



TZT  
MERZOUGA  
2025

BY RUN TO START



# From 10 to 18 OCTOBER

## An Ultra Trail of 200 km across 5 stages

We are thrilled to invite you to the 2025 edition of the TZTM taking place from Friday, October 10, to Saturday, October 18, 2025, in the breathtaking landscapes of Merzouga, Morocco ! This event offers an extraordinary opportunity to challenge yourself over a 200 km journey, divided into five intense and rewarding stages.

In this document, you will find all essential details regarding the event, including itinerary, organization, and everything you need to make the most of this unique experience.

For any questions, please don't hesitate to reach out : [info@transzagoratrail.com](mailto:info@transzagoratrail.com)

We look forward to seeing you at the starting line !



## GET A SNEAK PEEK INTO THE TZT MERZOUGA EXPERIENCE !

To stay connected and get a closer look at the TZT Merzouga experience, check out our social media channels! You'll find highlights from past editions, participant stories, and everything that makes this challenge in the Moroccan desert unforgettable.

Head to our website to explore the full gallery of photos and videos capturing each stage of the journey. Our media archive lets you dive into the stunning landscapes, camaraderie, and adventure that await you in Merzouga.



### Social Media



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

[info@transzagoratrail.com](mailto:info@transzagoratrail.com)



## CHOOSE YOUR PATH COMPETITION OR CHALLENGE

We offer two ways to join the adventure at TZT Merzouga as a runner :

### COMPETITION

This option is for those who want to test themselves against others, with daily rankings and, of course, a final leaderboard to mark your achievement.

### CHALLENGE

For those seeking a more flexible experience, the challenge allows you to participate at your own pace, without rankings. Challengers can choose to run or walk and may opt out of specific stages or parts of each stage as they wish. Walkers are more than welcome in the Challenge category !

**IF THE COMPETITIVE  
ROUTE PROVES TOUGH-  
ER THAN EXPECTED,  
PARTICIPANTS CAN  
SWITCH FROM  
COMPETITION TO THE  
CHALLENGE MODE AT  
ANY POINT ALONG  
THE WAY.**

## REGISTRATION PROCESS AND ENTRY FEES

For the 2025 edition of TZT Merzouga, the entry fee has been set at **1,950€**.

Despite our efforts to keep costs stable, rising operational expenses in Morocco have led to this adjustment.

Due to high demand and our participant cap of only 60, a **non-refundable deposit of 950€** is required to secure your place. This deposit ensures spots are reserved for committed participants and helps us manage logistics effectively.



### Registration Process

#### Online Registration

Begin by completing the online registration form on our website at [www.tztmtrail.com](http://www.tztmtrail.com)

#### Confirmation and Deposit

Within 48 hours of submitting your registration, you'll receive an official confirmation email. After receiving this, you may proceed with the 950€ deposit to finalize your reservation.

### Payment Options

#### Bank Transfer

Payments can be made via international bank transfer to :  
Run to Start  
45 rue Bollinckx – 1070 Anderlecht,  
Belgique  
IBAN: BE77 0017 9344 6942  
BIC: GEBABEBB

#### Cash Payment

For your convenience, cash payments are accepted directly with one of our organizers.

The remaining **1,000€** is due by **June 30, 2025**. Please note that failure to pay the balance by this date will result in the automatic loss of your place.

# INCLUDED IN THE ENTRY FEE

- Participation in the October 2025 session of TZT Merzouga
- All necessary transfers to and from the airport
- Two nights at a hotel in Arfoud in a double room
- All event transportation during the week
- A well-planned, expertly organized challenge led by a professional team
- Regular checkpoints with water and food
- Medical support and vehicle assistance throughout the event
- Accommodation at the bivouac during the race
- Plentiful and nutritious breakfast, lunch, snacks, and dinner at overnight locations
- Water during all stages and meals (breakfasts, lunches, dinners)
- Trophies and finisher medals

## NOT INCLUDED IN THE ENTRY FEE :

- **Flights and individual travel arrangements**
- **Alcoholic and soft drinks throughout the event**
- **Water at the Arfoud hotel (except during meals)**



## TRANSPORTATION INFORMATION

Transportation for the 2025 edition of TZT Merzouga is organized as follows :

### Arrival Transfer

On Friday, October 10, 2025, transportation will be provided from Errachidia airport to the bivouac (approximately a 1.5-hour drive). Participants should plan to arrive at Errachidia airport on this date to join the scheduled transfer to the bivouac.

### Departure Transfer

On Saturday, October 18, 2025, transportation will be arranged from the Chergui Hotel in Arfoud to Errachidia airport in the early morning, ensuring timely arrival for flights departing from Errachidia on that day.

**If you have specific travel requirements or are unable to coordinate your flights with these scheduled transfers, please contact us by email so we can assist with alternative arrangements.**



# PLANNING OF THE WEEK

**10.10**  
**FRIDAY**

## Arrival and Transfer

Meet at Errachidia Airport  
Transportation from the  
airport to the main bivouac  
in Merzouga



**12.10**  
**SUNDAY**

## Stage 1

Breakfast at the bivouac  
1st Stage  
Lunch at the end of the stage  
Briefing  
Dinner at the bivouac



**11.10**  
**SATURDAY**

## Preparation Day

Breakfast at the bivouac  
Installation, gear check, briefing  
Lunch & dinner at the bivouac



**13.10**  
**MONDAY**

## Stage 2

Breakfast at the bivouac  
2nd stage (to the second bivouac)  
Lunch at the end of the stage  
Briefing  
Dinner at the bivouac



**14.10**  
**TUESDAY**

## Stage 3

Breakfast at the bivouac  
3rd Stage  
Lunch at the end of the stage  
Briefing  
Dinner at the bivouac



**16.10**  
**THURSDAY**

## Stage 5

Breakfast at the bivouac  
5th Stage (to the Chergui Hotel in Arfoud)  
Lunch at the Chergui Hotel at the end of the stage  
Free afternoon  
Award ceremony at the Chergui Hotel  
Dinner & closing party at the Chergui Hotel

**17.10**  
**FRIDAY**

## Relaxation Day

Breakfast at the hotel  
Free day in Arfoud  
Lunch and dinner at the hotel

**15.10**  
**WEDNESDAY**

## Stage 4

Breakfast at the bivouac  
4th Stage (return to the first  
bivouac)  
Lunch at the end of the stage  
Briefing  
Dinner at the bivouac



**18.10**  
**SATURDAY**

## Departure

Breakfast at the hotel  
Transportation from Arfoud to  
Errachidia Airport



# THE STAGES

You'll receive a detailed roadbook with each stage's route before the start, and any changes will be communicated to you.

Each runner will also be given a GPS tracker for safety and live tracking by your friends and family.

## STAGE 1 12.10

BIG DUNES  
35KM

## STAGE 2 13.10

MERZOUGA DESERT  
49KM

## STAGE 3 14.10

BEGA BEGA  
28KM

## STAGE 4 15.10

BLACK DESERT  
43KM

## STAGE 5 16.10

PARIS-DAKAR  
45KM



It was my first ultratrail in the desert and  
i do not regret. I advise it to any runner  
who wants to surpass himself in one of the  
most beautiful places of Morocco.

# THE TWO BIVOUACS

Our main bivouac, nestled in the heart of the vast sand dunes, offers the comfort and amenities of a luxury camp. You'll find beds, toilets, showers, a dining area, and inviting spaces where you can relax with a mint tea after each stage or stargaze peacefully with your feet in the sand. Hassan and his team are eager to welcome you to this beautiful setting for an extraordinary experience.

Our second bivouac, where we will spend two nights, is designed to be more minimalist, allowing you to experience authentic desert camping. For this stay, we'll ask you to bring a small bag with essentials for the two nights at this second bivouac (we will handle transporting these bags for you).

A list of mandatory and recommended equipment to bring is provided at the end of this document.



## BEYOND THE TRAIL A JOURNEY OF PURPOSE

Nestled in the majestic dunes of Merzouga, the TZTM is more than a desert trail ; it's an expedition of self-discovery, resilience, and dedication to meaningful causes. Every step in the sand, each shared moment, and every challenge faced brings you closer to yourself, to the other participants, and to the larger purpose that drives this event.

By joining the TZT Merzouga, you're contributing to an unforgettable journey, one that values solidarity, community, and positive impact. Your participation helps fund local projects, ensuring that every effort on the trail echoes through initiatives that make a real difference. Together, we make every step purposeful.



### EMPOWERED BY COMMUNITY

Since our founding of Run To Start in 2016, we've been on a mission to give back to the communities that host us.

Our collaboration with the APCIZ association in Zagora has been transformative, allowing us to focus our efforts on real, sustainable change. Each year, we raise funds to help our partner and its newly established center, a space offering specialized care and support to children with disabilities across the region.



## MAKING A DIFFERENCE TOGETHER

Through our partnership with APCIZ, we've been able to support projects that are life-changing. The center in Zagora, which serves 70 children with physical and mental disabilities, benefits from regular financial assistance that enables specialized transport for the children. In 2024, our efforts expanded to include professional training for parents and educators, helping build a community of support and understanding around disability care.

Over the years, we've also supported local schools like Boutyouss, providing educational materials, repairing school infrastructure, and even supplying bicycles to ease students' journeys to school.

Our commitment extended to supporting local agriculture, with initiatives to plant palm trees for date production, a valuable resource for the region.

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

**2016  
DISCOVERY AND INSPIRATION**

After an informal race in the Moroccan desert, meeting the residents of Boutyouss inspired the creation of Run To Start, a non-profit organization dedicated to community support.

**2018  
PROJECT GROWTH**

Run To Start expanded its impact by supporting various local projects, including school infrastructure improvements and bike distributions, while also organizing the second edition of TZT.

**2021  
EXPANSION AND INCLUSION**

TZT continued to evolve, now offering a unique five-stage experience across the Merzouga desert, officially becoming TZT Merzouga.

**2023  
SOLIDARITY IN MOTION**

TZTM 2023 brought together a community of dedicated runners, generating essential financial support for the APCIZ association in Zagora.



**2017  
BIRTH OF TZT**

The first Trans Zagora Trail (TZT) was launched in Zagora: a 200 km ultra-trail spanning six stages to support education in the Boutyouss area near Zagora

**2019  
FOCUS ON APCIZ**

The third edition of TZT attracted more runners. The association shifted its focus to supporting disabled children in Zagora and partnered with a local association, APCIZ.

**2022  
INNOVATION AND ADAPTABILITY**

TZTM 2022 introduced two categories : competition and challenge, and opened its doors to walkers, welcoming a broader range of participants.

**2025  
EXCLUSIVITY AND COMMITMENT**

TZT Merzouga 2025 is shaping up to be an immersive experience, with participation limited to 60 runners, enhancing both intimacy and authenticity.



# OUR STORY





# HOW TO TRAIN FOR THE TZTM

The TZT is a multiple stages race in a warm and dry climate on rocky and sandy terrain. So training for this type of race is quite particular. Following, we'll give you tips and tricks to prepare yourself in the best possible way.

1. Start your specific training 6 months before the race.

2. Try to run 3-5 times a week.

3. Build up your weekly kms over time.

4. Do a long run every 7 to 10 days so your body can adjust gradually to long distances. Your long run should not be longer than 30% of your weekly kms.

5. Do slow runs !! It has a lot of benefits :

- Fat burning for energy
- Aerobic capacity
- Mitochondrial development
- Base kms building
- Increased glycogen storage
- Bone strength
- Increased capillary capacity
- Slow twitch muscle fiber development
- Improved muscle tendon strength
- Increased running economy

6. At least run 70-80% of your weekly kms at conversational pace.

7. Pace during the long runs is not important, unless you're training to compete.

8. Try to train on terrain similar to what you run on in the desert. I.e. off road rocks and sand.

Step 1 : 6-8 weeks

Try to be able to run comfortably for an hour. Consistently add 10% distance or time to your weekly total, focusing and running in your aerobic zones.

Step 2 : 6-8 weeks

Continue to add 10% distance or time to your weekly total. After a long run, give yourself a day or two buffer to recover. Do not do the long run after an interval workout.

An interval workout example : 4-5 times 3-5 minute efforts with 1-2 min recovery.

Do this kind of training maximum once a week. At least run 80% long and easy runs, max 20% interval training.

Your average pace on training runs will be determined by the terrain. I.e. track, trail, sand, ...

Every 3 to 4 weeks, give yourself a "recovery" week. Do not add any distance or kms. Give your body time to catch up.

Running with a pack? Try to do this just once a week, just for a 10 km run. You should practice using all of your equipment. Know how it works and become accustomed to it.

PEAK training week : this top week (4 weeks before the race) you should train from 50% to 75% of the race total kms per week. I.e. TZTM = 200 km, so your peak week should be 100-150 kms.

Try to do various types of training : weight training, core stability, swimming, cycling, yoga,... It's important for a balanced body.

Back to Back runs : try to do longer runs day/day. The race will take 5 stages.

## MANDATORY EQUIPMENT

**1 SMALL LIGHT BACKPACK** : TO CARRY MANDATORY RACING EQUIPMENT AND THE HYDRATION SYSTEM

**1 HEADLAMP & SPARE BATTERIES** : FOR USE DURING THE NIGHT IN THE CAMP

**1 COMPASS** : FOR EMERGENCY SITUATIONS

**12 SAFETY PINS** : FIXING THE BIBS PLUS SPARES

**1 KNIFE** : MULTI-TOOL OR SINGLE

**1 WHISTLE** : SIGNAL IN EMERGENCY SITUATIONS

**1 SURVIVAL BLANKET** : ALUMINIUM, STORES BODY HEAT

**1 MIRROR** : FOR SIGNALLING IN EMERGENCY SITUATIONS

**1 SUNGLASSES** : UV-PROTECTION

**1 INSECT REPELLENT** : AS THE RACE TAKES PLACE IN TROPICAL REGIONS, IT IS ABSOLUTELY MANDATORY TO BRING SUFFICIENT AMOUNTS FOR THE WHOLE EVENT

**MEDICATION** : LIGHT PAIN KILLERS, E.G. ASPIRIN, PARACETAMOL

**1 BLISTER KIT** : PLASTER, TAPE, SECOND SKIN ETC., STERILISED NEEDLE, PAD, ALCOHOL WIPES

**1 HYDRATION SYSTEM** : MINIMUM 3 LITRES CAPACITY

**ENERGY BARS/GELS/SNACKS** : ONE WEEK SUPPLY, ENOUGH FOR EACH STAGE

**ELECTROLYTE/SALT TABLETS** : ONE WEEK SUPPLY

**1 LIGHTER**

**PLASTIC BAG** : TO PROTECT EQUIPMENT AGAINST RAIN

**1 SLEEPING BAG** : FOR THE SECOND BIVOUAC

**TOWELS**

**CAP/HAT** : TO PROTECT FROM THE SUN DURING THE DAY

**ADDITIONAL SMALL BAG** : ESSENTIAL ITEMS, USED TO TRANSPORT PERSONAL BELONGINGS BETWEEN BIVOUAC 1 AND BIVOUAC 2

OPTIONAL EQUIPMENT

**TREKKING POLES** : SAVE ENERGY WHILE WALKING

**FLIP-FLOPS/SANDALS** : TO WEAR IN THE CAMP

**TISSUE/WET WIPES**

**WATCH**

**CAMERA**

THANK  
YOU.



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[WWW.TZTMTRAIL.COM](http://WWW.TZTMTRAIL.COM)