

TZT
M'HAMID

10TH EDITION

FROM 9 TO 17 OCTOBER

2026

WELCOME

TO THE ADVENTURE. WELCOME TO THE FAMILY.

The TZTM is back for its 10th edition, and we couldn't be prouder to celebrate a decade of sand, sweat, smiles, and solidarity.

Set in the stunning region of M'Hamid El Ghizlane, this desert trail offers 200 km over 5 stages, ranging from 25 to 50 km. Expect dunes, rocky plains, silence, sunrises, and a deep sense of purpose.

Organized by the Belgian non-profit Run To Start, in collaboration with the Moroccan association APCIZ, the TZTM is a 100% charitable event supporting children with disabilities in the Zagora region.

With a maximum of 60 participants, we keep things deliberately small and personal. Our goal ? To create an atmosphere where everyone connects, supports each other, and shares a real human experience, beyond just running.

And yes, you'll be looked after:

- water and snacks at checkpoints
- solid meals every day
- GPS tracking and medical support
- comfortable hotel & bivouacs (yes, with beds and showers)
- and an entire crew of passionate volunteers

But don't be fooled ... This is not a pony camp !
You're here for a real desert challenge.
And that's exactly what makes it unforgettable.



10 YEARS



BEYOND THE TRAIL

A RACE WITH PURPOSE, POWERED BY SOLIDARITY

You run for more than yourself. You run for real impact.



The TZTM is organized by Run To Start, a Belgian non-profit founded in 2016 to support children with disabilities in southern Morocco.

Since 2019, we've been working closely with APCIZ, a local association in Zagora, which runs a specialized care center for over 100 children, most of whom live with Down syndrome.

Each year, the TZTM helps finance :

Two adapted school buses, which transport the children daily from Zagora and surrounding villages to the center. Without them, most of these children would have no access to education or care.

When possible, we've also funded :

- Training for the center's educators
- Outdoor excursions, giving the children moments of joy and inclusion beyond their daily routines

For 2026, our new goal is to support :

- Parent training, to help families better understand and manage their child's disability
- Regular medical follow-up, adapted to the children's individual needs

This trail has no commercial sponsors. It exists only to make this support possible. Every step you take helps move something forward, off the track, and in real life.



During the 2025 edition of the TZTM, participants had the chance to visit the APCIZ center in Zagora.

Mr. El Kadiri, our local coordinator and trusted partner, warmly welcomed the group and offered a guided tour, showcasing each area of the center created to support the children's development.

Participants discovered:

- An outdoor playground, where joy and movement come together
- A garden, where children learn about nature and responsibility
- A kitchen, where children are taught how to cook
- A physical activity room for movement, play and therapy
- Several medical rooms for regular check-ups and treatments
- Bright and welcoming classrooms, adapted to different learning needs

This moment helped participants see exactly where their registration money goes, and most importantly, who it helps. For many, it gave new meaning to the challenge they were about to take on.

Over the years, seeing the center grow, improve and welcome more children has been a source of deep motivation for us all, made possible thanks to participants, other donors, and local support from the Moroccan state. While no visit is planned during the 2026 edition, you can learn more about APCIZ and follow their work through our official links.

More info and find us on :

Scan the QR code



CONTACT

www.runtostart.com
run2start@gmail.com

SOCIAL MEDIA



THE TEAM

LET'S TAKE A MOMENT TO INTRODUCE THOSE WHO BUILD THIS TRAIL FROM THE INSIDE... NOT JUST THE VOLUNTEERS. NOT JUST THE RUNNERS. BUT THE CORE TEAM WHO CARRIES THE TZTM FORWARD, YEAR AFTER YEAR.



POL DE SAEDELEER

Soft-spoken but always present, Pol brings calm to every storm. He's the one who makes connections, listens when it matters, and brings a human touch to every moment.

Pol is more than support, he's the emotional compass of the team.



JAN ORYE

You don't always see him, but when things run smoothly, you know he's there. Jan is efficiency, trust, and calm leadership in motion. Never one for applause, always one for results.

Oh, and by the way, he runs the 200 km like it's just a warm-up



SAÏD HARRAK

Always first on the move, always last to rest. Saïd is the one who sets up, fixes, builds and supports, without ever needing to be asked. Quiet and grounded, his presence is the backbone of our logistics.

Without him, the race simply wouldn't start.



BART VAN DE WATER

He runs, he rides, he never stops. Bart is the heart rate of the trail, full of passion, movement, and unstoppable energy. He maps, motivates, builds, and carries the spirit of the challenge, always with kindness.

If the desert had a rhythm, it would be his.



MARC MEEUWSEN

Marc knows the trail like others know their own front door. He marks the course, checks the terrain, and keeps everyone on the safest line. Discreet but sharp, he speaks when it matters.

Marc is precision and experience, embedded in every kilometer.



MELISSA DEROME

I coordinate the organization throughout the year, from logistics and participant management to communication, and everything you're reading right now.

What matters most to me is that this trail stays human, meaningful, and true to its purpose, creating something real for those who take part, and for those we support.



CHOOSE YOUR ADVENTURE

COMPETITION OR CHALLENGE : THE CHOICE IS YOURS

You can switch from competition to challenge at any time during the event, because the goal is to finish, not to suffer.

Whether you come to perform or to push yourself quietly, you are part of the same community, crossing the same landscapes, sleeping under the same stars, and sharing the same incredible experience.

COMPETITION - For those who want to test their limits. Daily rankings, a final leaderboard, and the thrill of the race.

CHALLENGE - For those who prefer to run or walk at their own pace. No rankings, no pressure, just the joy of moving forward, stage by stage.

But whichever format you choose, never forget : This is still a desert challenge. The distances are long, the sun is real, and the sand doesn't care if you're fast or slow.

It's beautiful, but it's demanding.
So come prepared, body and mind, and give it the respect it deserves.

10 FOR 10

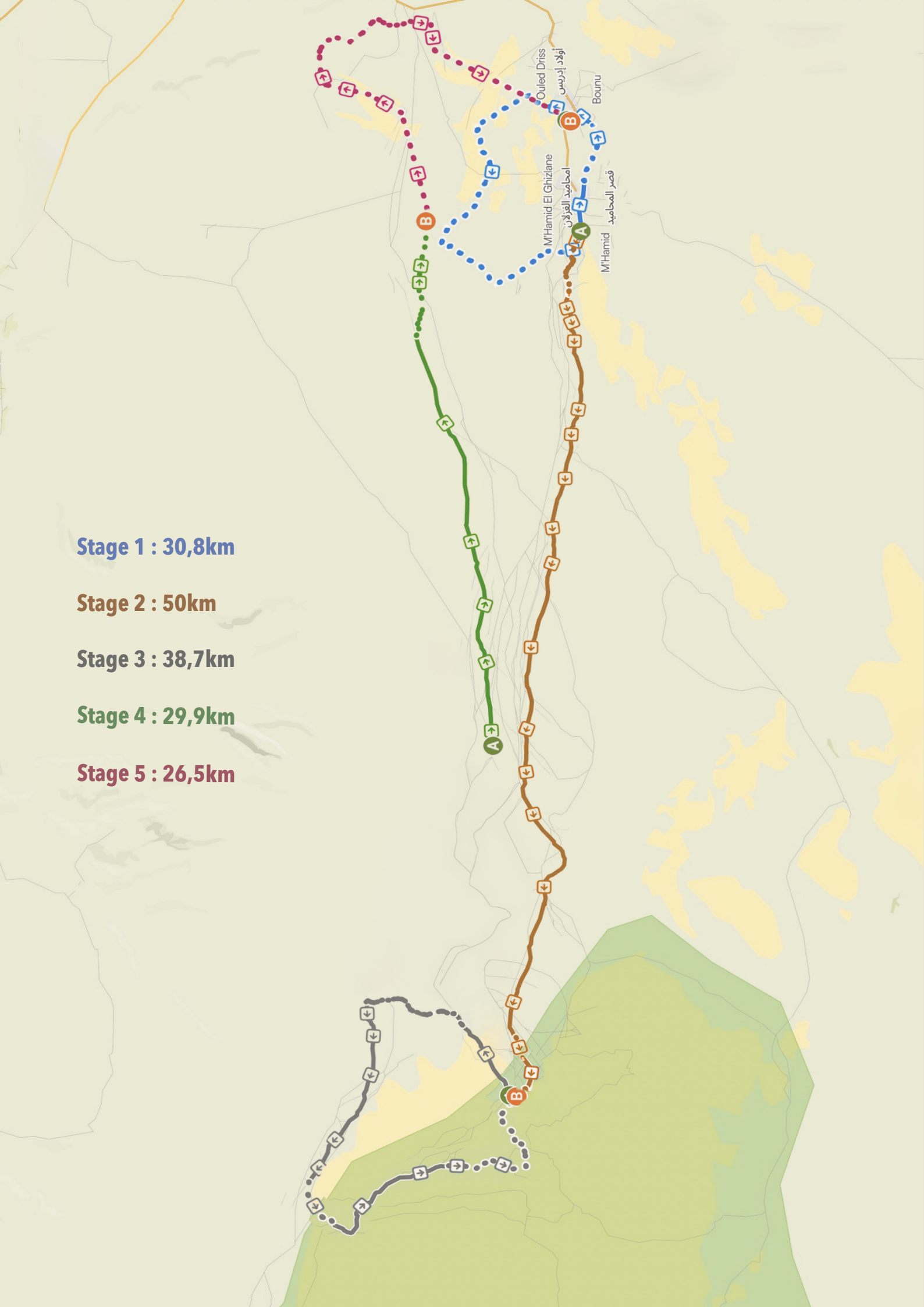


CELEBRATING OUR 10TH EDITION WITH 10 UNFORGETTABLE SURPRISES

Because a decade of TZTM deserves something extra, we're planning 10 surprise moments during the week, little gifts, emotional highlights, unforgettable memories...

Some will make you smile. Some might move you. But all of them will remind you :
You are part of something special !

And who knows... maybe one of those surprises will stay with you long after the sand has settled.



Stage 1 : 30,8km

Stage 2 : 50km

Stage 3 : 38,7km

Stage 4 : 29,9km

Stage 5 : 26,5km

THE STAGES

200 KM OF SAND, STONE, SILENCE... AND BEAUTY

The TZTM M'HAMID takes you deep into the Moroccan Sahara over 5 stages, each one unique in distance, terrain and atmosphere. From shorter technical days (25-20 km) to demanding long stages (up to 50 km), every kilometer reveals a new face of the desert.

You'll run or walk across :

- Golden dunes and dry rivers
- Rocky plateaus and fossil fields
- Hidden palm groves and endless horizons

Each stage is fully supported with :

- > Well-marked routes
- > Checkpoints with water, snacks and shade
- > Medical and vehicle assistance
- > GPS tracking for safety and live-follow

The journey is tough, but you are never alone !

A full roadbook with maps, profiles and technical info will be provided before the event.

Please note : the course may still evolve for this 10th edition, but the overall format and stage structure will remain the same.

REGISTRATION & ENTRY FEE

READY TO JOIN ? HERE'S HOW.

Joining the TZTM M'HAMID is simple, but places are limited to 60 participants to preserve the spirit of the event. We recommend booking early to secure your spot.

TOTAL ENTRY FEE : 1.950€ PER PERSON

● Fill out the online form

Scan the QR code below or go to www.tztmtrail.com



● Receive confirmation by email

Within 48h, we'll send you a confirmation with payment instructions.

● Secure your place with a deposit

- 950€ non-refundable deposit
- Payable by bank transfer or directly via the organization

Run to Start

45 rue Bollinckx – 1070 Anderlecht, Belgique

IBAN: BE77 0017 9344 6942

BIC: GEBABEBB

● Complete your paiement

- Remaining balance : 1.000€
- Deadline : June 30, 2026



WHAT'S INCLUDED

- > Participation in the full 200 km, 5-stage trail
- > All transfers from/to Ouarzazate airport
- > Accommodations in hotel & bivouac
- > All meals during the event (breakfast, lunch, dinner)
- > Water at all stages and snacks
- > GPS tracking and live follow system
- > Medical and vehicle support
- > Finisher medal
- > Surprises 10th edition extras

WHAT'S NOT INCLUDED

- > Flights to/from Morocco
- > Alcoholic or soft drinks
- > Personal travel insurance (mandatory)

All participants must carefully read and sign the official Rules & Regulations document. Once registered, no refunds or exceptions will be granted outside the conditions outlined in the R&R. Please be sure of your commitment before confirming.

Have questions ? Contact us anytime at
INFO@TRANSZAGORATRAIL.COM



LOGISTICS & PRACTICAL INFO

WE HANDLE THE LOGISTICS. YOU LIVE THE EXPERIENCE.

The TZTM M'HAMID is fully supported from start to finish, allowing you to focus on the adventure without worrying about transport, meals, or sleeping arrangements.

Important Travel Note

Our team can only provide group transfers for participants :

- Arriving on Friday, October 9
- Departing on Saturday, October 17

If you plan to arrive before or leave after these dates, you will need to arrange your own transport to or from M'Hamid. Please contact us if you need help coordinating extra nights or private transfers.

TRANSPORTATION INFORMATION

We organize a group transfer between Ouarzazate and M'Hamid El Ghizlane for all participants.

Arrival – Friday, October 9, 2026

A private minibus will pick you up at Ouarzazate airport and take you to a nearby hotel (night included).

Recommended flight : Royal Air Maroc.

Transfer – Saturday, October 10

After breakfast, we head to M'Hamid (approx. 5h drive).

Arrival, gear check, race briefing... and the adventure begins.

Return – Saturday, October 17, 2026

On Friday, October 16, transfer back to Ouarzazate and overnight stay at hotel (included).

Airport shuttles will run on Saturday based on your flight times.

DURING THE WEEK

YOU FOCUS ON THE TRAIL. WE TAKE CARE OF THE REST.

- Accommodation is provided in two formats:
 - ◇ Comfortable hotel nights in M'Hamid El Ghizlane
 - ◇ 2 to 3 nights in luxury desert bivouacs in Erg Chagaga, for a deeper desert immersion
- All meals and water are included (breakfast, lunch, dinner)
- Your bags are transported between each location, no need to carry anything during the race except your day pack
- Daily logistics are fully handled by our crew and local team

SAFETY & RACE SUPPORT

- Checkpoints with water, snacks and shade every 8–15 km
- Medical team and assistance vehicles throughout all stages
- GPS tracker provided to each participant for live tracking and safety

You'll be well-supported, but never forget :

THIS IS STILL A TRAIL IN THE DESERT. IT'S TOUGH. IT'S REAL. IT'S UNFORGETTABLE.

CONTACT & STAY CONNECTED

Whether you're a future participant, a supporter, or just curious about the adventure, we'd love to hear from you and keep you connected to the TZTM spirit.

- Official Website : www.tztmtrail.com
- Email : info@transzagoratrail.com

FOLLOW US ON SOCIAL MEDIA

We share live updates, stories from the trail, and behind-the-scenes moments, especially daily stories during the race week, so your friends and family can follow along!

Instagram & Facebook **@TZTM.TRAIL**

Quick Access via QR Codes



SCAN TO CONNECT
ALL CONTACT LINKS &
SOCIAL CHANNELS IN
ONE PLACE



SCAN TO DISCOVER
VIDEOS & HIGHLIGHTS
FROM PAST EDITIONS

FAQ

FREQUENTLY ASKED QUESTIONS.

1. Do I need to be an experienced ultra-runner to join?

No. The TZTM is open to both runners and walkers. You don't need to be fast, but you do need to be trained and determined. This is a physical and mental challenge.

2. Can I walk the whole trail?

Absolutely. Many participants complete the challenge at their own pace, walking the entire route. That's why we offer a Challenge format alongside the Competition.

3. How are the stages marked?

Each stage is fully marked with visible signs and checked in advance. Participants also carry a GPS tracker for safety and live tracking.

4. What happens if I can't finish a stage?

No problem. Our support team will pick you up and transport you. You'll be allowed to continue the next day, unless a medical reason prevents it.

5. Do I need to carry my backpack during the stages?

No. We provide water and food at each checkpoint during the stage and we transport all your belongings from one accommodation to the next. You only carry a day pack with water and essentials during each stage.

6. What is the terrain like?

You'll cross dunes, rocky plateaus, dry riverbeds, and desert tracks. The terrain changes every day, and that's part of the magic.

7. Will I have access to showers and toilets?

Yes. Bivouacs are equipped with clean toilets and desert showers. Hotels offer full bathroom facilities.

8. Can I charge my phone or watch?

Yes. Charging stations are available at the bivouac and hotels. We still recommend bringing a power bank for your personal use.

9. How is the food?

Given the physical demands of a 200 km desert trail, we pay special attention to what's on your plate. Each meal is designed to provide the energy, nutrients and recovery support your body needs throughout the week. Our kitchen team prepares a balanced mix of Moroccan and international dishes, with carefully chosen ingredients to keep you strong, fuelled, and ready for each stage. Vegetarian options are always available.

10. Is there network signal or internet access?

Mobile reception is very limited in the desert, especially in the bivouacs around Chagaga. For those who want internet access, we suggest using a travel eSIM with data (4G/5G), options like Holafly or Saily work well in Morocco and are easy to activate online before departure.

Just don't count on Wi-Fi – this is part of the experience. Sometimes, disconnecting is the best way to reconnect !

RUN TO START

RUN THE DESERT
RISE FOR THE COMMUNITY

TZT
M'HAMID