



Adventurebug Worldwide Ltd

Bespoke adventure travel & events since 2000

REAT Tourism License AT/MA/00022 Company Registration B93050763
Apto. Correos 1031, 29680 Estepona, Malaga, SPAIN TEL (34) 635 817 819

SPAIN / MOROCCO

A Bridge Between Continents

10 Night Hiking & Cultural Discovery Tour



Adventurebug is pleased to present this unique hiking tour that combines 2 countries and 2 continents in the same journey - Bridging Europe with Africa!

Tour highlights include Southern Spain's Andalusian region and further explorations across the Straits of Gibraltar to the Kingdom of Morocco. It includes a wide range of attractive hikes; comfortable hotels; tasty authentic dishes; superb wines; short transfers in air-conditioned vehicles and a high level of personal attention by your guiding team.

Tour with us through **Southern Spain's** finest countryside as we visit historic city monuments, National Parks, charming pueblos and stunning coastal and beachside locations. From Bandit hide-aways to Pirate coves and the impressive inland rural areas such as Ronda and the *Grazalema* UNESCO Bio Reserve – we introduce you to the finest features of the south. First time to Spain? This is very much a local guide's choice tour... The daily pace is balanced with inspiring hikes through beautiful countryside. We utilize our private coach for visits as well as daily hikes with your guide in towns, some countryside areas and of course the coastline.

The **Moroccan** portion allows us to explore North Africa's stunning nature and urban landscapes alike – offering glimpses of rural life and how the Berber tribes' people go about their daily lives – where little has changed for half a century. *Chefchouen* village, considered one of Morocco's most sought after destinations is just divine. Our comfortable lodgings next to the old quarter (medina), guarantee comfort and relaxation. Our daily hikes are diverse and beautiful and the interactions with local people make this tour authentic in so many ways.



You will feel safe and welcome travelling in Morocco. It's a diverse and open society with engaging people who have been hosting visitors from all nationalities, for over a century.



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ITINERARY

DAY 1 - Arrival to Malaga, Andalusia, Spain

Bienvenido to Malaga, the home of Pablo Picasso and a rich Moorish influence that is displayed in wonderful street life and architecture. Today you are free to acclimate and self explore Malaga's city center and beach areas before meeting the rest of the group. No transfers provided from the airport but many options available as the journey is only 15 minutes by car. Group welcome dinner this evening with your guiding team. 1 night in Malaga's Historic Quarter. Hotel Don Curro 3 stars <http://www.hoteldoncurro.com/>
Welcome dinner included.



DAY 2 - Malaga to Estepona



This morning we have a guided walking visit of Malaga's historic quarter that includes Picasso's birthplace, the Roman Amphitheatre, Cathedral and insights to the *Malagense* lifestyle and it's rich Moorish history. Afternoon transfer to Estepona (1 hr 20 min). Estepona is considered the green lung of the Spanish southern coast. The streets are adorned with colorful potted plants and enormous building art that leaves one awe inspired. Time permitting we'll walk around the Estepona to view it's wonderful street building art – including a visit to the Orchidarium (Orchid House): <http://www.orchidariumestepona.com/> 3

nights - Beachside hotel H10 Estepona Palace Spa (4 stars) *Breakfast and Dinner included.*
www.h10hotels.com/es/hoteles-costa-del-sol/h10-estepona-palace

DAY 3 - Hiking Casares Pueblo (traditional white village)

Today we'll hike a pretty hilltop village of Malaga's interior where little has changed since the middle ages. Our private coach will escort us through charming countryside witnessing the landscape of Moorish roots from centuries ago – including glimpses of Roman ruins from the period of Julius Caesar. Hiking today will be 5-6 miles in total spread over rural countryside, cork forests and some village explorations. Same hotel in Estepona. *Breakfast and picnic lunch included.*





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DAY 4 - Ronda & Grazalema National Park

Today we hike the wonderful mountain region of Ronda and with its famous bridges and charming architecture in a beautiful natural setting in the UNESCO biosphere of Grazalema. Our hike will capture what inspired both Hemingway and Orson Wells – the dramatic natural scenery of Ronda's gorge and the wonderful nature surrounding it – including vineyards, olive groves and ranches. Same hotel in Estepona. *Breakfast and picnic lunch included.*

DAY 5 - Tarifa - The Costa del Luz (The coast of light)

Today we transfer to Tarifa (1 hr 20 min), the most southerly tip of continental Europe where we'll visit the Roman ruins of Bolonia and enjoy a coastal hike to the dunes of Punta Paloma where the Mediterranean meets the Atlantic - only miles across from Africa's imposing Rif Mountains. Night in Tarifa's historic quarter – Hostal Alameda
<http://www.hostalalameda.com/en/> *Breakfast, Picnic Lunch and Dinner included.*



DAY 6 - Morocco - Tangier and Cape Spartel

This morning we take a 45 minute ferry to Africa – walking through Tangier's colourful medina followed by a scenic bus journey to Cape Spartel – Africa's most north westerly point. Following this we travel approximately 3 hours to finish our journey in Chefchouen – our home for the next 4 nights. Hotel Casa Hassan
<http://www.casahassan.com/en/> Chefchouen
Breakfast, Lunch & Dinner included.



DAY 7 - Chefchouen, Morocco Medina Tour & Hiking

This morning we visit the bustling markets & community of Chefchouen. Our local guide introduces us to 'Chouen' and we have time to hike around the medina and up to the Spanish Mosque and surrounding countryside where families still grind wheat by hand and dry figs and tomatoes on the roofs of their simple homes. This afternoon you may try out a local Haman (Turkish Bath) or enjoy shopping in the lively 'souks' or markets. Same Hotel. *Breakfast & Lunch included.*



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DAY 8 - Chefchouen, Morocco – Talessemtane National Park Visit

This morning we travel to Akchour and Talessemtane National Park (45 min) for a glimpse of the remote Rif Berber villages and stunning natural scenery. We may even spot Barbary Apes and birds of prey in pristine natural surroundings. The region is famous for hiking and the access to the swimming ponds and waterfalls of the canyon are part of our hiking program today (5 miles). Night in same hotel. *Breakfast & Lunch included.*



DAY 9 - Hiking the Merchkala Village

Today our hike brings us to the wonderful Rif Mountains less explored by tourists – offering an opportunity to visit some non-profit foundation projects and volunteer work done in this part of North Africa. We'll have a chance to meet some of the community and children while at the same time, hike along some unexplored countryside tracks away from the tourist areas. Night in same hotel Chefchouen. *Breakfast, Lunch & Dinner inc.*

DAY 10 - Benalmadena (Malaga) (Final Night)



This morning after breakfast we return to the port of Tangier for our return boat journey to Spain and then to Benalmadena (1 hr 30 min drive), for a final night on the coast near Malaga airport. Our late afternoon arrival may allow last minute souvenir hunting and perhaps a Flamenco performance

(pending availability) and a farewell dinner whilst sipping 'Malaga Dulce', the classic aperitif of our region! Night in 4 star seaside hotel (15 min transfer time to airport). Hotel Melia Costa Del Sol:

<https://www.melia.com/es/hoteles/espana/torremolinos/melia-costa-del-sol/index.html> .

Breakfast, Travel Lunch & Farewell Dinner included today.

DAY 11 - Departure

Depart Malaga for home or onward travel in the region. From the hotel there are a number of efficient transport services to connect the 15 minutes to Malaga International Airport (AGP) and the highspeed AVE Train station of Malaga that connects to all major hubs in Spain (and Europe for that matter). Transfers are not included this day but Adventurebug can assist you with all your booking arrangements. *Breakfast included.*



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ABOUT YOUR TOUR, WE INCLUDE:

Lodgings – We provide 10 tour nights' in high quality hotels located in specially selected regions. Rooms are based on double sharing with single supplements available. All hotels have WIFI connections and some have swimming pool and are beachside.

Meals – Meals are generally taken within your hotel (and sometimes in the villages). Dinners (6 included) normally include a choice of starters, main courses and a dessert. Wine or beer (in Spain) and mineral water are always provided. Please note, for Morocco we must bring our own wine or buy it locally. On occasions we provide your lunch (sometimes a packed lunch for carrying on the trail and/or ferry). Breakfasts are traditionally buffet style with a variety of options.

Transport – During the tour days, we have a private mini bus for our use. In Morocco, we'll also have an air conditioned mini bus for all transfers. We will also be crossing the Straits of Gibraltar on a 45 minute high speed ferry that is modern, safe and comfortable. The ferry has cafe services and bathrooms. One may also stand in the outdoor area of the ferry to watch for whales and dolphins during the crossings! *Please note, airport transfers are not included.*

Guiding Services & Entrance Fees – Your regional guide is Matt Butler, the director of Adventurebug Tours. He has vast experience leading trips worldwide and in particular Spain (where he resides with his family), and Morocco. In 2008, Matt co-founded a charity called RIFCOM (www.rifcom.org). He will be sharing some of his Rifcom experiences with you on the Morocco portion of this tour. All entrances for museums and historic sites on this itinerary are included.

Personal Money

Outside of the meals not included in your tour price, you may wish to have some Euros for other purposes. This could include visits to taverns for tapas and beverages or extra drinks during/after dinner, local souvenirs, and the options on the rest day and any sites you may visit.

Exchanging money between your currency and the Euro and Moroccan Dirham is easy. Some options are:

- *To buy or bring Euros from your bank at home*
- *Use your bankcard here in Spanish or Moroccan bank machines (good rates of exchange and low fees – pending your bank card arrangements from home)*
- *Buy Euros from banks and moneychangers in Spain or Morocco*
- *Pay with your credit card (used everywhere in Spain but limited in Morocco)*
(Important note – traveller's cheques are practically obsolete in Spain or Morocco)

TELEPHONE AND INTERNET SERVICES IN SPAIN AND MOROCCO

Credit Cards may be used for International calls or a Spanish Phone Card can be purchased for a certain value. Additionally, you can access an International Operator by dialling 025 from any phone. INTERNET wifi is available in all of our hotels - including cafes throughout the region. Please note, hotel wifi connection always in the common areas but not always guaranteed in rooms.



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INSURANCE

Please ensure, as a condition of travelling with Adventurebug that you have taken out personal travel insurance which covers you for accident, injury, evacuation and general health insurance for both Spain and Morocco travel. Adventure bug is a licensed operator of Adventure Travel and thereby has necessary permits and Third Party Public Liability cover but we do not cover personal accident, health and travel insurance for our participants.

TIPPING

Tipping for meals and transport services (buses, etc) is included. Tips for local guides and any porter services (except on/off ferry if required), not associated with the tour are not included.

CONTACT NUMBERS:

Adventurebug Worldwide is your specialist operator for this tour. Contact numbers are as follows:

Adventurebug 24 contact (mobile / cell)	+34 635 817 819
Adventurebug Office contact	+34 952 894 308
Adventurebug Office EMAIL	info@adventurebug.com
European Emergency Number (All languages)	112 (similar to 911 in North America)

POPULAR PHRASES IN SPANISH...

Hello	Hola or Buenas...	My name is	Me llamo (name)
How are you?	Como esta? Que tel?	Help	Ayuda me
Good morning	Buenas dias	Telephone	Movil or Telefono
Good afternoon	Buenas tardes	Water	Agua
Please	Por favor	Wine / Beer	Vino / Cerveza
Thank you	Gracias	I am from...	Soy de (country)
What's the price?	Cuanto or Cuanto cuesta?	Are you married?!	Estas Casado/a?

ADDITIONAL INFORMATION ABOUT MOROCCAN TRAVEL

Morocco has few annoyances or serious health problems. Society is non-violent and the Arab Spring of 2011 was little more than public demonstration in a few large cities. The King of Morocco has had his recent constitutional change accepted by the people via a national referendum – June 2011. Harassment to buy items in the market place is minimal these days – especially with guides present.

Like everywhere, common sense with money, personal handbags, cell phones, cameras, etc. is advised. For up to date **health information** about North Morocco, consult the WHO website and / or speak to a medical specialist that deals with travel to this region. Malaria nor any serious tropical diseases are not a problem in this region. No other specialist vaccines are required for our journeys in Northern Morocco but it's always good to check in with your local health services.

- *Visas are not required for US, Canadian, Commonwealth, British or European nationals. It is normal to receive a 3 month tourist visa upon entry with a passport containing a minimum of 6 months validity.*



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- *Transport on this tour will be in the form of a private mini bus. Our driving pace is careful so that we can enjoy the views and not feel anxious on the roads.*
- *Refrain from drinking local water and use bottled water as it is widely sold. They cost about 75 cents to 1 dollar max per 1.5 litre bottle.*
- *Restaurant prepared food in our experience is tasty, clean and well cooked. Delhi belly is never a problem if precautions are taken.*
- *Please respect dress code of locals - shorts / t-shirts (for ladies) are fine in the mountains and on beaches but not usually around mosques or holy centers / town centers and urban market places.*
- *You can feel safe walking the streets day or night in Morocco – particularly in the town of Chefchouen. They are accustomed to many foreign visitors and in fact, many live and own property in the village itself.*
- *Our hotel is very clean, modern and designed for international cliental. It is a gated property and has a pool, garden areas and tastefully decorated rooms and social areas.*