

TZTM  
M'HAMID

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 M'Hamid, a race unlike any other, taking place from Friday, October 10, to Saturday, October 18, 2025, in the wild and sacred landscapes of southern Morocco, around M'Hamid El Ghizlane.

This year marks a powerful return to our roots, in the very region where our story began, not far from Zagora, home of our local partner APCIZ, an association dedicated to supporting children with disabilities.

Rather than seeing this relocation as a challenge, we embraced it as a chance to deepen the meaning of this adventure, bringing the trail closer to the people and projects we support.

You'll still face the same thrilling 200 km in 5 stages, across stunning desert expanses, ancient oases, and rocky plateaus.

In this document, you'll find all the key information you need to prepare: itinerary, organization, practical tips, and how to make the most of this unforgettable journey.

For any questions, feel free to contact us at: [info@transzagoratrail.com](mailto:info@transzagoratrail.com)



## GET A SNEAK PEEK INTO THE TZTM M'HAMID EXPERIENCE !

Follow us on social media to discover the spirit of TZTM M'Hamid, stories, images, and moments from the trail that bring this unique adventure to life.

Explore our website for highlights from past editions and a glimpse of what awaits you in 2025.

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

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

### Social Media







## CHOOSE YOUR PATH COMPETITION OR CHALLENGE

We offer two ways to join the adventure at TZTM 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 TZTM, 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 TZTM M'Hamid
- All necessary transfers to and from the airport
- Nights at a hotel in M'Hamid & Marrakech 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 hotel (except during meals)**



## TRANSPORTATION INFORMATION

To make your journey to the desert as smooth as possible, we've organized a group transfer service between Marrakech and M'Hamid El Ghizlane for all participants.

### Arrival – Friday, October 10, 2025

A private minibus transfer will leave Marrakech airport around 13:00 and head south towards the desert (approx. 8-hour drive, including rest stops).

To join this transfer, we kindly ask you to book a flight that lands in Marrakech before 12:00.

Once on the road, you'll get your first taste of the Moroccan landscape as we cross the Atlas Mountains and enter the arid plains of the Drâa Valley.

### Return – Saturday, October 18, 2025

On Friday, October 17, participants will be transported by minibus from M'Hamid to Marrakech (approx. 8 hours) and dropped off directly at the hotel.

On Saturday, October 18, we will organize several shuttle transfers from the hotel to Marrakech airport, based on participants' flight schedules.

### Important Travel Note

Our team can only provide transfers for participants arriving on October 10 and departing on October 18. If you plan to arrive or leave on different dates, we kindly ask you to arrange your own transport.

# PLANNING OF THE WEEK

## 10.10 FRIDAY

### Arrival and Transfer

Meet at Marrakech Airport  
Transportation from the airport to M'Hamid El Ghizlaine  
(Lunch on the road)  
Diner



## 12.10 SUNDAY

### Stage 1

Breakfast  
1st Stage (The first stage starts at the hotel and loops back to finish at the same location)  
Lunch at the end of the stage  
Briefing  
Dinner



## 11.10 SATURDAY

### Preparation Day

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



## 13.10 MONDAY

### Stage 2

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



## 14.10 TUESDAY

### Stage 3

Breakfast at the bivouac  
3rd Stage (starts & ends in the same bivouac)  
Lunch at the end of the stage  
Briefing  
Dinner



## 16.10 THURSDAY

### Stage 5

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



## 15.10 WEDNESDAY

### Stage 4

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



## 17.10 FRIDAY

### Transfer to Marrakech

Breakfast at the hotel  
Transportation from the hotel in M'Hamid to the hotel in Marrakech (Lunch on the road)  
Dinner at the hotel



## 18.10 SATURDAY

### Departure

Breakfast at the hotel  
Transportation from the hotel to Marrakech 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

37 KM

**STAGE 2** 13.10

55KM

**STAGE 3** 14.10

36KM

**STAGE 4** 15.10

47KM

**STAGE 5** 16.10

25KM



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.

## YOUR DESERT HOMES

This edition combines hotel comfort and true desert immersion.

### **Bab Rimal Hotel**

Our base before and after the race. A peaceful oasis to recover, recharge, and connect.

### **Chagaga Bivouac**

Nestled in the dunes, this desert camp offers magical experience under the stars.

### **Nomadic Bivouac**

One minimalist night in the wild, pure nature.

### **Final Night in Marrakech**

We close the journey together with a night in the city..

A list of essential equipment is provided at the end of this document.





## BEYOND THE TRAIL A JOURNEY OF PURPOSE

Set in the wild and sacred landscapes of M'Hamid El Ghizlane, the TZTM M'Hamid is more than just a desert trail, it's a journey of self-discovery, resilience, and solidarity.

Each step through the sand, each shared challenge, brings you closer to your limits, to others, and to something bigger: a meaningful cause that transcends sport.

By joining TZTM M'Hamid, you become part of a purposeful expedition, one that values human connection, community support, and lasting impact. Your participation directly funds local projects in southern Morocco, making every kilometer count beyond the finish line.



### EMPOWERED BY COMMUNITY

Since the creation of Run To Start in 2016, our mission has been clear: give back to the communities that welcome us.

Our partnership with APCIZ, a local association based in Zagora, has grown into a long-term collaboration focused on sustainable and human-centered support.

Each year, funds raised by TZTM help strengthen APCIZ's activities, especially its center dedicated to children with physical and mental disabilities.



## 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  
BACK TO THE SOURCE**

TZTM M'Hamid 2025 brings us closer to Zagora and to the heart of our mission. Limited to 60 participants, this edition combines intimacy and impact.



# 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)