Guelmim, the gate of the Sahara: everything available.

From Guelmim
KM 025 : café and place to sleep
KM 055 : café with mattresses, speaks Spanish (abandoned petrol station)
KM 080 : village Rass Oumlil : many restaurants and shops
KM 125 : Tan Tan : everything (start of gendarmerie checkpoints and passport control)
KM 150 : El Ouatia / Tan-Tan plage : everything

From Tan-Tan plage
KM 030 : Chbika checkpoint : shop, café
KM 070 : Oued El Waaer : petrol stations, shops
KM 090 : village Akhfenir : too many restaurants, fresh fish, shops and hotel
KM 200 : Tarfaya : everything
KM 300 : Laayoune / El Aaiún (N1) or Foum el oued (coastal road) : everything

From Laayoune / El Aaiún
KM 030 : port El Marsa : everything
KM 100 : village Lamsid : petrol station, shop, big café
KM 200 : Boujdour : everything

From Boujdour
KM 150 : shop
KM 155 : petrol station, café, restaurant
KM 220 : commune rurale Bir Anzarane : nothing but the only inhabitant Marfoud is hosting cyclists, and wonderful hot spring shower
KM 225 : petrol station, shop, restaurant
KM 280 : village Ntirift : shop
KM 300 : Point 40 : petrol station, shop, restaurant
KM 340 : Dakhla, everything (those 40 km to Dakhla are off the main road)

From Dakhla: (Drick inte kranvatten)
KM 040 : Point 40 : petrol station, shop, restaurant
KM 080 : military camp El Argoub : shops, restaurants
KM 100 : Tropic of Cancer : roadsign only
KM 125 : commune rurale Imlili : station-shop-restaurant
KM 295 : centre Bir Gandouz: petrol station, restaurant, shops, 2 hotels, haircut
KM 380 : Guerguerate (border post) : petrol station, cafés, hotel, shop (expensive)
- - - No Man’s Land between Morocco and Mauritania – - -
KM 385 : Mauritanian border post: shop, cafés, currency exchange
KM 395 : crossroads Dakhla-Nouadhibou-Nouakchott : station + shop
From Nouadhibou, the SNIM iron train is leaving to Choum every day in the afternoon around 3, 4 or 5 pm. From Choum it is possible to reach Atar, then cycle to Nouakchott. The train stops in Bou Lanouar on Thursdays only. It’s possible to hop for free in the ore wagons with a bicycle or anything else. SNIM phone number for information : 45741752.

Along the Nouakchott – Nouadhibou road, there are many houses, some are shops with very few items, sometimes open, sometimes closed, probably sometimes changing location. Prices can double outside of villages. The gendarmerie checkpoints can change location too.

From Nouadhibou (exit of town, KM matching with the milestones)
KM 030 : auberge
KM 040 : crossroads Dakhla-Nouadhibou-Nouakchott : petrol station, shop
KM 060 : gendarmerie checkpoint, shop
KM 080 : village Bou Lanouar : sand, auberges, restaurants, shops
KM 100 : gendarmerie checkpoint, shops
KM 150 : petrol station, restaurant marocain, shops
KM 175 : settlement : restaurants, shops, auberge
KM 200 : crossroads with the Tasiast mine : gendarmerie checkpoint, shops
KM 220 : new town and petrol station under construction : nothing ready yet
KM 240 : midpoint station Gare du Nord: shop, restaurant, café, hotel, gendarmerie checkpoint
KM 280 : shop
KM 293 : shop, gendarmerie checkpoint
KM 367 : village of fishermen : shops of outdated products, and lots of dried fish
KM 380 : Tiwilit : petrol station, shops, gendarmerie checkpoint, small cases to rent for the night.
KM 430 : shop, few houses
KM 440 : customs checkpoint
KM 450 : settlement
KM 470 : Nouakchott : everything