



**7<sup>th</sup> TROLL CHALLENGE IN NORWAY**  
**From July 7th to 13th, 2026**  
**Trail running in 4 days**  
**90 km (+5100M -4100M)**  
**or 60KM in 4 days (+4100M -3100M)**



this 7<sup>th</sup> edition will take place in the region fjords in Øvre-Årdal, 200km from Bergen.

- A free pace race (open to walkers) in 4 stages 90km or 60km
- Each stage will be self-food sufficiency. The organization supports breakfasts and dinners

The race follows mountain trails and the course is of a demanding level; it is open to trail runners and walkers

**PRICE:** 1050€ for the first 20 registrations 1100€ for the following - 650 € for Accompanying.

**THIS INCLUDES:**

- Race registration
- 6 nights camping (you must bring your own tent).
- 4-person chalets and mountain hut beds are available for rent for €190 for 6 nights\*
- Breakfasts, lunches, and dinners. Everyone must prepare their own breakfast and meals using the food provided (except for the 2 days in the mountain hut).
- Closing meal at the awards ceremony
- Technical and medical assistance
- Transfers during the race
- Repatriation insurance
- A T-shirt

**\* Information about the bungalows and the refuge:** The bungalows sleep 4 in bunk beds with a refrigerator, heating, and an induction or gas hob.

The campsite provides a central kitchen for all campers, along with showers, toilets, a washing machine, and Wi-Fi.

We will arrange people by affinity whenever possible.

The bungalows and the refuge may be mixed.

The refuge dormitory is very well designed (alcove beds). For the refuge, rooms for 2 or 4 people are available with a supplement of €20 per person per night for a room for 2 and €15 per person per night for a room for 4.

**DOESNT INCLUDE:** flight - (Possibility of coming with your vehicle)

**All registrations must be accompanied** by a €200 bank transfer payable to Raids et Aventure (€100 for accompanying persons). Cancellations will result in a €40 deduction from the deposit (except for accompanying persons).

Bank: La Banque Postale / IBAN: FR98 2004 1010 1240 9942 5M03 356 B.I.C: PSSTFRPPSCE

For every cancellation: 40 € will be no refundable. After April 15, 2026, no refunds will be given for cancellation.

The remaining balance of the price of the race must be paid before May 18th, 2026.

For any cancellation occurring after this date, the totality of the price of the raid will be acquired.

**\*REQUIRED EQUIPMENT:** A running backpack with: Running food (1000 calories per day minimum) / Rain gear / Sweater / Survival blanket (2.20m x 1.40m) / Gloves / Hat / Whistle / Headlamp / Kamelback or bottle holder (minimum 1.5L) / Pair of poles / Elastic strapping, Elasto type, 1.50m x 6cm / Cup / For the stay: Sunscreen / Bowl, plate, cutlery.

**For those planning to sleep in a tent:** A self-inflating mattress and a good sleeping bag (the last two nights are at an altitude of 1000m).

**\*MANDATORY MEDICAL EQUIPMENT:** Bandages (Mefix or Cosmopore-type adhesive bandage) / A small disinfectant (Biseptine or Betadine Dermique) / A 1g box of Paracetamol (Doliprane type): / A box of Antispasmodic (Spasfon type) / A box of Antidiarrheal (Tiorfan type) / A box of Anti-emetic: (Vogalene or Motylioc) / 1 tube of cream (or small jar) of Bépanthène or NOK, or other (for irritated areas) / A box of Aquatab or equivalent to purify river water.

**These medications can be useful for the race, but also before and after the race.**

**\*ESSENTIAL DOCUMENTS:** A valid ID or passport (non-French nationals must contact the Norwegian embassy in their country).

A medical certificate of fitness to participate in an endurance race lasting less than 3 months,

### **Program Trolls Challenge 2026**

**Tuesday July 7<sup>th</sup>** Airport transfer *Oslo Gardermoen - Øvre-Årdal*

**Wednesday July 8<sup>th</sup>:**

Distribution of bibs and control of bags. In the evening Briefing and Pasta party

**Thursday July 9<sup>th</sup>:**

1st day 13KM, overnight at Øvre-Årdal campsite

**Friday July 10<sup>th</sup>:**

2nd day 25KM, or 18KM / overnight at Øvre-Årdal campsite

**Saturday July 11<sup>th</sup>:**

3rd day, 35km or 19km ; Overnight at Lake Tyin

**Sunday July 12<sup>th</sup>:**

4th day, 17KM or 10KM / In the evening, meal and prize giving / Overnight at Lake Tyin

**Monday July 13<sup>th</sup>:**

Transfer to Oslo Airport Gardermoen

**THIS PROGRAM IS GIVEN AS AN INDICATION - IT CAN BE MODIFIED**

**PLEASE READ THE RACE RULES CAREFULLY**

## **Rules:**

- 1 / The "Trolls challenge" is a race organized by the association "Raids & Aventure". This trail is a free pace race and it is open to anyone age 18 or over. (Possibility of participating with at least one of the two parents for minors aged 15 and over).
- 2 / Each participant must provide a medical certificate of fitness to participate in an endurance race of less than 3 months.
- 3 / Each participant will receive two bibs. They must be worn in front and behind in a visible way. It is forbidden to cover a bib.
- 4 / The ranking for the 90km: General men & women. **Walkers who have completed the entire course will be ranked the same as runners.**
- 5 / For your safety, control points are planned along the race
- 6 / The medical team present on the rally will be authorized to disqualify any competitor they deem medically unfit to continue the event. Their decision will be final. **The MEDICAL EQUIPMENT** requested in the program by the medical team is mandatory.
- 7 / The course will be marked. It is imperative to follow the markup. If a competitor gets lost, he will not hold the organization responsible and his time will be not changed. In case of dispute, refer to section 8 of this regulation
- 8 / Claim shall be presented to the Director of the race.
- 9 / The route may be altered or shortened depending on the weather. The organization cannot be held responsible for problems related to the weather.
- 10 / Having a backpack with mandatory equipment is imperative. Backpacks will be checked before departure.
- 11 / Photos will be proposed to each participant. All participants agree that the association "Raids & Adventure" has the right of their name and their individual or collective image for the promotion and information about Raids & Aventure.
- 12 / Competitors commit to respect these regulations by the mere fact of their registration.

# REGISTRATION FORM TROLL CHALLENGE 2026

RunnerHikker+1 (non runner)

☐ Runner ☐ Walker ☐ Accompanying ☐ 90KM ☐ 60KM

**Sleeping:** ☐ Attempted ☐ Bungaloow and refuge (+ 180€)

LAST NAME : \_\_\_\_\_

FIRST NAME : \_\_\_\_\_

ADDRESS : (zip code, city & country) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_

SEX: ☐ M ☐ F Size T-Shirt: ☐ XS ☐ S ☐ M ☐ L ☐ XL ☐ XXL

NATIONALITY: \_\_\_\_\_ JOB TITLE : \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Every subscription must come with 200€ transfer to the bank account

**BANK DETAILS:** Name of the bank : LCL

NAME: Raids et Aventure

**IBAN:** FR98 2004 1010 1240 9942 5M03 356

**B.I.C:** PSSTFRPPSCE

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