



The Amazons Australia

The Amazons Australia – World First All-Female ARWS Stage Adventure Race

Newsletter #4

Here is the link to [Newsletter 1](#), [Newsletter 2](#) and Newsletter 3 [Newsletter 3](#) just in case you missed them.

Welcome to the fourth newsletter for The Amazons Australia.

A massive thank you to everyone who has already signed up for The Amazons Australia Adventure Race! We're absolutely thrilled to see such an amazing group of women ready to take on this incredible challenge on the stunning Cassowary Coast.

Get ready for an unforgettable adventure filled with breathtaking scenery, the thrill of pushing your limits, and the camaraderie of an all-female team. You'll be trekking through lush rainforests, navigating a variety of surfaces on your mountain bikes, paddling the ocean and testing your wits with some extra challenges along the way.

Prepare to be immersed in the beauty of Tropical North Queensland, from the vibrant rainforests around Mission Beach to the idyllic shores of tropical islands. It won't always be easy, but it will undoubtedly be rewarding. Get ready to discover your strength, resilience, and the incredible power of teamwork.

We can't wait to welcome you to the Cassowary Coast in July 2025 for the first ever Adventure Racing World Series all female event – The Amazons Australia!





The Amazons Australia

Not entered yet? Special Fibril Designs MAY Mapboard Offer

Be one of the first 5 teams in May to enter the Amazons Australia and your team will receive a free customised The Amazons Australia [Fibril Designs](#) Mapboard valued at \$100

You can enter online via this link [Entry Information](#) page on The [Amazons Australia](#) Website. If you are looking for a partner – please email us at triadventure@optusnet.com.au



Already entered and want one of these customised The Amazons Australia Mapboards??

Entrants will be receiving a special **30% discount** link in the next team email. Fibril Designs also have just come up with a specialised mapboard to use when kayaking.... We think that it is fantastic that we have someone creating these specialist navigational tools to help adventure racers navigate across the various disciplines of the sport.





The Amazons Australia

TRANSPORT – EVENT SHUTTLE UPDATE & BOOKINGS

If you wish to book a spot on the **event shuttle*** please contact us by email triadventure@optusnet.com.au. Cost \$65 PP one way (includes bike)

The **event shuttle** will do a pickup Cairns Airport on Saturday 5 July approx 2pm and will arrive at Mission Beach around 5pm. The **event shuttle** will depart Mission Beach at 9am Thursday 10 July approx. 8.30am. This would be suitable for flights departing Cairns Airport after 1pm on Thursday 10 July.



If you are departing Mission Beach on Friday, we suggest you book directly via Mission Link. <https://www.missionlink.com.au/> *NB There is no Mission Link Shuttle on Saturdays or Sundays.

KEEPING MISSION BEACH BEAUTIFUL

At Tri Adventure we care about the environment and are proud of our sustainability policy. In most of our previous events we have successfully managed zero waste to landfill on event day, so let's try for this at The Amazons Australia too! In the lead up to event we would like you all to be aware of some of our sustainability practices, helping us minimise our impact on the environment and keeping the Mission Beach and surrounding pristine environments beautiful for future generations.

- As mentioned, we are planning for a **ZERO WASTE** (to landfill) event, so we urge you **NOT** to bring any takeaway coffee cups, plastic contact (as maps and instructions are fully waterproof) and other such items that are not able to be placed in a recycle or compost bin
- Minimise your event packaging and consider alternatives such as reusable bags / containers
- Carry any litter you create and take it out with you
- If you see something dropped from the event, pick it up and hand it in at the next transition area
- Respect the flora and fauna that you may encounter on the course, enjoy nature at its finest
- Consider your transportation to and from the event, by carpooling and or accessing the event shuttle. Stay close to HQ so you can walk or ride to and from the start each day.



The Amazons Australia

COURSE INSIGHTS

The Amazons Australia as advertised will be a 3-day stage adventure race with a time cutoff of 8 hours each day. What we can tell you is that every leg will be navigational and that if all goes to plan each day will include all of the three major disciplines of adventure racing – trekking, mountain biking and kayaking. Of course we will be including a few extra challenges, but these will not be revealed until you get to that point on the course.

To ensure that everyone who enters, has the opportunity to complete the course each day before the ‘time cut off’, we have a proposed mandatory course set as well as bonus checkpoints. This means that some checkpoints will be compulsory and others optional, giving participants the ability to tailor the event to suit their own strengths and abilities.

We have 3 courses set – Course A, B and C. It is proposed that Course A will be Day 1, Course B – Day 2 and Course C – Day 3. However, due to the wind and weather conditions in the area at the time of the event, we may need to swap the courses around. We will be sending out a course schematic the week before the event to assist with your planning and packing. It will be simplistic but provide a guide to the order of the disciplines for each day of course. The course each day, will not be revealed until the map handout and briefing which will occur at 6.00am.

View our recent photos and video taken from out on the course.

Facebook - Photo story



Facebook – Video





The Amazons Australia

WILDLIFE & WILDERNESS AWARENESS ON THE CASSOWARY COAST

The Amazons Australia is an adventure race, so you will be going off the beaten track and visiting a range of different wilderness areas on foot, bike or kayak so it is important that you familiarise yourself with some of the plants and animals that have the potential to stop you in your tracks and/or cause injury.

Some of these include – cassowary, crocodile, kangaroos, snakes, stinging tree, marine stingers, stonefish, stingrays, sharks, wait-a-while vine and wild boar.

You can be assured that the course has been carefully planned so that we are not deliberately putting you at serious risk of danger, but you just need to be aware and know what to do in the case of an emergency. For this reason we have created a document that we would like you all to read and understand before the event.

You will find this document on The Amazons Australia website [Competitor Information](#) page

[Wildlife & Wilderness Awareness on the Cassowary Coast](#)

YOU, YOUR TRIBE, YOUR ADVENTURE

The Amazons Australia is going to be special, after all it will be the FIRST ALL FEMALE ARWS event EVER in the world, so by just being a part of this groundbreaking event, you are making history! We will have we have an expert [MEDIA TEAM](#) in place to photograph, video and share your stories to the rest of the world while you are out racing giving you the opportunity to relive and remember your awesome experiences.

Photographer – Margarete Oti

Videographer – Alyse Edwards

Social Media Advisor & ARWS CEO – Heidi Muller (pictured)



Whether you're a seasoned adventure racer or a first timer, the Amazons Australia welcomes you. Don't miss your chance to be part of something truly special.

The Amazons Australia

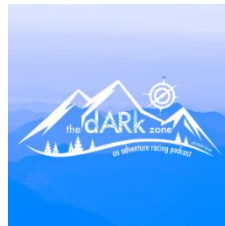
Major Event Partners

Adventure Racing World Series

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Cassowary Coast Council



Cassowary Coast Tourism



CASSOWARY COAST TOURISM
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A link to our [event supporters](#) can also be found here – so please support them any way you can before, during and or after the event, as without their support events like this are just not possible.



Contact Us triadventure@optusnet.com.au





The Amazons Australia

The Amazons are calling!

In Ancient Greece, there was believed to be a race of female warriors who lived on the outer limits of the known world.

The Amazons were strong, warlike, courageous and a force to be reckoned with.

But the Amazon spirit is not lost.

It's in the wild women who seek adventure.

The tenacious athletes who push their minds and bodies beyond the limit.

The mothers who sacrifice.

The ladies who unapologetically dance to the beat of their own drum.

The spirited sisters who grow together.

The brave, willing to leap into the unknown.

To the fearless femmes.

We call you.

For the challenge of a lifetime.

The AMAZONS AUSTRALIA

TEAMS OF TWO

July 6-10 2025

Mission Beach

Cassowary Coast, Queensland.



Contact Us triadventure@optusnet.com.au





The Amazons Australia

YOU CAN BE AN AMAZON



DON'T MISS OUT ON YOUR OPPORTUNITY TO BE A PART OF THIS
WORLD FIRST ALL FEMALE ARWS EVENT



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