

*The Different Cities*



**A diverse region blending heritage, vitality, and a relaxed way of life**

From **Rabat**, the majestic capital where contemporary culture meets a refined way of life, to **Salé**, a proud corsair city rooted in its traditions, each city reveals a unique identity.

Further north, **Kénitra** embodies the dynamism of the Gharb, open to the Atlantic and a fertile hinterland.

Inland, **Khémisset** charms with its rural authenticity and ancestral know-how, while **Sidi Kacem** and **Sidi Slimane** reflect a nurturing Morocco shaped by the Oued Sebou.

Finally, along the Atlantic coast, **Skhirate** offers a soothing seaside escape, perfect for combining relaxation and water activities.

Together, these cities form a unique mosaic where culture, nature, local heritage, and modernity blend — an accessible destination,



*Culture & Heritage*

**An open-air museum, where millennial heritage meets contemporary creation.**

The Rabat–Salé–Kénitra Region is a true open-air museum. Ancient ruins, lively medinas, iconic landmarks, and contemporary architecture coexist in perfect harmony.



In Rabat, the Hassan Tower, the Mohammed V Mausoleum, the Kasbah of the Oudaïas, and Chellah recount more than two millennia of history.

In Salé, the ramparts and the medersa reflect a rich corsair past. Museums, festivals, Andalusian music, and live performances make the Region a cultural crossroads where tradition meets contemporary creation.



*Hinterland & Nature*

**A mosaic of landscapes combining forests, lagoons, and fertile terroirs**

Cork oak forests, preserved lagoons, fertile plains, and rolling green hills create a diverse landscape, all within easy reach.

The Maâmora Forest, one of the largest in Morocco, offers a true green haven, perfect for walks and nature getaways.



Further north, the Moulay Bouselham lagoon, at the heart of Merja Zerga, reveals ever-changing reflections between sea and marshland.

Boat rides, traditional fishing, and the sight of pink flamingos create a timeless escape.



Further inland, around Khémisset and Oulmes, the landscapes unfold into wooded hills, orchards, and natural mineral springs.



Irrigated by the Oued Sebou, the fertile plains of the Gharb complete this natural setting, where discovery, relaxation, and contemplation come together in perfect harmony.



In the heart of the cities, numerous parks and gardens, such as the Botanical Garden and Hassan II Park in Rabat, offer relaxing spaces much appreciated by families.



*Seaside & Relaxation*

**The Atlantic as far as the eye can see, between wild beaches and elegant seaside resorts**

The Atlantic coastline unfolds with wild beaches, peaceful lagoons, and welcoming seaside resorts. Mehdia attracts families and surfers, Skhirate offers refined seaside relaxation, and Moulay Bouselham enchants with its preserved lagoon.

Along the coast, sunsets set the ocean ablaze with golden hues, offering a different spectacle every evening.

Whether you come to unwind, surf, enjoy freshly caught fish, or simply walk barefoot on the sand, the region's seaside experience is a constant invitation to a relaxed way of life.



### A generous cuisine, reflecting local lands and traditions

Influenced by Andalusian, Berber, and Mediterranean traditions, the regional cuisine celebrates local produce.

Couscous, tagines, pastilla, rfiisa, and Moroccan pastries reflect a true culture of sharing.

The Gharb enriches this generous gastronomy with its cereals, fruits, and citrus, while the coastline provides freshly caught fish and seafood.

Here, every meal becomes a human and sensory experience.



### Between nature, thrills, and shared moments

The region is a true open-air playground, where every day can turn into an adventure.

Between the ocean, forests, rivers, and well-designed urban spaces, leisure opportunities are diverse and accessible to all types of travelers.

On the Atlantic beaches, particularly around Mehdia and Skhirate, surfing, swimming, and water sports set the rhythm of the day to the sound of the waves.

Meanwhile, the Bouregreg River, between Rabat and Salé, invites you to enjoy kayaking or peaceful boat rides along the water.



Golf enthusiasts will find an exceptional setting at the Royal Golf Dar Es Salam, nestled in a lush green environment, while horse riding lovers can enjoy stunning rides through forests or along the beach at sunset.

Padel, tennis, karting, paragliding, and hiking complete this wide range of activities.



The region also places great importance on family leisure activities: urban parks, gardens, recreational areas, and natural sites allow both young and old to enjoy relaxing moments outdoors together.



Here, sport is not just an activity—it is a way to discover the region differently, to breathe, to move, and to create lasting memories, blending gentle thrills with moments of togetherness.

### CURRENCY AND PAYMENTS

Currency  
Dirham marocain (MAD)

Credit cards  
widely accepted in the city, but be sure to bring cash for the souks and rural areas



### BEST TIMES TO VISIT

A mild and temperate climate all year round

Spring (March–May)  
mild climate and flower-filled landscapes  
Fall (September–November)  
Pleasant temperatures and ideal light for photography



### USEFUL CONTACTS

National Tourism Office

+(212) 5 37 27 83 00

Regional Tourism Council  
Rabat-Salé-Kénitra

+(212) 5 37 72 59 44

### URGENCE

POLICE

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AMBULANCE

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GENDARMERIE

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### HEALTH & SAFETY

Make sure you have travel insurance covering medical care and repatriation.  
Tap water is safe to drink in major cities, but bottled water is recommended if you are sensitive.



Contact  
Regional Tourism Council Rabat-Salé-Kénitra

22 Avenue d'Alger, Headquarters of the Regional Delegation of Tourism, Hassan, Rabat  
Tél : + 212 537 72 59 44  
info@visitrabat.com - www.visitrabat.com



*Rabat-Salé-Kénitra*  
*A land of history, culture, and discovery*

