fun with Your Feet in the Water*

The coastline becomes a vast playground for the whole family. The regular waves of Mehdiya welcome children and adults for introductions to surfing and bodyboarding.

Supervised by passionate instructors, your first steps on the board are made in good spirits and complete safety.

After the effort, the reward.

Settle down for a picnic by the sea or extend the day with a walk at sunset.



Further north, Moulay Bouselham offers another face of the sea : one of gentleness and serenity.

Its Merja Zerga lagoon, peaceful and protected, is ideal for boat trips, bird watching or games for the little ones on the shore.

A perfect place to reconnect with nature, breathe the sea air and share a timeless moment.



And if you simply want to cool off as a family, join one of the family pools or aquatic clubs.

Water slides, fun pools and summer activities guarantee laughter and relaxation, in an atmosphere suited to young and old alike.



In Rabat, Salé and Skhirate, the beaches come alive with a thousand activities : try paddle boarding, glide along in a kayak or embark on a boat trip.

Imagine the wind on your face, your children's laughter as they're splashed by the water, and the freedom of the ocean stretching as far as the eye can see.



# Explore History as a Family:

## A Circuit of Sea, Heritage & Gardens

Discovering heritage becomes a real adventure when you let yourself be guided step by step.

Follow this trail designed to awaken the curiosity of young and old alike, and leave with a day full of shared memories.

Begin your exploration in the heart of the capital, on Avenue Mohammed V, symbol of a modern Rabat.

Walk along its elegant 20th-century architecture facades, admire Parliament and the carefully maintained gardens, before diving into the bustle of the medina.



Let your feet guide you through the Es Sebbat souk and the Consuls' Street, where various artisanal goods mingle: babouches, bags, silk or velvet belts, scents of spices, glints of copper and colourful carpets.

Here, artisans work leather and jewellery using techniques passed down from generation to generation.

Continue your walk towards the majestic Kasbah of the Oudaïas, a neighbourhood apart that has defied time and the storms of the Atlantic, protected by its ramparts and its great gate, Bab El Kabir, one of the most beautiful gates of Almohad architecture. Its space today houses a modern art gallery.





End your trail at Chellah, an ancient Roman city that became a Merinid necropolis. A stop is essential at this recently renovated site, equipped with historical signage for each location.

You can stroll around by renting multilingual audio guides that will tell you the history of the site.

A walk where time stands still, among ruins bearing witness to an ancient life and wild gardens, permanent refuge of storks.



Listen to the wind gliding over the stones, observe life being reborn amidst the vestiges: a suspended moment between history and nature.

Follow this family trail and let yourself be surprised:

Between history, culture and nature, each stop becomes an experience to share, a moment of togetherness and discovery to live together.

**Family Tip**  
*Visit the World Dolls Museum in the old medina of Rabat - a charming collection that delights children. Exceptionally fun and educational, it's a little magical break for young and old.*



## Feel the Rhythm of the Festivals

Throughout the year, the region pulses to the rhythm of its living culture.

Attend concerts at the Mawazine Festival, which enlivens the neighbourhoods of Rabat and charms families with its young and festive atmosphere.

Take a seat in the amphitheater at Hassan II Park to enjoy the Jazz à Rabat festival, a moment suspended in time at sunset, between jazz music and Moroccan melodies.

For an authentic experience, set off to discover traditional moussems, true experiences of living heritage.

Attend a Tbourida, discover folk dances, taste local produce and let your children marvel at rural spectacles.

Every popular festival becomes an adventure to share as a family.

### When the Region Celebrates :

Name	type	Location	Date
Mawazine Rhythms of the World Festival	Music Festival	Rabat, Salé, Chellah	Late June
Oudaïas Summer Festival	Cultural Festival	Rabat Oudaïas Corniche	Late July
Chabka Festival	Fusion Music Festival	Salé	Late August
Rabat International Film Festival	Professional Cinema	Rabat	Mid-April
Jazz in Rabat	Jazz / World Music	Rabat	September
Atlantic Andalusian Festival	Andalusian Music	Rabat	August
National Theatre Festival	Theater	Rabat	November
Karacena Festival	Arts Festival	Salé	Every 2 years
Maroc Hit Parade	Music	Salé	Mid-June
Candle Procession	Religious Event	Salé	Eve of Eid Al Miloud
Tiddas Moussem	Folkloric	Tiddas in Khemisset	September

**Family Tip**  
*Enjoy free access to the various stages of the Mawazine Festival, attend free concerts at the Hassan II Park amphitheatre during summer and fully experience Rabat's magical nights as a family.*

# Savoring & Relaxing as a Family



Travelling with loved ones also means enjoying moments of pause, around a good meal or in accommodation where everyone feels at home. Let yourself be tempted by cuisine that delights young and old alike: friendly addresses, children's menus and a variety of flavours for all tastes and budgets.

And to prolong the experience, choose accommodation that suits your rhythm : a hotel offering connecting rooms, a cozy riad perfect for sharing intergenerational moments, or a club with activities for children, where parents can relax and the little ones can have fun.

*Treat yourself to this carefree comfort: everything is designed so that your family holiday rhymes with serenity, togetherness and shared pleasure.*

## Our Family Favourites



**Watching lions and giraffes at Rabat Zoo :**  
a fascinating animal world, between education and wonder. An unmissable visit.



**A bike ride in Maâmora Forest :**  
a breath of fresh air and nature, accessible to all, in a soothing forest setting.



**Your first waves at Mehdia :**  
supervised with care, to introduce young and old in a joyful atmosphere.



**Children's workshops at the Mohammed VI Museum :**  
free for ages 6 to 12, focused on art and imagination, by registration.



**A summer evening at Jazz à Rabat :**  
a suspended moment in the heart of the ruins, between jazz, sunset and magical atmosphere.



**Family shopping at Carrousel Mall, Arribat Center or Mega Mall :**  
browse the shops, treat yourself to a gourmet break or a cinema session. Perfect places to combine relaxation, entertainment and shared pleasure.





## Contact

Regional Tourism Council  
Rabat-Salé-Kénitra

---

22, avenue d'Alger  
Regional Tourism Delegation  
headquarters Hassan-Rabat  
Tél : + 212 37 72 59 44  
[info@visitrabat.com](mailto:info@visitrabat.com)  
[www.visitrabat.com](http://www.visitrabat.com)