

SÄTILA TRAIL

INVITATION SÄTILA TRAIL 2022!

WELCOME TO SÄTILA THIS FALL FOR A REAL ADVENTURE!

On November 12 it's time for this years 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

Registration opens July 1 and 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 12th 2022 for all courses except Lygnernslingan which closes on November 1st. The price for the courses will rise on October 1st.

Distances

- Byslingan, 5 km
- Grebbeshultslingan, 10 km
- Halvmarabanan, 22 km
- Marabanan, 43 km (Itra och UTMB)
- Lygnernslingan, 85 km(Itra och UTMB)

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

Email: info@satilatrail.se

Webbsite: www.satilatrail.se

Facebook/Instagram: [@satilatrail](https://www.facebook.com/satilatrail)

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.



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