

NOUR

RIDE & SURF

Photo +
film bundle
INCLUDED



Salty
COWGIRLS

TAMRAGHT · MOROCCO | [DATES]

NOUR
MOROCCO



THE EXPERIENCE

Seven days on Morocco's Atlantic coast with a small group of like-minded women. We ride, we surf, we breathe and we eat beautifully. You go home stronger, with friends you didn't have a week ago.

MOROCCO | [DATES]

NOUR
MOROCCO



COME SOLO. LEAVE WITH SISTERS.

10 WOMEN
7 DAYS
1 CREW

Come on your own or bring a friend. With only ten places, nobody stays a stranger for long. You'll cheer each other onto waves, ride side by side along the beach and talk for hours over dinner. A week of doing brave things with like-minded women is what you'll remember longest.

MOROCCO | [DATES]

NOUR
MOROCCO

YOUR MOROCCAN ADVENTURE

WHAT YOU'LL BE DOING:

3 surf lessons with local instructors. Boards and wetsuits are waiting, and you get as much or as little coaching as you want.

3 horseback rides: a sunset ride on the beach, a coastal ride along the shore, and a half-day ride through the forest down to the sea.

A camel ride along the beach, swaying above the surf.

Desert day. Sandboarding down the big dunes that drop into the ocean.

Paradise Valley. Rock pools, cliff jumps and a picnic under the palms.

And also: sunset yoga on the roof, breathwork with Paris, a nutrition seminar day, and a mystery goodie bag waiting when you arrive.



MOROCCO | [DATES]

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YOUR WEEK, ON FILM

A professional videographer is with us all week, capturing the moments you would otherwise miss while you were living them.

ALL WEEK

On the rides, in the surf, on the dunes and around the dinner table.

YOURS TO KEEP

Your own photos and film from the week, for your memories or for your social media.

PHONE AWAY

You can leave it in your room. Someone else has the camera.

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NOURISHED ALL WEEK

WITH PARIS AND LIV

This is what makes our retreat different. The food is fresh and healthy all week, and you leave knowing how to keep it going at home.



BEFORE YOU
FLY

Your personal nutrition analysis. A short questionnaire and a one-to-one call, so we understand how you eat, move and feel before the week begins.

DURING THE
WEEK

A nutrition seminar day. Paris takes you through how food, stress and energy fit together, with time for every question.

WHEN YOU
LEAVE

Your nutrition plan ebook. A plan written for you, with recipes from the week, to take home and keep.

NOUR
MOROCCO

By the sea

SURF HOUSE

YOUR HOME FOR THE WEEK

A surf house in Tamraght is our home for 6 nights and 7 days. This is where we eat together, roll out our yoga mats on the roof at sunset, hold our nutrition seminar and rest between rides and waves.

Comfortable shared and private rooms, a rooftop terrace with ocean views, a cosy Moroccan lounge, and a kitchen serving fresh, healthy food.

MOROCCO | [DATES]





SALTY COWGIRLS
NOUR
MOROCCO



MOROCCO | [DATES]

WHAT'S INCLUDED

YOUR RETREAT PRICE INCLUDES:

- ✓ 6 nights in a surf house by the sea
- ✓ Airport transfers
- ✓ 3 surf lessons, all gear
- ✓ 3 horseback rides: sunset beach, coastal + forest
- ✓ Camel ride on the beach
- ✓ Desert day with sandboarding
- ✓ Paradise Valley rock pools
- ✓ Fresh, healthy meals all week
- ✓ Nutrition seminar day + your personal analysis
- ✓ Your nutrition plan ebook to take home
- ✓ Rooftop yoga + breathwork with Paris
- ✓ Pro videographer all week + your photo + film bundle
- ✓ Mystery goodie bag on arrival
- ✓ Two hosts + a week with like-minded women

NOT INCLUDED:

Flights, travel insurance, personal spending

PRICE OPTIONS:

- 1) Shared room €1,950
 - 2) Private room €2,250
- €1,000 deposit holds your place



NOUR
MOROCCO



MEET YOUR HOSTS

Hi, we're Liv & Paris.

Liv is a licensed nutrition advisor from Sweden who loves travelling, riding, surfing and anything that keeps her moving. She plans every day of the week, so all you have to do is show up.

Paris has a bachelor's degree in nutrition and is a breathwork coach. She loves surfing and travelling, and she runs the nutrition seminar, leads the breathwork and writes your personal plan.

We built the week we wanted to go on ourselves.

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READY TO COME TO MOROCCO?

You don't need to know how to surf, you don't need to be an experienced rider, and you don't need to come with a friend. You'll find your people here.

YOUR NEXT STEP

1. Submit your application
2. We'll book a call with you to chat + answer your questions + make sure it's a good fit
3. Pay your €1,000 deposit
4. Start getting excited

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