

## PROGRAMME SAHARAMARATHON 2009

**Friday, 20. Feb. 2009:** Departure from Frankfurt to Algiers. Afternoon arrival Algiers, onward flight to Tindouf.

AH2071 20Feb09 14:30 Frankfurt – 17:05 Algiers  
AH6148 20Feb09 22:35 Algiers - 01:05 (21FEB09) Tindouf

Transfer with trucks and busses to refugeecamp Smara, approx. 1 hr.

Here we will be distributed to our host families, 4-5 guests per family. If you have friends travelling with you, please indicate, that we arrange same guest family for you.

You will sleep on thick foam mats under blankets. We recommend a light sleeping bag or bedcover for your personal hygiene.

Meals will be served by the families. It is important to drink water from sealed bottles only.

Washing facilities are very basic, you learn to save water.

Usually the families offer a light meal upon arrival and serve black tea with lots of sugar, a national diet.

Most of the runners will offer some gifts for the families and their children. We recommend black tea, fish(mainly tuna) cans, clothes, toys for kids, notepads, pencils, everything kids can use for school or to play with.

We recommend not to distribute gifts to kids in the camp, since this educates kid to beg.

**Saturday, 21.Feb. - Sunday, 22. Feb. 2009:** We inspect the camp, do some excursions to the museum, the capital Rabuni.

We eat with the families.

As well we do some easy runs.

On Sunday will be the race registration.

Evening Pasta Party at Protocollo, that is the name of the central building, where you will find all the daily informations.

**Monday, 23. Feb. 2009:** : Raceday. Very early start by bus, truck, jeep to the various start areas for the different races. The finish for all races will be in Smara, our homecamp, which is very comfortable for your personal after race habits.

There are enough water stations along the course, however keep your personal waterbottle with you in case of something unforeseen.

After finishing we meet in a hall, where we can grab some drinks and refreshments.

Mobile: +49 (0)173 2569881 Mail: [info@lauftreffreisen.de](mailto:info@lauftreffreisen.de) Skype: Runandfun1

Winners ceremony at night. I recommend to have dinner with your family before, since that ceremony is always very crowded.

**Tuesday, 24. Feb. 2009:** A day to relax, stroll the camp and excursion to a big sanddune late afternoon, to enjoy a romantic sunset.

**Wednesday, 25. Feb. 2009:** Early at night transfer to Tindouf airport. Returnflight via Algiers to Frankfurt. Arrival noon time and end of a journey, which will have changes your perspective a bit.

AH6149 25Feb09 03:05 Tindouf – 05:25 Algiers  
AH2070 25Feb09 10:30 Algiers - 13:15 Frankfurt

**Packageprice per Person:**

**EUR 1.199**

**General Information about the project to help the Saharawi people you will find under [www.SaharaMarathon.org](http://www.SaharaMarathon.org).** Here you will find a Google-Earth Map with the location of the Camps and the Marathonroute, just push the Button „Race“.

**Included: Flight from/to** Frankfurt to Tindouf with Air Algérie oder other airlines, all transfers, accomodation in tents or huts with the families, fullboard according to local standard (very basic), race organisation, registration fee, excursions.

**Change of programme:** There may be changes due to the scheduled domestic flights within Algeria and the special conditions in a refugeecamp. However these changes will not effect the basic structure and contents of the tour. The touroperator cannot be held responsible for these changes. If there is the necessity to cancel or Stopp the races due to sandstorm, participants will follow raceofficials instructions.

**Payment:** Immediatly after your booking you will receive a confirmation/invoice by the legal touroperator and please remit the downpayment of EUR 700 to:  
Reiseland R+N Reisen GmbH, Hagenbrücke 15, D-38100 Braunschweig.  
Bank: Commerzbank Braunschweig, Konto 5110994, BLZ 27040080.

Please mention SAM09 and your name.

The final payment will be payable until 15. January 2009.

**Cancellation fees:**

Basic fee after you have received your confirmation: 20% of packageprice.

After 15. Dec. 2008 the airfare of EUR 700 cannot be refunded.

After 15. January 2009 80% of tourpackage.

After 15. February 2009 90% of tourpackge.

Cancellation on day of departure or noshow, no refund can be given.

**Insurances:** We recommend to sign a travel cancellation insurance.

The Algerian authorities require an medical insurance including ambulance emergency flight, valid for Algeria. Please check your insurance policy. If your policiy does not cover Algeria, we

can book an additional insurance for you. A copy of your insurance policy is requested with the visa application.

**Visa:** You need an algerian visa with special permit to visit the Saharawi Camps. Your passport has to be valid for minimum 6 months after leaving Algeria. Beginning of January we will submit the list of participants to our representative of the Saharawi, she will sign the list and send it to the respective Algerian embassies of your homecountry.

Upon our request you will send your passport with your applicationform, 2 passportfotos, the visafee to the embassy. It will take about 14 days to handle the visaapplication by the embassy.

**Vaccinations:** There are no mandatory vaccinations. However we strongly recommend vaccination against Hepatitis A and check your Tetanusprotection.

As well we recommend to discuss with your doctor the possibility to improve your immunesystem.

**Donations:** EUR 150 of the tourpackage will be contributed to humanitarian projects together with the international runners community and United Nations.

**Liability:** The touroperator is responsible for the proffessional organisation ot the tour. However the participants are well aware that they stay in refugeecamps. Any changes necessary due to the special situation will be accepted and the touroperator cannot be held responsible for then. The participants will be carefully with food and drinks. They should only eat cooked meals and drink water from sealed bottles.

**The participants are well aware of the special stress of a sportive event in the Sahara and will prepare their fitness accordingly, supported by examining their doctor.**

**The touroperator cannot be held responsible for the particular risk for the health of the participants.**

**The organizers of this event are representatives of the Saharawi government and humanitarian organisations from Italy and Spain. They will do everything to safeguard the participants while in the camps. The participants on their turn will be flexible and tolerant to cope with the situation in the camps and with the families.**