# Intrepid Urban Adventures - A Taste of Marrakech: Inside the Medina Tour

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| **Location:** Marrakech, Morocco  **Category:** Food & Drink  **Currency:** EUR  **Language:** English  **TimeZone:** Africa/Algiers  **Duration:** 210.0 minutes | **Magpie Product Code:** TCUARW  **Company Website:** urbanadventures.com/en  **Primary Contact:** Intrepid Urban Adventures  **Email:** info@urbanadventures.com |

**Highlights:**

- Get a local to show you the hidden local food shops in Marrakech

- Overuse the phrase ‘om nom nom’ as you sample Moroccan delicacies in the souks

- Become a spice guru after a visit to a local spice market

- Explore the legendary Djemaa El-Fna as it comes alive at night

- Savour a traditional Moroccan dinner in the middle of a World Heritage listed square

**Description Summary:**

Want to get to know Moroccan food better? Like a local? Then look no further! This Marrakech food tour will get you up close and personal with the food scene in this exciting city. Wander through the souks, sampling olives, dried fruits, nuts, pastries, and other Moroccan specialities. Visit a local spice market and hear how spices are used in Moroccan dishes, see the mouth-watering variety of food on offer in the iconic Djemaa El-Fna, and dig in to a traditional dinner amongst the spectacular sights of this world heritage square. Can it get any better?

**Description:**

Ready for a real food experience in Marrakech? Let’s eat! We kick off this Marrakech medina tour and food experience at the beautiful and legendary Djemaa El-Fna square, home to almost a millennium of trading, bargaining, eating, and mingling. You’ll feel the history, tradition, and culture instantly, and after an initial briefing, we’ll wander off into the small streets branching off from the square. Along the way, we’ll stop at hidden local shops that most tourists won’t find, to taste a few of the numerous different versions of olives, and snack on nuts and other typical Moroccan treats, before heading off towards the poultry/beef market to see how the locals shop and bargain. Sampling all kinds of food in Marrakech is a fascinating insight into the local life and traditions, and with all the different kinds of places your guide will take you, you’ll see many different sides to the part it has to play in Marrakech culture. From there, we’ll head to one of the most popular sections – the spice section! Moroccan cuisine is known for its vibrant spices, and here you’ll learn how the spices are used in traditional cuisine, how Marrakech became such a popular spot for spice trading, and get inspired to recreate Moroccan culinary masterpieces when you get home. The spice market will totally enchant you with its exotic smells and bold colours from the likes of cumin, saffron, ginger, pepper, turmeric…we could go on, but you’d best just travel to Marrakech and see for yourself! We continue our Moroccan food odyssey through the souks, where we’ll discover the many traditional breads, learn how nomadic communities preserved meat for periods of scarcity and wars, perhaps try a cow hoof or sheep’s head, and stop by to try some Ghoulal. We’ll end up in the square where, after seeing all the fresh ingredients of the souks and markets, we’ll enjoy a traditional Moroccan dinner amid the bustling World Heritage listed Djemaa El-Fna at its peak. Surrounded by people, snakes and their charmers, monkeys and their mischief, the atmosphere is hard to beat. We’re pretty sure this will be an experience that’ll stick with you for a very long time. Note: All through Djemaa El-Fna there are fake guides who will try to convince you to do a tour with them. Please make sure you find the official guide, who will be holding an Urban Adventures sign or badge and will be waiting for you in front of the café.

**Inclusions:**

Local English speaking guide

3 Typical tastings in the market

Authentic local dinner.

**Exclusions:**

Additional food above and beyond that listed above

Tip / gratuities for your guide

**Health:**

Travelers 18+ must show proof of COVID-19 vaccination. Children 6-17 must present a negative COVID-19 test (PCR or lateral flow) conducted a maximum of 72 hours prior, proof of recovery dated up to 9 months, or proof of vaccination. For further information, please review COVID-19 Health & Safety at https://www.urbanadventures.com/en/about-us/covid-19-customer-info

**Health items:**

Social distancing enforced throughout experience, Guides required to regularly wash hands, Contactless payments for gratuities and add-ons, COVID-19 vaccination required for guides, Proof of COVID-19 vaccination required for travelers

**Booking Cut-off:**
24
minutes
before start time

### Locations:

**Pickup:**
none

**Starts Notes:**
Outside Café France in Djemaa El-Fna. As you walk into Djemaa El-Fna through the main entrance this is a 3-storey café on the right side of the square. Look for the guide holding an Urban Adventures sign or badge.

**Instant Confirmation:**
Yes

**Trip difficulty:**
Easy

### Cancellation

**Cancellation Policy:**
standard

**Cancellation Cut-off:**
24
hours

**Cancellation Notes:**
Up to 24 hours before the beginning of the activity: full refund
Less than 24 hours before the beginning of the activity or no-show: no refund

### Pricing



### Other Information

**Redemption**
Your voucher will be collected or scanned on redemption