

**MANUAL**  
**FOR PARTICIPANTS**  
**HIKERS &**  
**TRAIL RUNNERS**



**UAE SUMMITS**  
**CHALLENGE**

— 2023 —

Raise it High .. Raise it Proud

## Conquer Majestic Peaks, Ignite Unyielding Spirits

In the heart of the United Arab Emirates, where the sun kisses the peaks and the winds whisper tales of ambition, we welcome you to the UAE Summits Challenge 2023—an extraordinary five-week odyssey set to redefine limits and celebrate unyielding determination.

Starting from the awe-inspiring Jebel Jais, the UAE's highest peak, our adventure kicks off on the vibrant morning of Saturday, November 4th, 2023. Like a river of ambition, we carve our path through rugged terrains, crossing deserts and valleys, until we reach the majestic Jebel Hafeet in Abu Dhabi on the auspicious Saturday, December 2nd, coinciding with the UAE National Day.

Slogan that Echoes in the Mountains: Raise it High... Raise it Proud

Under the banner of our rallying cry, "Raise it High... Raise it Proud," we invite you to join an adventure that transcends the ordinary. It's not merely a challenge; it's a declaration of resilience, an assertion of unity, and an embodiment of the UAE's unshakable spirit.

The UAE Summits Challenge is more than a race; it's a profound testament to the UAE's dedication to athletic excellence. Here, professionals and amateurs converge, sharing trails and dreams, crafting a narrative of unity and unwavering determination. It's where seasoned mountaineers inspire novices, and novices ignite their inner trailblazers.

Beyond the physical feat, this challenge weaves a tapestry of experiences. It's a celebration of cultures, where diverse voices harmonize, echoing the UAE's ethos of inclusivity. It's a journey of self-discovery, where personal boundaries are pushed, and dreams are realized amidst the rugged beauty of our nation.

In our pursuit of glory, we are guardians of nature. The UAE Summits Challenge champions sustainable practices, leaving behind not just footprints but a legacy of environmental stewardship. We tread lightly, ensuring the peaks we conquer remain pristine for generations to come.

The UAE Summits Challenge 2023 is not just an event; it's a saga of determination, a symphony of unity, and an expression of our shared pride. We invite you to become a part of this grand narrative, where aspirations touch the sky, and spirits soar higher.

# CATEGORIES AND PARTICIPANTS

▲  
Number of participants  
in each challenge

450

Participants



Trail Runners

▲  
Number of participants  
in each challenge

150

Participants



Hikers

▲  
Number of participants  
in each challenge

300

Participants

- **Hikers** : All ages: 16 years and above (males & females)
- **Trail runners 1**: between 18 and 29 years (males & females) – 40 participants
- **Trail runners 2**: between 30 and 39 years (males & females) – 40 participants
- **Trail runners 3**: between 40 and 49 years (males & females) – 40 participants
- **Trail runners 4**: 50 years and above (males & females) – 30 participants

# CHALLENGE PHASES

Phase : 01

## RAS AL KHAIMAH



**Date:** Saturday November 4, 2023



**Location:** Viewing Deck Park - Jebel Jais



**Distance:** 11.8 km

Phase : 02

## DUBAI - HATTA



**Date:** Saturday November 11, 2023



**Location:** Hatta Sign trail



**Distance:** 10 km

Phase : 03

## FUJAIRAH



**Date:** Saturday November 18, 2023



**Location:** Jebel Al Raham trail






**Distance:** 7.5 km

# CHALLENGE PHASES




Phase : 04

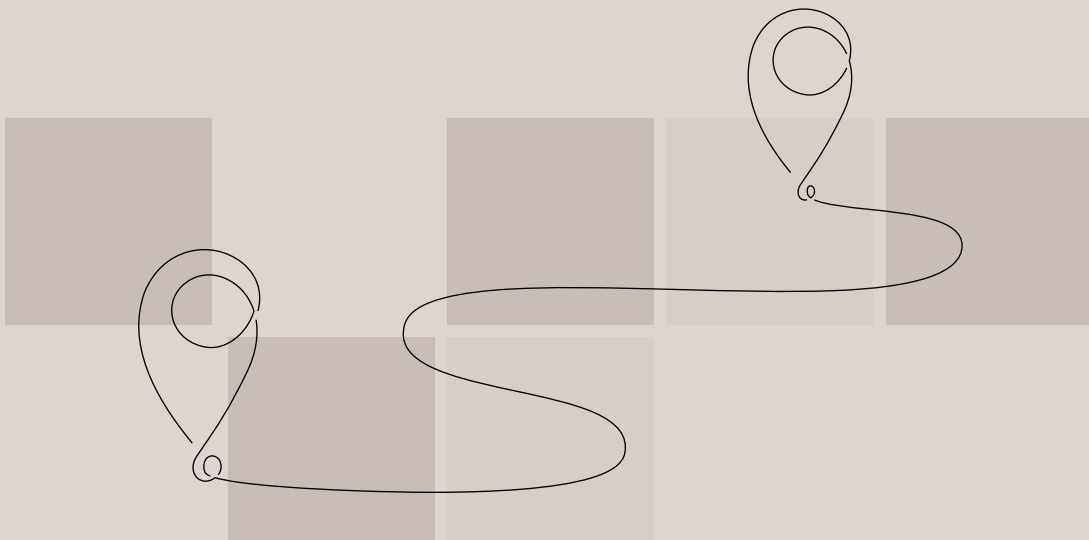
## SHARJAH - KHORFAKKAN

-  **Date:** Saturday November 25, 2023
-  **Location:** Jebel Al Rabi trail
-  **Distance:** 6.5 km

Phase : 05

## ABU DHABI - AL AIN

-  **Date:** Saturday December 2, 2023
-  **Location:** : Al Ain - Jebel Hafeet trail
-  **Distance:** 10 km (for the hikers) - 20 km (for the trail runners)



# EVENT TIME (S)

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# REGISTRATION FEE



**Trail Runners**  
150 AED



**Hikers**  
100 AED

## Registration Fee Includes

- Time
- Certificate
- Medal
- T-shirt
- Cap
- Photo Service Download
- Water
- WC
- Trail Runners: Trophies for the top three finishers in each category

# TIPS FOR **HIKERS**

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## WEAR

Hiking shoes, comfortable clothes and sunglasses



## BRING

Sunblock and a small **backpack**



## FOLLOW

the Instructions and the signage on the trail



## STAY

hydrated and drink water





## WATER STATIONS:

- Water will be available at the starting point and at one of the checkpoints.
- Bring a small **Backpack** for water bottles

## HEALTH AND SAFETY:

- There will be 2-3 checkpoints with safety and first aid teams ready to provide assistance.
- Emergency contact number :  
**☎ 055 535 5263**
- Another emergency contact number will be provided prior to each challenge.

## PARKING FACILITIES :

Parking will be available at the location linked below

**For Phase #1**

📍 **Jebel Jais**

Parking facilities are accessible before the gathering points.

**For Phase #2**

📍 **Hatta**

**For Phase #3**

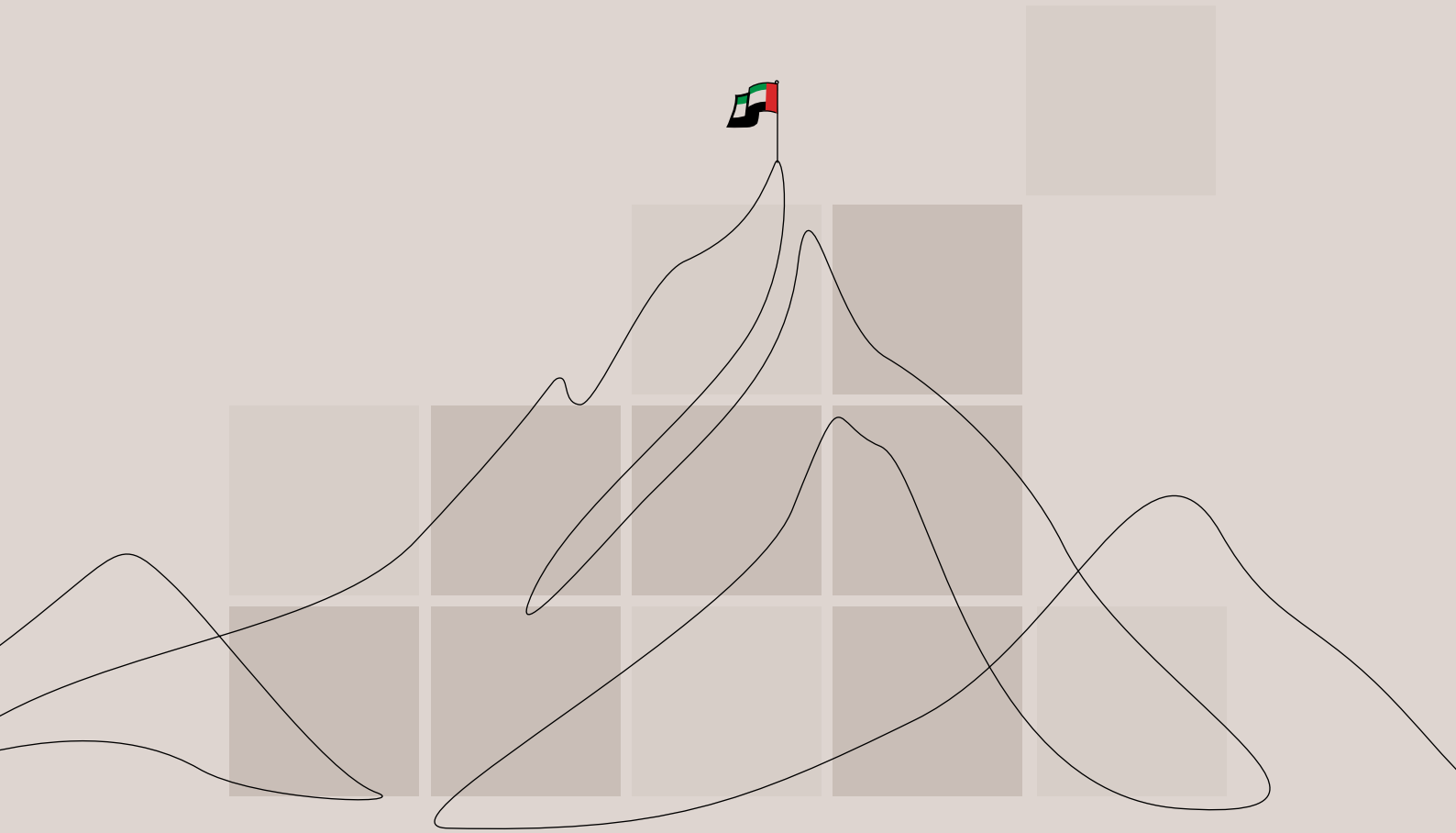
📍 **Fujairah**

**For Phase #4**

📍 **Jebel Al Rabi**

**For Phase #5**

📍 **Hafeet**



## For Assistance:

If you encounter any issues during the registration process or have inquiries, our dedicated support team is here to assist you.

***REGISTER HERE***



Contact us at:

[info@uaesummitschallenge.com](mailto:info@uaesummitschallenge.com)



Or call us at:

**0561168555 - 0561169555**



Event website:

[www.uaesummitschallenge.com](http://www.uaesummitschallenge.com)



Contact us at Whatsapp

**0561168555**