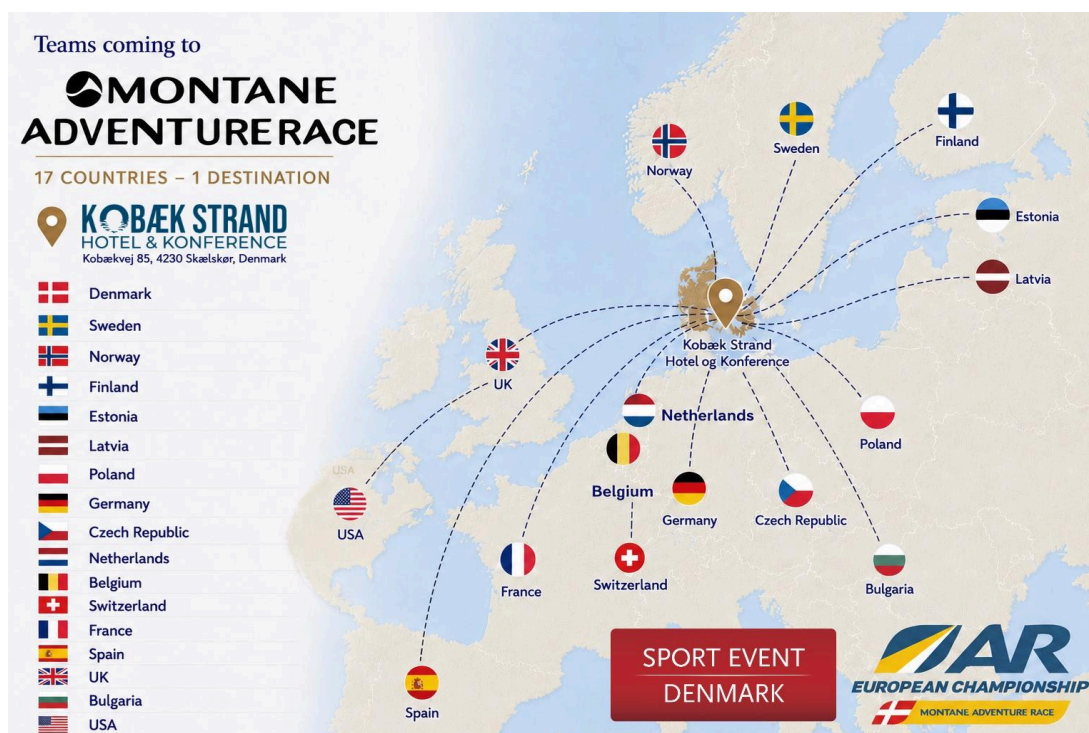


Start list info Letter 1:

ARWS Montane Adventure Race European Championship

50 teams have signed up from 17 different countries, all heading to Kobæk Strand Hotel & Konference 27-30 august 2026.

Read the letter, so you are ready to take part and understand the elements of ARWS Montane Adventure Race European Championship.



Start list

The startlist is available on our webpage.

<https://my.raceresult.com/357613/participants>

It's important that your team is updated with names of participants and category Mix, Male or Female. Only 4 person mix teams will race officially for the European Championship but male and female teams are allowed to take part in their own category.

You can change it yourself by login or send us an email and we can update it for you:

kongvinterar@gmail.com

Hotel stay at Kobæk Strand Hotel & Konference



Our great partner Kobæk Strand Hotel & Konference will be our race venue.
Kobækvej 85, 4230 Skælskør, Danmark

Included in the racefee we have offered:

- 1 bed room pr team on Kobæk before and after race (3 nights) 27-30 august
- 3 meals (1x breakfast, 2x dinners)

Social dinner Thursday 19-20, Finish line buffet and breakfast Sunday 08-09. This has been done to create a social atmosphere around the race. We wish to show some danish cuisines and culture. We love to eat together, like many other counties.

Bring your own breakfast for Friday morning before the race start.

To accommodate 50 teams, all teams will get one room. Most of them will have 2 beds. So bring 2 air mattresses and 2 sleeping bags for your team. Also bring bedlinen and sheets for the 2 beds and towels for all 4 racers. It's possible to rent for an additional cost in the reception.

Teams are available to do hotel check in at the reception Thursday 27. August from 12:00. Please don't bring your bike inside. All rooms have a terrace connected with your room, where the bikes can be placed. Bring a lock.



If you want to arrive early or stay longer, you are most welcome.

Kobæk Strand Hotel can offer an extra night pr team for only 1200 DKK pr night.
Booking for early arrival or addition stay:

Email: booking@kobaek-strand.dk

Phone: +45 58194515

Please mention: Montane Adventure Race European Championship + your team name

And again, we of course got you covered from the 27-30 August.

Kobæk Strand captures the timeless charm of Denmark's seaside heritage. Hans Christian Andersen returned to this coastline more than 50 times, staying at Basnæs Manor, just a few kilometres from here. Captivated by the peaceful scenery and the waters of the Great Belt, landscapes like these undoubtedly helped inspire the imagination behind timeless fairy tales such as *The Little Mermaid* and *The Ugly Duckling*. It is a landscape where fairy tales still feel very close.



Timetable

This is already available at our webpage: <https://kongvinter.dk/schedule-travel/>

Team registration

Thursday 27. In August at Kobæk Strand Hotel there will be team registration and skill tests.

Each team will have an allocated starting time (list below) for the Team registration. The stations will be taken in chronological order.

We have listed all the registration stations and skill tests here. (With an estimated time use - total about 1 hour).

All teams room check-in at reception (any time from 12:00)
1. Team registration (2 min)
2. Team and individual Photos (2 min)
3. Referee table (tracking device + gear question) at Montane tent (5 min)
4. SI registration (5 min)
4o. MTB-O map board + MTB rental (o - optional)
5. Ascending skill test - 1 member (7 min)
6. Tree climbing belay skill test - 2 members (7 min)
7. Rappel skill test - All members (10 min)
8. Snobrød checkpoint (15 min)
9. Swim skill test 200 meters - All members (10 min)
10o. Pre weight your TA bags (o - optional)



1. Team registration: Sign in, hand in waver, get your race bibs, race merch, race stickers (to be placed on your helmet), Sponsor goodie bag and roadbook on waterproof paper.



2. Team and individual Photos: Get your team photo and individual photos with your race bib and your national flag. We have all national flags of participating countries available from Europe.

3. Referee table at Montane tent: Get your tracking device and ask any mandatory gear related question to Petri Forsmann, the race referee.

4. SI registration: Get your Electronic punch system SportIdent (SI). Explained later in the info letter.

4o. MTB-O map board + MTB rental: Get your prebook map board or rental bike. Map board offer and MTB rental Explained later in the info letter.

5. Ascending skill test, 6. Tree climbing belay skill test, 7. Rappel skill test:

Skills required Explained later in the info letter.

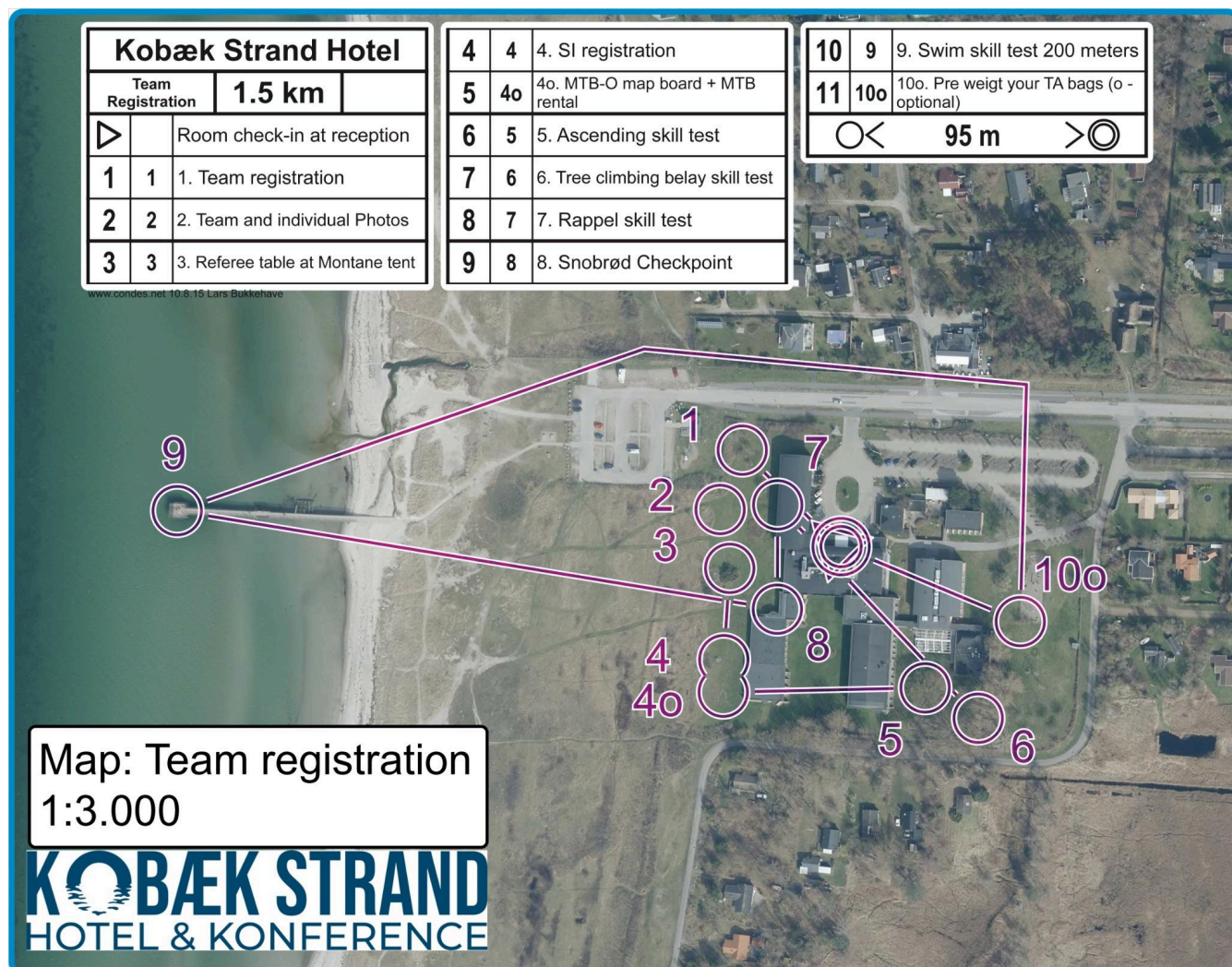
8. Snobrød Checkpoint: It is a traditional Danish campfire bread made by wrapping dough around a stick and baking it over an open fire. More than just food, it's a classic symbol of Danish hygge—bringing people together to enjoy simple moments in nature.

9. Swim skill test 200 meters: Each team member must be able to swim 200 meters without a life vest.

If a team member cannot complete the swim test, they can still take part in the event, but they will not be allowed to participate in the canoe, kayak, swim, or dive stages.

If a team member cannot swim without a life vest, they must bring their own life vest and complete the swim test while wearing it. If they pass the test, they must wear the same life vest during all swimming and coasting stages, as well bring it on the bike stages between the stages.

10o. Pre weight your TA bags: We will have some scale available, but also bring your own travel weight.



Map for Team registration (Danish air photo map 1:3000)

Start time	Team no	Team name	Nationality
12:00	3	Nap Time Ninjas	Denmark
12:00	5	Team Trail & Error 🔥	Denmark
12:10	10	Team Delta Denmark mix	Denmark
12:10	11	Masanga Aaros Racing	Denmark
12:20	13	Nordisk Reunion	Denmark
12:20	9	Team Sanguinem, Sudore et Lacrimis	Denmark
12:30	15	Masanga Racing	Denmark

12:30	17	Copenhagen Adventure Sport	Denmark
12:40	19	Team Aaros	Denmark
12:40	23	Team Racing Denmark	Denmark
13:00	26	MH1 - Copenhagen Adventure Sport-DK	Denmark
13:00	28	Team KRIK	Denmark
13:10	29	Team Oure	Denmark
13:10	31	Masanga Racing All Stars	Denmark
13:20	33	The Eagles	Denmark
13:20	27	Fjeld & Fladland	Norway / Bulgaria
13:30	2	Dinkel Vikings	The Netherlands
13:30	4	CheckpointHunters NL	The Netherlands
13:40	6	ZigZag	The Netherlands
13:40	12	Nordic Adventure Racing Team	Sweden
14:00	14	CZAR.cz - Veteran200	Czech Republic
14:00	18	Koppig Volhouden 1	The Netherlands
14:10	22	Peak Chaser AR	Deutschland
14:10	24	AR Poznań	Polska
14:20	25	High Rock	The Netherlands
14:20	30	Team Frosta Multisport	Sweden
14:30	32	Van Dam Outdoor	The Netherlands
14:30	35	Kolmården Adventures	Sweden
14:40	37	Team CHAOS	Belgium
14:40	39	Untamed	Czech republic / Switzerland
15:00	42	Passion For Adventure	Estonia
15:00	43	Dutchables	The Netherlands
15:10	44	Dutch Delight	The Netherlands
15:10	46	Avanti Adventure	Finland
15:20	47	Seiklushunt-HoneyPower	Estonia
15:20	48	Team XPD Holland	The Netherlands

		Airport pick up arrival at hotel 15:30	Will be moved forward if earlier departure from airport
16:30	1	Runout Adventure Racing Finland	Finland
16:30	7	Sud Loire Raid Aventure mixte	France
16:40	8	SLRA	France
16:40	16	XCCoach Multisport Team	Sweden
16:50	34	Twisted Sisters	Finland
16:50	20	PEÑA GUARA - HUESCA LA MAGIA	Spain
17:00	21	PEÑA GUARA - PYRENE RAID	Spain
17:00	36	NOR ValmoRaid	France
17:10	38	Metsapeatus	Eesti
17:10	40	GRIT Adventure Racing & Gorilla Nerds	United States of America
17:20	41	Estonian ACE / La Sportiva	Estonia
17:20	45	Õnnevalet	Estonia
17:30	49	XTTR63 SCA	France
17:30	50	LES PETITS SUISSES NORMANDS	France

Montane products at display

Our main sponsor Montane will be available with a display of products in the tent with the race referee CP 3. www.Montane.com

Gearlist

Since we made the first version 1.0 of the gear list, we have tested the entire course and have made some changes to the first version.

- Wetsuit or drysuit is no longer mandatory but just optional.
- You no longer have to bring your bike on a swimstage. An air mattress is optional.
- We changed the rappelling setup to prusik as the backup. See rappelling video below.
- Weight limit chance on the Transition Bag (B) Climbing zone from 7,5kg to 20kg.

Again, there is no need for a bike box. We will transport your bikes with care in a moving truck. No loose items on the bike. You will have the TA bag A to your loose items when we transport your bike.

Updated gear list available here or on our webpage:

[https://kongvinter.dk/wp-content/uploads/2022/10/ARWS EUROPEAN CHAMPIONSHIP Montane AdventureRace Mandatory Equipment List1.1.pdf](https://kongvinter.dk/wp-content/uploads/2022/10/ARWS_EUROPEAN_CHAMPIONSHIP_Montane_AdventureRace_Mandatory_Equipment_List1.1.pdf)

Hand in bikes and TA bag A, B, C

This will be performed Thursday from 21:00-23.59 at the same location as 10o on the Team registration map above.

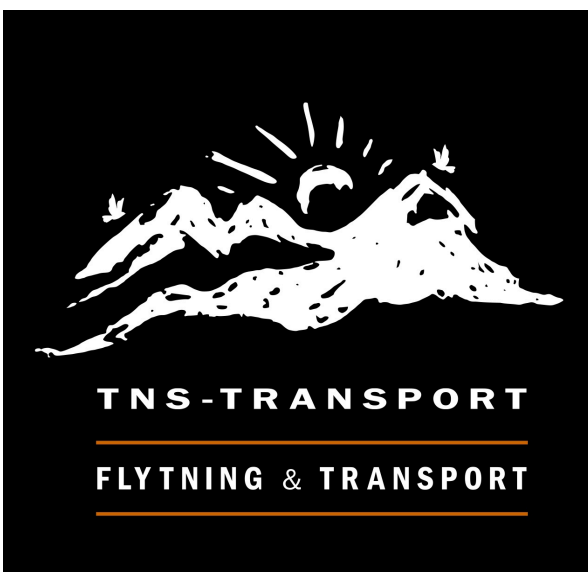
Please respect the weight limit as mentioned in the gear list. We will do weight control, if a team is above allowance they will be sent at the end of the line. So please pre weight your gear before showing up or use the availability scale before you hand it in.

TA bag A - goes with the bike: 25kg

TA bag B - available at the climbing site: 20kg

TA bag C - Kayak Paddle bag: 20 kg

TNS-Transport is our logistic partner and will show up with moving trucks.



Rental bike

If you have rented a bike at the registration you can pick it up at the team registration CP 4o.



The bikes would be Orbea hardtail H20 2024 29" with 1x11 and tubes. Each bike comes with a pump, extra tube, a multitool, white and red light, but no repair kit.

Mountain Bike Rental

Double check if we have your information right. It's also possible to get SPD pedals for an additional cost of 50DKK or tubeless setup for an additional 200DKK.

If your team forgot to rent a bike, it is still possible by sending us an email at kongvinterar@gmail.com No later than 18. August.



Crew

All our crews are volunteers. So send them a big smile and a high-five on their way. Some have been participating for many years, while others are participating for the first time. They primarily know their own checkpoint or Transition Area (TA), which means that they do not all have an overview of the entire race.

Your roadbook has all the information.

Autopilot Mapboard

Autopilot Mapboard offers a race preorder. See poster below. . We can recommend Johan MacLassen from Autopilot. See more at [Autopilot Mapholders Denmark](https://www.facebook.com/autopilot-mapholders-denmark) and order here: mtbo@autopilot-mapholders.dk

See more about our test of Autopilot carbon map board at the link. We personally find it to be the best on the market: <https://www.facebook.com/watch/?v=2742607252458352>

Autopilot mapboard and Jørgen Nielsen will have a display of products at CP 40. They will both be crew during the race.



Johan MacLassen during an intense MTB-O



Radovan Mach together with Jørgen Nielsen



Preorder Autopilot Mapholders MONTANE ADVENTURE RACE European Championship 2026



2 different bases (BLACK, WHITE, RED)
the ANGLEBOY (AB)
or the STANDARD HIGHT (SH)



4 different mapboards

2 white plastic (30x30cm or 30x35cm)
2 black Carbon (30x30cm or 30x35cm)



SAVE up to
15%

CUSTOMISE YOUR CHOISE?



WE PLAN TO
BE AT THE
EVENTOFFICE
ON THURSDAY

ASSESSORIES

Compass mounts and fitted
chineese compass



ORDER BEFOR
AUG 2nd, and
collect your
order with your

Spare plastic cover for all sizes,
if accidents should happen



ARWS Rules and ARWS Referee

ARWS Montane Adventure Race European Championship follows ARWS standard rules.

[ARWS Rules](#)

The race is followed by the ARWS referee Petri Forsman. He knows the sport both as a racer, organizer and referee. Won both World and European Championship and is part of the ARWS Hall of Fame.

He can hand out penalties if the rules are not followed. He will inspect the teams for mandatory equipment on selected places on the route and make sure that the traffic rules are followed. A sit-down penalty or disqualification may be given for violation of traffic or ARWS rules.



In danish forests it is not allowed to bike outside the trail system. If you want to make a short course between trails you have to push the bike.

Rules for placement

ARWS Montane Adventure Race European Championship follows Ranking Rule A: Most mandatory CP, then most optional CP (CPo), then time.

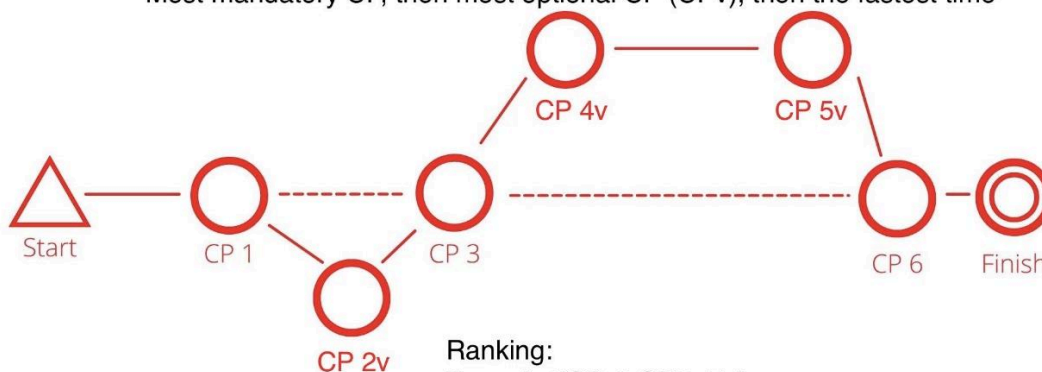
The race is designed so that the fastest teams can reach all checkpoints (CP's). If the fastest team is slower than our expended time estimate we will modify and shorten the course where it's possible.

The winner is the team that finds all checkpoints the fastest.

If your team lacks time, you can skip the checkpoints marked with o for optional. A team with all the checkpoints will always be placed better than a team that is missing some checkpoints. If you lack a lot of time it's also possible to skip mandatory checkpoints but will then be placed under all teams with all mandatory checkpoints.

Placement Rule A

Most mandatory CP, then most optional CP (CPv), then the fastest time



Ranking:

Team A: 3CP, 3 CPv, 11 hours

Team B: 3CP, 1 CPv, 5 hours

Team C: 2CP, 3 CPv, 11 hours

Team D: 2CP, 3 CPv, 12 hours



All checkpoints must be visited in numerical order, unless otherwise stated.

If a team is eliminated, the race management must be contacted as soon as possible.

If some team members choose to continue the race for the experience, the team must consist of at least two people and you must inform the race management as well.

Please note that any team member who chooses not to continue the race must make their own way back to the race hotel, unless they require medical assistance.

An unranked team would be placed behind ranked teams if a queue happens during a stage.

All teams will also get ARWS ranking points:

<https://arworldseries.com/world-rankings/current-rankings>

Electronic punch SportIdent (SI)

The race will use the Electronic punch system SportIdent (SI).

Each racer will get a SI Card during registration Thursday 27. August at Kobbæk Strand Hotel. Teams that are not familiar will also be able to practice punching.

The SI card will be attached to your wrist with a bracelet, so you don't lose it during the race.



If a bracelet breaks it will be possible to get a new one in the next TA. First time it's an official warning, 2nd time the team will face a 15 min penalty.

This system has been tested before and during the European Championship Raid Lowlands 2024 only 2 teams broke the bracelet one time.

During the 2 dive & swim stages teams will be using a traditional waterproof paper punch card. It is your own responsibility that the referee and the race management can read your punch card at the end of the stage.

Canoe stage

During the race we have one canoe stage. Teams will get 2 canoes per team. During this stage teams need to bring their bikes in the canoes.

Teams need to know how to rescue themselves with an assisted deep water T-rescue or swim with a canoe to shore and empty on shore. There will be no skill test.

See instruction in video: <https://www.youtube.com/watch?v=mg7T8nyV17Y>



Kayak stage

At the end of the race we have one kayak stage. Teams will get 4 single kayaks. There will be lifevest and paddles available. It's possible to bring your own as well and put it in TA bag C - Kayak paddle. A wet or dry suite is no longer mandatory.

75% of the stage are optional checkpoints, so we expect some teams to skip some parts of this stage. The winning team and top teams will be able to clear the course.

Teams need to know how to rescue themselves with a Sea Kayak Buddy rescue. There will be no skill test.

See instruction in video: <https://www.youtube.com/watch?v=YSRCAdCSj8Q>



No Sup or biathlon

We wanted stages that made sense for the race flow in its unity. A small 50 meter sup section to paddle around a buoy would not be the spirit of the race. And with 50 teams it was hard to get equipment to make a proper section. As well, the biathlon section wouldn't fit in the race flow.

Climbing stages - Vertical Orienteering Stage

This is an orienteering run where all checkpoints are 10-25m up in the treetops, which has to be reached by climbing. There will be a checkpoint at the ground, but without a punch. This stage is free order, which means you can take the checkpoints in any order.



All checkpoints will be optional, so if you do not have the climbing skills, you can still complete the race, but cannot win.

Equipment: We provide climbing equipment. You will receive it from the crew in the transition area. This is safety equipment and should be treated with care. There will therefore be a time penalty if the team drags or drops equipment on the ground. Put it on the climbing harness or in your hands.

We made an instruction video about the gear and how to belay top rope and perform ascending. The European Championship will be what is explained as Master.

https://www.youtube.com/watch?v=2_08nRMXvns



Belay top rope



Top rope climbing
(D1: Dry tool with iceaxes)



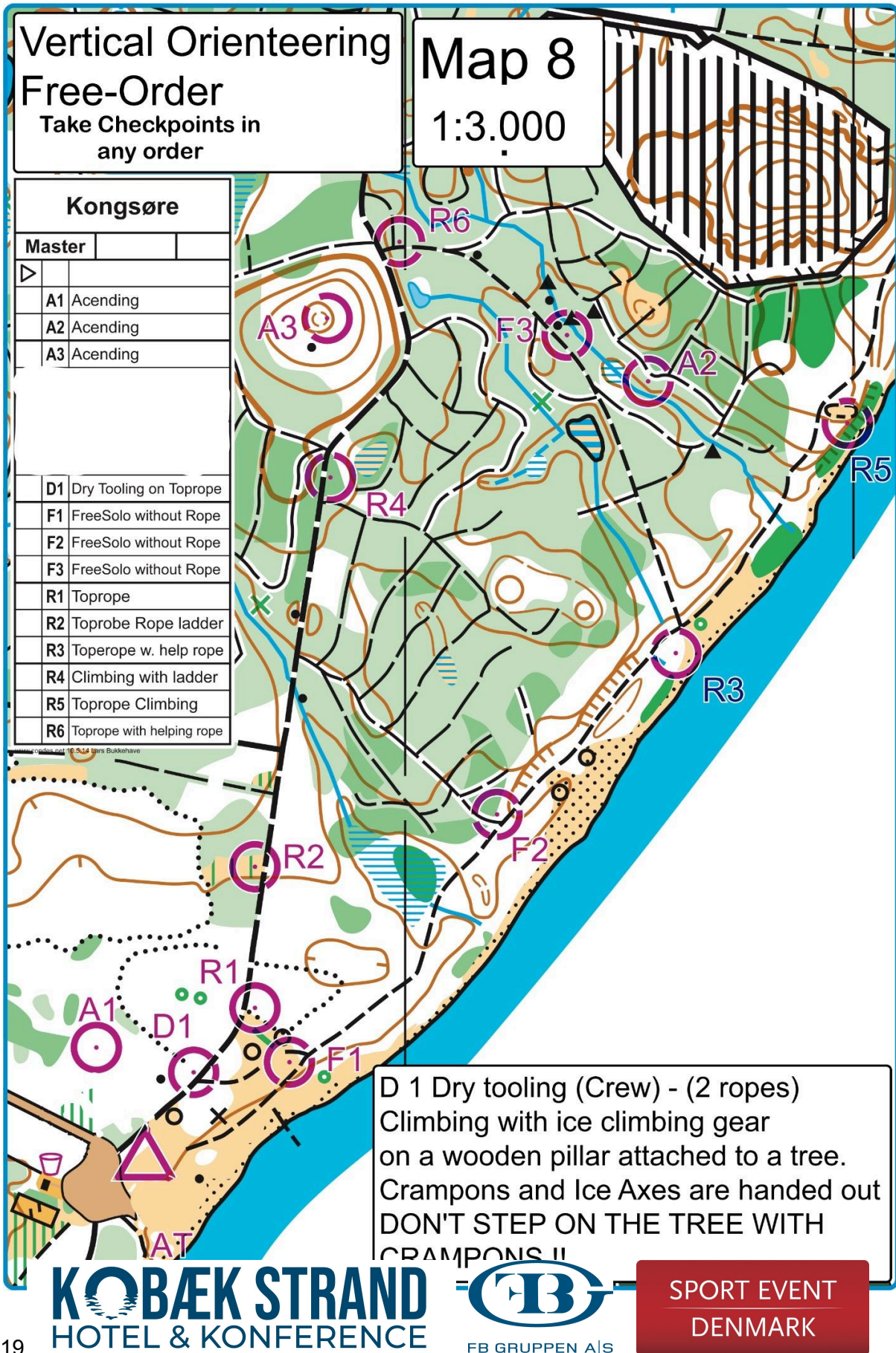
Free Solo without Rope max 4 meters



Ascending

Below is an example of the Vertical Orientation Stage. Map from Montane Kong Vinter 2025.

This is also an example of an IOF map (International Orienteering Federation map). This type of map will be used for the orienteering section during the race.



Climbing stages - Rappelling

At one place during the race, after punching the checkpoint, you will continue by rappelling off. Equipment: We provide climbing equipment. You will receive it from the crew in the transition area.

I found this video online to show the rappelling setup. Rappelling with back up prusik: [Rappelling: Learn the Basics](#)

The only difference from the video is that you will do the rappel on a single static rope. Meaning only 1 rope, instead of 2 ropes as shown in the video.

Climbing skill test at Kobæk Strand Hotel Thursday

As mentioned during the registration, we will do a skill test at the hotel. This is not a time to practice. It is a skill test, meaning you need to know how to do it, at the test. Your team will need to show without the help from our climbing crew. How to make the setup, as shown in the 2 instruction videos.



If teams fail the test they will still be able to take part in the race, but not take the optional climbing checkpoints (CP o).

Unfortunately we experienced that some teams forgot to lock carabines and were belay unstable. It will be dangerous if you are rappelling off a 30 meter building with an unlocked carabiner. Help each other as a team. We want you to be able to perform the climbing stages safely. Take some time to practice your safety techniques in climbing before the race. Again see our 2 instruction videos below:

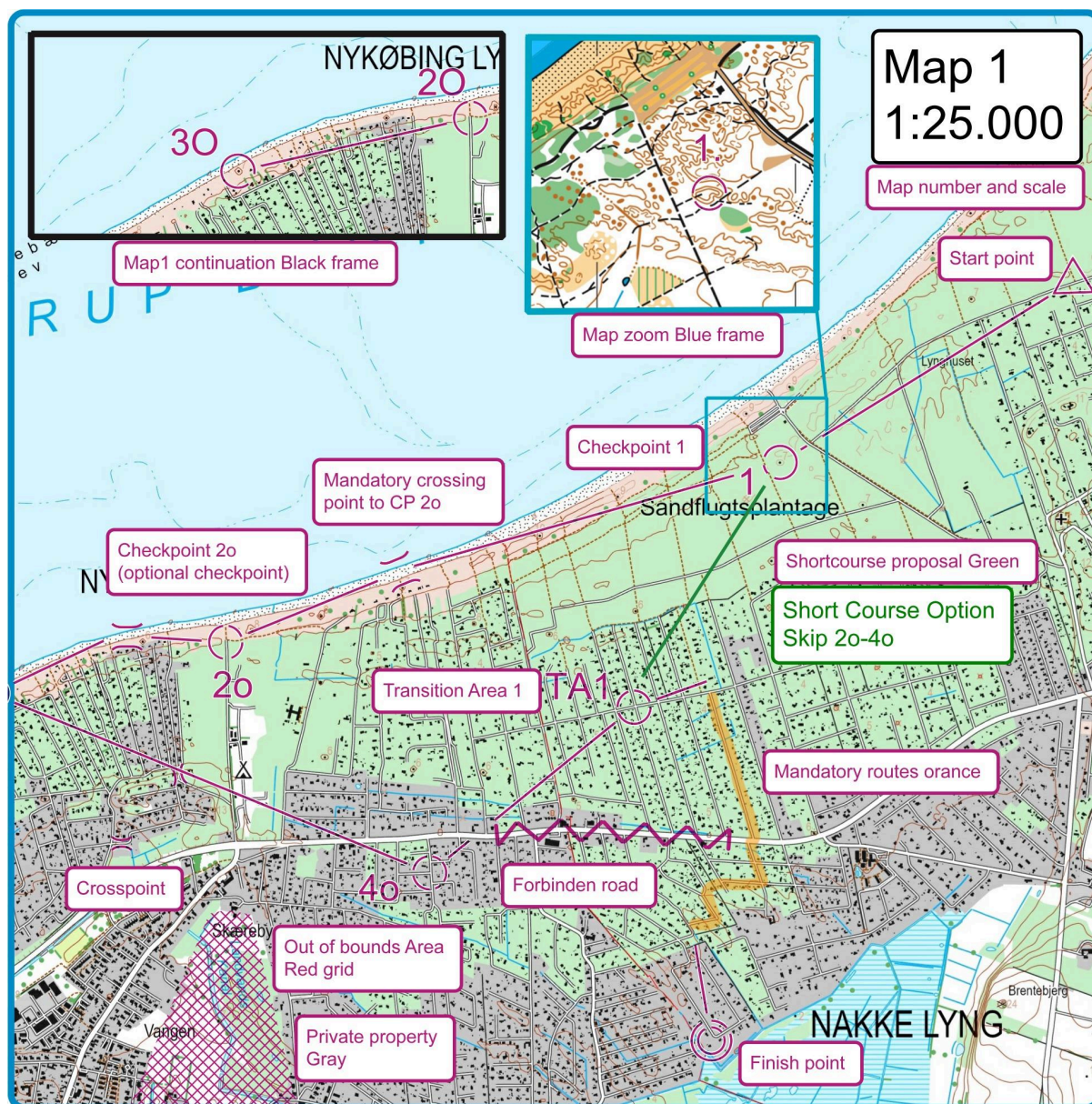
Belay top rope and Ascending: https://www.youtube.com/watch?v=2_08nRMXvns

Rappelling with back up Prusik: <https://youtu.be/w6a0SCc3iAI?si=RLyUzEUPqHuRf1LS&t=129>

The only difference is you will do it on a single static rope.

Map and course explanation

Topographical map in 1:25.000 scale, with course symbols explanations.
We promise race maps will be less busy.

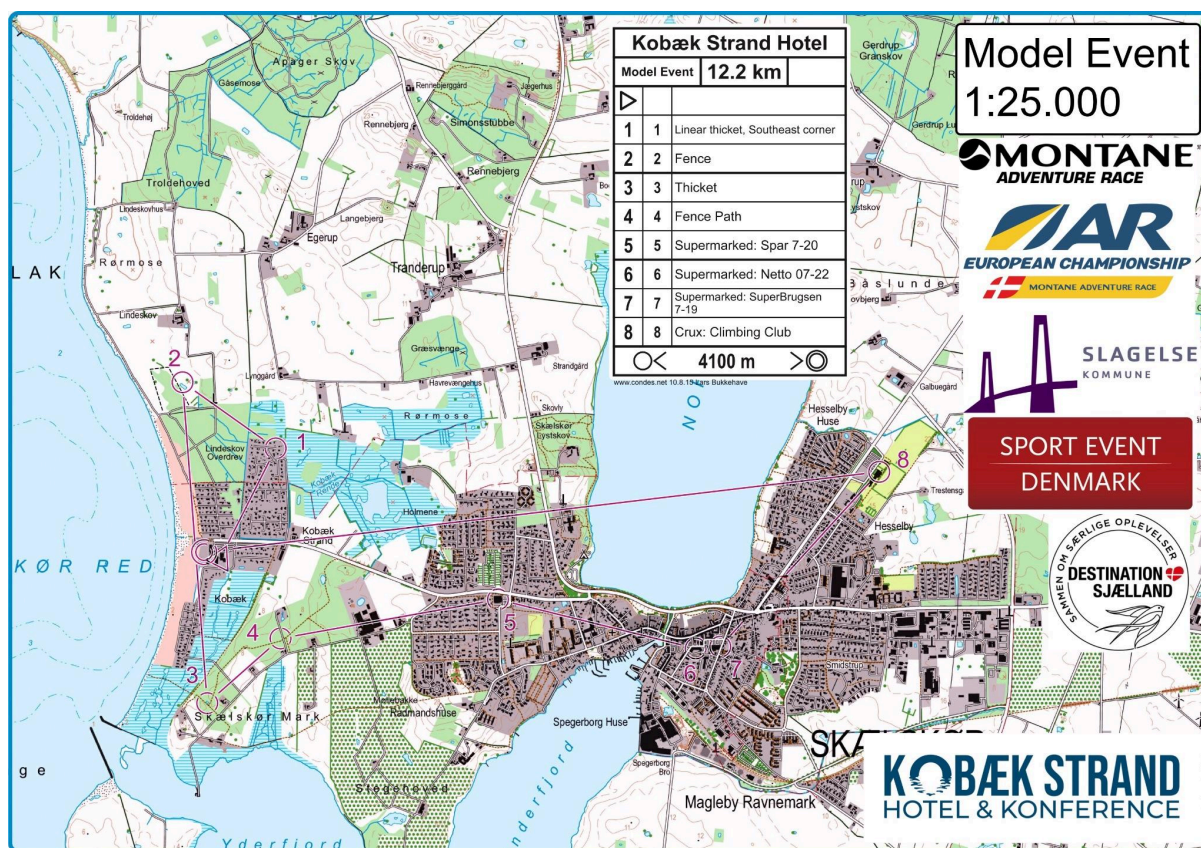


Model event:

Are you not familiar with Danish typographical maps or IOF orienteering maps? We offer 2 model event training courses from the race hotel with checkpoints flags.

- 1: Orienteering running loop on 1:7.500 IOF orienteering map
- 2: Bike loop on a 1:25.000 Danish typographical map (seen below)

This will be available from Wednesday 26. August and maps will be at the hotel reception. Checkpoint 5, 6, 7 are local supermarkets to buy food.



Example of previous maps from last years race

ARWS European Series Montane Kong Vinter Adventure Race 2025

Winning time 15 hours

Note this year most checkpoints will be electronic punch apart from a few underwater checkpoints as explained previously.

 Roadbook:

www.ar-union.dk/files/kv25/MasterRoadbook.pdf

 Overviews:

www.ar-union.dk/files/kv25/MasterOverviewA3.jpg

www.ar-union.dk/files/kv25/MasterDiagramA4.jpg

 Maps:

www.ar-union.dk/files/kv25/Master1A3.pdf

www.ar-union.dk/files/kv25/Master2A3.pdf

www.ar-union.dk/files/kv25/Master3A3.pdf

www.ar-union.dk/files/kv25/Master4A4.pdf

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www.ar-union.dk/files/kv25/Master15A3.pdf

www.ar-union.dk/files/kv25/Master16A4.pdf

www.ar-union.dk/files/kv25/MinkA4.pdf

Social media

The race will be followed by 10 media people. They will upload photos and videos for our facebook and instagram pages. So make sure to follow and share it with your family and friends.

<https://www.facebook.com/MontaneAdventureRace>

<https://www.instagram.com/montaneadventurerace/>

ARWS Adventure Race World Series and European Series will also do a following of the race. Give them a follow

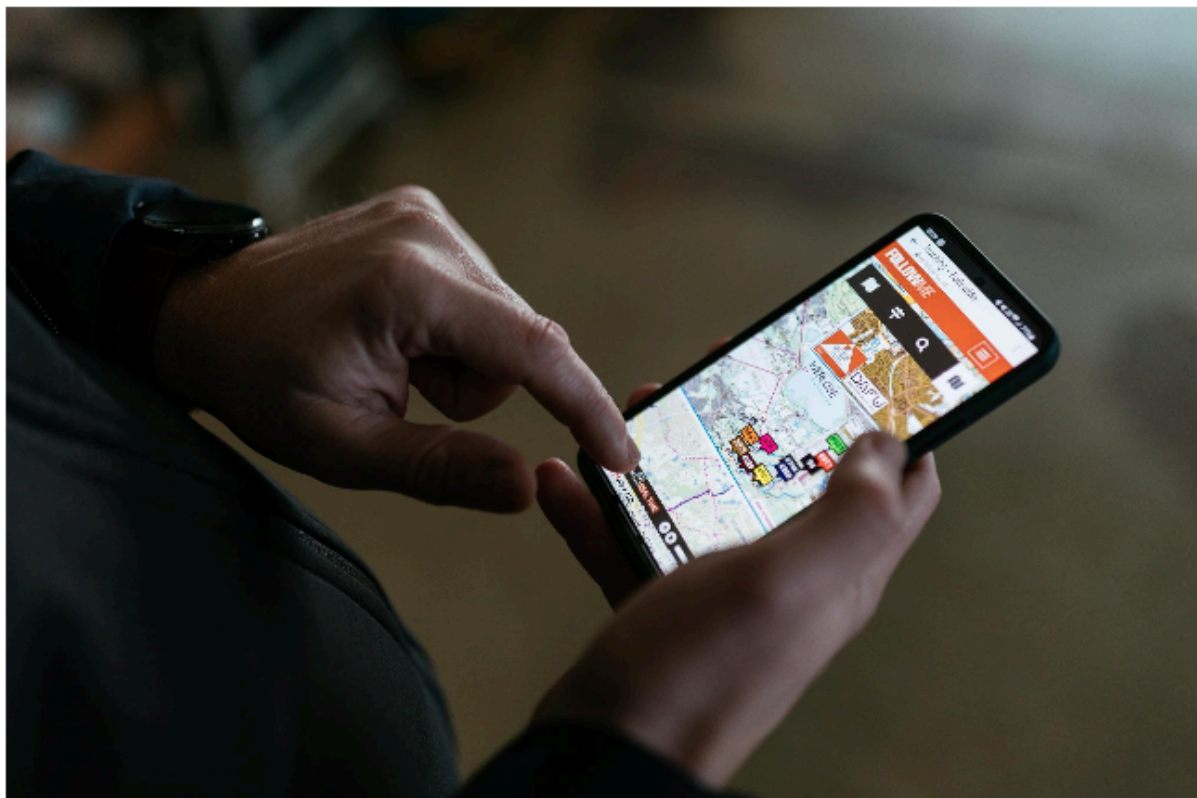
<https://www.instagram.com/arworldseries/>

<https://www.instagram.com/arwseurope/>

Live GPS tracking of ARWS European Championship

All teams will get a GPS tracker at check in.

This will send one way. This will allow your family and friends to follow your race. We will share the link at our facebook page some days before the race, so make sure to follow us and to tell your family and friends. Let the dot watching begin :)



Partners

	Montane are main sponsors of the event and supplied race bibs and gear for the crew.
Kobæk Strand Hotel is helping create the social heart of the championship, with great food, comfortable beds, and a place where the adventure begins and ends together.	
	The journey started back in 2023 with our first meeting. Since then, Sport Event Denmark has been a part of the team behind bringing the Adventure Racing European Championship to Denmark.
During the European Championship six municipalities are working together to create an unforgettable race. We'd love to tell you exactly who they are... but that would reveal a little too much.	



Adventure racing is a logistical challenge for any organiser — and that's exactly why we have teamed up with TNS Transport.



FB GRUPPEN A/S

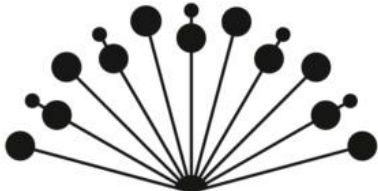
FB Gruppen is developing a new waterfront district in Denmark. One TA will be in this new town. A striking contrast to the prehistoric sites you will visit during the race.

FB Gruppen is helping us create a championship where the newest neighbourhoods meet Denmark's oldest stories.

Hansens Is crafting premium ice cream from fresh organic milk using traditional recipes. Hansens delivers an authentic taste of Denmark in every scoop.

Each racers and crew will get an ice cream at the social dinner and another during the race.

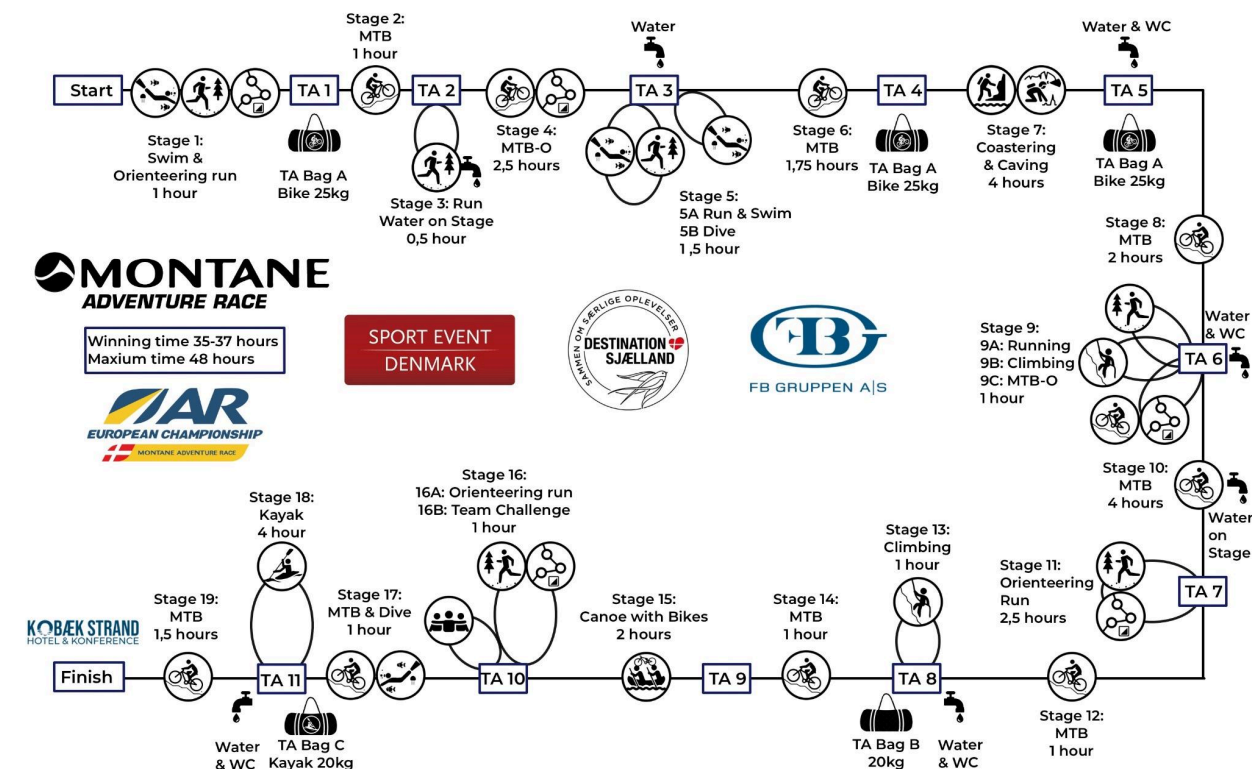


	Biking with a map in your hand is not ideal. Problem solved with the Autopilot map board for your bike. It holds the map and can be turned 360 while bilking. Jørgen and Johan also help as crew and sell at the startline to pre booked boards.
UV rays are relentless and a painful sunburn can drain your energy and focus, turning the heat of competition into a struggle. Protect your skin, protect your performance.	 RUDOLPH CARE BY ANDREA RUDOLPH
	Petzl is helping make the biggest rope section in our race history. Giving teams something to worry about when the ground disappears beneath their feet.
USWE have designed a "No Dancing money" bag pack perfect running and biking. Bring it for your next Adventure! USWE are products sponsor to prizes and giveaways.	

	Pure Power gives some product samples during the race.
A clean and well lubed drive chain are one of the most important things to have a working bike. Squirt have made a lube with high concentration of vax.	
	3 UNESCO world Heritage sites have opened their doors to be part of the race.
The Danish Adventure Race Union has supported our dream to organize the European Championship in Denmark.	

Race planer diagram

Montane Adventure Race European Championship



One last piece of advice

Before travelling, prepare your food bags, stage clothing, and decide what goes into each TA bag. The more you organize at home, the faster and smoother your arrival at Kobæk Strand Hotel will be.

Disclaimer for the participants at Montane Adventure Race European Championship 2026

Read the document carefully, print and sign it. All participants under the age of 18 must also have their parents' sign it. The document has to be handed in at CHECK IN. We will have some extra copies but it will run more smoothly if you have signed it already.

- Montane Adventure Race European Championship is an Adventure Race where the participants must transport themselves through a planned route. This happens with these disciplines: running, MTB, kayaking, canoeing, swimming, diving or climbing.
- All members of the teams have seen the instruction video for climbing, canoeing and kayaking. If not see the sections above.
- Along the way, the participants are responsible for their own safety and have acquired the necessary skills required to transport themselves safely through these disciplines.
- No participant is forced to complete the entire route if they themselves assess that they do not have the necessary skills for a given part of the route.
- If the participants discover a fault or lack of equipment that could lead to increased risk, they have a duty to inform the nearest crew or call the race management.
- If borrowed equipment breaks in the care of the participants, they may be charged compensation.
- The participants bring their own first aid equipment and can find out how to use it. They also have a fully charged mobile phone that is packed waterproof so they can call for further help.
- You accept that photos and videos taken during the event may be used by the organizers and sponsors for marketing and promotional purposes.
- The route can be cold and the race can take place in areas where it is not easy for the race management to get to, therefore it is important that the team can stay warm and take care of themselves until further help arrives.

Participation in Montane Adventure Race European Championship take part at their own risk. The declaration is necessary as proof that the participants have received and read this document.

Participant's 1 name (use ALL CAPS)	Signatur
Participant's 2 name (use ALL CAPS)	Signatur
Participant's 3 name (use ALL CAPS)	Signatur
Participant's 4 name (use ALL CAPS)	Signatur
Date (Day/Month/Year)	

