



The Royal Palace, Fes

Midwifery in Morocco

21 June – 2 July 2026



Level 3
MODERATE





Bab Mansour Gate, Meknes

Explore Morocco through the lens of maternal health on this specially curated tour. From the bustling streets of **Casablanca** to the serenity of **Bin El Ouidane**, from the imperial grandeur of **Meknes** and **Fes** to the cultural heart of **Marrakesh**, this journey offers a unique opportunity to witness the country's diverse approaches to childbirth and women's healthcare, with its blend of tradition and modernity.

Over the past five decades, midwifery in Morocco has evolved significantly from relying heavily on traditional birth attendants (known as "quablas"), especially in rural areas, to today, where midwives in Morocco are vital frontline health workers, providing not only delivery services but also prenatal, postnatal, and family planning support. The sector continues to face challenges such as uneven access in rural regions, shortages of skilled personnel, and the need for continued investment.

Visit hospitals, birthing centres and training institutes; meet with midwives, a traditional birthing attendant, a herbalist, and community maternal care advocates. Discuss traditional birthing rituals and explore how midwifery is practiced across Morocco's urban centres and villages. The professional visits have been organised with the president of the Association Marocaine des Sages-Femmes (AMSF), the Moroccan Association of Midwives.

Along the way, you'll sip tea with Berber families, marvel at ancient architecture, and soak in the sounds, scents, and sights of the medinas and mountains.

THIS TOUR IS CLASSED AS:

Level 3 | Moderate



Regular walking at destinations, extended standing and /or increased travel distances. Good fitness is required.

Tour Leader

Patti Paine is a midwife and registered nurse with 40 years' experience working in the British National Health Service and in the Middle East. Most recently Patti was a founding executive member of the King's College Hospital London in Jeddah, Saudi Arabia's leadership team since 2022, where she successfully led the strategic planning of nursing and midwifery services and the global recruitment of over 400 nurses and midwives, culminating in the hospital's opening in January 2025.

Patti has previously been the Director of Nursing and Midwifery at University Hospitals of Derby and Burton NHS Trust, Associate Executive Chief Nurse at King Saud Medical City in Riyadh, Saudi Arabia and Director of Women and Children Services Worcestershire NHS Trust UK. These senior positions provided her with a deep understanding of both Western and Middle Eastern healthcare systems, including maternity and midwifery services.

Patti is also a published author and been a member of several national advisory groups where she contributed to high-level strategic groups in both the UK (NHS England Midwifery



Strategic Advisory Group) and Saudi Arabia (Safe Staffing and Midwifery Career Pathway Committees), and remains committed to building resilient, empowered and culturally competent nursing and midwifery teams.

Patti has travelled extensively and participated in several Jon Baines tours, including South Africa, Vietnam and Bali.

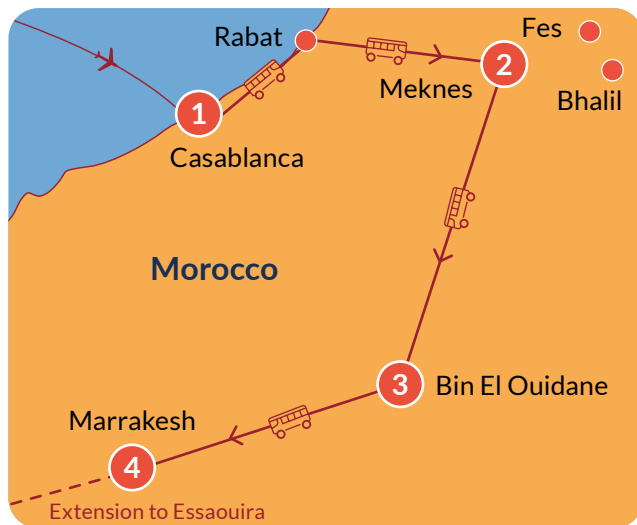
The medieval tanneries in Fes



Itinerary 21 June - 2 July 2026

B = Breakfast **L** = Lunch **D** = Dinner

2 nights Casablanca - 3 nights Meknes - 2 nights Bin el Ouidane - 4 nights Marrakesh



Day 1: Casablanca (Sun, 21 June)

D

Pm Arrive and transfer to the hotel.

Eve Welcome dinner at the hotel.

Day 2: Casablanca (Mon, 22 June)

B D

Am Discover Casablanca on a private guided tour, including a visit to Hassan II Mosque.

Pm Visit a private clinic in Casablanca. Gain insights into how Morocco's private sector complements the public health system. Meet with the president of the Moroccan Association of Midwives (AMSF), Touria Harrizi.

Eve Dinner at a local restaurant.

Day 3: Casablanca / Rabat / Meknes (Tues, 23 June)

B D

Am Travel to Rabat and meet members of the Moroccan Association of Midwives. Attend a special talk on Moroccan birthing rituals and connect with local midwives.

Pm Visit a large university hospital and learn how it serves as a teaching centre. Gain an understanding of how large-scale public hospitals in Morocco shape maternal care across the country. Explore key city sites before continuing to the imperial city of Meknes - the 'Versailles of Morocco'.

Day 4: Meknes (Wed, 24 June)

B D

Am At leisure to explore Meknes' historic quarters and bustling souks. Visit a mother and child unit within a public hospital and learn about their resuscitation and anaesthesia department and maternal healthcare.

Pm Tour a local birthing centre. Learn about the important role regional birthing centres play in Morocco's maternal healthcare ecosystem, offering safe, accessible delivery services for women in their own communities.

Day 5: Meknes (Thurs, 25 June) Fes and Bhalil village excursions

B L

Am Visit the imperial city of Fes, the oldest and largest medieval city in the world, and explore with a local guide. Its medina is home to 400,000 inhabitants and the only transport is by donkey or bike.

Pm Visit Bhalil, a traditional Berber village nestled in the Middle Atlas Mountains. Known for its colourful houses and unique cave dwellings still inhabited today, Bhalil offers a glimpse into authentic rural Moroccan life. Return to Meknes.

Day 6: Meknes / Ifrane / Beni Mellal / Bin El Ouidane (Fri, 26 June)

B D

Am Drive through the Middle Atlas Mountains toward the Swiss-like town of Ifrane, known for its alpine-style architecture and scenic surroundings. Continue through cedar forests and Berber villages, passing Azrou and Khenifra, with opportunities to spot Barbary macaques along the way.

Pm Arrive in Beni Mellal, a city nestled at the foot of the mountains and surrounded by lush orchards and olive groves. The final stretch takes you to the peaceful Bin El Ouidane Lake. Check in to your hotel.

Day 7: Bin El Ouidane (Sat 27, June) B L

- Am** Board a small boat and glide across the turquoise lake, surrounded by dramatic rocky gorges. Visit the home of a welcoming local family to enjoy a traditional cup of Moroccan tea and listen to their stories and way of life.
- Pm** Savour a delicious, home-cooked lunch before returning to your hotel.

Day 8: Bin El Ouidane / Marrakesh (Sun, 28 June) B D

- Am** Drive to Marrakesh. Travel through the scenic landscapes of the High Atlas, with a short stop in the town of Azilal - a quiet regional hub with local charm.
- Pm** Continue onward to the majestic Ouzoud Waterfalls, one of Morocco's most iconic natural sites, with time to explore. Check in to your hotel in Marrakesh.

Day 9: Marrakesh (Mon, 29 June) B L

- Am** Guided city tour of Marrakesh, including Koutoubia Mosque, the Jewish quarter and Bahia Place, amidst winding streets that open onto lush gardens and bustling souks. The focal point is the central square, exhilarating Djemaa el Fna.
- Pm** Optional traditional hammam and spa and henna tattoo.
- Eve** Optional cooking class.

Day 10: Marrakesh and Ourika Valley (Tues, 30 June) B L

- Am** Visit the midwifery training institute of Marrakesh. Discuss the structure and standards of Morocco's midwifery curriculum. Engage with faculty and learn how training programs are increasingly incorporating social accountability.
- Pm** Drive to beautiful Ourika Valley and learn how to make a Berber rug in a local women's carpet cooperative. Visit an argan oil cooperative. Drive back to Marrakesh.

Day 11: Marrakesh (Wed, 1 July) B D

- Am** Visit Yves Saint Laurent Museum and Majorelle Gardens, a beautiful haven of greenery and colour that house an important collection of cacti and sculptures, that was taken over in the 1980's by the fashion designer, Yves Saint-Laurent.
- Pm** Visit a traditional birthing attendant and meet with an herbalist to learn about Moroccan remedies used during pregnancy.
- Eve** Farewell dinner at a local restaurant.

Day 12: Marrakesh (Thurs, 2 July) B

- Am** Depart hotel after breakfast or join the optional extension to Essaouira.



Bin El Ouidane Lake



Extension to Essaouira

Travel to Essaouira, a charming Atlantic port city famed for its golden sandy beaches, vibrant blue-and-white medina, and historic sea walls. The atmosphere is laid-back and arty, with oceanfront cafes, art galleries, an excellent seafood market and superb restaurants serving the day's fresh catch. There is a thriving local arts and music scene throughout the year.

Itinerary: 2 – 5 July 2026

Day 11: Marrakesh / Essaouira (Thurs, 2 July)

B

Am Depart for Essaouira and check in to your beachfront hotel, Riad Kafil, and take a guided tour of the city.

Day 12 & 13: Essaouira (Fri, 3 July & Sat, 4 July)

B

Am Enjoy the relaxed pace of Essaouira as you wander its charming medina, sample fresh seafood, and unwind along its windswept beaches.

Day 14: Essaouira (Sun, 5 July)

B

Am Depart the hotel after breakfast.



The old medina in Essaouira



Blue fishing boats in Essaouira



Majorelle Gardens, Marrakesh (top); The old walls of Rabat;
Djemaa el-Fna, Marrakesh (above)

The cost of the tour sharing a room is £2,390 per person

The cost of the tour with a room to yourself is £2,778

The cost includes:

- The services of tour leader, Patti Paine
- Services of an English-speaking national guide
- Breakfast, lunch and/or dinner daily
- 11 nights' accommodation in twin-bedded rooms with private facilities in medium grade hotels
- A full programme of professional visits, talks and meetings as per the itinerary
- A full programme of cultural tours and visits as per the itinerary
- All transport in modern air-conditioned coach
- Arrival and departure airport transfers*
- All admission fees and tips

The cost excludes:

International flights, meals not mentioned and drinks with meals (water is included), all optional excursions, tours and visits, travel insurance and visa (if required)

*NB: The arrival airport transfers are included only from Casablanca airport and departure transfers from Marrakesh airport or Marrakesh train station (for those who want to return to Casablanca by train).

The cost of the extension sharing a room is £594 per person

The cost of the extension with a room to yourself is £894

The extension cost includes:

Transport to Essaouira with guide, three nights' accommodation, breakfast daily

The extension cost excludes:

As per main tour and departure transfer.

About Us

To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we also do is make sure that you see the country as it is today, giving you privileged access that independent travel and other tour companies rarely get close to. We give you a variety of experiences, from the sublime to the humble, in the company of intelligent, curious, like-minded people. And while we can be worthy, we also make sure that you have a lot of fun.

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Hassan II Mosque, Casablanca (top); Making traditional argan oil; Musicians in the medina; Cascade Ouzoud (above)



**JON BAINES
TOURS**

