



ADEM N Sport Club Organizes:

The 3rd International Raid of the Rif - North of Morocco

Programme

Thursday July 16, 2009

Ceuta/Tangier - Tetouan - Chefchaouen

Participants are met at the border of Ceuta or Tangier. Vehicle transfer towards the town of Chefchaouen. Check into hotel. Guided visit of the old Medina and dinner.

Friday July 17, 2009 18 km/6 hours

(optional timed race in the morning)

An early breakfast and the beginning of the timed race, starting from 800m to 1700m altitude. It is a regulated timed walk of 11Kms during which each person will carry his/her own backpack for the day while trying to finish the race in less than 3 hours.

This route crosses a pine forest and follows an inclined track in the valley of Tisemlal, arriving to the Chwihat pass where the timed race will finish. A picnic meal will be served by midday. A sufficient rest period in a fir tree forest with panoramic views will follow. Continuing with a normal walk (not timed), with each one walking at his/her own pace towards the village of Azilane located at the altitude of 1250m, in the heart of the National Park of Talassemtane. Afterwards free time, dinner and night in rural house.

Saturday July 18, 2009 20 km/5 hours

After breakfast, we will start a normal walk following an old path that crosses several villages typical of the Rif and continue our descent to arrive at the village of Talambot (500m of altitude) where we will visit its famous God's Bridge, an impressive natural arc on the canyon of the Oued Farda. Picnic lunch by the river, rest and vehicle transfer to Tetouan. Ceremony of handing-over of medals and prizes for the first 3 winners of Friday's timed race. All the participants will receive a certificate of their participation in the Raid. Dinner and night in hotel.

Sunday July 19, 2009 10 km/5 hours

Breakfast and transfer to the village of Belyounech to start our ascent of the majestic mountain of Jabal Moussa (841m of altitude), representing one of the mythical columns of Hercules and located in the African part of the Straits of Gibraltar.

During the ascent we will enjoy impressive views of the Straits, the Tingitane peninsula and the mythical Leila Island. Afterwards a picnic meal, rest and continuation of the descent to join our transport. Transfer towards the border of Ceuta or Tangier. End of stay.

Costs and Registration

PARTICIPATION COST:

190 Euros per person in double room.

INCLUDED:

4 days with 3 nights on Full Board:
(3 breakfasts, 3 picnic meals and 3 dinners)
All above mentioned transport.
Transport of personal items.
1 night in Chawen in a 2* hotel.
1 night in a rural house in Azilane.
1 night in Tetouan in a 2* hotel.
Guides and assistants during the 4 days stay.

NOT INCLUDED:

Transfer from Europe to the borders of Ceuta or Tangier – Out and Back, Insurance, personal effects, beverages and all items that are not mentioned in the programme.

LOGISTICAL SUPPORT:

The organization of the Raid will ensure a service of assistance, support and emergency during the race in the case of accident.

RECOMMENDED ITEMS TO BRING:

Sleeping bag, sleeping carpet/mattress, suitable walking boots/shoes, correct clothing to visit the Rif (avoid shorts, low necklines and naked arms, in respect of the local culture). Clothing should be suitable to the season, hat, sun cream, water bottle, walking sticks, torch and the personal medicines needed for this type of competition.

IMPORTANT: A valid passport.

N.B.:

The organization of the Raid will inform the participants in case it is necessary to modify the programme, for reasons of safety, weather conditions, unforeseen circumstances or causes beyond control.

INFORMATION CONCERNING THE 3rd INTERNATIONAL RAID OF THE RIF

Place: Province of Chefchaouen, North of Morocco.

Duration: from the 16/07/2009 to the 19/07/2009.

Beneficiaries: Members and representatives of Sport Clubs older than 18 y.o.

Final date of inscription: Friday July 3, 2009 at 18:00 (GMT).

Telephones of contact: 00 212 676 99 66 46
00 212 663 83 40 63

Requested documents:

Physical aptitude certificate
2 Passport copies
2 Identity Card Document copies
3 photos of identity.

Registration:

To participate in the 3rd International Raid of the Rif, it is necessary to fill in the Registration Form and send it by e-mail to: ademnordmaroc@yahoo.fr or by fax, signed, to: 00 212 539 99 22 76, accompanied with a copy of a receipt certifying the advanced deposit payment of 90 Euros per person, before Friday July 3rd, 2009 to the bank account of ADEMNI: W902428X651.
RIB (iban): 225.150 0349024286510124 28.
Crédit Agricole, Place Outa Hammam, Chefchaouen, 91000. Morocco.

Once in Chefchaouen, to finalise your registration you will be asked to present the original registration form, filled in and signed, accompanied by the documents previously requested above, as well as the receipt of the advanced payment of (90 Euros) and the remaining due amount of 100 Euros per person. The person in charge of the organization is Mohamed EL Kahouji who is authorised to receive all the above documents and monies due from you, on July 16, 2009.

We appreciate your participation and thank you for your collaboration in this Raid.

Hoping that it will be success for us all, we are looking forward to welcoming you. In the meantime we send you all our best wishes and sincere greetings.