

VISIT  
  
RABAT  
CONSEIL REGIONAL DU TOURISME  
RABAT • SALE • KENITRA

*Rabat - Salé - Kénitra*  
*A Land of History,*  
*Culture*  
*and Discovery*



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# Welcome to the Heart of a Plural Morocco

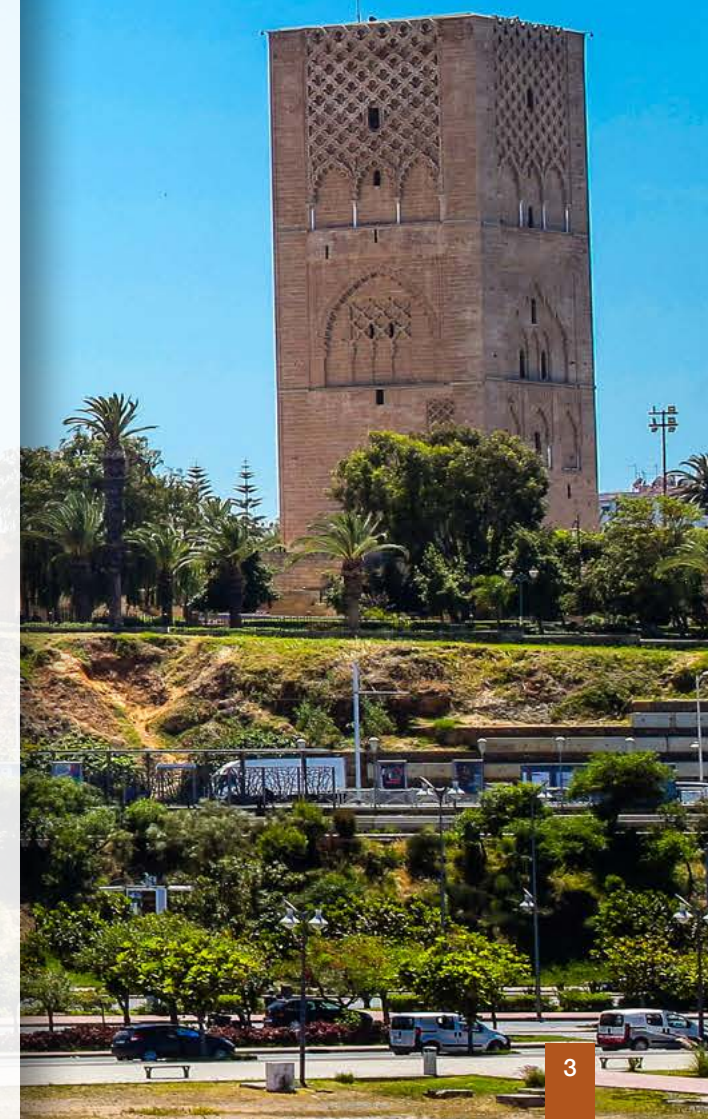


The Rabat-Salé-Kénitra Region opens the doors to an authentic, vibrant and welcoming Morocco. Let yourself be charmed by its lively medinas where merchants' voices resound, by its souks perfumed with spices and by its endless beaches bordered by forests and lagoons with shifting reflections.

From Rabat, imperial Capital inscribed on the UNESCO World Heritage List, to Salé, living memory of corsair cities, to Kénitra and its modern dynamism, each city tells a unique story. Here, exceptional heritage, generous nature and warm art de vivre combine to compose a unique territory.

Travelling in this region means strolling through the ruins of Chellah listening to the song of storks, savouring a pastilla at sunset, or stopping for a few moments to chat with an artisan who perpetuates ancestral know-how.

It is an invitation to feel, taste and admire an authentic Morocco – one that will stay with you long after the journey.



# Must-See Cities: Between Living Memory and Modernity



## Rabat – Majestic Capital, Between Heritage and Modernity

Elegant and soothing, Rabat welcomes you in a setting where the imperial past dialogues with a resolutely contemporary art de vivre. Founded in the 12th century, the city reveals its treasures at every turn of an alleyway.

- **The Royal Palace** : a symbol of the city, even the entire country. It is surrounded by the Alaouite ramparts, and an esplanade serving as courtyard and ceremonial ground (the Mechouar, the gates surrounding the Royal Palace enclosure – Bab Assoufara, Bab Zaërs and other small side gates) giving direct access to Touarga.

## • The Habbous Quarter (Diour Jamaa)

Rabat is not limited to its glorious past – Rabat, Modern Capital and Historic City: a shared heritage, it is a cultural and living capital. Stroll through art galleries, explore the Mohammed VI Museum of Modern and Contemporary Art, walk through its shaded gardens or relax on its urban beaches. At sunset, let yourself be swept away by the shows, festivals and lively evenings that breathe modern, cosmopolitan energy into the city.

- **Hassan Tower** : an unfinished minaret and timeless symbol of Almohad architecture
- **Mohammed V Mausoleum** : a refined masterpiece combining marble, zellige and carved cedar wood
- **Kasbah of the Oudaïas** : a labyrinth of white and blue alleyways, a fragrant Andalusian garden and a sweeping view over the Atlantic.
- **Chellah**: walk among the Roman ruins and Marinid necropolis, amidst storks watching over this timeless site.

## Don't miss

*Savour a mint tea at the Café Maure, facing the ocean and ramparts. Admire the sunset over the Bouregreg from the Casbah of the Oudaïas - a magical moment.*





*Salé – A Corsair Memory, A Proud and Artisanal Soul*

Across the Bouregreg, Salé reveals a singular personality : proud, discreet and deeply rooted in history. Once a fearsome corsair republic, the city still bears traces of that era **through its walls, in its imposing ramparts, and in its lively medina.** As you wander through its alleyways, you will encounter and discover :

- **The great Marinid mosque**, majestic and imbued with spirituality.
- **The Merinid Madrasa**, an architectural masterpiece.
- **The traditional souks**, where spice fragrances, bursts of voices and artisans' gestures intertwine.

Salé is also a cradle of creation – its refined craftsmanship charms with its finesse, while venues like Cirque Shems'y, housed in the Casbah of the Gnaouas, reinvent the performing arts and bear witness to heritage in perpetual motion.

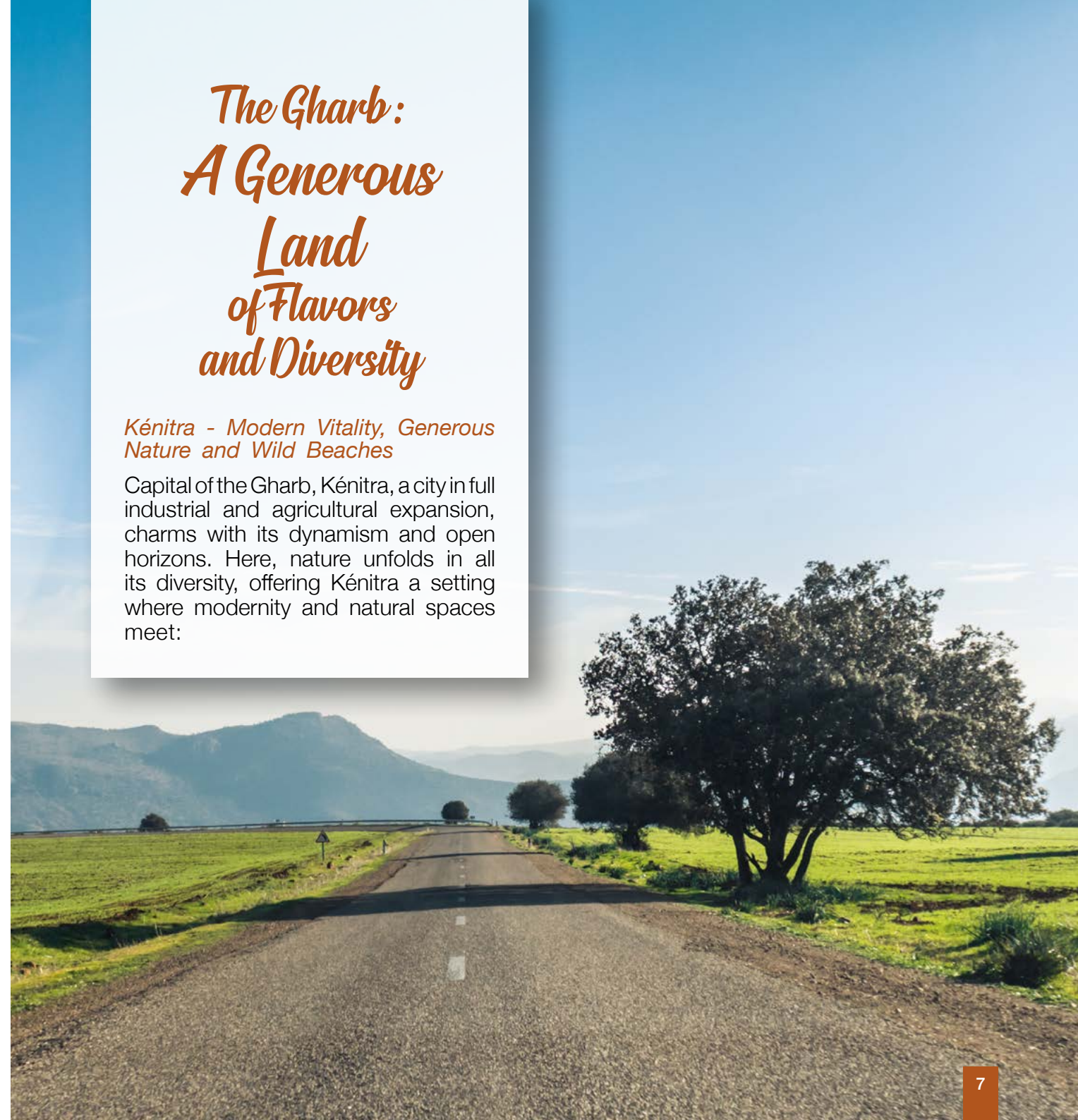
*Heart Moment*

*Attend the Festival of Candles (Procession of Candles) during Mawlid. This ancestral tradition, carried on by great Salé families, transforms the medina into a magical procession of illuminated lanterns, blending spirituality and enchantment.*

*The Gharb :  
A Generous  
Land  
of Flavors  
and Diversity*

*Kénitra - Modern Vitality, Generous Nature and Wild Beaches*

Capital of the Gharb, Kénitra, a city in full industrial and agricultural expansion, charms with its dynamism and open horizons. Here, nature unfolds in all its diversity, offering Kénitra a setting where modernity and natural spaces meet:



- **Mehdia Beach** : an essential spot for surfers and families seeking fine sand and relaxation.
- **The majestic Maâmora Forest** : green lung of the region, ideal for a walk or a bike ride beneath centuries-old cork oaks.
- **Moulay Bouselham** : with its emblematic lagoon and preserved seascapes, offers an essential nature stopover.
- **Atlantic Free Zone** : spanning over 600 hectares, stands out as one of Africa's largest industrial zones. It hosts major automotive industry players and an important logistics platform, demonstrating the region's economic dynamism.



Kénitra is also a gateway to the hinterland, one of the richest in agriculture and agri-food – set off to explore the lively markets of Sidi Slimane or taste sun-drenched fruit in the orchards of Sidi Kacem.

Between urban vitality and rural authenticity, the city invites you to multiple discoveries, where every step brings you closer to the essence of Morocco.

#### *Sidi Slimane – Where the Land Speaks Abundantly*

Thanks to its rich soils and ideal climate, the region cultivates an exceptional diversity of products that delight palates and supply Moroccan and international markets, especially with its incomparable citrus fruits.

#### *Sidi Kacem, Authentic Rural Heritage to Discover*

Sidi Kacem is a historic agricultural basin, renowned for the richness of its lands and diversity of its crops. Thanks to its proximity to the Oued Sebou and its tributaries, the province is a true producer of cereals, industrial crops (sugar beet, sunflower, rapeseed), fresh fruit and vegetables destined for both local and export markets.

#### *Moulay Bouselham, Between Lagoon, Nature and Maritime Traditions*

Moulay Bouselham charms with its emblematic lagoon, a paradise for migratory birds and nature lovers. Between boat trips, artisanal fishing and soothing sea panoramas, this destination offers an ideal interlude to recharge in the heart of Merja Zerga.

#### *Khémisset, Preserved Nature and Zemmour Craftsmanship*

Khémisset reveals an authentic countryside, punctuated by its forests, agricultural plains and rural markets. Famous for Zemmour carpets, made according to ancestral know-how, the region charms with its unique alliance between nature, traditions and living heritage.

#### *Oulmès, Freshness of Springs and Mountain Gentleness*

Oulmès offers a peaceful stop amidst wooded landscapes. Renowned for its mineral water springs, apple orchards and livestock farming, the region invites you to enjoy a fresh climate, soothing nature and authentic territory.



— Heritage & Culture: —  
*When History Meets  
Living Art*

*An Open-Air Museum*

Travelling through the region is like reading a life-size history book: Almohad Fortifications facing the Atlantic, Roman ruins whispering ancient life, vibrant medinas where time seems suspended, and royal monuments of timeless beauty.... each place reveals a chapter of Morocco. History is not frozen here: it is lived, contemplated and told at every turn of the ramparts, squares and museums.

*Did you know?*

*Chellah is a true open-air history book, where Phoenicians, Romans and Marinids left their mark. Amidst ruins overgrown with greenery and storks, more than two millennia of history are revealed. Recently restored, the site offers a modernised trail and new discovery features, inviting visitors to explore this emblematic Rabat location differently.*



*Dont  
miss*

*Mohammed V Avenue a truly emblematic axis of Rabat, stretches from the As-Sounna Mosque and crosses the heart of the new town. It runs past major institutions such as Parliament, Bank Al-Maghrib and the Post Office headquarters, before reaching L'gza then Boulevard El Alou at the gates of the medina.*

*Medinas of Rabat and Salé explore their colourful souks, discover historic fondouks and watch artisans bring centuries-old know-how to life.*

### *Culture in All Its Forms*

Between centuries-old traditions and bold creations, the region reveals itself as a true

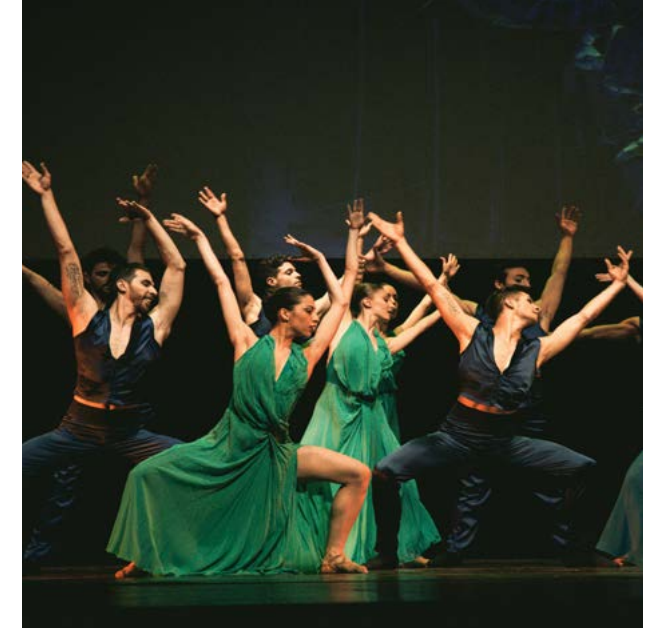
artistic crossroads. Festivals, shows and museums enliven your days and evenings, inviting you to immerse yourself in a living, plural culture.

## *Must explore:*

*Mohammed VI Museum of Modern and Contemporary Art  
let yourself be charmed by a unique panorama of Moroccan art and enjoy international exhibitions to broaden your horizons.*

*National Museum of Archaeology  
travel through the centuries, from prehistory to the Islamic era, and experience a true adventure through time.*

*National Museum of Photography  
take time to admire rare archives and let yourself be inspired by the gaze of Moroccan and foreign artists.*



### *Living Traditions*

Immerse yourself in a culture in motion, where ancient heritage dialogues with contemporary creativity. Let yourself be surprised by unique venues and experiences that awaken your senses.

- **Cirque Shems'y** – discover a unique centre in Morocco, housed in the Kasbah of the Gnaoua, where circus arts are invented and reinvented. Attend shows that blend poetry, prowess and emotion.

- **Performing arts** – thrill to the sound of Andalusian music, let yourself be carried away by theatre or contemporary dance. The Mohammed V National Theatre and cultural centres open their doors year-round for moments of sharing and creation.

*Andalusian music of Rabat and Salé  
Gharnati music of Rabat  
Hayt of the Gharb  
Ahidouss of Khemisset*

## *Heart Moment*

*Thrill to the rhythm where European and Moroccan musicians fuse in an enchanting archaeological setting.  
A magical evening, between melodies and stones steeped in history.*

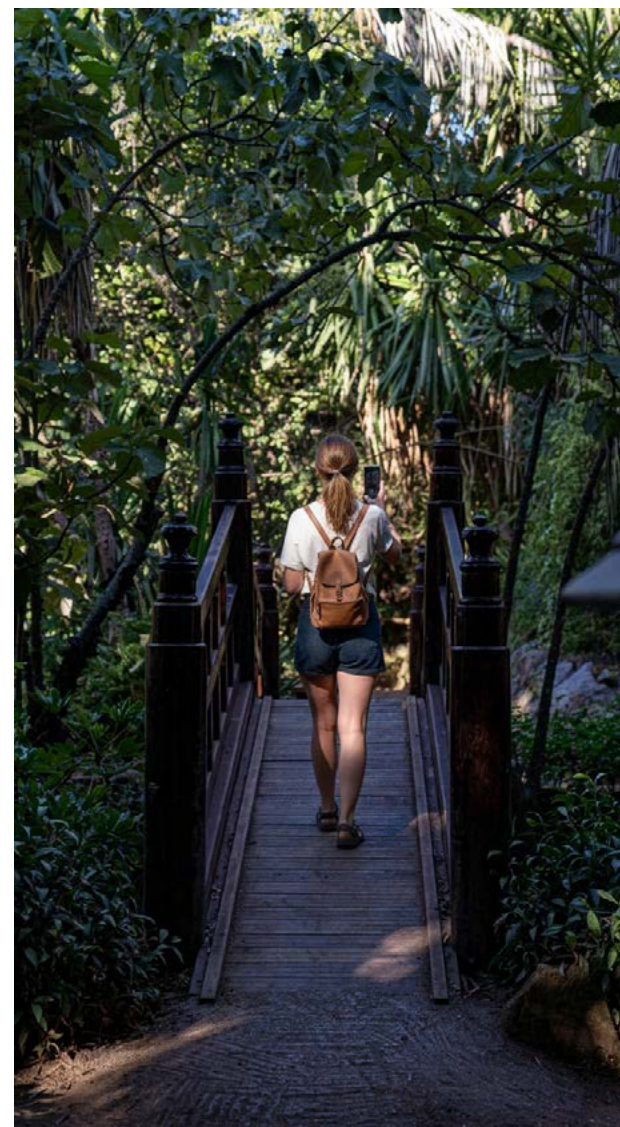
# Nature & Green Spaces: Between Ocean, Forests and Historic Gardens

## A Life-Sized Playground

Between the Atlantic with its infinite horizons, fertile valleys, dense forests and wetlands, the region unfolds a mosaic of landscapes that can be reached in just minutes from the cities. Move from the tranquillity of an Andalusian garden to the coolness of a shaded forest, before breathing the iodine-rich air of a wild beach: in a single day, everything becomes possible.

## Urban Gardens: Bubbles of Nature in the City

- **Andalusian Garden of the Oudaïas** : stroll through its orange tree-lined paths, listen to the murmur of fountains and treat yourself to a peaceful interlude in the heart of the Casbah.



- **Botanical Trial Garden** : created in 1914, it brings together more than 650 local and exotic species. Wander through its paths, be surprised by its greenhouses and discover a unique botanical heritage.
- **Belvedere Garden** : an emblematic landscaped space offering superb views of the city and Almohad ramparts.
- **Hassan II Park** : vast haven of greenery where families and sports enthusiasts meet, between playgrounds, multi-sport fields and refreshing fountains. Come to run, play, or simply rest in the shade.
- **Nouzhat Hassan Garden** : located steps from the city centre, it is a haven of calm perfect for a relaxing break after visiting the souks or monuments.
- **Nouzhat Ibn Sina (Hilton Forest)** : a true green lung of Rabat, this large forest space is ideal for walking, jogging or family outings, in the heart of a soothing natural setting.
- **Exotic Gardens of Bouknadel** : an enchanting space where lush vegetation, botanical worlds from around the globe and an exotic atmosphere intertwine.



### *Natural Spaces : Forests, Lagoons and Biodiversity*

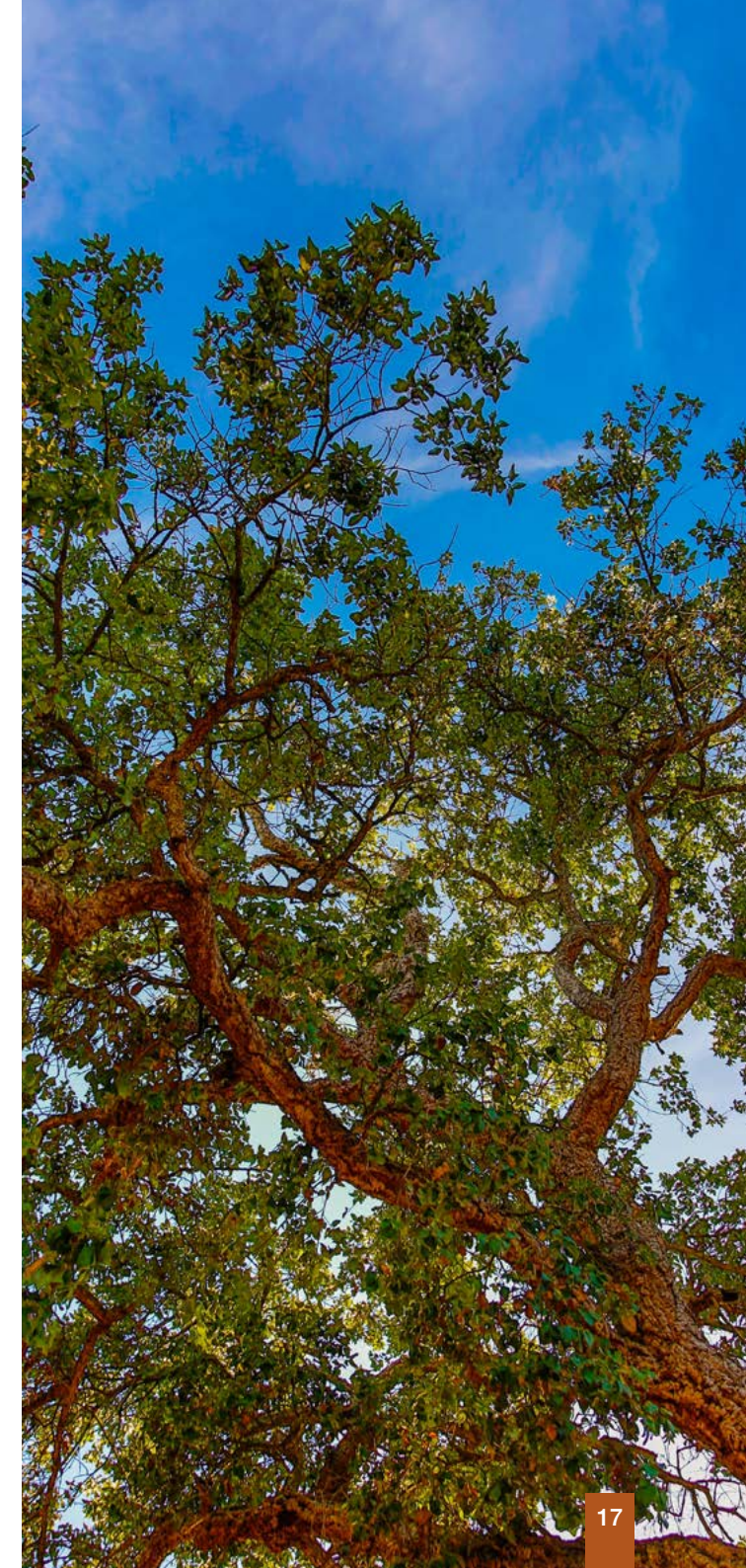
Craving preserved nature and wide open spaces? The region unfolds exceptional sites where fauna, flora and tranquillity invite discovery. Whether you are an observation enthusiast, a walker seeking serenity or simply a curious traveller, each place promises a unique experience.

- **Sidi Boughaba Reserve** : classified as a RAMSAR site, this protected lagoon between Mehdiya and Kénitra is home to nearly 170 bird species. Arm yourself with binoculars and marvel at the flights of flamingos, herons and coots. An ideal stop for biodiversity enthusiasts and families seeking educational escape.

- **Krifla and Mkhinza Forests** : breathe deeply as you cycle through their trails, set off for a gentle hike or simply walk to the rhythm of birdsong. These forests are perfect for sharing a green interlude, far from urban bustle.
- **Maâmora Forest** : discover one of the world's largest cork oak massifs. Walk beneath its centuries-old trees, observe its changing landscapes and let yourself be drawn into this soothing atmosphere. A true green lung of the region, it is essential for any nature lover.
- **Moulay Bouselham Lagoon** : a preserved natural setting renowned for its exceptional birdlife and soothing seascapes.

## *Good to know :*

*Most natural sites in the region are freely accessible year-round. Bring a water bottle, a hat and, for the nature-curious, a pair of binoculars: birdwatching becomes a real living spectacle.*





## Craftsmanship & Gastronomy: The Art of Living

### Exceptional Know-How

The region's craftsmanship is a living heritage, transmitted with pride from generation to generation. In medinas and workshops, each object reflects centuries-old know-how and tells a part of history.

- **Rabat carpets** : discover the richness of hand-knotted red wools, with floral patterns inherited from Andalusian refugees.
- **Rabat and Salé embroidery** : contemplate creations of rare finesse, where each stitch illustrates refined geometric and floral patterns.

- **El Oulja pottery (Salé)** : explore over a hundred workshops where local clay is shaped, fired in traditional kilns, then transformed into unique pieces.
- **Jewellery and goldsmithing** : admire the sparkle of hand-crafted 18-carat gold, a true reflection of traditions and ancestral symbols.
- **Zemmour Berber carpets** : artisan women perpetuate ancestral know-how by making carpets with traditional patterns passed down from generation to generation.
- **Zaër craftsmanship** : a great diversity of traditional trades where each creation reflects the region's identity – carpet and hanbel weaving, pottery, silver jewellery and many other expressions of living heritage.

Explore, observe, exchange – every encounter with an artisan becomes a living experience and an unforgettable memory.

## Did you know ?

*At el Oulja, some master potters still shape clay with wooden moulds carved over a century ago, perpetuating unchanged gestures for several generations.*



## A Cuisine of a Thousand Flavours

The region's gastronomy is a true mosaic of Andalusian, Berber and Mediterranean influences. It celebrates local produce with creativity and generosity, transforming every meal into an unforgettable sensory experience.

- **R'bati cuisine**
- **Salé cuisine**
- **Traditional Zaër and Zemmour cuisine** - Mechoui, vegetable couscous, Rfissa, etc.
- **Gharb cuisine** - rich and generous like all regions of Morocco, but notably with its typical dishes like «Rziza» or «Rezzat Elkadi» (Judge's Turban), a sort of puff pastry requiring great know-how passed from mothers to daughters over centuries to preserve the Gharbaouie identity.

## Heart Moment

*A fish tagine savoured facing the Atlantic, with mint tea at sunset: a simple moment, but unforgettable.*



## Must-Taste :

- **Friday couscous** - garnished with tender vegetables, chickpeas and sometimes enhanced with raisins.
- **Fragrant tagines** - meat or fish slowly simmered with enchanting spices.
- **Delicate pastilla** - crispy filo, sweet or savoury, with refined flavours.
- **Traditional rfissa** - generously scented with fenugreek and served on special occasions, such as christenings.
- **Moroccan pastries** - gazelle horns, chebakia, treats with honey, almonds and orange blossom.
- **Street food specialties** - between mister, Chliha and other local specialities, discover a savoury, generous and authentically Moroccan urban gastronomy.

## Experience to Live – Cook Like a Local

Immerse yourself in Moroccan culinary art in the heart of a riad or guesthouse:

- Start by strolling through a market, guided by a local cook.
- Learn the precise gestures of preparing a tagine or gazelle horns.
- Finish with a shared meal, in a warm and authentic atmosphere.

# Accommodation, Restaurants & Nightlife: The Moroccan Art of Hospitality

## Where to Stay ?

In the region, every stay is lived according to your desires:

- **Upscale hotels** - Treat yourself to a refined interlude with spas, pools, gastronomic restaurants and Atlantic panoramas, whether in Rabat or Kénitra.
- **Seaside resorts** - At Mehdiya and Skhirate, wake up with your feet in the sand and enjoy days punctuated by the sea and relaxation.



- **Traditional riads** - Immerse yourself in the atmosphere of Rabat and Salé's medinas, where authentic charm and Moroccan hospitality transform each night into a unique experience.
- **In the heart of nature** - Khémisset, Oulmès and their surroundings offer preserved landscapes conducive to relaxation, walks and outdoor activities.
- **Camping** - welcoming natural spaces to experience an authentic adventure in the heart of nature.

*Good  
to know:  
Book your accommodation  
in advance during high season,  
especially by the sea, to enjoy the best  
addresses and avoid  
unpleasant surprises.*

### Where to Eat ?

From convivial simplicity to the most refined flavours, the region's culinary scene promises a true journey of the senses.

- **In the new town** - settle into upscale restaurants where fusion cuisine reinvents Moroccan classics with creativity.
- **In the heart of the medinas** - share a meal at a guest table and discover family recipes jealously passed down from generation to generation.

- **For a touch of escape** - explore world cuisine addresses: Italian, Lebanese, Asian... so many flavours to enrich your stay.
- **Street food at the Central Market** - an essential spot to savour local specialities in a popular and authentic atmosphere.
- **Sfenj from the medina** - taste the famous traditional doughnuts in the Mellah, steps from the Consuls' Street and Boukroun Street, a savoury ritual appreciated by locals and visitors alike.



### What to Do in the Evening ?

When the sun disappears behind the Atlantic, Rabat and its surroundings light up and reveal another facet, festive and warm:

- **Bars & lounges** – settle into a cosy atmosphere, thrill to the sound of a live concert or DJ set.
- **Dinner shows** – savour a traditional meal while admiring oriental dances and folk troupes that perpetuate the art of Moroccan celebration.
- **Summer evenings & rooftops** – experience open-air concerts and events, carried by the sea breeze and the stunning view of the city.

### Heart Moment

*A dinner in an intimate riad, lit by candlelight, accompanied by Andalusian melodies that envelop the evening in a magical atmosphere.*

## Leisure & Activities: — Between Nature, — Sport and Thrills

### Sports & aventures

Dans la région Rabat – Salé – Kénitra, chaque journée peut être une aventure différente: respirez, bougez, testez vos limites ou partagez des moments uniques en famille.

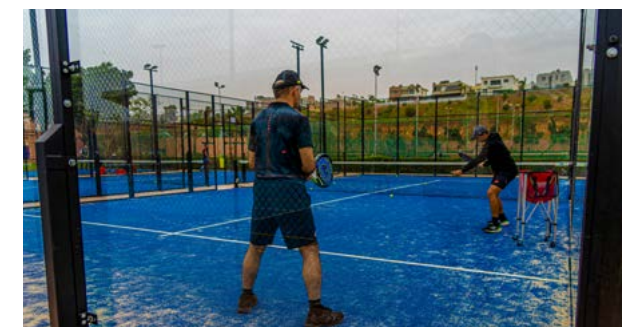


- **Golf** : try the Royal Golf Dar Es Salam experience, considered one of Africa's most prestigious courses. Its three greens designed by Robert Trent Jones await you in the heart of a green haven.
- **Water sports** : try surfing, sailing, kayaking or jet-skiing on the Bouregreg in Rabat and on the beaches of Mehdia, Skhirate and Témara. Schools welcome both the curious and the passionate.

- **Horse riding** : set off for a horse ride on the beach or in the forest, or improve your skills at one of the renowned equestrian clubs, such as Dar Es Salam.
- **Family leisure** : amaze the little ones at Rabat Zoo, immerse yourself in its Moroccan ecosystems, or enjoy a fun day at Skhirate's Playland park.



- **Thrills** : experience the adrenaline of paragliding above Nations Beach or Moulay Bouselham, or try karting and paintball for a dose of action among friends.
- **Padel and tennis** : enjoy modern facilities to practice your favourite racket sports, whether for leisure or performance.



## Good to know :

*In summer, demand is high! Remember to book your activities (surfing, horse riding, paragliding) in advance to make the most of your stay without unpleasant surprises.*

## Events & Festivals: A Region in Celebration All Year Round

Every season, the region comes alive and invites you to share unforgettable moments. Between modern rhythms, ancestral traditions and popular celebrations, immerse yourself in a festive energy that never fades.

### Major Festivals

- **Mawazine** : thrill to the sound of one of the world's largest music festivals. Come dance, sing and celebrate alongside international and Moroccan stars in a cosmopolitan atmosphere.



- **Jazz at Rabat** : settle in and let the music transport you on a journey between East and West.
- **Karacena** : every two years, stroll through Salé's medina and let yourself be surprised by acrobats, dancers and musicians who transform the streets into living stages.

- **Auteur Cinema Festival** : attend screenings, meet directors and discuss Moroccan and international cinema. The region hosts several major events: the International Women's Film Festival of Salé (FIFFS), the Rabat International Auteur Film Festival (FICAR) organised each November, and the International Archaeological and Heritage Film Festival, held in Rabat in April 2025.



## Good to know:

*To experience the magic of the Candle Festival, position yourself near the medina ramparts at sunset: the golden light enhances the illuminated statues and the fairy-tale atmosphere. An ideal moment to capture unforgettable images and feel Salé's festive soul.*

- **Mohammed V Theatre** : a rich and varied programme throughout the year, blending shows, concerts and artistic creations.
- **Cinemas** : from Renaissance to Atlas, via Mégarama, the region's cinema offering is enriched by the new Pathé cinema at Dar Es Salam, featuring state-of-the-art screens and varied programming to fully enjoy the best of Moroccan and international cinema.
- **Rural moussems** : experience the excitement of fantasia, taste local produce and share an authentic moment with the inhabitants.
- **Candle Festival in Salé** : marvel at the night parade, walk alongside the inhabitants and capture this fairy-tale spectacle.



- **Mohammed VI Theatre** : located on the Bouregreg valley, is an emblematic cultural building designed by international architect Zaha Hadid. Through its contemporary and bold architecture, it embodies Rabat's cultural and artistic ambition.





## Getting There & Around

- **Rabat-Salé Airport** : domestic and international flights.
- **ONCF Stations** : Rabat, Salé and Kénitra are connected to Morocco's major cities through a modern, high-performance rail network. In Rabat, several stations serve the capital, notably Rabat-Agdal, departure point for the Al Boraq high-speed train linking Tangier to Casablanca. Recently opened, Hay Riad station strengthens this offering by facilitating access to the administrative and business hub, as well as Prince Moulay Abdellah Stadium, contributing to smoother travel during major sporting and cultural events.
- **Urban transport** : a modern tramway links Rabat and Salé, complemented by the new Rabat bus station, located at the western entrance to the capital and offering contemporary infrastructure with remarkable architecture. Buses, taxis, as well as bicycle-taxis ensure smooth mobility throughout the region.

*Good to know :  
The tramway is the most practical and economical option for travelling between Rabat and Salé.*

## CURRENCY AND PAYMENTS

Currency  
Moroccan Dirham (MAD).

Bank cards  
widely accepted in town, but bring cash for souks and rural areas.



## BEST TIMES TO VISIT



Mild, temperate climate all year round  
Spring (March–May)  
mild climate and flowering landscapes.  
Autumn (September–November)  
pleasant temperatures and ideal light for pictures.

## USEFUL CONTACTS

Office national marocain du tourisme

+(212) 5 37 27 83 00

Regional Tourism Council  
Rabat-Salé-Kénitra

+(212) 5 37 72 59 44

## EMERGENCY

POLICE

19

AMBULANCE

15

GENDARMERIE

117

## HEALTH & SAFETY

Consider travel insurance covering medical care and repatriation.  
Tap water is drinkable in major cities, but prefer bottled water if you are sensitive.





## Contact

Regional Tourism Council  
Rabat-Salé-Kénitra

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