## DAILY PROGRAMME

**Day 1**: Meet in Marrakech and transfer to Zagora.

**Day 2**: 15 km training

**Day 3**: 20 km training

**Day 4**: 27 km training

**Day 5**: 30 km training

**Day 6**: 10 km training

**Day 7**: Transfer to Marrakech

**Day 8**: Transfer to airport

## EQUIPEMENT TO BRING

- ❑ Travel bag (not a suitcase)
- ❑ 3L CamelBak
- ❑ Trail running backpack
- ❑ Warm sleeping bag (transported for you during training sessions)
- ❑ Personal first-aid kit including an Aspivenin pump
- ❑ Two pairs of training shoes, one with sand protection
- ❑ Open shoes for evenings
- ❑ Some energy bars/gels
- ❑ GPS watch if possible 3
- ❑ Cash for personal expenses

## ☆☆☆ Services Included

- Support, training provided byElhousine Elazzaoui, trail runner and marathon runner
- All transfers listed in the programme
- Seven nights: homestay / bivouac / tent
- All equipment for meals and accommodation
- Two jeeps for luggage, equipment transport, and assistance
- Desert camel-driver team
- Dromedaries for transporting equipment
- 4L of mineral water per person per day
- Breakfast, lunch, and dinner for 7 days
- Experienced cook throughout the trip
- Traditional hammam at the end of the camp
- Basic first-aid kit

## ☆☆☆ Services Not Included

- Flights
- Drinks and meals in Marrakech
- Tips (approx. €50)
- Single-room supplement €100