



lonely planet

EPIC RUNS *of the* WORLD



Explore the world's most thrilling running routes and trails

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RACING THE PLANET, NAMIBIA, MONGOLIA, ATACAMA, ANTARCTICA

The Racing the Planet events take place all over the world, though each race takes place in a desolate unforgiving desert of sorts. And they directly mimic the Marathon des Sables, in distance and organisation. Each 4 Deserts event – most people choose one, though some have done all four – is a seven-day, six-stage, 150-mile (240km), marked course. During the event, competitors must carry their own personal gear and the only assistance provided during the race is water. The exact location of the start and finish of each race is kept secret so that competitors cannot cache food or supplies along the route. At each location you can expect an incredibly remote, raw and beautiful landscape.

Distance // 150 miles (240km)

More info // www.racingtheplanet.com

