



Rabat

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Waj/Shutterstock.com

Morocco's capital city of Rabat is more than its magnificent medina (old town), which has been named a World Heritage Site: situated by the Bouregreg River and the Atlantic Ocean, the city has been an important commercial, cultural and military centre throughout history. Stroll through its tiny alleys, witness sites of French colonial heritage and enjoy Rabat's open-minded atmosphere.

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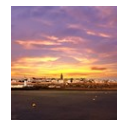
Medina

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Bab Rouah

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Chellah Necropolis

Be sure to visit this peaceful place. As the last residence of the Merinide ...

THE CITY



Inu/Shutterstock.com

Rabat may not be the first destination that comes to mind when planning a trip to Morocco - resulting in a more laid-back atmosphere compared to other cities. Nevertheless, Rabat is buzzing with life and attracts visitors with several must-sees. Protected by powerful ramparts, the medina reflects the soul of the old Almohad city. Souika street and its shops present magnificent rugs, the delicate work of copperware artisans, succulent pastries and appetizing brochettes. Rue des Consuls - which got its name because this is where representatives of foreign nations resided - is flanked by elegant residences where the craftsmen practice their art under the watchful eyes of passersby. Rabat offers commercial, modern districts as well - plus a busy marina and a city beach. Salé, vis-à-vis Bouregreg river, is also worth a visit.

DO & SEE



Rafal Kubiak/Shutterstock.com

From the medina's busy and colourful alleys and the peaceful Chellah necropolis to the buzzing marina, you will discover Rabat's full complexity.

Medina



You will be surprised by the straight layout of the city's historical heart in sharp contrast to the usual maze of streets. A walk through Rabat's

medina could look like this: start your visit at the Bab El Had gate and take Souika Street, the largest and probably busiest street in the medina. You will arrive in the Es Sabat souk, the shoe market, covered with reed mats and overflowing with babouches (leather slippers) as well as silver and gold jewellery. You then come to the partially glass-roofed Rue des Consuls where craftsmen make woollen carpets, fabrics and copperware. The medina also offers low-priced and local food, so do not hesitate to try mint tea, pastillas or tagine.

Photo: Madrugada Verde/Shutterstock.com

Address: Medina, Rabat

Kasbah of the Udayas

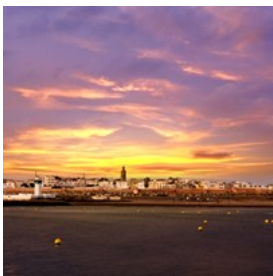


Oudayas Kasbah near Rabat's medina has kept its old cannons placed on a bastion. Its massive gate is entirely carved, while its blue and white

walls give it a Mediterranean atmosphere. Cobbled streets lead to the El Atiq Mosque, the oldest in the city, and on to the old semaphore platform. The view from here, or the terrace of the neighbouring Café Maure, is splendid: Rabat, nearby Salé and Bouregreg river meeting the ocean. The Oudayas Palace, further on up, which now houses the National Museum, has conserved its markedly simple and balanced original decor. The Andalusian Gardens below are a heaven of peace full of fruit trees, rose-laurels and cascades of bougainvilleas.

Photo: Rudolf Tepfenhart/Shutterstock.com
Address: Oudayas Kasbah, Rabat

Salé



From the other side of the mouth of Bouregreg River, Salé, the old city of pirates and Rabat's rival sister, faces the capital. Founded before Rabat at

the start of the 12th century, its medina, lined with fountains, magnificent riads, and mosques, buzzes with activity. Don't forget the medersa, the Koranic school, a renowned chef-d'oeuvre of Merinides art.

Photo: posztos/Shutterstock.com
Address: Salé

Bab Rouah



The magnificent Bab Rouah, the "Gate of the Winds", is monumental. It stands out for the richness of its adornments and has

become an exhibition gallery. Works of famous Moroccan artists have found their venue under the elaborate arches of the four square rooms.

Photo: Leonid Andronov/Shutterstock.com
Address: Avenue de la Victoire, Rabat

Chellah Necropolis



Be sure to visit this peaceful place. As the last residence of the Merinide sovereigns, it is protected by imposing walls, where storks like to build their

nests. This is also the location of the ancient Roman city of Salé. You will admire the ruins of a triumphal arch, the forum, thermal baths, and several shops.

Photo: LapailKrapai/Shutterstock.com
Address: Quartier Chellah, Rabat

Candles Convoy of Salé



Once a year, the city of Salé celebrates the birth of Muhammed (the prophet of Islam) with a Candles Convoy, also known as the Festival of

Cierges. Accompanied by musicians and flag bearers, a long parade of men in colourful attire and carrying huge wax lamps comprised of thousands of sculpted and dyed pieces moves through the city's main streets to arrive at the Mausoleum of Sidi Abdallah Ben Hassoune, the

city's saint.

Photo: Ismael zniber/cc by-sa 3.0 Unp/wikimedia(image cropped)

Address: Salé

Hassan Tower

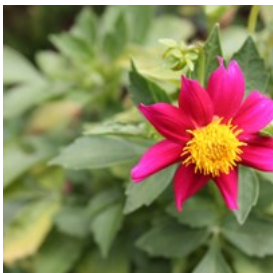


Once intended to be part of the largest mosque in the world, Hassan Tower overlooks Bouregreg river and offers a fantastic view. Equally spectacular is the square in front of the tower, with multiple columns. Every day at 10:45am, you can enter the court of the barracks of the royal guard to attend the ceremony of the hoisting of the colours (the national flag). Also worth a visit is the changing of the mounted guard, which takes place every day at 7:00am in front of Hassan Tower.

Photo: Waj/Shutterstock.com

Address: Hassan Tower, Rabat

Exotic Gardens of Bouknadel



Don't miss strolling through the gardens of Bouknadel 12 kilometres north of Rabat. Covering 4 hectares, exotic plants from around the world have been planted here in five educational circuits. In the vivarium, you can watch reptiles and amphibians.

Photo: marouane ch/Shutterstock.com

Address: Bouknadel

Royal Golf Dar Es Salam



At Royal Golf Dar Es Salam golf course, famous Hassan II Trophy was officially started in 1971. The golf course designed by Robert Trent Jones offers splendid fairways snaking between palm and eucalyptus trees and Roman remains. Players such as Vijay Singh, Billy Casper, Santiago Luna, Payne Stewart, Colin Montgomery, and Nick Faldo have distinguished themselves there.

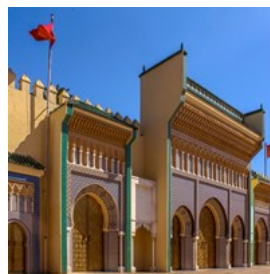
Photo: Pani Garmyder/Shutterstock.com

Address: Avenue Mohammed VI, Km 9, Rabat

Phone: +212 537 755 864

Internet: www.royalgolfdareessalam.com/

Royal Palace Dar-al-Makhzen



Dar-al-Makhzen (or El Mechouar Essaid Palace) is the official residence of Moroccan royalty. Here, not only important events – like weddings – are held, but you may even witness an official military parade. Surrounded by French-style gardens, the Royal Palace with its iconic mosaic gate is a must-see on your trip to Rabat

Photo: AAI Media/Shutterstock.com

Address: Cité Universitaire, Rabat

Mohammed VI Museum of Modern and Contemporary Art



The Museum of Modern and Contemporary Art (MMVI) features the work of around 200 Moroccan artists. Opened in 2014 and named after the King of Morocco, it offers a mesmerising architecture

and varying temporary exhibitions.

Photo: Leonid Andronov/Shutterstock.com

Address: 2 Avenue Moulay Hassan, Rabat

Opening hours: Tuesday - Sunday 10:00am - 06:00pm

Internet: www.museemohammed6.ma/

Galérie Nougia



Situated in the Kasbah of the Udayas, Galérie Nougia offers paintings made by local artists, books dedicated to art, postcards and more. It is

a perfect place to browse through after a day in the Kasbah. There are changing and permanent exhibitions, not only of Moroccan but of international artists as well. Afterwards, you can enjoy a cup of mint tea or coffee in the gallery's cafe.

Photo: Denis Kuvaev/Shutterstock.com

Address: 2 Jamaa Elkhoutba, Kasbah of the Udayas, Rabat

Phone: +212 5372 01175

DINING



Bernd Juergens/Shutterstock.com

Moroccan food is - in many ways, like the country itself - rich in flavors, aromas, and colours. Its scents and sweet-and-sour combinations are famous around the world. A meal requires all senses and is complemented by the scents of saffron, cumin, and coriander. You

can taste the international star everywhere: couscous, or rather a whole range of couscous. Try a pastilla: a delicate pie that wonderfully combines finely chopped pigeon, parsley, hard-boiled egg, almonds, and honey. To top it off, it is sprinkled with cinnamon and sugar. The famous tajine (meat, chicken or fish stew) accompanied by vegetables and fruits, is traditionally cooked in a covered terracotta dish.

Medina



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could look like this: Start your visit at the Bab El Had gate and take Souika Street, the largest and probably busiest street in the medina. You will arrive in the Es Sabat souk, the shoe market, covered with reed mats and overflowing with babouches (leather slippers) as well as silver and gold jewellery. You then come to the partially glass-roofed 'rue des Consuls' where craftsmen make woollen carpets, fabrics and copperware. The medina also offers low-priced and local food - so do not hesitate to try mint tea, pastillas or tagine.

Photo: Madrugada Verde/Shutterstock.com

Address: Medina, Rabat

Dar El Medina



Dar El Medina in the heart of Rabat's old town offers reasonably priced Moroccan cuisine. Enjoy different kinds of couscous, tajine and mint tea in an authentic atmosphere before or after a

long stroll through the medina.

Photo: Tatiana Bralnina/Shutterstock.com
Address: 3 Rue Benjelloul, Rabat
Opening hours: Daily 12:00pm - 10:00pm
Phone: +212 634 007113

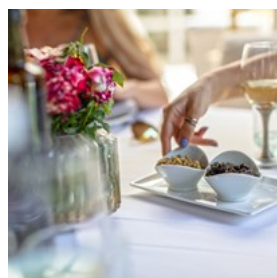
Dinarjat



For an exclusive experience, Dinarjat (close to Rue des Consuls) is the place to go. Here you can dine between columns and mosaic tiles in a 1908-constructed building. The menu choices are limited but excellent, and represent the essence of authentic Moroccan cuisine.

Photo: e2dan/Shutterstock.com
Address: 6 Rue Belgnaoui, Rabat
Phone: +212 537 70 42 39
Internet: www.dinarjat.ma/

Golden Fish



If you're in the mood for French gourmet cuisine, Golden Fish restaurant is a good choice. They serve French-style seafood by the pool and lush, green gardens. Enjoy one of Rabat's finest eateries on the breezy terrace and take the opportunity to stroll through the Urban Forest afterwards.

Photo: Dreamer Company/Shutterstock.com
Address: BP 450 Souissi, Rabat
Opening hours: Monday - Saturday 12:00pm - 03:00pm,
07:00pm - 11:00pm
Phone: +212 5367 5656
Internet: www.restaurants.accor.com/gb/restaurant-6813_R003-golden-fish-rabat.shtml
Email: H6813-FB@sofitel.com

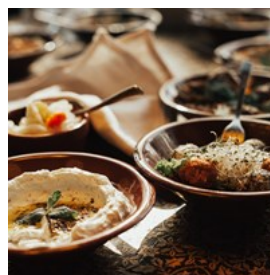
Maison Beyrouth



Maison Beyrouth is a popular Lebanese eatery, which serves affordable dishes (there even is a buffet option). The cosy interior with a lot of light wood and plants adds to the experience. Grab a shawarma, some hummus and a cup of tea and try it out for yourself.

Photo: Ekaterina Bratova/Shutterstock.com
Address: 51 Rue Oued Sebou, Angle Avenue Abtal, Rabat
Opening hours: Montag - Saturday 12:30pm - 11:45pm,
Sunday 12:30pm - 11:30pm
Phone: +212 707 717041
Email: maisonbeyrouth@gmail.com

Yamal Acham



Yamal Acham is famous for its traditional and innovative Syrian cuisine. They serve affordable dishes, including many vegetarian options, in an elegant atmosphere. Make sure to reserve a table, since the place is very popular with locals.

Photo: HelgaBragina/Shutterstock.com
Address: 5 Avenue Al Maghrib Al Arabi, Rabat
Phone: +212 5377 20276
Internet: www.yamalacham.ma
Email: contact@yamalacham.ma

CAFES



Katarzyna Grabowska/Unsplash.com

Experience Moroccan patisseries: pancakes with honey and sesame seeds, cakes made with almonds or raisins, et cetera. And always accompanied, of course, by traditional mint tea.

Café Maure



As one of Rabat's most popular cafes, Café Maure is located in the Kasbah of the Udayas. It is an open-air cafe and greets its visitors with a

beautiful river view, mosaic tiles, and typical Moroccan charm. Try a "ghriba" (a traditional almond cookie), accompanied by mint tea.

Photo: Anna_Pustynnikova/Shutterstock.com

Address: Kasbah of the Udayas, Rabat

Top Batido



Top Batido is well-known for its wide variety of juices and smoothies. You can also order breakfast options at affordable prices here. The cafe is

located close to the central station (Rabat Ville) - a good place to start a busy day of sightseeing in Rabat.

Photo: Sopotnicki/Shutterstock.com

Address: Avenue Mohammed V, Rabat

ByBou Coffee and More



ByBou is a breakfast and coffee eatery in downtown Rabat.

Customers value its fast service and affordable prices. Enjoy omelettes,

crepes and more in a modern, green interior.

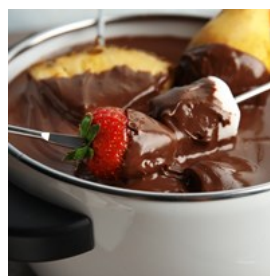
Photo: lam photo/Shutterstock.com

Address: Rue Moulay Ahmed Loukili, Rabat

Opening hours: Daily 07:30am - 09:00pm

Phone: +212 5377 09005

Label Suisse Chocolat



Label Suisse serves a large variety of hot chocolates and pastries. At the same time, the place is famous for its cheese (or chocolate)

fondue and the unique location in Agdal (a wealthier neighbourhood of Rabat).

Photo: New Africa/Shutterstock.com

Address: 43 Rue Tansift, Rabat

Phone: +212 5376 86976

Internet: www.instagram.com/labelsuissechocolat

Carrion

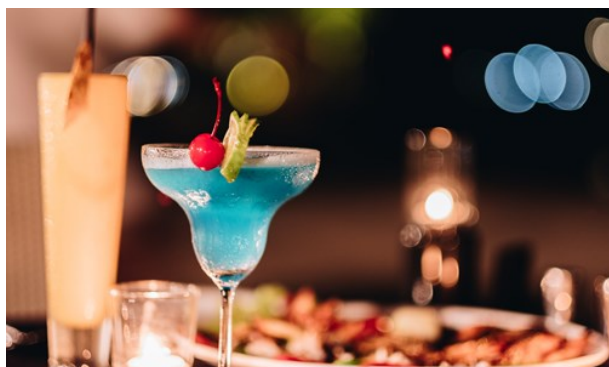


Cafés Carrion is a Moroccan coffee shop chain with several branches in Rabat. A special experience is the one close to Mohammed

VI Museum of Modern and Contemporary Art. They offer coffee and more in a cosy ambience - with the possibility of outdoor seating on a beautiful terrace.

Photo: Lisa Crawford/Shutterstock.com
Address: Avenue Moulay Hassan (access via Rue Tissa),
Rabat
Opening hours: Daily 07:00am - 10:00pm
Phone: +212 5377 00169
Internet: www.cafescarrion.net/coffee-shops
More Info: Several more branches all over Rabat and Salé

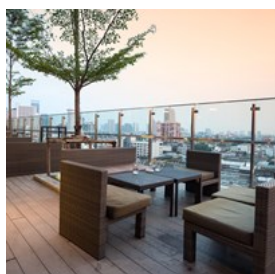
BARS & NIGHTLIFE



nuu_jeed/Shutterstock.com

Rabat offers a lot when it comes to bars, clubs, and pubs. Keep in mind that drinking alcohol on the street or on public transport is strictly forbidden. Many locals do not drink alcohol at all, but that does not stop them from raving on the dance floor. During Ramadan, bar and club schedules can change, and all other areas of everyday life are affected as well. Note that smoking indoors is allowed in a lot of places in Rabat.

The Cedar Sky Lounge



The Cedar offers one of the best views over Rabat and its surroundings. Enjoy cocktails and tapas, sometimes even live music, above Rabat's busy streets. It is located on the 14th floor of five-star The View Hotel.

Photo: Krunja/Shutterstock.com
Address: Avenue Annakhil, Rabat
Opening hours: Daily 09:00am - 01:00am

Phone: +212 5380 00777
Internet:
www.theviewhotelrabat.com/en/hotels-rabat-restaurant
Email: resa@theviewhotels.com
More Info: Located at The View Hotel Rabat

Amnésia



Amnésia is Rabat's most famous club and if you like dancing to house or RnB, this is the place for you. The crowd usually arrives after midnight (mostly locals), and mind that the club's fame comes with a price tag.

Photo: Master1305/Shutterstock.com
Address: 17 Rue Monastire, Rabat
Opening hours: Daily 11:30pm - 04:00am
Phone: +212 652 075270

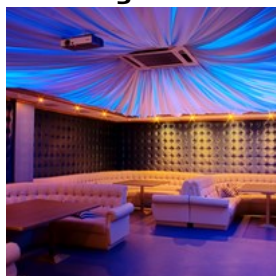
Upstairs



If you are looking for a location that comes as close to an English or Irish pub as it can get in Rabat - Upstairs is always worth a visit. Apart from beer, they also serve international dishes for breakfast, lunch, and dinner. Visitors like the relaxed ambience, which is sometimes complemented with live music.

Photo: Stuart Monk/Shutterstock.com
Address: 9 Avenue Michlifen, Rabat
Opening hours: Daily 10:00am - 01:30am
Phone: +212 5376 74111

SO Lounge



SO Lounge is a restaurant and club located at Sofitel Hotel, close to the Urban Forest. They serve European food and feature several different floors and areas. Drinks are on the pricier side.

Photo: Lotus_studio/Shutterstock.com

Address: BP 450 Souissi, Rabat

Opening hours: Monday, Wednesday - Sunday 07:00pm - 04:00am, Tuesday 07:00pm - 12:00am

Phone: +212 5376 75656

Internet: restaurants.accor.com/gb/restaurant-6813_R005-so-lounge-rabat.shtml

Email: H6813-FB@sofitel.com

More Info: Located at the Sofitel Hotel Rabat

SHOPPING



Babok Natallia/Shutterstock.com

Like many Moroccan cities, Rabat offers exquisite and precious arts and crafts. You will also find chic boutiques and ultra-modern shopping centres. Most of the local and international luxury boutiques are located along Avenue Mohammed V, the new city's true administrative and commercial nerve centre. You'll also find several stores in the upscale quarters like Agdal, which is particularly lively.

Medina



Must-sees in Rabat's medina are Rue Souika, Rue des Consuls and Souk es-Sabat. Wandering around and enjoying the look of arts

and crafts, pottery, shoes, leather and much more is an experience in itself. Do not forget to bargain when purchasing a souvenir! Mondays and Thursdays are for rug auctions, which take place on Rue des Consuls – a guaranteed spectacle.

Photo: Savvapanf Photo/Shutterstock.com

Address: Medina, Rabat

Megamall



Megamall is a multilevel shopping centre which houses several retail stores, restaurants and a movie theatre. If you are in need of a classic

shopping experience, start or end your day in Rabat here.

Photo: zhu difeng/Shutterstock.com

Address: R401, Rabat

Opening hours: Daily 10:00am - 11:30pm

Phone: +212 5377 57575

Internet: www.megamall.ma/en/home-en/

Alchimies



This gift shop is famous for its excellent quality and laid-back atmosphere. They offer arts and crafts, like jewelry, tiles and

crockery, which makes Alchimies a wonderful place to buy souvenirs for yourself and your loved ones. The shop is located in Hassan

district, close to Nouzhat Hassan Garden.

Photo: Lizavetta/Shutterstock.com

Address: 5 Rue El Marj, Rabat

Phone: +212 5372 01756

Internet: www.alchimies.ma/

Email: alchimies@gmail.com

Galérie Nougia



Situated in the Kasbah of the Udayas, Galérie Nouiga offers paintings made by local artists, books dedicated to art, postcards and more. It is

a perfect place to browse through after a day in the Kasbah. There are changing and permanent exhibitions, not only of Moroccan but of international artists as well. Afterwards, you can enjoy a cup of mint tea or coffee in the gallery's cafe.

Photo: Denis Kuvaev/Shutterstock.com

Address: 2 Jamaa Elkhoutba, Kasbah of the Udayas, Rabat

Phone: +212 5372 01175

Central Market



The Central Market at the edge of the medina is like a melting pot of Rabat's old town. Local vendors offer all manner of fruit, vegetables, meat, and

spices – beware of the fish smell if you're sensitive. To experience an authentic Moroccan market, this is the place to go.

Photo: Subodh Agnihotri/Shutterstock.com

Address: Avenue Mohamed V, Rabat

Avenue Mohammed V



Avenue Mohammed V in the city centre offers a wide variety of shops, restaurants and boutiques. Besides shopping, you will come across several sights and might continue on with stroll through the medina afterwards.

Photo: Davide Cesare Venia/cc by-sa 3.0 Unp/wikimedia(image cropped)

Address: Avenue Mohammed V, Rabat

Agdal



Agdal, a district south of the city centre, belongs to Rabat's modern, upscale quarters. Here you'll find global fashion brands and shopping malls, as an alternative to the ancient charm of the medina.

Photo: Minerva Studio/Shutterstock.com

Address: Agdal, Rabat

TOURIST INFORMATION



Migel/Shutterstock.com

Passport / Visa



Citizens of the European Union, as well as the United States, Australia, and dozens of other world countries can enter and remain in Morocco

visa-free for up to 90 days. Look up individual prerequisites prior to travel in order to possibly apply for visa in time.

Photo: TukTukDesign/Shutterstock.com

Best Time to Visit



The best time to visit Rabat is the period from May to October, as these are the driest months of the year. Even when it's hot, the temperatures

become doable thanks to the constant sea breeze. Rabat offers mild temperatures all year round, so if you can live with the possibility of rainfall, you will be good to go in winter as well.

Photo: VectorA_/Shutterstock.com

Rabat-Salé Airport (RBA)



Rabat-Salé International Airport (Aéroport Rabat) is located 8 km away from Rabat in Salé. It serves mainly Western European and Arab/African

destinations. An express bus shuttle connects the airport with Rabat's train stations. You can also find a car rental service and grand taxis at the airport.

Photo: Juan Garces

Address: Rabat-Salé International Airport, Salé

Internet: www.onda.ma/en/Our-Airports/Rabat-Sale-Airport

Public Transport



There are several ways to travel around Rabat. Busses will get you around, even though the numbers system can be confusing at times. Trams

connect Rabat with its sister city Salé with frequent connections. If you are staying in the city centre, consider walking around town, as everything can be reached on foot quite easily.

Trains connect the capital city with other Moroccan cities (Marrakesh is 4 hours, Casablanca 1 hour away). The main station is Gare Rabat Ville, the other one is located in Agdal.

Photo: Pierre-Luc Auclair

Taxi



You can get around Rabat in petit taxis (blue taxis) – for intercity transfers use the grand taxis. Bargaining is key, so try to estimate the price

before agreeing on it. Factors like daytime, holidays and public celebrations can affect the price. All in all, getting around by taxi is quite affordable.

Photo: Taxi

Post



The extensive network of post offices makes it easy for you to send telegrams, parcels and faxes wherever you are. In the case of a simple postcard,

you can find stamps in newspaper kiosks,
cigarette stores and some hotel receptions.

Photo: Andy Fuchs

Pharmacy



For example: Centre
Hospitalier Universitaire,
public hospital.

Photo: Gemma Garner

Address: Rue Mfadel Cherkaoui, Quartier Souissi, Rabat
Phone: +212 37 775 776

Telephone



Country code: +212 Area
code: 053

Photo: Jardson Almeida

Electricity



220 Volts

Photo: Stirling Tschan

Population

The City: 620,996
Metro Area: 2 million

Currency

Moroccan dirham (MAD) 1 dirham = 100 centimes

Internet

www.visitrabat.com
www.visitmorocco.com

Newspapers

Morocco World News — www.moroccoworldnews.com

Emergency numbers

19 (Police - city)
177 (Police - countryside)
15 (Ambulance)

Tourist information

Conseil Régional du Tourisme de Rabat-Salé-Kénitra
23, avenue An Nasr, Rabat
+212 537 77 64 00
info@visitrabat.com

Office National Marocain du Tourisme (O.N.M.T)
www.visitmorocco.com
Angle Rue Oued Al Makhazine/ Rue Zalaga
-Agdal-Rabat-Maroc
+212 5 37 67 40 13
website@onmt.org.ma