

Adventure Travel
4x4 Expeditions
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OneLife Adventure

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Mauritania Explorer

6th – 29th November 2026

This incredible expedition will take you further across the desert than we have been for many a year, almost to the bottom of the Sahara and the remote, seldom visited sands of Mauritania. While “Timbuktu” is often used to refer to reaching the proverbial end of the world, neighbouring Mauritania is far more deserving of the title. This remote and large country is sparsely populated, with most of the population living in the western side of the country, near the Atlantic Ocean. The interior is the western edge of the Grand Erg Occidental, 30,000 sq miles of sand. Here, on the edge of the sand sea, the dunes slowly give way to a mix of sand sheet, mountains and plateaus. Initially bluff, the Mauritanian Moors are warm and welcoming, keen to show off their amazing country.

Crossing the border from Morocco we head east, following the famous iron ore train line to explore ancient Islamic libraries at Chinguetti before heading to Oudane. From the Maur Adrar dune field we'll head into the Guelb er Richât, nicknamed “the Eye of the Sahara, this bulls eye structure is of special note as one of the world's natural wonders. This area is also strewn with stone artifacts and tools and we'll visit the small village of El Beyedh, home to probably the world's most remote museum. Built over the years with artifacts collected by the elderly village head, Monsieur Yislim; as a young man Yislim was the guide of Theodore Monod, the greatest French explorer/naturalist of the Sahara. After a return to Atar for fuel we'll then head back NE before swinging S on a huge desert loop to Tichit and its rock art. After replenishing fuel and food in Tidjikja we head to the southern edge of the sands to search for the last of the Saharan crocodiles, dwarfed over the centuries by scarcity of food and space and now confined to a few seasonal gueltas and remote water holes. We then swing northwest towards Nouakchott before following the surf north along the Atlantic beaches to the Banc d'Arguin National Park, the largest winter concentration of wading birds in the world, before crossing the border to Morocco for our return home.





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SUMMARY

Start point	Tarifa, Spain
Finish point	Tarifa, Spain
Number of days	16 days in Mauritania plus 8 days Moroccan transit time.
Approx. distance	8,000 kilometres.
Road conditions	Varied but predominantly sand. A mixture of dunes, sand, gravel, rock pistes, beaches, even some tarmac.
No' of vehicles	Maximum of 6 vehicles or 12 guests plus our support vehicle.
Accommodation used	Mainly wild campsites set in the incomparable desert. Some sites may be campsites with toilet/shower facilities when available. We may also use auberges and local hotels as required.
Specialist equipment - vehicle	A well maintained and serviced 4x4 vehicle fitted with underbody protection and recovery points, a snorkel is desirable for dust. A CB radio must be fitted. Tyres of All Terrain tread patterns most suitable. A full set of recovery equipment (strops and shackles) is essential along with a spade. A total fuel range of at least 800 km is required; it may be carried in jerry cans. A vehicle fridge is highly recommended for cold drinks and keeping food fresh for extended periods. A winch is not essential.
Specialist equipment - camping	Either roof (preferable) or ground tents are suitable. You should bring your own chairs, table, cutlery and utensils. Clothing can be light as the days will be hot, however you should bring some warm and windproof outer wear. Protection from the sun and UV is needed. You'll need to carry about 50 litres of drinking water at any one time.
Passport	Required for Mauritania, Morocco and transit countries. France and Spain follow Schengen area rules and your passport must have a 'date of issue' less than 10 years before the date you arrive and have an 'expiry date' at least 3 months after the day you plan to leave the Schengen area. If you renewed your passport before 1 October 2018, it may have a date of issue that is more than 10 years ago.
	NOTE: For 2026, the European Union's new Entry/Exit System (EES) will have begun. When travelling into and out of the Schengen area, for short stays, you may need to have your fingerprints and your photo taken, also answering the Schengen Border Code questions. If you enter the Schengen area through the Port of Dover, this information will be taken at the border, before you leave the UK. You may also need to provide either your fingerprint or photo when you leave the Schengen area. You will NOT need the new ETIAS system visa that will come into effect in Q3 2026.
Visa	Mauritania - Needed for UK citizens and requires pre-authorisation but is obtained on the border at entry – OneLife assists in this process. UK residents, travelling as tourists, do not need a visa to enter Morocco or the Schengen area (which includes France and Spain) for up to 90 days in any 180-day period.



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Health

Seek medical advice for current position.

Malaria : Exists throughout the year in the southern section of the country but not in the north during the winter – in the south preventative treatment via drugs is recommended, normally atovaquone/proguanil **or** doxycycline **or** mefloquine. In the north, bite avoidance and other bite preventative action is recommended.

Tetanus, Hepatitis A, Typhoid, Rabies: Vaccination recommended.

Comprehensive health insurance with medivac required.

Food and Shopping

Food will be greatly restricted in choice and availability compared to the UK. We co-ordinate and assist you with food purchasing and meals can be cooked individually or communally; the choice is yours. The cost of living is cheap, but in Africa, supplies are variable, choice is limited; most food is bought in local markets. Credit cards are not accepted and only Nouakchott, Atar and Morocco will have ATMs. The bulk of your shopping will need to be done before leaving Spain. Ensure you bring cash in Euros to exchange into local currency. Most nights we will have a fire to cook over.

Cost of Living

A lot less than the UK MOROCCO

1 GBP = approx' 12 Dinar, with diesel at 14-16 dir/l.

MAURITANIA

1 GBP = 53 OUGUIYA, with diesel at 50 oug/l.

You will need to bring cash as Euros to change upon entry to Mauritania. There will be no reliable ATM's in Mauritania – bring cash with you. Credit cards are not accepted in Mauritania.

Schedule and Pace

The route and timings are not fixed, we will be free to break journey, stop and explore, as you desire. We aim to be in the campsite by 17.00 on most days to allow us to relax and enjoy the experiences of the day. The daily distances driven vary due to the terrain and ground conditions, but a typical day will be 3-4 hours driving in the morning, 1 hour for lunch and then a further 3-4 hours driving. Some days will be longer than this due to the distances to be driven. The transit days in Morocco are all 700 km plus days, but the traffic is light, and we'll use hotels to make this stage easier.

Outbound shipping

The crossing from Algeciras to Tangiers is made by ferry and along with the Dover Calais ferry is included in the expedition price. You can either drive down through France or use Brittany Ferries to cross to Spain, contact us for suggested dates and times. This Brittany Ferries crossing is not included in the expedition price.

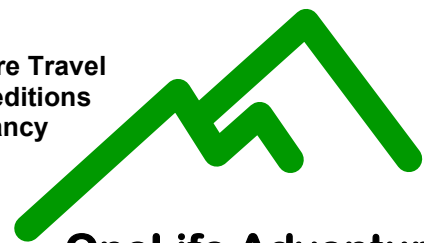
Inbound Shipping

The return crossing from Tangiers to Spain is made by ferry and is included in the expedition price. Again, you are free to break the return journey and specify the ferry dates and times allowing you to extend your holiday as you choose.

Note – The transit sections to and from the start/finish points are unsupported by OneLife Adventure, but we welcome you to join us as we drive down to/from these points of the trip – perfect while you get used to driving “on the wrong side” and we'll assist where we can with any problems on these legs. Accommodation, meals and refreshments you take during this transit stage are not included.



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Weather

Generally dry and warm with low humidity, occasionally very hot in the dunes and valleys during the days but it can be cool in the hills and at night. Rain is rare away from the coast.

	Temp (°C) mean day max		Rain (mm) mean month	
	Oct	Dec	Oct	Dec
Mauritania	33	30	0	0

Cost

- **£ 2500 per person – based on 2 adults sharing 1 vehicle, inclusive of Channel and Mediterranean ferry crossings.**

The expedition price includes ferry from Dover to Calais and Algeciras to Tangiers return, all campsite and accommodation costs on the expedition, full backup and guiding from the support team including local guides in country and all the entry costs to natural parks and sites.

- *If one adult and one under 16 only then the price is for 2 adults.*
- *Adult single supplement, add £999.*
- *For each additional adult up to a maximum of 4 per vehicle add £900 pp.*
- *Under 16's – add £550 pp.*

Your fuel, food, snacks, drinks, ferry UK to Spain, vehicle insurance, visas and personal spending are not included.

OneLife Adventure Expedition Rating System

MAURITANIA EXPLORER



99% wild camping +, weather or environment requires some technical clothing/equipment, suitable for experienced families with older children.



Long days and long distances are the norm, likely to encounter severe hazards and will require teamwork to succeed, experienced drivers.

**FOR MORE INFORMATION OR
TO BOOK YOUR PLACE ON THIS
EXPEDITION
PLEASE CONTACT US**



NUMBERS ARE LIMITED – maximum of 6 vehicles!

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