

RUNNER GUIDE

30 OCTOBER - 31 OCTOBER 2026

UTMB WORLD SERIES

HOKA FLY HUMAN FLY

TUDOR

näak

SUUNTO

KULLAMANNEN.UTMB.WORLD

KULLAMANNEN BY UTMB



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GODSPEED!



KULLAMANNEN BY UTMB®

IT IS TIME

Thank you for accepting the challenge and joining us into the darkness at Kullamannen by UTMB 2026.

We are proud to welcome you to one of the most distinctive trail running experiences in the Nordics — a journey through darkness, rugged landscapes, old legends and, ultimately, towards the finish line in Båstad.

This document contains the key information you need to prepare for race week and race day. Please take the time to read it carefully. Inside, you will find important practical information, guidelines and instructions designed to help you arrive prepared and make your race experience as smooth and safe as possible.

Pay particular attention to the Race Rules and Mandatory Equipment Requirements linked throughout this guide. Knowing and understanding these requirements is part of being ready for Kullamannen.

Our team, together with hundreds of volunteers, partners and local communities, is working to create an unforgettable experience for every runner who answers the call.

We look forward to welcoming you to the start line — and, after everything that awaits in between, to seeing you cross the finish line.

See you in the good times and in the bad.

Kitt & Stefan
Race Directors
& the entire Kullamannen team

UTMB® WORLD SERIES


On top of the world.
Martyna Młynarczyk
HOKA Elite Athlete
TECTON X 4
Reach your peak with our all-new, ultra-fast PROFLY™ X tech.
HOKA

näak





ULTRA ENERGY™ DRINK MIX

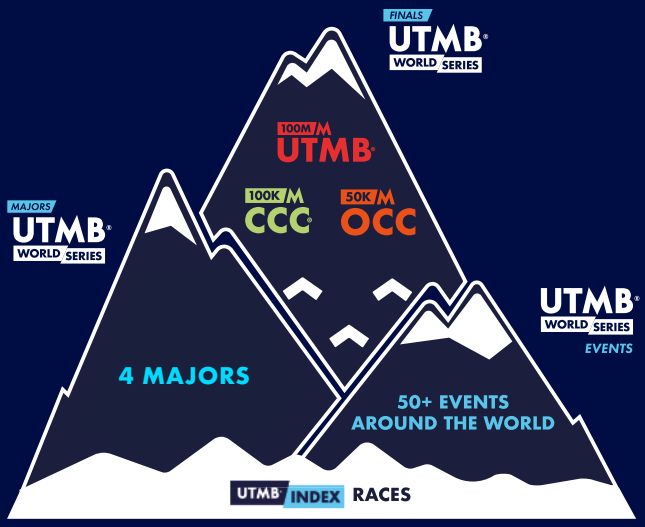
Go longer, go farther.

UTMB® WORLD SERIES

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.

HOKA ULTRA-TRAIL AUSTRALIA BY UTMB · HOKA VALDARAN PYRENEES BY UTMB · HOKA KODIAK ULTRA MARATHONS BY UTMB · HOKA CHIANG MAI THAILAND BY UTMB



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



UTMB® WORLD SERIES



FINALS

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

100M 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

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 UTM
JUNE 26-28 | CHILE

AMERICAS
WESTERN STATES® 100-MIL
JUNE 27-28 | USA

EUROPE
RESTONICA TRAIL BY UTM
JULY 09-11 | FRANCE

EUROPE
TRAIL VERBIER ST-BERNAR
JULY 10-12 | SWITZERL

EUROPE
EIGER ULTRA TRAIL™ BY U
JULY 15-19

EUROPE
MONTE ROSA WALSERWA
JULY 17-19

AMERICAS
SPEEDGOAT™ MOUNTAIN
JULY 23-25

NEW EUROPE
BUCOVINA ULTRA ROCKS
JULY 24-26

AMERICAS
QUITO TRAIL BY UTMB®
JULY 31-AUGUST 02

NEW EUROPE
GAUJA TRAIL BY UTMB®
AUGUST 01-02

EUROPE
KAT100™ BY UTMB®
AUGUST 06-08

NEW AMERICAS
BORÉALYS MONT-TREMBL
AUGUST 14-16

VISIT UTMB.WORLD



2026 CALENDAR

MB®

E ENDURANCE RUN

B®

RD BY UTMB®
AND

TMB®
| SWITZERLAND

AEG BY UTMB®
| ITALY

I RACES BY UTMB®
| USA

BY UTMB®
| ROMANIA

| ECUADOR

| LATVIA

| AUSTRIA

ANT BY UTMB®
| 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

EUROPE ASIA AMERICAS OCEANIA AFRICA

LAST UPDATED DECEMBER 2025

PROGRAM / TIMETABLE

SATURDAY 24TH

Time	Location	What
10:00 - 14:00	Mölle Harbour	Kickoff Kullamannenweekend
10:00	Mölle Harbour	START Start Legacy Run 12-15K

THURSDAY 29TH

Time	Location	What
16:00	Båstad Racecenter	HOKA Shakeout run
18:30	Båstad Racecenter	Elite Runner dinner

FRIDAY 30TH

Time	Location	What
10:00 - 20:00	Båstad Race Center	257 BIB distribution (all races)
10:00 - 20:00	Båstad Race Center	Shop & Expo
10:00-10:45	Båstad Race Center	Shakeout run
13:00-15:00	Congress, above Båstad Race Center	Sport Business Meetup
15:00-00	Foodcourt and happenings	Höganäs Church Square
16:20	Höganäs	START Kids Race
16:00	Båstad Prästliden	Bus departure to start Ultra 100 MIles
17:15	Brukshallen, Höganäs	Racebriefing Ultra 100 Miles
17:30	Brukshallen, Höganäs	Marching band and flagparade
18:00	Höganäs	START Start Ultra 100 Miles
20:00	Båstad Prästliden	Bus departure to start 100K
21:15	Brukshallen, Höganäs	Racebriefing 100K
22:00	Höganäs	START Start 100K

PROGRAM / TIMETABLE

SATURDAY 31TH

Time	Location	What
08:00-17:00	Båstad Race Center	BIB distribution
08:00-20:00	Båstad Race Center	Shop & Expo
≈ 07:00	Båstad Centercourt	Finish Sprint Ultra
≈ 09:00	Båstad Centercourt	Finish Ultra 100 Miles
11:00	Båstad Seaside	Start Seventh Seal
11:30	Båstad Seaside	Start Kids Race
≈ 15:00	Båstad Centercourt	Finish Seventh Seal
15:00	Båstad Centercourt	Prize Ceremony Ultra 100 Miles & Sprint Ultra
17:00	Båstad Seaside	Start North Shore
≈ 18:10	Båstad Centercourt	Finish North Shore
19:30	Båstad Centercourt	Prize Ceremony Seventh Seal and North Shore

SUNDAY 1ST

Time	Location	What
02:00	Båstad	Last finish
09:00-12:00	Båstad	HOKA Pop-upstore

RACE BRIEFINGS

The safety of all athletes is our highest priority. For this reason, participation in the official race briefing is mandatory for all competitors doing Ultra 100 MIles and Sprint Ultra.

Ultra 100 Miles Friday 30th 5:15 pm. 5.30 you parade to the startline together.
Sprint Ultra Friday 30th 9:15 pm.

Location: Brukshallen, Centralgatan 25, 263 38 Höganäs

KEY LOCATIONS

RACE CENTER IN BÅSTAD

The Racecenter is located in Båstad, next to Skansen Hotel. Here we have distribution of bibs, UTMB World Series shop, and Expo. The finish line for all of the races is at the iconic Centercourt in Båstad.

At the area around the Racecenter you will be able to experience the spirit of Kullamannen all weekend.
Adress: Kyrkogatan 2, 269 33 Båstad.

START NORTH SHORE, SEVENTH SEAL AND KIDS-RACE BÅSTAD

The start for North Shore and Seventh Seal is located about 200 meter from Race Center, at the other side of the hotel by the sea.
Adress: By the sea, opposite Hotel Skansen.

VISIT THE CHURCHES

Darkness. Light. Remembrance.

Kullamannen takes place during All Saints' weekend – a time for reflection, when we remember those who came before us. Both in Höganäs and in Båstad the churches are open and welcome you runners. Step inside, take a moment of pause, and light a candle. A quiet reminder of life's depth, in the midst of a race defined by both strength and humility.

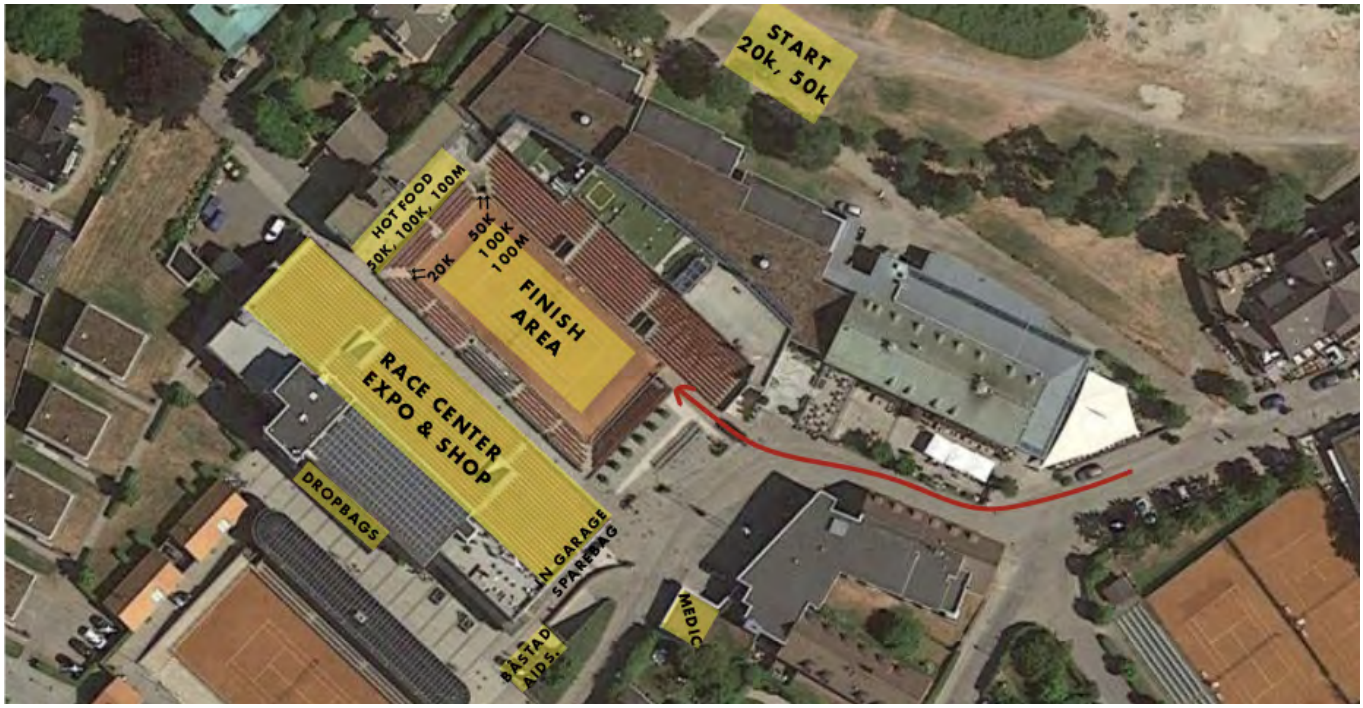
EPIC START AREA IN HÖGANÄS

Right in the town square in Höganäs by the church you find the epic startarea for Ultra 100 miles, Sprint ultra and Höganäs Kids Race.
Adress: Kyrkplatsen 3, 263 31 Höganäs

LOCAL GUIDE

Find out where to eat and drink, where to cheer on the runners and what not to miss in the area.

Scan the QR Code below.



START AREA ULTRA 100 MILES AND SPRINT ULTRA IN HÖGANÄS

Ultra 100 miles and Sprint ultra have their start in Höganäs, a small picturesque town on the west coast of Scania in southern Sweden. Höganäs is famous for its ceramics industry and beautiful beaches.



CAR PARKING

The villages and towns associated with Kullamannen by UTMB are small, with sometimes limited parking availability. If the designated parking lots are full, street parking is an alternative; however, please park considerately to avoid obstructing the local residents' movement! Carpooling is encouraged to alleviate congestion, facilitate parking for everyone, and contribute to environmental conservation—it's better for the planet!

PARKING HÖGANÄS

We recommend parking at Stationshuset, Viaduktsgatan, 263 38 Höganäs.



PARKING BÅSTAD

In Båstad you find a large eventparking on the left side, after passing the church on the main street, Köpmansgatan.

PRACTICAL INFORMATION

In the Practical information section we have gathered all basic information critical to all runners. To get detailed information please see the sections covering your specific race and the Race regulations on the Kullamannen by UTMB website.

WE ARE AN UNSUPPORTED RACE

Kullamannen is an unsupported race. This means that you are not allowed to receive any external assistance at any point during the race – neither on the course nor at the aid stations.

- You may not accept anything from a person who is not participating in the race: no bars, gels, food, clothing, or other equipment.

- You are not allowed to leave any personal items along the course. The only exception is your drop bag at the aid station in Båstad.

- The only people you may accept limited help from are the volunteers in yellow vests. They are not there to assist you, but we do not consider it cheating if they, for example, help you open a water bottle.

- You are also allowed to receive basic medical assistance at the aid stations where this is provided. No medicine or interventions in any other way are allowed if you want to continue the race.

SECURITY & MEDICAL ASSISTANCE

Two medical stations are situated along the route, each directly connected to the race security HQ, ensuring immediate assistance if required. Medical personnel are stationed at the aid stations in Mölle and Råbocka to address any health-related concerns or emergencies.

In case of an inability to reach the race HQ during emergency situations, please contact the national emergency service immediately.

The Kullamannen by UTMB organization's security number is **+46-709-66 60 97**

Reminder: The national emergency number for Sweden is **112.**

START LISTS

Your name, along with those of other participants, will be searchable on UTMB Live before the race commences.

BUS TICKET ULTRA 100 MILES, SPRINT ULTRA

Buy the busticket from Båstad to Höganäs at least 2 week before race. Go to your confirmation, DASHBOARD and choose EDIT REGISTRATION and buy your ticket.
It will be possible to buy a busticket at BiB-collecion also.

GPX FILES

The final GPX files will be available for download in each race section on the Kullamannen by UTMB official website on october 27th.

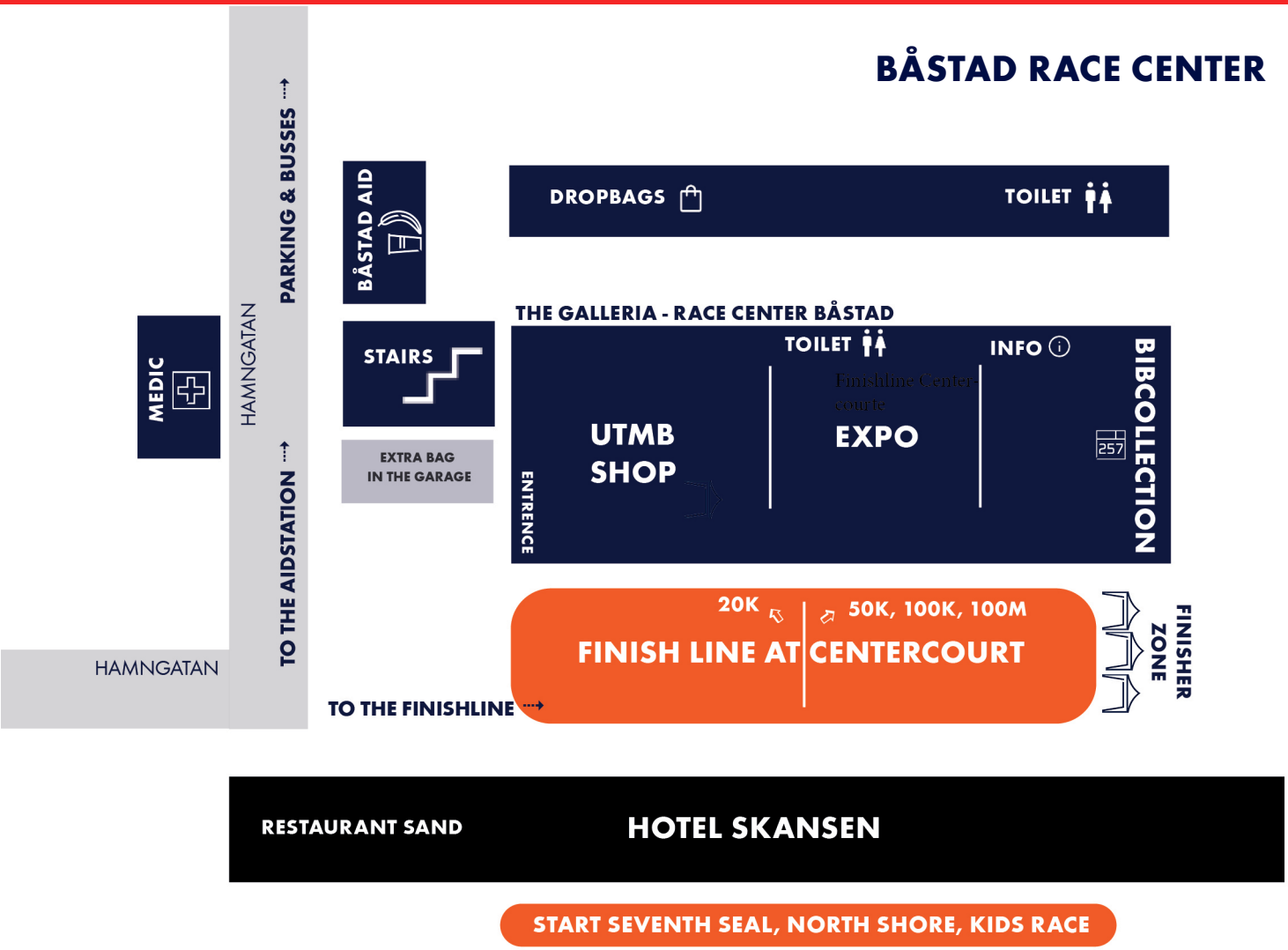
RACEMAP ON GOOGLE

Key places for people to cheer you on!
(Will be updated before race)
Kullamannen by UTMB Trail Race 2025.

SHOWERS

We offer showers at Strandängschool about 800m from finsh, Saturday 1pm-10pm.

REGISTRATIONS INFORMATION



CHECK-IN & COLLECTING YOUR BIB

Race-bibs are handed over in the Expo in Båstad to each runner upon presentation of:

- A valid ID with photo
- The QR code of your registration confirmation that was sent to you by email. Note! It will be resent during the race week.

Be ready for random gear checks at the start and along the course.

You will recieve you bus ticket at the BiB Collection. You need to buy it online at least 2 weeks before race. We can not garantee you a seat otherwise.

Your race-tshirt will be picked up at the same time. If you need to change size you can do that at Infopoint in Båstad Saturday from 5 pm. Not at pickup!

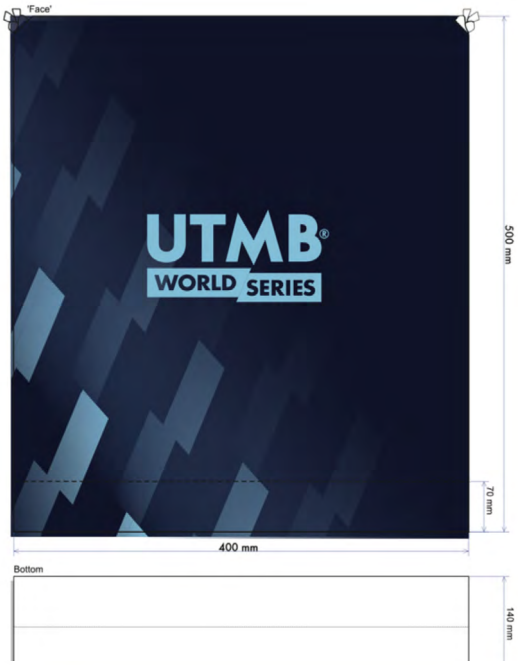
PRACTICAL INFO CONTIN.

DROP BAG

Drop bag is applicable to 100M and 100K distances only.

Participants at 100K are permitted a drop bag at Ängelholm/Råbocka and 100M participans in Båstad Aidstation. Kullamannen by UTMB will provide each runner with one drop bag upon bib number collection. If you possess a UTMB World Series drop bag from a previous race, we encourage its use for sustainability reasons. Only these types of drop bags are permitted.

We recommend enclosing your drop bag contents in waterproof bags to safeguard against rainfall.





Post-race, drop bags may be retrieved at the race center in Båstad on Saturday, October 31th. For 100M, all day. For 100K from 2 PM.

How to Label Your Drop Bag:
Securely affix the extra tag provided with your bib number into the plastic pocket on your drop bag.

Drop bag collection:
Runners are required to deposit their drop bags at the designated collection area within the Race Center in Båstad during the following times:

100M runners: Friday between 10AM - 3:30PM.
100K runners: Friday between 10AM - 7:30PM.

For logistics reasons, UTMB World series events only accept the UTMB World series spare bags that are distributed during the check-In.

How to get your bags at the finish area:
The bags are returned to either the runner or a family member or friend, only upon presentation of the race-bib. The bags must be retrieved no later than 1:00 PM Sunday.

For any runner that drops out of the race, the organization will take the bags to the finish area, as long as the runner's withdrawal is registered with the race organizer. Because of logistical factors, the organization cannot guarantee that all bags are brought before the end of the race.

Only bags supplied by the organization will be transported. Poles are not allowed in these bags. As the items in the bags are neither checked nor controlled, the race organizer is not responsible for the items in the bags. We recommend not to put any valuable items in the bags. We advise runners to keep toiletries and spare clothes at their accommodation. See drop bags location on the event website.

EXTRA BAG

In your BiB envelope you also find a bagtag for your extra bag. Leave your bag in the garage in Båstad and pick up after finish.

AID STATION NUTRITION

For details about the location of aid stations please see the race section.

BASIC SERVICE AT ALL AID STATIONS:
NÄÄK Energy Drink,
Fresh Water from Skåne

AID STATION MÖLLE

Bakery: Delicious homemade Swedish cinnamon buns.

Sandwiches: Variety includes options with or without cheese and ham.

Soft Drinks: Cola to quench your thirst.

AID STATION RÅBOCKA (Ängelholm)

Hot Food: Vegan paprika and tomato soup with bulgur.

Beverages: Freshly brewed coffee or tea.

Bakery: Mouth-watering cinnamon buns.

Sandwiches: Available with cheese or ham.

Fresh Produce: A selection of bananas and other seasonal fruits.

Soft Drinks: Cola to quench your thirst.
NÄÄK Bars.

AID STATION HOVS HALLAR

Hot Food: Vegan paprika and tomato soup with bulgur.
Sandwiches
Fresh Produce: A selection of bananas and other seasonal fruits.

AID STATION STORA HULTH
Swedish fika: Three kinds of traditional Swedish fika.
NÄÄK Bars.

NORRVIKEN TIMING POINT
Coffee.

AID STATION BÅSTAD

Soft Drinks: Cola to quench your thirst.
Hot Food: Gulasch Soup.
Coffee.
NÄÄK Gels.

FINISHER ZONE BÅSTAD

Soft Drinks: Cola to quench your thirst.
Hot Food: Gulasch Soup.
Coffee.

AT THE RACE CENTER

SPORTS CHIROPRACTOR

Sports chiropractor Oskar Lundegren will be available at the Expo in Båstad for massage and treatment – whether you want to prepare your body before the race or get help with recovery afterwards.

Friday: 11:00–16:00
Saturday: From 09:00 and throughout the day.

EATING AND DRINKING

Fogarolli - Coffee and muffins

Höganäs Brewery serving the new Kullamannen-beer

HOTEL SKANSEN
(In addition to the regular menus)

Kiosk in the Galleria
Friday 14:00–20:00
Saturday 06:00–20:00

Outdoor grill by Restaurant Sand
Burgers, hot dogs, beer, wine and hot chocolate.
Friday & Saturday 11:00–20:00

Restaurant Sand
Special race-weekend dishes and selected offers.

Lunch: Friday 11:30–14:00, Saturday 12:00–15:00
Dinner: Friday & Saturday 17:30–22:00

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 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 (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...
Being aware that the organization's role is not to help a runner manage these problems.
Being aware that for such an activity in the mountains, safety depends upon the runner's ability to adapt to the problems encountered or foreseen.

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:

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. In any case of non-compliance runner is at the risk of disqualification from the race.

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.

Kullamannen by UTMB do not allow personal assistant during the race.

It is forbidden to accompany or be accompanied along any part of the race route by any person. A participant who accepts being accompanied violates the principle of self-sufficiency. 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 (see below) and must carry all the equipment with them during the race even though it might not be necessary to use it.

Organized and/or random equipment checks will be carried out 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 (see PENALTIES).

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 rainfall and snow.

For list of mandatory equipment, please see below;

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

The mandatory gear must be carried in a running pack for the duration of the whole race. The running pack or belt 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 race. No poles are authorized in the spare bags.

If you have further questions about mandatory equipment, do not hesitate to consult the organization.

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 roads, when approaching and while at checkpoints and when approaching and passing any Safety Team members.

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 race 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 command 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)
By calling the national emergency call number that will be specified on the runner guide Runners must provide assistance to any person in danger and alert the command center. If a runner is unable to call the command 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 specified on/in 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 agree to accept their decisions.

If a runner's state of health justifies treatment via intravenous drip, the runner shall compulsorily withdraw from the race.

RACE RULES

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 event website and in the Race Guide. In case of any changes (see Exceptional Conditions), the new cut-off times will be announced via SMS/ text message.

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.

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.

Time limit and cut off times are specified on the event website and Race Guide.

DROP OUT AND REPATRIATION
Except in case of injury, a runner wishing to withdraw the race must do so only at a check point. They must inform the person responsible for the point or report their withdrawal via the LiveTrail app (if applicable) and inform the command center. If a runner wishes to withdraw while on the route between two checkpoints, he/she must reach the nearest checkpoint where he/she must report their withdrawal. Runners who withdraw must keep their race bib because it is the pass to access the organization's transportation, meals, treatment rooms, etc. Repatriation works as follows:

Vehicles are available at some aid stations to take runners who drop out back to the finish area.
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.
As for aid stations or security points accessible by car or four-wheel drive vehicles: 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.

PENALTIES: TIME PENALTIES AND DISQUALIFICATION
If a runner breaks the rules, race directors and aid stations'/security points' team leaders can instantly apply (*) a penalty according to the following chart:

100K and 100M races
BREACH OF REGULATION – PENALTIES (*)
– DISQUALIFICATION

Short-cutting the route – At the race director's discretion

Missing item(s) of the mandatory equipment checklist (no water supply of a volume of a minimum of 1 liter, no waterproof jacket with hood, no torch, no survival blanket, no smartphone) – Disqualification

Absence of other mandatory equipment items – 1 hour penalty during which the runner is encouraged to get the missing equipment

Refusal to have mandatory equipment checked – Disqualification

Smartphone turned off or in airplane mode – 15 minutes penalty

Discarding of rubbish/trash (voluntary act) by a competitor or a member of their entourage – 1 hour penalty

Lack of respect for others (organization or runners) Note: a participant whose supporters are rude and/or refuse to respect the organization's instructions will be penalized. – Disqualification

Not assisting a person in need (in need of care) – Disqualification

Assistance outside of authorized zones – 1 hour penalty

Being accompanied along the route outside the clearly defined zones of tolerance in the vicinity of an aid station. – 15 minutes penalty

Cheating (e.g., use of a means of transport, sharing a race-bib, ...) – Immediate disqualification for life

Lack of visible race-bib – 15 minutes penalty

Wearing a non-conforming race-bib – 15 minutes penalty (during which time the runner places their race-bib in a manner which conforms to the rules)

Dangerous behavior (e.g.: poles with unprotected points orientated towards runners or spectators) – 15 minutes penalty

No timing chip – According to the race directors' decision

No passage through a check point – According to the race directors' decision.

Refusal to comply with an order from the race directors, race stewards/ marshals, aid station's team leader, doctors or search and rescue staff. – Disqualification

Refusal of anti-doping control The runner will be sanctioned in the same manner as they would be for drug taking

Departure from a check point after the time barrier – Disqualification

Use of poles not carried from the beginning of the race – 1 hour penalty

50K and 20K races
BREACH OF REGULATION – PENALTIES (*)
– DISQUALIFICATION

Short-cutting the route – At the race director's discretion

Missing item(s) of the mandatory equipment checklist (no water supply of a volume of a minimum of 1 liter, no waterproof jacket with hood, no torch, no survival blanket, no smartphone) as applicable to each race – Immediate disqualification

RACE RULES

Absence of other mandatory equipment items – 30 minutes penalty during which the runner is encouraged to get the missing equipment

Refusal to have mandatory equipment checked – Disqualification

Smartphone turned off or in airplane mode – 15 minutes penalty

Discarding of rubbish/trash or non use of the organization toilets (voluntary act) by a competitor or a member of their entourage – 30 minutes penalty

Lack of respect for others (organization or runners) Note: a participant whose supporters are rude and/or refuse to respect the organization's instructions will be penalized. – Disqualification

Not assisting a person in need (in need of care) – Disqualification

Assistance outside of authorized zones – 30 minutes penalty

Being accompanied along the route outside the clearly defined zones of tolerance in the vicinity of an aid station. – 10 minutes penalty

Cheating (e.g.: use of a means of transport, sharing a race-bib, ...) – Immediate disqualification for life

Lack of visible race-bib – 10 minutes penalty

Wearing a non-conforming race-bib – 10 minutes penalty

(during which time the runner places their race-bib in a manner which conforms to the rules) Dangerous behavior (e.g.: poles with unprotected points orientated towards runners or spectators) – 10 minutes penalty

No timing chip – According to the race directors' decision

No passage through a check point – According to the race directors' decision

Refusal to comply with an order from the race directors, race stewards, aid station's team leader, doctors or search and rescue staff. – Disqualification

Departure from a check point after the time barrier – Disqualification

Use of poles not carried from the beginning of the race – 30 minutes penalty

() The time penalties are immediately applicable on the spot, meaning the runner must "stand down" for the duration of the penalty time. If a breach of regulation is discovered after the race, the race director can also decide to apply a penalty on the finish time of the runner. The runner's time will not be stopped while the penalty is being served ()

Any other breach of the rules will be subject to a penalty decided by the Race Directors. In case of a disqualification the runner is not entitled to get refunded of the entry fee.

For full regulations see_
https://kullamannen.utmb.world/race-regulation



MANDATORY EQUIPMENT

BASIC KIT

	100 Miles	100K	50K	20K
 **ID – passport/ID card**	✓	✓	✓	✓
 **Smartphone with LiveTrail** application installed and activated with international roaming allowing for its use in the three countries. The runner must be reachable at any time before, during and after the race: Keep the phone on, airplane mode is forbidden and could give rise to penalties. An external battery is highly recommended. Kullamannen by UTMB emergency number +46-709-66 60 97 stored on the phone.	✓	✓	✓	✓
 **Personal beaker 15 cl minimum** (note : no cup will be offered in the aid stations)	✓	✓	✓	✓
 **Survival blanket** of 1.40m x 2m minimum	✓	✓	✓	
 **Whistle**	✓	✓	✓	✓
 **Self-adhering elastic bandage** for bandaging or strapping (minimum 100 cm x 6 cm)	✓	✓	✓	
 **Sealed, resealable container(s)** capable of carrying water, designed for hydration (plastic bags are prohibited).	✓	✓	✓	✓
 **Running pack** (or other carrying equipment suitable for attaching a timing chip) intended to carry the mandatory equipment and which must be worn throughout the race.	✓	✓	✓	
 **Jacket with hood for bad weather**. The jacket must be made of a waterproof* and breathable** membrane (e.g.. Outdry)The jacket must have an integrated hood or one which is attached to the jacket by the original system designed for that purpose by the manufacturer. The seams must be sealed. The jacket must not have sections of fabric which are not waterproof. Air vents fitted by the manufacturer (under-arm, in the back) are accepted. The runner must judge whether, according to the aforementioned criteria, the jacket complies with the regulations and therefore is suitable for bad weather. However, during a check, the race director's opinion on the matter shall prevail.	✓ (Recommended : 1,5L)	✓ (Recommended : 1,5L)	✓ (Recommended : 1,5L)	
 **Food reserve.** Recommendation : 800kcal (2 gels + 2 power bars each of 65 grams)	✓	✓	✓ RECOMMENDED	
 **Headlamp** Two working headlamps with spare cells/batteries for each headlamp for 100M and 100K. Recommendation of 200 lumens or more for the main torch light. 1 headlamp for 50 and 20k. Read more about alternatives inRace Guide. Two fully working headtorches or chest lamps with adjustable power, with a backup power supply system for each. Recommended output: 200 lumens Phones and watches are not accepted as a light source. Case no. 1 – Lamps using batteries or removable battery packs: Plan one set of spare batteries or spare battery packs for each of the two lamps. Case no. 2 – Rechargeable lamps (no removable batteries): A portable external battery (power bank) is tolerated provided that: one of the two lamps is always usable (in particular while the other is charging); the power bank has a minimum capacity of 5000 mAh and is fully charged at the race start.	✓	✓	✓	✓
 **Reusable bowl** 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.	✓	✓		
 **Cutlery** (spoon, fork, knife) and folding bowl for eating at the designated food stations.	✓	✓		
 **At least 20€ cash** (just in case...)	✓ RECOMMENDED	✓ RECOMMENDED	✓ RECOMMENDED	
 **Poles**	✓ RECOMMENDED	✓ RECOMMENDED	✓ RECOMMENDED	

RACE BIB



Make sure you are at the correct race!

Just so we know who you are, or if you forget who you are!

Only call this number in an emergency or if you are abandoning the course.



List all your Medical Information here. This is crucial for our Medical Team.

This is where your timing chip will be. Do not bend the bib or damage this chip. This could result in the loss of tracking.

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, treatment rooms...

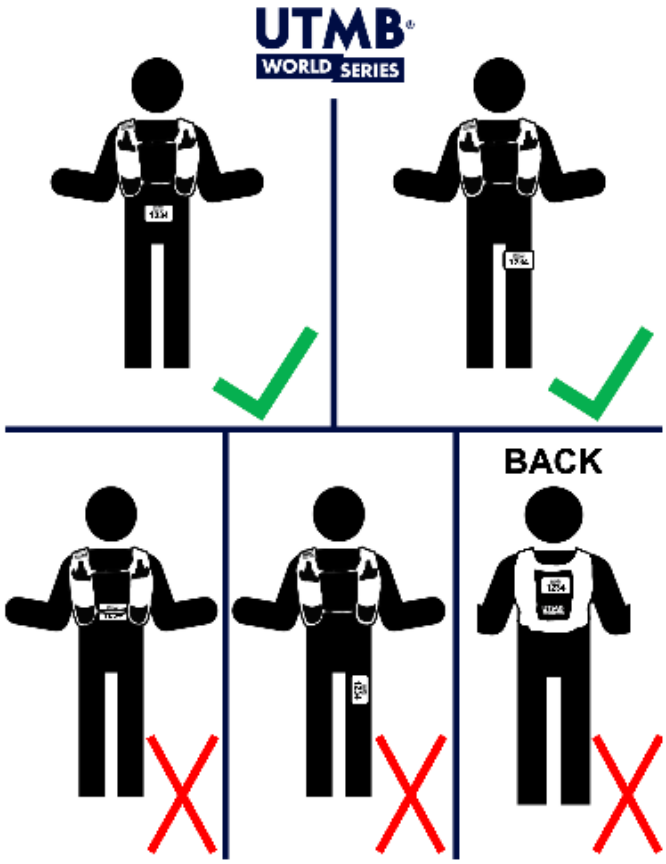

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HOW TO WEAR YOUR BIB

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

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.



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 the back of your person 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.

Eyewear
Astral Sphere

PERFORMANCE
STARTS IN YOUR **HEAD.**

RUDY PROJECT

Rudy Project R&D division. © all rights reserved.

COURSE MARKINGS

COURSE MARKINGS

The race course primarily follows the Skåneleden, and is marked with orange signs complemented with reflective tape.

Red White strips where the race course is not following Skåneleden and some supporting arrows where the course makes major turns.

There are signs informing when it switches from Skåneleden marking to red-white strap marking (and vice versa).

Parts of the 100M course cross private land and protected natural areas. Access outside of race day is not permitted, so please respect all signage and restricted areas.

On race day, as guests in these exceptional environments, we ask all runners to take extra care to leave no trace and minimise their environmental impact at all times.









Sylvain Cachard &
Núria Tarragó
BUFF® Athletes

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KIDS RACES

The Kullamannen Kids races give young runners the chance to explore the trails in a playful and adventurous way. Every child can join in, feel the excitement of the race, and enjoy the magic of crossing the finish line.

It's all about joy, movement, and creating lasting memories. In Kullamannen Kids, every participant is celebrated as a true adventurer.

The kids races are arranged by local sports-club. The full registration fees goes directly to the clubs.



KIDS RACE HÖGANÄS BY HÖGANÄS ATHLETICS

Time	Start	Finish
16:20, 16:40, 17:00	Höganäs Church	Höganäs Church

KIDS RACE BÅSTAD BY GREVIE GIK

Time	Start	Finish
11:30	Båstad, Hotel Skansen Seaside	Båstad Centercourt

Sign up to the races on Kullamannen by UTMB webpage or just before start by the startarea.
All the kids get a BiB and medal at the finish.




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www.nirvanasportstravel.com
ABTA
The Travel Association

ENVIRONMENT

OUR PATH

Kullamannen by UTMB is not just an extraordinary race set in the stunning landscapes of Sweden—it is a trailblazer in sustainability within the world of outdoor sports. We are committed to minimizing our environmental impact while promoting sustainable practices at every stage of the race.

Our sustainability efforts include:

- Local Prioritization: We have always prioritized local communities and businesses
- Zero-Waste Mindset: Our race encourages participants to adopt a zero-waste approach
- BYOU (Bring Your Own Utilities) Policy: We enforce a no-disposable-cups policy at aid stations.
- Trail Restoration: We actively clean and restore the trails after the race.
- Transportation Initiatives: We provide information on public transportation options and encourage shared travel among participants.
- Locally Sourced Prizes: Our prizes are sourced from local producers and businesses.
- Community Partnerships: We collaborate with local sports associations and other non-profit organizations.

YOUR DONATIONS

We love the trails we invite you to run on and the nature of our two peninsulas, including the wild sea surrounding us. This is our home on this planet, and that is why it's so important for us to preserve and take care of this place.

The runners' donations 2025 was donated to Skåneleden. The organization that take care of many of the trails we run on.



TUDOR









BLACK BAY 58

What is it that drives someone to greatness? To take on the unknown, venture into the unseen, and dare all? This is the spirit that gave birth to TUDOR. This is the spirit embodied by every TUDOR Watch. Including the TUDOR Black Bay 58, a 39mm diameter stainless steel diving watch with a Manufacture Caliber and a vintage feel. Some are born to follow. Others are born to dare.

BORN TO DARE

KULLAMANNEN BY UTMB

HEAVEN, SEA & HELL

This is the pure Scanian trail adventure



RACE CATEGORY

100M

RUNNING STONES 4 UTMB

Distance	Elevation gain	Start place	Start date	Start time
173 KM	2300 M+	HÖGANÄS CHURCH	2026-10-30	18:00



THE COURSE

Experience the ultimate challenge of the A+ 100-mile race, passing through 15 stunning nature reserves. Although the terrain is relatively flat, this race is incredibly challenging. The starting point is Höganäs, followed by a prologue to Mölle and the mythical Kullaberg, the birthplace of the powerful legend of Kullamannen. Prepare to push yourself to the limit as you take on the technical single tracks on the beautiful Kullaberg Mountain, one of Sweden's most popular nature reserves.

After 66 kilometers, you can recharge with a hearty bowl of hot soup before continuing to Stora Hult and turning right towards Båstad Aid. After 120km it is time for one last lap around Bjäre Peninsula. Only for those with the right mindset. November in Sweden brings challenging coastal Scandinavian weather, gales from the southwest, and more darkness than light. Nevertheless, participants return year after year for the unparalleled experience.

If you're inspired by the legend of Kullamannen and possess the right spirit, this race will encourage you. Overcoming adverse conditions will lead to great victories, and all who stand at the start line are heroes who will gain a lifetime of experience. Good luck to all the challengers of Kullamannen.

HOW TO GET THERE

Bus transport from Båstad to Höganäs on race day

Departure: 16:00 hrs on the 30th of October

Kullamannen by UTMB provides bus transportation from Båstad to the start in Höganäs.

Pre-book your ticket by going to My Dashboard on your confirmation and then Edit Registration.
Please note – no ticket, no bus.

If travelling by car, please see the page 14 for assigned parking areas in Båstad.

Parts of the course cross private land and protected natural areas. Access outside of race day is not permitted, so please respect all signage and restricted areas.
On race day, as guests in these exceptional environments, we ask all runners to take extra care to leave no trace and minimise their environmental impact at all times.

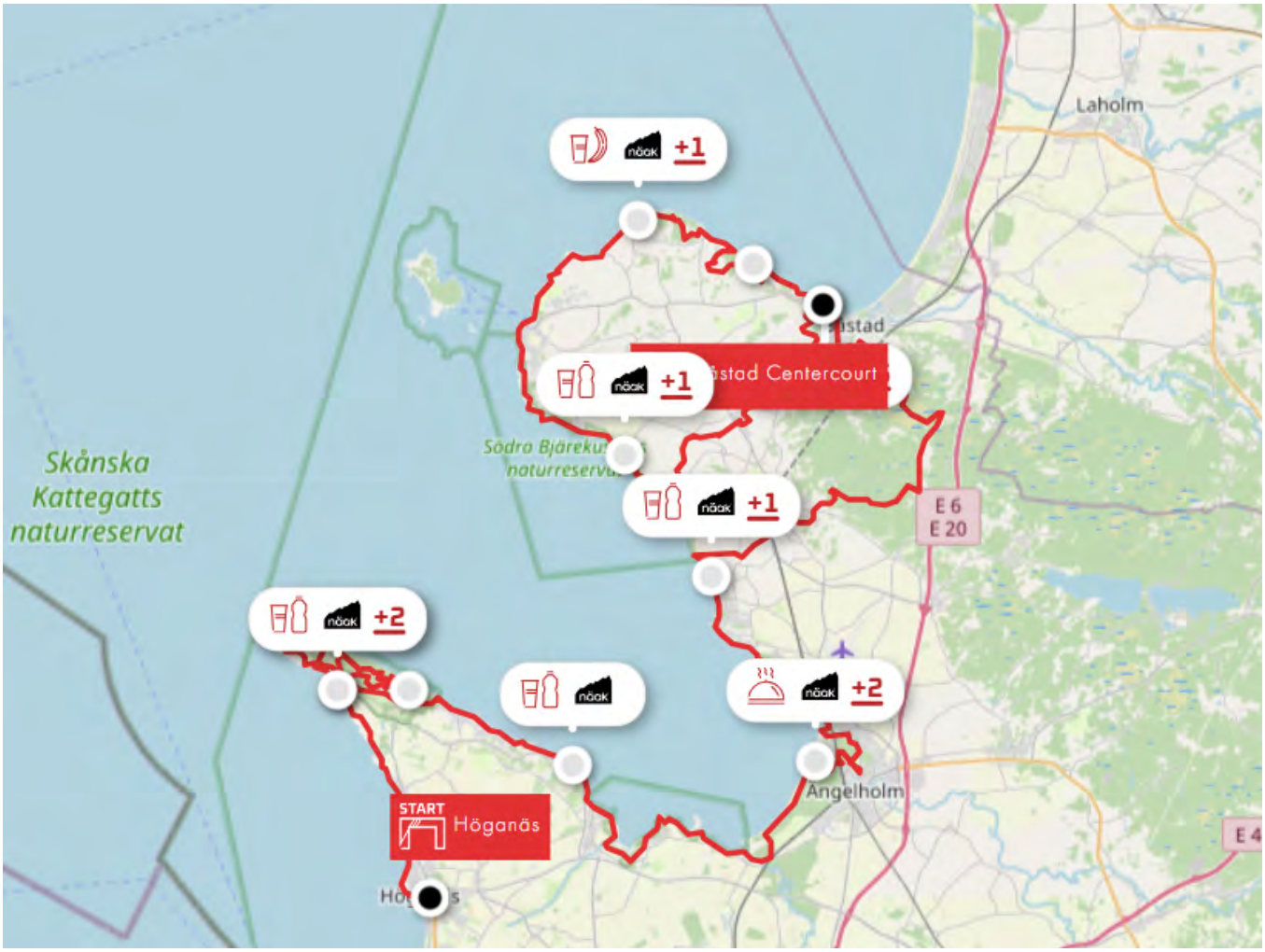
TIMETABLE

FRIDAY 30TH OCTOBER

Time	Location	What
10:00 - 15:30	Båstad	BIB distribution
16:00	Båstad	Bus departure to start
Approx. 17:00	Höganäs	Bus arrival at start
Approx. 17:15	Brukshallen, Höganäs	Racebriefing
17:30	Brukshallen, Höganäs to Start	Flagparade
18:00	Höganäs	Start!

SUNDAY 1ST NOVEMBER

02:00	Båstad	Last Finish (32h)



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

AID STATIONS & TIME CHART ULTRA 100 MILES

Point	Distance (km)	Fastest	Cut-off time	Services
Start Höganäs	0	Fri 18:00	–	START
Mölle Hamn	12	Fri 18:39		näak, medical, drink supply, WC / toilets
Mölle Hamn	32	Fri 20:17	Sat 00:30	näak, medical, drink supply, WC / toilets
Svanshall	45	Sat 21:23	–	näak, aid station, drink supply
Råbocka	65,8	Fri 23:01	Sat 08:00	näak, medical, cut-off, aid station, hot food, WC / toilets
Storahult	84,2	Sat 00:35	–	näak, drink supply, WC / toilets
Båstad Aid	118,9	Sat 03:40	Sat 18:00	näak, medical, drop bag access, aid station, drink supply, WC / toilets
Glimminge	137	Sat 05:23		näak, cut-off, drink supply, WC / toilets
Hovs Hallar	154,9	Sat 07:09	Sat 23:00	näak, cut-off, drink supply, WC / toilets
Norrviken	168	Sat 08:35		COFFEE ONLY
Finish Båstad	171,5	Sat 09:00	Sun 02:00	FINISH, hot food, medical, drink supply, WC / toilets

START STARTING LINE
FINISH FINISH LINE
DRINK SUPPLY
AID STATION
MEDICAL STATION
DROP BAG ACCESS
HOT FOOD
WC / TOILETS
CUT-OFF
ENERGY DRINKS

PLEASE SCAN TO EXPLORE MAP AND DOWNLOAD GPX FILE

https://kullamannen.utmb.world/races/ultra-100-miles
GPX-file will be accessible on the website 15th of October.

The wild side of Skåne



KULLA HALVÖN

kullahalvon.com

SPRINT ULTRA

The two peninsulas – at top speed



RACE CATEGORY

100K M

RUNNING STONES 3 UTMB

Distance	Elevation gain	Start location	Start date	Start time
108 KM	749 M+	HÖGANÄS CHURCH	2026-10-30	22:00



THE COURSE

The starting point for this race is the charming town of Höganäs. A brief 11 km flat warm-up run will prepare you for the journey ahead as you make your way towards the mythical mountain Kullaberg. The trail features small singletracks that will guide you to the north side and the Scania trail, which passes through many small fishing villages. Along the way, you will encounter ten nature reserves, each with its unique beauty.

This is a fast-paced 100 km race, with just 1000 m climb. However, some sections of the course can be technical, making it a challenging route that requires skill and perseverance. You will encounter a mix of stunning views and harsh conditions that will test your limits. But with determination and focus, you will make it to the finish line in Båstad, having completed a truly unforgettable race.

HOW TO GET THERE

Bus transport from Båstad to Höganäs on race day

Departure: 20:00 on the 30h of October

Kullamannen by UTMB provides bus transportation from Båstad to the start in Höganäs for the 100M and 100K participants.

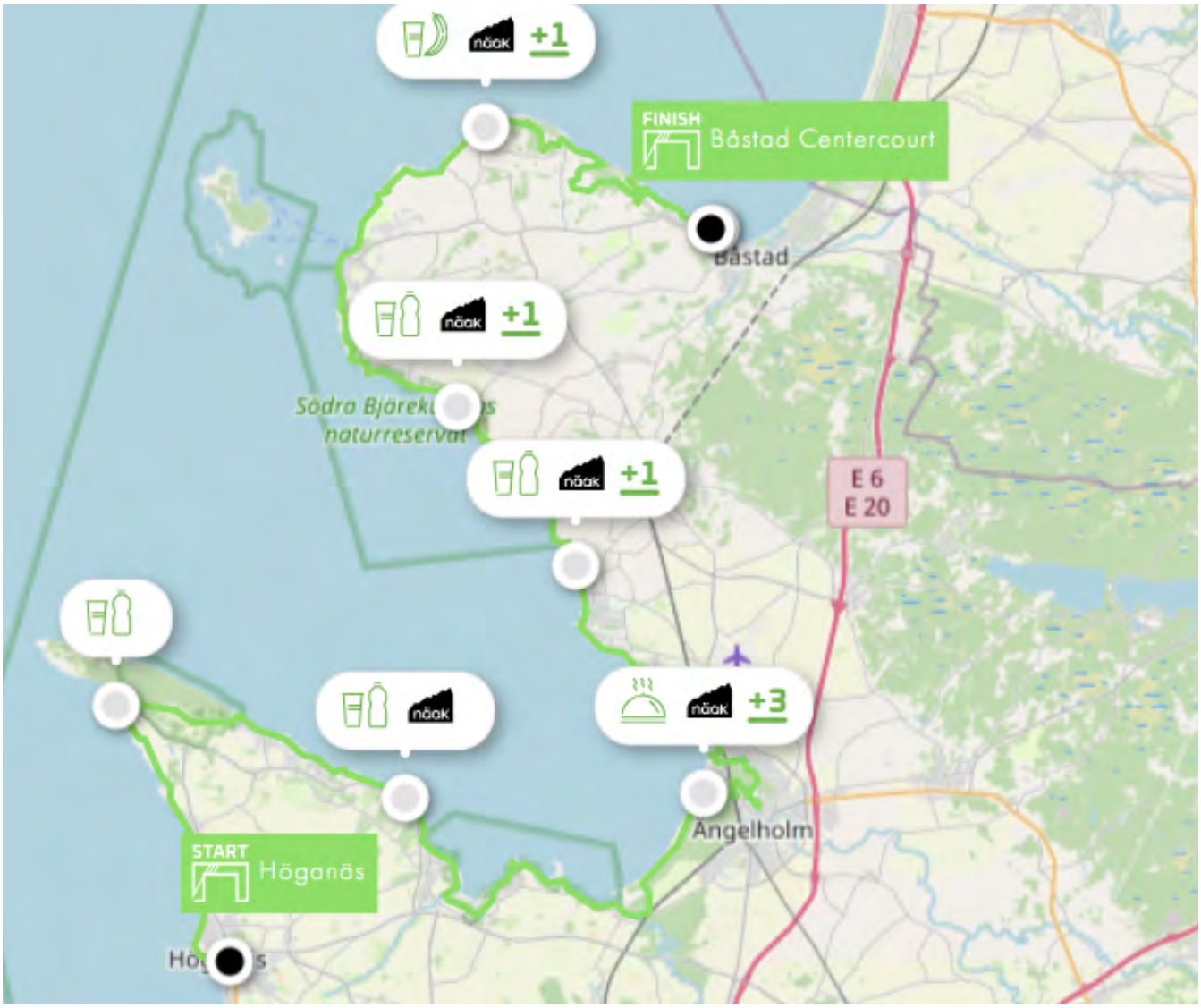
Pre-book your ticket by going to My Dashboard at your confirmation and then Edit Registration.
Please note – no ticket, no bus.

If travelling by car, please see the page 14 for assigned parking areas in Båstad.

TIMETABLE

FRIDAY 30TH OCTOBER

Time	Location	What
10:00 - 20:00	Båstad	BIB distribution
20:00	Båstad	Bus departure to start
Approx. 21:00	Höganäs	Bus arrival to start
Approx. 21:15	Brukshallen, Höganäs	Racebriefing
22:00	Höganäs	Start!



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

KULLAMANNEN BY UTMB

AID STATIONS & TIME CHART SPRINT ULTRA

Location	Distance	Fastest	Cut-off time	Services
Start Höganäs	0	0	–	START
Mölle harbour	11.8	Fri 22:41		näak
Svanshall	25,2	Fri 23:45	–	näak
Råbocka	46	Sat 01:17	Sat 11:00	
Storahult	64,4	Sat 02:46	–	näak näak
Glimminge	73.5	Sat 03:30	Sat 16:00	
Hovs Hallar	90,9	Sat 05:03	Sat 20:00	näak STOP
Norrviken	103.2	Sat 06.32		COFFEE ONLY
Finish Båstad	107,6	Sat 07:00	Sun 02:00	FINISH näak

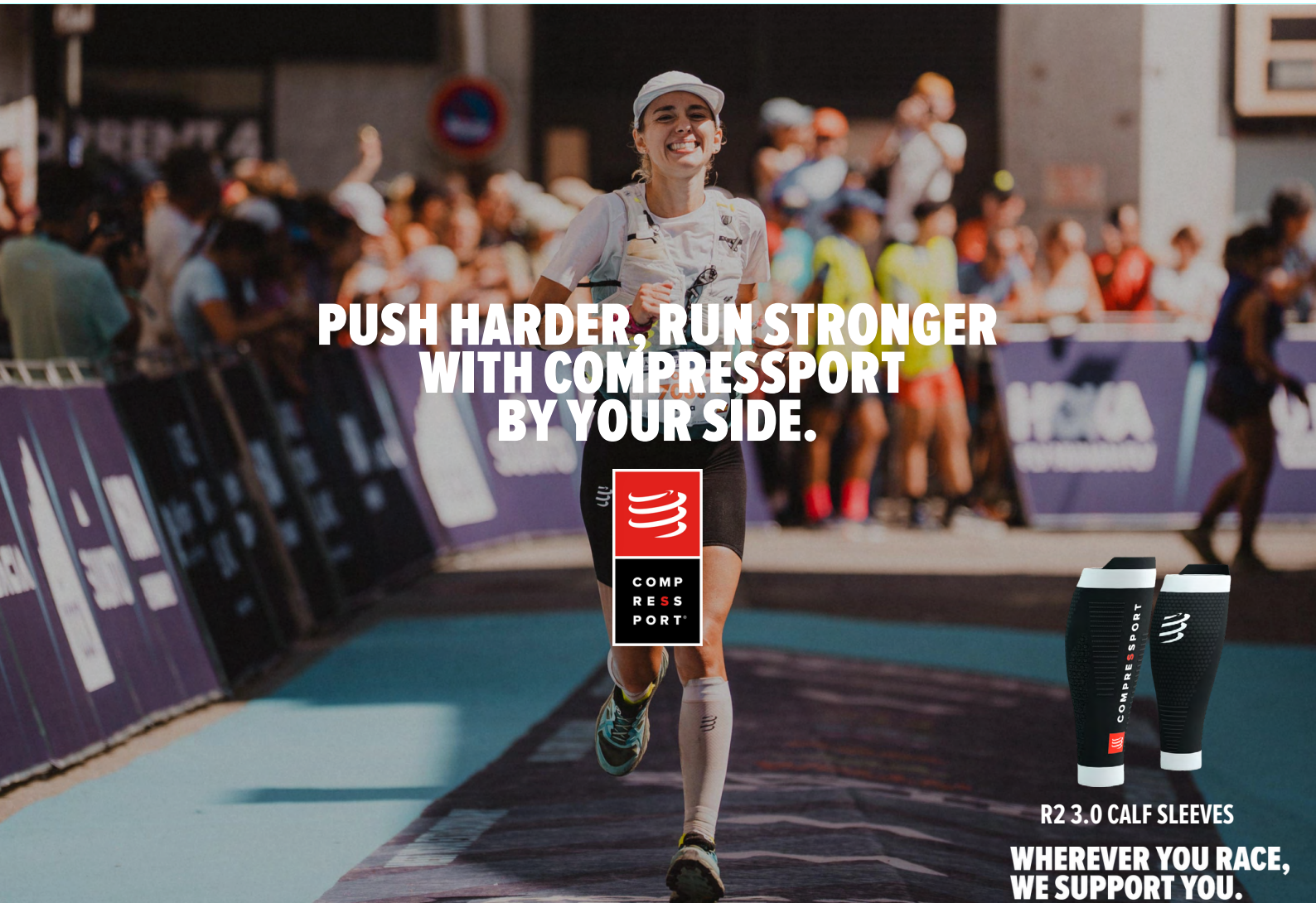
START STARTING LINE
FINISH FINISH LINE
DRINK SUPPLY
AID STATION
MEDICAL STATION
DROP BAG ACCESS
HOT FOOD
WC / TOILETS
STOP CUT-OFF
näak ENERGY DRINKS

PLEASE SCAN TO EXPLORE MAP AND DOWN-LOAD FINAL GPX FILE ON RACE DAY

https://kullamannen.utmb.world/races/sprint-ultra-100-km
Final GPX-file will be accessible on the website 26th of October.



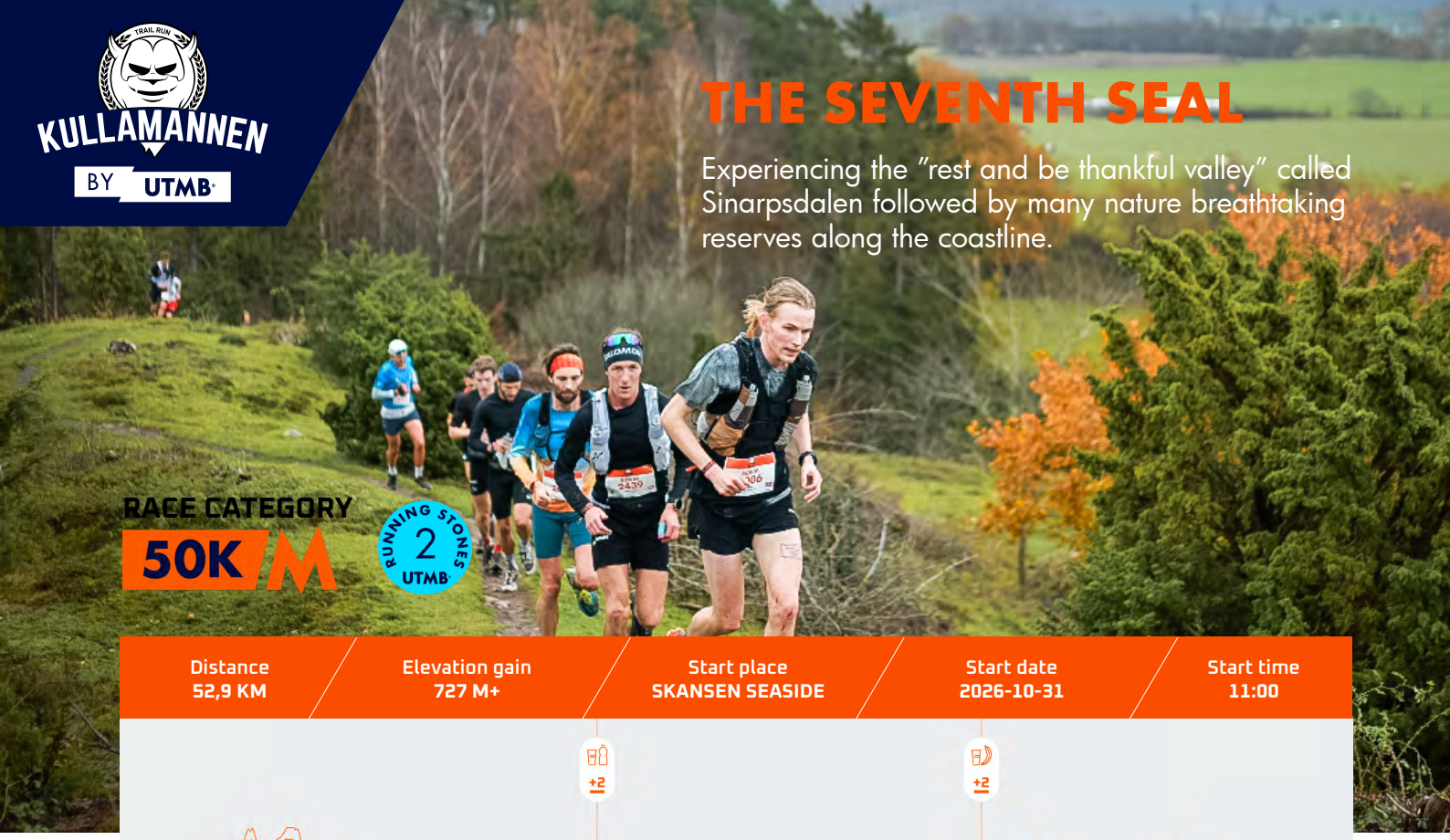

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Open-Ear Comfort
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BY YOUR SIDE.
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PORT
R2 3.0 CALF SLEEVES
WHEREVER YOU RACE,
WE SUPPORT YOU.

KULLAMANNEN BY UTMB

THE SEVENTH SEAL

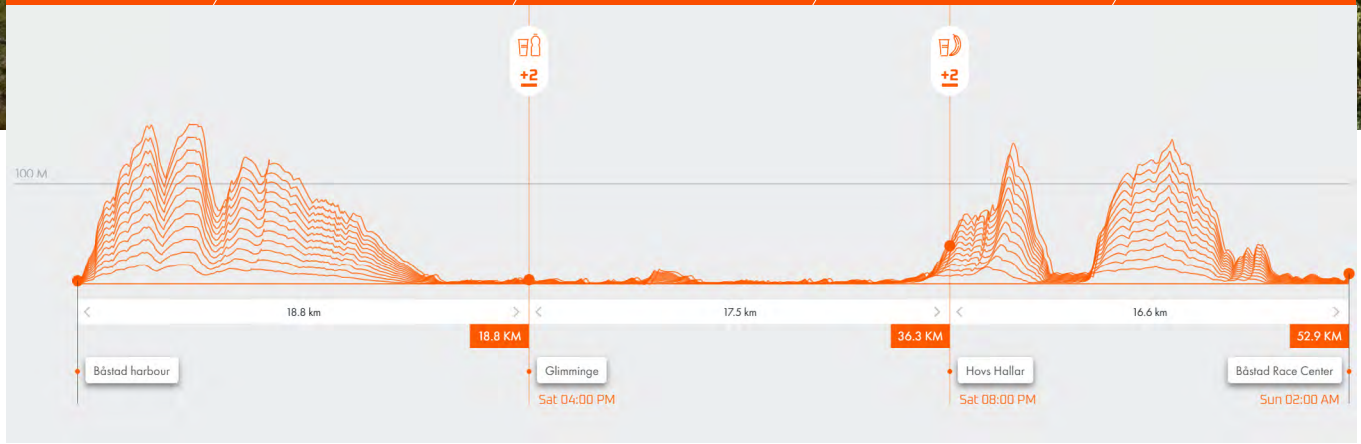
Experiencing the "rest and be thankful valley" called Sinarpsdalen followed by many nature breathtaking reserves along the coastline.



RACE CATEGORY **50K M**

RUNNING STONES 2 UTMB

Distance	Elevation gain	Start place	Start date	Start time
52,9 KM	727 M+	SKANSEN SEASIDE	2026-10-31	11:00



THE COURSE

Experiencing the Bjäre peninsula with the sea as your constant companion. The Kullamannen Seventh Seal 50 km race is a challenging and exciting event that takes runners on a scenic tour of the Bjäre Peninsula in Sweden.

The race begins in the charming town of Båstad, and the first part of the course takes runners south as they pass through the valley Sinarpsdalen and climb the ridgeline called Hallandsåsen. On top of Hallandsåsen, runners are rewarded with stunning views of the surrounding landscape, stretching all the way south to the sea at Skälderviken bay.

Continuing south, runners reach the village of Ängelbäcksstrand, where they turn west and follow the coastline. The terrain here is quite flat, and runners can pick up speed as they pass through green pastures and small villages. The first aid station is located in the small village of Glimminge, where runners can refill their water bottles and grab a quick snack before continuing.

HOW THE GET THERE

Båstad is accessible by train and bus. Please visit the local public transportation website to plan your trip. www.skanetrafiken.se

If you travel by car, please see page 27 for assigned parking areas in Båstad.

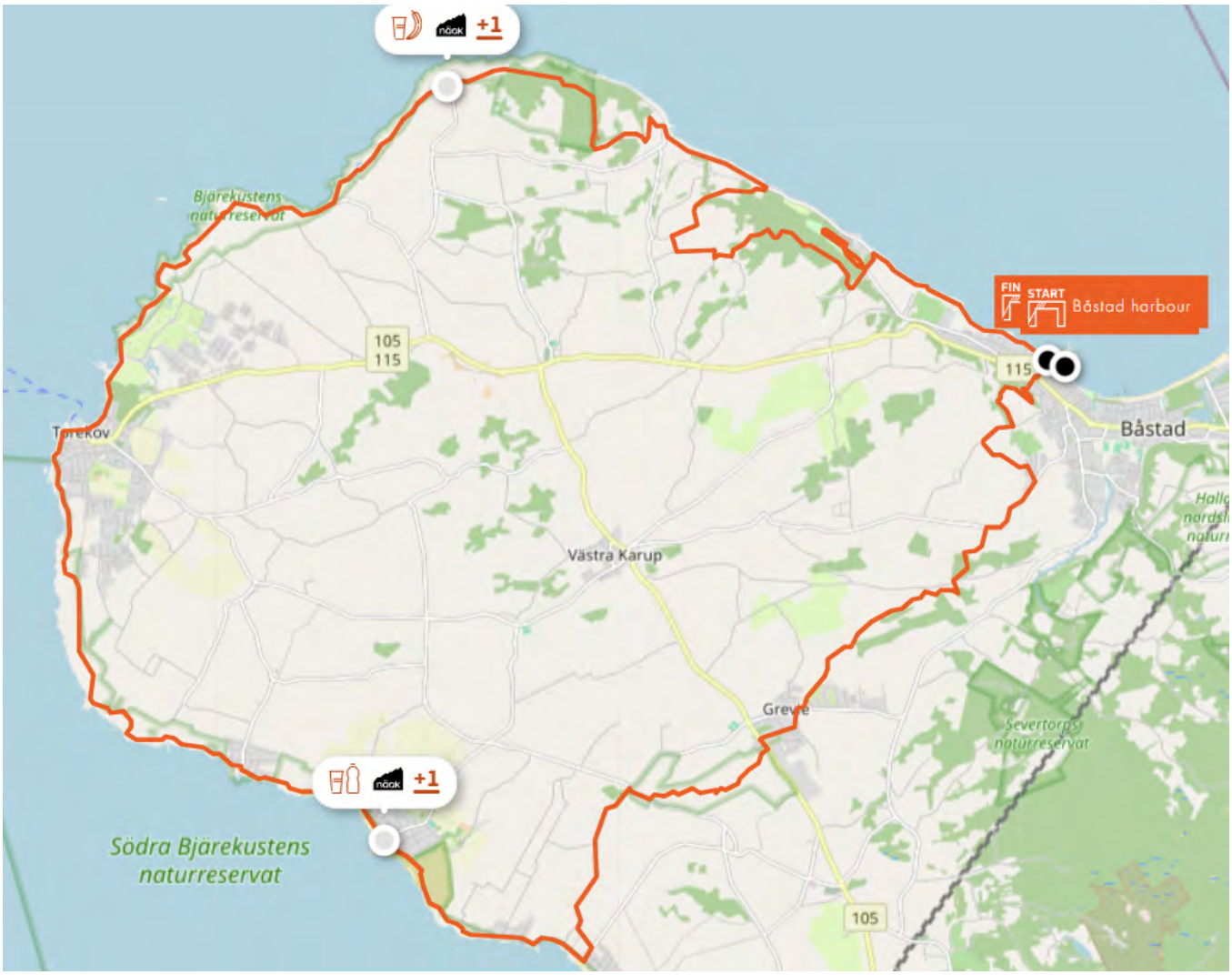
TIMETABLE

FRIDAY 30TH OCTOBER

Time	Location	What
10:00-20:00	Båstad	BIB distribution

SATURDAY 31TH OCTOBER

Time	Location	What
08:00-17:00	Båstad	BIB distribution
11:00	Båstad	Start!
18:00	Båstad	Price ceremony



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

KULLAMANNEN BY UTMB

AID STATIONS & TIME CHART SEVENTH SEAL

Point	Distance	Fastest	Slowest	Cut-off time	Services
Start Båstad	0	Sat 11:00	Sat 11:00	–	START
Glimminge	18.6	Sat 12:20	Sat 14:00	Sat 16:00	STOP näak
Hovs Hallar	36.5	Sat 13:31	Sat 16:48	Sat 20:00	STOP näak
Norrviken	48.8	Sat 14:39			COFFEE ONLY
Finish Båstad	53.2	Sat 15:00	Sat 21:00	Sun 02:00	FINISH näak STOP

START STARTING LINE
FINISH FINISH LINE
DRINK SUPPLY
AID STATION
MEDICAL STATION
DROP BAG ACCESS
HOT FOOD
WC / TOILETS
CUT-OFF
näak ENERGY DRINKS

PLEASE SCAN TO EXPLORE MAP AND DOWNLOAD GPX FILE

https://kullamannen.utmb.world/races/seventh-seal
Final GPX-file will be accessible on the website 26th of October.



PRIZE CEREMONY

PRIZE CEREMONY

We celebrate the winners at the iconic Centercourt in Båstad.

3 pm prizeceremoy top 5 Ultra 100 MIles and Sprint Ultra.

7.30 pm prizeceremony top 5 Seventh Seal and North Shore.

You will get a text as a reminder of time and place if you are top 5.

We will celebrate the winner in each age category directly after they have crossed the finishline, on the Centercourt.

There will be no collected Prize ceremony in the evening. All winners are celebrated on the Centercourt!



KULLAMANNEN WEEK

Be a part of activities in Höganäs Municipality all week, 24th of october - 2nd of november.

The week kicks off in Mölle on Saturday the 24th. Do the Legacy Run, try HOKA shoes, try NÄÄK energydrink, bring your family and do signs to cheer for the runners the coming week, meet local partners and enjoy great vibes and enjoy the famous gulash from Krukan in the harbour.

LEGACY RUN 24TH OCTOBER

Legacy Run is not a race in the traditional sense. It is a charity run created to celebrate the old Kullamannen – the raw trails, the mystery and the feeling of not quite knowing what waits around the next corner.

The course will not be revealed in advance. You simply choose your start group and follow the trail as it unfolds, running on paths that pay tribute to Kullamannen as it once was.

There are no podiums and no results to chase. This one is about the experience, the legacy and running together for a good cause. 100% of your entry fee is donated to Skåne Stadsmission.

Register to Legacy Run.

Check out the complete program for Kullamannen Week.

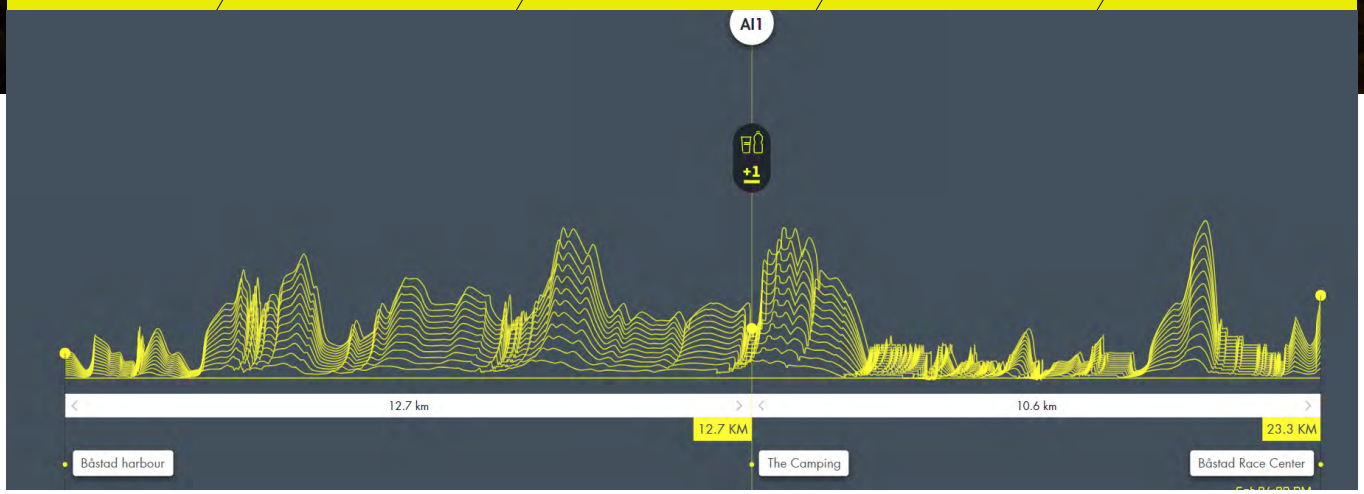
NORTH SHORE

This trip is not just a walk, but also a journey through history, bringing to life the legendary Kullamannen who once walked these grounds with quiet rebellion.

RACE CATEGORY 20K M

RUNNING STONE 1 UTMB

Distance	Elevation gain	Starting place	Start date	Time of departure
21,9 KM	83 M+	SKANSEN SEASIDE	2026-10-31	17:00pm



THE COURSE

Welcome to our brisk and exhilarating 20 km trail race, a perfect gateway for anyone keen to experience the Kullamannen adventure weekend. This race is tailored for those who prefer a fast-paced challenge over the 20 km distance.

The race kicks off at Båstad port, where you'll quickly find yourself running adjacent to the ocean, with the ocean steadfastly to your left as you head north.

The course is a dynamic mix of narrow beachside paths and compact dirt trails, offering runners a diverse terrain to conquer.

While these beaches are bustling with activity in the summer, come November, the scenario changes dramatically. The chilling northwestern winds begin to howl, clearing the beaches and leaving only the most determined runners to brave the elements. It's during this time that you'll not only challenge yourself but also share the trail with those who dare to face the ocean's fierce beauty.

HOW THE GET THERE

Båstad village is accessible by public transportation. Please visit the local public transportation website to plan your trip. www.skanetrafiken.se >

For car travel, see page 26 for parking zones. There are plenty of parking in Båstad.

NOTE

It will be dark from the start of North Shore. You will need a headlamp!

TIMETABLE

FRIDAY 30TH OCTOBER

10:00 - 20:00	Båstad	257	BIB distribution

Don't miss the opportunity to visit the UTMB World Series Shop and Expo at the Race Center in Båstad!

SATURDAY 31TH OCTOBER

08:00 - 17:00	Båstad	257	BIB distribution
17:00	Båstad	START	Start

MAP



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

AID STATIONS & TIME CHART NORTH SHORE

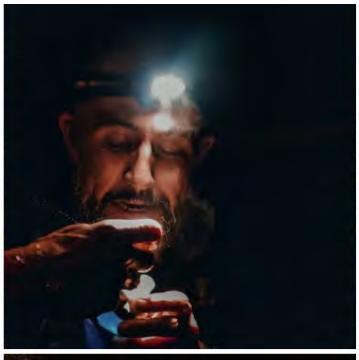
Point	Distance (km)	Fastest	Slowest	Cut-off time	Services
Skansen Seaside	0	Sat 17:00	Sat 17:00	–	START
Skummeslöv	10.5	Sat 17:29	Sat 18:39	–	näak
Båstad Centercourt	21.9	Sat 18:10	Sat 21:00	–	FINISH näak

START STARTING LINE
FINISH FINISH LINE
DRINK SUPPLY
AID STATION
MEDICAL STATION
DROP BAG ACCESS
HOT FOOD
WC / TOILETS
CUT-OFF
näak ENERGY DRINKS

PLEASE SCAN TO EXPLORE MAP AND DOWNLOAD GPX FILE

https://kullamannen.utmb.world/races/north-shore



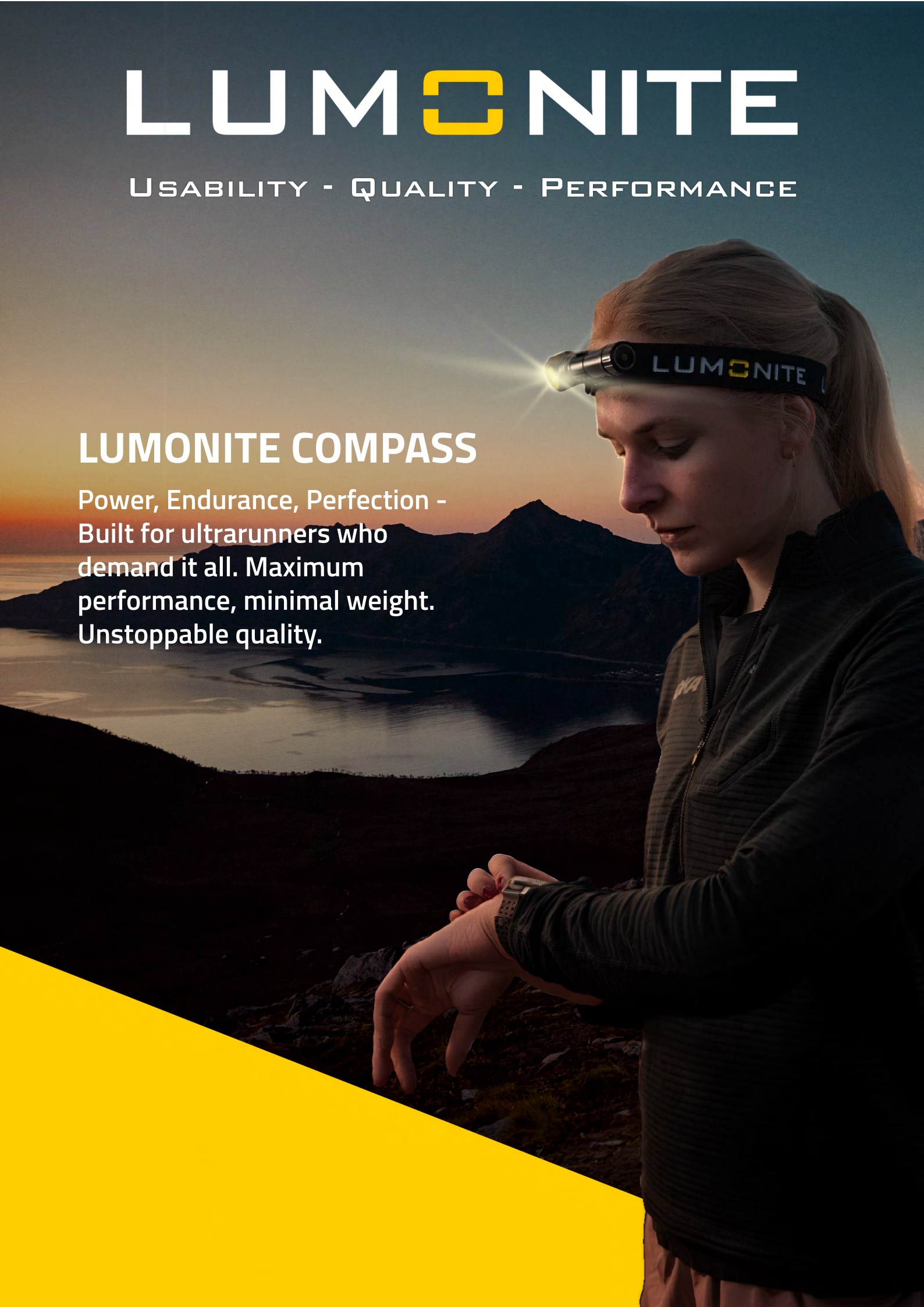







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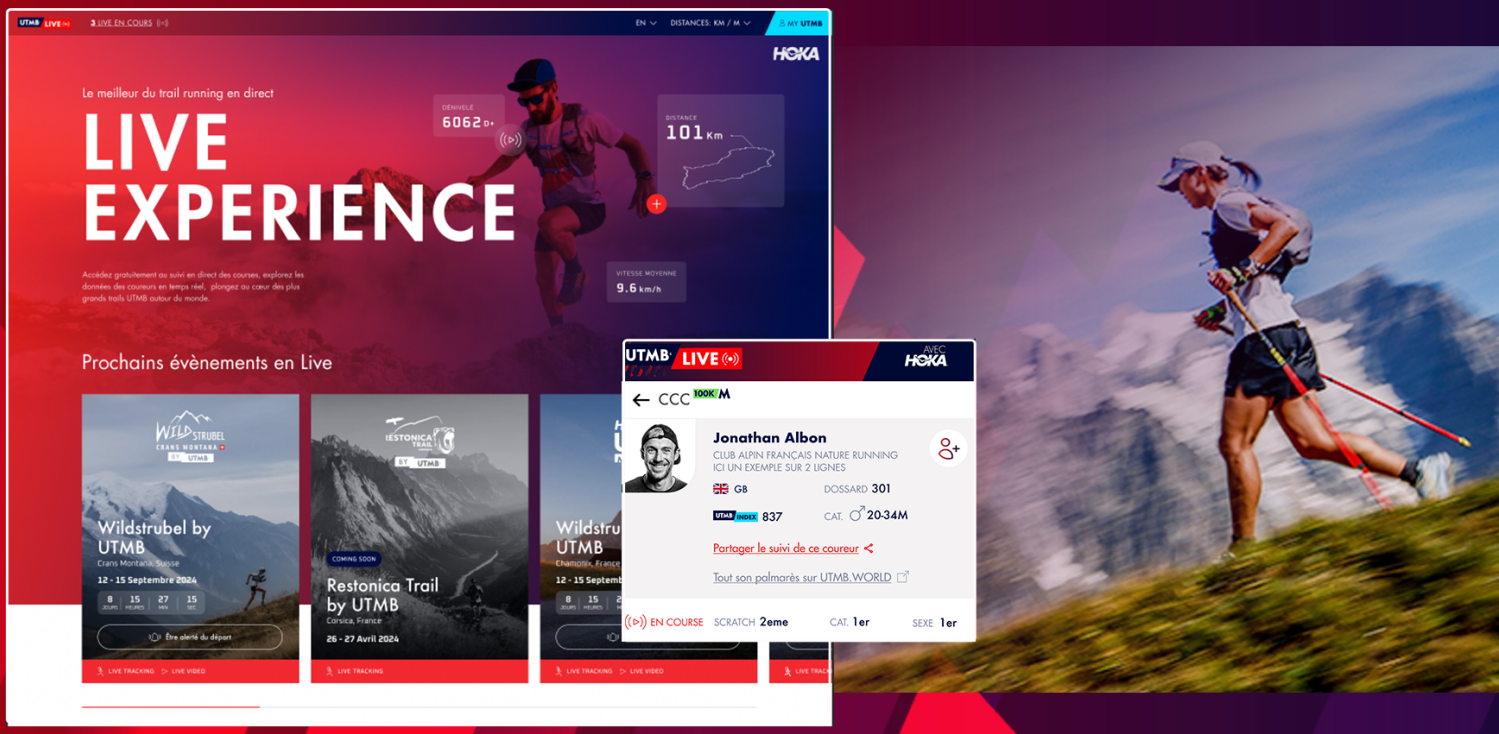


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In order to offer a complete experience on a single platform, the LiveTrail application now incorporates the functions of the LiveRun and LiveInfo applications.

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

May your weekend be pleasant
and your race demanding.

GODSPEED!

Kullamannen by UTMB
Race organization



KULLAMANNEN BY UTMB

CONTACT US
kullamannen@service.byutmb.world

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