



# ULTRA X JORDAN RACE INFORMATION PACK '10TH ANNIVERSARY EDITION'

30.58°N/36.23°E

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# WELCOME

Ultra X Jordan takes place in the land of Lawrence of Arabia. The mystical desert course takes competitors past historic sites, into dramatic wadis and over magnificent sand dunes.

An Ultra X event is a test of preparation. A participant who has planned and trained well will be a successful one. It is just as important that participants calculate their water, electrolyte and food requirements, as it is their pacing during this five day adventure.

This is not a self-supported race. Participants only need to carry their daily provisions of mandatory safety equipment, nutrition, and hydration. Race holdalls are transported between campsites by the organisers and water is resupplied at checkpoints approximately 7km apart. However, weight management is still crucial and runners are advised to only bring items which are essential to their health and comfort.

Ultra X welcomes both runners and walkers. All participants will likely be doing a combination of the two in order to get to the finish line, which is the most important thing.

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# RACE OVERVIEW

**Ultra X Jordan is a multi-stage ultra marathon that takes place over five days in the Wadi Rum Desert in Sept/Oct each year.**

Wadi Rum's nickname is "The Valley of the Moon" and participants will quickly see why. Its landscape, characterised by unique towering rock formations, is truly mind-blowing. As locations go, this place is unrivalled in its beauty.

The course takes participants across vast desert landscapes, through rocky canyon valleys, and over sections of soft sand dunes, covering a total distance of 220km (137 miles).

Each day from Monday to Friday involves one stage, which will commence between 04:00 and 06:30 and range between 35km and 60km. There are checkpoints stationed approximately 7km apart where competitors can access water, shelter, and, if necessary, medical support.

Each night, competitors will camp in locations chosen to showcase the very best of the local area, where they can enjoy osteopathy/physiotherapy treatment, medical care, and hot water.

After the final stage on Friday, participants will have a chance to enjoy their first taste of 'real food' that week, as the race organisers host a big BBQ around the campfire. The last night in the desert is always one to remember.

Ultra X Jordan is a UTMB® World Series Qualifier.



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# KEY INFORMATION

For the full race rules and regulations, see our [Terms & Conditions](#).

#### Arrivals:

We advise participants arrive into Queen Alia International Airport on or before Saturday 26th September. Participants are responsible for transferring themselves to their accommodation. Uber works well in Amman.

#### Race hotel:

[Regency Palace Hotel](#)

(Address: Queen Aliaa Street, Amman 11110 Jordan)

Those that wish to stay at the race hotel on Friday 25th, Saturday 26th September and Saturday 3rd October will have the option to book either a single or twin room when registering online (rooms are allocated at random unless specifically requested to share). It is a 45 minute journey from the international airport to the hotel. The hotel will be aware of late check-ins and will provide room keys on arrival.

#### Race briefing and kit checks:

Race welcome, safety briefings, and mandatory kit checks will take place at 09:00 on Sunday 27th September at the race hotel. All participants must attend the briefing (including those not staying at the race hotel) and are responsible for getting themselves there on time.

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# FAMILY AND FRIENDS PACKAGE

**We're offering you the opportunity to bring your family and friends out to the desert for the last two days of Ultra X Jordan.**

They will stay in a desert camp next to the runner camp and on the last day of the race (Friday), they'll have the opportunity to either take part in the stage (run/walk 35km) or to do a desert safari and follow the runners from an open top vehicle. They'll also be able to enjoy the finish line atmosphere as well as enjoy our huge post event finisher BBQ.

More information is provided later on in this information pack.

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REGENCY PALACE HOTEL  
(RACE HOTEL)



# MAP OF AMMAN AIRPORT AND RACE HOTEL

 **41 MINS**  
36.9 KM

2K



JORDAN



QUEEN ALIA  
INTERNATIONAL AIRPORT

 **JORDAN**

# ITINERARY

## Sunday 27th September

Race welcome, safety briefings, and mandatory kit checks will take place at the race hotel in Amman at 09:00. Following kit checks, all competitors will be transferred to Wadi Rum Village (where the tarmac ends) and then on to the first desert campsite.

## Race Week

Monday 29th Sept - 40km

Tuesday 30th Sept - 38km

Wednesday 1st Oct - 60km

Thursday 2nd Oct - 48km

Friday 3rd Oct - 34km

On Friday evening after the race, the organisers host a big BBQ around the campfire for the last night in the desert, where the prize giving and awards ceremony also takes place.

## Saturday 3rd October

On Saturday morning, competitors will have the option to visit the Lost City of Petra for a few hours before returning to Amman for approx 1900. Alternatively, runners may choose to join the transfer straight back to Amman from the desert. This is your choice.

## Sunday 4th October

All good things must come to an end! Participants are free to transfer to the airport on Sunday for return flights, or to begin their holiday. For those staying in country, we suggest booking with our local tour company – please email [info@desertparamours.net](mailto:info@desertparamours.net) to book your trip.



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THE ADD-ON

# FAMILY AND FRIENDS PACKAGE

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# FAMILY AND FRIENDS PACKAGE ITINERARY

**30/09/2026:** Arrive in Amman –  
Accommodation at Regency Palace Hotel

**01/10/2026:** Transfer from Amman to Wadi Rum.  
Overnight at desert campsite in Wadi Rum

**02/10/2026:** Option to follow the runners on a desert safari OR run the final 35km stage. The accommodation is the same camp as the previous night. Entry to the finish line area and a ticket to the finisher's BBQ in camp.

**03/10/2026:** Either travel directly back to Amman or visit the Lost City of Petra with the runners and then transfer back to Amman. Accommodation is in the Regency Palace hotel.

**04/10/2026:** Free to do as you wish.

Breakfast is included every morning of the tour.

**Not included:**

Lunch, dinners & drinks

Tips

Transfers from the airport/hotel to the hotel/airport.

Taxis or über are easy to use in Amman. Uber is particularly cheap.

**Cost: £685 in a shared twin/double.**

**Single room supplement £150**

You can purchase this package through your Racespace account.

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## THE ROUTE

The race organisers create each leg to take in the most beautiful aspects of the spectacular Wadi Rum Desert.

Competitors explore vast desert landscapes, traversing slot canyons, climbing soft sand dunes, and running under the light of the starlit sky.

The route may change slightly each year depending on the weather and other varying factors.

The ground under foot varies between hard packed sand, dry riverbeds, thin trails, and soft sand/dunes. Only the most experienced sand runners will be able to run the whole course. Most participants will run between 30% and 60% of the course.

## COURSE MARKINGS

The course route will be marked at approximately 40m intervals using coloured flags.

Areas where competitors are likely to be running in darkness will be illuminated with glow sticks or reflective tape and are likely to have course marshals stationed more frequently.

For those that use GPS watches, the GPX files for each day of the race will be shared with competitors closer to the race date.

There are checkpoints approximately every 10km. If temperatures are unusually high, checkpoints may be stationed more frequently.

# ELEVATION PROFILE

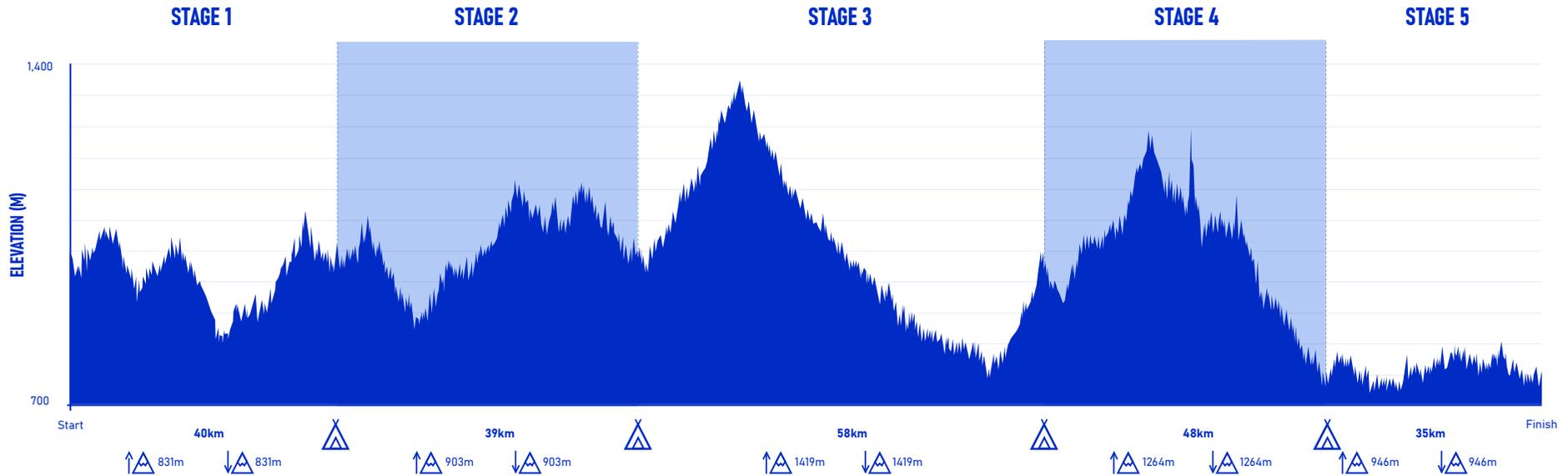


🏁 220KM

🕒 5 DAYS

⬆️ 2,522M

⬆️ 2,522M



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# STAGE 1

.....

Stage one is a loop. The course weaves through wide, rocky canyons and vast, echoing landscapes. From the campsite, competitors head into a long valley before emerging onto the open desert.

Breathtaking panoramas, lined with rock formations on either side, provide epic scenery for competitors as they loop back into base camp for the evening. The terrain on day one is mostly rocky ground and hard-packed sand - a gentle introduction to the week.

 **40KM**

 **06:30**

 **232M**

 **232M**



# STAGE 2

.....

Day two is a point to point. The stage begins similarly to the first - lots of hard-packed sand, rocky terrain and open desert landscape. The sheer vastness and silence can be mind-blowing when first experienced.

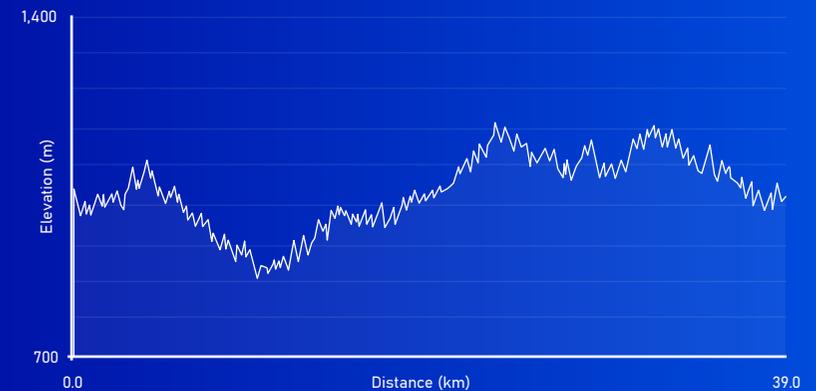
The second day also provides a more thorough introduction to Wadi Rum's soft sand dune sections, which are scattered throughout the last 10km. Competitors should be mindful of the following day's long stage when travelling across these demanding dunes.

 **39KM**

 **06:30**

 **548M**

 **548M**



## STAGE 3

.....

The big one! The long stage starts at 04:00, when the desert sky is shining bright with stars. Although most runners typically set off with a head torch, they quickly realise they can see better without it. There's nothing quite like descending into the "Valley of the Moon" as the first light of day breaks across the dunes.

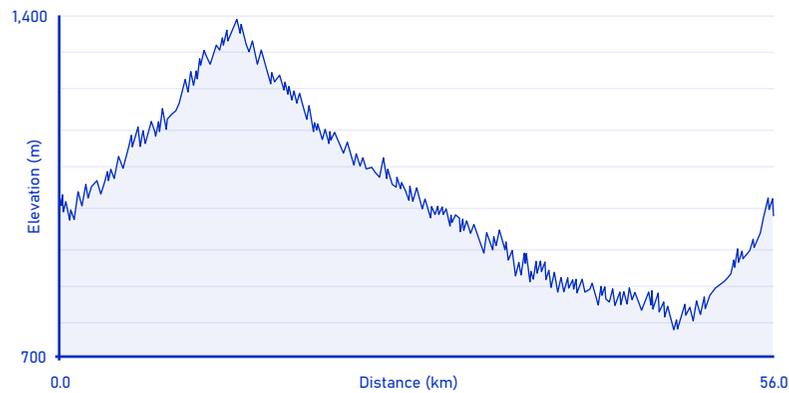
Day three is a point-to-point route. The early kilometres are undulating but runnable, dropping in and out of dried-up river beds.

 60KM

 04/05:00

 883M

 895M



## STAGE 4

.....

The fourth stage is another point to point and probably the most beautiful and varied. Competitors head north and through a series of small canyons with some rocky terrain. These canyons were the hiding place of Lawrence of Arabia and the only section of the course that vehicles cannot access. Think thin, technical canyons and bright red, ancient rock formations.

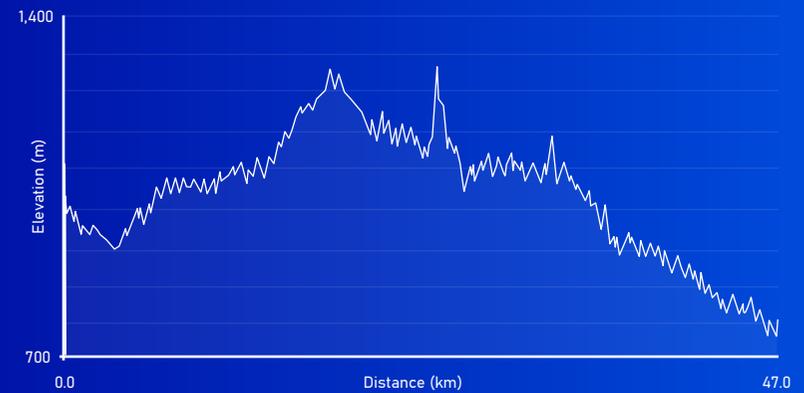
The day finishes with a downhill runnable section across a vast desert plain.

 47KM

 06:30

 468M

 668M





## STAGE 5

Day five is a looped route. The course encompasses vast, open sections of Wadi Rum Desert, the surface of which has been likened to Mars. Competitors begin with a short climb before crossing an expansive desert plain, and traversing a series of technical rocky canyons.

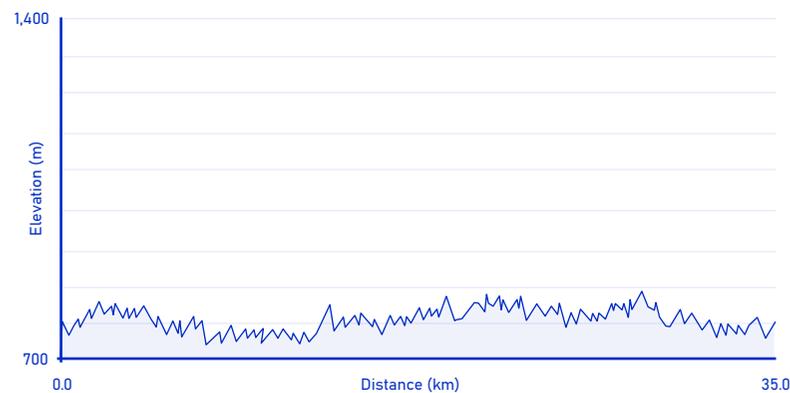
As competitors loop back towards campsite and catch their first glimpse of the big blue arches, the enormous sense of achievement is often overwhelming. A big campfire, BBQ, awards ceremony, and local entertainment awaits.

 36KM

 06:30

 391M

 391M



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# ULTRA X JORDAN CHALLENGE

## EVERYTHING YOU NEED TO KNOW

The Jordan Challenge delivers the same landscapes, camps, checkpoints, and unforgettable experience as Ultra X Jordan – at roughly half the daily distance – 110km. Designed primarily with walkers in mind, The Jordan Challenge offers adventurers the full experience without the full mileage. The Challenge is an achievable and deeply rewarding way to be part of one of the world's great footraces.

### WHAT IS THE JORDAN CHALLENGE?

The Jordan Challenge is a five-day, non-competitive stage run/walk that takes place alongside Ultra X Jordan. You follow the same route, stay in the same camps and cross the same finish lines, starting each day from approximately the halfway point.

**Total distance:** ~110 km across five stages

**Format:** Non-competitive, experience-focused

**Atmosphere:** Identical to the full event – camps, community and finish lines included

### HOW IT WORKS

Each morning, the Jordan Challenge participants are transported by 4x4 to the halfway checkpoint of the day's stage. You then cover the remainder of the route into camp, sharing the trail and the experience with Ultra X Jordan participants.

### THE JORDAN CHALLENGE STAGE DISTANCES:

**Stage 1:** 20 km

**Stage 2:** 20 km

**Stage 3:** 28 km

**Stage 4:** 23 km

**Stage 5:** 17 km

Cut-offs apply to ensure everyone reaches camp safely. The required pace is 10 km in 3.5 hours (approx. 3.3 km/h).

### WANTING TO SWITCH FROM ULTRA X JORDAN TO THE JORDAN CHALLENGE?

**Entered the 220 km race but unable to complete a stage?**

You can seamlessly continue as a Jordan Challenge participant (subject to medical clearance) and receive a **Jordan Challenge medal**.

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## MEDALS & RECOGNITION

Complete all five of the Jordan Challenge stages and you'll receive a First Edition Jordan Challenge medal, distinct from the full Ultra X Jordan medal, but just as meaningful.

## WHO IT'S FOR

- First-time multi-stage runners and walkers
- Adventurers seeking a reduced-distance challenge
- Runners managing injury or recovery
- Friends or family supporting an Ultra X Jordan competitor
- Anyone ready to do something extraordinary

## COST, SUPPORT & KIT

The Jordan Challenge costs the same as Ultra X Jordan, reflecting the identical level of support, infrastructure, medical care and logistics – plus daily transfers to start points. Mandatory kit requirements are the same to meet safety standards in this remote desert environment.

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# MEDAL RIBBONS

All finishers will receive a race medal. Different medal ribbons will be awarded based upon the finishing times outlined below. Those that do not want a medal will be able to opt-out at race registration. Different medal ribbons will be awarded based upon the finishing times outlined below.

As part of our [Sustainability Policy](#), the Green Ribbon will be awarded to the competitor that displays the highest commitment to reducing their environmental impact both in preparation for and during the race (as determined by the organisers).



**Black Ribbon**  
Under 21 hours



**White Ribbon**  
Under 24 hours



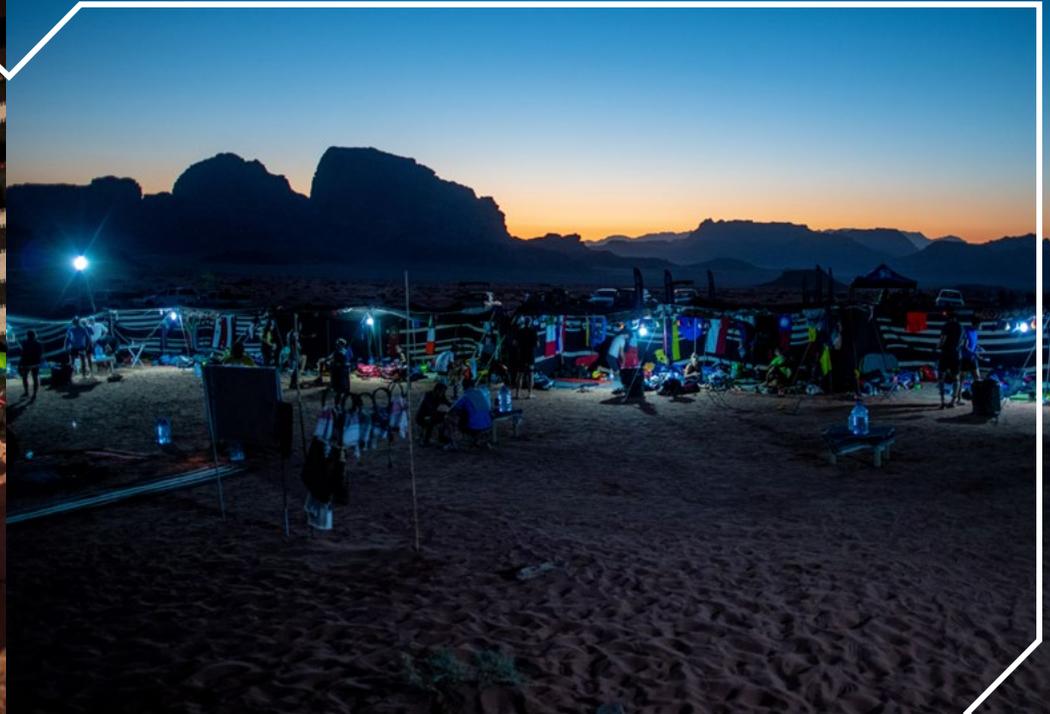
**Blue Ribbon**  
Over 24 hours



**Green Ribbon**  
Environmental award

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## KIT CHECKS

This is the process by which the race organisers will ensure participants have the mandatory kit and are carrying the correct number of calories.

Kit checks will take place the day before the race (Sunday 27th September) at the race hotel. Any participants caught throwing away equipment or food after this process will be penalised.

To make scrutineering more efficient, each food item must be labelled with the number of calories it contains. Food parcels which have been assembled by the participant must have a sticker estimating their calorie content. In line with our [Sustainability Policy](#), participants must also label all packaging with their bib number. Any packaging found littered will put the corresponding participant at risk of disqualification.

## SLEEPING

The living accommodation consists of tents shared by around 10 competitors. Participants must provide their own roll mats, sleeping bags and pillows.

Tent partners often become close friends and support each other throughout the race. There is no doubt that one of the best things about multi-stage ultra marathons are the lifelong friendships forged along the way.

Although competitors must carry essential safety equipment (such as water bottles, daily nutrition, etc) in their running packs, their race holdall (containing sleeping equipment, clothing, meals etc) is transported between each campsite by the organisers.

We recommend a foam or puncture proof roll mat.



# NUTRITION & HYDRATION

One of the most important aspects of preparing for any Ultra X race is calculating personal nutrition and hydration requirements. Participants want to bring enough to be fully fueled but not so much that they are carrying unnecessary weight.

Participants will also want to bring electrolyte solutions. Drinking water alone will not be sufficient to stay properly hydrated during a multi-stage ultra marathon event.

It is useful to contact runners who have experience in multi-day racing, as they will have expertise in this area. Participants will be invited to join the [Ultra X Competitors Facebook Group](#) upon registering for the race, where they can contact members of our friendly and experienced community.

Competitors will need to be self-sufficient (supply their own food) from Sunday 27th September to Saturday 3rd October.

We highly recommend bringing dehydrated or freeze dried food that can be easily rehydrated with hot water, which is supplied at each campsite in the morning and evening.

**Participants are required by race rules to bring a minimum of 2,000 calories per day for each day of the race. Participants must also carry an additional 800 calories of emergency fuel each day, which must only be consumed in an emergency situation.**

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## IV'S

If it is deemed necessary by the race doctors for a participant to have an IV, a time penalty of 1.5 hours will be given on each occasion. If a participant contests the IV and the doctor deems them to be at risk, they may have to be pulled from the race.

To avoid this situation, we advise the regular consumption of electrolytes and to avoid drinking excessive amounts of pure water when out on the course.



## DROP OUTS

This is an extreme event and voluntary or imposed withdrawal does happen. This is taken seriously and handled with great respect by the race organisation.

Participants may withdraw from the event at any time. We request that any competitor who wishes to stop their race informs the organisation and hands in their bib number to a race marshal.

Should a participant retire or be withdrawn from the event, all additional costs incurred (accommodation, transfers, food, etc) must be covered by the participant.

If you cannot finish a stage (as long as you are cleared by the medical team) you may start the following day's stage. However, you will not receive a rank or medal. If you cannot finish a second stage your race will be over.

## FOOD & COOKING

There is no cooking with gas allowed during Ultra X events. For food, the organisers will provide hot water with which participants can rehydrate their dehydrated meals. Hot water will be available at camp two hours before the scheduled race start each day and after the finish each day.

## CUT-OFFS

Exact cut-offs will be communicated to competitors before each stage of the race. Participants must have departed the checkpoint before the cut-off time, or they will not be allowed to continue.

We want everyone to finish the race whilst enjoying the scenery. We therefore have generous time allowances of 1 hr and 45 mins for every 7km. Earlier start times are available for slower runners on day three.

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# BODY MAINTENANCE

There are basic showers in camp for all nights except Tuesday and Wednesday. Traditionally, participants use baby wipes to clean themselves.

To ensure participants do not spend their evenings in the medical tent, it is important they not only take care of their feet during the race but also pay extra attention to toughening them up during training.

Suitable running socks must be worn. Participants should try and select those that are comfortable and trial different options in training.

Blister treatment after each stage will significantly impact both performance and enjoyment. Neglecting this area of body maintenance is one of the most common causes of retirement from the race. If you look after your feet, they will look after you!

Bear in mind that our experienced expedition medical team are there to help. If a participant has any questions, niggles or injuries, they are encouraged to consult them. It is vitally important that niggles are addressed sooner rather than later.

**The vast majority of race dropouts are due to feet and hydration neglect. Participants who stay on top of these controllables have a much higher chance of finishing the event.**

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## EQUIPMENT

A comprehensive *Kit List* will be issued to participants upon registration. This will contain all mandatory and recommended kit and equipment.

## CLOTHING

What a participant chooses to run in is up to them. We recommend trying different options to find out what is most comfortable over long distances. Many of our competitors choose to wear the same outfit every day as their 'go-to' kit, but others like to alternate.

As the race organisers transfer a bag between campsites, participants have the luxury of being able to bring a change of clothes for the week, and something to keep warm in the evenings when the temperature drops.

## ANIMALS

Animals are a very low safety risk in Wadi Rum Desert but some are more dangerous than others. Arabian sand cats, snakes, and scorpions live in the area but will almost always avoid humans when possible.

## SUITABLE FOOTWEAR

Well in advance of the race, participants will need to decide on the right footwear.

The heat and friction produced whilst running not only puts shoes under extreme stress, it also causes feet to swell. As is good practice before any race, participants should ensure their shoes are sufficiently worn in. The same can be said for all kit and equipment – it must be comfortable over long distances.

The choice between trail or road shoes is up to the competitor. The course is split between soft and hard packed sand, but road shoes should be sufficient.

## CLIMATE

October temperatures are generally quite high, but are considered mild for this region. The weather is typically dry and hot during the day and cool at night. Daytime temperatures average around 28°C, but can range from 15–35°C. Temperatures drop significantly at night, ranging from 13–18°C. As such, it is important that competitors have equipment that prepares them for different conditions.



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# BAGS & RACE HOLDALLS

Participants are allowed three bags for the week:

**Main travel bag (25kg):** This main travel bag will be left at the race hotel in Amman and will contain any clothing and travel items that are not required during the race. Once departed for the desert on Sunday, participants will not have access to this travel bag until arriving back in Amman on Saturday afternoon after the race.

**Race holdall (18kg):** This will be transported between camps by the race organisers and should contain everything required for the entirety of the event. Participants will have access to their race holdalls in the campsite after each stage. It must be a waterproof holdall bag and must not exceed 18kg. Holdalls weighing more than 18kg will not be allowed on the busses when we depart for the desert. They will be weighed. Any items which are attached to the outside of the bag or sticking out will not be transported to the desert. We recommend a 70-80L duffel.

**Running pack:** This is the bag participants will carry each day whilst running. Running packs must fit inside the 18kg race holdall when travelling from Amman to the desert. Running packs must also be large enough to carry the mandatory items on the kit list.

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## INSURANCE

Personal insurance that covers ultra marathon trail running is required to participate in this event. If a participant does not have sufficient insurance, they will not be allowed to race.

Company insurance is included in the entry fee. However, the overall cost of the event for the individual is significant. We require participants to be covered in case of cancellations before, or injury during, the event.

As part of the mandatory kit, each runner must have a hard (printed) copy of their insurance policy in their running pack at all times during the event.

There are several insurance companies that offer ultra marathon trail running cover. We recommend:

ITRA Insurance  
The British Mountaineering Council

## SAFETY

Although not mandatory, it's always a good idea to consult a doctor before taking part in extreme endurance challenges and to discuss vaccines and medication before travelling.

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# WHAT'S INCLUDED?

Included?	Yes	No
Race entry	✓	
Accommodation during the race (27th September - 2nd October)	✓	
Transfers between Amman and Wadi Rum Desert	✓	
Fully marked course	✓	
Medical staff on course and at all campsites	✓	
Osteopathy staff on course and at all campsites	✓	
Drinking water at checkpoints on course and hot water for preparing food at all campsites	✓	
Ground assistance and full safety support	✓	
Special Edition YETI 20oz Jordan rambler	✓	
UTMB® World Series Qualifier race	✓	
Finisher's medal	✓	
Flights		✗
Accommodation before or after the race (accommodation at the race hotel can be purchased as an add-on at checkout)		✗
Personal food, kit and equipment (see <a href="#">Kit List</a> )		✗
Comprehensive insurance (to cover cancellations, loss of items, injury etc)		✗
Training costs		✗
Spending money		✗
Transport home for runners who are disqualified or withdraw early		✗



YOU CAN DO SO MUCH MORE  
THAN YOU THINK YOU CAN

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