

FJÄLLMARATON ÖPPET FJÄLL

PRESENTED BY
Bergans
OF NORWAY

1-2 July 2023

NEW for 2023

For 2023, we're introducing the option to select either Saturday or Sunday to participate in Fjällmaraton Öppet Fjäll. Both distances have the same start at Köja in Edsåsdalen and finish in beautiful Ottsjö.

STARTTIDER 1 & 2 juli 2023

Fjällmaraton Öppet Fjäll 42 km, Edsåsdalen
Fjällmaraton Öppet Fjäll 27 km, Edsåsdalen

06.00-09.00 open start
09.00-12.00 open start

NUMBERS

You will receive an SMS on Friday before the event with your start number. To speed up the collection process, please supply the staff with the number written in the SMS as well as your full name.

Late entries will be accepted up until the start fields are sold out. You can put in a last-minute entry at the Fjällmaraton Centre in Ottsjö or at the start in Edsåsdalen.

For 2023, entries are capped at 500 per day.

Where and when to collect your number:

Öppet Fjäll 27 & 42 km

| | | | |
|----------|------|---------------|---|
| Fredag | 30/6 | 15:00 - 17.00 | Ottsjö Fjällmaraton Centret– refer to map |
| | | 18.00 - 19.00 | Trillevallens Högfjällshotell |
| | | 20.00 - 21.00 | Edsåsdalen Köja |
| Saturday | 1/7 | 05:30 - 12.00 | Öppet Fjäll start zone in Edsåsdalen, on the field below Köja |
| Sunday | 2/7 | 05:30 - 12.00 | Öppet Fjäll start zone in Edsåsdalen, on the field below Köja |

REUSABLE CUP FOR FEED STATIONS

When collecting your number, all participants will receive a cup to be used at the feed stations. There are no single-use cups so bring this foldable cup along on the day to make sure you keep hydrated at the stations. (Note: the use of this specific cup is not mandatory; you can use any cup of your choosing.)

POST-EVENT KIT

Your post-event kit refers to the non-event clothing you turn up to Öppet Fjäll in and want to have back at the finish—don't confuse this section with the obligatory equipment.

When you collect your number, you will receive a sticker with the same number on it. Stick this number on your **own** bag containing clean clothes for after the event.

Drop this bag at the designated spot at the start and these will be transported by the organisers to the finish arena in Ottsjö

SHOWERS & TOILETS

There's a bathing spot in the lake, located around 700 metres from the finish arena in Ottsjö.

Toilets will be available in both the start and the finish zones.

ACCOMMODATION

We suggest booking accommodation at the start in Edsåsdalen, at Trillevallens Högfjällshotell or Fjällsätra in Undersåker – Transport from these locations to and from the start will be quick and well organised. Alternatively, look for lodging in Ottsjö where the finish arena is located, as there will be transport arrangements from here to Edsåsdalen on the morning of the event.

For accommodation deals för Öppet Fjäll:

Edsåsdalens fjällhotell, vandrarhem & stugby: 0647-332 00 or email boka@edsasdalen.se
www.edsasdalen.se

Trillevallens Högfjällshotell: 0647-360 90 or email bokning@trillevallen.com
www.trillevallen.com/erbjudande

Hotell Åre Fjällsätra, Undersåker: 0647-305 05 or email info@fjallsatra.com
www.arefjallsatra.se

For alternative accommodation in Ottsjö:

Ottsjö Fjällby: 0647 - 342 10

www.ottsjofjallby.se

Ottsjö Fjällstugor: 0647-340 30

www.ottsjo.net/ottsjofjallstug.htm

Ottsjö Mountain Village Homes

<https://ottsjo.sirvoy.me>

You will also find a range of cabins and short-term lets available through various booking platforms.

BUS TRANSFER TO THE START

Bus transfers will run from Ottsjö, Trillevallen and Undersåkers train station according to the schedule below on BOTH Saturday 1 July and Sunday 2 July.

Two weeks before the event, we'll send you a form to submit your chosen bus time.

To the 42 km Start in Edsåsdalen

| | |
|---|----------------------------|
| Ottsjö ICA Ottsjöbua | 05:00, 06:00, 07:00, 08:00 |
| Trillevallens Högfjällshotell | 05:10, 06:10, 07:10, 08:10 |
| Undersåkers station (Fjällsätra guests) | 05:25, 06:25, 07:25, 08:25 |

To the 25 km start in Edsåsdalen

| | |
|---|----------------------------|
| Ottsjö ICA Ottsjöbua | 08:00, 09:00, 10:00, 11:00 |
| Trillevallens Högfjällshotell | 08:10, 09:10, 10:10, 11:10 |
| Undersåkers station (Fjällsätra guests) | 08:25, 09:25, 10:25, 11:25 |

For anyone arriving on the early train to Undersåker, choose the most suitable transfer time to Edsåsdalen.

Tip

For those who prefer to have their car at the finish area upon finishing:

Drive to Ottsjö and follow signs to the designated parking area for bus transfers. Take a transfer to the start. Once you've finished the event, you won't have far to go to your car.

BUS TRANSFERS AFTER FINISHING

Post-event transfer timetable to Trillevalen (Högfjällshotel) , Undersåker (train station) and Edsåsdalen (Köja)

15:00, 16:00, 17:00, 18:00 ... and later if necessary.

OBLIGATORISK UTRUSTNING ÖPPET FJÄLL

Obligatorisk utrustning

- Mobiltelefon med sparat säkerhetsnummer 070-238 30 56
- Ryggsäck eller midjeväska
- Vindtät jacka
- En extra långärmad underställströja
- Mössa (Buff är godkänt) och vantar
- Första förband
- Magnetisk kompass
- Behållare för minst ½ liter vätska
- Visselpipa
- Vindbyxor
(kan bli aktuellt beroende på väder, besked ges dagen innan start)

Erhålles inför tävlingen

- Två nummerlappar
- Karta
- Kåsa för vätskestationer
- Tidtagningschip



RULES

- All litter, including gel wrappers, bottles etc., must be carried until you reach the nearest checkpoint or the finish line.
- We ask that all participants take responsibility for their own wellbeing as well as those around them. As such, we expect you to take care of an injured participant until help arrives.
- If you wish to pull out of the event, you have to inform the nearest staffed checkpoint.
- All participants must be aware of the inherent risks when competing in an off-road event like this. Any seriously injured participants will be escorted to safety as quickly as possible by the event's designated first-aid staff, however, weather and terrain conditions can affect the speed with which a rescue can be carried out. As such, it is essential that everyone adheres to the obligatory kit list.

CUT-OFF TIMES

One cut-off time applies to both distances: **15.00 CET at Tobaksdalen feed station (at 12 km in the 27km event / 27 km in the 42 km event, respectively)**

You must have passed the feed station by this time. Participants who fail to meet the cut-off time will not be permitted to continue for reasons of their own safety. Transport back to the finish zone will be arranged by race staff (note: the feed station is 1.8 km from the road).

ÖVERSIKTSKARTA ÖPPET FJÄLL

