



MOUNT YUN
雲丘100
BY **UTMB®**

RACE GUIDE
参赛指南
19-21 APRIL 2024

UTMB®
WORLD SERIES

HOKA
FLY HUMAN FLY™


SUUNTO


SHAN XI XIANG NING
山与宁静 康养福地

<https://mount-yun.utmb.world>



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关于 云丘山越野赛 BY UTMB®

春回大地，翠绿的帷幕渐展开，万亩桃林竞相绽放；这里有远离尘嚣的古道观，任你尽情享受悠然自在的闲云时光；这里还是中华农耕文明的发源地，穿越千年古村落，溯源中和非遗文化，奔走于山涧小径，体验历史与人文的完美交融。

2018年，732位跑者相聚山西云丘山景区，共同见证了首届云丘山越野赛的诞生。对每一位参与其中的跑者来说，这无疑难忘的美好开端。2023年，赛事加入UTMB®世界系列赛，通过与UTMB®战略合作，打造出一流的国内越野跑赛事品牌，使其跻身世界级赛事之列。六年时光，云丘山越野赛见证并参与了中国越野跑运动的快速发展，成功实现了赛事品牌的蜕变。

2024云丘山越野赛byUTMB®全新升级！新增UMY100M（168K）组别，从起点黄河之魂的壶口瀑布奔向云丘山中和广场，用从不停息的波涛，冲撞出云丘的精彩。以本届赛事举办为契机，联动云丘山与壶口瀑布景区，超长距离，多变的地形地貌，极致的越野体验串联黄河流域的山地越野环境。在云丘山的赛道上竞技、积累UTMB®跑石、冲刺勃朗峰之梦，一切皆有可能！云丘山越野赛组委会希望以加入UTMB®系列赛为新起点，以更专业的理念和更开拓的视野，持续推进云丘山越野赛乃至中国越野跑运动的蓬勃发展。

四月的云丘山，桃花盛开，在新绿的春意中更显绚丽，绘成一幅鲜活跃泼、充满诗情画意的自然图卷。赛事四季轮回，从霜降走向谷雨，与选手共同见证云丘春暖花开、万物复苏的奇迹。第六年，你是否已经准备好再次踏上这段旅程，与这片山川风景再次相遇？





ABOUT ULTRA-TRAIL MOUNT YUN BY UTMB®

As spring returns to the earth, the lush green curtain gradually unfolds, and thousands of acres of peach blossoms bloom in competition. Here are ancient Taoist temples far from the hustle and bustle, allowing you to enjoy leisurely cloud time to your heart's content. Here is also the birthplace of Chinese agricultural civilization, traversing ancient villages over a thousand years old, tracing the origins of Zhonghe intangible cultural heritage, wandering through mountain stream paths, and experiencing the perfect blend of history and culture.

In 2018, 732 runners gathered at the Mount Yun Scenic Area in Shanxi, witnessing the birth of the first Ultra-Trail Mount Yun. For every participant, this was undoubtedly a memorable and wonderful beginning. In 2023, Mount Yun joined the UTMB® World Series events, and through strategic cooperation with UTMB®, it established a first-class domestic trail running event brand, placing it among the world's top races. Over six years, 2024 Ultra-Trail Mount Yun by UTMB® has witnessed and participated in the rapid development of trail running in China, successfully transforming its race brand.

The UMY 100M (168KM) category is now open. With this edition, Mount Yun and Yellow River Hukou Waterfall Scenic Spot are connected, offering an ultra-long distance, diverse terrain, and an ultimate trail running experience that links the mountainous trail environment of the Yellow River Basin. Compete on the trails of Mount Yun, accumulate UTMB® running stone points, and chase the dream of Mont Blanc. Everything is possible! Organizing Committee of Ultra-Trail Mount Yun by UTMB® hopes that joining the UTMB® World Series marks a new starting point, continuing to promote the vigorous development of 2024 Ultra-Trail Mount Yun by UTMB® and even trail running in China with a more professional concept and a more pioneering vision.

In April, Mount Yun is adorned with peach blossoms, appearing even more splendid amidst the fresh green of spring, creating a vivid, poetic, and picturesque natural scroll. The race cycles through the four seasons, from the Frost's Descent to the Grain Rain, witnessing together with the participants the miracle of Mount Yun's spring awakening and the rejuvenation of all things. In the sixth year, are you ready to embark on this journey once again and meet with this landscape of mountains and rivers?

UTMB®
WORLD SERIES



世界的冰洞群 向往的云丘山

Amazing ice caves alluring Mount Yun



山西·临汾·乡宁·云丘山景区
国家5A级旅游景区

○ 京昆高速 (G5) 稷山口下15公里即到
○ www.yunqiushan.cn ☎ 0357-6034567



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 Dacia UTMB® Mont-Blanc.

FINALS

The mythic Dacia UTMB® Mont-Blanc is the world's most well-known and revered trail running event on the globe. In the heart of the Alps, the prestigious UTMB® World Series Finals is held in 3 categories: the OCC (50K), CCC® (100K) and UTMB® (100M) every year at the end of August in Chamonix, France.



MAJORS

Three UTMB® World Series Majors, are held each year across the Americas, Europe and the Asia-Pacific region. 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 42 Events around the world. Begin your quest to Dacia UTMB® Mont-Blanc and the UTMB® World Series Finals.



RUNNING STONES

You can only collect Running Stones by finishing races in the 20K, 50K, 100K or 100M category at a UTMB® World Series Event or UTMB® World Series Major.

Only 1 Running Stone acquired in the past two years is mandatory to enter the lottery. Running Stones are cumulative, have no expiration date, and each Running Stone gives you an additional chance to be drawn in the UTMB® World Series Finals lottery.



UTMB® INDEX

The UTMB® Index is calculated for each of the 4 UTMB® World Series race categories : 20K, 50K, 100K and 100M.



Trail runners are also give a general UTMB® Index calculated by combining results from all race categories. A valid UTMB® Index is mandatory to enter the UTMB® World Series Finals lottery, along with a minimum of 1 Running Stone. Your UTMB® Index is also used to define your start wave. There are over 5500 UTMB® Index races around the world where you can validate or help to improve your UTMB® Index.

DO YOU HAVE YOUR
MY **UTMB** ACCOUNT ?

THIS IS WHERE YOU CAN SEE IT ALL.



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

- See your Running Stones count
- Check your UTMB® Index
- View your race results
- Get detailed performance statistics
- See your upcoming race registrations
- Share your results with your friends



OCEANIA

- 17-18 FEB** Tarawera Ultra-Trail by UTMB®
New Zealand
- 16-19 MAY** Ultra-Trail Australia™ by UTMB®
Australia
- 28-30 NOV** Ultra-Trail Kosciuszko™ by UTMB®
Australia

EUROPE

- 22-24 MAR** Chianti Ultra Trail by UTMB®
Italy
- 04-07 APRIL** Istria 100™ by UTMB®
Croatia
- 10-12 MAY** Ultra-Trail Snowdonia by UTMB®
Wales
- 17-20 MAY** Trail Alsace Grand Est by UTMB®
France
- 01 JUNE** mozart 100™ by UTMB®
Austria
- 06-08 JUNE** Tenerife Bluetrail by UTMB®
Spain
- 14-16 JUNE** Trail du Saint-Jacques by UTMB®
France
- 14-16 JUNE** Trail 100 Andorra™ by UTMB®
Andorra
- 26-30 JUNE** La Sportiva® Lavaredo Ultra Trail® by UTMB®
Italy

- MAJOR**
- 03-07 JULY** Val d'Aran by UTMB®
Spain

- 04-06 JULY** Restonica Trail by UTMB®
France
- 05-07 JULY** Trail Verbier Saint-Bernard by UTMB®
Switzerland
- 17-21 JULY** Eiger Ultra-Trail™ by UTMB®
Switzerland

- 01-03 AUG** KAT100™ by UTMB®
Austria

- FINALS**
- 26 AUG** Dacia UTMB® Mont-Blanc
France, Italy, Switzerland

- 12-15 SEPT** Wildstrubel by UTMB®
Switzerland
- 20-22 SEPT** Julian Alps Trail Run by UTMB®
Slovenia
- 03-06 OCT** Nice Côte d'Azur by UTMB®
France
- 01-02 NOV** Kullamannen™ by UTMB®
Sweden
- 01-03 NOV** Mallorca by UTMB®
Spain



THE AMERICAS

- 12-14 APRIL** Desert RATS Trail Running Festival™ by UTMB®
USA

- MAJOR**
- 25-27 APRIL** The Canyons Endurance Runs™ by UTMB®
USA

- 09-12 MAY** Valhøll Argentina by UTMB®
Argentina

- 29-30 JUNE** Western States® 100-Mile Endurance Run
USA

- 19-20 JULY** Speedgoat™ Mountain Races by UTMB®
USA

- 02-04 AUG** Quito Trail by UTMB®
Ecuador

- 19-22 SEPT** Paraty Brazil by UTMB®
Brazil

- 20-22 SEPT** Grindstone Trail Running Festival™ by UTMB®
USA

- 28-29 SEPT** Ultra Trail Whistler by UTMB®
Canada

- 11-12 OCT** Kodiak Ultra Marathons by UTMB®
USA

- 07-09 NOV** Puerto Vallarta México by UTMB®
Mexico

UTMB® WORLD SERIES

42 EVENTS
IN 2024

AFRICA

- 24-26 MAY** Mountain Ultra-Trail™ by UTMB®
South Africa

- 22-23 JUNE** Mauritius by UTMB®
Mauritius



ASIA

- 19-21 APRIL** Ultra-Trail Mount Yun by UTMB®
China

- 03-05 MAY** Amazean Jungle Thailand by UTMB®
Thailand

- 12-13 OCT** TransJeju by UTMB®
South Korea

- 17-20 OCT** Ultra-Trail Ninghai by UTMB®
China

- 08-10 NOV** TransLantau™ by UTMB®
Hong Kong, China

- MAJOR**
- 06-08 DEC** Doi Inthanon Thailand by UTMB®
Thailand





中国·山西·吉县
ji county · shanxi · china



黄河之心 民族之魂
The Heart of the Yellow River and the Soul of the Nation

黄河壶口瀑布

旅游区

Hukou Waterfall Scenic Spot of the Yellow River

壶口瀑布是世界第一大黄色瀑布，位于晋陕峡谷中段，黄河北干流南段，山西省吉县与陕西省宜川县之间。东距吉县县城28公里，西距宜川县城40公里。

万里黄河流经此地，水面由300米宽乍缩为50余米，飞流直下，跌入落差30多米深的石槽中，形如巨壶注水，故名“壶口”。壶口景区为国家级风景名胜区、国家5A级旅游景区，被评为中国旅游胜地四十佳、中国推向世界的35张王牌景区，入列中国国家自然遗产。壶口瀑布以其独特的自然景观和文化内涵，被誉为“黄河之心·民族之魂”。


黄河壶口瀑布风景名胜区总面积263.94平方公里，以壶口瀑布为核心，与周边黄河峡谷、黄土高原独特的自然景观及历史悠久的人文景观融为一体，形成了一个风景壮美奇绝、文化底蕴深厚的旅游胜地。壶口瀑布巨浪滔天、声若雷鸣、惊涛拍岸，形成“水底冒烟”“彩桥通天”“群龙戏浪”“谷涧生雷”等奇观。景区分布着“十里龙槽”“孟门夜月”“禹帽峰”“古渡口”“克难城”等百余处自然人文景观，呈众星拱月之势。

《黄河之水天上来》，是全球首创以黄河为主题的“弧幕3D动感”影片，全景展现黄河发源、地质演变、历史变迁。《黄河大合唱》实景演出，通过歌、舞、诗、行为艺术，把黄河儿女百年来生生不息、保卫家园、波澜壮阔的宏伟画卷融于一体，表现了两岸黄河儿女的精神谱系。非物质文化遗产“搬卷”“旱地行船”“原生态唢呐”，以两岸人民生活为写照，千载传承，庾续绵延，展现了黄河两岸人民的生活图谱。



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投诉电话 山西：0357—7955577
救援电话 山西：0357—7955599

2024/04/18 星期四 Thursday, April 18th, 2024
















时间 Time	地点 Location	内容 What
14:00-22:00	中和广场 Zhonghe Square	 参赛包发放 Race Pack Distribution

2024/04/19 星期五 Friday, April 19th, 2024

时间 Time	地点 Location	内容 What
7:00-9:00	中和广场 Zhonghe Square	 UMY组别存包 (注可进行参赛包和大件行李寄存, 换装包需在起点壶口瀑布寄存) Bag Storage for UMY 100M (Runners are allowed to store their race packs and large luggage. Spare bags should be stored at the start point of Yellow River Hukou Waterfall Scenic Spot)
9:00-12:00	黄河壶口瀑布旅游区 Yellow River Hukou Waterfall Scenic Spot	 UMY组别参赛包发放 Race Pack Distribution for UMY 100M
9:00-12:00	黄河壶口瀑布旅游区 Yellow River Hukou Waterfall Scenic Spot	 UMY组别存包、换装包存包 Bag Storage for UMY 100M
12:00	黄河壶口瀑布旅游区 Yellow River Hukou Waterfall Scenic Spot	 UMY100M组别出发 UMY 100M Start
10:00-23:00	中和广场 Zhonghe Square	 DMY、MMY、EMY、KMY组别参赛包发放 Race Pack Distribution for DMY100K/ MMY 50K/EMY 20K/KMY 3K
18:00-21:00	中和广场 Zhonghe Square	 DMY100公里组别存包、换装包存包 Bag Storage for DMY 100K
20:10-20:45	中和广场 Zhonghe Square	 精英选手见面会 Elite Runner Meet-Up
20:45-21:00	中和广场 Zhonghe Square	 DMY100公里组别出发仪式 DMY 100K Start Ceremony
21:00	中和广场 Zhonghe Square	 DMY100公里组别出发 DMY 100K Start

赛事安排 TIMETABLE

2024/04/20 星期六 Saturday, April 20th, 2024

时间 Time	地点 Location	内容 What
6:30-9:30	中和广场 Zhonghe Square	 MMY50公里、EMY20公里组别参赛包发放 Race Pack Distribution for MMY 50K/EMY 20K
6:00-8:15	中和广场 Zhonghe Square	 MMY50公里组别存包 Bag Storage for MMY 50K
7:00-9:30	中和广场 Zhonghe Square	 EMY20公里组别存包 Bag Storage for EMY 20K
8:00	中和广场 Zhonghe Square	 MMY50公里组别第一枪出发 MMY 50K Wave 1 Start
8:15	中和广场 Zhonghe Square	 MMY50公里组别第二枪出发 MMY 50K Wave 2 Start
9:00	中和广场 Zhonghe Square	 EMY20公里组别第一枪出发 EMY 20K Wave 1 Start
9:15	中和广场 Zhonghe Square	 EMY20公里组别第二枪出发 EMY 20K Wave 2 Start
9:30	中和广场 Zhonghe Square	 EMY20公里组别第三枪出发 EMY 20K Wave 3 Start
9:30-18:00	中和广场 Zhonghe Square	 亲子组KMY 3K参赛包发放 Race Pack Distribution of KMY 3K
14:30-15:30	中和广场 Zhonghe Square	 UMY、DMY、MMY、EMY颁奖仪式 Prize Giving Ceremony
15:30-16:00	中和广场 Zhonghe Square	 DMY瓜分奖颁奖仪式 Sharing Award Ceremony for DMY 100K
16:00-16:30	中和广场 Zhonghe Square	 EMY瓜分奖颁奖仪式 Sharing Award Ceremony for EMY 20K
17:30	中和广场 Zhonghe Square	 EMY20公里组别关门 EMY 20K Finished
18:00-18:30	中和广场 Zhonghe Square	 MMY瓜分奖颁奖仪式 Sharing Award Ceremony for MMY 50K
23:15	中和广场 Zhonghe Square	 MMY50公里组别关门 MMY 50K Finished



ALL-OUT TRAIL POWER

TECTON X 2

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SUUNTO

Adventure
Starts
HERE

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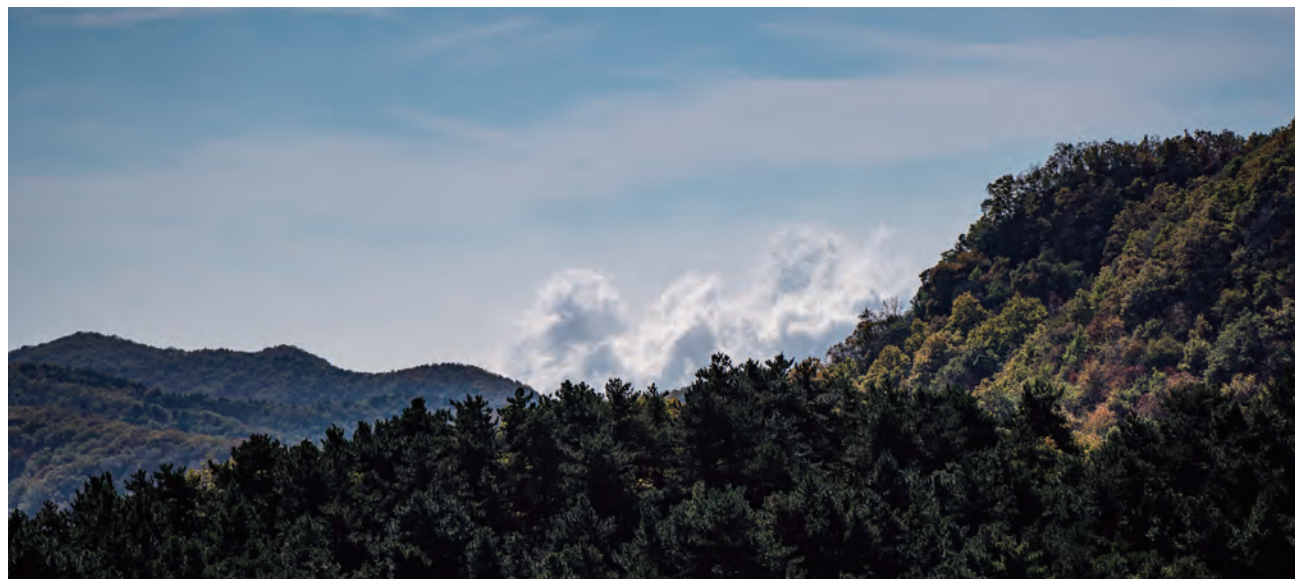


NEW
SUUNTO RACE
适用于比赛和训练的
竞技训练腕表



2024/04/21 星期日 Sunday, April 21st, 2024

时间 Time	地点 Location	内容 What
1:00	中和广场 Zhonghe Square	 DMY100公里组别关门 DMY 100K Finished
7:00-9:00	中和广场 Zhonghe Square	 亲子组KMY 3K参赛包发放 Race Pack Distribution of KMY 3K
9:00	中和广场 Zhonghe Square	 KMY亲子3公里组别出发 KMY 3K Start
9:30-10:00	中和广场 Zhonghe Square	 UMY瓜分奖颁奖仪式 Sharing Award Ceremony for UMY 100M
11:00	婚俗广场 Marriage Culture Courtyard	 KMY亲子3公里组别关门 KMY 3K Finished
12:00	中和广场 Zhonghe Square	 UMY168公里组别关门 UMY 100M Finished



赛事重要点位

1. 起点位置

UMY 100M: 山西黄河壶口瀑布旅游区

DMY 100K/MMY 50K/EMY 20K/KMY 3K: 中和广场

2. 终点位置

UMY 100M/DMY 100K/MMY 50K/EMY 20K: 中和广场

KMY 3K: 婚俗广场

3. 领物地点

中和广场&黄河壶口瀑布旅游区游客中心

4. 领取时间

2024年4月18日, 14:00-20:00, 中和广场, 所有组别均可领取

2024年4月19日, 09:00-12:00, 黄河壶口瀑布旅游区游客中心, UMY 100M组别可领取

2024年4月19日, 10:00-23:00, 中和广场, DMY 100K、MMY 50K、EMY 20K、亲子KMY 3K组别可领取

2024年4月20日, 06:30-09:30, 中和广场, MMY 50K、EMY 20K组别可领取

2024年4月20日, 09:30-18:00, 中和广场, 亲子组别可领取

2024年4月21日, 07:00-09:00, 中和广场, 亲子组别可领取

5. 赞助商

UTMB®世界系列赛顶级合作伙伴: HOKA

UTMB®世界系列赛技术合作伙伴: SUUNTO颂拓

UTMB®世界系列赛供应商: BUFF, CamelBak驼峰, Compressport, 韶音, Vibram

赛事合作伙伴: 3M新雪丽, 水力速, SILVA

赛事供应商: KT Tape, 康玛士, SIS, 云望创新, Sidas, Black Diamond, 赛思铠越野照明

6. 赛事村

开放时间: 4月18日12:00-4月21日12:00

举办地点: 临汾市云丘山景区商业街

服饰综合: adidas TERREX、凯乐石、引擎鸟、知行合逸、UTO、BigK 大K、雀、优极、News Research 柘石

功能装备: injinji、Ultimate Direction、Altra、奥尼捷、博锐斯、奈特科尔、杖一、Fenix、RUDY PROJECT、

户外特工、练己、X-ZOSKAI

功能康复: 菲艾特小绿管、iPerMove/爱跑猫

汽车: 广汽本田·新瑞店

1.Start Area

UMY 100M: Yellow River Hukou Waterfall Scenic Spot in Shanxi
DMY 100K/MMY 50K/EMY 20K/KMY 3K: Zhonghe Square

2.Finish Area

UMY 100M/DMY 100K/MMY 50K/EMY 20K: Zhonghe Square
KMY 3K: Marriage Culture Courtyard

3.Race Pack collection

Zhonghe Square& Tourist Center of Yellow River Hukou Waterfall Scenic Spot

4.Collection Time

18th April 2024, 14:00-22:00, Zhonghe Square, available for all categories
19th April 2024, 09:00-12:00, Tourist Center of Yellow River Hukou Waterfall Scenic Spot, only available for UMY 100M
19th April 2024, 10:00-23:00, Zhonghe Square, available for DMY 100K、MMY 50K、EMY 20K、KMY 3K
20th April 2024, 06:30-09:30, Zhonghe Square, available for MMY 50K、EMY 20K
20th April 2024, 09:30-18:00, Zhonghe Square, only available for KMY 3K
21st April 2024, 07:00-09:00, Zhonghe Square, only available for KMY 3K

5.Partners

Premier Partner of UTMB® World Series: HOKA
Technical Partner of UTMB® World Series: SUUNTO
Suppliers of UTMB® World Series: BUFF, CamelBak, Compressport, SHOKZ, Vibram
Event Partners: 3M THINSULATE, BeyondWater, SILVA
Event Suppliers: KT Tape, Kindmax, SIS, Rheofit, Sidas, Black Diamond, CYANSKY

6.Ultra-Trail Village

Opening Date: April 18th 12:00 - April 21st 12:00
Location: Commercial Street, Mount Yun Scenic Area, Linfen City

Clothing Complex: adidas TERREX、FUGA、引擎鸟、知行合逸、UTO、BigK 大K、雀、优极、News Research
Functional Equipment: injinji、Ultimate Direction、Altra、AONIJE、POHINIX、NITECORE、ZENONE、Fenix、RUDY PROJECT、户外特工、练己、X-ZOSKAI

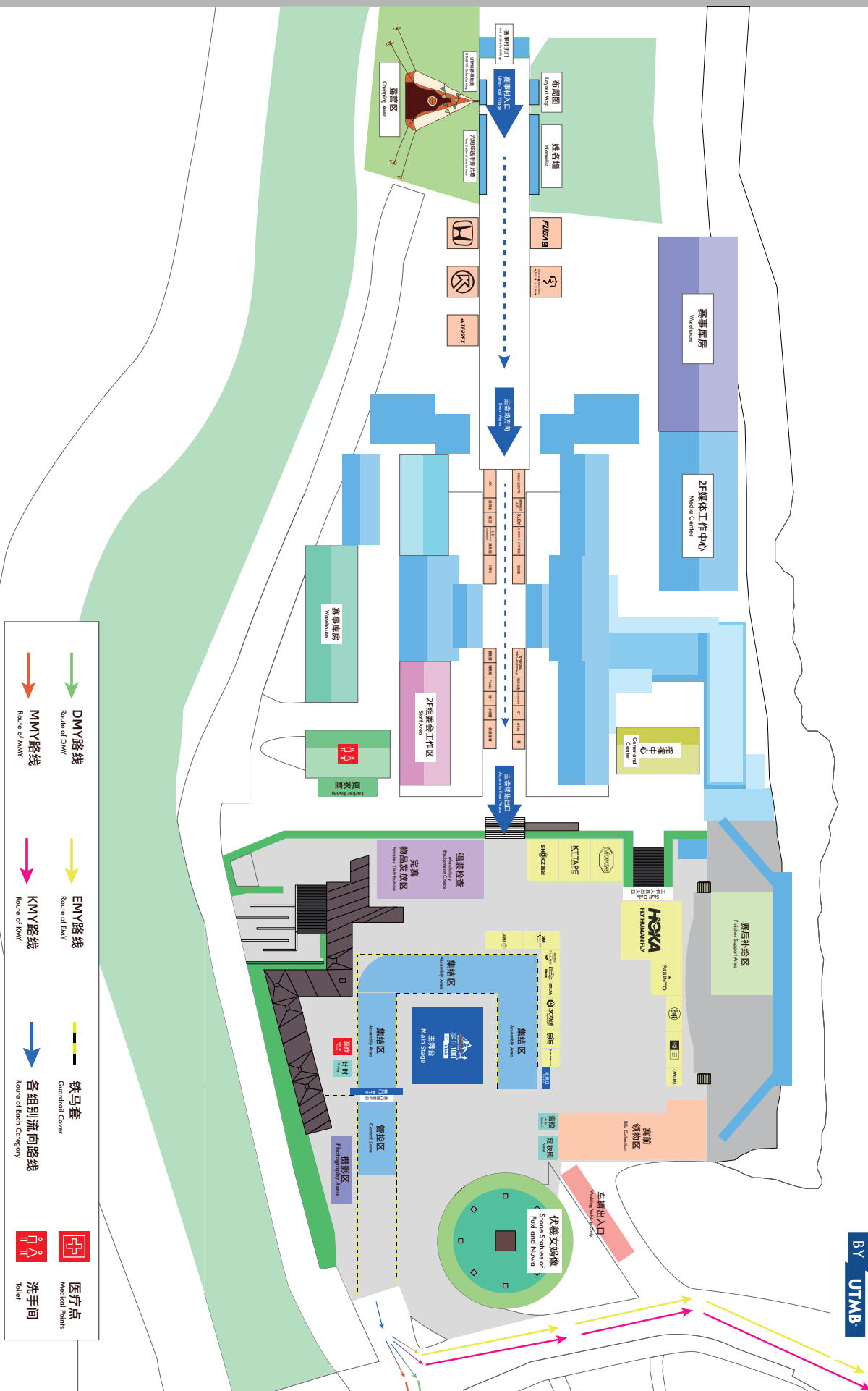
Functional Rehabilitation: 菲艾特小绿管、iPerMove

Automobile: 广汽本田·新瑞店

起点布局图

LAYOUT MAP OF START AREA

UTMB®
WORLD SERIES



(一) 选手承诺

1. 完全了解所报名项目的距离及越野跑的特殊性，并为此做好充分训练。
2. 在山上拥有个人自主能力，及比赛过程中能独立面对可能发生的任何类型的问题；
 - 1) 按要求携带强制装备，以应对天气变化（夜晚、风、寒冷、雾、雨雪等情况）。
 - 2) 知道如何管理由极度疲劳导致的身体或精神问题—例如消化问题、肌肉或关节疼痛、小伤口等。
 - 3) 充分了解参加越野跑赛事安全问题取决于自身应对突发情况的能力。
3. 自己及其家人朋友必须尊重自然、尊重他人以及遵守比赛规则。
4. 保证手机全程开机，禁开飞行模式，确保能够接收到赛事信息。
5. 阅读并同意《竞赛规程》及《报名须知》等赛事规程文件。

(二) 半自主完成

选手应了解比赛遵循半自主原则。在两个补给站之间的比赛中，选手应携带足量的食物，水和装备。根据赛道情况，选手还应做好准备，以应对恶劣天气或突发情况。自给自足原则意味着以下规则：

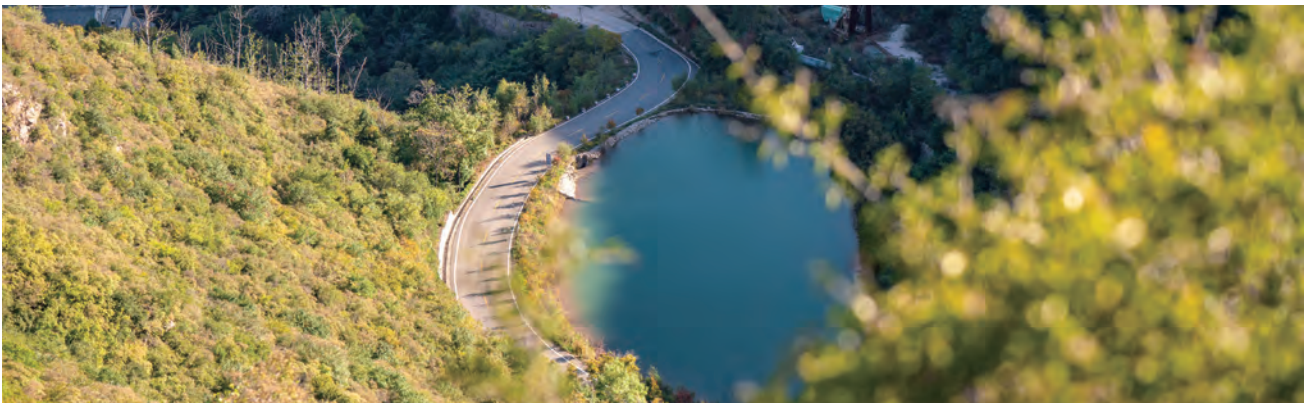
1. 参赛途中，选手必须全程携带全部的强制装备。装备应装在越野包里（背包或腰包），途中不允许更换装备。比赛中，工作人员/指引人员可以随时检查越野包以及包内物品。选手有义务配合强制装备检查。如果强制装备检查不合规，选手将面临被取消参赛资格的风险。
2. 补给站提供可现场食用的食物和饮料。离开每个补给站时，选手应确保带有足量的饮料和食物支撑其到达下个补给站。
3. 对于100M，100K和50K组别的选手，根据规定，允许在指定补给站划定区域内为选手提供私人援助。但仅允许一人援助，且仅能提供一个容量不超过30升的补给包。严禁参赛选手团队成员提供医疗救助，只允许进行按摩和水泡治疗等护理，补给站的休息区仅供选手使用。
4. 在补给站明确标记的观众陪跑区之外，不允许任何未报名参赛人员陪跑。接受在非指定区域陪跑的选手将违反自给自足原则，工作人员/指引人员或站长有权对选手进行处罚。

选手严禁携带狗或其他动物参赛，包括服务型动物。

允许提供援助的点位列表请查阅赛事官网。

(三) 安全和医疗救助

1. 比赛路线上设有多个医疗点，也可以直接联系号码布上的应急救援电话：18534365898。医疗点旨在通过主办方或公共资源来帮助任何陷入危险的人；
2. 选手可以通过以下途径寻求帮助：
 - 前往医疗点
 - 联系号码布上的应急救援电话：18534365898
 - 向其它选手呼救，并提醒赛事医疗团队
 - 每位选手都必须对任何其它陷入危险的选手伸以援手，并提醒赛事医疗团队
3. 受参赛环境限制，等待救援的时间可能会超出预期。请务必带好您的强制装备，并根据个人所需准备其他参赛物品；
4. 组委会在比赛期间提供免费现场急救性质的医务治疗，但在医院救治等发生的相关费用由参赛选手自理，后续组委会协助与保险公司按保险条款进行理赔；
5. 为了保障参赛者的生命安全，经医护人员判断，如选手当前的情况可能危及到选手的人身安全时，组委会有权强制要求该选手暂时停止比赛或退出比赛。如选手执意继续比赛，将不再由组委会负责。



SAFETY INFORMATION

1. Runners' Commitment

1. To be completely aware of the length and specificity of the event and to be perfectly prepared for it;
2. To have a real capacity for personal autonomy in the mountains allowing for the runner to manage any sort of problems that might occur during this type of event:
 - 1) Know how to face up to weather conditions which could be very difficult to deal with at high altitude (night, wind, cold, fog, rain or snow) without any help;
 - 2) Know how to manage, including when alone, physical or mental problems arising from a great fatigue - such as digestive problems, muscle or articular pains, small wounds;
 - 3) To be totally aware that for such an activity in the mountains, security depends on the runner's ability to adapt to these problems;
3. That runners and their families and friends must respect nature, people and the regulations of the race.
4. Keep the phone ON at all times, airplane mode is forbidden to ensure that receive the race information;
5. Read and agree to the Race Regulation and Registration Instruction and other race regulations documents.

2. Semi-autonomy

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

1. Throughout the duration of the race each runner must have with them all their mandatory equipment. This equipment will be carried in a pack (backpack or belt); and cannot be changed along the race route. At any moment of the race, the race stewards/marshals can verify the pack and its contents. The runner is obligated to comply with these gear checks. Any non-compliant runner is at the risk of disqualification from the race.
 2. The aid stations provide drinks and food to be consumed on site. The race organizer only provides still water and/or sports/electrolyte drink for filling water bottles or hydration packs. The runner should take care to ensure they have, when leaving each aid station, the appropriate quantity of drink and food to keep them going until the following aid station.
 3. For races of the 100M, 100K and 50K, a personal assistant is allowed at certain aid stations (*), in the area specifically reserved for this use and at the discretion of the team leader. Only one person is allowed to provide assistance, which only includes providing the runner a bag with a maximum volume of 30 liters. Medical assistance given by a member of the runner's crew, is strictly forbidden, only small cares are allowed like massage and treating a blister as long as the runner remain seated on a chair and does not have to lie. The rest of the aid station is strictly reserved for the runners.
 4. It is forbidden to accompany or be accompanied along any part the race route by a person not registered for the race, outside of the spectator run zones which are clearly marked in the proximity of the aid stations. A participant who accepts being accompanied outside of the designated zones violates the principle of self-sufficiency. The 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.
The list of place where assistance is tolerated is available on the event website.

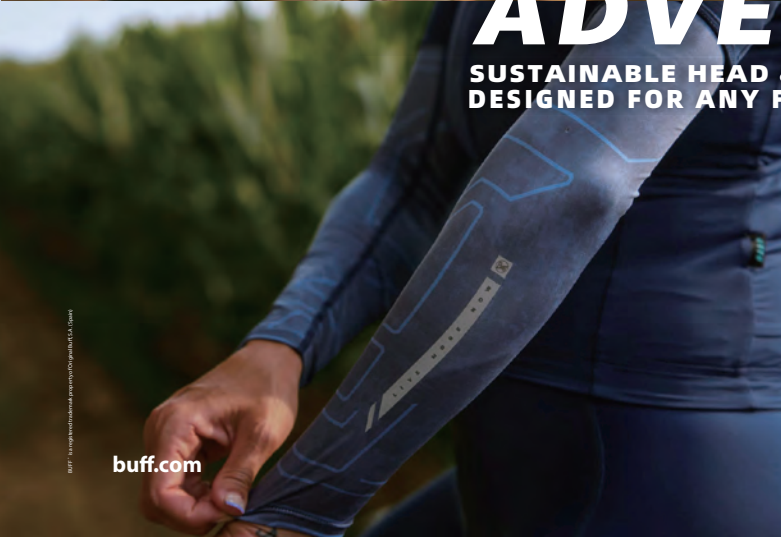
3. Safety and Medical Assistance

1. There are several medical stations along the route, runners can also contact the emergency response number: 18534365898 directly on the race bib. Medical stations are intended to assist any person in danger with the organization's own or public means;
2. It is up to a runner in trouble or seriously hurt to call for the help:
 - By going to a medical aid station
 - By calling the emergency response number: 18534365898
 - By asking another runner to alert the medical team
 - Every runner must give assistance to any person in danger and alert the medical team
3. Do not forget that any kind of unexpected events - linked to the environment and the race - 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;
4. The organizing committee will provide free first-aid during the race, but the runners will bear all costs generated in the hospital. The committee will subsequently assist runners and the insurance company in settling claims under insurance terms;
5. To ensure the runners' life safety, if, based on the judgment of the medical staff, any runner is in a situation that might endanger personal safety, the organizing committee has the right to compel them to stop racing for the moment or withdraw from the race. If they insist on continuing to the race, the committee will no longer be liable;



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Decreasing the risk of injury and cramps.



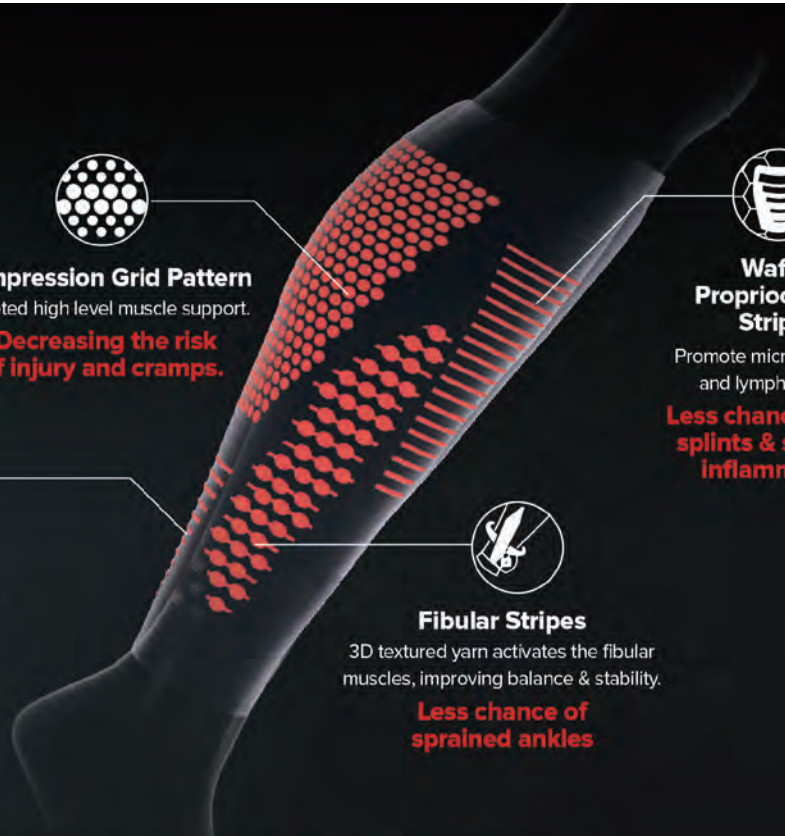
Waffle Proprioceptive Stripes
Promote microcirculation and lymphatic flow.
Less chance of shin splints & stomach inflammation



Achilles Proprioceptive Stripes
Promotes support and microcirculation to the achilles tendon.
Added support & less inflammation



Fibular Stripes
3D textured yarn activates the fibular muscles, improving balance & stability.
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1. 号码布

选手领取号码布时需持领物凭证（详细信息请查阅《领物须知》）。号码布必须佩戴于胸前或腹部，保证整个赛事过程中不被遮挡。号码布是参赛选手进入起点集结区、补给站、终点、存取包的凭证。

号码布示例如下：

UMY 100M	DMY 100K	MMY 50M	EMY 20M	KMY 3M
				
				
				
				
				

2. 奖项设置

1) 名次奖

组别	第一名 (男/女)	第二名 (男/女)	第三名 (男/女)	第四名 (男/女)	第五名 (男/女)
UMY 100M	15,000.00	12,000.00	10,000.00	7,500.00	5,000.00
DMY 100K	12,000.00	10,000.00	7,500.00	5,000.00	4,000.00
MMY 50K	10,000.00	7,500.00	5,000.00	4,000.00	3,000.00
EMY 20K	5,000.00	4,000.00	3,000.00	2,000.00	1,000.00

注：上述奖金需征收20%的个人所得税，由获奖选手本人承担，组委会代扣代缴。UMY168公里、DMY100公里、MMY50公里、EMY20公里各组别前五名获奖选手按照枪声成绩录取，其余奖项及名次确认以净计时为准。

竞赛办法

2) 瓜分奖

“瓜分奖”旨在鼓励更多参赛选手勇于完成个人挑战，UMY 168公里、DMY 100公里、MMY 50公里、EMY 20公里各组别男女选手在规定时间内完成比赛均可参与瓜分各组别60000元现金,奖金设置共计24万。

组别	奖金	性别	时间
UMY 100M	60000	男	32小时30分钟及以内
		女	37小时及以内
DMY 100K	60000	男	15小时40分钟及以内
		女	17小时10分钟及以内
MMY 50K	60000	男	7小时30分钟及以内
		女	8小时40分钟及以内
EMY 20K	60000	男	4小时15分钟及以内
		女	4小时40分钟及以内

3.分枪起跑

所有选手必须于各组别发枪前5分钟完成检录，进入指定集结区域，各组别发枪时间详见赛事日程安排。其中，MMY50公里组别分两枪，EMY 20公里组别分三枪，选手需根据号码布上的发枪时间提前5分钟完成检录，并进入指定集结区域。

UMY168公里组参赛选手必须于4月19日11:55前进入指定区域集结，12:00准时发枪。

DMY100公里组参赛选手必须于4月19日20:55前进入指定区域集结，21:00准时发枪。

MMY50公里组第一枪参赛选手必须于4月20日7:55前进入指定区域集结，8:00准时发枪；第二枪选手按发枪时间顺延。

EMY20公里组别第一枪参赛选手必须于4月20日8:55前进入指定区域集结，9:00准时发枪；第二枪、第三枪选手按发枪时间顺延。

KMY亲子3公里组别参赛选手必须于4月21日8:55前进入指定区域集结，9:00准时发枪。

4.物品寄存

1) UMY168公里组别的选手最多可在起点处寄存3个包，DMY100公里组别的选手最多可在起点处寄存2个包，MMY50公里和EMY20公里组别的选手最多可在起点处寄存1个包，亲子定向组选手组委会不提供寄存服务。选手需使用组委会发放的存包贴在包外指定位置清晰标明参赛号码。UMY 168公里组别的选手可分别寄存两个换装包至换装点U5乾健驾校和U10乡宁体育馆，DMY100公里组别的选手可寄存一个换装包至换装点D6安汾，比赛开始后组委会将安排车辆将换装包运送至上述地点；

2) 终点寄存包领取截止时间：4月21日14:00。中途退赛并自行离开的选手请于4月21日14:00前联系组委会，并告知参赛号码以便安排领取寄存包；

3) UMY168公里组U5乾健驾校换装包发车时间：4月20日03:00；U10乡宁县体育馆换装包发车时间：4月20日05:30，11:30，16:30；DMY100公里组安汾换装包发车时间：4月20日07:00，11:00，15:30。由于道路管控等因素，组委会无法保证退赛选手在转运到终点中和广场后，其所寄存的换装包已回到终点中和广场；

4) 贵重物品、易碎物品和危险物品请勿放置在寄存包内，如若发生寄存包内物品的丢失，损坏或安全事故，责任由参赛者自行承担。

5.计时办法

1) 本次比赛采用感应计时办法，感应计时芯片将在选手通过起点线开始计时；

2) 在起终点、各打卡点设立计时点，参赛选手需通过所有计时点；

3) 号码布袋中含两片芯片，一片已粘贴于号码布背面，另一片需要使用扎带绑缚在越野包后侧明显位置。若芯片被覆盖住，将感应不到计时成绩。

6.补给站&换装点

赛道上将设置若干补给点，补给品类型包括：水、运动饮料、热食、能量食品等多种补给；

UMY 168公里组：设置两个换装点，分别是U5乾健驾校和U10乡宁体育馆，除换装服务外，该补给站还提供行军床，供选手休息；

DMY 100公里组：设置一个换装点：D6安汾，除换装服务外，该补给站还提供行军床，供选手休息。

7. 赛道指引

赛道中会使用带赛事标识的丝带、指示牌、警戒线作为赛道标识，在比赛过程中若超过200米没有发现赛道标识，请通过手机中预存的轨迹核实自己是否在正确的路线中，并返回正确的路线。各组别路线图及轨迹详见赛道详情。赛道指引牌示例如下：



8. 强制装备

- 1) 所有选手必需全程携带所有强制装备，建议装备可根据比赛当天情况选择性携带。如强制装备调整，将于赛前公告。
- 2) 为践行赛事环保理念，各补给站将不再提供一次性餐具。组委会将为选手免费提供便携餐具，选手也可根据个人生活习惯使用自行携带的便携餐具。
- 3) 组委会在赛前根据天气情况，有权利要求选手追加强制装备的种类及数量并在入场集结前进行检查；
- 4) 强制装备清单并不涵盖参赛者所有装备，请参赛者根据自身的能力和当日的天气情况决定是否需要添加装备；
- 5) 参赛选手在领取参赛物品前，必须携带强制装备清单中所有装备并接受检查，不符合条件者将无法办理参赛物品领取手续；
- 6) 组委会将在赛道中进行强制装备检查，一旦发现选手出现强制装备缺失的情况，将严格按照处罚规定进行处理。UMY168公里组将在U5乾健驾校进行强制装备检查，DMY100公里组别将在D6安汾补给站进行强制装备检查，MMY50公里组别将在M3多宝灵岩禅寺补给站进行强制装备检查，EMY20公里组别将在赛道随机进行强制装备检查，所有获奖选手及获得瓜分奖资格选手将在终点随机进行强制装备检查。

竞赛办法

9.处罚：罚时以及取消参赛资格

如果选手违反比赛规则，赛事总监，裁判，以及补给站站长可以根据下表立即执行处罚：

100K和100M组别

违反竞赛规程	处罚
抄近路	由赛事总监裁决
缺少强制装备（水量不足最低要求，缺少连帽防水夹克，缺少头灯，缺少救生毯，缺少智能手机）	取消参赛资格
缺少其他强制装备（例如：只有一个头灯）	罚时 1 小时，期间鼓励选手取回丢失的装备
拒绝接受强制装备检查	取消参赛资格
手机关机或被调成飞行模式	罚时15分钟
选手或陪跑员乱扔垃圾或拒绝使用主办方提供的厕所（自愿行为）	罚时1小时
不尊重他人（主办方工作人员或其他选手）注意：参赛选手的陪同人员态度恶劣或拒绝遵守主办方的指令，该选手将受到处罚	取消参赛资格
未向需要帮助的选手提供帮助	取消参赛资格
在授权区域外接受援助	罚时1小时
在补给站允许陪跑的赛段之外陪跑	罚时15分钟
作弊（例如：使用交通工具，共用号码布等）	立即取消参赛资格，且终身禁赛
遮挡号码布	罚时15分钟
号码布的佩戴不符合规定	罚时15分钟（期间选手需按照规定正确佩戴号码布）
危险行为（例如：杖尖朝向选手或观众）	罚时15分钟
无计时芯片	由赛事总监裁决
未经过打卡点	由赛事总监裁决
拒绝遵守赛事总监，工作人员/裁判，补给站站长，医生或搜救人员的指令	取消参赛资格
拒绝接受反兴奋剂检查	选手将受到与吸毒相同级别的处罚
超过时间限制后离开打卡点	取消参赛资格
使用比赛开始时未携带的手杖	罚时1小时
不遵守《森林防火条例》，擅自在防火区内野外用火或抽烟；如不慎发生火灾，未及时采取森林火灾扑救措施的；	取消参赛资格，如构成犯罪，依法追究刑事责任

50K和20K组别

违反竞赛规程	处罚
抄近路	由赛事总监裁决
缺少强制装备（水量不足最低要求，缺少连帽防水夹克（如需），缺少头灯（如需），缺少救生毯（如需），缺少智能手机）	立即取消参赛资格
缺少强制装备（赛事官网所列清单）	罚时30分钟，期间鼓励选手取回丢失的装备
拒绝接受强制装备检查	取消参赛资格
手机关机或被调成飞行模式	罚时15分钟
选手或陪跑员乱扔垃圾或拒绝使用主办方提供的厕所（自愿行为）	罚时30分钟
不尊重他人（主办方工作人员或其他选手）注意：参赛选手的陪同人员态度恶劣或拒绝遵守主办方的指令，该选手将受到处罚	取消参赛资格
未向需要帮助的选手提供帮助	取消参赛资格
在授权区域外接受援助	罚时30分钟
在补给站允许陪跑的赛段之外陪跑	罚时10分钟
作弊（例如：使用交通工具，共用号码布等）	立即取消参赛资格，并终身禁赛
遮挡号码布	罚时10分钟
号码布的佩戴不符合规定	罚时10分钟（期间选手需按照规定正确佩戴号码布）
危险行为（例如：杖尖朝向选手或观众）	罚时10分钟
无计时芯片	由赛事总监裁决
未经过打卡点	由赛事总监裁决
拒绝遵守赛事总监，工作人员/裁判，补给站站长，医生或搜救人员的指令	取消参赛资格
拒绝接受反兴奋剂检查	选手将受到与吸毒相同级别的处罚
超过时间限制后离开打卡点	取消参赛资格
使用比赛开始时未携带的手杖	罚时30分钟
不遵守《森林防火条例》，擅自在防火区内野外用火或抽烟；如不慎发生火灾，未及时采取森林火灾扑救措施的；	取消参赛资格，如构成犯罪，依法追究刑事责任

*) 罚时将在赛场立即生效，这意味着选手必须在罚时时间内“退场”。如果赛后发现违规行为，赛事总监还可以决定对选手的完赛时间进行加时。在罚时期间，不会对选手停止计时。

*) 选手如有其他未在上表列出的违规行为，由赛事总监作出处罚决定。

*) 选手被取消参赛资格后，报名费不予退还。

竞赛办法

10.退赛收容

- 1) 赛事仅在设有关门时间的补给站点（关门站点）安排收容摆渡车辆；
- 2) 在非关门站点，组委会会尽快安排车辆前往并摆渡至设有收容摆渡车的关门站点。

注：收容摆渡车辆按行进轨迹依次接驳，考虑收容人数和路况等因素，各关门站点的等候时间在1—4个小时不等。

11.应急处置

因不可抗力、极端恶劣天气等任何可能影响参赛选手安全的状况，组委会有权利作出以下调整：

- 1) 修改赛道；
 - 2) 修改出发时间；
 - 3) 按照《体育总局关于建立健全体育赛事活动“熔断”机制的通知》中要求取消赛事或暂停正在进行中的赛事；
- 赛事及其规则最终解释权归2024云丘山越野赛by UTMB®组委会所有，若因不可抗力因素导致赛事取消或延期，赛事组委会将第一时间发布相关信息，本赛事一切相关信息以官方公布为准。

12.申诉与监督

- 1) 赛事设有仲裁委员会，委员会由赛事主办方、计时服务商、裁判长、选手代表等共同组成；
- 2) 仲裁委员会接受关于参赛选手违规行为的举报，举报者需要自行举证；
- 3) 凡对竞赛成绩、裁判员执裁、参赛选手参赛资格有异议并提出申诉者，需在比赛结束后48小时内向仲裁委员会提交书面申诉报告；
- 4) 申诉方式：请以“赛事名称+申诉”为标题发送邮件至yunqiu100@163.com。



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强劲续航, 轻松畅听10小时

音质革命, 出众听音新体验
轻巧机身, 舒适佩戴无负担



RACE RULES

1. Bib

Runners must show their voucher to collect their race bib (More details please refer to the Collection Information). The bib must be worn on the chest or stomach, not covered at any time during the race, and be shown for the entrance of the assembly zones, the checkpoints, and the finish location and bag storage area.

Sample of Bib are as follows:



2. Prize of 2024 Ultra-Trail Mount Yun by UTMB®

1) Ranking award

Category	The First Prize (Male/Female)	The Second Prize (Male/Female)	The Third Prize (Male/Female)	The Fourth Prize (Male/Female)	The Fifth Prize (Male/Female)
UMY 100M	15,000yuan	12,000yuan	10,000yuan	7,500yuan	5,000yuan
DMY 100K	12,000yuan	10,000yuan	7,500yuan	5,000yuan	4,000yuan
MMY 50K	10,000yuan	7,500yuan	5,000yuan	4,000yuan	3,000yuan
EMY 20K	5,000yuan	4,000yuan	3,000yuan	2,000yuan	1,000yuan

Note: The above prizes are subject to 20% personal income tax, which will be borne by the winners and withheld and paid by the organizing committee. The top five winners in UMY 100M, DMY 100K, MMY 50K, and EMY 20K categories will be admitted according to the start time, and the remaining awards and rankings will be confirmed based on net time.

2) Sharing Award

The "Sharing Award" aims to encourage more runners who are brave enough to achieve personal challenges. Male and female runners in the UMY, DMY, MMY and EMY categories who finished the race within the specified time (see the chart below) can participate in the division of 60,000 RMB with cash in each category, a total of 240,000.

Category	Amount(RMB)	Gender	Time
UMY 100M	60000	Male	Within 32 hours and 30 minutes
		Female	Within 37 hours
DMY 100K	60000	Male	Within 15 hours and 40 minutes
		Female	Within 17 hours and 10 minutes
MMY 50K	60000	Male	Within 7 hours and 30 minutes
		Female	Within 8 hours and 40 minutes
EMY 20K	60000	Male	Within 4 hours and 15 minutes
		Female	Within 4 hours and 40 minutes

3.Wave Start

All runners are required to complete check-in and enter the designated assembly area at least 5 minutes before the start of their respective categories. The specific start time for each category can be found in the event timetable.

For the MMY 50K, there will be two wave start, and for the EMY 20K, there will be three. Runners must complete check-in and proceed to the designated assembly area 5 minutes prior to the start time indicated on their bibs.

- 1.UMY 100M runners should gather at the assembly area by 11:55, April 19. The group will start at 12:00 sharp.
- 2.DMY 100K runners should gather at the assembly area by 20:55, April 19. The group will start at 21:00 sharp.
- 3.MMY 50K runners should gather at the assembly area by 7:55, April 20. The group will start at 8:00 sharp. For the second wave, runners will be postponed accordingly.
- 4.EMY 20K runners should gather at the assembly area by 8:55, April 20. The group will start at 9:00 sharp. For the second and third wave, runners will be postponed accordingly.
- 5.KMY 3K runners should gather at the assembly area by 8:55, April 21. The group will start at 9:00 sharp.

4.Bag Storage

1)UMY 100M runners can be stored at most three bags at the start location, DMY 100K runners can be stored at most two bags at the start location, and MMY 50K, EMY 20K runners can be stored at most one bag at the start location. There isn't storage service provided for KMY 3K. All runners should write the bib number and the place of delivery on the sticker handed out by the organizing committee and attach it to the designated space on the stored bag. UMY 100M runners can deliver two bags to U5 Qianjian Driving School and U10 Xiangning Gym, DMY 100K runners can deliver one bag to D6 Anfen. The organizing committee will arrange vehicles to transfer the bags to the corresponding place after the race starts;

2)Stored bags kept at the finish area should be collected before 14:00, April 21st. Runners that withdraw during the race and leave on their own should contact the organizing committee before 14:00, April 21st, providing their bib number so that the committee can arrange stored bag collection;

3)Spare bags at U5 Qianjian Driving School will be transferred to the finish area at 03:00 on April 20th; Spare bags at U10 Xiangning Gym will be transferred to the finish area at 05:30, 11:30, 16:30 on April 20th; Spare bags at D6 Anfen will be transferred to the finish area at 07:00, 11:00 and 15:30 on April 20th. Due to factors such as road control, the organizing committee cannot guarantee that the spare bags for withdrawal runners will have returned to finish area by the time the runners are taken back there;

4)Please don't leave valuables or fragile or dangerous items in the storage bags. Bag owners will be liable for any damage or loss of belongings in the bags or safety accidents.

5.Timing Rules

- 1)The race uses timing sensors. Timing chips will start working as soon as the runners pass the start line;
- 2)Timing sensors will be set up at the start and finish location and each checkpoint. The runners must pass each timing point;
- 3)There are two chips in the Bib bag, one has been pasted on the back of the Bib, and the other needs to be bound with a cable tie at an obvious position on your backpack. If the chip is covered, timing results will not be sensed.

RACE RULES

6. Aid stations & Spare Bag Service

There will be several aid stations along the course. Refreshments include water, sports beverages, hot food, energy food, etc.
For UMY 100M: Runners can rest at U5 Qianjian Driving School and U10 Xiangning Gym, where camping beds are available.
For DMY 100K: Runners can rest at D6 Anfen, where camping beds are available.

7. Course Way-marking

Ribbons, signs, and security lines with the event logo are used to mark the course. If you do not see any course marks in more than 200 meters during the race, please confirm whether you are still on the right course using the track saved on your cell phone and return to the correct one. See the Race Course for the course map and track of each group.

Sample of course way-marking are as follow:



8. Mandatory Equipment

- 1) All runners must carry all mandatory equipment throughout the entire race. Recommended equipment may be selectively carried based on the conditions of the day of the event;
- 2) To adhere to the environmental principles of 2024 Ultra-Trail Mount Yun by UTMB®, disposable tableware will no longer be provided at aid stations. The organizing committee will furnish runners with complimentary portable tableware, while runners are also encouraged to use their own portable tableware according to personal preferences and habits;
- 3) Organizing Committee has the right to request additional types and quantities of mandatory equipment before the race according to the weather conditions and to check them before entering the assembly area;
- 4) The mandatory equipment checklist does not cover all the equipment of the participants. Runners are requested to decide whether they need to add equipment according to their own ability and the weather conditions of the day;
- 5) Runners must bring all the equipment in the mandatory equipment checklist and accept inspection before race pack collection, and those who do not meet the requirements will not be able to continue the procedure of collection;
- 6) If there are any adjustments to the mandatory equipment, it will be announced before the race. The organizing committee will conduct mandatory equipment checks along the course. If a participant is found to be missing any mandatory equipment, he/she will be strictly dealt with according to the penalty regulations. UMY 100M group will undergo mandatory equipment checks at U5 Qianjian Driving School, DMY 100K group will undergo checks at D6 Anfen, MMY 50K group will undergo checks at M3 Duobaolingyan Temple, and EMY 20K group will undergo random mandatory equipment checks along the course. All award-winning runners will undergo random mandatory equipment checks at the finish line.

9. PENALTIES: TIME PENALTIES AND DISQUALIFICATION

If a runner breaks the rules, race director, Marshalls, 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 safety item(s) of the mandatory equipment checklist (no minimum water supply, no waterproof jacket with hood, no torch, no survival blanket, no smartphone)	Disqualification
Absence of other mandatory equipment items (Only 1 torch lamp + list on the event website)	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 minute penalty
Discarding of rubbish/trash or non use of the organisation toilets (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 minute 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 minute 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
Violating the "Forest Fire Prevention Regulations" by unauthorized outdoor fires or smoking in fire-prone areas; failure to promptly take measures to extinguish forest fires if they occur	Disqualification, and if constitutes a crime and will be held criminally liable according to law

RACE RULES

50K and 20K races

BREACH OF REGULATION	PENALTIES (*) – DISQUALIFICATION
Short-cutting the route	At the race director's discretion
Missing safety item(s) of the mandatory equipment checklist : no minimum water supply, no waterproof jacket with hood (if required), no torch (if required), no survival blanket (if required), no smartphone)	Immediate disqualification
Absence of other mandatory equipment items (list on the event website)	30 minute 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 minute penalty
Discarding of rubbish/trash or non use of the organisation toilets (voluntary act) by a competitor or a member of their entourage	30 minute 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 minute penalty
Being accompanied along the route outside the clearly defined zones of tolerance in the vicinity of an aid station.	10 minute penalty
Cheating (e.g.: use of a means of transport, sharing a race-bib, ...)	Immediate disqualification for life
Lack of visible race-bib	10 minute penalty
Wearing a non-conforming race-bib	10 minute 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 minute 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
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	30 minute penalty
Violating the "Forest Fire Prevention Regulations" by unauthorized outdoor fires or smoking in fire-prone areas; failure to promptly take measures to extinguish forest fires if they occur	Disqualification, and if constitutes a crime and will be held criminally liable according to law

*) 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.

10. Withdraw and Repatriation

- 1) The Repatriation Bus is only located in the aid stations which set up the cut-off time;
 - 2) At the aid stations which not set up the cut-off time, the organizing committee will arrange the vehicle to pick up the withdrawals and transport them to the checkpoints which set up the cut-off time.
- Note:** Repatriation Bus are arranged sequentially according to the route, with waiting times ranging from one to four hours at each checkpoint which set up the cut-off time, taking into account factors such as the number of withdrawals and road conditions.

11. Emergency disposal

The Organization Committee reserves the right to make the following adjustments due to force majeure, extreme bad weather and any other conditions that may affect the safety of the participants:

- 1) Modifications to the track;
- 2) Modifications to the start time;
- 3) In accordance with the Notice of the General Administration of Sport on the Establishment and Improvement of the "Meltdown" Mechanism for Sports Events and Activities, it is required to cancel the event or suspend the event in progress;

The final resolution of the race and its rules belongs to Ultra-Trail Mount Yun by UTMB® Organizing Committee. Supposed that the race is canceled or postponed due to force majeure factors, the Organizing Committee will release the relevant information at the first time, and any pertinent information about this race will be subject to the official announcement.

12. Complaints and Supervision

- 1) The event has an Arbitration Committee, which is composed of the organizer, timing service provider, referee and runner representatives.
- 2) The Arbitration Committee accepts complaints about runners' violations, and the whistleblower needs to prove himself;
- 3) Those who object to the race results, the judgment of the referee or the qualification of the runners and lodge a complaint shall submit a written complaint report to the arbitration committee within 48 hours after the end of the race;
- 4) Complaint method: Please send an email to yunqiu100@163.com with the title of "Event Name + Complaint".



The 3M logo is displayed in a bold, red, sans-serif font.

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RACE CATEGORY

100M

RUNNING STONES
4
 UTMB

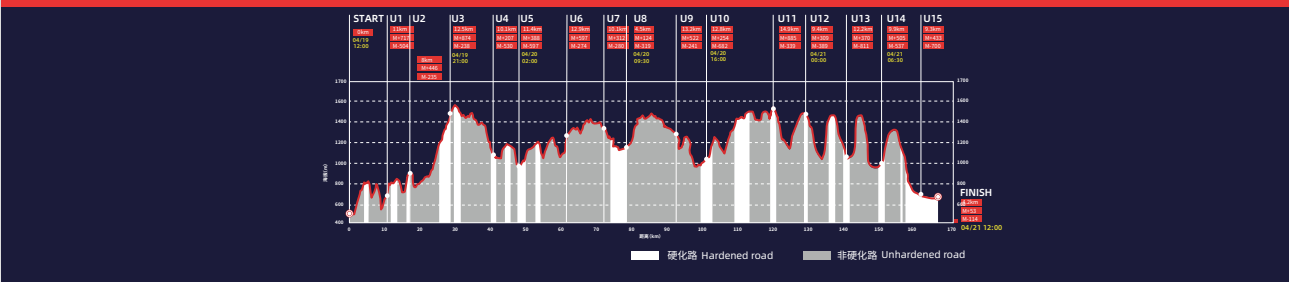
距离 Distance
166.4km

总爬升 Elevation gain
6996m

出发地点 Start place
黄河壶口瀑布
 Hukou Waterfall
 In Shanxi

出发日期 Start date
2024/04/19

出发时间 Start time
12:00



UMY 100M 补给站

站点	海拔 (m)	里程 (km)	爬升 (m)	下降 (m)	关门时长 (h)	关门时间	饮品	水果	食品
起点 山西黄河壶口瀑布	454	0	0	0	/	/	水 热水	/	/
U1 克难坡	668	11	717	504	/	/	水 水力速冲剂 可乐 橙汁 热水	香蕉 圣女果 橘子	威化饼 酸奶 豆包 紫菜蛋花汤
U2 柏树村	880	19	1163	739	/	/	水 水力速冲剂 橙汁 可乐 热水	苹果 圣女果 香蕉 橘子	补盐液 能量胶 榨菜 杏干 包子 红薯 枣糕 疙瘩汤 小米粥
U3 管头山	1516	31.5	2037	977	9小时	19日21:00	水 水力速冲剂 可乐 热水 咖啡 姜茶 红糖	香蕉 橘子	补盐液 巧克力 坚果 橘子罐头 榨菜 小面包 豆腐乳 豆包 包子 鸡汤馄饨 小米粥 卤鸡腿
U4 辛村	1192	41.6	2244	1507	/	/	水 水力速冲剂 可乐 热水 奶茶 姜茶 咖啡 红糖	苹果	威化饼 榨菜 小面包 切片火腿 酸奶 枣糕 白吉馍 羊汤 蔬菜粥 卤牛肉
U5 乾健驾校 (换装点1)	980	53	2632	2104	5小时	20日2:00	水 水力速冲剂 橙汁 可乐 热水 姜茶 红糖 苏打水 咖啡	香蕉 橘子 圣女果	巧克力 补盐液 能量胶 橘子罐头 榨菜 杏干 油饼 包子 花卷 土豆 臊子面 酸辣肚丝汤 小米粥 紫菜蛋花汤 卤牛肉
U6 西咀	1305	65.9	3229	2378	/	/	水 水力速冲剂 可乐 热水 咖啡 姜茶 奶茶 红糖	/	威化饼 坚果 酸奶 切片火腿 花开富贵 豆包 饺子 疙瘩汤 蔬菜粥
U7 老窑坡	1337	76	3541	2658	/	/	水 水力速冲剂 可乐 热水 奶茶 姜茶 咖啡 红糖	香蕉 苹果	榨菜 枣糕 花卷 鸡汤馄饨 紫菜蛋花汤
U8 朱家堡村	1142	80.5	3665	2977	7.5小时	20日9:30	水 水力速冲剂 可乐 橙汁 热水 咖啡 红糖 姜茶	香蕉 圣女果 橘子	能量胶 杏干 榨菜 豆腐乳 小面包 包子 红薯 油饼 酸汤面 羊汤 小米粥 卤牛肉

UMY 100M 补给站

站点	海拔 (m)	里程 (km)	爬升 (m)	下降 (m)	关门时长 (h)	关门时间	饮品	水果	食品
U9 云台山	1425	93.7	4187	3218	/	/	水 水力速冲剂 热水 奶茶 咖啡 姜茶 可乐 红糖	苹果	威化饼 切片火腿 橘子罐头 榨菜 小面包 白吉馍 枣糕 泡面 紫菜蛋花汤 小米粥
U10 乡宁体育馆 (换装点2)	995	106.5	4441	3900	6.5小时	20日16:00	水 水力速冲剂 热水 可乐 姜茶 红糖 咖啡 红糖	香蕉 圣女果 橘子	补盐液 巧克力 能量胶 坚果 酸奶 榨菜 豆腐乳 油饼 豆包 包子 土豆 油泼面 疙瘩汤 小米粥
U11 桥上新村	1540	121.4	5326	4239	/	/	水 水力速冲剂 热水 橙汁 姜茶 可乐 红糖 咖啡 红糖	圣女果	威化饼 补盐液 榨菜 小面包 花卷 枣糕 酸汤面 蔬菜粥 小米粥 卤鸡腿
U12 西庄	1461	130.8	5635	4628	8小时	21日00:00	水 水力速冲剂 热水 可乐 姜茶 红糖 苏打水 咖啡 红糖	香蕉 圣女果	坚果 橘子罐头 切片火腿 小面包 油饼 豆包 枣糕 饺子 泡面 疙瘩汤 紫菜蛋花汤 卤牛肉
U13 多宝灵岩禅寺	1019	143	6005	5439	/	/	水 水力速冲剂 热水 可乐 橙汁 姜茶 奶茶 红糖 苏打水 咖啡	香蕉 橘子 圣女果 苹果	补盐液 能量胶 威化饼 杏干 坚果 榨菜 橘子罐头 花开富贵 枣糕 红薯 土豆 油饼 白吉馍 豆包 包子 油泼面 羊汤 泡面 烧四宝 蔬菜粥 小米粥 疙瘩汤 卤鸡腿 卤牛肉
U14 下川古村	988	152.9	6510	5976	6.5小时	21日6:30	水 水力速冲剂 热水 红糖 可乐 苏打水 姜茶	香蕉 圣女果	补盐液 巧克力 能量胶 切片火腿 酸奶 小面包 豆包 花卷 臊子面 小米粥 疙瘩汤

UMY 100M 补给站

站点	海拔 (m)	里程 (km)	爬升 (m)	下降 (m)	关门时长 (h)	关门时间	饮品	水果	食品
U15 芦院沟村	722	162.2	6943	6676	/	/	水 水力速冲剂 热水 可乐 姜茶	香蕉 圣女果 橘子	巧克力 威化饼 杏干 切片火腿 榨菜 豆包 包子 枣糕 鸡汤馄饨 小米粥 卤鸡腿
终点 中和广场	661	166.4	6996	6790	5.5小时	21日12:00	可乐 橙汁 热水	香蕉	鸡米花 香菇油菜 全家福 乡宁油糕 臊子面 红薯汤 皆大欢喜



UMY 100M

强制装备

装备		EQUIPMENT	
号码布+参赛手环 (组委会发)	强制装备	Race bib & Race Wristband (Provided by the Organizing Committee)	Mandatory
计时芯片 (组委会发)	强制装备	Timing chip (Provided by the Organizing Committee)	Mandatory
GPS定位装备 (组委会发)	强制装备	GPS positioning equipment (Provided by the Organizing Committee)	Mandatory
急救毯 (不小于1.3m×2.1m) (组委会提供)	强制装备	Survival blanket (not less than 1.3m×2.1m) (Provided by the Organizing Committee)	Mandatory
便携餐具 (不可用一次性用具替代) (组委会提供)	强制装备	Portable tableware (cannot be replaced by disposable tableware) (Provided by the Organizing Committee)	Mandatory
智能手机和充电宝 (号码与报名一致, 确保全程电量充足)	强制装备	Smart phone and power bank (The phone number should be the same as the number when registration, and ensure sufficient)	Mandatory
水壶或水袋 (≥1L)	强制装备	Water utensil (kettle or hydration packs) ≥1L	Mandatory
能容纳所有强制装备的背包/腰包	强制装备	Race pack/Belt that can carry all mandatory equipment	Mandatory
求生哨	强制装备	Whistle	Mandatory
连帽冲锋衣或防雨夹克 (无防水压胶的皮肤衣或一次性雨衣均不符合要求)	强制装备	Hooded hardshell or rainproof jacket (skin coat without waterproof press glue or disposable raincoat are not permitted)	Mandatory
长袖保暖上衣 (美利奴羊毛或速干保暖材质)	强制装备	Long sleeve warm top (middle layer, cannot be replaced by hardshell jacket)	Mandatory
冲锋裤 (无防水压胶的长裤不符合要求)	强制装备	Waterproof pants (Pants without waterproof press glue are not eligible)	Mandatory
头灯 (备用电池/备用头灯; 至少2个)	强制装备	Headlamps (Backup batteries/headlamps: at least:2)	Mandatory
应急食品 (如能量胶、能量棒; ≥800kcal)	强制装备	Emergency food (e.g., energy gel, energy bar; ≥800kcal)	Mandatory
全指手套	强制装备	Full finger gloves	Mandatory
太阳镜、运动帽	建议装备	Sunglasses, sports cap	Recommended
防水袋	建议装备	Waterproof bag	Recommended
垃圾袋	建议装备	Garbage bag	Recommended
急救包	建议装备	First aid packet	Recommended
登山杖	建议装备	Hiking pole	Recommended
湿纸巾、卫生纸	建议装备	Wet wipes, Toilet paper	Recommended

168 ULTRA-TRAIL
CHONGLI
崇礼168超级越野赛

官方合作伙伴

柴古唐斯
括苍越野赛
TSAIGU

官方赞助商

MOUNT YUN
雲丘100
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TOG
2023北京平谷
“环长城100”国际越野挑战赛
TEAM OF THE GREAT WALL
ULTRA TRAIL 100

尊享合作伙伴

UT/DJM
大境门古长城越野赛
ULTRA TRAIL DAJINGMEN GREAT WALL

尊享合作伙伴



Mimmi Kotka

2016年UTMB CCC组冠军
2017年勃朗峰山地马拉松 80公里组冠军
2017年UTMB TDS组冠军
2018年勃朗峰山地马拉松 90公里组冠军
2021年UTMB UTMB组第3名
2022年Lavaredo By UTMB 120公里组冠军

+ SILVA 源于1933年 数十位UTM冠军的选择



即刻扫码
下单选购



微信扫码
关注



抖音扫码
关注

ISPO Award



Winner
ISPO Award大奖头灯

短途与
应急备用



Terra Scout XT加强版
增亮环保超轻头灯

百公里
越野赛搭档



Trail Runner Free 2新款加强版
越野跑无线头灯

百英里
超长距离之选



Trail Runner Free 2 Ultra加强版
可充电越野跑无线头灯

RACE CATEGORY

100K



距离 Distance

96.8km

总爬升 Elevation gain

4356m

出发地点 Start place

中和广场 Zhonghe Square

出发日期 Start date

2024/04/19

出发时间 Start time

21:00



DMY 100K 补给站

站点	海拔 (m)	里程 (km)	爬升 (m)	下降 (m)	关门时长 (h)	关门时间	饮品	水果	食品
起点 中和广场	651	0	0	0	/	/	水 热水	/	/
D1 轻野	1358	10.1	733	20	/	/	水 水力速冲剂 热水 橙汁 可乐 姜茶	香蕉 圣女果	威化饼 坚果 橘子罐头 切片火腿 酸奶 小面包 豆包 枣糕 土豆 油泼面 羊汤 小米粥
D2 林场	1580	18.6	1275	351	5.5小时	20日2:30	水 水力速冲剂 热水 可乐 姜茶	苹果 橘子 香蕉	杏干 切片火腿 榨菜 白吉馍 花卷 酸汤面 疙瘩汤 白粥 卤牛肉
D3 土窑	1070	32.2	1745	1328	/	/	水 水力速冲剂 热水 咖啡 姜茶 橙汁	香蕉 圣女果	补盐液 橘子罐头 酸奶 切片火腿 油饼 包子 红薯 油泼面 泡面 小米粥
D4 多宝灵岩禅寺	1016	40.3	2109	1742	7小时	20日9:30	水 水力速冲剂 热水 可乐 橙汁 姜茶 奶茶 红糖 苏打水 咖啡 红糖	香蕉 橘子 圣女果 苹果	补盐液 能量胶 威化饼 杏干 坚果 榨菜 橘子罐头 花开富贵 枣糕 红薯 土豆 油饼 白吉馍 豆包 包子 油泼面 羊汤 泡面 烧四宝 蔬菜粥 小米粥 疙瘩汤 卤鸡腿 卤牛肉
D5 下川古村	988	50.2	2617	2282	/	/	水 水力速冲剂 热水 可乐 姜茶	香蕉 圣女果	巧克力 切片火腿 酸奶 小面包 豆包 花卷 臊子面 小米粥 疙瘩汤
D6 安汾 (换装点)	1043	61.9	3093	2704	6小时	20日15:30	水 水力速冲剂 热水 咖啡 姜茶 可乐	香蕉 圣女果	补盐液 能量胶 橘子罐头 杏干 榨菜 包子 花卷 鸡汤馄饨 饺子 紫菜蛋花汤 小米粥 乡宁小炒 卤鸡腿

DMY 100K 补给站

站点	海拔 (m)	里程 (km)	爬升 (m)	下降 (m)	关门时长 (h)	关门时间	饮品	水果	食品
D7 贾庄村	1305	71.1	3593	2929	/	/	水 水力速冲剂 热水 奶茶 红糖 橙汁	香蕉 橘子	威化饼 坚果 橘子罐头 切片火腿 小面包 油饼 豆包 鸡汤馄饨 泡面 白粥 酸辣肚丝汤 蔬菜粥
D8 下川村委会	988	83.3	3860	3525	5.5小时	20日21:00	水 水力速冲剂 热水 姜茶 苏打水 可乐	香蕉 圣女果	酸奶 切片火腿 小面包 土豆 红薯 白吉馍 花开富贵 酸汤面 蔬菜粥 紫菜蛋花汤
D9 芦院沟村	722	92.6	4303	4235	/	/	水 水力速冲剂 热水 可乐 姜茶	香蕉 圣女果 橘子	巧克力 威化饼 杏干 切片火腿 榨菜 豆包 包子 枣糕 鸡汤馄饨 小米粥 卤鸡腿
终点 中和广场	651	96.8	4356	4349	4小时	21日01:00	可乐 橙汁 热水	香蕉	鸡米花 香菇油菜 全家福 乡宁油糕 臊子面 红薯汤 皆大欢喜



DMY 100K 强制装备

装备		EQUIPMENT	
号码布+参赛手环 (组委会提供)	强制装备	Race bib & Race Wristband (Provided by the Organizing Committee)	Mandatory
计时芯片 (组委会提供)	强制装备	Timing chip (Provided by the Organizing Committee)	Mandatory
GPS定位装备 (组委会提供)	强制装备	GPS positioning equipment (Provided by the Organizing Committee)	Mandatory
急救毯 (不小于1.3m×2.1m) (组委会提供)	强制装备	Survival blanket (not less than 1.3m×2.1m) (Provided by the Organizing Committee)	Mandatory
便携餐具 (不可用一次性用具替代) (组委会提供)	强制装备	Portable tableware (cannot be replaced by disposable tableware) (Provided by the Organizing Committee)	Mandatory
智能手机和充电宝 (号码与报名一致, 确保全程电量充足)	强制装备	Smart phone and power bank (The phone number should be the same as the number when registration, and ensure sufficient battery)	Mandatory
背包 (能容纳所有强制装备)	强制装备	Backpack that can accommodate all mandatory equipment	Mandatory
水壶或水袋 (≥1L)	强制装备	Water utensil (kettle or hydration packs) ≥1L	Mandatory
能容纳所有强制装备的背包/腰包	强制装备	Race pack/Belt that can carry all mandatory equipment	Mandatory
求生哨	强制装备	Whistle	Mandatory
连帽冲锋衣或防雨夹克 (无防水压胶的皮风衣或一次性雨衣均不符合要求)	强制装备	Hooded hardshell or rainproof jacket (skin coat without waterproof press glue or disposable raincoat are not permitted)	Mandatory
长袖保暖上衣 (美利奴羊毛或速干保暖材质)	强制装备	Long sleeve warm top (Merino wool or quick-drying insulation)	Mandatory
冲锋裤 (无防水压胶的长裤不符合要求)	强制装备	Waterproof pants (Pants without waterproof press glue are not eligible)	Mandatory
头灯 (备用电池/备用头灯; 至少2个)	强制装备	Headlamps (Backup batteries/headlamps: at least:2)	Mandatory
应急食品 (如能量胶、能量棒; ≥800kcal)	强制装备	Emergency food (e.g., energy gel, energy bar; ≥800kcal)	Mandatory
全指手套	强制装备	Full finger gloves	Mandatory
太阳镜、运动帽	建议装备	Sunglasses, sports cap	Recommended
防水袋	建议装备	Waterproof bag	Recommended
垃圾袋	建议装备	Garbage bag	Recommended
急救包	建议装备	First-aid packet	Recommended
登山杖	建议装备	Hiking pole	Recommended
湿纸巾、卫生纸	建议装备	Wet wipes, Toilet paper	Recommended

RACE CATEGORY

50K M



距离 Distance
48.3km

总爬升 Elevation gain
2407m

出发地点 Start place
中和广场 Zhonghe Square

出发日期 Start date
2024/04/20

出发时间 Start time
8:00



MMY 50K 补给站

站点	海拔 (m)	里程 (km)	爬升 (m)	下降 (m)	关门时长 (h)	关门时间	饮品	水果	食品
起点 中和广场	651	0	0	0	/	/	水 热水	/	/
M1 后庄	910	6.5	295	34	/	/	水 水力速冲剂 热水 可乐 橙汁	香蕉 橘子	坚果 橘子罐头 杏干 榨菜 豆包 包子 鸡汤馄饨 小米粥
M2 林场	1580	13.4	1000	68	4.5小时	20日12:45	水 水力速冲剂 热水 可乐 姜茶	苹果 橘子 香蕉	杏干 切片火腿 榨菜 白吉馍 花卷 酸汤面 疙瘩汤 白粥 卤牛肉
M3 多宝灵岩禅寺	1016	24.8	1403	1036	4.5小时	20日17:15	水 水力速冲剂 热水 可乐 橙汁 姜茶 奶茶 红糖 苏打水 咖啡 红糖	香蕉 圣女果 苹果	补盐液 能量胶 威化饼 杏干 坚果 榨菜 橘子罐头 花开富贵 枣糕 红薯 土豆 油饼 白吉馍 豆包 包子 油泼面 羊汤 泡面 烧四宝 蔬菜粥 小米粥 疙瘩汤 卤鸡腿 卤牛肉
M4 下川古村	988	34.8	1911	1576	2.5小时	20日19:45	水 水力速冲剂 热水 可乐 姜茶	香蕉 圣女果	巧克力 切片火腿 酸奶 小面包 豆包 花卷 臊子面 小米粥 疙瘩汤
M5 芦院沟村	722	43.9	2354	2286	/	/	水 水力速冲剂 热水 可乐 姜茶	香蕉 圣女果 橘子	巧克力 威化饼 杏干 切片火腿 榨菜 豆包 包子 枣糕 鸡汤馄饨 小米粥 卤鸡腿
终点 中和广场	651	48.3	2407	2400	3.5小时	20日23:15	可乐 橙汁 热水	香蕉	鸡米花 香菇油菜 全家福 乡宁油糕 臊子面 红薯汤 皆大欢喜

MMY 50K 强制装备

装备		EQUIPMENT	
号码布+参赛手环 (组委会提供)	强制装备	Race bib & Race Wristband (Provided by the Organizing Committee)	Mandatory
计时芯片 (组委会提供)	强制装备	Timing chip (Provided by the Organizing Committee)	Mandatory
GPS定位装备 (组委会提供)	强制装备	GPS positioning equipment (Provided by the Organizing Committee)	Mandatory
急救毯 (不小于1.3m×2.1m) (组委会提供)	强制装备	Survival blanket (not less than 1.3m×2.1m) (Provided by the Organizing Committee)	Mandatory
便携餐具 (不可用一次性用具替代) (组委会提供)	强制装备	Portable tableware (cannot be replaced by disposable tableware) (Provided by the Organizing Committee)	Mandatory
智能手机和充电宝 (号码与报名一致, 确保全程电量充足)	强制装备	Smart phone and power bank (The phone number should be the same as the number when registration, and ensure sufficient battery)	Mandatory
水壶或水袋 (≥1L)	强制装备	Water utensil (kettle or hydration packs) ≥1L	Mandatory
能容纳所有强制装备的背包/腰包	强制装备	Race pack/Belt that can carry all mandatory equipment	Mandatory
求生哨	强制装备	Whistle	Mandatory
连帽冲锋衣或防雨夹克 (无防水压胶的皮风衣或一次性雨衣均不符合要求)	强制装备	Hooded hardshell or rainproof jacket (skin coat without waterproof press glue or disposable raincoat are not permitted)	Mandatory
长袖保暖上衣 (美利奴羊毛或速干保暖材质)	强制装备	Long sleeve warm top (Merino wool or quick-drying insulation)	Mandatory
适合长途奔跑的运动裤, 或者短裤和腿套的组合, 能够覆盖整个腿部	强制装备	Sport pants for long runs or a combination of shorts and leg coverings that cover the entire leg	Mandatory
头灯 (备用电池/备用头灯; 至少1个)	强制装备	Headlamps (Backup batteries/headlamps: at least:1)	Mandatory
应急食品 (如能量胶、能量棒; ≥800kcal)	强制装备	Emergency food (e.g., energy gel, energy bar; ≥800kcal)	Mandatory
全指手套	建议装备	Full finger gloves	Recommended
太阳镜、运动帽	建议装备	Sunglasses, sports cap	Recommended
防水袋	建议装备	Waterproof bag	Recommended
垃圾袋	建议装备	Garbage bag	Recommended
急救包	建议装备	First aid packet	Recommended
登山杖	建议装备	Hiking pole	Recommended
湿纸巾、卫生纸	建议装备	Wet wipes, Toilet pape	Recommended

KT TAPE

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腰部疼痛

大腿肌肉酸痛

膝关节疼痛

大腿后侧肌肉拉伤

小腿肌肉拉伤

脚踝扭伤

胫骨前肌痛

足底筋膜炎

kindmax 康玛士

运动防护 就选康玛士



上海康玛士体育用品有限公司于2007年在上海成立。

公司立足体育防护、理疗、医疗康复等领域，以服务人类的健康为宗旨，提供专业的运动防护产品、急救用品。提供专业的一站式体育用品采购服务。并为客户提供专业的肌内效贴和急救包的定制服务，以我们的专业技术和生产实力为您量身定制产品来满足您的个性化需求。在各个领域为客户带来无限的惊喜，得到了大量用户的认可。

RACE CATEGORY

20K



RUNNING STONES
1
 UTMB

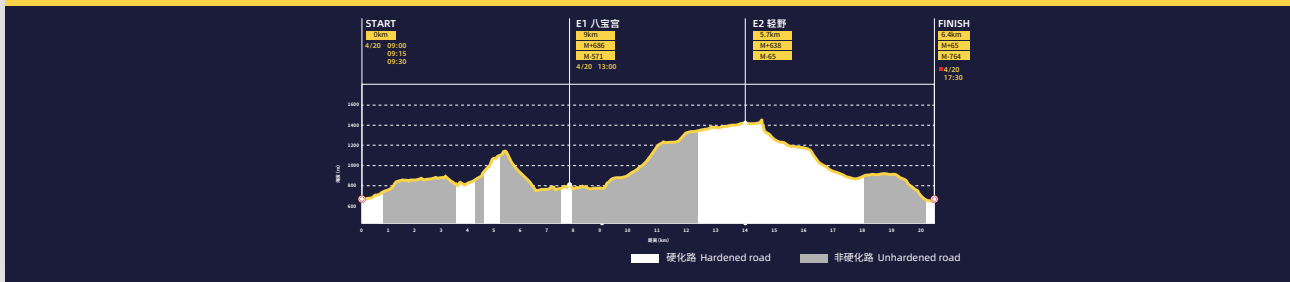
距离 Distance
21.1km

总爬升 Elevation gain
1389m

出发地点 Start place
中和广场 Zhonghe Square

出发日期 Start date
2024/04/20

出发时间 Start time
9:00



EMY 20K 补给站

站点	海拔 (m)	里程 (km)	爬升 (m)	下降 (m)	关门时长 (h)	关门时间	饮品	水果	食品
起点 中和广场	651	0	0	0	/	/	水 热水	/	/
E1 八宝宫	766	9	686	78	3.5小时	20日13:00	水 水力速冲剂 热水 可乐	香蕉 橘子 圣女果	补盐液 威化饼 巧克力 坚果 切片火腿 杏干 白吉馍 花开富贵 鸡汤馄饨 紫菜蛋花汤 蔬菜粥 卤鸡腿
E2 轻野	1358	14.7	1324	636	/	/	水 水力速冲剂 热水 橙汁 可乐 姜茶	香蕉 圣女果	威化饼 坚果 橘子罐头 切片火腿 酸奶 小面包 豆包 枣糕 土豆 油泼面 羊汤 小米粥
终点 中和广场	651	21.1	1389	1400	4.5小时	20日17:30	可乐 橙汁 热水	香蕉	鸡米花 香菇油菜 全家福 乡宁油糕 臊子面 红薯汤 皆大欢喜



EMY 20K 强制装备

装备		EQUIPMENT	
号码布+参赛手环 (组委会提供)	强制装备	Race bib & Race Wristband (Provided by the Organizing Committee)	Mandatory
计时芯片 (组委会提供)	强制装备	Timing chip (Provided by the Organizing Committee)	Mandatory
GPS定位装备 (组委会提供)	强制装备	GPS positioning equipment (Provided by the Organizing Committee)	Mandatory
急救毯 (不小于1.3m×2.1m) (组委会提供)	强制装备	Survival blanket (not less than 1.3m×2.1m) (Provided by the Organizing Committee)	Mandatory
便携餐具 (不可用一次性用具替代) (组委会提供)	强制装备	Portable tableware (cannot be replaced by disposable tableware) (Provided by the Organizing Committee)	Mandatory
智能手机和充电宝 (号码与报名一致, 确保全程电量充足)	强制装备	Smart phone and power bank (The phone number should be the same as the number when registration, and ensure sufficient battery)	Mandatory
水壶或水袋 (≥0.5L)	强制装备	Water utensil (kettle or hydration packs) ≥0.5L	Mandatory
能容纳所有强制装备的背包/腰包	强制装备	Race pack/Belt that can carry all mandatory equipment	Mandatory
求生哨	强制装备	Whistle	Mandatory
连帽冲锋衣或防雨夹克 (无防水压胶的皮肤衣或一次性雨衣均不符合要求)	建议装备	Hooded hardshell or rainproof jacket (skin coat without waterproof press glue or disposable raincoat are not permitted)	Recommended
长袖保暖上衣 (美利奴羊毛或速干保暖材质)	建议装备	Long sleeve warm top (Merino wool or quick-drying insulation))	Recommended
适合长途奔跑的运动裤, 或者短裤和腿套的组合, 能够覆盖整个腿部	建议装备	Sport pants for long runs or a combination of shorts and leg coverings that cover the entire leg	Recommended
头灯 (备用电池/备用头灯; 至少1个)	建议装备	Headlamps (Backup batteries/headlamps: at least: 1)	Recommended
应急食品 (如能量胶、能量棒)	建议装备	Emergency food (e.g., energy gel, energy bar; ≥800kcal)	Recommended
全指手套	建议装备	Full finger gloves	Recommended
太阳镜、运动帽	建议装备	Sunglasses, sports cap	Recommended
防水袋	建议装备	Waterproof bag	Recommended
垃圾袋	建议装备	Garbage bag	Recommended
急救包	建议装备	First-aid packet	Recommended
登山杖	建议装备	Hiking pole	Recommended
湿纸巾、卫生纸	建议装备	Wet wipes, Toilet paper	Recommended



碳水化合物
40g /每支

口味
2

能量配方
复合

素食可用
是

Informed-Sport
反兴奋剂认证

为耐力运动研发
或超过2小时运动



碳水化合物
22g /每支

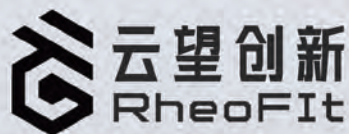
口味
10

能量配方
等渗透

素食可用
是

Informed-Sport
反兴奋剂认证

易于消化吸收
适合60-90min高强度运动



全球首创 · 全自动滚动按摩仪

World's First: Fully Automatic Rolling Massager



能帮你自动放松的按摩机器人

The massage robot that can help you relax automatically

云丘山越野赛现场 敬请期待

Mountain Yun Ultra Trail on-site - stay tuned



公众号



抖音



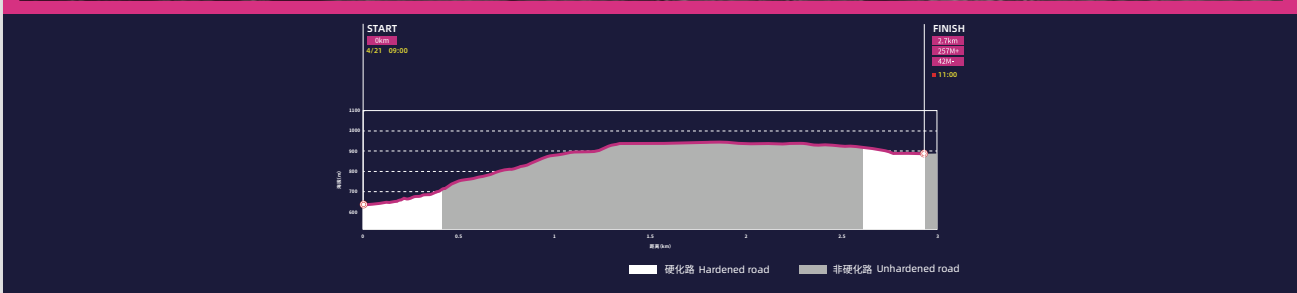
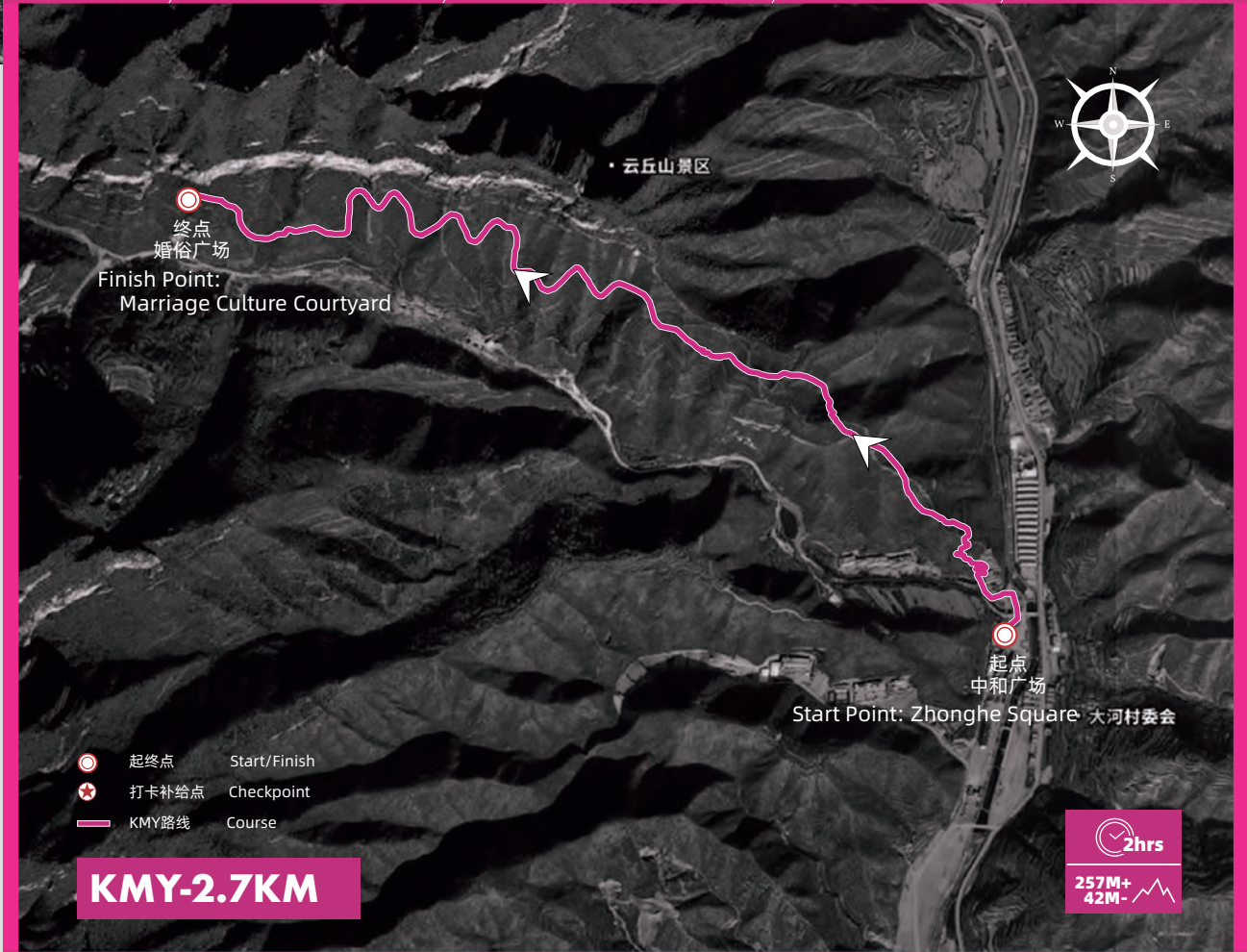
Facebook



Whatsapp

KMY 3K

距离 Distance 2.7km	总爬升 Elevation gain 257m	出发地点 Start place 中和广场 Zhonghe Square	出发日期 Start date 2024/04/21	出发时间 Start time 9:00
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KMY 3K 补给站

站点	距离 (km)	分段距离 (km)	分段上升 (m)	分段下降 (m)	关门时长 (h)	关门时间	饮水饮料	水果	食品
起点 中和广场	651	0	0	0	/	/	水 热水	/	/
起点 婚俗广场	651	2.7	257	42	2小时	21日11:00	可乐 橙汁	坚果 香蕉	/

KMY 3K 强制装备

装备	EQUIPMENT		
号码布+参赛手环 (组委会提供)	强制装备	Race bib & Race Wristband (Provided by the Organizing Committee)	Mandatory
全指手套	建议装备	Full finger gloves	Recommended
太阳镜、运动帽	建议装备	Sunglasses, sports cap	Recommended
防水袋	建议装备	Waterproof bag	Recommended
垃圾袋	建议装备	Garbage bag	Recommended
急救包	建议装备	First aid packet	Recommended
登山杖	建议装备	Hiking pole	Recommended
湿纸巾、卫生纸	建议装备	Wet wipes, Toilet paper	Recommended

接驳车信息

1.4月18日赛前接驳车发车时刻表

运城

运城张孝机场→云丘山景区11:00、15:10、17:00、21:00

运城北高铁站→云丘山景区11:30、15:40、17:30、21:30

云丘山景区（停车场）→运城（诺富特酒店→美巢雅韵酒店→美巢之韵酒店）14:30、18:00

临汾

临汾尧都机场→云丘山景区11:30、15:00、17:00、21:30

临汾西高铁站→云丘山景区12:10、15:40、17:30、21:00

云丘山景区（停车场）→临汾（万达悦华酒店→喆啡酒店→锦江之星风尚酒店）14:30、18:00、20:30

壶口

云丘山景区（停车场）→壶口（望河楼大酒店→壶口瀑布大酒店）16:00、20:00

侯马

侯马西高铁站→云丘山景区 14:00、17:00、20:00、22:45

云丘山景区（停车场）→侯马西高铁站 15:30、18:30

乡宁

云丘山景区（停车场）→乡宁县（鄂邑启航大酒店→乡宁宾馆）15:00、19:00

乡宁县（乡宁宾馆）→云丘山景区17:00、20:40

乡宁县（鄂邑启航大酒店）→云丘山景区17:15、20:55

稷山

稷山县（携程宾馆）→云丘山景区16:00、19:00、21:00

稷山县（大红楼宾馆）→云丘山景区16:10、19:10、21:10

云丘山景区（停车场）→稷山县（大红楼宾馆→携程宾馆）15:00、18:00、20:00

2.4月19日参赛接驳车发车时刻表

运城

运城张孝机场→云丘山景区10:00、13:00、15:30、18:00、21:00

运城北高铁站→云丘山景区10:30、13:30、16:00、18:30、21:30

云丘山景区（停车场）→运城（诺富特酒店→美巢雅韵酒店→美巢之韵酒店）12:30、18:30、20:00

临汾

临汾尧都机场→云丘山景区11:30、13:00、15:00、21:30

临汾西高铁站→云丘山景区12:10、13:40、15:40、18:00、19:30、21:00

云丘山景区（停车场）→临汾（万达悦华酒店→喆啡酒店→锦江之星风尚酒店）15:00、17:00、18:30、21:20

壶口

云丘山景区（停车场）→壶口瀑布起点 08:00、08:30

壶口瀑布起点→云丘山景区 13:30

黄河壶口瀑布旅游区合作酒

望河楼大酒店→壶口瀑布大酒店→壶口瀑布起点09:00、10:00、11:00

侯马

侯马西高铁站→云丘山景区 11:30、14:00、16:30、19:00、21:00、22:45
云丘山景区（停车场）→侯马西高铁站 13:00、18:30

乡宁

乡宁县（乡宁宾馆）→云丘山景区10:00、13:30、17:30
乡宁县（鄂邑启航大酒店）→云丘山景区10:15、13:45、17:45
云丘山景区（停车场）→乡宁县（鄂邑启航大酒店→乡宁宾馆） 12:00、16:00、20:00

稷山

稷山县（携程宾馆）→云丘山景区11:00、13:00、15:00、17:00、19:00、20:00
稷山县（大红楼宾馆）→云丘山景区 11:10、13:10、15:10、17:10、19:10、20:10
云丘山景区（停车场）→稷山县（大红楼宾馆→携程宾馆） 12:00、14:00、16:00、18:00、21:30

3.4月20日赛前接驳车发车时刻表

运城

运城市（诺富特酒店）→云丘山景区05:00、06:00
运城市（美巢雅韵酒店）→云丘山景区05:00、06:00
运城市（美巢之韵酒店）→云丘山景区05:00、06:00

临汾

临汾（万达悦华酒店）→云丘山景区05:00、06:00
临汾（喆啡酒店）→云丘山景区05:00、06:00
临汾（锦江之星风尚酒店）→云丘山景区05:00、06:00

乡宁

乡宁县（乡宁宾馆）→云丘山景区05:30、06:30
乡宁县（鄂邑启航大酒店）→云丘山景区05:45、06:45

稷山

稷山县（携程宾馆）→云丘山景区06:30、07:00
稷山县（大红楼宾馆）→云丘山景区06:40、07:10

4.赛道可援助点发车时刻表

4月19日15:00 壶口瀑布起点→乾健驾校
4月19日20:00 乾健驾校→云丘山景区（经停U10乡宁体育馆）
4月20日09:00 云丘山景区→乡宁体育馆
4月20日12:00 乡宁体育馆→云丘山景区
4月20日08:00 云丘山景区→多宝灵岩禅寺（08:30）→安汾古城
4月20日10:00 云丘山景区→多宝灵岩禅寺（10:30）→安汾古城
4月20日12:00 安汾古城→多宝灵岩禅寺→云丘山景区

接驳车信息

5.4月20日赛后回程接驳车发车时刻表

运城

云丘山景区（停车场）→运城北高铁站、运城张孝机场 15:00、19:00

云丘山景区（停车场）→运城（诺富特酒店→美巢雅韵酒店→美巢之韵酒店）16:30、20:30

临汾

云丘山景区（停车场）→临汾尧都机场、临汾西高铁站15:00、19:00

云丘山景区（停车场）→临汾（万达悦华酒店→喆啡酒店→锦江之星风尚酒店）16:30、20:30

侯马

云丘山景区（停车场）→侯马西高铁站15:00、17:00、19:00、20:00

乡宁

云丘山景区（停车场）→乡宁县（鄂邑启航大酒店→乡宁宾馆）17:00、20:00

稷山

自4月20日10:00起至21日13:00，接驳车无需预约，人满即走。

接驳路线如下：

云丘山景区（五龙宫停车场）→稷山（大红楼宾馆→携程宾馆）

云丘山景区内酒店

自4月20日10:00起至21日13:00，接驳车无需预约，人满即走。

接驳路线如下：

云丘山景区（五龙宫停车场）→云丘山景区官方合作酒店

6.4月21日参赛接驳车发车时刻表

临汾

06:00 临汾（锦江之星风尚酒店）→云丘山景区

06:15 临汾（喆啡酒店）→云丘山景区

06:30 临汾（万达悦华酒店）→云丘山景区

运城

06:00 运城（美巢之韵酒店）→云丘山景区

06:15 运城（美巢雅韵酒店）→云丘山景区

06:30 运城（诺富特酒店）→云丘山景区

乡宁

06:30 乡宁县（乡宁宾馆）→云丘山景区

06:45 乡宁县（鄂邑启航大酒店）→云丘山景区

稷山

07:00 稷山县（携程宾馆）→云丘山景区

07:10 稷山县（大红楼宾馆）→云丘山景区

7.4月21日赛后回程接驳车发车时刻表

运城

云丘山景区（停车场）→运城北高铁站→运城张孝机场07:00、11:00、15:00

临汾

云丘山景区（停车场）→临汾西高铁站→临汾尧都机场06:30、11:00、15:00

侯马

云丘山景区（停车场）→侯马西高铁站09:00、12:00

8.4月22日赛后回程接驳车发车时刻表

运城

云丘山景区（停车场）→运城北高铁站→运城张孝机场 11:00

临汾

云丘山景区（停车场）→临汾西高铁站→临汾尧都机场11:00

侯马

云丘山景区（停车场）→侯马西高铁站07:00、13:00



SHUTTLE BUS SERVICE

1.Shuttle bus schedule on 18th, April

Yuncheng

Yuncheng Zhangxiao Airport → Mount Yun Scenic Area 11:00、15:10、17:00、21:00

Yunchengbei Railway Station → Mount Yun Scenic Area 11:30、15:40、17:30、21:30

Mount Yun Scenic Area (Parking Lot) → Yuncheng (NOVOTEL→Belle Nestyle Hotel→Matinal Rhythm Hotel) 14:30、18:00

Linfen

Linfen Yaodu Airport→Mount Yun Scenic Area 11:30、15:00、17:00、21:30

Linfenxi Railway Station→Mount Yun Scenic Area 12:10、15:40、17:30、21:00

Mount Yun Scenic Area (Parking Lot) →Linfen (Wanda Yue→James Joyce Coffetel→Jinjiang Inn) 14:30、18:00、20:30

Hukou

Mount Yun Scenic Area (Parking Lot) →Hukou (Wanghelou Hotel→Hukou Chute Hotel) 16:00、20:00

Houma

Houmaxi Railway Station→Mount Yun Scenic Area 14:00、17:00、20:00、22:45

Mount Yun Scenic Area (Parking Lot) → Houmaxi Railway Station 15:30、18:30

Xiangning

Mount Yun Scenic Area (Parking Lot) → Xiangning (Eyi Qihang Hotel → Xiangning Hotel) 15:00、19:00

Xiangning (Xiangning Hotel) → Mount Yun Scenic Area 17:00、20:40

Xiangning (Eyi Qihang Hotel) → Mount Yun Scenic Area 17:15、20:55

Jishan

Jishan (Xiecheng Hotel) → Mount Yun Scenic Area 16:00、19:00、21:00

Jishan (Dahonglou Hotel) → Mount Yun Scenic Area 16:10、19:10、21:10

Mount Yun Scenic Area (Parking Lot) →Jishan (Dahonglou Hotel→Xiecheng Hotel) 15:00、18:00、20:00

2.Shuttle bus schedule on 19th, April

Yuncheng

Yuncheng Zhangxiao Airport → Mount Yun Scenic Area 10:00、13:00、15:30、18:00、21:00

Yunchengbei Railway Station → Mount Yun Scenic Area 10:30、13:30、16:00、18:30、21:30

Mount Yun Scenic Area (Parking Lot) →Yuncheng (NOVOTEL→Belle Nestyle Hotel→Matinal Rhythm Hotel) 12:30、18:30、20:00

Linfen

Linfen Yaodu Airport→Mount Yun Scenic Area 11:30、13:00、15:00、21:30

Linfenxi Railway Station→Mount Yun Scenic Area 12:10、13:40、15:40、18:00、19:30、21:00

Mount Yun Scenic Area (Parking Lot) → Linfen (Wanda Yue→James Joyce Coffetel→Jinjiang Inn) 15:00、17:00、18:30、21:20

Hukou

Mount Yun Scenic Area (Parking Lot) → Start Area of UMY 100M 08:00、08:30

Start Area of UMY 100M →Mount Yun Scenic Area 13:30

Hotel in Yellow River Hukou Waterfall Scenic Spot

Wanghelou Hotel → Hukou Chute Hotel → Start Area of UMY 100M 09:00、10:00、11:00

Houma

Houmaxi Railway Station → Mount Yun Scenic Area 11:30、14:00、16:30、19:00、21:00、22:45
Mount Yun Scenic Area (Parking Lot) → Houmaxi Railway Station 13:00、18:30

Xiangning

Xiangning (Xiangning Hotel) → Mount Yun Scenic Area 10:00、13:30、17:30
Xiangning (Eyi Qihang Hotel) → Mount Yun Scenic Area 10:15、13:45、17:45
Mount Yun Scenic Area (Parking Lot) → Xiangning (Eyi Qihang Hotel → Xiangning Hotel) 12:00、16:00、20:00

Jishan

Jishan (Xiecheng Hotel) → Mount Yun Scenic Area 11:00、13:00、15:00、17:00、19:00、20:00
Jishan (Dahonglou Hotel) → Mount Yun Scenic Area 11:10、13:10、15:10、17:10、19:10、20:10
Mount Yun Scenic Area (Parking Lot) → Jishan (Dahonglou Hotel → Xiecheng Hotel) 12:00、14:00、16:00、18:00、21:30

3. Shuttle bus schedule on 20th, April

Yuncheng

Yuncheng (NOVOTEL) → Mount Yun Scenic Area 05:00、06:00
Yuncheng (Belle Nestyle Hotel) → Mount Yun Scenic Area 05:00、06:00
Yuncheng (Matinal Rhythm Hotel) → Mount Yun Scenic Area 05:00、06:00

Linfen

Linfen (Wanda Yue) → Mount Yun Scenic Area 05:00、06:00
Linfen (James Joyce Coffetel) → Mount Yun Scenic Area 05:00、06:00
Linfen (Jinjiang Inn) → Mount Yun Scenic Area 05:00、06:00

Xiangning

Xiangning (Xiangning Hotel) → Mount Yun Scenic Area 05:30、06:30
Xiangning (Eyi Qihang Hotel) → Mount Yun Scenic Area 05:45、06:45

Jishan

Jishan (Xiecheng Hotel) → Mount Yun Scenic Area 06:30、07:00
Jishan (Dahonglou Hotel) → Mount Yun Scenic Area 06:40、07:10

4. Shuttle bus schedule of runner assistance

15:00 on 19th, April Start Area of UMY 100M → Qianjian Driving School
20:00 on 19th, April Qianjian Driving School → Mount Yun Scenic Area (via U10 Xiangning Gym)
09:00 on 20th, April Mount Yun Scenic Area → Xiangning Gym
12:00 on 20th, April Xiangning Gym → Mount Yun Scenic Area
08:00 on 20th, April Mount Yun Scenic Area → Duobaolingyan Temple (08:30) → Anfen
10:00 on 20th, April Mount Yun Scenic Area → Duobaolingyan Temple (10:30) → Anfen
12:00 on 20th, April Anfen → Duobaolingyan Temple → Mount Yun Scenic Area

SHUTTLE BUS SERVICE

5. Shuttle bus schedule on 20th, April

Yuncheng

Mount Yun Scenic Area (Parking Lot) → Yunchengbei Railway Station、Yuncheng Zhangxiao Airport 15:00、19:00

Mount Yun Scenic Area (Parking Lot) → Yuncheng (NOVOTEL→Belle Nestyle Hotel→Matinal Rhythm Hotel) 16:30、20:30

Linfen

Mount Yun Scenic Area (Parking Lot) → Linfen Yaodu Airport、Linfenxi Railway Station 15:00、19:00

Mount Yun Scenic Area (Parking Lot) → Linfen (Wanda Yue→James Joyce Coffetel→Jinjiang Inn) 16:30、20:30

Houma

Mount Yun Scenic Area (Parking Lot) → Houmaxi Railway Station 15:00、17:00、19:00、20:00

Xiangning

Mount Yun Scenic Area (Parking Lot) →Xiangning (Eyi Qihang Hotel → Xiangning Hotel) 17:00、20:00

Jishan

From 10:00 on April 20th to 13:00 on the 21st, the shuttle bus operates without reservations. It departs when fully occupied.

The route is as follows: Mount Yun Scenic Area (Parking Lot of Five-dragon Palace) → Jishan (Dahonglou Hotel → Xiecheng Hotel).

Hotels in Mount Yun Scenic Area

From 10:00 on April 20th to 13:00 on the 21st, the shuttle bus operates without reservations. It departs when fully occupied.

The shuttle routes are as follows:

Mount Yun Scenic Area (Parking Lot of Five-dragon Palace) → Hotels in Mount Yun Scenic Area

6. Shuttle bus schedule on 21st, April

Linfen

06:00 Linfen (Jinjiang Inn) → Mount Yun Scenic Area

06:15 Linfen (James Joyce Coffetel) → Mount Yun Scenic Area

06:30 Linfen (Wanda Yue) → Mount Yun Scenic Area

Yuncheng

06:00 Yuncheng (Matinal Rhythm Hotel) → Mount Yun Scenic Area

06:15 Yuncheng (Belle Nestyle Hotel) → Mount Yun Scenic Area

06:30 Yuncheng (NOVOTEL) → Mount Yun Scenic Area

Xiangning

06:30 Xiangning (Xiangning Hotel) → Mount Yun Scenic Area

06:45 Xiangning (Eyi Qihang Hotel) → Mount Yun Scenic Area

Jishan

07:00 Jishan (Xiecheng Hotel) → Mount Yun Scenic Area

07:10 Jishan (Dahonglou Hotel) → Mount Yun Scenic Area

7.Shuttle bus schedule on 21st , April

Yuncheng

Mount Yun Scenic Area (Parking Lot) →Yunchengbei Railway Station → Yuncheng Zhangxiao Airport 07:00、 11:00、 15:00

Linfen

Mount Yun Scenic Area (Parking Lot) →Linfenxi Railway Station→ Linfen Yaodu Airport 06:30、 11:00、 15:00

Houma

Mount Yun Scenic Area (Parking Lot) →Houmaxi Railway Station 09:00、 12:00

8.Shuttle bus schedule on 22nd , April

Yuncheng

Mount Yun Scenic Area (Parking Lot) →Yunchengbei Railway Station → Yuncheng Zhangxiao Airport 11:00

Linfen

Mount Yun Scenic Area (Parking Lot) →Linfenxi Railway Station→ Linfen Yaodu Airport 11:00

Houma

Mount Yun Scenic Area (Parking Lot) →Houmaxi Railway Station 07:00、 13:00



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