

# Travel information & FAQs



Ultra Morocco  
**Eco-Sahara**  
ULTRA TRAIL


## Do I need special vaccinations?

No. Nevertheless, you should own standards such as tetanus. In addition, hepatitis A is recommended. If you have any doubt, please contact your doctor in time.

## Visa, passport or identity card?

European citizens don't need a visa. But the entry is possible only with a passport. This must be valid at least until the 20<sup>th</sup> August 2018.

## On the flight, I have to fill out a form and name the address of the hotel...

ROYAUME DU MAROC SURETE NATIONALE		المملكة المغربية الأمن الوطني
<b>FICHE D'EMBARQUEMENT / DEBARQUEMENT</b>		
Date.....	N° Vol .....	
Nom .....	الاسم العائلي	
Last Name		
Prénom .....	الاسم الشخصي	
First name		
Nom de jeune fille .....	الاسم ما قبل الزواج	
Maiden name		
Date et lieu de naissance .....	تاريخ و مكان الإزدياد	
Date and place of birth .....		
Nationalité .....	الجنسية	
Nationality		
Pays de résidence habituelle .....	بلد السكنى الإعتيادية	
Country of usual residence		
Profession .....	المهنة	
Occupation		
N° Passeport/Date délivrance .....	رقم الجواز و تاريخ الإصدار	
Passport#/Date of delivery.....		
Destination/Provenance .....	البلد المتوجه إليه أو القادم منه	
Going to/Coming from		
Adresse au Maroc .....	العنوان بالمغرب	
Adress in Morocco .....		
Motif principal du voyage: .....	الغرض الأساسي للسفر:	
Main reason for visit:		
Tourisme/tourism <input type="checkbox"/> سياحة	Affaires/Conférences <input type="checkbox"/> أعمال / مؤتمر	
	Business/Conférences	
Études/Studies <input type="checkbox"/> دراسة	Travail/Work <input type="checkbox"/> عمل	

Take a pen in your hand bag and please inscribe at "Adresse au Maroc" the following one:

Bivouac Camp Ahansal, Bouzagar – Comune Tarnata; 47900 Zagora, MOR

### ***I arrive and a nice man takes my luggage on a trolley...***

If you use this service, you have to pay for it!

### ***Where and how much money do I change best?***

About 100 euros should be sufficient for snacks, souvenirs (tea, spices, leather goods, ceramics and lamps), postcards including a reserve. Please do so at the airport, where you will arrive in Morocco.

If Sim cards for free of Orange, One etc. with credit and a validity of three days are offered, snap at it immediately.

### ***Where do we meet us?***

We pick you up at the airport in Zagora on Thursday and shuttle you directly to Bivouac Ahansal (👉 [Map](#)).

### ***How long does the transfer take?***

From Marrakech (meeting point is the 4 star [Hôtel Tichka Salam](#), Semlalia BP 894, Route de Casablanca, Marrakech 👉 [Map](#), departure 8.00 am) you are for the 388 km the whole, from Quartzazate (meeting point is the [Hôtel Le Tichka Ouarzazate](#), Avenue Mohammed V, Ouarzazate 40000 👉 [Map](#), departure 1.30 pm) for 194 km half the day and from Zagora airport for the 30 km 45 minutes on the road.

In the end, it's up to you to decide whether you want to walk the last three kilometers through the desert and over small dunes to the Bivouac or prefer to ride with the jeeps and luggage.

### ***Please, tell me more about the standard of the Bivouac.***

There are closed high comfortable tents lined with mats, in which there are beds, very good mattresses, pillows, blankets and bed linen. For sleeping, you do not even need your own sleeping bag with a comfort zone up to +5 ° C.

Electricity comes with 220 V voltage environmentally friendly from the




solar system (usually it takes in Morocco no adapter because it sockets of type C – with GER & AUT compatible – and E).

Since we are in the desert, however, the Internet connection is not comparable to the speed in big cities and the telephone calls (calls within the country, from and to the EU 0.99 € / min) is difficult due to the coverage of the network.

In the center the large common tent is placed where we eat together and the briefings take place. A little off, you find the bricked showers and toilets.

### ***How hot / cold it is?***

Daytime pleasant 21 to 37, night 6 to 12 ° C. More  actual [information](#)

### ***What do we do on Friday***

First of course, we have breakfast from 8.30 until 9.30 clock. At 10.00 am we are committed to the environment and each participant plants a palm tree. Another highlight of the day and especially valuable for this and other races in the desert such as the Marathon des Sables will take place at 11.30 am: We run with Mohamad Ahansal and get insider tips for running on sand and dunes. Afterwards, lunch is served and the briefing followed by dinner at 5.00 pm.

### ***Why do I need a medical certificate?*** (attached)

Because it is prescribed by the organization. Please bring it with printed and filled – also the attached the declaration of liability – and note that it must have been issued no more than 30 days before the start of the race, so after the 17th January 2018.

### ***Can I switch the race on site?***

Yes, before the race, a change is still possible, after the start it isn't.

### ***What is the nature of the track?***

It has everything you could wish for a trail: sand, dunes as far the eye can see, gravel, hills, oasis, single trails and all this in a wonderful landscape.

### ***Is the path marked?***

Yes, with signal spray and stripes. Nevertheless, take definitely a compass (mandatory equipment!) and a navigation system (mandatory equipment!) with the GPX data with you. The data receives each participant in advance. A navigation by your mobile phone isn't possible.

### ***What should I do during the race with my luggage?***

It remains in your tent, but please put valuables and your passport in your running backpack.

### ***Why do I need the mandatory equipment??***

Why take an unnecessary risk? In an emergency, it is important that every athlete can immediately help others as well as himself.

Furthermore, each participant should go with functional clothing that protects against the sun, sand storms and cold on the route. The following items are compulsory equipment and have proved in the first editions:

- trail running shoes
- gaiters
- running backpack
- compass
- GPS navigation device or clock with GPS function
- whistle
- sleeping bag
- aluminium coated emergency blanket
- subsistence like gels, bars or similar, plus a campsite with a total of at least all in all 4,000 kcal
- lamp and red rear light plus for both replacement batteries
- fully charged mobile phone depose an emergency call
- poison vacuum pump
- personal Emergency Kit
- windbreaker
- pocket knife
- bib number visible placed
- drinking vessel because there are no cups or anything else available for



reasons of environmental protection

- 2, better still 3l water to fill at each checkpoint

Furthermore, the following items are recommended:

- cap with neck protection
- sunglasses that closes completely around the eyes
- sun cream with SPF 50 for skin and lips
- spare battery

### ***Does everybody carry this equipment?***

Yes, without exception and regardless of which race you're running!

### ***Where can I get water?***

In the race, there are 7 checkpoints with (only) water:

- |      |     |    |             |                                      |
|------|-----|----|-------------|--------------------------------------|
| • KM | 0   | 0  | Start       | Bivouac Ahansal                      |
| • KM | 2   | 2  | Dunes       |                                      |
| • KM | 13  | 13 | Water 1     | School                               |
| • KM | 23  | 23 | Pass        | Tizi N´Lagtara                       |
| • KM | 29  | 29 | Water 2     | Lamaiwj Piste                        |
| • KM | 30  | 30 | Pass        | Tizi Laiwj                           |
| • KM | 35  | 35 |             | Oase Achgig                          |
| • KM | 41  | 41 | Water 3     | Piste Foum Zguide                    |
| • KM | 49  | 49 | Water 4     | Bivouac Abdelkhalek-Aabidliya        |
| • KM | 51  | 51 | Checkpoint  | Erg Laâbidlia                        |
| • KM | 57  | 57 | Water 5     | Bivouac Checkpoint 57 K (night over) |
| • KM | 58  | 3  | Dunes       |                                      |
| • KM | 69  | 14 | Water 6 / 1 | Platex Oued Lamhasser                |
| • KM | 86  | 31 | Water 7 / 2 | Oasis Diabi                          |
| • KM | 97  | 42 | Pass        | Tizi Oum Laacher                     |
| • KM | 98  | 43 | Water 8 / 3 |                                      |
| • KM | 106 | 51 | Dunes       | To the finish                        |
| • KM | 108 | 53 | Finish      | Bivouac Ahansal                      |

Please note a running backpack with hydration plus cups or bottles are required. If you are invited to a tea at Nomads, they are looking forward

to an Euro ;-)

### ***Where can I get first aid and medical care?***

If you have any problems, please contact the checkpoints immediately. If you have to be rescued from here or from the course, then take out insurance for these costs in advance so that you do not have to pay them yourself.

### ***Whom I call in an emergency?***

Please save the following two phone numbers in your favorites and turn to Mohamad Ahansal immediately, even if you should have unexpectedly lost the course:

+212 661 578 615

+212 649 899 715

### ***Out of Race...***

If you can't continue the race, you have to give your bib number at the respective checkpoint and you will be transported back to the Bivouac Ahansal for a fee of 100,- Euro.

In addition, the race organization has the right at any time to take an athlete out of the race in case of serious health condition, despite the passage times. This also applies if an athlete needs an infusion.

### ***Time table and time lines.***

- Bivouac Ahansal: 7.00 am Start for everybody (except 53 K)
- Checkpoint 57 K: 6.00 pm Time line for UTMES 110 K participants  
After a going on is strictly forbidden!
- 7.00 am Start for everybody
- Bivouac Ahansal: 5.00 pm Finish for everybody

Important: At each checkpoint, you must register as a participant with your bib number. Especially at Checkpoint 57 K, you have to specify as UTMES 110 K nonstop participants, whether you stay the night over here or continue.

### ***How do the transfers work for the 57 and 53 K participants and the accompanying persons?***

You will travel by jeeps to checkpoint 57 K, stay here and drive back to Bivouac the next morning. Since it is a long transfer through the desert, it costs for everybody 100,- Euro.

Please only take your own personal belongings, as all participants are in an autonomous race. Should an external support be given, the participant will be immediately disqualified.

### ***Disqualification!***

The following misbehaviour will be punished with immediate disqualification:

- unsportsmanlike behaviour
- cutting the marked route
- leaving the marked route without leaving of a personal item
- throwing away waste in the race as well as on the entire trip
- doping and any help from the outside and by third parties
- disregarding the instructions of the organizing team
- missing mandatory equipment
- changing, absence or incorrect fixing of the starting number

### ***Which rankings are there?***

For all races an

- individual ranking (m/f)
- team ranking (at least 3 athletes)
- team 57 plus 53 K with change at Checkpoint 57 K

### ***What are the gifts and prizes?***

All participants receive a Berber shawl on arrival and Mohamad shows us how to do it properly and what great functions it offers. In addition, all finisher will receive a beautiful UTMES medal and the first three places of the individual scores will be honored with trophies.



### **Where do I transfer my participation fee?**

Please to the following account of Mohamad within 14 days of your registration:

<b>Empfänger* Recipient</b>	<input type="text" value="Ahansal Events Travel"/>	
<b>(inkl. Strasse, Ort und Land)</b>	<input type="text" value="Nibelungenstraße 5"/>	
	<input type="text" value="94113 Tiefenbach"/>	
	<input type="text" value="Germany"/>	
<b>IBAN oder Konto-Nr. des Empfängers*</b>	<input type="text" value="DE80 7405 0000 0030 6445 12"/>	
<b>SWIFT-Code (BIC)*</b>	<input type="text" value="BYLADEM1PAS"/>	<b>Sparkasse Passau</b>
<b>Institut</b>	wird automatisch für Sie eingefügt	<b>Nikolaistraße 1</b>
<b>Währung*</b>	<input type="text" value="EUR - Euro"/>	<b>94032 Passau</b>
<b>Betrag*</b>	<input type="text"/>	<b>Deutschland</b>
<b>Ausführungsdatum</b>	sofort	
<b>Entgeltregelung*</b>	<input type="text" value="Alle Preise z.L. des Auftraggebers (OUR)"/>	<b>Fee by athlete</b>
<b>Ausführungsart</b>	<input checked="" type="radio"/> <b>Standard (SWIFT)</b>	
	<b>Personalausweis/ Reisepass-Nummer</b>	<input type="text" value="?"/>
	<b>Passport number</b>	
<b>Verwendungszweck</b>	<input type="text" value="UTMES 2018"/>	
<b>Reason for transfer</b>		
<b>Your...</b>	<input type="text" value="First &amp; last name"/>	

**My question was not answered here :-)**

If this is the case, please write us an email.





I, the undersigned, Dr \_\_\_\_\_  
Address \_\_\_\_\_  
certify that: Mr, Mrs, Miss \_\_\_\_\_  
born \_\_\_\_\_  
whose blood group is \_\_\_\_\_  
has a normal clinical examination results,  
a weight of \_\_\_\_\_ kg  
heart rate of \_\_\_\_\_ per minute.

There are no medical contraindications to an ultramarathon competition or a long hike about 110 / 57 plus 53 / 57 km in the heat of the Sahara desert.

Date \_\_\_\_\_

Signature and stamp \_\_\_\_\_  
\_\_\_\_\_

I, the undersigned, the competitor \_\_\_\_\_  
(*name, first name*)

Allergy \_\_\_\_\_

Medical and surgical history \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Regular or on-going medical treatment (note the name of the active substance: the INN (International Non-proprietary Name) and not the trade name. This is very important medically or in case of anti-doping control.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I certify that the above information are correct.

Date \_\_\_\_\_

Signature \_\_\_\_\_  
\_\_\_\_\_

# Declaration of liability



I

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First and last name

have read and know about the

- Travel Information & FAQs
- General Terms and Conditions

of the UTMES 2018 and accept them without exception.

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City, date

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Signature