

# ULTRARAID SERIES



8, 9 & 10 MAY

VIELSALM

HAUTE ARDENNE  
**ULTRA  
RAID**

La Station Baraque de Fraiture

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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](http://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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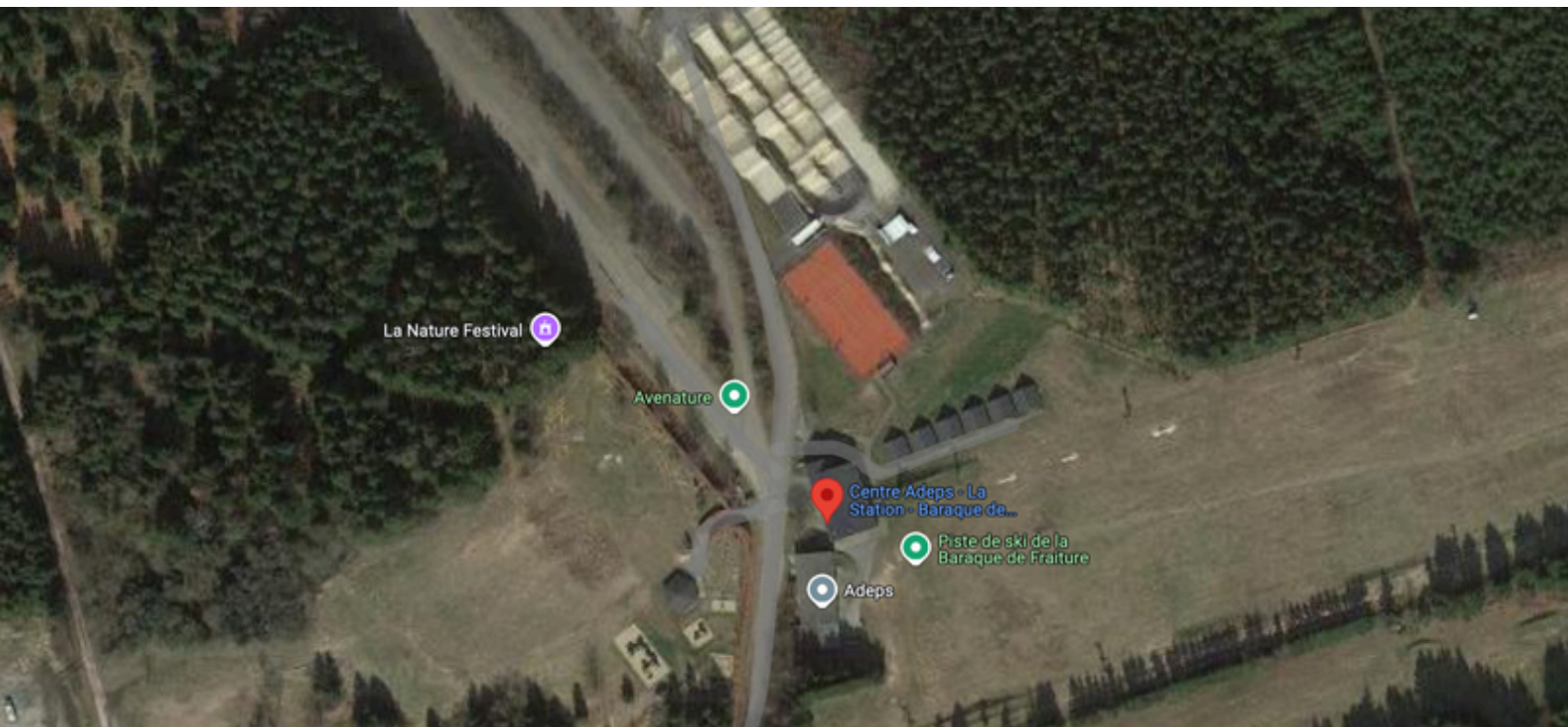


# ACCESS PLAN

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	<b>Opening of the campsite (tents + campers)</b>
14h00 - 18h45	<b>Race number collection</b>
19H00	<b>Start of the XCO - EMTB 3000</b>
19h02	<b>Start of the XCO - 3000 COMPETITION</b>
19h04	<b>Start of the XCO - 4000 COMPETITION</b>
19h06	<b>Start of the XCO - 6000 COMPETITION</b>
19h10	<b>Start of the XCO - NO COMPETITION RIDERS</b>
20h30	<b>PASTA PARTY</b>
22h00	<b>BIKE PARK CLOSING</b>

# PROGRAM – SATURDAY, MAY 9

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



# PROGRAM – SUNDAY, MAY 10

<b>6h30 - 8h30</b>	<b>RESTAURANT OPENING – BREAKFAST</b>
<b>8h30</b>	<b>ULTRA 6000</b> Solo + Duo
<b>9h00</b>	<b>ULTRA 4000</b> Solo + Duo
<b>9h15</b>	<b>ULTRA 3000</b> Solo + Duo
<b>9h30</b>	<b>ULTRA E-MTB</b>
<b>14h00</b>	BBQ opening
<b>15H00</b>	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**

greenpig



Lard de la com.

[greenpig.be](http://greenpig.be)

081 22 30 11/ 0470 99 05 12

[info@greenpig.be](mailto: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.





# CHIMAY DORÉE

Chimay, une bière très spéciale  
Alc. 4,8% vol

# CHIMAY



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L'abus d'alcool nuit à la santé



# COURSE

Get ready to become a legend



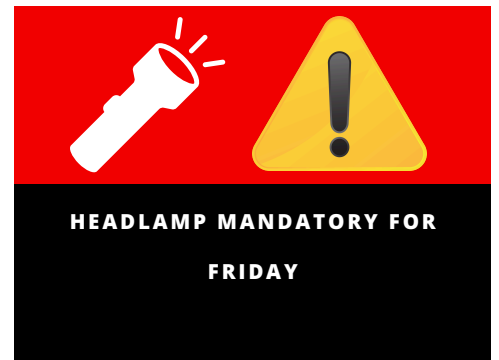
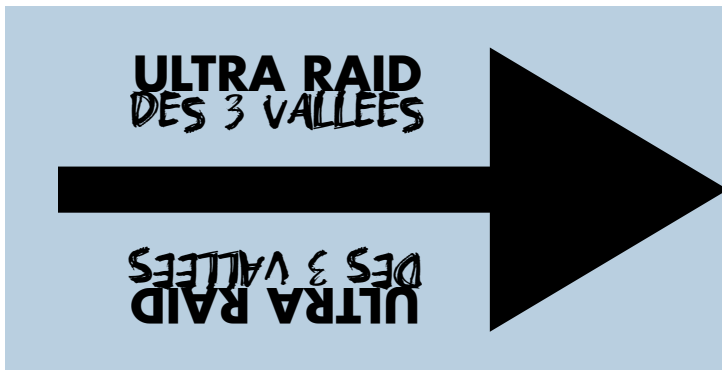
**ULTRARAID** SERIES

# 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



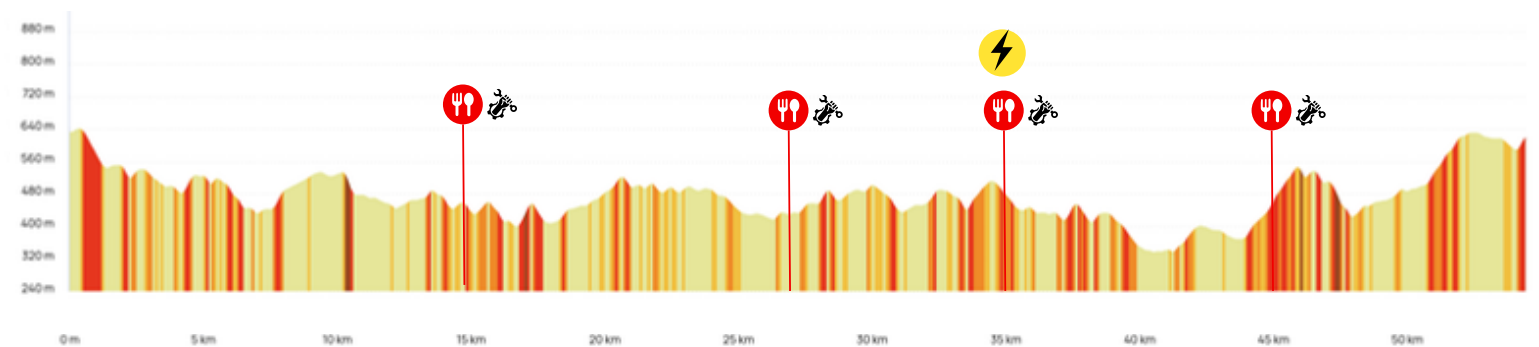
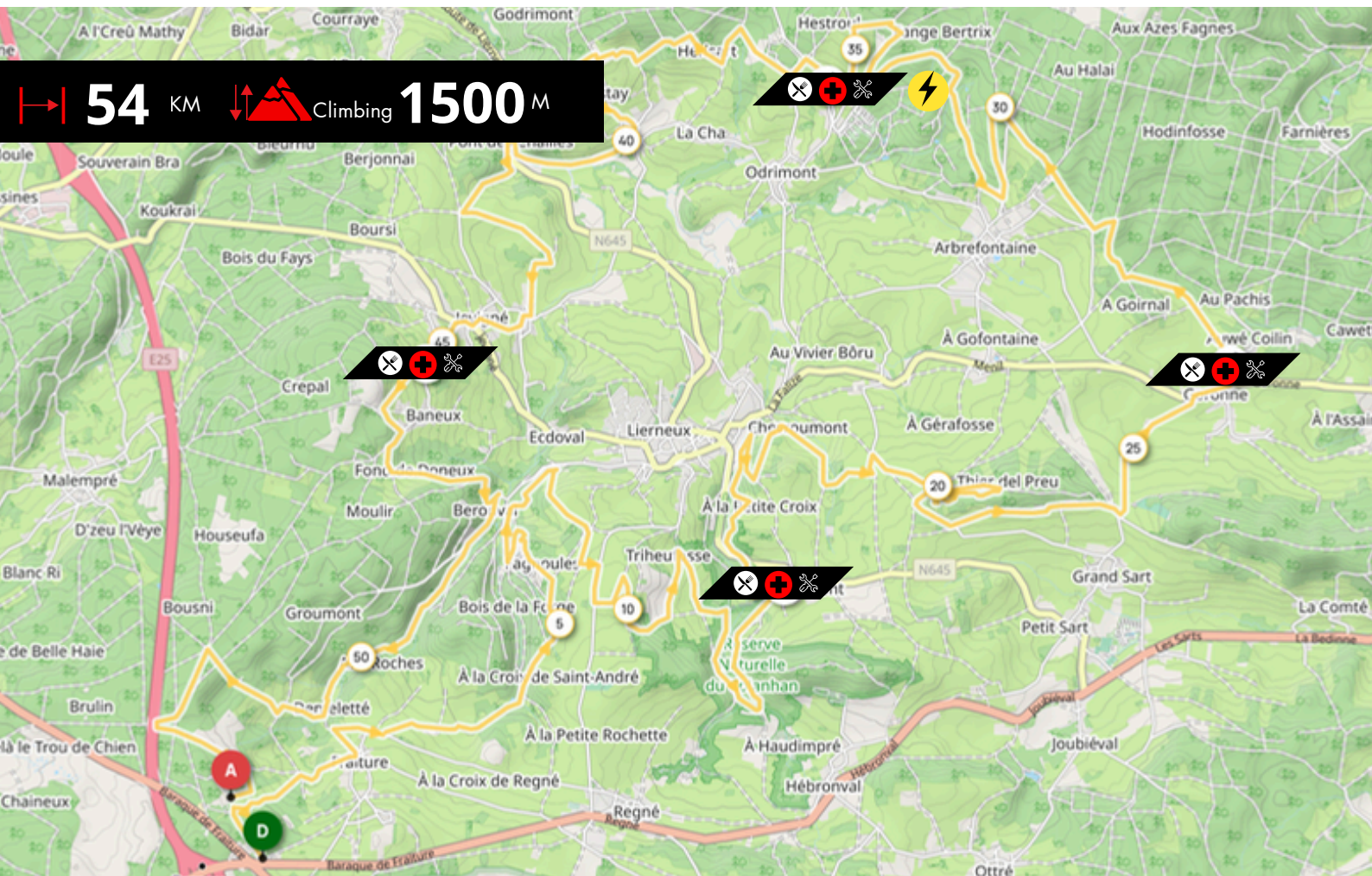
## SUNDAY 10 MAY

Red arrows



# SATURDAY : 9 MAY

ULTRA 3000  
ULTRA E-MTB



## 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

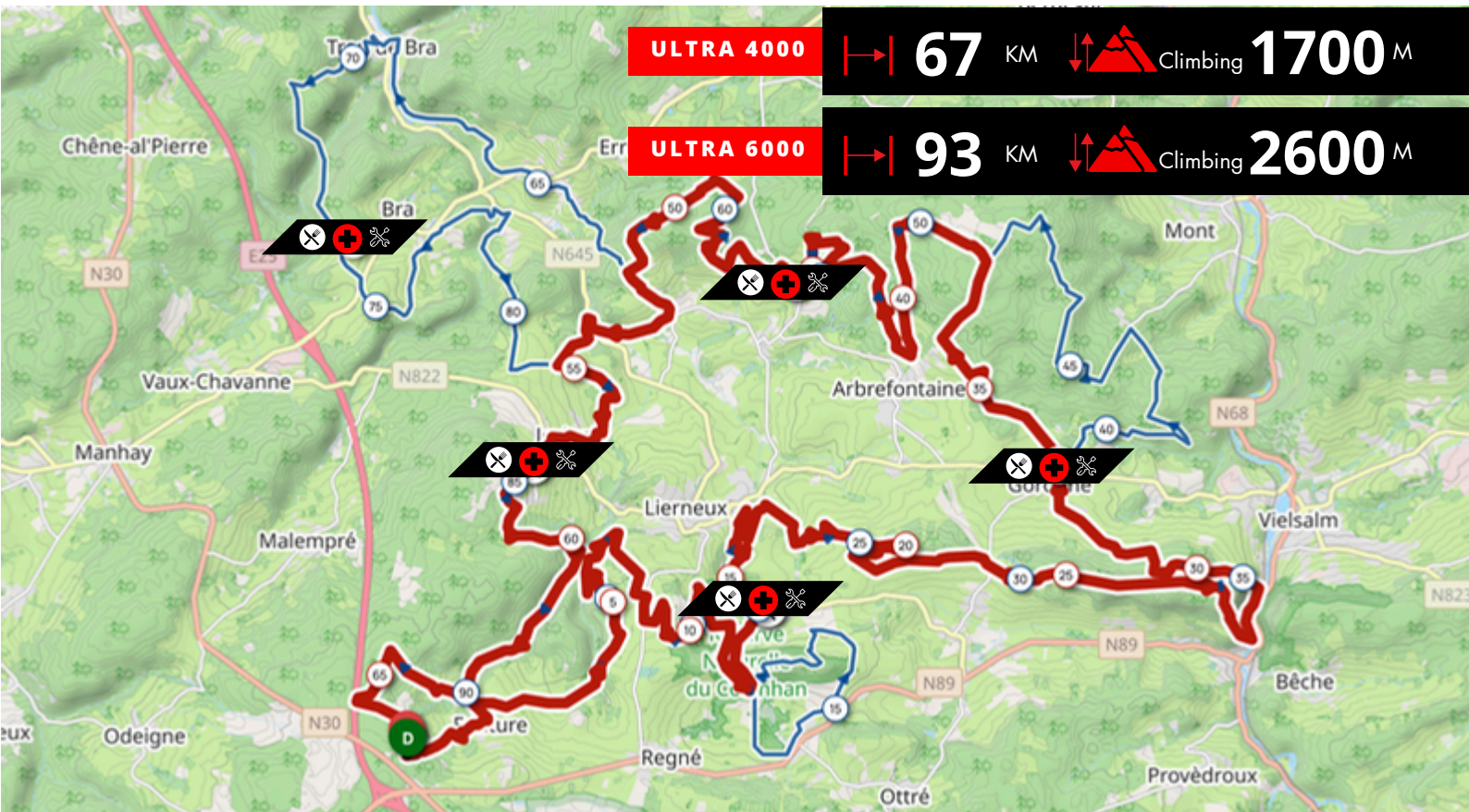
36 KM



DROP-OFF

# SATURDAY : 9 MAY

ULTRA 4000  
ULTRA 6000

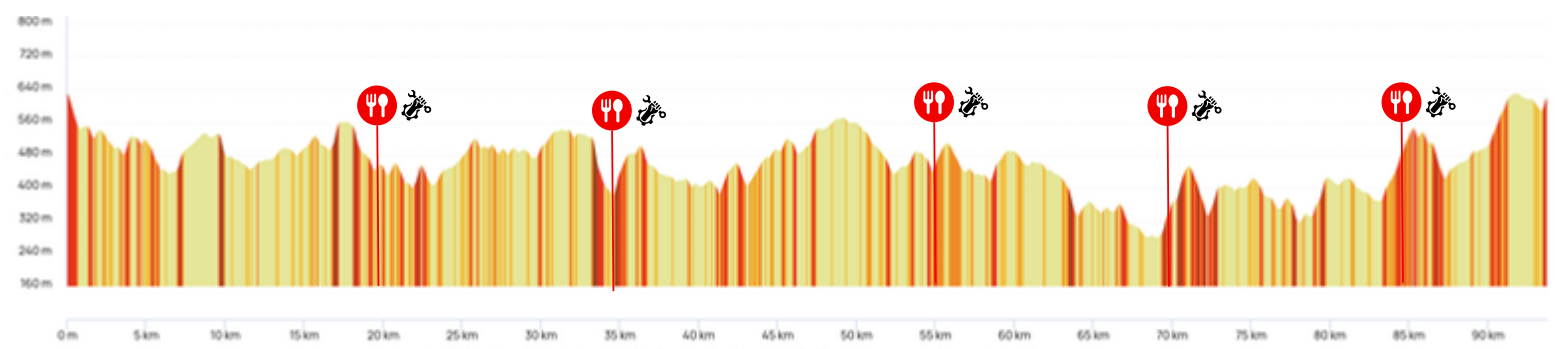


ULTRA 4000

67 KM Climbing 1700 M

ULTRA 6000

93 KM Climbing 2600 M



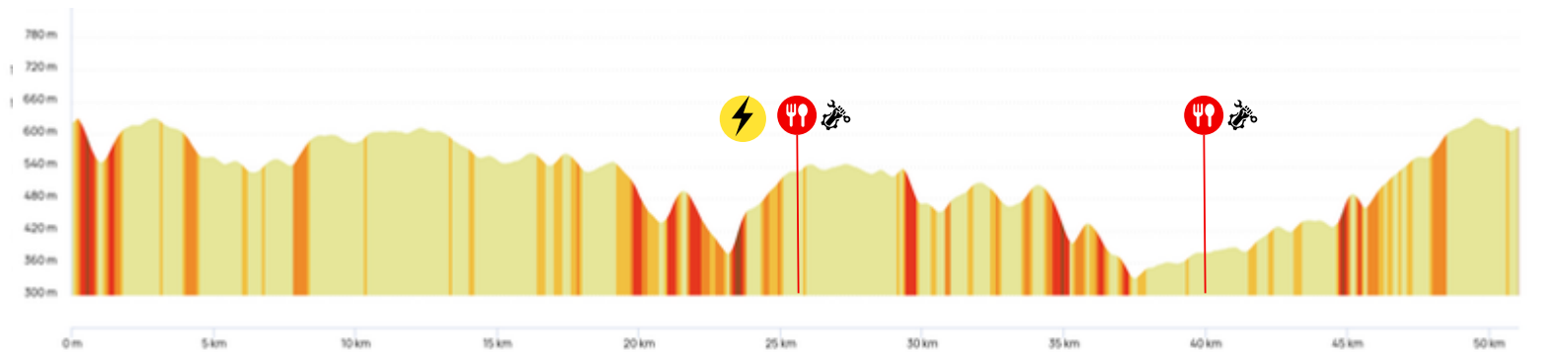
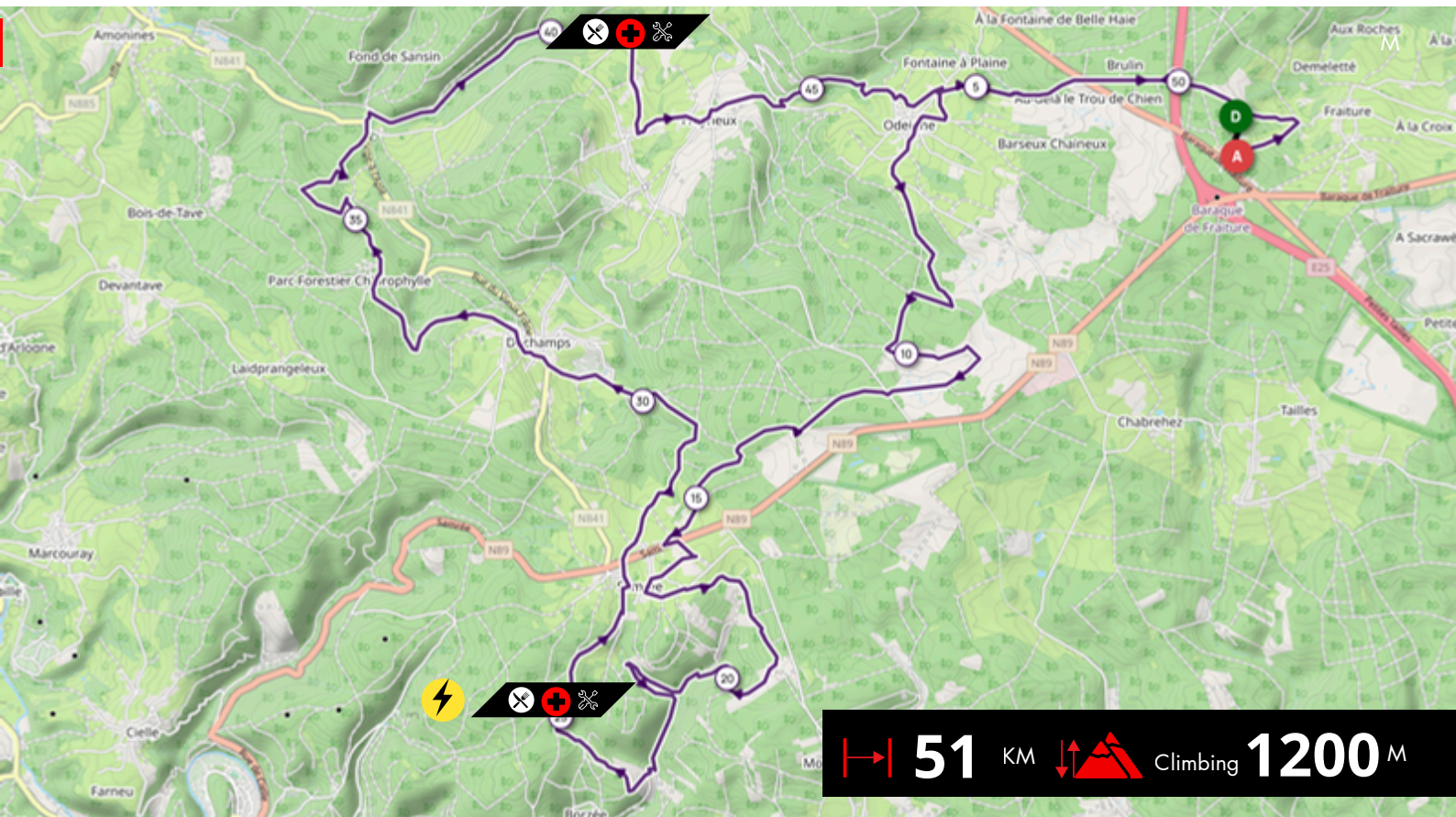
## Technical data

	Lieu: Rue de Verleumont - 4990 Lierneux 50°16'21"N 5°48'31"E	ULTRA 4000	15KM
		ULTRA 6000	20KM
	Lieu: Rue Goronne - 6690 Rencheux 50,2913230; 5,8678850	ULTRA 4000	33KM
		ULTRA 6000	38KM
	Lieu: Rue sur les fontaines Am'Comont 4990 50.3149, 5.81448  DROP-OFF	ULTRA 4000	45KM
		ULTRA 6000	57KM



	Lieu: Rue de Bierleux 4990 LIERNEUX 50.32036, 5.72459	ULTRA 6000	74KM
		ULTRA 4000	58KM
	Lieu: Route de Baneux 4990 LIERNEUX 50.29132, 5.76132	ULTRA 4000	58KM
		ULTRA 6000	84KM


# SUNDAY : 10 MAY

ULTRA 3000  
ULTRA E-MTB



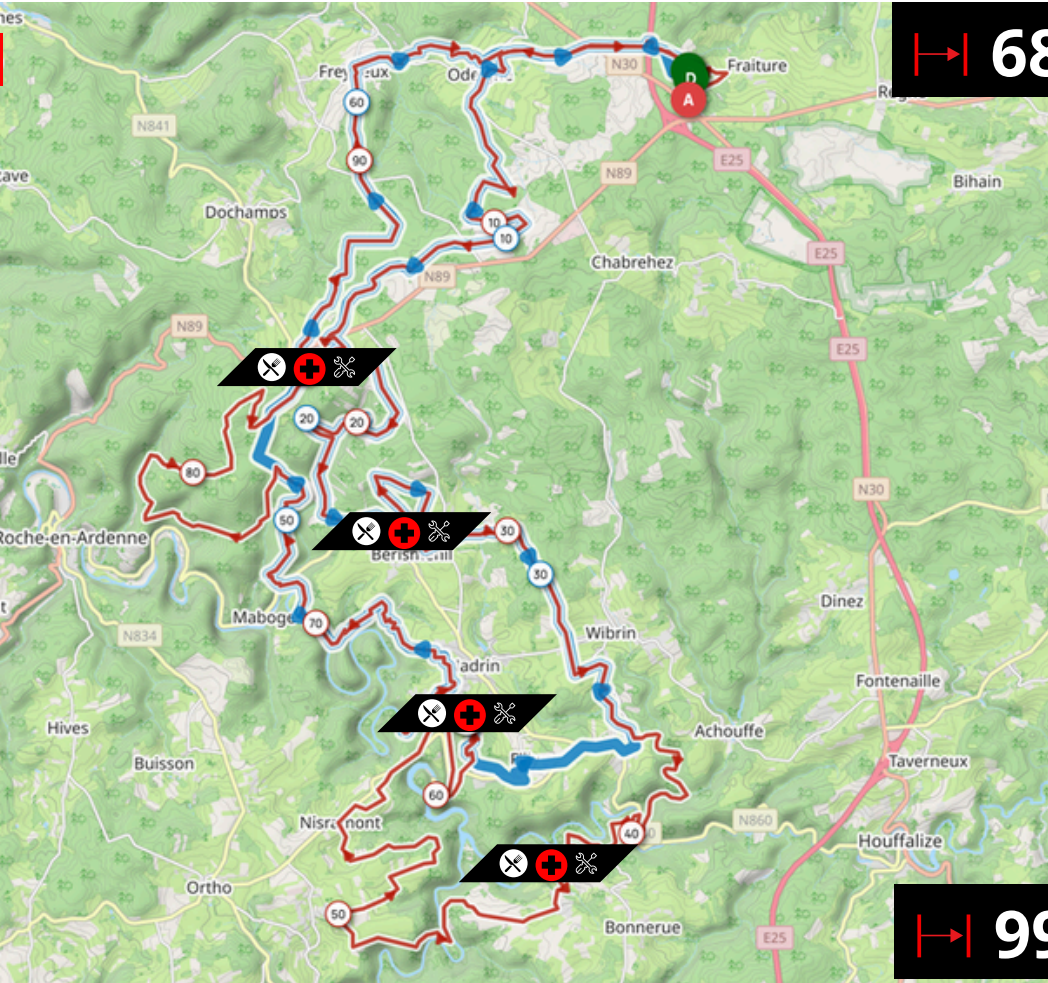
## Technical data

 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

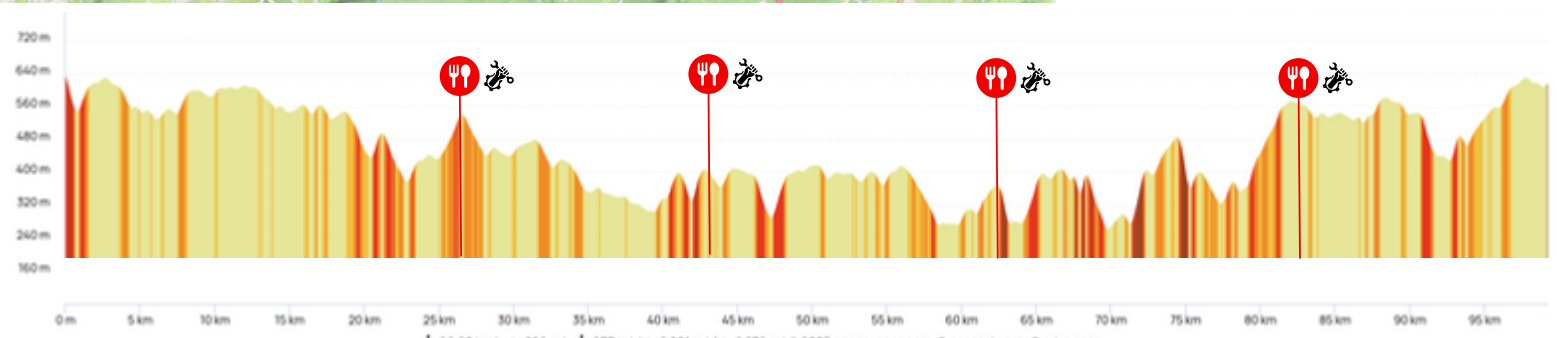


68 KM Climbing 1700 M


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
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 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](http://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.

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# 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**

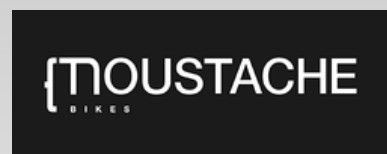
Les Montagnes du Giffre 🇨🇭 Haute Savoie

**5.6.7. JUNE** 2020

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

-15% with the code **ULTRA-HA**

# OUR PARTNERS



**La Roche  
-en-Ardenne**



**COMMUNE DE LIERNEUX**  
EN HAUTE ARDENNE - PROVINCE DE LIÈGE