

# TRANSCASAMANCE

## ULTRA-TRAIL

### « MEETING THE DIOLA »

FROM COUBALANE TO THE BIRDS ISLAND

DETAILED SHEET

--- PRE-CONTRACTUAL INFORMATION ---



**FROM THE 05TH TO THE 14TH OF FEBRUARY 2021**



From village to village and at the pace of an unparalleled African culture, we have composed a striking and immersive race. More than a week of running and show through the splendour of a wild nature and under the shimmering colours of a sun that draws its reverence to the horizon of the nurturing River. Between palm groves, savannahs, rice fields and mangroves, head towards the Ornithological Park of birds discovering every day a new village and its inhabitants.

« AN AUTHENTIC AFRICAN ADVENTURE  
ALONG THE CASAMANCE RIVER »

## GENERAL PRESENTATION

It's not just a race we promise you, it's a human adventure, authentic and a great varied landscape show.



Treat yourself to a memorable break through Senegal as you set out to meet a traditional population that will leave you an unmatched human adventure.

It is an exceptional landscape that will parade before your eyes, through the Savannah, among fruit trees, rice fields, mangroves and myriad islands isolated in the heart of deep Africa, connecting every day a new village that will welcome you in typical camps made available to you.

With the meeting of an authentic people, Customs and traditions, and your meeting with the King of Ossuye welcoming you, all dressed in red, in front of his house in the sacred forest, it is not only a race in stages that we have reserved for you, it is an extraordinary adventure.

In the heart of the Ornithological Park of birds, pelicans, cormorants, ash herons, flamingos, Eagles and other fish, snakes will definitely come to engrave your memories.



Welcome to the Transcasamance Ultra-Trail, come along the path of an unusual story until you arrive in front of the Casamance Museum in Jilapao.

**« IT'S NOT JUST A RACE,  
IT IS A JOURNEY DESIGNED WITH CARE AND PASSION »**



## GEOGRAPHICAL PRESENTATION

### « *IN THE HEART OF THE SAVANNAH, FROM VILLAGE TO VILLAGE, A CHANGE OF SCENERY GUARANTEED* »

Casamance, a southern part of the Senegalese Republic, borders Guinea Bissau. With 100 km from West to East and 140 km from North to South, it extends over 140,000 km<sup>2</sup> covered mainly with bush and bolongs, these arms of the Casamance River, bordered by mangroves and which form many islands near its mouth.

The main city of Casamance is Ziguinchor, which has 205,000 inhabitants and is the most African of the Senegalese cities. This region is mainly populated by the ethnic Diolas who try to maintain their customs and traditions against the influence of the north where Peuls and Mandigues are numerous.

Maintaining the traditions, for example, is to visit the King of Ossuye, what we will do during our stay in this city.

Casamance is traditionally called "the attic of Senegal" because it is there that the most fruit trees and rice fields are found, the rainfall being much greater from June to August.

Casamance, however, suffers from a tourist deficit because it is difficult to access and Only Cape Skkiring knows the influx of major seaside sites. Casamance therefore preserves and protects its untouched nature and the bolongs, this myriad of Sunless Islands and this ubiquitous Bush constitute a formidable tourist potential, very suitable for adventure sports.



The fauna is very rich in Casamance whether it is terrestrial or aquatic. Pelicans, cormorants, ash herons, pink flamingos, Eagles and other snake fish are very many. Herds of cows, goats and countless pigs are present in every village. Monkeys, chameleons populate the Bush.

The flora is also very rich - bougainvillea, water lilies ... but the most spectacular remains the forests of baobabs, cheese makers with oversized feet, mango trees and many other rare wood species.



**#VisitSenegal # TripInAfrica # Casamance # SeneGambia**

## TRANSCASAMANCE IN A FEW WORDS

After a comfortable day of acclimatization under a temperature of 25 to 30°C, departure in the direction of Coubalane to start this trail consisting of 6 stages ranging from 20km to 27km on tracks and especially single tracks in laterite particularly suitable for running on foot.



From village to village, this route was developed thanks to close collaboration with local guides. It is a course without great technical difficulty, but an exceptional adventure alternating landscapes of deep Bush, Savannah and rice fields, all often framed by numerous bolongs and small ponds, paradise of birds.

After nights in village camps and managed by the locals, every morning you will leave from the camp or after a small canoe trip on the Casamance River. Simple and authentic, the different camps and the welcome of the villagers are an integral part of this adventure that will remain engraved in your memories.

A unique experience for a real raid Adventure running.

*Unforgettable encounters, highlights  
and a race engraved in your memories,  
this is the promise we make to you!*

## PROGRAM



### Monday 08th/02 **Step 2 Coubanao**

- Lunch at the arrival of the stage
- Road transfer (60km, 2h) to Oussouye
- Dinner and overnight at the Hotel "Kabekel" in Oussouye

### Tuesday 09th/02 **Step 3 Oussouye**

- Lunch at the arrival of the stage
- Visit to the King of Oussouye and the cashew processing station
- Lunch, dinner and overnight at the hotel " Kabekel »

### Wednesday 10th/02 **Step 4 Carouante**

- Lunch at the hotel
- Road transfer to Elinkin
- Transfer dugout (30mn) to Cachouane
- Installation at the camp and dinner
- Local dances



### Friday 05th/02

- Flight Paris – Dakar (Air Senegal to be confirmed)
- Flight Dakar – Ziguinchor (Air Senegal)
- Installation at Kadiandoumagne hotel at Ziguinchor
- Dinner and night at the hotel

### Saturday 06th/02

- Morning: recovery then general briefing, distribution of bibs and T-shirt
- Afternoon: sailing to Bird Island
- Dinner and night at Kadiandoumagne hotel

### Sunday 07th/02 **Step 1 Coubalane**

- Transfer of 27km to Coubalane
- Lunch, dinner and night at the village camp of Coubalane



### Thursday 11rst/02 **Step 5 Cachouane - Nikine**

- Return to Cachouane by canoe
- Lunch
- Transfer canoe to Elinkin
- Road transfer to Ziguinchor (30mn)
- Installation at the Kadiandoumagne Hotel in Ziguinchor
- Dinner and overnight at the hotel

### Friday 12nd/02 **Step 6 Afiniane - Djilapao**

- Transfer by canoe to Afiniane (15km / 40mn)
- Visit the Museum of Djilapao
- Lunch on arrival in Djilapao
- Transfer by canoe to Ziguinchor (15km / 40mn)
- Dinner and overnight at the Kadiandoumagne hotel

### Saturday and Sunday 13rd and 14th/02

- Flight Ziguinchor – Dakar (Air Senegal)
- Flight Dakar – Paris (Air Senegal to be confirmed)



## STEPS DESCRIPTION

# TRANSCASAMANCE ULTRA-TRAIL

## From Coubalane to the Birds Island

6 steps of trail

 138 km

 72 km



*Sports level of the adventure*

 TrailRunning from 5km/h  TrailRunning ou Trekking from 3,5km/h

Departure allowed on the following days an abandonment (unless medical contraindication decided by the doctor)

### Step 1 – Coubalane

 25km

 13km

After 27km transfer from our hotel Kadiandoumagne on the banks of the Casamance River, we are at the village camp of Coubalane, departure from the stage (around 10h).

Essentially on single track, these 25km for runners and 13km for Walkers immediately plunge us into deep Africa, the Bush, the crossings of isolated villages and the children throwing us "Toubab, Toubab". Superb course, flat and on a never aggressive ground, the laterite. For the record, the Toubab is the white man.

Lunch, dinner and overnight at the camp with fishing possible in the bolong with our guide Alliou and local dance at the camp.

### Step 2 – Coubanao

 21,5km

 5km

This second stage also leaves the camp at 8: 30 for 21.5 km for runners and 5 km for walkers. Always on confidential single tracks with passage to the village of Fangoume, that of the healer of the region where participants can stop. The crossing of the village of Coubanao, close to the finish, will be a real crowd bath, since local runners will be in the game.

Lunch at the camp and, at the end, road transfer from 1h30 to Oussouye by Ziguinchor. Installation at the Bush Hotel Kabekel, simple, clean, showers with cold water, bar and pool. Dinner and overnight at the hotel.

## DESCRIPTIF DES ÉTAPES (SUITE)

### Step 3 – Oussouye

 24,8km

 15km

Departure from the hotel stage at 8: 30 for 24.8 km for runners and 15 km for walkers. If the singles tracks in stages 1 and 2 were confidential, those in stages 3 and 4 are even more so, to the point of sometimes wondering Where is the end of the stage!

Lunch at the hotel then visit to the King of Oussouye and the processing of cashew nuts, very interesting. The King of Oussouye, elected by three sages, is a guarantor of respect for traditions, a coordinator between minority Christians, Muslims and animists. He takes care of abandoned street children and is in close contact with the French embassy and the Consulate in Ziguinchor, who regularly consult him. All dressed in red, he welcomes us in front of his house, in the Sacred Forest.

### Step 4 – Carouate

 26,7km

 10km

Departure again from the hotel at 8: 30 for 26.7 km for runners and 10km for walkers through the Bush, crossing villages and rice fields, huge cheese makers and baobabs on flat and sometimes sandy terrain.

Lunch at the hotel then 40mn road transfer to Elinkin then 30mn by canoe to reach the beautiful Camp in Cachouane, "Chez Papis". Dinner and overnight at the camp.

Possible casamança dance show.

### Step 5 – Cachouane - Nikine

 20km

 10 ,7km

Departure from the camp at 8: 30 am and quickly the sand reminds us that we are on a narrow strip of land between the Atlantic Ocean and a bolong. Landscape very different from the other stages with a high Savannah, very African atmosphere. Great adventure and on this stage! Imposing cheese makers and baobabs mark this stage.

From the arrival, return by canoe (20 minutes) to Cachouane and our camp for lunch. At the end, continue by canoe towards Elinkine (30mn) and we join our superb hotel Kadiandoumagne in Ziguinchor, which you attended on arrival at the edge of the river Casamance ... and its hot showers!

Dinner and overnight at the hotel.

### Step 6 – Afianiane – Djilapao

 20km

 11km

This last stage is a superb summary of this African raid and what the Casamance represents.

Set up from our hotel by canoe to Affinian (40mn and 15km) by superb bolongs.

Departure from the landing for 20km for runners and 11km for walkers. The superb arrival in Djilapao in front of the small museum will leave you a great memory. Visit of this museum initiated by a deceased local artist and taken over by Alexis, a passionate Casamance. Local lunch and return by canoe to our hotel by lodging the famous "birds's island", a real Ornithological Park.

Dinner and overnight at Hotel Kadiandoumagne.

## TECHNICAL ORGANISATION

This extraordinary event across the Savannah was first organized in 1998. Recognized in "Jakarta", these small motorcycles very maneuverable, it has gained wide success. For several years Cathy and Serge MOREL-JEAN had been planning to repeat the adventure of this endearing ordeal. This second edition finally concretizes this project.

### Administrative formalities

Participants must hold a passport valid 6 months after the return date.

### Refuelling

They are in place about every 8 km. The exact locations will be confirmed at the daily briefing the day before each step. They include: mineral water (clogged bottles), oranges, bananas, peanuts, watermelons, salted biscuits and very few raisins, almost not found.

### Meal

Meals are adapted to the efforts of the participants and in sufficient quantities, based on rice, pasta, potatoes, chicken, fish and vegetables. Meals are often made up of a complete dish, not always accompanied by a dessert. The water is only offered in bottle caps.

Attention: non-drinking tap water.



### Accommodation

We are in Africa, sometimes in the heart of the Bush. To engage in Transcasamance is to accept cold showers at village camps that are simple, clean with individual toilets per room.

Our village camps in Coubalan, Cachouane and our hotel in Oussouye fit this description. Note that the Hotel "Kabekel" in Oussouye has a swimming pool!

The hotel Kadiandoumagne (3 \* Superior) is of a completely different standing. You will spend 4 Nights, 2 nights on arrival in Ziguinchor and 2 nights on return from Bush. Superb hotel, The Best establishment in Ziguinchor, located on the banks of the Casamance River, with all the amenities of a large hotel including a swimming pool close to the river. We will be on full board or half board depending on the program.

### Transports

- air: flight Paris - Dakar - Paris (Air Senegal to be confirmer)
- national air: Dakar – Ziguinchor – Dakar (Air Sénégal)
- terrestrial: minibus
- fluvial: canoe

### Transfers

Transfers on roads and slopes will be made by minibuses comfortable and adapted to African slopes. We will have a 4x4 pick-up to transport the supplies located on points reachable in 4x4. The canoe transfers will be a maximum of 40 minutes and we will all be equipped with a life jacket. These canoe routes correspond perfectly to the reality of local travel.



## TECHNICAL ORGANISATION (SUITE)

### Steps markup

The markup is made with red and white markup. The refuelling and control points are announced by signs 1km ahead and the arrival from the 5 km, every km. Mandatory systematic scoring at each refuelling station.

### Assistance and safety vehicles

1 4x4 vehicle on the steps as well as motorcycles circulate constantly on the tracks.

### Health

Each participant will return to NED the medical certificate that was sent to him upon confirmation of his registration.

#### **Yellow fever vaccine is essential even if it is not required by the authorities.**

We advise you to take your usual medicines with you if you are undergoing treatment and to inform the doctor of any particular pathology requiring specific treatment.

A list for a basic medical kit will be sent to you with your airport summons, it is mandatory.

Drink water only from clogged and capsulated bottles.

### Temperature

During our reconnaissance (08 to 20/01/20), 18 to 20°C in the morning for departure and 30 to 33°C around 15:00.

### Security

As with each race, a doctor will be present on the entire event. The Ziguinchor hospital is very well equipped and frequently French doctors and nurses are assigned to it as part of the close collaboration between France and Senegal. First cares kits are available on each supply.

### Clothing

For sports stages, classic outfit identical to that worn in France. Gaiters essential for steps 5 and 6. Sunscreen and cap. Mosquito Spray, headlamp + spare batteries for camps.

### Money

The currency of Senegal is the CFA Franc which should soon become the Echo. 1 euro is worth 650 CFA francs. The Euro is not accepted in Casamance. It is possible to withdraw CFA Francs from Coin dispensers close to our hotel in Ziguinchor. No possibility outside of Ziguinchor. It is possible to change euros at Ziguinchor airport or Dakar during our transit.

### Language

French is the official language.

### Religion

The main religion in Casamance is Islam at about 60%. Christians make up 30% and the rest are animists. Islam is very moderate and in every village all the inhabitants live in perfect harmony.

### Time difference

1 hour less in Casamance (when it is 12h in Casamance, it is 13h in France).

### Voltage

Plugs identical to French plugs. 220 volts.

### Phone and internet

Mobile network almost everywhere and even in village camps.

Wi-Fi in hotels and in campsites. The connection is sometimes slow but free.

## THE BUDGET

### Th price includes...

#### Coût de l'inscription : 2 550 €

- Flight Paris – Dakar – Paris (Air Senegal to be confirmed).
- Flight national Dakar – Ziguinchor – Dakar (Air Senegal)
- Technical and logistical support by Nature Extrême Développement.
- Full board accommodation throughout the stay.
- All refuelling during stages and all transfers.
- All transfers

### The price does not include...

- Beverages other than those taken into account by Nature Extrême Développement and more generally alcoholic beverages consumed during meals in restaurants.
- Personal expenses, phone, other purchases.
- Activities or visits other than those provided for in the program.
- Cancellation insurance – repatriation.

ATTENTION: the cost of overweight possibly charged by the airlines remains at the expense of the participants.

### Insurance

Each participant must have individual civil liability as well as individual multi-risk warranty in order to protect themselves from incidents or accidents that may occur before or during the hike or trip. Please note that payment with a credit card generally only covers assistance provided you have used your card to pay for the trip. Payment by credit card usually does not cover the risk of cancellation.

Nature extreme Development offers you to subscribe to the Global Assistance contract "temporary travel multi-Risk Solution". The amount of this insurance, which varies according to duration and destination, is indicated in the travel registration form, and offers extended guarantees according to the formula chosen : medical repatriation, interruption of stay, delay of transport, payment of the arrival of a relative in case of hospitalization on the spot, coverage of emergency medical expenses and hospitalization, baggage coverage in case of loss or deterioration, civil liability abroad. To find out the exact contractual terms, in particular the scope of warranties, deductibles and exclusions, we recommend that you consult the full contractual terms and the product information document available on the site or on request from Nature extreme Development.

The proposed insurance must be taken out at the time of registration. In the proposed insurance, the insurance premium and visa fees are not refundable either by extreme Development Nature or by the insurer.

### Carbon Offset

As responsible tourism is part of the values of an extreme Development nature, carbon compensation is proposed for each flight through the GOODPLANET Foundation ([www.goodplanet.org](http://www.goodplanet.org)).

### Payment schedule

For a reservation more than 35 days from the date of departure of the trip, you will need to pay the deposit mentioned on the registration form. For any registration less than 35 days from the date of departure, payment must be made in one time and for the entire price of the trip. The balance of the price of the trip must be paid, without any rebate from us, no later than 35 days before the trip.

## WHO ARE WE?

Nature Extrême Développement is a travel agency sharing through sport, world culture and discovering new horizons. Trips that can be both distant, close to home or indoors; timed or non-timed; alone or in groups

Founded in 1995 by Serge and Cathy MOREL-JEAN, **NED has organised more than 200 raids on 5 continents** over the past 25 years. Benoît LAVAL joined the company in 2020 as President.

**NED, it is a team of professionals surrounded by passionate volunteers and quality local partners to make you live the most beautiful sport and tourist adventures.**



### **Serge MOREL-JEAN**, Founder of NED since 1995:

Mountain Guide, Nordic ski instructor, mountain hunting officer military career in Annecy, Briançon and Chamonix.

Former director of the French military ski team, climbing the highest peaks of the Alps such as Eiger, Piz Badile, Matterhorn, Aiguille Verte, Grandes Jorasses, Mont Blanc...

The Transbaikal and the Moskova (Moscow – St Petersburg) performed with sled dogs.

### **Cathy MOREL-JEAN**, Manager since 2002:

Great spotswoman, swimming (European Youth Championships in 1968), running (Marathon des Sables, Desert Cup, Sierre-Zinal, and several marathons)

Former assistant professor of sport, lifeguard, sports educator, completed with a 2-years post high school degree Tourism and graduated in Ericksonian hypnosis, NLP and Sophrology.



### **Benoît LAVAL**, President since 2020:

Race on foot since the age of 9, more than 200 trails with more than 60 wins and more than 30 countries visited in running, a selection in team of France Trail, 2nd place in the Grand Raid of the Reunion, participations in the Barkley and the 400km of Gobi.

Founder of Raidlight and Trail station network.

Organizer of races since 1992, such as the challenge of the Oisans, the Chartreuse Terminorum, and more classic trails.

## RESPONSIBLE TOURISM

Responsible tourism is one of the values of an extreme Development nature.

For each flight, carbon compensation is proposed through the GOODPLANET Foundation ([www.goodplanet.org](http://www.goodplanet.org)).

Nature extreme Développement also carries out other actions for Responsible Tourism, and is a member of the association ATR (Act for Responsible Tourism).

As such, we invite every traveller to read and sign voluntarily the traveller's ethical charter: <https://www.tourisme-responsable.org/voyager-responsable/charte-ethique-voyageur/> so that all together participate at our level to this goal.

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