

# GET GLOBAL EXPEDITIONS (GGE<sub>x</sub>)

## Moroccan Mosaic Cuisine & Culture Tour

**\*\*Featuring Celebrity Chef & Culinary Diplomat, Amy Riolo\*\***

**12 Days/11 Nights: October 24 - November 4, 2017**

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*Each time I go to a place I have not seen before, I hope it will be as different as possible from the places I already know*

-- the late author and long-time Tangier resident, Paul Bowles

### Day 1

October 24, 2017

### US Departure

Depart Washington Dulles airport to Casablanca, Morocco on non-stop overnight Royal Air Maroc flight

### Day 2

October 25, 2017

### Rabat

The metropolis of Casablanca, Morocco's largest city and home to the largest port in Africa, is our portal to Morocco. However, after our early morning arrival, we'll summon Paul Bowles' wanderlust and immediately be transferred to the less hectic, more refined, and more jet-lag-friendly capital city of Rabat about 1.5 hours away up the Atlantic coast. Rabat is one of the rare capital cities to be awarded UNESCO World Heritage Designation.

We'll re-charge with a casual lunch along the way, meet our official local guide, and enjoy a tour of Rabat's sites, including: Le Tour Hassan, an impressive minaret began by the Almohad Sultan Yacoub al-Mansour in 1195...its 44 meters and intricate design overlooking the remains of an ancient mosque and the Oued (river) Bou Regreg; the ornate Mausoleum of Mohammed V which is the resting place of both King Mohammed V (the king during Morocco's independence from France and Spain in 1956-58) and King

Hassan II, the grandfather and father of the current king, King Mohammed VI, respectively; and—time and group energy permitting,—a beautiful stroll through the placid, crumbling ruins of the walled Roman settlement of Sala Colonia (aka Chellah), one of the last remaining outposts of the Empire, converted into a medieval necropolis under the 14th century Merenid dynasty...Morocco's deep layers and length of history are vivid in this atmospheric setting.

The lovely Villa Mandarine will be our lodging for our sole night in Rabat. A small, boutique hotel--converted from a private residence--just 15 minutes from Rabat's "medina" (old city) by car--features a spectacular, lush garden (bedecked with bougainvillea, 700 orange trees, and fragrant jasmine), heated pool, spa, gourmet restaurant, cozy salons, and spacious, light-filled en suite rooms. We'll enjoy a welcome dinner here at its fine restaurant which could mark your first tagine of many to come. Beforehand, Chef Amy Riolo will introduce us to Morocco's rich culinary history, its uniqueness, and how indigenous concepts of design, worship, and aesthetics influenced the Moroccan table.

Days 3, 4, & 5

October 26-28, 2017

Fes

After your breakfast on the terrace overlooking Villa Mandarine's garden, we depart for the fantasy that is Fes. Ahhh, Fes. The spiritual heart and soul of Morocco and one of the most medieval of all Arab and Islamic cities, Fes was a source of intellectual and cultural splendor for centuries. After settling in at a restored Dar (a traditional home with a central court) in its extraordinary "medina", we'll get acquainted with its serpentine alleyways and sensory deluge. From the Dar's terrace overlooking the hive of the buzzing "medina", experience the dusk call-to-prayer, with flocks of swifts in flight, and realize you're in a very different and special place. The walled city will be redolent with rhythms, fragrances, patterns, and intensity--a sensory spectacle--like no other.

During our stay here, our Moroccan cuisine discovery will deepen with a hands-on, private cooking course in the Dar's splendid courtyard led by Chef Amy Riolo and local Moroccan cooks who will share their secrets, techniques, and even bargaining savvy as

you might accompany them to the different “souqs” (markets) of the “medina” to procure the freshest ingredients for preparation.

The cooking class will focus on a traditional Fassi dish, perhaps “Sekshou Sbea’ khdari” (couscous with seven vegetables, the traditional family meal served on Fridays, a holy day) or the Fes-famous “Tagine djaj m’kalli” (chicken with preserved lemons and olives), or maybe you’ll tackle the luxurious “warqa” (similar to phyllo) flaky pastry pie, “B’szilla” --with either chicken or seafood the featured stuffing. Savory on the inside, sweet on the outside, “B’szilla” is a traditional dish of celebration. Traditional Moroccan salads and perhaps some “harira” soup (Morocco’s signature bowl of tomatoes, lentils, chickpeas, and pasta) might be a prelude. Traditional Moroccan salads (e.g. “zaalouk”—a cooked aubergine and tomato salad—or possibly grilled red peppers with tomato and cumin) and pastries will bookend the fun, ambient, and informative experience.

In addition to your culinary instruction and to provide some cultural color to your epicurean tour, a local expert on Islam will have the pleasure of meeting you at your Dar offering an informal introduction to one of the three great monotheistic faiths. Learn about Islam’s history in Morocco, the religion’s five pillars, contemporary issues, and its unique practice in Morocco--most notably the custom of venerating marabouts, or saints. Also learn of Morocco’s unique Sufi (mystical Islam) tradition which stands in stark contrast to more orthodox Islam practiced elsewhere, such as in Saudi Arabia, the faith’s birthplace. Even over tea, any perception of a monolithic Islam will likely change.... and herein lies the magic of travel.

Then, transport yourself back to the late 8th century, and toss your inner compass as you take a guided tour of Fes’ “medina”, a UNESCO World Heritage site without equal. Heed Paul Bowles’ advice to “lose oneself in the crowd--to be pulled along by it--not knowing where to and for how long...to see the beauty where it is least likely to appear.” You will witness firsthand the challenges in balancing sustainable tourism, cultural preservation, and available resources. Immerse yourself in the “Souq el Attarin” (spice market), “Souq en Nejjarin” (carpentry), “Souq el Henna” (henna, traditional/herbal medicines), and the oft-photographed and highly pungent honeycombed tanneries. Admire the artisanship of the 14th century Medersa Bou Inania (a Qur’anic school) with its exquisite “zellij” tilework, woodcarving, and “tadelakt” plasterwork. Let the maze embrace you, tantalizing you with the fragrances of orange blossoms, cinnamon, and

cumin...reverberate with the metalworkers hammering copper trays as donkey bray and children play in shadowed alleyways. And, equipped with some key Moroccan Arabic bartering phrases Alex Safos has supplied, spy that fabled hand-woven rug, those “babouche” pointed leather slippers, or stylish tasseled “djellaba” (the ubiquitous long, flowing hooded garment worn by Moroccans) and prepare for a pleasant, long, tea-soaked bargaining session that will be a lasting memory.

Days 6 & 7

October 29-30, 2017

Chefchaouen

After a leisurely breakfast, allowing for that one final amble in the medina’s whirlpool, we head north into The Rif Mountains where the pretty, precious powder blue town of Chefchaouen is nestled. Not only will you note the change in terrain during the 4 or so hour drive, but you’ll notice a change in dress—and if you have an ear for language—you’ll discern a different tongue than what was prevalent in Fes. More Spanish, less French. And the Arabic that was prevalent in Fes is now complemented by an Amazigh (“Berber” is the derogatory and less desired term) dialect—The Rif is a traditional, rugged stronghold of these indigenous North African “Free Men,” or Imazighen, who pre-dated Islam’s arrival in the 7th century. Although converts to Islam, the Imazighen possess their own language and culture and form part of the fascinating Moroccan mosaic. Their heritage, along with others, was formerly recognized in Morocco’s new 2011 Constitution. The text is remarkable—especially given the regional context and the post-“Arab Spring” tragedy, sectarianism, and conflict afflicting many other Arab nations:

“ A sovereign Muslim State committed to its national unity and territorial integrity, the Kingdom of Morocco shall seek to preserve its diverse, indivisible national identity. Its unity, which is build on the convergence of its Arab-Islamic, Amazigh and Saharan-Hassani components, is nurtured and enriched by African, Andalusian, Hebraic and Mediterranean constituents.”

Chefchaouen (translates to “Two Horns” as a nod to the split mountains that form its scenic stage) was once home to many Spanish Jews who lived alongside Muslims in the 15th century, and their legacy is manifest in the medina’s many blue shades meant to

mirror the sky and remind them of God. Its walkability, mellowness, and gorgeousness will be yours to explore unabated as there will be ample independent time here. We will have one dinner together while in Chefchaouen along with a culinary workshop facilitated by Chef Riolo— Morocco's panoply of spices, their cooking applications, and health benefits will be revealed in addition to its excellent but little-promoted olive oils with tastings from several regional products.

Our fetching "riad" has a spa in which you may wish to indulge (a traditional hammam treatment will descale you pure like a fish filet), shopping is markedly less intimidating than in Fes, the natural setting is conducive to a refreshing walk to Ras el Ma ("head of the water") to observe Riffian women doing laundry, and the tranquillity is conducive to protracted coffees in the square...and that tranquillity just might be stoked by the "kif" (marijuana) you are likely to smell at some point—this region is home to Morocco's largest kif cultivation and Morocco is purported to be the largest exporter of marijuana and hashish (cannabis resin) in the world; it is technically illegal yet corruption (and revenue) sustain it as efforts to encourage crop substitution have been eclipsed by Europe's overwhelming demand. Herein is your social studies snapshot amidst "Chaouen's" intoxicating appeal.

Days 8-10

October 31 - November 2, 2017

Tangier

After breakfast, we again head north, this time down the mountain and towards the evocative coastal port city of Tangier about 2.5 hours away. You arrive and you sense many secrets here, some tawdry and outlandish, others romantic and inspirational. Europe in the form of Spain beckons, visibly, just a few clicks north (sadly, farther than it seems to the many refugees who perish in their desperate attempt to cross). Given its location, Tangier has always been a crossroads—a depot—for ideas, religions, conflicts, goods, services, contraband, travelers, immigrants, expatriates, artists, wayward seekers, libertines, hippies, authors, spies, con artists, and refugees from the Sahel, sub-Saharan, and as far away as Asia. It's a bracing, wonderful mix rich in history, myth, and optimism. You'll understand why Paul Bowles called this home for many years.

Tangier has shed its scruffy 20th century image and, thanks to tremendous investment by the King and outside investors, is a reborn, modern port city with new resorts signaling its rejuvenated priority as a tourist destination. With your intimate hideaway lodging in the peaceful, medieval Kasbah —the fortified, highest point of the medina—the view from its terrace is a knockout, over The Atlantic and to the continent that still, despite its increasingly unwelcome tenor, holds so much allure to so many beside you. While here, stretch your legs for a good bit of exhilarating up-and-down traversing of the Kasbah and medina with a guided tour. Visit the historic Tangier American Legation, the first American public property held outside the US (since 1821) and symbolic of the Treaty of Friendship of 1786 between American and Morocco—the longest such continuous treaty still in existence. Tour the Legation museum’s historic artifacts and admire its exemplary Moroccan architecture and design—including ornate lattice woodwork (mashrabiya), tadelakt, and zellij—and take in the Paul Bowles’ wing which houses books, photographs and other memorabilia of Tangier’s most famous expatriate writer and composer. We’ll also have the privilege of enjoying a guest lecture here on either “The Beat Generation in Tangier” or “US-Moroccan Relations” led by a local scholar—further illuminating the colorful canvas you’ve experienced over the last week.

Then continue on through the medina and Kasbah, taking in its plethora of historic sites, Islamic points of interest (e.g. the tomb of legendary explorer, Ibn Battuta), the celebrated cafes of the Petit Socco (Little Square) such as Cafe Central and Cafe Tingis, the many souqs and stores (“Come inside! Welcome!”), and conclude with a pilgrimage to the iconic Cafe Hafa, for a lazy mint tea on a weathered terrace overlooking the Straits. You may be sitting in the very spot once occupied by Paul Bowles, William Burroughs, Tennessee Williams, Mick Jagger, or George Harrison. As they say in Moroccan Arabic, “zween” (“wonderful”)....

Our cooking class in Tangier, led by Amy Riolo and a local pastry chef, will focus on Morocco’s rich tradition of baking with influences from multiple cultures. Rustic breads—vigorously kneaded by you—may accent a variety of pastries to test your sweet skills. Heavenly “cornes de gazelle” (gazelle horns)—crescent-shaped epiphanies stuffed with almond paste, cinnamon, and ethereal orange blossom water; “chebakya”—a Ramadan breakfast specialty but available year-round, its fried-honey-rose water-gooeyness will buckle your knees; and “m’hancha”—a coiled “warqa” pastry stuffed with fruits such as apples, almonds, dates, and raisins drizzled with honey and rose- or orange-blossom water—are all delectable possibilities for our final cooking class on this tour.

A dinner at the inimitable “El Morocco Club” just a stroll away from your riad will complete our Tangerine time. Twin to the New York Jazz Club and the place to be for the US elite since 1931, El Morocco Club of Tangier is the legendary restaurant joining together luxury, cozy atmosphere, and gastronomy. Created by two expatriates who fell hard for Tangier’s charms (a recurrent theme, you’ve by now found), El Morocco Club offers an ambient restaurant, piano bar, and terrace with an undeniable “bygone colonial period” vibe and memorable (yes, “clubby”) decor. Among the offerings: roasted lamb with saffron-flavored barley couscous, carrots, and dates; sardines stuffed with “chermoula” (an outstanding Moroccan marinade for fish consisting of cilantro, cumin, parsley, paprika, garlic, lemon, and olive oil); and creamy risotto with squid, fresh peas, and cilantro. Finish with crème brûlée and walk around the corner, back to your riad, and up to the starlit terrace in contentment.

## Day 11

November 3, 2017

## Casablanca

Our last full day in Morocco points us back south, along the coast to Casablanca, a sprawling metropolis and home to the Hassan II Mosque, the largest in Africa. It’s approximately a four hour journey to this Bogart and Bergman mythologized city wrapping commercialism and cosmopolitanism around a prevailing core of history and tradition. European, African, Islamic, and Arab, “Casa” is a revealing microcosm of the complex and often conflicting forces shaping modern-day Morocco. Its frenetic tableaux will be on candid display from your minibus window.

After checking into our 5\* hotel for a brief re-fresh, we’ll relish a farewell dinner at a Casablanca institution: Al Mounia Restaurant. Under an old pepper tree, in its so endearingly worn courtyard, you will enjoy—if it is your choosing—the most sublime tagine of chicken, olives, and almonds. Chef Riolo will unequivocally attest to this chicken’s prepared perfection.

If all has gone right, you will be in a reluctant, bittersweet mood as you pack souvenirs, spices, and choice moments to share with family and friends back home. Maybe you were beginning to decipher Morocco with its many shades and meanings. But what is the

rush? You'll return. With The Sahara and oases and towering kasbahs summoning you to the south, glamorous-electric Marrakech demanding your attention, and the gaping High Atlas Mountains delivering otherworldly topography, you must. And then there's that special, genuine warmth of the people here that will keep you aglow. Leave with this Moroccan proverb in mind: "Little by little, the camel goes into the couscous."

## Day 12

November 4, 2017

## Return to US

Depart early p.m. on a Royal Air Maroc non-stop flight from CMN to IAD

### Tour Details

Tariff: \$4,995 per person (double or single occupancy) inclusive of:

- Culinary Leadership Services of Chef Amy Riolo
- Tour and Cultural Leadership Services of Alex Safos, Get Global Expeditions
- Round-trip, non-stop airfare from Washington Dulles to Casablanca on Royal Air Maroc (\*tickets are non-refundable and non-changeable)
- Transfers from/to Casablanca Mohammed V International Airport
- Lodging, including taxes, in Rabat, Fes, Chefchaouen, Tangier, and Casablanca
- Daily Breakfast in Rabat, Fes, Chefchaouen, Tangier, and Casablanca
- Private ground transportation throughout, including driver tip
- Official guided tours in Rabat, Fes and Tangier, including site admissions/guide tips
- 2 private cooking classes—1 in Fes, 1 in Tangier
- A spice workshop and olive oil tasting
- Other Select Meals: (a) Rabat: Welcome Dinner and 1 lunch; (b) Fes: 2 lunches (one en route), 1 "Roman Feast" dinner; (c) Chefchaouen: 1 lunch en route, 1 dinner; (d) Tangier: 1 lunch, 1 dinner; and (e) Casablanca: 1 lunch en route, Farewell Dinner
- "Tea with a Local Expert in Fes": Lecture/Discussion on Islam & Sufism
- "Tea with a Local Expert in Tangier": Lecture/Discussion on the Beat Generation, US-Moroccan Relations or TBD topic





## Payment

A non-refundable deposit of \$500 per person is due by April 21, 2017

Balance of payment, \$4,495 per person is due by June 1, 2017

\*Only checks—payable to “Alex Safos, Get Global Expeditions”—are accepted; mail to:

Alex Safos  
Get Global Expeditions  
2321 Nordok Pl  
Alexandria, VA 22306

## Terms & Conditions

Cancellation Policy: Tour cancellations must be made in writing and are effective from date of postmark or email time-stamp. Cancellations made after June 1, 2017 are subject to full forfeiture of the tour price unless the tour is fully subscribed and your space is resold (in which case a \$250 handling fee will apply). Leaving the tour in progress, for any reason whatsoever, will not result in a refund, and no refunds will be made for any unused portions of the tour.

Get Global Expeditions reserves the right to cancel any tour due to insufficient enrollment that makes the tour economically unfeasible to operate or because of good-faith concerns with respect to the safety, health, or well-being of the participants.

This tour is limited to 12 participants.

Travel Insurance/Trip Cancellation/Overseas Medical Insurance/Emergency Evacuation coverage is **highly recommended**.

Meals, snacks, beverages, services, and activities not noted in the itinerary above are at the discretion and cost of the traveler.

Alcoholic beverages are not included.

Fares for taxis, buses, or other transportation for independent excursions are not included.

Tips to bellhops and hotel/villa/*dar/riad* staff for luggage assistance or other personal services are not included.

Accommodations in Rabat, Fes, Chefchaouen, and Tangier will be in *villas, dars* or *riads*-- painstakingly restored homes, usually around a traditional courtyard, that have been transformed into boutique, character-filled lodgings. By their nature, each room may vary in size, design, and decor--unlike rooms at your 5\* Casablanca hotel. Know that your room will be comfortable, en suite, and reflective of Morocco's famous artisanal skill but it will likely differ in size and style from your fellow travelers. We've chosen such lodgings in these four cities to maximize a culturally intimate, comfortable, authentic, and unique experience.

## Mutual Waiver and Indemnity Agreement

Get Global Expeditions (GGEx) offers its participants the opportunity to experience international travel/ culinary and cultural tours. Certain potential risks to personal health and safety are associated with international travel and residence in a foreign country. You should not participate in a such a tour unless you are willing to accept the associated risks.

**Get Global Expeditions cannot guarantee the health and safety of participants in a travel abroad program or eliminate all risks from travel abroad environments.**

By submitting your reservation form for this program, you are agreeing to the following:

I understand that there are certain risks associated with international travel and residence in a foreign country and that Get Global Expeditions, including its director and tour leader, cannot control or eliminate these risks.

I understand that these risks may include exposure to potentially serious health and safety hazards including, but not limited to: transportation accidents, storms, floods, earthquakes, and other natural disasters, infectious diseases, inadequate medical care, remote access to medical treatment; armed insurrections; and terrorist activities.

I understand the Get Global Expeditions is not in a position to guarantee my personal health or safety during my participation in a culinary and cultural tour abroad.

I understand that Get Global Expeditions cannot monitor or control all of the daily personal decisions, choices, and activities of individual participants.

I understand the Get Global Expeditions cannot assure that U.S. standards of due process apply in overseas legal proceedings or provide or pay for legal representation for participants.

I understand that Get Global Expeditions cannot assume responsibility for the actions of persons not employed or otherwise engaged by Get Global Expeditions, for events that are not part of the program, or that are beyond the control of Get Global Expeditions and its subcontractors, or for situations that may arise due to the failure of a participant to disclose pertinent information.

I understand and hereby acknowledge that I assume all risks incurred by my participation in a Get Global Expeditions international travel program.

I understand that I have the option to invite an attorney review this document and advise me of my rights.

In consideration of being allowed to enroll and participate in a Get Global Expeditions international travel program, the traveler(s) listed on the reservation form hereby release Get Global Expeditions, its director, agents, and employees from any and all claims arising out of or in any way connected with any Get Global Expeditions program and the traveler's/travelers' participation in the program, including, but not limited to the risks as outlined above.

# Moroccan Mosaic: Cuisine & Culture Tour

Morocco ♦ October 24 - November 4, 2017

## RESERVATION FORM

To reserve a place, please return this form and a signed mutual waiver and indemnity agreement with your non-refundable deposit of \$500 per person by April 21, 2017 to:

**Alex Safos**  
**Get Global Expeditions**  
**2321 Nordok Pl.**  
**Alexandria, VA 22306**

Or call (571) 217-9059 or email [alex@getglobalex.com](mailto:alex@getglobalex.com) for more information

Final payment of \$4,495 per person is due no later than June 1, 2017.

Name/s of Traveler/s \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_ Email \_\_\_\_\_

### ACCOMMODATIONS

I wish to share a room with: \_\_\_\_\_

Double (1 shared bed)       Twin (2 beds)       Single Occupancy

### PAYMENT

Enclosed is my check for my non-refundable deposit of \$500 per person, payable to Alex Safos, Get Global Expeditions

I/We confirm that I/we have carefully read and agree to the Terms and Conditions and Mutual Waiver and Indemnity Agreement of this program, and agree to full payment to "Alex Safos, Get Global Expeditions", by check no later than June 1, 2017. *Each participant must sign below:*

Signature (required) \_\_\_\_\_ Date \_\_\_\_\_

Signature (required) \_\_\_\_\_ Date \_\_\_\_\_