



RABAT

CONSEIL REGIONAL DU TOURISME

RABAT • SALE • KENITRA

*Escape territories
Experience tourism
in harmony with nature*



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*An exceptional
concentration
of nature*

The region is home to some of the country's most remarkable Sites of Biological and Ecological Interest (SIBE): **Sidi Boughaba** and the **Moulay Bouselham lagoons** are among the must-sees.

Let yourself be tempted by an excursion into the heart of these biodiversity sanctuaries, where cork oaks and Mediterranean scrubland flourish.

And that's not all !

Spectacular migratory birdlife animates these landscapes. Get your binoculars ready and set off to observe herons, teal and coots that turn every walk into a living spectacle.

*In this vibrant setting,
nature reigns supreme*



Ecotourism in all its splendor

Hiking, Mountain Biking and Bird Watching

Choose your adventure and breathe deeply amidst the cork oaks, eucalyptus, and pine trees.

The coastal forests reveal authentic panoramas, perfect for outdoor outings.

Book your guided tour or improvise your own itinerary.

In these preserved landscapes, every moment becomes a unique experience.



*Take time for a break
by the water*



*Walk, cycle,
observe...*

The green lungs of the Region



Let your steps guide you to the Oudayas Garden, perched on the medina hill.

Treat yourself to a haven of freshness and poetry: **fragrant orange trees, verdant lawns and ancestral fountains** compose a unique Hispano-Moorish setting.

Walk in the shade of its pathways, enjoy its terraces and continue to the viewpoint, where the Atlantic offers itself to you in all its splendour.

On your way down, stop at the Hassan Tower Gardens

Peaceful and elegant at the foot of the unfinished minaret, symbol of greatness and faith.

Let yourself be seduced by this serenity that blends with history.

Every bench becomes an invitation to rest, every breath of air carries a scent of eternity.



A little further, the Botanical Test Garden welcomes you like a living museum.

Across 17 hectares, discover over 650 species from around the world.

Walk under majestic palm trees, listen to the murmur of the ponds, explore the Moorish house and its museum dedicated to water and light.

Imagine yourself enveloped in a universe where nature and knowledge meet.



Then, gain some altitude and head to the Belvedere Garden

Treat yourself to a break on its manicured lawns, amid centuries-old trees and discreet sculptures, and contemplate the panorama.

Breathe deeply, savor the moment.

From there, head back down towards Hassan II Park

Spread over 20 hectares, this modern and lively place opens wide pathways to you.

Let yourself be swept up by the energy of families, children's laughter in the playgrounds, the rhythm of joggers on the trails.

Experience the vitality of a city that breathes nature.



A short walk away, the Nouzhat Ibnou Sina forest, known as the «Hilton Forest,» welcomes you

Treat yourself to a breath of fresh air amidst its eucalyptus and pine trees.

Come walk, run, or simply share a moment of togetherness beneath the trees.

Continue your journey to Rabat Zoological Garden

Immerse yourself in Moroccan and African ecosystems: savannas, deserts, mountains, and marshes.

Don't miss encounters with the Atlas lion, cheetah, and many other rare species that testify to the richness of wildlife.



A little further, in a natural setting of cork oaks, discover the Royal Golf Dar Essalam

Designed by Robert Trent Jones, this exceptional venue combines elegance with nature. Imagine yourself walking its courses of rare beauty, punctuated by water features and flowers, where sport becomes a refined experience.

*Let nature
guide you*

*— — — — —
treat yourself to a haven of serenity,
and savour beauty in all its diversity*

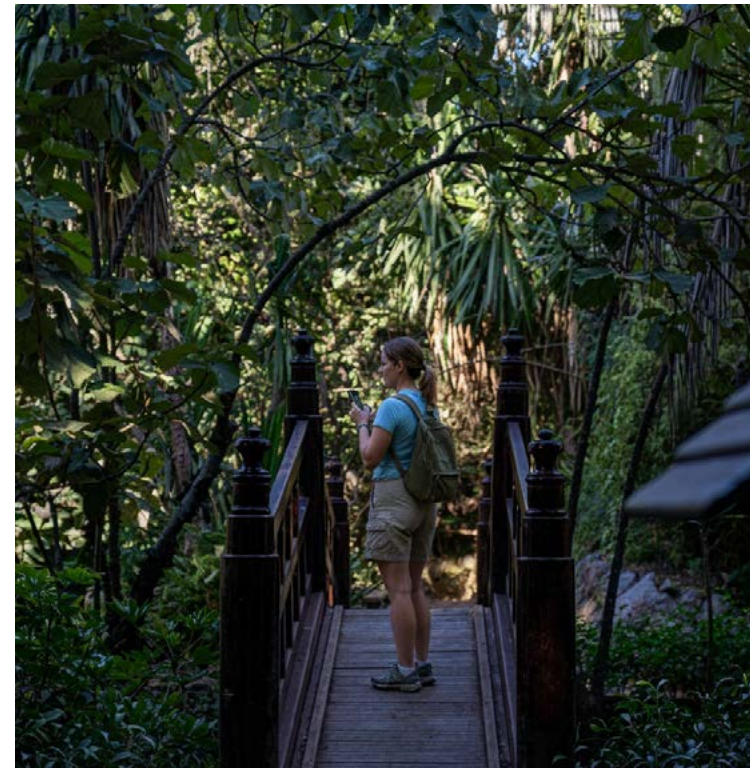


Finally, end your itinerary at the Exotic Garden of Bouknadel, a few kilometres north of Rabat.

Embark on a true botanical journey around the world. Wander among colourful orchids, amazing cacti, royal palms and vibrant bougainvillea.

Every step becomes a discovery, every scent an emotion, every turn a wonder.

Along this journey, the region's parks and gardens reveal themselves as stages of a unique voyage.





*A day in the forest to
discover
the region's
natural wealth*

*Treat yourself to an escape into the
region's forests*

Enter the world's largest cork oak forest.

Less than an hour from Rabat, the Maâmora forest unfolds its 133,000 hectares like a giant green carpet, perfect for getting away.

Follow the marked trails from Sidi Taibi, Sidi Yahya or Tiflet.

Let yourself be surprised by the scents of the undergrowth, especially in spring, when wildflowers cover the paths.

Along the way, keep your eyes open: foxes, wild boar and rare birds share these silent places.

Over 200 species of migratory birds accompany you, between colourful flights and mysterious songs.

*« A magnificent natural escape,
to experience as a couple, with
family or among friends »*

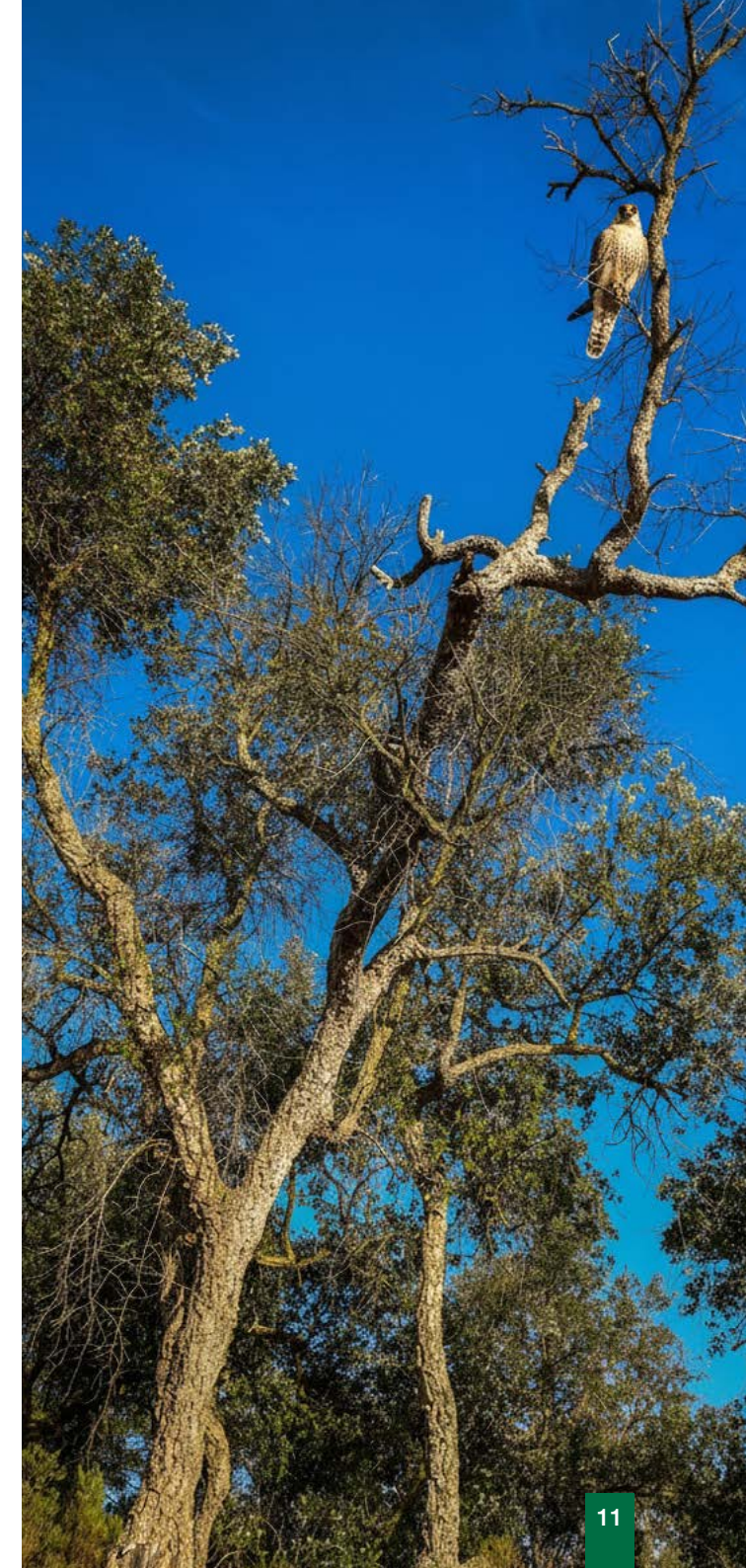
For a more accessible outing, let yourself be tempted by the Témara forest.

Close to the coast, it's perfect for a family walk or a sporting break.

Raptor enthusiasts?

Continue on to the Krifla forest, on the Rommani road, and don't miss the flight of eagle owls or short-toed snake eagles.

Whether you want to walk, mountain bike, or simply savour the calm surrounded by ancient trees and migratory birds, the Mkhinza forest will seduce you with its paths lined with majestic oaks.



Further inland, explore the forests of Sidi Yahya, Sidi Bettache, or Khémisset

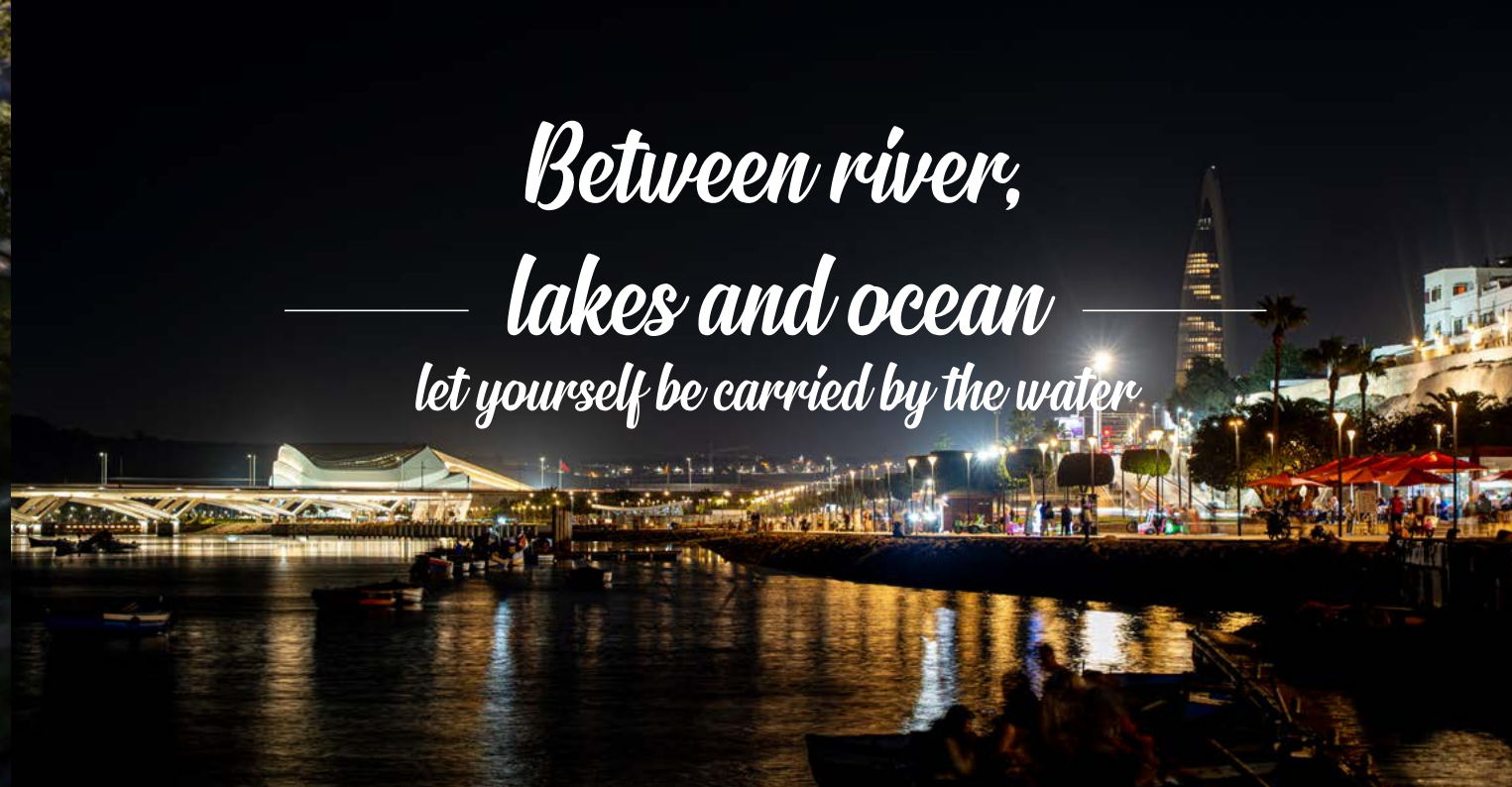
Among pines, eucalyptus, sun-drenched clearings, and the scents of wild thyme and lavender, each stroll becomes a sensory experience.

And if you stay in Rabat

Discover the green belt. It encircles the capital like a natural rampart, protecting the air and biodiversity, and offers you a space to run, walk, or cycle... just steps from the city center.



*Between river,
lakes and ocean
let yourself be carried by the water*



Set off to discover aquatic treasures and let yourself be guided by the water that shapes the region.

In Rabat, between river and ocean

At the foot of the majestic Oudaïas Kasbah, Rabat beach opens onto the mouth of the Bouregreg River and offers a setting that is both urban and poetic.

Easily accessible from the city centre, it invites relaxation after a cultural visit: **swimming, sunset stroll or high-tide surf session on a spot popular with locals.** On the northern bank, Salé beach charms with its family-friendly and peaceful atmosphere.

Well-maintained and lifeguarded in summer, it's ideal for a day by the sea, between

children's games and surf or bodyboard lessons at local schools.

But the Bouregreg is also a place of life and strolling. Day and night, its quays come alive to the rhythm of footsteps, laughter and the lapping of water.

Board a flouka (traditional boat) to cross the river, enjoy the pedestrian walkways or settle on a terrace to admire the sunset setting the Oudaïas Kasbah ablaze.

Between city and nature, the Bouregreg perfectly embodies the Rbati art of living—peaceful, elegant and turned towards the sea. It embodies the legend of the two banks of the twin cities Rabat and Salé.

Whether you are a couple, a family, or among friends, these forests are made for you

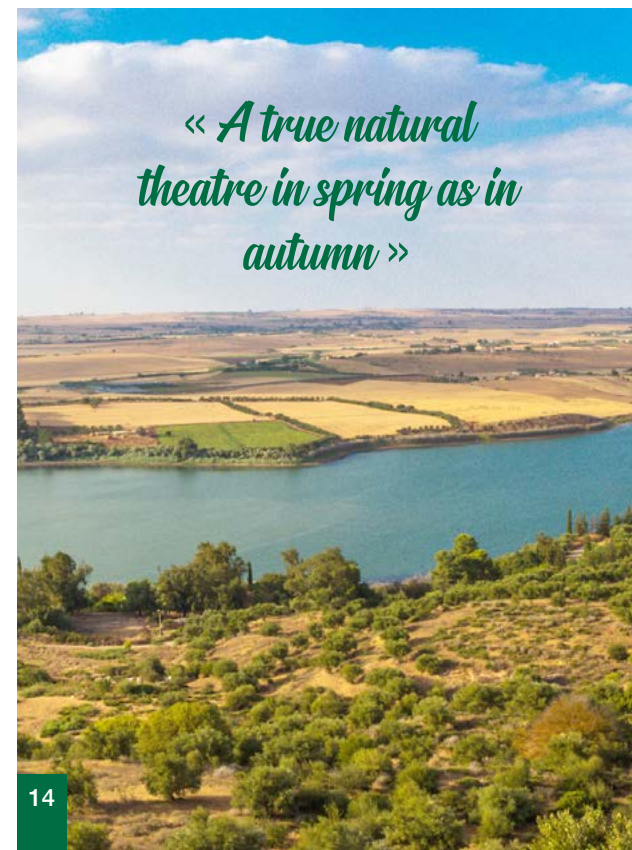
The region offers you a true breath of fresh air and an immersion in nature that you will not soon forget. Whether you wish to walk under the trees, picnic in a clearing, observe birds, or simply savor the silence.



Sidi Boughaba, a haven for birds and hikers

30 minutes north of Rabat, discover the lagoon, a classified biodiversity sanctuary and biological reserve, and walk its trails.

Take out your binoculars and observe herons, coots and marbled teal.

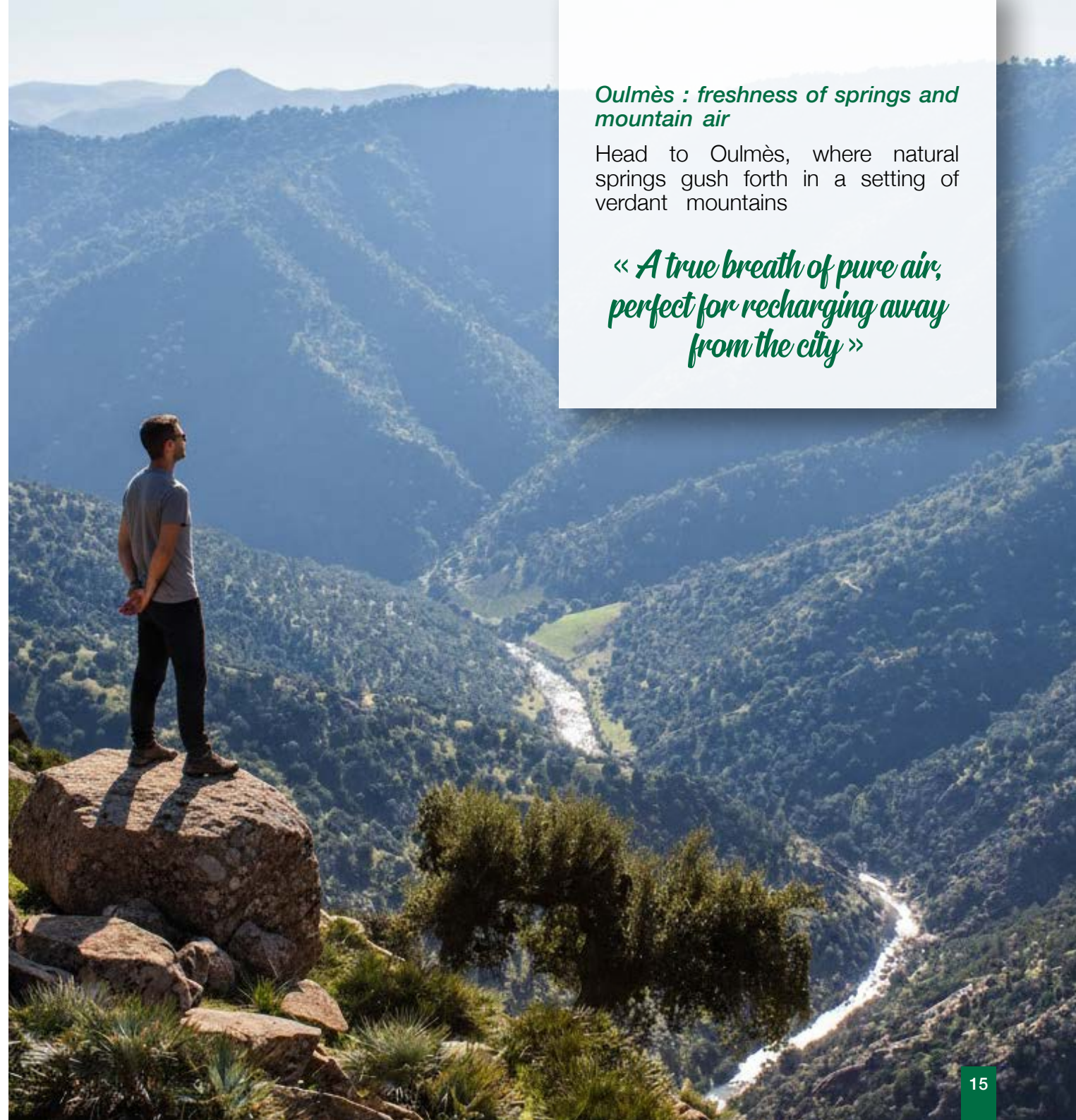


« A true natural theatre in spring as in autumn »

Inland lakes: calm, picnics and canoeing

Looking for freshness and silence? Head to the lakes of Dayet Roumi and El Kansera.

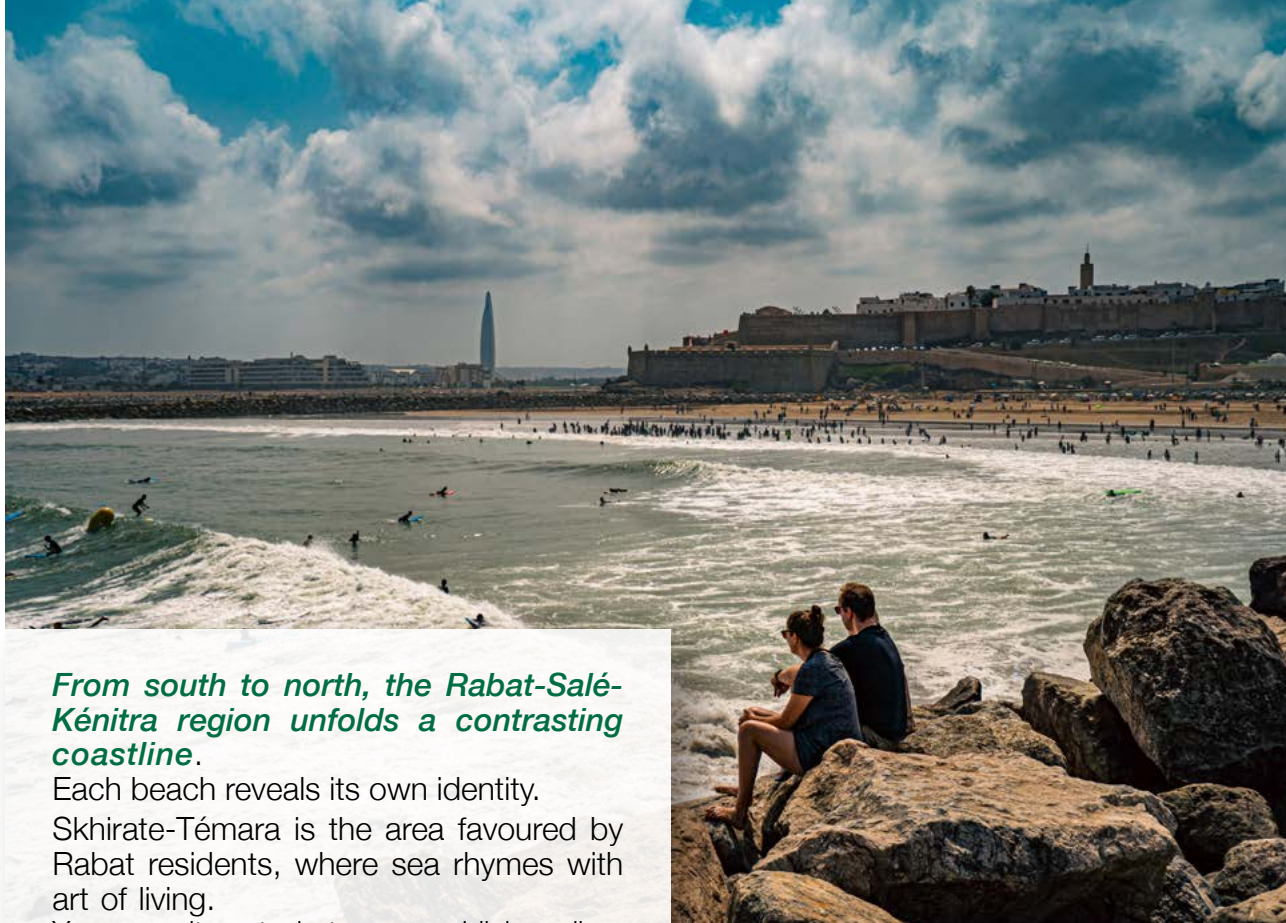
- *Dayet Roumi* : ideal for a relaxing day, between picnicking and water activities.
- *El Kansera* : silence welcomes you. A simple hammock, a book, a view of the hills, and you're elsewhere.



Oulmès : freshness of springs and mountain air

Head to Oulmès, where natural springs gush forth in a setting of verdant mountains

« A true breath of pure air, perfect for recharging away from the city »



From south to north, the Rabat-Salé-Kénitra region unfolds a contrasting coastline.

Each beach reveals its own identity. Skhirate-Témara is the area favoured by Rabat residents, where sea rhymes with art of living. You can alternate between paddleboarding, peaceful swimming and lunch facing the ocean.



The heart of regional surfing is found in Kénitra. The waves at Mehdiya beach are generous, the schools numerous, the atmosphere young and dynamic.

But Mehdiya also appeals to families, thanks to its wide open spaces, cafés and play areas.

Refresh yourself here, where the water inspires and relaxes you

Moulay Bouselham : between sea and lagoon

North of Kénitra, discover a unique beach, between ocean and Merja Zerga. Enjoy a gentle, village-like and calm atmosphere.

Here, there's no surfing, but there are boat trips, fishing, and moments of true relaxation.

From peaceful river to dynamic beaches, every body of water becomes a terrain of emotions.







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