MAGICAL MIDLIFE METREATS PRESENTS…
SHOP, SURF & SUNSETS

A Luxury Women's Escape to Marrakech & Essaouira

8–12 April 2027 | 4 Nights | Two Magical Destinations

Imagine four nights in Morocco.
Colourful souks, beautiful boutiques, rooftop dinners, ocean breezes, sun-drenched terraces and the thrill of trying something new.
Now imagine experiencing it all with a small group of like-minded women, knowing every important detail has been taken care of.

Welcome to **Shop, Surf & Sunsets**, a boutique Moroccan escape created for women who are ready to put themselves first.
Whether you're a seasoned solo traveller or have been dreaming of taking your first trip alone, this is your chance to discover something extraordinary and make space for yourself.
Come on your own. Leave with new friendships and wonderful memories.

Four nights. Two incredible destinations. A whole new adventure.

MEET YOUR HOSTS



We're Maria and Honor, great friends united by our love of travel, adventure, good food and bringing women together.
Maria has spent more than 20 years exploring Marrakech and Morocco. Along the way, she's built wonderful local friendships and discovered the hidden boutiques, special restaurants and authentic experiences that make this country so captivating.
Honor brings her adventurous spirit, infectious enthusiasm and natural gift for making people feel welcome. She believes the best trips combine memorable experiences with plenty of laughter, spontaneity and opportunities to connect.
Together, we'll be there to guide, support and look after you throughout your stay, while giving you the freedom to explore at your own pace.

YOUR FOUR-NIGHT ADVENTURE

THURSDAY 8 APRIL | Arrive, Unwind & Connect



Your Moroccan adventure begins!
Your airport transfer will bring you to our beautiful Marrakech riad, where you can settle into your private room, enjoy a refreshing welcome and take a moment to unwind. In the evening, we'll gather for sunset drinks on the terrace and continue with a delicious three-course Moroccan dinner beneath the stars — the perfect opportunity to get to know your fellow travellers and start making memories together.
Included: Airport transfer and three-course welcome dinner.

FRIDAY 9 APRIL | Discover Marrakech Your Way



Today is all about choice, with plenty of time to explore at your own pace. Join us for an optional guided shopping adventure through the medina's colourful souks, hidden boutiques and artisan workshops, or treat yourself to a traditional hammam, visit a museum or relax at a local café. We'll meet for lunch at one of our favourite restaurants and continue our day with the groups or independently, before returning to our riad to freshen up and head out for a memorable rooftop dinner overlooking Marrakech, with delicious food, music and plenty of laughter.

Included: Breakfast, lunch and dinner.

SATURDAY 10 APRIL | From the Red City to the Atlantic Coast

After breakfast, we'll travel by private transfer to the charming coastal town of Essaouira, stopping at a local argan cooperative to discover the secrets of Morocco's famous argan oil. Once we've settled into our beautiful new riad, we'll head to the beach for our first two-hour surf or SUP lesson with

experienced local instructors. All equipment is provided, and the activity will depend on the weather and sea conditions. Back at our riad and after a refreshing shower, we'll explore the medina and enjoy dinner at a lovely local restaurant.

Included: Breakfast, lunch, dinner, private transfer and first watersports lesson.

SUNDAY 11 APRIL | Ocean Air, Shopping & Relaxation



Enjoy a leisurely breakfast before returning to the beach for your second two-hour surf or SUP lesson. Afterwards, we'll savour a delicious lunch in a beautiful setting beneath a magnificent 200-year-old tree, complete with tempting desserts. The afternoon is yours to enjoy as you please — browse independent boutiques and art galleries, wander through the medina, relax at the riad or enjoy a drink at a beachside bar. In the evening, we'll come together for a relaxed dinner at the riad, sharing stories and celebrating our Moroccan adventure.

Included: Breakfast, lunch, dinner and second watersports lesson.

MONDAY 12 APRIL | Farewell… Until Next Time!

After breakfast, we will meet our driver and return to Marrakech to catch our flights or to stay over an extra night (or two).

WHAT'S INCLUDED

We've taken care of the essentials so you can relax and enjoy the experience.

1. **Four nights of boutique accommodation** — two nights in Marrakech and two in Essaouira.
2. **Your own private en-suite bedroom** throughout the retreat.
3. **Airport transfers** on arrival and the return transfer to Marrakech on departure (talk to us about your return flight on the 12th to allow us to plan for this from Essaouira).
4. **Private transport** between Marrakech and Essaouira.
5. **All meals listed in the itinerary:** four breakfasts, three lunches and four dinners.
6. **Two two-hour surf or stand-up paddleboarding lessons** in Essaouira, including equipment.
7. **A small, intimate group** of like-minded women.

8. **Maria and Honor as your hosts**, providing support and guidance throughout the retreat.
9. **An optional guided boutique shopping experience** in Marrakech.
10. **Plenty of free time** to explore, relax or do your own thing.
11. **15% off additional nights at Riad Mur Akush in Marrakech**, subject to availability and the property's terms.

THE MAGIC OF TRAVELLING SOLO and TOGETHER.

Come solo. Feel part of something.

Perhaps you've been wanting to travel, but your friends are busy, your partner isn't interested or you simply fancy doing something independently for a change.
You're not alone.
Many women join our retreats on their own. Some are seasoned travellers; others are taking their first solo trip. What they have in common is a desire to experience something new in good company.
Our groups are deliberately small, creating space for genuine connections without the overwhelm of a big tour.
There'll be shared meals, conversations, laughter and new adventures, alongside the freedom to enjoy a little time alone whenever you need it.
You don't have to arrive knowing anyone. You don't have to be an extrovert.
And you certainly don't have to be an expert surfer!
Just come as you are.

Because now is the time to make room for more.

A FEW THINGS TO KNOW

Getting around: Marrakech and Essaouira both have historic medinas with uneven surfaces and plenty of walking. A reasonable level of mobility is recommended.
Surfing and SUP: The watersports sessions are weather- and sea-condition-dependent. Your instructors will advise on the most suitable activity. Please let us know about any relevant physical limitations before booking.
Food and dietary requirements: We can accommodate many dietary needs with advance notice. Please share your requirements when booking so we can discuss what's possible.
Drinks: Please note that no drinks are included with meals, and alcohol is not readily available in the old town of Marrakech and our riads.

The Moroccan way: Morocco is vibrant, colourful and occasionally unpredictable. Itineraries may need minor adjustments, but our trusted local team and experienced drivers will help everything run as smoothly as possible.
Your own space: Your private en-suite room is yours to enjoy, and you're always welcome to take some downtime away from the group.

YOUR INVESTMENT

£1,599 per person

Four nights | Two destinations | Your own private en-suite room
Your retreat includes the accommodation, meals, transfers and experiences detailed above.
Travelling with a friend? Twin-sharing arrangements may be available — please contact us for details.

Make it yours

Want to arrive a day early or stay a little longer?
Additional nights at Riad Mur Akush in Marrakech are eligible for a 15% discount, subject to availability and the property's terms. Ask us about options for extending your stay.

SECURE YOUR PLACE

A **£500 non-refundable deposit** secures your place.
The remaining balance is due at the beginning of January 2027.
Places are strictly limited to keep the group small and the experience personal. We recommend booking early to avoid disappointment.
Please do not book your flights yet, we will message you when it is OK to do so.
If for any reason we have to cancel the MEtreat ourselves then all your money will be refunded

Ready to say “yes” to yourself?
Contact Maria and Honor at Magical Midlife MeTreats to find out more and reserve your room.

If not now, when?
We can't wait to welcome you.
With love,
Maria & Honor
Magical Midlife MeTreats