



The Amazons Australia

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

Newsletter 1 - 2026

Welcome to the first newsletter for The Amazons Australia 2026. We plan to publish a newsletter every couple of months in the lead up to the event to keep updated and help you plan and prepare for this exciting event.

We were so proud to deliver the world first ever Adventure Racing World Series (ARWS) All-Women's Adventure Race earlier this year and for those of you who were a part of it, thanks for your support and we do hope to see you back in Mission Beach in July for the 2nd edition of The Amazons Australia.

If you were not there, please have a look at this short video





The Amazons Australia

The AMAZONS AUSTRALIA

TEAMS OF TWO WOMEN

July 5-8 2026

Mission Beach

Cassowary Coast, Queensland.

STAGE ADVENTURE RACE

The Amazons Australia is a stage adventure race, which will give teams up to 8 hours to navigate their way each day through the course searching for checkpoints whilst trekking, mountain biking and kayaking. There may be multiple legs of each discipline on each day. Navigational skills are certainly going to help teams travel through the course more efficiently, but you have plenty of time to work on this.

ENTRY INFORMATION

Early entries are opening on 30 November 2025 and as there are only 50 team spots available, we are encouraging you to enter early, to avoid missing out. Entries will be online via Event Plus and the link will be found on page on The [Amazons Australia](#) website. The link will be able to be viewed before entries open, but you will not be able to enter details until Sunday 30 November 2026.



Contact Us triadventure@optusnet.com.au





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Entry Cost Per Team of Two

Early Entry \$975 per person or \$1950 per Team (30 November 2025 - midnight 31 December 2025)

Standard Entry \$1075 per person or \$2150 per team (1 January 2026 - until midnight 31 March 2026)

Late Entry \$1175 per person or \$2350 per team (accepted after 1 April 2026 if not sold out until midnight Sunday 7 June 2026)

WHAT DOES YOUR ENTRY INCLUDE?

- Opportunity to be a part of an ARWS all-female event
- ARWS Regional Ranking Points for your team
- Pre-Event Sunset Social & Welcome Function (Food & Beverage)
- Post-Event Presentations & Prize Giving Function (Food & Beverage)
- 3 Days of Racing on a spectacular course - up to 8 hours per day
- Maps and Course Notes on waterproof paper
- Kayak hire (incl paddles & PFDs)
- Transport of gear & equipment during the event
- Overnight storage of gear and equipment during the event - if required
- Tracking device to carry throughout the event so that your friends and family can watch your progress
- Live updates to results and leaderboard via website live tracking
- Professional Photographer – photos will be available for free access after the event
- Event Merchandise and Finisher Memento
- Category Prizes and Random Draws provided by event sponsors
- Discounted Entry into the ARWS Total Recon - November 2026 (30% Discount)

* Winning Team - **Free Entry** into the ARWS Total Recon Event - November 2026

* Winning Team - **Free Entry** into The Amazons Australia 2027.



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CATEGORIES

Adventure Racing traditionally has teams of Mixed, Male and female teams and not much differentiation for different age categories, so for The Amazons Australia we have three categories based on age* 1 July 2026.

Legends - Two women over 50* who are willing to show the younger generations just what fearless means.

Warriors - Two women over 30* who are strong, skilled and up for any type of adventure.

Princesses - Two women under 30* who are tough and resilient, so ready to step up for the adventure.

Tribes - Two women - mothers, daughters, sisters or friends who's ages do not fit the other categories, who are fearless yet friendly and keen for the adventure.

Event Schedule 2026 (Proposed)

Saturday 4 July - Event Shuttle Airport Transfers*

We recommend that if you are travelling from interstate and overseas that you plan to arrive on Saturday 5 July before 2pm. Event shuttle to HQ* (extra cost) will be available from Cairns Airport on Saturday 5 July. See further details below.

Sunday 5 July 2026 – Registrations

Rego – 12.00 pm – 3.00pm Registration, photos, interviews, admin, gear checks

4.30 pm Happy Hour on Sunset

Official Welcome, ARWS CEO; Guest Speakers

(complimentary for participants)



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Monday 6 July 2026 – Race Day 1

Day 1 – 5.30am HQ Open

6.00am Map Handout & Briefing

7.00am START Day 1

3.00pm FINISH Day 1 (8 Hours)

4.30pm onwards a chance to relax, unwind at one of the many bars / restaurants located in Mission Beach.

Tuesday 8 July 2026 – Race Day 2

Day 2 – 5.30am HQ Open

6.00am Map Handout & Briefing

7.00am START Day 1

3.00pm FINISH Day 1 (8 Hours)

4.30pm onwards a chance to relax, unwind at one of the many bars / restaurants located in Mission Beach.

Wednesday 9 July 2026 – Race Day 3

Day 3 6.00am Map Handout & Briefing

7.00am START Day 3

3.00pm FINISH Day3 (8 Hours)

4.30pm OPTIONAL Happy Hour on Sunset at
Plenty Restaurant & Bar* (not included in entry)

6.00pm Dinner & Presentations at Plenty Restaurant & Bar including
speeches from guest speakers* (included in entry)



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Thursday 10 July 2026 – Stay & Play

We strongly recommend that you stay an extra day in Mission Beach and go and explore more of The Cassowary Coast!

Friday 10 July 2026 - Depart

We recommend that if you are travelling from interstate and overseas that you plan to depart on Friday 10 July after 1pm. Event shuttle to Cairns Airport* (extra cost) will be available on Friday 10 July. See further details below.

ACCOMMODATION

We are so thankful to have the support of Cassowary Coast Tourism who are welcoming all of you Amazons to explore and have an amazing adventure in this truly spectacular location in the Cassowary Coast Region of Tropical North Queensland.

The event HQ is located right in the heart of the town of Mission Beach, sometimes referred to as North Mission Beach. There are plenty of places to suit all budgets that are within walking distance to HQ.

We strongly advise that you try to stay nice and close to the event HQ as that will be where we gather each day for the event briefing and also where you will end up after finishing.

Accommodation in Mission Beach can be found by visiting the **Cassowary Coast Tourism** Website

<https://cassowarycoasttourism.com.au/mission-beach-holidays-and-rentals/>

or

Mission Beach Holidays

<https://www.missionbeachholidays.com.au/>



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TRANSPORT

We recommend that participants flying to the event, fly into Cairns as there are shuttles that service the Mission Beach area. Qantas, Jetstar and Virgin provide daily flights directly into Cairns Domestic International Airports. Air New Zealand and Singapore Airlines service the International Airport.

Airports **Cairns** Domestic and International Airport – 2hrs North of Mission Beach

Townsville Domestic Airport - 3 hours South of Mission Beach

Shuttles

The local shuttle service to Mission Beach is Mission Link. It takes approximately 3 hours. If booking this service, please ensure that you advise the transport company that you are travelling with a bike. Below is the link to their website.

Mission Link <https://www.missionlink.com.au/>

We are hoping to provide an event shuttle* from Cairns Airport. This would transport you and your gear directly from the domestic / international airport to Mission Beach - HQ. At this stage, to take advantage of this service, you will need to plan to arrive before 1pm on Saturday 4 July 2026. It is proposed that the event shuttle will depart the Airport at approximately 2pm

Following the event, the shuttle will depart Mission Beach - HQ at approximately 8am on Friday 10 July 2026 and should have you at the airport by approximately 11am (*Subject to change depending on service provider and there being sufficient bookings).

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

To book a spot on the event shuttle* please contact us by email
triadventure@optusnet.com.au



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Hire Cars

If you need to hire a car there are plenty of rental car options. This will allow you to make the most of your stay and go and explore more of the Cassowary Coast after the event.

Here is the link to Airport Rentals which allows you to view and select from a wide range of hire car companies based out of Cairns Airport.

<https://www.airportrentals.com.au/australia/cairns-airport-car-rental>

HOW DO YOU BECOME AN AMAZON?

Well, that's easy, read these Q&As, find a partner who is willing to take on the challenge, enter the event and before long you will be on the start line and making history!

How fit do I have to be for The Amazons Australia?

The Amazons Australia is a stage race, this means that you will only be out on the course for up to 8 hours each day. There are 3 main disciplines – kayaking, trekking and mountain biking – so realistically you would need to be able to spend around 3 hours on each discipline. You can stop and take a break whenever you like, and you get a chance to swap from one discipline to another many times throughout each day of the event.

What is a Transition Area?

A transition area or TA is a place/location where you may change from one discipline to another. In The Amazons Adventure Race, you will be required to pack gear into bags and officials will transport bags, bikes, kayaks to the TAs for you. The logistics planner and the course notes will provide information such as discipline & approx. time/ distance so you can pack what you need before the start of each day. For safety reasons you are always required to check in at all the TAs marked on the course



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How technical will the course be? Do I need to be an expert in every discipline?

Kayaking – the kayaks provided for the event are very stable and buoyant and relatively easy to paddle. You are required to have some ability to steer these as the kayaks have no foot steering pedals. The paddling for the Amazons Australia will be in both white-water environments and protected open ocean environments. For the white-water sections, you will paddle inflatable double kayaks (provided by the organisers) and there will be water guides on the course for safety. Ocean kayaking will be in protected waters, meaning there will not be surf, but the wind and tides can have an impact on how choppy the water is. So, we recommend that you and your partner practise together so you can handle a range of conditions and steer a kayak confidently.

Mountain Biking – You can expect to ride your mountain bike on roads, paths, dirt roads, sand and mountain bike trails in the event. So, some experience in riding mountain bike trails would be highly desirable, however in adventure racing it is totally fine to get off and walk whenever the conditions are above your skill level or simply too steep to ride up or down.

Trekking – If you have ever done a trail run before you will be fine. The tracks and trails for The Amazons Australia will vary, there will be some hills for sure, as well as plenty of rough, uneven ground. Be prepared to get your feet wet and be comfortable running with wet feet as well. We recommend that you have specific trail running shoes for the event.

I want to do the race, but I don't have a partner. How can I find a teammate?

Please contact us via our website and 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.



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I want to do the race, but I need to get some skills and fitness. Where do I start?

Please contact us via the website and or email triadventure@optusnet.com.au and we can help put you in touch with coaches and or other adventure racers with some experience depending on where you live. Jan and Kim from Tri Adventure can also provide online and face to face coaching as they have both got over 20 years of experience in the sport and we want all women to have the opportunity to become an Amazon!



WHY THE AMAZONS AUSTRALIA?

Jan and Kim from Tri Adventure have been involved in the sport of Adventure Racing now for more than 20 years each and collectively have over 100 years of experience in endurance sports. Over 12 years ago we created the Wild Women Adventure Race, which was the first all-female adventure race in Australia and this event is definitely a highlight of the AR calendar in Australia every year.

In 2024 we set up a meeting with the CEO of the ARWS and proposed the concept of The Amazons Australia, an all-female 3 day stage event. In July 2025, we successfully delivered the very first ARWS all female event and we continue to provide a platform for women to aspire to be Amazons – women who are independent, fearless and ready to be challenged – for without an opportunity to see what we, as women are truly capable of achieving, we as women may not live our lives to the fullest!



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The Amazons are calling!



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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