

ULTRARAID SERIES



8, 9 & 10 MAY

VIELSALM

HAUTE ARDENNE
**ULTRA
RAID**

La Station Baraque de Fraiture

ATHLETE GUIDE 2026

PREFACE



Welcome to all participants of this second edition of the Ultra Raid Haute Ardenne!

Since 2018, the Ultra Raid des 3 Vallées has brought the trails of the Belgian Ardennes to life, gathering long-distance mountain bike enthusiasts each year for a demanding and authentic adventure. This project, born from a shared passion for effort, dense forests, and wide-open spaces, has continued to grow with each edition.

Creating a European series of stage races was a dream. At the end of 2024, we launched the **ULTRA RAID SERIES**: a series born from the desire to share, to push beyond limits, and to explore beyond borders.

Establishing it here, with the Ultra Raid Haute Ardenne, holds a special meaning. The course starts from the Baraque de Fraiture Station in Vielsalm and crosses iconic areas such as La Roche-en-Ardenne, Houffalize, and Lierneux. This wild and preserved region, rich in elevation and history, perfectly embodies the spirit of the Ultra: demanding, intense, and passionate.

We would like to extend our sincere thanks to the municipalities of Vielsalm, La Roche-en-Ardenne, Houffalize, Lierneux, Manhay, as well as to all the partners and forest managers who support us in organizing this event.

And of course, a huge thank you to all our volunteer teams, without whom this adventure simply could not exist.

Thank you all for being part of this second edition of the Ultra Raid Haute Ardenne.

Enjoy the experience—and above all, live it to the fullest!

The Ultra Raid Series organizing team

www.ultra-raid-series.com

www.ultra-raid-series.com

ULTRARAID SERIES

SAMOËNS
**ULTRA
RAID**

Les Montagnes du Giffre + Haute Savoie



5, 6 & 7

JUNE



GERARDMER
**ULTRA
RAID**



19, 20 & 21

JUNE



DES 3 VALLEES
**ULTRA
RAID**



18, 19 & 20

SEPTEMBER

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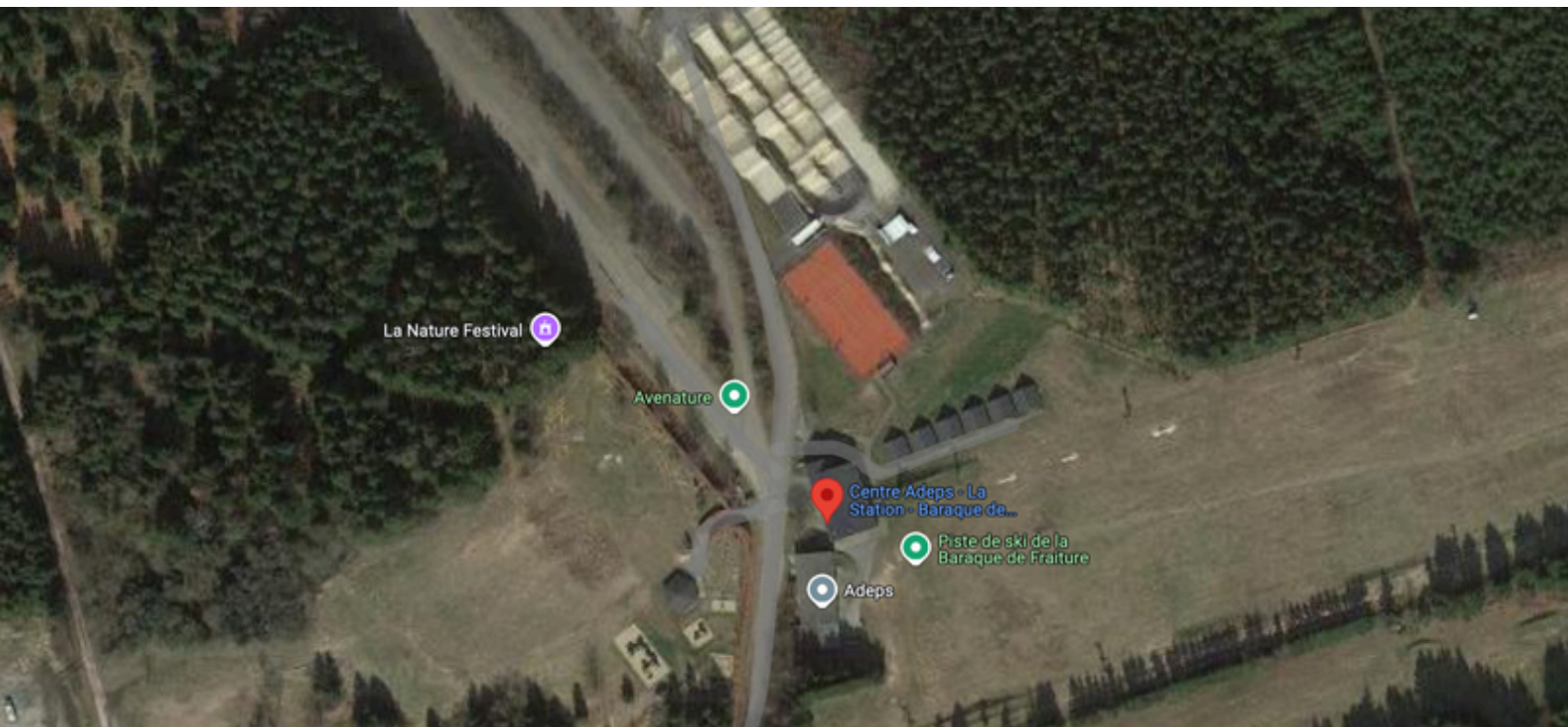


ACCESS PLAN

The different races start from the Centre ADEPS La Station Baraque de Fraiture
Baraque de Fraiture 6, 6690 Vielsalm

Practical tips:

- It is recommended to collect your race number as early as possible from 2:00 PM on Friday, May 8.



WEEKEND PROGRAM

To ensure that race number collection runs as smoothly as possible, we ask you to present yourself at the registration desk with the following documents:

- ID card / Last name / First name
- NO MEDICAL CERTIFICATE OR OTHER DOCUMENT REQUIRED

If you are not collecting your welcome pack in person, please make sure to provide a copy of your ID card to the person who will collect your race number on your behalf.

RACE NUMBER COLLECTION: 2:00 PM – 7:00 PM

BE ON TIME TO AVOID DELAYING THE STARTS.



SITE MAP

What can you find at the start/finish area?

- Participant parking
- 1 camper/van parking
- Restaurant/Bar
- Secured bike park
- Massage area
- The biggest smiles from our volunteers



LEGENDE

1. Camping Area
2. Start/finish area
3. Restaurant / Race numbers / Podiums
4. Camper parking
5. CARS Parking

HAUTE ARDENNE **ULTRA RAID**

La Station Baraque de Fraiture

START OF THE DIFFERENT START BOXES

BOX 1

ULTRA EMTB

BOX 2

ULTRA 6000
Solo + Duo

BOX 3

ULTRA 4000
Solo + Duo

BOX 4

ULTRA 3000
Solo + Duo



**Please respect your start
wave!**

PROGRAM – FRIDAY, MAY 8

12h	Opening of the campsite (tents + campers)
14h00 - 18h45	Race number collection
19H00	Start of the XCO – RACE
19h05	Start of the XCO – RIDE
20h30	Pasta Party
22H00	Bike Park closing

PROGRAM – SATURDAY, MAY 9

6h30 - 8h30	RESTAURANT OPENING – BREAKFAST
8h30	ULTRA 6000 Solo + Duo
9h00	ULTRA 4000 Solo + Duo
9h15	ULTRA 3000 Solo + Duo
9h20	ULTRA 4000 - Mode fun Solo + Duo
9h30	ULTRA E-MTB
Apd 14H00	Post-race snack (homemade pancakes)
17h30	Friendly aperitif by Chimay
18H00	Dinner
22H00 - 06H00	Bike Park closing



PROGRAM – SUNDAY, MAY 10

6h30 - 8h30	RESTAURANT OPENING – BREAKFAST
8h30	ULTRA 6000 Solo + Duo
9h00	ULTRA 4000 Solo + Duo
9h15	ULTRA 3000 Solo + Duo
9h30	ULTRA E-MTB
14h00	BBQ opening
15H00	Final podiums



PARTICIPANT CHARTER



PARTICIPANT CHARTER

Local authorities, municipalities, and the DNF trust us to organize a respectful and responsible event. This valuable trust relies on our collective ability to behave in an exemplary manner.

Each participant, supporter, and member of the organization is personally responsible for their behavior on the ground. By acting together with respect, vigilance, and goodwill, we can continue to create great sporting adventures in the heart of the Ardennes forests, in a spirit of sustainability and cooperation with local stakeholders.

Absolute respect for nature

The Ardennes is a sensitive natural environment. Several areas crossed are classified and protected. Every participant or member of the organization must behave as a respectful and discreet guest.

Do not litter

No waste must be left in nature. All packaging, gels, paper, or other waste must be kept until the refreshment zones or the finish. Any violation will result in immediate disqualification.

Stay on marked routes

The trails used are approved by the DNF, municipalities, and private landowners. It is strictly forbidden to cut across forests or fields. This helps preserve flora and prevents soil erosion.

Full respect for flora and fauna

It is forbidden to pick, uproot, or damage any plants. Local wildlife must be left undisturbed: avoid loud noises, shouting, or any disruptive behavior, especially at dawn or in the evening.

Shared trails with walkers

The courses pass through trails open to everyone. We insist on friendly and respectful coexistence with walkers, families, children, and hikers. They always have priority: slow down, greet them, and show courtesy.

Clean and temporary marking

The course marking is reusable, installed a few days before the race, and completely removed after the last participants have passed. No permanent markings are used.

Sensitive areas to be crossed with care

Some sections of the course pass through fragile areas (peat bogs, primary forests...). Strictly follow the specific instructions that will be given before the start.

Respect for volunteers, residents, and local partners

Municipalities, volunteers, and local stakeholders welcome us. Respectful and cooperative behavior is essential for good relations and the success of the event.

By participating, you agree

Participation in the Ultra Raid implies full acceptance of this charter. Failure to comply with these rules may result in immediate exclusion from the event and may compromise future editions.

#NATUREFIRST

PARTICIPANT CHARTER



RESPECT THE TRAFFIC RULES at all times and follow the instructions of **MARSHALS, POLICE, and ORGANIZATION STAFF. CONTROL** your speed, **DO NOT CUT ANY CORNERS,** and **SLOW DOWN** in urban areas.



DO NOT LITTER on public roads. Trash bins are available at every refreshment point and at the finish.



Toilets are available at the start/finish areas.
IT IS FORBIDDEN TO URINATE on public roads.



Victim or witness of an accident? Contact the **EMERGENCY NUMBER** immediately: +32 494 03 99 46



KEEP TO THE RIGHT side of the road at all times and ride in single file. Remember that you are not the only users of the public road.

#SAFETYFIRST

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Lard de la com.

greenpig.be

081 22 30 11/ 0470 99 05 12

info@greenpig.be

PHOTO SERVICE

Christophe Bortels (VojoMag) will be responsible for capturing individual photos and atmosphere shots of participants throughout the weekend.

These photos will allow you to keep an unforgettable memory of your participation in the Ultra Raid. The images will be available online within 15 days after the event, so everyone can view and download them.

We invite you to take advantage of this opportunity to capture your best moments during the race.





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COURSE

Get ready to become a legend



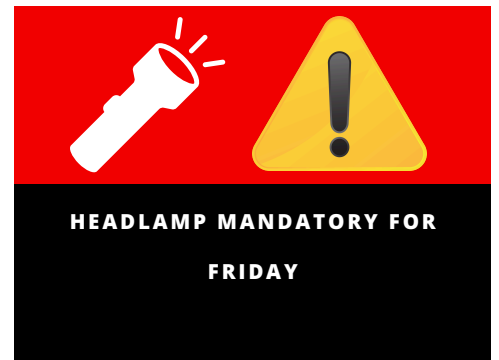
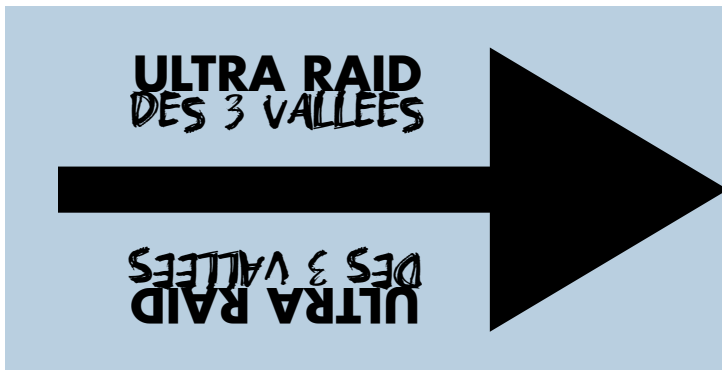
ULTRARAID SERIES

COURSE MARKING

Our course marking is designed to be as environmentally friendly as possible: no spray paint and no tape in the trees. We only use wooden stakes and our reusable PVC arrows. We always emphasize the importance of using GPX tracks in addition to the course marking.

FRIDAY 8 MAY

White and reflective arrows



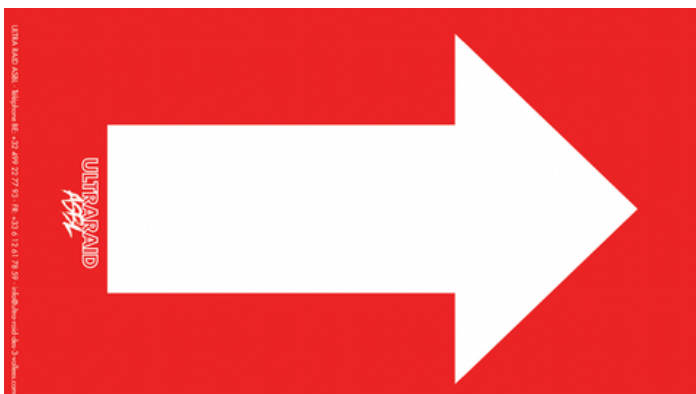
SATURDAY 9 MAY

Orange arrows



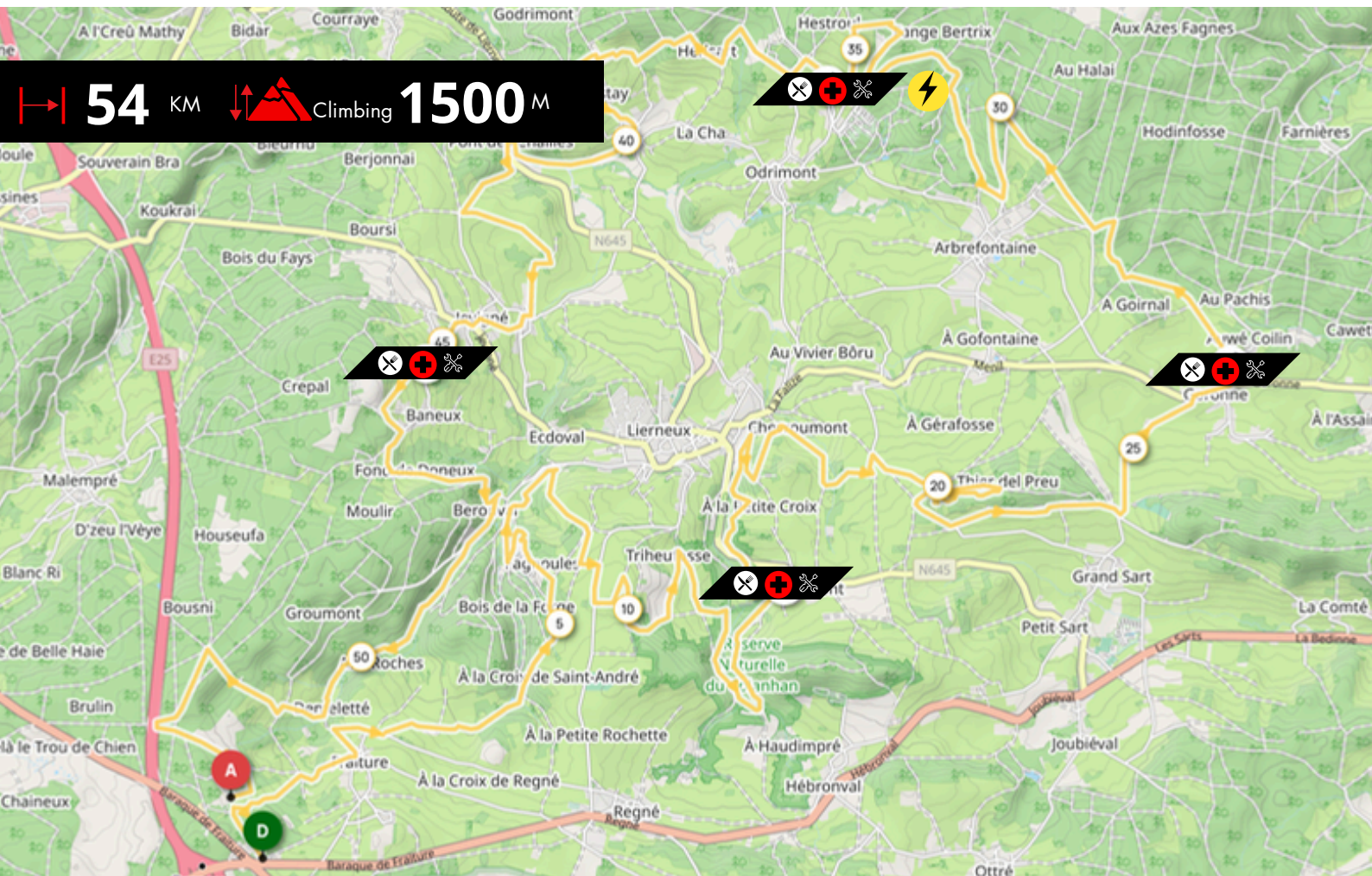
SUNDAY 10 MAY

Red arrows

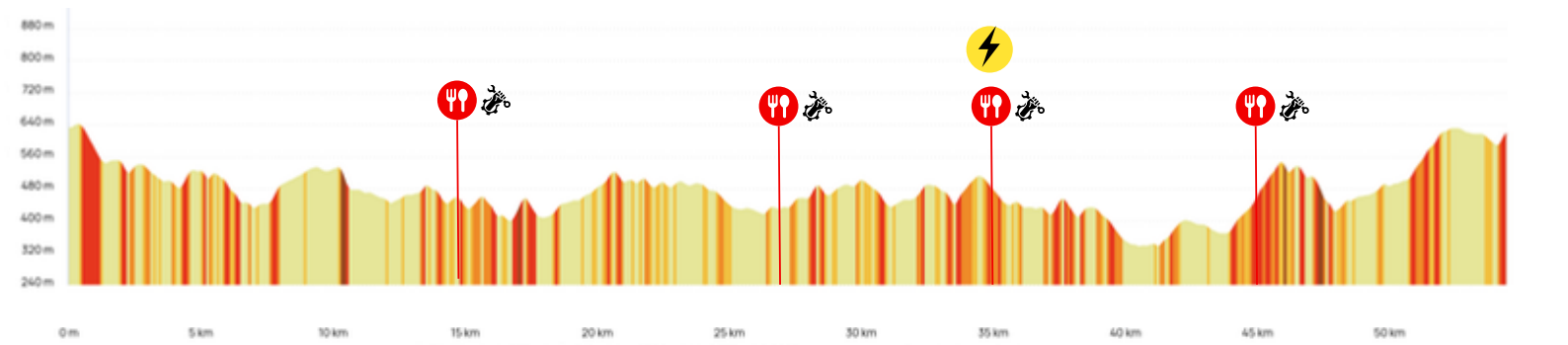


SATURDAY : 9 MAY

ULTRA 3000
ULTRA E-MTB



54 KM Climbing 1500 M



Technical data



Lieu: Rue de Verleumont - 4990 Lierneux
50°16'21"N 5°48'31"E

15 KM



Lieu: Route de Baneux
4990 LIERNEUX
50.29132, 5.76132

45 KM



Lieu: Rue Goronne - 6690 Rencheux
50,2913230; 5,8678850

27 KM



Lieu: Rue sur les fontaines
Am'Comont 4990
50.3149, 5.81448

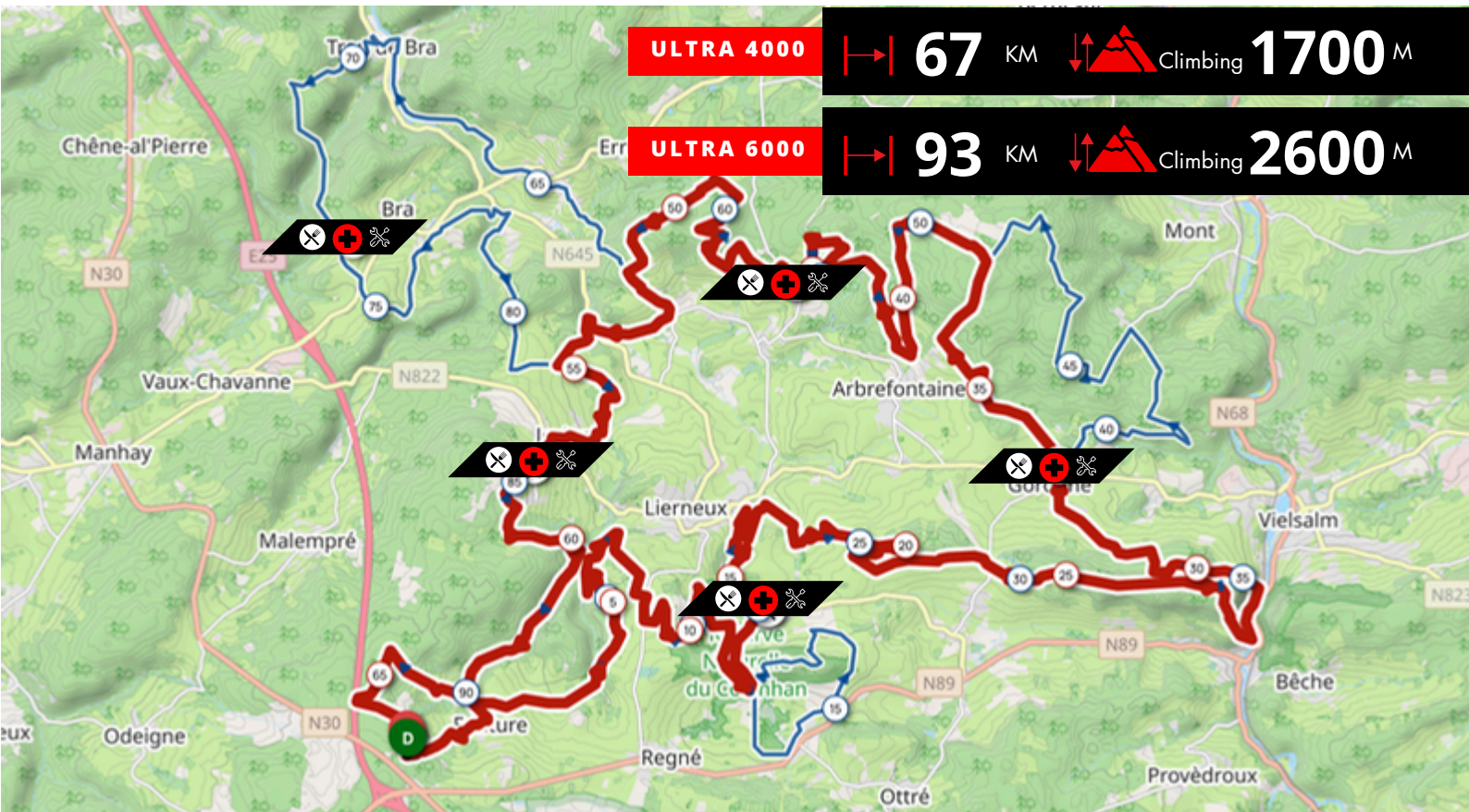
36 KM



DROP-OFF

SATURDAY : 9 MAY

ULTRA 4000
ULTRA 6000

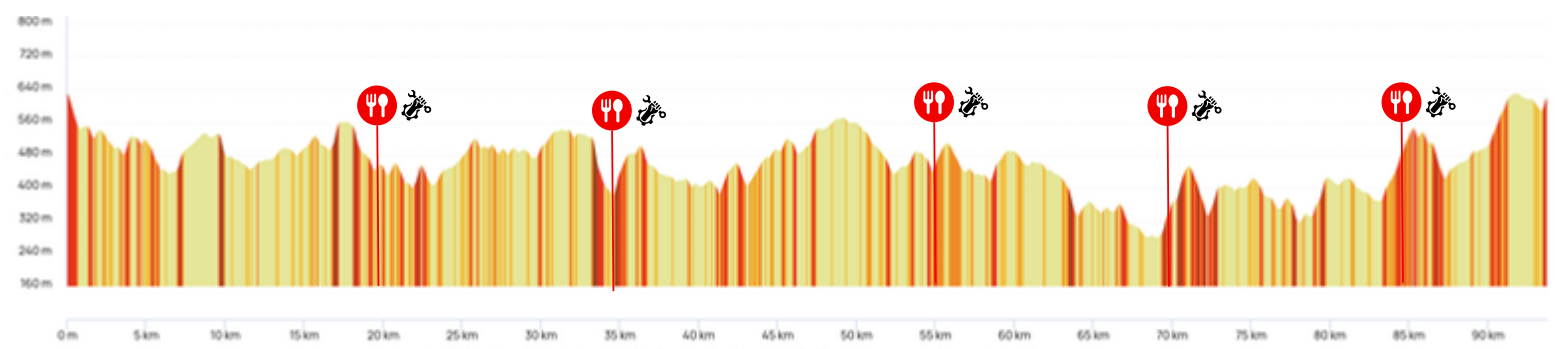


ULTRA 4000

67 KM Climbing 1700 M

ULTRA 6000

93 KM Climbing 2600 M



Technical data

	Lieu: Rue de Verleumont - 4990 Lierneux 50°16'21"N 5°48'31"E	ULTRA 4000	15KM
		ULTRA 6000	20KM

	Lieu: Rue de Bierleux 4990 LIERNEUX 50.32036, 5.72459	ULTRA 4000	74KM
		ULTRA 6000	74KM

	Lieu: Rue Goronne - 6690 Rencheux 50,2913230; 5,8678850	ULTRA 4000	33KM
		ULTRA 6000	38KM

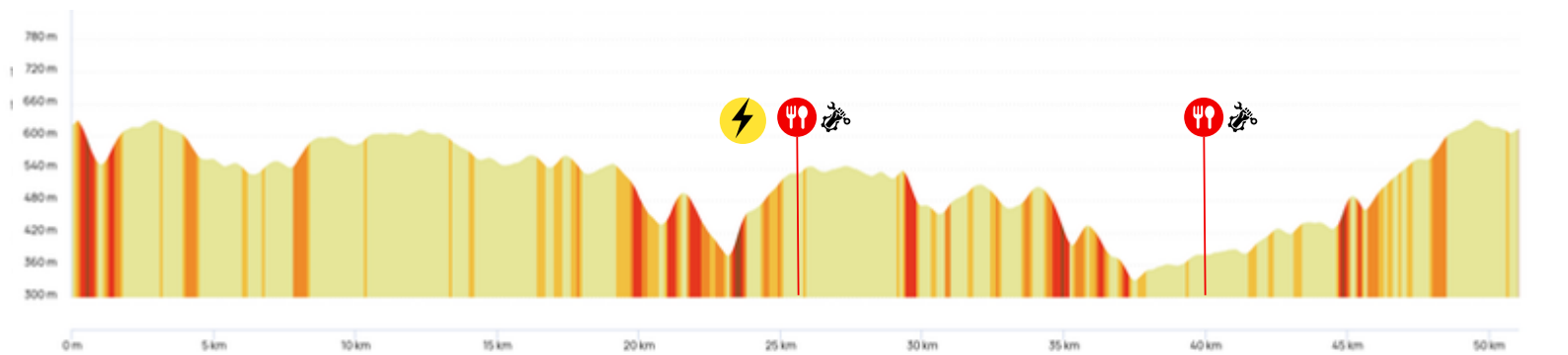
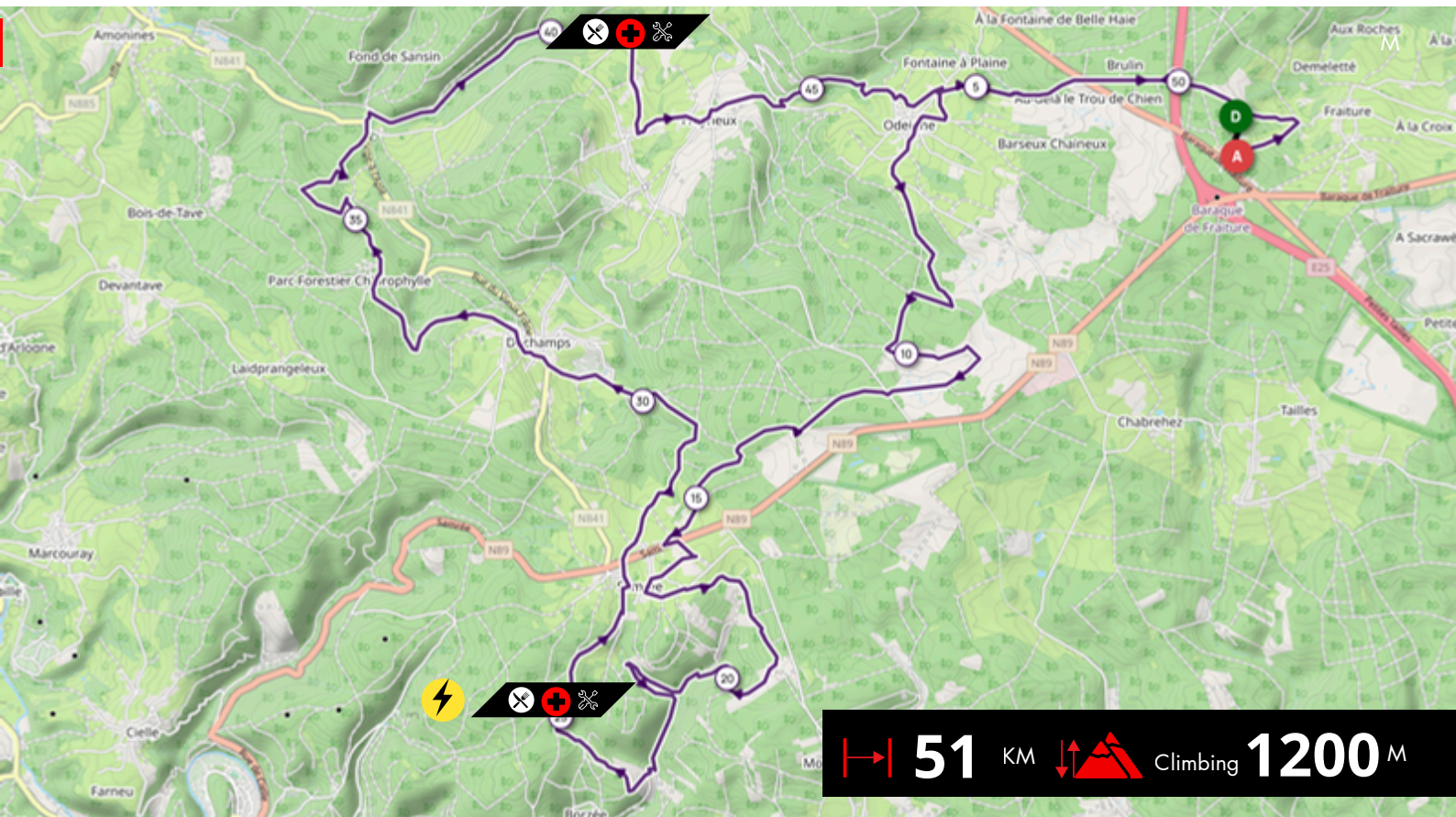
	Lieu: Route de Baneux 4990 LIERNEUX 50.29132, 5.76132	ULTRA 4000	58KM
		ULTRA 6000	84KM

	Lieu: Rue sur les fontaines Am'Comont 4990 50.3149, 5.81448	ULTRA 4000	45KM
		ULTRA 6000	57KM



DROP-OFF


SUNDAY : 10 MAY

ULTRA 3000
ULTRA E-MTB



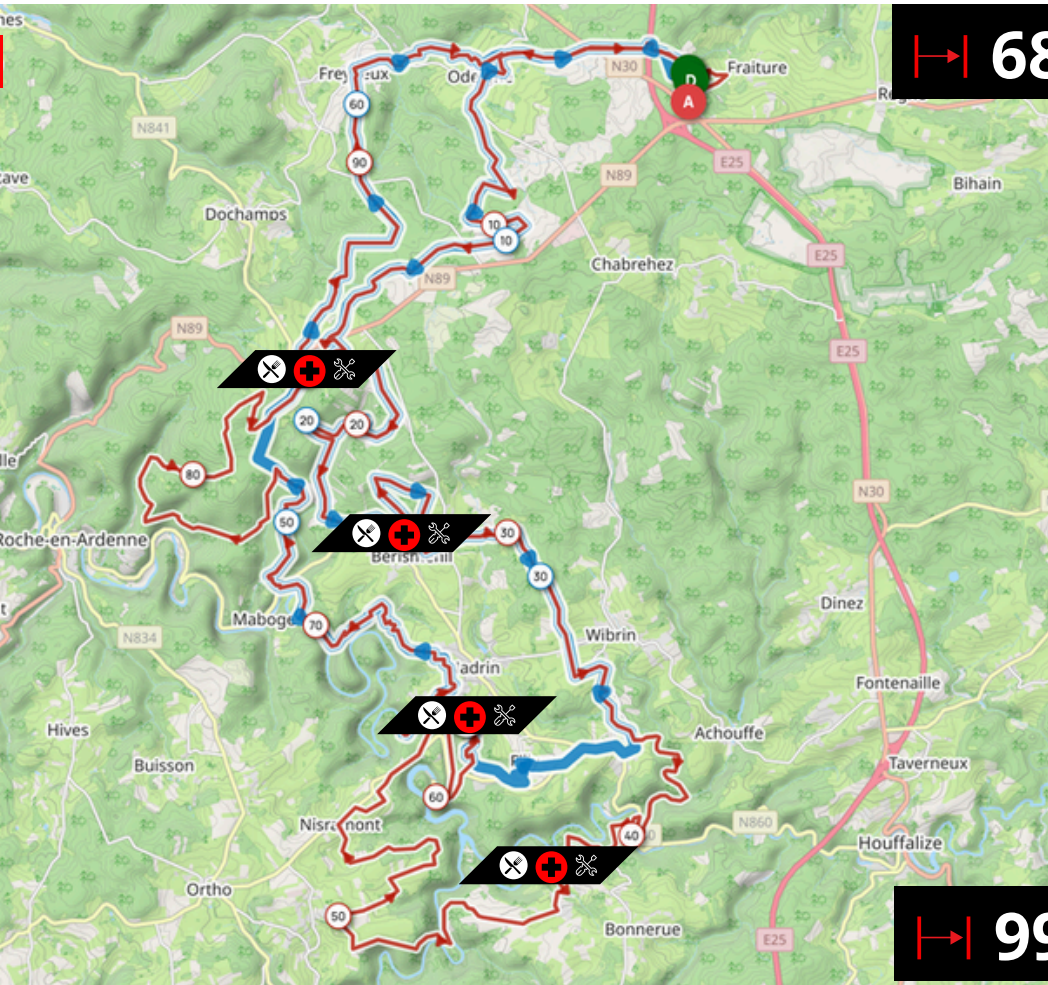
Technical data

 Lieu: Col du Haussire - La Roche en Ardenne
50.205728, 5.609997  DROP-OFF **26 KM**

 Lieu: Route du Moulin de Lafosse
6960 Manhay
50.26604, 5.64167 **43 KM**

SUNDAY : 10 MAY

ULTRA 4000
ULTRA 6000



68 KM Climbing 1700 M

ULTRA 4000

99 KM Climbing 2600 M

ULTRA 6000



Technical data



Lieu: Rue de bérismenil - 6982 Bérismenil
50.18277, 5.66439

ULTRA 4000 25 KM
ULTRA 6000 25 KM



Lieu: Col du Haussire - La Roche en Ardenne
50.205728, 5.609997

ULTRA 4000 55 KM
ULTRA 6000 86 KM



Lieu: Rue Engreux - 6663 Engreux
50.12907, 5.69937

ULTRA 6000 42 KM



Lieu: Foot de Nadrin - Rue du tiere - 6660 Nadrin
50.158046, 5.675724 ⚡ DROP-OFF

ULTRA 4000 42 KM
ULTRA 6000 62 KM

GPX

You can find all the GPX files for your Ultra Raid weekend via the following QR code.



GPX TRACKS

No worries if you are unable to scan the QR code.
Everything is available here:

<https://www.ultra-raid-haute-ardenne.be/guide-athlète-haute-ardenne>

E-MTB

Spare battery option – E-Bike
(EMTB competition included)

To improve the comfort of participants riding e-bikes (outside the EMTB race), we are offering a free battery drop-off service on the morning of the event: You can drop off a spare battery before the start. It will be transported and made available at the main aid station, located roughly halfway through the course
(see stage profiles).

This service is free and aims to give you more freedom over long distances.





6D SPORTS NUTRITION

6d Sports Nutrition is our nutrition partner for the ULTRA RAID HAUTE ARDENNE.

You will therefore be able to enjoy products from the brand at our aid stations.

www.6dsportsnutrition.com



USEFUL INFORMATION

ULTRA E-MTB/ 3000/ 4000/ 6000

- If you decide to come by camper van, we advise you not to arrive too late. The number of available spots is limited.
- We will close the bike park from 10:00 PM to 6:00 AM. This means that after 10:00 PM, no access will be possible to the bike park. Our bike park will be secured by security staff. You are not required to store your bike there.
- GPS MANDATORY:
- GPS is mandatory for this 2026 edition. The municipalities and regions we cross are increasingly asking us to reduce course marking in the forests in order to limit waste and environmental impact. In addition, we are never safe from course markings being removed, even after our course opening teams have passed. Course junctions will of course always be marked.
- If you are riding in a group, it is important that at least one rider has the GPX tracks on a GPS device. If you are riding alone, you must have your own GPS to avoid course errors.

USEFUL INFORMATION

SHOWERS

- Showers and sanitary facilities are located near the Centre ADEPS La Station Haute Ardenne, just a few meters from the start line.



HAUTE ARDENNE

ULTRA RAID

La Station Baraque de Fraiture

OPTIONAL EXTRAS



OPTIONAL EXTRAS

CATERING PACKAGE

- Participants and their companions who have chosen the weekend catering option will receive a green wristband
- This wristband grants access to meals served throughout the weekend at the restaurant by the caterer L'O'Bergine.
- Drinks are not included, except for water.
- It is mandatory to keep your wristband for the entire weekend, without exception. Access to meals will only be granted upon presentation of the wristband.
- Enjoy your meal and have a great sporting weekend!



WEEKEND MENU

CATERING PACKAGE



• FRIDAY 8 MAY

Pasta party: 4 sauces to choose from (Bolognese, Ardennes-style, vegetarian, or four-cheese + grated cheese, bread and butter)

• SATURDAY 9 MAY

Breakfast:

- yogurt
- assorted cheeses (brie and gouda)
- assorted cold cuts (salami and cooked ham)
- banana
- chocolate roll or 1 croissant
- bread roll
- sliced bread
- granola
- small pot of jam
- butter
- milk for granola

Sweet break before dinner

Dinner – hot meal: 4 dishes to choose from:

- Herb braised ham – “Marchand de vin” sauce
- Roasted yellow chicken supreme (farm butter) – brown sauce with honey from Halconreux and Lupulus Fructus beer
- Veal cordon bleu – creamy sauce with wholegrain mustard and tarragon
- Rolled plaice fillet – Creole-style bisque velouté sauce
-

Side dishes: potato croquettes, 3 types of hot vegetables, bread and butter

WEEKEND MENU

CATERING PACKAGE



• SUNDAY 10 MAY

Breakfast:

- yogurt
- assorted cheeses (brie and gouda)
- assorted cold cuts (salami and cooked ham)
- banana
- chocolate roll or 1 croissant
- bread roll
- sliced bread
- granola
- small pot of jam
- butter
- milk for granola

Sweet break before dinner

Dinner – hot meal:

The classic barbecue: approx. 250g of meat per person

- Marinated pork neck
- Country-style sausage
- Tandoori chicken

Side dishes: baby potatoes with coarse salt and garlic, 5 types of raw vegetables, assorted sauces, bread and butter.

OPTIONAL EXTRAS

FORMULE BIKEWASH BY TOF CLEAN

- Participants who have chosen the bike wash option will benefit from a professional cleaning service provided by our partner ToF Clean.
- In order for your bike to be taken care of:
- It must be dropped off in the secured bike park, a safe area strictly reserved for staff. No public access will be allowed.
- When collecting your race number, you will receive a specific wristband with your bib number.
- This wristband must be worn at all times throughout the weekend to allow identification and bike handling.
- A practical, secure and efficient service to ride clean every day!



OPTIONAL EXTRAS

POST-RACE MESSAGES

Participants who have chosen the massage option will benefit from a treatment provided by a professional team.

To facilitate their work and ensure proper hygiene, it is mandatory to take a shower before going to the massage area.

Massages generally last 15 to 20 minutes, depending on each participant's needs and conditions.

Sessions are offered after each race in the dedicated area near the finish line, in the main station building.

Please note: the massage service will close at 5:30 PM on Sunday.
A well-deserved recovery moment after the effort!





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PRACTICAL INFORMATION

OUR ON-SITE FACILITIES:

BAR / RESTAURANT



SHOWERS



WC



SECURE BIKE PARKING





SAMOËNS **ULTRA
RAID**

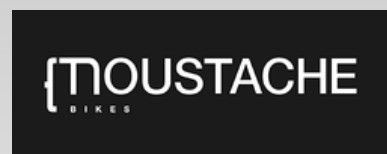
Les Montagnes du Giffre 🇨🇭 Haute Savoie

5.6.7. JUNE 2020

**JOIN US FOR THE FIRST ALPINE EDITION OF THE ULTRA RAID
SERIES**

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OUR PARTNERS



**La Roche
-en-Ardenne**



COMMUNE DE LIERNEUX
EN HAUTE ARDENNE - PROVINCE DE LIÈGE