



RUNNER GUIDE

18.06. - 20.06. 2026

UTMB®
WORLD SERIES

SALOMON

 **LEDLENSER**

 **näak**

 **SUUNTO**

zugspitz.utmb.world



WELCOME TO THE BIGGEST TRAIL RUNNING EVENT IN GERMANY!

We are thrilled to welcome you, along with thousands of fellow runners, to the Salomon Zugspitz Ultratrail powered by Ledlenser by UTMB®. The event will take place from June 18 to 20, 2026.

No matter which race you've signed up for, you're in for an unforgettable adventure through the stunning alpine landscapes surrounding Germany's highest mountain, the Zugspitze. From rugged trails and panoramic ridgelines to picturesque valleys, this race offers a unique experience that culminates in an emotional finish in Garmisch-Partenkirchen's city center.

Zugspitz Ultratrail now part of the UTMB® World Series

The Zugspitz Ultratrail has a 15-year track record, and the 2026 edition is special: For the first time, the ZUT is part of the UTMB® World Series. You can now collect Running Stones to increase your chances of entering the UTMB® World Series Finals in Chamonix.

Whether you're an experienced ultramarathoner or are taking on the mountains for the first time, this guide will help you feel confident and prepared for the journey ahead.

Embrace the challenge, stay focused, and remember that every kilometer you conquer is a victory. Good luck, and see you at the finish line!

Jürgen Kurapkat
Race Director

CONTENT

WELCOME P.3	MANDATORY EQUIPMENT P.22	LEUTASCH TRAIL P.52
UTMB® WORLD SERIES P.6	SAFETY P.24	MITTENWALD TRAIL P.58
PROGRAM P.10	COURSE MARKING P.27	GARMISCH-PARTENKIRCHEN TRAIL P.64
THE VENUE P.14	RACE RULES P.28	GRAINAU TRAIL P.68
REGISTRATION INFO P.16	SUPPORTER & SPECTATOR P.31	
SHUTTLE & PARKING P.17	ZUT100 P.34	
RUNNER BIB P.18	ULTRATRAIL P.40	
DROP BAG P.20	EHRWALD TRAIL P.46	



ULTRA GLIDE 4



SALOMON

 **LEDLENSER**

TURN DARKNESS INTO STRENGTH.

IDA-SOPHIE HEGEMANN
relies on the Ledlenser
NE09R headlamp.

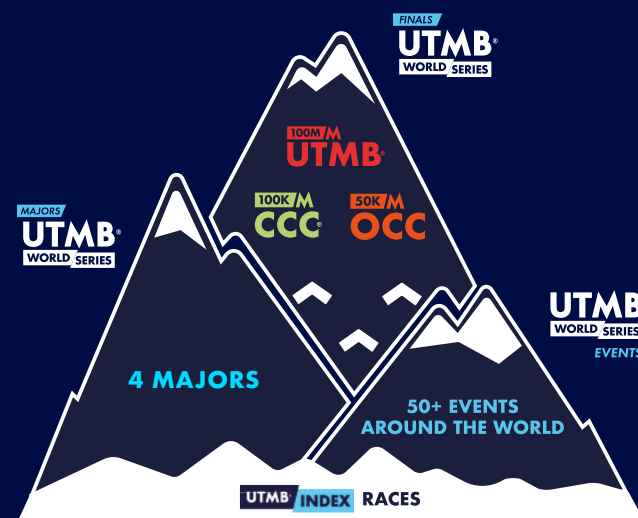


**Visit Ledlenser at the ZUT Expo Area to meet
our athletes and pick your free foldable cup.**

MEET YOUR EXTRAORDINARY

Uniting trail runners, both elite and amateur alike, through the leading international events in the most stunning locations.

The UTMB® World Series gives all trail runners the chance to experience UTMB® adventure across the world, discovering cultures and sharing trails as they start their quest towards the UTMB® World Series Finals at the pinnacle HOKA UTMB® Mont-Blanc.



FINALS

The mythic **HOKA UTMB Mont-Blanc** is the world's most well-known and revered trail running event on the planet.

In the heart of the Alps, the prestigious **UTMB World Series Finals** are held in 3 categories: the **OCC (50K)**, **CCC® (100K)** and **UTMB® (100M)** every year at the end of August in Chamonix, France.

MAJORS

Four **UTMB World Series Majors**, are held each year across the Americas, Europe, Asia-Pacific and Oceania regions.



EVENTS

Get the UTMB experience closer to home. Built on a passion for the mountains, with sustainability at its heart, UTMB World Series Events, gives all trail runners the chance to experience the UTMB adventure while showcasing the unique aspects that each race destination offers at over 60 Events around the world.

BEGIN YOUR QUEST TO HOKA UTMB MONT-BLANC AND THE UTMB WORLD SERIES FINALS.



RUNNING STONES: BOOST YOUR CHANCES FOR THE UTMB WORLD SERIES FINALS

Earn Running Stones by completing races in the 20K, 50K, 100K, or 100M categories at any UTMB World Series Event or Major.

- ✓ Running Stones are cumulative and never expire, so you can collect as many as you like over time.
- ✓ You'll need just 1 Running Stone from the past two years to qualify for the Finals lottery.
- ✓ Each Running Stone gives you an extra chance to be selected in the lottery.

Start your journey, gather your Running Stones, and unlock the path to the UTMB World Series Finals!

UTMB® INDEX

YOUR TRAIL RUNNING PASSPORT

The **UTMB Index** measures a runner's performance across four race categories: **20K, 50K, 100K, and 100M**, as well as an overall score.

IT'S ESSENTIAL FOR:

- ✓ **Entering the UTMB World Series Finals lottery** (with at least 1 Running Stone).
- ✓ **Defining your start wave** to ensure the best race experience.
- ✓ **Exclusive Race Access:** You benefit from a 48-hour priority registration to UTMB World Series Events. And for some **100K and 100M events** require a valid UTMB Index for safety or lottery pre-registration.

HOW IT WORKS:

- ✓ Your UTMB Index is based on your **top 5 race results** (weighted for recency and performance) over the last **36 months**. At least **1 valid race result** in the past **24 months** is required for a valid UTMB Index.
- ✓ With over **6,000 races worldwide** they are plenty of opportunities to boost your UTMB Index.

Ready to level up your trail running?
Validate or improve your UTMB Index today!

CHECK IT OUT AT [UTMB.WORLD](https://utmb.world)

CREATE YOUR **MY UTMB** ACCOUNT

- ✓ Track your performance
- ✓ Compare your stats
- ✓ Manage your registrations

AND WITH **MY UTMB+** YOUR COMMITMENT IS REWARDED:

- ✓ Enjoy and get involved
- ✓ Level up your status
- ✓ Unlock exclusive rewards

Manage everything in one place:

- Track your Running Stones and UTMB® Index.
- View your race results and performance stats.
- Check upcoming race registrations.
- Share your achievements with friends.

START YOUR JOURNEY AT [UTMB.WORLD](https://utmb.world)

UTMB®

WORLD SERIES

FINALS

HOKA UTMB® MONT-BLANC
AUGUST 24-30 | CHAMONIX MONT-BLANC,
COURMAYEUR, ORSIÈRES
FRANCE, ITALY, SWITZERLAND

1000M **UTMB®**

100K **CCC®**

50K **OCC**

MAJORS

OCEANIA MAJOR
HOKA ULTRA-TRAIL AUSTRALIA™ BY UTMB®
MAY 14-17 | KATOOMBA, AUSTRALIA

EUROPE MAJOR
HOKA VAL D'ARAN BY UTMB®
JULY 01-05 | VIELHA, SPAIN

AMERICAS MAJOR
HOKA KODIAK ULTRA MARATHONS™ BY UTMB®
OCTOBER 08-11 | BIG BEAR LAKE, USA

ASIA-PACIFIC MAJOR
HOKA CHIANG MAI THAILAND BY UTMB®
NOV 28 - DEC 6 | CHIANG MAI, THAILAND

2026 CALENDAR

EVENTS

EUROPE
ARC OF ATTRITION BY UTMB®
JANUARY 22-25 | UNITED KINGDOM

OCEANIA
TARAWERA ULTRA-TRAIL BY UTMB®
FEBRUARY 14-15 | NEW ZEALAND

AMERICAS
PUERTO VALLARTA MÉXICO BY UTMB®
MARCH 05-07 | MEXICO

NEW ASIA
HOKA XTRAIL KENTING BY UTMB®
MARCH 06-08 | KENTING TAIWAN

ASIA
ULTRA-TRAIL XIAMEN BY UTMB®
MARCH | CHINA

AMERICAS
USHUAIA FIN DEL MUNDO BY UTMB®
MARCH 18-22 | ARGENTINA

EUROPE
TENERIFE BLUETRAIL BY UTMB®
MARCH 19-21 | SPAIN

EUROPE
CHIANTI ULTRA TRAIL BY UTMB®
MARCH 19-22 | ITALY

EUROPE
ISTRIA 100™ BY UTMB®
APRIL 09-12 | CROATIA

AMERICAS
DESERT RATS TRAIL RUNNING FESTIVAL™ BY UTMB®
APRIL 09-12 | USA

AMERICAS
THE CANYONS ENDURANCE RUNS™ BY UTMB®
APRIL 23-25 | USA

EUROPE
GRAND RAID VENTOUX BY UTMB®
APRIL 24-26 | FRANCE

ASIA
AMAZEAN JUNGLE THAILAND BY UTMB®
APRIL 30-MAY 03 | THAILAND

NEW EUROPE
OH MEU DEUS BY UTMB®
MAY 01-03 | PORTUGAL

EUROPE
TRAIL ALSACE BY UTMB®
MAY 14-17 | FRANCE

EUROPE
ULTRA-TRAIL SNOWDONIA BY UTMB®
MAY 15-17 | UNITED KINGDOM

NEW AMERICAS
ROTHROCK BY UTMB®
MAY 15-17 | USA

EUROPE
MOZART 100™ BY UTMB®
MAY 23 | AUSTRIA

AFRICA
MOUNTAIN ULTRA TRAIL™ BY UTMB®
MAY 29-31 | SOUTH AFRICA

EUROPE
TRAIL 100 ANDORRA™ BY UTMB®
JUNE 11-14 | ANDORRA

EUROPE
TRAIL DU SAINT-JACQUES BY UTMB®
JUNE 12-14 | FRANCE

NEW EUROPE
**SALOMON ZUGSPITZ ULTRA TRAIL
POWERED BY LEDLENSER BY UTMB®**
JUNE 18-20 | GERMANY

ASIA
KAGA SPA TRAIL ENDURANCE 100 BY UTMB®
JUNE 18-21 | JAPAN

EUROPE
LA SPORTIVA® LAVAREDO ULTRA TRAIL® BY UTMB®
JUNE 24-28 | ITALY

AMERICAS
TORRENCIAL CHILE BY UTMB®
JUNE 26-28 | CHILE

AMERICAS
WESTERN STATES® 100-MILE ENDURANCE RUN
JUNE 27-28 | USA

EUROPE
RESTONICA TRAIL BY UTMB®
JULY 09-11 | FRANCE

EUROPE
TRAIL VERBIER ST-BERNARD BY UTMB®
JULY 10-12 | SWITZERLAND

EUROPE
EIGER ULTRA TRAIL™ BY UTMB®
JULY 15-19 | SWITZERLAND

EUROPE
MONTE ROSA WALSERWAG BY UTMB®
JULY 17-19 | ITALY

AMERICAS
SPEEDGOAT™ MOUNTAIN RACES BY UTMB®
JULY 23-25 | USA

NEW EUROPE
BUCOVINA ULTRA ROCKS BY UTMB®
JULY 24-26 | ROMANIA

AMERICAS
QUITO TRAIL BY UTMB®
JULY 31-AUGUST 02 | ECUADOR

NEW EUROPE
GAUJA TRAIL BY UTMB®
AUGUST 01-02 | LATVIA

EUROPE
KAT100™ BY UTMB®
AUGUST 06-08 | AUSTRIA

NEW AMERICAS
BORÉALYS MONT-TREMBLANT BY UTMB®
AUGUST 14-16 | CANADA

EUROPE
WILDSTRUBEL BY UTMB®
SEPTEMBER 10-13 | SWITZERLAND

ASIA
MALAYSIA ULTRA-TRAIL BY UTMB®
SEPTEMBER 11-13 | MALAYSIA

EUROPE
KAÇKAR BY UTMB®
SEPTEMBER 11-13 | TÜRKIYE

AMERICAS
GRINDSTONE TRAIL RUNNING FESTIVAL™ BY UTMB®
SEPTEMBER 17-20 | USA

AMERICAS
PARATY BRAZIL BY UTMB®
SEPTEMBER 17-20 | BRAZIL

EUROPE
JULIAN ALPS TRAIL RUN BY UTMB®
SEPTEMBER 18-20 | SLOVENIA

EUROPE
NICE CÔTE D'AZUR BY UTMB®
SEPTEMBER 24-27 | FRANCE

AMERICAS
ULTRA TRAIL WHISTLER™ BY UTMB®
SEPTEMBER | CANADA

ASIA
ULTRA-TRAIL GREAT WALL BY UTMB®
SEPTEMBER | CHINA

ASIA
TRANSJEJU BY UTMB®
OCTOBER 02-04 | SOUTH KOREA

AMERICAS
CHIHUAHUA BY UTMB®
OCTOBER | MEXICO

ASIA
TRAIL OF THE KINGS - LAKE TOBA BY UTMB®
OCTOBER | INDONESIA

ASIA
ULTRA TRAIL MOUNT YUN BY UTMB®
OCTOBER | CHINA

EUROPE
KULLAMANNEN BY UTMB®
OCTOBER 30-31 | SWEDEN

EUROPE
MALLORCA BY UTMB®
OCTOBER 30 - NOVEMBER 1 | SPAIN

ASIA
ULTRA-TRAIL SHUDAO BY UTMB®
NOVEMBER | CHINA

ASIA
TRANSLANTAU™ BY UTMB®
NOVEMBER | HONG KONG, CHINA

EUROPE
PUGLIA BY UTMB®
NOVEMBER | ITALY

AMERICAS
PATAGONIA BARILOCHE BY UTMB®
NOVEMBER | ARGENTINA

AMERICAS
HOKA PACIFIC TRAILS CALIFORNIA BY UTMB®
NOVEMBER 13-15 | USA

OCEANIA
ULTRA-TRAIL KOSCIUSZKO™ BY UTMB®
NOVEMBER 26-28 | AUSTRALIA

NEW ASIA
OMAN BY UTMB®
DECEMBER 10-12 | OMAN

VISIT [UTMB.WORLD](https://www.utmb.world)

PROGRAM / TIMETABLE



THURSDAY 18TH

Time	Location	What
10:00 - 19:00	Convention Center	 BIB Collection, ZUT100, Ultratrail, Ehrwald Trail, Garmisch-Partenkirchen Trail
13:00 - 19:00	Richard-Strauss-Platz	 ZUT Expo & ZUT Food Court
18:00	Richard-Strauss-Platz	 Welcome Ceremony
19:15	Richard-Strauss-Platz	 Check-in ZUT100
20:00	Richard-Strauss-Platz	 START ZUT100

FRIDAY 19TH

Time	Location	What
08:00 - 09:30	Convention Center	 BIB Collection, Garmisch-Partenkirchen
09:00 - 21:00	Convention Center	 BIB Collection, all Races
09:15	Richard-Strauss-Platz	 Check-in, Garmisch-Partenkirchen Trail
10:00	Richard-Strauss-Platz	 START Garmisch-Partenkirchen Trail
10:00 - 20:00	Richard-Strauss-Platz	 ZUT Expo
12:00 - 20:00	Richard-Strauss-Platz	 ZUT Food Court
15:00	Richard-Strauss-Platz	 Award Ceremony, Garmisch-Partenkirchen Trail
21:15	Richard-Strauss-Platz	 Check-in Ultratrail
21:30	Eisstadion (ice sport arena)	 SHUTTLE to Ehrwald
22:00	Richard-Strauss-Platz	 START Ultratrail
22:15	Hölzli 7, Ehrwald	 Check-in Ehrwald Trail
23:00	Hölzli 7, Ehrwald	 START Ehrwald Trail

SATURDAY 20TH

Time	Location	What
05:30	Eisstadion (ice sport arena)	 SHUTTLE to Mittenwald
06:15	Train Station, Mittenwald	 Check-in Mittenwald Trail
07:00	Train Station, Mittenwald	 START Mittenwald Trail
07:15	Eisstadion (ice sport arena)	 SHUTTLE to Leutasch
08:15	Freizeitzentrum, Leutasch	 Check-in Leutasch Trail
09:00	Freizeitzentrum, Leutasch	 START Leutasch Trail
10:00 - 17:00	Richard-Strauss-Platz	 ZUT Expo
11:00 - 16:00	Convention Center	 Bib Collection, Grainau Trail
12:00 - 22:00	Richard-Strauss-Platz	 ZUT Food Court
13:30	Richard-Strauss-Platz	 Award Ceremony, ZUT100, Mittenwald Trail, Ehrwald Trail
16:45	Eisstadion (ice sport arena)	 SHUTTLE to Grainau
17:15	Zugspitzbad, Grainau	 Check-in Grainau Trail
18:00	Zugspitzbad, Grainau	 START Grainau Trail
18:00	Richard-Strauss-Platz	 Award Ceremony, Ultratrail
20:30	Richard-Strauss-Platz	 Award Ceremony, Grainau Trail, Leutasch Trail

Richard-Strauss-Platz at the Convention Center, in the center of Garmisch-Partenkirchen will serve as the official venue for the ZUT by UTMB.
If there is no Town mentioned behind the Location, it will take place in Garmisch-Partenkirchen on, or around the venue.
Exception: shuttle departure (800m away from the venue)

Partner-Program

Thursday - Saturday	SALOMON	From social runs with @Danny_Run to cheering zones (ZEGAPA) and clubhouse coffee rave: check out the Salomon ZUT Program
Thursday 20:30	LEDLENSER	Community Night Run mit Ida & Ledlenser head lamp testing sign up + details: Zugspitz Ultra Trail 2026: Die perfekte Stirnlampe Ledlenser

SIDAS.COM

UTMB[®]
WORLD SERIES



OFFICIAL FOOTCARE

NO
FINISH LINE
WITHOUT
FOOTCARE



PEDICURE

3 weeks before

TANNING

Apply from D-20 to D-10

Alternate lemon juice and
ANTI-FRICTION cream every evening

ANTI-FRICTION
CREAM

From D-10 to D-day

Apply cream generously every day

#nofinishline
withoutfootcare

© ZOE BOVILLET

SHOKZ

Open-Ear
Bone Conduction
Headphones

- Situational Awareness
- Open-Ear Comfort
- IP68 Water Resistant
- Up to 10 Hours batterie life



FOR EVERY
MILESTONE

SUSTAINABLE HEAD & NECKWEAR
DESIGNED FOR EVERY ADVENTURE



MADE IN
BARCELONA
buff.com



PUSH HARDER, RUN STRONGER
WITH COMPRESSPORT
BY YOUR SIDE.



R2 3.0 CALF SLEEVES

WHEREVER YOU RACE,
WE SUPPORT YOU.



LOCATIONS



THE VENUE

Richard-Strauss-Platz in the center of Garmisch-Partenkirchen will serve as the official venue for the ZUT by UTMB in 2026.

Most races will start and all races will finish at the venue, and it will also host the expo, registration / bib collection, food court and award ceremony.

START LINE

- Starts of following races will be at the venue, Richard-Strauss-Platz.
- ZUT100
 - Ultratrail
 - Garmisch-Partenkirchen Trail

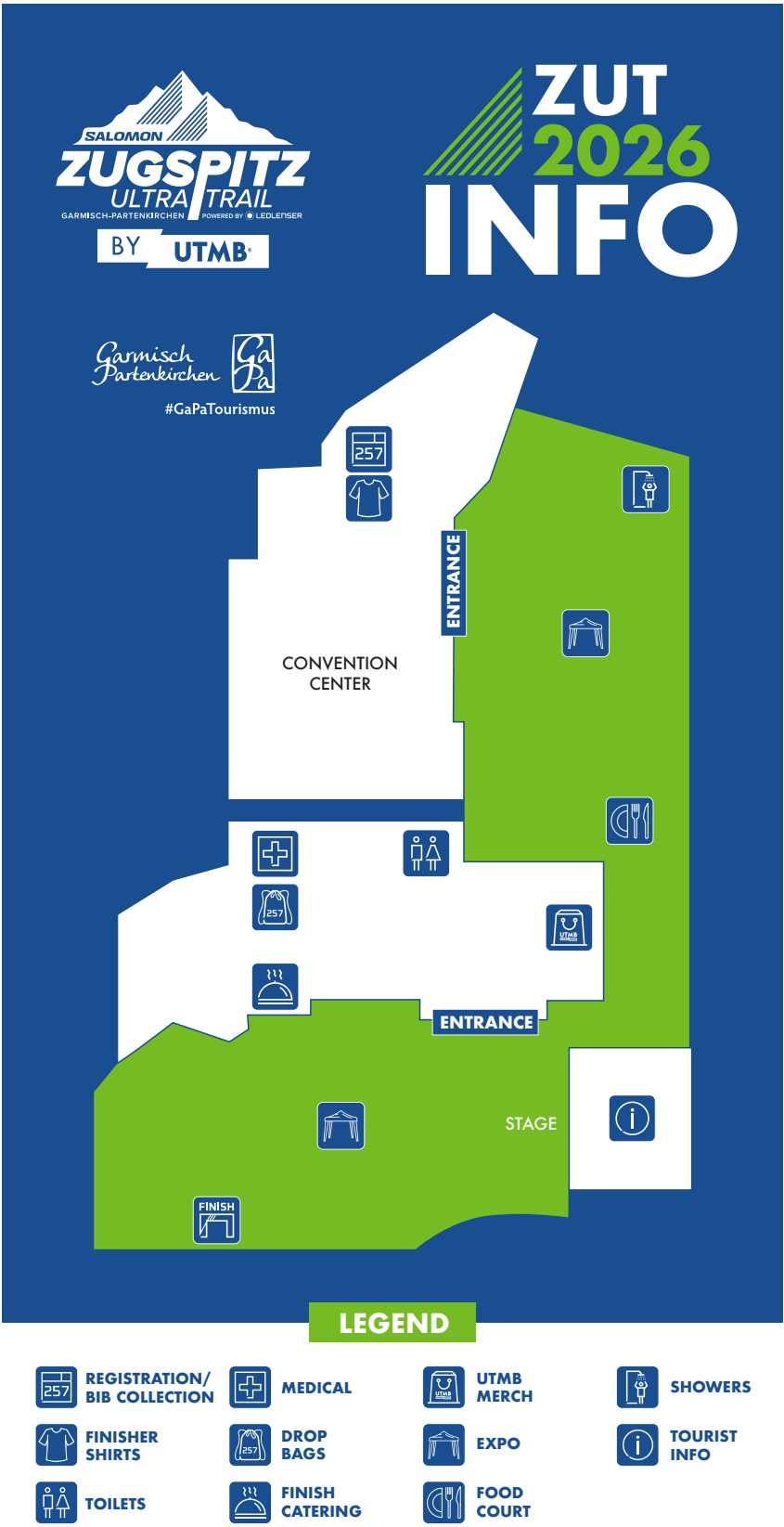
EXPO/VILLAGE

The main expo and race village with food court will be around and at the Richard-Strauss-Platz in Garmisch-Partenkirchen.

REMOTE START

- All other races will start in the towns the race is named after:
- Ehrwald Trail starts in Ehrwald, Hölzli 7
 - Leutasch Trail starts in Leutasch/Weidach, Freizeitzentrum
 - Mittenwald Trail starts in Mittenwald, Bahnhof (Trainstation)
 - Grainau Trail will start in Grainau, Zugspitzbad

VENUE - MAP



© GaPa Tourismus GmbH Marc Gilsdorf

REGISTRATION INFORMATION

BIB COLLECTION



Runners are required to collect their own bib during Registration.

WHAT TO BRING

- Valid Photo Identification (ID, Driving License)
- QR Code (Confirmation or last information Mail)

Mandatory equipment will be checked before you can enter the start area, not at the bib collection.
No distance changes are permitted. Bibs will not be provided outside of Registration times.

RUNNERS BRIEFINGS

The Mandatory Runner Briefings will be filmed prior to the race and will be sent to all participants with the last information mail to watch remote. There will be a short briefing during the welcome ceremony covering the exact course conditions and the weather forecast for race weekend.

REGISTRATION TIMES

Thursday 18.06.10am - 7pm:

- ZUT100
- Ultratrail
- Ehrwald Trail
- Garmisch-Partenkirchen Trail

Friday 19.06. 8am - 9am:

- Garmisch-Partenkirchen Trail only

Friday 19.06. 9am - 9pm:

- Ultratrail
- Ehrwald Trail
- Leutasch Trail
- Mittenwald Trail
- Grainau Trail

Saturday 20.06. 11am - 4pm:

- Grainau Trail

SHUTTLES & PARKING



SHUTTLE & PARKING



SHUTTLE

Transfer to the following remote Starts:
Ehrwald Trail - Leutasch Trail - Mittenwald Trail - Grainau Trail

FRIDAY, 19. JUNE 2026

21:30 Shuttle to Start of Ehrwald Trail

SATURDAY, 20. JUNE 2026

- 05:30 Shuttle to Start of Mittenwald Trail
- 07:15 Shuttle to Start of Leutasch Trail
- 16:45 Shuttle to Start of Grainau Trail

- 20:00 Shuttle back to Start of Mittenwald/Leutasch
- 23:00 Shuttle back to Start of Mittenwald/Leutasch

There is no transportation provided for accompanying persons. Accompanying persons are requested to use public transportation.

Departure of the Shuttles are at the ice sport Arena (Eisstadion) in Garmisch-Partenkirchen, next to Parking A, 800m south of the venue.

PARKING

These are public parking spaces; please follow the posted signs regarding time limits and fees.

At Main Venue:
Parking A - Eisstadion (also Shuttle Point to all remote starts) - 800m to the venue
Parking B - Hausberg -1,5km to the venue

At Remote Start:
There are a few parking lots near every start, but limited. Please follow the posted signs regarding time limits and fees.

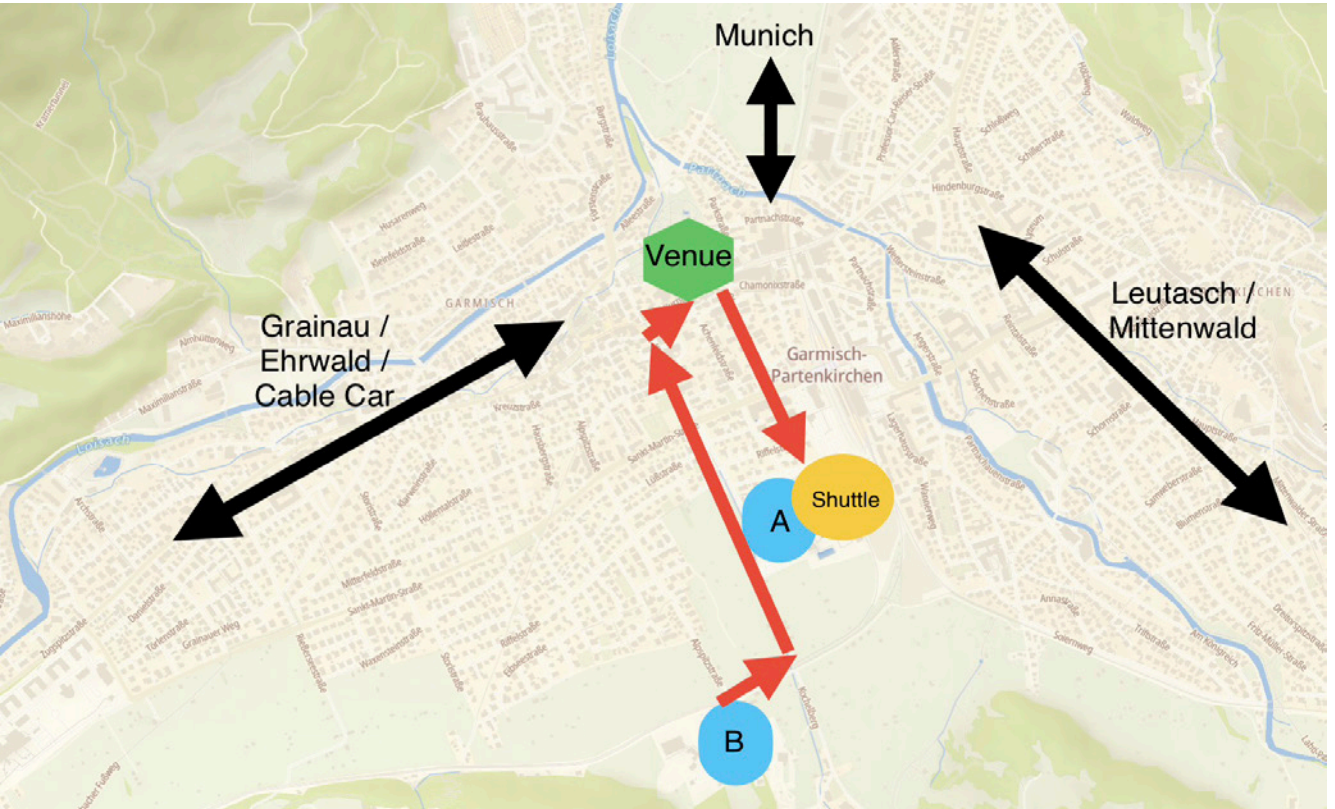
Registration is open on Thursday from 10 am - 7 pm, Friday 8 am - 9 pm, Saturday 11 am - 4 pm

Mandatory Equipment will be checked before you can enter the Start area

Dropbags for the finish can be dropped at the start line of each race or at the Convention Center in Garmisch-Partenkirchen. Pick up is at the finish in the Convention Center

RACE STARTS:
20:00 Thursday - ZUT100
10:00 Friday - Garmisch-Partenkirchen Trail
22:00 Friday - Ultratrail
23:00 Friday - Ehrwald Trail
07:00 Saturday - Mittenwald Trail
09:00 Saturday - Leutasch Trail
18:00 Saturday - Grainau Trail

Shuttle departures will all start at the ice sport arena in Garmisch-Partenkirchen, the times are on the next side.



RUNNER BIB

Make sure you are at the correct race!

ULTRATRAIL
100K M

987

MAXIMILIAN

MUSTERMANN

2026

MEDICAL HOTLINE: +498324933550

List all your Medical Information on the backside.
This is crucial for our Medical Team.

Please fill your Emergency Contact person information out.
This should not be someone who is also running the race.

Runners who withdraw must keep their race bib because it is the pass to access organization transport, meals, showers, etc.

HOW TO WEAR YOUR BIB



Do not fold the bibs as it will damage the timing chip.

The race-bib must be worn on the front of torso at all times and must remain completely visible during the entire race.

Do not wear the bib on your back or running vest.

Do not wear the bib under or close to the bottom of your running vest so it is legible & the timing chip isn't damaged by the vest.

Do not rotate the bib as it will potentially render the timing chip unreadable.

Do not place the bib on an article of clothing that will be quickly removed.

All runners will receive 1 drop bag and the corresponding labels at registration. The drop bags can be handed in at the start of the respective race and collected again at the finish.

Runners in the 100M and 100K categories may also drop off additional drop bags (bring them with you, if needed) for the aid stations listed below.

These drop bags can also be collected again at the finish line. There is no transport between aid stations.

Drop bags are for personal items runners want to send to Aid stations. Drop bags can also be dropped off at the Venue at the Drop Bag sign. Drop bags need to be picked up by the required times. Drop bags that are dropped off later than 30 minutes before each start will not be transported.

Drop bags will be transported to:
 ZUT100: Z13-Biberwier (78 KM), Z7-Schloss Elmau (130 KM)
 Ultratrail, Ehrwald Trail: Z5-Hubertushof (53 KM to the Finish)

CONTENT:
 As the items in the bags are neither checked nor controlled, the race organizers are not responsible for the contents of the bags. We recommend not placing any valuable items in these bags. The use of drop bags or spare bags is optional. Out of consideration for all participants, liquids should be avoided, as they may leak. Any

TAG YOUR BAG:
 On each of the drop bags you should include your corresponding tag. The bigger tag (bib) is for drop bags provided.

RECLAIM OF DROP BAGS:
 After the race, drop bags will be returned to the venue (finish line) and can be reclaimed during the collection times by the runner or a friend upon presentation of the bib. Drop bags not reclaimed during these times will be donated.

Race	Aid station	Day	Date	Collection Time
ZUT100	Biberwier	Friday	19.06.26	from 10pm
	Schloss Elmau	Saturday	20.06.26	from 10am
Ehrwald Trail	Hubertushof	Saturday	20.06.26	from 3pm
Ultratrail	Hubertushof	Saturday	20.06.26	from 3pm




OFFICIAL SUPPLIER
 PREMIUM RUNNER SERVICES





THEY LOOKED AFTER MY FAMILY AND FRIENDS WHILE I WAS ON THE MOUNTAIN

HAVING A DEDICATED ATHLETE MANAGER IN RESORT MEANT EVERYTHING WAS HANDLED

THEY PLANTED A TREE ON MY BEHALF

HOTEL WAS IN A GREAT LOCATION, PERFECT FOR ALL THE RACE WEEK ACTION!

ONLY ONE BOOKING TO MANAGE FOR ALL MY FLIGHTS, HOTEL AND TRANSFERS – A HUGE RELIEF!



MANDATORY EQUIPMENT



It's important to remember that mandatory gear isn't intended to make your experience more difficult. While you may not use most of it on the route, it's there for when things go wrong. Given the remoteness of the trails, they are inaccessible by vehicles. You are exposed to the elements out there, which can turn harsh quickly. The list of mandatory gear can then become life savers.

Please study the following gear list and have it all available for gear check to enter the start zone (no gear check at the bib collection). These are the basic pieces that each trail-runner must adapt according to their own skills. You should not choose the lightest possible clothing but prefer clothing that really provides good protection in the mountains against cold, wind, and snow.

All clothing items must fit the runner - in terms of size - and they must not be altered in any way after leaving the factory.

You must carry the mandatory equipment with you during the whole race - from start to finish - or you will be penalized. Race officials may perform systematic and/or random checks of your equipment at any time during the race. A penalty up to disqualification will be applied to runners who do not have all the mandatory gear with them.

Music: Listening to music using earphones only, is tolerated, as long as it is safe to do so. Any earphones **MUST** be removed when crossing any roads, as well as on approach to, and whilst at, any aid stations and when approaching and passing any Officials.

Trekking poles: Should you wish to use trekking poles, it must be used from the start to finish of the race. You cannot send trekking poles with drop bags to an aid station.

<https://zugspitz.utmb.world/runners/mandatory-gear>

MEDICAL HOTLINE:
+498324933550

EMERGENCY PHONE NUMBER:
112

	Closed trail running shoes with a tread that is suitable for running in alpine terrain	Red	Green	Green	Blue	Blue	Grey	
	Running backpack or running belt	Red	Green	Green	Blue	Blue	Grey	
	Waterproof jacket with taped seams and a minimum water column of 10,000 mm.	Red	Green	Green	Blue	Blue	Grey	
	Warm extra clothing (long sleeved shirt or shirt with arm warmers and running pants or leg warmers); basic rule: it is not allowed to see any skin!	Red	Green	Green	Blue	Blue	Grey	
	Gloves and beanie/buff (head and ears has to be covered)	Red	Green	Green	Blue	Blue	Grey	
	2 functional headlamps and replacement batteries	Red						
	1 functional headlamp and replacement batterie or spare headlamp		Green	Green	Blue			★
	Labeling of a competitor's food / beverage supplies by the individual's start number	Red	Green	Green	Blue	Blue	Grey	
	Drinking cup to receive drinks at aid stations	Red	Green	Green	Blue	Blue	Grey	
	Sealable Watercontainer with a minimum capacity of 1.5 liters	Red	Green	Green	Blue			
	Sealable Watercontainer with a minimum capacity of 1 liter					Blue	Grey	
	Emergency kit (minimum: 1x compress 10 x 10 cm, 2x bandage packs, 2 pairs of sterile gloves, whistle, rescue blanket)	Red	Green	Green	Blue	Blue	Grey	
	Course Track (on GPX watch or phone)	Red	Green	Green	Blue	Blue	Grey	
	Smartphone (LiveTrail App installed and activated + Alpine Medics emergency number saved for emergency calls +498324933550)	Red	Green	Green	Blue	Blue	Grey	
	Helmet	Red						
★	★ = Recommended							
	Optional: poles, Race bib attachment (belt)							

ZUT100	100M	M
Ultratrail	100K	M
Ehrwald Trail	100K	M
Leutasch Trail	50K	M
Mittenwald Trail	50K	M
Garmisch-Partenkirchen Trail	20K	M
Grainau Trail	20K	M



INFO

Your safety is your own responsibility. Participation in this event is at your own risk. Even the best runners are not excluded from the risk of running in these mountains. To minimize risks, be well prepared and always have mandatory gear with you. Adequate training is essential.

Due to the remoteness of the trails and aid stations, they are not accessible/ easily accessible by vehicles and in an emergency, it might take some time to reach you.

The trails are technical, cover high altitudes and are exposed to the elements. It can turn harsh out there, quickly and runners must be prepared to handle these adverse or changing conditions. The event takes place at the End of Spring/beginning of Summer but in the higher mountain Areas, there can be snow and freezing temperatures. Ensure to be prepared for all weather conditions on race day. Do not abandon the route without informing a race official or calling the emergency number or use the Live Trail App.

ROAD SAFETY

Runners will cross some roads throughout the course where vehicle traffic is not required to stop. Please always be aware of your surroundings and use caution during these sections of the course. Runners must obey traffic rules and give the right of way to vehicles and only cross the road when it is safe to do so.

Headphones must be removed during these sections of the course.

MEDICAL ASSISTANCE

Emergency medical care is available at aid stations and the finish line and have full authority in evaluating whether a runner may continue.

Runners are encouraged to consult with their medical provider prior to the event. Should you have any medical condition or allergies you must can place this information on the back of your race bib using a pen or marker.

Runners may experience nausea and vomiting during the race. This can be for a variety of reasons, most commonly over-hydration, under-hydration, heat stress and altitude exposure. It is advised the runner always "drinks to thirst, avoiding over or under hydration.

WITHDRAWING FROM THE EVENT

If you want or have to withdraw from the race, please go to the next aid station and tell the medical team that you are dropping out. If no one is available, please call the medical hotline at +498324933550.

If you are unable to go to the next aid station, call the medical hotline directly. You can also withdraw using the Livetrail app. You may receive a follow-up call.

After you have withdrawn, the event team will help you get back to the finish venue from dedicated aid stations (see the profile of each race). Please allow for longer waiting times.

Emergency

In a situation where you or another runners is in an emergency, you should send an SOS via Livetrail app and/or phone the emergency number to notify the medical team. Follow their instructions on how to proceed

AID STATION SIGNAGE

At every aid station you will find a large sign that shows all the information needed to keep you going to the next aid station:

- the name of the aid station
- the name of the next aid station
- the distance to the next aid station
- cumulative ascent to the next aid station
- the distance to the finish

AID STATIONS

You should come prepared to carry your own drink, food, and gear, (including any necessary inclement weather gear), between aid stations.

The Race Info section provide a full list of aid stations and distances between aid stations. Please use this info to plan your nutrition and hydration accordingly. Aid stations will have still water and/or sports/electrolyte drink for filling water bottles or hydration packs.

Ensure that when you leave an aid station, you have enough drink and food to keep going until the next aid station.

Use aid stations to rest when you need; a few minutes of recovery with some nutrition, will allow you to continue in better shape.

WHAT YOU GET

DRINKS: N  ak Drink Mix, Water, Red Bull, Red Bull Coke, Tea, Coffee

FOOD: fruit, vegetables, bread, cake, sausage, cheese, savory items, sweet items, n  ak products (mostly waffles), soup, etc. - vegan, gluten-free upon request

NO CUPS

Please make sure you carry your own cup to be able to make use of the drinks available at the aid stations. No cups will be provided at any aid station for Drinks.

In order to reduce plastic waste, no disposable dishes will be distributed at any check point or aid station. We invite you to Bring Your Own Utensils (BYOU) if you wish to eat hot meals at the aid stations.

LITTER

Do not leave any litter on the course. If you see any rubbish during your run, pick it up and take it to the next aid station. It is also mandatory that all food packaging you carry is marked with your race bib number. This allows us, if litter is found on the course, to identify the responsible runner and impose penalties up to and including disqualification.

VOLUNTEERS

Our volunteers allow us to do what we do! Please be sure to thank our volunteers offering their time to help you along your journey. Contact us should you wish to become a volunteer in the future.



COURSE MARKINGS

It is mandatory to follow the signs provided by the race organization. The route will be well marked with flags and tags about every 250 meters, however basic route-finding skills are required for this race. We respect the environment, therefor not use any paint on the trails.

Make sure you can recognize the different ways the route is marked:

Salomon branded tape: on route and vegetation to indicate you are on track.

Arrow signs: At split points or crucial turns arrows will show you where to go

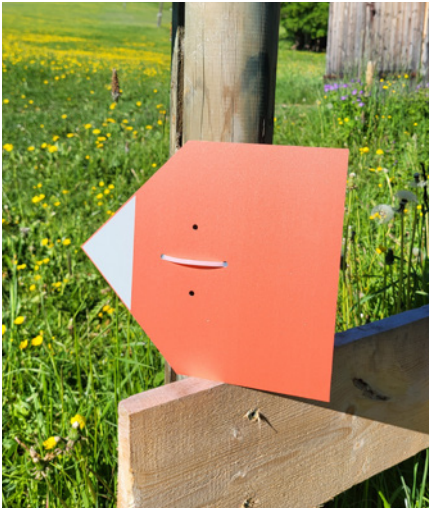
In the urban areas, pay attention as a combination of all the course markings will be used.

The signs are reflective to facilitate night running with your headlight.

If over several hundred metres, you do not see any flags or tags turn round and retrace your steps to find the last one. It is mandatory to download the GPX files onto your devices for peace of mind.

SWEEP TEAM

There will be a team of Sweep runners clearing the course marking on the route for all distances. They are tracked by and in constant communication with race command to help ensure your safety. It is also good practice if you leave the trail for a bathroom stop, to leave a belonging on the trail to help notify the Sweep and ensure they don't pass you.



RACE RULES



RUNNER'S COMMITMENT

To participate in a UTMB event, in particular it is essential:

To be completely aware of the length and difficulty of the event and to be adequately prepared for it.

To have acquired, before to the race, a real understanding of personal autonomy in the mountains/terrain allowing for the management of potential problems encountered during this type of event, notably:

- Ability to confront, without outside assistance, changing climatic conditions which could be very difficult to deal with at altitude (night, wind, cold, fog, rain or snow).
- Ability to manage, including when one is isolated, physical or mental problems arising from a heavy fatigue, digestive problems, muscle or articular/joint pains, small wounds, etc...
- Aware that the organization's role is not to help a runner manage these problems.
- Aware that for such an activity in the mountains, safety depends upon the runner's ability to adapt to the problems encountered or foreseen.
- To inform and educate the runner's supporters towards the respect of nature, people, and the regulations of the race.

SEMI-AUTONOMY / SELF-SUFFICIENCY

Participants are expected to demonstrate the principles of semi-autonomy/self-sufficiency. They should be prepared to carry their own fluids, food, and gear (including inclement weather gear) between aid stations. Participants should also be prepared, within the course safety guidelines, to handle adverse or changing conditions. This self-sufficiency principle implies the following rules:

1. Throughout the duration of the race each runner must have with them all their mandatory equipment. This equipment will be carried in a pack (backpack or belt) and cannot be changed along the race route. At any moment of the race, the race stewards/marshals can

verify the pack and its contents. The runner is obligated to comply with these gear checks. Any non-compliant runner is at the risk of disqualification from the race.

2. The aid stations provide drinks and food to be consumed on site. The race organizer only provides still water and/or sports/electrolyte drink for filling water bottles or hydration packs. The runner should take care to ensure they have, when leaving each aid station, the appropriate quantity of drink and food to keep them going until the following aid station.
3. A personal assistant is allowed at certain aid stations, in the area specifically reserved for this use and at the discretion of the team leader. Only one person is allowed to provide assistance. Medical assistance given by a member of the runner's crew, is strictly forbidden, only small cares are allowed like massage and treating a blister as long as the runner remain seated on a chair and does have to lie. The rest of the aid station is strictly reserved for the runners.
4. It is forbidden to accompany or be accompanied along any part the race route by a person not registered for the race, outside of the spectator run zones which are clearly marked in the proximity of the aid stations. A participant who accepts being accompanied outside of the designated zones violates the principle of self-sufficiency. The assistance zone begins 500m before and ends 500m after the aid station, and there is only one assistant allowed per runner. The race stewards/marshals or team leaders, witnessing this violation, are authorized to penalize the participant in order to enforce the rules. Runners are not allowed to participate with a dog or any other animal, including service animals.

EQUIPMENT

In order to ensure their safety, each participant must carry with them all the items listed in the mandatory equipment checklist and must carry all the equipment with them during the duration of the race even if the runner is not using it.

Organized and/or random equipment checks will be carried out at the start

and during the race. A penalty up to and including disqualification will be applied to runners who do not have all the mandatory equipment with them.

Please note: the items included in the mandatory equipment checklist are the basic pieces of equipment each runner must carry with them. It is important not to choose the lightest possible clothing. Instead runners should pack clothing that provides adequate protection in the mountains/course terrain against bad weather conditions, including cold, wind, heavy precipitation and snow and will be a better protection and allow better performances.

It is important to pack all this equipment in a way that preserves it from rain/snow and keeps it dry when it needs to be used (for example, using waterproof plastic bags).

List of mandatory equipment is available on this Guide and on the website.

All clothing items must fit the runner - in terms of size - and they must not be altered in any way after leaving the factory. The mandatory gear must be carried in a running pack or belt for the duration of the whole race and must not be changed during the race.

In order to reduce plastic waste, no disposable dishes (cutlery, cups, bowls) will be distributed at any check point or aid station. We invite you to Bring Your Own Utensils (BYOU) if you wish to eat hot meals at the aid stations.

If runners choose to take hiking poles with them, they must carry them for the entire duration of the race. It is forbidden to start without poles and get them during the course of the race. No poles are authorized in the spare bags. The use of poles may be prohibited in certain areas marked by specific signs along the course, for safety or environmental reasons.

Music: Listening to music using earphones only, is tolerated, so long as it is safe to do so. Any earphones MUST be removed when crossing any roads, as well as on approach to, and whilst at, any checkpoints and when approaching and passing any Safety Team members.

RACE-BIBS

The race-bib must be worn on the front of torso at all times and must remain completely visible during the entire race.

It must always be placed on top of all clothing and must not be positioned on a leg or on the pack. The runner's name and partner's logos must not be altered or hidden. The bib is the pass to access the organization transportation, aid stations, medical points, rest rooms, showers, bag drop-off or pick-up areas. The bib is only withdrawn if the runner refuses to comply with the race director's instruction. If the runner withdraws from the race, the race bib will be cut.

RESPECT FOR THE ENVIRONMENT

When registering for one of the UTMB® events, participants agree to respect the environment and the natural areas they pass through. In particular:

- Littering is strictly forbidden (gel tubes, paper, organic detritus, plastic wrappers,...). Trash/rubbish bins are available at each aid-station and they must be used. The race stewards will be checking all along the race route.
- All participants must keep their rubbish and wrappers with them until they can throw them in the bins at an aid station. Runners should carry a bag or pouch to carry their waste to the next bin. Plastic bags for soiled paper are handed out with the race-bibs. They must be used for collecting any paper used during any urgent need along the route.
- All runners must follow the paths as they are way-marked, without short-cutting them. Actually, short cutting a path causes erosion thus damaging the site.
- No disposable dishes (cutlery, cups, bowls) will be distributed at any check point or aid station. This is to reduce plastic waste by runners, as well as by the volunteers of the UTMB®. We invite you to bring your own utensils if you wish to eat hot meals at the aid stations.

AID STATIONS

Along the race route, there are points where runners are provided food and drinks. Aid stations supply drinks and food for consuming within the aid stations. The organization supplies still water and electrolyte/sports drink for filling the mandatory water bottles/hydration packs and personal collapsible cups. The runner must make sure, when leaving the aid station, that they have the necessary quantity of food and drinks to keep them going until the next aid station. **To enter the aid stations, runners must wear their race-bib.** In the following pages you will find the full list of aid stations and what kind of food/drinks runners may find there.

CHECK POINTS

Runners are checked upon arrival at an aid station and at some security points along the course. Unexpected check points are set up along the route. Their location will not be publicized.

SAFETY AND MEDICAL ASSISTANCE

There are several medical stations along the route. These stations are directly linked to the command center. There is medical staff at the command center or on the course during the events. Medical stations are intended to assist any runner in need of medical assistance. It is up to a runner in need of assistance or injured to call for help:

- By going to a medical station
 - By calling the medical center (phone number should be saved in mobile/cellphone)
 - By asking another runner to call for help
 - By using the SOS function on the LiveTrail app (if applicable)
- Runners must provide assistance to any person in danger and alert the medical center.

If a runner is unable to call the medical center, and only if it is an absolute emergency, runners may call directly one of the national security services (especially if you are crossing an area where only emergency calls are possible): local emergency number will be specify on the race guide.

A number of unexpected events, including inclement weather events, could make you wait for help longer than expected. Your safety therefore depends upon the quality of the items that you have put in your pack.

All medical, paramedical, first aid and guide staff, as well as any person appointed by the race direction are able to:

- Remove any participant who is deemed unable to continue the event.
- Demand any competitor to use any item of the mandatory equipment.
- Evacuate any runners deemed to be in danger.
- Refer runners to the most appropriate care facility.

A runner who is treated by a doctor or reached by the search and rescue staff will defer to the professional's authority and agrees to accept their decisions. If a runner's state of health justifies treatment via intravenous drip, the runner shall compulsorily withdraw from the race.

There is a medical center at the finish area available for runners with severe medical problems. Comfort care is based on the decision of the medical staff within the limits of care available. Runners must stay on the marked path, even when they sleep. All runners who voluntarily venture from the way-marked course are no longer under the responsibility of the organization.

TIME LIMIT AND CUT-OFF TIMES

You may find the time limit (cut-off times) for leaving the main aid stations on the following pages.

Cut-off times are calculated to allow participants to reach the finish within the time limit. In order to be authorized to continue a race, all participants must leave the check point/aid station before the cut-off time (whatever their time of arrival at the check point). All runners who drop out, are stopped by the organization, or are behind official time barriers are not allowed to continue the race. Their bib will be cut and they will be transported back to the event area by the organization transportation.

RACE RULES

DROP OUT AND REPATRIATION

Except in case of injury, a runner wishing to withdraw the race must do so optimal at a check point. They must inform the medical person responsible for the point or report their withdrawal via the LiveTrail app (if applicable). If a runner wishes to withdraw while on the route between two check-points, he/she can withdraw via the LiveTrail app (if applicable). Runners who withdraw must keep their race bib because it is the pass to access organization transport, meals, treatment rooms, etc.

Repatriation works as follows:

- Vehicles are available at some aid stations to take runners who drop out back to finish line.
- Runners who drop out at any other aid station or check point but whose state of health does not require them to be evacuated must return as quickly as possible and by their own means to the nearest point of repatriation.
- For aid stations or security points accessible by car or 4x4: After the closing of the aid station/security points, the organization might repatriate any runners who have abandoned and haven't left the aid station yet.

In the event of bad weather conditions justifying the partial or total stop of the race, the organization will make sure that all runners are transported as soon as possible.

REST

During the race, runners will have rest areas in some aid stations, with camp beds and blankets. Runners having finished their race and wishing to prolong their stay, must have their own accommodation.

COMPLAINTS/PRO-TESTS

Any complaint regarding the rankings must be submitted to the organization within two hours after the runner's arrival. Any other complaint must be submitted to the organization by email within 10 days after the end of the event.

EXCEPTIONAL CONDITIONS

If necessary, the organization reserves the right to modify at any time the routes, starting times, cut-off times, the position of aid stations and medical stations, and any other aspect related to the smooth running of the events.

In case of force majeure, bad weather conditions or any other circumstance endangering the participants' safety, the organization reserves the right to:

- Postpone the start of the race
- Modify the cut-off times
- Change the start date
- Adapt the race's course
- Cancel the race
- Stop temporarily the race
- Stop the race in progress

RIGHTS FOR IMAGE

Every competitor expressly foregoes the right for any images during the event, just as they renounce any right of appeal to the organizers and their partners for the use of their image. Only the organization can transfer this right for images to any media, via an accreditation or relevant license. Ultra-Trail®, Ultra-Trail du Mont-Blanc®, UTMB®, CCC®, TDS® and PTL® are legally registered trademarks. All communication about the event or the use of images from the event must respect the name of the event, the registered trademarks and have official approval from the organization.

INDIVIDUAL SPONSORS

Runners who are sponsored or otherwise using the branding of third-parties for promotional purposes, shall only use such third-party branding on their clothing and equipment during the competition. All other items, including but not limited to flags, banners or posters, are not allowed to be used, carried or worn along the race route, including at the finish line. Violations against this provision might lead to a penalty as decided in the sole discretion of the respective race directors.

POLITICAL EXPRESSION

Any proclamation, display or exhibition of political or religious messages or related images during the Event is prohibited.

SUPPORTER/SPECTATOR



INFO

SUPPORTER

Outside assistance is not allowed on the route, and it is forbidden to accompany or be accompanied along any part of the route (by any person that is not registered to take part or form part of the organisation e.g. sweep). Support crew is only permitted at specific aid stations and only in the area reserved for this use and at the discretion of the aid station captain.

It is important that support crew adhere to the rules and follow instructions from the aid station staff.

Support crew may only provide assistance in the areas designated for Support Crew beside the aid stations.

Support crew is only permitted to provide their runner with a bag that has a maximum capacity of 30 litres.

Support crew may not enter other areas of the aid station that are not designated for assistance.

Support crew may treat blisters, attend to cuts and scrapes, and provide massage to their seated runner. No serious medical assistance, and other interventions, are permitted, and no runner that is lying down may be attended to.

The locations where support crew can provide assistance to a runner are detailed on the next page.

SPECTATOR

On Friday between 11am and probably 3pm and on Saturday, runners will be out on the trails around the Garmisch Classic area and can be cheered on there. The hiking area is also accessible by cable car (Kreuzeckbahn and Alpstizbahn), and most of the trails between the lifts are suitable for families.

SUPPORTER/SPECTATOR



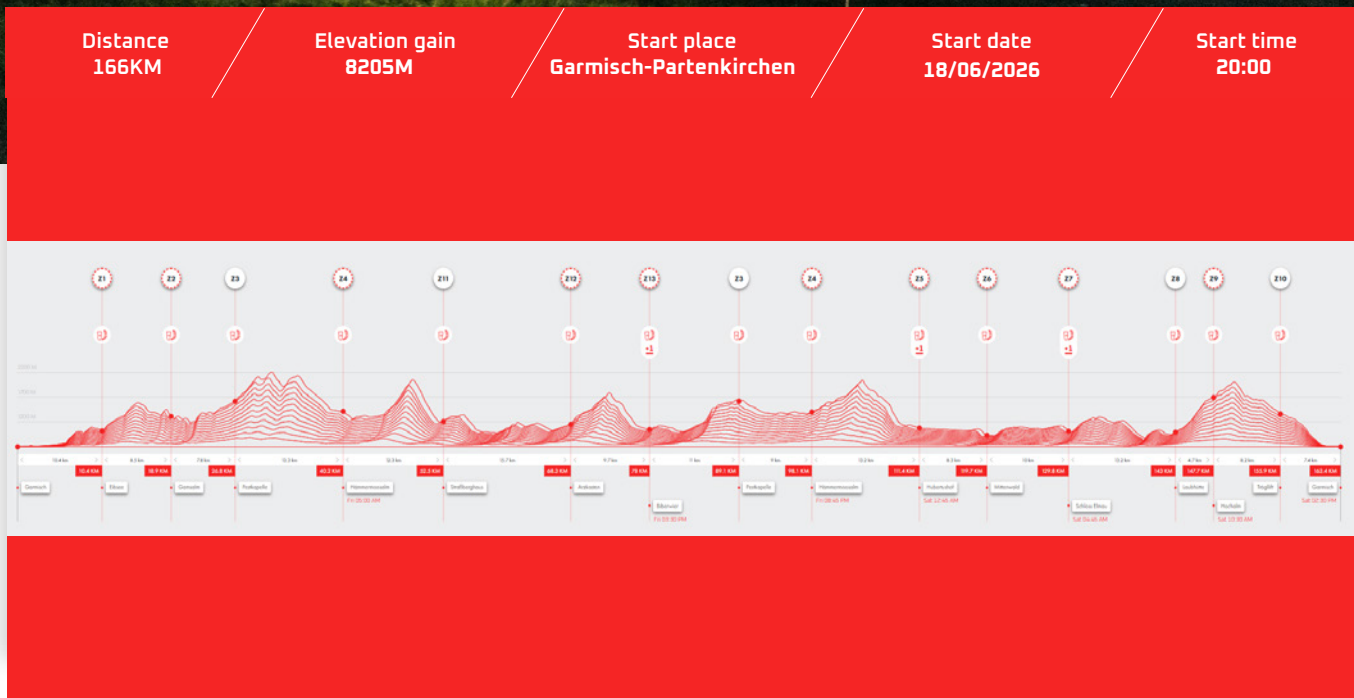
Aid Station	Races	Support allowed	Spectator recommended
Z1 - Eibsee	ZUT100, Ultratrail	YES ✓	NO ✗
Easy accessibility (5 minutes) from the Eibsee parking lot (possibly at night; parking not permitted).		Parking: 	Aid Station location: 47.455333, 10.994333
Z2 - Gamsalm	ZUT100, Ultratrail	YES ✓	NO ✗
Access by car in the direction of the Tiroler Zugspitz Arena, use the Ponöfen parking lot, followed by a 20-minute walk.		Parking: 	Aid Station location: 47.413639, 10.940417
Z3 - Pestkapelle	ZUT100, Ultratrail, Ehrwald Trail	NO ✗	NO ✗
No vehicle access possible; 1.5-hour walk.			Aid Station location: 47.379993, 10.982580
Z4 - Hämmermoosalm	ZUT100, Ultratrail, Ehrwald Trail	YES ✓	NO ✗
No direct vehicle access possible; Gaistal parking lot, 0.5-hour walk.		Parking: 	Aid Station location: 47.371222, 11.082306
Z11 - Straßberghaus	ZUT100	NO ✗	NO ✗
No vehicle access possible; 1-hour walk.			Aid Station location: 47.334970, 11.034555
Z12 - Arztkasten	ZUT100	YES ✓	YES ✓
Access via the Arztkasten hiking parking lot, located in the immediate vicinity of the station.		Parking: 	Aid Station location: 47.31302, 10.90251
Z13 - Biberwier	ZUT100	YES ✓	YES ✓
Parking at the Marienbergbahn, in the immediate vicinity of Hotel Domero.		Parking: 	Aid Station location: 47.37194, 10.88821

Aid Station	Races	Support allowed	Spectator recommended
Z5 - Hubertushof	ZUT100, Ultratrail, Ehrwald Trail, Leutasch Trail	YES ✓	YES ✓
Puitbach parking lot; no parking available in the immediate vicinity of the aid station.		Parking: 	Aid Station location: 47.400583, 11.180611
Z6 - Mittenwald	ZUT100, Ultratrail, Ehrwald Trail, Leutasch Trail	YES ✓	YES ✓
Parking lot in Ried, in the immediate vicinity of the ISARENA.		Parking: 	Aid Station location: 47.4253611, 11.257972
Z7- Schloss Elmau	ZUT100, Ultratrail, Ehrwald Trail, Leutasch Trail, Mittenwald Trail	YES ✓	YES ✓
Elmau hiking parking lot (toll required), 20-minute walk.		Parking: 	Aid Station location: 47.461722, 11.187944
Z8 - Laubhütte	ZUT100, Ultratrail, Ehrwald Trail, Leutasch Trail, Mittenwald Trail, Garmisch-Partenkirchen Trail	NO ✗	NO ✗
No vehicle access possible; 1.5-hour walk.			Aid Station location: 47.462833, 11.118444
Z9 - Hochalm	ZUT100, Ultratrail, Ehrwald Trail, Leutasch Trail, Mittenwald Trail, Garmisch-Partenkirchen Trail	YES ✓	YES ✓
No direct vehicle access possible; Kreuzeckbahn parking lot, 2.5-hour walk or cable car (Kreuzeckbahn) and a 20-minute walk.		Parking: 	Aid Station location: 47.440361, 11.062194
Z10 - Tröglift	ZUT100, Ultratrail, Ehrwald Trail, Leutasch Trail, Mittenwald Trail, Garmisch-Partenkirchen Trail, Grainau Trail	NO ✗	YES ✓
No vehicle access possible; 1.5-hour walk.			Aid Station location: 47.461798, 11.086820



ZUT100
166KM + 8205M

RACE CATEGORY
100M



START INFO

START Garmisch-Partenkirchen
Richard-Strauss-Platz
Thursday 18th at 20:00

DOWNLOAD THE GPX FILE

Germany's Biggest Alpine 100-Mile Trail Running Challenge

The ZUT100 is the first alpine 100-mile trail running race around the Zugspitze, a groundbreaking addition to the Zugspitz Ultra Trail festival. Set against the dramatic backdrop of the Zugspitze massif, the course spans 164 kilometers with over 8,300 meters of elevation gain.

As the flagship race of one of Europe's most iconic trail events, ZUT100 invites runners to experience the raw beauty of the Alps while pushing their limits. It's more than a race - it's a celebration of alpine adventure and the spirit of trail running.

TIMETABLE



Thursday 18TH

10:00 - 19:00	Convention Center		BIB distribution
19:15	Richard-Strauss-Platz		Check in
20:00	Richard-Strauss-Platz		Start

Saturday 20TH

13:30	Richard-Strauss-Platz		Award Ceremony
-------	-----------------------	--	----------------

MAP



STARTING LINE

FINISH LINE

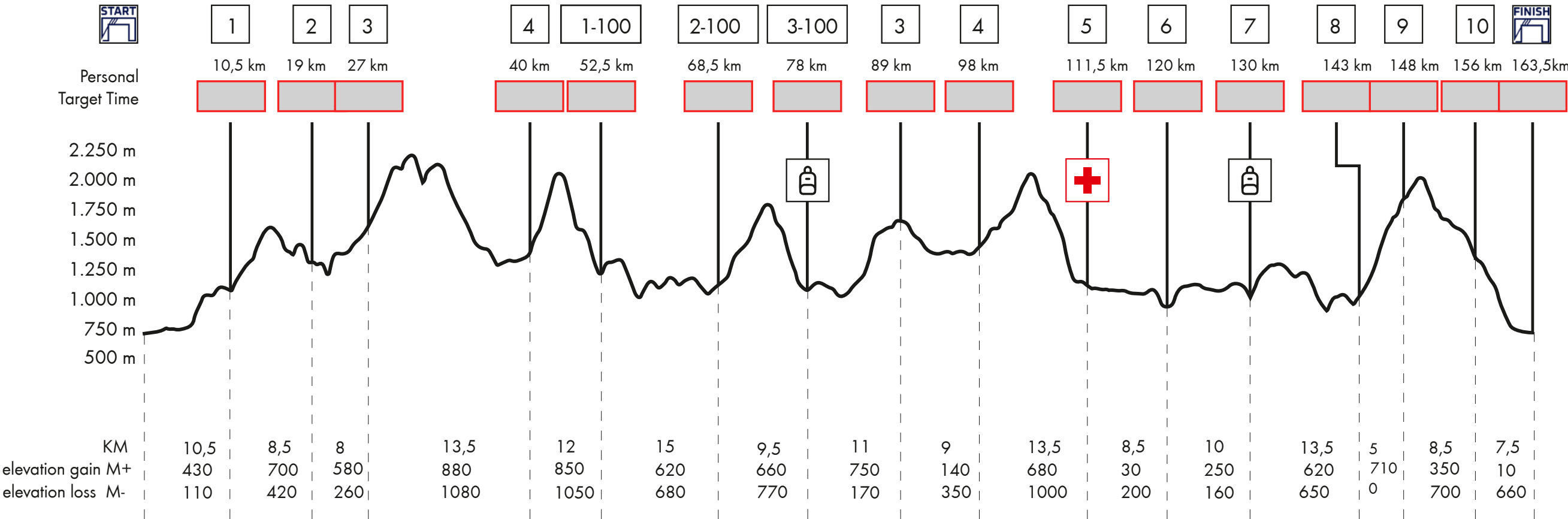
DRINK SUPPLY

AID STATION

MEDICAL STATION

YOUR PERSONAL RACE PLAN

ZUT 100



AID STATIONS & TIME CHARTS

Course/Waypoints		Altitude	Ascent (m)	Descent (m)	Distance (km)	Distance to finish (km)	Time fast	Time slow	Time limit Cut Off
1	Start: Garmisch-Partenkirchen	697	0	0	0,00	166,50	20:00	20:00	
2	Z1 Eibsee	1013	423	107	10,50	156,00	20:56	21:39	
3	Z2 Gamsalm	1287	1126	536	19,50	147,00	22:03	23:35	
4	Z3 Pestkapelle	1616	1701	783	27,50	139,00	23:07	1:19	
5	Z4 Hämmermoosalm	1411	2600	1881	41,00	125,50	1:06	4:57	05:00
6	Z11 Straßberghaus	1216	3451	2938	54,00	112,50	3:10	8:28	
7	Z12 Arzkasten	1148	4046	3598	70,00	96,50	5:23	11:59	
8	Z13 Biberwier	1044	4700	4357	79,50	87,00	7:07	15:05	15:30
9	Z3 Pestkapelle	1615	5442	4525	91,00	75,50	8:59	18:22	
11	Z4 Hämmermoosalm	1410	5576	4864	100,00	66,50	10:03	20:21	20:45
12	Z5 Hubertushof / Reindlau	1071	6258	6877	113,50	53,00	12:12	0:19	00:45
13	Z6 Mittenwald	925	6287	6055	122,00	44,50	13:04	1:56	
14	Z7 Schloss Elmau	1008	6523	6207	132,00	34,50	14:19	4:12	04:45
15	Z8 Laubhütte	992	7141	6852	145,50	21,00	16:27	7:58	
16	Z9 Hochalm	1701	7856	6852	150,50	16,00	17:42	10:06	10:30
17	Z10 Trögelift	1357	8205	7544	159,00	7,50	19:04	12:31	
18	Finish: Garmisch-Partenkirchen	697	8205	8199	166,50	0,00	20:00	14:00	14:30




SUUNTO
SINCE 1936

**90 YEARS
OF RESILIENCE**

www.suunto.com


näak



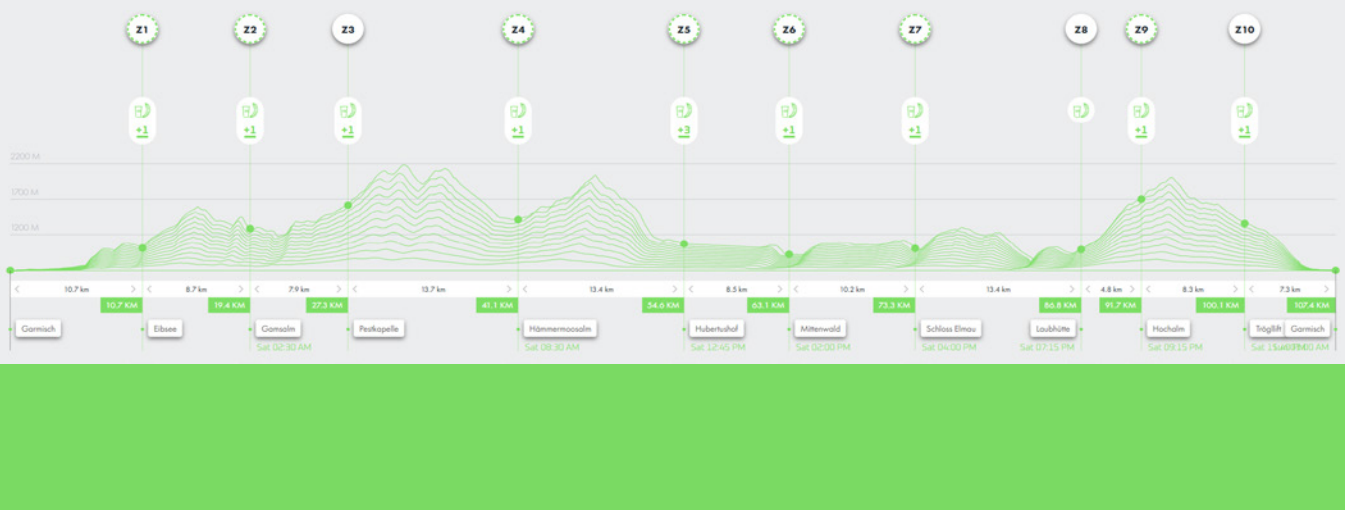
ULTRA ENERGY™ DRINK MIX
Go longer, go farther.



RACE CATEGORY
100K/M



Distance 107KM	Elevation gain 5280M	Start place Garmisch-Partenkirchen	Start date 19/06/2026	Start time 22:00
-------------------	-------------------------	---------------------------------------	--------------------------	---------------------



START INFO



Garmisch-Partenkirchen
Richard-Strauss-Platz
Friday 19th at 22:00

DOWNLOAD THE GPX FILE

The Ultimate Challenge Around Germany's Highest Peak

The Ultratrail is the supreme discipline of the Zugspitz Ultra Trail weekend - a demanding loop around the iconic Zugspitze. With steep climbs, technical trails, and breathtaking alpine scenery, it's a real adventure for all trail runners who want to fulfill their dream of running a 100-kilometer race. Start and Finish in Garmisch-Partenkirchen.

TIMETABLE

Thursday 18TH

Time	Location	What
10:00 - 19:00	Convention center	BIB distribution

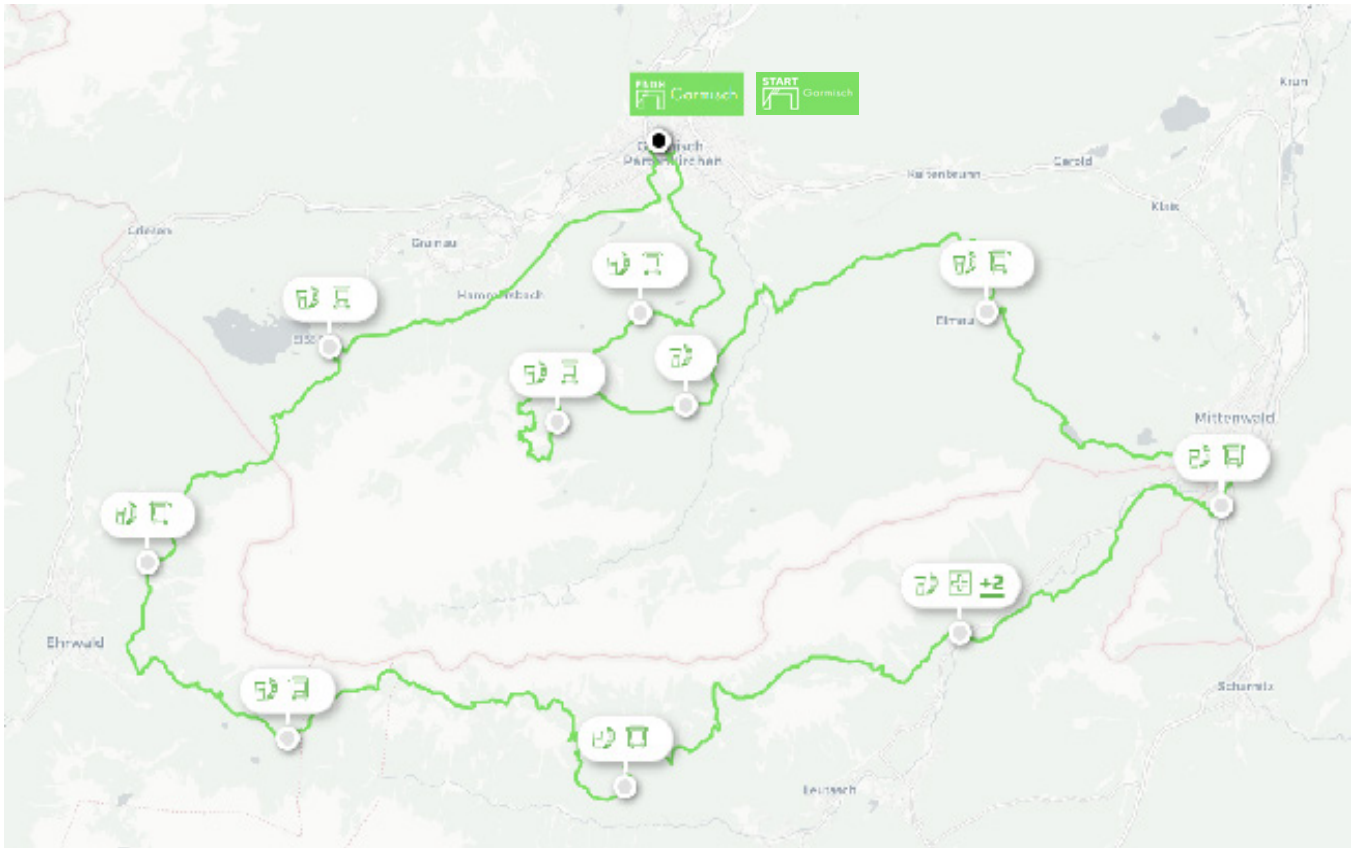
Friday 19TH

09:00 - 21:00	Convention center	BIB distribution
21:15	Richard-Strauss-Platz	Check in
22:00	Richard-Strauss-Platz	Start

Saturday 20TH

18:00	Richard-Strauss-Platz	Award Ceremony
-------	-----------------------	----------------

MAP



STARTING LINE



FINISH LINE



DRINK SUPPLY



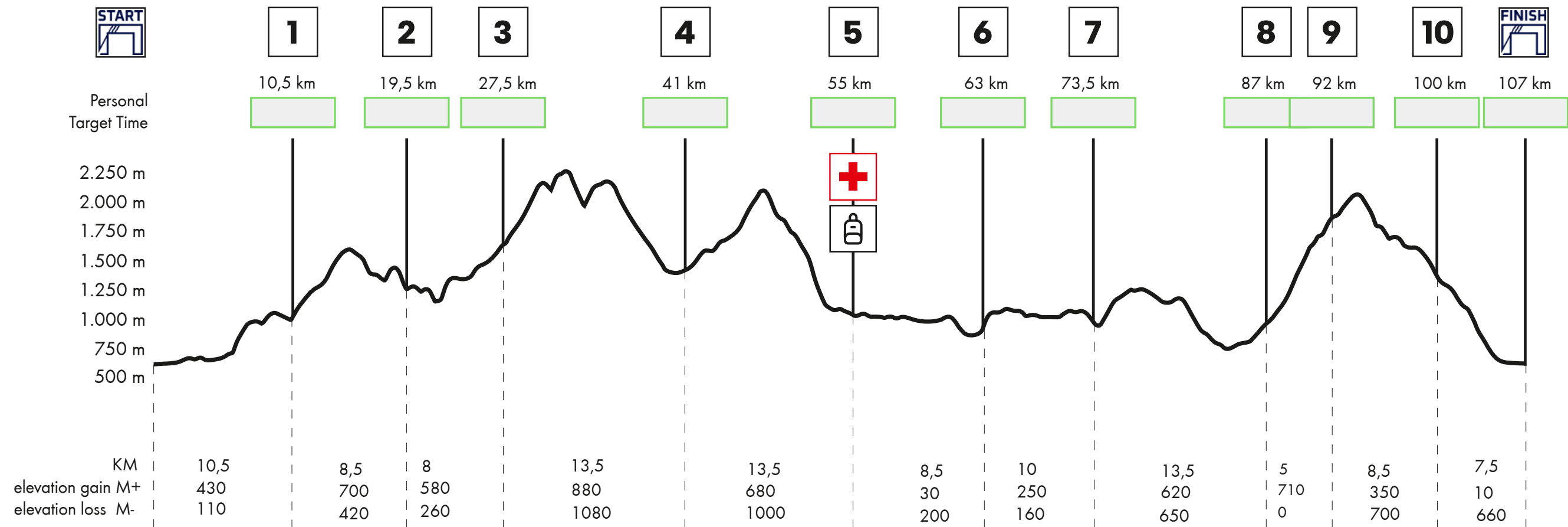
AID STATION



MEDICAL STATION

YOUR PERSONAL RACE PLAN

ULTRATRAIL



AID STATIONS & TIME CHARTS

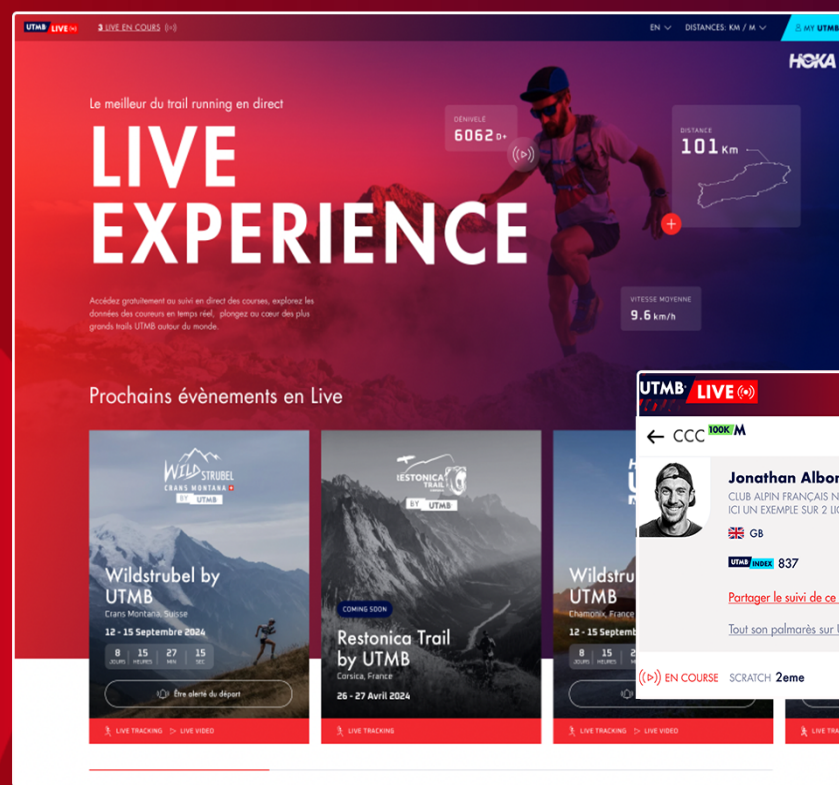
Course/Waypoints		Altitude	Ascent (m)	Descent (m)	Distance (km)	Distance to finish (km)	Time fast	Time slow	Time limit Cut Off
1	Start: Garmisch-Partenkirchen	697	0	0	0,00	107,50	22:00	22:00	
2	Z1 Eibsee	1013	425	107	10,50	97,00	22:43	23:47	
3	Z2 Gamsalm	1285	1123	535	19,50	88,00	23:36	2:02	02:30
4	Z3 Pestkapelle	1616	1706	790	27,50	80,00	0:28	4:18	
5	Z4 Hämmermoosalm	1410	2584	1868	41,00	66,50	1:59	8:05	08:30
6	Z5 Hubertushof / Reindlau	1071	3260	2886	54,50	53,00	3:29	11:31	12:45
7	Z6 Mittenwald	924	3289	3062	63,00	44,50	4:05	13:00	14:00
8	Z7 Schloss Elmau	1008	3543	3227	73,50	34,00	4:58	15:13	16:00
9	Z8 Laubhütte	992	4192	3902	87,00	20,50	6:31	19:04	19:15
10	Z9 Hochalm	1701	4904	3902	92,00	15,50	7:24	21:06	21:15
11	Z10 Tröggellift	1357	5273	4609	100,00	7,50	8:27	23:28	23:40
12	Finish: Garmisch-Partenkirchen	697	5280	5278	107,50	0,00	9:13	1:02	01:00



UTMB® **LIVE** 

THE REAL-TIME TRACKING PLATFORM DURING THE EVENT

Follow your favorite runners, check race results,
and access advanced statistics!



FOLLOW THE UTMB® WORLD SERIES EVENTS LIVE AT
LIVE.UTMB.WORLD

SVR

LABORATOIRE DERMATOLOGIQUE

SUN SECURE
ULTRA PROTECTION
ULTRA TRAIL*



*Valid for high-protection products from the Sun Secure range.

YOU'RE GOING TO LOVE TRAINING!





EHRWALD TRAIL

86KM + 4295M

RACE CATEGORY
100K / M



START INFO

Ehrwald
Hölzli 7
Friday 19th at 23:00

Shuttle to Start
Departure Friday 21:30
at Eisstadion (ice sport arena)

DOWNLOAD THE GPX FILE

Tough ultra for experienced trail runners

The beautiful Ehrwald Trail starts in the Austrian village of Ehrwald and, after a short warm-up phase, leads to the main route around the Zugspitze - and thus to all the alpine highlights of the ZUT.

Tough, challenging, spectacular—a real ultra through the Bavarian midsummer night!

TIMETABLE



Thursday 18TH

Time	Location	What
10:00 - 19:00	Convention center	BIB distribution

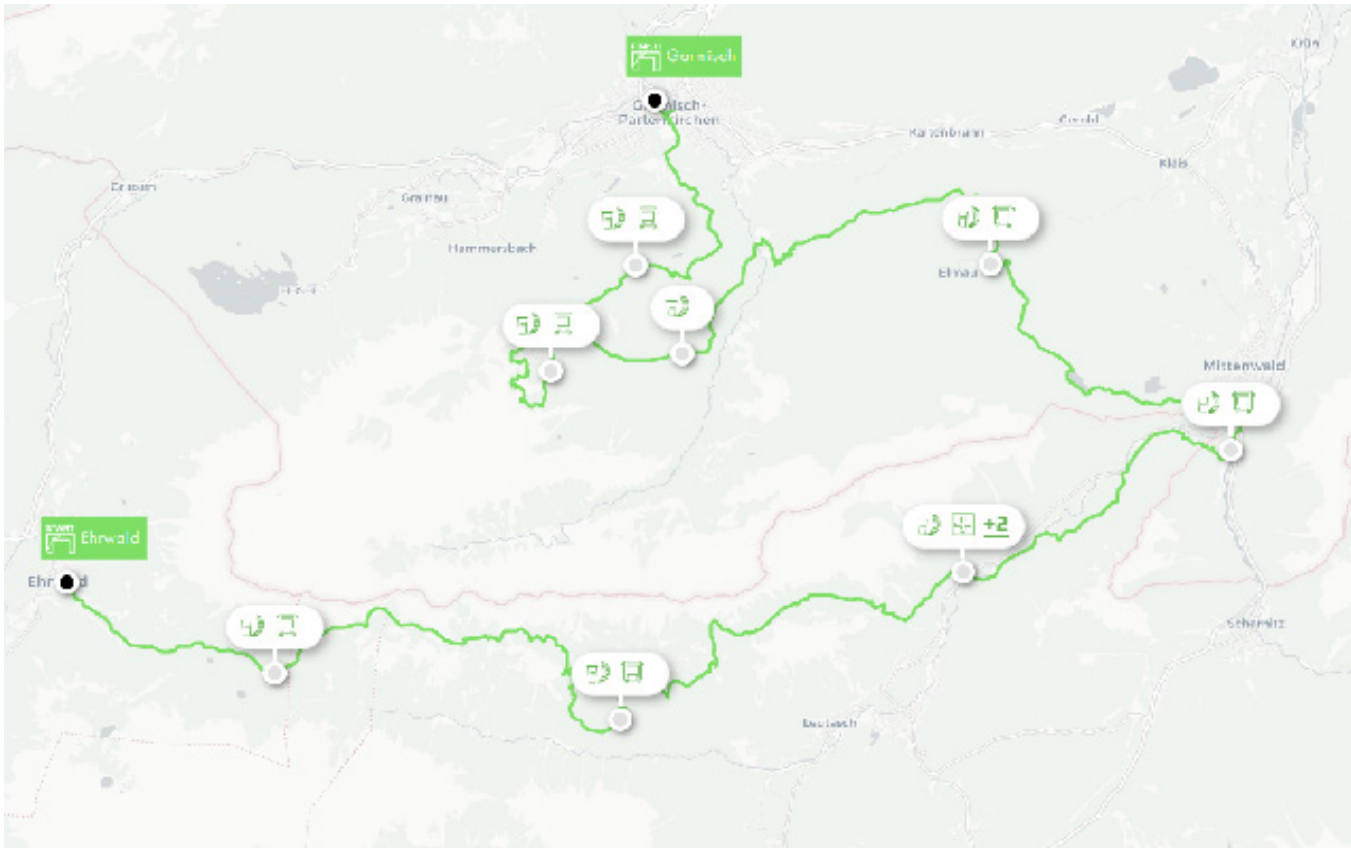
Friday 19TH

09:00 - 21:00	Convention Center	BIB distribution
21:30	Eisstadion/Ice Sport Arena	Shuttle to Start
21:15	Richard-Strauss-Platz	Check in
22:00	Richard-Strauss-Platz	Start

Saturday 20TH

18:00	Richard-Strauss-Platz	Award Ceremony
-------	-----------------------	----------------

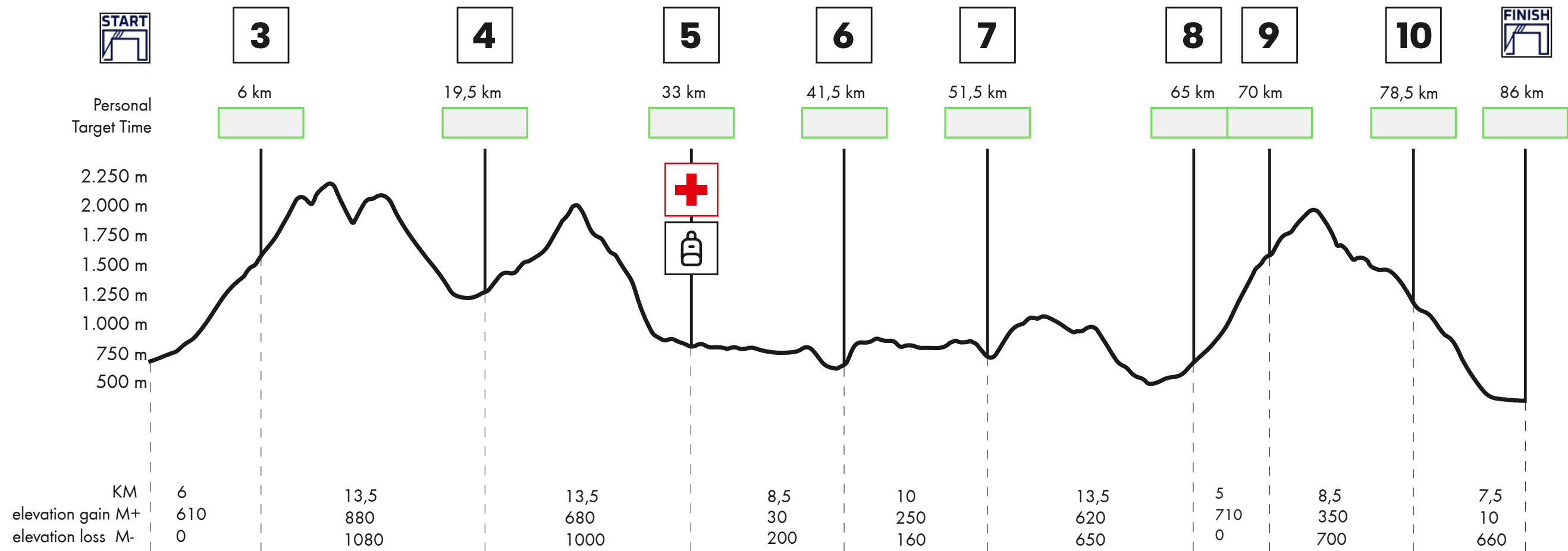
MAP



- STARTING LINE
- FINISH LINE
- DRINK SUPPLY
- AID STATION
- MEDICAL STATION

YOUR PERSONAL RACE PLAN

EHRWALD TRAIL



AID STATIONS & TIME CHARTS

Course/Waypoints		Altitude	Ascent (m)	Descent (m)	Distance (km)	Distance to finish (km)	Time fast	Time slow	Time limit Cut Off
1	Start: Ehrwald	1001	0	0	0,00	86,00	23:00	23:00	
2	V3 Pestkapelle	1616	612	0	6,00	80,00	23:37	0:25	
3	V4 Hämmermoosalm	1410	1533	1124	19,50	66,50	1:10	4:10	4:30
4	V5 Hubertushof / Reindlau	1071	2240	2167	33,00	53,00	2:40	7:39	8:00
5	V6 Mittenwald	924	2272	2347	41,50	44,50	3:20	9:02	
6	V7 Schloss Elmau	1008	2523	2516	51,50	34,50	4:14	11:02	11:30
7	V8 Laubhütte	992	3208	3220	65,00	21,00	5:53	14:53	
8	V9 Hochalm	1701	3919	3220	70,00	16,00	6:49	16:59	17:30
9	V10 Trögellift	1357	4288	3928	78,50	7,50	7:57	19:22	
10	Finish: Garmisch-Partenkirchen	697	4295	4597	86,00	0,00	8:48	21:01	21:00

Get your finisher beer, presented by

SPORT
conrad

"BERG VERRÜCKT," which means "crazy about the mountains," is the name of the new non-alcoholic beer from our ZUT partner, Sport Conrad. Could there be a better name for the 5,000 ZUT runners in the mountains? Cross the finish line in Garmisch-Partenkirchen and enjoy a "BERG VERRÜCKT" beer presented Sport Conrad.



Thanks to our Host Venues:

Garmisch
Partenkirchen



#GaPaTourismus



Seefeld
TIROLS HOCHPLATEAU

TIROLER
ZUGSPITZ
ARENA





Leutasch Trail

69KM + 3140M

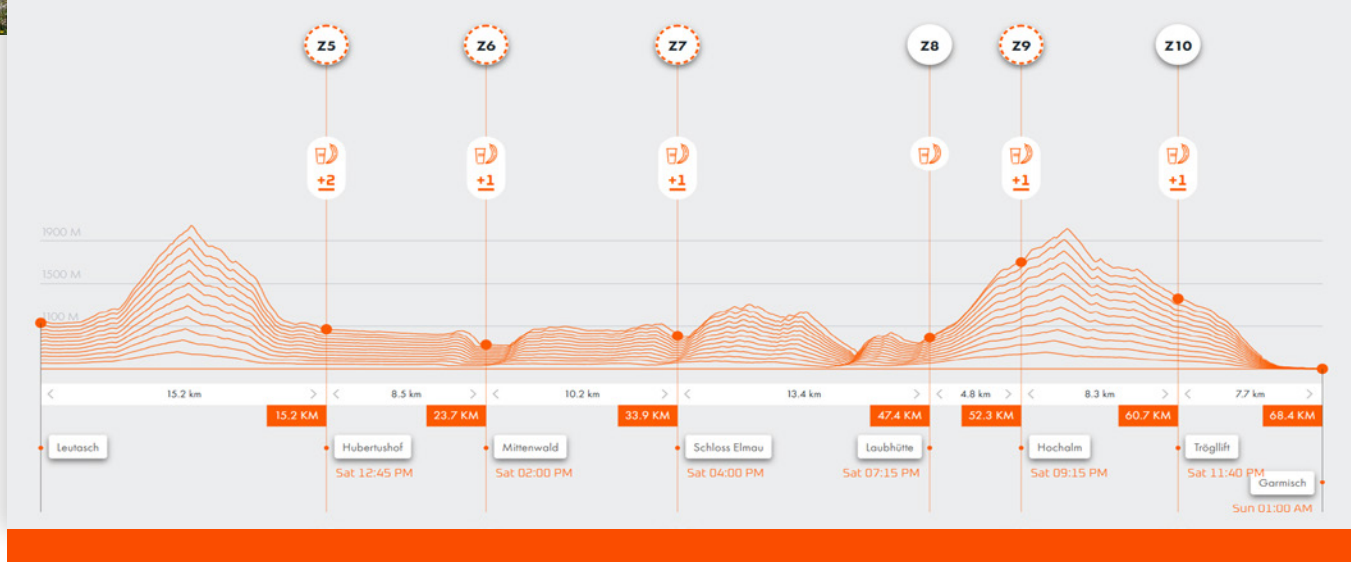
RACE CATEGORY

50K M

RUNNING STONES
2
UTMB

DIRECT ENTRY
TOP 3
ULTRA WORLD SERIES

Distance 69KM	Elevation gain 3140M	Start place Leutasch	Start date 20/06/2026	Start time 09:00
------------------	-------------------------	-------------------------	--------------------------	---------------------



START INFO

START

Leutasch
Freizeitzentrum
Saturday 20th at 09:00

Shuttle to Start

Departure Saturday 07:15
at Eisstadion (ice sport arena)

DOWNLOAD THE GPX FILE

A true classic with speed potential

The Leutasch Trail has been part of the ZUT since its premiere in 2011 and offers a fantastic mix of runnable passages and alpine terrain. The route is quickly merging after 6 kilometers the Ultratrail course with a big mountain waiting at the beginning (Scharnitzjoch) and one at the end (Osterfelder), with a fast route in between.

TIMETABLE



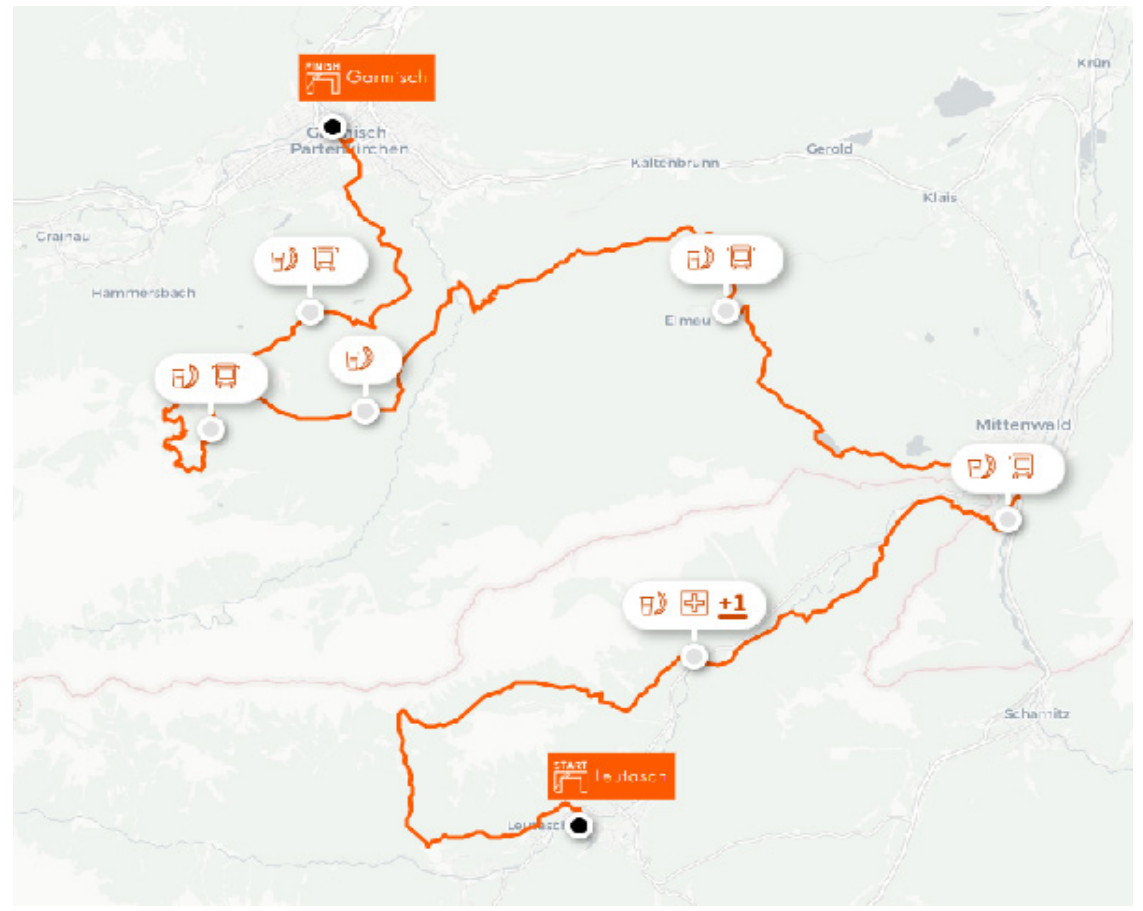
Friday 19TH

Time	Location	What
09:00 - 21:00	Convention Center	BIB distribution

Saturday 20TH

07:15	Eisstadion/Ice Sport Arena	Shuttle to start
08:15	Freizeitzentrum, Leutasch	Check in
09:00	Freizeitzentrum, Leutasch	Start
20:30	Richard-Strauss Platz	Award Ceremony
20:00 & 23:00	Eisstadion/Ice Sport Arena	Shuttle to startlocation

MAP



STARTING LINE

FINISH LINE

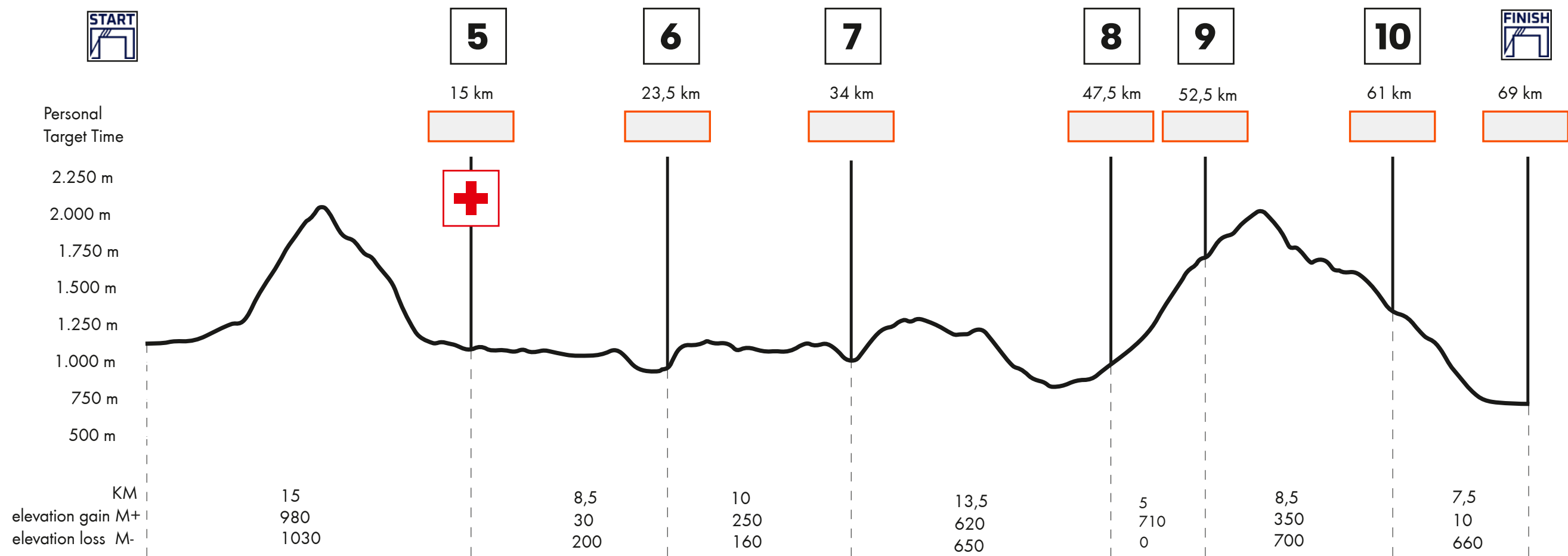
DRINK SUPPLY

AID STATION

MEDICAL STATION

YOUR PERSONAL RACE PLAN

LEUTASCH TRAIL



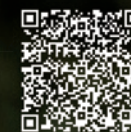
AID STATIONS & TIME CHARTS

Course/Waypoints		Altitude	Ascent (m)	Descent (m)	Distance (km)	Distance to finish (km)	Time fast	Time slow	Time limit Cut Off
1	Start: Leutasch/Weidach	1130	0	0	0,00	68,50	9:00	9:00	
2	Z5 Hubertushof / Reindlau	1071	974	1031	15,50	53,00	10:29	12:32	12:45
3	Z6 Mittenwald	924	1017	1222	24,00	44,50	11:03	13:50	14:00
4	Z7 Schloss Elmau	1008	1312	1433	34,00	34,50	11:55	15:46	16:00
5	Z8 Laubhütte	992	2033	2172	47,50	21,00	13:27	19:10	19:15
6	Z9 Hochalm	1701	2741	2172	52,50	16,00	14:19	21:12	21:15
7	Z10 Trögellift	1357	3127	2899	61,00	7,50	15:23	23:27	23:40
8	Finish: Garmisch-Partenkirchen	697	3143	3576	68,50	0,00	16:10	1:01	01:00



Eyewear
Astral Sphere

PERFORMANCE
STARTS IN YOUR HEAD.



LESSEAU® NEXT LEVEL HYGIENE

Elevate your hygiene during and after your run.

Lesseau bar soap dispensers are designed with the environment in mind, supporting your eco-conscious lifestyle. Crafted from natural ingredients, our bar soaps keep your skin fresh and revitalized. Free from harsh chemicals and single use plastics.

We add hygiene to your run.

Refresh during your run and wash your hands before eating to protect your health for a safer, more enjoyable experience.

@lesseausoap lesseausoap.com

BE PART OF VIBRAM

RESOLE YOUR SHOES
WITH VIBRAM
AND ENHANCE
YOUR PERFORMANCE.



**FIND YOUR
COBBLER**

VIBRAM.COM/SHOE-REPAIR-LOCATOR

SPREAD THE VOICE @VIBRAM



CONFIDENCE
IN EVERY STEP





MITTENWALD TRAIL

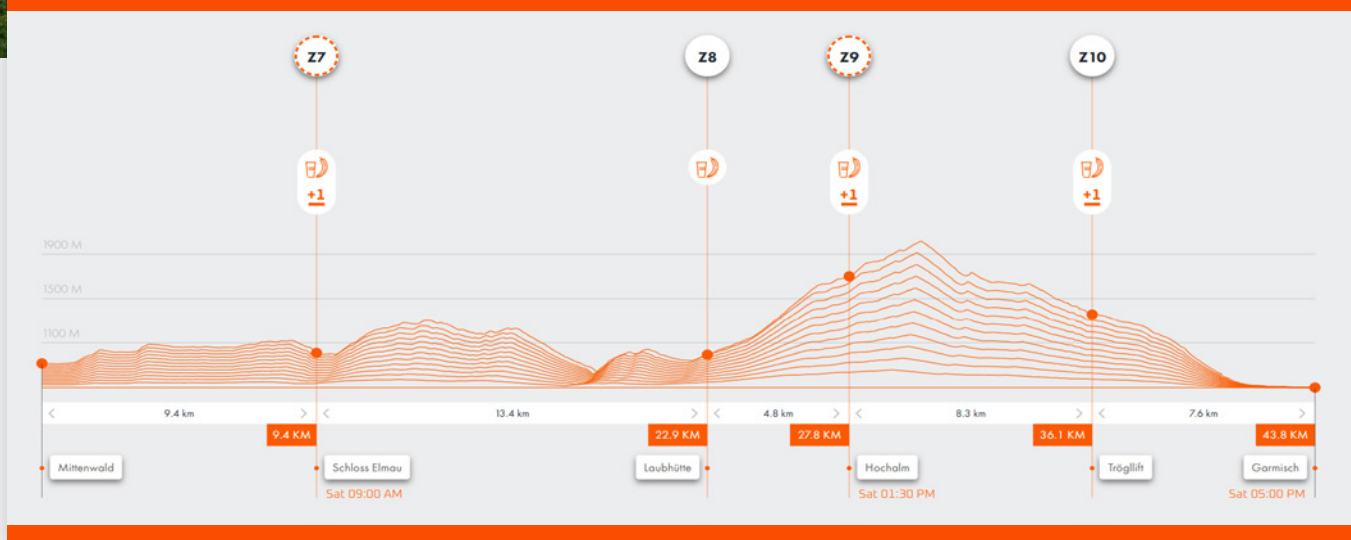
44KM + 2110M

RACE CATEGORY

50K



Distance 44KM	Elevation gain 2110M	Start place Mittenwald	Start date 20/06/2026	Start time 07:00
------------------	-------------------------	---------------------------	--------------------------	---------------------



START INFO



Mittenwald
Bahnhof / Train Station
Saturday 20th at 07:00



Shuttle to Start
Departure Saturday 05:30
at Eisstadion (ice sport arena)

DOWNLOAD THE GPX FILE

Popular route for runners

The Mittenwald Trail is the most popular competition at the ZUT, but it's a tough one. The first half is really fast and easy to run, but then comes the long climb up to Osterfelder, followed by the initially technical and then runnable downhill section to Garmisch-Partenkirchen.

TIMETABLE



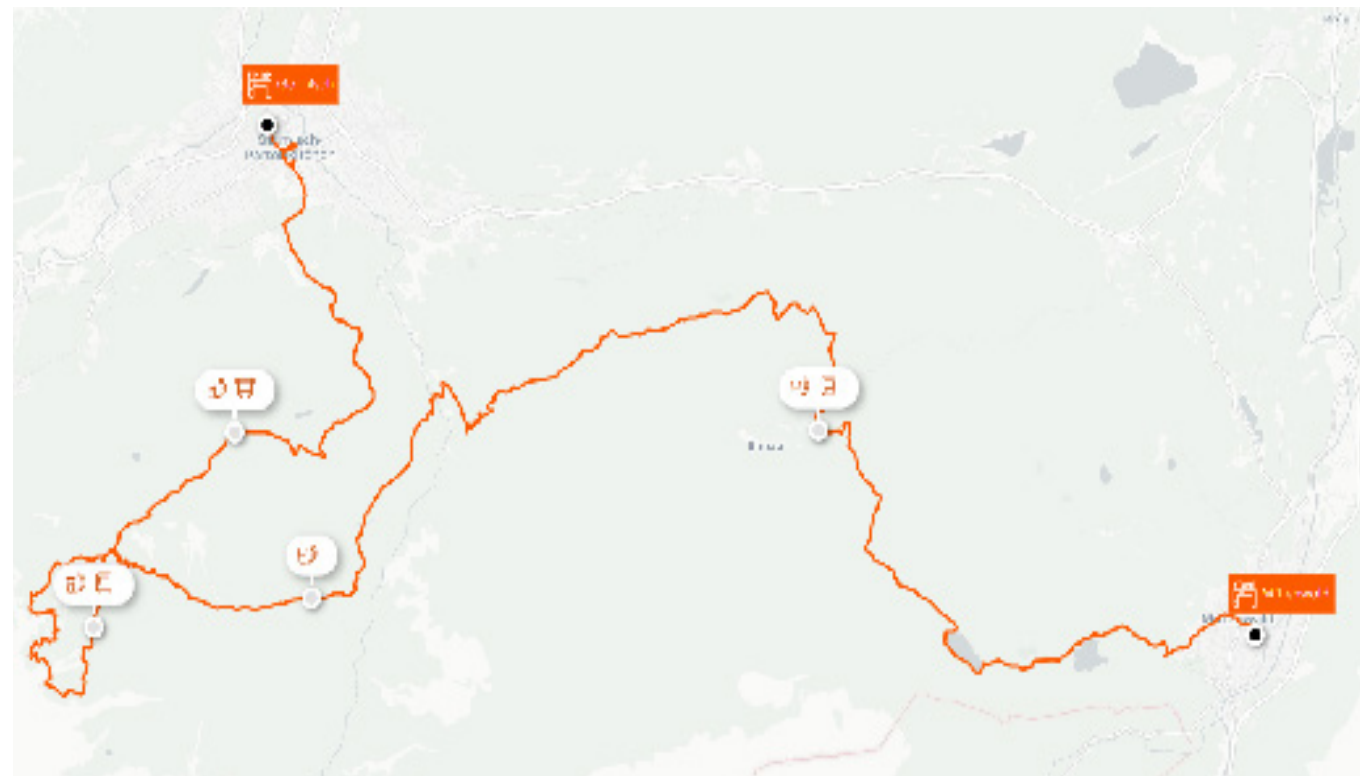
Friday 19TH

Time	Location	What
09:00 - 21:00	Convention center	BIB distribution

Saturday 20TH

05:30	Eisstadion/Ice Sport Arena	Shuttle to start
06:15	Train Station, Mittenwald	Check in
07:00	Train Station, Mittenwald	Start
13:30	Richard-Strauss Platz	Award Ceremony
20:00 & 23:00	Eisstadion/Ice Sport Arena	Shuttle to startlocation

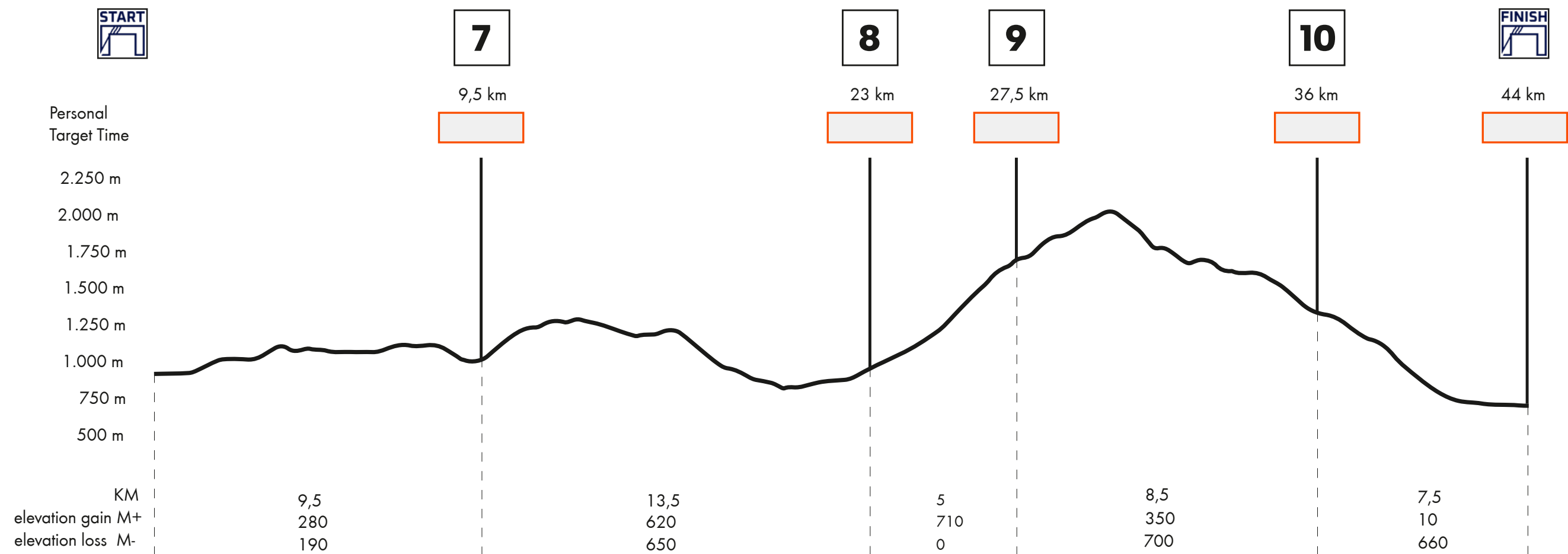
MAP



- STARTING LINE
- FINISH LINE
- DRINK SUPPLY
- AID STATION
- MEDICAL STATION

YOUR PERSONAL RACE PLAN

MITTENWALD TRAIL



AID STATIONS & TIME CHARTS

Course/Waypoints		Altitude	Ascent (m)	Descent (m)	Distance (km)	Distance to finish (km)	Time fast	Time slow	Time limit Cut Off
1	Start: Mittenwald	914	0	0	0,00	44,00	7:00	7:00	
2	Z7 Schloss Elmau	1008	281	186	9,50	34,50	7:37	8:34	09:00
3	Z8 Laubhütte	992	1002	925	23,00	21,00	8:47	11:36	
4	Z9 Hochalm	1701	1710	925	28,00	16,00	9:28	13:21	13:30
5	Z10 Trögellift	1357	2097	1653	36,00	8,00	10:19	15:30	
6	Finish: Garmisch-Partenkirchen	697	2113	2330	44,00	0,00	10:54	17:00	17:00



Thanks to our local partner:



Book your Outdoor Physio appointments [here](#)



GLOWKITCHEN
enjoy naturally.

Banana
BREAD



GARMISCH-PARTENKIRCHEN TRAIL

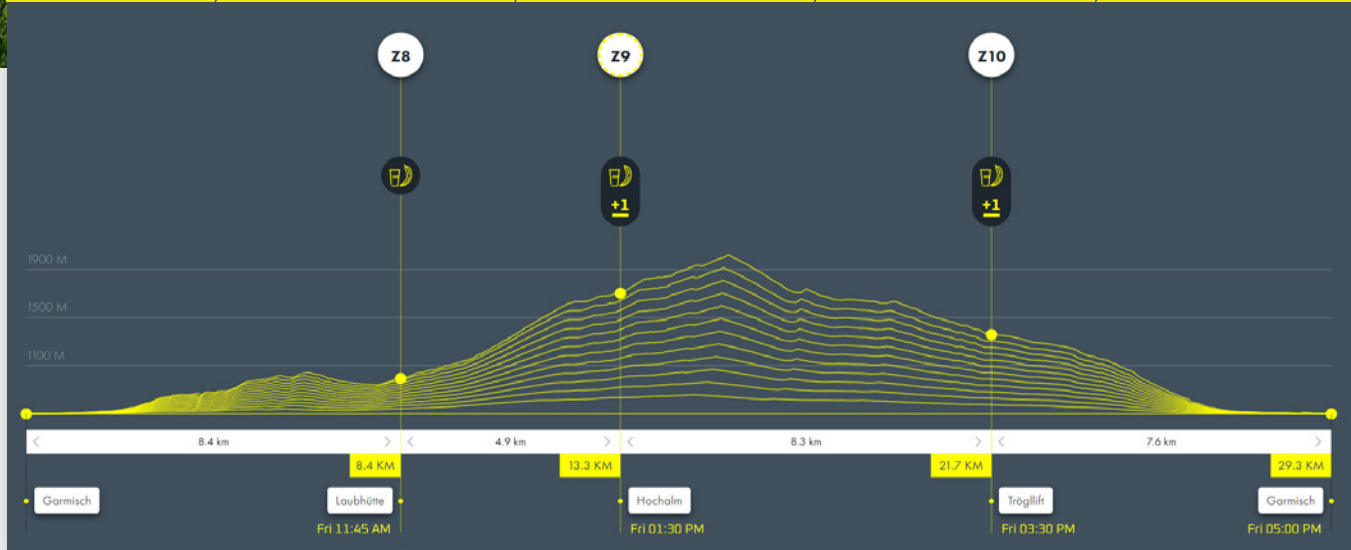
29KM + 1565M

RACE CATEGORY

20K **M**



Distance 29KM	Elevation gain 1565m	Starting place Garmisch-Partenkirchen	Start date 19/06/2026	Time of departure 10:00
------------------	-------------------------	--	--------------------------	----------------------------



START INFO



Garmisch-Partenkirchen
Richard-Strauss-Platz
Friday at 18:00

DOWNLOAD THE GPX FILE

Fantastic and extremely varied route

The Garmisch-Partenkirchen Trail has everything that makes trail running in the Zugspitz region so fascinating: plenty of variety, magnificent trails, fantastic views, a legendary fan zone, and an emotional finale.
Start and Finish is in Garmisch-Partenkirchen.

TIMETABLE



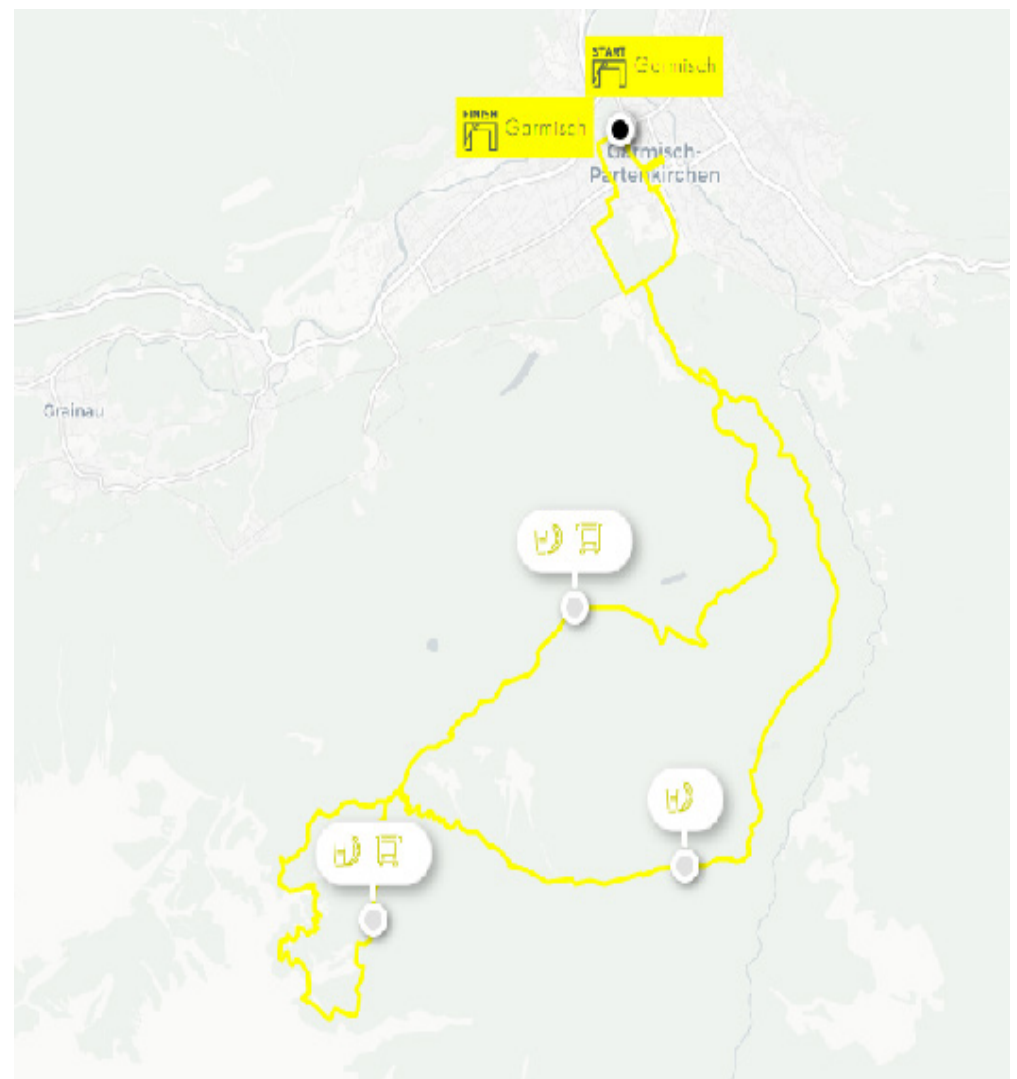
Thursday 18TH

Time	Location	What
10:00 - 19:00	Convention center	BIB distribution

Friday 19TH

08:00 - 09:30	Convention center	BIB distribution
09:15	Richard-Strauss-Platz	Check in
10:00	Richard-Strauss-Platz	Start
15:00	Richard-Strauss-Platz	Award Ceremony

MAP



STARTING LINE



FINISH LINE



DRINK SUPPLY



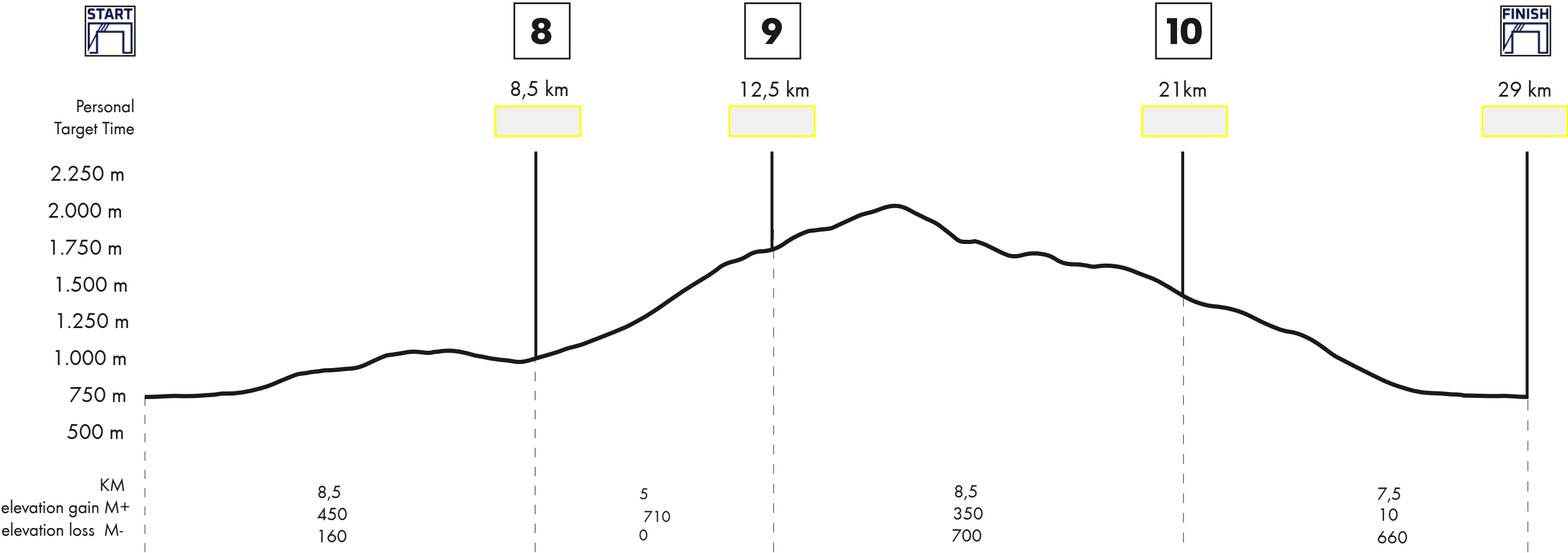
AID STATION



MEDICAL STATION

YOUR PERSONAL RACE PLAN

GARMISCH-PARTENKIRCHEN TRAIL



AID STATIONS & TIME CHARTS

Course/Waypoints		Altitude	Ascent (m)	Descent (m)	Distance (km)	Distance to finish (km)	Time fast	Time slow	Time limit Cut Off
1	Start: Garmisch-Partenkirchen	697	0	0	0,00	29,50	10:00	10:00	
2	Z8 Laubhütte	992	455	161	8,50	21,00	10:35	11:42	11:45
3	Z9 Hochalm	1702	1166	161	13,50	16,00	11:10	13:23	13:30
4	Z10 Trögellift	1357	1549	888	22,00	7,50	11:53	15:30	15:30
5	Finish: Garmisch-Partenkirchen	697	1565	1565	29,50	0,00	12:24	17:00	17:00





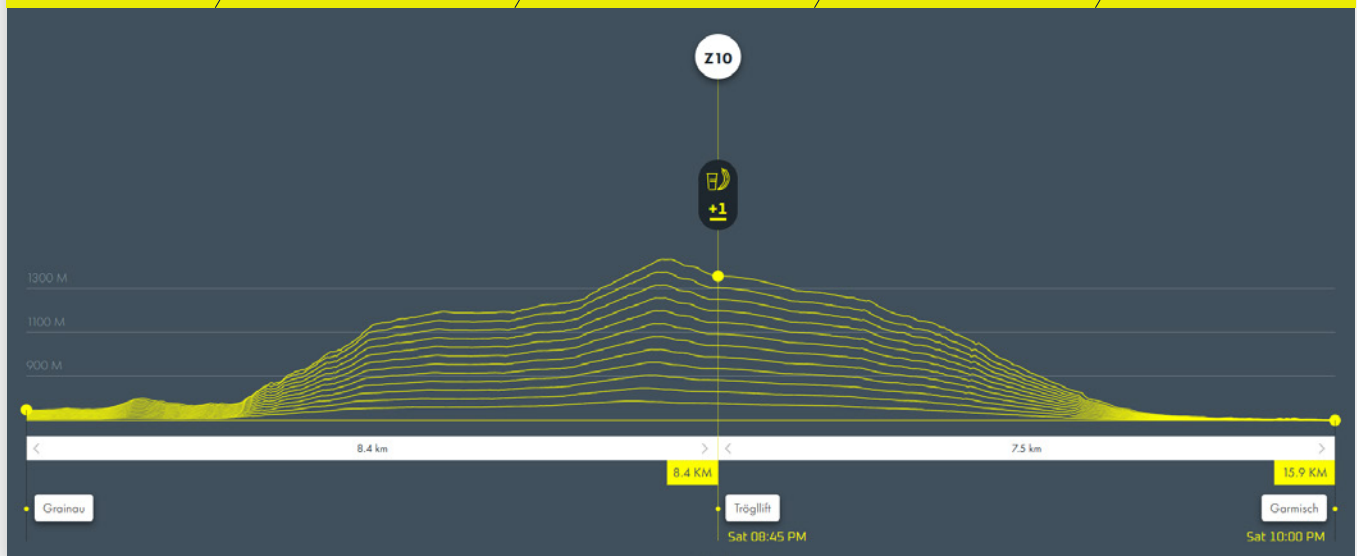
GRAINAU TRAIL

16KM + 760M

RACE CATEGORY
20K/M



Distance 16KM	Elevation gain 760m	Starting place Grainau	Start date 20/07/2026	Time of departure 18:00
------------------	------------------------	---------------------------	--------------------------	----------------------------



START INFO

- START** Grainau Zugspitzbad Saturday 20th at 18:00
- Shuttle to Start** Departure Saturday 16:45 at Eisstadion (ice sport arena)

DOWNLOAD THE GPX FILE

A beginner-friendly trail run in the heart of Grainau

The history of the Zugspitz Ultratrail began in the small town of Grainau in 2011. Today, the Grainau Trail is not only a must for nostalgia fans, but also for beginners and high-speed enthusiasts who will have a lot of fun on this easy trail with no technical difficulties.

TIMETABLE



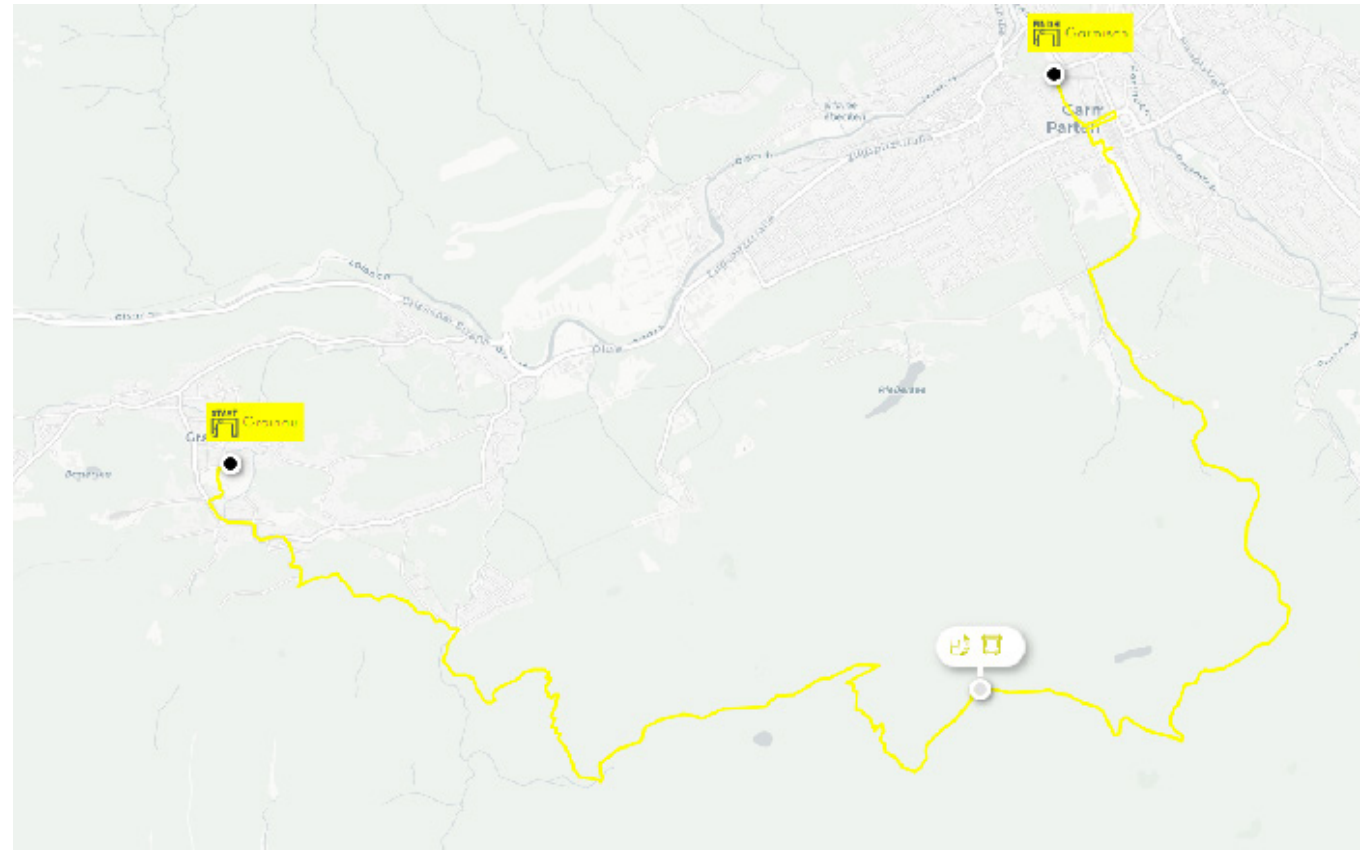
Friday 19TH

Time	Location	What
09:00 - 21:00	Convention center	BIB distribution

Saturday 20TH

11:00 - 16:00	Convention center	BIB distribution
16:45	Eisstadion (ice sport arena)	Bus to Grainau
17:15	Zugspitzbad, Grainau	Check in
18:00	Zugspitzbad, Grainau	Start
20:30	Richard-Strauss-Platz	Award Ceremony

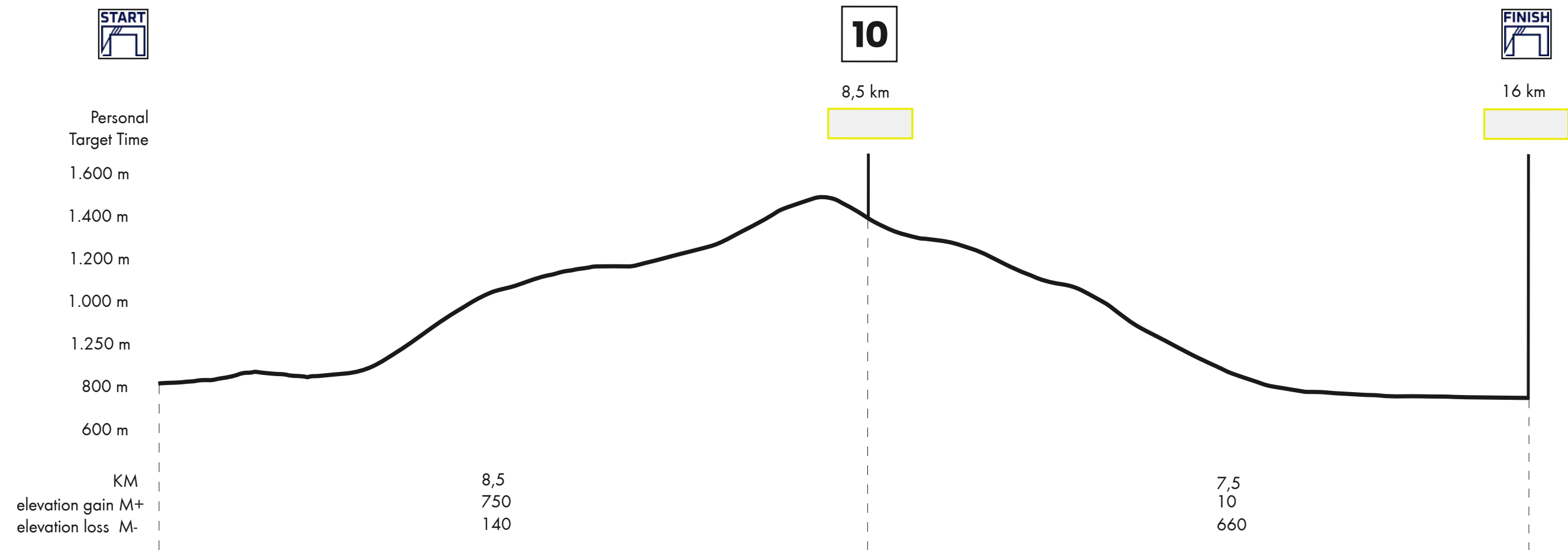
MAP



- STARTING LINE
- FINISH LINE
- DRINK SUPPLY
- AID STATION
- MEDICAL STATION

YOUR PERSONAL RACE PLAN

GRAINAU TRAIL



AID STATIONS & TIME CHARTS

Course/Waypoints		Altitude	Ascent (m)	Descent (m)	Distance (km)	Distance to finish (km)	Time fast	Time slow	Time limit Cut Off
1	Start: Grainau	745	0	0	0,00	16,00	18:00	18:00	
2	Z10 Trögellift	1357	748	135	8,00	8,00	18:47	20:23	20:45
3	Finish: Garmisch-Partenkirchen	697	764	812	16,00	0,00	19:18	22:00	22:00





EXPO TIMES



Day & Time	Location
Thursday 12:00-19:00	Richard-Strauss-Platz
Friday 10:00-20:00	Richard-Strauss-Platz
Saturday 10:00-17:00	Richard-Strauss-Platz

FOOD COURT TIMES



Day & Time	Location
Thursday 12:00-19:00	Richard-Strauss-Platz
Friday 12:00-20:00	Richard-Strauss-Platz
Saturday 12:00-22:00	Richard-Strauss-Platz

