Adventure Racing World Championship / ARWC 2026
RACER GUIDE / JUNE

Hello racers

« And here we go! Our next shared adventure: Corsica, from east to west and from north to south. We officially announced this wonderful destination during the 2025 World Championship in Canada – you may remember it. Three months later, team registrations are in full swing, and it is a real pleasure for us to see the enthusiasm and motivation that drive you.

We have exceeded the limit of 80 teams that we had set and have therefore opened a waiting list. Depending on the results of the ARWS qualifying races, places may become available, and we will inform the teams concerned very soon.

In this Racer Guide, we provide the information currently available to help you organise yourselves as effectively as possible. It will be updated regularly, with new information highlighted in yellow.

We very much look forward to welcoming you all to Corsica.

Let the great adventure begin! ».

Contact :
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arwc2026.com
go.arwc2026.com
arworldseries.com

Adventure Racing World Championship 2026 Corsica is magic
Key figures

- September 27 to October 10
- 100 teams, including the world's best / 30 nations
- Composition: mixed team of 4 racers
- Race format: from 120 hours (5 days) to 200 hours (8 days)
- Total race distance: 500 km / Total elevation gain: 18,000 to 20,000 m
- **Start city: Corte**
- **Finish city: L'Île-Rousse**
- Corsica is a unique, demanding and authentic playground: prepare accordingly and enjoy the full sporting experience.

RACE PROGRAM / FIND MORE DETAILS ON THE WEBSITE

• 27-29 SEPTEMBER/ CORTE
Teams welcoming / Equipment checkings / Skill testing
Place Tuffelli From 9am to 6pm (9am-3pm on the 29th)

• 29 SEPTEMBER/ CORTE
Parade of nations - ***Place Tuffelli 4.30pm***
Racers' briefing - ***Université de Corte (amphi Landry) 5pm***
Opening ceremony, cocktail - ***Université de Corte (amphi Landry) 6.30pm***
Captain FAQ - ***Université de Corte (amphithéâtre Landry) 8.30pm***

• 30 SEPTEMBER/ CORTE
Prolog - ***Citadelle 9am***
Teams equipment drop-off - ***Place Tuffelli from 4pm to 7.45pm***
Briefing Medias - ***Hôtel de la Paix 5pm***

• OCTOBER 1 / CORTE
Race start - ***Cours Pascal Paoli 6am***

• OCTOBER 6-9 / L'ÎLE-ROUSSE
Teams arrival - ***Beach, town center***

• OCTOBER 9 / L'ÎLE-ROUSSE
Closing ceremony - Price giving - Party - ***Place Pascal Paoli 6.30pm***

• OCTOBER 10 / L'ÎLE-ROUSSE
Team departures, transfers

A NEW WEBSITE: www.arwc2026.com

We have launched a website dedicated to this World Championship in Corsica. It will include all the information required for teams, partners and volunteers, as well as regular news updates, videos, photos and more. During the race, the website will host all the content we produce to bring the event to life livea. Thank you for promoting it widely among your followers.

WhatsApp group

We have created a WhatsApp group bringing together all team captains to share important information before and during the race. If you notice that you are not included in this group, please send an email to racer@arwc2026.com, so we can add you.

TRAVEL TIPS

Corsica is part of France. The currency used is the euro (€). Card payments are accepted in most towns and villages. However, we recommend carrying some cash, as credit cards may not be accepted in certain shops.
In Corsica, it's common practice to pay in cash.

Time Zone
Corsica is located in the same time zone as mainland France
(UTC+1, UTC+2 during daylight saving time)

Climate
Corsica enjoys a Mediterranean climate, particularly suitable for outdoor sports activities.
Along the coast, temperatures generally range between 18°C and 30°C, depending on the season. In the mountains, especially in the centre of the island, temperatures can be significantly cooler (0°C), with large variations between morning and afternoon.
Heat and sun exposure warning: sunshine can be intense, even when temperatures feel moderate. Proper hydration and adequate sun protection are essential.
Wind and storms can develop quickly at higher altitudes, so appropriate equipment is strongly recommended.

Mobile Phones / Network Coverage
There are no roaming charges for French participants.
European athletes benefit from EU roaming, subject to the limits set by their mobile operator.
Mobile coverage is generally good along the coast and in urban areas, but may be limited in mountainous or remote areas.

Electricity
The electrical system is the same as in mainland France (230V – 50Hz, type E plugs). You can use your electronic equipment without an adaptor if you are coming from continental Europe.
International participants will need an adaptor.

Health and Safety
Corsica does not present any particular health risks. There are no dangerous animals for humans (no snakes). Medical facilities are of good quality in the main towns.
Participants are advised to be up to date with routine vaccinations (tetanus, diphtheria, polio).
European citizens should bring their European Health Insurance Card.

FINALISING YOUR REGISTRATION

Teams must provide certificates of technical competence for whitewater and sea activities, rope activities, and swimming, signed by a qualified professional in the relevant discipline.
These certificates must be downloaded from the website **www.arwc2026.com, under the Team Hub section.**
The certificates are intended to ensure that teams clearly understand the exact technical level required for these activities in order to practise them fully independently.
For the orienteering declaration, it must be signed by the team captain.

All of these certificates must be completed in your respective countries and submitted in printed form during the pre-race checks in Corte. Otherwise, all registration and payment conditions are clearly stated on the website

WARNING WARNING
ONLINE LICENCE

French legislation requires that each participant holds a licence of french Triathlon Fédération.
3 options:
• You hold a 2026 competition licence with the French Triathlon Federation (FFTri). You do not need to provide a swimming certificate.
• You are licensed/registered with a triathlon federation in one of the following countries: Germany, England, Belgium, Spain, Italy, Luxembourg, Norway, Netherlands, Portugal, Czech Republic, Sweden, Switzerland, Tahiti.
You must send Béatrice, in a single email, the scanned copies of the licences.
You will benefit from a free French discovery licence.
• You are not licensed, or you are licensed outside the EU.
You must take out an experience licence, costing €10 per person.
This procedure is mandatory in order to be allowed to start the race.
Please note that the Experience Licence does not include personal accident insurance. Participants are strongly advised to ensure that they have their own personal accident and medical insurance coverage.
You are required to register via the following link:

https://espacetri.fftri.com/license-experience/get-license-experience/54639/1

Benefits:
Teams no longer need to provide a medical certificate, as an online health questionnaire (health pathway) must be completed. An individual insurance is included for the duration of the competition.

You must send Béatrice, in a single email, the scanned copies of the licences.

Mandatory for foreign teams:
each foreign competitor is strongly advised to have personal insurance covering medical costs, search and rescue, and repatriation.

YOUR TRIP TO THE ISLAND
Air travel, accommodation, car rental, shuttles...

Teams are fully responsible for planning their trip and organising their stay, except for the facilities rolled out by the organisation (ceremonies, shuttles...). The organisation has arranged some deals and found some partners, you can use them or not. It's your personal choice.

IMPORTANT: The period chosen for organising the race is outside European school holidays; however, September and early October remain very popular with tourists, and pressure on accommodation is still very high. The weather is generally still pleasant and the days are relatively long. We therefore strongly encourage you to book your accommodation as soon as possible.

ACCOMMODATION

Corte
The start town is a small town in Central Corsica and is home to Corsica's only university. It is also a transit town for tourism. The town doubles its population with the arrival of students (4,000 + 4,000).
On the race website, in the Practical Information section, you will find a list of all accommodation options in Centre Corse, as well as a city map showing the locations of hotels.
In Corte, there are two excellent sports stores, well stocked with mountain gear, for any last-minute needs.

The event organisation area (team welcome, equipment storage, checks, etc.) is located at Place Tuffelli or Parking Tuffelli on the map.
In the town center, there are a few hotels that allow you to walk between the event venue and your accommodation. Other hotels are located on the outskirts of the town center and in nearby valleys and may still allow travel on foot or by bicycle. All other accommodation options are located outside the town and will require a car or another means of transport.

The Centre Corse Tourist Office is also available to help you with your search and to answer any questions regarding the start location:
https://www.tourisme-centrecorse.corsica / Phone: +33 (0)4 95 46 26 70
Email: accueil@tourisme-centrecorse.corsica
More information to book in Corte:
www.arwc2026.com, under the Corte start city/Corte ville de départ section

L'Ile Rousse
The finish town is a seaside resort and a major tourist destination in Haute-Corse. Located in the Balagne region, it is also served by a maritime ferry connection.

The finish area is located right in the town center at Place Pascal Paoli. Parking in the town centre can be difficult; however, several car parks are available close to the finish area. Team equipment will be received and stored at Parking Marin, near the Town Hall.
The L'Île-Rousse Balagne Tourist Office is also available to help you with your search and to answer any questions regarding the finish location:
https://balagne-corsica.com/office-de-tourisme-lile-rousse-balagne
Phone: +33 (0)4 95 60 80 14 / Email: resa@ileroussetourisme.com

Accommodation offers for teams

> The Terre d'Oliviers campsite offers special rates to teams and services to teams, including housekeeping and bed linen provision.Simply mention that you are a team registered for the World Championship when contacting them by phone or email. https://campingterredoliviers.com
> La Résidence Les Alizés offers special rates to teams. Simply mention that you are a team registered for the World Championship when contacting them. Phone (+ 33 (0) 6 25 01 69 52 or email : estelle.prignon@gmail.com
https://www.residence-lesalizes.com

Upon arrival in L'Île-Rousse, you will be able to collect your personal bags, which will be stored nearby. Shuttle services may be available at the finish line, should the organisation deem them necessary, to take you to your accommodation.

Equipment will be stored at the L'Île-Rousse stadium (of course under supervision) so that everyone can clean and pack away their gear easily. The stadium is located approximately 1.5 km from the town center.

Those who have left a car in Corte will be able to collect it by taking the train free of charge. Your accreditation wristband will allow you to travel free of charge on this route.
Travel times:
L'Île-Rousse > Corte by car: approximately 1 hour
L'Île-Rousse > Corte by train: approximately 1 hour 20 minutes to 1 hour 30 minutes, depending on the service and connections.

The shuttle service to Bastia Airport and Harbour on 10 October will depart from the stadium (departure times will be communicated at a later date).

INFORMATION REGARDING THE SHUTTLES AND EQUIPMENT

The organisation will provide a free shuttle service between Bastia Poretta Airport and the town of Corte, as well as from L'Île-Rousse back to Bastia Poretta Airport.
A transport solution (bus or train) will also be offered to teams that have left a vehicle in Corte.

A booking form will be made available online for teams.
Trucks will also operate alongside the shuttles to transport team equipment.

Shuttles will be organised on 25, 26 and 27 September for transfers from Bastia, and on 10 October 2026 for the return to Bastia Poretta Airport. There will be one shuttle per day in the afternoon, depending on arrival times. Further details will be provided at a later date.
If the number of teams is high, a second shuttle may be added.

Teams who wish, for example, to hire a car will have the option of leaving their equipment in the trucks for transport to the start area, and the same applies for the return. Teams will be required to load their equipment into the trucks and unload it upon arrival.

The organisation will transport teams' personal belongings between the start in Corte and the finish line in L'Île-Rousse.
Bags must be handed over to the organisation together with the rest of the race equipment on Wednesday 30 September from 4:00 pm onwards. Time slots will be defined for the handover of this equipment.
A label showing the racers' names, the team name and team number will be provided and must be attached to the bags.

In Corte, a free parking area is also reserved for teams with a vehicle so they can leave it there during the race.

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CORSICA IS MAGIC

AR WORLD CHAMPIONSHIP 2026 ADVENTURE RACING

COURSE

12 sections
3 mountain biking – 3 packraft – 4 trek – 2 sea kayaking

Having been on site for a year, as usual, our organizing team aims to offer you the most complete discovery possible of the Isle of Beauty. The course is largely defined, and we are working with our local partners to take you to those "WOW" places where few people go.
Moving from the mountains to the sea and back again, over and over, will give you unforgettable moments. Sunshine on one side and the moon on the other, sunsets with colours even painters wouldn't dare put on canvas, rocks shaped like the work of master sculptors, crystal-clear canyon pools, and the intoxicating scents of maquis and pine forests.
And what about all those villages, each more remarkable than the last, nestled on mountain slopes that you will cross from time to time – places where quiet and respect are essential, and where you may occasionally find a bit of comfort from local shopkeepers.

Mountain biking

In Corsica, it comes in many forms
> In mid-mountain terrain, with elevation gain on tracks or small local roads, but also on less rideable trails to link routes on either side of the ridge. Some sections may involve carrying or pushing your bike, depending on your route choices. There are no MTB/packraft sections, so no need to carry boats while biking.
> On plains and along the coast: not necessarily easier or more flowing than in the mountains. Make sure you bring repair equipment, as there are many thorny plants along the route.
> On roads open to traffic, you must be very careful: ride in single file and keep to the side. You'll encounter few cars, but they drive fast and not always on the correct side… There will be one long section of over 100 km.

Trek

The GR20 is Corsica's legendary trekking route, but for those who know it well, that won't be an advantage. The island offers many other trails just as technically demanding –or even more so– and these are the ones you'll explore, discovering a very particular ecosystem typical of the island: the maquis. Theoretically impassable, you'll need to find the resources to keep moving forward – sometimes only a few hundred metres per hour. Seeing the path you want to reach doesn't guarantee you'll get there easily… Shorts and short-sleeved T-shirts should stay in the cupboard!
Two trekking sections will be long, and one will be very varied, including several rope sections (3).

Packraft
Packrafts will be used – of course for paddling, and if we're lucky with water levels, you'll enjoy great navigation in wild, remote locations.
If water levels are lower, you'll often need to get out and carry your boats, navigating carefully, but the experience will remain just as rewarding.
Rapid difficulty will be up to class 3+ in some places. If necessary, we'll indicate exit points to walk around them.
At this stage, there are no true dark zones, but there may be a specific setup allowing you to decide whether or not to continue on the rivers.
All of this is being prepared and will be explained during the pre-race briefing. Some strategy will be involved in your choices.

Important: self-contained electric pumps will be allowed for inflating packrafts. "Self-contained" means they must be independent of the electrical grid.

There will be a section (on the sea) where you will have to choose whether to travel: by water, on foot, or both, and therefore carry your packrafts.

Sea kayaking
We will provide double "Ocean Duo" sea kayaks. These boats will have no accessories.
They will be available during equipment checks so you can test, prepare, and adjust any accessories you may need before the race.
No long portages are planned, so there's no need to bring carrying systems.
At this stage, no dark zones are planned.
Night navigation is specific, so bring sufficiently powerful lights to clearly see the coastline and rocks from a long distance.
You must stay within the 300 m coastal zone.
Each sea kayaking section will be around 30 km long.

On the packraft and kayak sections, there will never be a bike to carry.

Canyoning
As usual – and even more so in Corsica – there will be two canyons to descend. Depending on the weather, they may be either very aquatic or almost dry. One descent will be done without ropes, while the other will include several rappels. You will have very little distance to carry your wetsuits before reaching the canyon. Some treks will also include water walking sections.

Ropes activities
There will be two sites equipped for rappelling and via cordata. The rappels may be up to 60 metres high. These activities will take place in the mountains, in spectacular surroundings.

EQUIPMENT INFORMATION

Whitewater: information on personal flotation devices (life jackets)
The organisation and the event are part of the French Triathlon Federation and are subject to its Technical Safety Rules (RTS). For whitewater activities, including packrafting and inflatable boats, a standard is required for navigation from Class III onwards:
CE 12402-5 with reinforced buoyancy of 70N.
In practice, this means that life jackets accepted for the race must have a label indicating the CE 12402-5 standard (or equivalent), as well as the buoyancy rating:

> 70N for life jackets used by a team member weighing more than 60 kg (size L/XL)
> 55N for life jackets used by a team member weighing between 40 and 60 kg (size S/M)
> 50N life jackets are unfortunately not compliant

The label must be visible and legible.
For international teams, an equivalent standard may be considered. Please inform us of this so it can be validated by the ARWC 2026 whitewater technical team. For jackets do not have CE-type marking, a buoyancy test will be carried out on site using weights. This test can also be performed by yourselves before arrival to ensure that your life jacket will be accepted
The weights used will be 7.15 kg for 70N and 5.6 kg for 55N
With the weight placed on the life jacket, it must remain on the surface – it must float.
Important: the organisation will not provide paddles, helmets, or life jackets.

Paddle bags: we have requested a quote for the provision of paddle bags for the race. These bags will be similar to those provided by the ARWS (see photo in the mandatory equipment list) and will meet the required specifications. We will come back to you shortly with an offer. Information regarding weight has been added to the mandatory equipment list.

Bike boxes: as with the paddle bags, we are currently awaiting pricing for the bike boxes. A proposal will be made to you. These boxes will meet the circuit's standard dimensions and will weigh approximately 7–8 kg. Information regarding weight has been added to the mandatory equipment list.
As soon as we receive the costs for this equipment, a form will be sent to you so that you can reserve them.

Transition gear boxes: information regarding weight has been added to the mandatory equipment list.

GPS watch: at present, the only GPS watches allowed are Garmin watches. Garmin watches are allowed if they have Adventure Mode. Teams must declare their use during equipment checks and have the watch inspected after crossing the finish line, otherwise they may face penalties up to disqualification.

Dry bag: depending on your preference, you may use either one large dry bag or several smaller ones. All equipment must be able to be protected in dry bags.eet the required specifications. We will come back to you shortly with an offer.

Survival blankets: when a survival blanket is used, it becomes pratically unusable. Plan to bring several.

Glow sticks: multiple sticks are required, bring spares. 18 sticks 12h + spare. Can be at least 2 more. Some glow sticks doesn't work when you break them. You may have to navigate three times at night, and at this time of year the night lasts around 12 hours.

U CAMINU DI FERRU DI A CORSICA

CHEMIN DE FER DE LA CORSE

LES CHEMINS DE FER DE CORSE
A SPECTACULAR IMMERSION IN THE BEAUTY OF THE ISLAND

The Corsican Railways are one of the most iconic ways to discover the Island of Beauty. Connecting Bastia, Ajaccio and Calvi, the lines wind through spectacular landscapes of mountains, valleys and hilltop villages.

The trains move slowly, giving passengers time to admire Corsica's wild and unspoilt nature. Each journey becomes a truly sensory experience, between sea and mountains. Corsican railways are not just a means of transport, but an invitation to explore the soul of the island.

As partners of ARWC 2026, the Corsican Railways are offering us exceptional conditions for travelling during the race or beforehand.

Runners will be provided with an accreditation wristband that also grants free travel between L'Île-Rousse and Corte. They will be able to use this service whenever they wish and in a sustainable way, for example to collect their personal vehicle in Corte..

SAIL WITH CORSICA FERRIES

Corsica Ferries is a private ferry company dedicated to passenger transport between Corsica (Ajaccio, Bastia, L'Île-Rousse, Propriano, Porto-Vecchio), mainland France (Toulon, Sète, Nice), Italy (Livorno, Savona, Piombino, La Spezia), Sardinia, Elba Island and the Balearic Islands.

Founded in 1968, it is now the market leader in terms of passenger numbers transported between mainland France, Corsica and Italy.

As a partner of ARWC 2026, Corsica Ferries is offering a 30% discount to all registered teams for crossings between 20/09/2026 and 27/10/2026 on all its routes (return journey required).

How to take advantage of the offer
Request the promotional code from Béatrice: racer@arwc2026.com
Visit the website : www.corsica-ferries.fr
Log in to the Corsica Club account
Enter your advantage code

More information:corsicaclub@corsicaferries.com

HERTZ CORSE IN THE RACE

Hertz Corse operates at the island's four airports and runs three city car rental branches. With the largest vehicle fleet in Corsica, Hertz Corse offers its customers a wide range of vehicles, from compact cars to vans. As the official partner of the ARWC 2026, Hertz Corse will provides all vehicles for the organisation, partners, and media – a portion of which are electric cars.

Discount Terms and Conditions for teams
Hertz Corse will welcome the teams at Bastia Airport and offers also all participants a 30% discount (based on the pre-tax rate, excluding extras) for rentals taking place between 01/09/2026 and 30/10/2026.
Advance booking is required to benefit from the discount by contacting the reservations department:
By phone: +33 (0)4 95 30 05 16
By email: reservations@hertz-en-corse.com
Provision of the discount code by email : racer@arwc2026.com

« As part of our commitment to more sustainable mobility, Hertz Corse is proud to be a partner of the Adventure Racing World Championship 2026. To make travel easier for everyone involved in the event, we are offering a rental discount for all participants. We are delighted to support ARWC 2026 and its teams in an event that reflects our values – respect for nature, innovation, and responsible mobility." **Jean-Noël Filippi, CEO Hertz Corse**

ON THE RIVERS WITH JAWS...

Jaws, a leading technical reference in high-end packrafts based in Isère (France), is an official partner of the ARWC.
A model specially developed for Corsican rivers, the Raid350, is now available. This ARWC 2026-branded packraft is offered for sale or rental.

As part of this special partnership, the retail price is €1,053 incl. VAT (instead of €1,677 incl. VAT).
Interested? Contact Jaws and mention that you are a team registered for ARWC 2026: +33 (0) 6 40 86 33 20 / eric@jaws-expe.com

"We are committed to meeting the requirements set out by Pascal Bahuaud and his team in order to deliver the best possible packraft, and we are working hand in hand to develop an exceptional model Built with a new TPU membrane offering outstanding abrasion resistance while remaining extremely lightweight, the Raid350 is a true concentrate of innovation: designed specifically for Corsican rivers, it provides precise, technical and engaging handling, while fully respecting the natural environment that means so much to us."
Eric Colcombet, President of Jaws
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CORSICA IS MAGIC

AR WORLD CHAMPIONSHIP 2026 ADVENTURE RACING

1.

2.

3.

SOME LOCAL HIGHLIGHTS

Because nothing sparks the desire for adventure like beautiful images.

1. The Aiguilles de Bavella

They are the heart of the Bavella massif. Composed of seven towers, they once marked the border between northern and southern Corsica.

2. The Citadel of Corte

Of the seven Corsican citadels, it is the only one built inland. Its three levels of defence make it an exceptional site in Europe..

3. Bonifacio

Famous for its citadel overlooking the sea, the town of Bonifacio is also renowned for its steep white limestone cliffs.
Rising up to 100 metres high, they offer breathtaking views over a vast stretch of the Mediterranean Sea.

VIVEMENT LA GRANDE AVENTURE...
CORSICA IS MAGIC

MORE INFO
ARWC2026.COM /GO.ARWC2026.COM
ARWORLDSERIES.COM

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OUR PARTNERS

TITLE PARTNERS

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COLLECTIVITÉ DE CORSE

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Agenza di u Turisimu di a Corsica
Agence du Tourisme de la Corse

INSTITUTIONAL PARTNERS

Ville de Corte

Cità di L'Isula

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TRAVEL OPERATOR PARTNERS

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U CAMINU DI FERRU DI A CORSICA
CHEMIN DE FER DE LA CORSE

OFFICIAL SUPPLIERS

JAWS Packraft maker. Designed for the river. Exploration spirit.

Terre d'Oliviers VILLAGE CAMPING *****

WILSA

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AGENCE NATIONALE DU SPORT

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