



PROGRAMME

Thursday May 20, 2010 :
Ceuta / Tangier – Chefchaouen

Participants are met at the border of Ceuta or Tangier. Vehicle transfer towards the town of Chefchaouen. Check into hotel. Rest period. Dinner and night in hotel.

Friday May 21, 2010 :
 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 2 hours 30 minutes. 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 Talassemrane. Afterwards free time, dinner and night in rural house.

Saturday May 22, 2010 :

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 Chefchaouen.

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 May 23, 2010:

Chefchaouen – Ceuta / Tangier

Breakfast and a guided visit of the old medina of Chefchaouen including its impressive Plaza, Kasbah, museum, water mills and its famous water source. Lunch and transfer towards the border of Ceuta or Tangier. End of stay.

ADEM N



**ASSOCIATION POUR LE
 DEVELOPPEMENT ET
 L'ENVIRONNEMENT
 AUX MONTAGNES DU NORD**

ADEM N Sport Club

Organizes



PARTICIPATION COST:

150 Euros per person in double room.

INCLUDED:

4 days with 3 nights on Full Board.
All above mentioned transport.
Transport of personal items.
2 nights in Chefchaouen in a 2* hotel.
1 night in a rural house in Azilane.
Guides and assistants during the 4 days stay.

LOGISTICAL SUPPORT:

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

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.

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.

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.

INFORMATION

Place: Province of Chefchaouen, Morocco.

Duration: from 20 - 05 - 2010 to 23 - 05 - 2010.

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

Final date of inscription: Friday April 30, 2010 at 18:00 (GMT).

Telephones of contact: 00 212 663 834 063

Requested documents:

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

REGISTRATION

To participate in the 4th 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: 00 212 539 992 276, accompanied with a copy of a receipt certifying **the advanced deposit payment of 50 Euros per person**, before Friday April 30, 2010 to the bank account of ADEM: 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 (50 Euros) and **the remaining due amount of 100 Euros per person**. The person in charge of the organization is Mohamed EL Kahoiji who is authorised to receive all the above documents and monies due from you, on May 20, 2010.

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.