

FJÄLLMARATON GASTRONOMI

28-29 JUNI 2025

START TIMES 28 - 29 June 2025

Fjällmaraton Gastronomi 42 km, Edsåsdalen

06.30-08.30 open start time

Fjällmaraton Gastronomi 27 km, Edsåsdalen

08.30-11.00 open start time

Food serving at the finish will begin at 12:00. So if you're planning on running fast, pick a later start time. Be aware that 6.30 and 8.30 could both be busy start times.

NUMBERS

To speed up the collection process, please supply the staff with your full name and the start number allocated to you on the entry list.

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 2025, **entries are capped at 350 per day.**

Where and when to collect your number:

Gastronomi 27 & 42 km

Friday 27/6 15:00 - 16:00 Ottsjö Fjällmaratoncentret – *refer to map on final page*

17:00 - 18:30 Trillevallens Högfjällshotell

20:00 - 20:30 Edsåsdalen Köja

Saturday 28/6 06:15 - 10:45 Start för Gastronomi, on the field below Köja, Edsåsdalen

Sunday 29/6 06:15 - 10:45 Start för Gastronomi, on the field below Köja, Edsåsdalen

REUSABLE CUP & CUTLERY FOR FEED STATIONS

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

POST-EVENT KIT

Your post-event kit refers to the non-event clothing you turn up to Fjällmaraton Gastronomi 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 28 June and Sunday 29 June.

In the week or so leading up to the event, we'll send you a form to submit your chosen bus time.

To the start in Edsåsdalen

Ottsjö ICA Ottsjöbua	05:45, 06:50, 08:00, 09:10, 10:20
Trillevallens Högfjällshotell	05:55, 07:00, 08:10, 09:20, 10:30
Undersåkers station	06:05, 07:10, 08:20, 09:30, 10:40

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.

14:00, 15:10, 16:20, 17:30 ... and later if necessary.

OBLIGATORY EQUIPMENT

FJÄLLMARATON
GASTRONOMI

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

