

POLYATHLON

du LEVANT by Eddésands

DU 24 OCTOBRE AU 2 NOVEMBRE 2008

MER - TERRE - DESERT : L'AVENTURE MULTISPORTS ORIENTALE



2 DÉFIS : POLYATHLON DES CÈDRES - POLY LIBAN

- 24 - VOL GENÈVE - BEYROUTH
- 25 - ARRIVÉE A BEYROUTH : VEILLÉE ET NUIT À EDDÉ SANDS
- 26 - POLYATHLON DES CÈDRES : BYBLOS – QORNET ES SAWDA (3083M)
- 27 - POLY LIBAN : VISITE SPORTIVE ET CULTURELLE (CÈDRES, QUADICHA ...)
- 28 - POLY LIBAN : FORÊT DES CÈDRES - RAYAK (OUYOUN ORGHOCH, BAALBECK ...)
- 29 - POLY LIBAN : RAYAK - BASKINTA
- 30 - POLY LIBAN : BASKINTA - MAASSER EL CHOUF
- 31 - POLY LIBAN : MAASSER EL CHOUF - SAIDA
- 1^{ER} - POLY LIBAN : SAIDA - BEYROUTH
- 2 - VOL BEYROUTH - GENÈVE

www.polyathlon.org

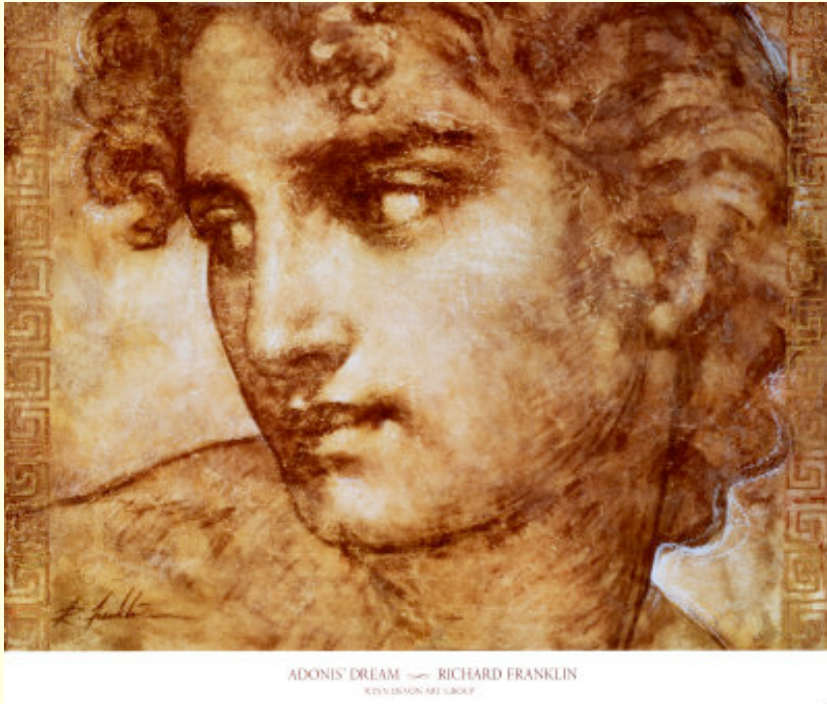


POLYATHLON
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POLYATHLON
DIAMOND MAN

POLYATHLON
ASSOCIATION

Spirit of the Polyathlon des Cèdres



ADONIS

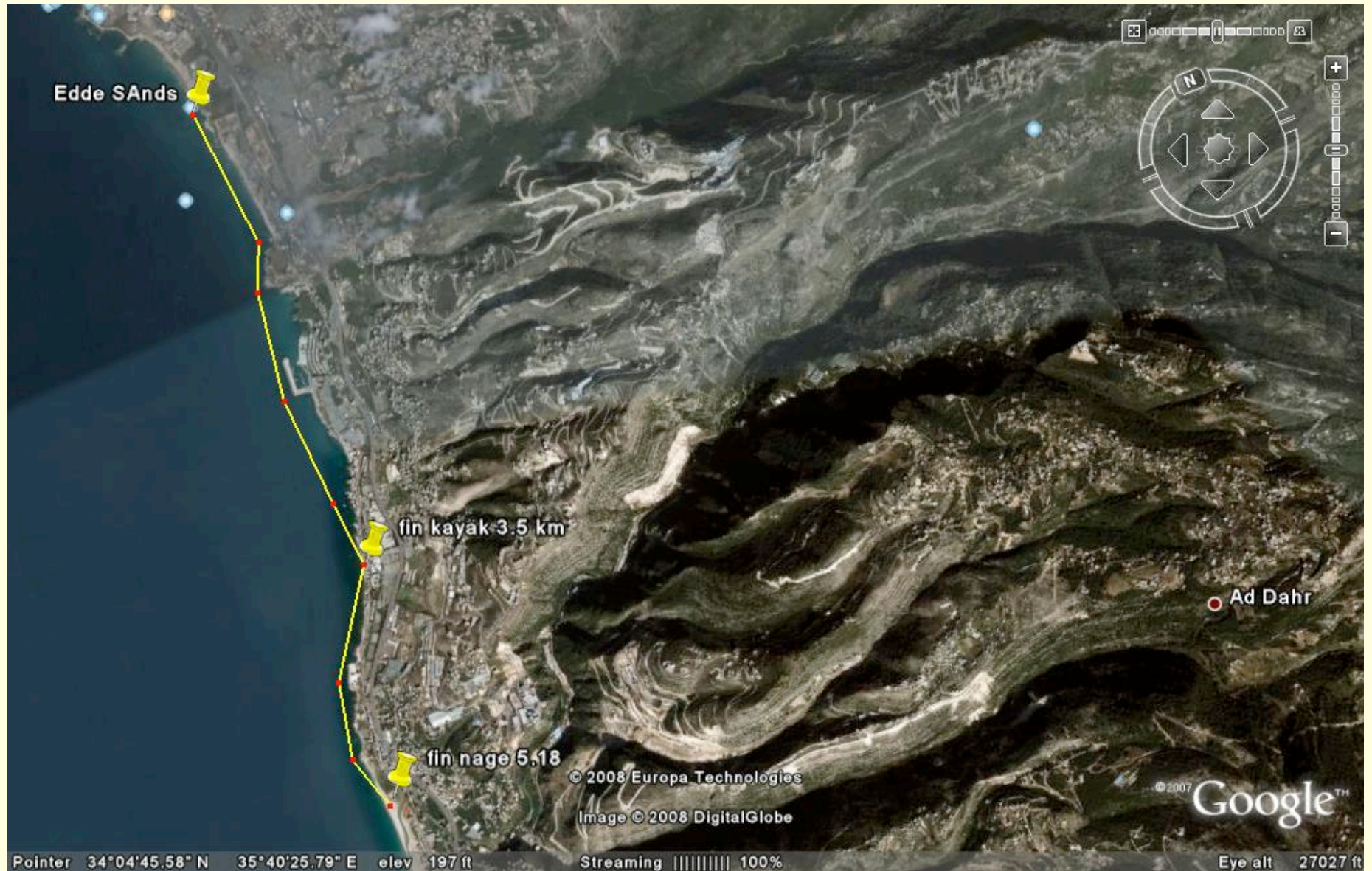


Astarte

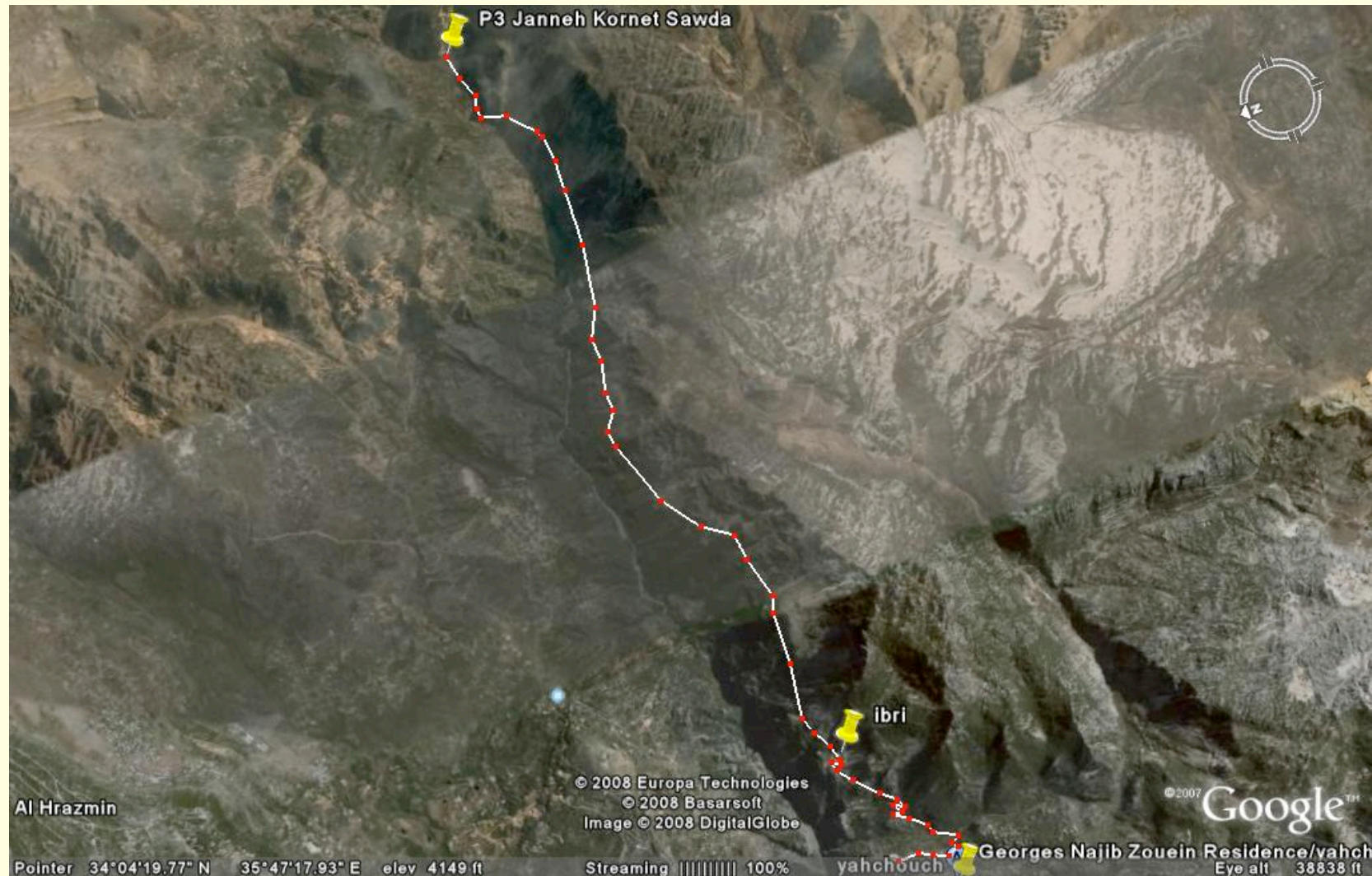
Trail of the polyathlon DES CEDRES

- 3.5 km Rafting
- 2 km Swimming
- 28 km uphill running
- 65 km uphill biking

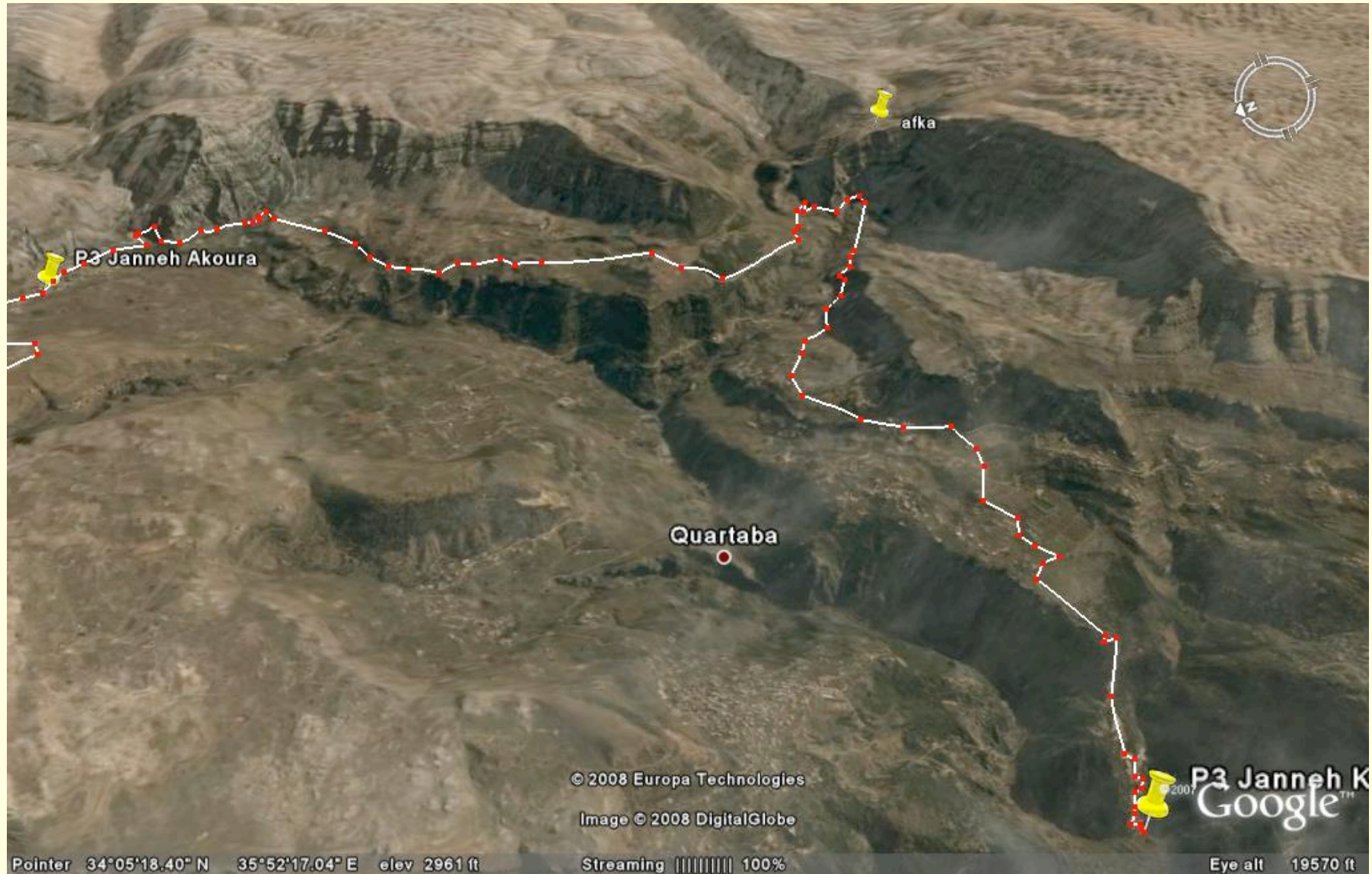
Jbeil → Nahr Ibrahim



Yahchouch → JAnneh



Janneh → Akoura



Akoura → Ainata



Ainata-> Qornet el Sawda



GENERAL ORGANIZATION

Saturday 25th of October

- 3h00pm :

Gathering in Edde Sands Jbeil at the main entry

- 3h30pm

Check of equipment (bike...)

- 7h00pm

Presentation about Lebanon and the polyathlon des Cèdres

- 8h00pm

Diner

- 9h00pm

Good night sleep

Sunday 26th of October :

JOUR-J

- 2h00am until 7pm :

POLYATHLON DES CEDRES

1-Transport of the equipment with the army

The army will make sure that all your equipment and winter clothes arrive at destination to qornet el sawda

2-Transport during the Polyathlon :

IN CASE SOMEBODY IS TIRED TRANSPORT IS ASSURED WITH THE ARMY

3-Security during the Polyathlon

Security will be assured by the army and the red cross **but all participants should have insurance for accidents**

4-Arrival to Qornet El Sawda

Once we arrive at the top we will camp for the night. Transport to beirut can be assured for participants on Sunday night, Monday night/or morning

Poly Liban

Biking trail

27th October : Cultural visit

28th October : Cedars → Rayac

29th October : Rayac → Baskinta

30th October : Baskinta → Maaser el chouf

31 October : Maaser el Chouf → Saida

1st November : Saida → Beirut

SATURDAY 2ND of NOVEMBER

9:30am:

bicycle tour of beirut and possible visit to the swiss embassy

11:30am:

visit of jeita's cave (11000L.L. entrance)

1:00pm:

lunch

3:00pm :

Darb el sama to harissa

6:00pm:

Official closing diner In army resort,jounieh

10:00PM:

Drink in Gemayzeh streets,beirut