



EXTRAORDINARY ADVENTURES

FOR EVERYDAY PEOPLE

FIND YOUR NEXT ADVENTURE

2023 ADVENTURE CATALOGUE

50 ADVENTURES IN 35 DIFFERENT COUNTRIES

GUATEMALA SEA TO SUMMIT.

A unique mountain bike jungle adventure in Central America steeped in Mayan culture to the summit of Volcano Tajumulco. [Find out more on page 47.](#)

ICELAND COAST TO COAST

A multisport crossing from coast to coast through the serenely beautiful land of fire and ice. [Find out more on page 12.](#)

HEBRIDES TIP TO TOE

A beautiful Scottish adventure showcasing the rugged landscape for which it is famous. [Find out more on page 22.](#)

CROATIA MULTISPORT

Island hopping, Rat Race style. A multisport journey through the Adriatic by foot, bike, boat and SUP. [Find out more on page 10.](#)

MONGOL100

100 miles across a frozen lake in the depths of Mongolia. Run, trek, bike or skate it. [Find out more on page 53.](#)

08. EUROPE

Home to some of our most popular 1 day and weekend events. Find us in the UK, Greece, Spain, Malta, Croatia, Iceland, Finland, Norway and Sweden.

29. SOUTH & CENTRAL AMERICA

This is where some of our biggest biking trips live, glacial multisport journeys and the deepest, darkest jungle adventures.

38. NORTH AMERICA

From the bright lights and big cities to Arctic conditions. We pack a plethora of trips into this continent. There is something for everyone.

48. AFRICA

Home to our stunning desert crossing in Namibia with our brand new adventure in Madagascar launching very soon!

52. ASIA AND MIDDLE-EAST

The Mongol 100 flies the flag for us in Asia with our upcoming Borneo Test Pilot jungle expedition in early 2023 bringing something new to the table for this continent.

56. AUSTRALASIA

A whole host of picture perfect adventures are waiting for you in Tasmania, Australia and New Zealand.

62. ANTARCTICA

We do literally go everywhere...this desolate continent is where we're planning one of our most audacious adventures yet...

WHAT'S YOUR NEXT ADVENTURE?

Completing an event is incredible but in our view, it's about getting to the start line, not how fast you get to the finishline. We want our concepts to be achievable and attractive to all manner of challengers – not just the super-hardy or experienced.

Rat Race event and trip formats are designed to be physically and mentally tough, but these are not what we would call 'sufferfests'. Our challenges can certainly be very hard, but they are all designed to be achievable.

TRANS ANDEAN COAST TO COAST

A bucket list crossing of the Andes from coast to coast. This 1500km adventure is a must do for cyclists. [Find out more on page 30.](#)

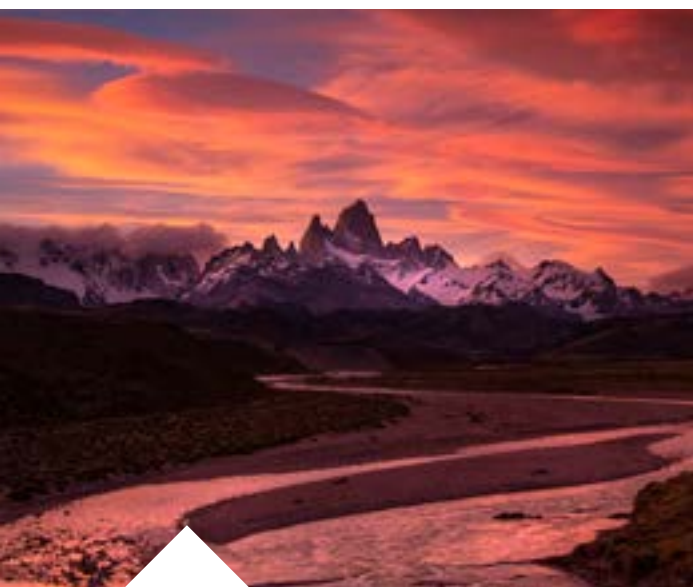
The Crossing, UK





2 DAYS OF DOWNHILL INTO ARGENTINA, WITH STUNNING VIEWS OF ACONCAGUA, THE HIGHEST MOUNTAIN IN THE AMERICAS.

[Check out our **Trans Andean Coast to Coast** adventure on page 30.](#)



PADDLE RIGHT UP TO THE GARGANTUAN PERITO MORENO GLACIER FROM THE COCKPIT OF A KAYAK - TRULY SOMETHING ELSE.

[Check out our **Glacier to Glacier** adventure on page 36.](#)



WITNESS ONE OF THE MOST DRAMATIC SIGHTS ON EARTH: THE SPEWING LAVA OF ACTIVE VOLCANO ACATENANGO DURING OUR EXCLUSIVE ACCLIMATISATION TREK.

[Check out our **Guatemala Sea to Summit** adventure on page 47.](#)

“A few years from now when I’m all old and I reminisce about my life adventures... this will be up there.”



VISIT UNINHABITED DESERT ISLANDS WITH BATH-TUB WARM SEAS, SUNKEN WRECKS AND INCREDIBLE WILDLIFE INCLUDING WORLD-FAMOUS SWIMMING PIGS IN THE CLEAREST WATERS ON PLANET EARTH.

[Check out our **Exuma Files** adventure on page 31.](#)

TRAVERSE UP TO 100 MILES FROM NORTH TO SOUTH ACROSS THE ENTIRE LENGTH OF FROZEN LAKE KHOVSGOL ON FOOT, SKATES OR BIKE.

[Check out our **Mongol 100 Bucket List** adventure on page 53.](#)



SUMMIT CENTRAL AMERICA'S HIGHEST MOUNTAIN - THE DORMANT VOLCAN TAJUMULCO (4203m) ON AN INCREDIBLE JOURNEY FROM SEA LEVEL TO SUMMIT ON BIKES.

[Check out our **Guatemala Sea to Summit** adventure on page 47.](#)





Rat Race is the UK's leading provider of adventure challenge events and was founded in 2004 by ex Red Bull event specialist, Jim Mee. The firm has delivered over 500 events over nearly 20 years of trading and we intend to knock out another 500 over the next 20 years, too!

Now operational in over 35 countries worldwide, Rat Race has presented adventures in myriad locations from Inner London to Outer Mongolia (literally!) and has been responsible for some of the most innovative and audacious event concepts in the genre over the past 20 years. Currently the portfolio includes 50 unique adventure events, trips and expeditions across all 7 continents – and this catalogue lists them all! The company retains a dedicated full-time team working from its HQ on the edge of the idyllic countryside of the North York Moors in Northern England; supported by a huge global network of the best suppliers in the industry. Rat Race also retains small satellite offices in Queensland, Australia and New York City, USA.

WHY ARE WE DIFFERENT?

OUR TRIPS DO NOT EXIST ANYWHERE ELSE

We have created all of our concepts from scratch, the Rat Race way. We innovate, we do not imitate. You won't find a trek to Machu Picchu or up Kilimanjaro here. Each Rat Race adventure has been expertly curated to deliver something that no-one else in the market is delivering.

COMPLETING NOT COMPETING

Sure, there are medals and sure, we have the word Race (ironically) in our name! But we have designed adventure journeys, not races. We aren't about finish times; you will have to work hard mentally and physically to complete our challenges – there is no doubt about that. But we have designed our trips to be doable – they are not what we would call 'sufferfests.'



COMMITMENT TO SAFETY STANDARDS

We maintain a gold standard on these headings far in excess of industry norms. That is not trying to blow our own trumpet; it's just in our DNA.

THE FOLK

The people who come on our trips are fun. We think the crew are, too. The lack of a competitive element and the sense of journey creates, well, an adventure! It also allows folk to bond together, to enjoy one another's company and to relax into the challenge, with our framework of support in place around you. These are incredible experiences to be enjoyed and not endured. 80% of folk who come on our challenges do something else with us within 2 years. We think that says it all.

BS8848

The company is audited and accredited to deliver expeditionary activities to the coveted BS8848 standard. This is incredibly rare in the industry and we believe this sets us apart and sets out what we stand for unequivocally on the safety side of things.

MEDICAL STANDARDS

Our approach here is truly at the gold standard. Rat Race retains a Medical Director (working as a Consultant Emergency Medical Practitioner) to oversee our clinical governance and best practice. They also provide pre-trip screening services to participants, travel health advice and to design and professionally manage our emergency and evacuation planning protocols. All full-time Rat Race operational staff are also qualified to an extremely high level of emergency medical response, including Advanced Wilderness Life Support (AWLS) and Ambulance Service-based FREC4.



SAFETY AND STANDARDS

Rat Race is proud of its commitment to safety and medical best practice and aims at all times to exceed industry standards in this area.

Here's some ways we achieve that:

COMMITMENT TO HEALTH AND SAFETY AND EXPEDITION EXCELLENCE

Company MD Jim is a chartered member of the health and safety professional body IOSH and is qualified to degree level in health and safety management. We lead from the top therefore and as such, it is in our DNA that safety always comes first on every single trip we operate.

INCIDENT RESPONSE

Should the worst happen, we are prepared. Rat Race maintains its own documented SOPs and protocols for incident response; and contracts with a third party incident management team for assistance in such matters as evacuation and repatriation and local/ FCDO liaison.

SKILLS AND QUALIFICATIONS

The company relentlessly trains its staff. We retain expertise in-house across mountain, river, sea and biking with multiple qualifications held at ML, IML, MTB Leader, Run Coach and Sea Kayak Leader levels. An excellent network of trusted contractors and suppliers built over nearly 20 years of trading backs us up in 46 countries worldwide. Both MD Jim and Head of Expeditions Abbi are also both Fellows of the Royal Geographical Society.

Arctic Circle, Finland



OUR ENVIRONMENTAL CREDENTIALS AND PROJECT: JUNGLE

Lets be honest, we aren't going to hide the fact that we fly around the world with our customers to have amazing adventures. That is a lot of emissions. But sustainable travel tourism is not the enemy of climate change and in many ways, folk travelling the world to see and experience its wild places, its national parks and its pristine environments keep these locations, well, pristine. Those tourism patterns in and of themselves help to reduce habitat destruction in keeping these locations visited and visitable. We want the role that Rat Race plays in this industry to be part of the solution – big-time.

Project Jungle is our pledge to do the best we can: Together with our community of #ratracers, we are buying rainforest land in Panama, protecting it, re-planting the bits that have been chopped down and we are providing funding to maintain our conservation efforts by running jungle training courses on that land. Of course, we are doing our bit closer to home by having eradicated single-use plastics from most of our events and several other day-to-day endeavours. But we figure that buying land is a sure-fire way to protect and conserve it and it does not get more tangible than that. That's our pledge and that's our plan. To read more, check out our presenter and business plan on Project: Jungle on our website and read about our Environmental policy there, too.

INTEREST FREE INSTALMENT PLAN

We've put together a fantastic instalment plan that allows you to choose how many months you want to spread the cost of any of our brilliant adventures over. You can pay it off all in one go or spread it over as many months as you like, totally interest free. The payments will be split equally allowing you to budget and plan for the Rat Race journey of your dreams. No credit check required. All payments must be made 12 weeks before the event start date.

FLEXIBLE TRANSFER POLICY

All entrants can utilise our flexible transfer policy which will allow you to change your entry into Rat Race credit valid for use for 365 days from issue against any new entry into any of our live events. This option is available to you at any point during which the transfer window for your event is open. Please check the website for further information and dates.

NOTE ON PRICING: All prices are per person and are priced in GBP or USD. We also offer group and pair discounts on many of our adventures.



"You don't have to be a professional athlete to be here. You just have to be crazy enough to have a dream and go find it."

Daniel,
Mongol 100



"The memories of this trip will last a long time. The fact that Rat Race are investigating buying a patch of jungle to preserve, or turn into a training camp, for me shows the commitment the company has to ensure sustainability, and is inspiring."

Graham,
Panama Coast to Coast



TEST PILOT

Where you see our Test Pilot badge attached, it pretty much means that this trip is a first (or perhaps a one-off) and that (probably) no-one has done this trip before. Not just us, we mean nobody! Our Test Pilot format means trailblazing and exploratory small-group forays to go and do ground-breaking routes where very few have gone before. Consequently, these trips are extremely expeditionary in nature and are not the 'finished article.' You will need to roll with all of the excitement that brings but rest assured, these trips are always professionally managed in the Rat Race way and we have successfully operated our Test Pilot programme with intrepid #ratracers since 2017.

1 - 4 WEEKS DURATION



BUCKET LIST

Epic adventure journeys at the ends of the Earth, featuring incredible formats in extraordinary off-grid locations. Rat Race has never ploughed the same furrow as others and our Bucket List challenges are totally unique in the adventure marketplace. You can typically expect to make a journey from point-to-point under your own steam, undertaking disciplines including trekking, cycling, running, kayaking, packrafting or other – sometimes incredibly unique – modes of travel. Itineraries are usually 'all inc' and we'll provide accommodation or event campsites en-route, food and professional trip management throughout.

1 - 2 WEEK DURATION



EXPEDITION

Expeditions re-engineered, Rat Race style – you will not find a Kilimanjaro trek or the Inca Trail here! These trips are the very definition of adventure – uncertain outcomes, deep engagement with local landscape and culture and with a sense of immense mission and purpose for each and every one. Typically travelling together as a small group with guides and close-support functions, these are our most visceral and raw adventures.

1 - 3 WEEK DURATION



WILD WEEKEND

These are classic Rat Race outings: Packing all of the adventure punch we are renowned for, but achieving it in a shorter format, typically between 1 day up to a 'long weekend.' Sometimes these trips feature accommodation options and sometimes they are single day affairs. These are Rat Race's most accessible events but do not be fooled – the adventure stakes are high and the grit required is chunky.

1 - 5 DAY DURATION

MEET OUR EXPEDITION LEADERS



JIM MEE

Jim is the Founder and driving force behind Rat Race and he leads from the front: An events professional with over 25 years of service and 500 events under his belt. He has taken part in and led expeditions on 6 continents, including first ascents,

high altitude peaks, cycled across at least 2 continents and carried out multiple first outings on our Test Pilot programme including the legendary first-ever ice-skate across Lake Khovsgol, Mongolia to inaugurate our Mongol 100 Bucket List event. Jim's qualifications are wide and varied, including being a chartered health and safety professional, a fellow of the Royal Geographical Society, a Sea Kayak Leader, Mountain Bike Guide and Mountain Leader and highly qualified in emergency medical response. Somewhere along the way he also managed to cuff a degree in Law, equip himself with a Pilot's Licence and is now studying part-time for a PhD in adventure tourism management, focussed on research into some of Rat Race's own events.



ROB ATKIN

Rob is responsible for overseeing all aspects of Rat Race's operations as well as getting hands-on with some of our

most long-serving and classic challenges. He's here, there and everywhere! The experienced hands that control the well-oiled machine, he is at the top of his game and you wouldn't want anyone else running the show. Rob is a Mountain Leader, a Sea Kayak Leader and maintains high-level Advanced Wilderness Life Support qualifications alongside health and safety, risk management and other qualifications, including an MBA from a previous life!



JAMES CAMPBELL

Our multi-lingual running machine! James comes from an established events background

having worked in the sports event industry for some time and operated events both large and small. James has a keen eye for detail and customer care and is an expert in route design and planning. He is the man in the hot seat for many of our small-group challenges. You will certainly find him at anything that involves LOTS of running, including the biggest running challenge of them all – Run Britannia!



ABBI NAYLOR

Abbi is a highly trained, multi-qualified and experienced Expedition Leader with more than 10 years of exploring under her belt. There is literally no adventure pursuit that Abbi not only does not do, but does not excel in. Her

cool, calm demeanour allows her to take our teams into some of the most adventurous, off-grid and incredible destinations on Earth. If you've signed up to a journey that tips the mercury below zero, she's guaranteed to be standing right there next to you, but she is equally at home in jungle, desert and mountains. Abbi is a Fellow of the Royal Geographical Society, an International Mountain Leader, Mountain Bike Guide, Bushcraft Instructor, Sea Kayak Leader, sailor, skydiver - the list goes on, you get the point!

OUR ADVENTURES IN EUROPE

NORWAY / FINLAND / SWEDEN

ARCTIC CIRCLE

Our adventure unfolds in the deep freeze of the Scandinavian north, well above the Arctic circle. The focus of the trip is the country tripoint of Scandinavia – the spot where Norway, Sweden and Finland converge.

Our route will visit this tripoint and we will use 3 different disciplines on our course – 1 each per stage of travel. This trip benefits from significant use of inclusive in-country equipment (snow-shoes, skis, fatbikes) which means it is relatively accessible without the requirement for you to provide too much specialist kit. You will need warm winter clothing of course and you should expect serious arctic winter conditions. This is a real Arctic challenge with a seriously tangible objective: 3 countries, 3 adventure activities, 3 different stages.


[RATRACEARCTIC.COM](https://ratracearctic.com)

EVENT DATES: 17 – 21 MARCH 2023 / 15 – 19 MARCH 2024 / 14 – 18 MARCH 2025

 **DURATION:**
5 days / 4 nights

 **LOCATION:** Norway, Finland, Sweden

 **SLEEP STYLE:** B&B cabins and camping

 **DISTANCE:**
20 miles / 32 km (bike)
16 miles / 25 km (ski)
12 miles / 20 km (trek)

INCLUSIONS:

Flexible Transfer Policy, audited and accredited to BS8848 expedition safety standard, all winter equipment provided, skis, snowshoes and fatbikes, event t-shirt, medal, Rat Rag, 4 nights accommodation (B&B cabins and camping), transfers to and from Tromso Norway, all meals included, professional support vehicles, safety staff, medical and welfare.



DIFFICULTY RATING: CAN I DO THIS?



This adventure is for anyone with a with a moderate level of fitness.



CROATIA

CROATIA MULTISPORT

A stunning one way journey from the tip of Korčula to the ancient city of Dubrovnik. Island hopping Rat Race style.

Explore the beauty of this magical country under your own steam against the magnificent backdrop of the Adriatic Coast in this incredible adventure.

Croatia is an ancient country steeped in history and this rugged and challenging multisport journey of dreams is one not to miss. For the Game of Thrones fans you'll get the chance to storm King's Landing as you charge along the Walls of Stone on the Pelješac Peninsula.

[RATRACECROATIA.COM](https://ratracecroatia.com)

EVENT DATES: 27 APR – 2 MAY 2023 / 25 – 30 APRIL 2024 / 24 – 29 APRIL 2025

INCLUSIONS:

Flexible Transfer Policy, audited and accredited to BS8848 expedition safety standard, event t-shirt, medal, Rat Rag, 5 nights accommodation (hotel, B&B), kayak, SUP and all associated equipment rental included, airport transfers, most meals included, professional 4x4 support vehicles, safety staff, water safety, medical and welfare.

DIFFICULTY RATING: CAN I DO THIS?



This adventure is for anyone with a good level of fitness. Some experience of kayaking is beneficial.



DURATION:
6 days / 5 nights

LOCATION:
Croatia

SLEEP STYLE:
Hotel and B&B

DISTANCE:
40 miles / 65 km (trek/
run), 2 mile / 3 km (SUP),
17 miles / 27 km (kayak),
43 miles / 70 km (bike)



SPAIN

SEA TO SUMMIT: SPAIN

A spectacular 2 day foot journey that connects the warm waters of the Mediterranean Sea with the summit of mainland Spain's highest mountain and the highest mountain in Western Europe outside of the Alps – Mulhacén.

This beast racks up a whopping 4500m of vertical height gain over an 85km route that winds its way through a really authentically wild and rugged chunk of Spain, into the heart of Iberia's most famous mountain area – the Sierra Nevada.

This is a full-on assault of mainland Spain's highest mountain, Mulhacén, in the heart of the Sierra Nevada and the highest mountain outside of the Alps. Our route goes from the Mediterranean Sea to the summit of the mountain, packing in a whopping 4500m of vertical gain over a 85km route. It really is a monster. But so, so rewarding in a very wild, raw and authentic corner of Spain. This really is a spectacular undertaking carried out over '2 days up, 1 day down,' but not one to be taken lightly in any way. Conditioning for distance running or trekking and for mountain hiking or running is essential.

[RATRACESEATOSUMMIT.COM/SPAIN](https://ratraceseatosummit.com/spain)

EVENT DATES: 1 - 5 JUNE 2023

DIFFICULTY RATING: CAN I DO THIS?



This adventure is for anyone with a decent level of hiking fitness.



DURATION:
5 days / 4 nights

LOCATION:
Spain

SLEEP STYLE: Hotel
and mountain refuge

DISTANCE:
53 miles / 85km

INCLUSIONS:

Flexible Transfer Policy, audited and accredited to BS8848 expedition safety standard, event t-shirt, medal, Rat Rag, 4 nights accommodation (hotel, mountain refuge), all meals included, professional mountain safety, medical and welfare staff.





ICELAND

ICELAND COAST TO COAST

A never-done-before multi-sport crossing from North to South across the full gambit of Iceland's magical and surreal interior. This is a World of fire and ice that you will never forget: A tough, satisfying and utterly unique adventure fit for the most hardy of souls.

This trip is never-done-before territory. It is an extremely audacious multi-sport crossing of the entirety of Iceland, starting in the far north and traversing right through the centre of the country, until reaching the south coast. Our sensational route passes between and beside numerous massive icecaps and dramatic mountains, all the while following the famous gravel roads, tracks and trails that thread through this land's vast ash and lava fields.

Rivers are abundant here and numerous crossings will take place during the week, on bike, on foot or by boat. Significantly, the route must also encompass Iceland's longest and largest river, the Pjorsa.

RATRACEICELAND.COM

EVENT DATES: 5-12 AUGUST 2023 / 13-20 AUG 2023 / 10-17 AUG 2024

INCLUSIONS:

Flexible Transfer Policy, audited and accredited to BS8848 expedition safety standard, event t-shirt, medal, Rat Rag, 6 nights accommodation (hotel, cabin, hostel, camping), transfers from Reykjavik, all meals included, includes packraft and associated equipment rental, professional 4x4 support vehicles, mountain guides, safety staff, medical, mechanical and welfare.

DIFFICULTY RATING: CAN I DO THIS?



A good level of fitness is recommended with competency in off-road riding.



GREECE

SEA TO SUMMIT: GREECE

A stunning route that connects the azure waters of the Aegean with the rugged summit of the 'home of the gods' and one of the World's most famous mountains – Mount Olympus.

Whilst this is 'only' 1.5 days of activity, it's a huge day. 3500m of vertical, over 27km, with a start at oh my god o'clock in the morning. The distance is not the issue here; it is the pace of ascent and the gradient, which after the 20km mark pretty much is a 1:4 gradient all the way to the summit. It is literally a 27km climb from sea level to the high point of Greece. A spectacular undertaking, but not one to be taken lightly. Conditioning for distance and for mountain hiking or running is essential.

Ascend from sea level to the summit of Greece's highest mount (2909m) on a route that takes you from the sea, through a dry river bed and then on beautiful trails up a stunning gorge to reach the slopes of Olympus herself, passing the evocative and serene ruins of the Monastery of Dionysus en route. Make your summit bid before descending to our cosy refugio for food, rest and big beers! The end day you will hike out and finish your adventure, before being whisked to the coast for a well-earned night's R and R on the azure beaches of the Aegean Sea.

RATRACESEATOSUMMIT.COM/GREECE

EVENT DATES: 1 - 4 SEPTEMBER 2023



DURATION:
3 days / 3 nights



LOCATION:
Greece



SLEEP STYLE: Hotel and mountain refuge



DISTANCE:
17 miles / 27km

INCLUSIONS:

Flexible Transfer Policy, audited and accredited to BS8848 expedition safety standard, event t-shirt, medal, Rat Rag, 3 nights accommodation (hotel, mountain refuge), all meals included, professional mountain safety, medical and welfare staff.



DIFFICULTY RATING: CAN I DO THIS?



This adventure is for anyone with a good base level of hiking fitness.



SANTORINI, GREEK CYCLADES ISLANDS

SANTORINI CIRCUIT

An utterly spectacular 60km circuit of the entire volcanic rim of the world-famous ‘sunken caldera’ of Santorini by foot and kayak.

Enjoy sweeping views of picture-postcard Cycladic white-washed villages clinging to the rim of the Caldera, against a backdrop of clear azure seas. This rugged and challenging multi-sport attempt creates quite possibly the most memorable way imaginable to experience this magical Isle.

This is a full circumnavigation of the World-famous Volcanic island of Santorini including its neighbouring island, Thirassia. It makes a full circuit of the famous sunken Caldera over 60km and includes a climb to bag the high-point of Santorini, giving unbelievable views across the whole archipelago. The route starts and finishes in Oia, the architectural jewel of Santorini and includes 2 x kayak and 2 x foot legs. The island is teeming with classic vistas of Cycladic white-washed buildings clinging to the cliffs, seemingly tumbling into the sparkling sea below. It is also World-famous for its sensational sunsets. Enjoy it all as you embark on this multi-sport tour of one of Earth’s most cherished spots.

RATRACESANTORINI.COM

EVENT DATES: 29 SEPT – 2 OCT 2023 / 6 – 9 OCT 2023 / 13 – 16 OCT 2023 / 4 – 7 OCT 2024 / 11 – 14 OCT 2024

- DURATION:** 4 days / 3 nights
- LOCATION:** Santorini
- SLEEP STYLE:** B&B
- DISTANCE:** 9 miles / 15 km (kayak)
28 miles / 45 km (run/trek)

INCLUSIONS:
Flexible Transfer Policy, audited and accredited to BS8848 expedition safety standard, event t-shirt, medal, Rat Rag, 3 nights accommodation (B&B), airport transfers, some meals included, kayak and associated equipment rental, professional 4x4 support vehicles, safety staff, medical and welfare.



MALTA

THE MALTESE FALCON

A superbly unique multi-sport outing, with options to ‘go ultra’ and run the whole thing, interspersed with a kayak leg. Or choose to run, bike and kayak. Whichever disciplines you choose, you will cover the full distance across all 3 main Maltese islands, from the very western tip of Gozo to the very Eastern tip of Malta, taking in tiny Comino en-route too.

We start with a run on Gozo in the early hours under the cover of darkness, thus taking out some of the heat of the day. Then as you near the end of the run and as the sun rises behind the islands strewn before you in the azure sea, you will find yourself gazing across the Gozo Channel. From there you contemplate the kayak leg via tiny Comino (and its World-famous Blue Lagoon), before coming ashore on Malta itself. Next up is a 56km road bike route across this rugged Isle, or you may elect another 55km on foot, taking in much trail and quiet backroads, to achieve a superlative Ultrarun attempt. As the sun sets in the East, you will approach your destination, the very Eastern tip of Malta, having achieved a quite extraordinary traverse of the entire country and enjoying the many sights and sounds of these historic and very beautiful islands. The evening sees us all enjoy a celebration dinner in a cracking 5 star hotel in Valletta, itself a World-class city destination

- DURATION:** 4 days / 3 nights
- LOCATION:** Malta
- SLEEP STYLE:** Hotel and B&B
- DISTANCE:** Gozo: 10 mile / 15.5 km (trek/run), 4 miles / 6.3 km (kayak), Comino: 0.6 mile / 1 km (run), Malta: 34 miles / 55 km (trek/run) OR Malta: 35 miles / 56.5 km (bike)

THEMALTESEFALCONADVENTURE.COM

EVENT DATES: 5 – 8 OCTOBER 2023 / 10 – 13 OCTOBER 2024

INCLUSIONS:
Flexible Transfer Policy, audited and accredited to BS8848 expedition safety standard, event t-shirt, medal, Rat Rag, 3 nights accommodation (5* hotel, B&B), airport transfers, ferry tickets, all meals included, includes kayak and associated equipment rental, professional 4x4 support vehicles, safety staff, medical, mechanical and welfare.

DIFFICULTY RATING: CAN I DO THIS?

Absolutely. This adventure is for anyone with a good level of general fitness.

J F M A M J J A S O N D



DIFFICULTY RATING: CAN I DO THIS?

Absolutely. This adventure is for anyone with a good level of general fitness.

J F M A M J J A S O N D

UNITED KINGDOM

RUN BRITANNIA

Land's end to John O' Groats is perhaps the single-most definitive journey of Britain and it remains a highly-coveted, timeless classic. This is Rat Race's take on this iconic route and it is of course a major physical and logistical undertaking. The entire distance is still fairly seldom attempted on foot in one sitting – and rightly therefore constitutes an enormous lifetime achievement for any runner or walker.

We've put together a truly stunning 1000 mile, 70,000 ft elevation adventure that spans the entire length of this great nation, but not as you have ever seen it. Our route has been put together with painstaking precision, encompassing a real 'runners' line,' largely avoiding busy roads and packing in huge chunks of off-road terrain. It is a true tour-de-force through 4000 years of British History and landmarks, taking you on a journey through the very soul of this storied Isle. We have also managed to weave together several of the UK's most famous and enjoyable long-distance paths, including major sections on the South West Coast Path, Wye Valley Way, Offa's Dyke, Clyde Walkway, the Great Glen Way and all 95 glorious miles of the West Highland Way. This is LEJOG the Rat Race, designed by runners for runners.

RATRACERUNBRITANNIA.COM
EVENT DATES: 2 JUNE – 8 JULY 2023 / 31 MAY – 6 JULY 2024 / 30 MAY – 5 JULY 2025 / 28 MAY – 3 JULY 2027

- DURATION:**
37 days / 36 nights
- LOCATION:**
United Kingdom
- SLEEP STYLE:** Hotel, B&B and hostel
- DISTANCE:**
1000 miles / 1609 km

INCLUSIONS:
Flexible Transfer Policy, audited and accredited to BS8848 expedition safety standard, free entry into Rat Race The Wall, event t-shirt, unique medal, Rat Rag, 36 nights accommodation (hotel, B&B, hostel), rest day massage and physio support, transfers from Penzance to the start and from John O' Groats to Inverness, all meals included, professional 4x4 support vehicles, safety staff, water safety, medical and welfare.



DIFFICULTY RATING: CAN I DO THIS?

This pinnacle running challenge requires commitment. You should be an experienced multi-day endurance runner.

J F M A M J J A S O N D

SCOTLAND

ULTRA TOUR OF ARRAN

They say Arran is Scotland in miniature. From dense forests and coastal scenery in the south to crumbling castles and dramatic mountains in the north, the isle of Arran delights at every turn. Welcome to Ultra Tour of Arran – a 2 day off-road running adventure.

We know you'll love Arran; and it's not just the running. The island itself has a lot to offer with its own whisky distillery, artisan cheese, great food, history and a lovely ambience. And the running? Well, this wee piece of paradise has it all: Don't let its size fool you though – packing an Ultra into each day over a 2 day weekend you will rack up 60 miles with some serious vertical gain. The mountains are high, the glens deep, the forests enchanting and the coastal scenery stunning. Failte gu Eilean Arainn.

INCLUSIONS:
Flexible Transfer Policy, eco medal, event Rat Rag, fully waymarked, professional 4x4 support vehicles, safety staff, mountain safety, medical and welfare and Pit Stop support enroute.

DIFFICULTY RATING: CAN I DO THIS?

This adventure is for anyone with some experience of trail running and good base level of running fitness.

J F M A M J J A S O N D

- DURATION:**
2 days
- LOCATION:**
Isle of Arran, Scotland
- DISTANCE:**
60 miles / 97 km

ULTRATOUROFARRAN.CO.UK
EVENT DATES: 1 -2 APRIL 2023





ENGLAND

THE WALL

Cross England in a day! Perhaps the most iconic Ultra run in Britain, The Wall is one of our longest-serving events and allows you to tackle 70 stunning miles through historic Hadrian's Wall country, in one sitting.

The route is a classic, shrouded in myth, legend and enveloped in glorious English countryside, moor, river and valley. The route then culminates in a dramatic finale amongst the bridges of the Newcastle Gateshead quayside. Our format comprises a continuous and fully supported journey, with expert way-marking and the now legendary Pit Stops – fuelling you up from Carlisle to Newcastle with the most unbelievable spreads you have ever seen in an Ultrarun. If you don't come for the run, come for the snacks!

[RATRACETHEWALL.CO.UK](https://www.ratracethewall.co.uk)

EVENT DATES: 17 JUNE 2023

DIFFICULTY RATING: CAN I DO THIS?



This event is designed to be completed at 3mph and is a fully supported adventure, the perfect first Ultramarathon.



DURATION:
1 day



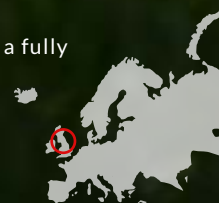
LOCATION:
Northern England



DISTANCE:
70 miles / 113 km

INCLUSIONS:

Flexible Transfer Policy, eco medal, event Rat Rag, fully waymarked, professional 4x4 support vehicles, safety staff, medical and welfare and Pit Stop support enroute.



ENGLAND

MAN VS COAST

Cornwall. What is not to love? The picture-postcard pin-up of the British Isles – it has jaw-dropping beaches, green hills and some apocalyptically rugged coastline.

Our breathtaking 25 mile route takes in high cliffs, brooding moorland, picture-perfect beaches, crashing waves, big swells, rough-hewn rocks, water jumps, short swims and a few cheeky surprises. This is one for the adventurer who wants to make a weekend of it. Utterly unique in the classic Rat Race vein – this is coasteering-meets-running with a smattering of Rat Race derring-do chucked in for good measure.

Bring your family, bring your mates. Stay for a while and experience Cornwall in the height of summer. With a stunning Start-line at Marazion Beach, the route will weave its way coast to coast from one side of the Cornish peninsula to the other, taking in a course that is exciting beyond belief.

[RATRACEMANVSCOAST.CO.UK](https://www.ratracemanvscoast.co.uk)

EVENT DATES: 1 JULY 2023

DIFFICULTY RATING: CAN I DO THIS?



Absolutely, the perfect adventure for anyone with a base level of general fitness.



DURATION:
1 day



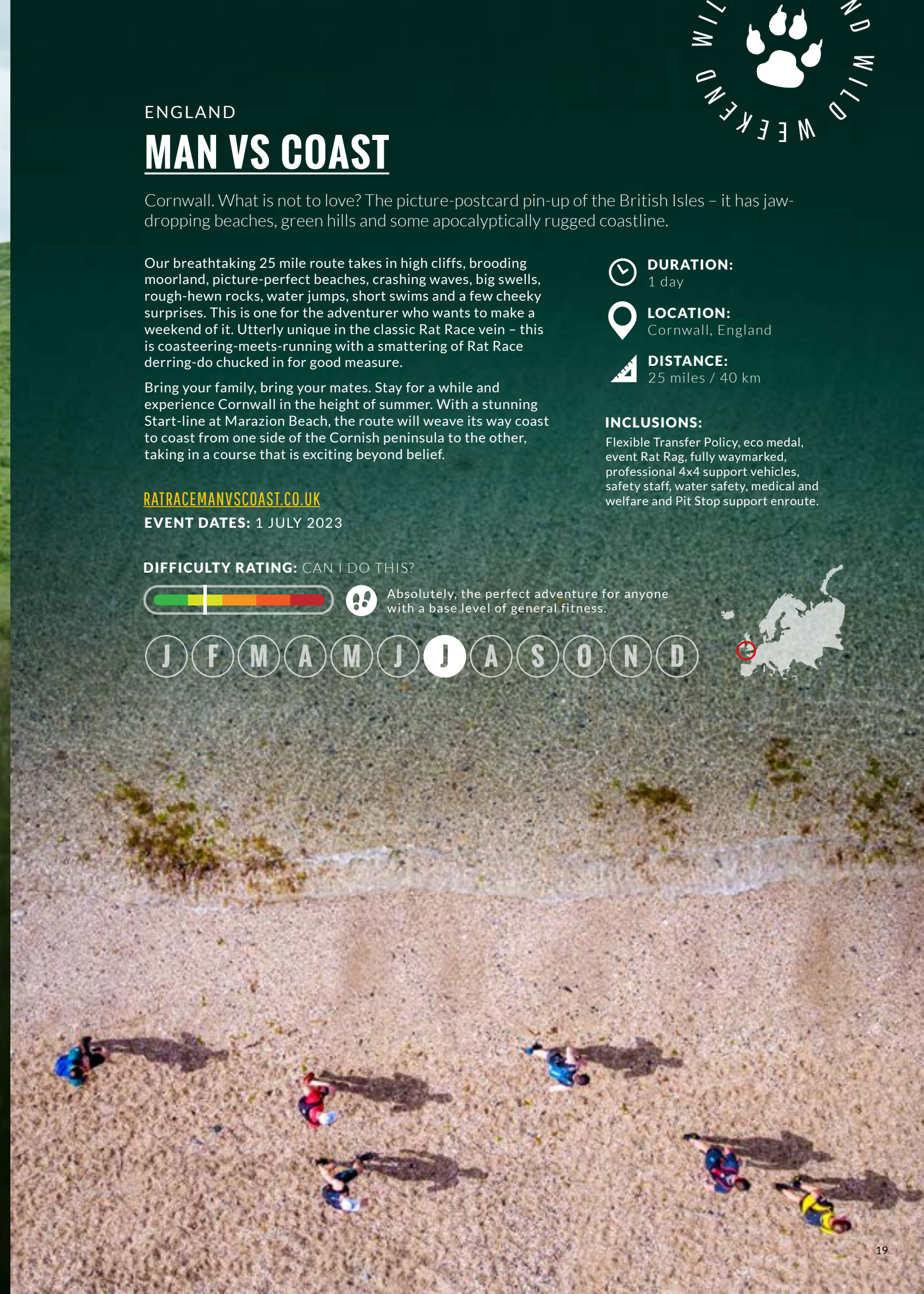
LOCATION:
Cornwall, England



DISTANCE:
25 miles / 40 km

INCLUSIONS:

Flexible Transfer Policy, eco medal, event Rat Rag, fully waymarked, professional 4x4 support vehicles, safety staff, water safety, medical and welfare and Pit Stop support enroute.



WALES

MAN VS MOUNTAIN

Wales' highest mountain from sea to summit, the Rat Race way...

This legendary mountain adventure run starts at sea level in the stunning UNESCO Caernarfon Castle and weaves its way to the summit of Snowdon and down the other side. From there, you enter the old slate quarries of Dinorwic, where we've thrown in an array of punishing obstacles, including the infamous Vertical Kilometre, a kayak stage, a 'walk-the-plank' and an exhilarating water slide into Lake Padarn.

For those who want to experience Wales' highest mountain the Rat Race way, this one's for you...

RATRACEMANVSMOUNTAIN.CO.UK

EVENT DATES: 2 SEPTEMBER 2023

DIFFICULTY RATING: CAN I DO THIS?



This adventure is for anyone with a good base level of running/hiking fitness.



DURATION:

1 day



LOCATION:

Snowdonia, Wales



DISTANCE:

22 miles / 35 km

INCLUSIONS:

Flexible Transfer Policy, eco medal, event Rat Rag, fully waymarked, professional 4x4 support vehicles, safety staff, mountain safety, medical and welfare and Pit Stop support enroute.



SCOTLAND

COAST TO COAST

Run, ride and kayak 105 miles across the Scottish Highlands, coast-to-coast: An absolute belter of a Rat Race classic. .



Rat Race was set up in Scotland and it has always held a special place in our hearts. Scotland Coast to Coast is one of Rat Race's most cherished events; there is something very pure about taking on any coast to coast journey and this one is a really, really special one.

For over 15 years, intrepid #ratracers have been taking on our original Scottish adventure challenge and falling in love with the world-famous landscapes of the Highlands. This breathtaking 105 mile route takes in some of the most mysterious and wild locations in Scotland. Run bike and kayak past the historic Cawdor Castle, (Macbeth's castle), speed down the side of legendary Loch Ness and witness the ethereal beauty of the mountains of Glen Nevis and Glen Coe. This unforgiving Highland terrain and weather breeds tough folk and when you sign up to Coast to Coast you'll find out why. Experience all the beauty and brilliance that Scotland has to offer in this epic journey, which you can choose to complete over one day or two.

RATRACECOASTTOCOAST.CO.UK

EVENT DATES: 9 - 10 SEPTEMBER 2023

DIFFICULTY RATING: CAN I DO THIS?



You should be a decent cyclist with good trail running experience.



DURATION:

1 or 2 days



LOCATION:

Scottish Highlands



DISTANCE:

21 miles / 34 km (trek)

83 miles / 134 km (bike)

1 mile / 1.6km (kayak)

INCLUSIONS:

Flexible Transfer Policy, eco medal, event Rat Rag, fully waymarked, kayak and all associated equipment included, transition support and bike transfers, professional 4x4 support vehicles, mountain safety staff, water safety, medical and welfare.





SCOTLAND

HEBRIDES TIP TO TOE

A multisport crossing of the entire island chain of the Outer Hebrides on bike, foot and boat from North to South.

A wondrous archipelago forming a barrier from the wild Atlantic and Scotland's West Coast, some of these islands are interconnected with causeways and some are separated by sea. In all, the island chain stretches some 150 miles and we intend to hoover up all of that distance from the Butt of Lewis in the north, to tiny Vatersay in the south, using a multisport selection of bike, foot and sea kayak.

A highly supported affair, you will enjoy a fully inclusive package including meals, accommodation, Pit Stop support en route, plus mechanical assistance on the bike legs. We have made getting there easy too, featuring a full package of logistics commencing on the Scottish mainland at Tyndrum, (1.5 hrs north of Glasgow) and including all road and ferry travel required to get you and your kit to and from the Isles.

[TIPTOTOHEBRIDES.COM](https://tiptotohebrides.com)

EVENT DATES: 14 - 18 SEPT 2023 / 19 - 23 SEPT 2024
26 - 30 SEPT 2024

DIFFICULTY RATING: CAN I DO THIS?



This adventure is for anyone with a general level of fitness.



DURATION:
5 days / 4 nights



LOCATION: Outer Hebrides, Scotland



SLEEP STYLE: Hotel, bunkhouse and hostel



DISTANCE:
21 miles / 34 km (trek)
83 miles / 134 km (bike)
1 mile / 1.6 km (kayak)

INCLUSIONS:

Flexible Transfer Policy, audited and accredited to BS8848 expedition safety standard, event t-shirt, medal, Rat Rag, 4 nights accommodation (hotel, bunkhouse, hostel), transfers from Tyndrum, ferry tickets, all meals included on the islands, includes kayak and associated equipment rental, professional 4x4 support vehicles, safety staff, medical, mechanical and welfare.

SCOTLAND

THE ISLES ULTRA

This 6-day running adventure traces a route the entire length of the inhabited isles of the Outer Hebrides, and passes through the most superlative coastlines, beaches, hillsides, sea and inland loch and river terrain in Scotland and the UK.

Firstly, it completes the 150-miles of the entire Hebridean Way, then on the 6th day, an additional 35-miles to reach the Butt of Lewis - the lighthouse built at the northern tip of these isles.

The running is generally on good flat trails and roads, though sometimes the trails are faint and slippery in the low hills, and peaty in the lowest areas - but these are mostly maintained using a ditch-and-causeway construction method, and sometimes topped with stone and boardwalk, and using many bridges to cross bodies of water.

There are also some memorable sections of more challenging trail in South Harris. On many main road sections, there are characterful causeways that connect the islands. The prevailing weather is generally coming up from behind or the side - west-south-west.

[THEISLESULTRA.COM](https://theislesultra.com)

EVENT DATES: 28 SEPT - 5 OCT 2023
/ 25 SEPT - 2 OCT 2025

DIFFICULTY RATING: CAN I DO THIS?



You should have some experience of multi day endurance running.



DURATION:
8 days / 7 nights



LOCATION: Outer Hebrides, Scotland



SLEEP STYLE: Hotel, bunkhouse and hostel



DISTANCE:
185 miles / 298 km

INCLUSIONS:

Flexible Transfer Policy, audited and accredited to BS8848 expedition safety standard, event t-shirt, medal, Rat Rag, 7 nights accommodation (hotel, bunkhouse, hostel), transfers from Tyndrum, ferry tickets, all meals on the islands, professional 4x4 support vehicles, safety staff, medical and welfare.





SCOTLAND

THE MONSTER

A classically Rat-style small group adventure on foot and using packrafts. We journey sea to sea across the wildest terrain in the British Isles, including traverses of Knoydart, Kintail, Glen Affric and Loch Ness.

Our totally unique 4-day packrafting and trekking adventure is a real wilderness undertaking, balancing self-sufficient sections with high levels of support throughout. Our specially designed route takes in the most superlative mountain, forest, loch and river terrain in the British Isles – including the ‘Wild Bounds’ of Knoydart, stunning Kintail and Glen Affric plus the legendary Loch Ness.

It is also a sea to sea journey across Scotland, giving a really tangible objective to this classic format. The trekking is generally on good trails, interspersed with short and rather stern trail-less sections, some of which feature some exciting yet achievable river crossings. The packrafting is an unprecedented addition to such a journey. It is really quite ground-breaking for these craft to be used in such a format, in Scotland. Our super-portable single-person rafts allow us to access some truly off-grid Highland water and the paddling is often idyllic, sometimes exciting and always a welcome change from the trekking.

[RATRACEMONSTER.COM](https://www.ratracemonster.com)

EVENT DATES: 29 MAY - 3 JUNE 2024

DIFFICULTY RATING: CAN I DO THIS?



You should be a decent hiker with off road experience, you will have to carry a 15-20kg pack for 2 days and be confidently self-sufficient.



DURATION:
6 days / 5 nights

LOCATION:
Scotland

SLEEP STYLE: Hotel and camping

DISTANCE:
36 miles / 58 km (packraft)
71 miles / 114 km (trek)

INCLUSIONS:

Flexible Transfer Policy, audited and accredited to BS8848 expedition safety standard, event t-shirt, medal, Rat Rag, 5 nights accommodation (hotel, camping), packraft and all associated equipment rental included, all meals included, professional 4x4 support vehicles, safety staff, water safety, medical and welfare.

WALES

WALES COAST TO COAST

Go coast to coast from north to south on a multi-sport romp through the wilds of Wales.

We studied our route for a good few years before we laid down ‘the line’ and what has been produced is (what we think is) the first multi-sport crossing of Wales, on a route that stretches across the entire country from north to south. Packing 350km of mountains, valleys and classic Welsh landscapes you will run or trek, bike and kayak from Bangor to Cardiff, via Snowdonia and the Ogwen valley, over Bwlch Tryfan, across the Dovey Estuary to Aberystwyth via some stunning coastal trails; before heading inland on your bikes across incredible landscapes to reach the Brecon Beacons and an ascent of Pen-Y-fan. From there, take to the Taff trail to descend all the way to the south coast and finish next to the Welsh assembly in the heart of the Capital at Cardiff Bay.

[WALESCOASTTOCOAST.COM](https://www.walescoasttocoast.com)

EVENT DATES: 24 - 28 JULY 2024

DURATION:
5 days / 4 nights

LOCATION:
Wales, United Kingdom

SLEEP STYLE:
Camping and B&B

DISTANCE:
43 miles / 70 km (foot)
170 miles / 274 km (bike)
11 miles / 17 km (kayak)

INCLUSIONS:

Flexible Transfer Policy, audited and accredited to BS8848 expedition safety standard, event t-shirt, medal, Rat Rag, 4 nights accommodation (camping, B&B), kayak and all associated equipment rental included, all meals included, professional support boats, water safety staff, mountain safety, mechanical, medical and welfare.



DIFFICULTY RATING: CAN I DO THIS?



This adventure is for anyone with a decent level of overall fitness.





ENGLAND

THE CROSSING EXPEDITION

3 days, 3 national parks, 1 incredible adventure on a mountain bike.

For the fat-tire brigade, this has become a bit of a UK mountain biking rite-of-passage. Get ready to tackle 200 gnarly miles over 3 days as you take on the tracks and trails that span the 3 national parks of the Lake District, the Yorkshire Dales and the North Yorkshire Moors. The route is pure Rat Race with loads of trails, connected by fast-flowing gravel and rural road sections , allowing you to sample some of the UK's finest mountain biking as you cross England from coast to coast. Accommodation and all food is provided, including an ice cream at the seaside on us upon arrival at journey's end in Scarborough!

RATRACETHECROSSING.CO.UK

EVENT DATES: 22 - 25 AUGUST 2024

DIFFICULTY RATING: CAN I DO THIS?



This adventure is for anyone with a decent level of biking fitness.



DURATION:
4 days / 3 nights



LOCATION:
England, United Kingdom



SLEEP STYLE:
Hostels and B&B



DISTANCE:
200 miles / 322 km

INCLUSIONS:

Flexible Transfer Policy, audited and accredited to BS8848 expedition safety standard, event t-shirt, medal, Rat Rag, 3 nights accommodation (B&B), all meals included, professional mountain safety, mechanical, medical and welfare staff and support.

SVALBARD, NORWAY

SVALBARD COAST TO COAST



A cross country ski traverse of the Arctic island of Svalbard. Some x-country skiing experience is required although you can be a basic skier. It is an easy skill to acquire.

MORE INFO COMING SOON CHECK [RATRACE.COM](https://www.ratrace.com) FOR LATEST INFO.

GREECE

THE TRIALS OF THESEUS



A superb 100 mile running journey (1 marathon per day for 4 days) taking in a horse-shoe-shaped route around the eastern Peloponnese.

Our route traces directly the journey and places that Theseus visited as he made his way to Athens, to be crowned King before going on to defeat the Minotaur. These are all real places awash with history, as well as a superb running journey over 4 marathon's worth of quiet roads and trail. Our final destination will also be Athens – finishing at the Acropolis before retiring for some well-earned Retsina, mezze and of course Rat Race Pit Stop favourite, Baklava.

EVENT DATES: 17 - 22 JULY 2024



DURATION:
6 days / 5 nights



LOCATION:
Athens, Greece



DISTANCE:
106 miles / 170 km

TUNISIA / ITALY (SARDINIA) / FRANCE (CORSICA)

TRANS-MED



One of our most audacious journeys to date, we will link Africa and Europe with an incredibly varied and utterly committing multi-sport route. Incorporating sea kayaking, sailing, cycling and running/ hiking you will undertake a 1200km journey from Tunisia to Italy.

The sea legs will utilise our nifty sailing dinghies (full training is available in advance) and sea kayaks and on terra firma, you will switch to road bikes to complete full tip-to-toe crossings of Sardinia and Corsica en-route. Throughout the journey a sailing support vessel will be both your mobile HQ and accommodation. This really is a never-done-before outing that connects Africa and Europe, with a full Trans-Mediterranean crossing.

EVENT DATES: 8 - 23 SEPTEMBER 2024



DURATION:
16 days / 15 nights



LOCATION:
Tunisia, Italy and France



DISTANCE:
746 miles / 1200 km



FAROE ISLANDS

FAROE ISLANDS: SEA TO SUMMIT


The destination for this trip is the weather beaten and mysterious Faroe Islands, lying in the North Sea between Scotland and Scandinavia. The objective of this trip is to go from sea level to the highest summits on the islands, Slaettaratindur (880 metres above sea level) and Graffelli (856m) on the island of Eysturoy via a multi-sport journey 'joining the dots' between these wild islands.

This island is flanked by the highest sea cliffs in Europe. To get to the highest peaks on the Faroes we must battle the sea before we can conquer the summits. We will start on the island of Vagar. Our challenge will see us covering a distance of approx. 100km. First, we will run from the airport to packraft the 'lake above the ocean', Leitisvatn, then running to the shore to sea kayak across to Leynar. Here we will jump on bikes to cycle the next 52 km to reach Funnigar. This will be our base before we tackle the two mighty mountains on foot.

EVENT DATES: 5 - 9 JUNE 2024

 **DURATION:** 5 days / 4 nights  

 **LOCATION:** Faroe Islands

 **DISTANCE:** 14 miles / 22 km (kayak)
19 miles / 31 km (foot)



SWEDEN / FINLAND

BALTIC SEA CROSSING

An outrageously epic sea kayak outing: Cross the Baltic Sea from Stockholm to Helsinki and link 2 Scandinavian capitals by water. This is a big body of water, but it is interspersed with 1000s of islands. Initially, we will make our way out of Stockholm and its huge archipelago of rocky islands, before a big open sea leg takes us to the delightful Aland Islands.


This is a sea kayakers' paradise and the islands spread out across the sea until we start to reach more islands along the Finnish coast. Expect to sleep under the stars pretty much every night as we wild camp on inhabited and uninhabited islands along our voyage, carrying everything with us in our expedition boats.

You will get yourself to Stockholm and away from Helsinki and we will provide the boats and all of the outfitting gear required for the trip. You will also have optional kayak skills development sessions available pre-departure, as this is most definitely a trip where the kayak conditioning needs to be up to scratch.

EVENT DATES: 15 - 19 AUGUST 2024

 **DURATION:** 14 days / 13 nights

 **LOCATION:** Sweden to Finland

 **DISTANCE:** 311 miles / 500 km

OUR ADVENTURES IN

SOUTH & CENTRAL AMERICA

CHILE / ARGENTINA

TRANS ANDEAN COAST TO COAST

Make a genuine coast to coast journey across the entire continent of South America from the Pacific to the Atlantic, linking 2 fantastic cities and 2 fantastic countries – Valparaiso in Chile and Buenos Aires in Argentina. Our route climbs from sea level and traverses the high passes of the dramatic Andes mountain range, lifting you nearly 4km skyward before descending all the way down the other side.

Our route starts in the UNESCO world heritage-listed Valparaiso and crosses the Andes mountain range, ascending from sea level to a lung-busting 3832m metres over 2 days. Participants can expect incredible mountain passes and a 2 day downhill into Argentina from Chile, with stunning views of Aconcagua, the highest mountain in the Americas, plus the southern and western hemispheres.

The route also traverses one of the continent's main wine-growing regions: Chile's central valley and Argentina's famous Mendoza region. Experience the vastness of the Argentinian steppe and perhaps meet some of its famous gauchos. Enjoy amazing food and wine – particularly the steak and Malbec, for which the region is famous worldwide.

The Trans Andean will provide an extraordinary adventure for anyone that has ever dreamed of crossing a continent on their bike.

RATRACETRANSANDEAN.COM

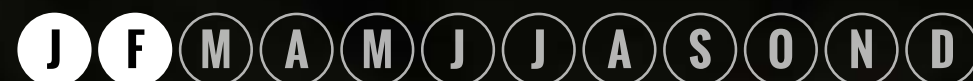
EVENT DATES:

1-12 FEB 2023 / 14-25 JAN 2024 / 19-30 JAN 2025

DIFFICULTY RATING: CAN I DO THIS?



You should be a confident cyclist with experience of back-to-back days in the saddle.



DURATION:

12 days / 11 nights



LOCATION:

Chile/ Argentina, S. America



SLEEP STYLE:

hotel, hostel, refuge, B&B



DISTANCE:

932 miles/1500 km

INCLUSIONS:

Flexible Transfer Policy, audited and accredited to BS8848 expedition safety standard, event t-shirt, medal, Rat Rag, 11 nights accommodation (hotel, hostel, refuge, B&B), airport transfers inc bikes, all meals included, professional road support vehicles, safety staff, medical, mechanical and welfare.

BAHAMAS

EXUMA FILES

White sands as far as the eye can see, uninhabited desert islands, bath-tub warm turquoise seas, turtles bobbing up to say hello, sand bars teeming with wildlife, sunken wrecks, palm trees bristling in the wind and the clearest waters on Planet Earth.

The Exumas, sometimes referred to as the Out Islands, are a remote and largely uninhabited chain of tiny sparkling specks of land in the Bahamas, shimmering on the far fringes of the Caribbean Sea.

Making up one side of the fabled Bermuda Triangle, this incredible marine environment really is the epitome of what most people conjure when they think of a worldly paradise. The photos almost don't seem real. But this challenge is 100% the real deal: A full-on multisport traverse of this heavenly slice of the Caribbean. Featuring some running and cycling stages, our adventure is largely focussed on the use of ocean-going sea kayaks to power your way across almost 250km of this Heavenly desert island chain, island-hopping from beach camp to beach camp as we complete a full traverse from south to north.

RATRACEXUMA.COM

EVENT DATES: 12 - 19 MAY 2023 / 15 - 22 MAY 2024



DURATION:

8 days / 7 nights



LOCATION:

Exuma Islands, Bahamas



SLEEP STYLE:

Hotel and camping



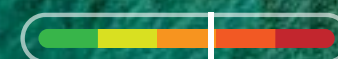
DISTANCE:

12 miles / 20 km (foot)
34 miles / 55 km (bike)
93 miles / 150 km (kayak)

INCLUSIONS:

Flexible Transfer Policy, audited and accredited to BS8848 expedition safety standard, event t-shirt, medal, Rat Rag, 7 nights accommodation (hotel, camping), kayaks and all associated equipment rental included, airport transfers and internal private flight included, all meals included, marine GPS device included, professional 4x4 support vehicles, safety staff, jungle guides, medical and welfare.

DIFFICULTY RATING: CAN I DO THIS?



For this adventure you do need to be a relatively competent kayaker with experience in a sea kayak



PANAMA, CENTRAL AMERICA

PANAMA COAST TO COAST

A stunning adventure journey across the jungles of Central America from Ocean to Ocean.

This is a tough one. Our route starts from the beaches of the Pacific coast and rises via land dotted with coffee and fruit plantations into mist-clad mountains at the continental divide of the Americas.

We then descend towards the Caribbean via an enormous UNESCO-protected primary jungle wilderness. Travelling this section fully self-supported, hammock and supplies on your back and machete in hand, we will emerge from this pristine jungle environment to the banks of a river. You will inflate your packrafts and travel the remaining distance to the coast, having completed a true coast to coast adventure. It's then time to kick off those jungle boots, board our fast boat transport and get onto 'Panama time' on the famous Caribbean party archipelago of Bocas Del Toro.

[PANAMACOASTTOCOAST.COM](https://panamacoastto.coast.com)


EVENT DATES: 18TH - 29TH MARCH 2023
/ 16TH - 27TH MARCH 2024 / 14TH- 25TH MARCH 2026



 **DURATION:**
11 days / 10 nights

 **LOCATION:**
Panama

 **SLEEP STYLE:** hotel, guest house, jungle camp, cabanas

 **DISTANCE:**
100 miles / 160 km (trek)
25 miles / 40km (packraft)

INCLUSIONS:

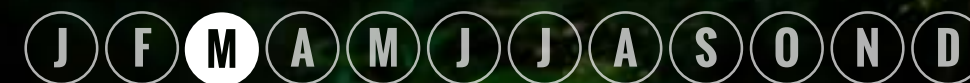
Flexible Transfer Policy, audited and accredited to BS8848 expedition safety standard, event t-shirt, medal, Rat Rag, 10 nights accommodation (hotel, guest house, jungle camp, cabanas), packraft and all associated equipment rental included, airport transfers and internal flight included, most meals included, professional 4x4 support vehicles, safety staff, jungle guides, medical and welfare.



DIFFICULTY RATING: CAN I DO THIS?



This is the hardest adventure in our portfolio, you should have previous experience of multi-day endurance events in challenging environments. You must be able to trek for 12 hours a day carrying a 20-25kg pack and be confidently self-sufficient.



DOMINICA, CARIBBEAN

DOMINICA TOE TO TIP

Dominica is known as the Caribbean's nature island: Packing stunning coastline, lush vegetation, sparkling-clear streams and waterfalls, hot springs and a rugged interior full of jungle mountains, this really is a volcanic island paradise rising dramatically out of the warm Caribbean Sea.

Our route is focussed on the stunning Waitiukubuli National Trail which snakes its way up and down the island. The WNT provides a stunning tapestry for those looking to stretch their legs either as walkers or runners in this amazing tropical adventure. Do not be fooled by what looks like relatively short distances and that Caribbean vibe however, as the humidity and elevation may catch your legs off-guard if you don't pace yourselves.

The jungle is renowned for being some of the toughest terrain for hiking; it's both muddy and steep. Multiple sections of our Dominica route have ropes to hold – these are there to assist you up and down the trail. In addition to the WNT the route will encompass some short road sections plus additional bespoke trail sections that mesh together a truly Rat Race-style route, embodying both the physical attributes and the truly authentic Caribbean culture of the island. One other unique thing about Dominica: There are no poisonous animals. So you can enjoy the wonders of the tropical rainforest, with no nasties..!

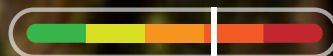
[RATRACEDOMINICA.COM](https://ratracedominica.com)

EVENT DATES:

29 JUNE - 8 JULY 2023 / 26TH JUNE - 5TH JULY 2025



DIFFICULTY RATING: CAN I DO THIS?



You should be a confident hiker with some experience of hilly, technical terrain.



DURATION:

10 days / 9 nights



LOCATION: Dominica, Caribbean



SLEEP STYLE: Hotel and camping



DISTANCE:

100 miles / 160 km

INCLUSIONS:

Flexible Transfer Policy, audited and accredited to BS8848 expedition safety standard, event t-shirt, medal, Rat Rag, 9 nights accommodation (hotel, camping), airport transfers, all meals included, professional 4x4 support vehicles, jungle guides, safety staff, medical and welfare.



VENEZUELA

ANGELS AND GHOSTS

Nestled in one of the most biodiverse rich and geologically ancient areas on the Planet, Canaima National Park contains several mysterious flat-topped mountains unique to this area of remote Venezuela, named Tepuis.

Flowing off the top of the gigantic Auyan-tepi is Angel Falls: At 979m, the highest waterfall on Earth. Along the slopes of nearby Aprada-tepui lies the giant Cueva Del Fantasma - large enough for two helicopters to land inside. This is a true ground-breaking adventure in the real sense of the word - requiring fitness, strength and a serious dose of courage. The reward is a journey into the heart of the Gran Sabana and Orinoco rainforests and some dramatically compelling objectives – Angels and Ghosts...



DURATION:

14 days / 13 nights



LOCATION:

Venezuela



SLEEP STYLE: Hotel and camping

EVENT DATES: 4 - 17 OCTOBER 2024



DISTANCE:

124 miles / 200 km (trekking and abseiling)





PATAGONIA, ARGENTINA

GLACIER TO GLACIER PATAGONIA

A journey between 2 of the most famous glaciers on Earth by foot, bike and kayak.

Patagonia is one of those dream destinations that is worthy of every adventurer's Bucket List. Towering mountains form the backdrop to huge glaciers calving off into stunning lakes, interspersed with forest, alpine meadows, steppe and other uniquely Patagonian flora and fauna. This is a huge canvas on which we have painted an extraordinary adventure, taking in some of the most famous sights of the area – at the same time as taking you off the beaten track to experience the very essence of this wild and alluring place.

Our trip features an extremely high level of support, allowing you to enjoy a fully inclusive package including meals, accommodation, Pit Stop support en route, plus mechanical assistance on the bike legs. We have made getting there easy too, featuring a full package of logistics commencing at El Calafate Airport, the gateway to Argentine Patagonia and accessible with several flights per day from Buenos Aires and direct from other international destinations.

[RATRACEGLACIERTOGLACIER.CO.UK](https://ratraceglaciertoglacier.co.uk)

EVENT DATES: 24 NOV – 2 DEC 2023 / 3 – 11 DEC 2023 / 15 – 23 NOV 2024

DIFFICULTY RATING: CAN I DO THIS?



Absolutely. This adventure is for anyone with a good base level of fitness and a love of red wine!



DURATION:
9 days / 8 nights



LOCATION:
Patagonia, Argentina



SLEEP STYLE: Hotel, guesthouse and camping



DISTANCE:
31.5 miles / 200 km (trek)
160 miles / 257 km (bike)
28 miles / 45 km (kayak)

INCLUSIONS:

Flexible Transfer Policy, audited and accredited to BS8848 expedition safety standard, event t-shirt, medal, Rat Rag, kayak and associated equipment rental included, 8 nights accommodation (hotel, guesthouses, camping), airport transfers, all meals included, professional 4x4 support vehicles, mountain guides, safety staff, medical mechanical and welfare.

GALAPAGOS

GALAPAGOS UNCHARTED

Join us for a world-first! The Galapagos is famous for Charles Darwin and for its abundance of uniquely indigenous flora and fauna and for the sheer abundance of wildlife on the islands.

It really is an Earthly paradise and our adventure seeks to unlock the bounteous delights of this place in equal measure. Whilst the challenge itself will be unique and rewarding, the Galapagos is as much about the wildlife as the physical challenge. Our format will allow you access to the very best local wildlife guides too, in order to ensure we get under the skin of this very special place. We will use a mixture of kayaks, bikes and foot travel to undertake a superlative multi-sport adventure in our world-first circumnavigation of Santa Cruz Island.

MORE INFO COMING SOON CHECK [RATRACE.COM](https://ratrace.com) FOR LATEST INFO.



DURATION:
6 days / 5 nights



LOCATION:
Galapagos Islands, Ecuador



DISTANCE:
37 miles / 60 km (trek)
124 miles / 200 km (bike)
12 miles / 20 km (kayak)



VALPARAÍSO, CHILE

EASTER ISLAND ULTRA

World-first! Easter Island, also known as Rapa Nui, rises mysteriously from the Pacific, some 2000km off the Chilean coast. It is remote, surreal and tropical, made all the more evocative by the gigantic and unusual monoliths that flank its shores, gazing out to sea.

The Moai statues are world-famous and are thought to have been created by the Rapa Nui people between AD 1250 and 1500. Our concept seeks to carve a full Ultra-distance running journey across the island on foot - which we will attempt in one sitting. This has never been done before! (To our knowledge). What a place to do an Ultra. It is most certainly what we would classify as 'at the fringes of the map...' We figured, why not....

EVENT DATES: 28 OCT - 3 NOV 2023



DURATION:
7 days / 6 nights



LOCATION:
Easter Island, Chile



DISTANCE:
43 miles / 70 km

OUR ADVENTURES IN

NORTH AMERICA

ARCTIC QUEBEC, CANADA

ARCTIC ASTEROID

Sitting in the vast Arctic Tundra of north-eastern Quebec lies a remarkable sight – an almost perfectly spherical asteroid crater filled with crystal clear deep-blue water, frozen over in winter with a motionless layer of smooth ice.

Standing on the crater's rim, you are surrounded by an almost endless horizon of white meeting a deep blue northern sky in this barren, treeless and haunting environment. The crater is an astonishing feature known to the local Inuit as Pingualuit – 'the pimple.'

Our journey to the Asteroid will start out over the lunar-like landscape to reach our objective while carrying all of our gear with us and pulling sledges on this most other-worldly of adventures...

The Pingualuit Crater is 1.4 million years old yet was almost unheard of outside of the Inuit until the 20th century. It is thought to be one of the youngest and best-preserved meteorite craters on Earth and its lake contains some of the purest water in existence, as it has no outflow and is fed only by rainwater.

[RATRACEAMERICA.COM/ARCTIC-ASTEROID](https://ratraceamerica.com/arctic-asteroid)

EVENT DATES: 3 - 9 APRIL 2023 / 1-10 APR 2024



 **DURATION:**
9 days / 8 nights

 **LOCATION:**
Quebec, Canada

 **SLEEP STYLE:** Hotel
and camping

 **DISTANCE:**
100 miles / 161 km



J F M **A** M J J A S O N D





UNITED STATES

CRATER TO CANYON

Traverse the Arizona high desert on foot and mountain bike, linking up some of the absolute icons of the American Southwest on a journey that traces a rough n' tumble route from the world-famous Meteor Crater at Meteor, AZ to the south rim of the Grand Canyon – and bagging the high point of the state on the way!

Beginning your journey at the rim of the eponymous asteroid crater at Meteor, AZ you will set out on foot with a hot, dusty and super-scenic trail running blitz through Diablo Canyon, before transitioning to bikes for a classic blast along iconic Route 66. Arriving in Flagstaff at the end of day 1, the action turns on day 2 to a serious assault on the amazing AZ Trail, taking you some 22 blistering miles on foot to summit Humphreys Peak. At 12,637 feet this is the high point of the state and is a serious objective in its own right.

On day 3 you're back on the bikes for a big day in the saddle as you bash your way across 70+ off-road miles of the AZ Trail, reaching journey's end at the magnificent south rim of the Grand Canyon.

[RATRACEAMERICA.COM/CRATER-TO-CANYON](https://ratraceamerica.com/crater-to-canyon)


EVENT DATES: 29 APRIL - 3 MAY 2024

J F M **A** M J J A S O N D

 **DURATION:**
3 days / 3 nights

 **LOCATION:**
Arizona, USA

 **SLEEP STYLE:** Hotel
and camping

 **DISTANCE:**
115 miles / 185 km (bike)
35 miles / 56 km (trek)



UNITED STATES

JOURNEY OF NO RETURN


The Frank Church River of No Return Wilderness not only has the best name ever, it is also the biggest protected wilderness area in the USA. This means serious mountain terrain, incredible scenery and a rugged backcountry adventure to the very core.


Throw some rafting into the mix on the legendary River of No Return – otherwise known as the highly acclaimed Salmon River – and you have one of the most exciting multi-sport formats ever offered in North America. This is a hard ridin', tough trekkin', rapid-bustin' mega-coaster of a journey into the very essence of the Idaho backcountry...


[RATRACEAMERICA.COM/NO-RETURN](https://ratraceamerica.com/no-return)


EVENT DATES: 7 - 13 JULY 2023 (TP) / 5 - 11 JULY 2024



 **DURATION:**
6 days / 5 nights

 **LOCATION:**
Idaho, USA

 **SLEEP STYLE:** Hotel
and camping

 **DISTANCE:**
50 miles / 80 km (bike)
35 miles / 56 km (foot)
35 miles / 56 km (rafting)

J F M A M J **J** A S O N D



UNITED STATES

GOLD RUSH

Epic is an often overused word: but this is most definitely it. Retrace the epic journey made by the Stampeders of the Gold Rush era as you hike, bike and canoe your way across some of the most iconic sights of Alaska and the Yukon.

Striking out from the coast at Skagway AK, the route immediately comes face-to-face with big mountain country as it ascends the incredible Chilkoot Pass. A serious adventure objective in its own right, for us the Chilkoot is only the first helping of action on our route, as you will switch backpacks for canoes as you descend from the snow line and head for Bennett Lake. Then switching to bikes you will blast your way across the Yukon backcountry before coming face to face with the mighty river itself. We will use traditional Canadian canoes to reach our final objective – the pioneering town at the heart of the old gold fields – Dawson City. This route is a serious big mountain and river adventure – at the same time retracing one of the most important heritage routes in North America. You will come away with a sense of both the enormity of the gold rush era and the pioneers who blazed this trail 100 years ago; and also of the sheer scale and raw beauty of these iconic parts of Alaska and Yukon Territory.

RATRACEAMERICA.COM/GOLD-RUSH

EVENT DATES: 12 - 18 AUGUST 2024



DURATION:
13 days / 12 nights



LOCATION: Alaska USA
and the Yukon



SLEEP STYLE: Hotel
and camping



DISTANCE:
202 miles / 325 km (bike)
200 miles / 322 km (canoe)
53 miles / 85 km (foot)



J F M A M J J **A** S O N D



UNITED STATES

SOURCE TO CITY

A multisport traverse of the entire Hudson River from its source high in the mountains all the way to where it meets the sea: New York City.

Imagine a journey undertaken on foot, bike and boat that starts in pristine wilderness at a hidden mountain lake, giving rise to one World's great rivers. Then follow that river as it winds its way downstream, carving a course through a lush valley before finishing as a colossal waterway amidst the most famous icons in America in the hustle and bustle of New York City. This is Source to City – a multi-sport descent of the mighty Hudson River traversing all 300 miles of its course.

Our challenge encompasses running and trekking, biking and kayaking. This is the ultimate mountain, river and road trip all combined into one helluva multi-sport adventure. Make no bones about it, this one does not pull any punches and this event is a seriously committing undertaking.

SOURCETOCITY.COM

EVENT DATES: 20 - 23 SEPTEMBER 2024

DIFFICULTY RATING: CAN I DO THIS?



This is the perfect adventure for those with a good base level of fitness who are comfortable with cycling.

J F M A M J J **A** S O N D



DURATION:
5 days / 4 nights



LOCATION:
New York State, USA



SLEEP STYLE:
Hotel



DISTANCE:
35 miles / 56 km (trek)
260 miles / 418 km (bike)
21 miles / 34 km (kayak)

INCLUSIONS:

Flexible Transfer Policy, audited and accredited to BS8848 expedition safety standard, event t-shirt, medal, Rat Rag, 3 nights accommodation (hotel), kayak and all associated equipment rental included, most meals included, professional 4x4 support vehicles, mountain guides, water safety staff, medical, mechanical and welfare.



GREENLAND

GREENLAND UNCHARTED

A sailing-based expedition into the very top north-eastern corner of Greenland with some bold objectives: Unclimbed peaks and kayaking amongst glaciers and brash ice. Greenland is off-grid by anyone's standards but this is the next level: A section of Greenland that has only ever been viewed from aerial photos. .

Imagine huge glaciers crashing into the sea flanked by fjord-like scenery and 100s of unclimbed (largely non-technical) peaks; This is a true adventure in every sense. We aim to take a boat and approach this corner of Greenland with experts, guides, kayaks, some ice climbing gear and a thirst for the undiscovered. Adventurers only need apply!

EVENT DATES: 26 AUGUST - 15 SEPTEMBER 2023 (TBC)

 **DURATION:**
21 days

 **LOCATION:**
Greenland



 **DISTANCE:**
31 miles / 50 km (kayak)
31 miles / 50 km (trek)



UNITED STATES

CITY TO SEA

A multisport adventure across the entire island chain of the Florida Keys, from Miami to Key West. Our journey uses kayaks, bikes and foot to traverse a superb route along the entire length of the Florida Keys.

Commencing at Key Biscayne, the route will start with a sensational open-water kayak crossing to reach the azure and sheltered waters of the uninhabited and protected northern Keys.

Making your way through shallow waters, mangrove scenery and narrow channels between islands, you'll be heading to make land at Key Largo, where you transition to road bikes. From there, 100 miles of smooth tarmac lies ahead of the famous Overseas Highway, before you switch to sneakers for the final half marathon run into Key West.

This 150 mile (33 in kayaks, 104 by bike, 13 on foot), one-way journey along the entire island chain of the Florida Keys from Miami to Key West will be taken over 2 days.

[RATRACECITYTOSEA.COM](https://ratracecitytosea.com)


EVENT DATES: 28 NOVEMBER - 1 DECEMBER 2024

DIFFICULTY RATING: CAN I DO THIS?




This is a brilliant adventure for those with a good base level of fitness who are comfortable in a kayak with some basic experience.



 **DURATION:**
2 days

 **LOCATION:**
Florida, USA

 **DISTANCE:** 33
miles/53km kayak
104 miles/167km bike
13 miles/21km trek

INCLUSIONS:

Flexible Transfer Policy, audited and accredited to BS8848 expedition safety standard, event t-shirt, medal, Rat Rag, celebration meal included, professional 4x4 support vehicles, water safety staff, medical, mechanical and welfare.



HAIDA GWAI, BRITISH COLUMBIA, CANADA

JOURNEY TO THE TOTEM





Out in the middle of the Pacific lies an astonishing sight: A set of immaculately-preserved ancient totem poles gazing out to sea.

Our route comprises an astonishing multisport journey along the entire island chain of 'Haida Gwaii' – formerly known as the Queen Charlotte Islands sitting off the coast of British Columbia.

Starting on bikes and then switching to foot and ultimately to sea kayaks, you will journey through these wild and mysterious Pacific North Western islands with the objective of reaching the UNESCO-protected totem poles on the island of Ninetints in the vast 'Twilight' forested Gwaii Haanas National Park. Lots of trees. Crashing surf. Really evocative First Nations heritage. Surreal and serene. Incredible sea kayaking. Rugged interior. An absolutely sensational destination and a true swashbuckler of an adventure.

EVENT DATES: 7 - 23 JUNE 2023



-  **DURATION:**
16 days / 15 nights
-  **LOCATION:**
Haida Gwaii
-  **SLEEP STYLE:**
Guesthouses
-  **DISTANCE:**
65 miles / 105 km (bike)
35 miles / 56 km (trek)
TBC (kayak)

GUATEMALA

GUATEMALA SEA TO SUMMIT

Guatemala is a land of forged by the fire of volcanoes past and present; set against a backdrop of ancient Mayan culture. Our route is rich in both; commencing from the sensational Antigua-de-Guatemala, with its picture-postcard colourful period architecture, ringed by active volcanoes.


We will come up-close and personal with one of the volcanoes early doors as we acclimatise you to life at altitude with a trek to active Acatenango. We then journey to the coast, for our bike and foot assault from sea level all the way to the highest-point of Central America – the dormant volcano Tajumulco, towering above the continental divide at 4200m.

Then afterwards, for some well-earned R and R we will journey to stunning and serene Lake Atitlan, another jewel in Guatemala's crown. This is not only an outstanding physical journey to the high point of central America, but also a travel experience into the beating heart of this warm, welcoming and mysterious country.

RATRACEGUATEMALA.COM

EVENT DATES: 30 NOV - 10 DEC 2024

 **DURATION:**
10 days / 9 nights

 **LOCATION:**
Guatemala, S. America

 **SLEEP STYLE:**
Guesthouse and camping

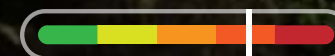
 **DISTANCE:**
107 miles / 171.5 km (bike)
34 miles / 54 km (hike)

INCLUSIONS:

Flexible Transfer Policy, audited and accredited to BS8848 expedition safety standard, event t-shirt, medal, Rat Rag, airport transfers, 6 nights accommodation (guesthouse, camping), kayak and all associated equipment rental included, all meals included, professional 4x4 support vehicles, mountain guides, medical, mechanical and welfare.



DIFFICULTY RATING: CAN I DO THIS?



If you love the thought of cycling through wild lands and erupting volcanoes then this mountain biking adventure is for you.



OUR ADVENTURES IN AFRICA

NAMIBIA

RACE TO THE WRECK

A journey across the Namib Desert to the Skeleton Coast by foot and fat-bike to reach the most famous shipwreck on Earth...

In the ancient expanse of the Namib Naukluft desert, endless skies merge with towering dunes for hundreds and hundreds of miles. Nothing else. Just sand and sky. And then at the coast, the Atlantic breakers come crashing onto the shore amid colonies of 1000s of seals, rolling in on the cold seas of the Benguela Current all the way from Antarctica.

The route takes you across the mighty Kuiseb Riverbed system to the highest sand dunes on Earth in the Namib Naukluft National Park. Then across them to reach the wild Skeleton Coast – exploring abandoned diamond mines and coming across abundant wildlife such as seal, oryx, jackal and the litter of endless whale bones to which the coast gives its name. The place is beyond rugged; beyond wild. And there, sticking out of the desert nearly 1km from the shore, lay the final resting place of the Eduard Bohlen.

[RACETOTHEWRECK.COM](https://www.racetothewreck.com)

EVENT DATES: 3 - 10 NOV 2024 / 1 - 8 NOV 2026

DIFFICULTY RATING: CAN I DO THIS?



Absolutely. This adventure is perfect for hikers looking for a new challenge!



 **DURATION:**
8 days / 7 nights

 **LOCATION:**
Namibia, Africa

 **SLEEP STYLE:** Hotel and camping

 **DISTANCE:**
124 miles / 200 km

INCLUSIONS:

Flexible Transfer Policy, audited and accredited to BS8848 expedition safety standard, event t-shirt, medal, Rat Rag, 7 nights accommodation (hotel, camping), airport transfers, all meals included, fat bike hire, professional 4x4 support vehicles, desert guides, safety staff, medical and welfare.



NAMIBIA / BOTSWANA / SOUTH AFRICA





TRANS-AFRICA: CONTINENTAL COAST TO COAST

A full traverse of Africa West to East on gravel bikes. This 2600km full coast to coast of the entire African continent will be a truly unique adventure. Over 28 days the route will travel across 3 countries, Namibia, Botswana and South Africa, visiting multiple National parks along the route.

You will peddle your way through a rich tapestry of African cultures, spend nights in safari lodges, camp under starry African skies and ride through remote villages being greeted with massive smiles from the local children and adults alike. Experience also the incredible wildlife of multiple national parks and protected areas as we forage right into the beating heart of southern Africa. This is a small-group undertaking with excellent vehicle and local guide support, keeping you fed, fuelled and watered in your journey from one side of Africa to the other.

EVENT DATES: TBC AUGUST 2024



-  **DURATION:**
21 days / 20 nights
-  **LOCATION:**
South Africa
-  **SLEEP STYLE:**
TBC
-  **DISTANCE:**
1616 miles / 2600 km



MADAGASCAR





MADAGASCAR: SUMMIT TO SEA

Madagascar is biologically unique in many respects, with species of animals, flora and fauna that are found nowhere else on Earth.

On this journey, we link the summit of Madagascar's second highest peak, (Pic Boby) to the coast via an incredible trek, then enjoy an exhilarating river rafting descent to the sea. This is adventure on a superlative scale, through areas rarely ever visited by Westerners.

**MORE INFO COMING SOON CHECK
[RATRACE.COM](https://ratrace.com) FOR LATEST INFO.**



-  **DURATION:**
12 days / 11 nights
-  **LOCATION:**
Madagascar
-  **SLEEP STYLE:** Hotel,
camping and guesthouses
-  **DISTANCE:**
68 miles / 110 km (trek)
50 miles / 80 km (packraft)



OUR ADVENTURES IN

ASIA AND MIDDLE-EAST

MONGOLIA

MONGOL 100

In a remote corner of North-Western Mongolia lies Lake Khovsgol: One of 17 ancient lakes in the World over 2 million years-old and which contains the World's purest fresh water. The shores are lined with ancient stands of boreal forest and packed with wolves.

It is serene, hostile, stunning, intimidating. In winter, the ice freezes across its entire near-100-mile length to a depth of over a metre thick, creating for Rat Race the ultimate adventure challenge course. This is the Mongol 100 – the most surreal, audacious and hauntingly beautiful adventure challenge known to Man. The objective is to traverse the entirety of the lake from north to south, by any means: Foot, skate or bike.

This challenge is open to all comers. It is hard; make no mistake. Perhaps the hardest thing you will ever take on. Not just because of the physical challenge. It is cold. Very very cold. That cold will test everyone; whoever you are and however capable you are. But our mantra is for you to get to the start line and we will help you get to the end. And in so doing achieve something extraordinary.

[MONGOL100.COM](https://mongol100.com)

EVENT DATES: 26 FEB – 5 MARCH 2023
/ 25 FEB – 3 MARCH 2024 / 2 – 9 MARCH 2025

 **DURATION:**
8 days / 7 nights

 **LOCATION:**
Outer Mongolia

 **SLEEP STYLE:**
Camping

 **DISTANCE:**
100 miles/160 km

INCLUSIONS:

Flexible Transfer Policy, audited and accredited to BS8848 expedition safety standard, event t-shirt, medal, Rat Rag, 7 nights accommodation (camping), airport transfers, all meals included, professional 4x4 support vehicles, safety staff, medical and welfare.



DIFFICULTY RATING: CAN I DO THIS?



This adventure is for anyone with a with a moderate level of fitness.





BORNEO

KINABALU SEA TO SUMMIT

Our objective is the eponymous Mount Kinabalu. But our route is far-from-ordinary. This trip takes in some of the world's most utterly spectacular and unspoilt rainforest and ends on the summit of one of South East Asia's most mythical mountains (well, it doesn't quite end there – you do have to get back down again!).

A journey into the beating heart of Asia, surrounded by nature and teeming with the sounds of jungle life all around and a true sea to summit endeavour. We will make our way inland from the coast for the initial run/ trek stages along trails, quiet backroads and tracks, rising higher into the hills of the interior as we run further towards our objective and will be supported by our trusty support team and vehicles. Then, Kinabalu itself hoves into view and we prepare for our ascent at trekking pace, together as a group. Rising early for summit day we will head for the roof of Borneo as we top out on this classic peak, before heading back down to the lodge below.

 **DURATION:**
7 days / 6 nights

 **LOCATION:** Mt
Kinabalu, Borneo

 **SLEEP STYLE:**
Hotel

 **DISTANCE:**
50 miles / 80 km

EVENT DATES: 11 - 17 FEBRUARY 2023



SAUDI ARABIA

EMPTY QUARTER COAST TO COAST

This is one of our most ambitious projects and it is absolutely a world-first. It's probably fair to say that far fewer people have crossed 'The Empty Quarter' – the legendary Arabian Rubh' al Khali – than have been in space.

Thesiger's eponymous journey is of course famous and there have been some modern forays to recreate some of these routings, plus other small outings. But Thesiger's trajectory was on a south-north axis and features routings in modern-day Oman, for a large part. To our knowledge, no-one has ever crossed the largest sand dune sea on Earth in its entirety from coast to coast in Saudi Arabia. So we will try. This is a very big innings – make no mistake. It will feature exceptional support functions from a convoy of the best desert drivers in the world, plus special permissions in place to undertake this mammoth bike journey. It is a project that will define those who take part for the rest of their lives.

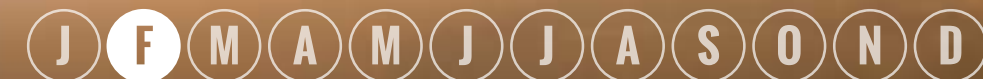
 **DURATION:**
21 days / 20 nights

 **LOCATION:**
Saudi Arabia

 **SLEEP STYLE:**
Desert camps

 **DISTANCE:**
1056 miles / 1700 km

EVENT DATES: 1 - 21 FEBRUARY 2024





OUR ADVENTURES IN AUSTRALASIA

AUSTRALIA THE REEF

A spectacular water-based multi-sport circumnavigation of the world-famous Whitsunday Islands. Think white sands, turquoise waters and incredible sea-life as you take on a stunning tropical multi-sporter.

Starting and finishing in Airlie Beach, this 4 day adventure will see you circumnavigate the two main Islands that make up the Whitsundays, plus take you to some of the lesser-known hideouts of these fabulous islands. Dip your paddle in crystal clear azure waters and imagine coming face to face with one of the Loggerhead or Green Sea Turtles that call this paradise home. If you are really lucky, you may get a free shower from one of the 20,000 Humpback Whales migrating through these waters. Overhead you'll be in awe of the effortless way the white-bellied Sea Eagles patrol the skies during the day and the mass of stars lighting up the night sky.

But this is no leisure cruise however: There is hard yacka to be done. Be prepared for long days on the water, kayaking your way from island to island, negotiating both wind and tide as you seek your next overnight destination. The course will switch in several foot and SUP stages too, providing a perfect multi-sport mix to the format. All the while, you'll be following the paths of the Ngaro people, the traditional owners of the region and one of the earliest recorded Aboriginal groups in Australia.

RATRACEAUSTRALIA.COM.AU/THE-REEF

EVENT DATES: 12 - 16 AUGUST 2023

DIFFICULTY RATING: CAN I DO THIS?



If you love the ocean and you're looking for a unique adventure with a floating headquarters and picture perfect beaches - this one is for you!



- DURATION:**
5 days / 4 nights
- LOCATION:**
Queensland, Australia
- SLEEP STYLE:** Hotel and chartered boat
- DISTANCE:**
62 miles / 100 km

INCLUSIONS:

Flexible Transfer Policy, audited and accredited to BS8848 expedition safety standard, event t-shirt, medal, Rat Rag, 4 nights accommodation (chartered boat), kayak and all associated equipment rental included, all meals included, professional support boats, water safety staff, medical and welfare.



NEW ZEALAND

TIP TO TOWN

New Zealand's North Island is awash with adventure and our route seeks to join the dots between many of its most treasured locations, through a multi-sport adventure tour-de-force featuring running, hiking, a huge chunk of insanely good gravel biking and a hearty dose of sea kayaking.

Our route starts at the most northerly tip of the North Island and arrives back to the bright lights of the big city in bustling Auckland. In a country that is world-renowned for its adventure credentials, this trip packs a mighty punch.


[RATRACEAUSTRALIA.COM.AU/TIP-TO-TOWN](https://ratraceaustralia.com.au/tip-to-town)

EVENT DATES: 19 - 24 FEBRUARY 2024

 **DURATION:**
6 days / 5 nights

 **LOCATION:** New Zealand, North Island

 **SLEEP STYLE:**
Lodges

 **DISTANCE:**
318 miles / 512 km



TASMANIA, AUSTRALIA

TASSIE COAST TO COAST

See Tassie the wild way as we make our way coast to coast on a multi-sport route.

Tasmania is widely regarded as Australia's adventure playground – bristling with wilderness, mountains, sparkling lakes and thundering rapids. We aim to serve up a massive helping of Tassie action as we make our way coast to coast on a multi-sport route that features biking, trail running, trekking and kayaking all the way from one side of the island to the other, that takes in some of its most remote wilderness areas. If you want to see Tassie the wild way, this has got to be up there with the best of them.

[RATRACEAUSTRALIA.COM.AU/TASSIE-COAST-TO-COAST](https://ratraceaustralia.com.au/tassie-coast-to-coast)

EVENT DATES: 11 - 17 MARCH 2024

 **DURATION:**
7 days / 6 nights

 **LOCATION:**
Tasmania

 **SLEEP STYLE:** Hotel, guesthouses and B&B

 **DISTANCE:**
270 miles / 435 km



NEW ZEALAND

THE CORKER








A stunning Coast to Coast run, bike and kayak adventure across New Zealand's legendary Abel Tasman and Marlborough Sounds National Parks, finishing amongst the famous vineyards of the Marlborough winelands.

Cutting a line from west to east along the very top of New Zealand's South Island, our route is a tribute to all that is iconic about New Zealand. The Abel Tasman National Park is raw, wild and untamed. The waters of the Marlborough Sounds are majestic, pristine and beautiful beyond words. The Corker is 100% bottled Kiwi and reflects the very best of New Zealand's multisport heritage. You will experience a superbly varied run, bike and kayak route that encompasses mountain, forest, river and sea. When the adventure is done and dusted, sit back and sip a crisp Sauvignon Blanc grown yards from the finish line. Put simply, this one is an absolute Corker.

[RATRACEAUSTRALIA.COM.AU/THE-CORKER](https://ratraceaustralia.com.au/the-corker)

EVENT DATES: 1 - 5 APRIL 2024

J F M **A** M J J A S O N D

-  **DURATION:** 5 days / 4 nights
-  **LOCATION:** New Zealand, South Island
-  **SLEEP STYLE:** Hotel or bunkhouse
-  **DISTANCE:** 218 miles / 350 km
-   



MARSHALL ISLANDS





THE BIKINI PROJECT

A circumnavigation of Bikini Atoll in the Marshall Islands, infamous for the world's first nuclear tests and quite simply, pretty much the furthest 'off-grid' you can go on Earth. Kayak, packraft, run. Totally exclusive location. Extremely hard to get to.

We require a charter vessel. This is a minimum 10 day round trip including the event component, probably more like 14 days accounting for weather. 110% one-of-a-kind, never-been-done, world-first stuff. A few divers go here annually, but other than that, no-one has really been here since the 1950s. It has been declared safe enough for travel via the UN Nuclear Weapons Inspection teams and as such, we are going to a place genuinely visited by very few people in modern times.

EVENT DATES: 18 -28 JULY 2023



-  **DURATION:** 10 days / 9 nights
-  **LOCATION:** Bikini Atoll
-  **SLEEP STYLE:** Aboard charter vessel
-  **DISTANCE:** 50 miles / 80 km (packraft)
13 miles / 20 km (run)

J F M A M J **J** A S O N D



OUR ADVENTURES IN ANTARCTICA

ANTARCTICA

ULTRA TOUR OF ANTARCTICA

One of our most audacious plans ever will unfold as part of our “Project 2024” - signifying the 20th anniversary of the founding of Rat Race in 2004.

We will be taking 10 intrepid souls to the vast White Desert for an Ultra like no other - on the final frontier of Antarctica. This won't be a skinny-shorts-and-energy-gel-affair though and will be much more geared to an expedition on skis and/ or snow-shoes than a traditional Ultra.

It has to be, given the remoteness of the location and the fact that virtually all of the terrain is glaciated. We will also be sailing there and back in a polar-class yacht. Epic is most truly the word.



DURATION:
18 days / 17 nights



LOCATION:
Antarctica



SLEEP STYLE:
Aboard charter vessel

EVENT DATES: TBC DECEMBER 2024

J F M A M J J A S O N D





"I have honestly never travelled a prettier route away from all the tourists it was wonderful to see Iceland for what it is going through the centre of the country, very refreshing. An epic adventure and

one everyone should add to their bucket list. Expertly ran and delivered by the rat race team can't recommend them enough and look forward to more adventures with them as I'm hooked now after my first trip!"

Emily,
Iceland Coast to Coast

"You'll fall into bed exhausted every night, but it's worth it both for the things you'll see and the way your perception of what's possible gradually shifts."

Laura,
The Isles Ultra

"There's just this vastness around you with just no one, nothing, just you, your thoughts and the beautiful scenery."

Anna,
Race to the Wreck



"It was a genuine Bucket list trip. The only downside is that it may ruin any other trip in future as they fail to match it."

Shane,
Iceland Coast to Coast



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