



*Sport Horizons:
Experience your
emotions
at the pace of Rabat, Salé,
Kenitra*



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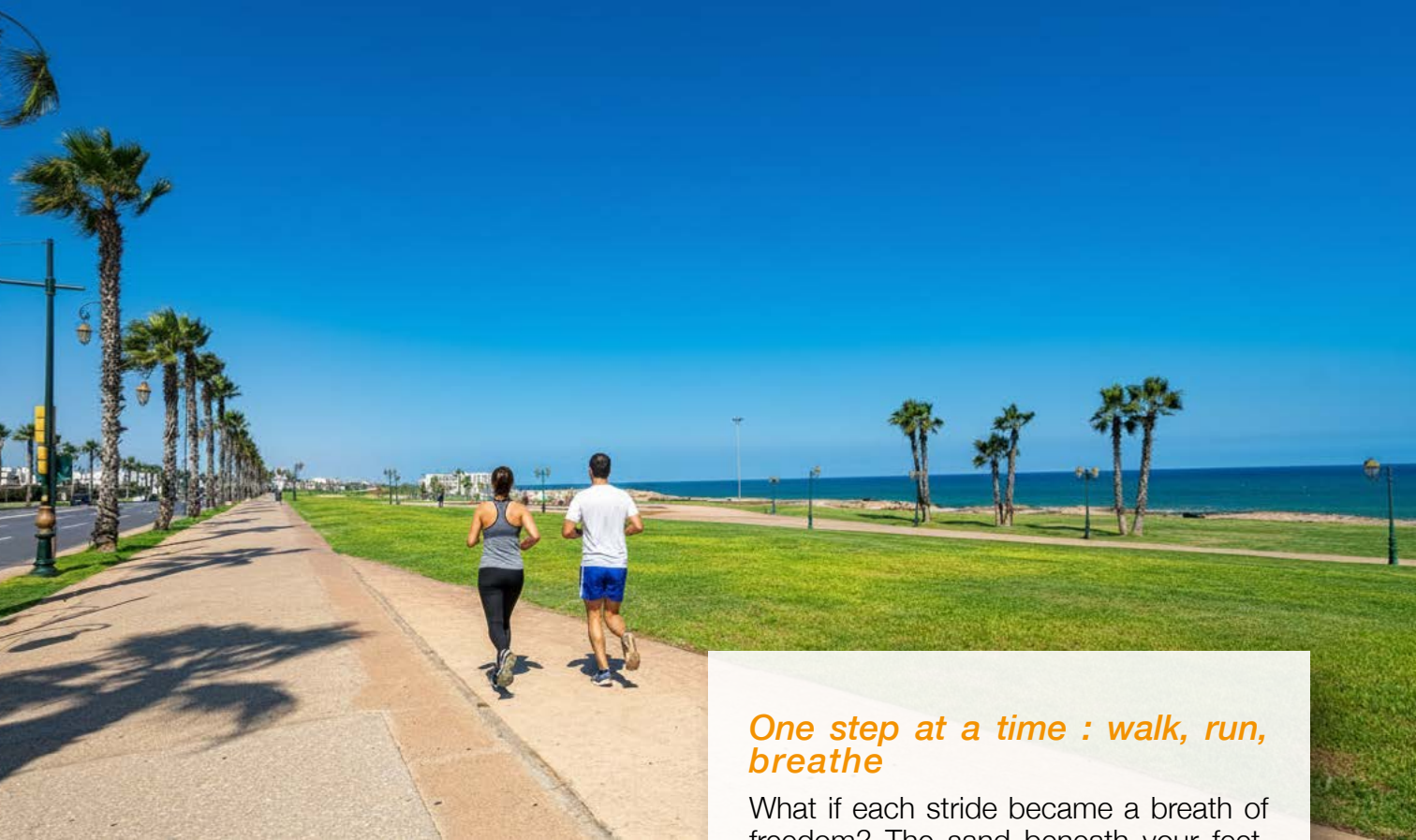


*Every breath aligns
with the beauty of the landscape*

Sport is not just a physical activity, it's a genuine sensory and human adventure. Between the Atlantic dancing in the distance, forests whispering their secrets, clubs vibrant with energy, and stadiums buzzing with excitement, a unique playing field awaits you.

Whether beginners, enthusiasts, or seasoned athletes, everyone finds their rhythm here. Walk, surf, gallop, kick a ball.

Treat yourself to much more than exercise : a way to connect with a rich, vibrant, and deeply inspiring territory.



One step at a time : walk, run, breathe

What if each stride became a breath of freedom? The sand beneath your feet, the shade of forests, the salty ocean air... walking or running takes on a unique dimension here.

Let yourself be guided by trails winding between trees, beaches, and parks. Treat yourself to a leisurely stroll, an energetic jog, or an outing at sunrise.

Throughout the year, marathons, competitions, and charity races bring life to the region. You'll find more than a challenge here : a moment of sharing, self-transcendence, and good spirits.

Move forward, breathe, smile : every step becomes an adventure, every breath a moment of well-being.

Nature & outdoors

Immersive hiking: Mehdia nature loop

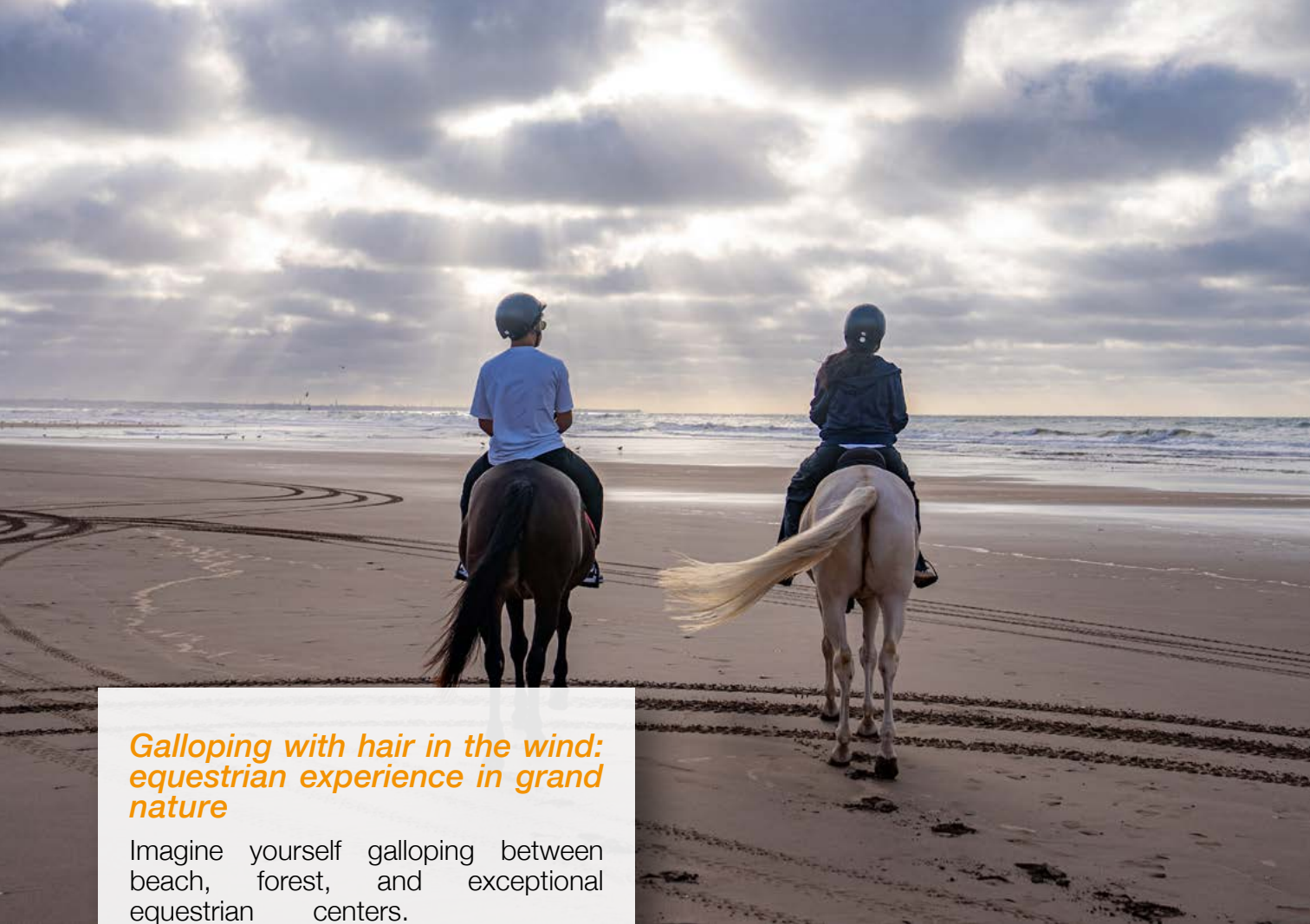
Set out on a 9.6 km loop that blends forest, dunes, and sea air. From Mehdia beach, just minutes from Kénitra, the trail takes you into the heart of Maâmora forest, a vast sanctuary of centuries-old cork oak trees and fragrant undergrowth. Walk in the shade of trees, let yourself be surprised by birdsong, and breathe the fresh air mingling with salty scents from the ocean.

Along the way, the route alternates between open clearings, golden dunes, and shaded passages. You'll have the opportunity to walk along the beach, where the sound of waves accompanies your steps, before reaching the Kasbah of Mehdia, a proud historic sentinel overlooking the estuary. The return is done gently through forest trails, completing a walk as varied as it is enriching.



*Starting point : Mehdia beach
Duration: 1h45 to 2h
Level: Easy to intermediate, accessible to all curious walkers*

Whether you're seeking nature, silence, or a breath of adventure by the ocean, this loop offers you a full-scale immersion. Put on your hiking shoes, open your eyes wide... the spectacle is everywhere.



Galloping with hair in the wind: equestrian experience in grand nature

Imagine yourself galloping between beach, forest, and exceptional equestrian centers.

In the region, horseback riding isn't just a sport: it's a breath of fresh air, an encounter with a territory deeply attached to horse culture.

In Rabat, the Royal Equestrian Sports Complex of Dar Es Salam opens its doors to you. Surrounded by forest, equipped with prestigious facilities, it hosts major international competitions every year, such as the Morocco Royal Tour.

It's also a training center where future champions are born. Want to introduce the youngest? Take the Zaërs road and discover the Rabat Pony Club. In a family atmosphere, courses, group lessons, and nature rides punctuate the seasons.

In Salé, the Royal Equestrian Club of the Lake awaits you on the edges of Maâmora. Rides, lessons for all ages, and learning courses make it a recognized place, appreciated as much for its teaching methods as for its friendliness.

Whether you're an experienced rider or a curious beginner, treat yourself to a unique equestrian experience, between passion, freedom, and wide-open spaces.

Equestrian club addresses in Rabat and Salé:

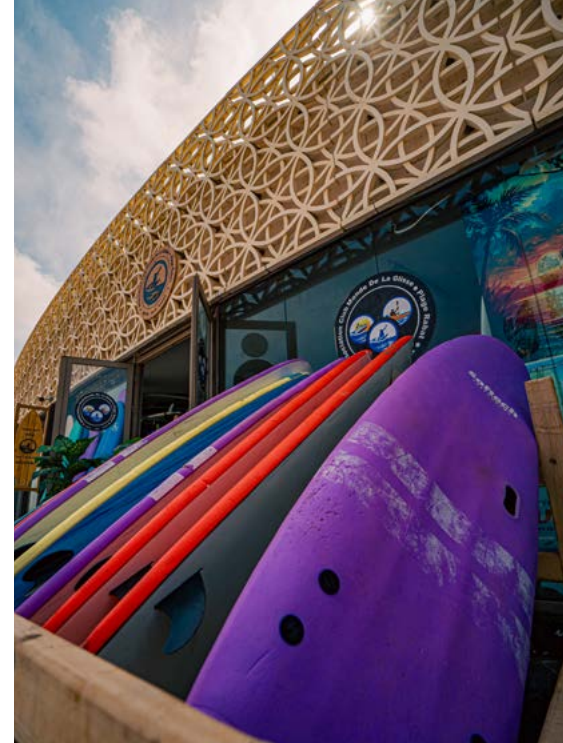
Name	Adress	Phone
Royal Equestrian Sports Complex Dar Es Salam	Avenue Mohamed VI Bp742 Dar Salam, SOUISSI, Rabat	+212 662024648
Dar Essalam Equestrian Club	Boulevard Mohammed VI -ex Imam Malik, Kilomètre 10, Rabat	+212 537666088
Rabat Pony Club	Route des Zaërs, Avenue Mohamed VI, Km13, Rabat	+212 661352053
Royal Equestrian Club of the Lake	Route du Lac Avenue Lalla Meryem, SALA AL JADIDA 1, Salé	+212 661150915
La Perle du Lac	1Km, Autoroute de Rabat, Route Lac du Bar-rage, Derrière Technopolis, Sala Al Jadida, Salé	+212 625344965



« In Rabat, we don't just train riders, but people passionate about living beings »

Coach, Royal Equestrian Club of the Lake

Water Sport



Dive into movement: experience the Atlantic differently

From Mehdia to Skhirate, the coastline opens up an infinite playground. Surf clubs and schools introduce you to water sports, blending passion, adrenaline, and camaraderie.

In Mehdia, near Kénitra, imagine yourself taming regular waves under the watchful eye of passionate instructors. Here, young and old discover surfing and bodyboarding in complete safety, on supervised beaches bathed in sunshine. Further south, Rabat, Salé, and Skhirate welcome you with open arms. Treat yourself to a session of gliding in a local atmosphere where beginners and experienced surfers share the same energy.

Do you prefer gentleness to adrenaline? Let yourself be carried away by a kayak outing, stand-up paddling, or windsurfing. At the mouth of the Sebou River, in the sheltered coves of the coast, paddle at your own pace, savor the silence, contemplate the horizon.

And to vary the pleasures, don't miss Rabat's large swimming pool, fed by seawater. Managed by Rabat Animation, it offers you a unique experience: diving into salt water right in the heart of the city.

Whether you're seeking the intensity of waves or the serenity of a water ride, treat yourself to an aquatic adventure that reflects you. The Atlantic awaits you.



Heart Moment

At sunrise, Mehdia beach gently comes alive under surfers' boards. The first waves are gentle, the light golden - a suspended moment.

Addresses of surf clubs and schools in Rabat :

Name	Adress	Phone
Rabat Surf Club	Plage, Rabat	+212 661654362
Oudaïas Surf Club	N°3, KASBAT OUDAYAÏS, Rabat	+212 537260683
Poney Club de Rabat	Route des Zaërs, Avenue Mohamed VI, Km13, Rabat	+212 661352053
Skhirat Surf School	L'amphitrite plage Zone balnéaire de Skhirat- 12050, Morocco	+212 619169240
Association Nautique Surf- ANSCE	Plage les oudaïas 10000 Rabat, Morocco	+212 670351263

Club Infrastructure

Tennis : Between club spirit and passion for the game

Under a mild and bright climate, the ball resonates almost year-round. The crunch of shoes on clay, the regular echo of exchanges, the concentration before serving... each point becomes a moment to live. Grab your racket. Treat yourself to an outdoor match.

In Rabat, the ONCF, Narjisse, Riad, Wifaq clubs, and the PTT Club open their doors to you. Modern facilities, professional coaching, friendly atmosphere: everything you need to progress at your own pace.



*Book a court.
Join a group class. Progress with a
coach and set yourself a new goal.*



In Kénitra, the Tennis Club - one of the oldest in the country - perpetuates the spirit of clay. Tradition, elegance of gesture, sporting spirit passed down from generation to generation. Come taste this atmosphere. Try a discovery session and rediscover the pleasure of the game.

The territory also attracts players from abroad, seduced by the quality of courts and

club dynamics. The season is punctuated by local and national tournaments bringing together enthusiasts and curious spectators. Don't miss the competitions. Watch from the stands, encourage the players, let yourself be carried away by the match's emotion. Accommodations near clubs facilitate sports stays and training camps. Plan your weekend, stay close to the courts, live tennis from morning to night.

*Choose your club, book your slot, play.
Between pleasure, rigor, and self-transcendence, each exchange becomes
an experience to savor.*

Padel : the sport that brings people together and gets them moving

Imagine the energy of tennis, the speed of squash, and the festive atmosphere of a match with friends. That's padel: a trendy, accessible, and terribly friendly sport.

It's played two against two on modern courts multiplying everywhere in the region. Grab a racket, step onto the court, and discover a game where laughter, complicity, and adrenaline blend with each exchange.

Among friends, with family, or to take on a challenge, padel attracts everyone: curious



novices, demanding enthusiasts, sensation seekers. Easy to learn, it allows you to have fun from the first minutes. Try a match, let yourself be surprised, create your own unforgettable moments. And for the more competitive, numerous tournaments animate the season, adding that touch of challenge that makes the

game even more exciting. Register, feel the energy, compete against others, and taste the pleasure of shared victory.

Whether you're seeking relaxation, fun, or adrenaline, padel is the sports experience to absolutely discover in the Rabat-Salé-Kénitra region.



High-level sport

Golf : a journey between greenery and mastery

Imagine yourself on a fairway bordered by cork oaks, the Atlantic breeze in the background, light playing between clearings. Here, golf is experienced as a beautiful escape, between precision and serenity, technique and elegance.

In Rabat, the Royal Golf Dar Es Salam is a true legend. Designed by Robert Trent Jones Sr, this majestic course extends over several hundred hectares of forest. Each hole reveals a unique natural setting, each swing becomes an immersion. But this exceptional place isn't limited to its setting; it also vibrates to the rhythm of prestigious international competitions.

The Hassan II Trophy annually brings together top-level professional players in a tournament on the PGA Tour Champions calendar. The Lalla Meryem Cup, a major stage of the Ladies European Tour, celebrates excellence in women's golf in an elegant setting.

The Royal Golf also hosts a stage of the Asian Tour, confirming its international reach and openness to new golfing scenes.

These events, which blend intensity, prestige, and history, make Dar Es Salam a nerve center of world golf, animated year-round by passion for the game.

Curious beginners, passionate amateurs, or seasoned golfers, treat yourself to an unforgettable round. Here, mastery of gesture combines with the pure pleasure of evolving in an exceptional setting. Golf becomes a refined break, an experience to live as much as to play.

Six addresses for lifestyle golf :

Want to explore new courses? The region is full of prestigious addresses where every golfer finds happiness. Whether beginner or experienced player, these clubs combine technicality, elegance, and nature. Treat yourself to a sporting break just minutes from major cities.



• The Montgomerie

A course designed by golf legend Colin Montgomerie. Its modern architecture and challenging layout make it a must-play for golfers seeking style and performance.



Near the city

• Bahia Golf Beach :

Between pine forest and ocean, this 18-hole course seduces with its fluid layout and gentle environment. Play to the rhythm of waves and treat yourself to an unforgettable round at sunset, feet almost in the water.

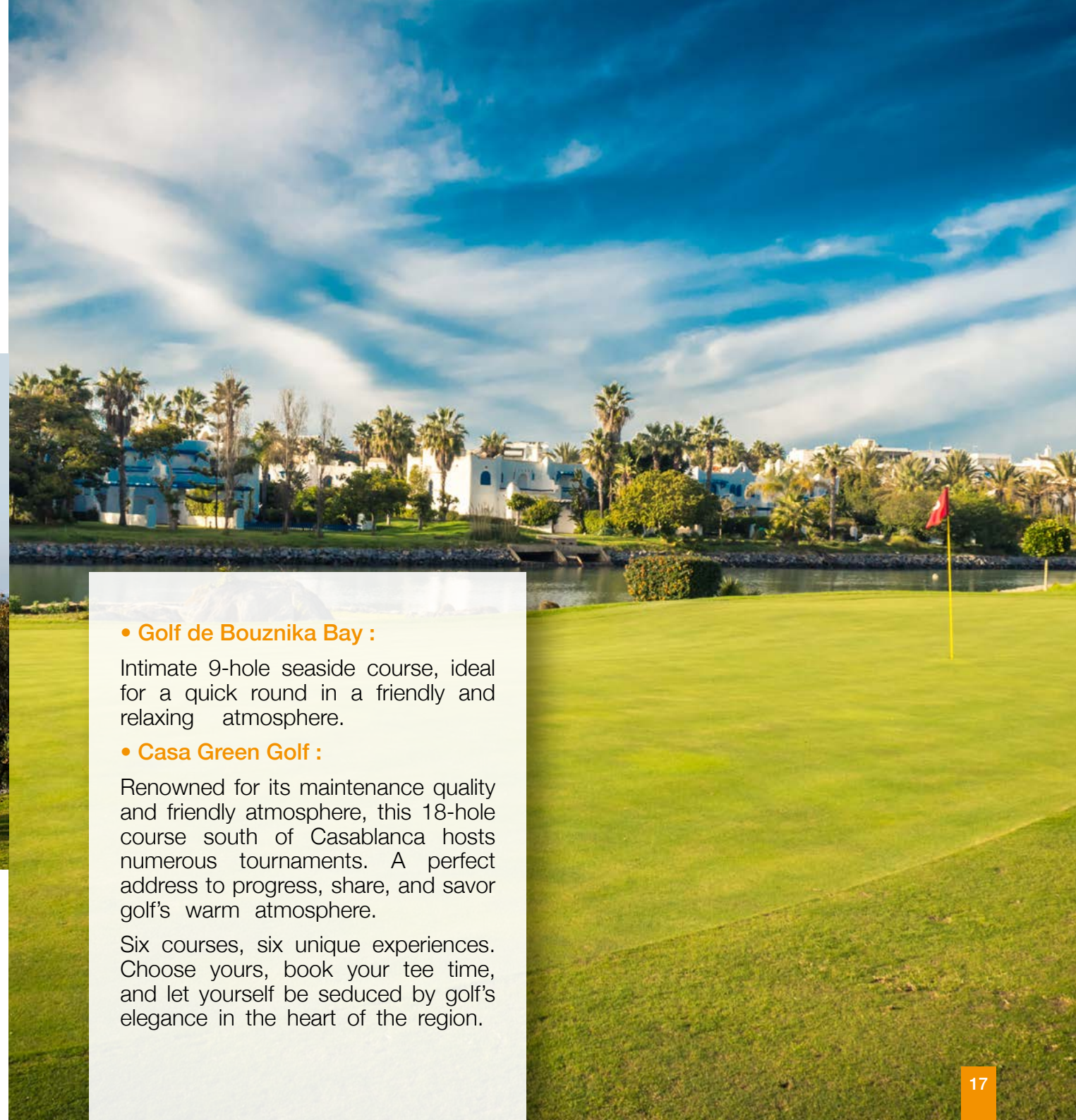
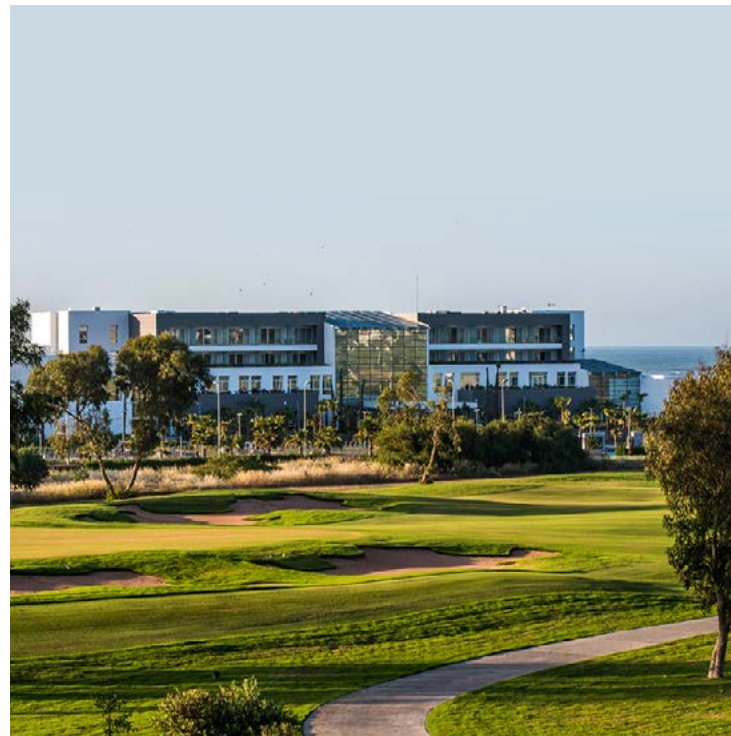


• Palm Golf :

A true landscaped garden where sport blends with art de vivre. After your round, enjoy the panoramic restaurant or perfect your swing at the golf academy. An ideal place to combine passion, relaxation, and friendliness.

• The Tony Jacklin :

On the edges of Bouskoura's verdant hills, this prestigious course combines panorama and excellence. Practice range, putting green, refined clubhouse... everything is designed for a high-standard golf day.



• Golf de Bouznika Bay :

Intimate 9-hole seaside course, ideal for a quick round in a friendly and relaxing atmosphere.

• Casa Green Golf :

Renowned for its maintenance quality and friendly atmosphere, this 18-hole course south of Casablanca hosts numerous tournaments. A perfect address to progress, share, and savor golf's warm atmosphere.

Six courses, six unique experiences. Choose yours, book your tee time, and let yourself be seduced by golf's elegance in the heart of the region.



Football : between local pitches and great arenas

Écoutez le bruit du ballon qui roule, les rires des enfants, les encouragements des voisins... In the region's neighborhoods, local pitches open their doors to you. Stop, watch an improvised match, or better yet: join the game. Feel this simple and joyful energy uniting young and old around a shared passion.

In Rabat's Agdal neighborhood, facing the Arribat Center shopping mall and Marriott Hotel, the newly built Stadium Al Madina

(former Al Barid Stadium), and its neighbor the Ibn Yassine Omnisport Hall located at Place Bourgogne dedicated to Volleyball and Basketball, and in Hay Nahda the new Moulay Hassan Football Stadium (FUS).

Then change atmosphere and treat yourself to the thrill of great arenas. The Prince Moulay Abdellah Sports Complex and Rabat's Olympic Stadium, freshly inaugurated, already invite you to experience your first emotions. Enter these modern stadiums, let yourself be carried away by supporters' chants, applaud each action, and savor a match's intensity under floodlights.

And tomorrow, other venues will open their doors. Come attend their inauguration, enjoy a stay close to complexes thanks to nearby hotels, or book your seats for a friendly match with foreign teams preparing for the season. Imagine yourself among thousands of spectators, the crowd rising, the air vibrating: you're at the heart of Moroccan football.

Treat yourself to a unique evening in Rabat's new stadiums, share a ball on a local pitch, experience a match's intensity, and leave with unforgettable memories. Here, football isn't just a sport: it's a sensory and human experience that the region shares with you.



Local pitches : play, share, feel the energy

Want to experience Morocco in a different way?

Let yourself be swept up in the unique atmosphere of neighborhood soccer fields, where the game pulses to the rhythm of local life. Here, there's no need for bleachers or floodlights: every field becomes a living stage, every match a spontaneous celebration.

In Rabat, from Yacoub El Mansour to Hay Nahda, passing through El Youssoufia and Takaddoum, open mini- stadiums come alive at day's end. Stop for a moment at Al Qods pitch: laughter, rivalry, and fair play blend there, and it takes just a few minutes to feel young players' burning passion.



Polo : elegance in motion

In Rabat, polo is experienced as a unique spectacle where horses' power meets riders' finesse. On the lawn, galloping resonates, the mallet rises, and each action becomes a ballet of elegance and strategy. Attending a match means discovering an exceptional sport combining nobility, speed, and precision in a refined atmosphere.

The capital's emblematic club hosts tournaments and meetings throughout the year that thrill players and spectators alike. One feels the passion of a sport both rooted in tradition and open to modernity, where the atmosphere remains warm despite the discipline's prestige. Sitting pitch-side, one follows frantic races, applauds spectacular moves, and lets oneself be carried away by game intensity.

Cross the Bouregreg and discover Salé: in Hay Salam or Bettana, pitches come alive at sunset. The welcome is warm, even for a curious spectator or passing traveler wishing to try their luck in a friendly game. In Kénitra, Hay El Amal pitch plunges you into a raw atmosphere, between encouragement cries and family spirit. And in Témara, neighborhoods like Hay Wifaq or Val Fleuri vibrate with simple and lively energy, perfect for soaking up local soul.

Whether amateur player, sports enthusiast, or simple traveler seeking authenticity, these pitches welcome you with open arms. Put on your sneakers, join a match, encourage the children, or simply let yourself be caught up in this joyful and spontaneous atmosphere. Here, football is experienced in its purest form: collective, generous, and deeply human.



But polo isn't limited to admiration. It also offers the possibility to get initiated, approach horses, and understand the complicity uniting rider and mount. It's a complete art of living, a rare and precious experience that transforms a simple afternoon into an unforgettable memory.

Treat yourself to this timeless moment: attend a tournament, discover enthusiasts' world, and let Rabat polo seduce you with its elegance in motion.

Heart Moment

During a summer tournament at Rabat Polo Club, hooves resonate on grass. The game is fast, elegant, spectacular. Even as a spectator, the emotion is there.



Ice hockey: a new wave of emotions

In Rabat, ice hockey is gradually establishing itself as a fast-paced, adrenaline-fueled sport. In the crisp atmosphere of the rink, skates screech across the ice, sticks clash, and every play sends the crowd into a frenzy. This is where players of all ages train and compete, in an electric atmosphere where team spirit blends with a passion for the game.

Local competitions are drawing an ever-growing community eager to discover this spectacular sport and cheer on the athletes who give their all on the ice. And the future

looks even more promising: a new, modern stadium dedicated to hockey is in the works. Soon, the region will be able to host international competitions and offer visitors a top-tier spectacle in a state-of-the-art facility. The inauguration took place on Saturday, January 24, 2026. Opening game: The national team vs. the French team.

Come watch a game, let yourself be amazed by the intensity of the play, cheer on the local teams, and feel that unique rush of adrenaline. Ice hockey in Rabat isn't just a sport: it's a vibrant experience, a must-see event for anyone who loves thrills.



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