

## **Communication Regarding Logistics**

**We are aware that planning for your marathon adventures can be time consuming.**

**The Ile-Ife Heritage Marathon (IHM) Team is willing to relieve you of the travel logistics so you can relax, have peace of mind and focus on your training.**

**We advise arrival in Lagos not later than Thursday January 31, 2019 to enable travel to Ile-Ife together with a brief stop in Osogbo to have lunch and see the Osun Osogbo sacred grove <https://whc.unesco.org/en/list/1118> on the morning of Friday February 1, 2019. Bulk reservations will be made at DeMeros Hotel, Ikeja <http://demeroshotel.com/> for all interested runners.**

**Runners will stay at the Obafemi Awolowo University Conference Centre, Ile-Ife.**

**A visit to the National Museum and Tour of marathon route is slated for Saturday the 2nd of February.**

**We will leave Ile-Ife for Lagos on the morning of Monday February 4 so flights for the return journey home should not be earlier than 6:00pm on Monday.**

**Participants proceeding to Gambia for the next marathon will spend Monday night at DeMeros and proceed to Gambia on Tuesday the 5th of February.**

**Marathon registration fees does not include cost of Accomodation and transportation within Nigeria**

## **Estimated Costs**

- 1) Recommended Hotel in Lagos - NGN 25,000 (\$70) / night**
- 2) Recommended Hotel in Ile-Ife - NGN 7,500/ ( \$20)**
- 3) Transportation from Lagos to Ile-Ife and back is NGN10,000 ( \$30)**