

**HEAT & WEATHER  
ALERT**  
Read carefully



# RACE & COURSE BRIEFING

June 17, 2026

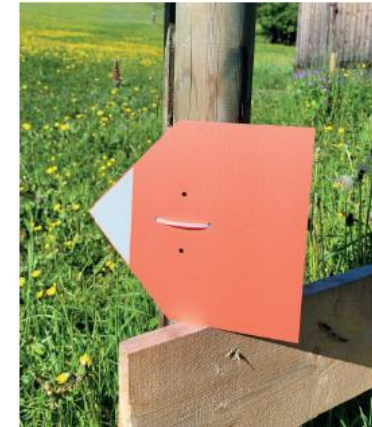
# COURSE OVERVIEW



The route will be well marked with flags and tags about every 250 meters, however basic route-finding skills are required for this race.

- Salomon branded **tape**: on route and vegetation to indicate you are on track.
- Arrow** signs: At split points or crucial turns arrows will show you where to go
- In the **urban areas**, pay attention as a combination of all the course markings will be used.
- The signs are **reflective** to facilitate night running with your headlight.

If over several hundred metres, you do not see any flags or tags turn round and retrace your steps to find the last one. It is mandatory to download the GPX files onto your devices for peace of mind.



Technical sections always marked separately

## Feldernjöchl:

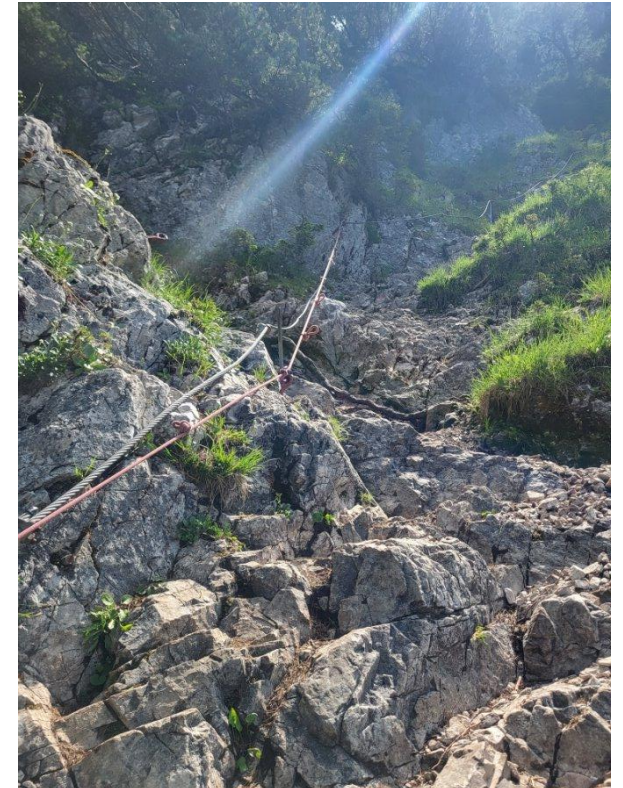
ZUT100, Ultratrail, Ehrwald Trail

## Wannigjöchl

ZUT100, Ultratrail, Ehrwald Trail

## Immensteig (86 k in the race)

ZUT100 only



Check the timetable for your race on the website, especially the Cut Off Times

Example Ultratrail:

Point	Altitude (M)	Dist (km)	Dist. inter (km)	Elevation gain (M)	Elevation loss (M)	Fastest	Slowest	Cut Off
Garmisch-Partenkirchen	697	0	0	0	0	Fri 10:00 PM	Fri 10:00 PM	
Eibsee	1013	10.7	10.7	425	107	Fri 10:43 PM	Fri 11:47 PM	
Gamsalm	1285	19.4	8.7	1123	535	Fri 11:36 PM	Sat 02:02 AM	Sat 02:30 AM
Pestkapelle	1616	27.3	7.9	1706	790	Sat 12:28 AM	Sat 04:18 AM	
Hämmermoosalm	1410	41.1	13.7	2584	1868	Sat 01:59 AM	Sat 08:05 AM	Sat 08:30 AM
Hubertushof / Reindlau	1071	54.6	13.4	3260	2886	Sat 03:29 AM	Sat 11:31 AM	Sat 12:45 PM
Mittenwald	924	63.1	8.5	3289	3062	Sat 04:05 AM	Sat 01:00 PM	Sat 02:00 PM
Schloss Elmau	1008	73.3	10.1	3543	3227	Sat 04:58 AM	Sat 03:13 PM	Sat 04:00 PM
Laubhütte	992	86.8	13.4	4192	3902	Sat 06:31 AM	Sat 07:04 PM	Sat 07:15 PM
Hochalm	1701	91.7	4.8	4904	3902	Sat 07:24 AM	Sat 09:06 PM	Sat 09:15 PM
Tröglift	1357	100.1	8.3	5273	4609	Sat 08:27 AM	Sat 11:28 PM	Sat 11:40 PM
Garmisch-Partenkirchen	697	107.4	7.3	5280	5278	Sat 09:13 AM	Sun 01:02 AM	Sun 01:00 AM

PROFILE
MAP + GPX
TIME CHARTS

Read carefully: <https://zugspitz.utmb.world/runners/regulations>

## Some essential aspects of the rules:

- Follow the instructions of police, course marshalls and event officials
- Road crossing: no right to stop traffic
- No littering
- No shortcuts
- Race-Bibs to be worn on front of the torso
- Athletes are taking part on their own risk
- At unclear or dangerous points on the course, please proceed with the appropriate caution. The organiser is entitled to take additional measures in order to secure dangerous sections. However, the organiser is not obliged to do so.

**Outside assistance** (from spectators, coaches or other participants) is generally not allowed! This also means that it is forbidden to accept drinks or food from supporters on the course. Exceptions:

- at the official aid stations you are allowed to accept food and/or drinks from supporters.
- in case of falls, injuries or other emergency situations you are allowed to accept help at any time (in the form of food, drinks and/or replacement clothing).

Fences & gates that you  
open must be closed  
again!



- If you want or have to withdraw from the race, please go to the next aid station and tell the medical team that you are dropping out. If no one is available, please call the medical hotline at **+49 8324 933550**.
- If you are unable to go to the next aid station, call the medical hotline directly. You can also withdraw using the Livetrail app. You may receive a follow-up call.
- After you have withdrawn, the event team will help you get back to the finish venue from dedicated aid stations (see the profile of each race). Please allow for longer waiting times.

**MEDICAL HOTLINE:**  
**+498324933550**

**EMERGENCY PHONE**  
**NUMBER: 112**



# MANDATORY EQUIPMENT

- You must carry the mandatory equipment with you during the whole race - from start to finish - or you will be penalized.
- Race officials may perform systematic and/or random checks of your equipment at any time during the race.
- A penalty up to disqualification will be applied to runners who do not have all the mandatory gear with them.
- Trekking poles: Should you wish to use trekking poles, it must be used from the start to finish of the race. You cannot send trekking poles with drop bags to an aid station.
- Make sure that your mandatory water containers are fully filled up from the start.**

<https://zugspitz.utmb.world/runners/mandatory-gear>

# MANDATORY EQUIPMENT

	Closed trail running shoes with a tread that is suitable for running in alpine terrain	Red	Green	Blue	Grey	White
	Running backpack or running belt	Red	Green	Blue	Grey	White
	Waterproof jacket with taped seams and a minimum water column of 10,000 mm.	Red	Green	Blue	Grey	White
	Warm extra clothing (long sleeved shirt or shirt with arm warmers and running pants or leg warmers); basic rule: it is not allowed to see any skin!	Red	Green	Blue	Grey	White
	Gloves and beanie/buff (head and ears has to be covered)	Red	Green	Blue	Grey	White
	2 functional headlamps and replacement batteries	Red	Green	Blue	Grey	White
	1 functional headlamp and replacement batterie or spare headlamp	Red	Green	Blue	Grey	White
	Labeling of a competitor's food / beverage supplies by the individual's start number	Red	Green	Blue	Grey	White
	Drinking cup to receive drinks at aid stations	Red	Green	Blue	Grey	White
	Sealable Watercontainer with a minimum capacity of 1.5 liters	Red	Green	Blue	Grey	White
	Sealable Watercontainer with a minimum capacity of 1 liter	Red	Green	Blue	Grey	White
	Emergency kit (minimum: 1x compress 10 x 10 cm, 2x bandage packs, 2 pairs of sterile gloves, whistle, rescue blanket)	Red	Green	Blue	Grey	White
	Course Track (on GPX watch or phone)	Red	Green	Blue	Grey	White
	Smartphone (LiveTrail App installed and activated + Alpine Medics emergency number saved for emergency calls +498324933550)	Red	Green	Blue	Grey	White
	Helmet	Red	Green	Blue	Grey	White
	★ = Recommended					
	Optional: poles, Race bib attachment (belt)					

ZUT100	100M
Ultratrail	100K
Ehrwald Trail	100K
Leutasch Trail	50K
Mittenwald Trail	50K
Garmisch-Partenkirchen Trail	20K
Grainau Trail	20K

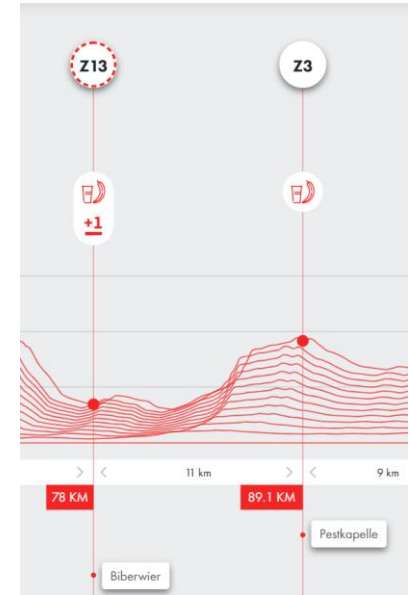
## HELMET SECTION (ZUT 100 only)

- You can pack your helmet in/to your drop bag for the Z13 (3-100) in Biberwier.
- The section where you must wear the helmet begins approximately 6.5 kilometers after the aid station and is approximately 2 kilometers long.
- After another 2 kilometers, you will reach the Z3 Pestkapelle, where you can return the helmet.

**Note: all kind of helmets are allowed.**

### Important:

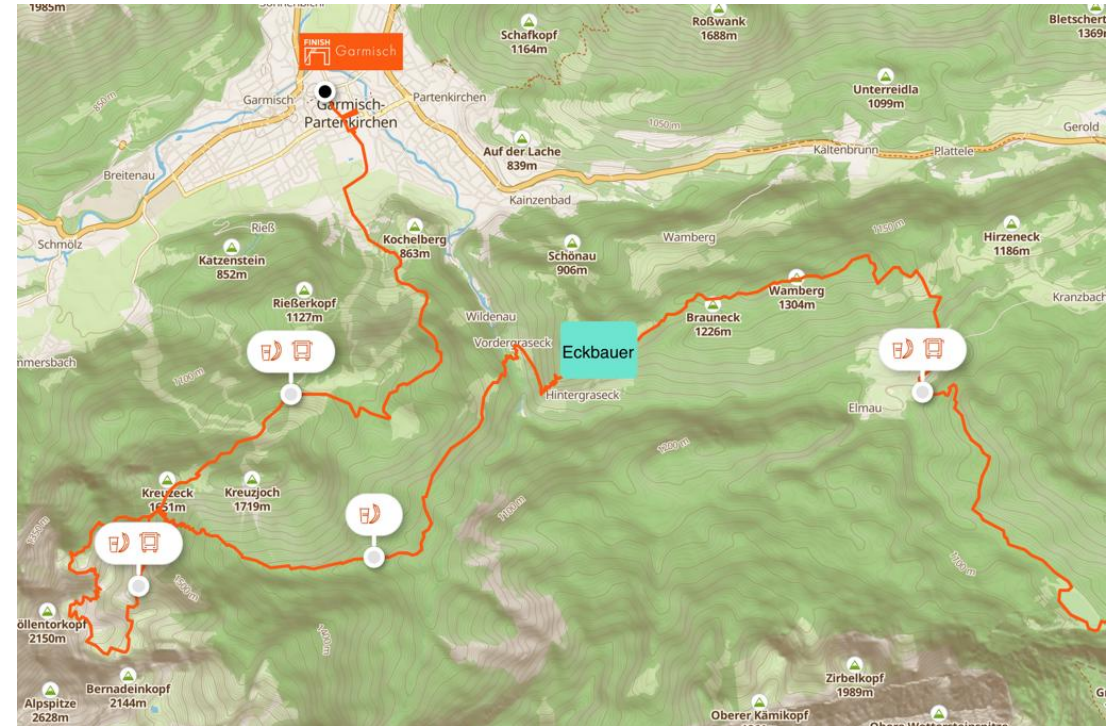
- Your starter bag includes a sticker; please attach it to your helmet
- If you want to ensure your helmet doesn't get scratched or damaged when you return it, you must provide your own protective covering



- For the race weekend we are expecting hot weather with temperatures reaching likely 30 degree and above. Heat mitigation plans are in place.
- The overall weather situation is unstable with potential thunderstorms, but no clear prediction for the race days.
- We are in close contact with weather experts like Geosphere in Innsbruck.
- As of today, June 17, all events will go ahead as planned.
- We will continually monitor the weather forecasts and keep everyone updated in the event of any changes to the event.
- Please be prepared for potential changes to the race schedules and courses to be announced even on short notice, either before or during the races.
- Our goal is to ensure that all runners reach the finish line in Garmisch-Partenkirchen safely.



- ❑ Stay hydrated with water and electrolytes and protect your head from the sun
- ❑ Additional cooling systems are in place
- ❑ We are adding an extra water station at the “**Eckbauer**” Gondola station between Z7 and Z8 for Saturday from 10:00 to 18:00
- ❑ Eckbauer is located in the race at:
  - ZUT100: km 135
  - Ultratrail: km 78
  - Ehrwald Trail: km 57
  - Leutasch Trail: km 40
  - Mittenwald Trail: km 16



HAVE FUN & GOOD LUCK!



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