



2024

Ile-Ife Heritage Marathon

PROGRAM

6 DAYS / 5 NIGHTS

DAY 1

Thursday Feb 1

Arrive Lagos

up from the Airport

Spend the night at the Ivy Hotel Emerald Court., Ikeja

DAY 2

Friday Feb 2

Lagos to Ile-Ife

We will meet in the Ivy Hotel Emerald Court lobby at 8am and take the bus to Ile-Ife.

We will have the underlisted stopovers and lunchz

- 1) At the Kalakuta Museum in Ikeja. You will step into the world of Fela Kuti, a renowned Nigerian musician and political activist. This museum houses a remarkable collection of his personal belongings and offers a glimpse into his life. Fela Kuti was a pioneer of Afrobeat music and a fearless voice for social change. Expect to see his room preserved exactly as he left it, providing a unique insight into his legacy and impact on Nigerian culture.
- 2) The Nike Arts Gallery and Nike Arts Workshop in Osogbo. You can expect to be immersed in a vibrant world of African art and culture. The gallery showcases an exquisite collection of traditional and contemporary artworks, while the workshop offers a firsthand look at the artistic process. Prepare to be inspired by the creativity and craftsmanship of the local artists.
- 3) The Osun Osogbo Groove in Osogbo. You will be in for a treat at this UNESCO Heritage site. You will be surrounded by a lush forest that is not only a beautiful natural haven but also a place of rich Yoruba cultural and religious significance. Expect to see ancient sculptures and shrines. This is a truly unique experience that combines nature, art, and spirituality.

DAY 3

Saturday Feb 3

- 1) Your 6:30am sunrise walk at the Ife Grand Resort will begin right from the lobby, leading you on a serene journey through nature. As you stroll along the tranquil nature trail, you'll pass through picturesque farmlands, where you'll encounter a

lush tapestry of trees. Towering cocoa trees, vibrant plantain and banana trees, all heavy with ripening fruit, will line your path. The sweet scent of oranges will linger in the air as you pass orange trees, and the aroma of mango trees will further awaken your senses. This walk offers a refreshing immersion in the natural beauty of the area, with a delightful array of trees and fruits along the way.

2) You will come back in time for breakfast and to freshen up before you head out for a tour of the ancient city of Ile-Ife and the University campus. This tour promises a rich blend of history, culture, and education, showcasing the best of Ile-Ife and the academic excellence of its university. You will have the opportunity to explore a fascinating array of some historic and cultural sites including:

a) Ori Olokun: A significant archaeological site that unveils the mysteries of the ancient Yoruba civilization, offering insights into their artistic and spiritual heritage.

b) Opa Oranmiyan: A monumental symbol of the legendary Oranmiyan, a Yoruba prince and warrior. This majestic obelisk stands as a testament to the city's rich history.

c) Moremi Statue: A tribute to the courageous Queen Moremi Ajasoro, celebrated for her selfless sacrifices and heroism in Yoruba history.

d) Enuwa Palace: The Palace serves as the traditional residence of the Ooni of Ife, the spiritual leader of the Yoruba people, offering a glimpse into the city's deep-rooted traditions.

e) Wole Soyinka Museum: The Museum dedicated to the Nobel laureate and renowned playwright, Wole Soyinka, where you can explore his life and contributions to literature.

f) Scenic Drive around the Campus: To wrap up the day, you will enjoy a scenic drive around the university campus, offering a taste of the academic and cultural life in this historic city.

g) Race Bib No Pick Up

3) An early night is recommended so you can rise up rested and refreshed for your big day.

DAY 4

Sunday Feb 4

Race Day

Breakfast will be served early starting at 4:00am. You will leave the resort for Race Grounds at 5:00am. The warm up exercises will start in front of the Obafemi Awolowo University Sports Centre at 5:15am. The Full Marathoners will take off at 5:30am. We will then take the 5km walkers to their start lines in front of the Wole Soyinka Museum from where they will kick off at 7:30am. The Half Marathoners will start their race in front of the Junior Staff Health centre at 8:00am while the 10km runners will start their race in front of the Obafemi Awolowo University Sports Centre at 9:00am.

Non runners can serve as Volunteers or just cheer up the runners.

DAY 5

Monday Feb 5

Ile-Ife to Ikogosi

We will meet in Ife Grand Resort lobby after breakfast and take the bus to Ikogosi Ekiti.

We will have a stopover at the Olumirin Waterfalls in Erin Ijesha where you will experience the magic of nature as you explore seven mesmerizing levels of cascading water, trek through a cool and pristine forest, and immerse yourself in the rich local culture. Unleash your sense of adventure and connect with the wonders of the natural world. Olumirin Waterfalls is the place where memories are made.

We will have our packed lunch here before we proceed to Ikogosi Ekiti.

The plan is to arrive Ikogosi Ekiti in time for a few activities before a 7:30pm dinner is served at the Ikogosi Warm Spring Resort.

You will experience the wonder of Ikogosi Warm Spring where there is a unique blend of warm and cold springs, creating a natural spectacle. The water in Ikogosi Warm Spring is often believed to be therapeutic due to its unique blend of warm and cold springs. Many people visit the spring to enjoy the potential health benefits associated with natural thermal waters, such as relaxation, improved circulation, and relief from certain skin conditions and muscle aches. While its therapeutic properties are anecdotal, the experience of soaking in this natural pool can be soothing and rejuvenating for many visitors.

Enjoy the therapy before dinner.

DAY 6

Tuesday Feb 6

Ikogosi Ekiti to Lagos

We will meet in Ikogosi Resort lobby at 9am after breakfast for a guided tour of the resort and learn more about the natural wonders and cultural significance of the location.

We will set out for Lagos at 11:00am

 Included in the price

- Transfer to and from the airport
- Entrance fees to all sites mentioned in the itinerary
- A bottle of water per person per day
- All Accommodation in Lagos, Ile-Ife and Ikogosi
- Breakfasts, Some Lunch and Some Dinner as mentioned in the itinerary
- Private bus and guide during all trips

✘ Not included in the Price

- Flights to and from Lagos
- Visa Fees
- Marathon Registration Fees
- Personal Expenses not mentioned in the program
- Extra meals and drinks