

NOUXFEST TRAIL 16.8.2026 PARTICIPANT INSTRUCTIONS

Welcome to the Nouxfest Trail! By following these instructions, you will ensure a successful event experience. The Nouxfest Trail is part of the Nouxfest outdoor festival, which will be held from 13 to 16 August at the Haltia Nature Center event site and in the surrounding nature.

Participation in the Nouxfest Trail includes a Nouxfest Demo Pass for Sunday. So after the run, you can try other outdoor sports, explore the Nouxfest Expo fairgrounds and visit the Haltia Nature Center exhibitions.

More information nouxfest.fi



BEFORE THE RUN

Late registration

You can register until 10:00 at <https://my.raceresult.com/380938/>. If you register only in the morning, please arrive at the competition center well in advance. Show the confirmation email of your registration at the competition office to receive a bib number.

If you pay with a sports benefit, make the payment at the sports benefit service and show the receipt at the race office. Please allow extra time as your information will be entered into the registration system manually at the competition office. This may cause queues.

Issue

You can bring your school-aged child to Nouxfest, even if they are not participating in the run. During the run, the festival program includes archery and mountain biking, which do not require any special equipment. We are offering the children of Nouxfest Trail participants a Children's Adventure Pass for Sunday at the price of 20€ (normally 30€) with the code SEIKKAILU. You can purchase the pass [here](#).

Arrival

The competition center is located at the Solvalla Sports Institute sports field. Address: Solvallaanrinne 1, 02820 Espoo. From the Haltia Nature Center, turn right up the hill. Bus 245A from Espoo city center will take you there.

Parking

Solvalla Areena and Nuukio Bikepark parking areas. Follow the parking guidance.

Participant material

Each runner will receive a number tag and four safety pins, as well as a Nouxfest wristband, which will give you access to the festival's demo activities and the Haltia Nature Center exhibition after the run.

The number bibs are available at the race center. Pick your number bib yourself. The bib is attached to the chest.



Schedule

9:00 – 10:00 Pick up number bibs

10:00 Start 10km (in groups of approximately 50 runners every minute)

10:10 Start 5km (in groups of approximately 50 runners every minute)

11:30 Awards ceremony

12:00 The finish line closes

Dressing and toilet

Solvalla Areena's changing rooms and toilets are available for runners to use before and after the race. Equipment can be left in the changing rooms during the race at your own risk. Valuables can be left in the race office tent during the run.

Shoe tests

The HOKA test trail shoes can be found at the Nouxfest Trail competition center starting at 9 am. If you wish, you can also run in the race test shoes. After the race, the shoes will be transferred to the HOKA booth at the Haltia event field, where you can also test them after the run.

The test shoes will be at the Nouxfest Expo throughout Nouxfest, starting on Friday, so you can try them out earlier if you wish. The race route is marked from Thursday morning to Sunday and open for your own runs.

DURING THE RUN

Departure

The starts will be staggered into groups of approximately 50 runners to avoid too packed trails. You can join a suitable starting group yourself.

Route marking

The route is clearly marked with orange flags and arrow signs at intersections. The route signs are close enough to each other so that the next sign is always visible. If you stray from the route, turn back and return to the point where the signs are visible again.

Aid stations

There is one refreshment point on the route, which 5km runners visit once and 10km runners visit twice. Drinks include water and Nosht sports drink. Mugs must not be taken away from the drink station.

First aid

First aid is available at the finish line. The aid station has light first aid equipment. If you need help in the terrain, call the first aid team. The phone number is printed on the number bib.



AFTER THE RUN

Results

Can be found at <https://my.raceresult.com/324358/>.

Prize ceremony takes place after the results are ready, at approximately 11:30. Categories 5km M/W, Boys/Girls under 16, under 13, and under 10, 10km M/N general, Boys/Girls under 18, M/W40, M/W50, M/W60. Prizes for the top three finishers in both distances in the youth and general categories, and for the winners in the adult age categories. Prizes include products from Petzl, HOKA, Nosht and Druimaar.

Washing

Solvalla Arena's changing rooms and showers are available.

Paint maintenance

Drinks and snacks are available at the finish line. Drinks include water and Nosht sports drink. Snacks include potato chips, cookies, bananas and Nosht Jolloos.

Nouxfest Expo

Welcome to explore the Nouxfest Expo after the run. Top outdoor products on sale and on display, lots of product testing, fun competitions and other activities.

Nouxfest Demo Pass

Participation in the run includes a Nouxfest Demo Pass for Sunday. The pass is a light blue wristband that you will receive from the competition office when you pick up your bib number. The wristband is immediately placed on your wrist. The pass entitles you to, among other things, access to the exhibitions at the Haltia Nature Center, and you can also participate in light recreational activity trials at the Nouxfest event field and on the beach. There will also be an open air concert at about 14:30 with the group Folk Saimaa.

You can register your Demo Pass in advance on the Nouxfest website with a code that we send by email. This will allow you to book places for some workshops in advance. These include campfire making at 12:00, first aid at 12:00, 13:00 and 14:00, Forest Mind relaxation at 14:00 and AcroYoga, suitable for all ages, starting at 12:00 next to the Nouxfest Trail competition center, where you can try out easy acroyoga and balance exercises.

