



BY **UTMB®**

RUNNER GUIDE

24-28 JUNE 2026





CONTENTS

GENERAL INFO

WELCOME
P.3

UTMB WORLD SERIES
P.4

PROGRAM / TIMETABLE
P.12

ELITE RUNNERS LIST
P.18

PARKING AND SHUTTLE BUSES
P.22

CORTINA MAP
P.24

COURSES INFO

LAVAREDO 120K
P.25

LAVAREDO 80K
P.31

LAVAREDO 50K
P.37

LAVAREDO 20K
P.45

LAVAREDO 10K
P.51



BY **UTMB®**

IT'S ON

WELCOME

Just a few months ago, Cortina d'Ampezzo took center stage on the international scene as a host city of the Milan Cortina Winter Olympics, showcasing to the world the beauty of its ski slopes and the breathtaking snow-covered peaks of the Dolomites.

Now it's our turn to introduce thousands of people to the magic of these mountains in the summer season. Every year at the end of June, and for the past 20 years, Cortina has welcomed thousands of runners from more than 100 countries, all eager to enjoy a unique experience in one of the world's most loved and iconic destinations.

The Olympics have left us with incredible memories, but also with some infrastructure projects that are still underway. As a result, traffic and parking may be a little more challenging than usual. We kindly ask for your cooperation by carefully following the information provided on the official website and in our newsletters.

We encourage you to embrace the spirit that has always defined this event: have fun, respect your fellow runners, support those who may be struggling, thank the volunteers, and take care of the environment that welcomes you. The Dolomites are a unique and precious natural treasure—please help us protect them by leaving them exactly as you found them.

We can't wait to welcome you to Cortina and share another extraordinary adventure among the most beautiful mountains in the world.

See you at the start line!

Cristina Murgia
Race Director

IMPRESSUM

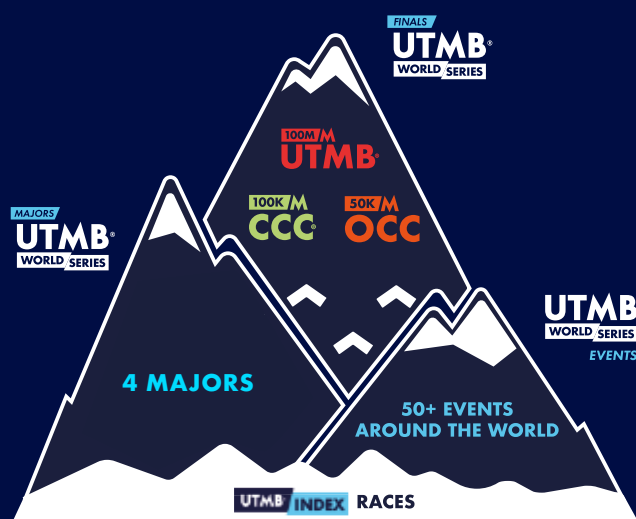
Credits : La Sportiva Lavaredo Ultra Trail by UTMB®
Design: Piktogram 42



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**.

Collect double the amount of Running Stones compared to other UTMB World Series Events for the UTMB World Series Finals lottery. In total, 210 runners are also granted automatic qualification for the UTMB World Series Finals through each Major. This includes age-group category winners and the top 10 male and female runners in the 100M, 100K and 50K categories.

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

100M **M** UTMB®

100K **M** CCC®

50K **M** 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



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

WAR HORSE ULTRA-TRAIL XIAMEN BY UTMB®

MARCH 14-15 | 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

NEW

ASIA

ULTRA-TRAIL MOGAN BY UTMB®

APRIL 10-12 | CHINA

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

ASIA

TRAIL OF THE KINGS - LAKE TOBA BY UTMB®

JUNE 12-14 | INDONESIA

NEW

EUROPE

SALOMON ZUGSPITZ ULTRA TRAIL POWERED BY LEDLENSER BY UTMB®

JUNE 18-20 | GERMANY

2026 CALENDAR

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 WALSERWAEG 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

AMERICAS

ULTRA TRAIL WHISTLER™ BY UTMB®
AUGUST 21-23 | 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

ASIA

JD ULTRA-TRAIL GREAT WALL BY UTMB®
SEPTEMBER 11-13 | CHINA

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

CHIHUAHUA BY UTMB®
OCTOBER 01-03 | MEXICO

ASIA

TRANSJEJU BY UTMB®
OCTOBER 02-04 | SOUTH KOREA

ASIA

ULTRA TRAIL MOUNT YUN BY UTMB®
OCTOBER 16-18 | CHINA

EUROPE

KULLAMANNEN BY UTMB®
OCTOBER 30-31 | SWEDEN

EUROPE

WILDORCA BY UTMB®
OCTOBER 30 - NOVEMBER 1 | SPAIN

ASIA

ULTRA-TRAIL SHUDAO BY UTMB®
NOVEMBER 6-8 | CHINA

ASIA

TRANSLANTAU™ BY UTMB®
NOVEMBER | HONG KONG, CHINA

EUROPE

PUGLIA BY UTMB®
NOVEMBER | ITALY

AMERICAS

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

AMERICAS

PATAGONIA BARILOCHE BY UTMB®
NOVEMBER 18-22 | ARGENTINA

OCEANIA

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

NEW

ASIA

OMAN BY UTMB®
DECEMBER 10-12 | OMAN

VISIT UTMB.WORLD

EUROPE ASIA AMERICAS OCEANIA AFRICA

LAST UPDATED JANUARY 2026



ONE MORE STEP.

PRODIGIO 2 | XFLOW

Redesigned from kilometres, hours, and meters of elevation on rocks and trails where every step is different. Redesigned in the key areas to ensure continuity, stability, and comfort as the distance increases. The XFlow technology works to absorb and return energy consistently, making progress smooth and natural. The new upper lightens the shoe, with a wider toe box for a more comfortable fit, without compromising precision. Precise fit. Stable structure. Comfort over long distances. Perfected to keep you in step. Find your flow at lasportiva.com



ULTRA ENERGY™ DRINK MIX
Go longer, go farther.



A man with a full beard and sunglasses is sitting on a concrete ledge, smiling. He is wearing a dark cap and a grey tank top. On his left wrist, he wears a Suunto sports watch with a green strap. The watch face shows a running time of 20:13.48 and a distance of 3.0 km. The background is a blurred outdoor setting with a building and trees.


SUUNTO
SINCE 1936

**90 YEARS
OF RESILIENCE**

www.suunto.com

The LiveTrail APP: a complete experience on a single platform!

In order to offer a complete experience on a single platform, the LiveTrail application now incorporates the functions of the LiveRun and LiveInfo applications.

MAIN FEATURES



For the public:

- Search for your family and friends and track their progress, speed, their last crossing point and the estimated time to the next crossing point
- Get your bearings on the route, view all the routes, with cut-off times, and launch GPS navigation to a waypoint to get there
- Access general information about the event (maps, timetables, parking, transport, programme, etc.)
- Live or relive the excitement of the race using LiveCams at various points of interest along the route
- Create a list of favourites, select several runners to follow and keep up to date with their progress using automatic notifications
- Get information on the runners taking part in the event (UTMB Index, runner achievements)



For the runner:

- Prepare for your race using the virtual runner feature. Estimate your progress at the various checkpoints based on your target time or your UTMB Index
- For your safety, report your withdrawal from the race, send an SOS or call Race HQ
- Discover the upcoming important checkpoints with the estimated time to get there
- Follow your friends, compare your progress with them and receive notifications of their passage through the various intermediate points
- Use your smartphone as a GPS beacon so that the public and Race HQ know your position in real time

SCAN THE CODE



PROGRAMME / TIMETABLE

WEDNESDAY 24TH

Time	Location		What
10:00-20:00	La Sportiva village - Corso Italia		Outdoor gallery By La Sportiva and Lavaredo Ultra Trail
10:00-20:00	La Sportiva village - Corso Italia		Prodigio Tech Hub
15:00-18:00	Olympic Ice Stadium, Cortina		BIB collection Lavaredo 10K only
18:30	Corso Italia, Cortina		Lavaredo 10K athletes meeting
19:00	Corso Italia, Cortina		START! Lavaredo 10K
20:00-23:00	Bar LaSPORTiva		After race party, 10K
21:00	Piazza Dibona, Cortina		Lavaredo 10K latest arrivals
21:00	Piazza Dibona, Cortina		Lavaredo 10K Prize giving



PROGRAMMME / TIMETABLE



THURSDAY 25TH

Time	Location		What
07:00	La Sportiva Store		Community run with La Sportiva athletes
09:00	La Sportiva Store		Clinic prodotto Prodigio Series
10:00	Olympic Ice Stadium, Cortina		Expo and BIB collection Lavaredo 20K+50K only
10:00-20:00	La Sportiva village - Corso Italia		Outdoor gallery By La Sportiva and Lavaredo Ultra Trail
10:00-20:00	La Sportiva village - Corso Italia		Prodigio Tech Hub
11:00	Corso Italia, Cortina		START! Lavaredo Kids Race
16:30	Corso Italia, Cortina		Lavaredo 20K athletes meeting
17:00	Corso Italia, Cortina		START! Lavaredo 20K
18:30	Piazza Dibona, Cortina		Lavaredo 20K first man arrival
18:45	Piazza Dibona, Cortina		Lavaredo 20K first woman arrival
19:00	Olympic Ice Stadium, Cortina		Expo and BIB collection closing
19:00-21:00	Bar LaSPORTiva		After race party, 20K
20:30	Piazza Dibona, Cortina		Lavaredo 20K Prize giving
21:00	Piazza Dibona, Cortina		Lavaredo 20K latest arrivals



PROGRAMME / TIMETABLE

FRIDAY 26TH

Time	Location		What
07:00	La Sportiva Store		Community run with La Sportiva athletes
07:00	Corso Italia, Cortina		Lavaredo 50K athletes meeting
08:00	Corso Italia, Cortina		START! Lavaredo 50K
10:00-19:00	Olympic Ice Stadium, Cortina	 	Expo and BIB collection Lavaredo 80K+120K only
10:00-14:00	Col Gallina		Support area
10:00-20:00	La Sportiva village - Corso Italia		Outdoor gallery By La Sportiva and Lavaredo Ultra Trail
10:00-20:00	La Sportiva village - Corso Italia		Prodigio Tech Hub
11:00	La Sportiva Store		Community run with La Sportiva athletes
12:00	Piazza Dibona, Cortina	 	Lavaredo 50K first man arrival
13:00	Piazza Dibona, Cortina	 	Lavaredo 50K first woman arrival
19:00	Piazza Dibona, Cortina		Lavaredo 50K Prize giving
19:00	Olympic Ice Stadium, Cortina	 	Expo and BIB collection closing
19:00-21:00	Bar LaSPORTiva		After race party, 50K
20:00	Piazza Dibona, Cortina		Lavaredo 50K latest arrivals
22:00	Corso Italia, Cortina		Lavaredo 120K athletes meeting
22:30	La Sportiva Hub, Corso Italia, Cortina		Lavaredo 120K elite runners presentation
23:00	Corso Italia, Cortina		START! Lavaredo 120K



PROGRAMME / TIMETABLE



SATURDAY 27TH

Time	Location		What
05:00-13:00	Cimabanche		Cheering area Cimabanche
05:40	Acquabona parking		Shuttle bus departure for Val Marzon / Auronzo
05:45	Revis Gym, via dei Campi 1		Shuttle bus departure for Val Marzon / Auronzo
06:15	Val Marzon / Auronzo		Lavaredo 80K athletes meeting and bags collection
07:00	Val Marzon / Auronzo		START! Lavaredo 80K
09:00-21:00	Col Gallina		Cheering area Col Gallina
10:00-20:00	La Sportiva village - Corso Italia		Outdoor gallery By La Sportiva and Lavaredo Ultra Trail
10:00-20:00	La Sportiva village - Corso Italia		Prodigio Tech Hub
11:00	Piazza Dibona, Cortina		Lavaredo 120K first man arrival
12:15	Piazza Dibona, Cortina		Lavaredo 120K first woman arrival
15:00	Piazza Dibona, Cortina		Lavaredo 80K first man arrival
16:00	Piazza Dibona, Cortina		Lavaredo 80K first woman arrival
21:00-23:00	Bar LaSPORTiva		Closing concert

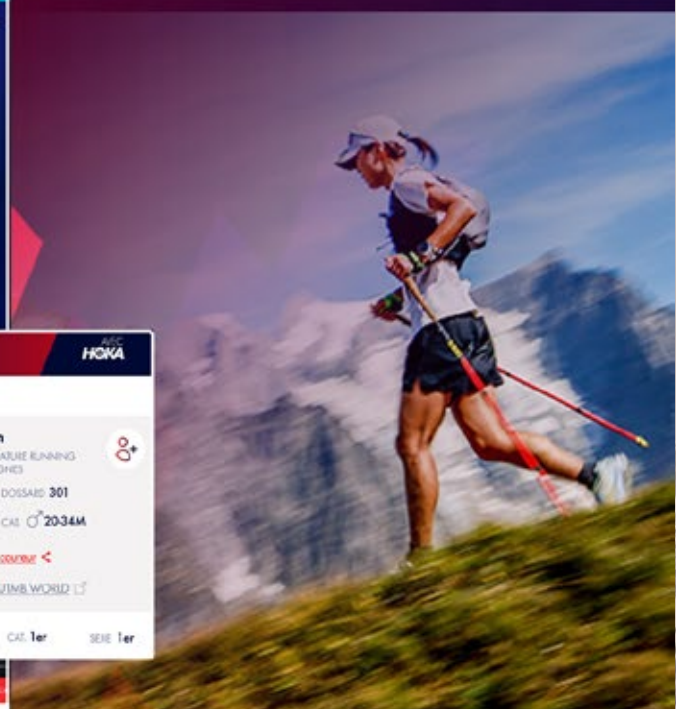
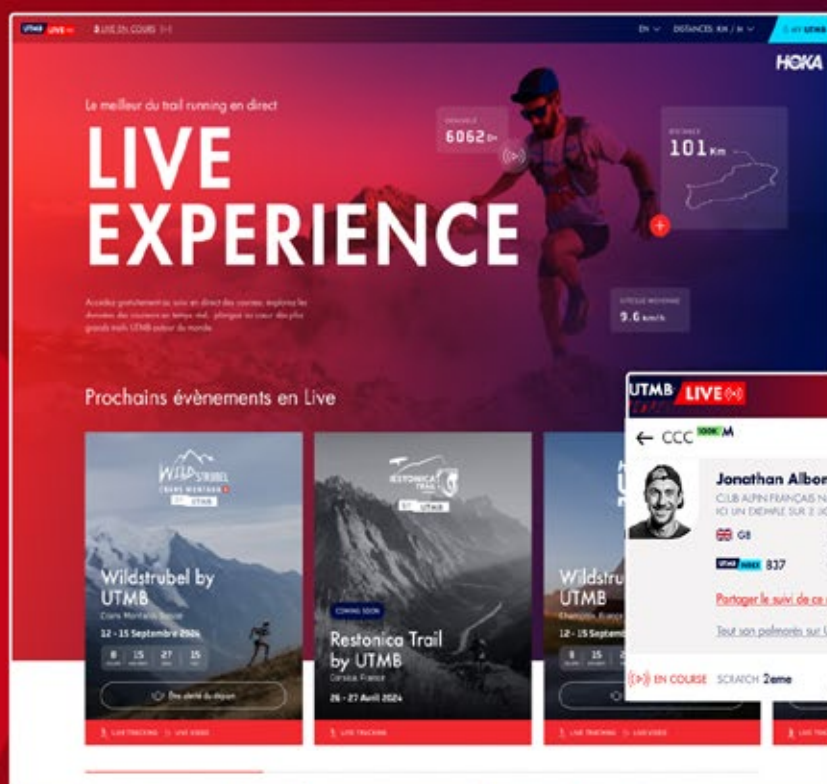
SUNDAY 28TH

Time	Location		What
05:00	Piazza Dibona, Cortina		Lavaredo 120K and 80K latest arrivals
12:00	Piazza Dibona, Cortina		Lavaredo 120K and 80K Prize giving

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**

UTMB®
WORLD SERIES

NIRVANA

OFFICIAL SUPPLIER

PREMIUM RUNNER SERVICES

NIRVANA, WITH YOU ALL THE WAY TO THE FINISH LINE

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!



UK landline: +44 0191 257 1750
USA toll free: +1 888 585 4629



contactus@nirvanaeurope.com



nirvanasportstravel.com



ELITE RUNNERS

120K COURSE WOMEN					
BIB	Full name	Nationality	Team	100M M	UTMB INDEX
46	Eszter CSILLAG	Hungary	hoka	795	798
1610	Paulina KRAWCZAK	Poland	altra team, attiq team,	793	790
6	Lucy BARTHOLOMEW	Australia	salomon	744	783
17	Emma STUART	Ireland	la sportiva	741	739
12	Anna LOUDEN	United States of America	brooks trail runners	740	763
16	Hana VACHOVA	Czech Republic		727	741
24	Susanne ZAHLAUER	Germany		716	716
1614	Ida-Sophie HEGEMANN	Germany	the north face	711	728
53	Natálie KAPCALOVÁ	Czech Republic		684	682
4	Sunmaya BUDHA	Nepal	kailas fuga team	-	805
1613	Nancy JIANG	New Zealand		-	737
22	Enrica DEMATTEIS	Italy	podistica valle varaita	-	717
32	Michaela LIŠHÁKOVÁ	Slovakia		-	703
36	Iren TIRICZ	Hungary		-	692
37	Justyna MAMALA-UZNAŃSKA	Poland	pamtrans	-	691
43	Mariya NIKOLOVA	Bulgaria	la sportiva	-	688
44	Manon CAMPANO	France		-	686

120K COURSE MEN					
BIB	Full name	Nationality	Team	100M M	UTMB INDEX
1	Hannes NAMBERGER	Germany	dynafit	928	932
2	Andreas REITERER	Italy	la sportiva	906	922
5	Tobias GEISER	Italy	dynafit	893	897
7	Leo ROGAUME	France	kailas fuga	885	883
9	Corentin PLAY	France	mount to coast / wise / ta energy	875	878
13	Ethan PETERS	Canada	norda trail team	866	866
8	Bartosz GORCZYCA	Poland	grupa luktrans	865	883
11	Andreas RIEDER	Austria	brooks trailrunners	853	875
1612	Baptiste COATANTIEC	France	nike acg	853	880
1611	Gautier BONNECARRÈRE	France	la sportiva	852	880
18	Guillaume DENEFFE	Belgium	trakks team belgium	833	832
3	Peter FRANO	Slovakia	scarpa	830	920
20	Viktor STENQVIST	Sweden	craft	826	825
10	Jose Angel FERNANDEZ JIMENEZ	Spain	kailas fuga team	-	877
14	Gian Marchet SCHICKTANZ	Switzerland	brooks dach	-	866
15	Patrick EHRENTHALER	Germany		-	849
19	Ales SEDLAK	Czech Republic		-	826

ELITE RUNNERS



80K COURSE | WOMEN

BIB	Full name	Nationality	Team	100K M	UTMB INDEX
2005	Elísa KRISTINSDÓTTIR	Iceland	sportvörur	780	777
2009	Marie GONCALVES	France		754	762
2012	Monika BEHRD	Czech Republic		752	753
2016	Eve MOORE	United Kingdom		736	736
2019	Lea DUHET	France	mount to coast	732	731
2017	Martina CHIALVO	Italy	topo athletic italia	728	735
2014	Daniela OEMUS	Germany	nike, sidas	726	746
2022	Arden YOUNG	Canada	norda	725	726
3018	Agathe BES	France		716	732
2023	Giulia MARCHESONI	Italy		-	723

80K COURSE | MEN

BIB	Full name	Nationality	Team	100K M	UTMB INDEX
2002	Bart PRZEDWOJEWSKI	Poland	salomon	891	903
2004	Loic ROLLAND	France	kiprun team trail	890	892
2003	Andreu SIMON AYMERICH	Spain	asics trail team	888	893
2007	Robin JUILLAGUET	France		878	876
2008	Kellen BLUMBERG	United States of America		876	874
2006	Marcin RZESZOTKO	Poland	salomon	875	884
3017	Guillaume TIPHENE	France	brooks trail runners	874	875
3015	Josh WADE	United Kingdom	the north face	867	921
3016	Fredrik TORELI	Norway	høgset terminalen	859	879
2010	Claudio DIAZ CASTAN	Spain	joma trail	856	867
2011	Florian PYSZEL	Poland	brooks trail team	-	863
2013	Genis PORQUERAS	Spain	asics trail team	-	858



ELITE RUNNERS

50K COURSE | WOMEN

BIB	Full name	Nationality	Team	50K M	UTMB INDEX
4004	Malen OSA ANSA	Spain		788	786
4008	Anna PLATTNER	Austria		776	776
4011	Kim SCHREIBER	Germany	adidas	757	755
4012	Margherita VITALI	Italy	kailas trail running team	756	755
4014	Inés ASTRAIN	Spain	joma trail team	751	752
4019	Patricia PINEDA CORNEJO	Spain		746	746
4023	Silvia SCHWAIGER	Slovakia	salomon	732	739
4025	Martina CUMERLATO	Italy		-	733
4026	Ruby LINDQUIST	United States of America		-	731

50K COURSE | MEN

BIB	Full name	Nationality	Team	50K M	UTMB INDEX
4001	Daniel PATTIS	Italy		930	936
4002	Nadir MAGUET	Italy		907	931
4003	Lorenzo BELTRAMI	Italy	team scarpa - compress-port	897	898
4005	Lorenzo ROTA MARTIR	Italy	team la sportiva	896	895
4010	Francisco Jose ANGUITA BAYO	Spain	kailas fuga team	875	875
4006	Henri AYMONOD	Italy		-	894
4007	Alex OBERBACHER	Italy	lasportiva	-	888
4009	Marcos VILLAMUERA	Spain	scarpa	-	880
4025	Martina CUMERLATO	Italy		-	733
4026	Ruby LINDQUIST	United States of America		-	731





PARKING AND SHUTTLE BUSES

PARKING IN CORTINA

After the great success of the Winter Olympic Games last February, the town of Cortina d'Ampezzo is gradually returning to normal after the extensive roadworks carried out over the past months. Although the number of parking spaces has increased compared to last year, it is still not enough to accommodate the large number of people expected during the Lavaredo Ultra Trail days. To avoid traffic and parking issues, the Organization, in collaboration with the Municipality of Cortina, has arranged a convenient free parking area in Acquabona ([Google Maps >>](#)), just 4 km from the center of Cortina. Approximately every 30 minutes, a free shuttle bus will depart from the parking area and connect Acquabona with the town center ([Google Maps >>](#)) and vice versa.

WEDNESDAY, JUNE 24:

from 6:50 AM to 10:30 PM, approximately every 30 minutes

THURSDAY, JUNE 25:

from 6:50 AM to 10:30 PM, approximately every 30 minutes

FRIDAY, JUNE 26:

from 6:15 AM to midnight, approximately every 30 minutes

SATURDAY, JUNE 27:

from 6:50 AM to 8:00 PM approximately every 30 minutes

From 8:00 PM to midnight approximately every 60 minutes

From 8 PM the bus will start from Ice Stadium

SUNDAY, JUNE 28:

from midnight to 2 PM, approximately every 60 minutes

(the bus will start from Ice Stadium)

The shuttle bus operates round trip service between Acquabona and Cortina.

BUS FOR SUPPORTERS AND FAMILIES

If you would like to cheer on a friend or family member at the Cimabanche, Col Gallina, or Passo Giau aid stations, a bus service is available with the following schedule:

BUS TO CIMABANCHE AID STATION

SATURDAY, JUNE 27 - 80K and 120K

Regular bus, no. 445, from Cortina to Dobbiaco and back, the stop is Pasoo Cimabanche.

Journey time: approximately 20 minutes - **Ticket: €3.50**

- From Cortina ([Google Maps >>](#)) to Cimabanche: 8:05 AM – 10:05 AM – 1:05 PM
- From Cimabanche ([Google Maps>>](#)) to Cortina: 7:30 AM – 9:30 AM – 11:30 AM – 2:30 PM

Timetables available here >> <https://www.suedtirolmobil.info/>

PARKING AND SHUTTLE BUSES



BUSES TO COL GALLINA AND PASSO GIAU

Parking along the roadside at Col Gallina and Passo Giau is prohibited, and cars may be towed and fined.

- To avoid traffic in the direction of the passes, the Organizers have set up free parking in Loc. Socrepes ([Google Maps >>](#)) and a paid shuttle service.

The ticket price, valid for both refreshment stops, is €15 for a round trip.

The service must be booked through the athlete's Personal Dashboard.

The shuttle will run with the following schedule:

FRIDAY, JUNE 26 - 50K

- from Socrepes to Col Gallina: h 9:00 AM - 10:00 AM - 11:00 AM - midday - 1:00 PM (last shuttle)
- from Socrepes to Passo Giau: h 9:30 AM - 11:00 AM - 12:30 PM - 2:00 PM (last shuttle)
- from Col Gallina to Socrepes: h 9:30 AM - 10:30 AM - 11:30 AM - 12:30 PM - 2:30 PM (last shuttle)
- from Passo Giau to Socrepes: h 10:15 AM - 11:45 AM - 1:15 PM - 4:15 OM (last shuttle)

SATURDAY, JUNE 27 - 80K and 120K

- from Socrepes to Col Gallina: h 7:30 AM - 10:00 AM - midday - 2:00 PM - 4:00 PM - 6:00 PM - 8:00 PM (last shuttle)
- from Socrepes to Passo Giau: h 8:30 AM - 11:00 AM - 1:00 PM - 3:00 PM - 5:00 PM - 7:00 PM - 9:00 PM - 10:30 PM (last shuttle)
- from Col Gallina to Socrepes: h 9:00 AM - 11:00 AM - 1:00 PM - 3:00 PM - 5:00 PM - 7:00 PM - 9:45 PM (last shuttle)
- from Passo Giau to Socrepes: h 10:00 AM - midday - 2:00 PM - 4:00 PM - 6:00 PM - 8:00 PM - 10:00 PM - 00:15 AM (last shuttle)

Tickets, valid for both bus passes, must be purchased through the athlete's [Personal Dashboard >>](#) by Monday, June 22.

1. Click on "My registration"
2. Go to Participant Dashboard
3. Select Edit registration
4. Choose your bus and time slot
5. Then click SAVE

80K SHUTTLE

The Organizers provide a pre-race bus service to reach Val Marzon/Auronzo di Cadore, the starting point of the race, **for athletes registered in the Lavaredo 80K who have booked the service.**

Buses will depart on Saturday, June 27:

- At 5:40 AM from the Acquabona parking ([Google Maps >>](#)) for those arriving in Cortina that same morning
- At 5:45 AM from Palestra Revis, Via dei Campi 1, Cortina d'Ampezzo ([Google Maps >>](#))

Those staying overnight in Auronzo di Cadore can book a post-race shuttle which leaves Cortina Olympic Ice Stadium ([Google Maps>>](#)) approximately every 90 minutes, starting at 6 PM on Saturday until 5 AM on Sunday 28 June.

Booking must be done by June 8th through your Personal Dashboard.
After this date you will have to make your own arrangements.

CORTINA MAP

BIB NUMBER COLLECTION ADDRESS



**Ice stadium, Via Bonacossa 1,
Cortina d'Ampezzo**

120K, 80K, 50K, 20K, 10K



1

Piazza Dibona

Start Lavaredo 120K, 50K,
20K and 10K
Prize Giving Ceremony

2

Ice Stadium, Via Bonacossa 1

EXPO and BIB collection
80K + 120K Return spare bags
80K + 120K Post-Race meal

3

Revis Gym, Via Campi 1

10K, 20K and 50K bag deposit & shower
80K Pre-race shuttle bus depart
Shuttle bus from and to Acquabona parking

4

Corso Italia

La Sportiva Hub

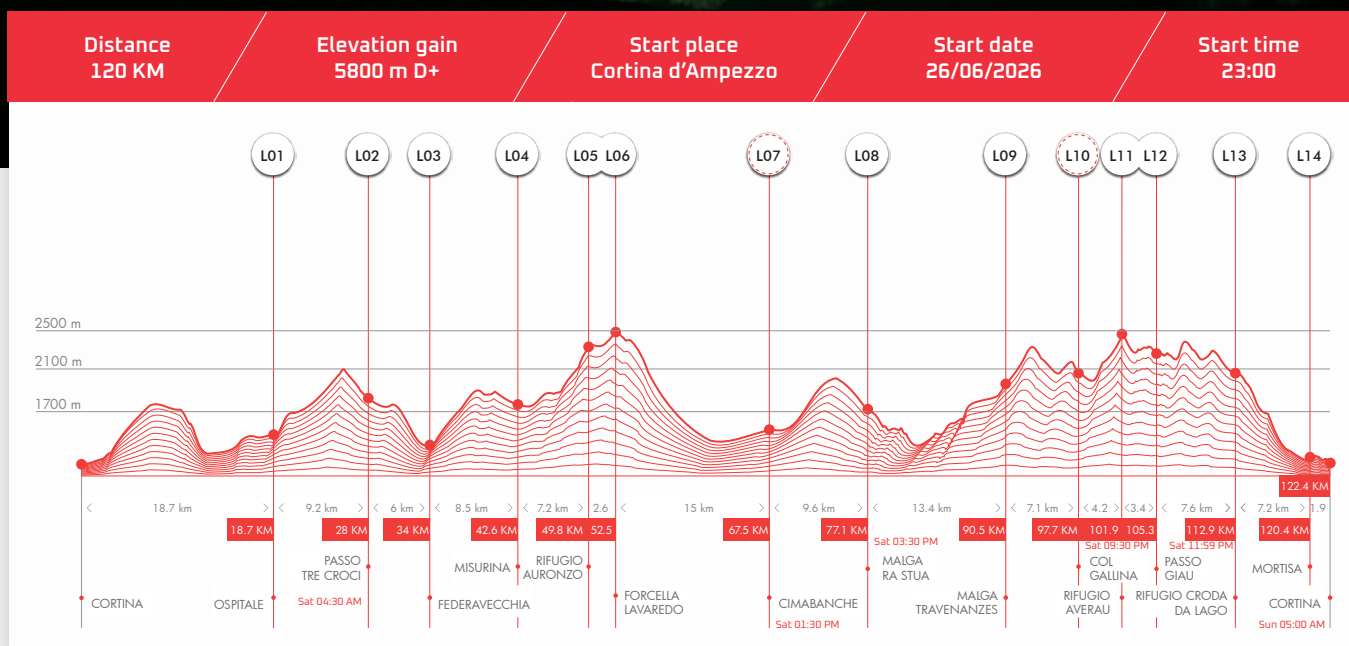
**ACQUABONA
PARKING**
4 km away

Lavaredo 120K



RACE CATEGORY
100M **M**

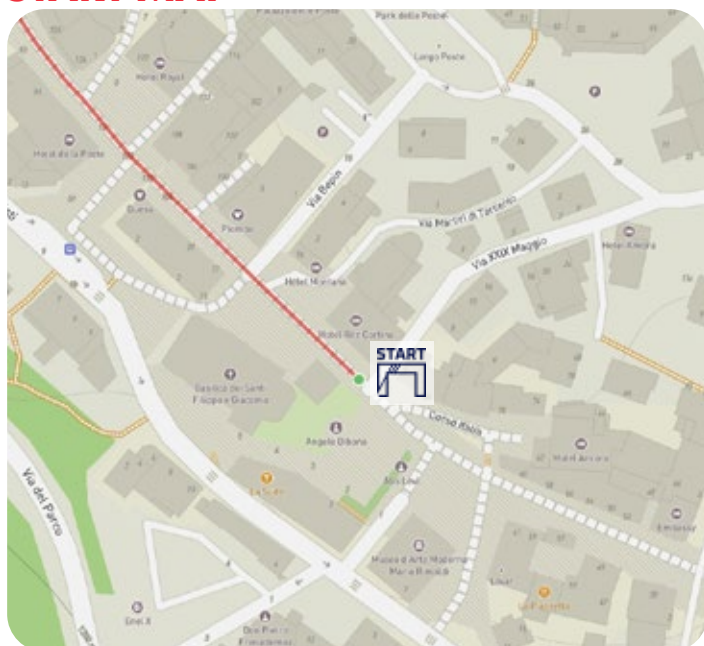




CHECKPOINT - no assistance permitted

CHECKPOINT with assistance permitted

START MAP



RACE INFO



START
CORTINA D'AMPEZZO
Corso Italia
FRIDAY 26th @ 23:00



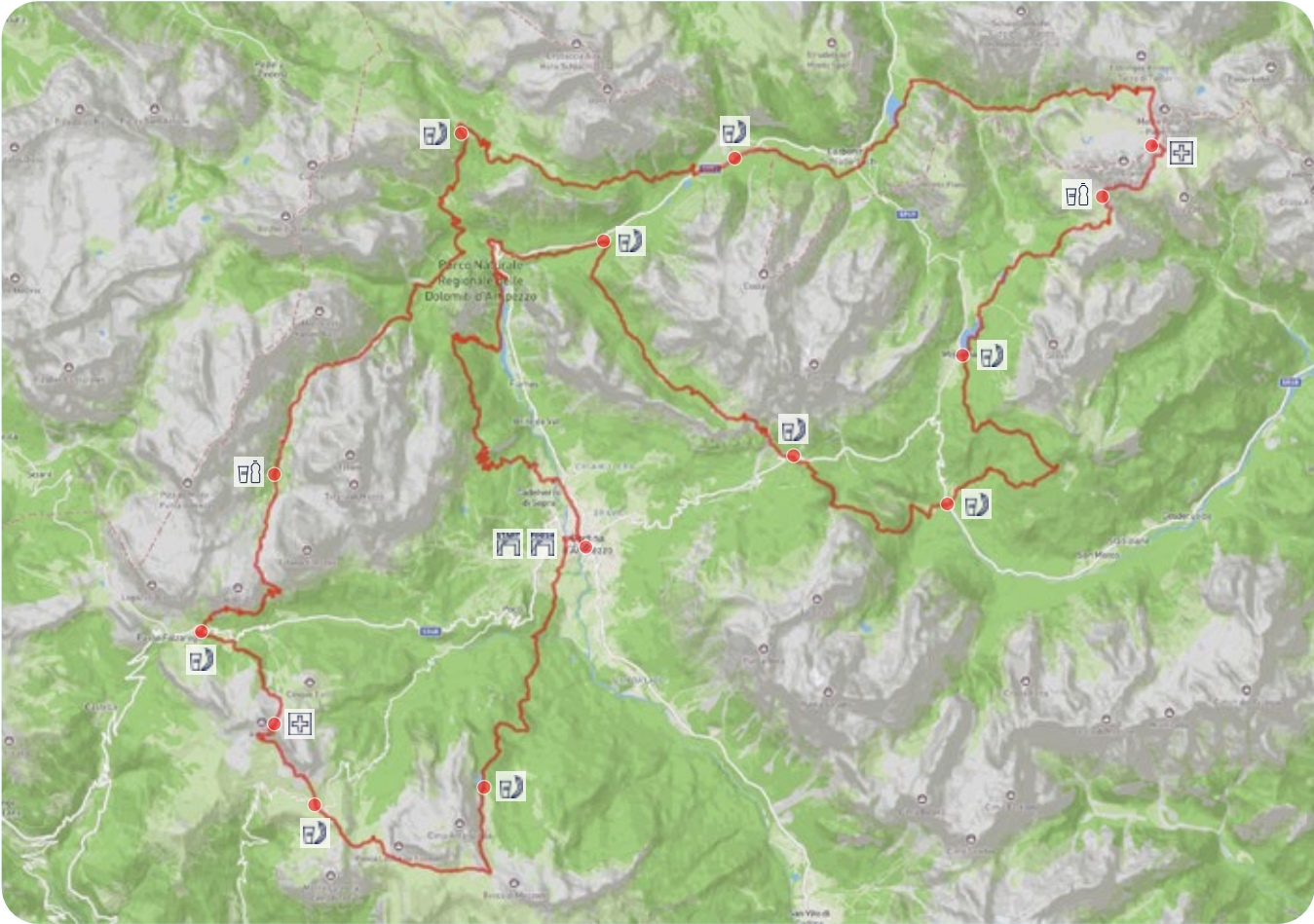
AWARD CEREMONY
CORTINA D'AMPEZZO
Piazza Dibona
SUNDAY 28th @ 12:00



RACE RULES
Scan the code



MAP



START
STARTING LINE

FINISH
FINISH LINE

MEDICAL STATION

AID STATION

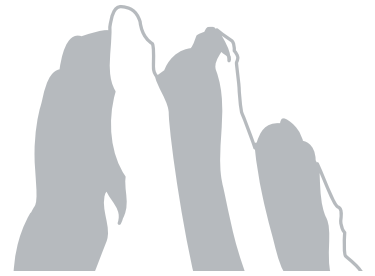
DRINK SUPPLY



AID STATIONS & TIME CHARTS

Point	Altitude	Distance inter	Dist	Elevation +	Elevation -	Fastest time	Cut Off	Services
Cortina d'Ampezzo	1210	0	0	0	0	Fri 23:00		START 
Ospitale	1483	18,7	18,7	819	547	Sat 00:17		  
Passo Tre Croci	1798	9,2	28	1476	890	Sat 01:09	Sat 04:30	    
Federavecchia	1385	6	34	1539	1365	Sat 01:35		
Misurina	1762	8,5	42,6	2106	1554	Sat 02:27	Sat 08:00	    
Rifugio Auronzo	2308	7,2	49,8	2696	1598	Sat 03:18		 
Forcella Lavaredo	2456	2,6	52,5	2855	1611	Sat 03:36		
Cimabanche	1532	15	67,5	2980	2660	Sat 04:49	Sat 13:30	     
Malga Ra Stua	1705	9,6	77,1	3513	3018	Sat 05:52	Sat 15:30	   
Malga Travenanzes	1985	13,4	90,5	4290	3518	Sat 07:20		 
Col Gallina	2058	7,1	97,7	4786	3938	Sat 08:14	Sat 21:30	    
Rifugio Averau	2417	4,1	101,9	5256	4052	Sat 08:51		
Passo Giau	2243	3,4	105,3	5364	4329	Sat 09:13	Sat 23:59	    
Rifugio Croda da Lago	2051	7,6	112,9	5671	4828	Sat 10:04		  
Mortisa	1254	7,4	120,4	5745	5703	Sat 10:48		
Cortina d'Ampezzo	1221	1,9	122,4	5803	5792	Sat 10:59	Sun 05:00	      

120K RUNNER'S INFO



CHANGING ROOM, BAG DEPOSIT, SHOWERS

Changing room and bags deposit will be available at the Ice Skate Stadium (Via Bonacossa 1, Cortina d'Ampezzo) from 9.00 PM to 10.30 PM on Friday 26 June. Bags must clearly exhibit the number sticker handed out to athletes with race bibs. Athletes are advised not to place objects of value in their bags.

In any case, the Organizers accept no liability for any theft, loss or damage to bags or their contents.

After the race, bags may be collected at the Ice Skate Stadium (Via Bonacossa 1, Cortina d'Ampezzo) between 12 noon on Saturday 27 June and 12 noon on Sunday 28 June upon presentation of race bib.

Showers available from 12 noon on Saturday to 5:00 AM Sunday.

Under no circumstances will the Organizers send uncollected bags to athletes' residences.

SPARE BAG FOR CIMABANCHE AID STATION

Each athlete will receive a bag with their race bib in which to place a change of clothes to use at Cimabanche (66th km) life base.

Athletes must place the number sticker they received with their race bib on the bag. The bags must be handed in between 9.00 PM and 10.30 PM on Friday 26 outside the Ice Skate Stadium (Via Bonacossa 1, Cortina d'Ampezzo).

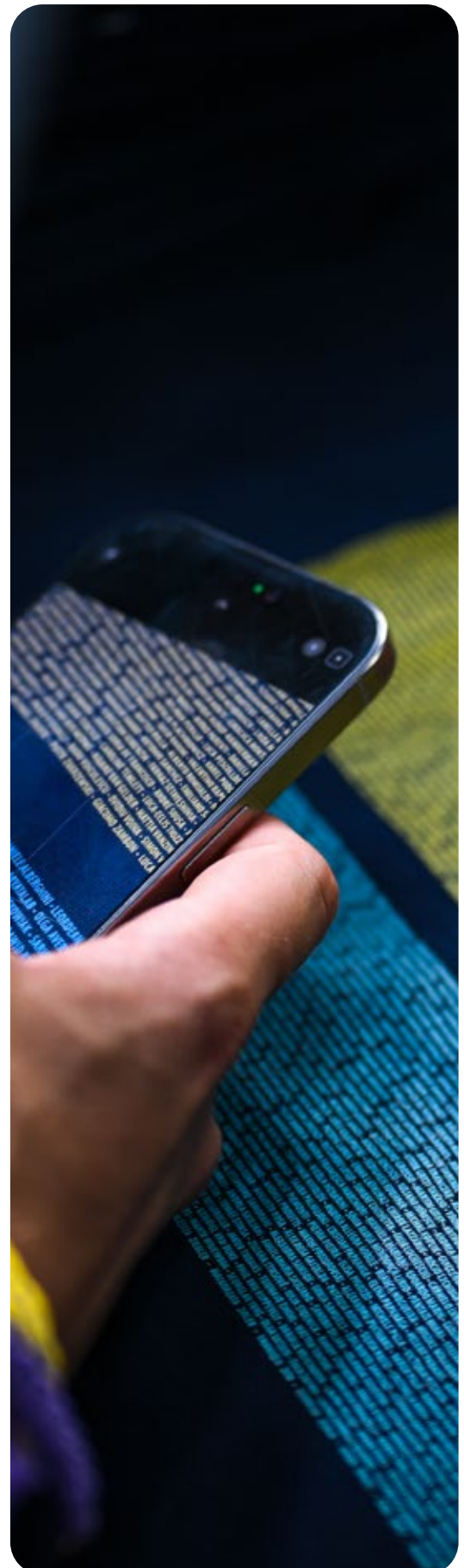
Only bags provided by the Organizers will be transported to Cimabanche.

Bags with clothes left at Cimabanche may be collected between 3 PM on Saturday 27 June and (no later than) 12 noon on Sunday 28 June upon presentation of race bib numbers at the Ice Skate Stadium (Via Bonacossa 1, Cortina d'Ampezzo).

Under no circumstances will the Organizers send uncollected bags to athletes' residences. Bags that are not collected by the deadline will be immediately destroyed for hygienic reasons. Athletes are advised not to place objects of value in their bags. In any case, the Organizers accept no liability for any theft, loss or damage to bags or their contents.

POST RACE HOT MEAL

Available only for runners from 12 noon on Saturday until 5:00 AM on Sunday at the Ice Skate Stadium, Via Bonacossa 1, Cortina d'Ampezzo.





Open-Ear Bone Conduction Headphones

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



BE PART OF VIBRAM

RESOLE YOUR SHOES
WITH VIBRAM
AND ENHANCE
YOUR PERFORMANCE.



**FIND YOUR
COBBLER**

[VIBRAM.COM/SHOE-REPAIR-LOCATOR](https://vibram.com/shoe-repair-locator)

SPREAD THE VOICE @VIBRAM



CONFIDENCE
IN EVERY STEP

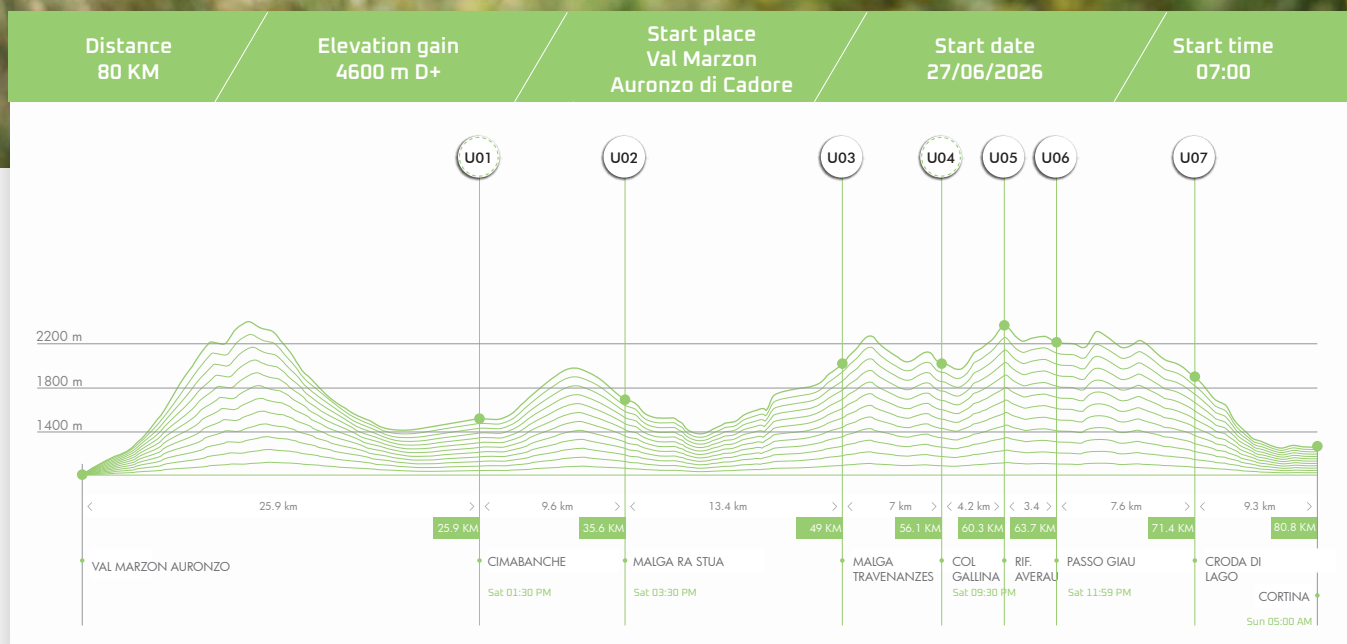


Lavaredo 80K



RACE CATEGORY
100K 



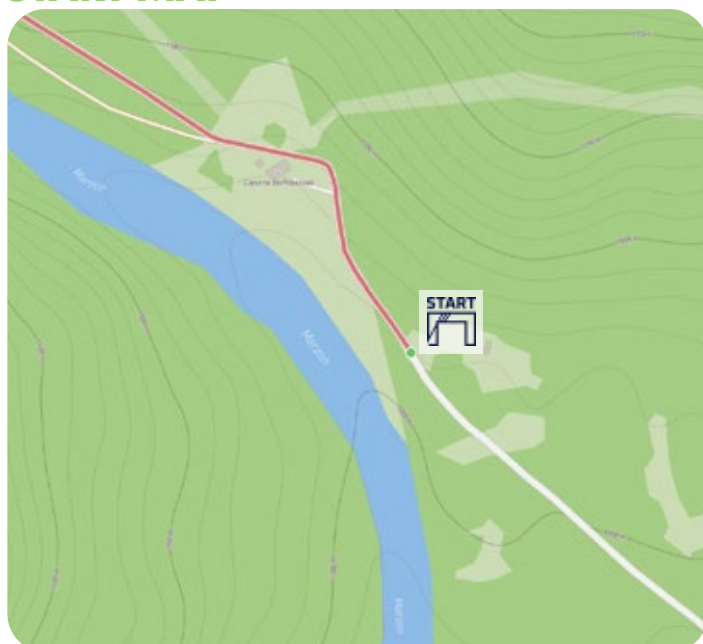


CHECKPOINT - no assistance permitted



CHECKPOINT with assistance permitted

START MAP



RACE INFO



START
VAL MARZON
AURONZO DI CADORE
SATURDAY 27th @ 07:00



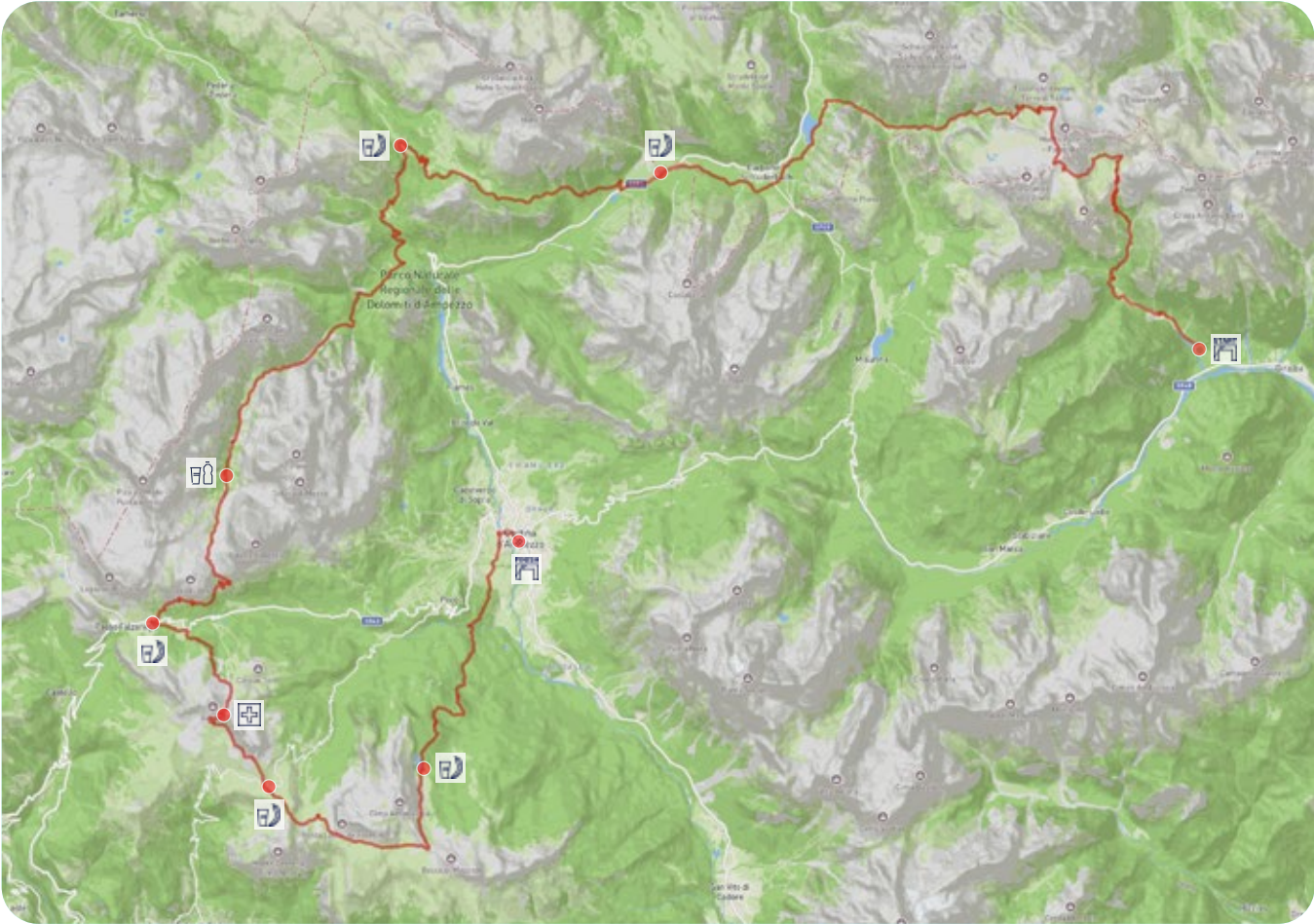
AWARD CEREMONY
CORTINA D'AMPEZZO
Piazza Dibona
SUNDAY 28th @ 12:00



RACE RULES
Scan the code



MAP



 STARTING LINE

 FINISH LINE

 MEDICAL STATION

 AID STATION

 DRINK SUPPLY



AID STATIONS & TIME CHARTS

Point	Altitude	Distance inter	Dist	Elevation +	Elevation -	Fastest time	Cut Off	Services
Val Marzon Auronzo	995	0	0	0	0	Sat 07:00		START
Cimabanche	1532	25,9	25,9	1755	1219	Sat 09:16	Sat 13:30	nåak, Aid Station, Organisation Bus, Medical Station, WC, Drink Supply
Malga Ra Stua	1705	9,6	35,6	2288	1578	Sat 10:08	Sat 15:30	nåak, Organisation Bus, Medical Station, WC, Drink Supply
Malga Travenanzes	1986	13,4	49	3090	2100	Sat 11:29		WC, Drink Supply
Col Gallina	2044	7	56,1	3571	2522	Sat 12:17	Sat 21:30	nåak, Organisation Bus, Aid Station, Medical Station, WC, Drink Supply
Rifugio Averau	2417	4,2	60,3	4065	2643	Sat 12:53		Medical Station
Passo Giau	2243	3,4	63,7	4173	2925	Sat 13:13	Sat 23:59	nåak, Organisation Bus, Aid Station, Medical Station, WC, Drink Supply
Rifugio Croda da Lago	2051	7,6	71,4	4490	3435	Sat 14:01		nåak, Medical Station, WC, Drink Supply
Cortina d'Ampezzo	1221	9,3	80,8	4634	4408	Sat 14:59	Sun 05:00	WC, Medical Station, Aid Station, Organisation Bus, FINISH, Shower, Drink Supply

START	FINISH	AID STATION	ORGANISATION BUS	nåak	NÅAK PRODUCTS	SHOWER
MEDICAL STATION	WC	DRINK SUPPLY			CHECKPOINT with assistance permitted	

SHUTTLE SERVICE FOR ATHLETES

When	Time and location of the departure
PRE-RACE	Departure to Val Marzon/Auronzo for those athletes who have reserved a seat: Saturday 5:40 AM Acquabona Parking Saturday 5:45 AM Revis Gym, via dei Campi 1, Cortina d'Ampezzo
POST-RACE	Departure to Val Marzon/Auronzo for those athletes who have reserved a seat: from Saturday 6:00 PM to Sunday 05:00 AM, approximately every 90 minutes, from Ice Skate Stadium, Via Bonacossa 1, Cortina d'Ampezzo.

80K RUNNER'S INFO



SHUTTLE BUS TO VAL MARZON / AURONZO

The Organizers provide a pre-race bus service to reach Val Marzon/Auronzo di Cadore, the starting point of the race, for athletes registered in the Lavaredo 80K who have booked the service.

Buses will depart on Saturday, June 27:

At 5:40 AM from the Acquabona parking (for those arriving in Cortina that same morning)

At 5:45 AM from Revis Gym, via dei Campi 1, Cortina d'Ampezzo.

Those staying overnight in Auronzo di Cadore can book a post-race shuttle which leaves Cortina (Olympic Ice Stadium) approximately every 90 minutes, starting at 6 PM on Saturday until 5 AM on Sunday 28 June.

Booking must be done by June 10th through your Personal Dashboard.

After this date you will have to make your own arrangements.

DELIVERY AND TRANSPORT OF BAGS

Each athlete will receive a bag with their bib number in which to place a change of clothes to find at the arrival in Cortina.

Athletes must place the number card they received with their bib number on the bag. The bags must be handed in between 6.00 am and 06.30 AM on Saturday 27 in Val Marzon, at the start of the race.

Only bags provided by the Organizers will be transported back to Cortina.

Bags may be collected between 4 PM on Saturday 27 June and (no later than) 12 noon on Sunday 28 June upon presentation of the bib number at the Ice Skate Stadium, [Via Bonacossa 1, Cortina d'Ampezzo](#).

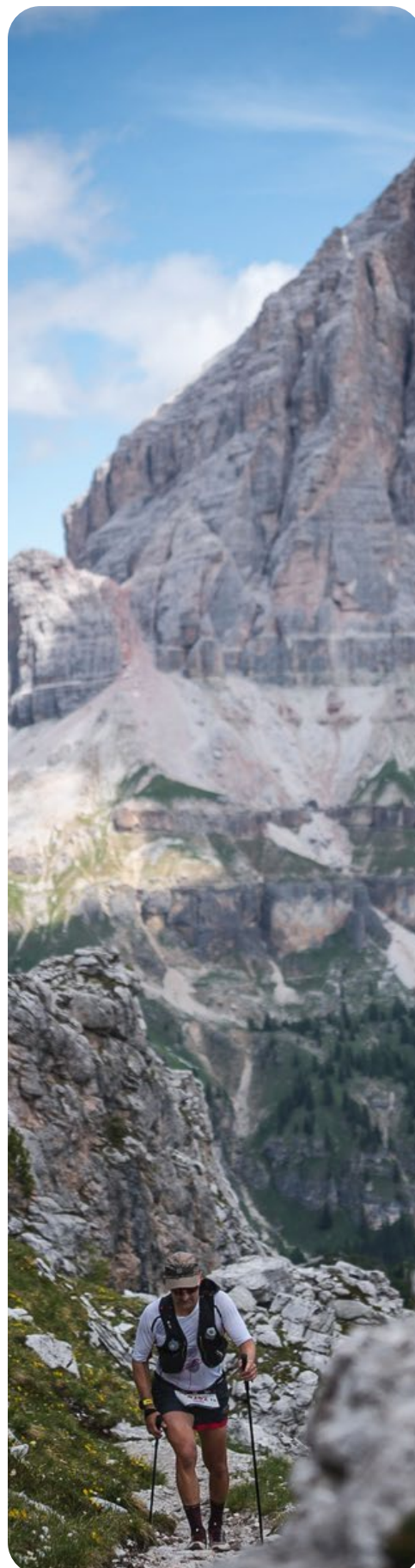
Under no circumstances will the Organizers send uncollected bags to athletes' residences. Bags that are not collected by the deadline will be immediately destroyed for hygienic reasons. Athletes are advised not to place objects of value in their bags. In any case, the Organizers accept no liability for any theft, loss or damage to bags or their contents.

SHOWERS

Showers available from 4 PM on Saturday to 5:00 AM Sunday at the Ice Skate Stadium, Via Bonacossa 1, Cortina d'Ampezzo.

POST RACE HOT MEAL

Available only for runners from 4 PM on Saturday until 5:00 AM on Sunday at [Ice Skate Stadium, Via Bonacossa 1, Cortina d'Ampezzo](#).



UTMB®
WORLD SERIES

AONIJIE

OFFICIAL HYDRATION BAG

Mont Blanc Series

Be Your Own
Champion



+86-18818697651

Tina@aonijie.com

www.aonijie.com

FOR EVERY
MILESTONE

SUSTAINABLE HEAD & NECKWEAR
DESIGNED FOR EVERY ADVENTURE



MADE IN
BARCELONA
buff.com



Lavaredo 50K



RACE CATEGORY
50K **M**





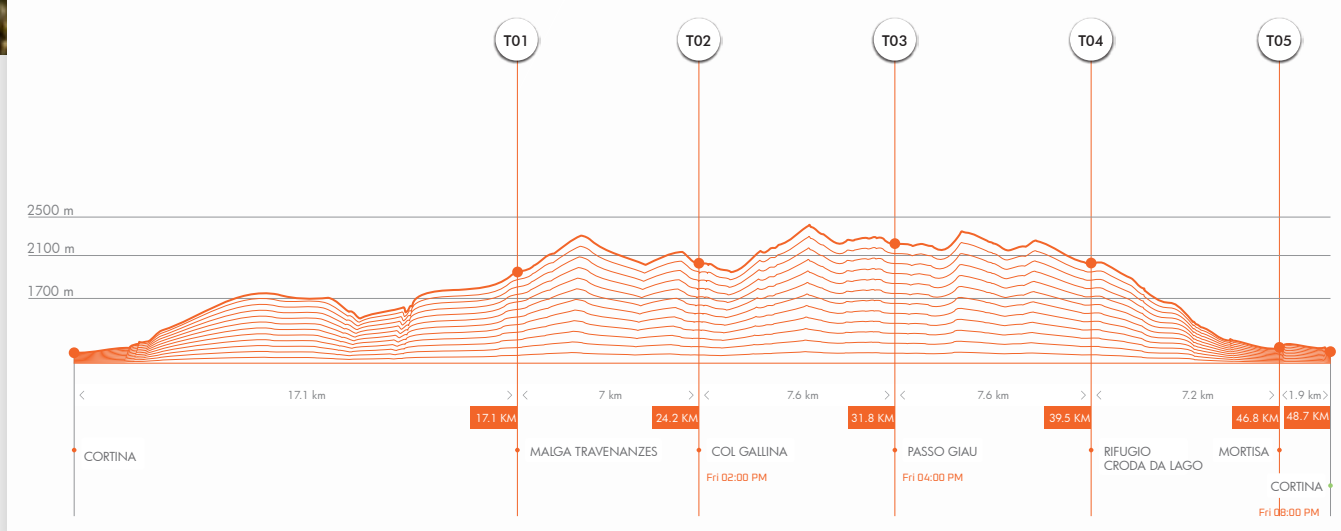
Distance
50 KM

Elevation gain
2600 m D+

Start place
Cortina d'Ampezzo

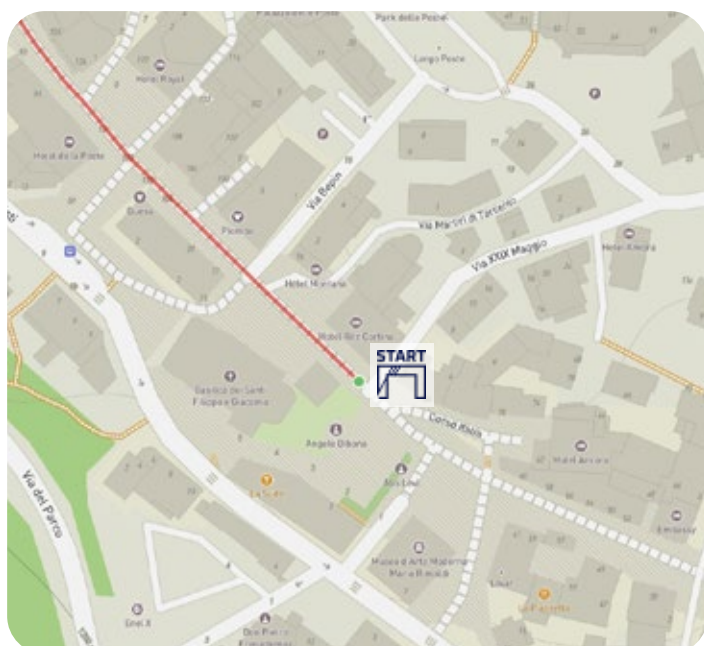
Start date
26/06/2026

Start time
08:00



CHECKPOINT - no assistance permitted

START MAP



RACE INFO



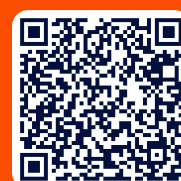
START
CORTINA D'AMPEZZO
Corso Italia
FRIDAY 26th @ 08:00



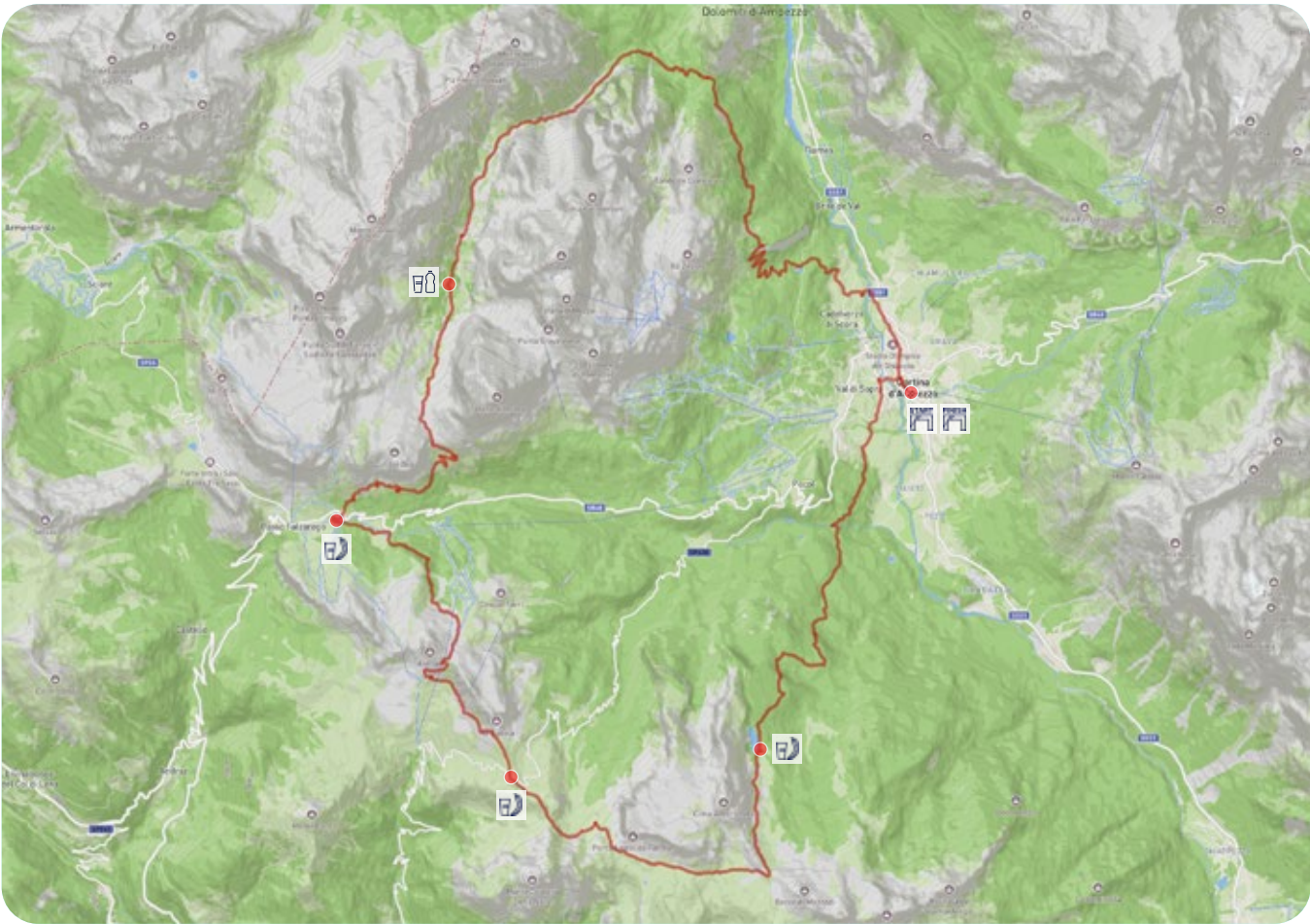
AWARD CEREMONY
CORTINA D'AMPEZZO
Piazza Dibona
FRIDAY 26th @ 19:00



RACE RULES
Scan the code



MAP



STARTING LINE

FINISH LINE

AID STATION

DRINK SUPPLY

AID STATIONS & TIME CHARTS

Point	Altitude	Distance inter	Dist	Elevation +	Elevation -	Fastest time	Cut Off	Services
Cortina d'Ampezzo	1210	0	0	0	0	Fri 08:00		
Malga Travenanzes	1987	17,1	17,1	1154	379	Fri 09:23		
Col Gallina	2058	7	24,2	1634	786	Fri 10:03	Fri 14:00	
Passo Giau	2243	7,5	31,8	2222	1189	Fri 10:50	Fri 16:00	
Rifugio Croda da Lago	2051	7,6	39,5	2541	1701	Fri 11:30		
Mortisa	1254	7,2	46,8	2599	2555	Fri 12:05		
Cortina d'Ampezzo	1221	1,9	48,7	2655	2644	Fri 12:15	Fri 20:00	

STARTING LINE

FINISH LINE

AID STATION

ORGANISATION BUS

NÅK PRODUCTS

SHOWER

MEDICAL STATION

WC

DRINK SUPPLY

50K RUNNER'S INFO

CHANGING ROOM, BAG DEPOSIT, SHOWERS

Changing rooms and bag deposit will be available at Revis Gym (Via dei Campi 1, Cortina d'Ampezzo) from 6.30 AM to 7.30 AM on Friday 26 June.

Bags must clearly exhibit the number sticker handed out to athletes with race bibs. Athletes are advised not to place objects of value in their bags.

In any case, the Organizers accept no liability for any theft, loss or damage to bags or their contents.

After the race, bags may be collected on Friday 26 June at Revis Gym (Via dei Campi 1, Cortina d'Ampezzo), where showers will be available, from 12 noon not later than 8:30 PM, upon presentation of race bib.

Under no circumstances will the Organizers send uncollected bags to athletes' residences.

PERSONAL ASSISTANCE

Prohibited.





**PUSH HARDER, RUN STRONGER
WITH COMPRESSPORT
BY YOUR SIDE.**



R2 3.0 CALF SLEEVES

**WHEREVER YOU RACE,
WE SUPPORT YOU.**



LESSEAU® NEXT LEVEL HYGIENE

Migliorate la vostra igiene durante e dopo la corsa.

I dispenser di sapone Lesseau sono progettati nel rispetto dell'ambiente, a sostegno di uno stile di vita eco-consapevole. Realizzati con ingredienti naturali, i nostri saponi mantengono la pelle fresca e rivitalizzata. Privi di sostanze chimiche aggressive e di plastica monouso.

Aggiungiamo igiene alla vostra corsa.

Rinfrescatevi durante la corsa e lavatevi le mani prima di mangiare per proteggere la vostra salute e vivere un'esperienza più sicura e piacevole.



@lesseausoap



lesseausoap.com

Eyewear
Astral Sphere

PERFORMANCE
STARTS IN YOUR HEAD.



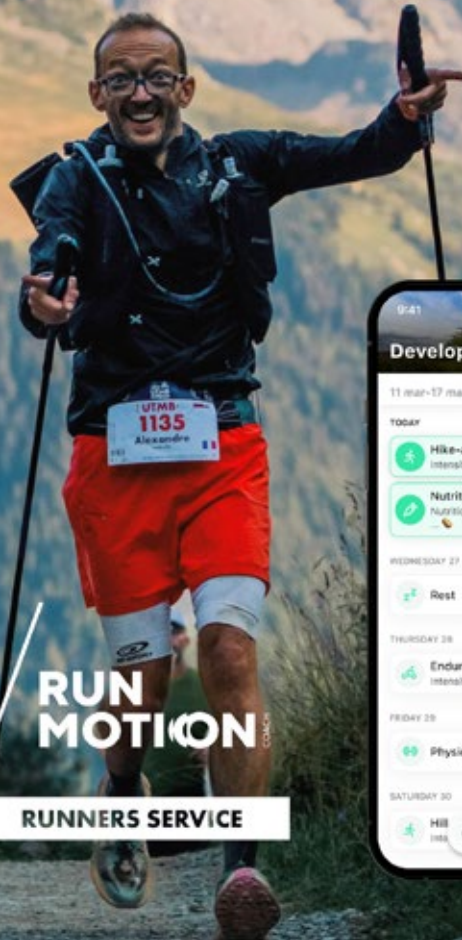
 **RUDY**
PROJECT

Rudy Project R&D division. All rights reserved.

YOU'RE GOING TO LOVE TRAINING!

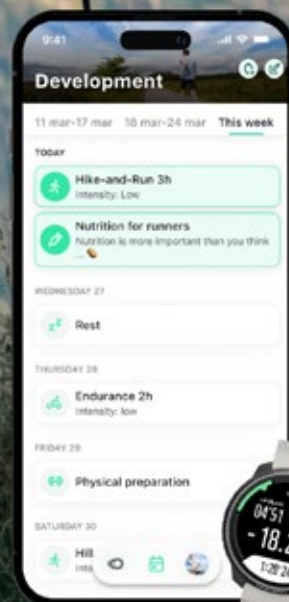


UTMB®
WORLD SERIES



**RUN
MOTION**

RUNNERS SERVICE



THANKS TO ALL OUR LOCAL SUPPLIERS



Ospedale Cortina
Cortina d'Ampezzo



GVM
CARE & RESEARCH

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 BOUILLET

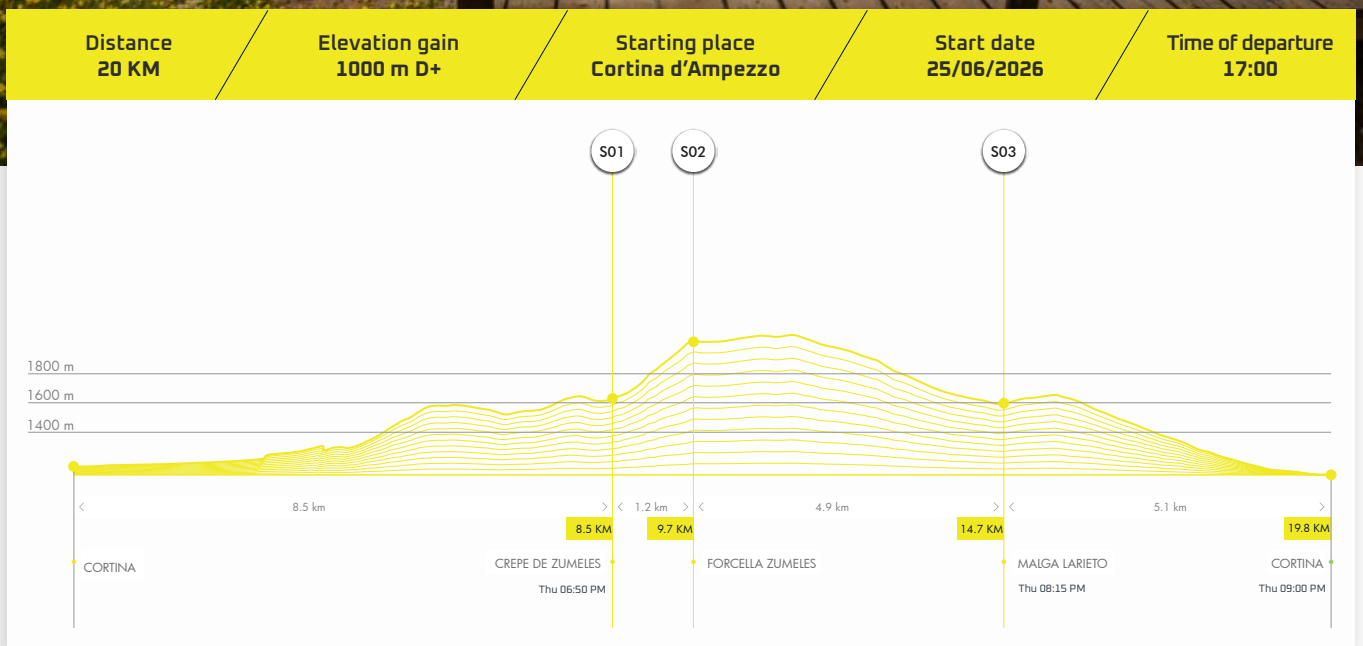
AONIJIE
RUNNING

Lavaredo 20K



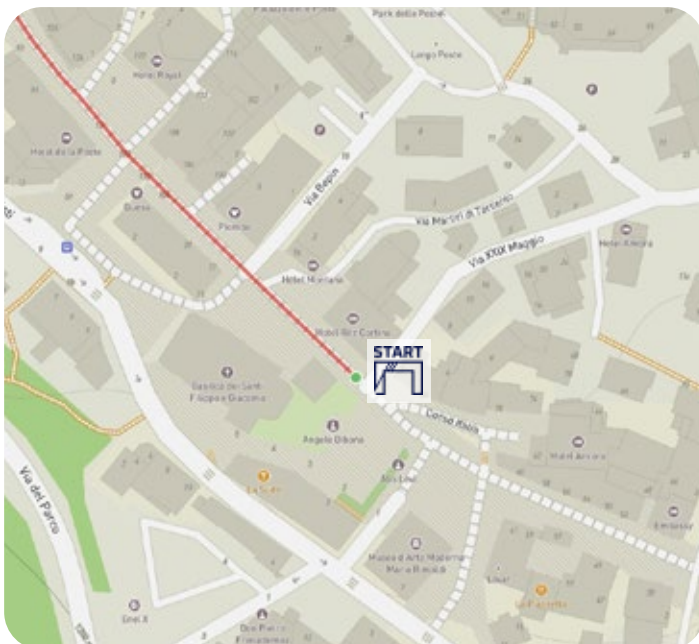
RACE CATEGORY
20K **M**





CHECKPOINT - no assistance permitted

START MAP



RACE INFO



START
CORTINA D'AMPEZZO
Corso Italia
THURSDAY 25th @ 17:00



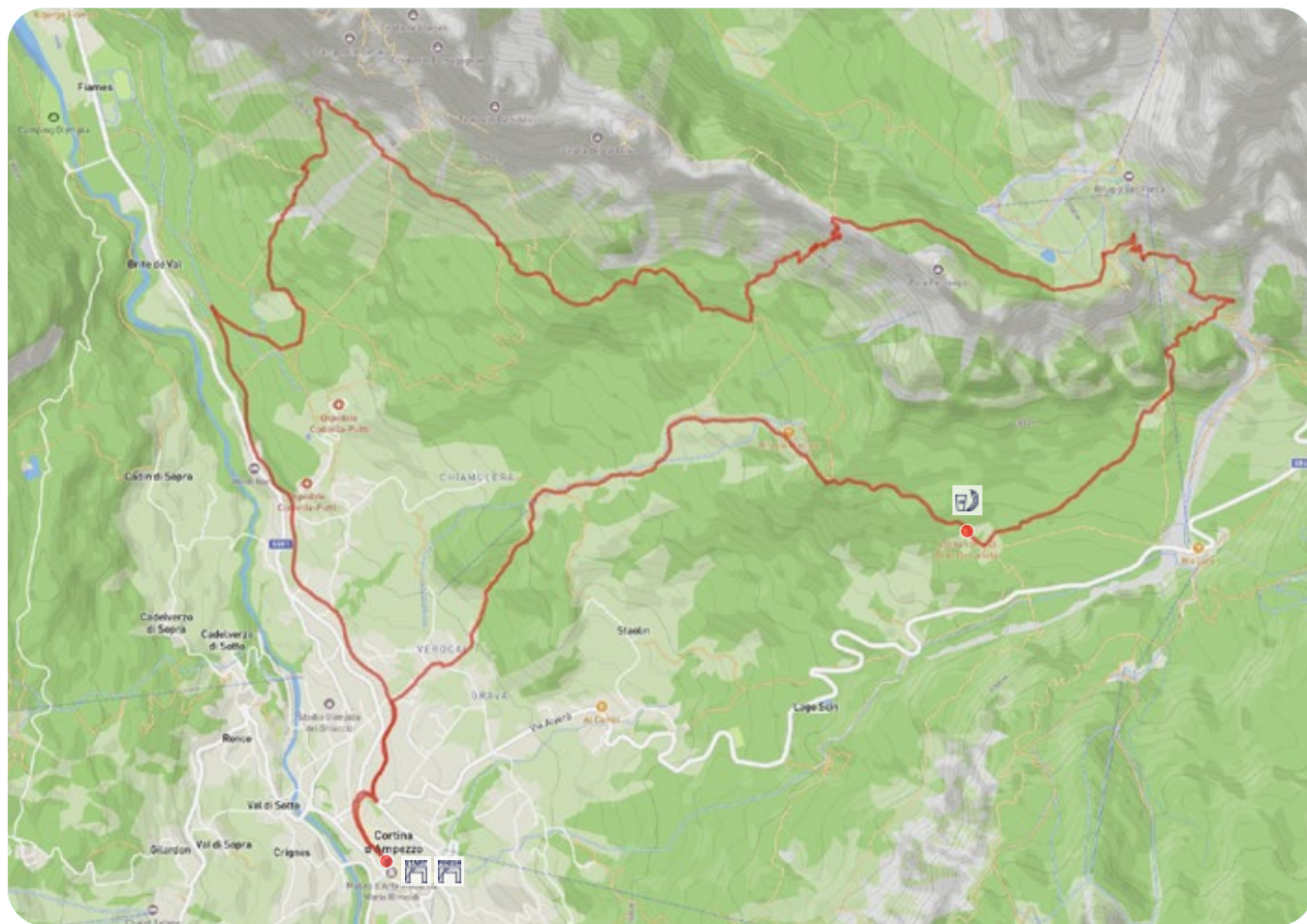
AWARD CEREMONY
CORTINA D'AMPEZZO
Piazza Dibona
THURSDAY 25th @ 20:30



RACE RULES
Scan the code



MAP



 STARTING LINE

 FINISH LINE

 AID STATION

AID STATIONS & TIME CHARTS

Point	Altitude	Distance inter	Dist	Elevation +	Elevation -	Fastest time	Cut Off	Services
Cortina d'Ampezzo	1216	0	0	0	0	Thu 17:00		
Crepe de Zumeles	1633	8,5	8,5	565	148	Thu 17:36	Thu 18:50	
Forcella Zumeles	1994	1,2	9,7	924	148	Thu 17:50		
Malga Larieto	1608	4,9	14,7	1004	612	Thu 18:09	Thu 20:15	   
Cortina d'Ampezzo	1164	5,1	19,8	1063	1114	Thu 18:30	Thu 21:00	    

 STARTING LINE

 FINISH LINE

 AID STATION

 ORGANISATION BUS

 NAAK PRODUCTS

 SHOWER

 MEDICAL STATION

 WC

20K RUNNER'S INFO

CHANGING ROOM, BAG DEPOSIT, SHOWERS

Changing rooms and bag deposit will be available at Revis Gym (Via dei Campi 1, Cortina d'Ampezzo) from 3.30 PM to 4.30 PM on Thursday 25 June.

Bags must clearly exhibit the number sticker handed out to athletes with race bibs. Athletes are advised not to place objects of value in their bags.

In any case, the Organizers accept no liability for any theft, loss or damage to bags or their contents. After the race, bags may be collected at Revis Gym (Via dei Campi 1, Cortina d'Ampezzo), where showers will be available, from 7 pm to 9.15 PM on Thursday 25 June upon presentation of race bib.

Under no circumstances will the Organizers send uncollected bags to athletes' residences.

PERSONAL ASSISTANCE

Prohibited.





LACOOOPERATIVA DI CORTINA®

Darsi appuntamento qui è come entrare in un piccolo mondo, che ti offre calore, ospitalità e soddisfa ogni tuo desiderio: 100 mila articoli, 200 persone al tuo servizio, 130 anni di esperienza, nel grande magazzino più importante delle Dolomiti. Quando sei a Cortina, vieni in Cooperativa.

Corso Italia, 40 - tel. 0436 861245 - info@coopcortina.com - www.coopcortina.com

Ospedale Cortina

PER LA SALUTE DI OGNI PERSONA, LA RICERCA DEL MEGLIO.



Ortopedia
e Traumatologia

Punto di
Primo Intervento

Chirurgia
protesica

Cardiologia

Medicina fisica
e Riabilitazione

Allergologia
e Pneumologia

L'Ospedale Cortina, accreditato con il Servizio Sanitario Nazionale, fa parte di GVM Care & Research, gruppo ospedaliero italiano con ospedali di Alta Specialità e polispecialistici in 11 regioni italiane oltre a 5 paesi esteri.

L'Ospedale Cortina esprime la filosofia del Gruppo basata sull'**umanizzazione delle cure**, sulla **centralità del paziente** e sull'**approccio medico multidisciplinare**, con **percorsi personalizzati di prevenzione, diagnosi e cura** anche tramite **innovativi Check-Up**.

La struttura è dotata inoltre di **Punto di Primo Intervento**, **Punto Prelievi** e di apparecchiature diagnostiche all'avanguardia come TAC, Risonanza Magnetica, Mammografo, OPT per la diagnostica dentale, Ecografi ed Ecocolordoppler.

L'Ospedale è accreditato con il Servizio Sanitario Nazionale e convenzionato con Fondi Sanitari Integrativi, Casse Mutua e Assicurazioni Sanitarie.



Ospedale Cortina
Cortina d'Ampezzo

Via Codivilla 23 - Cortina d'Ampezzo (BL)

☎ 0436.883111

www.ospedalecortina.it

Ospedale Cortina.
Dove la tua salute
viene prima di tutto.



Ospedale Cortina
Cortina d'Ampezzo



GVM
CARE & RESEARCH

Lavaredo 10K





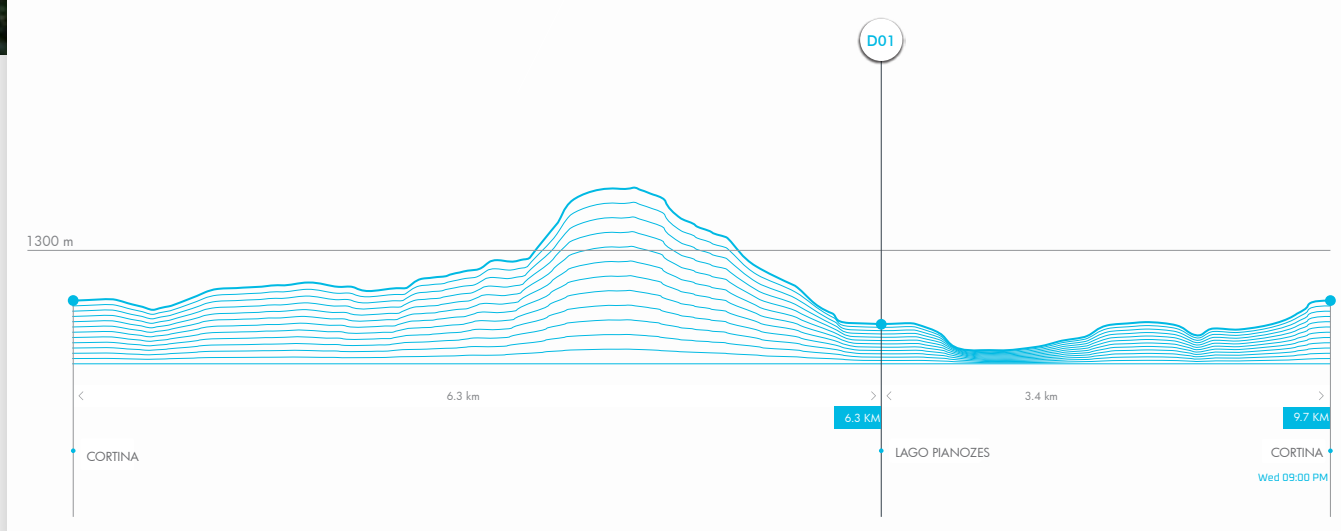
Distance
10 KM

Elevation gain
300 m D+

Starting place
Cortina d'Ampezzo

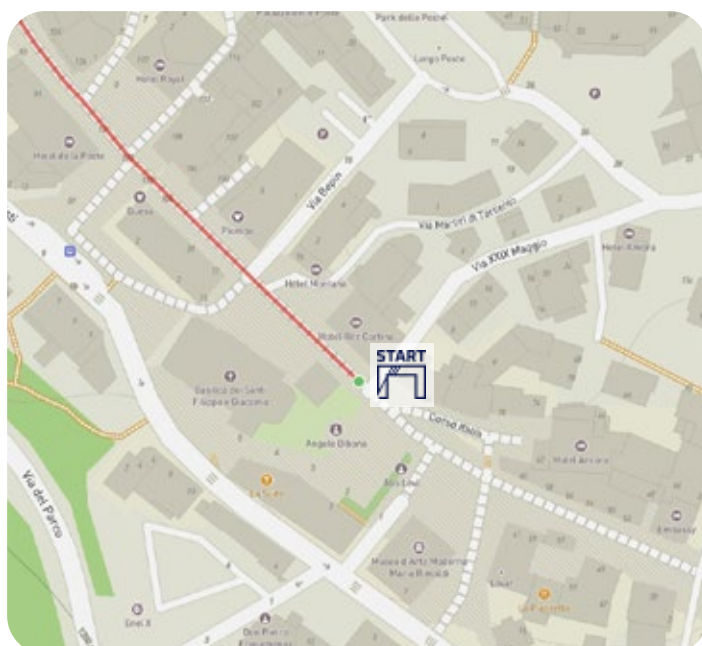
Start date
24/06/2026

Time of departure
19:00



CHECKPOINT - no assistance permitted

START MAP



RACE INFO



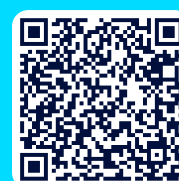
START
CORTINA D'AMPEZZO
Corso Italia
WEDNESDAY 24th @ 19:00



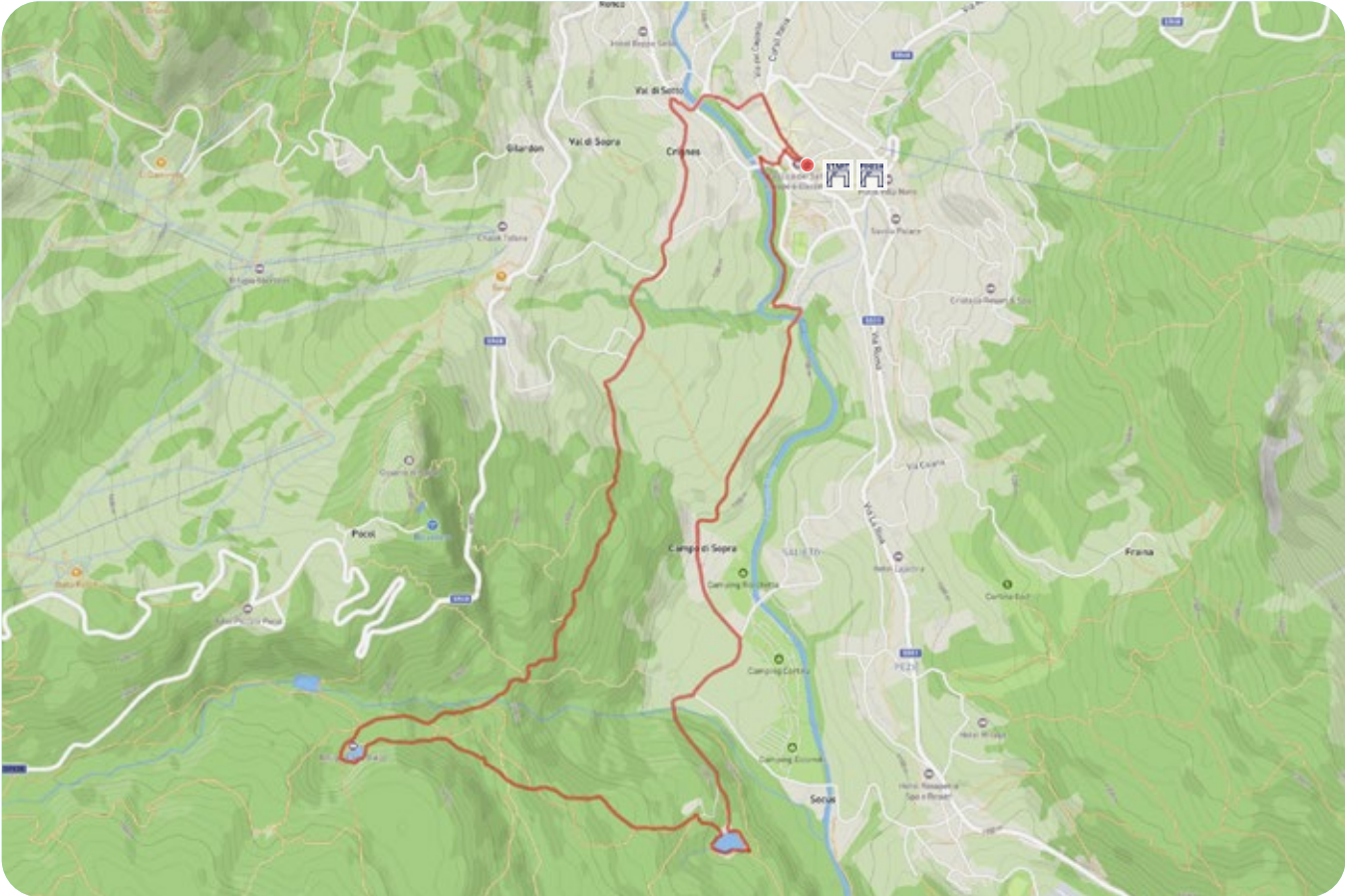
AWARD CEREMONY
CORTINA D'AMPEZZO
Piazza Dibona
WEDNESDAY 24th @ 21:00



RACE RULES
Scan the code



MAP



 STARTING LINE

 FINISH LINE

AID STATIONS & TIME CHARTS

Point	Altitude	Distance inter	Dist	Elevation +	Elevation -	Fastest time	Cut Off	Services
Cortina d'Ampezzo	1212	0	0	0	0	Wed 19:00		
Lago Pianozes	1171	6,3	6,3	262	302	Wed 19:24		
Cortina d'Ampezzo	1212	3,4	9,7	395	388	Wed 19:38	Wed 21:00	     

 STARTING LINE

 FINISH LINE

 DRINK SUPPLY

 ORGANISATION BUS

 SHOWER

 MEDICAL STATION

 WC

10K RUNNER'S INFO

CHANGING ROOM, BAG DEPOSIT, SHOWERS

Changing rooms and bag deposit will be available at Revis Gym (Via dei Campi 1, Cortina d'Ampezzo) from 6.00 PM to 6.30 PM on Wednesday 24 June.

Bags must clearly exhibit the number sticker handed out to athletes with race bibs. Athletes are advised not to place objects of value in their bags.

In any case, the Organizers accept no liability for any theft, loss or damage to bags or their contents.

After the race, bags may be collected at Revis Gym (Via dei Campi 1, Cortina d'Ampezzo), where showers will be available, from 8 PM to 9.30 PM on Wednesday 24 June upon presentation of race bib.

Under no circumstances will the Organizers send uncollected bags to athletes' residences.

PERSONAL ASSISTANCE

Prohibited.





Come affrontare la giornata?
Una bella colazione e San Benedetto Succoso Zero.
Tutto il piacere della frutta, zero zuccheri aggiunti.

LA BIRRA DELLE NOSTRE MONTAGNE





CONTACT:

lavaredo.utmb.world/contact

FOLLOW US:



lavaredo.utmb.world