

185 KM NON STOP  
100 KM 3 STAGES  
60 KM 3 STAGES

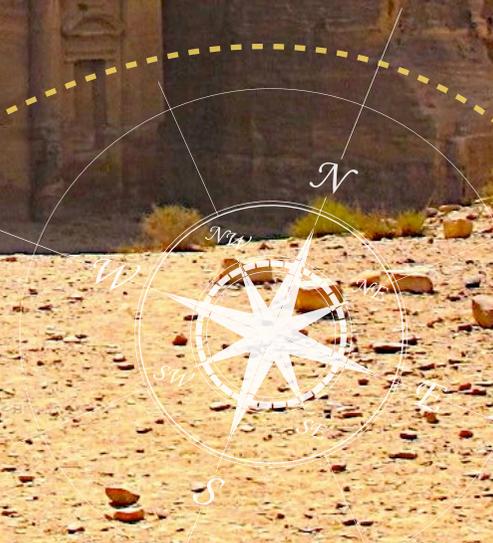
28/31  
Octobre  
2021

# JORDAN RUNNING ADVENTURE RACE

*tendae*

JORDAN RUNNING ADVENTURE RACE

[www.jordanrunningadventurerace.com](http://www.jordanrunningadventurerace.com)



# JORDAN RUNNING ADVENTURE RACE 2021



*"Discover the paths of the Nabataeans established in Jordan over 2000 years ago: Creators of Petra and the famous treasure (Al-Khazneh)*

*Running in the footsteps of Lawrence of Arabia and his territory: The famous Wadi Rum desert, dotted with gigantic rocks ...  
It's a dream for the adventurous runners, trail runners that you are, and it is an honor for us to organize such an event.*

*The courses will make you discover landscapes as dazzling as they are difficult!  
After the event, you will discover Aqaba and the Red Sea as well as the Dead Sea before departing from Amman.*

*If you are reading this document, it is because your feet may soon set foot on the ground of this wonderful country of Jordan ... «*

*Bienvenue à la Jordan Running  
Adventure Race !*

*Maxilène & Franck Viandier*



The logo for Tendaø, featuring the word "Tendaø" in a stylized, red, cursive font.

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## DEAD SEA LA MER MORTE

Unique and fascinating, the Dead Sea, or sea of salt in Hebrew, attracts many tourists and spa visitors each year attracted by the virtues of its mineral salts or by its historic sites. Located at an altitude of 417 meters below sea level, the Dead Sea sits at the lowest point of the earth, and has the highest salt saturation rate in the world (340 grams per liter of water, editor's note). A salinity which prevents all life in its waters and which forces any body to float on the surface. So much so that you can even read your newspaper while sitting on the water. However, it is difficult to swim in it, the density, linked to the high salt content, exerts an Archimedean thrust which makes each movement difficult

### The latest information

Formalities: Valid passport (+ 6 months after the return date).

Health: No vaccine is required to date.

Time difference: + 1 hour compared to France, Belgium and Italy  
2 hours from Portugal  
6 hours from Argentina

Languages: Arabic (official language) and English  
1 Jordanian dinar: 1 € 30 approx.

Climate during your stay: 8 to 12 degrees at night and 20 to 25 during the day.

Flight duration: +/- 5 hours (depending on the country of departure). If stopover  
7 hours

Money advice: Changing money is not a problem in Jordan. Vending machines, however, are very rare (there are some at the airport). Consider changing your money as soon as you arrive at the airport.

A tip of around 10% is generally expected in restaurants frequented by Westerners. Bargaining is a must when shopping, but less fierce than in some neighboring countries.

Telephony: It is sometimes very difficult to have a connection in Wadi Rum. You have to move away from the camp sometimes to find a high point!

Conveniences: In the desert, the camps are all equipped with beds and blankets. It is therefore unnecessary to bring a sleeping bag. There are also showers and toilets.

Drinks: Drinks are not included in the package except mineral water. In the desert it is difficult to find alcohol, but in Petra and the Dead Sea you will find all kinds of drinks. For the final evening, we will find some ...





## 3 RACES

### 60 KM 100KM (3 STAGES ) 185 KM NON STOP

The 100 km and 60 km route in 3 stages: It will be fully marked, painted and reflexed. GPS is mandatory for safety reasons. GPX tracks will be sent to you 10 days before departure if you wish!

The 185 km non-stop route: GPS is mandatory for the 185 km route. It is an essential element to guide you, especially at night. More than 170 points will be given to you. The route is partially marked. GPX tracks will be sent to you 10 days before departure.

CP: CPs (Bedouin tents) will be set up approximately every 25 km. Each CP will be equipped with hot water, cold water, sometimes Fanta and Coca, but also a few mattresses and blankets. We will give you the GPS position of each CP when you arrive on the first evening.

For 185 km runners: You can leave a bag clearly marked with your name which will be taken to the CP located 80 km from the finish line (Camp 1 of the desert), the starting point of the 100 km Bivouac. You will be able to recover equipment and clothing if you wish.



## 60 KM 100 KM 3 ETAPES

Tuesday October 26, 2021

Flight Departure at 6:55 am from Paris Roissy-Charles-de-Gaulle (France). Stopover in Vienna Arrival at Queen Alia Airport - Amman (Jordan) at 2:50 p.m.

Welcome by our team and baggage claim. Bus transfer to Petra.

Dinner and Night in a very comfortable luxury tent in the mountains of Petit Petra.

Wednesday, October 27, 2021

Breakfast at the camp.

Bus transfer (duration 15 min) to Petra. Visit of the historic site of Petra with lunch on the site. Return around 2:30 p.m.

Afternoon: 3 p.m. checking of equipment / Race briefing at 6 p.m.

Dinner and overnight in a very comfortable luxury tent in the mountains of Petit Petra.

Thursday 28 October 2021

Breakfast.

Departure at 6.30 am for the first stage (Pétra mountain: 24 km).

Arrival with lunch at the restaurant then transfer by bus then by 4x4 to the Wadi Rum desert. Installation at luxury camp 1 in the middle of the Wadi Rum desert.

Dinner and overnight in a luxury tent.

Friday 29 October 2021

Breakfast and early morning departure of the second stage (51 km or 11 km)

No lunch planned.

Dinner and overnight in Camp 1 in the desert.

Saturday, October 30, 2021 Petit déjeuner et départ tôt le matin de la troisième étape (25 km).

Arrival and lunch in Camp 2 in the desert. Dinner and typical night in the desert. Prize-giving evening.

Sunday, October 31, 2021

Breakfast at camp 2.

Transfer for all to Aqaba. Installation at the 5-star Intercontinental hotel.

Free lunch and free afternoon in Aqaba.

Buffet dinner at the Intercontinental restaurant.

Overnight at the 5 \* Intercontinental Red Sea luxury hotel.

Monday, November 1, 2021

Breakfast at the hotel.

Transfer to the Dead Sea for lunch Transfer to Amman airport (50 mins)

Austrian flight = Departure at 4:10 pm from the international airport Arrival at Paris Roissy-Charles-de-Gaulle airport (France) at 10:30 pm.

## 185 KM NON STOP

Flight Departure at 6:55 am from Paris Roissy-Charles-de-Gaulle (France). Stopover in Vienna Arrival at Queen Alia Airport - Amman (Jordan) at 2:50 pm Bus transfer to Petra.

Dinner at Petoit Petra in the middle of the mountains.

Night in a very comfortable luxury tent in the mountains of Petit Petra.

Wednesday, October 27, 2021

Breakfast at the camp. Bus transfer (10 min) to Petra. Visit of the historic site of Petra with lunch on the site. Afternoon: equipment check from 3 p.m. Briefing of the 165 km race 7 p.m.

Dinner and overnight in a very comfortable luxury tent in the mountains of Petit Petra.

Dinner and overnight in a very comfortable luxury tent in the mountains of Petit Petra.

Thursday 28 October 2021

Breakfast. Departure at 6.30 am for the 165 km event from the camp. Passage in the night or in the morning to camp 1 of the desert.

Friday 29 October 2021

Arrival of the first competitors in Camp 2 of the Desert Arrival during the day. Dinner and overnight in Camp 2 in the desert for the competitors who have arrived.

Saturday, October 30, 2021

Arrival of the last competitors until 5:00 p.m. maximum. Lunch in the desert for those who have arrived. Dinner and overnight in Camp 2 in the desert. Prize-giving evening.

Sunday 31 October 2021

Breakfast at camp 2. Transfer for all to Aqaba. Installation at the 5-star Intercontinental hotel. Free lunch and free afternoon in Aqaba. Buffet dinner at the Intercontinental restaurant.

Overnight at the 5 \* Intercontinental Red Sea luxury hotel.

Monday 25 November 1 2021

Breakfast at the hotel.

Transfer to the Dead Sea for lunch Transfer to Amman airport (50 mins)

Austrian flight = Departure at 4:10 pm from the international airport Arrival at Paris Roissy-Charles-de-Gaulle airport (France) at 10:30 pm.

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A wide-angle photograph of a desert canyon. The foreground shows a sandy, light-colored trail winding through the canyon floor, dotted with small green shrubs. A lone runner in a blue shirt and dark shorts is visible on the trail, moving away from the camera. The canyon walls are composed of layered, reddish-brown sandstone, showing signs of erosion. In the distance, more rugged mountain peaks are visible under a clear blue sky.

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## PETRA MOUNTAINS

This race is not just a desert to go! For all events, the start will be from Petit Petra with an aerial route to Petra and a crossing of Petra emptied of tourists in the early morning! Climbing up the sacrificial stairs is a great experience to reach the trails and canyons before the desert!

## ACCOMPANYING PROGRAM

Tuesday, October 26, 2021

Arrival at Queen Alia Airport - Amman (Jordan)

Welcome by our team and baggage claim. Bus transfer to Petra.

Dinner and Night in a very comfortable luxury tent in the mountains of Petit Petra.

Wednesday October 27

Breakfast at the camp.

Bus transfer (10 min) to Petra. Visit of the historic site of Petra with lunch on the site.

Afternoon: Free time in Petit Petra

Dinner and overnight in a very comfortable luxury tent in the mountains of Petit Petra.

Thursday October 28

Breakfast.

Departure at 6.30 am, arrival of the runners or passage of the runners at the 24th kilometer then transfer by bus then in 4x4 towards the desert of Wadi Rum. Installation at the luxury camp in the middle of the Wadi Rum desert.

Dinner and overnight in a tent.

Friday October 29

Breakfast at the Camp where the runners must pass

then departure in the desert in 4x4 with visit of the different typical places of the desert of Wadi Rum and meeting with the runners Lunch in the form of picnic in the desert then return to the camp for the night

Typical dinner and night under you, you luxury

Saturday October 30

Breakfast and early morning departure for the arrival of the runners for lunch in Camp 2 in the desert.

Dinner and typical night in the desert. Prize-giving evening.

Sunday October 31

Breakfast at camp 2.

Transfer for all to Aqaba. Installation at the 5-star Intercontinental hotel.

Free lunch and free afternoon in Aqaba.

Buffet dinner at the Intercontinental restaurant. Overnight at the 5 \* Intercontinental Red Sea luxury hotel.

Monday November 1

Breakfast at the hotel.

Transfer to the Dead Sea (Lunch)

then transfer to Amman airport.

## ACCOMPANYING PROGRAM

The accompanying programs have always been a huge success because they allow them to experience a real adventure, to follow the race and to sleep in the same places as the participants.

A guide is dedicated to the accompanying group and will accompany them on their visits to Petra or the Wadi Rum desert!

Do not hesitate to contact us if you would like more information at [franck@tendao.net](mailto:franck@tendao.net)



## COMPULSORY EQUIPMENT

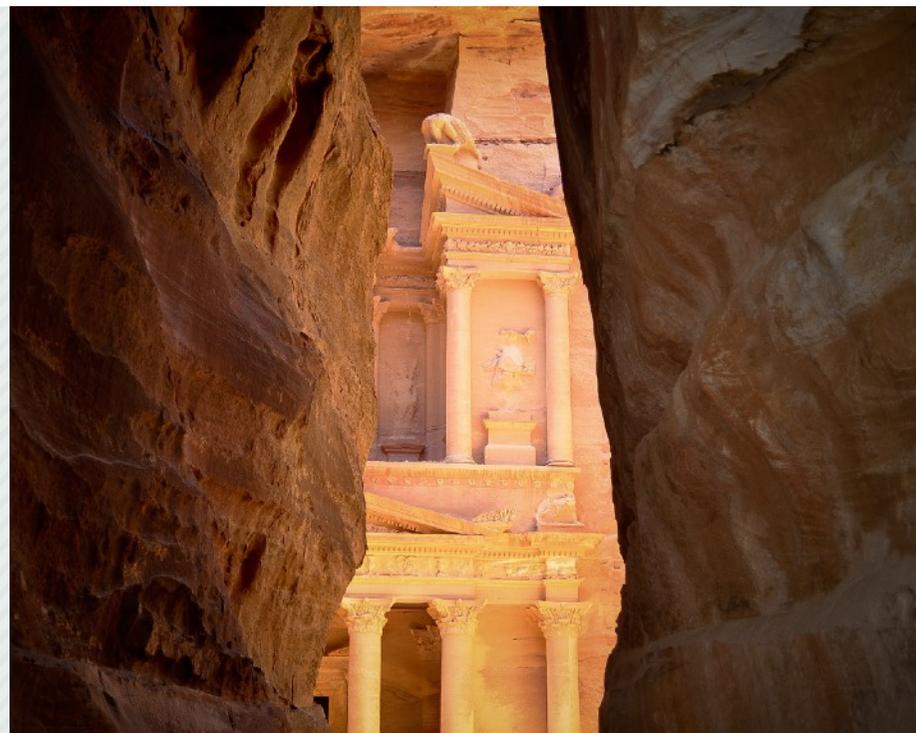
- Compulsory equipment: - a backpack
- - a windbreaker + a light fleece (for 165 km)
- - a knife (blade at least 5 cm for the 165 km)
- - a portable GPS + spare batteries (you must know how to use it)
- - a lighter
- - a skin antiseptic
- - A whistle
- - a survival blanket
- - 1 flashlight or headlamp + spare batteries (for the 100/60 km)
- - 2 flashlights or headlamps + spare batteries (for the 185 km)
- - 2 gourds or a Camel Bag and a gourd
- the food
- a SPOT tag provided by the organization

## IMPORTANT FOR THE 185 KM

The 185 km race takes place partly on the same tracks as the 60 km and 100 km races! These areas will be signposted and therefore do not require the use of GPS. On the other hand, the other sectors have more restricted markings and require knowing how to use GPS, especially at night! It is mandatory ! ``

## CHECK POINTS

The checkpoints will be spaced approximately every 20 to 30 km, they will be used for hot and cold water supplies. Medical assistance will be present at each post and will have the mission of assisting, treating, and stopping a faulty runner. There will be no intermediate checkpoint on stages of less than 30 km. The first 2 checkpoints for the 185 km are rudimentary (water, sodas), all the other stations are equipped with tent, mattress and blanket, hot water, cold water and sodas.



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## PROGRESSION ET TIME LIMITS

Each participant progresses at their own pace depending on their goal and the time barriers imposed by the organization for security reasons. It is therefore possible to walk.

Time Limits :

**100KM / 60KM:**

Stage 1 23 km departure 6:30 am: None

Stage 2 52 km / start 4h: CP1 (21km) 9h CP2 (42km) 14h

Stage 2 (for the 60 km) 12 km / start 4 hours: No time barrier

Stage 3 25 km / departure 6 h: None

**185 KM**

For the 185 km: the maximum time is 59 hours to complete the course; Time limits will be communicated





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## AQABA RED SEA

Ideal for a vacation or a business trip to the Red Sea, the 5-star Intercontinental Aqaba resort invites you to discover its private white sand beach bathed in turquoise waters. Deluxe rooms with balconies overlook an artificial lagoon for swimming. Stylish restaurants and a full-service spa will help you rest and relax. Recovery is important before returning!

A group of runners is seen from behind, running along a dirt path in a vast desert canyon. The canyon walls are high and rugged, with distinct horizontal rock layers. The ground is a mix of red sand and dirt, with sparse, low-lying desert vegetation. The lighting suggests a late afternoon or early morning setting, with warm tones on the rock faces.

# CONTACT

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