FJÄLLMARATON
ÅREFJÄLLEN 25 JUL – 1 AUG 2026

FJÄLLMARATON
100K
PRESENTED BY
Klättermusen

RACE DAY INFO - FJÄLLMARATON 100K

30 July 2026

START

Fjällmaraton 100K 05:00 Fångåmon

RACE NUMBERS

You will receive an SMS on Wednesday (within 24 hours before the race) with your start number. To speed up the process when collecting your race number, supply the staff with the number written in the sms as well as your full name.

Where and when to collect your number or put in a last-minute entry:

Fjällmaraton 100K

Wed 29/7	15:00–19:00	Åre Torg/The main square in Åre
	18.00-18.15	**BRIEFING, Åre torg**
Thurs 30/7	04:00-04:20	Fjällmaraton Center, Ottsjö, before taking the bus to start

DROP BAGS

Athletes may deposit a drop bag at a designated spot at the start. Items deposited here will be available mid-route as you pass Ottsjö. **Mark it clearly with your race number.** Your drop bag will be under cover in the event of bad weather.

Your designated support crew will have access to a large, weather-proof tent at the drop bag zone, equipped with tables and chairs that they can use to help provide support.

YOUR SUPPORT CREW

For those athletes with a support crew, they are welcome to meet you at all the feed stations and the halfway bag drop zone.

When you collect your race number you can obtain a Parking permit for halfway/the finish for your supporters.

Note: Support is not permitted along the route outside of the official feed stations.

Pacing is also not allowed.

BUS TRANSFER to the start & after the race

The race organises a free bus transfer to the start in Fångåmon from Åre –> ICA Björnänge –> Undersåker via the Fjällmaraton centre in Ottsjö.

Important: Use the link below to book a spot on the bus.

Book your transfer by 18:00 on Wednesday, 29 July:

https://dinkurs.se/101481

Bus transfer time table:

Fjällmaraton 100K 30 July, start 05.00 Fångåmon

Åre train station	03:30
ICA Björnänge	03:40
Undersåkers train station	03:50
Trillevallen	04:00
Ottsjö Fjällmaraton Center	04:20

Tips för those coming by car to Ottsjö

1. *Drive into Ottsjö and follow signs to the designated parking areas. We encourage carpooling.*
2. *Leave your Drop Bag in the designated zone.*
3. *Take the free transfer to the start in Fångåmon at 04:20*

POST-RACE TRANSFER

Kia Fjälltransfer refers to our concept of providing free transfers in Kia's range of electric cars to wherever you have parked your car in the vicinity. There are no set departure times; transfers will depart when full from just below the road above the Fjällmaraton finish arena.

We can also help organise return transfers for athletes with accommodation in Undersåker or Åre.

REUSABLE CUP

When collecting your race pack, all participants receive a cup to be used at the feed stations. We do not have any single-use cups at our feed stations, so it is wise to bring this foldable cup along to the race 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.)

U Sport by Umara is the official hydration drink that you'll find at all our feed stations, plus gluten-free U bars from Umara.

Vålådalen 22 km
Water, sports drink, bars, bananas

Nordbottnen 38 km
Water, sports drink, bars, bananas, buns, coffee, bouillon

Ottsjö 51.5km | Drop bag
Water, sports drink, bars, bananas, veggie soup, buns, coffee, bouillon

Tobaksdalen 65 km
Water, sports drink, bars, hot dogs, buns, coffee, bouillon

Edsåsdalen 77.5 km
Water, sports drink, bars, bananas, sweets, crisps, Coca-cola, buns, coffee, bouillon

Skavhugget 82.5 km
Water, sports drink, bars, sweets

Ytterstvallen 92.5 km
Water, sports drink, bars, sweets, crisps, Coca-cola, coffee, bouillon

Finish 100 km
Post-race food

POST-RACE KIT

Your post-race kit refers to the non-race clothing you turn up to the race in and want to have back at the finish—don't confuse this section with your obligatory equipment. When you collect your race number you will receive a sticker with your race number on it. Stick this number on your own bag containing clean clothes for after the race.

Drop this bag at the designated spot at the start and these will be transported by the race organisers to the finish zone.

RULES

- Runners must follow the waymarked route.
- All participants must be aware of the inherent risks when competing in an off-road running event like this. Any seriously injured athletes will be escorted to safety as quickly as possible by the event's designated first-aid staff, however, the weather and terrain conditions can affect the speed with which a rescue can be carried out. As such, it is essential that athletes adhere to the obligatory kit list.
- All litter, including gel wrappers, bottles etc., must be carried until you reach the nearest checkpoint or the finish line.
- No spiked shoes.
- We ask that all competitors take responsibility for their own wellbeing as well as those around them. As such, we expect you to take care of an injured athlete until help arrives.
- If an athlete wishes to pull out of the event, you have to inform the nearest staffed checkpoint.
- While support is not essential, it is permitted at feed stations. Athletes may not receive support along the route.
- Pacing is NOT allowed.
- If the race organisers deem an athlete unable to complete the race due to signs of advanced fatigue or injury, we may ask an athlete to withdraw.
- We have zero tolerance towards doping and cheating.
- The mountains are home to a lot of nature – please respect any animals that you encounter. Do not disturb or intentionally scare them.
- Threatening behaviour or harassment will not be tolerated. If you are subjected to this, or witness anything of the sort, please inform the race director.

Forgotten anything? Don't panic! Outdoor Buddies in Åre's main square and the Fjällmaraton Centre in Ottsjö have all the obligatory equipment available for any last-minute purchases.

CUT-OFF TIMES

Ottsjö, 50 km	15.30
Edsåsdalen, 75 km	19.00
Trillevallen, 86 km	21:30

You must have passed these checkpoints by this time. Athletes who are unable to meet the cut-off times will have to retire from the race for safety reasons. The race organisers will arrange transport to the finish line.

PRIZE MONEY

Prize money Fjällmaraton 100K

1st M/F	**1000€**
2nd M/F	**500€**
3rd M/F	**250€**

The prize ceremony will take place at 20:00 in the finish arena. We request that all podium athletes are present.

POST-RACE FOOD

100K athletes will be served a meal in the food area at the finish in Ottsjö. Food vouchers will be handed out as you cross the finish line.

Spectators and supporters will be able to purchase food in the finish arena throughout the day and night.

SHOWERS & TOILETS

There's a prime bathing spot in Ottsjö lake located around 700 metres from the finish. Toilets will be available around the start in Fångåmon and the finish zone in Ottsjö.

ÖVERSIKTSKARTA OTTSJÖ
OTTSJÖ WÄRDSHUS
OTTSJÖ FJÄLLBY
BUSSHÅLLPLATS
TRANSFER TILL START
SAMT ÅRE/UNDERSÅKER
EFTER LOPPET
BUSSHÅLLPLATS
TRANSFER TILL START
TRILLEVALLEN
UNDERSÅKER
VÅLÅDALEN
FJÄLLMARATON
CENTRET
NUMMERLAPPSUTDELNING,
PASSAGE EFTER 54 KM, DROP BAG
OCH MÅL FÖR 100K
OTTSJÖ BYALAGS BASTU

Bilaga 3: Föreskrifter för Vålådalens naturreservat

I Vålådalens naturreservat är det inte tillåtet att:

- starta och landa motordriven luftfarkost, inklusive drönare
- elda vid Nipans vindskydd eller inom restriktionsområde vid Östra Blanktjärn annat än på särskilt angivna eldplatser, och endast med medhavd eller tillhandahållen ved, alternativt på friluftskök eller motsvarande
- övernatta i tält, vindskydd eller motsvarande i vissa områden vid Östra Blanktjärnarna, Grönvallen, sydöstligaste Issjödalen och Pyramiderna
- beträda marken i två områden vid Pyramiderna
- beträda marken utanför markerad led och utsiktsplats vid Östra Blanktjärnarna, med undantag för när marken är väl snötäckt
- cykla, annat än på väg eller för cykling särskilt markerade leder och endast 19 juni - 30 september
- cykla på ledsträckorna Grönvallen-Issjödalen-Pyramiderna-Grönvallen samt Tjallingen-Gåsåns vindskydd, annat än 15 juli-31 augusti
- cykla utanför särskilt markerade leder, annat än på väl snötäckt mark 1 oktober-19 april
- framföra motorbåt, samt på Rekån och i Östra Blanktjärnarna använda båt, kanot eller andra flythjälpmedel
- göra åverkan på mark eller växtlighet, torrträd och vindfällen inräknade

För organiserat friluftsliv och tävlingsverksamhet gäller särskilda regler i reservatet, se aktuellt reservatsbeslut för fullständiga föreskrifter. Det kan också finnas andra lagar att ta hänsyn till, exempelvis rennäringslagen.