

RACE MANUAL

HORNINDAL RUNDT

2026 JULY 4TH
HORNINDAL,
NORWAY




HORNINDAL RUNDT

Norway's toughest mountain race

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WELCOME TO NORWAY'S TOUGHEST MOUNTAIN RACE

You're about to take part in Hornindal Rundt – Norway's toughest mountain race. An ultra race that challenges both body and mind. With steep climbs, technical trails, and breathtaking views, this is not just a race – it's an experience and a battle against yourself and/or your opponents. Whether you're tackling the full 75 km or the shorter 38 km route, you're in for a race that will challenge you.



The goal for the race was to create the ultimate ultra mountain race, so much tougher than anything the world had ever seen before. 20 mountain posts, 75 kilometers and 5600 altitude meters were to be completed in one and the same race. That is more altitude meters than climbing Norway's tallest mountain TWO times (from sea level)!



HISTORY

Hornindal Rundt traces its roots back to 1970 when Hornindal Idrettslag introduced Fjelltrimmen, a mountain hiking challenge where participants logged visits to different peaks and earned points. Over time, the number of peaks grew to 20, and the tradition became a key part of the local outdoor culture. In 2000, Supertrimmen was introduced, challenging hikers to visit all posts within a season, with a custom-designed mug awarded to those who completed it. Some adventurers took it further—attempting to visit all posts in a single day, sparking the idea for an official race.

From this idea Hornindal Rundt was born. Today, it stands as Norway's toughest mountain race, testing endurance, determination, and the spirit of adventure on a course that weaves through peaks, valleys, and untamed nature. The race not only tests endurance but also connects runners to the deep-rooted sætrekultur — the traditional summer farming settlements scattered along the route. These historic mountain farms, once used for grazing livestock, offer a glimpse into the area's cultural heritage and create a unique backdrop for one of Norway's toughest mountain races.

75 KM ULTRA RACE



75 KM
5600 AM
20 POSTS

- Start at Honndalshallen (A), at 07:00
- 20 posts, in the order 1 to 20
- 10 manned check points (blue checkpoints), start number must be visible
- 5 places with return-trail: Posts 8, 9, 11, 13, 18
- Wear backpack at all times!
- Through the course, if you pass a gate that is closed, make sure to close it behind you. Livestock may be grazing in the area.

The 75 km ultra race passes 20 mountain checkpoints and is approximately 5600 meters in altitude. The start is from Honndalshallen at 07:00, and follows the checkpoints in chronological order (post 1 Ytrehornsnakken). You finish the race the same place you start. The route map above shows the checkpoints, the blue ones are manned.



38 KM 2800 M 10 POSTS

- Start at Horndøla bru (C) at 11:00
- Transport from Honndalshallen, (A), 10:15
- 11 posts, numbered 10-20
- 4 manned check points (blue checkpoints)
- 3 places with return-trail, posts 11, 13, 18
- Wear backpack at all times
- Gates - close if closed when you arrive

The mountain race will be held on the same schedule as previous years, starting at Horndøla Bridge at 11:00, finishing at Honndalshallen. 38 km will be arranged by following the south side of the valley. Muldsvorhornet will be post one for all 38 km participants. Finishing will be at Honndalshallen.





NEW IN 2026: FJELLMILA 12KM

- The route is the RED line
- Start time: 12:00
- Start at Lidavegen 3, (61°57'37.6"N 6°32'46.5"E)
- Finish in Honndalshallen (F)
- Bus from Honndalshallen, (F), 11:15
- 2 posts (19 and 20)
- The trail will be marked and manned so you don't run to post 18.
- Gates - close if closed when you arrive

Fjellmila is our new addition for people who want to run a shorter distance. The approximately 12km long race starts at Grøthåjen (Lidavegen 3). From there it goes to post 19 (Middagsfjellet) WITHOUT running the to and from to post 18. From post 19 it descends to post 20 and finishes at Honndalshallen (F). The first 300m of the race is on pavement, which turns into a steep trail. From post 20 the trail turns into a gravel/dirt road before the last 2.7km is on pavement.



REGISTRATION

SECRETARIAT

Collect your start numbers and get all the information you need at the secretariat in Honndalshallen.

Open:

Friday, July 4th, 18:00 – 21:00

Saturday, July 5th, from 06:00

RACE PRESENTATION

The evening before the race we host a race presentation where we go through the race with the latest updates on the weather and the conditions. There will be one presentation in Norwegian first and an English one after.

Norwegian presentation:

Friday July 4th 19:00

English presentation:

Friday July 4th 20:00

The race presentation will take place in Honndalshallen.



RACE DAY

07:00 START 75KM

75 km runners start at Honndalhallen.

10:15 TRANSPORT 38KM

Transport from Honndalshallen to Horndøla Bru for 38km runners

11:00 START 38KM

38 km runners start at Horndøla Bru.

11:15 TRANSPORT FJELLMILA

Transport from Honndalshallen to Lidavegen 3 for Fjellmila runners

11:00 START FJELLMILA

Fjellmila start at Lidavegen 3.



AID STATIONS & WATER SOURCES

AID STATIONS

Food Station

There is only one food station throughout the course. This is halfway (C) and only for the 75km runners. Here we serve warm soup full of vegetables and meat called “betasuppe”.

There will also be food and drink at the finish area (A) for all the runners.

WATER SOURCES

Drinking Water

The map below shows all the places where you can find fresh running water which you can drink (red dots).

In addition to all the places you can refill your water bottle, there will also be beverages halfway, for the 75km runners, and in the finish area.



CUT OFF TIMES

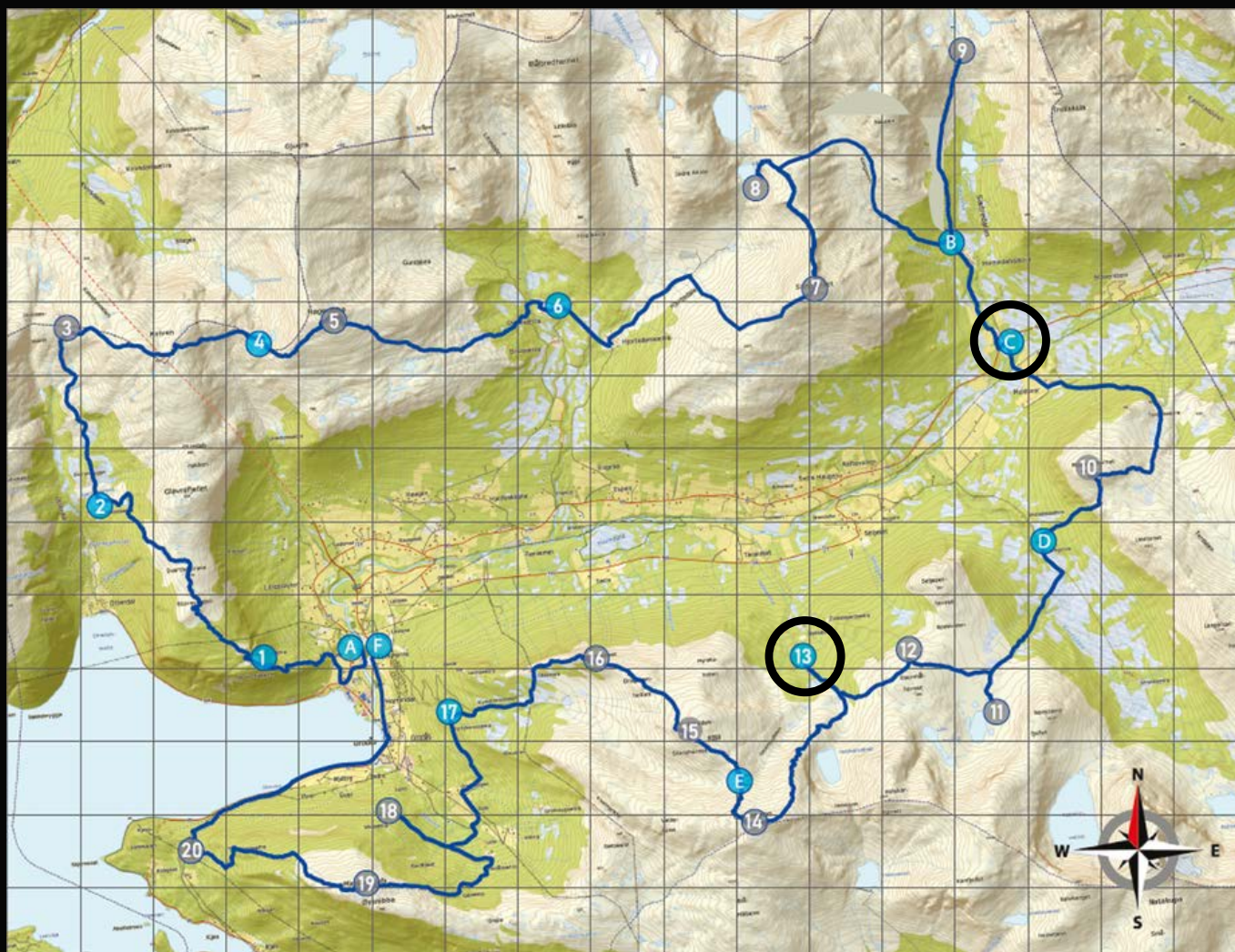
We have two checkpoints where you have to be before a certain amount of time in order to continue the race.

The checkpoints:

Horndøla bru, post C: Kl. 20:00

Holskarsætra, post 13: Kl. 24:00

The contestant must be through the control post at the given maximum time. If you are not there within the time limit you will have to stop the race.



MARKING

POST MARKING

The posts are marked with:

- Orange/white flags
- Pliers
- Post Number
- Name



TRAIL MARKING

- White paint on rock
- Yellow/red ribbons on trees and bushes
- Sticks with yellow/red ribbons on snow
- Signs are black with white writing and logo



WARNING!

In general all contestants have to exercise caution and run according to the conditions.

Hornindal rundt has chosen to mark one point of the race trail with a warning sign, where the runners must be extra careful.

This is in the 75km trail in the downhill to post 8, Tussen.

5 meters after the sign there is a 90deg turn to left.



TRANSPORT & EXTRA BAG

EXTRA BAG

75 km runners - extra bag

Runners can place their extra bag marked with the 3rd starting number in trailers at start. The bag will be transported to the depot at Horndøla bru which is halfway in the 75km race.

All bags will be returned to Honndalshallen after the runners have passed checkpoint at Horndøla bru. Remember to mark the bag with your start number which you get in the secretariat.

38 km runners - extra bag

The 38km runners do not have the same opportunity as the 75km runners for an extra bag half way.

However if you want to have an extra bag at the start line, these can be handed in/collected in trailers for transportation back to Honndalshallen where you finish. Remember to mark the bag with your start number.

TRANSPORT

The transport for 38km runners leave at 10:15 from Honndalshallen to Horndøla bru.

DNF-contestants will be picked up at the nearest road. Contact staff if you need transportation.





MANDATORY EQUIPMENT

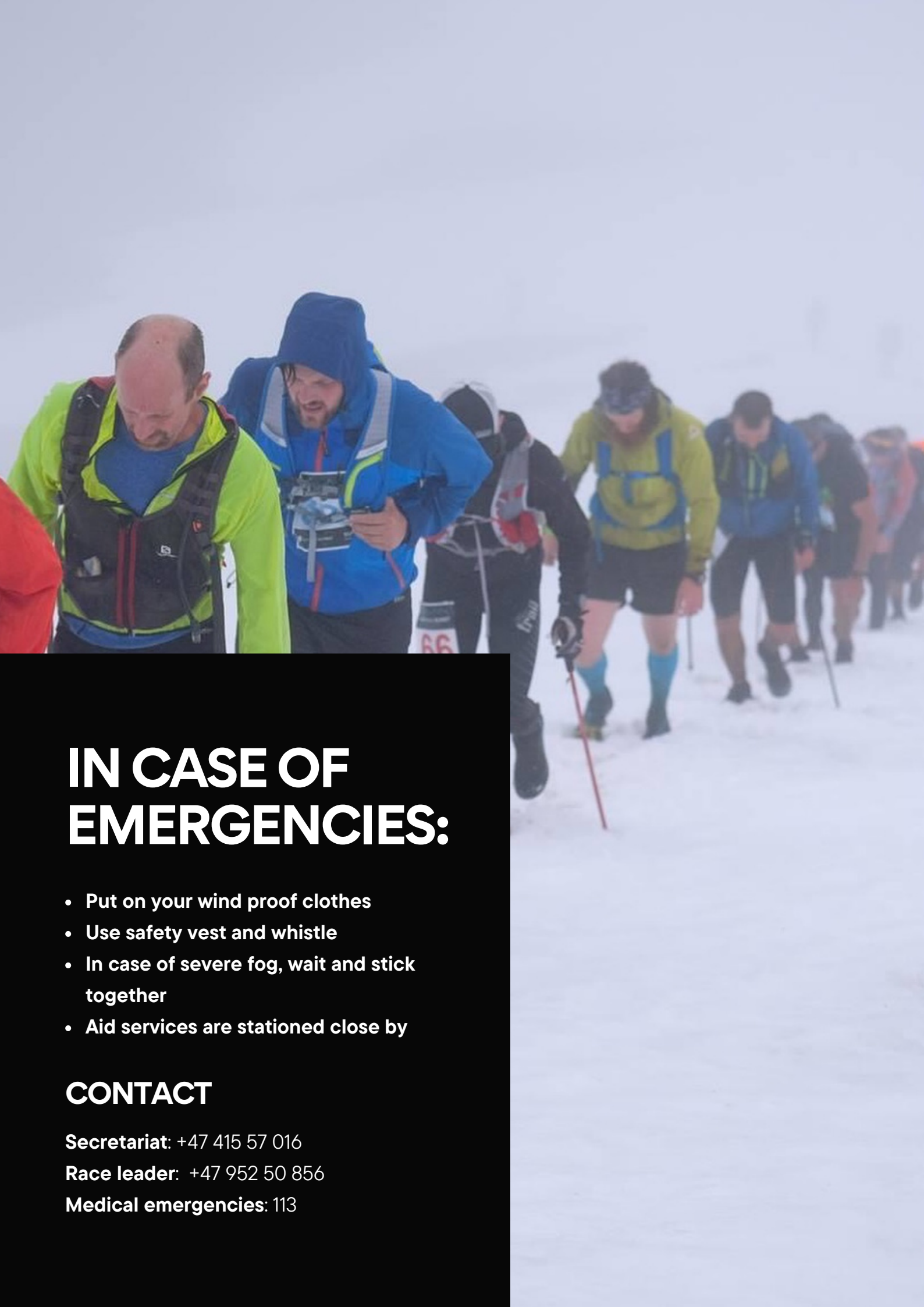
IN BAGPACK

- Mobile phone, fully charged
- Basic first-aid kit (band aids etc.)
- Whistle (for emergencies)
- Headlight for the 75 km trail (may be placed in the depot-backpack)

ALSO RECOMMENDED

- Wind proof jacket and trousers
- GPS/compass/watch are also recommended





IN CASE OF EMERGENCIES:

- Put on your wind proof clothes
- Use safety vest and whistle
- In case of severe fog, wait and stick together
- Aid services are stationed close by

CONTACT

Secretariat: +47 415 57 016

Race leader: +47 952 50 856

Medical emergencies: 113

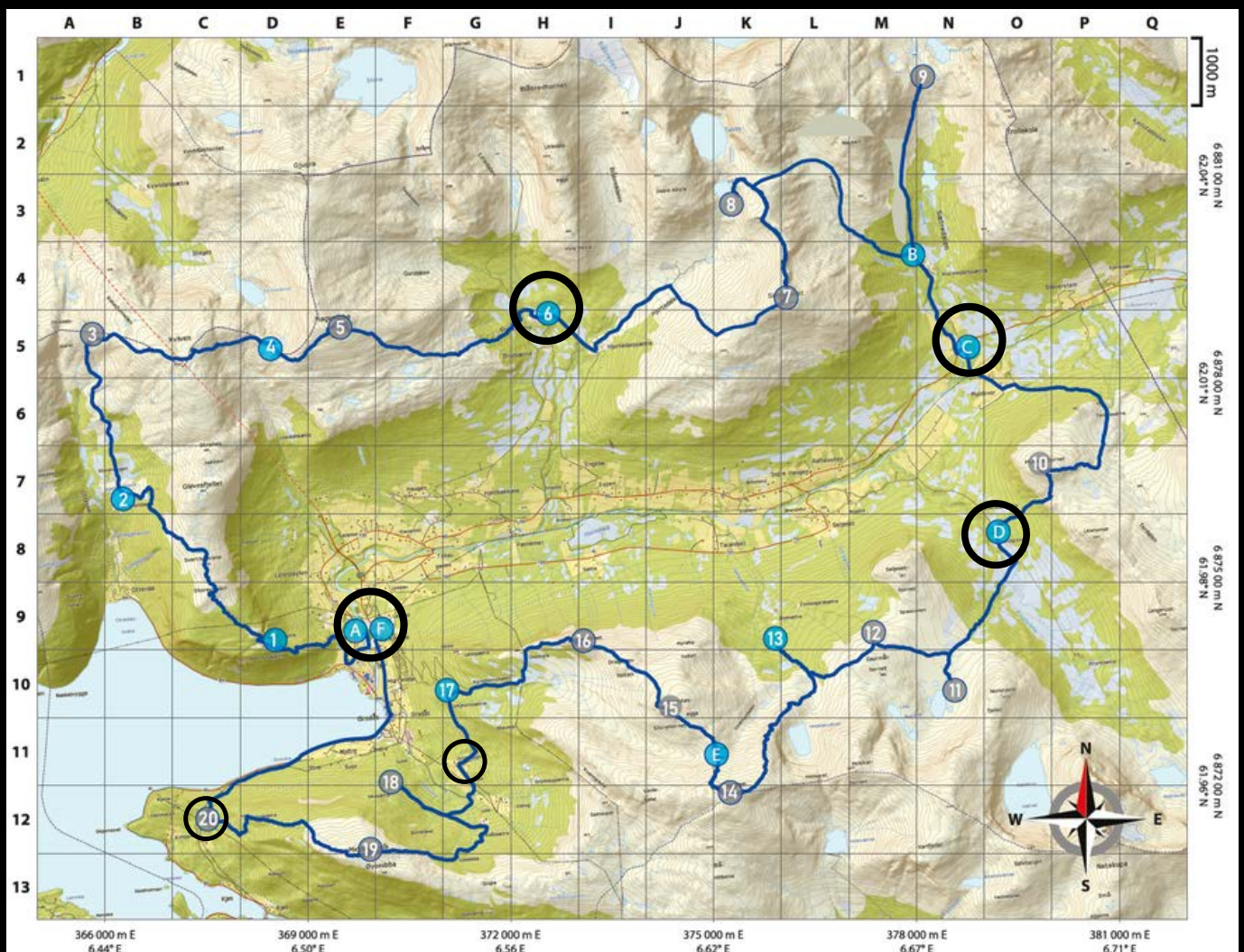
SUPPORT AND AUDIENCE

CHEER ON THE RUNNERS

There are several places you can cheer on the runners. The map below shows all the manned posts (blue posts). It also shows the places you can reach by car with a black circle. The start area has plenty of parking spots. The start of the race is on road before the ascend to post 1.

In the area around post 6 the runners will be running on a road that is also accessible by car. After that, the next spot to reach the runners by car is the halfway mark C.

Mark D is also accesible by car and the runners will pass here. Between post 17 and 18, the runners will run on a road that you can reach by car. The last kilometers of the race, after post 20, is also ran on road.



CONTACT US

THE STAFF OF HORNINDAL RUNDT WILL DO OUR BEST TO GIVE YOU A GREAT EXPERIENCE, BUT WE NEED YOUR SUPPORT!

- Take care of each other and the environment.
- Take care of yourselves, know your limits and have the clothes you need available at all times.
- Do not throw waste in the nature (there are trash cans at several controlposts).
- Keep toilets and showers clean! There will be others after you.

Contact:

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