



The Amazons Australia

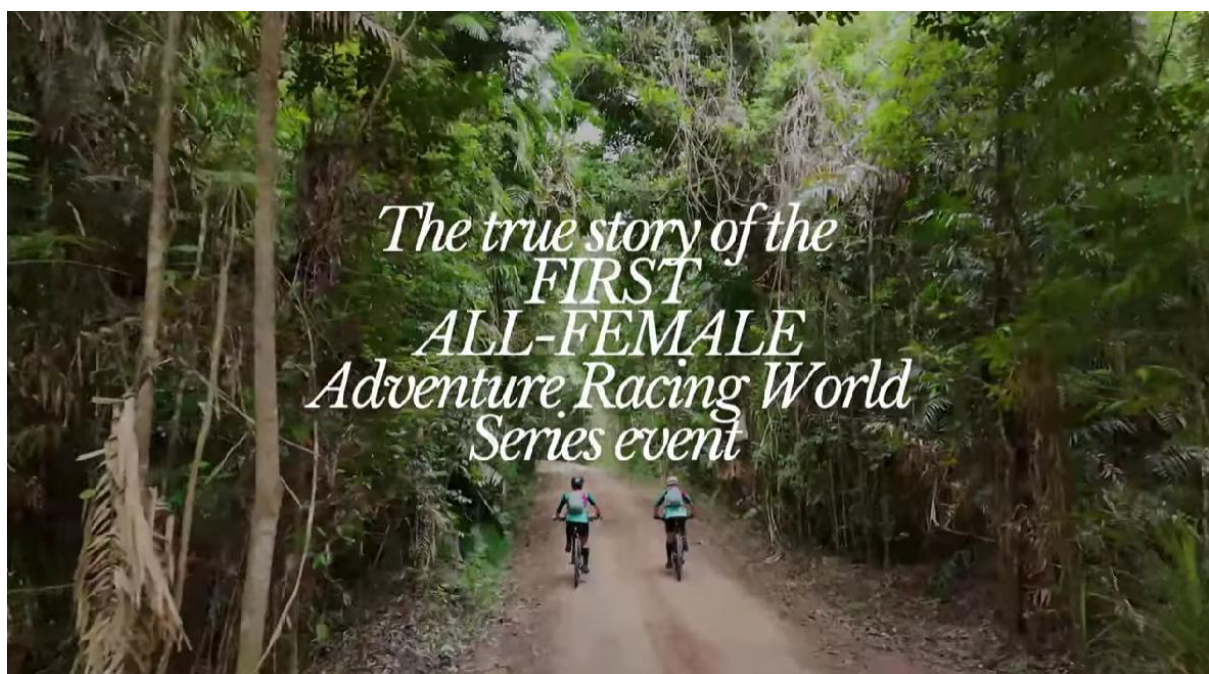
The Amazons Australia 2026 – All-Female ARWS Stage Adventure Race

Newsletter #3 - 2026

Welcome to 2026 and our third newsletter for The Amazons Australia 2026. Here are the links to [Newsletter #1](#) and [Newsletter #2](#) if you missed them.

We have just had the opportunity to launch ‘The Amazons’ Documentary, a short film produced by Alyse Edwards from [Reel People Productions](#), about the first ever ARWS all-female event. The film highlights why the event was created and also explores some of the daily challenges that women face, and just how being involved in the sport of adventure racing can make a huge difference to your life! Some of the key takeaways - dream big, be adventurous, challenge yourself to try new skills and surround yourself with people who lift you up no matter what!

View the trailer here!



Contact Us triadventure@optusnet.com.au





The Amazons Australia

So, that brings us to getting prepared for The **Amazons Australia 2026**

Navigation

Yes, the Amazons Australia is a navigational race, and you will need to be able to read a map and use a compass in order to find the checkpoints. If we were to rank the degree of difficulty of the navigation in this year's event between 1 and 10 (1 being easy and 10 being super challenging) we think it's going to sit between 1 and 6. Due to the nature of the thick jungle terrain most of the foot navigation will be on tracks and trails, but as it's an adventure race, sometimes you can use your skills to choose a route that may be shorter or faster. Some of the things that will provide some extra challenge will be the fact that maps might be different scales, contour intervals on some maps may be different to others and at some transition areas, you might need to draw your own checkpoints on the map.

Checkpoints

You will receive course notes at the start of each day that will include the checkpoint descriptions. Most of the checkpoints you are searching for will be orange and white orienteering flags either 10cm x 10cm or 20cm x 20cm. Some might be super easy to find, and others will require you to use your orienteering skills to pace count in a certain direction ie 30m North of track creek junction.

Trekking

Be prepared to get your feet wet and traverse surfaces that may be rocky, slippery, steep and uneven. This year the course will take teams to some spectacular tropical rainforests that will have a few of those not so friendly plants such as the stinging tree or wait-a-while, but if you know what they look like, you should be able to avoid these. You may complete multiple treks each day of the course, so be prepared to run/trek before or after mountain biking or paddling.



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The Amazons Australia

Kayaking - White Water Rafting and Ocean Kayaking

As previously published the course this year will include white water kayaking. Teams will be paddling 2-person inflatable sport rafts and all other paddling and safety equipment, which will all be provided for this leg including paddles, PFDs and kayaking helmets. At the event registration/briefing you will receive a safety briefing from the crew at [Wildside Adventures](#). When completing this leg during the race, there will be river guides and safety crew in place to help you choose safe lines through the rapids and provide assistance if required. This part of the course will be thrilling, and we strongly advise that you are comfortable floating, treading water and swimming with a PFD fitted, as well as some paddling experience. The river will take you where you need to go, but some practice steering, starting, stopping and turning will be a huge advantage, not just for the white-water paddles, but also in the ocean.



Mission Beach is the gateway to some of the most stunning ocean kayaking in the Great Barrier Reef's protected waters – so we simply have to ensure that we include some ocean paddling again in 2026, after all we need to honour and respect the legendary



Amazon warriors for whom the race is named. In the ocean you will be in charge of steering your craft, so we do recommend that you practise. The person at the back is the captain of the ship and steers, while the person at the front is the engine and provides the power. We do suggest that you try to practise with your team mate before the event and work out where you work together best.



The Amazons **Australia**

Mountain Biking

There will not be any super scary, super technical mountain biking throughout the course, but you will need to be prepared to spend a bit of time on the bike. So, make sure that you have some padding in your bike knicks just to make the journey a little more comfortable. You will need to be prepared to ride on roads, paths, fire trails as well as rough, uneven surfaces such as sand and dirt trails. Mountain bikes also are aptly named as they are made for riding up mountains, so there may be a few hills! If you choose to wear clip in MTB shoes, you may need to carry your running shoes, so make sure you have a pack that can fit your shoes as well as the rest of the gear for the day.

It can be tricky to navigate on a mountain bike if you do not have a map board fitted to your handlebars. There are many types of map boards available these days and they enable you to swivel/rotate the map while riding.



So, how much training should I be doing?

We recommend that you try most weeks to get 2 sessions per week of each discipline. If you are time poor, try combine disciplines, this is called a brick-session and is also a great way to practise transitions. We find that part of the fun of preparing for an adventure race is exploring your own back yard and finding places and things that you never knew existed. As the event is up to 8 hours per day, realistically you are not going to be on any one discipline for more than 3 hours, so build up to that as a start. Also don't forget to practise your transitions and navigation.

If you would like more information on training and preparation and of skills development, please contact us at triadventure@optusnet.com.au

The Amazons Australia

Gear, Equipment & Logistics

We have updated the gear and logistics section on the website here [Competitor Information | The Amazons Australia](#). You will notice that you may be required to carry most of your gear for most of the legs in your race packs. This means you possibly will need to carry all of the food and nutrition that you require for the full day of racing. If wearing clip-in MTB shoes, you might need to carry your runners. We are looking at having small bags available for you at some TAs and at the Start/Finish.

These bags should have a fastening device (zip/drawstring) and have a volume of no greater than 5L each (max packed weight of 5 kg). These would be packed by you before the start of each day of racing and then will be transported to TAs or to the finish. We recommend that you prepare for the event, by not only practising the skills of kayaking, mountain biking and running/trekking, but also do these sessions wearing a backpack and transitioning from one leg to another to make sure you are comfortable. You will be required to wear a bib during the event and your race pack should not cover up bib details.



THE AMAZONS AUSTRALIA 2026 ENTRIES & CATEGORIES

So, far we have a mix of entries from Qld, NSW, Victoria, South Australia as well as New Zealand – both North & South Islands. We have extended the standard entry until 30 April, so if you have not entered, get in now before we sell out!

ENTRY INFORMATION & ENTRY LINK

Legends 50+	45% of entries at 31/3/26
Warriors 30+	30% of entries at 31/3/26
Princesses < 30	0% of entries at 31/3/26
Tribes mixed ages	25% of entries at 31/3/26



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Looking for a Teammate?

Please contact us via email triadventure@optusnet.com.au or post to

The **Amazons Australia Facebook** page so we can help put you in touch with other adventure racers with some experience depending on where you live. There is no time like now to get yourself involved in this amazing sport of all-female adventure racing.



Event Schedule 2026: For details & updates check the website [event information](#)

Sunday 5 July – Registration – This will be from around 12noon and will involve team photos, race pack handouts, official briefings and gear checks. Each team will be provided with a time for registration, photos and there will be a specific time set for official briefing. There will be an opportunity for teams to check out the kayaking equipment and to take into the water for a test paddle. There will be a specific briefing for White Water Kayaking which will also take place during registration.

Sunday 5 July – Sunset Social Function and Official Welcome

Monday 6 to Wednesday 8 July – Official Race Days – There will be 3 courses A, B & C. Due to the weather conditions, we may need to swap/rotate courses. Information will be provided in the race schematic which will be published in the week prior to the event and participants will be notified at registration of the order.

Wednesday 8 July – Official Dinner & Presentation Ceremony





The Amazons Australia

FUNCTIONS

The Pre-Event Social Function and the Post-Event dinner and prize-giving ceremony will take place at the **Plenty Restaurant & Bar**. It is right on the beach and is the perfect spot to be while the sun sets over the beautiful Cassowary Coast.

We will have some special invited guests and speakers at both functions and will also be screening 'The Amazons' short film. So, this will be your opportunity to mix and socialise with other like-minded women, share stories, and or get a few pre event race tips from some of the more experienced adventure racers.



ACCOMMODATION

Just a reminder to book your accommodation in North Mission Beach as close to the [event HQ](#). Then it is easy for you to just ride to the start/finish area each day. While we want everyone in Mission Beach to know about The Amazons Australia, we want to have minimal impact on the locals in terms of traffic and congestion. Riding to and from the event is also a great way to warm up and promote, healthy active, sustainable transport.

There are many types of accommodation available from camping, cabins in tourist parks, resort style accommodation and plenty of holiday rentals through online booking agencies and also local real estate agencies.

[Tropical Properties](#) Holiday Rentals
[Mission Beach Holidays](#) Holiday Rentals



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The Amazons Australia

EVENT SHUTTLE – BOOK NOW!!!!

The Event Shuttle – from Cairns International & Domestic Airport, is filling fast, so if you have not yet booked, please make this a priority, as we not only need to transport you, but also your bikes to Mission Beach.

Cost \$120 Per Person (return) or \$65 per person (one way)

The event shuttle from Cairns Airport will depart at approximately 2pm. Book a flight which arrives before 1pm on Saturday 4 July 2026.

The return shuttle will depart Mission Beach - HQ at approximately 8am on Friday 10 July 2026 and arrive at Cairns Airport by approximately 11am. Book a flight that departs after 12pm on Friday 10 July 2026.

To book a spot on the event shuttle* please contact us by email

triadventure@optusnet.com.au

Alternatively book your own transport via

[MISSION LINK](#)

or

[The Cassowary Coaster](#)



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Event Partners & Support

We can't put on events such as this without the backing and support from the following authorities: -

Cassowary Coast Tourism
Tourism Tropical North
The Cassowary Coast Council
Queensland Parks & Wildlife Services



Bringing people to explore Tropical North Queensland and the Cassowary Coast generates income for local business and helps them to not only survive but thrive especially after natural events such as floods and cyclones.

Once again we have the full support of the Adventure Racing World Series – [ARWS](#) and are a part of the ARWS [Oceania Series](#). The Amazons Australia is now joined by The [Spirited Women AR](#) in the series and there is a rumour that the 'women's' series is going to get bigger and one day soon there might even be an all-women's Adventure Racing World Championship. So, in order to generate some international competition the first New Zealand nationals at the Spirited Women 2026, have won an entry into The Amazons Australia 2026 and the first Australian nationals at The Amazons Australia 2026, win an entry into The Spirited Women AR, 2027.



[The Amazons Australia 2026 – Event Partners](#)



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The Amazons Australia 2026 Partners cont.

After the closing of our standard entries at the end of April, we will start to do some pre-event random draws for some product prizes thanks to our event partners.

[Mountain Designs](#)

[Squirt Cycling Products](#)

[Mission Beach Dive](#) / [Mission Beach Adventure Tours](#)

[Wildside Adventures](#)

[Dunk Island Camps](#)



So if you have not yet entered the Amazons Australia 2026, get your entry sorted before the end of April so you can be in the running to win some great prizes from our partners.

[Enter Here](#)

We are looking forward to seeing you all in Mission Beach July 5 – 8 2026

See you there - Jan and Kim 😊



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