

FJÄLLMARATON

GASTRONOMI

29-30 JUNI 2024

PM 2024

START TIMES 29 - 30 June 2024

Fjällmaraton Gastronomi 42 km, Edsåsdalen
Fjällmaraton Gastronomi 27 km, Edsåsdalen

06.00-09.00 open start time
09.00-12.00 open start time

Food serving at the finish will begin at 13:00. So if you're planning on running fast, pick a later start time.

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 2024, **entries are capped at 500 per day.**

Where and when to collect your number:

Gastronomi 27 & 42 km

Fredag 28/6	15:00 - 17.00	Ottsjö Fjällmaratoncentret – <i>refer to map on final page</i>
	18.00 - 19.00	Trillevallens Högfjällshotell
	20.00 - 21.00	Edsåsdalen Köja
Lördag 1/7	05:30 - 12.00	Starten för Öppet Fjäll, Edsåsdalen ängen nedanför Köja
Söndag 2/7	05:30 - 12.00	Starten för Öppet Fjäll, Edsåsdalen ängen nedanför 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 Trillevallens Högfjällshotell or in Ottsjö where the finish arena is located, as there will be transport options from here to Edsåsdalen on the morning of the event.

Trillevallens Högfjällshotell:

0647-360 90 bokning@trillevallen.com
www.trillevallen.com/erbjudande

Accommodation options in Ottsjö

Ottsjö Wårdshus:
070 3349697 info@ottsjowardshus.se
www.ottsjowardshus.se

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>

Accommodation at the start in Edsåsdalen

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

BUS TRANSFER TO THE START

Bus transfers will run from Ottsjö, Trillevallen and Undersåkers train station according to the schedule below on BOTH Saturday 29 June and Sunday 30 June.

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	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	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.

TIPS:

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 Trillevallen (Högfjällshotell) , Undersåker (train station) and Edsåsdalen.

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

OBLIGATORY EQUIPMENT

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Obligatory Equipment

- Mobile telephone with safety number +046 070 238 30 56 saved
- Backpack or hip pack
- Windproof jacket
- A spare long-sleeved thermal top/base layer
- Hat/Buff and gloves
- First aid bandage
- Magnetic compass
- Container for min. 500 ml fluid
- Whistle
- Windproof trousers (weather dependant, you will be informed by SMS in the days leading up to race)

Provided by race

- Two race numbers
- Map
- Reusable cup for feed stations
- Timing chip



RULES

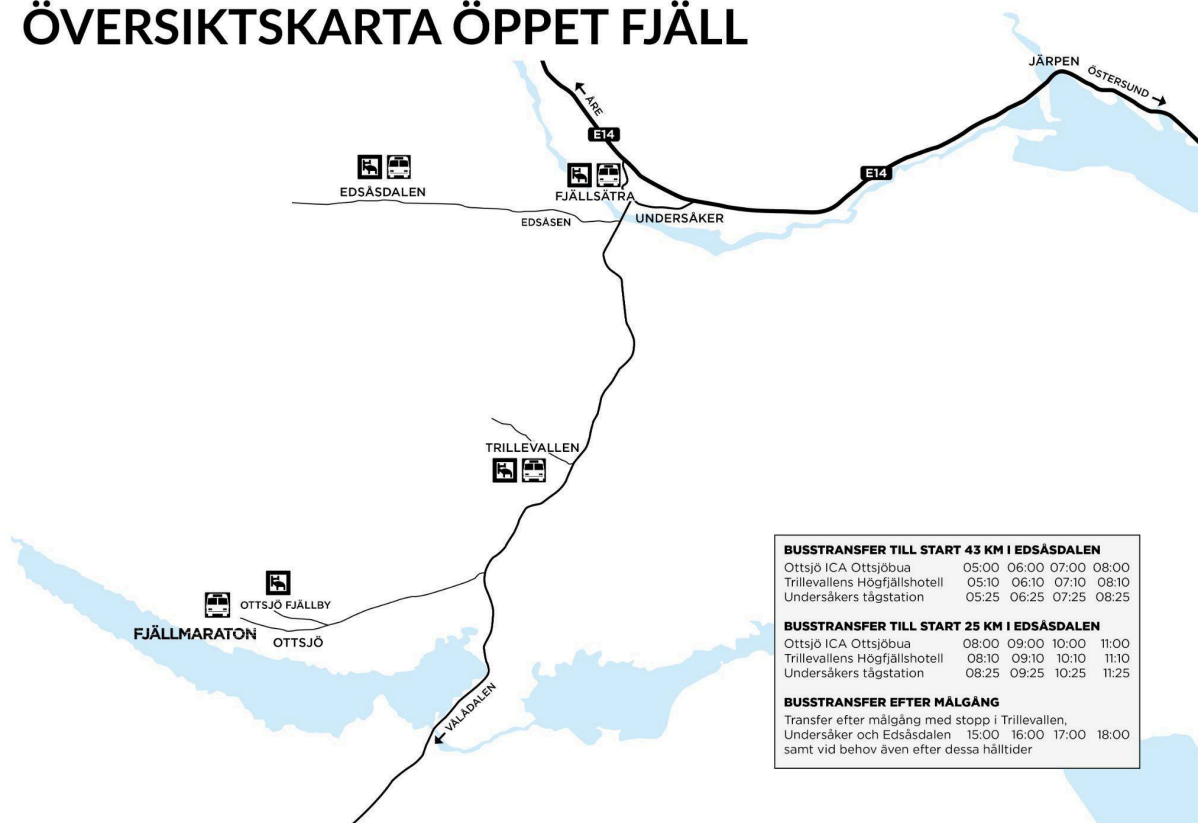
- All litter, including gel wrappers, bottles etc., must be carried until you reach the nearest checkpoint or the finish line.
- We ask that all participants take responsibility for their own wellbeing as well as those around them. As such, we expect you to take care of an injured participant until help 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



BUSSTRANSFER TILL START 43 KM I EDSÅSDALEN				
Ottsjö ICA Ottsjöbua	05:00	06:00	07:00	08:00
Trillevallens Högfjällshotell	05:10	06:10	07:10	08:10
Undersåkers tågstation	05:25	06:25	07:25	08:25

BUSSTRANSFER TILL START 25 KM I EDSÅSDALEN				
Ottsjö ICA Ottsjöbua	08:00	09:00	10:00	11:00
Trillevallens Högfjällshotell	08:10	09:10	10:10	11:10
Undersåkers tågstation	08:25	09:25	10:25	11:25

BUSSTRANSFER EFTER MÅLGÅNG				
Transfer efter målgång med stopp i TrillevalLEN, Undersåker och Edsåsdalen				
Undersåker och Edsåsdalen	15:00	16:00	17:00	18:00

samt vid behov även efter dessa hålltider