



## Endurance Quest Lohja Race Info 1

Back in 2002, Endurance Quest was born with a mission to challenge the world's best endurance athletes in a race in the Finnish archipelago & forests. That mission still exists. Endurance Quest 2026 will offer new challenges for every racer and new exciting location.

### Race HQ & Accommodation

Race HQ will be in Lohja Spa.

Address: [Ylhäntie 1, 09120 Karjalohja](#)

Book your accomdation in lohjaspa.fi use code: ADVENTURE to get special race price.

### Course & Logistics

The course consists of six stages, which include mountain biking, trekking, kayaking, and rope activities. Details of the course will be published two weeks before the race in the final race info.

TA (Transition Area) Boxes every team has to bring one (1) TA bag max 110 liters and max packed weight is 25kg.

Kayaking will be carried out with duo kayaks. You can use your own paddles and life vests for kayaking; however, everything has to fit inside the kayak bag you bring for the race.

If you need paddles and/or PFDs (life vests) for the kayaking stage please book them via forms: <https://forms.gle/5FoQepU2g1Sy8oAW6>.

Last course information & Scheme will be published on week 25.



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### **Mandatory Equipments (minor changes are possible)**

You can find mandatory equipment lists on race websites.

### **Preliminary Race Schedule (minor changes are possible)**

THURSDAY 25.6.2026

- Team transfers from the airport

FRIDAY 26.6.2026

- 17.00 - 20.00 Pick up team material + team photos

SATURDAY 27.6.2026

- 8:00 Map handout &
- 9:00 Buss to start location
- 8:00 Race Start, Location X

SUNDAY 28.6.2026

- 8:30 Winning team finish (Estimation)
- 8:00 - 15:00 Sauna + Showers
- 12:00 - 15:00 Post-race dinner
- 15:00 The course closes
- 15:00 Prize giving
- Team transfers to the airport

MONDAY 29.6.2026

- Team transfers to the airport

### **Rules of the competition**

When registering, you have already taken note of and agreed to the rules of competition. We will use standard ARWS-rules:

<https://secureservercdn.net/198.71.233.44/405.520.myftpupload.com/wp-content/uploads/2021/08/ARWS-Rules-of-Competition-1.6.1.pdf>

### **Pick up/ drop off - International teams only**

Please let us know when you arrive at the Helsinki-Vantaa airport or Helsinki Harbor by email ([lauri@multisport.fi](mailto:lauri@multisport.fi)) So we can plan your pick up and transportation to Race HQ. We would like to get into the process of flight times as soon as possible so that we can offer appropriate solutions.

Note: If you have any doubts or questions regarding a flight to book or your journey in general, please contact us directly at [lauri@multisport.fi](mailto:lauri@multisport.fi) and we will assist you.



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