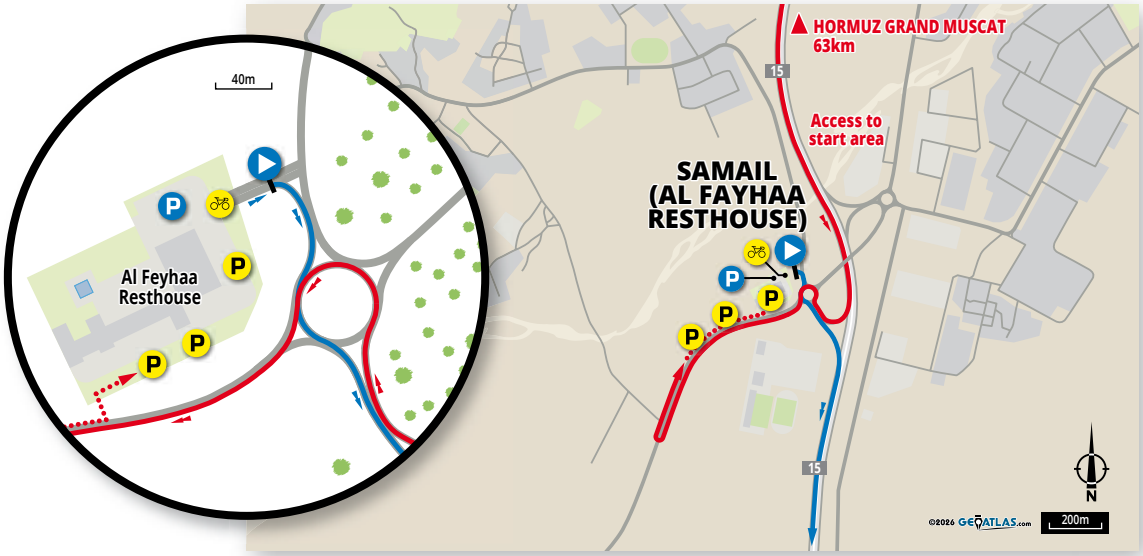
START



ITINERARY

KILOMETRES		STAGE 3		TIMETABLE		
To cover	Covered			43 km/hr	41 km/hr	39 km/hr
		AD DAKHLIYAH				
		SAMAIL "Al Fayhaa Resthouse" Neutralised start		**10:05**	**10:05**	**10:05**
191.3	**0**	**SAMAIL "Al Fayhaa Resthouse"** Official start	Km 0	**10:10**	**10:10**	**10:10**
168.1	23.2	EXIT WADI MAHRAM		10:42	10:44	10:46
165.1	26.2	AL BASHAIR ROAD (SAMAIL)		10:47	10:48	10:50
155.6	**35.7**	**AL BASHAIR ROAD**		**11:00**	**11:02**	**11:05**
140.4	50.9	MAHRAM		11:21	11:24	11:28
137.7	53.6	AS SAIH		11:25	11:28	11:32
		ASH SHARQIYAH NORTH				
119.7	**71.6**	**AL ALYA**		**11:50**	**11:55**	**12:00**
		AD DAKHLIYAH				
111	**80.3**	**AL AQIL-AL MUKHTARI**		**12:02**	**12:07**	**12:13**
104.4	86.9	AL QURAYTAYN		12:11	12:17	12:24
101.7	89.6	AL HUMAIDHAH		12:15	12:21	12:28
82.6	108.7	IZKI		12:42	12:49	12:57
73.2	**118.1**	**IZKI ROAD**		**12:55**	**13:03**	**13:12**
68.5	122.8	BIRKAT AL MOUZ		13:01	13:10	13:19
49.5	141.8	AR RAKHBAH		13:28	13:37	13:48
45.2	146.1	GUBRHAT NIZWA		13:34	13:44	13:55
31.8	**159.5**	**TANUF**		**13:52**	**14:03**	**14:15**
31.3	**160**	**TANUF**		**13:53**	**14:04**	**14:16**
28.5	162.8	HAY AL SA AD		13:57	14:08	14:20
22.3	169	ROAD 21		14:06	14:17	14:30
20.5	170.8	BAHLA		14:08	14:20	14:33
10.6	180.7	AL HAMRA		14:22	14:34	14:48
0	**191.3**	**EASTERN MOUNTAIN**		**14:37**	**14:50**	**15:04**