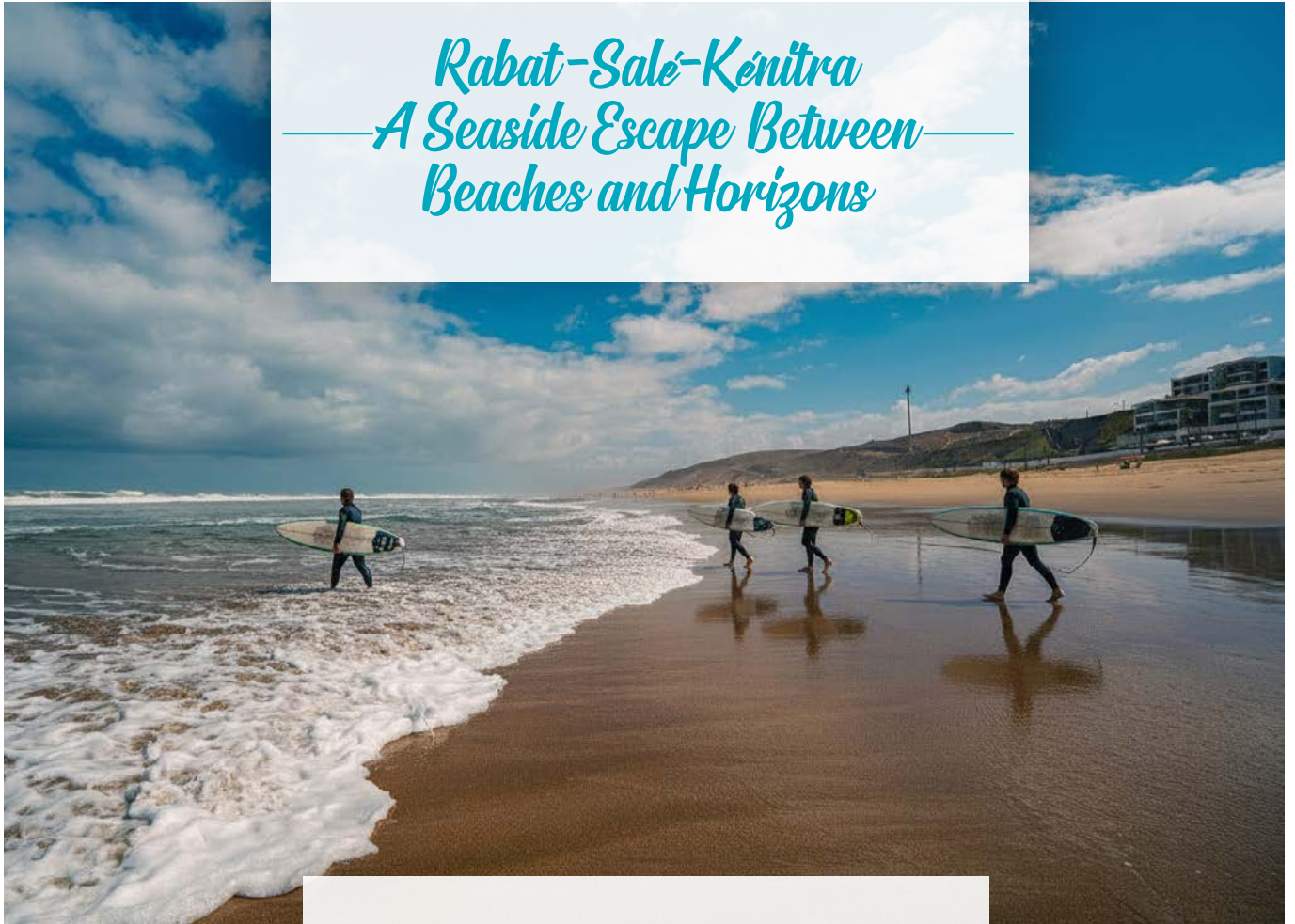


VISIT

RABAT
CONSEIL REGIONAL DU TOURISME
RABAT • SALE • KENITRA

*Rabat-Salé-Kénitra
— A Seaside Escape Between —
Beaches and Horizons*



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A full-page background image showing a surfer in a black wetsuit riding a wave. In the background, a coastal town with white buildings and a prominent tower is visible under a clear blue sky. The ocean is a mix of green and blue, with white foam from the wave.

Ocean Territories *Experience the* *Atlantic Differently*

Every wave tells a story, every beach becomes an invitation to relax.

With its 180 kilometres of coastline along the Atlantic, the region boasts a rich and varied shoreline. Imagine walking along wild stretches of sand, sharing moments with family in sheltered coves, riding waves at renowned surf spots, or enjoying the buzz of urban beaches.

Here, the ocean is not merely a backdrop: it blends with history, nature, and the warm hospitality of the locals to offer an authentic, accessible, and discovery-filled seaside experience.

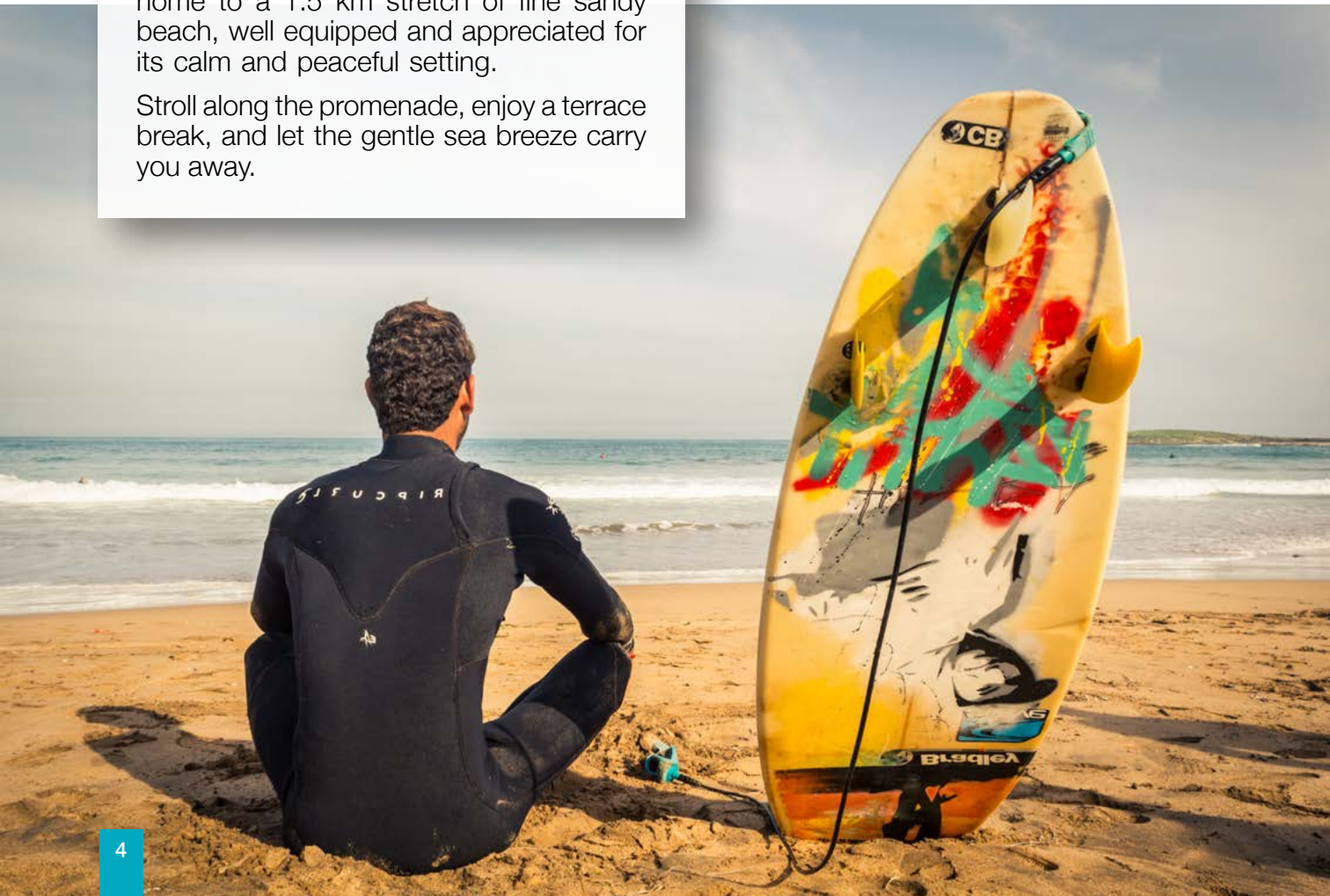
Treat yourself to this Atlantic getaway, where relaxation, emotion, and freedom come together.

Urban & Family Beaches

Accessible shores where relaxation meets liveliness

Take the coastal road and head to Skhirate, home to a 1.5 km stretch of fine sandy beach, well equipped and appreciated for its calm and peaceful setting.

Stroll along the promenade, enjoy a terrace break, and let the gentle sea breeze carry you away.



In Rabat, treat yourself to a beach break right in the heart of the city. The beach at the mouth of the Bouregreg benefits from a major redevelopment project:

a renovated corniche, showers, facilities, and seafront cafés—everything is designed to make swimming pleasant and safe. Just imagine: a stone's throw from the medina and the Hassan Tower, your feet are already touching the sand as the Atlantic stretches endlessly before you.



Then cross the Bouregreg River towards Salé, whose popular beach attracts families, walkers, and sports enthusiasts.

In the evening, settle down facing the horizon to admire the magnificent sunset.

About fifteen kilometres from Rabat, Nations Beach welcomes you with open arms.

Renowned for its cleanliness and accessible facilities, it is considered one of the most beautiful in the region.

Enjoy a refreshing swim, an invigorating walk along its golden sand, or a contemplative moment facing the Atlantic.



Further north, less than 10 km from Kénitra, discover Mehdiá.

A peaceful seaside resort, it charms visitors with its generous waves, ideal for surfing, as well as its family-friendly atmosphere. Lay down your towel, let the children play, and watch the surfers who enliven this iconic shoreline.

Whether you are with family, friends, or as a couple, these urban and family beaches invite you to enjoy simple and memorable moments, filled with relaxation, fun, and unforgettable views.



Heart Moment

At the end of the day, settle on Salé beach and let yourself be enchanted by one of the most beautiful sunsets in the region. The Casbah of the Oudaïas is bathed in golden reflections, the atmosphere becomes peaceful, and every moment transforms into a cherished memory.

Top 5 Beaches According to Your Profile



For families :

Harhoura, Val d'Or

Enjoy a peaceful day on these shallow and safe beaches, ideal for children.

Let them run, play, and explore while you savour a true moment of relaxation by the sea.

To recharge and unwind: :

Moulay Bousselham, Sables d'Or

Walk along the edge of the Merja Zerga lagoon or settle on the sand at Sables d'Or.

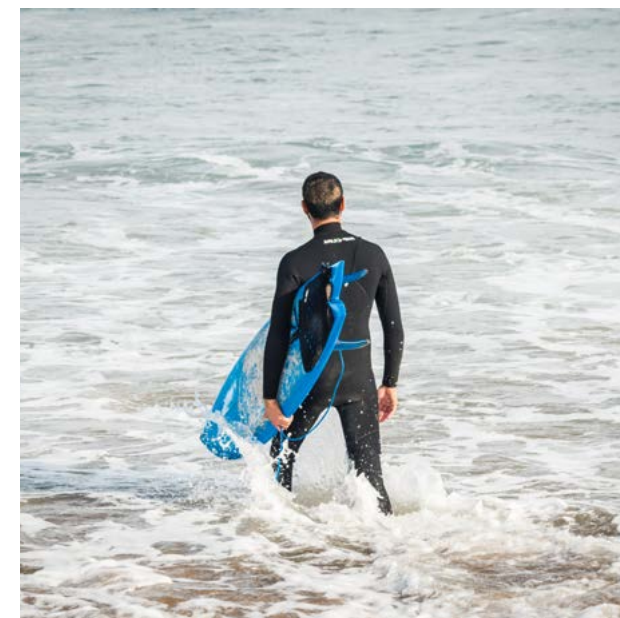
Let the silence and beauty of the surroundings envelop you—a true appointment with yourself.

For a sunsets :

Salé Beach, Témara

Come and stroll at dusk, when the sky blazes and the golden light reflect on the waves.

Take out your camera, capture the moment, and savour an unforgettable experience.



For surfing :

Mehdia, Skhirate, and Rabat

Put on your wetsuit and dive in! At Mehdia, ride generous waves guided by renowned surf schools, and at Skhirate, combine surfing with conviviality in a warm local atmosphere.

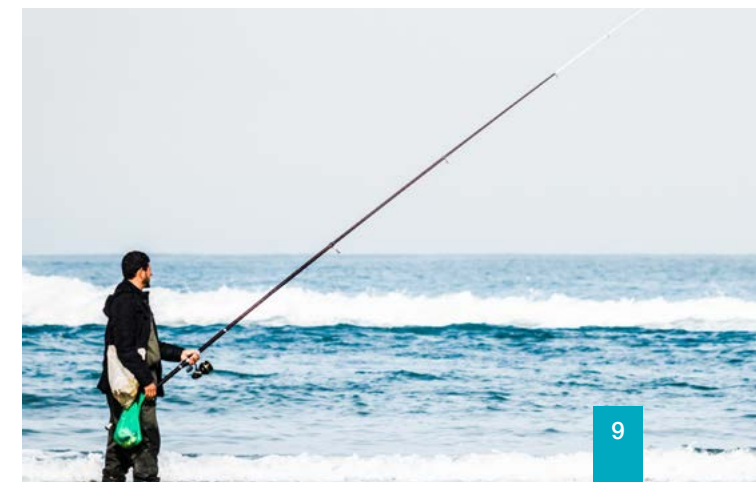


For fishing :

From Skhirate to Mehdia

Grab your rod and join the reefs favoured by locals, from Skhirate to the jetties of Mehdia.

Experience the authentic thrill of line fishing at sunrise or sunset.



Wild Beaches & nature

Explore a preserved coastline away from the crowds

If you dream of an authentic coastline, head to Mehdia.

Its long ribbon of sand bordered by dunes and pines invites you to walk, surf, or simply breathe facing the horizon.

Between waves, nature, and local atmosphere, let yourself be seduced by this place that combines sport and escape.

A little further north, discover Moulay Bousselham, a typical village nestled between sea and lagoon.

Its peaceful beach and calm waters are ideal for children.



Here, the ocean and the lagoon meet to offer a soothing spectacle, ideal for recharging, dreaming, or capturing precious moments.

But the true treasure lies beyond the Merja Zerga lagoon.

Climb aboard a boat and glide over its waters amidst migratory birds. Flamingos, egrets, cormorants... each season offers a new natural spectacle.

Heart Moment

At Mehdia, come at first light. Settle between two dunes, breathe deeply, and let the ocean whisper the beginning of a new day.

Water Sports & Seaside Leisure

The sea in motion, for all ages

Dive, paddle, surf... let yourself be carried by the energy of the Atlantic.

At Mehdia, a true surfing temple, sign up for a lesson or let your children learn safely. The consistent waves delight beginners and enthusiasts alike.

From Skhirate to Salé via Rabat, try a paddle or kayak outing at sunrise. Glide over the calm water, watch the coastline awaken, and experience a timeless moment.

For more adrenaline, join an instructor for a sailing session or try a jet-ski ride or boat excursion.

Some clubs even organise sunset outings or coastal fishing trips not to be missed.

For a gentler experience, treat yourself to a horseback ride on the sand of Harhoura or Oued Ikkem.

Hooves in the foam, eyes on the horizon—an intimate and unforgettable encounter with the ocean.



Heart Moment

*At dawn, let your paddleboard
glide across the calm waters of
Skhirate.*

*Silence, soft light,
infinite horizons...*

Pure freedom.



Flavors of the Ocean

Grilled sea bream, crispy calamari, fresh sole, or seafood platters... the coastline is as much to be savoured as it is to be admired.

Every stop is an invitation to taste the treasures of the Atlantic, from the simplest to the most refined.



At Mehdia or Moulay Bouselham, settle into a small seaside eatery.

Order the catch of the day, served with a tomato salad, warm bread, and mint tea. The setting may be simple, but the experience remains authentic: a taste of Morocco.



At Skhirate or Harhoura, change the scene and treat yourself to a more elegant experience.

Restaurants showcase the freshness of local produce: wood-fired grilled fish, fish tagines with subtle flavours, or seafood platters shared in a convivial atmosphere.



Each address offers a different atmosphere, but all celebrate the same richness: that of the generous and authentic Atlantic.

Don't leave without stopping at the fish market in Salé.

Wander among the colourful stalls, choose your fresh fish, and hand it over to the nearby stands to see it grilled right in front of you. Then sit down among the locals and let yourself be carried away by the friendly atmosphere of a shared meal.

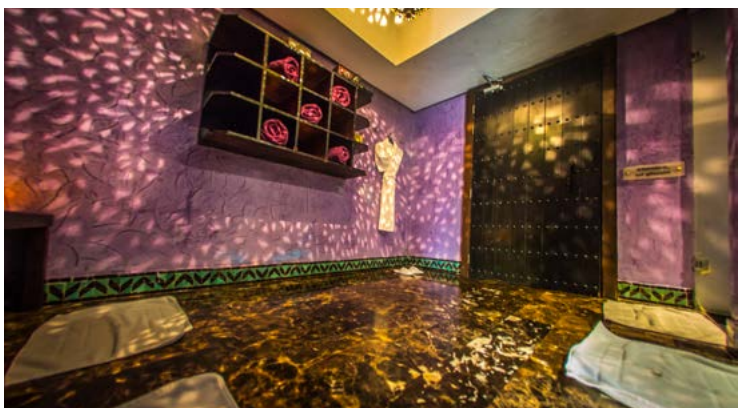
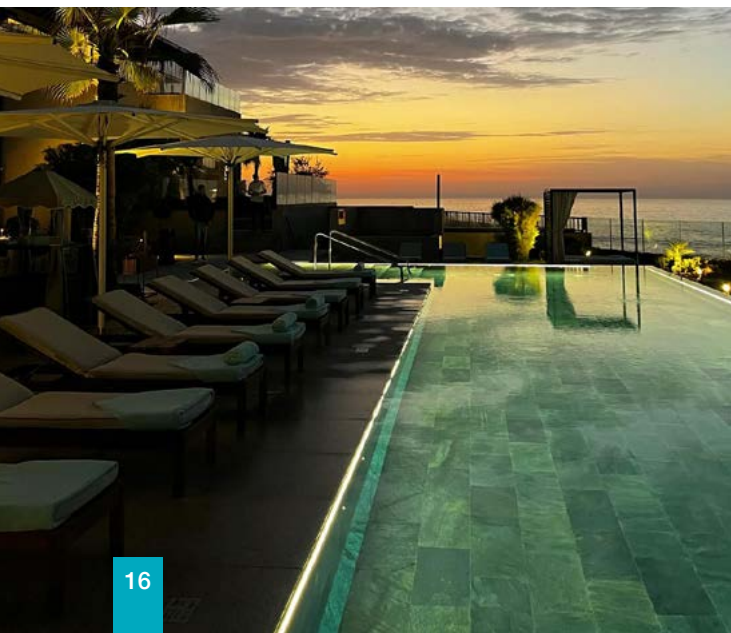
Seaside Stays

Wake up facing the Atlantic

From Moulay Bouselham to Skhirate, the coastline offers accommodation as varied as it is accessible.

Five-star hotels, cosy guesthouses, holiday residences, or family campsites: everyone can choose their style of stay, according to their desires and budget.

Mehdia attracts families with its warm residences and small hotels. Convivial atmosphere, immediate proximity to the beach, and affordable rates make it an ideal destination for a simple and joyful stay.



Luxury hotels welcome you for a premium experience.

Enjoy spacious rooms, elegant spas, sparkling pools, and above all, panoramic views of the Atlantic. The perfect setting for a wellness break or romantic getaway.

For more authentic accommodation, Harhoura and Témara open the doors of their guesthouses.

Personalised welcome, home-cooked meals, and relaxed atmosphere: a wonderful opportunity to taste the local art of living.

And for the more adventurous, seaside campsites offer a unique experience.

Starry nights, outdoor barbecues, and waking to the sound of seagulls: another way to experience the sea, freer and closer to nature.



Heart Moment

Spend a night in a wooden house in Mehdia, just steps from the sea, lulled by the sound of waves.



— Sustainable — Coastline

It's up to you to preserve the ocean

Enjoying the sea also means knowing how to protect it.

All along the coastline, concrete actions are implemented: regular beach cleaning, ecological signage, accessible facilities for all, and safe swimming zones.

At Mehdia, as at Harhoura and Skhirate, the «Blue Flag» label flies proudly. It distinguishes exemplary beaches in terms of cleanliness, environmental education, and sustainable management.

An international recognition reflecting the region's commitment to responsible tourism.



What if you too became an actor in this preservation?

Make the civic gesture! Pick up your rubbish, respect marked areas, and limit the use of plastics.

Also observe the flora and respect the wildlife's environment.

Every action counts.

By adopting these simple habits, you contribute to preserving the beauty of the ocean... while making your experience even more precious.

Good to know :

In summer, join eco-friendly activities such as children's workshops, collective clean-ups, and educational stands to better understand and protect the ocean.

Practical Information

Everything you need to know to plan your stay

Ideal period :

The ideal period runs from April to October, with maximum sunshine between June and September.

For pleasant swimming, favour July and August when the water is warmest.

Safe beaches :

In high season, the main beaches of Rabat, Harhoura, Mehdiya, Skhirate, Nations, and Salé are supervised.

Always follow the instructions and respect the bathing flags.



Easy access :

From Rabat, allow 20 minutes to reach Skhirate, 45 minutes for Mehdiya, and about 1 hour 15 minutes for Moulay Bouselham.

Train and bus connections are also available to the main seaside resorts.



Water sports clubs & activity centers :

At Mehdiya, Skhirate, or Rabat, water sports clubs and specialised centres offer supervised lessons in surfing, sailing, paddle, or kayak. Everything you need to learn safely or improve your skills.



Seaside dining :

From Skhirate to Moulay Bouselham via Mehdiya, Harhoura, and Salé, enjoy fresh fish and local cuisine.

Convivial beach bars or refined restaurants: let your desires guide you.





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