



# ROAD BOOK

## FAMILY

**WELCOME TO THE RUNNERS OF LE TRAIL PACIFIC ENERGY - SAAMA 2023**

**CONGRATULATIONS ON THE CHALLENGE YOU ARE EMBARKING ON !**

**THIS YEAR, WE ALL FACED 2 CYCLONES A FEW MONTHS AGO. THESE 2 EVENTS HAVE SIGNIFICANTLY AFFECTED THE STATE OF OUR COURSES, REQUIRING MUCH MORE CLEANING WORK THAN WE EXPECTED AND AFFECTING OUR ABILITY TO MAKE THE COURSE MORE ACCESSIBLE. DESPITE THIS, WE HAVE SUCCEEDED IN MAKING IT POSSIBLE FOR THIS NEW EDITION TO LIVE UP TO THE STATE OF THE PREVIOUS YEAR.**

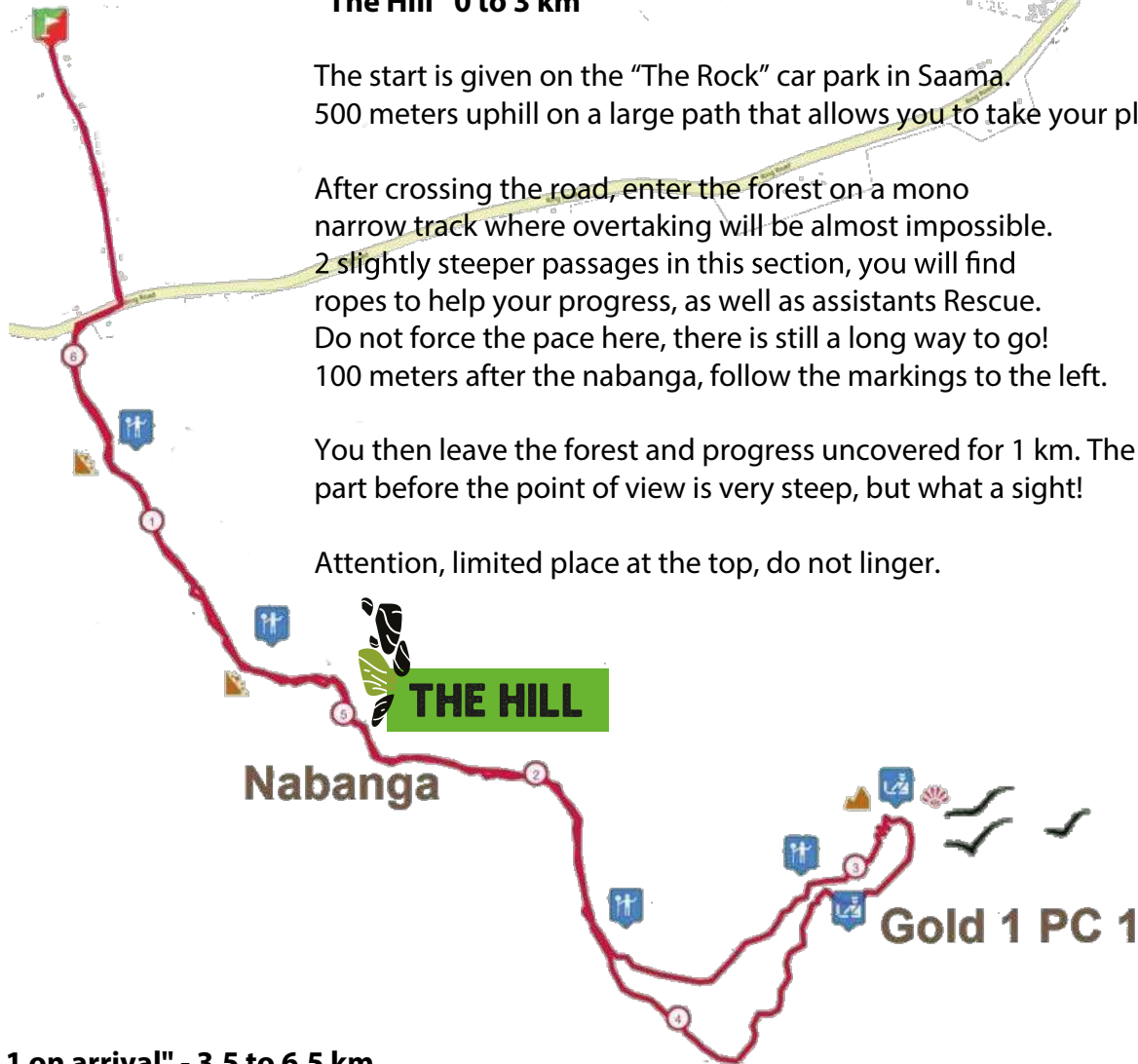
**WE ARE HAPPY TO COUNT YOU AMONG US FOR THIS NEW EDITION AND LOOK FORWARD TO SEEING YOU ON THE STARTING LINE !**

**HERE YOU WILL FIND ALL THE INFORMATION ABOUT THE ROUTE YOU ARE ABOUT TO TAKE.**

**6KM / 400M D+  
ESTIMATE RACE TIME: 2.5 HOURS**



## FOLLOW THE ORANGE MARKINGS THROUGHOUT THE RACE



### "The Hill" 0 to 3 km

The start is given on the "The Rock" car park in Saama. 500 meters uphill on a large path that allows you to take your place.

After crossing the road, enter the forest on a mono narrow track where overtaking will be almost impossible. 2 slightly steeper passages in this section, you will find ropes to help your progress, as well as assistants Rescue. Do not force the pace here, there is still a long way to go! 100 meters after the nabanga, follow the markings to the left.

You then leave the forest and progress uncovered for 1 km. The last part before the point of view is very steep, but what a sight!

Attention, limited place at the top, do not linger.

### "PC 1 on arrival" - 3.5 to 6.5 km

The descent from the viewpoint is as steep as the ascent.

Caution !

You will enter the forest again to find CheckPoint 1.

Make sure that your bib has been checked at the Checkpoint.

It is at PC 1 that the Family race separates from the other two races.

A 1.5 km loop takes you back to the path taken on the way up and back to the village.

We will follow 2 km of descent, with sometimes steep and slippery passages.

There will be assistance available for the crossing of these zones.