



Highlights

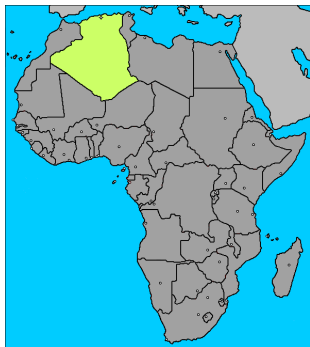
- 268, 190, 130 km non stop
- Hoggar
- White sands
- Ermitage Assekrem
- Surprising Geology
- Pass ILlemane
- gazelles

TRANSAHARIANA IN ALGERIA



8 days 100% nature.

An Ultra race of 268 km or 216 km non-stop in the Hoggar, a magical place...



Where is Hoggar....?

Le Hoggar est une chaîne de montagnes du Sahara dans le sud de l'Algérie.

Identity card of Algeria:

- **Time zone :** Gmt
- **Area :** 2 382 000 km 2
- **Capital :** Alger
- **Population :** 33,8 million
- **Currency :** Dinar
- **Langue :** Arabic
- **Visa :** Compulsory.
- **Température :** 35°C during the day and 5 to 0° at night.

RSO Team



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- 268 km, 190 km, 130 km non-stop from Tamanrasset.
- Check point with liquid refreshment every 25 km
- Check point with liquid refreshment + tents rest every 20/30 km
- Buoyage approximately every 400 m

Route of 268 km

Km 0 : Départure	DEPART DE TAMAKREST <i>After a transfer to the cascade of Tamakrest or bivouac Sunday evening is installed you go towards the village of Indalag. You are over the first pink houses On Monday morning, easy to track through wooded wadis in the north.</i>
Km 21 : CP1	
Km 44 CP2	Amezghiane <i>Indalag After you follow the tracks that go in the direction of mass Amezghiane mountainous rocky track to 1600 m altitude (Very hard and beautiful rocky climb.) CP2 is at the foot of the massif on the crest of the lava fields finished in crushed sand from the first kilometers.</i>
Km 67: CP3	Tiffererane <i>The CP3 is located at km 62, on the site Tiffererane. It joins the main trail that goes up 72 km to the north. Massif is in sight Izarnan site of rock carvings</i>
Km 95: CP4	Akar -Akar <i>CP 4 You'll find Jean Pierre at km 90 and begin the plateau of Akar Akar (Mountain in isolation (82 km) towards the Guelta of Efficale (small lake). A stone arch marks the entrance. You continue toward of Assekrem the first beautiful mass are already sight, a surprising geology...</i>
Km 126: CP5 Km 139: CP6	Col de Tim Tera Timt <i>CP 5, you go on the right towards the Tim Tera Timt (CP 6) This means: cars don't pass. You will understand ... attention ankles.</i>
Km 160: CP7 Km 181: CP8	Issakarassen <i>CP7 After this will be the park gazelles cross for you reach of the guelta Issakarassen ... or they come s'abreuvoir. You go towards the in Imandouazen volcano</i>
Km 194: CP 9	Assekrem 2780 m <i>you come back on the 2 twins before they reach the hermitage of Charles Eddy where Edward has lived for 54 years and celebrated his memory ..</i>
Km 219: CP 10 MOBILE	Illemané
Km 225: CP 11	<i>After this spectacular vision, we go into the valley to pass 2 passes at 2412m and 2347 m, which lead us to lowering Illemané, loaf sugar... magic ... stones down very technique! Watching or you put your feet past the top 10 PC and CP 11 at the bottom. Pierre Michel (nurse) and Jérôme wait you.</i>
Km 245 : CP 12	Tehernanet <i>Still thirty km, not more difficult, though.... You find the heat of the plains and through the lava fields tortured Village Tehernanet and gardens ... Alain will be waiting in the middle of nowhere ... CP 12 Tissalatene. The dish takes its rights on this track and it is the village of Tamgart which announces the last 5 km sand ... and you follow the wadi, and its waterfall rushes over 6 km to reach the 3 elephants of Tissalatene</i>
Km 268 : Arrivée	





Informations on the race :

➤ **Time limit of run:**

the limit time of passage check are calculated under the average of 4km/hour, it is 10 hours for a run of 40 km. This time limit allow everybody to manage his own run. only two points are based on 5 km / hour (low altitude - no particular technical difficulties):

- 100 H l'élite 268 km
- 80 h extrême 216 km
- 75 H ultra 162 km
- 50 H ultra 130 km

➤ **Departure:** 8 a.m. on Monday.

➤ **Medical supervision:** on the entire RSO raid, we have 2 French doctor + an 2 nurse. The medical staff depend of the number of runners.. with more than 20 runners we have kiné and osteopath.

➤ **Advices:** shoes at least 1 size ½ bigger than your usual size. Feet: foot care (bath of betadine 10 days before, thread, needles. Bandages elasto skin 2cm, scissors, compresses double Frictions: elasto for all the parts (shoulders, thighs, toes)

➤ **Mandatory material :** cover Blanket-mirror of signalisation-a whistle-a frontal lamp with spare battery - a lighter -a small case of emergency - a roller of elasto - a compass - a pocket knife - 2 Cyalum - 2 handkerchiefs in paper - system of hydration: tins or bag minimum 3 litres

➤ **Briefing:** a briefing will be set before the departure of the race.

➤ **Medical certificate:** it is part of the registration card, and no runners could take the departure without this formality. if the runner is a doctor, he should consult an other doctor and get the approval.

➤ **Meals:**

Before and after the race, on bivouac: cold meals for lunch and hot dinner. During the race :self sufficiency : just fruit and water will be on the CP

➤ **Visa:** We will provide you with the invitation of the Tourism Ministry, our partner, the document necessary to get your visa at the consulate in your city. You can use Visa Express, Visa action, very practical.

➤ **Luggage:**

Cabin: take your camel back in cabin and your running shoes. Mind to follow the new restrictions for the cabin bags (no liquid + de 200 ml) solar lotion, food gel, put them in your hold luggage.

hold : mind to stick your luggage with name/ addresses

➤ **Insurances:**

RSO get a civil insurance and repatriation insurance for all the runners, participants and supervision staff. The insurance start in Algeria until Algeria departure.

➤ **Cancellation:** we propose a cancellation insurance that grants you the total refund at 30 days before departure. Then the amount is on our own conventions. If you do not take this insurance, the refund amount taken



Road Book 2010:

ROAD BOOK

2° TRANSABARIANA

13 au 21 mars 2010

CP1
CP2
CP3
CP4
CP5
CP6
CP7
CP8
CP9
CP10
CP11
CP12

(Small text in French describing the race details)

Illemane km 209

CP11 km 217

CP10 km 211

CP5 km 119

CP9 km 186

Massif Assekrem CP5 - km 120

Guelta Efiliane km 100

CP4 km 90

Akar Akar km 83

CP3 km 62

Tissalatene km 260

Tiffirane CP 3

DEPART 130 km

DEPART 260 et 190 km

Bivouac RSO

INTERNATIONAL CHALLENGE

10 km

RAID SAHARA ORGANISATION

CP7 km 152

Guelta d'Issakarrassene CP 7

CP 6/8

CP5 km 119

CP9 km 186

Volcan de Imandwagan km 123

2° TRANSABARIANA

LE DEFI DU HOGGAR

COURSE A PIED VTT

Ultra: 130 km
Extrême: 190 km
Elite: 260 km

Ravitaillements et CP
Tous les 2025 km, il y aura un point de contrôle. Chaque Check point sera matérialisé par une tente, un véhicule, et 2 collaborateurs de course accompagnés d'un ou plusieurs membres mobiles de l'équipe médicale.
Nous y fournirons: eau, fruits, barres de céréales, soupes, coca.

Supplies and CP
There will be a check point every 2025 kilometers. Each check point will have a tent and a vehicle and will be staffed by 2 race marshals and 1 or more members of the medical team.
The check points will be supplied with water, fruit, cereal bars, soup, coca.

Abastecimientos y CP
Cada 2025 km, habrá un punto de control. Cada punto de verificación se materializará por una tienda, un vehículo, y 2 colaboradores y el equipo médico.
Estará provisto: agua, frutas, barras de cereal, sopa, coca.

Rifornimenti e CP
I Check Point saranno ogni 2025 km. In ogni CP troverete un veicolo di emergenza con le attrezzature mediche, 2 persone dell'organizzazione.
In ogni CP troverete barrette di cereal, zuppe, coca.

Matériel Obligatoire	Equipment Required
- 8000 calories (8000 au départ)	- 8000 calories (4500 itinerary)
- un sac à dos ou un bidon porte-bidon	- A backpack or frame bottle cage
- une réserve d'eau de 3 litres	- A reserve of water for 3 liters
- une couverture de survie	- A survival blanket
- un étui	- A first-aid kit
- une lampe frontale avec piles de rechange	- A headlamp with extra batteries
- un bracelet fluo	- A fluorescent armband
- un roadbook	- A roadbook
- une bouclette	- A compass
- 2 gilets	- 2 Gilets
- un bracelet	- A bracelet
- 1 sac de couchage	- 1 sleeping bag
- 1 gilet imperméable	- 1 long pants
- 1 veste de froid	- 1 jacket cold
- 1 gilet de secours	- 1 emergency kit
- 1 couette d'hiver	- 1 set of shoes
- 1 rouleau de poche	- 1 pocket knife
- mouchoirs en papier	- Tissues

BOUTIQUE

Rel-Trail, Casquette, Polaire, CD photos

TO make the impossible possible.

www.raid-sahara.com