



# *Sandsjöbacka*<sup>TRAIL</sup>

*Race PM*  
*January, 16-17*  
*2026*

*Photo: Christer Hedberg*

## *Welcome to* *Sandsjöbacka Trail 2026!*

Sandsjöbacka Trail was born out of many solitary winter runs through the Sandsjöbacka Nature Reserve – an area south of Gothenburg that is both wild and exciting. Running from point A to point B through varied terrain at dawn or sunset, and truly getting somewhere, is a special feeling and experience. That is the feeling we want to convey through our event, where the experience itself is the main focus.

Below you will find important information ahead of your race.

# 180 km Out and Back

## General Information

- ▶ Participation is at your own risk.
- ▶ Be cautious at road crossings and wear highly visible clothing in traffic.
- ▶ Any toilet needs during the race must be taken care of discreetly, away from built-up areas, and covered afterwards. Use regular toilet paper only. Do not use wet wipes, as they contain microplastics that do not break down in nature like toilet paper does.
- ▶ All trash must be carried with you and disposed of at aid stations in designated areas, or at the finish. Nothing is to be left in nature.
- ▶ Support is only allowed in the form of crew assistance at aid stations. Pacers are not allowed.

## Phone Numbers

Contact numbers for the race organization are printed on your bib number. Please save them in your phone before the race.

**Race Director:** +46 (0)70 817 76 84

**Course Director:** +46 (0)76 114 09 84

## DNF or Injury

If you need to withdraw from the race, make your way to the nearest aid station and contact the volunteers there. **You are then responsible for your own transport to the finish or home, either by private transport or public transport.**

Outside of aid stations, the organizer cannot guarantee transport or assistance. If you withdraw without notifying race management and a search must be initiated, the runner will be charged for the costs incurred.

**In case of serious injury or accident, call SOS 112 immediately.**

We strongly recommend downloading the SOS Alarm app ([link Google Play Store](#)) ([link Apple Mac App Store](#)) and using it in emergencies.

If you encounter another runner with serious problems, it is mandatory to stop and help.



Photo: Christer Hedberg

# Self support

## Self support Skatås–Tjolöholm

For the section Skatås–Tjolöholm, the race is self-supported, meaning you may not receive assistance along the way. We follow the Fastest Known Time (FKT) rules for self-supported efforts.

### You may NOT:

- ▶ Receive support or supplies from anyone who is not a participant.
- ▶ Have a non-participant run with you.

### You MAY:

- ▶ Purchase food and fluids along the route ([i.e. after 48 km at Sandsjöbackamotet](#)).
- ▶ Cache food and fluids along the route.
- ▶ Rent accommodation along the route ([i.e. cabin at Tjolöholm](#)).
- ▶ Park a car, caravan, or camper van at Tjolöholm and sleep there.

**Note:** The self-supported rules end once you reach the Tjolöholm aid station, regardless of your arrival time. From that point on, regular race support rules apply.

[Read more about self-supported rules at fastestknowntime.com.](#)

# Live GPS tracking, Course & Marking

## Live GPS Tracking (180 km & 90 km)

Runners in the 180 km and 90 km races can be followed via live GPS tracking. You will receive your GPS unit when collecting your bib. If the GPS unit is not returned, a fee of 1300 SEK will be charged. For runners in the 60 km and 30 km races, split times will be recorded via EQ Timing.

[See live results, split times and more information about all distances here.](#)

## Course & Marking

[A GPX file will be available for download for use on your phone and/or watch.](#)

The course is marked with **yellow and orange flags** and **red-and-white reflective tape**.

# Start & Finish Area



Photo: Christer Hedberg

## Getting to the Start

Take tram line 5 to Welandersgatan, then walk approximately 1 km to Skatås and the Gothenburg Ski Club cabin. [Plan your trip via Västtrafik.](#)

If arriving by car, please carpool if possible. [Directions via Google Maps.](#)

## Location & Start times

Start in Skatås between 11:00–20:00, Friday 16 January.

Turnaround at Tjolöholm at 06:00, Saturday 17 January.

## Turnaround in Tjolöholm, 89 km

At Tjolöholm you will find an aid station with indoor rest space and access to your drop bag. Available supplies include Umara sports drink, hot soup, hot water, coffee, and cold water.

## Opening hours & schedule

- ▶ 04:00–05:55 Aid station open
- ▶ 05:45 Walk to the start (approx. 500 m)
- ▶ 06:00 Restart together with 90 km runners

## Finish Area & Post-Race

All distances finish in Skatås at the Gothenburg Ski Club cabin. Every runner receives a medal and vegan lentil soup with bread after finishing. Changing rooms and showers are available via the rear entrance.

Please remove muddy shoes and wet clothing outside to help keep common areas clean.

## Finish Line Bag

You may bring a small bag with spare clothes etc. which will be transported from the start to the finish.

Choose a waterproof bag that is easy to identify and leave it in the designated area before the start. Labels will be available at the start where you write your name and bib number.

## Race bib

Bib pickup takes place at the start area in Skatås, Gothenburg Ski Club cabin.

The cabin is open and staffed from 09:00 on Friday 16 January.

The bib must be worn visibly on your chest or leg. You will receive your bib number via SMS. Have it ready at pickup.

# *Mandatory Equipment & Drop Bags*

## **Mandatory Equipment**

- ▶ Fluids and energy for at least 50 km
- ▶ Personal cup
- ▶ Long running tights/pants
- ▶ Extra base layer (or similar)
- ▶ Extra shell jacket or emergency blanket
- ▶ Elastic bandage
- ▶ Whistle
- ▶ Mobile phone with sufficient battery life
- ▶ GPS device (provided at the start)
- ▶ Headlamp with spare batteries or two headlamps. (Dawn ≈ 08:00, Dusk ≈ 16:30)

## **Recommended Equipment**

- ▶ GPX file on phone or watch
- ▶ Extra socks
- ▶ Extra buff or hat
- ▶ Extra battery pack and/or phone

## **Drop bags**

You may bring two drop bags (nutrition, clothing, medical supplies), to be left at the start in Skatås.

- ▶ Drop bag 1: Available at the Tjolöholm turnaround
- ▶ Drop bag 2: Available at Anneberg aid station

After the Anneberg cut-off time (13:00), drop bags will be transported to the finish.

Choose a waterproof bag that is easy to identify and leave it in the designated area before the start. Labels will be available at the start where you write your name and bib number.

# Aid stations

## Finish Area – Skatås

Medal, vegan soup with bread  
Finish area closes at 23:00

## Sisjön Aid Station 20 km to finish

Open 11:30–19:00  
Umara sports drink, water,  
coffee, fruit, chocolate cake  
Cut-off: 19:00

## Kyrkobyn–Dala Aid Station 41 km to finish

Open 09:30–15:30  
Umara sports drink, water,  
coffee, fruit  
Cut-off 15.30

## Anneberg Aid Station 59,5 km to finish

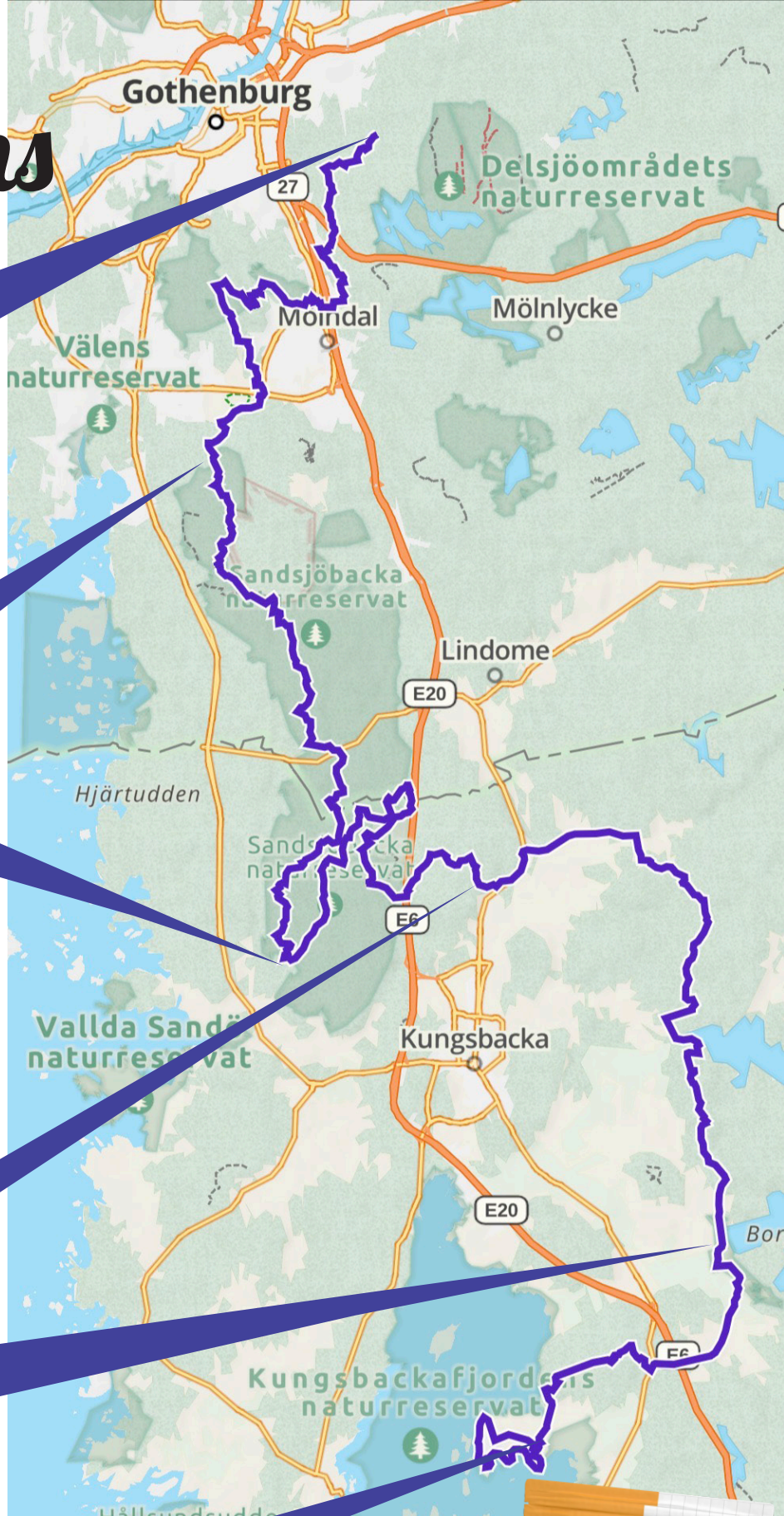
Open 08:30 –13.00  
Drop bag access, soup and  
bread, Umara sports drink,  
water, fruit  
Cut-off: 13:00

## Fjärås Bräcka Aid Station 77,7 km to finish

Unstaffed – water tap available  
at Naturum

## Tjolöholm Aid Station & Turnaround

Open 04.00-05.55  
Indoor rest area, drop bag access, Umara sports  
drink, hot soup, hot water, coffee, cold water  
Start with 90 km runners at 06.00



Umara  
sports drink is  
mixed at 90 g  
carbohydrates  
per liter (9 %).



# Support, Awards & Accommodation

## Support & Spectators

Support is only allowed at aid stations. Pacers are not allowed.

Except from start and finish, following locations are good for spectators:

### Fjärås Bräcka Aid Station (180 km, 90 km)

Small parking nearby, crew support allowed.

[Directions via Google Maps.](#)

### Anneberg Aid Station (180 km, 90 km)

Adjacent to park-and-ride, crew support allowed.

[Directions via Google Maps.](#)

### Kyrkoby-Dala Aid Station (180 km, 90 km, 60 km)

Near small reserve parking, crew support allowed.

[Directions via Google Maps.](#)

### Sisjön Aid Station (all distances)

Near parking area, crew support allowed.

[Directions via Google Maps.](#)

### Below Safjället (all distances)

Parking nearby, no crew support allowed.

[Directions via Google Maps.](#)

## Awards Ceremony

Awards for 1st, 2nd, and 3rd place in each distance and category (women/men) will take place shortly after the third finisher crosses the line.

## Key Times

14:00–14:30 First finishers 30 km & 60 km

15:00 First finisher 90 km

23:00 Finish area closes

## Accommodation

Near Skatås and the finish area you will find Lisebergsbyn, offering camping for caravans/camper vans, cabins, hostel, and B&B options.

[More information and booking at liseberg.se.](#)



# About Sandsjöbacka Nature Reserve

Sandsjöbacka, located in Kungsbacka municipality, is Halland's largest inland nature reserve. The landscape is varied and dramatic, with rocky outcrops, heathlands, small lakes, and forests.

The reserve is divided into a northern part in Västra Götaland County and a southern part extending to Kungsbacka. The E6 motorway runs alongside the reserve – traffic noise is noticeable near the road but fades as you move deeper into the area.

## Heathlands & Wetlands

The heathlands bloom with heather, bell heather, and bog myrtle. Grazing and controlled burning prevent overgrowth.

In wetter areas you'll find mineral-rich fens with unique biodiversity. In early summer, marsh marigold colors the wetlands yellow. Around Grönabur and Sandsjön, more species-rich meadows appear. Slopes down toward Sandsjön feature deciduous forest with birch higher up and alder in wetter areas.

## Wildlife

Moose, roe deer, fox, badger, mountain hare, and brown hare are common. Around 80 bird species breed in the reserve, including black grouse, woodlark, and nightjar on the heathlands, and great crested grebe at Sandsjön.

## Facts

**Dominant habitats:** Heathland, old-growth forest, drumlin terrain

**Municipalities:** Mölndal, Göteborg, Kungsbacka.

**Area:** Approx. 4,182 hectares.

**Protected since:** 1968.

**Landowners:** Swedish Environmental Protection Agency and private owners.

**Manager / rangers:** West Coast Foundation.

The reserve is part of the EU Natura 2000 network.

**Source:** County Administrative Board of Halland ([link](#)).



# Trailcred

Trailcred is an independent non-profit organisation that makes your race climate positive and preserves the nature

Sandsjöbacka Trail leads the way as the first trail race to partner up with Trail Cred to compensate the climate impact of the race and all the participants travels to and from the race.

Trail Cred have calculated the climate footprint of the whole event and the team behind the race have decided to pay for the carbon equivalent into protection in old growth forest. This means that you can enjoy the nature by racing Sandsjöbacka Trail without leaving any climate footprint.

After the race all participants will get GPS coordinates for the forest that are protected by your race.

Preserve your playground and secure the future of trail running, check out [trailcred.org](https://trailcred.org) for more information.



# *Sponsors*



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