

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		
	11	22-Oct-18	Mon	9	Cliff Camp	Ghost Camp	163	660	670	0	163		
Western Sahara	12	23-Oct-18	Tue	10	Ghost Camp	Tower Camp	148	365	345	0	148		Sahara Coast or Atlantic route
	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		
	21	01-Nov-18	Thu	17	Bir Gandouz	Desert Camp	110	710	720	1	109	Border Crossing	
Mauritania	22	02-Nov-18	Fri	18	Desert Camp	Desert Camp	146	415	380	0	146		Fouta Djallon
	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	Zebra Camp	108	200	200	3	105		
Senegal	29	09-Nov-18	Fri	24	Zebra Camp	Lompoul	67	240	235	60	7		Fouta Djallon
	30	10-Nov-18	Sat	25	Lompoul	Lac Rose	108	285	315	101	7		
	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	Bush Camp	126	240	250	0	126	Bus transfer out of Dakar	
	36	16-Nov-18	Fri	28	Bush Camp	Bush Camp	113	230	210	0	113		
	37	17-Nov-18	Sat	29	Bush Camp	Tambacunda	141	320	310	0	141		
	38	18-Nov-18	Sun	30	Tambacunda	Soccer field	116	300	240	0	116		
	39	19-Nov-18	Mon	31	Soccer field	Guinea Border	67	260	230	0	67	Border Crossing	
Guinea	40	20-Nov-18	Tue	32	Guinea Border	River Camp	153	1100	1010	0	153		Fouta Djallon
	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	Bush Camp	118	1340	1820	30	88		
	44	24-Nov-18	Sat	35	Bush Camp	Voile de la Mariée	112	1140	1530	27	85		
	45	25-Nov-18	Sun	36	Voile de la Mariée	Soccer Camp	71	780	810	71	0		
	46	26-Nov-18	Mon	37	Soccer Camp	Mange River	85	620	690	35	50	Border Crossing	
	47	27-Nov-18	Tue	38	Mange River	Freetown	112	530	540	0	112		

Sierra Leone	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	42	Tiwai Island	Kenema	83	975	900	62	21	
	54	04-Dec-18	Tue	Rest	Rest day - Kenema							
	55	05-Dec-18	Wed	43	Kenema	Kailahun	113	940	810	26	87	
Guinea	56	06-Dec-18	Thu	44	Kailahun	Border Camp	45	845	765	45	0	Border Crossing (ferry)
	57	07-Dec-18	Fri	45	Border Camp	River Camp	86	1320	1185	63	23	
	58	08-Dec-18	Sat	46	River Camp	Koya	117	1360	1395	0	117	
	59	09-Dec-18	Sun	47	Koya	Nzerekore	50	500	500	0	50	
Cote d'Ivoire	60	10-Dec-18	Mon	48	Nzerekore	Bush Camp	117	1370	1480	74	43	Border Crossing
	61	11-Dec-18	Tue	49	Bush Camp	Man	93	660	650	16	77	
	62	12-Dec-18	Wed	Rest	Rest day - Man							
	63	13-Dec-18	Thu	50	Man	Soccer field	111	740	870	0	111	
	64	14-Dec-18	Fri	51	Soccer field	Bush Camp	146	1130	1140	0	146	
	65	15-Dec-18	Sat	52	Bush Camp	Yamoussoukro	98	660	670	0	98	
	66	16-Dec-18	Sun	Rest	Rest day - Yamoussoukro							
	67	17-Dec-18	Mon	53	Yamoussoukro	Tiassale	137	690	890	0	137	
	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
Ghana	70	20-Dec-18	Thu	55	Coucoue Lodge	Beyin	101	360	340	45	56	Border Crossing
	71	21-Dec-18	Fri	56	Beyin	Takoradi	110	440	440	0	110	
	72	22-Dec-18	Sat	57	Takoradi	Cape Coast	96	520	500	0	96	

Coconut Coast