



RUNNER'S GUIDE

26 - 28 SEPTEMBER 2025





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DISCOVER KAÇKAR

Kaçkar by UTMB invites you to step into a world where the Black Sea breeze meets the high mountain air, and every turn of the trail reveals a new wonder.

From high plateaus carpeted with wildflowers to rocky passes that open onto sweeping sea views, the routes lead you through a living landscape shaped by centuries of tradition. You'll pass glacial lakes that mirror the sky, forests alive with birdsong, and valleys where rivers carve their way down towards the coast.

This is more than a racecourse – it's a tapestry of contrasts: alpine meadows and deep green gorges, wild ridges and quiet villages, ancient paths and untouched nature. Each climb and descent offers a fresh perspective, rewarding your effort with moments that can't be captured, only experienced.

Kaçkar by UTMB is your chance to see this remarkable corner of Türkiye as few ever have – one step, one breath, one view at a time.

KACKAR

BY UTMB®



DISCOVER



HAZINDAK PLATEAU

In Rize's enchanting Çamlıhemşin district, this breathtaking Hazindak Plateau rises 2,000 meters above sea level. Legend has it that it takes its name from the magnificent Hazine Dağı (Treasure Mountain) and, true to its name, every corner feels like a hidden gem.



SAMISTAL PLATEAU

Samistal Plateau is more than just a natural wonder; it's a living piece of Turkish heritage. The hill takes its name from Molla Memiş Efendi, who would retreat here for seclusion and worship. Famous Turkish musician Yaşar Kurt immortalized the spirit of this plateau in one of his songs called "Samistal Yaylası".



HUSER PLATEAU

Huser Plateau, perched high in the upper reaches of Firtına Vadisi (Storm Valley), is renowned for its breathtaking sunsets and mesmerizing sea of mist. At the very summit, as evening descends, a magical phenomenon known as the "sea of clouds" emerges, making visitors feel as if they are walking among the clouds themselves.



UPPER ÇEYMAKÇUR PLATEAU

Çeymakçur Plateau, split into lower and upper sections, is a beautiful spot surrounded by nature.

Its name means “white water” in the Hemşince dialect, inspired by the shimmering streams that flow through its upper reaches. When the water rushes between the rocks it looks bright white from a distance, hence the given name.



KOÇDÜZÜ PLATEAU

Koçdüzü Plateau, known to the locals as Sarikançeni, is a captivating highland cherished by the Laz villagers.

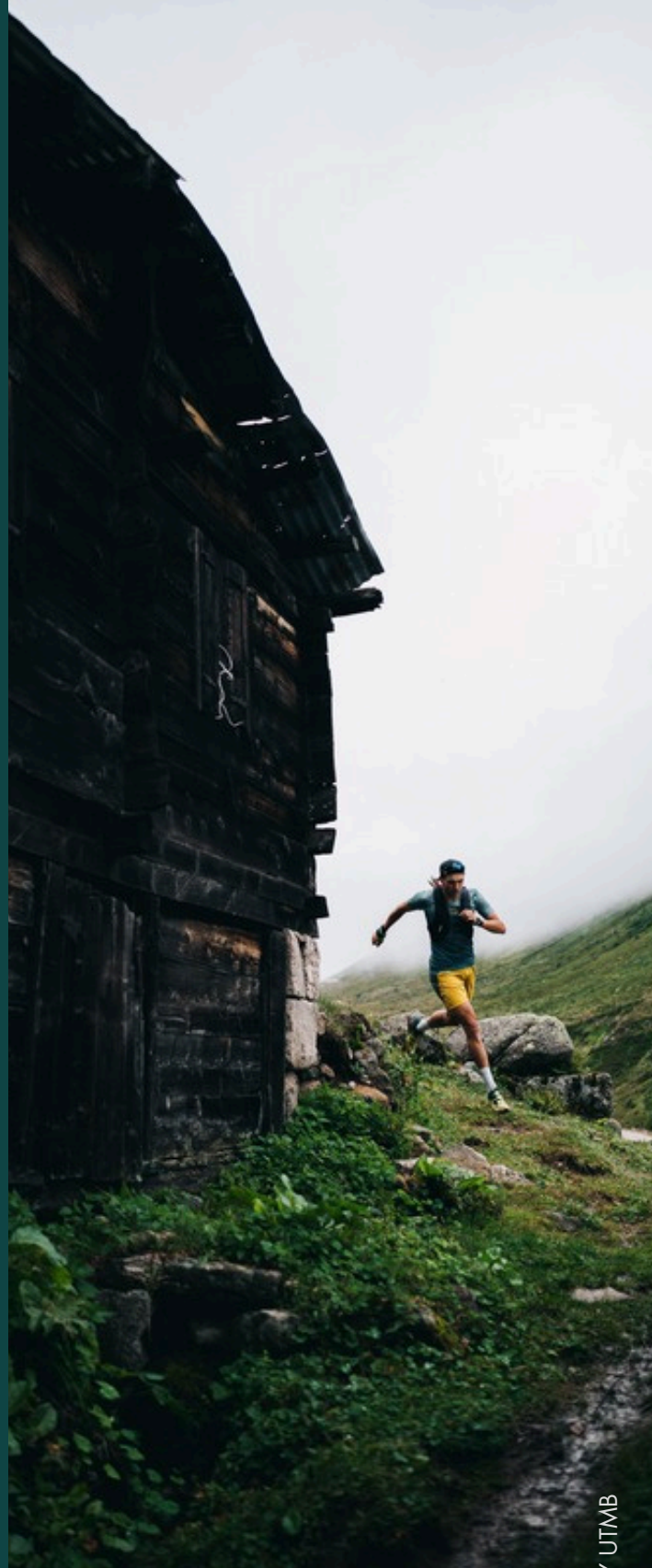
At its heart lies Adalı Lake, where tiny floating islets drift across the water, creating a scene filled with nature’s tranquility and quiet magic. And the nearby dramatic Cennet ve Cehennem Tepesi (Heaven and Hell Hill) offers an unforgettable panorama.



PERYATAK PLATEAU

Peryatak feels as if it has sprung straight from a fairy tale, offering a serene and adventurous experience.

This area soothes your soul with its countless shades of green, mystical atmosphere, and breathtaking views to no one’s surprise. The name literally means the “bed of the fairies”.





HOŞ GELDİN! WELCOME!

Welcome to the first edition of Kaçkar by UTMB!

We are so excited to welcome you to the debut of Kaçkar by UTMB. The very first UTMB World Series event in Türkiye. This year, you join runners from across the world to experience a place that's been a well-kept secret for far too long: the wild and beautiful Kaçkar Mountains by the Black Sea.

You're about to set foot on ancient shepherds' trails that wind through deep valleys, past glacial lakes, up rugged peaks, through thick forests, and even along ridges with views of the sea. These routes are raw, untamed, and breathtaking, a true test of endurance and spirit.

Whether this is your first UTMB trail race, your first ultra-distance, or your next big challenge, we can't wait to see you on the start line in Ayder. You are the pioneers of this event, the first to write its story, and the first to carry the Kaçkar spirit into the world.

The Kaçkar Mountains are more than just a racecourse, they are home to warm and welcoming communities who will be out to cheer you on. Please show them the same respect and kindness you would anywhere in the world: greet the locals, smile at fellow trail users, take your litter with you or leave it at aid stations, and treat this fragile environment with care.

We encourage you to explore before or after your race. Wander through the villages, try the local food, and enjoy the traditions of this unique part of Türkiye. You'll have earned it.

This event would not be possible without the support of our partners, the Ministry of Sport and Youth, the Governorship of Rize, the local municipalities, the many landowners who allow us to cross their property, and of course, our incredible volunteers who will be out there supporting you every step of the way. Give them a wave or a high-five as you pass as they are here for you.

Finally, thank you for choosing to run with us, for trusting us with your adventure, and for being part of this first chapter in the Kaçkar by UTMB story. Best wishes for your final preparations.

The mountains are waiting, are you ready to challenge them?

JOHANN ESSL
RACE DIRECTOR

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.

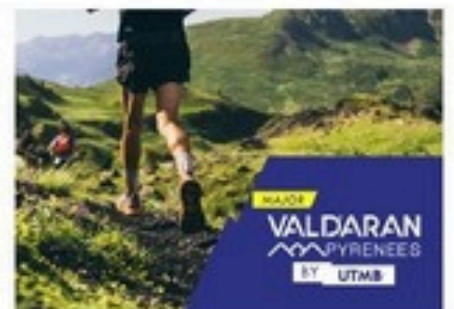
FINALS

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.

20K M **50K M** **100K M** **100M M**

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**

- 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

UTMB®

WORLD SERIES

FINALS

HOKA UTMB® MONT-BLANC

AUGUST 23-25 | CHAMONIX MONT-BLANC,
COUREMAYEUR, DESIÈRES
FRANCE, ITALY, SWITZERLAND

UTMB

CCC

OCC

EVENTS

EUROPE
ARC OF ATTRACTION BY UTMB®
JANUARY 24-26 | UNITED KINGDOM

OCEANIA
TARAWERA ULTRA-TRAIL BY UTMB®
FEBRUARY 13-14 | NEW ZEALAND

ASIA
ULTRA-TRAIL® XIAMEN BY UTMB®
MARCH 31-02 | CHINA

AMERICAN
VALHÖLL FIN DEL MUNDO BY UTMB®
MARCH 16-22 | ARGENTINA

EUROPE
CHIANTI ULTRA TRAIL BY UTMB®
MARCH 20-22 | ITALY

EUROPE
TENNERE BLUETRAIL BY UTMB®
MARCH 27-29 | SPAIN

EUROPE
ISTRIA 100™ BY UTMB®
APRIL 10-12 | CROATIA

ASIA
ULTRA TRAIL MOUNT FUN BY UTMB®
APRIL 11-20 | CHINA

AMERICAN
DESERT BATS TRAIL RUNNING FESTIVAL™ BY UTMB®
APRIL 11-12 | USA

AMERICAN
THE CANYONS ENDURANCE RUNS™ BY UTMB®
APRIL 21-24 | USA

MAJORS

OCEANIA MAJOR
HOKA ULTRA-TRAIL AUSTRALIA™ BY UTMB®
MAY 13-16 | KATOOMBIA, AUSTRALIA

EUROPE MAJOR
HOKA VAL D'ARAN BY UTMB®
JULY 03-06 | VIELHA, SPAIN

AMERICAN MAJOR
HOKA KODIAK ULTRA MARATHONS™ BY UTMB®
OCTOBER 10-11 | BIG BEAR LAKE, USA

ASIA-PACIFIC MAJOR
HOKA CHIANG MAI THAILAND BY UTMB®
NOV 27 - DEC 07 | CHIANG MAI, THAILAND



EUROPE
GRAND RAID VENTOUX BY UTMB®
APRIL 23-27 | FRANCE

ASIA
AMAZON JUNGLE THAILAND BY UTMB®
MAY 01-04 | THAILAND

EUROPE
TRAIL ALSACE GRAND EST BY UTMB®
MAY 13-16 | FRANCE

EUROPE
ULTRA-TRAIL SNOWDONIA BY UTMB®
MAY 14-16 | UNITED KINGDOM

ASIA
ULTRA-TRAIL GREAT WALL BY UTMB®
MAY 14-16 | CHINA

AFRICA
MOUNTAIN ULTRA TRAIL™ BY UTMB®
MAY 22-25 | SOUTH AFRICA

EUROPE
MOZART 100™ BY UTMB®
JUNE 07 | AUSTRIA

EUROPE
TRAIL DU SAINT-JACQUES BY UTMB®
JUNE 10-11 | FRANCE

EUROPE
TRAIL 100 ANDORRA™ BY UTMB®
JUNE 13-15 | ANDORRA

AMERICAN
TORENCIAL CHILE BY UTMB®
JUNE 17-21 | CHILE

ASIA
KAGA SPA TRAIL ENDURANCE 100 BY UTMB®
JUNE 17-22 | JAPAN

EUROPE
LA SPORTIVA® LAVAREDO ULTRA TRAIL® BY UTMB®
JUNE 23-29 | ITALY

AMERICAN
WESTERN STATES® 100-MILE ENDURANCE RUN
JUNE 28-29 | USA

EUROPE
BOSTONICA TRAIL BY UTMB®
JULY 03-05 | FRANCE

EUROPE
TRAIL YVERBIE ST-BERNARD BY UTMB®
JULY 11-12 | SWITZERLAND

EUROPE
BIER ULTRA TRAIL™ BY UTMB®
JULY 14-20 | SWITZERLAND

EUROPE
MONTE ROSA WALKERWALD BY UTMB®
JULY 18-20 | ITALY

AMERICAN
SPEED-BOAT™ MOUNTAIN RACES BY UTMB®
JULY 23-24 | USA

AMERICAN
QUITO TRAIL BY UTMB®
AUGUST 03-03 | 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 18-21 | SWITZERLAND

AMERICAS
GRANDSTONE 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 19-20 | FRANCE

EUROPE
KAÇKAR BY UTMB®
 SEPTEMBER 24-28 | TÜRKYE

AMERICAS
ULTRA TRAIL WHISTLER™ BY UTMB®
 SEPTEMBER 27-29 | CANADA

ASIA
MALAYSIA ULTRA-TRAIL BY UTMB®
 SEPTEMBER 27-28 | MALAYSIA

AMERICAS
CHIHUAHUA BY UTMB®
 OCTOBER 02-04 | MEXICO

ASIA
TRAIL OF THE KINGS - LAKE TOBA BY UTMB®
 OCTOBER 07-09 | INDONESIA

ASIA
TRANSJEAJ BY UTMB®
 OCTOBER 07-09 | SOUTH KOREA

ASIA
ULTRA-TRAIL® NINGHAI BY UTMB®
 OCTOBER 07-09 | CHINA

EUROPE
MALLORCA BY UTMB®
 OCTOBER 21 - NOVEMBER 02 | SPAIN

EUROPE
PUGLIA BY UTMB®
 NOVEMBER 07-09 | ITALY

EUROPE
KULLAMANNEN BY UTMB®
 OCTOBER 21 - NOVEMBER 01 | SWEDEN

ASIA
ULTRA-TRAIL SHIBAO BY UTMB®
 NOVEMBER 08-09 | CHINA

ASIA
TRANELANTAU™ BY UTMB®
 NOVEMBER 08-10 | HONG KONG, CHINA

AMERICAS
PATAGONIA BARILOCHE BY UTMB®
 NOVEMBER 08-22 | ARGENTINA

AMERICAS
ROCKA PACIFIC TRAILS CALIFORNIA BY UTMB®
 NOVEMBER 22-23 | USA

OCEANIA
ULTRA-TRAIL KOSCIUSZKO™ BY UTMB®
 NOVEMBER 27-29 | AUSTRALIA





TO PARTICIPANT IN KAÇKAR BY UTMB. IT IS ESSENTIAL YOU ARE COMMITTED TO THE FOLLOWING:

Be fully aware of the length, elevation, and technical nature of the event, and to arrive at the start line with the necessary preparation.

Have acquired, before the race, a genuine capacity for personal autonomy in the mountains, including the ability to manage the challenges and difficulties expected in this type of event, such as:

- Coping, without outside assistance, with potentially severe weather conditions at altitude (including darkness, wind, cold, heat, fog, rain, or snow).
- Managing, even when isolated, physical or mental issues arising from fatigue, digestive problems, muscle or joint pain, minor injuries, or other difficulties.

Understand that it is not the role of the organisers to assist runners in managing these personal challenges. But be assured that the aid stations and rescue teams are on stand-by in case of emergencies.

Acknowledge that, in mountain environments, safety depends primarily on the runner's own ability to adapt to the problems encountered or anticipated.

Respect the nature, wildlife and local communities of the Kaçkar Mountains, and ensure that any supporters or spectators accompanying them demonstrate the same respect at all times.

Make sure to know all race rules and regulations and comply with them.






MAINTAIN YOUR FEET













FOR THE LONG RUN

HOKA




FRIDAY 26 SEPTEMBER

TIME	WHAT	WHERE
10:00 - 20:00	 Kit Distribution	Registration Area
10:00 - 20:00	 Kaçkar Village - EXPO	Ultra-Trail Village
16:00 - 17:00	 Opening Ceremony & Elite Athletes Presentation	Main Stage

SATURDAY 27 SEPTEMBER

TIME	WHAT	WHERE
04:00	 START - Kaçkar 100K	START / FINISH
05:00 - 06:00	 Kit Distribution - Kaçkar 50K	Registration Area
07:00	 START - Kaçkar 50K	START / FINISH
07:30 - 09:00	 Kit Distribution - Kaçkar 20K	Registration Area
06:00 - 19:00	 Kaçkar Village - EXPO	Ultra-Trail Village
10:00	 START - Kaçkar 20K	START / FINISH
11:15	 First Finisher - Kaçkar 50K	
12:00	 First Finisher - Kaçkar 20K	
13:45	 First Finisher - Kaçkar 100K	
16:00	 Cut Off - Kaçkar 20K (6 Hours)	
19:00	 Cut Off - Kaçkar 50K (12 Hours)	
04:00	 Cut Off - Kaçkar 100K (24 Hours)	

SUNDAY 28 SEPTEMBER

TIME	WHAT	WHERE
09:00 - 13:00	 Kaçkar Village - EXPO	Ultra-Trail Village
10:00 - 12:00	 Award Ceremony	Main Stage
12:00 - 13:00	 Closing Ceremony	Main Stage

DACIA

SEE YOU
AT SUNRISE.

DACIA, PREMIER PARTNER OF
THE UTMB WORLD SERIES



Dacia Jogger range: CO2 emissions min/max (g/km) (WLTP procedure): 109/132. Combined consumption min/max (l/100 mpg) (WLTP procedure): 47.9/58.9

DACIA.CO.UK

Kaçkar Ultra-Trail Village is located in the sports ground of Ayder and the adjoining festival zone.

KAÇKAR ULTRA-TRAIL VILLAGE

- Kit Distribution Area (for your mandatory kit check and race bib collection)
- Official Merchandise and UTMB World Series Partners
- Main Stage
- Information Point and Toilets
- Finishers Area (Finisher Meal, Finisher Gift, Physio)
- Medical Area
- TERREX Fan Zone
 - Food and beverage vendors
 - Entertainment Stage
 - Toilets
 - TERREX Museum

START AND FINISH AREA

- Start and finish line
- Spectator viewing area
- Bag drop off
- Toilets & Showers
- Shuttle Points

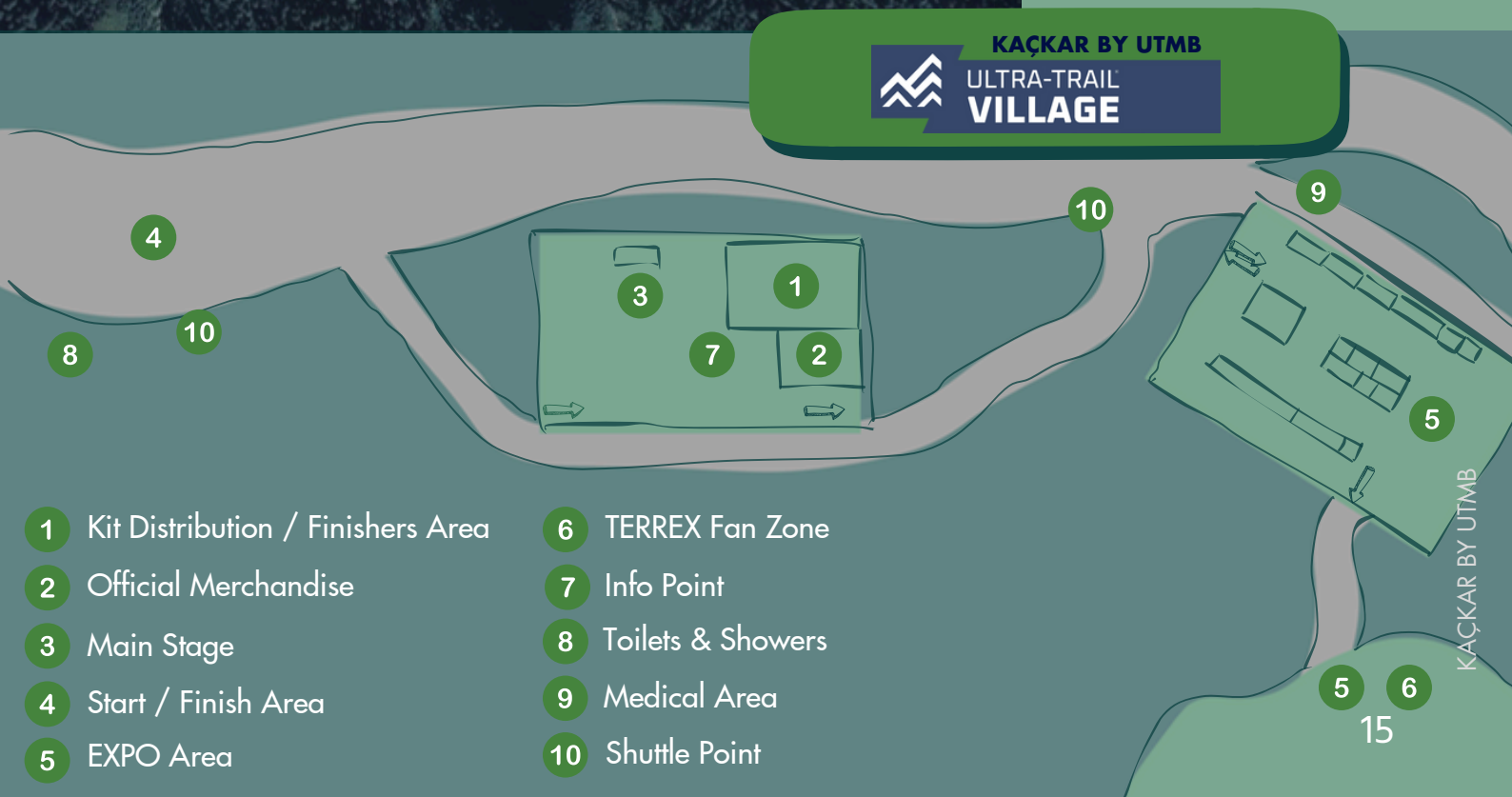


SPECTATING IN AYDER

- 1 Start / Finish Area
- 2 Spectators Area

Best time to watch runners - 10-20 min after start.

The distance From the Start to the Spectating area is approx. 900m, so once the athletes are off - the spectators should immediately start walking.



- | | |
|-------------------------------------|---------------------|
| 1 Kit Distribution / Finishers Area | 6 TERREX Fan Zone |
| 2 Official Merchandise | 7 Info Point |
| 3 Main Stage | 8 Toilets & Showers |
| 4 Start / Finish Area | 9 Medical Area |
| 5 EXPO Area | 10 Shuttle Point |



ULTRA-TRAIL[®] VILLAGE

KAÇKAR BY UTMB

FROM FRIDAY TO SUNDAY, 26 - 28 SEPTEMBER 2025

Set outdoors in the heart of Ayder, the Ultra-Trail Village will be the central hub of Kaçkar by UTMB all weekend long.

This is where runners, supporters, and trail enthusiasts come together to share the race atmosphere and celebrate the world of trail running.

Over the weekend, you'll find:

- Registration Area – mandatory kit check and bib collection.
- Official Merchandise – official race gear and souvenirs.
- UTMB World Series Partners – meet the brands that power the sport.
- Running & Lifestyle Exhibitors – explore the latest gear, apparel, and innovations.

The village is the perfect place to connect with leading trail running brands, talk with experts, check out the newest products, and join in various activities.

**THIS IS WHERE THE TRUE
SPIRIT OF KAÇKAR BY
UTMB COMES ALIVE.**

OPERATING HOURS

Friday 10:00 - 20:00
Saturday 06:00 - 19:00
Sunday 09:00 - 13:00





KAÇKAR BY UTMB

SUUNTO

Suunto produces durable, GPS-enabled sports watches that help track navigation, pace, and vital stats. Ideal backup if your smartphone fails or for added situational awareness beyond mandatory LiveRun tracking.

AONIJE

AONIJE offers lightweight running hydration packs and belts ideal for carrying water, food, and emergency gear securely. Their ergonomic designs make them perfect for meeting the “running backpack” requirement while ensuring comfort over rugged terrain.

SHOKZ

Shokz makes bone-conduction headphones that allow you to listen to music or navigation while keeping ears open to environmental sounds. Safe for use on-course where awareness of traffic or marshal instructions is essential.

COMPRESSPORT

Compressport’s jackets, gloves, and compression gear are specifically designed for mountain ultras; light, waterproof and compliant with UTMB weather standards. Their products help you stay warm, dry, and race-compliant under adverse conditions.

CAMELBAK

CamelBak’s hydration vests and reservoirs offer reliable, hands-free fluid carrying, making it easy to meet the mandatory minimum fluid capacity requirement (1–1.5L) while keeping hydration accessible on the move.

GARMIN

Garmin creates rugged, multi-sport GPS watches with long battery life, navigation tools, and emergency features like LiveTrack and incident detection. These are a smart supplement or backup to your mandatory smartphone.





ULTRA-TRAIL VILLAGE

KAÇKAR BY UTMB

ADIDAS TERREX

Adidas Terrex delivers trail-ready footwear and apparel engineered for durability and traction. Their sturdy shoes comply with the mandatory tread-outsole requirement and offer great performance on technical terrain.

NNORMAL

Nnormal specializes in lightweight trail sneakers and socks optimized for grip and comfort. Their trail running shoes help you meet the “closed trail running shoes with tread outsole” requirement while enhancing foot protection.

ASICS

ASICS provides durable trail-running shoes and performance layers. Their footwear options help meet the mandatory shoe requirement, and their apparel can be used for cap, buff, or warm base layer needs.

BROOKS

Brooks is known for comfortable, cushioned trail running shoes that meet the mandatory outsole requirements. Their light and reliable packs or headgear also support other clothing mandates (caps, gloves, buff).

TERREX FANZONE

The FanZone is where runners, friends, and supporters can gather and enjoy the atmosphere. With food, music, and plenty of space to relax, it’s the perfect spot to recharge after the race. Sit down, eat, and spend time with fellow athletes and companions. A welcoming place to celebrate and hang out together.

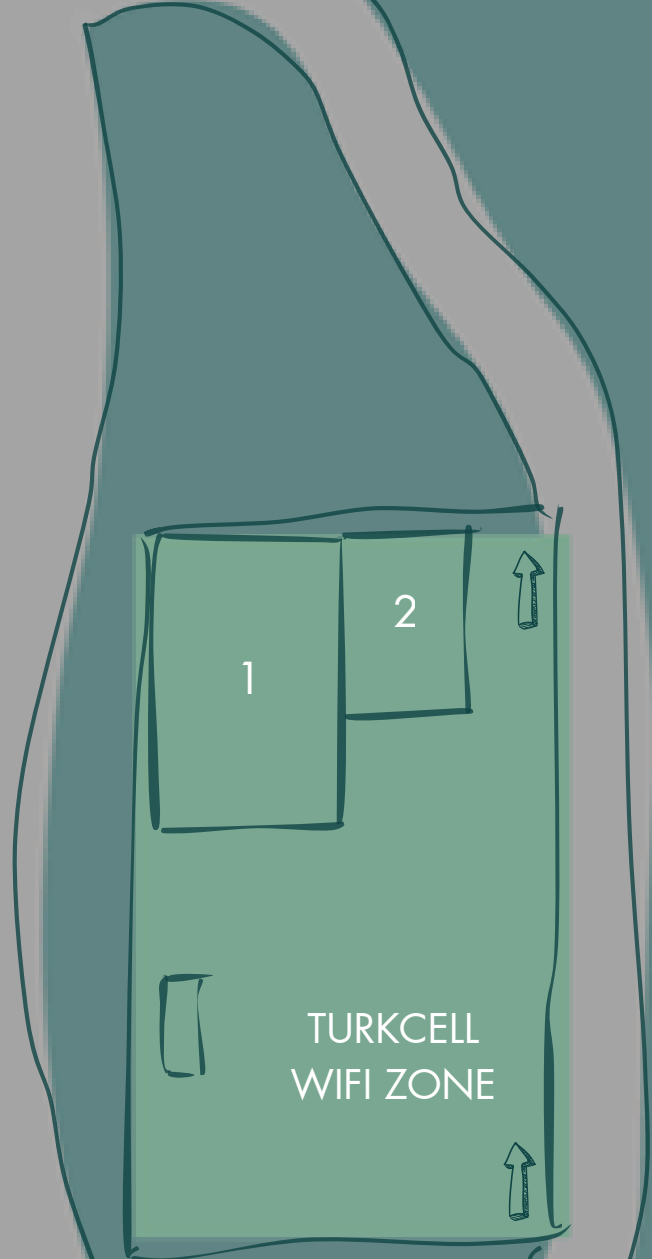




ULTRA-TRAIL VILLAGE

KAÇKAR BY UTMB

- 1 REGISTRATION AREA
- 2 OFFICIAL MERCHANDISE
- 3 SUUNTO
- 4 COMPRESSPORT
- 5 AONIJIE
- 6 SHOKZ
- 7 YASRISE
- 8 HIGH SCARDUS ULTRA
- 9 ADIDAS TERREX
- 10 GARMIN
- 11 CAMELBAK
- 12 ENDURANLAR
- 13 KOO
- 14 NNORMAL
- 15 SUNGLASS HUT
- 16 BROOKS
- 17 ASICS



START AREA

ENTRANCE

PARKING

Kaçkar by UTMB is a car-free event.

The host village of Kaçkar by UTMB Ayder is a unique place that will host event village and start & finish of the race, as well as offer accommodation for athletes. If you are travelling by car, it is important to plan your parking in advance to avoid last-minute stress.

To support you during the visit, we have arranged free car parking options for our participants.

**A free shuttle service will operate between the Parking Area and Start Area.
The distance between these two points is about 2km.**

Important:

- **There is no car access to the event area**
- Do not park in residential areas at any time.
- Do not block access to homes, businesses, or local traffic routes.
- Always follow local traffic and parking regulations.

The shuttle timetable is provided below — please check this in advance to ensure you arrive at the start line on time.

Day	Time	Shuttle Bus Frequency	Journey Time To / From Ayder
Fri 26 Sep	08:00 – 13:00	Every 15 mins	10 mins
Fri 26 Sep	13:00 – 22:00	Every 20 mins	10 mins
Sat 27 Sep	02:30 – 07:30	Every 15 mins	10 mins
Sat 27 Sep	07:30 – 00:00	Every 30 mins	10 mins
Sun 28 Sep	00:00 – 15:00	Every 30 mins	10 mins

This car park will allow for overnight parking. For safety reasons, sleeping in your vehicle overnight is not allowed.

The car park will be open 24/7 throughout the event.





NEW
SUUNTO X
UTMB WORLD SERIES
Limited Edition

UTMB
WORLD SERIES

*Adventure
starts
here*

**SUUNTO**



Kit Distribution for all races takes place in the Kit Distribution Area at Kaçkar Ultra-Trail Village.

KAÇKAR 100K	Friday 10:00-20:00
KAÇKAR 50K	Friday 10:00-20:00 and Saturday 05:00-06:00
KAÇKAR 20K	Friday 10:00-20:00 and Saturday 07:30-09:00

PLEASE NOTE:

THERE IS NO EARLY MORNING KIT DISTRIBUTION ON SATURDAY FOR KAÇKAR 100K.

PARTICIPANTS MUST PICK UP THEIR KIT BEFORE FRIDAY 20:00 IN ORDER TO RACE ON SATURDAY.

To make race bib collection as quick and efficient as possible, please come prepared and allow extra time when you arrive. With large numbers of runners registering, queues are likely during peak periods. We strongly recommend arriving early, with your full mandatory kit ready for inspection, rather than leaving it to the last moment.

Your kit distribution process will involve:

- ID check – Please have it ready.
- Mandatory equipment check – you must be prepared to present all equipment and clothing before proceeding. If you do not have a mandatory item you will be asked to exit the queue and obtain missing items in order to race. Be aware that Ayder offers a limited selection of shops to purchase trail running gear.
- Race kit pick up – including your race bib, drop bag (KAÇKAR 100K and KAÇKAR 50K) and welcome gift.
- OWAKA GPS tracker installation – only applicable for KAÇKAR 100K and KAÇKAR 50K.



AID STATIONS / CP

Along the course, designated aid stations provide a chance to refuel, rehydrate, and take a short break. Here runners will find food and drinks, shelter and toilet facilities according to CP plan.

To enter the aid stations, runners must wear their race-bib.

Keep in mind that your race time does not stop when you are at an aid station. Some stations have their own cut-off times and missing it means you won't be able to continue in the race.

At Kaçkar by UTMB, aid stations are stocked with drinking water, coke, and energy drink mixes for refilling your bottles or hydration packs. Remember to bring your personal reusable cup & utensils which is mandatory due to our sustainability policy.

These supplies are intended to support your nutrition strategy, not replace it. Ultra-trail running requires self-sufficiency, so plan your fuelling and hydration carefully and use the stations as a supplement to what you carry yourself.

Before leaving an aid station, every runner must make sure they have enough food and fluids to get safely to the next checkpoint.

At some of our aid stations we have tested the spring water sources.

When you see a sign like this - know that it is safe to drink. This way you are helping us to reduce the plastic waste from the water bottles.



DROP BAGS FOR KAÇKAR 100K

KAÇKAR 100K participants will each receive a UTMB World Series drop bag (a branded drawstring bag) together with your race bib. The bag has a capacity of approximately 30 litres and is the only bag permitted for use as a drop bag.

If you already have a UTMB World Series bag from last year or from another event, please bring it with you so it can be reused.

After packing your drop bag with items of your choice (note: poles are not allowed in drop bags), close it securely and take it to the designated drop-off area at Kit Distribution Area. This will be clearly signed and easy to find. Please remember to put your bib number tag on your drop bag (included in your race pack) before handing it in.

KAÇKAR 100K PARTICIPANTS – drop bags will be transported to Avusor Village aid station approximately 46.6 km into the race.

Once the relevant aid station (where drop bags are delivered) has closed, all drop bags will be returned to Ayder and will be available for collection from Finishers Area.

For faster runners: we cannot guarantee your drop bag will be back at the finish line before your arrival.

All drop bags must be collected at the event. The drop bag service closes 30 minutes after your race cut-off time.

In addition to drop bags transported to aid stations participants of 100K and 50K will have an additional personal bag that can be dropped off and picked up at the Finishers Area

THERE IS NO DROP BAG SERVICE FOR PARTICIPANTS IN THE KAÇKAR 20K



WHAT'S ON THE MENU?

There are three different types of aid stations along the race courses. To see which type is available at each point, please check the race route profiles on the [Kaçkar by UTMB website](#).



DRINKS ONLY

At these stations you'll find a variety of drinks to keep you refreshed and energized.

Options include still and sparkling water, coke, ISO energy drinks, tea, and instant coffee.

FOOD & DRINK



These stations offer both hydration and a wide selection of snacks to fuel your run.

Along with the full range of drinks, you'll find waffles, marble cake, Snickers, petits beurres, sütlaç (at some), chips, salted peanuts, stick crackers, fresh fruit (bananas, oranges, lemons), dried fruit (apricots, grapes), sliced cheddar cheese, and bread.

Note: There is Lentil soup available at all CPs except for CP1.

At some CPs you will also find some local food selection, such as sütlaç (rice pudding) and energy gels (only at CP3 and CP5).

Perfect for a quick energy boost or to recharge before continuing your journey.

HOT FOOD



In addition to the above, these aid stations also offer:

Lentil soup, pasta, potatoes.

Please note, you **MUST** bring your own bowl or plate as per mandatory equipment.

Please note: these options are correct at the time of publication.
All food options are subject to change.



FACILITIES AND SUPPLIES FOR FEMALE PARTICIPANTS



Female-only toilets will be available at the Start/Finish area and at some aid stations where toilet facilities are provided.

Menstrual products are also stocked at these locations, usually inside the aid stations.

PERSONAL ASSISTANT 'SUPPORT' – KAÇKAR 100K AND KAÇKAR 50K



A personal assistant (support crew) is only permitted at designated aid stations. Please make sure to review this information in advance and plan accordingly.

100K

HAZINDAK	X	NO PERSONAL ASSISTANT
SAMISTAL	X	NO PERSONAL ASSISTANT
YUKARI KAVRUN	✓	ASSISTANCE ALLOWED
YUKARI CEYMAKÇUR	X	NO PERSONAL ASSISTANT
AŞAĞI CEYMAKÇUR	X	NO PERSONAL ASSISTANT
PALAKÇUR	X	NO PERSONAL ASSISTANT
AVUSOR	✓	ASSISTANCE ALLOWED
DIDINGOLA	X	NO PERSONAL ASSISTANT
KOÇDÜZÜ	X	NO PERSONAL ASSISTANT
AŞAĞI VILLAGE	X	NO PERSONAL ASSISTANT
HUSER	X	NO PERSONAL ASSISTANT
AYDER (FINISH)	✓	FINISH LINE

50K

HAZINDAK	X	NO PERSONAL ASSISTANT
SAMISTAL	X	NO PERSONAL ASSISTANT
YUKARI KAVRUN	✓	ASSISTANCE ALLOWED
YUKARI CEYMAKÇUR	X	NO PERSONAL ASSISTANT
AŞAĞI CEYMAKÇUR	X	NO PERSONAL ASSISTANT
GALER	X	NO PERSONAL ASSISTANT
AYDER (FINISH)	✓	FINISH LINE

Personal Assistant Rules:

- You may only be assisted by one person at a time, and only within the designated aid station areas.
- Kaçkar 100K and 50K runners will receive one Support Crew wristband in their registration pack, issued after completing the mandatory kit check.
- This wristband grants your support crew access to the aid station with one bag (maximum capacity 30L).
- Anyone attempting to enter an aid station without a valid Support Crew wristband will be refused entry and asked to leave.
- Supporters are only allowed to use the official shuttles to reach the aid stations.

No additional media access or requests will be granted to participants beyond the 1 x Support Crew wristband. Only accredited members of the Kaçkar by UTMB Media Team, holding official media accreditation passes, will be permitted to enter aid stations.

THERE IS STRICTLY NO PERSONAL ASSISTANTS ALLOWED AT OTHER AID STATIONS

SPECTATING

Friends and family are an important part of the Kaçkar by UTMB experience, and many will want to cheer on their runner along the course. The Kaçkar Mountains offer some spectacular viewpoints where you can take a shuttle from the Start Area to watch the action and soak in the atmosphere.

However, please keep in mind that **this is a race environment**. Spectators must not interfere with athletes or provide any assistance beyond cheering and encouragement.

Because of the remote nature of most aid stations, access is limited. Some locations cannot accommodate visitors due to restricted road access or lack of safe space. For this reason, only certain aid stations are open to spectators.

- Access is permitted only at designated aid stations listed in this guide.
- Attempting to spectate at restricted locations may result in removal and a potential penalty for the runner.
- Spectators must always remain outside aid station areas; entry is strictly limited to runners, Media (with accreditation), supporters with wristbands and event staff.

By respecting these guidelines, you help us maintain safety, protect the local environment, and ensure the best possible experience for both runners and supporters.

100K

HAZINDAK	✗ NO SUPPORT
SAMISTAL	✗ NO SUPPORT
YUKARI KAVRUN	✓ SUPPORT ALLOWED
YUKARI CEYMAKÇUR	✗ NO SUPPORT
AŞAĞI CEYMAKÇUR	✗ NO SUPPORT
PALAKÇUR	✗ NO SUPPORT
AVUSOR	✓ SUPPORT ALLOWED
DIDINGOLA	✗ NO SUPPORT
KOÇDÜZÜ	✗ NO SUPPORT
AŞAĞI VILLAGE	✗ NO SUPPORT
HUSER	✗ NO SUPPORT
AYDER (FINISH)	✓ FINISH LINE

50K

HAZINDAK	✗ NO SUPPORT
SAMISTAL	✗ NO SUPPORT
YUKARI KAVRUN	✓ SUPPORT ALLOWED
YUKARI CEYMAKÇUR	✗ NO SUPPORT
AŞAĞI CEYMAKÇUR	✗ NO SUPPORT
GALER	✗ NO SUPPORT
AYDER (FINISH)	✓ FINISH LINE

The shuttle timetable is provided below — please check this and share with your spectators in advance to ensure they arrive on time.

Departure	Destination	Travel Time	Passenger Capacity	Shuttle Time
Ayder, Start Area	Avusor	00:30	15	Every 30 min between 08.30-17:00
Ayder, Start Area	Yukarı Kavrun	00:40	15	Every 20 min between 05:00-12:40

THERE IS NO ROAD ACCESS TO ANY AID STATIONS FOR INDIVIDUAL TRANSPORT

Kaçkar by UTMB features multiple races set in the wild terrain of the Kaçkar Mountains, following technical trail courses. Each race is completed in a single stage, run at an undefined pace, but always within a set time limit.

100K M

KAÇKAR 100K: Around 81km in distance with 5,400 meters elevation gain, starting from Ayder, in semi-autonomy. Approximately 500 participants.

50K M

KAÇKAR 50K: Around 44km in distance with 3,000 meters elevation gain, starting from Ayder, in semi-autonomy. Approximately 700 participants.

20K M

KAÇKAR 20K: Around 20km in distance with 1,300 meters elevation gain, starting from Ayder, in semi-autonomy. Approximately 700 participants.



RACE BIBS

Race bibs will be issued to each participant once your race entry has been confirmed (ID check) and your mandatory equipment has successfully passed inspection.

No mandatory kit = no race bib.

Your race bib must be worn on the chest or stomach, **clearly visible at all times** throughout the race. It must always be placed on top of all clothing, and cannot be worn on the leg or attached to your race pack. For convenience, we recommend using a race belt to keep it in the correct position.

The participant's name and partner logos must not be altered or hidden. The race bib is your access to the race start, aid stations, medical points, showers, drop bag collection, and DNF repatriation service.



CUT-OFF TIMES

Cut-off times are set to ensure participants can reach the finish line within the maximum time limit for each race. These times are shown on the official course profiles and information available on the Kaçkar by UTMB website.

The cut-off time listed for an aid station is the latest possible time you must leave the station. Any participant who has not departed by the designated time will be withdrawn from the race immediately.



MEDICAL

Several points along the race routes are staffed with emergency medical personnel. These teams are in direct contact with the central Medical Team based in Ayder, near the race finish.

Medical staff are available to assist any participant experiencing health issues — either with the resources of the event or, when necessary, by coordinating with local emergency services.

Participant in trouble, or seriously hurt, needs to call for help as follows:

- Informing staff on arrival at an aid station.
- Informing emergency medical staff on route.
- By calling the Command Centre emergency number on bib.
- By asking another participant to call the Command Centre emergency number on bib.
- By using the SOS function on the LiveTrail app.
- By using the SOS function on the GPS tracker (KAÇKAR 100K and KAÇKAR 50K only)
- By using your headtorch and whistle to attract attention.

As part of the competition, **every runner must provide assistance to any person** they see in danger and alert the organisers.

IT IS MANDATORY TO ASSIST A PERSON IN DIFFICULTY



WAYMARKING

All Kaçkar by UTMB race routes are fully waymarked with high-visibility markers to guide you along the course. Markers may take different forms depending on the terrain; including small flags placed in the ground, tape fixed to branches or rocks, or directional arrows attached to gates, posts, or stiles.

- Standard spacing: Waymarkers are positioned roughly every 50 meters.
- Continuous trail: On obvious, well-defined sections, spacing may extend to around 100 meters.
- Technical trail: On more difficult or less obvious sections, markers appear more frequently — approximately every 25 meters.
- Junctions & turns: At sharp bends or intersections, markers are grouped together for clarity, usually three before the turn and three after. These may also be accompanied by a directional arrow for extra guidance.
- An X-shaped sign shows the **WRONG WAY**.

Waymarkers are made from high-contrast pink and white fabric, making them easy to spot in varied terrain. They also include reflective material, so they remain visible at night and shine back the beam of headtorch.

In order to protect the natural environment of the Kaçkar Mountains, we do not use paint or permanent markings on the trails. All materials used for waymarking are temporary and removed after the event.

IMPORTANT: If you reach a point where you can no longer see any waymarkers ahead, or if you haven't spotted one for a significant distance, stop immediately and check your phone or watch. This may indicate that you have missed a junction or a turn. To help you stay on course, we strongly recommend downloading the official GPX file for your race from the Kaçkar by UTMB website before the event. This file can be used as a backup alongside the course waymarking. Please note: final GPX files will be published on the event website one week before race day. Make sure you have the latest version saved to your device.



WITHDRAWING FROM THE RACE

During the race, if you become injured or are unable to continue, you must make your way to the nearest aid station. This may be the one ahead of you or the one you have just passed.

For safety reasons, participants can only withdraw at an official aid station. This ensures our team knows exactly who has left the race. The only exception is in the event of a serious injury, where the Medical Team may arrange an extraction.

When you withdraw:

- The barcode from your race bib will be collected.
- Your GPS tracker will be removed (for KAÇKAR 100K and KAÇKAR 50K participants).
- You will still have access to aid station facilities.
- Your race bib must remain visible, as it grants you access to medical services and official transport back to Ayder.

Withdrawn runners will be transported back to the race finish in Ayder by our Transport Team volunteers. Please note that this may take several hours depending on demand.

For safety reasons, once you withdraw you are not permitted to continue on the course.



MANDATORY EQUIPMENT

To ensure safety and smooth operations, all participants must carry the full mandatory kit throughout the race, even if they do not plan to use certain items.

- Kit Checks:
 - A full check will take place at registration.
 - Random checks may also be conducted during the race.
 - Missing items may result in penalties up to disqualification.
- Equipment Requirements:
 - All clothing must be the correct size and unmodified from its original factory condition.
 - Mandatory kit must be carried in a pack, which will be tagged during registration when race bibs are issued.
 - Pack tags are not interchangeable during the race.
- Electronic Devices:
 - Given the duration of the event, runners must plan for adequate battery life for required electronic devices.
 - This may include using rechargeable gear, carrying spare batteries, or portable charging solutions.
 - KAÇKAR 100K runners are encouraged to use the drop bag service to recharge devices during the race.

Listening to **music** with earphones is permitted, provided it does not compromise safety. Earphones must be removed when approaching or crossing roads, when entering or leaving checkpoints, and when interacting with the Mountain Safety Team.



If you decide to use **poles** during the race, you must carry them from start to finish. It is not permitted to begin the race without poles and then collect them later along the course, nor are poles allowed to be stored in drop bags.

LIVETRAIL APP

It is mandatory to carry a fully charged and operational mobile phone with you at all times during the race.

Your phone must remain switched on.

Under no circumstances should it be set to airplane mode, as the organisers may need to contact you before, during, or after the event.

Please make sure the emergency contact number you provided at registration is correct and belongs to the person you want us to notify in case of a medical incident.

For Kaçkar 100K runners, we strongly recommend carrying an additional external battery pack to ensure your phone remains powered throughout the entire race.

All Kaçkar 50K and 100K participants will also carry an OWAKA GPS tracker, which enhances your safety by transmitting your position live and enabling the organisers to locate you in case of an emergency.

In addition, the LiveTrail app provides live race information, allows you to follow your progress, and includes an emergency SOS function. This SOS feature can transmit your precise GPS position directly to Command Center.

However, if you are in difficulty, you must still phone Command Center to explain your situation clearly.



Scan the QR code to download the LiveTrail app prior to the race

COMMAND CENTER EMERGENCY NUMBER

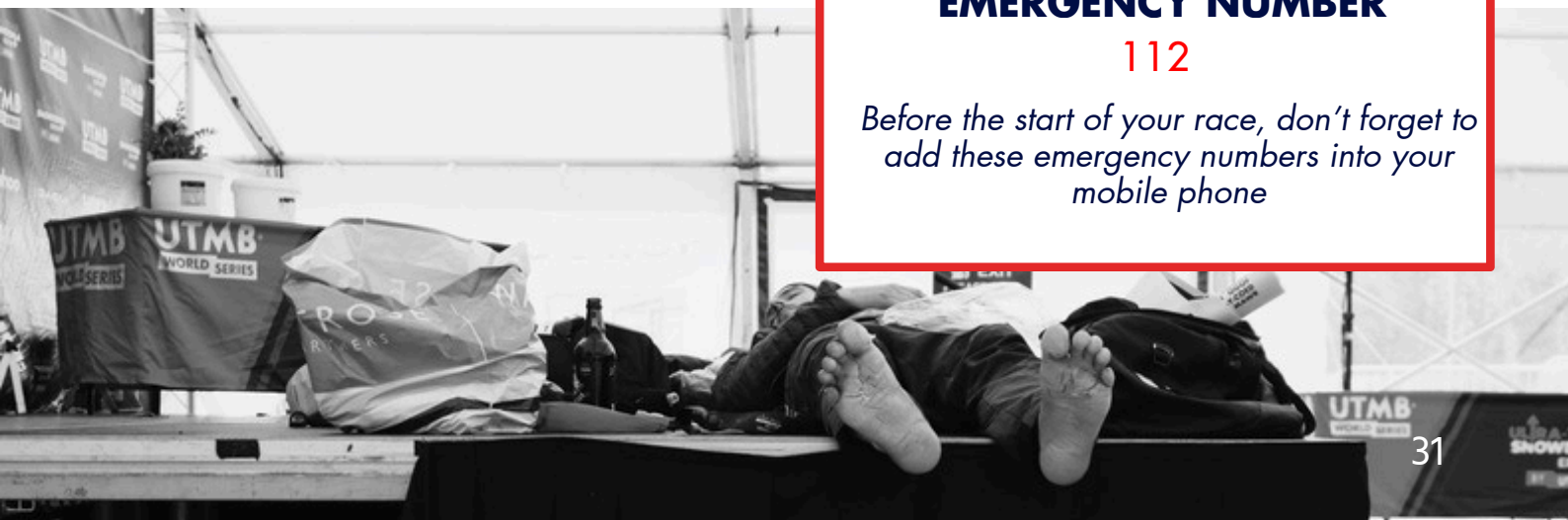
+90 537 271 07 36

+90 537 271 07 17

EMERGENCY NUMBER

112

Before the start of your race, don't forget to add these emergency numbers into your mobile phone





UNEXPECTED ENCOUNTERS

You may see animals such as goats, birds, or, very rarely, bears. While the chance of an encounter is minimal, we advise runners to remain aware of their surroundings and avoid leaving food or waste along the course. Bears are naturally shy and usually avoid people—if they hear you coming, they will not approach. Making a bit of noise while running helps ensure they keep their distance.

One of the unique charms of running in the Kaçkar Mountains is sharing the landscape with local wildlife.

If you encounter a bear:

- Stay calm – do not run or make sudden movements.
- Speak calmly.
- Do not approach.
- Back away slowly.
- Never feed or provoke.







100K



CCC **TOP 3**
WORLD SERIES FINALS DIRECT ENTRY

DISTANCE
81 KM

ELEVATION GAIN
5400+ M

START DAY
SATURDAY,
SEPTEMBER 27

RACE START
AYDER VILLAGE,
04:00

MAX ALLOWED TIME
24 HOURS



ABOUT KAÇKAR 100K

Climbing the high peaks and getting lost among the clouds while hearing the sharp sound of the wind offers a breathtaking experience. That's what describes this race.

From start to finish, you'll be tested by wild terrain, technical trails, and steep ascents. No gravel, no pavement, just dirt paths, rocky ground, and river crossings. It's raw, remote, and unforgettably challenging.

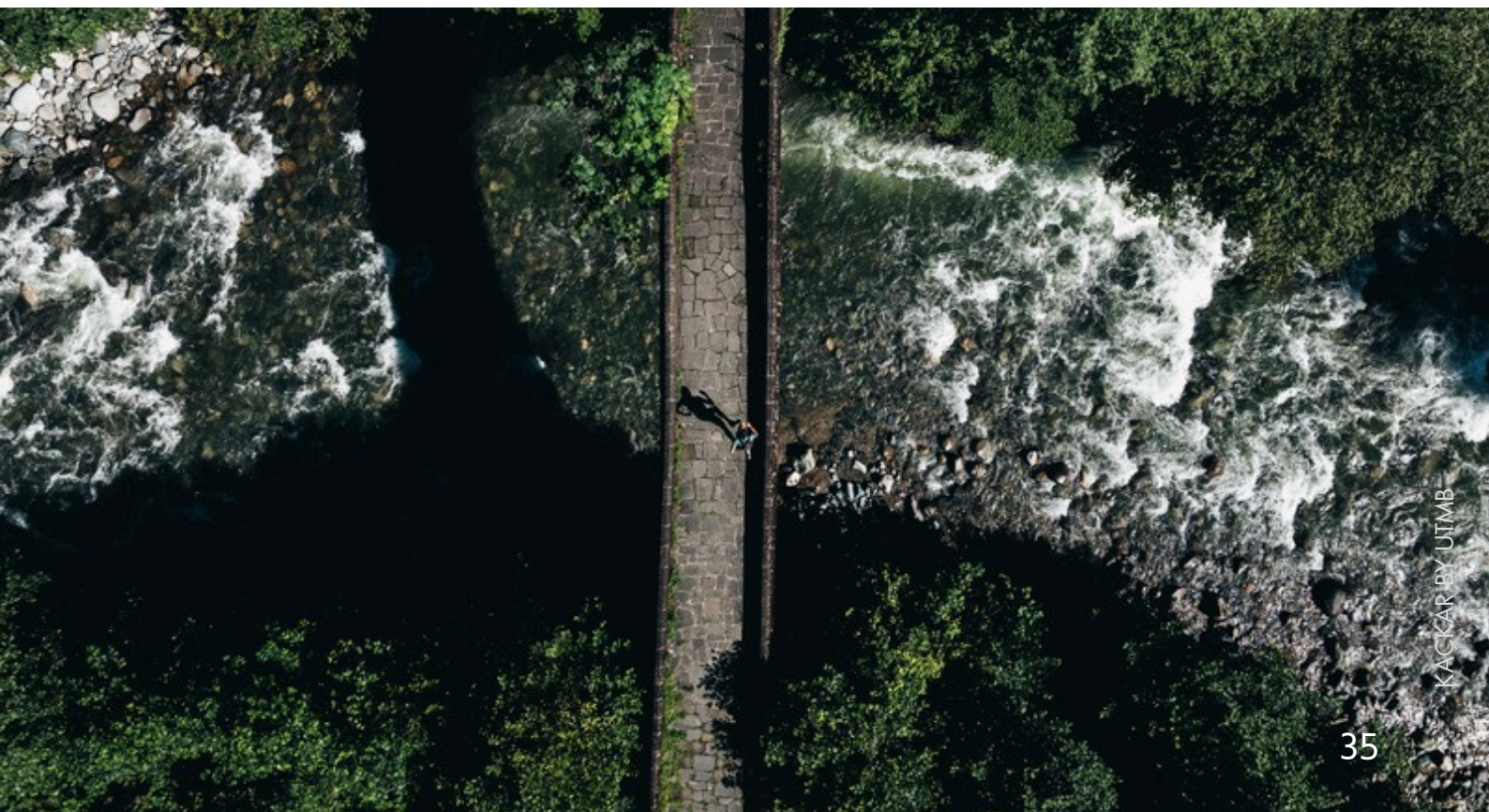
Starting at 04:00 in Ayder Village, you will run under the stars slowly changing into a mesmerizing sunset among the Kaçkar Mountains.

Upon completing the race, you will discover your new self. Stay strong both physically and mentally.

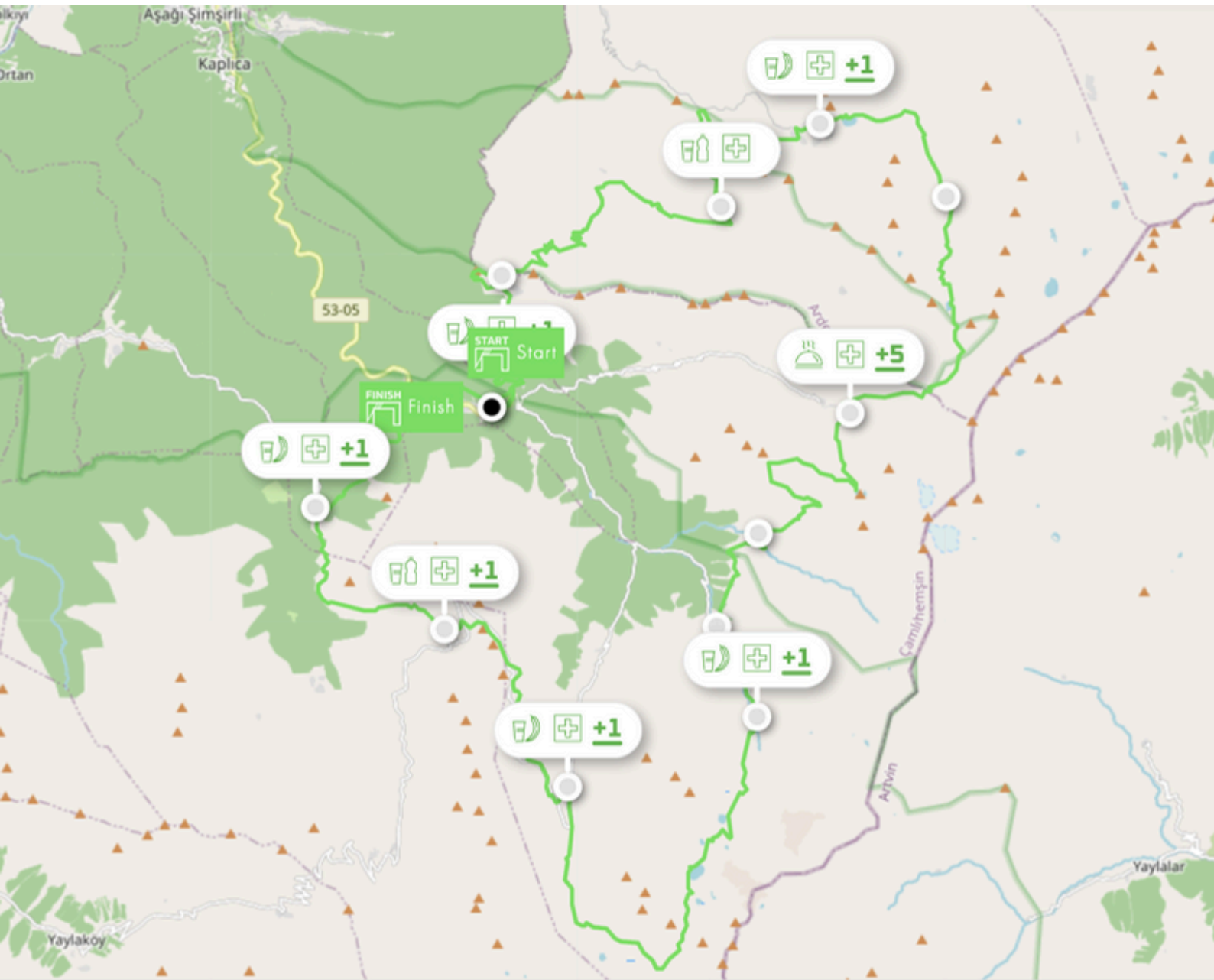


CHECK POINTS (CPs)

Point	Altitude (M)	Dist (km)	Elevation Gain (M)	Elevation Loss (M)	Cut Off
Ayder	1340	0.0	0	0	—
Hazindak Village	1932	8.4	980	398	Sat 07:00 AM
Samistal Village	2552	13.7	1626	416	—
Yukarı Kavrun Village	2262	20.4	1936	1002	Sat 10:00 AM
Yukarı Ceymakçur Village	2273	33.3	2950	2017	Sat 02:00 PM
Aşağı Ceymakçur Village	2032	35.4	2950	2250	—
Palakçur Village	2124	38.7	3121	2330	—
Avusor Village	2394	46.6	3808	2754	Sat 06:00 PM
Didingola Village	2416	54.5	4472	3394	Sat 10:00 PM
Koçdüzü Village	2391	58.6	4511	3465	—
Aşağı Kaçkar Village	2087	65.2	4804	4045	—
Huser	2389	74.3	5364	4315	Sun 02:30 AM
Ayder (Finish)	1340	81.1	5421	5419	Sun 04:00 AM



MAP



CLOTHING

- **Waterproof over-trousers** with sealed/taped seams.
- **Waterproof jacket** with fitted integrated hood and sealed/taped seams.
 - The jacket must be made of a waterproof (minimum recommended 10,000 Schmerber) and breathable (RET recommended less than 13) membrane.
 - The jacket must not have sections of fabric that are not waterproof, but air vents fitted by the manufacturer are accepted.
- **Suitable trail-running footwear.** Road-running or barefoot-style shoes are not acceptable.
- **Long-legged trousers or race leggings** or the combination of leggings and socks that cover the legs completely. These can be carried in the running pack.
- **Warm second layer** with long sleeves (cotton excluded) of a weight of minimum 180 g (men's size medium) **OR** a combination of:
 - A long-sleeved warm layer weighing at least 100 g (men's size medium) and
 - A windproof jacket.
 - The windproof jacket does not replace the mandatory waterproof jacket, and vice versa.
- **Warm beanie hat**, cap, bandana, or Buff.
- **Warm & waterproof gloves.**
 - These do not replace the long-legged trousers or race leggings.
 - A combination of separate warm gloves (or mittens) and waterproof outer gloves is acceptable.

The Kaçkar Mountains offer a breathtaking yet challenging environment for trail running.

However, mountain weather here can change rapidly, sometimes within hours. Runners may face sudden shifts between warm sunshine, heavy rain, strong winds, or cold, foggy conditions.

For Kaçkar 100K, you'll start at the Ayder Plateau (1,250 m) and ascend above 3,200m, with a total elevation gain of 5,400 m.

Remember: for every 1,000 m you climb, the temperature can drop by around 6.5°C. This means the higher sections of the course can be significantly colder, especially in the early morning or after sunset.

Combine that with unpredictable rain and gusty winds, and you have a true high-altitude test.

If you are involved in an incident, suffer an injury, or must wait for assistance, your clothing and equipment must keep you safe for several hours in potentially harsh conditions. It is essential to carry the mandatory kit at all times during your race. Your kit must be suitable for all types of mountain weather and for the full duration of your race (including the possibility of a night on the mountain for longer races).

We strongly recommend testing your kit in a variety of weather conditions before race day to ensure it works for you.

Your mandatory kit will be checked before you receive your race bib. If any item is missing, you will not be allowed to start the race.

RACE CATEGORY

100K **M**



EQUIPMENT

- **Running pack** suitable for carrying the full mandatory kit throughout the race.
- **Smartphone** with the LiveTrail application installed and activated.
 - The phone must be switched on and reachable at all times.
 - Airplane mode is not permitted and may result in penalties.
- **Whistle**
- **Compass**
- **Personal identification** (ID card or passport)
- **Self-adhesive elasticated bandage** (minimum dimensions: 100 cm x 6 cm)
- **2 x fully functioning headlamps or hand torches** with spare batteries or power banks.
 - Each torch must have its own spare battery/power bank.
 - Minimum brightness: 200 lumens.
 - A spare set of batteries for each torch is mandatory.
- **Capacity to carry a minimum of 1.5 litres of fluid.**
 - At the departure of some aid stations, it will be mandatory to leave with 1.5 litres of fluids, depending on the section ahead or weather conditions.
- **Survival/emergency bivy bag** (minimum dimensions: 2.0 m x 0.9 m)
 - A survival blanket or foil blanket is not acceptable.
- **Emergency food reserve** providing a minimum of 800 kcal
- **Reusable cup** (minimum capacity: 150 ml) suitable for hot drinks or soup.
 - Bottles or flasks with lids are **not** acceptable.
- **Reusable plate or bowl and cutlery**
 - Aid stations will not provide eating utensils.

RECOMMENDED

- Synthetic insulation mid-layer or gilet
- Spare warm clothing
- Waterproof bag
- Personal first aid kit should include at least blister plasters, cleansing wipes, dressings, paracetamol, and any personal medications.
- Poles
- Anti-chafing cream or Vaseline for skin protection during long hours of movement.
- GPS watch
- Safety scissors
- Small sewing kit for quick clothing or gear repairs.
- Local currency for emergencies.
- Full change of clothes.

RACE CATEGORY

100K 



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Apply from D-20 to D-10

Alternate lemon juice and ANTI-FRICTION cream every evening

ANTI-FRICTION CREAM

From D-10 to D-day

Apply cream generously every day

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withoutfootcare

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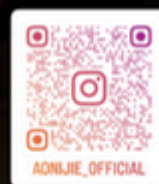
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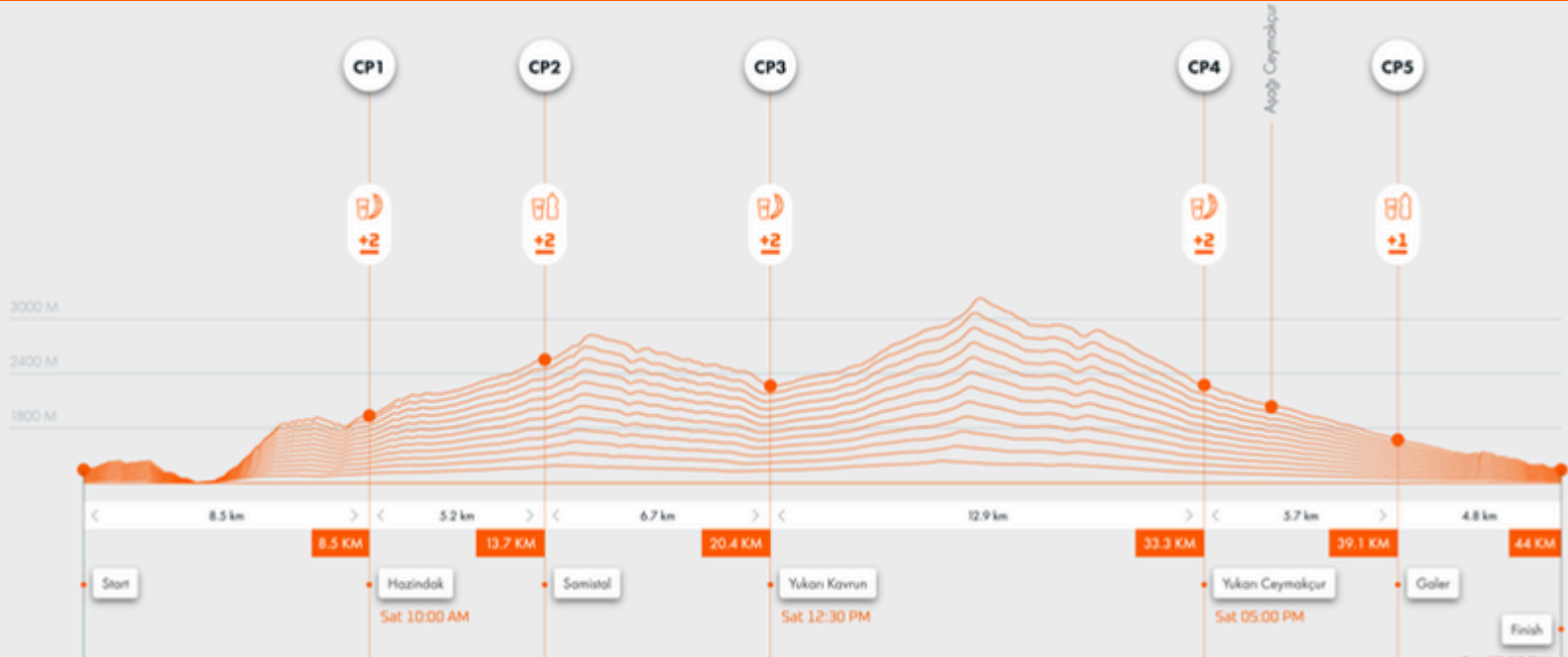


50K/M

RUNNING STONES
2
UTMB

UTMB® WORLD SERIES FINALS
OCC TOP 3
DIRECT ENTRY

DISTANCE 44 KM	ELEVATION GAIN 3000 M	START DAY SATURDAY, SEPTEMBER 27	RACE START AYDER VILLAGE, 07:00	MAX ALLOWED TIME 12 HOURS
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ABOUT KAÇKAR 50K

From Ayder’s fresh morning air to the panoramic ridgelines of the Kaçkar Mountains. This is a journey to remember.

Starting at 07:00 in Ayder Village, you’ll head into a day filled with vibrant mountain scenery, flowing streams, and quiet valleys. The trail winds through villages, climbs to scenic viewpoints, and crosses paths where nature still feels untouched.

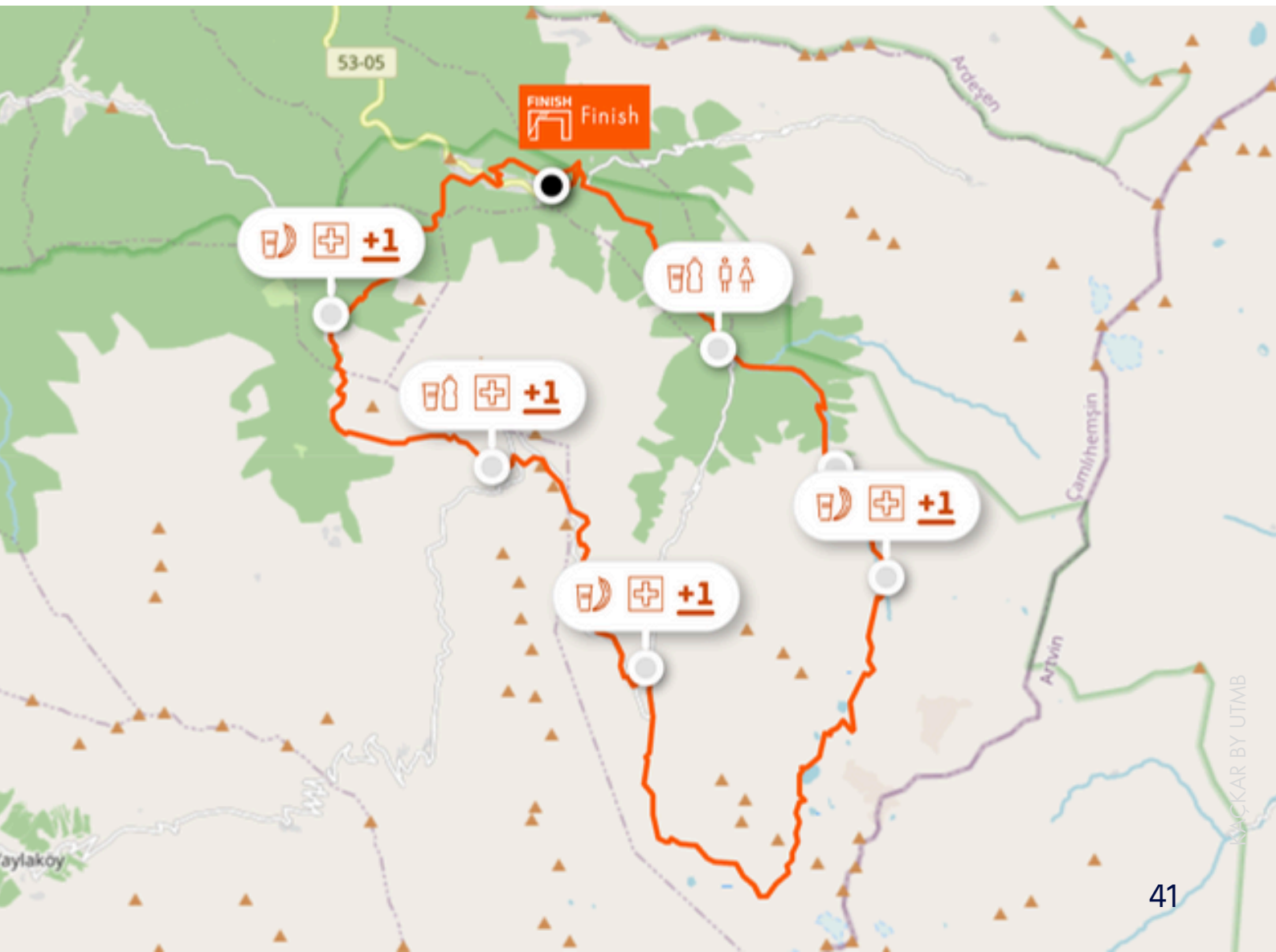
It’s a course that blends adventure with beauty, offering moments to push forward and moments to simply take it all in.

By the time you return to Ayder, you’ll carry not just a finisher’s medal, but unforgettable memories of the Kaçkar.



CHECK POINTS (CPs)

Point	Altitude (M)	Dist (km)	Elevation Gain (M)	Elevation Loss (M)	Cut Off
Ayder	1340	0.0	0	0	—
Hazindak Village	1936	8.5	984	396	Sat 10:00 AM
Samistal Village	2552	13.7	1633	426	—
Yukarı Kavrun Village	2264	20.4	1958	1034	Sat 12:30 PM
Yukarı Ceymakçur Village	2273	33.3	2977	2042	Sat 05:00 PM
Aşağı Ceymakçur Village	2036	35.3	2977	2281	—
Galer	1671	39.1	2977	2635	—
Ayder (Finish)	1340	44.0	3016	3011	Sat 07:00 PM



CLOTHING

- **Waterproof over-trousers** with sealed/taped seams.
- **Waterproof jacket** with fitted integrated hood and sealed/taped seams.
 - The jacket must be made of a waterproof (minimum recommended 10,000 Schmerber) and breathable (RET recommended less than 13) membrane.
 - The jacket must not have sections of fabric that are not waterproof, but air vents fitted by the manufacturer are accepted.
- **Suitable trail-running footwear.** Road-running or barefoot-style shoes are not acceptable.
- **Long-legged trousers or race leggings** or the combination of leggings and socks that cover the legs completely. These can be carried in the running pack.
- **Warm second layer** with long sleeves (cotton excluded) of a weight of minimum 180 g (men's size medium) **OR** a combination of:
 - A long-sleeved warm layer weighing at least 100 g (men's size medium) and
 - A windproof jacket.
 - The windproof jacket does not replace the mandatory waterproof jacket, and vice versa.
- **Warm beanie hat**, cap, bandana, or Buff.
- **Warm & waterproof gloves.**
 - These do not replace the long-legged trousers or race leggings.
 - A combination of separate warm gloves (or mittens) and waterproof outer gloves is acceptable.

The Kaçkar Mountains offer a breathtaking yet challenging environment for trail running.

However, mountain weather here can change rapidly, sometimes within hours. Runners may face sudden shifts between warm sunshine, heavy rain, strong winds, or cold, foggy conditions.

For Kaçkar 50K, you'll start at the Ayder Plateau (1,250 m) and ascend above 3,200m, with a total elevation gain of 3,000 m.

Remember: for every 1,000 m you climb, the temperature can drop by around 6.5°C. This means the higher sections of the course can be significantly colder, especially in the early morning or after sunset.

Combine that with unpredictable rain and gusty winds, and you have a true high-altitude test.

If you are involved in an incident, suffer an injury, or must wait for assistance, your clothing and equipment must keep you safe for several hours in potentially harsh conditions. It is essential to carry the mandatory kit at all times during your race. Your kit must be suitable for all types of mountain weather and for the full duration of your event (including the possibility of a night on the mountain for longer races).

We strongly recommend testing your kit in a variety of weather conditions before race day to ensure it works for you.

Your mandatory kit will be checked before you receive your race bib. If any item is missing, you will not be allowed to start the race.

EQUIPMENT

- **Running pack** suitable for carrying the full mandatory kit throughout the race.
- **Smartphone** with the LiveTrail application installed and activated.
 - The phone must be switched on and reachable at all times.
 - Airplane mode is not permitted and may result in penalties.
- **Whistle**
- **Compass**
- **Personal identification** (ID card or passport)
- **Map of the route** (provided in your race pack)
- **Self-adhesive elasticated bandage** (minimum dimensions: 100 cm x 6 cm)
- **Fully functioning headlamp or hand torch** with spare batteries or power banks.
 - Each torch must have its own spare battery/power bank.
 - Minimum brightness: 200 lumens.
 - A spare set of batteries is mandatory.
- **Capacity to carry a minimum of 1 litre of fluid.**
 - At the departure of some aid stations, it will be mandatory to leave with 1 litre of fluids, depending on the section ahead or weather conditions.
- **Survival/emergency bivvy bag** (minimum dimensions: 2.0 m x 0.9 m)
 - A survival blanket or foil blanket is not acceptable.
- **Emergency food reserve** providing a minimum of 800 kcal
- **Reusable cup** (minimum capacity: 150 ml) suitable for hot drinks or soup.
 - Bottles or flasks with lids are **not** acceptable.
- **Reusable plate or bowl and cutlery**
 - Aid stations will not provide eating utensils.

RECOMMENDED

- Synthetic insulation mid-layer or gilet
- Spare warm clothing
- Waterproof bag
- Personal first aid kit should include at least blister plasters, cleansing wipes, dressings, paracetamol, and any personal medications.
- Poles
- Anti-chafing cream or Vaseline for skin protection during long hours of movement.
- GPS watch
- Safety scissors
- Small sewing kit for quick clothing or gear repairs.
- Local currency for emergencies.
- Full change of clothes.

RACE CATEGORY

50K **M**





FOR EVERY MILESTONE

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R2 3.0 CALF SLEEVES

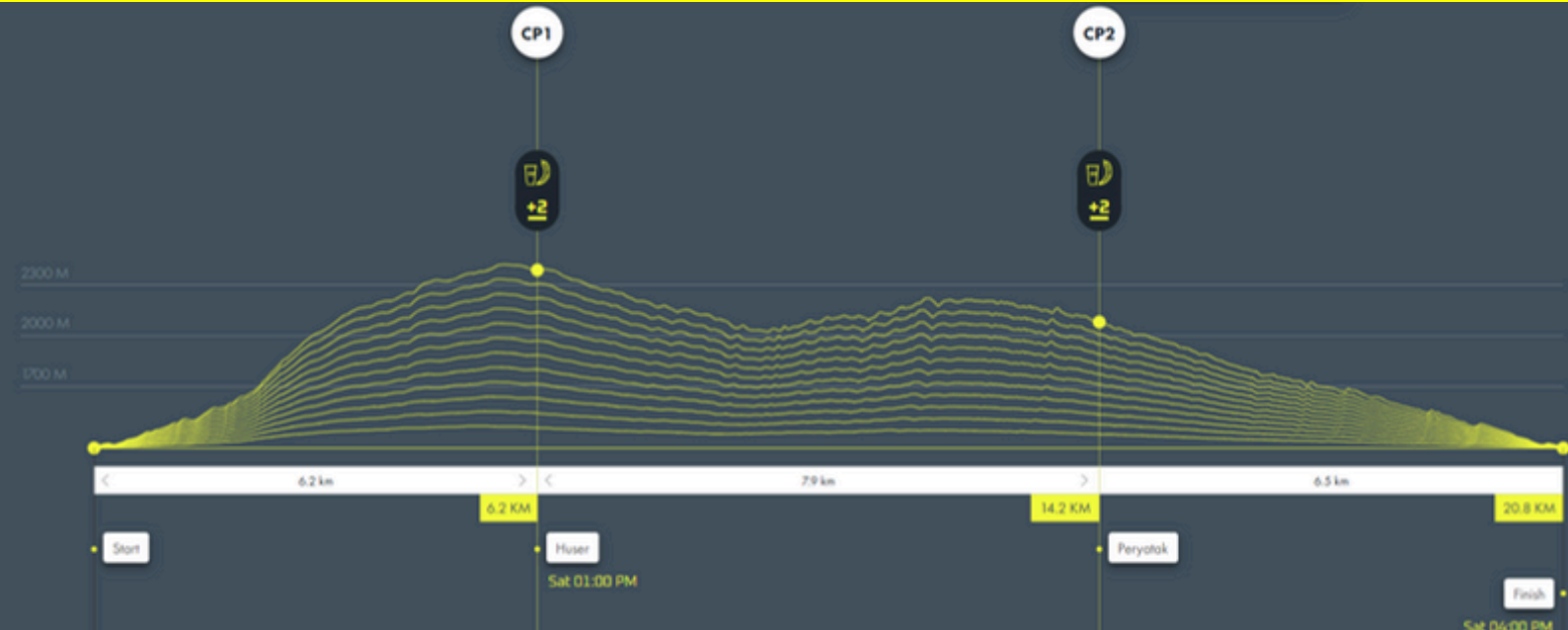
WHEREVER YOU RACE,
WE SUPPORT YOU.



20K / M



DISTANCE 20 KM	ELEVATION GAIN 1300 M	START DAY SATURDAY, SEPTEMBER 27	RACE START AYDER VILLAGE, 10:00	MAX ALLOWED TIME 6 HOURS
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ABOUT KAÇKAR 20K

Starting at 10:00 from Ayder Plateau, this route takes you into the heart of the Kaçkar Mountains.

Over 20 kilometers, you'll tackle varied terrain. From forest tracks and alpine meadows to rocky paths, with enough climbs to make you earn every view.

It's a shorter course, but don't be fooled by the altitude, changing weather, and technical sections will still demand focus and preparation.

With crisp mountain air, vibrant village scenery, and the thrill of crossing the finish line in Ayder, the Kaçkar 20K delivers an unforgettable taste of highland trail running.



CHECK POINTS (CPs)

Point	Altitude (M)	Dist (km)	Elevation Gain (M)	Elevation Loss (M)	Cut Off
Ayder	1336	0	0	0	Sat 10:00 AM
Huser	2387	6.2	1073	22	Sat 01:00 PM
Peryatak	2080	14.2	1283	532	Sat 02:30 PM
Ayder	1336	20.8	1283	1283	Sat 04:00 PM



CLOTHING

- **Suitable trail-running footwear.** Road-running or barefoot-style shoes are not acceptable.
- **Warm beanie hat,** cap, bandana, or Buff.

EQUIPMENT

- **Running pack** suitable for carrying the full mandatory kit throughout the race.
- **Smartphone** with the LiveTrail application installed and activated.
 - The phone must be switched on and reachable at all times.
 - Airplane mode is not permitted and may result in penalties.
- **Whistle**
- **Compass**
- **Personal identification** (ID card or passport)
- **Map of the route** (provided in your race pack)
- **Capacity to carry a minimum of 0.5 litre of fluid.**
 - At the departure of some aid stations, it will be mandatory to leave with 0.5 litre of fluids, depending on the section ahead or weather conditions.
- **Survival/emergency bivvy bag** (minimum dimensions: 2.0 m x 0.9 m)
 - A survival blanket or foil blanket is not acceptable.
- **Reusable cup** (minimum capacity: 150 ml) suitable for hot drinks or soup.
 - Bottles or flasks with lids are **not** acceptable.
- **Reusable plate or bowl and cutlery**
 - Aid stations will not provide eating utensils.

Mountain weather here can change rapidly, sometimes within hours. Runners may face sudden shifts between warm sunshine, heavy rain, strong winds, or cold, foggy conditions.

We strongly recommend testing your kit in a variety of weather conditions before race day to ensure it works for you.

Your mandatory kit will be checked before you receive your race bib. If any item is missing, you will not be allowed to start the race.

RECOMMENDED

- Waterproof bag
- Waterproof jacket with hood
- Warm second layer
- Warm and waterproof gloves
- Elastic tape and bandage
- Personal first aid kit should include at least blister plasters, cleansing wipes, dressings, paracetamol, and any personal medications.
- Poles
- GPS watch
- Safety scissors
- Local currency for emergencies.
- Full change of clothes.





RACE CATEGORY

20K **M**



SHOKZ

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