



RABAT

CONSEIL REGIONAL DU TOURISME

RABAT • SALE • KENITRA

*Explore
a Universal Heritage
— Lived in the Present —*



MOROCCO

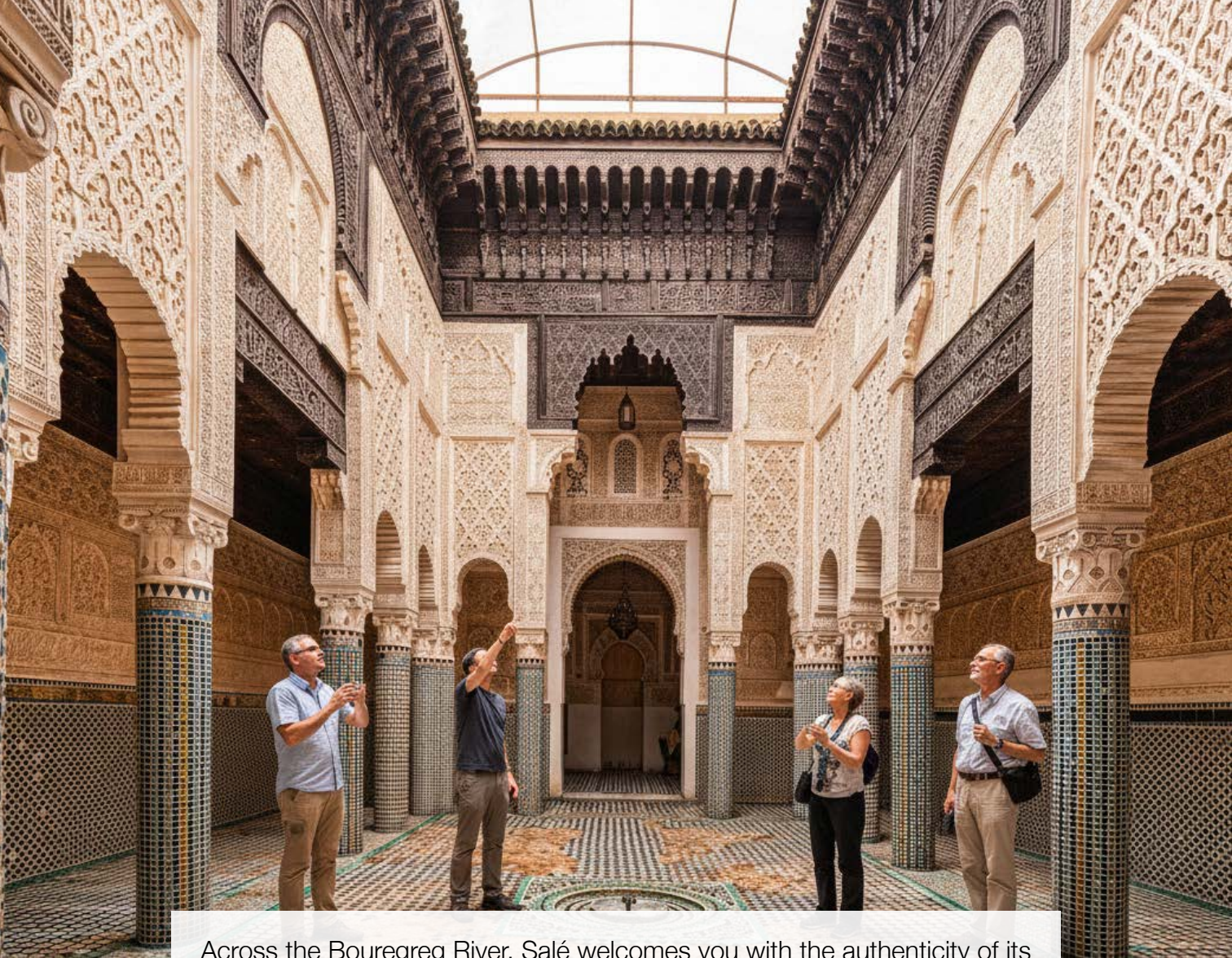
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A Journey Through the Centuries

Step into a land where every stone, every gesture and every scent tells a story. From prehistoric times to Islamic dynasties, from Andalusian influences to the legacy of the Protectorate, the Rabat–Salé–Kénitra region has been shaped as a living mosaic.

As you wander through its cities, you will sense the strength of Mauritanian and Roman civilizations, the elegance of Andalusian heritage, the spiritual depth of the medinas, and the modernity of 20th-century urban planning. Here, eras converse with one another, and the past intertwines seamlessly with the future.

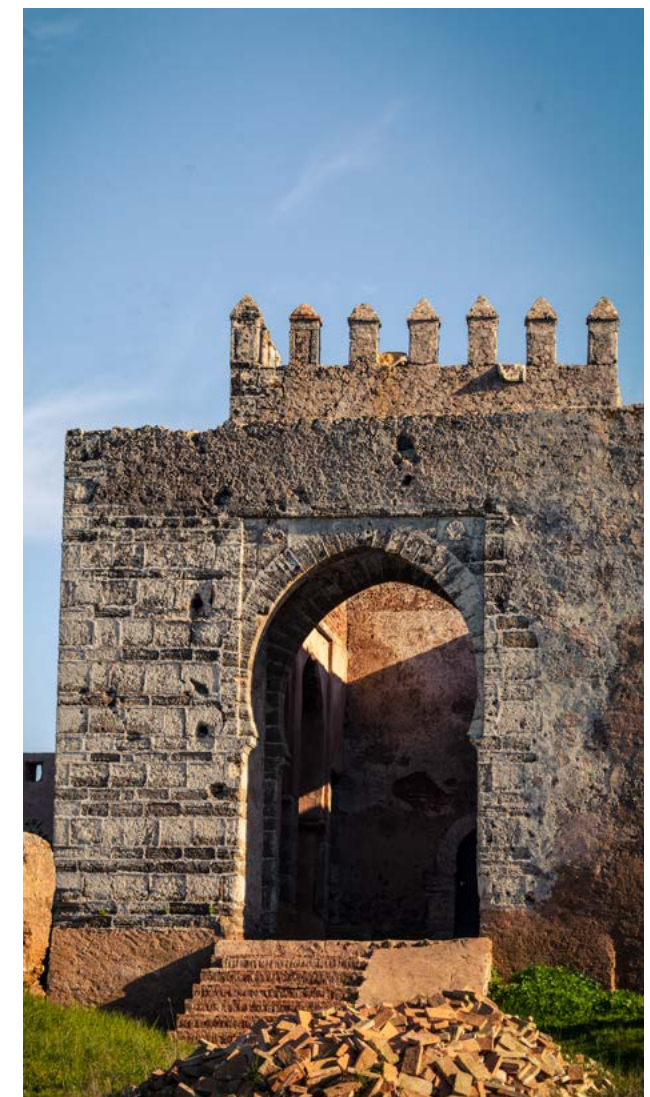
Rabat, political and cultural capital, invites you to discover its UNESCO-listed treasures. Walk along the ancient ramparts, admire the Hassan Tower, lose yourself in the Kasbah of the Oudaïas, or explore its contemporary museums.



Across the Bouregreg River, Salé welcomes you with the authenticity of its thousand-year-old medina, the vibrant energy of its souks, and the memory of the corsair cities that shaped its history.

Between ramparts, madrasas, foundouks and traditional residences, the city reveals a remarkable heritage bearing witness to its maritime and spiritual past. The historic sites of Salé thus invite you on a true journey through time, discovering a city proud of its roots and resolutely committed to preserving its cultural heritage.

Further north, Kénitra beats to the rhythm of its vast fertile plains and economic dynamism. The city and its region also harbour a rich heritage to discover, through its historic sites, the majestic Kasbah of Mehdiya overlooking the mouth of the Sebou, and the archaeological site of Banassa, an ancient Roman and Mauretanian city established on the banks of the Oued Sebou, a precious witness to a thousand-year-old past.



Nearby, Sidi Kacem and Sidi Slimane invite you to explore a territory where agricultural traditions, spirituality and archaeological heritage blend harmoniously, offering an authentic glimpse of rural life and cultural richness.

Further south, Khémisset, in the heart of Zemmour country, is renowned for its traditional carpets with authentic patterns and for the Oulmès springs, true natural treasures nestled in a preserved environment.



Heritage also lives through the hands of artisans. Meet them, observe their gestures, touch the fabrics and be amazed: Rabat carpets, delicate embroidery, silk weaving, pottery and brassware perpetuate skills passed down from generation to generation.

Your journey does not end there. Explore urban and historical circuits, follow archaeological routes, enjoy eco-tourism walks or savor gourmet stops. Here, heritage is not a static backdrop—it is a living experience, a promise of discovery and encounters.

*Rabat-Salé-Kénitra
awaits you. A territory of
living heritage, made of cultural
practices, gestures, words and
transmitted knowledge, rooted
in history and fully lived in the
present.*

Cultural Heritage of the Region

Rabat : Modern Capital and Historic City : A Shared Heritage

Political capital of the Kingdom and imperial city, Rabat combines memory and modernity. Explore a city that has preserved its authenticity while opening itself to contemporary trends. Discover an exceptional ensemble inscribed on the UNESCO World Heritage List since 2012: the Medina, the Kasbah of the Oudaïas, the Hassan Tower, the Mohammed V Mausoleum, the Chellah archaeological site, the historic gardens including the Jardin d'Essais, the Almohad ramparts and gates, museums, cultural institutions such as the Mohammed V Theater, as well as major cultural venues like the Grand Royal Theater of Rabat.

Enjoy the green, fluid, cosmopolitan city, where every step invites dialogue between ancestral heritage and urban dynamism. Travel back to the 12th century. Around the Ribat al-Fath, the Almohads founded a military and spiritual city destined for conquests in Andalusia. Raise your eyes to the Hassan Tower, symbol of imperial ambition.



Continue your visit to the Chellah Archaeological Site : Mauretanian and Roman traces remain visible there through the vestiges of the forum, thermal baths and urban organisation of the ancient city. Added to this heritage is the Islamic period, marked by the Marinid presence, which transformed the site into a dynastic necropolis and place of contemplation.

Mosque, médersa, ramparts and funerary spaces bear witness to a place where history, spiritual practices and cultural traditions have overlapped, making Chellah a space of living memory still inhabited by stories and traditions. Then stroll between the old medina and the European city.

In the 17th century, Moriscos expelled from Spain reshaped the medina, infusing it with their artisanal know-how, their ways of life and an urban culture that remains alive today. From 1912, under the Protectorate, Rabat became the capital of Morocco. The new town then emerged : wide boulevards, public buildings, gardens and modern facilities, designed in respectful dialogue with the integrity and authenticity of the medina.

End with the balance that defines Rabat's identity. Historic city and modern capital, it brings together Almohad ramparts and contemporary institutions, museums and cultural venues, Kasbah of the Oudaïas and Merinid necropolis of Chellah, ancient Mauretanian and Roman vestiges. Experience a journey where the past illuminates the future and take away a powerful image of a city resolutely turned towards tomorrow.

Salé : A Corsair and Spiritual City with Living Heritage

Founded in the 11th century by the Banu Ashara, Salé quickly established itself as a radiant city, at once spiritual, intellectual and commercial. Located facing Rabat on the right bank of the Bouregreg, it took advantage of its strategic position to become a centre of exchange rivalling Andalusian cities. Today, you can still explore its madrasas, its maristane, its former naval arsenal, its ramparts and its mosques, all witnesses to a prestigious past.

Relive the great moments of its history. In 1260, the city was pillaged by the Castilians, before regaining its grandeur under the Marinids. Salé then became a religious and mystical centre, marked by great Sufi figures, transforming into a fearsome corsair city, symbol of resistance and freedom against European maritime powers. Imagine these maritime epics as you walk through its alleyways still inhabited by this memory. The arrival of Moriscos expelled from Spain enriched the city with artisanal know-how and an affirmed religious identity.

Stroll through its authentic and vibrant medina, protected by its ramparts and monumental gates such as Bab Lamrissa, Bab Fes, Bab Sanâa and Bab Maalqa.



Discover its mosques: The Great Almohad Mosque «Jamaâ Al-Aâdam», the second oldest mosque in the kingdom after Al Quaraouiyine in Fez, covering an area of 5,070 m² (this mosque has nine doors, the main one piercing the qibla wall). Immerse yourself in its atmosphere where tangible and intangible heritage meet. Among its most vibrant traditions, the famous candle procession of Mawlid, classified as a unique spiritual and festive heritage in Morocco, remains a highlight to share.

Skhirate –Témara : Atlantic Shores and Green Escapes

Just minutes from Rabat, Skhirate-Témara charms with its unique position, open to the Atlantic Ocean and connected to major road and rail routes. A true link between the capital and the southern provinces, this prefecture combines economic dynamism, residential attractiveness and natural charm. Let yourself be surprised by a territory that stands out as an essential stopover.





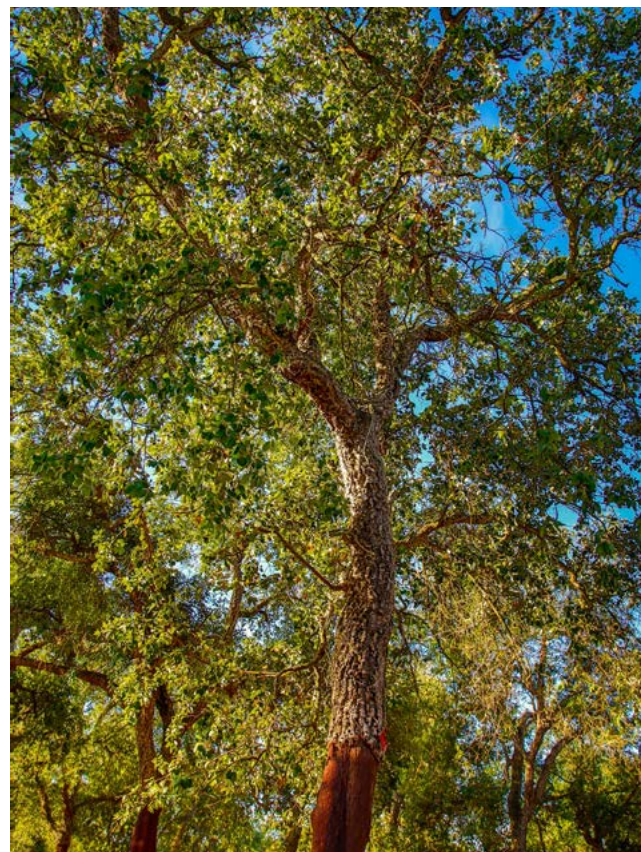
Kénitra : Between Coastline, Nature and Sustainable Vitality

The Kasbah of Témara, built by the Almohads, is a military centre constructed in the 12th century, spanning 72 hectares, surrounded by a high wall of 6.5 metres. This site houses the Royal School of Cavalry, stables and an Almohad mosque.

Set off to explore its coastline, which unfurls renowned long beaches, from Témara to Harhoura via Skhirate. Swimming, sunset walks, water sports or moments of idleness – each shore invites you to experience something different. Treat yourself to a moment of freedom by the ocean, before diving into the hinterland.

Away from the coastline, walk through forests and natural spaces that harbour exceptional biodiversity. Between pines, eucalyptus and wild trails, these havens of greenery invite you to walk, run or simply breathe deeply.

Skhirate-Témara also represents precious ecological heritage, where sea and nature meet to offer an ideal setting for those who dream of sustainable tourism, in harmony with the environment.



Located in north-western Morocco, the province of Kénitra extends over more than 3,000 km², representing nearly 17% of the region's area. Bordered by the Atlantic and immediately neighbouring Salé, it benefits from a strategic location, connected by major road and rail routes and the High-Speed Line (LGV). Dynamic and young, it embodies a true engine of growth, where urbanisation and demographic vitality are accompanied by a commitment to sustainable development.



Set off to discover a territory shaped by water, forest and biodiversity. With its 140 km of preserved coastline, the province offers a natural setting of great diversity. Walk beneath the cork oaks of the Maâmora Forest, one of the largest in the world, breathe the fresh air

of the wetlands of the Sidi Boughaba lagoon or the Merja Zerga, true sanctuaries for migratory birds. Irrigated by the Sebou basin and its tributaries, the province has abundant water resources that nourish its agriculture and enrich its landscapes.

Khémisset : Land of Nature, Agriculture and Traditions

The province of Khémisset unfolds varied landscapes where fertile plains, plateaus, hills and wooded massifs follow one another. Explore its oak and cedar forests, true havens of biodiversity, which invite hiking, ecotourism and outdoor activities. Here, every path is an invitation to escape and reconnect with nature.



Agricultural heart of the country, Khémisset also charms with the generosity of its lands. Cereals, market gardening, fruit orchards and livestock farming punctuate local life. Discover the dynamism of cooperatives that promote these products and embark on a journey close to rural traditions, where innovation and sustainability accompany the fertility of the soil and the richness of the terroir.

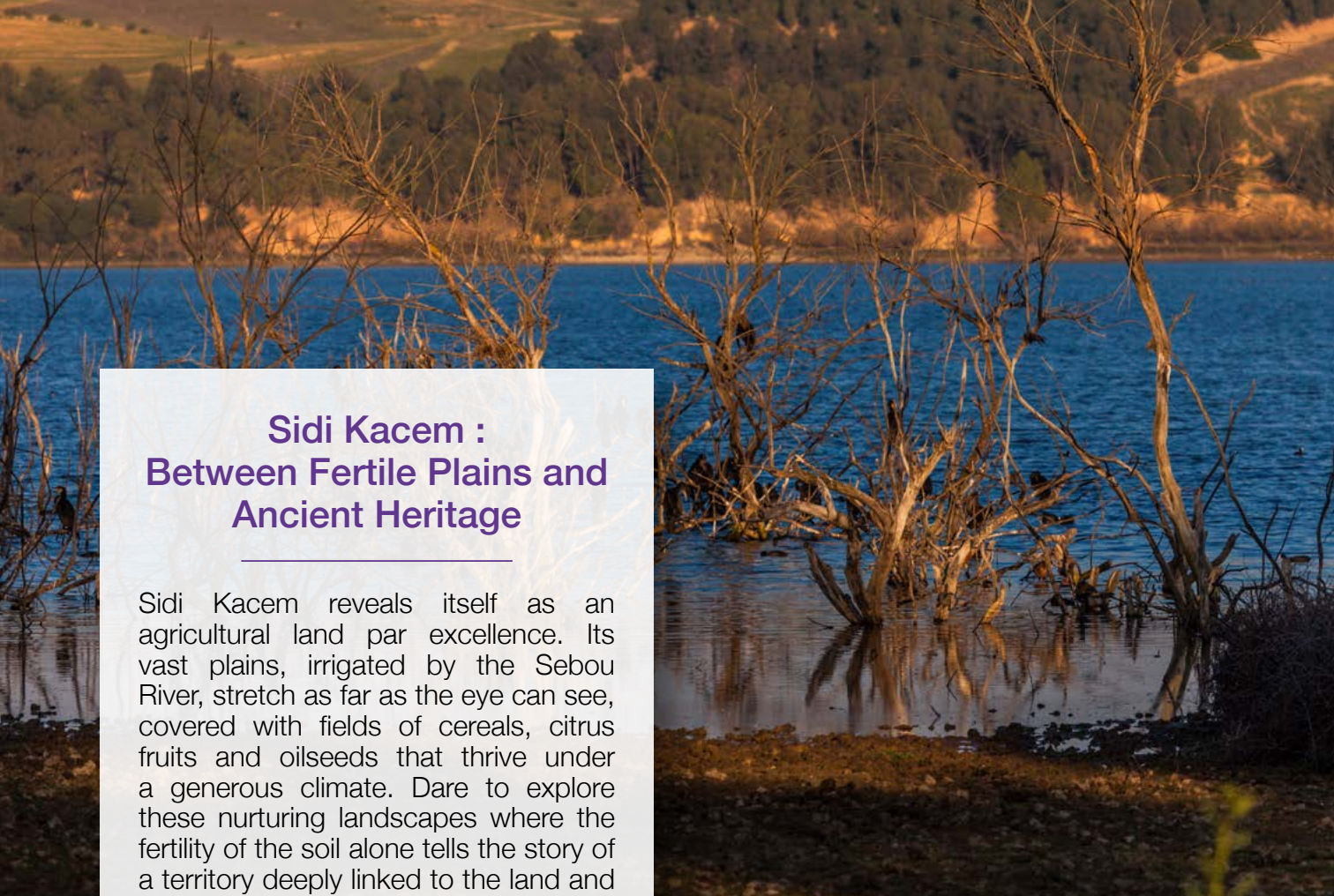
But Khémisset is not limited to agriculture. Experience a territory that focuses on

sustainable development: organic farming, reasoned forest management, respectful ecotourism... so many projects that demonstrate a balanced vision, between exploitation and preservation.

The province thus becomes a model of sustainable and innovative rurality, open to travellers curious to discover an authentic Morocco turned towards the future.



This territory also offers emblematic experiences: the natural site of Dayet Roumi, a true ecotourism hub, conducive to sports, relaxation and outdoor leisure activities; the town of Oulmès, renowned for its mineral water springs, its farms and apple orchards nestled in a verdant environment; and finally Rommani, in the heart of the Zaër highlands, known for its vast cereal crops and livestock activities that perpetuate ancestral agricultural know-how.



Sidi Kacem : Between Fertile Plains and Ancient Heritage

Sidi Kacem reveals itself as an agricultural land par excellence. Its vast plains, irrigated by the Sebou River, stretch as far as the eye can see, covered with fields of cereals, citrus fruits and oilseeds that thrive under a generous climate. Dare to explore these nurturing landscapes where the fertility of the soil alone tells the story of a territory deeply linked to the land and traditions.

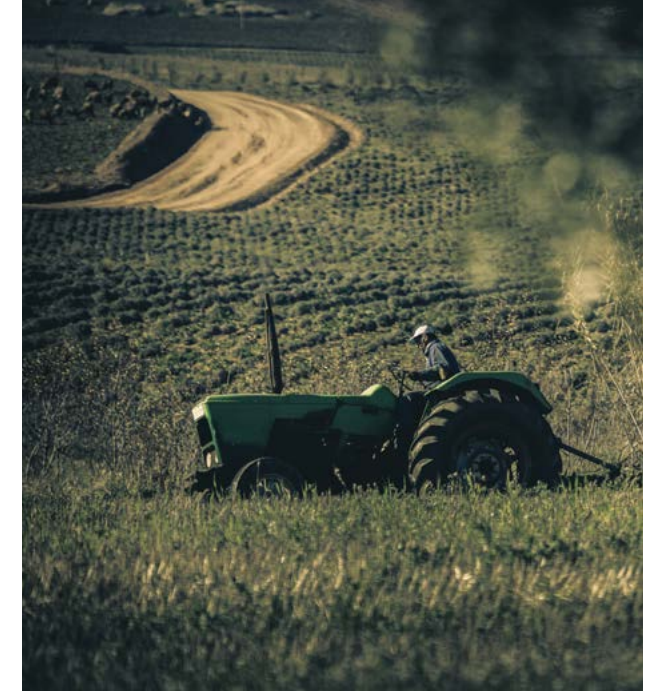
But it is not just a land of abundance – it is also a witness to the past. Treat yourself to a true dive into history by visiting the ancient site of Banasa, one of the most remarkable Roman vestiges in Morocco. As you explore its ruins, you will discover the organisation of a city, its still visible mosaics and fragments of daily life that transport visitors centuries back in time.

Between generous nature, agricultural know-how and archaeological heritage, the province invites you to experience something unique: a journey where rural authenticity and ancient memory intertwine.

Sidi Slimane : Between Agricultural Wealth, Ancient Heritage and Sustainable Future

Sidi Slimane, a land of great fertility, is recognized as one of Morocco's true breadbaskets. Set off to discover its fertile lands where fields of cereals, verdant orchards and plains animated by livestock stretch as far as the eye can see. Crossed by the Oued Beht, the province reveals generous landscapes that nourish both inhabitants and the imagination of travellers.

But the discovery does not stop at the fields: set off to explore the archaeological site of Rirha. This place steeped in history, rich in prehistoric and ancient vestiges, invites you to imagine life of yesteryear in a city that was once a crossroads of civilisations.



Today, Sidi Slimane also looks to the future. Between innovative energy projects and ecological initiatives, the province affirms its role as a territory in full expansion, resolutely turned towards sustainable development.





Craftsmanship

An Art in Motion

In the bustling medinas or in discreet workshops, craftsmanship reveals itself to you like an open book on the soul of the region. Heirs to successive dynasties and enriched by Andalusian and Mediterranean exchanges, this know-how is transmitted from generation to generation with the same passion and meticulousness.

Push open the door of a workshop, enjoy Rabat carpets, follow with your eyes the needle drawing fine embroideries, or listen to copper resonating under the precise gestures of coppersmiths. Each piece tells a story, unique and singular, between ancient heritage and contemporary creation.



Nothing is frozen : here, tradition and modernity are in permanent dialogue. Treat yourself to a moment of exchange with the artisans, discover their secrets, and leave with a work that will not simply be a souvenir, but an authentic fragment of Morocco's living culture.

Emblematic Know-How

Enter the medinas, push open workshop doors and let your senses absorb the patient work of artisans: every gesture, every material tells a story that you can touch, see and take away with you.



Silk weaving in Salé :

Transmitted by Moriscos expelled from Andalusia, it embodies one of the most delicate and refined expressions of Moroccan textile art.

Rabat embroideries and carpets :

Renowned for the fineness of their patterns and the subtlety of their colours, they perpetuate the fame of women's workshops.

Leather and leatherwork :

Heirs to centuries-old know-how, they hold a special place in the souks and cooperatives, where the smell of tanned leather fills the air.





Pottery and ceramics :

Produced in the city and countryside alike, they reflect constant creativity, combining traditional forms with contemporary touches.



Stone sculpture :

Between robustness and fineness, it illustrates discreet but essential know-how in the architectural heritage.

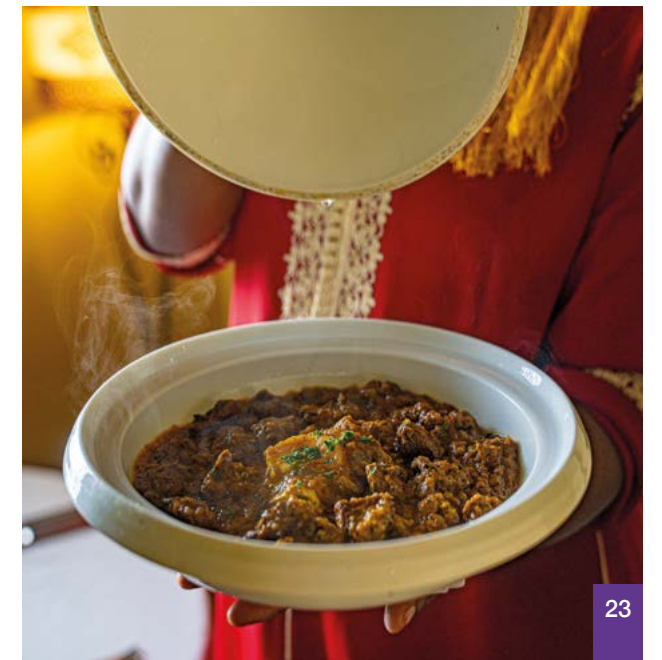
Ironwork and copperware :

Associated with monumental doors, lighting fixtures and decorative objects, they bear witness to a deeply rooted art of metalwork.

Taste History in Every Bite

Set off to discover the region with your taste buds too. Here, every recipe is a living memory, inherited from Andalusian, Mediterranean and maritime influences. Taste delicately spiced grilled sea bream, savour a couscous with seven vegetables that brings the whole family together around the table, let yourself be surprised by fragrant tagines that simmer slowly until they reveal all their richness. And to finish, succumb to almond and honey pastries, so melt-in-the-mouth they will make you forget time.

Stroll through the souks, let yourself be guided by the aromas of coriander, mint and cinnamon, stop in front of the colourful stalls and give in to the urge to taste. Then settle into a lively little eatery or a refined restaurant: every table becomes an invitation to share the authenticity and creativity of a generous and refined gastronomy.



Local Products: Authenticity and Freshness

Travelling in the region also means savouring an agricultural and marine richness that makes its heart beat. Each product is an invitation to taste authenticity, to meet passionate producers and to bring back a gourmet souvenir. Let your senses guide you, between colourful markets, welcoming cooperatives and generous family tables.



Olive oils from Khémisset and Sidi

Kacem :

taste their fineness through their fruity aroma and take home a bottle, symbol of ancestral know-how.

Citrus fruits and early vegetables from Sidi Slimane and the Gharb plain :

bite into a freshly picked orange, stroll through souks alive with seasonal colours and fragrances.

Cereals, beets and varied vegetables :

taste a couscous prepared with these local products and feel, with every bite, the generosity of this «granary of Morocco».

Seafood from the Atlantic coast :

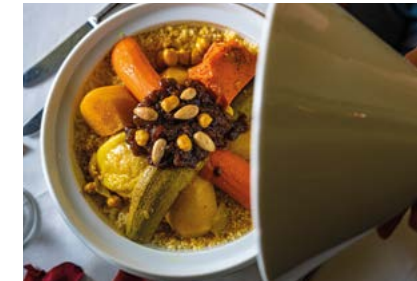
sit facing the waves in Rabat, Skhirat or Kénitra, savour a grilled sea bream or fresh sardines and discover the sea on your plate.



Cuisine Between Heritage and Creativity

Whether you choose a traditional restaurant, a family table or a contemporary establishment in the heart of the capital, every meal becomes an experience that marries the authenticity of the terroir with today's creativity. Let your senses absorb it all and set off to discover flavours where the memory of ancestors meets culinary innovation.

Regional cuisine is a true bridge between yesterday and today. Ancestral recipes, inherited from great Moroccan traditions, are still passed on with passion, while new chefs and guesthouses reinvent them to seduce modern palates.



Must-Try Dishes

- Flaky pastilla with pigeon or fish, a true emblem of finesse
- Couscous with seven vegetables, symbol of convivial meals
- Kefta meatball tagine flavoured with local herbs and spices
- Kebab maghdour with generous aromas
- Rezzat el cadì
- Maâssal
- Mdarbal
- Rfissa



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