



21° edition
Runner's - Walkers
28 October – 04 November 2023

Foreword

With the 21st edition, the 100 km of the Sahara turns over a new page and renew itself! After many years, a general change was opted for, with the opening of a new cycle. Change of date, formula, area and routes, a radical change directed toward favoring a complete "full immersion" in the desert. A unique location in the heart of the Grand Erg with high quality logistical accommodation that will grant some major comforts to members and avoid all the daily movement of camps and luggage, with its attendant inconveniences. Another great novelty "**Half 100 km del Sahara for Walkers**" a special program addressed to walkers that will allow them to walk 50 km in 5 stages in the heart of the Sahara desert, sharing in full the program dedicated to runners. For the first time, it also opens up the possibility for accompanying persons to share the trip with their friends or relatives: in fact, the logistical arrangement now allows for a stay in the middle of the desert with the appropriate facilities to enjoy comfort and suggestion.

BIG NEWS AT THE 21st EDITION OF THE 100KM DEL SAHARA. From the upcoming 21st edition 100 km del Sahara changes the formula, the race will no longer be itinerant from the oasis of Douz to that of Ksar Ghilane, but the group will be transferred by 4x4 vehicles to a fantastic permanent campsite, in a desert area close to Tembaine Mountain, an iconic site in the Tunisian Sahara, surrounded by big sand dunes, and positioned in the heart of the desert. The campsite, offers 2 , 3 or 4-person tents equipped with beds, mattresses; there are toilets and showers, restaurant tent and relaxation tents, all set in an absolutely unique location, nestled among the sand dunes. This will be the race headquarters for the four days, and every stage starts and finish will be directly from the camp, so it will no longer be necessary to prepare and load luggage each day for the change of camp. The catering service will be a fusion between local and Italian cuisine, supervised and taken care of by the chef in charge of our organization, with some integrations of Italian products. Medical services will always be provided by Italian medical specialists.

FRIENDS & FAMILY

for the first time, it will be possible to travel with friends or family that do not run. the opportunity to share the trip with their friends or relatives, in fact, thanks to the new logistical arrangement, a





stay in the middle of the desert will be offered with adequate comforts and services, thus being able to fully enjoy the suggestion and emotions that the desert can offer.

HALF 100 KM of SAHARA for Walkers

New program reserved for walkers, 50 km in 5 stages. The stages will be exactly half the size of those reserved for runners. The starts will be all together, and the finish of the walkers' stage will be at the mid-stage refreshment of the runner's, from where transport will be organized by the organization's vehicles. There may be stages where the start will be given by the runners' mid-stage refreshment and the finish directly at the campsite. 100km del Sahara is part of the stage races of the Zitoway Sport & Adventure in a desert environment, together with the 100km du Senegal and the 100km of Namib Desert.

THE RACE

100 km in 5 stages for the runners:

1st stage 12 km

2nd stage 21km

3rd stage 22 km

4th stage 10 km (night stage)

5th stage 35 km.

All the stages start and finish at the campsite.

PROGRAM

Sat, 28 october	Arrival in Tunis, transfer by bus to Hammamet, dinner and overnight in hotel.
Sun, 29 october	Transfer by bus to Douz in bus, hotel accommodation and technical check, dinner and overnight in hotel.
Mon, 30 october	Transfer by 4x4 vehicles (100 km) to our campsite, lunch. At 5 p.m. start of 1 st stage of km 12. Dinner and overnight in tents.
Tue, 31 october	Wake up and breakfast, At 9,00 a.m. start of 2 nd stage of km 21,00. Lunch, dinner and overnight in tents.
Wed, 1 november	Wake up and breakfast. At 9,00 a.m. start of 3 rd stage of km 22,00. Lunch at camp. At 7 p.m. start of 4 th night stage of km 10,00. Dinner and overnight in tents.
Thu, 2 november	Wake up and breakfast. At 7,00 a.m. start of 5 th stage of km 35,00. Lunch and transfer by 4x4 vehicles to Douz hotel. At 6.30 p.m. 18,30 awards ceremony by the pool, dinner and overnight in hotel.
Fri, 3 november	Wake up and breakfast, At 9,00 a.m. Transfer by bus to Tunis, dinner and overnight in hotel.
Sat, 4 november	Wake up and breakfast, Transfer by bus to the airport, end of services.

NO FLIGHT OPTION

The program can be chosen without flight from Italy, with a discount of € 200 on the original price. In this case the meeting point will be directly at Tunis airport by the time of the flights coming from Milan and Rome.



NOTES

Transfers

Transfers will be by bus, transfer times will be, about 5/6 hours from Tunis to Douz and vice versa.

Accommodation

In Hammamet 4* hotel with dinner and breakfast, in Douz accommodation will be at 4* hotels with breakfast lunch and dinner service when provided in the respective programs. The program includes 4 nights at the hotel and 3 nights at the camp. At the camps the overnight stay will be in tents with 3 or 4 beds, single or double accommodations also possible (with supplement), own sleeping bag recommended. The management of the camps, including the catering service will be by the local organization with the supervision of the Italian chef for the food and the organization's staff for the camp.

Documents

A responsibility waiver form must be filled and signed by all the runners and walkers. **No admission to the race without this document will be allowed.**

Temperatures

Temperatures during the months of October/November will be warm to hot, especially in the late morning hours. **A water supply of at least 1 liter at the start line is mandatory.**

Terrain

The race course is characterized by the typical surfaces of desert territories: sand dunes, hard and compact tracks with crossings of sand tongues. In this edition 70% of race terrain will be formed by sand.

Race pack

There is a simple list of mandatory equipment for the race: at least 1 liter of water in the backpack water bag or water bottles, mineral salts, survival cloth, whistle, lighter, headlamp. A hat, sunglasses, high protective factor sunscreen, pocket knife and Compeed plasters are highly recommended.

Time limit

No time limit for the first 4 stages; for the 35 km stage time limit is 5 hours.

Night stage

The fourth night stage 10 km doesn't require to wear the race pack, but a headlamp with a red flashing light in the rear part is mandatory. The course will be marked with reflectant signals.

Medical assistance

The race medical staff consists of Italian doctors.



REGISTRATION FEES

Registrations until 30 april:	€ 1.800
Registrations from 30 april to the deadline:	€ 1.950
Registrations for family members and friends:	€ 1.700

Fees include: flight, all bus transfers, hotel, campsite accommodation full board, race or walk participation, medical and race assistance.

Single room supplement (4 nights in hotel):	€ 190
Two places tent at campo (3 nights):	€ 120
Single tent at camp:	€240

Not included: all extra and drinks in hotel, **airport taxes 90€ per person**

- **EARLY BIRD REGISTRATIONS (within 28th February 2023)**

All the early bird registrations will receive a special race package including the following:

- 75 liters duffle bag branded with 100km del Sahara logo
- Cotton polo branded with 100km del Sahara logo
- Cotton sweater branded with 100km del Sahara logo
- Saharian sheish (typical long cotton scarf) branded with 100km del Sahara logo

For the complete and detailed Race Regulations, please visit this link (also in English):

<http://www.100kmdelsahara.com/regolamento.php>

Subscriptions deadline: 15/09/2023 (except in case of sold out)

<http://www.100kmdelsahara.com/index.php?lang=uk>

IMPORTANT NOTICE:

the race and the trip shall be confirmed with a minimum of 40 participants

TRAVEL DOCUMENTS:

**please check necessary travel documents
according to your Citizenship and Country of Origin.**

Please issue your Travel Insurance in your Country of Origin.



Penalty fees in case of cancellation

30% of the rate for cancellation up to **90 days** before the departure

50% of the rate for cancellation from **89-60** days before the departure

90% of the rate for cancellation from **59-30** days before the departure

100% of the rate for cancellation from **29 days** before the departure

- in case of NO-SHOW

- in case of non-regular personal expatriation documents

REGISTRATION FEE TO THE RACE and REGISTRATION FEES TO THE PROGRAMM
are **not refundable!**

**In case of air tickets issued related to this program please note:
air tickets are non-refundable and subject to 100% penalty.**

IDEATION AND GENERAL ORGANIZATION

ZITOWAY Sport & Adventure – Modena info@zitoway.com +39 059 359813

TECHNICAL ORGANIZATION AND DISTRIBUTION:

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