



SAHARA RACE (EGYPT) 2009

COURSE NOTES

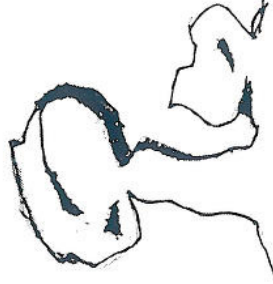
SAHARA RACE (EGYPT) 2009 STAGE 1

Name of Campsite	Farafra
Description of Campsite	Flat open sand next to the road
Name of Stage	Arabian Nights
Description of Stage	Leads to the famous El Guedida, the white desert



SAHARA RACE (EGYPT) 2009 STAGE 2

Name of Campsite	The White Desert
Description of Campsite	Among the astonishing rock formations
Name of Stage	Marathon el Qarawin
Description of Stage	We slowly exit the White Desert and start wandering through soft sand until reaching dunes

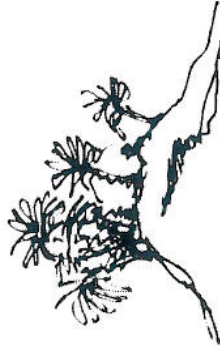


	CP1 (Stage 1)	CP2 (Stage 1)	CP3 (Stage 1)	CP4-Camp (Stage 1)	Total
Difficulty Rating (Moderate, Difficult, Extremely Difficult)	Moderate	Moderate	Moderate	Moderate	
Distance Kilometer	9,1	8,5	8,1	8,6	34,3
Distance Miles	5,64	5,27	5,02	5,33	21,26
Beginning Altitude (m)	78	61	50	28	
Ending Altitude (m)	61	50	28	9	
Elevation Gain	+5	+10	+8	+26	+49
Elevation Lost	-17	13	19	29	-78
Avg speed 12 km/h	45 min	44 min	42 min	44 min	2h 55min
Avg speed 3 km/h	1h 56 min	1h 45min	1h 38min	1h 46min	7h 05min
Cut Off Time					
Description of Terrain	Mostly sandy with small rocks	Some ups and downs rocky and sandy	Some down hill among flat rock and sands	Hard sand and rocks.	
	Cap 25°	Cap 330°	Cap 360°	Cap 100°	

	CP1 (Stage 2)	CP2 (Stage 2)	CP3 (Stage 2)	CP4 (Stage 2)	Total
Difficulty Rating (Moderate, Difficult, Extremely Difficult)	Moderate	Moderate	Difficult	Difficult	
Distance Kilometer	12	10,2	10,9	10,9	44,0
Distance Miles	7,45	6,30	6,80	6,80	27,28
Beginning Altitude	9	70	85	128	
Ending Altitude	70	85	128	127	
Elevation Gain	+75	+25	+77		+177
Elevation Lost		-12			-12
Avg speed 12 km/h	1h	53min	55min	55min	3h 43min
Avg speed 3 km/h	2h 30min	2h 10min	2h 15min	2h 15min	9h 10min
Description of Terrain	Hard sand and rocks	Undulating soft sand terrain	Black open areas with sand	Only sand, mainly soft	
	Cap 145°	Cap 155°	Cap 115°	Cap 335°	

SAHARA RACE (EGYPT) 2009 STAGE 3

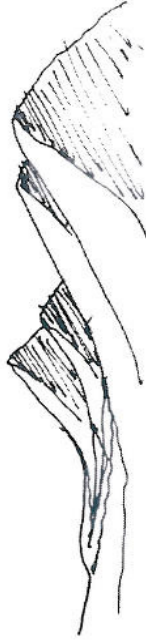
Name of Campsite	Table Top
Description of Campsite	Next to sand dune ridge
Name of Stage	The Roman Ruin
Description of Stage	Navigate dune ridges and rocky areas



	CP1 (Stage 3)	CP2 (Stage 3)	CP3 (Stage 3)	CP4 (Stage 3)	Total
Difficulty Rating (Moderate, Difficult, Extremely Difficult)	Difficult	Moderate	Moderate	Moderate	
Distance Kilometer	10	11.3	9.6	11.6	42.5
Distance Miles	6.2	7.01	5.95	7.19	26.35
Beginning Altitude	127	114	32	54	
Ending Altitude	114	32	54	50	
Elevation Gain "+"			+21		+21
Elevation Lost "-"	-28	-81			-109
Avg speed 12 km/h	52min 2h 5min	56min 2h 20min	47min 2h	58min 2h 23min	3h 33min 8h 48min
Avg speed 3 km/h					
Description of Terrain	Open undulating sand Cap 30°	Mainly soft sand. Cap 280°	Sand and hard rock beds until Ain El Serw Oasis Cap 10°	Open sandy area Plateau ridge to see Cap 45°	

SAHARA RACE (EGYPT) 2009 STAGE 4

Name of Campsite	Ice Cream Cone
Description of Campsite	White rock formations close to ridge along plateau
Name of Stage	Route of the Nomads
Description of Stage	Climb to a limestone plateau, and follow track on the top



	CP1 (Stage 4)	CP2 (Stage 4)	CP3 (Stage 4)	CP4 (Stage 4)	Total
Difficulty Rating (Moderate, Difficult, Extremely Difficult)	Difficult	Moderate	Moderate	Moderate	
Distance Kilometers	9	9.6	10.1	11.9	40.5
Distance Miles	5.6	6	6.26	7.4	25.15
Beginning Alt (m)	50	126	127	147	
Ending Alt (m)	126	127	147	248	
Elevation Gain "+"	+60			+137	+197
Elevation Loss "-"					
Avg Speed 12 km/h	45min 1h 53min	47min 2h	52min 2h 10min	1h 2h 28min	
Avg Speed 3 km/h					
Cut Off Time	Sandy uphill among rock formations to the plateau Cap 40°	Hard packed sand with sandy patches Cap 40°	Hard packed sand with sandy patches Cap 40°	Piste starts to climb to wandering through hills Cap 313°	
Description of Terrain					



SAHARA RACE (EGYPT) 2009 STAGE 6

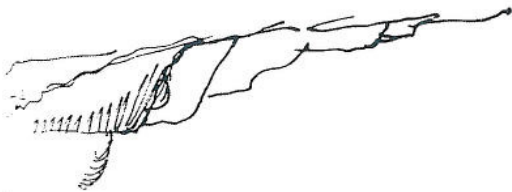
Name of Campsite	
Description of Campsite	
Name of Stage	
Description of Stage	

CP1 / Finish (Stage 6)	
Difficulty Rating (Moderate, Difficult, Extremely Difficult)	
Distance Kilometers	
Distance Miles	
Beginning Alt (m)	
Ending Alt (m)	
Elevation Gain "+"	
Elevation Loss "-"	
Avg Speed 12 km/h	
Avg Speed 3 km/h	
Cut Off Time	
Description of Terrain	

CP	Difficulty Rating (Moderate, Difficult, Extremely Difficult)	Distance Kilometers	Beginning Alt (m)	Ending Alt (m)	Elevation Gain "+"	Elevation Loss "-"	Avg Speed 12 km/h	Avg Speed 3 km/h	Cut Off Time	Description of Terrain
CP1 (Stage 5)	Moderate	10.1	6.3	212	+16	-49	1h	2h 5min	1h	Main piste - plateau, soft sand & hard ground
CP2 (Stage 5)	Moderate	9.9	6.15	221	+24	-	1h	2h 5min	1h	After downhill, follow piste
CP3 (Stage 5)	Moderate	10	6.2	244	+70	-122	1h	2h 5min	1h	Powder sand and volcanic rocks
CP4 (Stage 5)	Moderate	9.7	6	244	+25	-	55min	2h	2h	Downhill to El Jelis Village
CP5 (Stage 5)	Difficult	10	6.2	131	+70	-	1h	2h 7min	1h	Golden dunes among oasis
CP6 (Stage 5)	Difficult	9.8	6	157	+70	-45	1h 20min	2h 5min	1h 20min	Black desert and golden sand
CP7 (Stage 5)	Difficult	10.4	6.5	144	+25	-50	1h 20min	2h 20min	1h 20min	Valleys and hills of sand and rocks
CP8 (Stage 5)	Moderate	9.6	5.95	139	+30	-28	1h 20min	2h 25min	1h 20min	Soft sand and packed ground
CP9 (Stage 5)	Difficult	8.1	5	139	+125	-15	55min	2h	1h 55min	Low dunes and soft sand
Total		87.6	54.31	139	+315	-309				

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SAHARA RACE (EGYPT) 2009 - STAGE 5

Name of Campsite	The Black Desert
Description of Campsite	Open sandy area with view of a limestone plateau
Name of Stage	The Black Desert March
Description of Stage	The plateau concludes and begins in the Black Deserts which combines golden sand with volcanic stone

