
SAHARAMAN

FEBRUARY 1, 2024



RACE GUIDE

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MAKE IT HAPPEN

ABOUT US

Hello and welcome! Everything started with a little idea, an idea to make a unique triathlon. Unique in the true sense of the word. Here in the desert, you will experience the toughest conditions and you will return back in time to the roots of triathlon. During your race the temperature will vary from 0 to 30°C, you will face the winds that travel thousands of miles across the vast desert but at the end of the race, you will be rewarded with a feeling that you have accomplished a triathlon in one of the hardest parts of our planet. But remember! The most important thing is not the time at the finish line (because the time does not exist in the desert) but the lifetime experience.

Jakub Atarsia - General manager



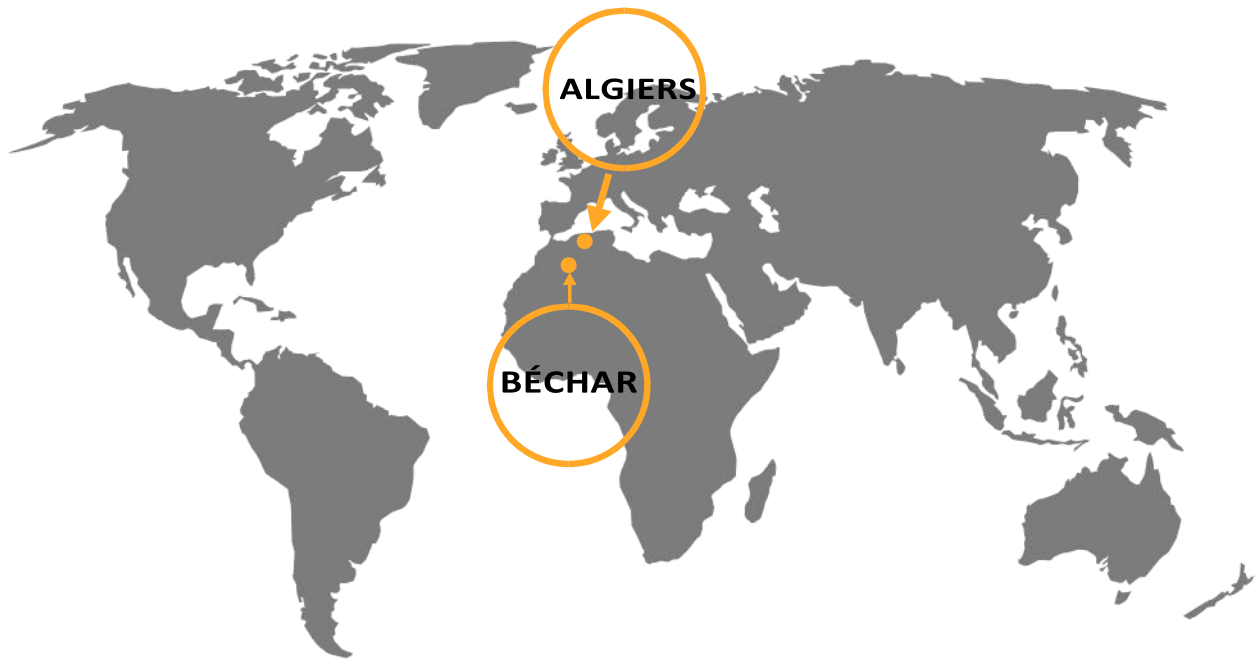
ABOUT US

The Saharaman, actually I'm not sure how correct is this name... Yes, it all happened in full desert called the Sahara and we really do a triathlon in the correct way BUT it's not about extremely high temperature or about Swim, Bike, Run. No... this triathlon is much more about life experience. Swimming in the sparkling oasis between sand dunes and high plateaus, cycling through the villages thousands of years old, running under the highest dune in the world. The only light that will lead you after sunset will be a sky full of thousands of stars and some little garden lights that I personally will put there for you. So come, meet people of the desert, let's be inspired by the endless of the Sahara and live your life experience with us.

Adam Atarsia - Race director

WHAT MAKES THE DESERT BEAUTIFUL IS THAT SOMEWHERE IT
HIDES A WELL.
ANTOINE DE SAINT EXUPÉRY

HOW TO GET THERE



You can get to Algiers with all the major airlines from cities across Europe, Canada, the USA, Asia, and the Middle East.

From Algiers, you need to continue with a domestic flight to Béchar.

From Algiers, take a domestic flight to Béchar operated by Air Algerie or Tassili Airlines. Booking opens 3 months before the race. This is an easy connection from the international airport terminal to the domestic terminal. There is one daily flight to Béchar.

For this reason, we strongly recommend booking your flight in advance. The booking can be made via the official page of Air Algerie or Tassili Airlines.

If you require any further information or assistance feel free to contact the organizers via email: visa.trinorthafrica@gmail.com

Triathlon North Africa provides to ALL athletes transport from the Béchar airport to the hotel in Taghit for FREE!

And a guide during your layover in Algier who will help you with all procedures.

For more details and for the reservation of the transport please contact the organizers.



GENERAL INFORMATION

GENERAL INFORMATION

- Participation in the Saharaman is open to athletes of any nationality, licensed or not of age 18+.
- The Saharaman is an extreme triathlon and each participant who takes part in the event individually must do so under their own responsibility and agree to have a fitness level sufficient to complete each segment. We strongly recommend all athletes have a travel policy of health insurance.
- The organizing team do his best to get the maximum comfort to each participant however some things in the desert are limited or are missing. Due to this, we recommend being very prudent during the whole stay.
- The whole area of Taghit is open, stable, and without any threat or danger. The whole race will be monitored by medical and police services.
- A referee judge will have the final decision over any anomaly to the course of the event
- It is strongly recommended to have travel insurance!

GENERAL INFORMATION - ACCOMMODATION & TOUR OF ALGIERS

ACCOMMODATION

- The accommodation is part of your ground package:
5 days/4nights in hotel Saoura**** with a swimming pool and full board

TOUR OF ALGIERS

- For those who want to discover this hidden gem ´we could provide a guided tour of Algiers.
- Our guide will help you with transport, accommodation, meals and much more.

IMPORTANT NOTICES

VISA ON ARRIVAL

- Visas are mandatory to all visitors entering Algeria, you will need an invitation letter from us that's why you need to contact us via email [*visa.trinorthafrica@gmail.com*](mailto:visa.trinorthafrica@gmail.com).
- We highly recommend contacting us before booking your flight tickets.
- Organizer doesn't guarantee receiving the visas. The granting of visas is entirely within the competence of the Ministry of foreign affaires.

OTHER

- The race takes place in a remote place. Each athlete must bring his own bicycle spare parts!
- This is an extreme race! You must be in good condition. Aid station will be available but we strongly recommend bringing for the race your own nutrition (e.g. energy gel, salt tablets, and energy bar).

CANCELLATIONS

- We do not allow deferrals or refunds. We are a small race and pay for a lot upfront. We also move forward with the race each year knowing we have a certain amount of athletes/funds. Refunds and deferrals can easily and quickly put the future of the race in jeopardy.
- You can transfer free of charge your registration to another athlete.
- If the race is canceled and postponed due to force majeure such as an epidemic, civil unrest, strike etc. Your entry fee will be transferred to another edition. The organizer is not responsible for losses associated with travel expenses such as air tickets, visas, hotel reservations, etc.

COURSE DESCRIPTION








DISTANCES

226 KM (3,8-180-42,2)

113 KM (1,9-90-21,1)

SWIMMING

SWIMMING MAP

SWIM course	
SWIM direction	
TURN-around buoy	
CYCLING direction	
CYCLING course	

START

8 LOOPS

TAGHIT

SWIM OUT

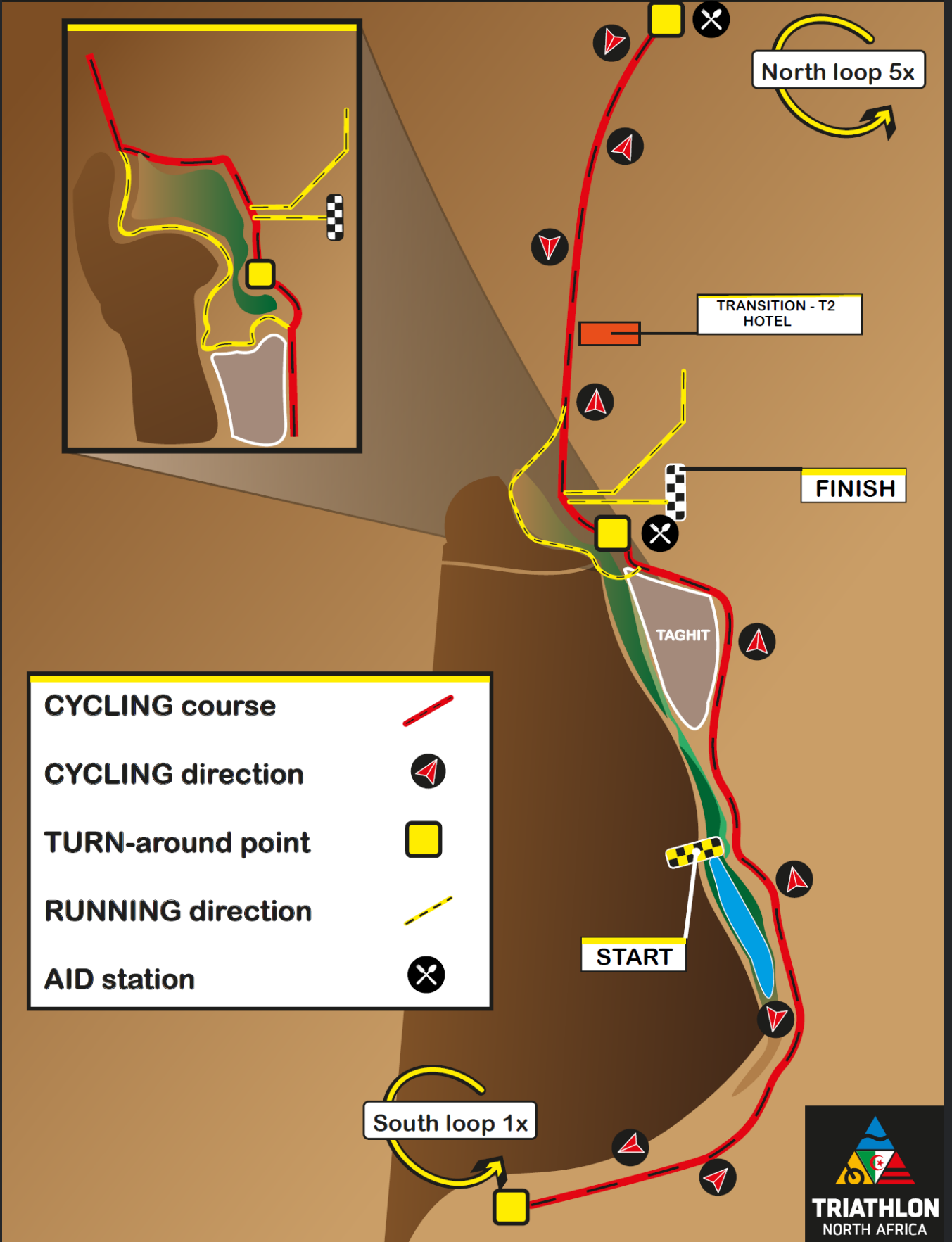
TRANSITION

CYCLING start

SWIMMING

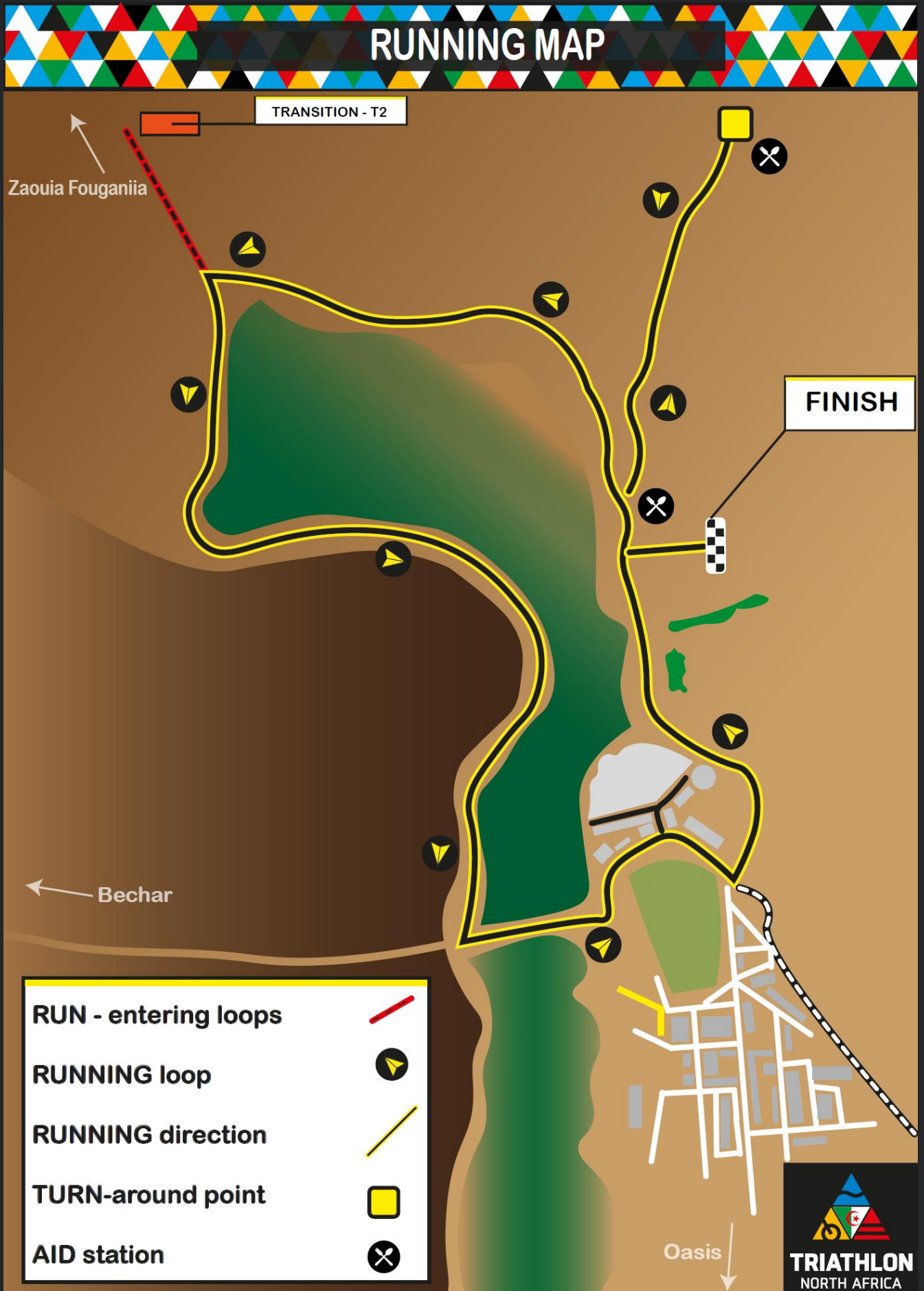
- **Full distance: 3,8k ; 8 loops**
- **Half distance: 1,9k ; 4 loops**
- The swimming part will take place in the oasis Zoufania which lies 8 km from the race hotel.
- There will be a swimming training on Wednesday morning. A bus will pick you up at the hotel and take you to the Zoufania oasis.
- The water temperature varies between 10-16°C. In case the temperature drops below 11°C the swimming part will be shortened.
- Wetsuits are mandatory! Neoprene socks, gloves, and caps are recommended.
- A swimming cap will be provided by the organizer and must be worn during the swimming part.
- The swim begins with a water start.
- Morning temperatures (6-9 am): 4-8°C
- **Cut-off time: 2h from the start**

CYCLING MAP



CYCLING

- **Full distance: 180k ; 4 loops + 24 km**
- **Half distance: 90k ; 2 loops + 12 km**
- The cycling part will include mostly flat terrain but with the possibility of strong wind.
- You will ride your bike on one of the most remote routes in the world. The route will lead you through villages thousands of years old, under the highest dune in the world. Your only companions will be camels and the wind traveling through the vast desert.
- An open landscape with minimal shade is a playground for strong headwinds, so plan ahead and dress appropriately.
- Expected temperatures: 15-23°C
- **Cut-off time: 10h 30m from the start**



RUNNING

- **Full distance: 42,2k ; 6 loops**
- **Half distance: 21,1k ; 3 bops**
- You made it to T2 and you are finally starting to feel some of the infamous Sahara sun. Well done! You will start to feel warmer and warmer as the temperature rises to 27°C, which can feel like 32°C. We recommend that, despite these balmy temperatures, you do not forget to grab an extra layer with you as you set off from T2.
- As the sun sets, the temperature will drop sharply and can sink to as low as 10 degrees within the first 30 minutes after sunset!
- The running part will have sand, gravel, and asphalt.
- In each loop you will be running 3k on sand and gravel.
- Expected temperatures: 23-30°C after the sunset 18-10°C
- **Cut-off time: 17h from the start**

SAHARAMAN



TAGHIT
THE SAHARA DESERT