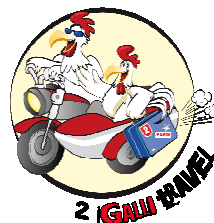




*1 Trails per emozionarti d'Africa*

*In collaboration with:*

**ORGANIZES**



# 2 ZANZIBAR ULTRATRAIL

**From 24th October up to 2nd November 2014**

**ULTRA TRAIL IN 4 STAGES (TOTAL KM 100) IN SEMI-SELF SUFFICIENCY IN THE SPICES ISLAND: AFRICA AND ORIENT ARE MIXED IN AN ENCHANTING LANDSCAPE.**

**ENJOY INDIAN OCEAN BEACHES BY RUNNING!**

**2014 news: ASHTANGA YOGA course for Yoga fans!**

## **PROGRAM**

**24**

**Flight to Zanzibar from your own country or with the group from Milano Malpensa or Rome.**

**25 October**

Transfer to Mvuvi resort or similar with the group from Milano - Rome. We are in the best beach of the island...

**Full Board in Resort.**

**26 October:**

Full day for relax on the beach

**27 October: first stage 21 Km**

This race is in the forest: mango and banana trees to a first overview of the wonderful island tracks. Arrival near the fish market of Mkokotoni. **Full Board in Resort.**

**28 October: second stage 38 Km**

Start from Mchangani, then passing through the forest and villages, the race will proceed up to the wonderful Muyuni beach, in front to the exclusive Mnemba island. At the arrival point lunch with grilled fish by Mvuvi cook!

**Full Board in Resort.**

**October**

**29 October**

All the day for relax on the beach. There will be the possibility to visit Stone Town, the ancient part of the capital. Optional.

**Full Board in Resort.**

**30 October: third stage 23 Km**

This race is very, very interesting from a naturalistic point of view. Runners and walkers will pass through cauciu forest, then Mangos, Bananas...up to the spice market.

**Full Board in Resort.**

**31 October: fourth stage 16 Km**

The start from Matemwe (fish market) will allow to enjoy 16 Km completely on the beach up to Mvuvi resort!

Prize ceremony. Relax on the beach **Full Board in Resort.**

**1 November:**

In the afternoon transfer to the airport for the international flight to Milano or to your destination country.

**2 November** In the morning arrival to Rome - Milano.



A.S.D. Run&Travel

E-Mail: [info@runandtravel.it](mailto:info@runandtravel.it) – Web: [www.runandtravel.it](http://www.runandtravel.it)

Ing. Patrizio Bogno Mob. 347 3233916

Rosella Mob. 349 8315243

**INTERNATIONAL PARTECIPATION FEE WITHOUT or WITH INTERNATIONAL FLIGHTS (from Milano Malpensa or Rome):**

**(\*) Double/third/Quadruple room accommodation WITH International Flight from MILANO or Rome:**

**For subscription within 31 May: Euro 1780**

For subscription from 1st June: Euro 1900

**(\*\*) Double/third/Quadruple room accommodation WITHOUT International Flight:**

**For subscription within 31 May: Euro 1180**

For subscription from 1st June: Euro 1300

The registration fees over described are ensured until flights of the group are available

- **Medical Travel insurance & travel cancellation** (only flight & resort for Italian resident): **Euro 50,00**  
- **Single room Additional fee** (in family bungalow with two rooms with common bathroom): **Euro 150,00**

**A CHOICE BETWEEN:**

- **Runners; Walkers; → Travel inscription + Trail registration fee + UISP card:** **Euro 150,00**  
- **Yoga course:** **Euro 150,00**  
- **Not athletes → Travel inscription:** **Euro 50,00**

***The quotes include:***

- *International Flights (\*)*
- *Full board accommodation as from the program*
- *Transfers as indicated in the program*
- *Half Liter mineral water during lunch and dinner*
- *Travel medical & travel cancellation insurance (only for Italian resident participants).*

***Not included in the quotes:***

- *International Flights (\*\*)*
- *Tanzania Visa (US\$50)*
- *Drinks, personal items and all the items not included in the program*
- *Optional activities*
- *Medical Travel insurance (mandatory for NOT Italian Resident participants)*



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