



Adventurebug Worldwide Ltd
Bespoke adventure travel & events since 2000
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Apto. Correos 1031, 29680 Estepona, Malaga, SPAIN TEL (34) 635 817 819

CHARITY RUN CHALLENGE – OPEN EVENT

Morocco Sahara and Atlas Mountains

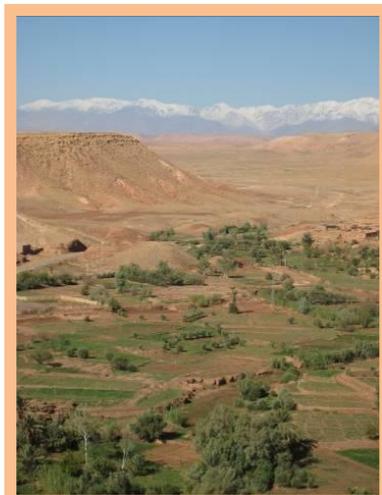
Program Description

Adventurebug is again pleased to offer Classic Tours our unique running challenge in the southern region of Morocco – an area between the mighty Atlas Mountains and the mystical Sahara Desert. Known as the *Hamada*, or stone desert, here one finds many familiar landscapes brought to life by a number of Hollywood blockbuster films. Aside from this, it is an area of profound natural beauty and insightful cultural gems that can have a positively transformational effect on its visitors.



From our desert base at *Ait Benhadou* - a rural village approximately 4 hours south of Marrakech, we start our running challenge. From Ait Benhadou, we run to the historic souk of Ouarzazate – once prominent on the caravan route from *Tom Bok Tu, Mali*. After a night in the Hollywood Studio ‘Oscar Hotel’, our second run ventures into Skoura, an ancient valley of palm dates and subsistent farm communities. On day 3, we transfer to the high Tichna Pass at 2400 m and then run down into the Telouet valley. Upon completion, a massage, shower and lunch awaits followed by a 2.5 hour transfer down the high Atlas range to a rural area within an hour of Marrakech itself – our staging area for the final run. The final day we shuttle to Marrakech’s outskirts and then have a ceremonious final fun into the city itself, finishing in the historic center next to the famous 12th century Koutoubia Mosque.

In general, the surface for each run is a combination of hard packed dirt/gravel track and some tarmac. The terrain is undulating but not mountainous, despite being in the lower southern foothills of the Atlas range. There are few vehicles on the roads and route finding is relatively easy for the runners. The desert terrain of the Hamada does not mean continual sand dunes. This area is hard packed, arid volcanic rock with some vegetation – particularly beautiful date palms in river valleys. For the most part, this is true desert and in some cases it resembles the Grand Canyon meeting the open plains of Mongolia! It truly is a mystical place.



For this challenge, we strive to create balance for the participants in all areas. Transfers are kept to a minimum; hotels all twin or triple share with private bathroom, shower and with pool; meals tasty and nourishing and a program of after running attractions that are diverse, memorable and not too physical. Our support team, assistants and safety protocol ensures that runners are placed at the highest priority and every aspect pertaining to routes, water and feed stations, medical and massage support, security, timings, transfers and all logistics are scrupulously maintained.

Please have a read through the itinerary. It is based on our original design in conjunction with your comments / queries submitted to us as recommendations. As always, we are open to your suggestions, needs and requests.



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ITINERARY

Day 1 – Transfer to Ait Benhadou, Desert zone

Arrival to Marrakech airport, direct shuttle by modern, comfortable micro buses (2 buses) to Ait Benhadou (or take direct flight to Ouarzazate to avoid the drive over Atlas). Lunch stop on route after approximately 2.5 hours (included) *including mineral water upon departure from airport*. Total transfer time (driving) approximately 4 hours. Arrival activity can include walk/tour of Kasbah at Ait Benhadou Kasbah; warm up run in desert. Lunch and dinner included.

Accommodation in Ait Benhadou:

Hotel La Rose Du Sable <http://larosedusable.com/>

A tourist class hotel right in the heart of Ait Benhadou. It offers basic but clean rooms (*twin sharing and limited singles*). There is a pool and restaurant and a great rooftop terrace overlooking the desert. Live Berber musical performances available for our group – tips not included. All meals will be in the hotel. Alcohol not served.

Day 2 – Ait Benhadou to Ouarzazate Run

Level – Undulating terrain, open plains, dry Hamada desert and limited oasis areas



25 km run through the landscapes of some of the most epic films ever made. Passing movie locations from such films as Lawrence of Arabia, Raiders of the Lost Arc, The Gladiator and Jesus of Nazareth, our destination today is *Ouarzazate*, a key stopping point during the Caravan trading period and now a base for Hollywood's demanding film industry. Expect mostly flat but some undulating terrain over stony track as we run away from the Atlas foothills into desert terrain. No group

transfers are required today. The run is door to door. The run finishes right at the spectacular Hollywood Studio and our hotel itself. Massage, shower/swim and lunch will be prepared for arrival. Hotel Oscar, Twin and Triple distribution. Lunch, Dinner, Breakfast.

Today's suggested POST RUN attractions include:

- Visit Flint Oasis, walk through date palm oasis, visiting local Berber house for mint tea and cultural orientation of life in the oasis. Travel time to Flint from hotel (25 min / one way). Total visit time including travel approximately 3 hours.

Price per person: € 20 / pax

Includes: transport, tip for family / tea / snack, guides and light walking tour



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- Visit to film studio sets for guided tour, including a guided tour of Ouarzazate's Kasbah followed by free exploration time in the medina (market) of Ouarzazate. Total visit time for this experience approximately 3 hours.
Price per person: € 10 / pax Includes: transport, entrance fee, guides and tour

Accommodation in Ouarzazate:

Hotel Oscar – <http://www.hotel-oscar-ouarzazate.com/home.html> located on the quiet outskirts of where the Sahara meets Ouarzazate, this lovely hotel with its garden, pool and colourful rooms exceeds our guest's expectations. It is also the hotel for the famous studios of Ouarzazate and it's not uncommon to have film crew and actors present in the same place. The pool, bar, restaurant and visits to the studios right behind the rooms makes for a very unique stay in Morocco!

Day 3 – The Skoura Palmeries Run

Level – Vast flat, open desert terrain leading into ancient date palmerie and villages



An interesting 25 km run today in the region of Skoura Palmerie – part of the Valley of a Thousand Kasbahs. Starting on a long stretch of desert tarmac road, runners can stretch their legs before entering the labyrinth feel of the ancient Palmerie. In the palmerie, runners will enjoy the endless villages, Kasbahs, gardens and more. A very different run from yesterday and a rewarding finish at one of the authentic Kasbah guest houses.

The run finishes right at the Kasbah hotel. Massage, shower/swim and lunch will be prepared for arrival. A 1hr 15min max transfer from Ouarzazate is required this morning. Hotel Kasbah Dar As Salam or similar. Twin and Triple distribution. Lunch, Dinner and Breakfast.

Today's suggested POST RUN attraction include:

- A guided tour of the Skoura Kasbah is recommended. Participants will see and learn of the construction of these unique village homes (of sand), and see traditional weaving, artist and agricultural carried out in a real desert oasis.
Price per person: €5 / pax)
Includes: Local guide and exhibition Berber house with tea making, guide

Accommodation in Skoura Palmerie:

Hotel Kasbah Dar As Salam – Certainly one of the event's highlight accommodations. This beautiful Kasbah has all the charm expected of this famous valley. Containing its own olive and fig grove, vegetable garden and gorgeous swimming pool, the rooms are also enchanting and offer insight into life deep in the heart of the Sahara. A remarkable place to stay.



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Day 4 The Tichna Pass to Telouet Mountain Run

Level – High altitude run (2400 m) but descending throughout on tarmac road



Today's 25 km run is like no other on this expedition. The run begins near the highest road pass in the Atlas Mountains (2400m) and descends to the infamous Telouet Valley and Telouet Kasbah itself. A highly scenic run for its natural terrain (cedar and pine trees), and small hamlets on route. The entire route is on a single, quiet rural road with some undulations to make it more scenic. Certainly the hilliest run of the four!

After this run, a 2.5 hour shuttle to the outskirts of Marrakech is required. Please note, the morning shuttle from Skoura to today's run is also approximately 2 hours.

Today's lunch is served at the end of the run in a small Inn next to the Kasbah Telouet (right at the end of the run). Here runners can have an optional shower and our massage tables will be located here ready to receive the runners.

Accommodation:

Hotel Le Coq Hardi – A rural countryside tourist class hotel 45 km from Marrakech. This hotel is established and has a reputation for active groups and expeditions. A swimming pool, decorated restaurant and leafy green garden areas make this is perfect location to launch our final run from. All rooms have private internal bath and showers. Twin and Triple distribution mostly.

Post Run Activity Suggestion:

This afternoon will be the transfer over the Atlas range. There is little time for bonus excursions however we strongly recommend that at some point after the run / lunch that runners visit the Kasbah Telouet (approx 2 pounds donation entrance). The Kasbah is a 150m walk from the finish of the run/lunch area.

Day 5 – The Final Run into Marrakech

Level – Mostly flat, city run with increasing volume of traffic towards finish

After breakfast a short transfer (25 min) will bring the group to a point 25 km from the center of Marrakech city. Here we find donkey carts and women singing in the fields tending to crops.





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The initial route covers 15km on a pleasant rural tarmac road that winds around agriculture fields and small hamlets before it enters the city outskirts.

At the edge of the city, we run on wider, palm tree lined boulevards with spacious pavements where runners are not effected by traffic so much. Then the run enters a garden and walled area of a Royal Palace before running straight up to the Koutoubia Mosque. After passing the Koutoubia, it is approximately 2km to the hotel, running on a wide boulevard to our hotel. The run finishes right at the hotel entrance in the leafy city district known as the *Hivernage*. Today's lunch is a buffet right in the 4 star hotel and runners can enjoy the pool and / or an optional 'spa' treatment and various levels of massage is available in the hotel itself. Price not included.

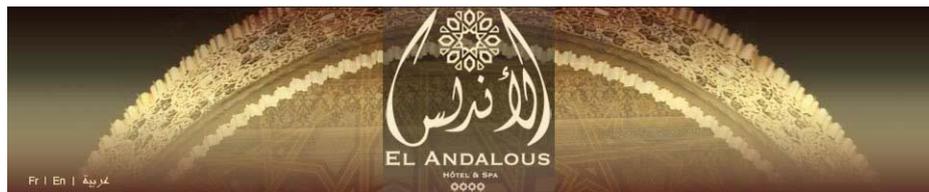
Included Activity:

A guided walking tour of Marrakech's infamous souk (market). Starting from the Plaza Djemaa El Fna, we visit the snake charmers, medicine men, story tellers, musicians, water carriers and more before entering the labyrinth of spectacular shops, stalls and craft makers. This is no ordinary tour as we will visit the workshops of welders, painters, tin smiths and leather workers. We will also pass the famous Ben Youssef Mosque and a traditional 'herbalist' for a presentation on natural therapies, aromas and healing techniques of the Berbers. Expect a minimum of 2 hours for this tour (on foot), and likely an extra hour for shopping and exploration time for the group. Note – Transfers to/from the old quarter are included.

Price per person: (FREE) IT IS INCLUDED IN PROGRAM PRICE for all participants

Includes: Local guide services in medina and return transfers to hotel

Accommodation / Marrakech (1 or 2 night's option):



Hotel Al Andalous, Marrakech - <http://www.elandalous-marrakech.com/html/en-index.php>

One of Marrakech's more luxurious stays. A modern hotel of 4 stars with a large pool and garden, spa, bar and restaurant. Very comfortable and 15-20 minutes walking from the Medina and old city center. **Twin share** with private bathroom / showers.

Gala Dinner:

Our final Gala Dinner will be held in the historic *Dar Es Salam Palace Restaurant* http://www.ilove-marrakech.com/daressalam/index_en.html located in the Medina (old quarter) itself. One of Morocco's most enchanting Riads and a film set for Alfred Hitchcock as well as host to Winston Churchill, Sean Connery and more. Our dinner also includes a revolving series of dance and music displays in the center of our dining room. 1 beer or wine per participant included. *Transfers (10 min) to/from dinner from hotel included.*



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Day 6 OPTIONS:

1. *Departure for UK after breakfast / transfers included*
2. *Rest day & Guided tour of Marrakech / additional night at Hotel Andalous / Breakfast and *lunch or dinner included only (half board)*

OPTIONAL Evening activity (for those staying in Marrakech 2nd night) can be a dinner/show of BERBER FANTASIA. An evening performance of luxury surroundings on outskirts of Marrakech whereby Berber performers on horseback display their horsemanship and rifle skills at high speed and daring! Price on consultation.

Airport Transfer and Return Flight

For those wishing to stay on in Marrakech (or visit more of Morocco), as per above, we will extend the hotel reservation and / or provide onward tour options (see below). Please consult.

The return transfer from hotel to Marrakech airport applies to the GROUP departure. So if group departs on Day 6 as per above itinerary, the transfer is included in our price. For those wishing to extend their stay outside of the group travel arrangements – a separate transfer fee is indicated below.

Inclusions

- *Arrival airport shuttle to Ait Benhadou from Marrakech – mineral water included*
- *Return airport shuttle in Marrakech from hotel*
- *All local land transport by modern, private micro bus coach*
- *Daily Baggage shuttle and delivery to hotel*
- *Support vehicle daily on route (Minibus 9 pax support vehicle) AND sweep vehicle*
- *Bicycle provision for Doctor / Classic Rep & Moroccan assistant to sweep routes*
- *5 nights accommodation / double & triple if stated / TWIN on final 2 nights*
- *All meals from lunch arrival day 1 to breakfast on day 6 (including Gala Dinner)*
- *Bottled water 1.5l x 4 days per participant and management of FEED STATIONS*
- *½ bottle wine pax / provision at Gala Dinner celebration*
- *Massage therapist (x 2) for 3 days / 10 min pax on legs a day / post run*
- *Adventurebug logistical team and local support (route marshals) in Morocco*
- *Public Liability insurance per participant*
- *Risk Assessment Study, Safety Protocol and Emergency Evacuation Procedures*
- *Licenses, permits and all taxes / PRICES ARE NET*

NOT INCLUDED

- *Tipping of local team (local guides and drivers)*
- *Additional drinks at meals apart from mineral water provided*
- *Additional transport and shuttles apart from itinerary*
- *Travel insurance / apart from Public Liability coverage*



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PROGRAM ADDITIONS / ADD ONS

Should time be permitted or available, an extension of this trip could include the following:

1. *Trekking or MTB Safari to the Sahara or Atlas (1 to 5 days)*
2. *Trekking Expedition to summit of Toubkal Peak (3 days minimum)*
3. *4x4 guided tour and camel trek into Erg Chebbi dunes of Merzouga / desert camp*
4. *Cultural tour itinerary of Essouira, Fes, Casablanca and more (3 days minimum)*
5. *Hot Air Balloon Trip over Marrakech*
6. *Guided visits of the ROYAL CIRCUIT (Fes, Casablanca and Meknes)*
7. *Create a tour with our guiding team!*