

## COMPETITOR UPDATE: JULY 12, 2025

Congratulations on being a part of the **15th annual Wilderness Traverse Adventure Race**! We've been hard at work planning a route that will both inspire and challenge, and we couldn't ask for a better canvas than Ontario's Canadian Shield. I'm sure you'll encounter environs previously unexplored in your collective experiences. We feel it's a course worthy of the **ARWS North American Championship** and we look forward to welcoming you all to the Sudbury region on July 25<sup>th</sup> – 27<sup>th</sup>. We're excited you're a part of it and wish everyone the best of luck!







## RULES & REGULATIONS

If you haven't done so, please ensure your entire team has read the **Rules and Regulations**; it's a mandatory requirement for participating in the event. There is a great deal of important information contained within this document. The most up to date version (updated July 11th, 2025) including changes from the previous version are detailed on our [RULES/REGULATIONS/DOCUMENTS](#) page on [wildernesstraverse.com](#).

## COURSE BREAK-DOWN

Below you'll find a break-down of the course describing the lengths, disciplines, and estimated duration for each leg. This is being provided to give teams time to prepare food and gear bins prior to arrival at Race Check-In and hopefully make the Friday evening a bit less stressful. Keep in mind, these estimates do not account for time spent in Transition Areas and fast time estimates are based on daytime travel in optimal weather conditions.

Stage & Presenting Sponsor	Distance	Time Estimate	Elevation Δ	Logistics
Leg #1 – Trek 	27km-35km	4.25 – 10 hours	~475 m	Bin #1 @TA1
Leg #2 – Paddle & Portage 	45km	7 – 10 hours	~90 m	Bin #2 @TA2
Leg #3 – Mountain Bike 	81km	4.5 – 7.5 hours	~600 m	Bin #1 @TA3
Leg #4 – Trek 	11km	2 - 4 hours	~125 m	

## COURSE DEFINITIONS

“**Expedition**” course finishers must complete all legs as described above withing the time allowed. “**Explorers**” course finishers will complete all legs above but will skip the Leg#4 Trek and continue direct to the finish.

“**Challenge**” course finishers will not complete the Leg#4 Trek and will skip certain CP's on the Leg #3 Mountain Bike. The cut-off to remain on the Explorers course part way through the Leg #3 bike is 11:00 Sunday. The cut-off to remain on the full Expedition course at the start of Leg #4 is 12:00 Sunday.

## TEAM PAPERWORK, ROSTERS & INFO

On our [RULES/REGULATIONS/DOCUMENTS](#) webpage, you'll find the necessary **waiver** and **medical form** each team member **MUST FILL OUT AND SIGN ELECTRONICALLY** prior to arriving at the host site. Failure to fill these out ahead of time will result in delays at Race Kit Pick-Up. Each person will receive an emailed copy and confirmation after filling out these forms. Please bring the emailed, digital copy with you to Race Kit Pick-Up and be prepared to show check-in volunteers. If all team members have not filled these out prior to arrival at the host site, your team package will **NOT** be released. Any team members not in attendance at kit pick-up can forward their forms to teammates who will be in attendance. Team & individual racer pictures will also be taken at Race Kit Pick-Up, so it's advisable to have all members present.



**Team Members:** The [Zone4 Confirmation List](#) has the most up to date list of teams and their respective members. Please review your team information and email [bob@wildernesstraverse.ca](mailto:bob@wildernesstraverse.ca) any changes ASAP.

**Team Information:** Please have team captains fill out the [Team Information Form](#) ASAP to assist with race coverage.

**Team Numbers:** Teams will receive their team number in a later email update pre-race to label bins/paddle bags.

## GEAR & EQUIPMENT INFORMATION

As mentioned in the Rules and Regulations, each team is required to have **two gear bags or bins no larger than 190 L each**, which will meet your team at various transition areas along the route. Bin#1 + Personal Paddles/Paddle Bags will be accessible at TA#1 (Leg 1 Trek to Leg 2 Paddle). Bin#2 + Paddle Bags will be accessible at TA#2 (Leg 2 Paddle to Leg 3 Bike). Bin#1 will be accessible again at TA#3 (Leg 3 Bike to Leg 4 Trek).



**Paddling Gear.** Teams are permitted to leave paddles, PFD's, canoe seats, or portage wheels outside of, or separate from Gear Bins. Teams must ensure paddling equipment is firmly attached together or bring an extra bag to pack it in for transport and items must be labelled with the team's name and number.

**Clean Equipment.** The Ministry of Natural Resources has asked everyone to clean their gear and equipment (especially mud/dirt from shoes and bike tires) to decrease the risk of spreading invasive species of flora. Please abide by this request.

**Personal Canoes.** If you signed up to bring your personal canoes, please review the listing linked on our [RULES/REGULATIONS/DOCUMENTS](#) webpage to confirm. Any issues or if you are not on the list, email [bob@wildernesstraverse.ca](mailto:bob@wildernesstraverse.ca). Personal canoes (labeled with team number) need to be dropped off on the lawn on

the west side of the Ben F. Avery Phys Ed Centre at the host site prior to 7:30am on the morning of the event. Personal canoes will be brought back to the host site by organizers after Leg 2.

All teams not on this list will use race-supplied canoes with 2 for a team-of-4 and 1 for a team-of-3. Canoe paddles will be available along with mandatory safety kits to be carried at all times in canoes.

## WILDLIFE

**Rattlesnakes.** It's possible you may encounter a few Eastern Massasauga rattlesnakes while on the course. They are timid and normally only bite in self-defence. Please see the following links for more details about these venomous snakes and how to deal with them.

<https://www.ontario.ca/page/massasauga-rattlesnake> <http://www.youtube.com/watch?v=GNW88DbELLM>

**Black Bears.** We've encountered a few black bears while course testing and we've come to expect they will run off into the forest when they hear people coming. Nevertheless, if you're not familiar with what to do in a Black Bear encounter please see the following link: <https://www.ontario.ca/page/prevent-bear-encounters-bear-wise>

**Bugs.** Expect to encounter mosquitoes, deer flies and horse flies. Reports have varied widely this spring and summer, but intensity will be largely impacted by the weather. Come prepared with bug repellent and possibly bug jackets, or head nets.

## OTHER INFORMATION

**Spectators, Friends & Family.** We'll have some great live event coverage on our [WEBSITE](#). Friends, family and dotwatchers can follow your progress on our live tracking page via each team's satellite tracking devices which transmit locations every 10 minutes. Our media team will be providing event updates to our website and Facebook and Instagram (@wildernesstraverse). Please tag us for any race content you share and hashtag #wildernesstraverse. If you have friends and family coming to area, ask at Race HQ about spectator maps and directions to suggested viewing locations along the course.



Please visit the [FAQ SECTION](#) on our website as we've recently posted some Q&A's about pack-rafting (**not permitted in 2025**), portaging and swimming for the 2025 event. Contact us by e-mail, phone or social media at any time if your team has **any questions or concerns about this update or anything related to the event**. Best of luck with final preparations.

Sincerely,

Bob Miller

Event Director

Email: [bob@wildernesstraverse.ca](mailto:bob@wildernesstraverse.ca)

Cell: 416-735-4021



# WILDERNESS TRAVERSE



**START**

**TREK:**  
27-35 km / 4-10 hrs



**PADDLE/PORTAGE:**  
45 km / 7-10 hrs

**TA1**

**TA2**

**MTB:**  
81 km / 4.5-7.5 hrs



**TA3**



**TREK:**  
11 km / 2-4 hours



**FINISH**

STAGE	Presented by	DISTANCE	TIME EST	ELEV Δ	LOGISTICS
TREK	Canadian Adventure Racing Association	27-35 km	4.25-10 hours	~475 m	Bin #1 @ TA1
PADDLE	ALGONQUIN OUTFITTERS EST. 1961	45 km	7-10 hours	~90 m	Bin #2 @ TA2
MTB	DISCOVER   DÉCOUVRIR Sudbury	81 km	4.5-7.5 hours	~600 m	Bin #1 @ TA3
TREK	ORIENTEERING ONTARIO	11 km	2-4 hours	~125 m	

**COURSE OPEN:** 10 am July 26 to 4 pm July 27  
**HOST SITE:** Laurentian University, Sudbury, ON

[www.wildernesstraverse.com](http://www.wildernesstraverse.com)  
[@wildernesstraverse](https://www.instagram.com/wildernesstraverse)

