



WOMAN EXPLORE

Retreat Itinerary

SURF RETREAT, SERENA ADAMS, MOROCCO

Please note the provided itinerary serves as a general outline and may be adjusted or modified as necessary to ensure the best possible experience for all participants.

Day 1: Welcome to Morocco

Arrive hassle free with transfers from the airport directly to your luxury resort. Check into your room from 3:00pm, but if you find yourself there a little earlier, feel free to drop your bags and make the most of the resort's amazing facilities.

At 6:00 pm, gather with Serena and your fellow attendees for a delightful Welcome Dinner. This laid-back evening provides the perfect opportunity to connect with Serena Adams, and other like-minded women joining this retreat.

Accommodation: Robinsons Luxury Beachfront Resort

Meals Included

- Welcome dinner

Included Activities

- Airport transfers
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Day 2: Time to get active

Start your day with a delightful breakfast, and dive into the first full day of your retreat. Kick-off your surfing adventure with a surf stretching session to ensure your body is ready for the week, and then hit the on-site waves with your group.

After catching some waves, take a break for lunch, savouring the flavours amid the excitement of the day. You'll also get a chance to review some pictures from the morning's session. The afternoon is free for you to enjoy. Venture into Agadir to soak up the ambiance, relax pool-side with a good book or enjoy a cocktail at the bar with newfound friends.

Experience the magic of Moroccan cuisine with a delightful dinner infused with traditional flavours and spices, as you reflect on the day's surfing triumphs.

Accommodation: Robinsons Luxury Beachfront Resort

Meals Included

- Breakfast
- Lunch
- Dinner

Included Activities

- Surf stretching session
- Surfing session

Day 3: Adventure awaits

Kick start the day with a coffee and a fabulous breakfast at the resort. You'll need to fuel up for today, as it's going to be one action packed with adventure!

Warm up your body with a surf stretching session with Serena, as you get yourself ready to hit the water. Today is all about putting what you learnt yesterday into practice and building more confidence in the water with the support of your guide and your crew.

After your surf session, the group will venture out to explore the local village, immersing yourself in the welcoming embrace of Moroccan hospitality. Wander through the village's quaint streets, engage with locals, and gain insight into their daily lives and traditions. From artisanal crafts to authentic conversations, this experience offers a genuine glimpse into Moroccan culture.

Cap off your afternoon with a visit to the bustling souk, where vibrant colors and exotic aromas beckon. Lose yourself in the labyrinth of stalls, bargaining for treasures ranging from spices to textiles to handmade souvenirs. Let the sights, sounds, and scents of the souk ignite your senses, leaving you with lasting memories of this captivating Moroccan experience.

As the day draws to a close, return to the resort, reflecting on the day's adventures and relishing in the cultural richness you've encountered.

Accommodation: Robinsons Luxury Beachfront Resort

Meals Included

- Breakfast
- Lunch
- Dinner

Included Activities

- Surf stretching session
- Surfing session
- Souk shopping experience
- Local village visit

Day 4: Sleep, eat, surf & repeat

Start your day with a delightful breakfast, before preparing for a series of aquatic adventures.

Ensure your body is primed and ready to go with a surf stretching session on the beach, before hitting the waves for another surf session.

See how you're progressing with your goals in the first of two video analysis sessions for the week. Serena will breakdown your waves and give you tips and tricks to focus on for the rest of the week.

After a morning of surfing, relish in a gourmet onsite lunch to replenish your energy, before diving into the underwater world once again with a snorkeling experience, discovering the vibrant marine life.

The afternoon grants you free time to unwind or explore at your leisure. Conclude your day with an exquisite group dinner, surrounded by the luxurious ambiance of our retreat.

Accommodation: Robinsons Luxury Beachfront Resort

Meals Included

- Breakfast
- Lunch
- Dinner

Included Activities

- Surf stretching session
- Surfing session
- Snorkelling experience

Day 5: Time to relax

Begin your morning with a rejuvenating surf stretching session, setting the tone for an invigorating day ahead. As you limber up, feel the anticipation building for another exhilarating surf session. With the guidance of your expert instructor, you'll take to the waves once again, putting your newfound skills to the test and riding the Moroccan surf with confidence.

In the afternoon, treat yourself to a well-deserved break from the action with a visit to the resort's luxurious spa facilities. Choose between two indulgent options for relaxation (additional costs apply):

Option 1 invites you to unwind at the Hammam Spa, where ancient Moroccan rituals await. Immerse yourself in the therapeutic steam and indulge in traditional Hammam treatments, leaving your skin glowing and your senses rejuvenated.

Option 2 offers a personalised spa experience at WellFit Spa, where a range of holistic treatments awaits. From soothing massages to invigorating facials, surrender to the expert hands of skilled therapists as you drift into a state of blissful relaxation.

After your spa experience, take time to lounge by the pool, soaking up the serene ambiance and basking in the warmth of the Moroccan sun.

As the day transitions into evening, gather for a leisurely dinner at the resort, where you'll savor the vibrant flavours of Moroccan cuisine in a picturesque setting. Reflect on the day's adventures with newfound friends, indulging in moments of gratitude for the experiences shared and the memories made.

Accommodation: Robinsons Luxury Beachfront Resort

Meals Included

- Breakfast
- Lunch
- Dinner

Included Activities

- Surf stretching session
- Surfing session

Day 6 & 7: It's up to you

Over these last few days Serena will tailor the days to suit the group. If you're loving the surfing then great! We'll keep pushing ahead with daily lessons, review your progress with another video analysis session and we could even venture further afield to another surf break.

But if you're all surfed out and want a day off, there are some great optional activities that can be arranged (at an additional cost).

These include an afternoon trip to Arganeraie Biosphere Reserve, which was declared by UNESCO as Morocco's first Biosphere Reserve it covers an area of approximately 2.5 million hectares and is based on the presence of a forest species endemic to Morocco, namely the Argan tree.

Take the day off and visit Paradise Valley. 20km north of Agadir, Paradise Valley is comprised of a collection of valleys, rock formations and natural pools deep in the High Atlas Mountains of Morocco.

Or even enjoy a sunset camel ride...it's up to you! On the last night of the week you will enjoy your farewell sunset dinner. This is the time to reflect on how far you've come over the week, to have a bit of a laugh and to celebrate your successes.

Accommodation: Robinsons Luxury Beachfront Resort

Meals Included

- Breakfast x 2
- Lunch x 2
- 1 x Dinner
- 1 x Farewell dinner

Included Activities

- Surf stretching session
- Surfing session
- Video analysis

Day 8: Breakfast & farewell

Enjoy your final day in Morocco. Relax with a morning visit to the beach, a swim in the pool or relish in that final sleep in.

Enjoy breakfast at your leisure before it's time to bid farewell to new found friends and head back to reality fully relaxed, recharged and rejuvenated.

Meals Included

- Breakfast

Included Activities

- Airport transfers