



# Sole Yoga Holidays Design & Desert Moon FAQ's + Important Info

Please find important info on visas, vaccinations, travel etc. in preparation for your trip:

• **Travel VISA:** Most nationalities including those from the **US, Canada** and the **UK do not** need a visa to enter Morocco as a tourist. You do not need a tourist visa if you belong to one of the following countries: Andorra, Argentina, Australia, Bahrain, Brazil, Canada, Chile, Congo (Rep. of), Cote d'Ivoire, Denmark, European Union, Finland, Guinea, Hungary, Iceland, Indonesia, Korea (Rep. of), Kuwait, Libya, Liechtenstein, Mali, Malta, Mexico, Monaco, New Zealand, Niger, Norway, Oman, Peru, Philippines, Puerto Rico, Qatar, Romania, Russia, Saudi Arabia, Senegal, Singapore, Sweden, Switzerland, Tunisia, Turkey, United Arab Emirates, United Kingdom, United States of America, and Venezuela.

Your passport must be valid for **at least six months** after you enter Morocco. You will get a stamp in your passport upon entry into the country (*make sure you get it*) which will allow you to stay for 90 days. No entry fees are charged.

• **Vaccinations/ Health:** As with most destinations in Africa you have to be careful about what you drink and eat in order to avoid stomach upsets. Buying food from street vendors carries some degree of risk and tap water should not be drunk. There is plenty of bottled water available throughout the country. Morocco is basically malaria-free.

No vaccinations are required by law to enter Morocco but Typhoid and Hepatitis A are two vaccinations that are recommended. Please see your health provider for more information. **Note: Our locations are in well-maintained, high-end, luxury boutique riads that take every precautionary & health measure to maintain a healthy environment.**

• **Travel:** By Air-best airport is **Menara Airport Marrakech (RAK)**. Daily flights from all major European metros via international airlines: Air France, Atlas Blue, British Airways, Easy Jet, Iberia, Ryan Air, Swiss Air We will have a car service pick you up, **included in package**, at (RAK). Please try to arrive by **5pm on first day of retreat**. Our location in Marrakech is 15 minutes from the airport.

If you require additional arrangements, please let us know and we will help you!

Departure time from Marrakech on **final day is by 12pm**. Transport back to airport is included on arrival days and departures days only

• **Weather:** Sept in Marrakech is appx. 30C/86F. Sahara will be warmer, but cooler at night. Please bring a jacket or sweater and maybe a rain jacket, just in case. FULL packing list will be sent prior. The yoga area is located indoors in Marrakech, outdoors in Sahara. Please bring comfortable yoga clothes for both warm and cool, as everyone has different body temperatures during practice.

• **Food/Diet:** The Moroccan diet is extremely healthy and filled with vegetables, couscous, salads and fruits. Fresh fish and healthy meats are also available, if desired. Most kitchens are very accommodating and can help with most dietary restrictions such as dairy-free and gluten-free. Please let us know ahead of time so we can provide the kitchen staff with any instructions.

**For Additional Questions, Please Contact: [shari@soleyogaholidays.com](mailto:shari@soleyogaholidays.com)**