

# West Africa - 2018 Casablanca to Cape Coast

	#Days	Date	Day	Stage	Depart	Arrive	Km	Up	Down	Dirt	Tarmac	Notes	
Morocco	1	12-Oct-18	Fri	1	Casablanca	Bush Camp	129	1130	860	3	126		Atlas Mountains
	2	13-Oct-18	Sat	2	Bush Camp	Marrakech	130	1000	860	3	127		
	3	14-Oct-18	Sun	Rest	Rest day - Marrakesh								
	4	15-Oct-18	Mon	3	Marrakech	Tinmel Mosque	114	1815	970	0	114		
	5	16-Oct-18	Tue	4	Tinmel Mosque	Taroudant	122	1215	2215	0	122		
	6	17-Oct-18	Wed	5	Taroudant	Agadir	87	600	790	0	87		
	7	18-Oct-18	Thu	Rest	Rest day - Agadir								
	8	19-Oct-18	Fri	6	Agadir	Erkounte Park	138	1570	1525	0	138		
	9	20-Oct-18	Sat	7	Erkounte Park	Oasis Desert Camp	98	1120	920	2	96		
	10	21-Oct-18	Sun	8	Oasis Desert Camp	Cliff Camp	151	1100	1320	0	151		
	Western Sahara	11	22-Oct-18	Mon	9	Cliff Camp	Ghost Camp	163	660	670	0	163	
12		23-Oct-18	Tue	10	Ghost Camp	Tower Camp	148	365	345	0	148		
13		24-Oct-18	Wed	11	Tower Camp	Boujdour	137	330	375	0	137		
14		25-Oct-18	Thu	Rest	Rest day Boujdour								
15		26-Oct-18	Fri	12	Boujdour	Jraifia	146	980	880	0	146		
16		27-Oct-18	Sat	13	Jraifia	Desert Camp	91	580	645	0	91		
17		28-Oct-18	Sun	14	Desert Camp	Dakhla	107	150	180	0	107		
18		29-Oct-18	Mon	Rest	Rest day - Dakhla								
19		30-Oct-18	Tue	15	Dakhla	Beach Camp	163	380	380	0	163		
20		31-Oct-18	Wed	16	Beach Camp	Bir Gandouz	124	445	440	0	124		
Mauritania		21	01-Nov-18	Thu	17	Bir Gandouz	Desert Camp	110	710	720	1	109	Border Crossing
	22	02-Nov-18	Fri	18	Desert Camp	Desert Camp	146	415	380	0	146		
	23	03-Nov-18	Sat	19	Desert Camp	Dune Camp	125	295	335	0	125		
	24	04-Nov-18	Sun	20	Dune Camp	Nouakchott	152	335	340	0	152		
	25	05-Nov-18	Mon	Rest	Rest day - Nouakchott								
	26	06-Nov-18	Tue	21	Nouakchott	Dune Camp	131	360	350	40	91		
	27	07-Nov-18	Wed	22	Dune Camp	Rosso Bush Camp	86	505	505	0	86	Border Crossing	
	28	08-Nov-18	Thu	23	Rosso Bush Camp	Saint Louis	108	200	200	3	105		
	29	09-Nov-18	Fri	24	Saint Louis	Lompoul	67	240	235	60	7		
	30	10-Nov-18	Sat	25	Lompoul	Lac Rose	108	285	315	101	7		
	Senegal	31	11-Nov-18	Sun	26	Lac Rose	Dakar	38	110	105	30	8	
32		12-Nov-18	Mon	Rest	Rest day - Dakar								
33		13-Nov-18	Tue	Rest	Rest day - Dakar								
34		14-Nov-18	Wed	Rest	Rest day - Dakar								
35		15-Nov-18	Thu	27	Dakar	Foundiougne	90	350	360	0	90	84 Bus + 90 Cycle + ferry	
36		16-Nov-18	Fri	28	Foundiougne	Sagna Baobab bush camp	143	315	275	0	143		
37		17-Nov-18	Sat	29	Sagna Baobab bush camp	Maleme Niani soccer filed	124	260	240	0	124		
38		18-Nov-18	Sun	30	Maleme Niani soccer filed	Bush Camp	130	285	285	0	130		
39		19-Nov-18	Mon	31	Bush Camp	Guinea Border	123	385	360	0	123	Border Crossing	
40		20-Nov-18	Tue	32	Guinea Border	River Camp	153	1075	1000	0	153		
Guinea		41	21-Nov-18	Wed	33	River Camp	Labe	113	1715	870	25	88	
	42	22-Nov-18	Thu	Rest	Rest day - Labe								
	43	23-Nov-18	Fri	34	Labe	Gouda Bush Camp	120	1220	1360	0	120		

Sierra Leone	44	24-Nov-18	Sat	35	Gouda Bush Camp	Cascade du Voile de la Mariée	148	1390	2130	3	145	
	45	25-Nov-18	Sun	36	Cascade du Voile de la Mariée	Pamalap	118	1285	1340	108	10	
	46	26-Nov-18	Mon	37	Pamalap	Mange River Camp	44	295	335	0	44	Border Crossing
	47	27-Nov-18	Tue	38	Mange River Camp	Freetown	112	530	540	0	112	
	48	28-Nov-18	Wed	Rest	Rest day - Freetown							
	49	29-Nov-18	Thu	Rest	Rest day - Freetown							
	50	30-Nov-18	Fri	39	Freetown	Soccer Field Patefu	118	835	800	8	110	
	51	01-Dec-18	Sat	40	Soccer Field Patefu	Tabé River Camp	134	715	700	0	134	
	52	02-Dec-18	Sun	41	Tabé River Camp	Tiwai Island	110	845	795	40	70	
	53	03-Dec-18	Mon	Rest	Rest day - Tiwai Island							
	54	04-Dec-18	Tue	42	Tiwai Island	Kenema	83	975	900	62	21	
	55	05-Dec-18	Wed	43	Kenema	Kailahun	113	940	810	26	87	
	Guinea	56	06-Dec-18	Thu	44	Kailahun	Sierra Leone Exit	45	845	765	45	0
57		07-Dec-18	Fri	45	Sierra Leone Exit	Moa River Camp	86	1320	1185	63	23	
58		08-Dec-18	Sat	46	Moa River Camp	Koya Vine Bridge	117	1360	1395	0	117	
59		09-Dec-18	Sun	47	Koya Vine Bridge	Nzerekore	50	500	500	0	50	
60		10-Dec-18	Mon	Rest	Rest day - Nzerekore							
61		11-Dec-18	Tue	48	Nzerekore	Soccer Field	93	1265	1350	50	43	Border Crossing
62		12-Dec-18	Wed	49	Soccer Field	Man	117	915	925	40	77	
Cote d'Ivoire	63	13-Dec-18	Thu	50	Man	Soccer Field	136	1050	1200	0	136	
	64	14-Dec-18	Fri	51	Soccer Field	Bush Camp	135	1240	1315	0	135	
	65	15-Dec-18	Sat	52	Bush Camp	Yamoussoukro	60	660	605	0	60	Distance to downtown
	66	16-Dec-18	Sun	Rest	Rest day - Yamoussoukro							
	67	17-Dec-18	Mon	53	Yamoussoukro	Tiassale	129	840	1005	0	129	
	68	18-Dec-18	Tue	54	Tiassale	Abidjan - Songon Park	120	920	940	24	96	
	69	19-Dec-18	Wed	Bus	Abidjan - Songon Park	Coucoue Lodge	Bus	0	0	0	0	Transfer day - Bus
	70	20-Dec-18	Thu	55	Coucoue Lodge	Beyin	101	360	340	45	56	Border Crossing
Ghan	71	21-Dec-18	Fri	56	Beyin	Takoradi	110	430	435	16	94	
	72	22-Dec-18	Sat	57	Takoradi	Cape Coast	89	730	720	0	89	

Coconut Coast OR Coconut Highway