

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 : everthing (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

KM 405 : auberge

KM 435 : Nouadhibou : everything (those 40 km to Nouadhibou are off the main road)

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