



BY **UTMB®**

RUNNER GUIDE

25-29 JUNE 2025



DACIA



SUUNTO





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BY **UTMB®**

IT'S ON

WELCOME

It was 2007 when 200 athletes set off from the base of the Tre Cime for the very first edition of the Lavaredo Ultra Trail. Since then, the Dolomites have become a UNESCO World Heritage Site, Cortina d'Ampezzo has been chosen as a host city for the 2026 Winter Olympics, and participation in the race has grown exponentially—this year reaching an incredible milestone of 15,000 pre-registrations.

As trail running continues to evolve and expand, our goal remains the same: to offer the warm, welcoming atmosphere of a race among friends—a place where people talk, laugh, and connect with others from around the world.

With this spirit, we welcome you to Cortina d'Ampezzo from June 25 to 29 to run one of our five distances, ranging from 10 to 120 km. Our volunteers are ready to cheer you on and support you throughout your journey in the Dolomites—an experience we're sure will stay in your heart forever.

Cristina Murgia
Race Director

UTMB®
WORLD SERIES

IMPRESSUM

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

FIND
YOUR FLOW.

#citizensofthemountain

PRODIGIO | **XFLOW**

It's not just about the kilometres, it's also about passion.
Whatever terrain you choose, XFlow™ supercritical EVA delivers cushioning and precise control with reactivity, ensuring constant energy return and comfort that lasts.
Find your perfect pace... whatever your Ultra.
Discover the Prodigio on lasportiva.com

Anton Krupicka, Dolomites.

DACIA

CI VEDIAMO ALL' ALBA.

DACIA, SPONSOR PRINCIPALE DELL'
CIRCUITO UTMB® WORLD SERIES



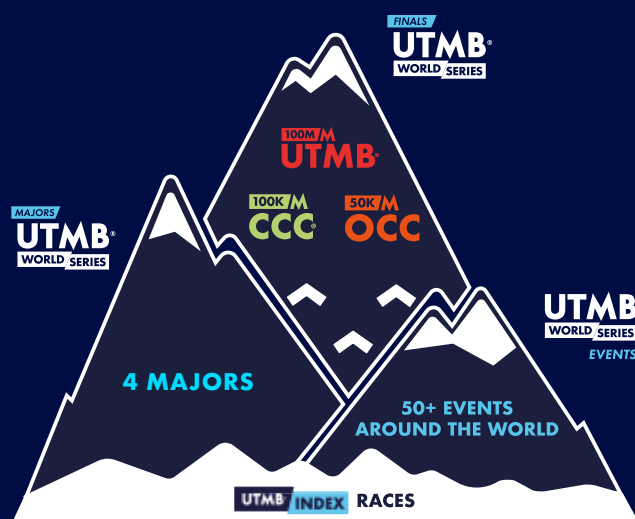
GAMMA JOGGER. Emissioni di CO₂: da 118 a 129 g/km. Consumi (ciclo misto): da 5,6 a 7,8 l/100 km.
Emissioni e consumi omologati secondo la normativa comunitaria vigente.

DACIA.IT

MEET YOUR EXTRAORDINARY

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

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



FINALS

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

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

MAJORS

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

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

EVENTS

Get the UTMB experience closer to home. Built on a passion for the mountains, with sustainability at its heart, UTMB World Series Events, gives all trail runners the chance to experience the UTMB adventure while showcasing the unique aspects that each race destination offers at over 50 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!



YOUR TRAIL RUNNING PASSPORT

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

IT'S ESSENTIAL FOR:

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

HOW IT WORKS:

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

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

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



CREATE YOUR MY UTMB® ACCOUNT

Manage everything in one place:

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

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

UTMB®

WORLD SERIES

FINALS

HOKA UTMB® MONT-BLANC

AUGUST 25-31 | CHAMONIX MONT-BLANC,
COURMAYEUR, ORSIÈRES
FRANCE, ITALY, SWITZERLAND

100KM UTMB®

100KM CCC®

50KM OCC

MAJORS

OCEANIA MAJOR

HOKA ULTRA-TRAIL AUSTRALIA™ BY UTMB®

MAY 15-18 | KATOOMBA, AUSTRALIA

EUROPE MAJOR

HOKA VAL D'ARAN BY UTMB®

JULY 02-06 | VIELHA, SPAIN

AMERICAS MAJOR

HOKA KODIAK ULTRA MARATHONS™ BY UTMB®

OCTOBER 10-11 | BIG BEAR LAKE, USA

ASIA-PACIFIC MAJOR

HOKA CHIANG MAI THAILAND BY UTMB®

DECEMBER 4-7 | CHIANG MAI, THAILAND



EVENTS

NEW EUROPE

ARC OF ATTRITION BY UTMB®

JANUARY 24-26 | UNITED KINGDOM

OCEANIA

TARAWERA ULTRA-TRAIL BY UTMB®

FEBRUARY 15-16 | NEW ZEALAND

NEW ASIA

ULTRA-TRAIL® XIAMEN BY UTMB®

MARCH 01-02 | CHINA

AMERICAS

VALHÖLL FIN DEL MUNDO BY UTMB®

MARCH 18-22 | ARGENTINA

EUROPE

CHIANTI ULTRA TRAIL BY UTMB®

MARCH 20-23 | ITALY

EUROPE

TENERIFE BLUETRAIL BY UTMB®

MARCH 27-29 | SPAIN

EUROPE

ISTRIA 100™ BY UTMB®

APRIL 10-13 | CROATIA

ASIA

ULTRA TRAIL MOUNT YUN BY UTMB®

APRIL 11-20 | CHINA

AMERICAS

DESERT RATS TRAIL RUNNING FESTIVAL™ BY UTMB®

APRIL 11-13 | USA

AMERICAS

THE CANYONS ENDURANCE RUNS™ BY UTMB®

APRIL 25-26 | USA

NEW EUROPE

GRAND RAID VENTOUX BY UTMB®

APRIL 25-27 | FRANCE

ASIA

AMAZEAN JUNGLE THAILAND BY UTMB®

MAY 01-04 | THAILAND

EUROPE

TRAIL ALSACE GRAND EST BY UTMB®

MAY 15-18 | FRANCE

EUROPE

ULTRA-TRAIL SNOWDONIA BY UTMB®

MAY 16-18 | UNITED KINGDOM

NEW ASIA

ULTRA-TRAIL GREAT WALL BY UTMB®

MAY 16-18 | CHINA

AFRICA

MOUNTAIN ULTRA TRAIL™ BY UTMB®

MAY 22-25 | SOUTH AFRICA

EUROPE

MOZART 100™ BY UTMB®

JUNE 7 | AUSTRIA

EUROPE

TRAIL DU SAINT-JACQUES BY UTMB®

JUNE 13-15 | FRANCE

EUROPE

TRAIL 100 ANDORRA™ BY UTMB®

JUNE 13-15 | ANDORRA

NEW AMERICAS

TORRENCIAL CHILE BY UTMB®

JUNE 19-21 | CHILE

NEW ASIA

KAGA SPA TRAIL ENDURANCE 100 BY UTMB®

JUNE 19-22 | JAPAN

EUROPE

LA SPORTIVA® LAVAREDO ULTRA TRAIL® BY UTMB®

JUNE 25-29 | ITALY

AMERICAS

WESTERN STATES® 100-MILE ENDURANCE RUN

JUNE 28-29 | USA

EUROPE

RESTONICA TRAIL BY UTMB®

JULY 03-05 | FRANCE

EUROPE

TRAIL VERBIER ST-BERNARD BY UTMB®

JULY 11-13 | SWITZERLAND

EUROPE

EIGER ULTRA-TRAIL™ BY UTMB®

JULY 16-20 | SWITZERLAND

NEW EUROPE

MONTE ROSA WALSERWAEGB BY UTMB®

JULY 18-20 | ITALY

AMERICAS

SPEEDGOAT™ MOUNTAIN RACES BY UTMB®

JULY 25-26 | USA

AMERICAS

QUITO TRAIL BY UTMB®

AUGUST 02-03 | ECUADOR

EUROPE

KAT100™ BY UTMB®

AUGUST 07-09 | AUSTRIA



2025 CALENDAR*

AMERICAS

PARATY BRAZIL BY UTMB®

SEPTEMBER 18-21 | BRAZIL

EUROPE

WILDSTRUBEL BY UTMB®

SEPTEMBER 19-21 | SWITZERLAND

AMERICAS

GRINDSTONE TRAIL RUNNING FESTIVAL™ BY UTMB®

SEPTEMBER 19-21 | USA

EUROPE

JULIAN ALPS TRAIL RUN BY UTMB®

SEPTEMBER 19-21 | SLOVENIA

EUROPE

NICE CÔTE D'AZUR BY UTMB®

SEPTEMBER 25-28 | FRANCE

NEW

EUROPE

KAÇKAR BY UTMB®

SEPTEMBER 26-28 | TÜRKIYE

AMERICAS

ULTRA TRAIL WHISTLER™ BY UTMB®

SEPTEMBER 27-28 | CANADA

ASIA

MALAYSIA ULTRA-TRAIL BY UTMB®

SEPTEMBER 27-28 | MALAYSIA

NEW

AMERICAS

CHIHUAHUA BY UTMB®

OCTOBER 02-04 | MEXICO

ASIA

TRANSJEJU BY UTMB®

OCTOBER 2025 | SOUTH KOREA

ASIA

ULTRA-TRAIL® NINGHAI BY UTMB®

OCTOBER 2025 | CHINA

EUROPE

MALLORCA BY UTMB®

NOVEMBER 2025 | SPAIN

EUROPE

KULLAMANNEN BY UTMB®

OCT 31 - NOV 1 | SWEDEN

ASIA

TRANSLANTAU™ BY UTMB®

NOVEMBER 2025 | HONG KONG, CHINA

OCEANIA

ULTRA-TRAIL KOSCIUSZKO™ BY UTMB®

NOVEMBER 2025 | AUSTRALIA

* NOVEMBER 2024



ULTRA ENERGY™ DRINK MIX

Vai più a lungo e più lontano.





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

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

MAIN FEATURES



For the public:

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



For the runner:

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

SCAN THE CODE



PROGRAM / TIMETABLE

WEDNESDAY 25TH

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



PROGRAM / TIMETABLE



THURSDAY 26TH

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

PROGRAM / TIMETABLE

FRIDAY 27TH

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



PROGRAM / TIMETABLE



SATURDAY 28TH

Time	Location		What
05:00-13:00	Cimabanche		Support and concert area
05:40	Acquabona parking		Shuttle bus departure for Val Marzon / Auronzo
05:45	Bus Station, Via Marconi 5		Shuttle bus departure for Val Marzon / Auronzo
06:15	Val Marzon / Auronzo		Lavaredo 80K athletes meeting and bags collection
07:00	Val Marzon / Auronzo		START! Lavaredo 80K
10:00-20:00	La Sportiva village - Corso Italia		Outdoor gallery By La Sportiva and Lavaredo Ultra Trail
10:00-20:00	La Sportiva village - Corso Italia		Prodigio Tech Hub
11:00	Piazza Dibona, Cortina		Lavaredo 120K first man arrival
12:15	Piazza Dibona, Cortina		Lavaredo 120K first woman arrival
15:00	Piazza Dibona, Cortina		Lavaredo 80K first man arrival
16:00	Piazza Dibona, Cortina		Lavaredo 80K first woman arrival
21:00-23:00	Bar LaSPORTiva		Closing concert

SUNDAY 29TH

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



NEW

SUUNTO X UTMB WORLD SERIES

Limited Edition

Adventure
starts
here


SUUNTO



NIRVANA

SPORTS TRAVEL & ACCOMMODATION



Proud Official Travel and Accommodation
Partner to the UTMB World Series.

Proving athlete friendly accommodation
and packages, ensuring you get to your
destination and ready to race.

We can arrange:

Accommodation at an Official Race Hotel

Airport Transfers

Flights and Transport


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information or visit
www.nirvanaeurope.com



UTMB®
WORLD SERIES

NIRVANA

OFFICIAL SUPPLIER



PARKING AND SHUTTLE BUSES

PARKING IN CORTINA

Cortina d'Ampezzo is preparing to host the Winter Olympics in February 2026, and as a result, there are various construction sites that reduce parking spaces.

To address this issue, the Organizers, in collaboration with the Municipality of Cortina, have set up **a free parking area in Loc. Acquabona, 4 kms from the centre, and a free shuttle service ([view on Google Maps >>](#))**. Every 30 minutes, a bus leaves Acquabona to transport athletes, companions, and supporters to the centre of Cortina.

The stop from **Acquabona towards Cortina** and from **Cortina towards Acquabona** is always the same [Google Maps >>](#)

WEDNESDAY 25 JUNE:

from 6:52 am to 10:30 pm, approximately every 30 minutes

THURSDAY 26 JUNE:

from 6:52 am to 10:30 pm, approximately every 30 minutes

FRIDAY 27 JUNE:

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

SATURDAY 28 JUNE:

from 6:52 am to 8:00 pm approximately every 30 minutes

From 8:00 pm to midnight approximately every 60 minutes

From 8 pm the bus will start from Ice Stadium

SUNDAY 29 JUNE:

from midnight to 2 pm, approximately every 60 minutes

(the bus will start from Ice Stadium)

The bus provides round-trip service Acquabona/Cortina/Acquabona.

BUS FOR SUPPORTERS AND FAMILIES

If you want to encourage or assist a friend/family member at the Cimabanche, Col Gallina and Passo Giau refreshment points, there is a bus service with the following timetables.

BUS TO CIMABANCHE AID STATION

SATURDAY 28 JUNE - 80K and 120K

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

Journey time: approximately 20 minutes - **Ticket: €2.50**

SATURDAY 28 JUNE

- from Cortina, Ice Skate Stadium: h 8:20 am - 10:20 am - 1:20 pm
- from Cimabanche to Cortina: h 7:30 am - 9:45 am - 11:45 am - 2:45 pm

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

BUSES TO COL GALLINA AND PASSO GIAU

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

To avoid traffic in the direction of the passes, the Organizers have set up **free parking in Loc. Socrepes** ([Google Maps >> https://maps.app.goo.gl/kiEvVyHUSHUNkusP7](#)) and a paid shuttle service.

PARKING AND SHUTTLE BUSES



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

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

The shuttle will run with the following schedule:

FRIDAY 27 JUNE - 50K

- from Socrepes to Col Gallina: h 9:00 am - 10:00 am - 11:00 am - midday - 1:00 pm (last shuttle)
- from Socrepes to Passo Giau: h 09:30 am - 11:00 am - 12:30 pm - 2:00 pm (last shuttle)
- from Col Gallina to Socrepes: h 9:30 am - 10:30 am - 11:30 am - 12:30 pm - 2:30 pm (last shuttle)
- from Passo Giau to Socrepes: h 10:15 am - 11:45 am - 1:15 pm - 4:15 pm (last shuttle)

SATURDAY 28 JUNE - 80K and 120K

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

Tickets, valid for both bus passes, must be purchased by Monday, June 23 through the athlete's personal dashboard >>

<https://in.njuko.com/2025-la-sportiva-lavaredo-ultra-trail-by-utmb>

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

TOP ELITE ASSISTANCE PARKING LAVAREDO 120K/80K

Top elite athletes:

120K: from no. 1 to no. 28

80K: from no. 2001 to no. 2023

will receive, along with their bib number, a pass allowing their personal assistants to park at Col Gallina in a reserved area, strictly for the time necessary to provide assistance.

Parking vouchers received with race bibs must be placed on the car dashboard in a visible position, and assistants must wear the appropriate pass to provide assistance.

Assistance can be provided by one person per athlete only.



CORTINA MAP

BIB NUMBER COLLECTION ADDRESS

257

Ice stadium, Via Bonacossa 1, Cortina d'Ampezzo

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

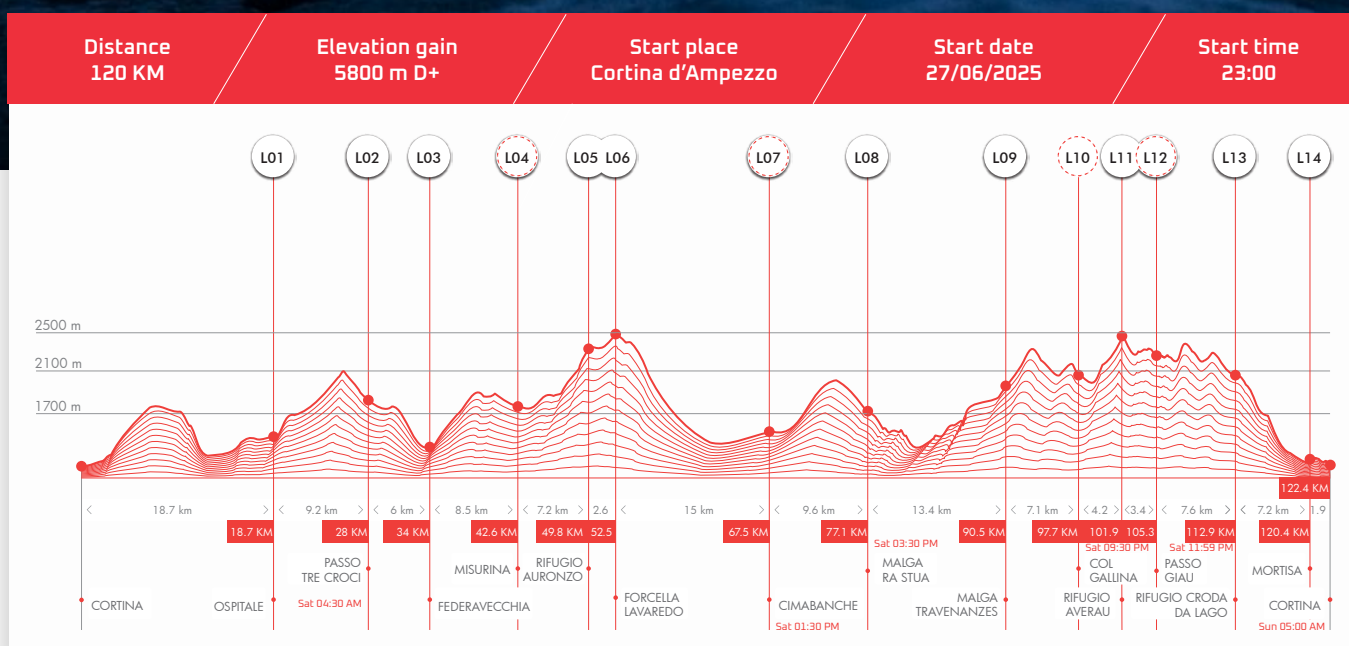


Lavaredo 120K



RACE CATEGORY
100M **M**



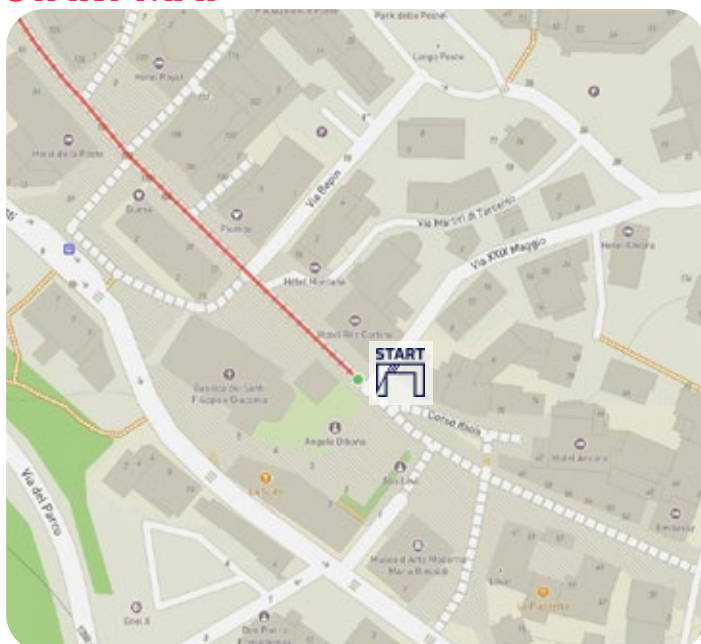


CHECKPOINT - no assistance permitted



CHECKPOINT with assistance permitted

START MAP



RACE INFO



START
CORTINA D'AMPEZZO
Corso Italia
FRIDAY 27th @ 23:00



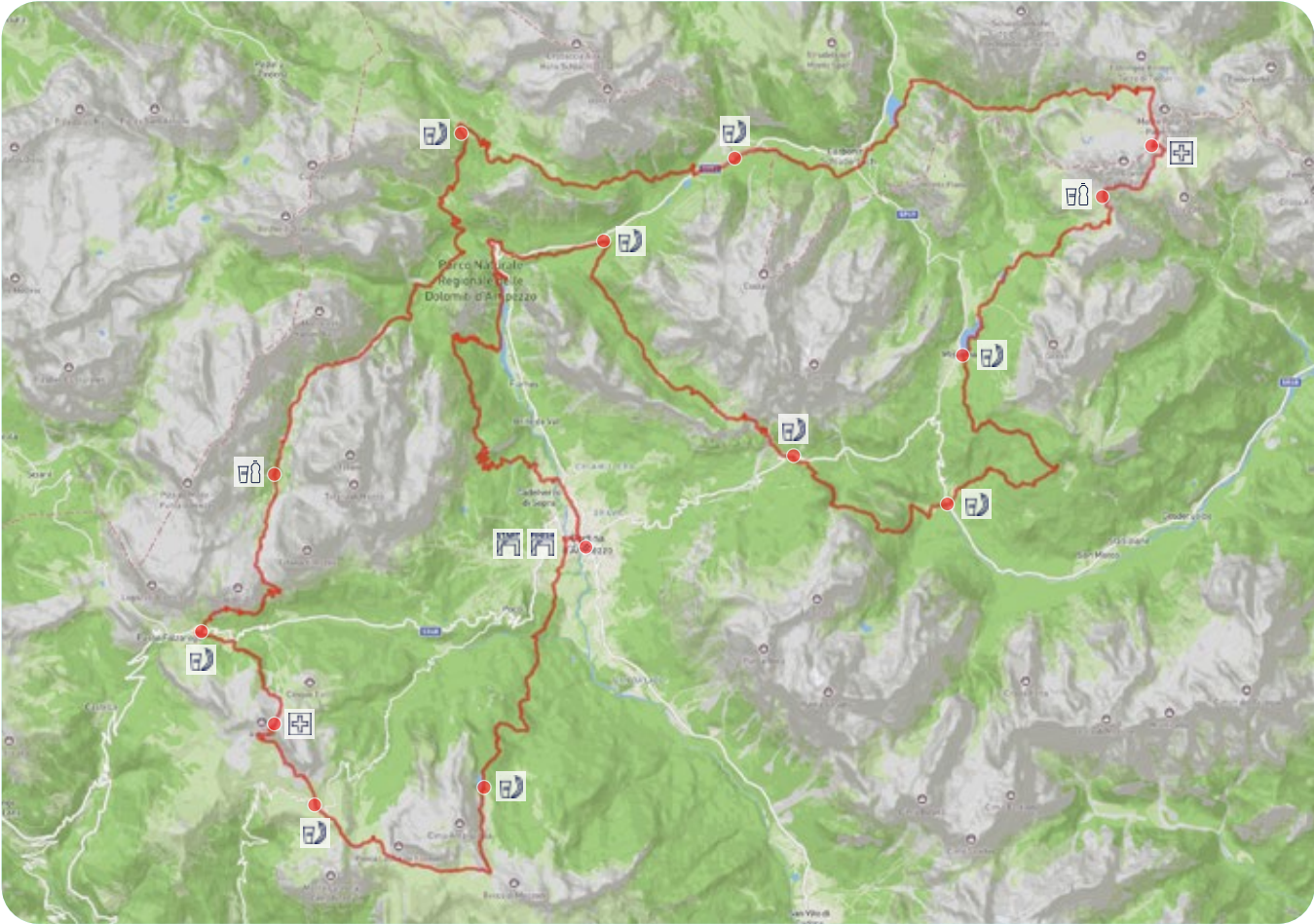
AWARD CEREMONY
CORTINA D'AMPEZZO
Piazza Dibona
SUNDAY 29th @ 12:00



RACE RULES
Scan the code



MAP



 STARTING LINE

 FINISH LINE

 MEDICAL STATION

 AID STATION

 DRINK SUPPLY



AID STATIONS & TIME CHARTS

Point	Altitude	Distance inter	Dist	Elevation +	Elevation -	Fastest time	Cut Off	Services
Cortina d'Ampezzo	1210	0	0	0	0	Fri 23:00		START
Ospitale	1483	18,7	18,7	833	560	Sat 00:16		näak +
Passo Tre Croci	1798	9,2	28	1494	906	Sat 01:09	Sat 04:30	näak +
Federavecchia	1385	6	34	1566	1393	Sat 01:35		
Misurina	1762	8,5	42,6	2139	1587	Sat 02:27	Sat 08:00	näak +
Rifugio Auronzo	2308	7,2	49,8	2740	1642	Sat 03:18		
Forcella Lavaredo	2456	2,6	52,5	2901	1657	Sat 03:36		+
Cimabanche	1532	15	67,5	3038	2717	Sat 04:49	Sat 13:30	näak +
Malga Ra Stua	1705	9,6	77,1	3571	3076	Sat 05:51	Sat 15:30	näak +
Malga Travenanzes	1985	13,4	90,5	4373	3598	Sat 07:20		
Col Gallina	2058	7,1	97,7	4868	4020	Sat 08:14	Sat 21:30	näak +
Rifugio Averau	2417	4,1	101,9	5348	4141	Sat 08:51		+
Passo Giau	2243	3,4	105,3	5456	4423	Sat 09:13	Sat 23:59	näak +
Rifugio Croda da Lago	2051	7,6	112,9	5773	4933	Sat 10:04		näak +
Mortisa	1254	7,4	120,4	5861	5817	Sat 10:48		
Cortina d'Ampezzo	1221	1,9	122,4	5917	5906	Sat 11:00	Sun 05:00	+ SHOWER FINISH



STARTING LINE



FINISH LINE



AID STATION



ORGANISATION BUS



NÄAK PRODUCTS



SHOWER



MEDICAL STATION



DROP BAG



WC

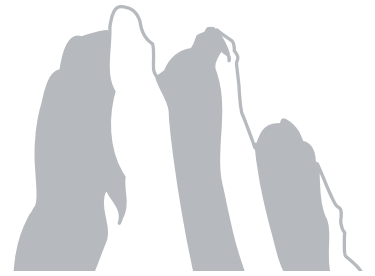


DRINK SUPPLY



CHECKPOINT with assistance permitted

120K RUNNER'S INFO



CHANGING ROOM, BAG DEPOSIT, SHOWERS

Changing room and bags deposit will be available at the Ice Skate Stadium (Via Bonacossa 1, Cortina d'Ampezzo) from 9.00 pm to 10.30 pm on Friday 27 June. Bags must clearly exhibit the number sticker handed out to athletes with race bibs. Athletes are advised not to place objects of value in their bags.

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

After the race, bags may be collected at the Ice Skate Stadium (Via Bonacossa 1, Cortina d'Ampezzo) between 12 noon on Saturday 28 June and 12 noon on Sunday 29 June upon presentation of race bib.

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

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

SPARE BAG FOR CIMABANCHE AID STATION

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

Athletes must place the number sticker they received with their race bib on the bag. The bags must be handed in between 9.00 pm and 10.30 pm on Friday 27 outside the Ice Skate Stadium (Via Bonacossa 1, Cortina d'Ampezzo).

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

Bags with clothes left at Cimabanche may be collected between 3 pm on Saturday 28 June and (no later than) 12 noon on Sunday 29 June upon presentation of race bib numbers at the Ice Skate Stadium (Via Bonacossa 1, Cortina d'Ampezzo).

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





POST RACE HOT MEAL

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





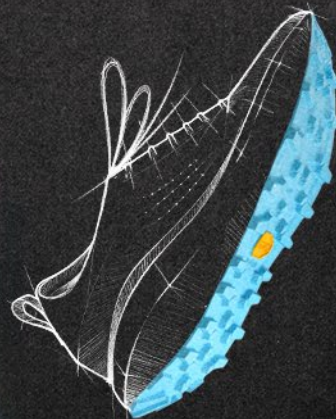
Open-Ear Bone Conduction Headphones

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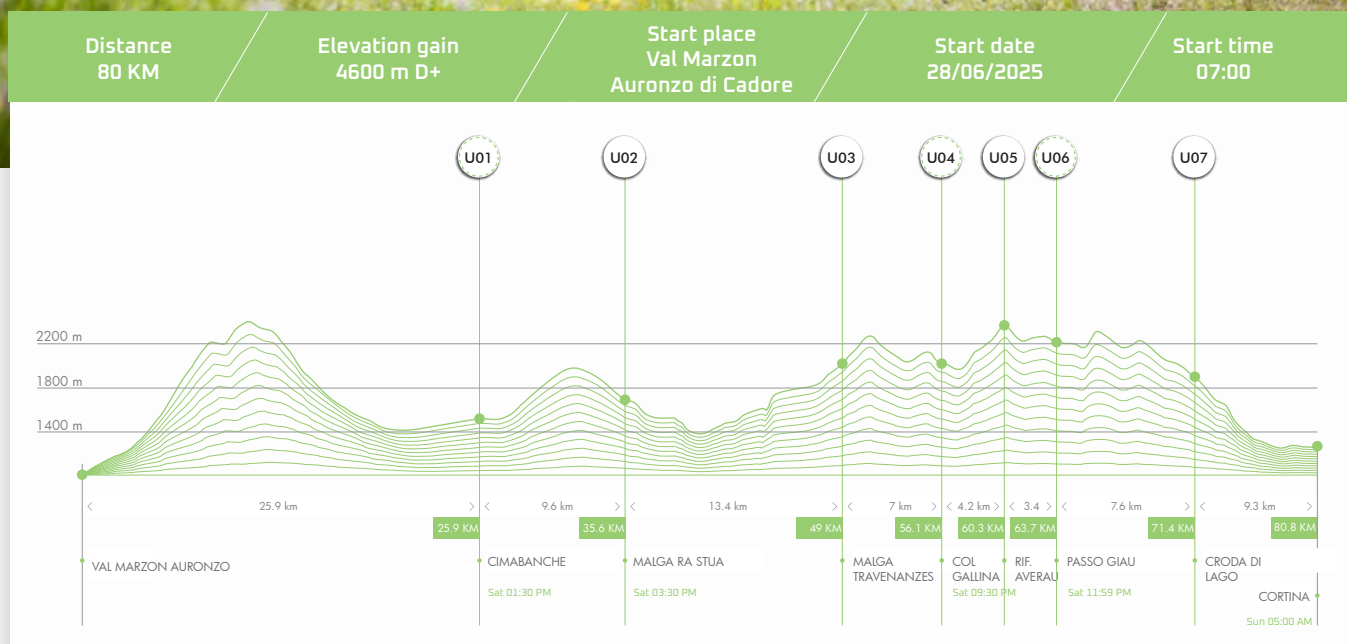
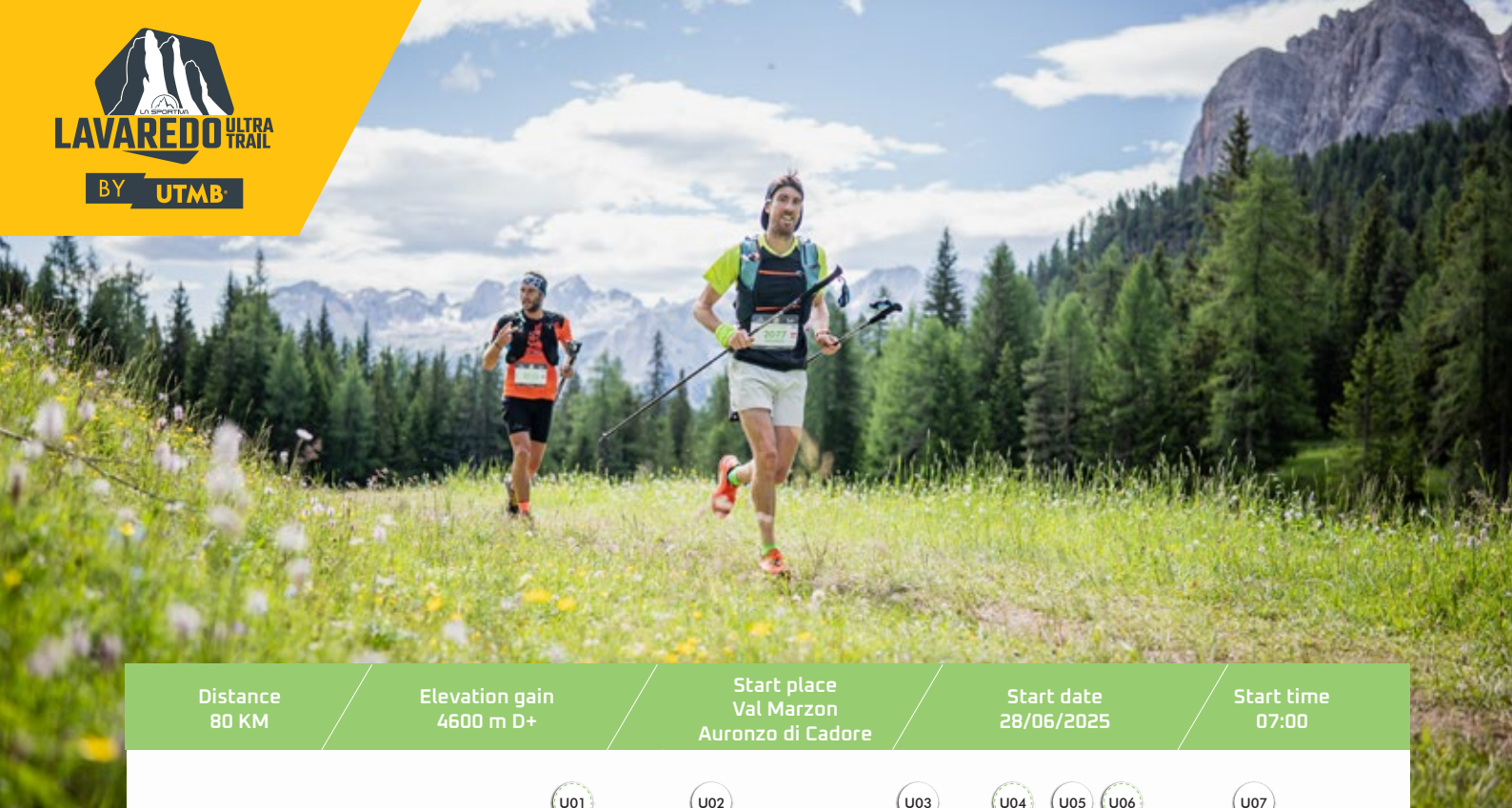
[VIBRAM.COM](https://vibram.com)

Lavaredo 80K



RACE CATEGORY
100K 



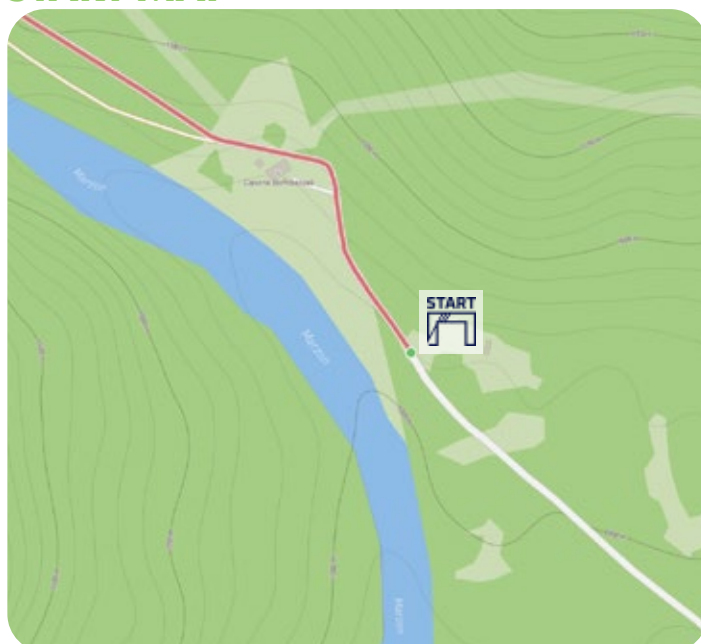


CHECKPOINT - no assistance permitted



CHECKPOINT with assistance permitted

START MAP



RACE INFO



START
VAL MARZON
AURONZO DI CADORE
SATURDAY 28th @ 07:00



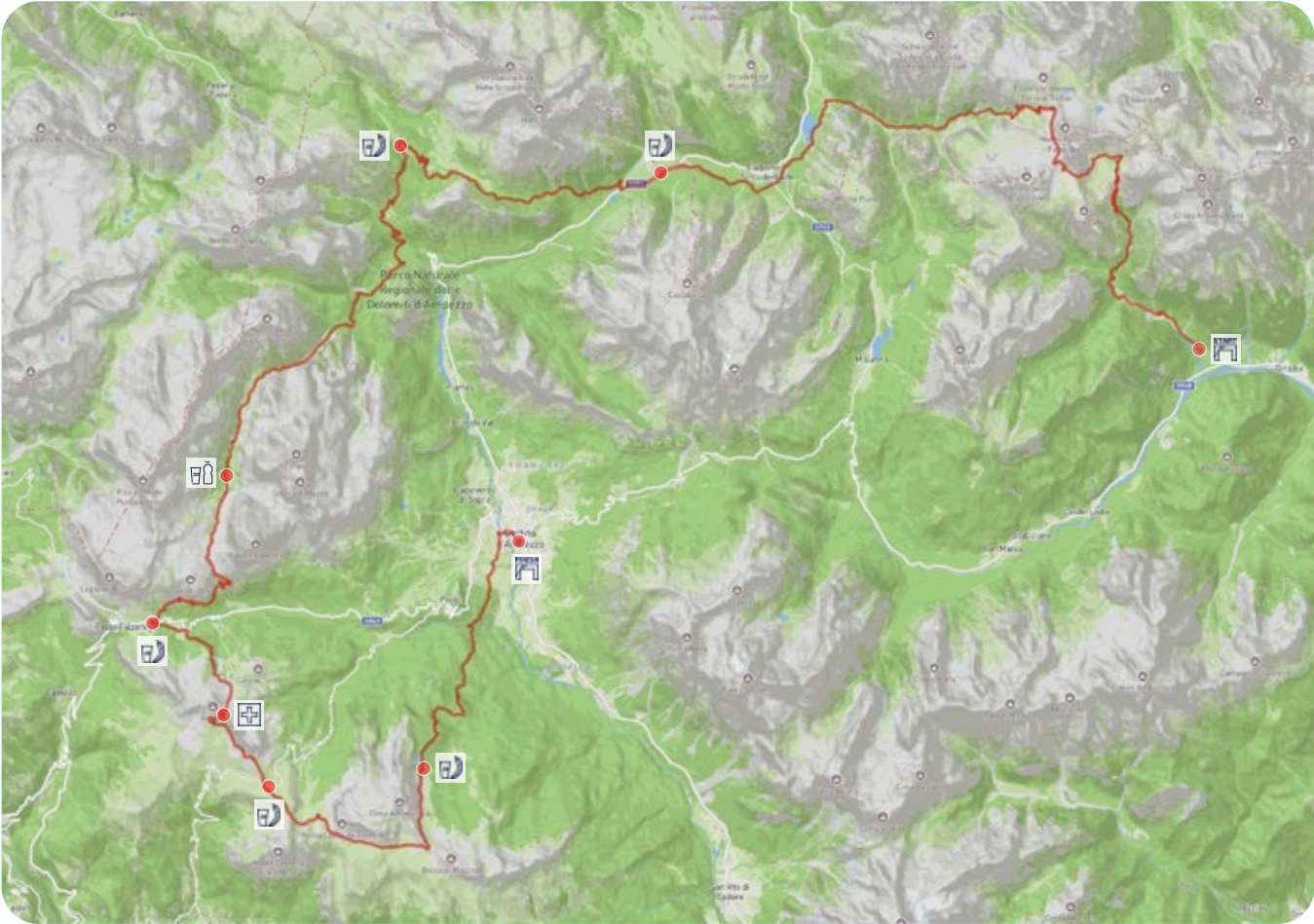
AWARD CEREMONY
CORTINA D'AMPEZZO
Piazza Dibona
SUNDAY 29th @ 12:00



RACE RULES
Scan the code



MAP



 STARTING LINE

 FINISH LINE

 MEDICAL STATION

 AID STATION

 DRINK SUPPLY



AID STATIONS & TIME CHARTS

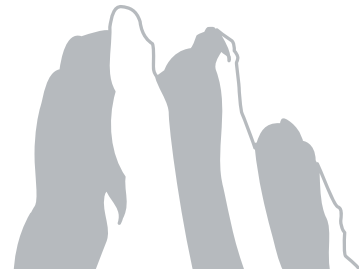
Point	Altitude	Distance inter	Dist	Elevation +	Elevation -	Fastest time	Cut Off	Services
Val Marzon Auronzo	995	0	0	0	0	Sat 07:00		START
Cimabanche	1532	25,9	25,9	1755	1219	Sat 09:16	Sat 13:30	nåak, WC, Aid Station, Medical Station, Drink Supply
Malga Ra Stua	1705	9,6	35,6	2288	1578	Sat 10:08	Sat 15:30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

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

SHUTTLE SERVICE FOR ATHLETES

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

80K RUNNER'S INFO



SHUTTLE BUS TO VAL MARZON / AURONZO

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

Buses will depart on Saturday, June 28:

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

At 5:45 am from the Cortina Bus Station, Via Marconi 5, Cortina d'Ampezzo.

Those staying overnight in Auronzo di Cadore can book a post-race shuttle which leaves Cortina (Olympic Ice Stadium) approximately every 90 minutes, starting at 6 pm on Saturday until 5 am on Sunday 29 June.

Booking must be done by June 8th through your Personal Dashboard.

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

DELIVERY AND TRANSPORT OF BAGS

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

Athletes must place the number card they received with their bib number on the bag. The bags must be handed in between 6.00 am and 06.30 am on Saturday 28 in Val Marzon, at the start of the race.

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

Bags may be collected between 4 pm on Saturday 28 June and (no later than) 12 noon on Sunday 29 June upon presentation of the bib number at the Ice Skate Stadium, [Via Bonacossa 1, Cortina d'Ampezzo](#).

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

SHOWERS

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

POST RACE HOT MEAL

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





ALWAYS REMEMBER YOUR RACE
 get your personal pictures on **SPORTOGRAF.COM**



F O T O
S P O R T O G R A F . C O M
F L A T

Lavaredo 50K



RACE CATEGORY
50K 





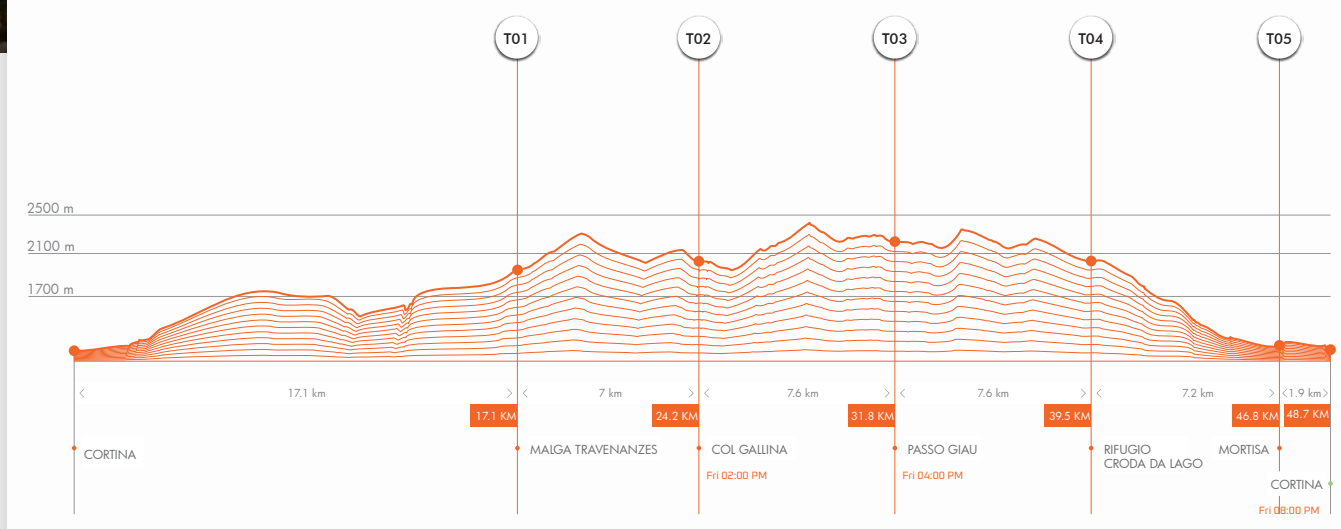
Distance
50 KM

Elevation gain
2600 m D+

Start place
Cortina d'Ampezzo

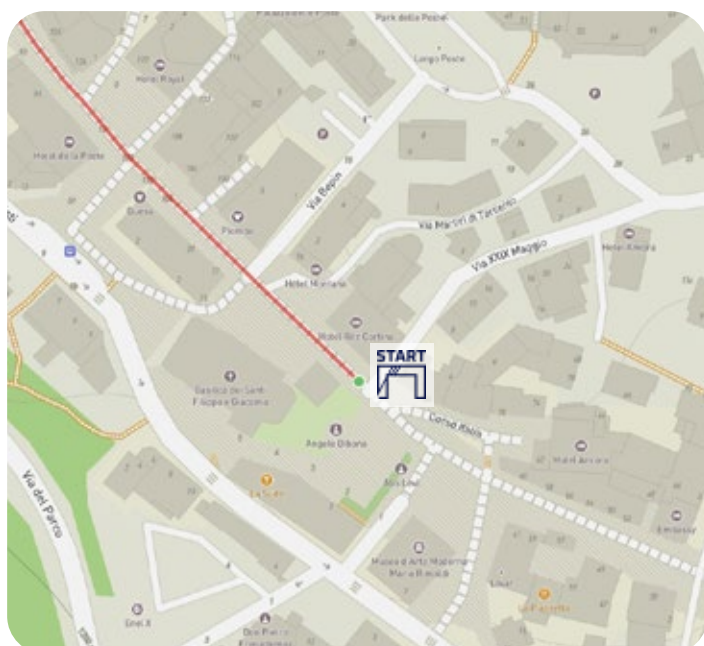
Start date
27/06/2025

Start time
08:00



CHECKPOINT - no assistance permitted

START MAP



RACE INFO



START
CORTINA D'AMPEZZO
Corso Italia
FRIDAY 27th @ 08:00



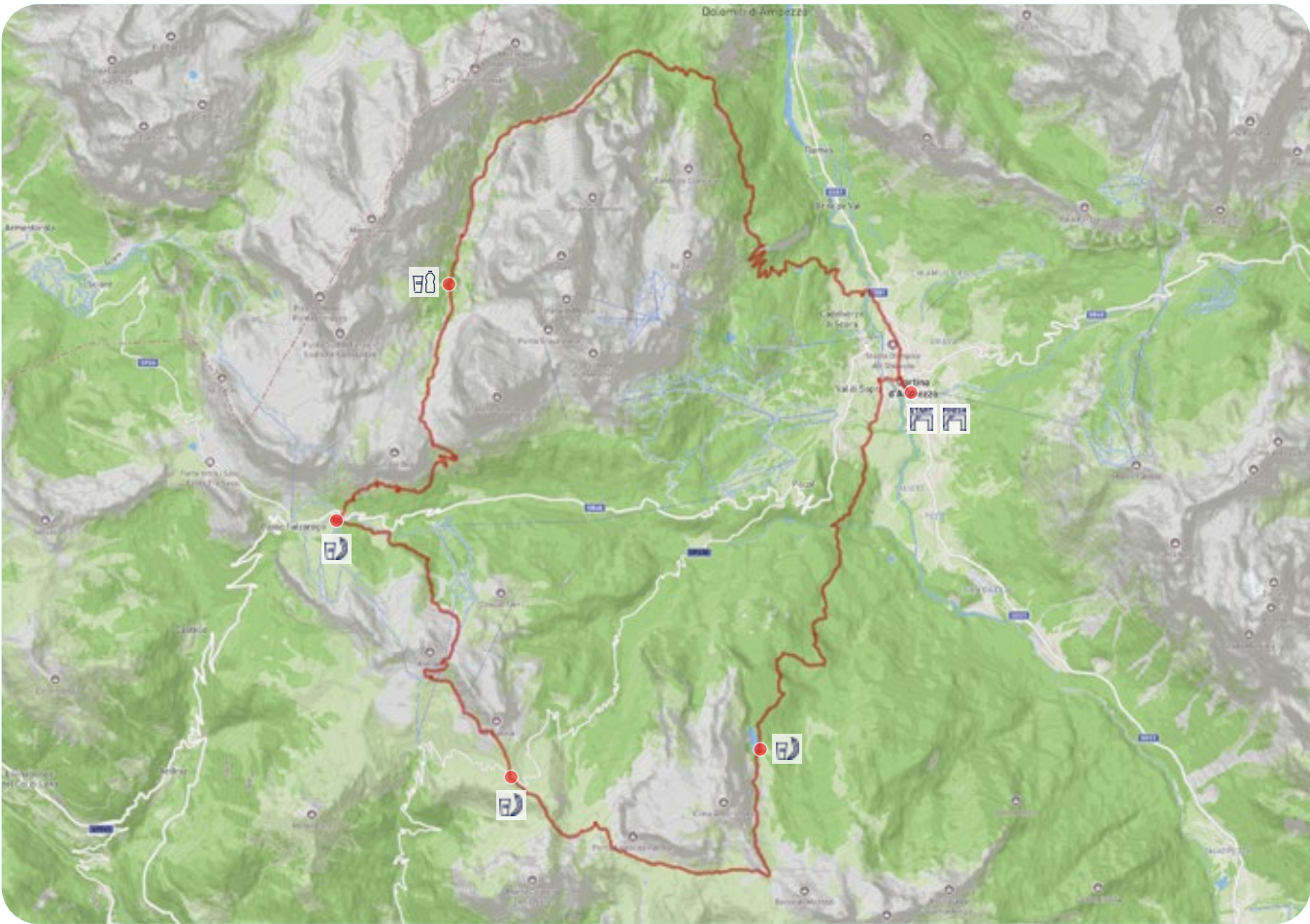
AWARD CEREMONY
CORTINA D'AMPEZZO
Piazza Dabona
FRIDAY 27th @ 19:00



RACE RULES
Scan the code



MAP



STARTING LINE

FINISH LINE

AID STATION

DRINK SUPPLY

AID STATIONS & TIME CHARTS

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

STARTING LINE

FINISH LINE

AID STATION

ORGANISATION BUS

NÅK PRODUCTS

SHOWER

MEDICAL STATION

WC

DRINK SUPPLY

50K RUNNER'S INFO

CHANGING ROOM, BAG DEPOSIT, SHOWERS

Changing rooms and bag deposit will be available at Revis Gym (Via dei Campi 1, Cortina d'Ampezzo) from 6.30 am to 7.30 am on Friday 27 June.

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

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

After the race, bags may be collected on Friday 27 June at Revis Gym (Via dei Campi 1, Cortina d'Ampezzo), where showers will be available, from 12 noon not later than 8:30 pm, upon presentation of race bib.

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

PERSONAL ASSISTANCE

Prohibited.



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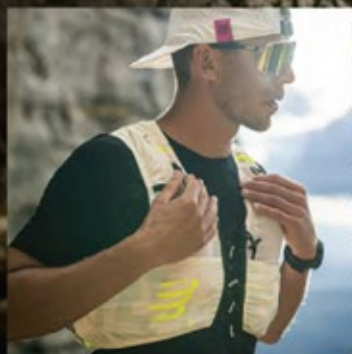


THANKS TO ALL OUR LOCAL SUPPLIERS



Ospedale Cortina
Cortina d'Ampezzo





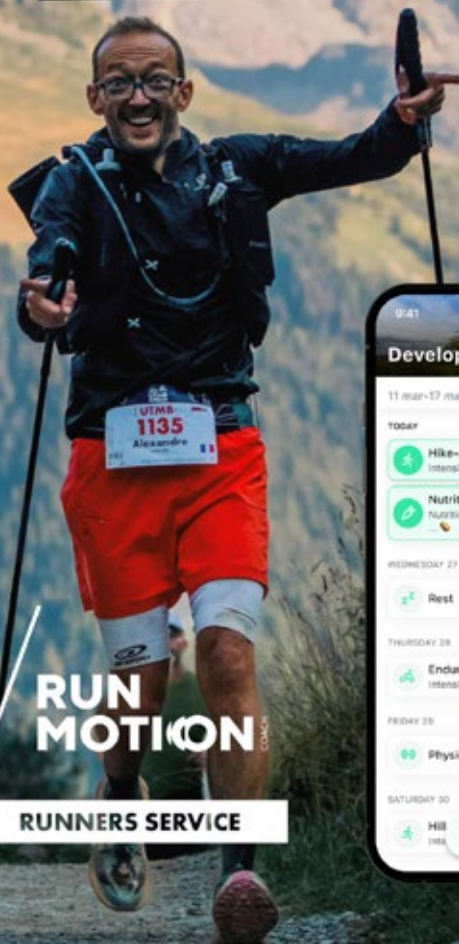
BE THE ATHLETE



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**WHEREVER YOU RACE,
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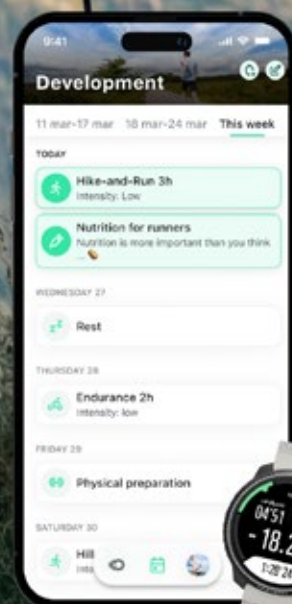
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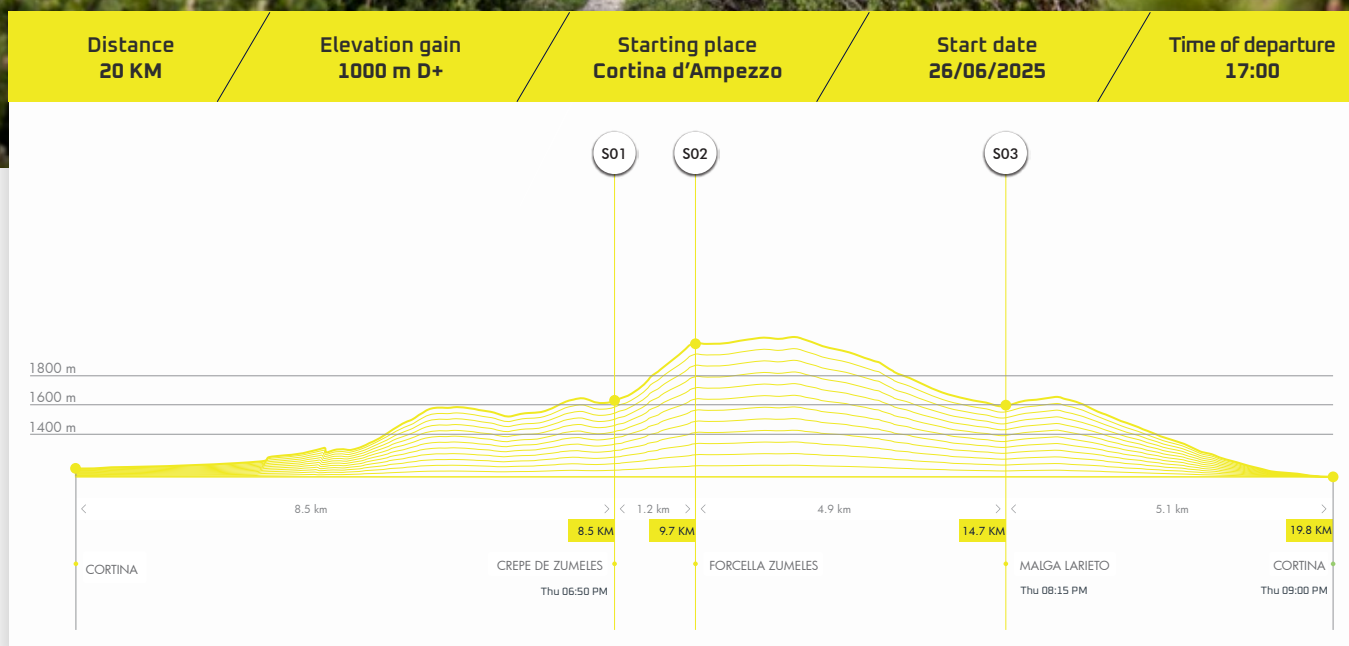


Lavaredo 20K



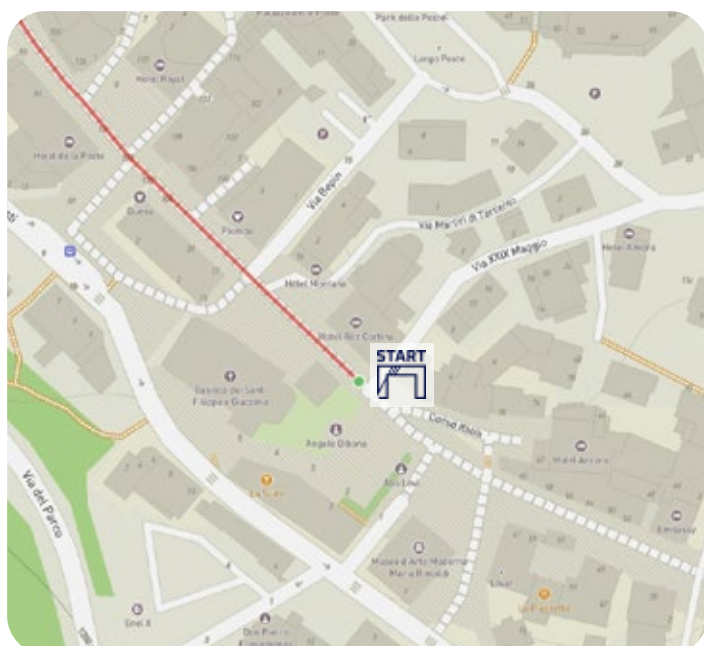
RACE CATEGORY
20K **M**





CHECKPOINT - no assistance permitted

START MAP



RACE INFO



START
CORTINA D'AMPEZZO
Corso Italia
THURSDAY 26th @ 17:00



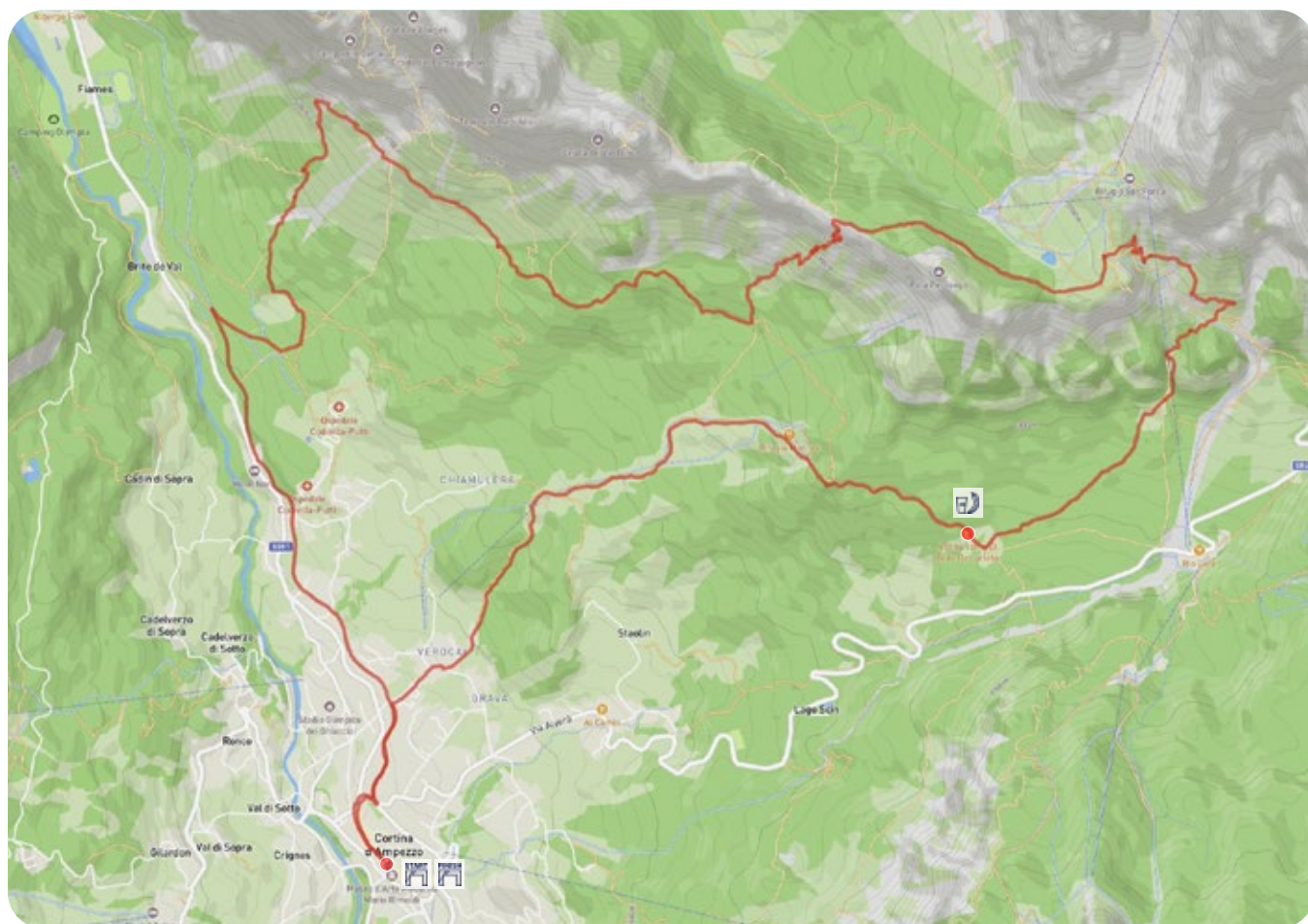
AWARD CEREMONY
CORTINA D'AMPEZZO
Piazza Dibona
THURSDAY 26th @ 20:30



RACE RULES
Scan the code



MAP













 STARTING LINE

 FINISH LINE

 AID STATION

AID STATIONS & TIME CHARTS

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

 STARTING LINE

 FINISH LINE

 AID STATION

 ORGANISATION BUS

 NAAK PRODUCTS

 SHOWER

 MEDICAL STATION

 WC

20K RUNNER'S INFO

CHANGING ROOM, BAG DEPOSIT, SHOWERS

Changing rooms and bag deposit will be available at Revis Gym (Via dei Campi 1, Cortina d'Ampezzo) from 3.30 pm to 4.30 pm on Thursday 26 June.

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

In any case, the Organizers accept no liability for any theft, loss or damage to bags or their contents. After the race, bags may be collected at Revis Gym (Via dei Campi 1, Cortina d'Ampezzo), where showers will be available, from 7 pm to 9.15 pm on Thursday 26 June upon presentation of race bib.

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

PERSONAL ASSISTANCE

Prohibited.





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



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L'Ospedale Cortina, accreditato con il Servizio Sanitario Nazionale, fa parte di GVM Care & Research, gruppo ospedaliero italiano con ospedali di Alta Specialità e polispecialistici in 10 regioni italiane oltre a 6 paesi esteri.

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

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



Ospedale Cortina
Cortina d'Ampezzo

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Direttore Sanitario Dott. Massimo Vota - Aut. San. DGR. 1438 dell'1.10.2019



Ospedale Cortina
Cortina d'Ampezzo

GVM
CARE & RESEARCH

Lavaredo 10K





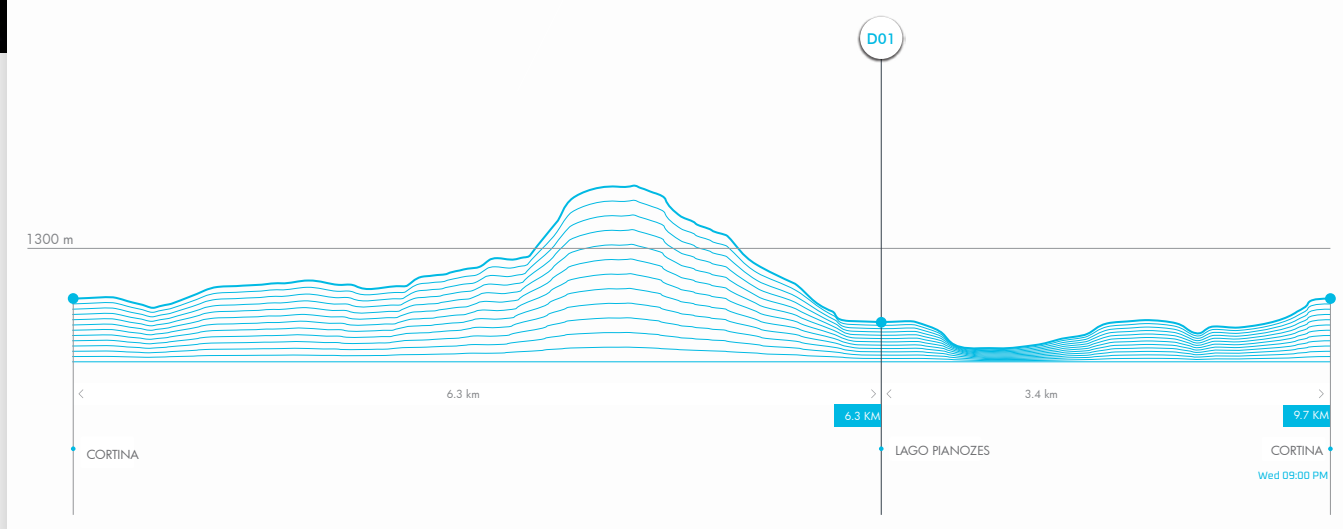
Distance
10 KM

Elevation gain
300 m D+

Starting place
Cortina d'Ampezzo

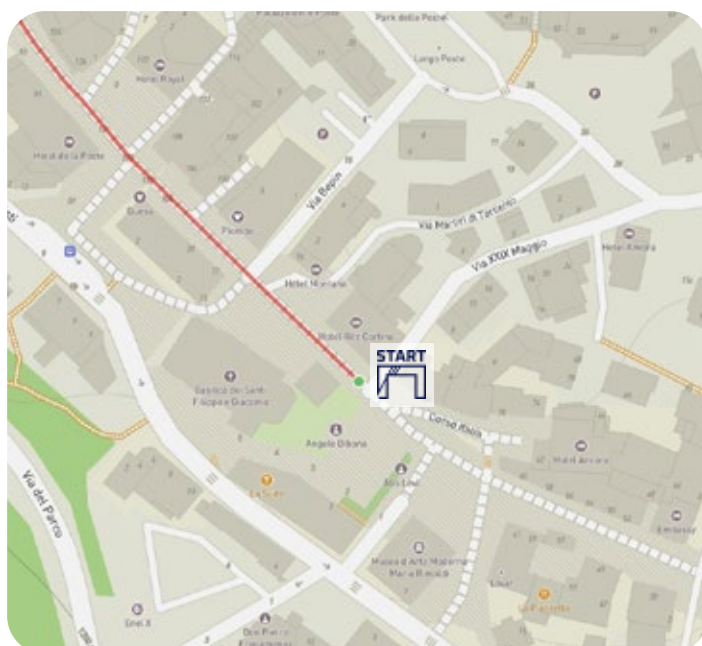
Start date
25/06/2025

Time of departure
19:00



CHECKPOINT - no assistance permitted

START MAP



RACE INFO



START
CORTINA D'AMPEZZO
Corso Italia
WEDNESDAY 25th @ 19:00



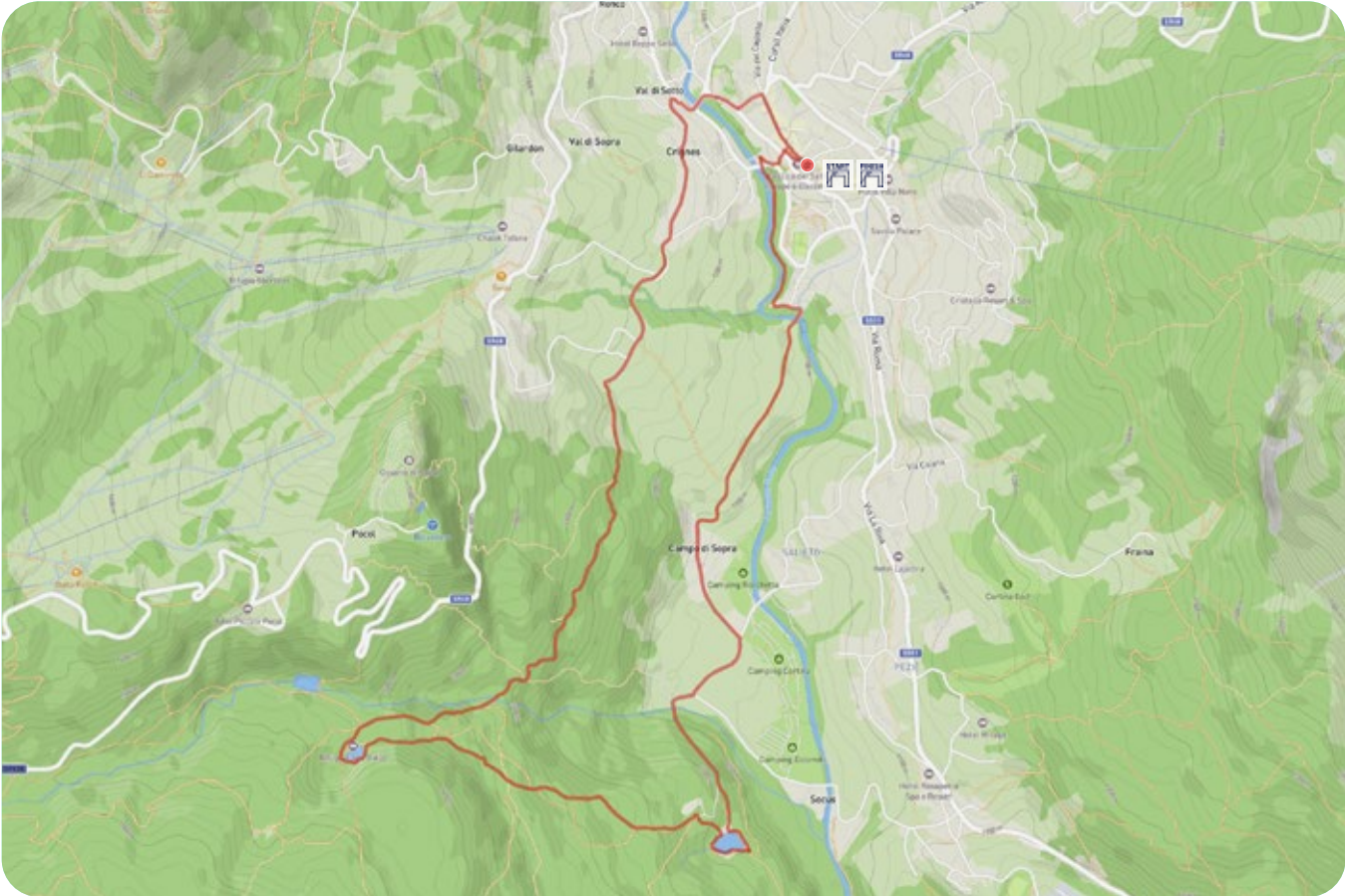
AWARD CEREMONY
CORTINA D'AMPEZZO
Piazza Dibona
WEDNESDAY 25th @ 21:00



RACE RULES
Scan the code










MAP



 STARTING LINE

 FINISH LINE

AID STATIONS & TIME CHARTS

Point	Altitude	Distance inter	Dist	Elevation +	Elevation -	Fastest time	Cut Off	Services
Cortina d'Ampezzo	1212	0	0	0	0	Wed 19:00		
Lago Pianozes	1171	6,3	6,3	252	292	Wed 19:24		
Cortina d'Ampezzo	1212	3,4	9,7	364	366	Wed 19:38	Wed 21:00	     

 STARTING LINE

 FINISH LINE

 DRINK SUPPLY

 ORGANISATION BUS

 SHOWER

 MEDICAL STATION

 WC

10K RUNNER'S INFO

CHANGING ROOM, BAG DEPOSIT, SHOWERS

Changing rooms and bag deposit will be available at Revis Gym (Via dei Campi 1, Cortina d'Ampezzo) from 6.00 pm to 6.30 pm on Wednesday 25 June.

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

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

After the race, bags may be collected at Revis Gym (Via dei Campi 1, Cortina d'Ampezzo), where showers will be available, from 8 pm to 9.30 pm on Wednesday 25 June upon presentation of race bib.

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

PERSONAL ASSISTANCE

Prohibited.





Come affrontare la giornata?
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