



## NIRVANA Adventure Race

For the first time ever the ARWS family lands in **Lecco-Italy**, in the beautiful scenario of Como Lake, in the central Alps, very close to Milan and the Swiss borders.

With a trip of less than 2 hours you can ski on the glaciers, swim in the sea, climb on granite peak or 500m wall limestone, descend the most beautiful canyons in Italy but at the same time you can walk slowly through the vineyards and historic cities.

**This is the Italy that we love.**

Nirvana Raid is organized by **Nirvana Verde**, an orienteering and multisport team active since 1988. Nirvana Verde has organized many promotional events and Italian Orienteering Championships for more than 30 years and it launched the **Nirvana Raid** in 2010, recognized as the iconic adventure race event in Italy.

**Nirvana Adventure Race** is a dream that become true and we believe that you will never forget this Adventure Race.





## TIME SCHEDULE

	AR European Series	AR Shorted Course (70km)*
<b>FRIDAY</b> <b>6 May</b>	10:00 Teams welcoming, check list 18:00 Briefing 22:00 Race Start	10:00-17:00 Teams welcoming, check list
<b>SATURDAY</b> <b>7 May</b>	21:00 First arrivals	6:00-7:30 Teams welcoming & check 7:30 Briefing 8:00 Race Start 17:00 First arrivals 21:00 Prize Giving
<b>SUNDAY</b> <b>8 May</b>	9:00 Latest arrivals 10:00 Prize Giving and closing ceremony	

*\*Special Race info only for AR Shorted Course (70km) will be written in Italic.*

**Event Center:** Lecco, Via Amendola (Parking and Market Area)

## RACING INFORMATION AR European Series

**Distance:** 130-150km and +5/6000m elevation gain - 9/10 sections.

**Sections:** trekking, kayaking, MTB, Via Ferrata, Rope Activities, Caving

**Racing time:** 18 to 20h for the winning team ARES. Maximum time limit 28 hours (Closing deadline)

## ***RACING INFORMATION AR Shorted Course (70km)\****

***Distance:*** 60-70km and 2500/3000m elevation gain. 6/7 sections (no rope activity).

***Sections:*** trekking, kayaking, MTB, Caving

***Racing time:*** 8 to 10h for the winning team. Maximum time limit 16 hours (Closing deadline)



Provincia di Lecco





## Timing AR European Series

It is mandatory to be on site before 18:00 on Friday May 6<sup>th</sup> for the registration and the material check list.

Every team component must be on site for the briefing and the bib ceremony.

The start is on Friday May 6<sup>th</sup> at 22:00 and the race will be open until Sunday May 8<sup>th</sup> 9:00.

Price giving ceremony is scheduled at 10.00 o'clock on Sunday May 8<sup>th</sup>.

Brunch will be open from 8:00 to noon on Sunday May 8<sup>th</sup>.

## Timing AR short course 70km

*It is mandatory to be on site before 7:00 on Saturday May 7<sup>th</sup> for the registration and the material check list. The registration is also available on Friday 10:00-17:00.*

*The start is on Saturday May 7<sup>th</sup> 8:00 and the race will be open until Sunday May 8<sup>th</sup> 9:00. We hope you will arrive earlier...*

*Price giving ceremony is scheduled at 21:00 on Saturday May 7<sup>th</sup> at the event center.*

## Equipment

The mandatory equipment list is available on our website. Be careful to check the latest available version.



### **We added a Via Ferrata Kit and harness for all the ARWS teams**

In you need to buy some equipment **KONG** factory store is located in the town of Monte Marenzo (10km). Special prices for the teams.



MTB will be transported in our trucks, without any box nor need to disassembly.

Therefore, no need for a bike box. We took this decision to help you organize your race and reduce your budget.

We will take care of the bikes as if they were our own, but you are free to add extra protection for them. These extra protections must be placed in an extra bag you will need for this purpose only



Kayaks are provided by the organization, they will all be inflatable kayak from Decathlon, one of our main sponsors. The kayak will be ready to use, no pump needed. We hope you will never learn if they are sinkable 😊

The organization can also provide the teams with some paddles and life jackets. If needed, the team must send the request by email before April 8th to [iscrizioni@nirvanaraid.it](mailto:iscrizioni@nirvanaraid.it).

The teams won't carry paddles, life jackets or kayaks during the race (except possibly during white-water sections). The white-water bag can be ARWS type or similar (mesh type).



Trekking and orienteering section will be in the wild mountains with breathtaking panoramas. During the first hours of the day and before the sunset if you are lucky you can see deer, kites and wild boars.

**The teams need to provide 2 bags for their equipment.** The bags must be maximum 120 liters/20 kg. They will only have access to those 2 bags + white-water bags to store their equipment during the race.

Any other bag will be forbidden and considered as some additional external help and will be condemned.

You will have to carry your ropes equipment and eventually some running shoes during the MTB sections.

Practice and try to find best size for your backpack.

**GPS Tracking** All the team will have a GPS tracking supplied for the organization.

## Orienteering



Two sets of maps and one roadbook will be given to each team.

Maps and Roadbooks are in a tearproof and water-resistant material.

Maps will be on a 1/25000. Some maps will be 1/4000 and 1/10000

We produce our maps using ISOM, standard orienteering symbols.

They will be given at the start. Any support not given by the organization is forbidden.

The jury can operate some checks.



Provincia di Lecco



Comune di Lecco





## Knowledge, skills and certificates

The kayaking, ropes and orienteering knowledge and skills documents must be signed and hand in during the check-in before the race. If not, the team will not take the start. A **medical certificate** that you are able to make endurance sport is required. You will have to send us before the race or to show it during check-in. A sample is available on our website.

## Insurances

Check your insurance policies well in time before the event. Make sure you have the necessary insurance for the event and if you are travelling from abroad, make sure you have travel insurance as well.

## Climate

The race will take place early in May and the days are long, cool but the nights could be freezing.

Lecco lakes are nestled between wild mountains and peaks. The hills are a bit far from us. The race will be between 200m and 2400m altitude. You might find some snow on the course.

The mandatory equipment list is made to ensure security for the teams.

However, for those without much experience of this kind of race, keep in mind that during the night, with some fatigue, it can get very cold, even if the weather is very good!

Do not try to optimize your equipment by not taking enough gear, and try to keep clothes as dry as possible.

## Food and drinks

Prior and after the race it's possible to make use of the food and beverage facilities in the Event Center.

During the preparations on Friday the bar will be open until the start of the race. Prior to the race it is possible to enjoy a meal. This concept is the same for brunch on Sunday.





## Registrations

Registrations are open until Friday April 8th

The maximum number of teams will be 50 on a first come first served basis.  
50 team for the sum of the two courses. Today we have 30 team enrolled.

If you have any questions as a result of this newsletter, feel free to contact us:

**Contact :** [info@nirvanaraid.it](mailto:info@nirvanaraid.it)

**Facebook:** <https://www.facebook.com/NirvanaRaid>

**Instagram:** <https://www.instagram.com/nirvanaraid>

