**Itinerary for the 2020 Ile-Ife Heritage Marathon Weekend**

**Thursday January 30  -**

**Arrive Lagos Nigeria via Murtala Mohammed International Airport  and check in to the designated IHM hotel, the address of which will be advised to the participants.**

**(Estimated cost of the budget Lagos hotel is $ 70 per night including breakfast)**

**Friday January 31,**

**Morning - Participants depart from the hotel in a bus to Ile-Ife with a stop over in Osogbo to have lunch and visit the UNESCO designated Osun Osogbo grotto and Nike Arts Gallery.**

**(Estimated cost of lunch is $5)**

**Saturday February 1,**

**Noon - Participants go on a tour of the marathon route, followed by a visit to the National Museum and then a Welcome Party at the Kings Palace**

**Sunday February 2,**

**5:45am - Race Day**

**Monday February 3,**

**Morning-**

**a) Depart Ile-Ife to Lagos and fly back home**

**or**

**b) Depart Ile-Ife to Erin Ijesha Waterfalls enroute to Ikogosi EKITI Warm Spring Resort.**

**(The IHM designated hotels in Ile-Ife and Ikogosi costs $35/day)**

**Tuesday February 4,**

**Noon  - Depart Ikogosi EKITI for Lagos after seeing one of the wonders of Nigeria where hot and cold spring water meet but do not mix.**

**Participants can book 8pm flights and beyond back home for Tuesday the 4th of February**

**or**

**Continue to Republic of Benin for the Parakou marathon.**

**Wednesday February 5 –**

**Take the 30 mins flight to Cotonou, Capital of Republic of Benin either by Asky Airline or ComAir.**

**Stay the night in the Capital City.**

**Thursday February 6,**

**Morning - Visit neighboring towns of Ouidah, Vodoun Temple, Slaves’ path (Porte du Non Retour) and nice sunshine beach with fishermen in activities…**

**Evening- Visit Ganvié from where the 130km drive to Abomey will commence.**

**Stay the night at Abomey**

**Friday February 7:**

**Morning- Visit the King of Dahomey’s Palace.**

**Afternoon - Drive 300km to Parakou and join the Pasta party**

**Saturday February 8**

**Race day**

**- Full Marathon: 42,195km**

**- Half Marathon: 21,100km**

**- Fun race: 10km**

**- Fun race: 5km**

**Sunday February 9 -**

**Depart Parakou by Taxi/Bus for Cotonou and fly back home via Cotonou International Airport.**

**Total cost for the Parakou marathon adventure from pick up at the Cotonou airport to drop off at the Cotonou airport with all fees included (Travel – hotels – visits – classic meals) will be advised by the Race Director**

**Guillaume KAMBOUNON**

**Cell: +229 97397940**

**Email: petitguill@yahoo.fr**

**Web: [www.marathon-salesien.fr](http://www.marathon-salesien.fr/)**