



ACTIVITIES AT LE JARDIN DES DOUARS & IN THE ESSAOUIRA REGION

Activities



Dear guests,

We are delighted to welcome you to Le Jardin Des Douars and want you to make the most of your stay. We have listed for you the best activities to do during your time here at the hotel, as well as outside, to appreciate the diversity that Essaouira and its region has to offer.

Walks and beaches



We encourage you to scan the attached QR codes to find our customised interactive maps on Google Maps with all our favourite addresses and service providers!

CLUB DES DOUARS

The Club des Douars offers an exceptional setting designed for both sports and wellness, nestled in a pristine natural environment, with a warm and welcoming atmosphere.

o Play Padel

You can reach the Club des Douars from the hotel by walking through our vegetable garden behind the quiet pool bar. Our Club offers 4 padel courts as well as a bar with a friendly, shaded terrace where you can enjoy a refreshing cocktail after your game.

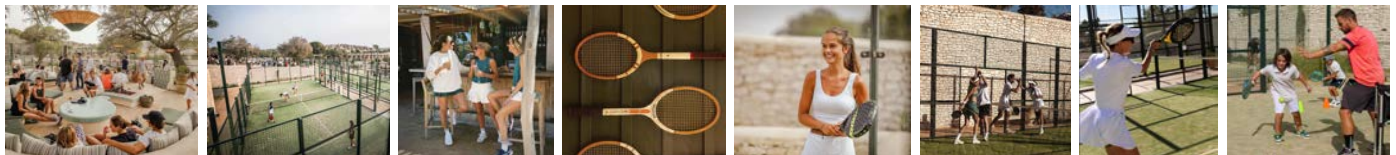
Book your court or a private lesson now at the hotel reception or directly at the Club des Douars! Feel free to ask us to add you to a WhatsApp group to help you find playing partners!

Rates for residents of Le Jardin des Douars:

- Court hire (loan of rackets and balls) : 400 MAD / 1,5h
- Lesson with our coach 1 to 4 pers : 600 MAD / hour

Payment on your hotel bill

Payment on your hotel bill



o Wellness Classes

Wellness at the Club is a space dedicated to movement and well-being, nestled in the heart of our vegetable garden.

Each week, the schedule features a variety of yoga, Pilates, Body Training, Breathwork & Meditation classes. A full range of group classes throughout the week, with morning sessions to start your day off right, or evening sessions to wind down.

The Club also organizes private sessions upon request, based on your availability and that of our coaches.

Find the complete schedule and prices at the front desk.

Wellness Classes programme for Late Summer & Fall 2026 :

Monday 9.00 am - Soft Pilates by Pascale (60 mins – 200dh)
5.00 pm - Hatha Yoga by Emilie (75 mins – 250dh)

Tuesday 10.00 am - Inner Awakening by Léa (75 mins – 250dh)
5.00 pm - Yin Yoga by Marie-France (75 mins – 250dh)

Wed. 9.30 am - Flow Vinyasa Yoga by Marion (75 mins – 250dh)
5.00 pm - Body Balance with Pascale (75 mins – 250dh)

Thursday 10.00 am – Vinyasa Yoga by Marie-France (75 mins– 250dh)
5.00 pm - Tabata Training by Edouard (60 mins – 200dh)

Friday 10.00 am - Yoga Morning Flow by Emilie (75 mins – 250dh)
12.30 - Athlétic Pilates by Julie (75 mins – 250dh)
5.00 pm - Stretching & Mobility by Pascale (60 mins – 200dh)

Saturday 9.00 am - KickBoxing Cardio by Abdel (60 mins – 200dh)
10.30 am - Yoga Core and Series by Marion (75 mins – 250dh)

Sunday 10.00 am - Vinyasa Slow Tempo by Emilie (75 mins – 250dh)
5.00 pm - Pilates & Yin Yoga by Julie (75 mins – 250dh)

Sign up in advance at the front desk

Payment on your hotel bill



ACTIVITIES AT THE HOTEL

◦ *Spa treatments*

Treat yourself to a moment of pure bliss in our spa. The massage techniques and body treatments performed around the hammam are an essential part of Moroccan culture, and therefore of Le Jardin des Douars! Let yourself be pampered by our experienced therapists and choose between an argan pulp scrub under the dome of the large hammam, a duo or solo massage, a beauty treatment... it's up to you to choose according to your inspiration! You'll find the treatment menu in your room. The Spa is open every day from 10am to 8pm (last treatment from 7pm). Reservations can be made directly at the Spa. The Spa also has a boutique displaying a lovely selection and a range of our best beauty products.

Rates :

- Prices vary according to the chosen treatments

Payment on your hotel bill



◦ *Board Games*

We have several board games at your disposal at reception, do not hesitate to see which ones are available and borrow them!

◦ *Tea under the argan tree of our vegetable garden with Ahmed*

A chance to share and learn as you discover the vegetable garden's plants, the changing seasons and traditional know-how. A culinary treat awaits you: tea made with freshly picked herbs and fine pastries, served in the spirit of Moroccan hospitality. This experience is available in French only for a maximum of 8 people, every Sunday at 11.30am: meet Ahmed at reception.

Register at reception – places are limited!

Offered activity



◦ *Mixology with Zouitny*

Come and enjoy a mixology experience at the terrace bar with Zouitny, our bar manager. Learn how to make a plant-based syrup using fresh herbs from our vegetable garden; Zouitny will be delighted to share the secrets of the best cocktails with you. You'll then create your own signature cocktail or mocktail before sipping it on the terrace!

Using fresh, seasonal herbs harvested from our vegetable garden, Zouitny, our bar manager, will teach you how to make your own herbal syrup and share with you all the secrets behind the best cocktails.

Workshops are available every day at 4.30 pm (except Saturdays) upon prior request – please book 24 hours in advance at reception

Rate :

- 250dh /pers

Payment on your hotel bill



OUTSIDE ACTIVITIES WITH RECOMMENDED PARTNERS

Welcome to Essaouira! With its ramparts battered by the Atlantic waves, its white façades with blue shutters, its carved doors and its charming souks, Essaouira will not let you down, most visitors fall in love with this Moroccan seaside town! It would be a real shame to come to Essaouira without seeing the magnificent dunes that fall voluptuously into the ocean! The Essaouira region is a great playground, with nature everywhere, the choice is yours! All the activities listed below can be booked at reception. Some activities can be paid directly to our partners, others can be added to your hotel bill.

◦ Guided tour of the Medina (Essaouira old town)

Our local guide will take you on a tour of the heart of Mogador, introducing you to its history and sharing its secrets.

Rates :

- From 150 MAD to 200 MAD/pers

Payment in cash to our partner



◦ Horse or Camel Rides

Another way to discover the beaches and high dunes in our surroundings. You'll set off from the village of Diabat (15 minutes' drive from le Jardin des Douars). Our partner's horses are Arab Barb horses, perfectly adapted to the terrain and suitable for experienced riders. You prefer a local mount? Then the dromedary is for you, and suitable for all the family!

Rates :

	1 hour	2 hours	3 hours
Horse ride	250 MAD	400 MAD	500 MAD
Horse ride SUNSET	300 MAD	500 MAD	600 MAD
Camel ride	200 MAD	300 MAD	450 MAD
Camel ride SUNSET	250 MAD	450 MAD	X

Payment in cash to our partner



◦ Moroccan Cooking classes

in a former almond warehouse, L'Atelier welcomes you in small groups (8 pers max) to discover the secrets of Moroccan gastronomy and introduce you to the delights of one of the best cuisines in the world. In a friendly, relaxed atmosphere, the half-day workshops will teach you how to prepare traditional tajines, couscous, pastillas or gazelle horns

Rates :

- Savoury food workshop (From Monday to Saturday, 10.30 am to 02.30 pm) : 600 MAD (meal included)
- Sweet food/dessert workshop (03.00 pm to 05.00 pm): 300 MAD (snack included)

Payment to our partner



◦ 100% electric retro Moped tour

Our partner, Lou's Rides (@lousrides), offers exciting adventures deep into Moroccan culture with exclusive routes combining breathtaking views, fascinating visits, and warm encounters. All of this, effortlessly, on easy-to-handle, 100% electric mopeds that are accessible to everyone aged 8 to 88, no license required!

- **Express Discovery** : Experience the history of Essaouira in a unique and fun way.
Duration 1h15 – 420 MAD/pers if 1 pers/bike – 315 MAD/pers if 2 pers/bike – Starting point : Old Medina
- **Twilight by the Sea** : Explore the southern coast of Essaouira at low tide and learn the history of Essaouira.
Duration 2h – 590 MAD/pers if 1 pers/bike – 470 MAD/pers if 2 pers/bike - Starting point : Old Medina

○ Kitesurf / Windsurf / Surf / Wingfoil

IN ESSAOUIRA :

Would you like to sail in Essaouira Bay? Internationally renowned, Essaouira Bay offers an exceptional playground protected by its Islands. Thanks to the winds that bathe our city, you can enjoy kitesurfing, windsurfing, foiling and surfing. We offer you a quality partner: the ION Club (Océan Vagabond) welcomes you all year round, for surf/kitesurf/windsurf/wing foil lessons or hire, for beginners or experienced surfers.

Rates :

- Varies according to the club and package chosen
- For reasons of insurance and weather, bookings are made directly between the customer and the club.

Payment in cash to our partner

Good deal : Ion Club is offering a 10% discount to all Jardin des Douars guests!



IN SIDI KAOUKI :

The Sidi Kaouki spot is one of the most beautiful in the region, with its wide beach break offering a renowned surf spot: come and surf the Kaouki waves in winter or tame the powerful winds in spring and summer with wind surfing and kitesurfing!

The surf club run by Boujma Guilloul, our local athlete (several times world windsurfing champion) is waiting for you at "Bouj X Sports" in Sidi Kaouki! The club has top-quality equipment, both for hire and for lessons at all levels (surfing/kitesurfing/windsurfing/wingfoil).

Rates :

- Varies according to the club and package chosen
- For reasons of insurance and weather, bookings are made directly between the customer and the club.

Payment in cash to our partner

Good deal : Bouj X Sports is offering a 10% discount to all Jardin des Douars guests!



○ 'AquaBaby' Swimming and Self-Rescue Lessons

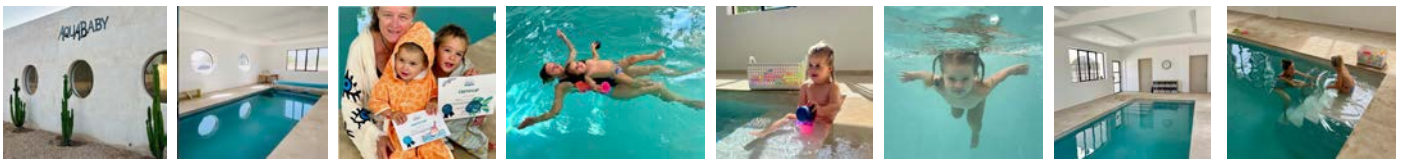
Juliette, a qualified survival swimming instructor, offers private lessons in her indoor, heated swimming pool (32°), located in Ghazoua. From a very young age, she helps children discover and become comfortable in the water. The aim is to gradually help them become independent, learn to float and swim freely. Generally by the age of 4, children should be able to swim freely in the water without armbands in just a few sessions. From the age of 6, swimming lessons are also available for children who wish to learn or improve their various swimming techniques.

Contact Juliette via WhatsApp (+212610 07 92 27) to book sessions for your children.

Rates :

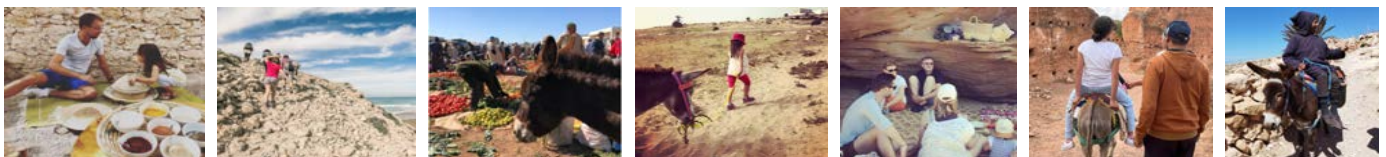
- Half-hour private session : 350 MAD
- 5-session package: 1600 MAD

Payment in cash to our partner
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○ Ecotourism walking tours

Our partner Berberlands-Écotourisme offers a wide range of walking tours, including a tea break or lunch in local homes where possible. Their passionate team will help you discover the natural beauty of Essaouira and its rural world, full of charm and gentleness. We advise you to book in advance.



Half-day hikes (2 pax minimum) :

ARGAN FOREST: Walk appreciated by people who want to take a leisurely ramble. Discover a forest of argan trees before visiting an argan oil cooperative and the ruins of a 16th century sugar mill. During the walk, tea will be served in a Berber house. On request, children can ride on a donkey for part of the route.

Rate : 700 MAD/2 pers + 300 MAD per extra pers.

THE WATERFALLS OF SIDI M'BARK: Walk on a deserted and wild beach, crossing a dune environment to arrive at the waterfalls of Sidi M'Bark where nature provides a breath-taking view. By late morning, a local family will welcome you for tea in the purest tradition of Moroccan hospitality

Rate : 700 MAD/2 pers + 300 MAD per extra pers.

THE OASIS The oasis is situated around a spring which brings water to the whole region. You will cross fields and gardens on your way to the Mausoleum of Sidi Bourahmoune. You'll enjoy a superb overview of the oasis. The walk ends with a visit to a basket maker, they will serve you a traditional tea here.

Rate : 700 MAD/2 pers + 300 MAD per extra pers.

WEDNESDAY BERBER MARKET: Typical market in the Berber village of Ida Ougourd. You will discover how life is organized in the countryside, with a special mention for the donkeys parking! To round off the morning, enjoy a cup of tea while watching the busy scenery. The tour ends with a visit to an argan oil production cooperative.

Rate : 700 MAD/2 pers + 300 MAD per extra pers.

SUNDAY MARKET & FOOD TASTING in HAD DRAA: The largest rural market in the Essaouira region takes place every Sunday in Had Draa, (30 km from Essaouira). The market gives an authentic insight into everyday life in the Moroccan countryside. We'll sample a variety of local food.

Rate : 900 MAD/2 pers + 400 MAD per extra pers.

Full-day hikes :

- **GRAND PAYSAGE (OCEAN & WATERFALLS):** This is an active walk, with plenty of opportunities to meet new people and admire the wonderful scenery. Walk through a forest of argan trees to reach the ocean, passing the waterfalls of Sidi M'Bark and crossing terraced gardens. At lunchtime, stop off at a local's house for a tajine.
Rate : 1100 MAD/ 2 pers + 400 MAD per extra pers.
- **BERBER COOKING CLASS & SHOPPING AT THE SOUK:** We will visit a country market (souk) brimming with freshly harvested vegetables. Classes are held in the heart of a farm. Berber women will teach us how to cook typical dishes over an open fire in a traditional kitchen. Possible on the days of the souk in this region : Thursday and Wednesday.
Rate : 1700 MAD/ 2 pers + 600 MAD per extra pers.
- **DROMA-WALK:** The start of the ride is on the back of a camel and leaving from the wild beach north of Essaouira, discussions with the camel breeder about this typical Moroccan animal. Picnic in the acacia forest, and return on foot to Essaouira via easy trails, observation of the fauna and flora
- *Rate : 1300 MAD/ 2 pers + 500 MAD per extra pers.*

Payment in cash to our partner

* Free for children under 3 years old but they must be notified in order to have a place on transport.

* Cancellations less than 24 hours before the ride will be charged.

* Additional price for a donkey carrying children: possible for "Argan Forest" and "Waterfalls" : 150 MAD/donkey.



CREATIVE ACTIVITIES

o *Berber Basket Bar with Pascale*

A great creative activity to do with Pascale, in her workshop (on the way to Safi). You choose your basket, the colour, the sweet word, the straps and you'll leave with a creation that's as unique as it is original ! The workshop lasts 2 hours, booking essential. Possibility of workshop at the Jardin des Douars for groups of 3 and more.

Rates for workshops at Pascale's place :

- 350 MAD/adult (excluding transport)
- 290 MAD/ child enfant (between 8 and 11 years old)

Payment in cash to our partner

Prices for workshops at the Jardin des Douars (minimum 3 people):

- 430 MAD per adult
- 330 MAD per child (aged 8–11)

Payment to be added to your hotel bill



o *Poterie Atelier by Lo*

Discover the art of pottery with Laurence: shaping, enamelling, raku, painting on ceramics, throwing... There are several possible courses in a very pleasant workshop nestling near Carré Nomade on the way to Marrakech. 2-hours workshop, from age 6, booking essential.

Rates :

- from 290 MAD / adult (excluding transport)
- from 200 MAD/enfant (starting from 6 years old)

Payment in cash to our partner



DICCOVERY OF THE SURROUNDINGS BY YOURSELF

"Don't be shy and try one of this excursions by yourself, Morocco and specially our region is safe, and local people are always happy to help you to find your way ! With a rental car it is the best to explore our area !

o *Berber Market at ' Ida Ougourd*

On Wednesday mornings, the inhabitants of the surrounding countryside gather at the Ida Ougourd souk to buy and sell their weekly produce. The atmosphere is guaranteed to immerse you in Berber culture! Good to be there around 10.00 am.

o *Walk to Sidi M'bark waterfalls, with picnic chic from the hotel*

We'll tell you how to get to the Sidi M'bark waterfalls and we'll even prepare the JDD picnic for you! Allow 45 minutes 'drive and 30 minutes' walk. On the program: walking/dunes/swimming and rural life.

Rates :

- Picnic: 160MAD /adult, 105 MAD/child of 12 years and under (drinks not included).

Payment on your hotel bill

We hope this non-exhaustive list will help you make the most of your stay. Please do not hesitate to contact our team if you have any questions or would like to make a reservation.

Enjoy your stay at Le Jardin des Douars in Essaouira !