



The Amazons Australia

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

Newsletter #5 – FINAL UPDATE

Welcome to the fifth and final newsletter for The Amazons Australia.

Here are the links to [Newsletter #1](#), [Newsletter #2](#), [Newsletter#3](#) and [Newsletter#4](#) if you missed them.

We're thrilled to have you all joining us for what promises to be an incredible event! Get ready to soak up the stunning views, a challenging course and vibrant and unique atmosphere of this rather remote part of Queensland.

Acknowledgement of Country

We respectfully acknowledge the **Djiru aboriginal people**, the Traditional Custodians of the beautiful lands and waters where we gather for the event in Mission Beach and surrounds. We pay our deepest respects to their Elders, both past and present, and celebrate the rich cultural heritage and ongoing connection of First Nations peoples to this country.

Acknowledgement of Major Sponsors

We extend our sincere gratitude to our invaluable major sponsors whose generous support has made this world-first ARWS All-Female event possible. A huge thank you to the Cassowary Coast Regional Council, Cassowary Coast Tourism, Tourism Tropical North Queensland, and Mountain Designs for their ongoing commitment. We also especially acknowledge the ARWS - Adventure Racing World Series for their vision and for trusting us back in 2025, when we delivered the first ever, all-female ARWS event in Mission Beach. Your partnership is truly appreciated!



Contact Us triadventure@optusnet.com.au





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EVENT SCHEDULE – The Amazons Australia 2026

Sunday 5 July - Event Registration & Briefing (compulsory)

- 12.00pm – 2.00pm **Registration** (Admin, gear checks, photos, kayak familiarisation)
- 12.00pm Team 1-5; 12.15pm Teams 6-10; 12.30pm Teams 11-15;
- 12.45pm Teams 16-20; 1.00pm Teams 21-25.
- 2.00pm - 3.30pm **Briefing** (Course Information, Event Rules & Safety Briefing)
- 4.30pm - Happy Hour on Sunset - Plenty Restaurant
- Official Welcome, ARWS CEO; Guest Speakers (complimentary for participants)

* Course A, B, C order will be revealed at the pre-event briefing on Sunday 5 July. Course A will have a remote start & finish. On that day HQ will open at 5am, start will be 7.30am and finish will be at 3.30pm, with transport back to HQ.

Monday 6 July - Race Day 1

- 5.30am HQ Open
- 6.00am Map Handout & Briefing
- 7.00am START Day 1
- 3.00pm FINISH Day 1 (8 Hours)

We encourage you to walk around the town and visit many of the local cafes and bars. Your chance to relax, unwind and share stories of your adventure.

Tuesday 7 July - Race Day 2

- 5.30am HQ Open
- 6.00am Map Handout & Briefing
- 7.00am START Day 2
- 3.00pm FINISH Day 2 (8 Hours)

We encourage you to walk around the town and visit many of the local cafes and bars. Your chance to relax, unwind and share stories of your adventure.



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Wednesday 8 July - Race Day 3

- 6.00am Map Handout & Briefing
- 7.00am START Day 3
- 3.00pm FINISH Day 3 (8 Hours)
- 4.30pm OPTIONAL Happy Hour Plenty Restaurant*
(not included in entry)
- 6.00pm Dinner & Awards at Plenty Restaurant - including speeches from guest speakers*(included in entry)

Thursday 9 July - Recovery

- ALL DAY - Stay and Play - Relax and unwind in Mission Beach
- Explore more of the Cassowary Coast* packages available
(not included in entry)

Friday 10 July - Event Shuttle *

- 7.00am Post event Shuttle Services Begin*
(not included in entry)
- 10.00am Checkout of your accommodation or Stay and Play!

EVENT HQ – [Mission Beach Progress Hall](#)

Registration will take place at event HQ. Each team has been allocated a time as listed above. Please bring these items of mandatory gear to check: **Jacket, first aid kit, emergency blanket.**

BRING ALL GEAR & Equipment ready to race each day to HQ all gear for the event will be transported by our event staff throughout the event.

EVENT PARKING

There is parking available at the event HQ site. Please do not enter the campgrounds, unless you are staying there. There is ample street parking right outside.



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TOILETS & WATER

There will be water available at HQ and there is also access to toilets in the hall before and after each day. There will also be access to the toilets at the campgrounds before the race. Please note that only people staying at the campgrounds have access to the showers.

COURSE, LOGISTICS & EQUIPMENT

The Amazons Australia 2026 is a 3-day stage adventure race with a time cutoff of 8 hours each day.

The event will be a POINTS based event meaning that every checkpoint will be worth 1 point. There will be mandatory checkpoints and bonus checkpoints – all worth 1 point. Your scores and finish times will be cumulative over the three days. Rankings will be determined by points first and then time. Meaning a team with more points will be ranked higher than a team with less points. If teams have the same points the team with the fastest time will be ranked higher.

If you miss / skip a mandatory checkpoint you will be 'short coursed'.

To finish the event as a ranked team, you will need to start and finish each day as well as check in at every TA (Transition Area) on each day of the event.

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 at Mission Beach, we may need to make some changes. You will be notified of any known changes at registration.

Course A – which is proposed Day 1, will have a remote start & finish. Transport to start will be from 5.30am and start will be 7.30am with the finish at 3.30pm. On this day, you will be required to come to HQ ready to race. The schematic provides more detail about how best to prepare for this day, but basically your bikes and kayak bags will be transported to a TA, you will be transported to the start ready to trek & kayak. Most of the gear for the kayak on course A is provided by Wildside Adventures – this includes paddles, PFDs and helmets **No BYO Paddles & PFDs**. You will need to bring your throw bag and all other mandatory gear, with you on the bus to the start. We also recommend you bring a dry bag which can fit your pack/s and be easily attached to the kayak. You will have been provided with 2x gear bags at registration, take these to the start with you and they will be transported to the finish. We strongly recommend you include some dry clothes and any other items you wear to the start and discard.

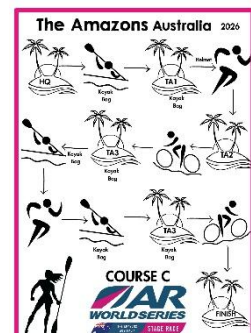
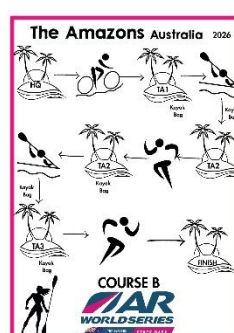
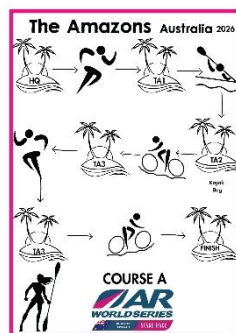


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COURSE SCHEMATIC - The schematic will be published as a [PDF](#) and available on the [website](#).



We have not provided any timings for the legs, but you know the maximum time you will be out on the course any 1 day is 8 hours.

EQUIPMENT

MYSTERY checkpoints

There will be some checkpoints where there will be a mystery activity, you may get wet for some of these. We strongly recommend that **at least one team member brings and carries a pair of swimming goggles**.

Gear Bags – Provided

We will be providing each team with two small 5 litre bags that **MUST be used for the event**. You will also be provided with numbered stickers so you can label your bags A and B. These are mostly as start / finish bags, so you can have dry / warm gear available for you at the finish of each day. **These bags are thanks to our major sponsor Mountain Designs.**

KAYAK EQUIPMENT

Wildside Adventure Inflatable Kayaks (provided - White Water) and **Mission Surge Kayaks** (provided – ocean) do not have any steering and, therefore no adjustments are required. At registration there will be an opportunity for you to test out the kayaks, which might be helpful for anyone who is not familiar with paddling these kayaks.



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You are permitted to **BYO paddles and PFDs however these are also supplied**. Paddles and PFDs will be available at the Kayak TAs. There will be plenty available, so you do not need to let us know if you need them. You will need to wear helmets on all the paddle legs and carry 1 throw-bag per team as specified in the rules. If you are bringing your own paddles and PFDs, you will be notified at registration where to drop these. * For the White-Water Kayak section, all paddles & PFDs will be provided (no BYO permitted), however must carry your throw bag on this section.

Kayak Bags – these will be the only bags that will be transported around the course and or transported by you and your team on the kayak. You can place other items in the kayak bags that may be required for other legs i.e. helmets / spare shoes but be aware that you may be required to take these with you on the kayaks as per the course schematic and course notes.



EQUIPMENT LABELS

Each team will receive a set of numbered pink sticker labels to place on gear bags A and B, bikes (top tube) and on paddles (if you are bringing your own). There will be some extra stickers that you can use as souvenirs from the event. You will be also provided with white tags to label your kayak bags.



RACE BIBS

Race bibs must be worn racing each day, must be clearly visible at all times and worn over the top of your PFD on kayak legs. These will be issued at registration and **collected back at the end of day 3**.



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MANDATORY GEAR LIST - [LINK](#) - Version 1.8.3 June 2026

Competitors are required to carry the mandatory items to maximise their safety during the Amazons Australia Adventure Race. Carry at all times, mandatory equipment will be checked off at registration.

ARWS RULES - [LINK](#) - Version 1.8

Adventure Racing World Series race rules will be used the Amazons Australia Adventure Race. Please familiarise yourself with the rules of the event prior registration.

DAILY BRIEFING, MAP HANDOUT & TRACKERS

A daily event briefing will occur at 6.00am – followed by map handout. The event will start at 7.00am each day. * Except Course A – as detailed in the event schedule.

Maps and trackers will be handed out each day at the at the daily course briefing. Both team members need to be present where you will be provided with course details, rule reminders and any safety updates.

Each day teams will receive one set of maps and course notes and a control punch-card. These will be printed on waterproof paper, so there is no need for contact. The checkpoint descriptions will be on the course notes which must be carried by teams each day. During the event you may be required to mark up some checkpoints on your maps, so we suggest that teams carry a **waterproof marker**.

After briefing and map handout teams should then spend the remaining time preparing their maps and course route prior to the start. You will be advised of the exact start / finish location at the briefing.

If you need any clarification about course notes, maps and information after the briefing, please go to the registration area and ask for assistance.



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MAPS & SCALES & LEGEND

Maps will be printed on A3 and or A4 paper, some double sided and some single sided. All maps will be MAGNETIC North; Map scales will range from 1:10000 to 1:40000 ; The contour interval on all maps provided will be 10m.

The legend will not be printed on the maps, so we suggest that teams familiarise yourselves with these features before the event.

Please note that NOT all Private Property will be marked 'out of bounds' but be aware that travel through private property is not permitted unless, specified by the event director on course notes and or on the maps used for the event.

- TAA Start 2026
- CP Course A
- CP Course B
- CP Course C
- Out of Bounds
- Gate
- Highway
- Road
- Dirt Road
- 4WD Track
- MTB Track
- Minor Trail
- Trail
- Fence
- Path
- Railway Line
- Elevation_contours__10_metre_interval
- Built_up_areas
- Recreation_areas
- Protected_areas
- Lakes
- Private Land
- Major_watercourse_lines
- Seas

EVENT SAFETY

The safety of you and your partner should be a major priority as you will be travelling through some remote areas during the event. If you encounter an emergency, remember that your team-mate is the first person to provide assistance, and it is compulsory to stop and assist other teams if needed (where possible you will be credited with the time spent). Each day we will have access to emergency responders if required. In case of a severe emergency always call 000 first or 112 and also contact race director or event search & rescue with the information.

Kim Race Director - 0414 687 255

Linda Search & Rescue - 0418 154 026

Just a reminder go through the [Wildlife & Wilderness Awareness on the Cassowary Coast](#) document before the event. You will find it on The Amazons Australia website [Competitor Information](#) page. All participants will attend a safety briefing at the event registration where our safety officer will provide teams with an overview of the main safety considerations for the event, this is why it is important that both team members attend the event registration together.



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OUR COMMITMENT TO THE ENVIRONMENT & 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 – Keep Cups available for sale at registration (cash)

If you do not have your own keep cup and or you forget to bring yours to the event, we will have some keep cups for sale at registration.

Please be aware that these will be a cash only or bank transfer sales on the day. **Cost \$10**

The **Laundro Lounge** will be open early in the morning before the event starts if you need that early coffee fix...it is just 150m down the road from HQ. There will be **NO TAKEAWAY CUPS** permitted at the venue, so please bring your own keep-cups or pre purchase one from us at registration.



EVENT FUNCTIONS & SOCIALS - **Plenty Restaurant & Bar** – included in entry.

Limited paid tickets may be available for friends/family – enquires at registration.



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ARE YOU READY? In 2025, we called and many of you were part of the first ever all-female ARWS event!



Now we are calling you back to Mission Beach in 2026 to show off your Amazonian strength and skills and inspire the next generation of ARWS adventurous women!



The Amazons are calling!



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The Amazons Australia 2026 Partners & Supporters 2026



See you all in Mission Beach July 5 – 8 2026

Jan and Kim 😊



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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.

Be inspired.



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