

# The Cookbook Co. Cooks Culinary Escape

MOROCCO | APRIL 6 – 13, 2025



Chicken Tagine  
with olives

TRAVEL ARRANGEMENTS BY

**WorldwideQuest**  
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1970



Join Gail Norton (The Cookbook Co. Cooks) and Judy Wood (Chef and Caterer) for a week in Morocco, cooking, tasting, and exploring the rich cultural heritage of Marrakech and Essaouira.

Savour slow-cooked tagines, traditional street foods, varieties of couscous, and the whole vibrant complexity of Moroccan cuisines in the ancient city, the countryside, and by the sea.

We'll be rolling up our sleeves at cooking classes, formal and casual, connecting with local chefs and *dadas* (traditional cooks), and delving into spices and street foods. We'll explore Marrakech's timeless souks and Essaouira's breezy coastal charms and marvel at the art and architecture in palaces and bazaars.

We're staying in two lovely traditional riads for a delightful experience of the heart and soul of Morocco.

Join us for a magical week in Morocco!



# Detailed Itinerary

## Sunday, April 6: Meet in Marrakech

Arrive at Marrakesh Airport, where our local representative provides a transfer to our hotel in the city centre. Meet this afternoon for a briefing with Gail, Judy, and our Morocco host then head to Jemma el-Fnaa Marrakech's carnival-like main square. Enjoy dinner at La Sultana, savouring 'Terroir Cuisine', inspired by the restaurant's network of small local producers.

*Overnight: Riad Nashira, Marrakech*

*Meals: Dinner*

## Monday, April 7: Yves St. Laurent, Tangia Workshop

Visit the stylish Majorelle Gardens, designed by Yves Saint Laurent and famed now for its eponymous blue paint colour. Tour the Yves St. Laurent Museum, a stunning contemporary space showcasing a fine collection of the designer's work. Head to the medina to learn to prepare a traditional 'tangia', prepared in a clay pot by the same name. This heavenly lamb stew is flavoured with saffron, garlic, and preserved lemon and is a specialty of Marrakech.

*Overnight: Riad Nashira, Marrakech*

*Meals: Breakfast, Dinner*

Majorelle Gardens



## Tuesday, April 8: Cooking Class, Food Walk

Spend an enjoyable morning at the Culinary Museum's modern cooking school, preparing dishes with *dadas* (the women cooks serve the country's great houses and were as well-known as chefs with Michelin stars). Learn about mixing spices, oven baking, and savoury specialties. Stroll the medina, making stops to sample an assortment of street foods and haggle happily with the medina merchants.

*Overnight: Riad Nashira, Marrakech*

*Meals: Breakfast, Lunch, Dinner*



## Wednesday, April 9: High Atlas Berber Cuisine

Berber cuisine is simple, featuring couscous, grilled meats, and tagine. Today we travel into the High Atlas to visit a Berber community. After a traditional tasting of bread and olive oil, olives, and mint tea, we're guests in a Berber home to prepare tagine for lunch. The Moroccan stew shares its name with the terra-cotta pot it's cooked in, whose conical lid promotes convection and even cooking. A walk in the hills is an opportunity to admire the spectacular scenery following a trail to alpine pastures set beneath the impressive backdrop of the peaks of the mountain ranges.

*Overnight: Riad Nashira, Marrakech*

*Meals: Breakfast, Lunch, Dinner*

## Thursday, April 10: Couscous Workshop, the Mellah

Couscous, as prepared in Morocco, is a far cry from the versions we're familiar with. Traditionally mothers across the country make couscous on Fridays, the holy day. We're guests in a family home today to learn to prepare couscous, steaming the grains over the stew below, and adding aromatic spices. The afternoon is yours to explore the Mellah, the old Jewish quarter of the medina; take a seat at casual café and savour the classic *batbout* (a flat, fluffy, round bread roll) grilled and doused with butter and honey with your afternoon coffee.

*Overnight: Riad Nashira, Marrakech*

*Meals: Breakfast, Lunch, Dinner*

Chicken with Couscous



### Friday, April 11: To the sea at Essaouira

Head west out to the sea, stopping at the Domaine du Val d'Argan established by Frenchman Charles Melia who left his family's estate in Chateauneuf-du-Pape to create this boutique winery. Taste the Rhone-style wine with a North African edge and enjoy a vineyard lunch. Visit an argan oil producer. Used for centuries as a traditional medicine and skincare staple, it's also used in the kitchen to deliver a nutty flavour. Discover Essaouira, a delightful seaside town with wide fortifications and winding alleys and the scent of spices along the wind washed beaches.

*Overnight Riad Mimouna, Essaouira*

*Meals: Breakfast, Lunch*



Essaouira

### Saturday, April 12: Pastry & Spices

Explore the town's walled medina, a UNESCO World Heritage site, and enjoy the narrow streets lined with colourful shops, whitewashed houses, and heavy old wooden doors. Take in a pastry workshop in an atelier located in a former almond warehouse. Enjoy a walking tour of the souks with tips on the spices and local products and sample the fish pastilla, a pastry flavoured with Moroccan olive oil and filled with seafood fresh from the ocean. Celebrate this evening with dinner by the sea.

*Overnight Riad Mimouna, Essaouira*

*Meals: Breakfast, Lunch, Dinner*



### Sunday, April 13: Departure

Our Culinary Escape concludes after breakfast this morning. Transfer to Marrakesh and to Casablanca are available. Please let us know your onward travel plans so we can make your arrangements.

*Meals: Breakfast*

*Note: The itinerary and accommodation described in this tour brochure are subject to change due to logistical arrangements and to take advantage of local events.*



Moroccan Mussel Dish

## Tour Details

**Tour Cost (per person):** C\$7195

**Single Supplement:** C\$1795

*We would be happy to try to match you with a suitable roommate. If we are unable to, the single supplement will apply. This will be collected at 90 days prior to departure.*

### Group Size:

14 – 16 Participants

### What's Included:

- Airport transfers for passengers arriving per the group itinerary
- Transportation by air-conditioned coach
- Accommodation based on double occupancy in hotels as listed or similar
- Meals as noted in the itinerary
- Four cooking workshops
- Food walks
- Services of specialized English-speaking guides
- Entrance fees to all sites visited with the group
- Gratuities for tour director, local guides, drivers, hotel services, and group meals
- Applicable taxes at time of writing

### Not Included:

- Roundtrip airfare from your home to join the tour
- Departure transfer from Essaouira (to be arranged at additional cost based on departure flights)
- Meals other than those mentioned above
- Beverages with meals
- Visa fee (visa not currently required for Canadian passport-holders)
- Fuel surcharges, if applicable
- Excess baggage charges
- Items of a personal nature
- Travel insurance
- Additional arrangements required due to any emergency or other situation
- Any item not mentioned in “tour cost includes” above

### Payment Details:

A non-refundable deposit of C\$750 per person is required to reserve a space on this tour. A second payment of C\$2000 per person is due six months prior to departure. Final payment is due 90 days prior to departure.

# What to Expect



## Joining Instructions

This tour begins with arrival at Marrakesh Airport on April 6, 2025. You will be met on arrival with activities beginning immediately and check in at the hotel in the early afternoon.

The tour concludes after breakfast on April 13, 2025 with a single transfer to the Casablanca Airport.



## Travel Documents

You will require a passport for this trip. Please ensure it is valid for at least six months beyond your scheduled return home. At the time of writing, visas are not required for Canadian citizens. Before booking, please refer to the Canadian government website to obtain travel advice for the destination(s) you are visiting: [www.travel.gc.ca](http://www.travel.gc.ca)



## Weather

We expect warm weather and sunny skies on this trip. Temperatures will reach 25°C during the day with overnight lows at 12°C.



## Level of Activity: Moderate

We will be walking on rough ground and through narrow, busy streets. You should be comfortable walking for up to two hours at a time on uneven terrain. If you have any questions about your ability to take part in this tour, please give us a call.



## COVID-19 Entry and Travel Requirements

All travellers on Worldwide Quest tours are required to be fully vaccinated and prepared to showproof of vaccination as per local regulations. Please refer to these websites for current requirements:

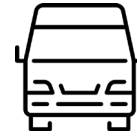
Morocco: <https://www.visitmorocco.com/en/travel-info/covid-19-travel-safely-to-morocco>

Canada: <https://travel.gc.ca/travel-covid>



## #SafeTravels

Worldwide Quest has been awarded the World Travel and Tourism Council's #SafeTravels Stamp for adopting health and hygiene global standardized protocols. [Learn more.](#)



## Transportation

We will be exploring on foot within Marrakesh and travelling by private coach outside the city.



## Accommodation

The Riad Nashira is a small, traditional 'riad' in the heart of the medina of Marrakesh, beautifully restored and decorated. Enjoy the indoor and outdoor pools, the fine restaurants, and the traditional hammam services.

**Riad Mimouna** in Essaouria is a traditional hotel close to the ocean with panoramic views over the town and the sea.

## Additional Info

### Extend your Stay

If you are interested in exploring more of this region, we would be happy to design a personalized extension for you either before or after this tour. Please let us suggest some options, based on your time available, budget and interests.

### Terms and Conditions

For additional information about our terms and conditions, please refer to your booking form, the current brochure or our website. All participants booking with Worldwide Quest are covered by the terms of the Ontario Travel Industry Act (Worldwide Quest International, Ontario - License # 2667946). See full details [here](#).

### Cancellation Policy

All payments are non-refundable, however you may transfer your initial deposit for any land tour to another tour 90 days or more prior to your scheduled departure date. Initial deposits for cruises are non-refundable and non-transferable. Your second payment and your final payment are non-refundable and non-transferable. If you cancel within 90 days prior to trip departure, all associated trip costs are non-refundable. In the event of a cancellation, you must notify Worldwide Quest immediately and in writing. See full details [here](#).

### Travel Insurance

We urge you to ensure that you have adequate cancellation and medical insurance in place, should an unexpected event cause you to cancel or interrupt your trip or should the tour not be operable per our terms and conditions. We will offer you Manulife insurance coverage. Medical insurance including emergency medical evacuation coverage is mandatory on all our tours.



## How to Book

Please contact the Worldwide Quest office for more information and to secure your booking.

1-800-387-1483 | 416-633-5666  
[travel@worldwidequest.com](mailto:travel@worldwidequest.com)

**WorldwideQuest**

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