

SÄTILA TRAIL

WELCOME TO SÄTILA TRAIL 2021!



On November 13th 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.

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 November 13th 2021 for all courses except Lygnernslingan which closes on November 1st. The price for the courses will rise on October 1st.

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



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, 43 km
- Lygnernslingan, 85 km

For more information about the tracks and maps, see the website www.satilatrail.se.

Start and finish

Race center is Lygnevi IP and the start is at the pier by the beach just beside. The start time for courses: 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.

Aidstations

There will be a number of aid stations along the courses to refill water, sports drinks and energy. You will also get beverages and snacks at the finish. You will also have the possibility to leave a dropbag.

Timetracking 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.

SÄTILA