



LA FIERMONTINA

Ocean

# EXPERIENCES & SERVICES OUR GUIDE 2023



LA FIERMONTINA  
Family Collection

# RESORT MAP



## SERVICES & AMENITIES

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- 2 Reception
- 3 Boutique
- 4 Offices
- 5 Parking
- 6 Hammam
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- 8 House of Cadi
- 9 First Aid
- 10 Maison de la Fondation

## RESTAURANT & BARS

- 11 Ocean Restaurant & Bar
- 12 Conference Room
- 13 Beach Club
- 14 Cafè Maure

## ACCOMMODATION

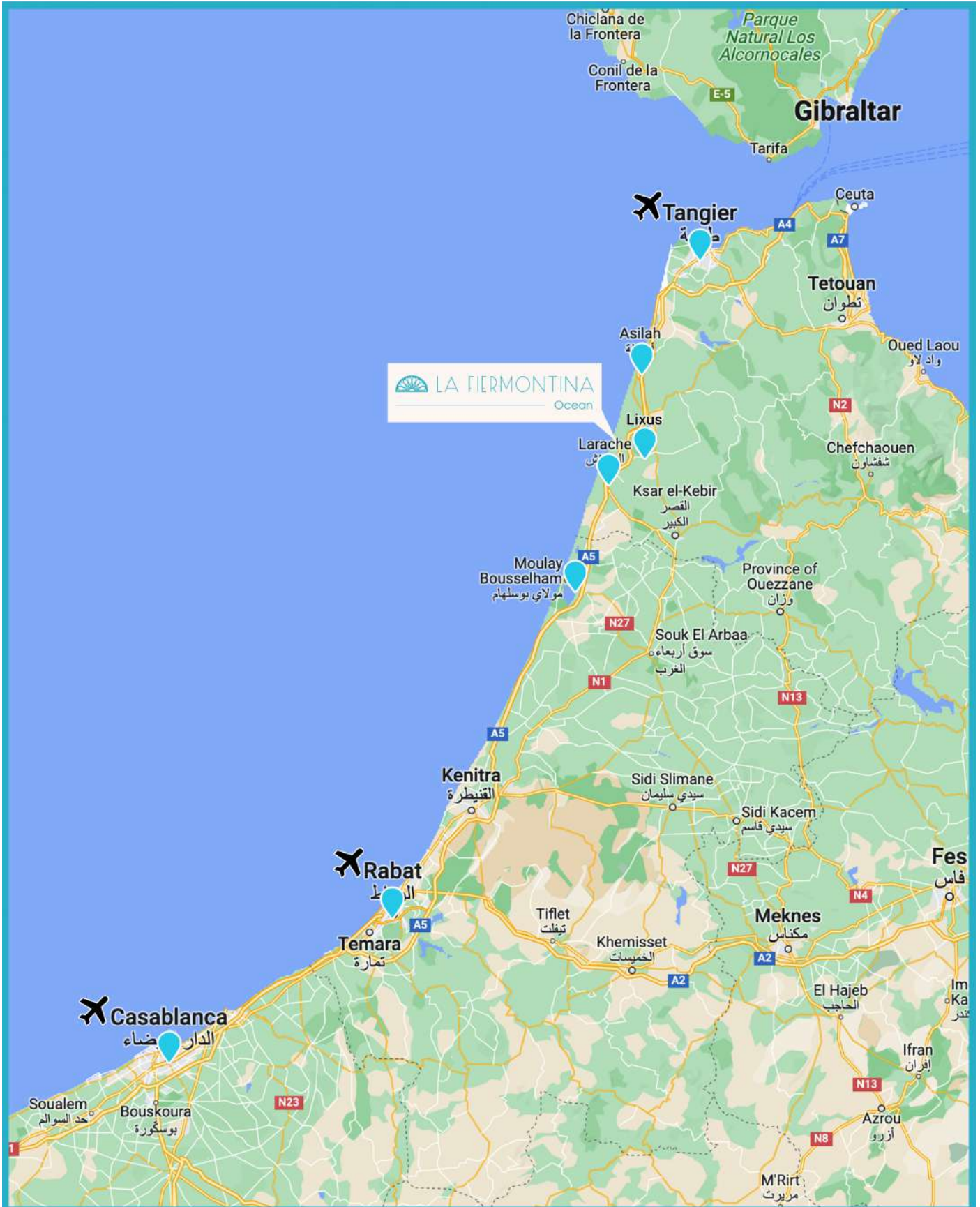
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# OUR LOCATION



# EXPERIENCES

Thank you for choosing **La Fiermontina Ocean**  
for your stay in Morocco.

We're delighted to welcome you  
as our guest.

This guide contains information  
about the **exclusive experiences**  
available to you during your stay.

**Discover** the history, wonders  
and secrets hidden in the cities  
of northern Morocco.

Immerse yourself  
in untouched nature  
on one of our guided **day trips**.

**Prepare** traditional Moroccan dishes  
and drinks with specialist members of our team.

Awaken your soul with magical **wellness rituals**,  
**yoga and meditation** sessions  
and **massages** for moments of pure relaxation.

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**Terms & Conditions of experiences and treatments:**

Please note that for any changes and/or cancellations, we require at least 48 hours' notice (within 3 pm). In case of late cancellation or no-show, the penalty will be charged in full.

# DAY TRIPS

LIXUS - Known as 'The Sleeping Beauty', the ancient city of Lixus is barely 20 minutes away by car. Founded by the Phoenicians in the 12th century BC, this historic site is the oldest city in Morocco. Unique for its Roman amphitheatre, the view from the city extends over the Loukos estuary and salt marshes. The city flourished thanks to its fish-salting industry, its exports of cedar wood, wheat, grapes, and maritime products such as tuna and garum. These exports made Lixus one of the busiest and wealthiest cities in the Empire.

LARACHE - The port of Larache is a humble seaside village that lives off its fishing industry. In the small restaurant to the left of the Arab-Andalusian market, you can enjoy local delicacies such as grilled sardines in salt.

4-5 hours - MAD 2000 / pax (2 people min.)

Includes: guide, personal driver, luxurious minivan or 4x4.

## Lixus - Larache



## Asilah



Named 'The Pearl of Morocco' by its inhabitants, Asilah attracts tourists because of its Moussem, which is one of the most popular cultural gatherings in North Africa. Each year, the streets of the medina are embellished by works of street art as part of this celebration, a tradition that augments the town's magnificent historic centre. With its white and blue buildings and suspended moucharabieh, the alleys of the old town are a beautiful place to shop - a day perfectly ended by a fish lunch at the Garcia.

4 hours - MAD 2000 / pax (2 people min.)

Includes: expert guide, personal driver, luxurious minivan.

Despite being situated at the northern tip of Africa, Tangier is only 15 km from Europe, a location that has endowed this city with a fascinating history. Known for its cosmopolitan feel, it is famous thanks to writers and artists such as Matisse, Paul Bowles and Mohamed Choukri. Attractions in the city consist of the Kasbah, Medina, the Socco, Sultan's Palace, Mendoubia Garden, Les Insolites bookstore and Harris Villa, as well as its museums and ocean-facing riads. Visits to the Cave of Hercules, Cape Spartel and the Hill of the English are just a few ways to experience some of the city's best-kept secrets.

4h - MAD 2000 / pax (2 people min.)

8h - MAD 2600 / pax (2 people min.)

Includes: expert guide, personal driver, luxurious minivan or 4x4.

Walking tour only: 6h - 1200 / pax (2 people min)

## Tangier



## Rabat



Rabat, the capital of Morocco, is a UNESCO World Heritage Site. Known for its elegance, the city's best-known feature is 'The Kasbah of the Oudayas', a beautiful citadel famous for its jewellery museum, gardens and Moorish café. It is also home to the Hassan Tower and the Chellah, a former Phoenician trading post and Merenid necropolis that dates back to the 13th century.

If you choose to visit Rabat during your stay, you can also participate in solidarity tourism through La Fiermontina Océan and its partner, the Fondation Orient-Occident, who offer an immersive day trip on the theme of migration, culture, professional training and cuisines of the world.

Full day 8h - MAD 4200 / pax (2 people min.)

Includes: guide, personal driver, lunch at the Fondation (no alcohol)

## Chefchaouen

Known as the 'Blue City', Chefchaouen is one of the most picturesque in Morocco, with its steep, indigo-blue alleys that meander below the slopes of the Rif mountain range. The medina, Place Outa and the Alcazaba are notable sites we recommend visiting, as is the waterfall located near the city centre. Chaouen is listed by UNESCO as a place of 'Intangible Cultural Heritage of Humanity' due to its emblematic Mediterranean dietary practices.

Full day 8h - MAD 3500 / pax (2-6 people)  
Includes: expert guide, personal driver



## Moulay Bouselham



Nestled between Tangier and Rabat is the lagoon-side town of Moulay Bouselham. During your visit, you can go out in a fishing boat to admire one of the most unique bird sanctuaries in Morocco - a site that houses more than 100 species of waterbird and 190 plant species. The town itself is a beautiful spot for sunbathing and surfing, with ocean-facing restaurants where you can try an array of local delicacies.

Half day (out of season)

MAD 2200 / pax (2 people min.)

Includes: expert guide, personal driver

# NATURE

## Sunset Picnic

Just a stone's throw from the ocean, nestled between a field of beautiful oleanders and a golden sand dune, a sunset picnic allows you to enjoy a carefully prepared meal under huge, century-old mulberry trees. This timeless, soothing and romantic place offers guests a truly unique experience.

Enjoy a sunset picnic for 90 minutes

Starting at 8:00 p.m. until 9:30 p.m.

MAD 1500 / pax (2-6 people)

Includes: a romantic area on the beach laid out with drinks and tapas.



## Trekking: Immerse Yourself in Untouched Nature



With the help of our trekking guide Imad, you'll be guided along a rugged hillside path that goes from La Fiermontina Ocean to the village of Mezgalef. The trek treats you to views of the rustic Moroccan landscape, including cultivated fields that are home to herds of goats and sheep. Upon your arrival in Mezgalef, you'll be treated to a meal of mint tea and honey-soaked pancakes, prepared by Imad's mother before you continue on, traversing the path of the shepherds towards a beautiful, dry wadi, finally arriving on a deserted beach where you can bathe in the surf of the Atlantic waves.

Departure at 7:30 a.m. (beginner and expert level)

4 hours easy program with sandwich of the Chef:

MAD 1250 / pax (2 people min.)

8 hours difficult trekking program with lunch in Mezgalef: MAD 1600 / pax (2 people min.)

With the assistance of specialist guides, a horseback ride along the beach is guaranteed to provide you with a sense of freedom and excitement. Head across the shores of the Atlantic Ocean to take in breathtaking views, including sand dunes, sea birds and regions of unspoilt nature.

1 hour

MAD 2000 / pax (2 people min.)

MAD 1500 / pax (3-6 people)

## Horseback Riding on the Beach





## Water Activities



Dive into the world of water activities at La Fiermontina Ocean, where adventure meets the waves. Our water activity sessions are designed to let you experience the magic of the Moroccan Atlantic Ocean safely and thrillingly.

Choose Your Adventure:

1. Surfing: for true freedom lovers! Ride the waves and learn to surf on our private beach. Our experienced instructors will guide you through the basics, making it a memorable experience whether you're a beginner or looking to improve your skills.
2. Stand-Up Paddle (SUP): glide atop the water while mastering the art of balance on a paddleboard. Explore the beauty of the ocean from a unique perspective, whether you're a first-timer or a seasoned SUP enthusiast.
3. Kayaking: a veritable journey along the coast! Paddle at your own pace and take in the stunning coastal views. It's perfect for those seeking tranquillity and a closer connection with nature.
4. Bodyboarding: riding the waves close to the shore with a pinch of adrenaline! Our expert instructors will teach you the techniques to catch and ride the waves with style.

Whether you are seeking a taste of adventure or a deep connection with nature, La Fiermontina Ocean has the perfect water activity. Dive in, make a splash, and create unforgettable memories in the crystal-clear waters of our private beach club.

1 hour and 30 minutes  
MAD 1400 / pax

All-Inclusive Experience: you'll receive the complete water activity package; this includes all the necessary equipment and gear to ensure your safety and enjoyment throughout the session.  
Extra: fruit salad, fresh juice drink

Be a fisherman for a day!  
Scout the art of traditional net fishing on the shores of La Fiermontina Ocean Beach Club.  
Enter the pristine waters of the Atlantic Ocean with our skilled guides and learn how to fish with a net. After an exciting catch, our chefs will transform your fresh fish into delightful tajines and grilled plates. This unique experience offers a blend of traditional fishing, local cuisine, and a deep connection with the water element. Don't miss this memorable adventure during your stay at La Fiermontina Ocean.

About 3 hours

MAD 1200 / pax  
Includes : fishing experience, dinner, 2 glasses of wine, or 2 non alcoholic drinks (soda)

## Fishing Experience



# FOOD EXPERIENCES

## Breakfast in the Village of Dchier or Mezgalef



Immerse yourself in the culture and traditions of Dchier ou Mezgalef with a meal in the home of Farida, Ikram and Fatna. Upon arrival, the table is set and a series of traditional dishes follow one another, including puff pastries with honey, an almond spread known as 'amlou', and a bean soup typical of the region known as 'bissara'.

The meal is concluded by meeting with the women and children of the surrounding douar. An emotional experience, this is an opportunity to participate in the community development project run by the Fondation Orient-Occident, an organisation that promotes the employment of the town's local inhabitants.

Starting at 9:00 a.m. until 11:00 a.m.

MAD 450 / pax (2 people min.)

Find your inner foodie with our delicious food and wine experiences. Learn how to make traditional pasta fresca during a cooking class. Guided by our chef, you will be taken into the world of Italian home cooking with grandmotherly techniques and make the *cucina povera* (poor cuisine) recipes with your hands.

About 2 hours

MAD 1300 / pax (2-6 people)

## Italian Cooking Class



# WELLNESS

Focus on your well-being  
in the village's **Hammam**  
with tailor-made **treatments** and **magical rituals**  
that harness local expertise and ingredients.

Practice **yoga and meditation**  
in a serene atmosphere.

Put your wellbeing in our hands,  
breathe and become one  
with the surrounding nature  
of **La Fiermontina Ocean**.

SPA timetable:

9:30 a.m.

11:30 a.m.

3:30 p.m.

5:30 pm

7:30 p.m.



## SPA RITUALS

### Oriental Sandalwood Ritual



Black soap with essential oils and henna with verbena and lemon plants.  
Oriental body wrap.  
Body scrub with almonds and oriental prickly pear seeds.  
Creamy oriental glycerine soap.  
Oriental sweet almond massage oil

1h without massage - MAD 1200 / pax  
1h 30 minutes with massage - MAD 1600 / pax

Black soap with essential oils and henna with verbena and lemon plants.  
Anti stain nila and gardenia body wrap.  
Nila and gardenia softening anti-stain body scrub.  
Creamy vanilla glycerin soap.  
Gardenia sweet almond massage oil.

1h without massage - MAD 1200 / pax  
1h 30 minutes with massage - MAD 1600 / pax

### Sand of the Desert Ritual



### Aker Fassi Poppy Ritual



Black soap with essential oils and henna with verbena and lemon plants.  
Red fruit poppy body wrap.  
Brightening red fruit poppy body scrub.  
Creamy soap with red glycerine.  
Red fruit sweet almond massage oil.

1h without massage - MAD 1200 / pax  
1h 30 minutes with massage - MAD 1600 / pax

Black soap with essential oils and henna with verbena and lemon plants.  
Basil grapefruit body development.  
Creamy body scrub with argan grapefruit basil nuggets.  
Sweet almond grapefruit basil massage oil.

1h without massage - MAD 1200 / pax  
1h 30 minutes with massage - MAD 1600 / pax

### Citrus and Mandarin Ritual



## MASSAGES

### Relaxation Maassage

A full-body massage that helps you attain a state of physical and mental wellbeing, promoting relaxation as well as the release of tension.

50 min - FULL BODY  
MAD 1400

### Face Massage

Effective for releasing muscle tension, stimulating the nerves and facial tissues and improving blood flow, a face massage makes use of a nourishing mask with honey and essential oils.

35 min - FACE  
MAD 1000



## Yoga

Yoga is a practice that links a healthy body with a healthy mind. Our yoga sessions combine a series of movements designed to help you relax while you take in the beautiful natural surroundings of La Fiermontina Ocean.

1 hour  
MAD 1200 (2 people min.)



## Meditation



Our meditation sessions take place in a serene environment, nestled within a beautiful green landscape. They are designed to help you relax whilst you become one with your thoughts, connect to nature and take in the surrounding silence.

50 minutes  
MAD 1400 (2 people min.)

# PRIVATE DINNER IN YOUR VILLA

Enjoy a luxury evening with your partner in a modern restaurant that combines a contemporary dining aesthetic with La Fiermontina's natural surroundings.

Curated by a *cuisinier* from Fès, this gastronomic experience takes you on a journey through the flavours of traditional Moroccan cuisine.

Please email [info@lafiermontinaocean.com](mailto:info@lafiermontinaocean.com) for more information.

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A *cuisinier* from Fès + 1 waiter: MAD 1500 / pax (2 people min.)  
2 bottles of Moroccan wine and water are included.

## Example menu

- Appetizer -

Entrée breouats and Moroccan salads

- Main course -

Cous cous

Mourousia (Tajine with meat or lamb, raisins and roasted almonds)

- Dessert -

fruit salad with Moroccan gateau



# OCEAN RESTAURANT & BAR

With breath-taking views out to the ocean, **Ocean lounge Restaurant** offers the best of both Italian and traditional Moroccan cuisine, representing the dual nationality of the owners. Much of the ingredients come from the kitchen garden on the property and is a trove of authentic flavours preserved by small local producers.



In the **Bar**, guests can enjoy a drink on the suspended terrace overlooking the rolling hills and ocean. The **cigar lounge** will house Cuban cigars from Havana.

**Open from lunchtime til late.**

## BEACH CLUB

Situated on the secluded beach with sublime views, laid back vibes, white drapes and bamboo tables, the **Beach Club** invites guests to soak up the atmosphere in this enchanting coastal spot serving freshly-caught grilled fish, sandwiches and an array of salads for lunch and into the afternoon. Drinks will also be served from chilled glasses of wine to cool cocktails.



The **Beach Club** is accessible on foot via a small path (the walk will take approximately 20 minutes) or by shuttle service running on demand (approximately 10 minutes drive).

**Open from 10:30am to 8pm.**

### Timetable for the shuttle bus

Departures to the beach:	Return to the hotel:
10:30 a.m.	1:00 p.m.
12:30 p.m.	4:00 p.m.
3:30 p.m.	6:00 p.m.
5:30 p.m.	7:30 p.m.



# RECOMMENDED RESTAURANTS

From specialist gourmet plates  
to delicious traditional dishes,  
there is a wealth of **Moroccan cuisine**  
to be discovered  
in the cities and towns  
that surround La Fiermontina Ocean.

On the pages that follow, we have listed  
some **exclusive restaurants and lounge bars**  
based in the most beautiful cities in Morocco,  
ideal for lunches and evening meals.

Experience the different culinary  
shades of Morocco  
in **magical, unforgettable atmospheres...**

## LARACHE

### Khay Ahmed



Open for lunch and dinner

1 Av. Salah Eddin Al Ayoubi

Tel: (+212) 661-379362

### Al Khozama



Open for lunch and dinner

5VR2+89F, Av. Mohamed V

Tel: (+212) 5399-14454

## ASILAH

### Oceano Casa Pepe



Open for lunch and dinner

Plaza Zalaka

Tel: (+212) 5394-17395

### Casa Garcia



Open for lunch and dinner

Rue Moulay Hassan ben el-Mehdi

Tel: (+212) 5394-17465

# TANGIER

## Tangerino



Open for lunch and dinner

186 Boulevard Mohamd V Corniche de Tanger

Tel: (+212) 5399-43973

[tangerino-restaurant.com](http://tangerino-restaurant.com)

## Nord Pinus Tanger



Reservation is required

11 Rue Riad Sultan

Tel: (+212) 661-228140

[www.nordpinustanger.com](http://www.nordpinustanger.com)

## Le Simple Club



Open all day

Route de Boubana Royal Country Club de Tanger

Tel: (+212) 5393-77075

[royalgolfdetanger.com/club-house](http://royalgolfdetanger.com/club-house)

## El Morocco Club



Open for lunch and dinner

Place du Tabor, Kasbah

Tel: (+212) 5399-48139

[elmoroccoclub.ma](http://elmoroccoclub.ma)

## Nommos



Open for dinner

Tanger Marina Bay

Tel: (+212) 767-343931

[nommostanger.com](http://nommostanger.com)

## La Terraza de la Medina



Open for lunch and dinner

Closed on Monday

Bab el-Assa

Tel: (+212) 661-296083

## Nono Sea Taste



Open for lunch and dinner

Closed on Monday

Bahia Azahar

Tel: (+212) 5393-06275

## RABAT

### Shoko Lounge



Open for dinner

Avenue Ouled Fares - Bir Kacem - Soussi Lot 1 Lotissement Oum El Kkeir

Tel: (+212) 766-666687

### Baiana



Open for dinner

Centre commercial les ambassadeurs, Av. Mohamed VI

Tel: (+212) 766-565666

[www.baianalounge.com](http://www.baianalounge.com)

### Dar Zaki



Open for lunch and dinner

Tuesday, Thursday and Saturday only for lunch  
Closed on Sunday

23, Rue Moulay Brahim, Ancienne Medina

Tel: (+212) 666-955920

[www.darzaki.com](http://www.darzaki.com)

### Al Warda



Open for dinner, closed on Sunday

Avenue Imam Malek Impasse, BP 450 Souissi Sofitel Rabat Jardin Des Roses

Tel: (+212) 5376-75656

## Zyriab



Open for lunch and dinner

10 Impasse Ennajjar Avenue des consuls

Tel: (+212) 537733636

## Tangerino



Open for lunch and dinner

Km 3, Av. Mohamed VI

Tel: (+212) 5377-50808

# TRANSFERT SERVICE

## **From/to Tanger Airport**

Up to 4 pax                      MAD 2400  
From 5 to 24 pax                MAD 2600

## **From/to Casablanca Airport**

Up to 4 pax                      MAD 3600  
From 5 to 24 pax                MAD 3900

## **From/to Rabat Airport**

Up to 4 pax                      MAD 3200  
From 5 to 24 pax                MAD 3400

## **From/to Marrakech**

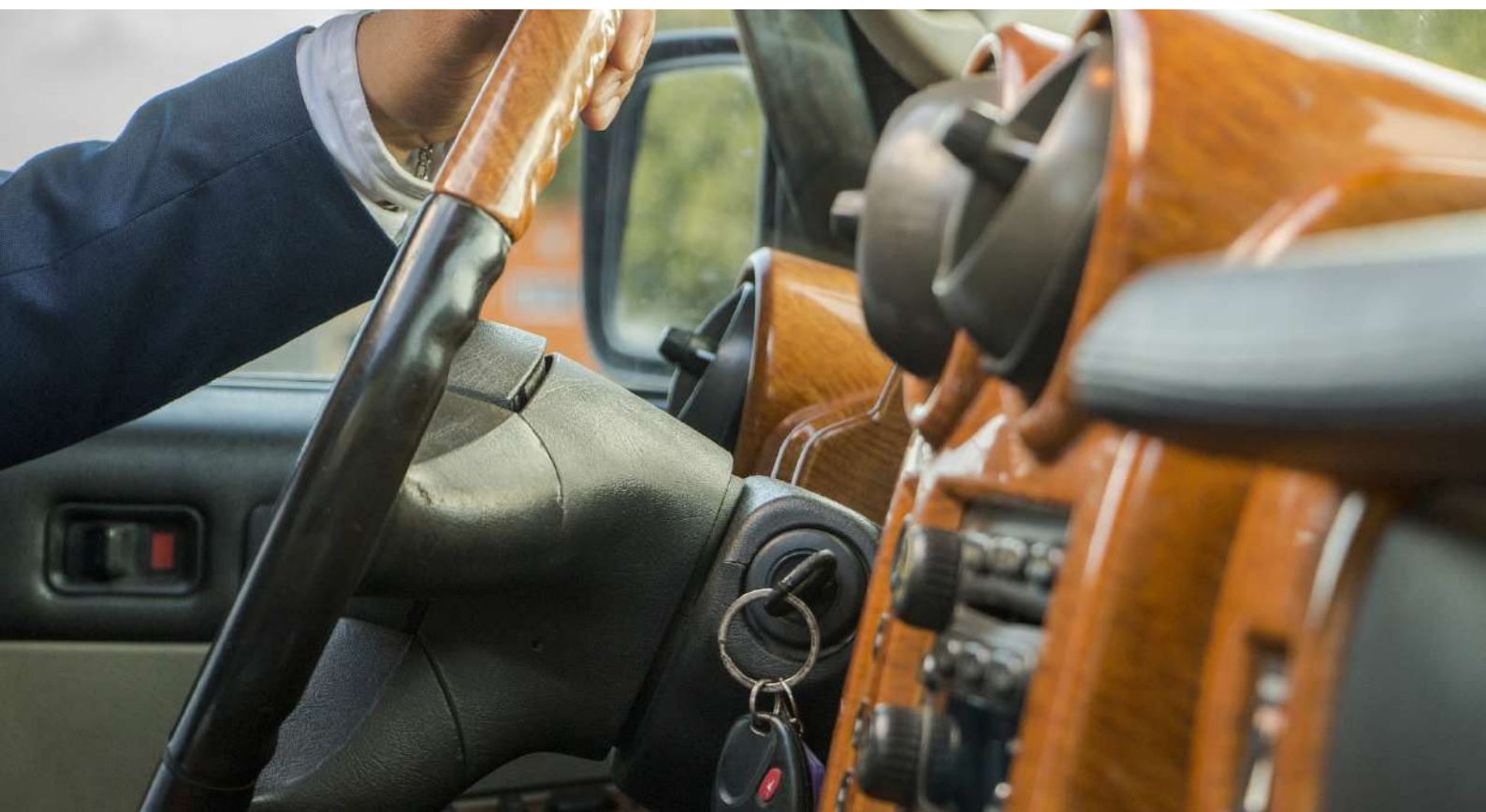
Up to 24 pax                      MAD 6000

## **From/to Fes**

Up to 3 pax                        MAD 4200

The prices are to be considered per trip.

NOTE: Ask our Guest Ambassadors for more information on transfer vehicles and their prices by email at [leisure@lafiermontinaocean.com](mailto:leisure@lafiermontinaocean.com)



# SOCIAL MEDIA

## **La Fiermontina Family Collection**

 lafiermontinafamilycollection

 @lafiermontinafamilycollection

## **La Fiermontina Ocean**

 LaFiermontinaOcean

 @lafiermontina.ocean

## **La Fiermontina Luxury Home**

 LaFiermontinaLuxuryHome

 @lafiermontinaluxuryhome

## **La Fiermontina Palazzo Bozzi Corso**

 palazzobozzicorsolecce

 @palazzobozzicorso

## **M.A.M.A. Family Museum**

 palazzobozzicorsolecce

 @palazzobozzicorso

## **La Fiermontina Vendôme**

 LaFiermontinaVendome

 @lafiermontinavendome





### La Fiermontina Ocean

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