

THE AGOUDAL RAID // 15 - 20 April 2018

Sport, tourist and solidary event.



→ Provisional Programme :

DAY 1 / Depart from France or other countries and arrive in Beni Mellal :

- 2:30 pm : welcome at Marrakech Airport of all participants and volunteers (meeting point),
- 3:30 pm : welcome in front of the med center club in the city center (meeting point) for the rest of the participants and volunteers,
- Debriefing and programme of the day,

- Depart by minibus (17 seater) for Beni Mellal. There will be 2 stops minimum,
- Between 7:00 pm and 8:00 pm, arrival in Beni Mellal, meal and accommodation in Beni Mellal (Hôtel Ouzoud).

DAY 2 / Welcome, debriefing and beginning of sport trials in Agoudal :

- 7:00 am : breakfast in Beni mellal (Hôtel Ouzoud),
- 8:00 am : Depart by minibus (17 seater) for Agoudal,
- 1:00 pm : lunch, official welcome by Organisers of Agoudal Raid, Associations Les Toqués de la Dalle, Sens and Akhiam. Distribution of race pass booklets, numbers and mountain bikes. Debriefing of the weeks activities, presentation of all the teams.

- 3:00 pm : Beginning of the Agoudal Race Events – 50 teams of 2 persons maximum
Agoudal run – 13 km uphill. Arrive at level of Grotte d Agoudal
- 5:00 pm : Mountain bikes 10 km along tracks. Return to Agoudal.

- 8:30 pm : Dinner, musical animations, projection of photographs taken during the day
- 10:00 pm : End of first day events

DAY 3 / Agoudal (View lakes of Isli and Tisli) :

- From 8:00 am : Breakfast in Agoudal,

- 9:00 am : Agoudal/ Taghighachte : mountain bike, course of 32 km along downhill trail
- 11:00 am : Taghighachte / Lake d'Isli. Mountain run of 10 km
- From 12:30 pm : lunch by lake d'Isli

- 3:00 pm : Lake d Isli/ lake Tisli : Bike and Run race 9,2 km (return by Mountain bike or bus to Agoudal)
- 7:00 pm : Agoudal/Agoudal Run 2.3 km (night run with torches)

- 8:30 pm : Dinner, musical animations, projection of photographs taken during the day
- 11:30 pm : End of second day events

DAY 4 / Agoudal– Explore villages above Agoudal :

- From 8:00 am : breakfast in Agoudal,

- 9:00 am : Agoudal/Col Tizi, Mountain bike run of 20km along mountain trail.. Cross mountain pass at 2680 m. Each team leave their mountain bikes at the pass and continue on foot.

- Col Tizi/Salt Mines. Run 8km – Caution, a rough steep slope
In arrive, tea and cakes and return by Mountain bike or bus to Agoudal

- 2:30 pm : Meal at Agoudal

- 4:00 pm : Agoudal – Archery
- 5:00 pm : Agoudal/Agoudal Run 2,3 km. Final trial – a Color Run
Teams depart every 30 seconds

- 8:30 pm : Meal, musical animation, projection of photos of last three days

- 11:30 pm : End of the 3rd and last day of the endurance tests

In Total: 63,5 km of mountain biking , 29 km running, 9,2 km Bike and Run, a night trial run and a fun Color run of 2,3 km and archery

DAY 5 / Visits and cultural exchanges with local inhabitants of Agoudal :

- From 9:30 am : breakfast and debriefing of the day

- 10:30 to 12:30 am : Construction of one or more gabion walls by participants, accompanying persons and volunteers and/or planting of barberry shrubs and currant bushes,

- 12:30 to 2:00 pm : Meal at Agoudal, gift of 100 bikecycles to the association Akiam, thanks to local association, preparations for departure,

- 3:00 pm : Depart by bus for Marrakech. Visits of a Confectionery Cooperative (Imilchil) and Apple Juice Cooperative (Bouzmou),

- 7h30 pm : Meal at Beni Mellal (Atlas Café Restaurant),

- 11h30 pm : Arrive and accommodation in Marrakech (La Ferme El Dar).

DAY 6 / Marrakech and departure :

- From 9:30 am : Breakfast in Marrakech,

- 11:00 am : Transfer to visit Marrakech (4 km),

- 12:30 pm : may be, lunch in Ait Bougumez Restaurant,
- 1:00 to 5:00 pm : Visit of Marrakech or transfer to airport