

SÄTILA TRAIL



Welcome to Sätila Trail 2019!

On the 9th of November is it time for one of the high lights of the year – Sätila Trail. In this trail race you will both challenge and enjoy yourself running along clear blue lakes and climbing steep hills while watching the remarkable nature around you. Sätila Trail offers you an experience you will never forget.

Courses

You can choose from a variety of different courses in the beautiful forest around the city of Sätila.

The courses you can choose from are:

- Byslingan, 5 km
- Grebbeshultslingan, 10 km
- Halvmarabanan, 22 km
- Marabanan, 42 km (ITRA/UTMB 1 p)
- Lygnernslingan, 85 km (ITRA/UTMB 3 p)

For more information about the tracks and maps, see the website

<http://www.satilatrail.se/>.

Start and finish

Race center is Lygnevi IP and the start is at pier by the beach just beside.

The start time for the different tracks are as follow:

- * 06.00 Lygnernslingan 85 km
- * 10.00 Marabanan 42 km
- * 13.00 Halvmarabanan 22 km
- * 14.00 Grebbeshultslingan 10 km
- * 15.00 Byslingan 5 km

The finish is at Lygnevi IP.

Aid stations

There will be a number of aid stations along the courses to refill water, sports drinks and energy. In addition to the beverages and snacks at the finish, there will be one aid station for Grebbeshultslingan, two for Halvmarabanan, four for Marabanan and six aid stations for the Lygnernslingan.

You will also have the possibility to leave a dropbag.

Medal

All finishers will get a special designed medal, some light food, snacks and beverages.

Time tracking and results

All the courses will have timing. Lygnernslingan will also have GPS-tracking.

The results will get published on the website after the race.

Max times

The finish closes at 00.00 on the night between Saturday and Sunday. Max time for Lygnernslingan, 85km is 18 hours and 14 hours for Marabanan 42km.

NOTE: The sun sets at 16.00 – a head lamp could be needed in the beginning as well as in the end of Lygnernslingan.

Registration

You can register on our website, where all the necessary price information will be available. The price includes a number bib, aid stations, time tracking, a medal and food and beverages at the finish.

The registration is open until the 9th of November 2019 for all courses except Lygnernslingan which closes on the 1st of November. The price for the courses will rise on the 1st of October.

Organisation

Sätila Trail is arranged by the orienteering club, OK Rävén located in Sätila.

Email: info@satilatrail.se

Hemsida: www.satilatrail.se

Facebook/Instagram: @satilatrail

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