



The Amazons Australia

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

Newsletter #4 - 2026

Welcome to 2026 and our fourth and newsletter for The Amazons Australia 2026. Here are the links to [Newsletter #1](#), [Newsletter #2](#) and [Newsletter#3](#) if you missed them.

We hope you have noticed our ‘new’ ARWS The Amazons Australia – Stage Race Logo! Thanks to Heidi Muller ARWS CEO



By the time you read this newsletter there will be less than 4 weeks to go until The Amazons Australia 2026. After recently returning from our final course setting trip, we can tell you that we are super excited about this year’s course. Yes, as previously mentioned there are some parts of the course that you will remember if you were there in 2025, but we also have some totally new areas to share with you.



The Mission Beach town centre has been refurbished, the roadworks have also finished, so local cafes and business are looking forward to welcoming all of you Amazons in July. We also had the opportunity to launch the first Mission Beach screening ‘The Amazons’ documentary, at [The Garage Bar & Brewhouse](#) on their new big screen! Their wood fired pizzas are highly recommended and they have an excellent bar menu, so well worth a visit. There are also plenty of other places, well worth a visiting – Shanti Café, Laundro Lounge and more!

We plan to show the Amazons documentary at our pre-event social function on Sunday 5 July at [The Plenty Restaurant](#). If you have not seen the trailer, you can view it [here!](#)

So, that brings us to final preparations for The **Amazons Australia 2026**



Contact Us triadventure@optusnet.com.au





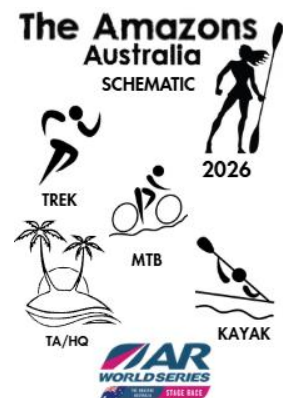
The Amazons Australia

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. There will also be a few extra challenges, at certain locations on the course each day, but these will not be revealed until you get to that point on the course.

As in our 2025 event, 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, which also included 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, at least a 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.



We can confirm that one of the courses will have a remote start and finish, the start and finish location will not be the same, and that we will be transporting you and all of your gear to the start, and after the finish on that day, transporting you and all of your gear back to HQ. To view some of our recent photos and video taken from out on the course check out our posts on [Facebook](#) / [Instagram](#)



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Maps

We can confirm that the maps for the course will be waterproof. Each team will receive 1 set of maps, 1 set of course notes and one control card each day. Some of the maps will be A3 back-to-back and some will be A4 back-to-back.

The maps are topographical maps and are specially created for the Amazons Australia using the QGIS Mapping Program. All the maps provided will be aligned with magnetic north and this will be shown on the maps by a north arrow and north lines. The scales on the maps will range from 1:10000 to 1:40000. The contour interval on all maps provided will be 10m.

The map **Legend** will not be printed on the maps, so it is best to familiarise yourself with this 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



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Gear, Equipment & Logistics

We strongly advise that you go through the gear and logistics section on the website here [Competitor Information | The Amazons Australia](#) and also look through the Mandatory Gear List, as there are items that would be very difficult to acquire / purchase at the event, if you leave them behind. When looking at the list, please note that there are on TEAM items and on PERSON items.

MANDATORY GEAR LIST - [LINK](#)

This gear bag pictured can be used as a gear drop bag for remote finish or left at HQ at the start of the day, so that you have some dry warm clothes when you finish.



Kayak Bag & Dry Bag

You will need to supply your own **kayak bag** for this event, we strongly recommend that this bag is collapsible, lightweight mesh with a drawstring top. You will need to put your bike helmet in this bag at some point, and also use this bag to discard your dry bag and throw bag at some TA's.



The kayaking sections are either ocean or white water, so we strongly recommend that you bring 1 or 2 **dry bags** per team and have a way of securing these to your kayak – straps / carabiner, as you will be required to take your pack and all mandatory gear with you on all kayak legs.



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Mountain Biking and Mapboard on the bike

There is a significant amount of mountain biking in the event.

If you choose to wear clip in mountain bike shoes, you may have to the opportunity to place these in your kayak bag to get them transported to the start of a bike leg. If wearing clip in mountain bike shoes you may also be required to carry these or your trekking shoes in your pack.

Your bike helmet will be suitable for the ocean kayaking legs, but it may need to be carried with you on a trek leg, so it is available for you when you arrive at your bikes. This will become clear when the course schematic is released.



We strongly recommend that at least one member of the team has a mapboard fitted to their bike. If you do not have one and or would like to purchase a Fibril Map Board, we have some in stock. These are no longer available for purchase in Australia, so we are very lucky to be able to offer these for **\$90**, and you can collect yours at the event. Email us at triadventure@optusnet.com.au to place your order. We have purple, pink, blue red, black.



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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, leeches, 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 and also via this link.

[Wildlife & Wilderness Awareness – The Amazons Australia 2026](#)



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

Please ensure that you have arrived in Mission Beach by 12pm on Sunday 5 July. **Registrations** will be open between **12 and 2pm**. Registration will include team photos, gear checks and an opportunity to test out the kayaks you will be paddling (if you wish)

A **compulsory pre-event briefing** will take place at **2pm** at HQ. All participants are required to attend this as it will include important course safety information, ARWS Rules, and other important details about the course.



EVENT SHUTTLE – Cairns to Mission Beach 4 July – FULLY BOOKED

We only have 2 spots available on return shuttle Friday 10 July. To secure a spot on the event shuttle* please contact us by email triadventure@optusnet.com.au

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



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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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