

## Past Adventures: Marathon des Sables

1



The sand dunes...

### 16<sup>th</sup> Marathon des Sables Sahara Desert, Morocco 2001

*The toughest footrace on earth...*

Held annually, the Marathon des Sables (Marathon of the Sands) is a run of 150 miles (255 km) across the Sahara desert over 6 days, where competitors have to carry everything required for the duration including food, clothes, medical kit, and sleeping equipment.

Passing through regular checkpoints, competitors are given 3 rations of water a day totalling some 9 litres. Each day, the desert runners have to complete a fixed course, which varies from 22km on the shortest day to the gruelling 84km (double-marathon) longest day.

Competitors experience mid-day temperatures up to 120°F, running on rocky, stony ground and 15-20% of the distance being in sand dunes, the highest of which reach over 3,000 feet in height.



The salt flats...



The start line...



Resting at camp...



Competitors stretching out...



The Sahara Desert...



Checkpoints...



Camp, Bedouin-style...



Chris...



Relaxing afterwards...

**namaste** 

**FUN**

*Photos by Chris Charlton*

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**2**

**Where do  
you want  
to go?**

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**namaste** 

**Namaste Fun**

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