



# Adventure Racing World Championship 2018

## La Réunion, France

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GUIDE «HELLO RACERS» - 09/07/18

### Editorial

Since several months we've been working on this big adventure at the heart of the Indian Ocean and we have no words to express how much we are looking forward to seeing you on the island for AR 2018 World Championship. One week a month, a whole team head to La Reunion to get recognitions going. It's always a good opportunities to discover natural treasures, outstanding landscapes and amazing people. What we can say for sure now is that the island is an incredible land of adventure: wild, unexplored, tough, demanding but also very generous. Local people are welcoming and happy to see the race settling on their land, they feel proud of having us here and we will put all our efforts in not letting them down. In this guide you will find useful information to plan your trip and prepare your race. **The document will be updated month after month.**

**All the added information will be highlighted in yellow.** I wish you a very good preparation; the dream box is open, go for it!

**Pascal Bahuaud**

#### Contact

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raidinfrance.com  
arworldseries.com

### Reunion Island key figures

- Area: 2 511 km<sup>2</sup>
- Population: 850 996 inhabitants
- Currency: euros
- Time Zone: RET (UTC+04)
- Spoken languages: French, Reunionese creole
- Island brief presentation: located in the Mascarene archipelago, Reunion Island - a French overseas department - offers travellers the exoticism of a tropical island in the Indian Ocean. At the crossroads of European, African and Asian cultures, Reunion is a true melting pot.

### Adventure Racing World Championship 2018 (ARWC) key figures

- Race dates: November, 4th-16th 2018
- Teams welcoming location: Village de Corail in l'Ermitage-Les-Bains
- Start location: Hell-Bourg
- Finish location: Village Corail in l'Ermitage les Bains
- **Race format: from 120h (5 days) to 200h (8 days)**
- Disciplines: trek, MTB, packraft, sea kayak, canyoning, caving, mountains, ropes **and horses**
- Distance: full race is **430km and 17 000m of elevation gain**
- Racing category: mixed team, 4 people per team
- Price money: 50 000\$ will be divided and allocated to the first 5 teams





## **Race program**

- **4<sup>th</sup> November 2018: Village de Corail, l'Ermitage-Les-Bains/Saint-Gilles-Les-Bains, Saint-Paul municipality**

8 am – 7 pm: teams welcoming  
Equipment checking and skills testing

- **5<sup>th</sup> November 2018: Village de Corail**

8 am – 7 pm: teams welcoming  
Equipment checking and skills testing

- **6<sup>th</sup> November 2018: Village de Corail**

8 am – 4 pm: teams welcoming  
Equipment checking and skills testing  
4:30 pm – 6 pm: teams briefing  
6 pm: opening ceremony (mandatory for all racers)

- **7<sup>th</sup> November 2018 (7 am - 8 pm)**

Teams to handing in their equipment to the organisation  
Departure to Hell-Bourg, Salazie municipality, the start line location by buses managed by the organisation  
Kabar (local meal) offered to all racers, helpers and partners in Hell-Bourg  
Everyone will spend the night in this same place. Buildings and sports halls are booked by the organisation for racers, VIP and staff.

- **8<sup>th</sup> November 2018: Hell-Bourg, Salazie municipality**

ARWC 2018 start

- **13<sup>th</sup> November 2018: Village de Corail**

First team's arrival

- **16<sup>th</sup> November 2018: Village de Corail**

End of the race for everyone, race close  
6 pm: closing ceremony  
8 pm: meals and animations offered to all racers, helpers and partners

**IMPORTANT:** at the welcoming area, in Village de Corail, a dedicated area will be arranged for the teams to store their equipment. These will be opened at daytime and closed for the night.  
On this same area, at Village de Corail, an area will also be secured and kept for the teams to leave their personal belongings during the race.



## ARWC 2018 Race information

### **General information**

A prolog race will establish a ranking then use to determine the start order.

A sleeping card **of 12h** will be mandatory. The stop can be of **1/2h minimum to 4h maximum** in a row and must be taken on CP's or TA's.

All teams, that will not withdraw will be finishing the race. There will be only one final ranking. Each team will receive an endowment, depending on our partners.

7<sup>th</sup> November in the morning, teams must have given their race equipment (4 bike boxes, 2 equipment boxes and one paddle-bag) and their personal bags (not compulsory) to the organisation before 11 am.

Teams will no longer have access to their equipment until the race start. Teams will leave around 11:30 am (not defined) to go to Hell-Bourg with the organisation buses (mandatory).

### **Nations parade**

Upon their arrival in Hell-Bourg, each team will be waited by one child with a flag (team's nationality) and wearing a bib with the team's number. Teams will have 30 minutes maximum to meet their new team-mate and learn how to practice the «Kours la rou».

Then, teams will join the prolog's start line in a parade.



### 1. Kours la rou



### 2. Goni (sack race)



#### **Prolog**

A «Kours la rou» (game played by the children of Reunion Island and Mayotte) consists in rolling a wheel (a car tyre) with 2 sticks as fast as possible without ever pushing the wheel with the hands.

The route, a loop in Hell-Bourg, will be in 5 relays. Each relay is taken by a different team member and the last one is imperatively the child of the team. To finish this route, the child will also have to do a «goni» (bag race) to cross the finish line. At each relay pass, each team-mate continues to follow the relayer so that on the finish line the entire team is together. Several teams will run together in the order of their number sign.

Following the prolog, teams will have time to discover the wonderful Hell-Bourg village and its inhabitants. From 6:30 pm, a local meal will be shared with all the teams and the organisation, the partners and the guests. Teams accompanying persons can book (see booking file) to participate to this friendly before race moment. A local music show will be offered during the meal.

All the teams will sleep during the night before the start of the race in two buildings located in Hell-Bourg. These buildings are simple sports halls and are reserved for racers only. There is toilets and water on site.

For accompanying persons, there are possibilities of lodging on the village (see accommodation).



## **Legs**

The 430 km route will be composed of 10 legs and 9 Transition areas (TA). Each stage can include several activities (ropes during a trek, trek and ropes during a packraft, horse riding during mountain bike, etc). During some legs you will be obliged to wear complementary material in addition to the one of the main activity. An expedition...

The course will be composed of 162 km of trek complemented of some parts of ropes and canyons, 182 km of MTB, 78 km of packrafts and sea kayaks and 12 km of horse riding (if this activity is established).

There are 4 trekking legs and walking parts during other activities (packraft, MTB), 3 legs of MTB and 2 legs of boats. Other activities are in the middle of the stages (ropes, caving, horse).

**Trek:** the Reunion Island is an amazing playground, especially for this kind of event. Progressing, even on tracks, can be tough and complicated. The pace is often slow and the vegetation is very, very dense. For the major part of the island, it's tropical vegetation.

During some parts, it will be necessary to forget your usual reference progression times and the maps paths notions. About your clothes, long legs pants are highly recommended on specific stage, particularly of trek under the risk of "deep and painful scratches" along the race. Idem, we advise you to always have with you a pair of gloves as to "gardening" during the treks. In Reunion Island, there is the "vigne maronne" terribly aggressive for the skin.

To this day, trekking poles are allowed.

**Orienteering:** The maps scale will be 1/50 000.

However, the progression complexity, makes that we will give you 1/25 000 maps. Many kilometers without kite or CP, some difficult choices can be predicted.

The weather is often changing a lot, and most of the time, a very thick fog takes the island summits... Good orienteering skills without good visibility will certainly be a plus for a team. GPS are forbidden especially GPS watches and MTB GPS meters.

**MTB:** the MTB sections will be especially diversified, the island being fully composed of various treasures. However, be prepared for long uphill portions and some mountain technical MTB (single tracks, mud, banked tracks...). MTB won't be neglected during those world championship.



**Canyoning:** canyoning is one of the most famous activities on the island; it's also a worldwide well-known area to practice this activity. Good ropes skills and a good knowledge of canyons environment are necessary in order to have a peaceful progression and to really enjoy the section.

**Caving:** caving on the island is very special and fantastic. You will, for example, discover tunnels of lava. Those tunnels were made during the numerous eruptions of the Piton de la Fournaise volcano. Those areas are very delicate, and you will need to be very careful. As usual on Raid in France, the progression during caving section will be made with a blocked time, so that everyone can enjoy the place.

**Ropes activities and mountaineering:** during this world championship, you will be discovering some incredible rope sessions. As for canyoning and caving, a good knowledge and skills in the activity will allow you to enjoy better those very special moments.

The technical requirements sheets for white water and ropes will be available on our website: [www.raidinfrance.fr](http://www.raidinfrance.fr)

**Sea kayak:** Reunion is an island and its coasts must be discovered from the open sea. Sea kayak will be practiced out of the lagoons.

Night navigation will be forbidden during this activity.

The boats are Océan Quatro of the brand RTM. They are approved for navigation up to 2 miles from the coast. Even if night navigation is forbidden, teams will must have with them the mandatory equipment to navigate by night in case they are obliged to finish their navigation at eventide. As in packraft, wearing a backpack is forbidden. You have to plan what to tie your bags in the kayaks in case of rollover.

**Horse riding:** Many horses are present (more than 2000) on the island and this activity should be on the program. This moment will be the occasion to enjoy, without effort, to discover a magical place, out of time and unique. This activity will be in blocked time, the same for everybody, in route following and orientation. Each team will have 4 horses. The confirmation of this activity will be given very quickly. The progression will be 24h/24h, a part in route following and another part in orientation.

We don't ask horse riding certificate but we are counting on you to train to avoid falls and especially don't hurt the horse. A simple sworn declaration that you have basic knowledge in horse riding and that you are able to progress on horseback in autonomy will be requested. You can find the declaration on the website.



**Packraft:** during ARWC 2018, white water sections will be covered with packrafts. **Packraft night navigation will be forbidden on some rivers, the management of these obligatory stops will have to be taken into account to optimize the break times. Teams will potentially must stop to spend the night along the river. The night progress along the river will be forbidden except on specific areas.** Route recognition has already been made with those boats, and, in our opinion really upgrade the sections with an adventurous spirit, in terms of navigating choices, but also the diversity of opportunities (inaccessible areas otherwise than walking). You will be able to progress with single or double packrafts, every option is possible, and it's your own team's decision. Regarding all the questions around the requirements for the packrafts for ARWC 2018, we are willing to clarify few things.

**Our one and only aim:** racers security. It's our responsibility to trying to guarantee it as much as we can. After several recognitions on the island's rivers and our experience as racers, it appeared mandatory to settle different rules regarding this leg. We aren't doing it just for fun, the idea is to guarantee each team to have a boat corresponding to the rivers standards (class III or more with a lot of water) and not a «toy» boat. In France, it's forbidden to keep your backpack while navigating (moreover, it's actually dangerous!), therefore, you need enough space in the boats to put: 2 racers, 2 backpacks, 1 paddle bag and equipment. In addition, all this is heavy. Taking in account all the remarks, and to allow as much as possible packrafts owners to their equipment, we have requested opinions from professionals (several time kayaking world champions) and the new requirements (rules) are:  
Manufactured packrafts: characteristics available on internet.  
Two people packrafts: referenced as for two people and with a minimum length of 2.72 m, otherwise, they will be considered as single ones.

3 m external and 2 m (preconisations) for the inside length seems to be the minimum sizing for a double packraft in order to progress with minimum comfort and technical conditions (with your equipment).  
We will only tolerate manufactured boats.





The organisation will set up a bulk purchase of those types of boats, meeting the race rules. It will be the boats that have been used during recognition. We have been testing one single and two double packrafts. For us, the 3.5 m boats were the most interesting boats for this kind of water and legs: weight, comfort, speed on flat waters, manoeuvrability in rapids and space for equipment.

Wearing a backpack during white water section is forbidden.

**Very important:** During the navigation parts, no help will be given from the organization to potentials packraft repairs. Teams must be completely autonomous to repair their boats. In the view of the problematics that you will meet during the packraft, demountable paddles are mandatory.

Keep on mind that the kind of progress that you will face during the packraft will be nature expedition adventure with different kinds of progress: the navigation of course but also the walking and the progression on ropes. You will have to carry your whole equipment.

**A substantial repair kit will be added to the mandatory equipment list. Glue and 2 repair strips (patches) 50cm length and wide of 6cm. Pumps non-working with human energy are forbidden (electric pump for example).**

## **Entries**

For the 2018 Adventure Racing World Championship, there will be 75 spots available and that will be distributed using the following criteria.

### **Distribution of entries**

#### **Winners of qualifiers**

Winners of each AR World Series Qualifier and the winner of AR World Championship 2017 are receiving a guaranteed spot and free entry to AR World Championship 2018.

Qualifier winning entries may not be passed down to another team if the winning team does not race at the ARWC. If a Qualifier winner has already paid for an entry fee through the WORLD RANKING TEAM ENTRY or WILD CARD ENTRY they will be refunded this fee. Qualifier winners must race the AR World Championship with a minimum of two members of the team who won entry. In the situation that a winning team of a Qualifier already holds a free entry, then the free entry is passed to the next eligible team.





### **Winner of AR European Championship 2018**

Qualifier winner must race the AR World Championship with a minimum of two members of the team who won entry. In the situation that the winning team already holds a free entry, then the free entry is passed to the next eligible team. Fee paid by ARES Series.

### **Entries for teams in the World Ranking**

30 entries are opened on February 1, 2018 during one week (close on February 8, 2018) to teams with an AR World Ranking for a discounted price (4500 euros per team entry). If more teams register for these entries than there are spots available, then the teams with the highest rankings are chosen to fill these spots.

A team AR World Ranking is based on their ranking on the day entries are opened. Teams chosen for a WORLD RANKING TEAM ENTRY have 7 days to make full payment of entry fees to the organiser after the world ranking team entries are closed. If they fail to do so, they forfeit this spot and it is passed to another team. Teams who forfeit or miss out on a WORLD RANKING TEAM ENTRY and then obtain an OPEN ENTRY must pay the full open entry entry fee.

In order to be eligible to the Team World Ranking, the team must comprise at least two participants whose names already appear on the world ranking list of the team. These terms and conditions are valid until the beginning of the race. Otherwise, the team will be on the waitlist and shall be subject to the Open Entry conditions.

### **Open entries**

The remaining entries (30) are opened on March 1<sup>st</sup>, 2018 at 2 PM (French Time - Caution: only emails dating from March 1<sup>st</sup> at 2 PM or later will be considered) as open entries spots to any team on first in basis. If a team missed out on a WORLD RANKING TEAM ENTRY they may have one of these spots. Any WORLD RANKING TEAM ENTRY that was not filled will become available as an OPEN ENTRY. The entry fee is 5000 Euros per team. Teams chosen for an OPEN ENTRY have 14 days to make full payment of entry fees to the organiser, after this time teams lost their open entry and they are placed on waitlist.

If the open entries are all booked, a waitlist will be generated on a first-come, first-served basis. A refundable 300€ deposit is required to remain on the waitlist. If you are added to the waitlist, information will be emailed to you on how to pay the deposit. In the event a spot opens up, information will be sent to the team captain on how to complete team registration. Registration must be completed with full payment within 14 days to keep the spot.



### **Wild card entry**

5 spots are given to the organiser, in order to allow local or foreign teams to be represented. Those spots will be handed regarding the previous enrolments and the general context. The price for those spots is, as for open entries, 5000€.

Teams who have registered and later earn a free entry from an ARWS qualifier will have their fees refunded.

Additional spots may open up based on claimed entries from ARWS qualifier spots and permitting.

If a team gets its spot through an ARWS qualifier and has not then yet registered for ARWC 2018, that team will be given instructions on how to contact us to register.

### **Teams with special interest**

Can apply separately to the above through emailing the organisation directly at [concurrent@raidinfrance.fr](mailto:concurrent@raidinfrance.fr)

Team's numbers will be official after Ecuador Series at the end of July.

### **Regulation regarding the team nationality**

Teams at the AR World Championship must include a minimum of three members of the same nationality. Competitors will prove their nationality at race registration by officials checking their passport is valid and issued by the country the team is representing. Competitors representing their country of residence, if different to their passport, must show suitable proof of residency. Teams at the AR World Championship will represent one designated nation only, being the nationality of the majority of team members.



### **Teams requirements**

All racers must be age 18 years or older.

Each team must represent one country.

Each team must contain a minimum of 3 members from the same country, as proven by a valid passport or residency documents at race registration.

Teams that do not contain 3 members from the same nation may be permitted to race at the race host's discretion but are not eligible to receive an official ARWS ranking, including the winning of any prizes. If a competitor has multiple valid passports from different countries (e.g., dual nationality), the participant can choose the nationality of one of those passports and represent that country.

The first part of every team name must contain the name of the nation the team is representing and then be followed by a unique team sponsor's name or identifier or your country's three-letter code (e.g., Australia Mountain Designs or AUS Mountain Designs). Multiple teams representing the same country are permit.

The organization requires a deposit cheque or an imprint of the credit card within the time of administrative checks.

In order to participate, all teams must hand in a deposit.

The aim of this guarantee is to financially cover any degradation, loss or disappearance of the organisation's equipment used by the racers and team-reporters.

This deposit is given back to the team at the end of the race following satisfactory equipment inspection. The amount of this deposit is: 1000€

**Reminder: Teams will have to provide the aptitude certificates (available on the website of the race) signed by a professional of the activity, during the before race verifications. Make sure you have the original and a copy to give to the organisation.**

### **Equipment placed at your disposal by the organization**

- The rules and documents to prepare the race
- 2 sets of maps: 1/50 000 and/or 1/25000 (per team )
- 1 set of road book and 1 passport (per team)
- 1 GPS beacon (per team)
- 1 SIM card to be inserted in a mobile phone (per team )
- Some necessary sport equipment : 2 two persons kayaks (per team)
- 4 race bibs.



### **Insurance**

The event organizers have public liability insurance. This is a compulsory insurance policy in France for events that are organised on, or cross through, any form of government land/public place. This, however, is not personal accident insurance for you!

It is strongly recommended you to have your own personal accident insurance. Insurance covering: medical expenses, searches, rescue and repatriation expenses is highly recommended by the organisation and is mandatory for foreign teams. Racers on hold of a Triathlon racing licence must show it to the organisation and provide us with a duplicate.

### **Refund, transfer and cancelation policies**

Teams may officially cancel their entry at any stage prior to the event by emailing the race organizers: [concurrent@raidinfrance.fr](mailto:concurrent@raidinfrance.fr)

Registered teams canceling before May 15, 2018 receive 100% refund minus 400€ administration fee.

Registered teams canceling before July 15, 2018 receive 50% refund.

Registered teams canceling after July 15, 2018 no refund under any circumstances.

Teams are welcome to transfer or sell their entry to another team if available. This will be a transaction between the teams and Raid in France will not take part in the transaction. Raid in France must be notified as soon as possible and team details must be updated by email: [concurrent@raidinfrance.fr](mailto:concurrent@raidinfrance.fr)

If the entry transfer occurs between a World Ranking Team and an open entry team, an additional entry fee (500€) will be paid by the new team to Raid in France.

If two teams do not have sufficient members and decide to join together, this will be strictly considered as one team canceling their entry.

Refund policy will be as stated above, no exceptions.

If any member of your team fails the basic competency checks, the whole team will be disqualified and no refund will be given.

Exact details of competencies are being promulgated on this web site and in the competitor information packs.

Failure to make payments on the designated dates may result in cancelation of your entry and no refund of money paid to that date.

If the race is cancelled due to acts of god, natural disasters, terrorism or other reasons etc, the organizers will make every effort to refund as much of the entry fee as possible to all teams. The race will not be rescheduled.



**Enrolment fees must be paid by wire transfer (give the team name) or by credit card with additional fee (3 %) on our website.**

Data wire transfer: Sport & Nature ProMotion  
Address: Sport & Nature ProMotion 12 rue du Jacquemet 69890 La Tour de Salvagny - FRANCE  
Bank name: CIC lyonnaise de banque  
Bank: 10096  
Cash desk: 18167  
Account number: 00047828201  
Bank control key: 60  
Registered address: LB Tassin La Demi Lune  
B.I.C/SWIFT : CMCIFRPP  
IBAN: FR76 1009 6181 6700 0478 2820 160

Send an email after having paid the entry fee to the following email address (attach a copy of the transfer): [concurrent@raidinfrance.fr](mailto:concurrent@raidinfrance.fr)

### **Your trip to the island**

#### **Air travel, accommodation, car rental, shuttles...**

Teams are fully responsible for planning their trip and organising their stay, except for the facilities rolled out by the organisation (ceremonies, shuttles...). The organisation has arranged some deals and found some partners, you can use them or not. It's your personal choice.

#### **Air travel**

**Air Austral**, a Reunionese flying company, is our air travel partner for ARWC 2018

We are currently working on a plane ticket offer for all the French, European and international teams in order to help you travel and minimise the cost.

To know the conditions offered by our airline partner, directly ask to [arwc2018@bleu-voyages.fr](mailto:arwc2018@bleu-voyages.fr)

**Bleu Voyages**, our general travelling partner for ARWC 2018. The entire booking deals will be done on a dedicated website. It will be available for all online.

If you have any questions regarding air travels, accommodations or rentals please do not hesitate to contact: [arwc2018@bleu-voyages.fr](mailto:arwc2018@bleu-voyages.fr)



### **Accommodation**

#### **Village de Corail**

Located in Saint-Gilles-Les-Bains, this is going to be the Head Quarter of the race, the finish line but also the place where all the staff will stay. With 129 studios distributed in all equipped bungalows, the Village de Corail offers many services and activities. It's possible to go to the restaurant, to the bar, enjoy activities, the swimming pool, the beach which is quite close, there is something to do for everyone. You can book one of the bungalows for two with a special rate negotiated for you. Booking is only by mail or phone.

Contact by phone +0262 262 24 29 29

Email: [reservationvdc@cg974.fr](mailto:reservationvdc@cg974.fr) with copy: [commercialvdc@cg974.fr](mailto:commercialvdc@cg974.fr)

#### **Exsel Group**

This reunioneese hotel group grants a special rate at the hotel l'Alamanda, located in front of the Village de Corail. L'Alamanda is a 2 stars hotel with Creole architecture. You will find 70 rooms near the beach and the lagoon. Many services are offered with a swimming pool and two restaurants, all this inside of a tropical garden.

Contact : +262 262 33 10 10

[www.alamanda.re/](http://www.alamanda.re/)

**IMPORTANT:** November is a very busy month in terms of tourism for the island. Travelling to the island, accommodation bookings and rentals can get really tough and expensive if you don't plan your trip long in advance. Our advice is to do it as soon as possible and not to wait the last moment to make all the bookings.

#### **Information regarding the shuttles and the equipment**

The organization will set up some shuttles (only for the equipment) from Saint-Denis's airport to the Village Corail, teams welcoming area. Some shuttles will also be organized for the way back. The booking sheet will be online, so that teams can book.

Shuttles will be organised on the 2<sup>nd</sup>, the 3<sup>rd</sup> and the 4<sup>th</sup> of November 2018 and on the 17<sup>th</sup> and 18<sup>th</sup> November 2018 for the way back.

The organization's shuttles are only booked for the equipment (bike boxes, bags or boxes). They will be 2 shuttles a day. It will be possible to leave your equipment in the morning from 8 am to 12 pm and in the afternoon from 4 pm to 8 pm. For the planes arriving later, contact Béatrice ([concurrent@raidinfrance.fr](mailto:concurrent@raidinfrance.fr)) to organize the transfer.

For the racers, there are public shuttles named « Car Jaunes » which serve the Village de Corail from the Airport.



For the teams interested in buying packrafts, we have negotiated the best conditions as possible for you with our partner FRONTIER Audac Sport. You can directly contact Karen ([info@audacsports.com](mailto:info@audacsports.com)) by presenting yourself as a team from the ARWC2018. Purchases are directly made with the manufacturer.

For buying bike boxes, we currently have a limited quantity of available boxes. According to the number of requests, we will order or not new boxes. Boxes will be affected in the demand order.

**You will not have to lift your paddle bag during the navigation legs. The maximum weight is 30 kg. In the paddle bag you will have to put: packrafts, life jackets, demountable paddles, helmets (if not multisports). These bags are not waterproof and their dimensions are 1,5m x 0,5m (diameter).**

**The paddle-bags allowed** are the ARWC circuit ones (see picture).



Organization will provide 2 boxes to each team.

**One: 110 liters (85cmx49cmx39cm)**

**Maximum weight allowed : 25 kg**

**One: 85 liters (75cmx45cmx39cm)**

**Maximum weight allowed 22kg.**



**The bike boxes allowed weight is 28 kg.**

### **Additional precisions**

#### **Helmets:**

Some teams are using multi-activities helmets. This year, helmets must be approved for these activities: MTB, rapids, ropes (canyoning, caving, climbing...). Some helmets, previously approved are not anymore as Météor IV while the III is. To our knowledge, currently are approved: Météor III and only the III, Caso Gams, Bios Instinct, Kong Scarab... maybe others are approved but we recommend to check that with the organisation before leaving for Reunion Island.

#### **Orientation:**

Maps: all the maps and roadooks provided by the organisation are waterproof.

Compass: Be careful, compass have to be South Hemisphere compass otherwise they are badly or not working at all.

GPS watches are prohibited.





### **Reminder:**

For the teams who didn't returned the pre-booking file, they must do it as quickly as possible. After 15<sup>th</sup> June, no one booking will be done. From 21<sup>th</sup> June, the definitive file will be sent to the teams who notified their needs, with the possibilities and the definitives prices.

## **Practical information and travel tips**

### **Currency**

The Island is a French department, therefore the money is euro. You will be able to exchange money at the airport or in cash machines. However, we advise you to get in touch with your personal bank to see what are the best deals and options. They may vary a lot within banks or countries.

### **Time zone**

RET (UTC+04). That is to say, with France, you will have 3 hours of difference. When it's 3pm in Paris, it's 6pm on the island. Be aware of potential jet lag!

### **Climate**

Reunion Island is in the southern hemisphere. If your country is in the northern hemisphere, you will need to flip the seasonality timing to get it right! Knowing the proximity with the Capricorn topic, the island's climate is tropical. Due to the ocean, the temperature on the coast varies: between 18° to 31°C (65° to 88°F). However, on the opposite, in high altitude, it can drop to 4°C (39°F) and rarely rise above 25°C (77°F). It can even drop under 0°C (32°F) in high mountains. Moreover, you must note that, for sure, it's raining very often...

### **Mobile phones/Cell services**

Since 2016, there aren't any more roaming fees between Dom-Tom and the French mainland. Moreover, since June 2017, a European traveller with a mobile phone service will be able to use his phone normally as in the 27 countries member of the EU without any added tax.

Threshold have however been set by the mobile operators, you need to give it a check. The agreement on fees also includes the 3G and 4G data consumption. The global volume available depends on your national service plan. We advise you, especially non-European racers, to check it all up before and find deals with operators.



### **Electricity**

The voltage and the electrical frequency is the same as in the French mainland. (230V and 50Hz). You can therefore use the same electrical devices, as there. Plugs are E type. Again, it's the same as in the French mainland. If you are international, you will need to get an adaptor.

### **Health**

The only real dangers on Reunion Island are the sun, mosquitoes and sharks. There aren't any venomous animals on the island. You could encounter grater snakes, it's harmless, such as little spiders you can find inside buildings (bibes) and larger ones outside (babouks). A big centipede locally called « cent pieds » (one hundred feet) have a painful sting, scorpions too but they aren't deadly. On the island, mosquitoes do not transmit malaria but they can spread other diseases, such as Chikungunya. Be in possession of a good mosquito repellent.

You also need to beware of some uncommon fishes: some of them have a toxin in their flesh that may cause disorder (paralysis, blood pressure dropping, itching, tingling, dizziness...). They are called ciguatera or «gratte». Avoid eating fish without the advice of a local resident.

### **Sharks**

Since February 2017, the Reunion administration has ruled and regulated bathing and some water activities in an area of 300 m from the shore. Bathing and water activities are allowed in the lagoon. Outside the lagoon they are allowed only in equipped and monitored areas: operational experimental areas.

Don't underestimate sunburn. It shines brightly especially between 11 am and 3 pm even if it's cloudy or foggy in the mountains, and especially when heading to the volcano.

You must be up to date on your vaccines (Tetanus, Polio, Diphtheria, hepatitis A and B). There is no rabies or yellow fever.

Be in possession of your health documents. For European citizens, except from French citizen, you will be able to obtain the European Health Insurance Card. We recommend you to make this card.

### **Communication Kit**

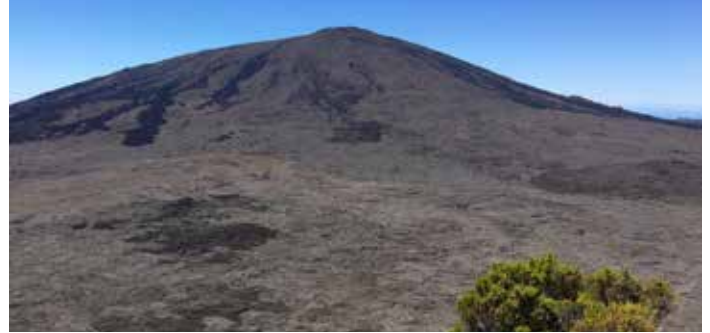
You will find on our website ([raidinfrance.com/ARWC2018](http://raidinfrance.com/ARWC2018)) a communication kit you can use for your partners, personal communication or when needed. The logos and pictures are provided HD.



1.



2.



3.

### **Explore the island**

We will update this section in the coming weeks. But first, what's better than outstanding landscapes photos of the island?

#### **1. Takamaka Valley**

Pretty close from Piton des Neiges, this valley is green abrupt scenery with river Marsouins at its heart.

#### **2. Piton de la Fournaise**

This famous active volcano is reaching 2600 m altitudes. It's amazing.

#### **3. Jardin d'Eden (Eden's Garden)**

This wild botanical garden house more than 700 plants species. Through a 2h walk you will discover iconic fauna and flora of the island and its tropical vegetation.



### 1. Meal's service onboard



### 2. Champagne onboard



### 3. Extra repas meal

## **ARWC2018 loves Air Austral** **Bon appétit onboard...**

Air Austral meals have been created to delight your taste buds on each of its long-haul flights.

The high-end meals (3 meal services) in Club Austral have been carefully crafted by chefs with local and seasonal refined products. Each menu is accompanied with "grands crus" wines and champagne\* (Nicolas Feuillatte) that have been handpicked amongst the best French vineyards, turning Air Austral's wine cellar into one of the best.

In Confort, exceptional meals (meat or fish), served in porcelain dishes and presented on table linens. The refined wine selection\* will provide the perfect match to sublimate the meal.

In Loisirs, 7 menus are available on Extra Repas.

The "Creole", a quintessential representation of Reunion Island cuisine

The "Burger", for kids

The "Light", for those who want to stay trim

The "Seafood", a subtle seafood selection

The "Fresh", 100% vegetarian

The "Gourmet", for a taster of Air Austral's premium service

The "Cheese and Wine", for a subtle pairing of specially selected wines and cheeses

\*Excessive drinking is dangerous for your health, drink in moderation.

\*These menus may be pre-booked between 30 days and 96 hours prior to departure. Prices range from €15 to €24.





### **Blacksheep Van Réunion is our partner to discover the Island**

Blacksheep Van Réunion is a young rental agency of amenaged vans based in La Saline Les Hauts.

They guide their customers by proposing a Road Book with different free spots in the middle of nature to spend the night.

They have developped partnerships with «Gîte de France» and «Bienvenue à la ferme» members to permit an access to different spots with special rates for the vans welcoming.

Special rates are also availables to practice many outdoor activities as snorkeling, paragliding or canyoning.

#### Their values:

To share road trip's experiences, to respect their customers and their partners, sport, adventure and nature.

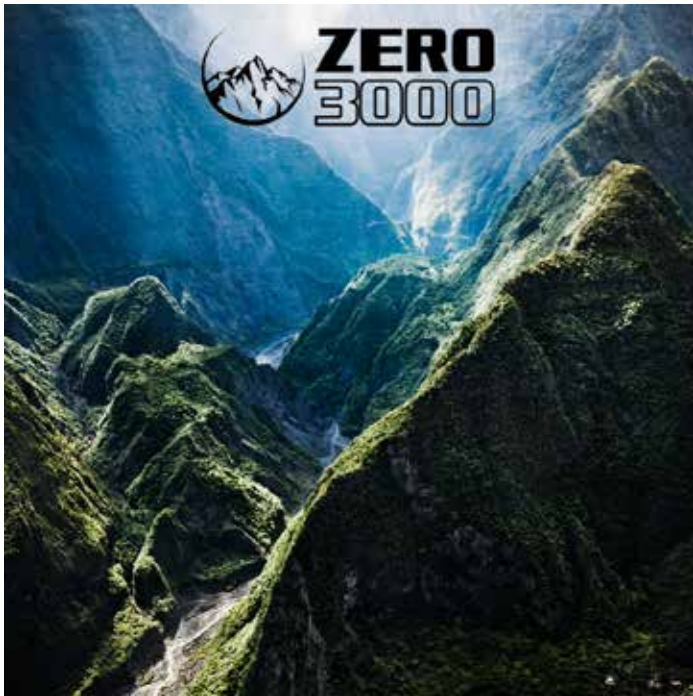
#### Try Blacksheep Van Réunion

If you come to Reunion Island before or if you stay after the race, renting a van is the best way to discover the island and be free to go to all the places you want to visit.

Contact Vincent and Franck +262 692 80 88 29

Email: [reunion@blacksheep-van.com](mailto:reunion@blacksheep-van.com)

Website: <https://www.blacksheep-van.com/reservation/location-van-reunion/>



### **ZERO 3000 official technical supporter of the adventure world championship 2018**

The ARWC2018 has a new supporter! ZERO 3000 is a reunionese shop that sells equipment and clothes for mountain and outdoor activities: hiking, trekking, trail, climbing, canyoning and speleology. ZERO 3000 Work&Safety is for professionals at height and rescue. Brands and references are selected to guarantee the best solutions, whatever are your constraints and your priorities. Practical advices and a huge choice among the best brands.

The shop will be present at the head quarter of the race in the Village de Corail the 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> of November. You will can find all these skills: headlamp, shell layer top (jacket), mid layer top, base layer top, full finger gloves, first aid kit, knife, sleeping bag, back pack, dry bag, helmet, mountaineering harness, rappel device, carabiner: auto locking & screw locking, prussik loop, handled ascender, chest ascender  
For more details visit the website: [www.zero3000.fr](http://www.zero3000.fr)  
Or contact Claude PERSON / (+262) 692 72 45 98  
Email: [c.person@zero3000.fr](mailto:c.person@zero3000.fr)



### **Zulupack, our new sporting supplier**

Zulupack is a brand of waterproof bags and accessories. These products guarantee watertightness but also resistance to the mud and the sand. They are designed to make the life's user easier. Thanks to the many pockets and all the storage, it's easy to find your belongings.

The little extra: only one damp sponge is necessary to clean it!

With 25 years of experience, Zulupack uses specific production methods that guarantee watertightness and sustainability of the accessories. These bags figure among the lightest and have thermoformed slings.

The materials and the production means used are adapted to ISO standards.

Zulupack offers a bag to each racer and VIP.

Visit the website:  
[www.zulupack.com](http://www.zulupack.com)





### **Jackson Richardson, patron of our event**

This great champion accepted to join us in the adventure. Born in Saint-Pierre in Reunion Island, he is one of the most successful French sportsmen.

#### **Prize list and rewards**

Captain of the French handball team, bronze medal at the Olympic Games in Barcelona 1992.

World champion in 1995 and 2004

Standard bearer of the French team at the Olympic Games in Athens, 2004

Best handball player in 2001

Knight of the Legion of Honor

You will can see him at the Head Quarter of the race at the Village de Corail during the ARWC2018.



### **Glossary (English>French>Reunionese Creole)**

Hello - bonjour - bonzour

Bye - Au revoir - n'artrouv

My name is ... - Je m'appelle... - Mi apèl...

What's your name? - Comment t'appelles tu ? - Komon ou yapèl ?

How are you? - Comment vas tu ? - komon i lé ?

I'm fine - Je vais bien - Léla

What's going on? - Que se passe-t-il ? - Kwélafé ?

What are you up to? - Que fais-tu ? - cossa ou fé ?

What is it? - Qu'est-ce que c'est ? - Kosasa ?

Let's go - Allons-y - Allons bouger

Ok - Ok - Lé bon

### **Local proverbs**

An atendan, kabri i manz salad.

Meanwhile, the goat eats the lettuce (Without a solution, a problem persists).

La pasians i géri la gal.

Patience heals scabies (One can cure everything with patience).

Gro poison i bèk si le tar.

The big fish bites late (Everything comes to those who wait).

Goni vid i tyen pa debout.

An empty bag cannot stand (One doesn't last long on an empty stomach)

**VIVEMENT LA GRANDE AVENTURE...**

**PLUS D'INFO SUR  
RAIDINFRAANCE.COM  
ARWORLDCHAMPIONSHIP.COM**