



RUNNER'S GUIDE

11-13 SEPTEMBER 2026

UTMB®
WORLD SERIES



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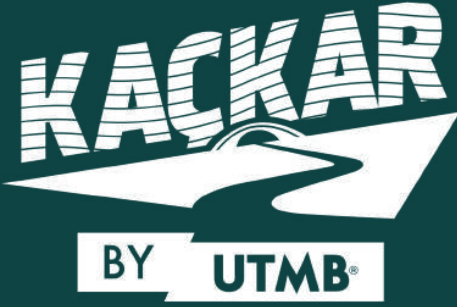
DISCOVER KAÇKAR

Kaçkar by UTMB invites you into a landscape where the Black Sea meets the mountains — a place of wild trails, high plateaus and constantly changing horizons.

The courses lead through alpine meadows, dense forests and traditional highland villages, climbing towards rocky passes, glacial lakes and exposed ridgelines. Along the way, runners experience a landscape shaped by water, weather and generations of mountain life, with valleys stretching from the high peaks towards the Black Sea.

The Kaçkar Mountains are defined by contrast: lush green forests and rugged alpine terrain, deep gorges and open plateaus, quiet villages and remote mountain paths. Every climb reveals a new perspective, while every descent draws you deeper into one of Türkiye's most distinctive natural environments.

In 2026, Kaçkar by UTMB once again offers runners the opportunity to experience this extraordinary region in the most direct way possible — on foot, on the trail, and in the heart of the mountains.



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.

You will pass it on KAÇKAR 100K & KAÇKAR 50K



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".

You will pass it on KAÇKAR 100K & KAÇKAR 50K



HUSER PLATEAU

Huser Plateau, perched high in the upper reaches of Fırtına 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.

You will pass it on KAÇKAR 100K & KAÇKAR 20K



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.

You will pass it on KAÇKAR 100K & KAÇKAR 50K



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.

You will pass it on KAÇKAR 100K



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”.

You will pass it on KAÇKAR 20K





HOŞ GELDİN! WELCOME!



JOHANN ESSL
RACE DIRECTOR

Welcome to the second edition of Kaçkar by UTMB! We are delighted to welcome you back to Ayder and the wild beauty of the Kaçkar Mountains for another unforgettable weekend of trail running.

This year, runners from Türkiye and around the world will once again take on ancient shepherds' trails, deep valleys, alpine lakes, rugged peaks and dense forests. The terrain is beautiful, demanding and unpredictable — exactly what makes racing here so special.

Whether this is your first trail race, your first ultra-distance, or another step in your UTMB journey, we are excited to see you on the start line. Last year we began writing the story of Kaçkar by UTMB. This year, you become part of its next chapter.

The Kaçkar Mountains are more than a racecourse. They are home to local communities who welcome us onto these trails and support the event with incredible hospitality. Please respect the people, the landscape and your fellow trail users. Take your litter with you or leave it at aid stations, and help us protect this unique environment.

We also encourage you to experience the region beyond the race. Explore the highland villages, discover the local food and traditions, and enjoy everything that makes this part of Türkiye so special.

None of this would be possible without the support of our partners, local authorities, landowners, volunteers and everyone working behind the scenes to make the race happen. Give them a smile or a high-five along the way — they are out there for you.

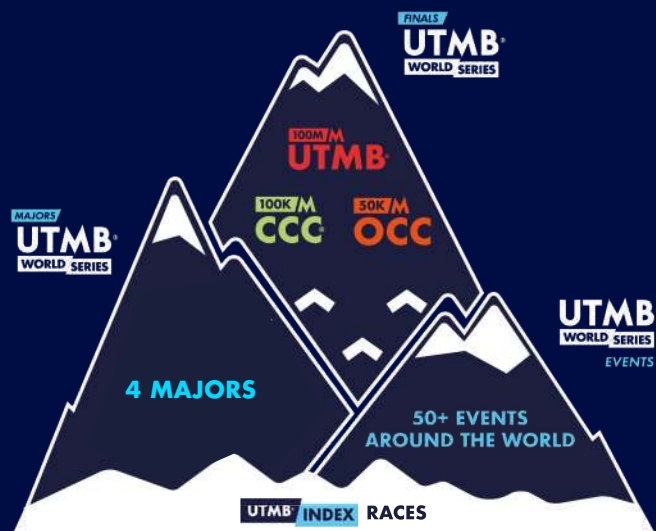
Thank you for choosing to run with us and for being part of the Kaçkar by UTMB story.

The mountains are waiting. Are you ready to challenge them?

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 trailrunners 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!

UTMB INDEX

YOUR TRAIL RUNNING PASSPORT

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

IT'S ESSENTIAL FOR:

- ✓ **Entering the UTMB World Series Finals lottery**
(with at least 1 Running Stone)
- ✓ **Defining your start wave**
to ensure the best race experience.
- ✓ **ExclusiveRace Access:**
You benefit from a 48-hour priority registration to UTMB World Series Events. 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 **7,000 races worldwide**, there 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 24-30 | CHAMONIX MONT-BLANC,
COURMAYEUR, ORSIÈRES
FRANCE, ITALY, SWITZERLAND

100M/M UTMB®

100K/M CCC®

50K/M OCC

MAJORS

OCEANIA MAJOR

HOKA ULTRA-TRAIL AUSTRALIA™ BY UTMB®

MAY 14-17 | KATOOMBA, AUSTRALIA

EUROPE MAJOR

HOKA VAL D'ARAN BY UTMB®

JULY 01-05 | VIELHA, SPAIN

AMERICAS MAJOR

HOKA KODIAK ULTRA MARATHONS™ BY UTMB®

OCTOBER 08-11 | BIG BEAR LAKE, USA

ASIA-PACIFIC MAJOR

HOKA CHIANG MAI THAILAND BY UTMB®

NOV 28 - DEC 6 | CHIANG MAI, THAILAND

EVENTS

EUROPE

ARC OF ATTRITION BY UTMB®

JANUARY 22-25 | UNITED KINGDOM

OCEANIA

TARAWERA ULTRA-TRAIL BY UTMB®

FEBRUARY 14-15 | NEW ZEALAND

AMERICAS

PUERTO VALLARTA MÉXICO BY UTMB®

MARCH 05-07 | MEXICO

NEW ASIA

HOKA XTRAIL KENTING BY UTMB®

MARCH 06-08 | KENTING TAIWAN

ASIA

WAR HORSE ULTRA-TRAIL XIAMEN BY UTMB®

MARCH 14-15 | CHINA

AMERICAS

USHUAIA FIN DEL MUNDO BY UTMB®

MARCH 18-22 | ARGENTINA

EUROPE

TENERIFE BLUETRAIL BY UTMB®

MARCH 19-21 | SPAIN

EUROPE

CHIANTI ULTRA TRAIL BY UTMB®

MARCH 19-22 | ITALY

EUROPE

ISTRIA 100™ BY UTMB®

APRIL 09-12 | CROATIA

AMERICAS

DESERT RATS TRAIL RUNNING FESTIVAL™ BY UTMB®

APRIL 09-12 | USA

NEW ASIA

ULTRA-TRAIL MOGAN BY UTMB®

APRIL 10-12 | CHINA

EUROPE

GRAND RAID VENTOUX BY UTMB®

APRIL 24-26 | FRANCE

ASIA

AMAZEAN JUNGLE THAILAND BY UTMB®

APRIL 30-MAY 03 | THAILAND

NEW EUROPE

OH MEU DEUS BY UTMB®

MAY 01-03 | PORTUGAL

EUROPE

TRAIL ALSACE BY UTMB®

MAY 14-17 | FRANCE

EUROPE

ULTRA-TRAIL SNOWDONIA BY UTMB®

MAY 15-17 | UNITED KINGDOM

NEW AMERICAS

ROTHROCK BY UTMB®

MAY 15-17 | USA

EUROPE

MOZART 100™ BY UTMB®

MAY 23 | AUSTRIA

AFRICA

MOUNTAIN ULTRA TRAIL™ BY UTMB®

MAY 29-31 | SOUTH AFRICA

EUROPE

TRAIL 100 ANDORRA™ BY UTMB®

JUNE 11-14 | ANDORRA

EUROPE

TRAIL DU SAINT-JACQUES BY UTMB®

JUNE 12-14 | FRANCE

ASIA

TRAIL OF THE KINGS - LAKE TOBA BY UTMB®

JUNE 12-14 | INDONESIA

NEW EUROPE

SALOMON ZUGSPITZ ULTRA TRAIL

POWERED BY LEDLENSER BY UTMB®

JUNE 18-20 | GERMANY

ASIA

KAGA SPA TRAIL ENDURANCE 100 BY UTMB®

JUNE 18-21 | JAPAN

EUROPE

LA SPORTIVA® LAVAREDO ULTRA TRAIL® BY UTMB®

JUNE 24-28 | ITALY

AMERICAS

TORRENCIAL CHILE BY UTMB®

JUNE 26-28 | CHILE

AMERICAS

WESTERN STATES® 100-MILE ENDURANCE RUN

JUNE 27-28 | USA

EUROPE

RESTONICA TRAIL BY UTMB®

JULY 09-11 | FRANCE

EUROPE

TRAIL VERBIER ST-BERNARD BY UTMB®

JULY 10-12 | SWITZERLAND

EUROPE

EIGER ULTRA TRAIL™ BY UTMB®

JULY 15-19 | SWITZERLAND

EUROPE

MONTE ROSA WALSERWAG BY UTMB®

JULY 17-19 | ITALY

AMERICAS

SPEEDGOAT™ MOUNTAIN RACES BY UTMB®

JULY 23-25 | USA

NEW EUROPE

BUCOVINA ULTRA ROCKS BY UTMB®

JULY 24-26 | ROMANIA

AMERICAS

QUITO TRAIL BY UTMB®

JULY 31-AUGUST 02 | ECUADOR

NEW EUROPE

GAUJA TRAIL BY UTMB®

AUGUST 01-02 | LATVIA





2026 CALENDAR

EUROPE
KAT100™ BY UTMB®
AUGUST 06-08 | AUSTRIA

NEW AMERICAS
BORÉALYS MONT-TREMBLANT BY UTMB®
AUGUST 14-16 | CANADA

AMERICAS
ULTRA TRAIL WHISTLER™ BY UTMB®
AUGUST 21-23 | CANADA

NEW AMERICAS
SNOWBASIN BY UTMB®
SEPTEMBER 10-12 | USA

EUROPE
WILDSTRUBEL BY UTMB®
SEPTEMBER 10-13 | SWITZERLAND

ASIA
MALAYSIA ULTRA-TRAIL BY UTMB®
SEPTEMBER 11-13 | MALAYSIA

EUROPE
KAÇKAR BY UTMB®
SEPTEMBER 11-13 | TÜRKİYE

ASIA
JD ULTRA-TRAIL GREAT WALL BY UTMB®
SEPTEMBER 11-13 | CHINA

AMERICAS
GRINDSTONE TRAIL RUNNING FESTIVAL™ BY UTMB®
SEPTEMBER 17-20 | USA

AMERICAS
PARATY BRAZIL BY UTMB®
SEPTEMBER 17-20 | BRAZIL

EUROPE
JULIAN ALPS TRAIL RUN BY UTMB®
SEPTEMBER 18-20 | SLOVENIA

EUROPE
NICE CÔTE D'AZUR BY UTMB®
SEPTEMBER 24-27 | FRANCE

AMERICAS
CHIHUAHUA BY UTMB®
OCTOBER 01-03 | MEXICO

ASIA
TRANSJEJU BY UTMB®
OCTOBER 02-04 | SOUTH KOREA

ASIA
ULTRA TRAIL MOUNT YUN BY UTMB®
OCTOBER 16-18 | CHINA

EUROPE
KULLAMANNEN BY UTMB®
OCTOBER 30-31 | SWEDEN

EUROPE
MALLORCA BY UTMB®
OCTOBER 30 - NOVEMBER 1 | SPAIN

ASIA
ULTRA-TRAIL SHUDAO BY UTMB®
NOVEMBER 6-8 | CHINA

ASIA
TRANSLANTAU™ BY UTMB®
NOVEMBER | HONG KONG, CHINA

EUROPE
PUGLIA BY UTMB®
NOVEMBER | ITALY

AMERICAS
HOKA PACIFIC TRAILS CALIFORNIA BY UTMB®
NOVEMBER 13-15 | USA

AMERICAS
PATAGONIA BARILOCHE BY UTMB®
NOVEMBER 18-22 | ARGENTINA

OCEANIA
ULTRA-TRAIL KOSCIUSZKO™ BY UTMB®
NOVEMBER 26-28 | AUSTRALIA

NEW ASIA
OMAN BY UTMB®
DECEMBER 10-12 | OMAN

NEW IN 2027

NEW ASIA
VIETNAM HIGHLANDS TRAIL BY UTMB®
JANUARY 08-10 | VIETNAM

NEW EUROPE
SKYLINE SCOTLAND BY UTMB®
SEPTEMBER | UNITED KINGDOM

VISIT UTMB.WORLD

MY UTMB®+

THE PROGRAM THAT REWARDS YOUR ENGAGEMENT!

1 GET INVOLVED
Participate, support causes,
and make choices that matter.

2 LEVEL UP
Collect points with every action,
progress through levels, and
showcase your engagement.

3 ENJOY REWARDS
Unlock partner benefits,
priority access, exclusive
content, and more.



MYUTMB+ IS READY FOR YOU IN YOUR MYUTMB ACCOUNT.

NOT YET A MEMBER? Subscribe to the UTMB World Series Newsletter to join the adventure.

DISCOVER MY UTMB+

VISIT [UTMB.WORLD](https://utmb.world)



TURKCELL'S GIANT **5G INVESTMENT**

POWERFUL COVERAGE

HIGH SPEED CAPACITY

5G is available for compatible devices and SIM cards from April 1, 2026, within 5G coverage areas. Uplink speed on 5G may vary depending on coverage area, serving base station, geographic conditions, network congestion, device used, and distance to the base station. For details: turkcell.com.tr/5G

RUNNERS' COMMITMENT

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.



SPEEDGOAT 7

RUN WILDER

HOKA

PROVEN GRIP AND CUSHIONING FOR THE TRAILS LESS TAKEN.

BEST FOR
LOOSE &
ROCKY
TERRAIN

EVENT SCHEDULE

FRIDAY - SEPTEMBER 11

Time	What	Where
10:00 - 20:00	Kit Distribution	Kit Distribution Area
10:00 - 20:00	Kaçkar Ultra Trail Village	Kaçkar Village
13:30 - 14:00	Run Like Her Speakers Panel, Q&A Session	Main Stage
14:00 - 14:45	Shake Out Run	Main Stage
15:00 - 16:00	Race Briefing	Main Stage
16:00 - 17:00	Opening Ceremony & Elite Athlete Presentation	Main Stage
18:00 - 19:00	DJ Set - powered by HOKA	Main Stage
19:30	Yayla Trio Concert	Fan Zone

SATURDAY - SEPTEMBER 12

Time	What	Where
04:00	START - Kaçkar 100K	Start Line
06:00 - 19:00	Kaçkar Ultra Trail Village	Kaçkar Village
06:00 - 07:00	Kit Distribution - Kaçkar 50K	Kit Distribution Area
08:00, 08:30	WAVE START - Kaçkar 50K	Start Line
07:30 - 09:00	Kit Distribution - Kaçkar 20K	Kit Distribution Area
09:00 - 10:00	Kit Distribution - Ayder 4K	Kit Distribution Area
10:00, 10:30	WAVE START - Kaçkar 20K	Start Line
11:00	START - Ayder 4K	Start Line

First Finishers: **AYDER 4K** 11:20

KAÇKAR 20K 12:00

KAÇKAR 50K 12:45

KAÇKAR 100K 13:45

Cut Off times: **AYDER 4K** 12:15

KAÇKAR 20K 16:30

KAÇKAR 50K 21:00

KAÇKAR 100K 04:00 (Sunday)

SUNDAY - SEPTEMBER 13

Time	What	Where
09:00 - 14:00	Kaçkar Ultra Trail Village	Kaçkar Village
10:30 - 11:00	Documentary Screening	Main Stage
11:00 - 13:00	Award Ceremony	Main Stage
13:00 - 14:00	Closing Ceremony	Main Stage




SUUNTO
SINCE 1936

90 YEARS
OF **RESILIENCE**

www.suunto.com

VENUE INFO



1 Start / Finish Area

2 Kaçkar Ultra Trail Village

3 Spectators Area

4 Aid Station Shuttle Point (Spectators and Press)

5 Ayder Shuttle Point

START AND FINISH AREA

- Start and finish line
- Spectator viewing area
 - Cheer the runners at the start
 - Stay to cheer Ayder 4K runners for the finish
 - Follow LiveTrail app to cheer the first finishers and your favorite athletes at the finish line
- Bag drop off
- Toilets & Showers

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
- Fan Zone
- Information Point and Toilets
- Finishers Area (Finisher Meal, Finisher Gift, Physio)
- Medical Area
- Media Tent

SPECTATING INFO

- Kaçkar 100K, Kaçkar 50K and Ayder 4K runners will descend across the green field through the World Pass flags — a great spot to cheer them on!
- Best viewing time: approximately 10–20 minutes after the start.
- The spectator area is approximately 900 m from the Start Area. Once the runners have started, we recommend heading there immediately to make sure you arrive in time.

SHUTTLE POINT

Aid Station Shuttles going to

- Yukarı Kavrun (100K & 50K)
- Avusor - Life base (100K)
- Galer (50K)
- Available for spectators and press
- Maximum capacity 15 pax

Ayder Shuttle Point going to

- Ayder from Car Park, from Ayder to Car Park

Free of charge

Refer to shuttle schedule for more info

ULTRA TRAIL VILLAGE

FROM FRIDAY TO SUNDAY,
11 - 13 SEPTEMBER 2026

OPERATING HOURS

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



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:

- 1 Start / Finish Area
- 2 UTMB World Series & Kaçkar by UTMB Partners – meet the brands that power the sport. Running & Lifestyle Exhibitors – explore the latest gear, apparel, and innovations.
- 3 Main Stage
- 4 Kit Distribution Area – mandatory kit check and bib collection.
- 5 Official Merchandise – official race gear and souvenirs.
- 6 Fan Zone
- 7 Showers & Toilets

TURKCELL

Turkcell is Türkiye's leading technology and telecommunications company, providing mobile connectivity, digital services and communication solutions across the country. Through its network and technology infrastructure, Turkcell helps keep people connected wherever they go.

HOKA

HOKA is a global running and outdoor footwear brand known for its innovative cushioning, performance-focused design and distinctive approach to movement. Supporting runners from everyday training to race day, HOKA creates footwear and apparel designed to help athletes run comfortably, confidently and efficiently across every distance and terrain.

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.

AONIJIE

AONIJIE 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.

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.

SVR

SVR is a dermocosmetic skincare brand known for high-performance formulas developed for sensitive and demanding skin. Combining dermatological expertise with effective active ingredients, SVR offers skincare and sun protection designed to support and protect the skin in everyday life and during outdoor activity.





ULTRA-TRAIL VILLAGE

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.

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).

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.

FOCUS ON

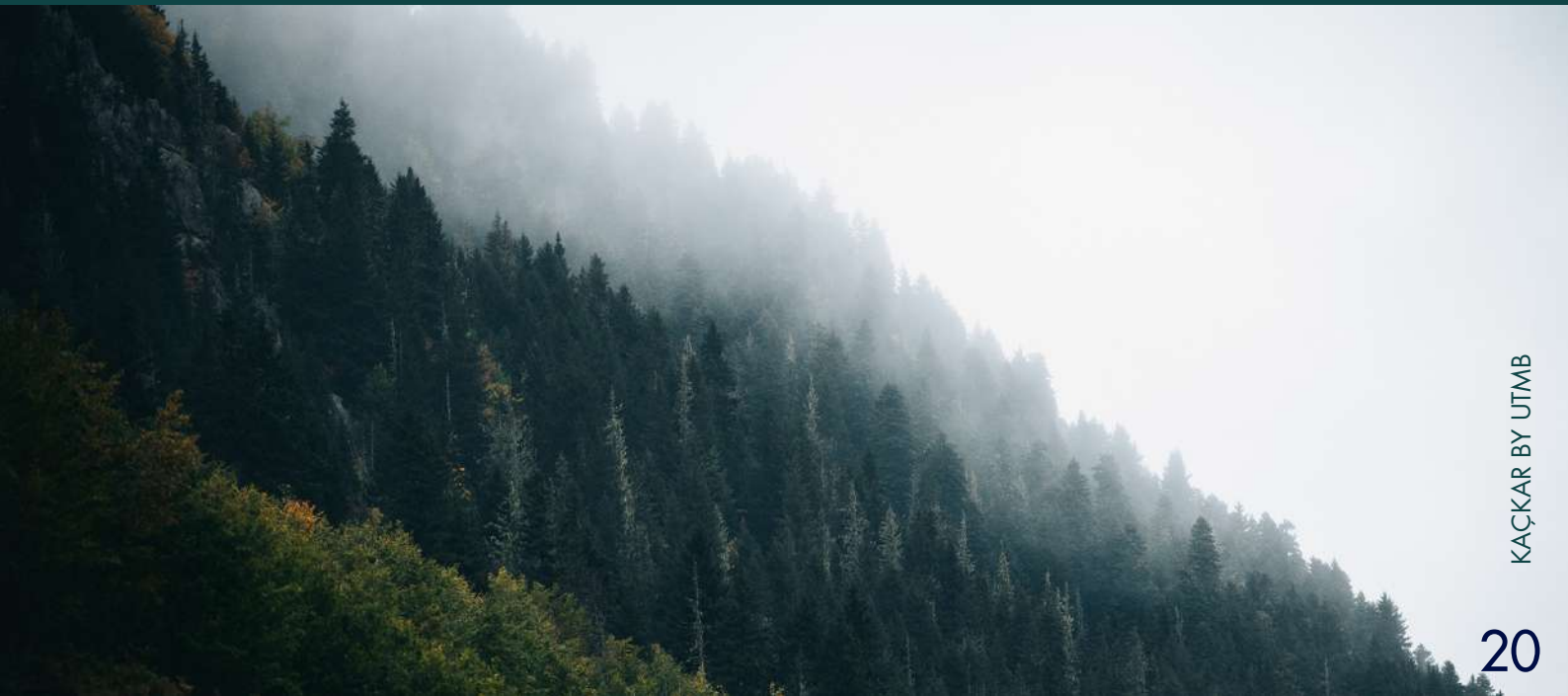
FOCUS ON is a performance eyewear brand creating sports sunglasses for running and outdoor activities, combining functional design with clear, comfortable vision on the move.

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.

PT ACADEMY

PT Academy is a sports physiotherapy, rehabilitation and performance center working with both amateur and professional athletes. Their team supports athletes with injury prevention, recovery, mobility and performance, helping runners stay healthy and move at their best before and after the race.



FAN ZONE

Celebrate the race.
Support the community.

Located in the heart of the event area, the Kaçkar by UTMB Fan Zone is a place to meet, relax and enjoy the atmosphere throughout race weekend.



WHAT TO EXPECT



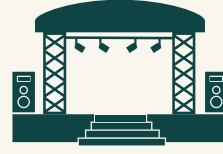
Local food stands



Drinks



Music



Stage program



A lively meeting point for runners, supporters, families and visitors

Full stage programme and timings will be announced closer to the event.

MORE THAN A FAN ZONE



The Fan Zone has been created in support of Çamlıhemşin Ayder Çevre ve Turizm Derneği, an association with strong roots in Ayder and close ties to the local community.

Following the September 2025 disaster in Ayder, the association played an important role in supporting local residents and helping the community through the aftermath.

By spending time in the Fan Zone, enjoying the local stands and being part of the atmosphere, you are also supporting the people and community that welcome Kaçkar by UTMB to their home.



TUDOR



BLACK BAY 58

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

**BORN TO
DARE**

SHUTTLE SCHEDULE

Kaçkar by UTMB is a car-free event.

If you are travelling by car, it is important to plan your parking in advance to avoid last-minute stress.

All the official shuttles are free to runners and guests of the event.



AIRPORT SHUTTLES

From	To	Travel time	Oper. Times	Frequency
Rize-Artvin Airport	Ayder (Car Park)	60 min	10 Sept - 11 Sept	TBC
Ayder (Car Park)	Rize-Artvin Airport	60 min	13 Sept	TBC

Full shuttle program and timings will be announced closer to the event.

IN-TOWN AYDER SHUTTLE

From	To	Travel time	Oper. Times	Frequency
Ayder (Car Park)	Kaçkar Ultra Village	5-10 min	10 Sept - 13 Sept	every 5-10 min

SPECTATOR SHUTTLES TO AID STATIONS

[DETAILED SCHEDULE HERE](#)

From	To	Travel time	Oper. Times	Frequency	Courses at Aid Station
Ayder	Yukarı Kavrın	40 min (max)	05:00 - 14:30	every 30 min	Kaçkar 50K, Kaçkar 100K
Ayder	Avusor	20 min	08:30 - 17:00	every 30 min	Kaçkar 100K
Ayder	Galer	20 min	11:30 - 18:30	every 30 min	Kaçkar 50K

Note: there are three Aid Stations spectators are allowed to visit : **Yukarı Kavrın, Galer and Avusor**

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OFFICIAL FOOTCARE

NO
FINISH LINE
WITHOUT
FOOTCARE



PEDICURE

3 weeks before



TANNING

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

#nofinishline
withoutfootcare

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AONIJIE
RUNNING



KIT DISTRIBUTION AREA



KIT DISTRIBUTION

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

Distance	Operating times
KAÇKAR 100K	Friday 10:00 - 20:00
KAÇKAR 50K	Friday 10:00 - 20:00 and Saturday 06:00 - 07:00
KAÇKAR 20K	Friday 10:00 - 20:00 and Saturday 07:30 - 09:00
AYDER 4K	Friday 10:00 - 20:00 and Saturday 09:00 - 10:00

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 & 50K) and gift
- OWAKA GPS tracker installation – only applicable for KAÇKAR 100K & 50K.



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BY YOUR SIDE.**



R2 3.0 CALF SLEEVES

**WHEREVER YOU RACE,
WE SUPPORT YOU.**

AID STATION INFO

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.

AID STATION INFO

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](#).



WATER STATION

At these points, you'll find a variety of drinks to help you refresh and recharge.

Options include still water, sparkling water, cola, 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 beurrés, chips, salted peanuts, stick crackers, fresh fruit (bananas, oranges, lemons), dried fruit (apricots, grapes), sliced cheddar cheese, and bread.

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

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.

AID STATION INFO

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. Please ask the CP staff to assist you with the products when necessary.

PERSONAL ASSISTANT 'SUPPORT' – KAÇKAR 100K & 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.

KAÇKAR 100K

HAZINDAK	✗ NO PERSONAL ASSISTANT
SAMISTAL	✗ NO PERSONAL ASSISTANT
YUKARI KAVRUN	✓ ASSISTANCE ALLOWED
YUKARI CEYMAKÇUR	✗ NO PERSONAL ASSISTANT
AŞAĞI ÇEYMAKÇUR	✗ NO PERSONAL ASSISTANT
PALAKÇUR	✗ NO PERSONAL ASSISTANT
AVUSOR	✓ ASSISTANCE ALLOWED
KOÇDÜZÜ	✗ NO PERSONAL ASSISTANT
AŞAĞI KAÇKAR	✗ NO PERSONAL ASSISTANT
HUSER	✗ NO PERSONAL ASSISTANT
AYDER	✓ FINISH LINE

KAÇKAR 50K

HAZINDAK	✗ NO PERSONAL ASSISTANT
SAMISTAL	✗ NO PERSONAL ASSISTANT
YUKARI KAVRUN	✓ ASSISTANCE ALLOWED
YUKARI CEYMAKÇUR	✗ NO PERSONAL ASSISTANT
AŞAĞI ÇEYMAKÇUR	✗ NO PERSONAL ASSISTANT
PALAKÇUR	✗ NO PERSONAL ASSISTANT
GALER	✗ NO PERSONAL ASSISTANT
AYDERN (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.
- 100K & 50K runners will receive 1 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

AID STATION INFO

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.

KAÇKAR 100K

HAZINDAK	✗ NO SUPPORT
SAMISTAL	✗ NO SUPPORT
YUKARI KAVRUN	✓ SUPPORT ALLOWED
YUKARI CEYMAKÇUR	✗ NO SUPPORT
AŞAĞI ÇEYMAKÇUR	✗ NO SUPPORT
PALAKÇUR	✗ NO SUPPORT
AVUSOR	✓ SUPPORT ALLOWED
KOÇDÜZÜ	✗ NO SUPPORT
AŞAĞI KAÇKAR	✗ NO SUPPORT
HUSER	✗ NO SUPPORT
AYDER	✓ FINISH LINE

KAÇKAR 50K

HAZINDAK	✗ NO SUPPORT
SAMISTAL	✗ NO SUPPORT
YUKARI KAVRUN	✓ SUPPORT ALLOWED
YUKARI CEYMAKÇUR	✗ NO SUPPORT
AŞAĞI ÇEYMAKÇUR	✗ NO SUPPORT
PALAKÇUR	✗ NO SUPPORT
GALER	✓ SUPPORT ALLOWED
AYDERN (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.

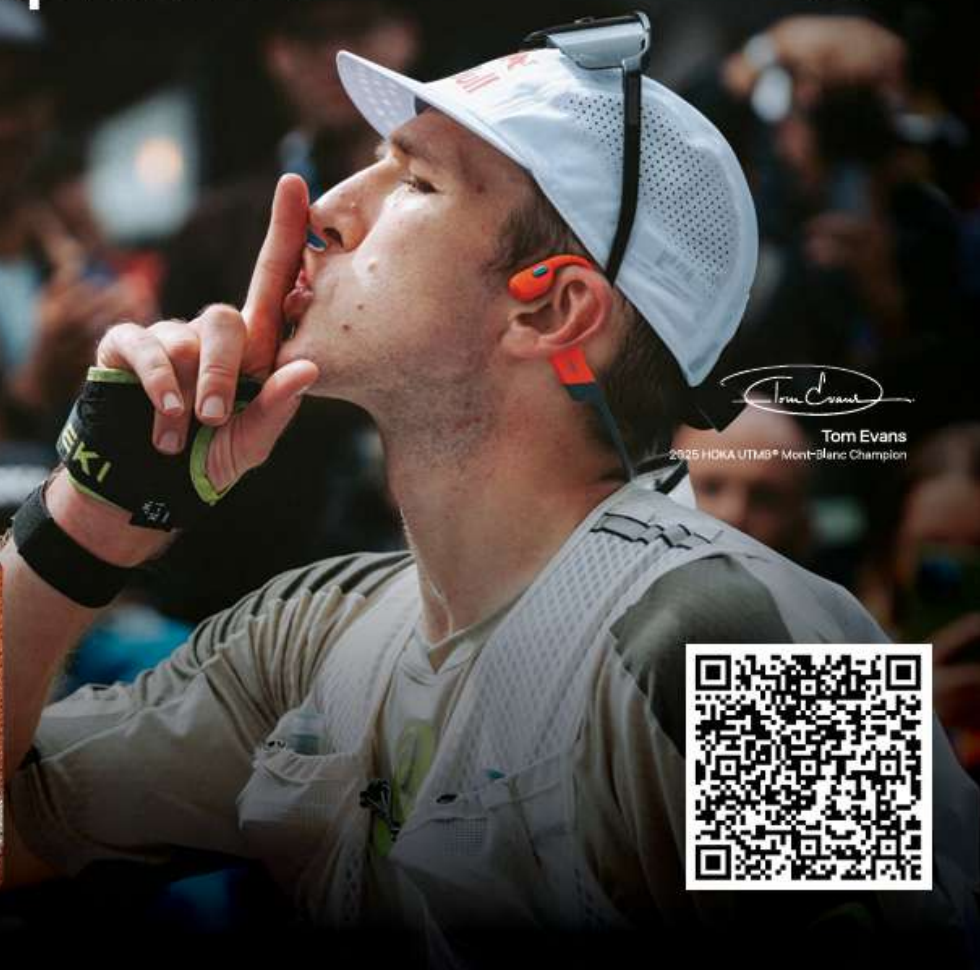
From	To	Travel time	Oper. Times	Frequency	Courses at Aid Station
Ayder	Yukarı Kavrun	50 min (max)	05:00 - 14:30	every 30 min	Kaçkar 50K, Kaçkar 100K
Ayder	Galer	20 min	11:30 - 18:30	every 30 min	Kaçkar 50K
Ayder	Avusor	20 min	08:30 - 17:00	every 30 min	Kaçkar 100K

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

Open Ear Headphones

SHOKZ

OPENRUN PRO 2



Tom Evans

Tom Evans
2025 HOKA UTMB® Mont-Blanc Champion



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RACE RULES & INFO

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 82 km in distance with 5,600 meters elevation gain, starting from Ayder, in semi-autonomy. Approximately 400 participants.

50K **M**

KAÇKAR 50K: Around 44 km in distance with 3,000 meters elevation gain, starting from Ayder, in semi-autonomy. Approximately 450 participants.

20K **M**

KAÇKAR 20K: Around 20km in distance with 1,400 meters elevation gain, starting from Ayder, in semi-autonomy. Approximately 700 participants.

AYDER 4K

AYDER 4K: Around 4km in distance with 230 meters elevation gain, starting from Ayder, in semi-autonomy. Max. capacity 300 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 & 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**

RACE RULES & INFO



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 orange 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 & 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.

**IMPORTANT: YOU CAN
ONLY ABANDON THE RACE
AT AN AID STATION**

RACE RULES & INFO



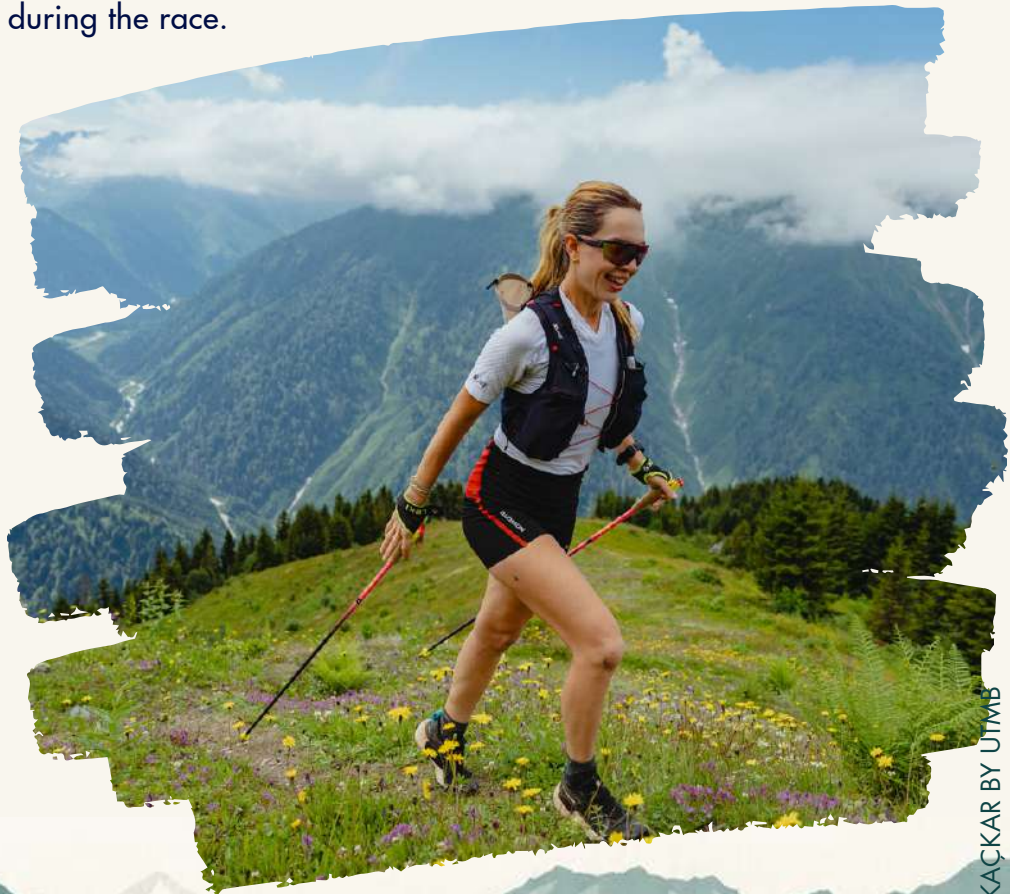
MANDATORY EQUIPMENT

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.



KAÇKAR BY UTMB

SVR

LABORATOIRE DERMATOLOGIQUE

SUN SECURE

ULTRA PROTECTION
ULTRA TRAIL*



*Valid for high-protection products from the Sun Secure range.

RUN AND BE CLEAN!

When you push your body to its limits, you have to take care of it. Good hygiene is vital.

Lesseau soaps are crafted from natural ingredients, eco-friendly and keeps your skin fresh and revitalized.

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OFFICIAL SUPPLIER



LIVETRAIL APP

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.

All Kaçkar 100K & 50K 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, dogs 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.





RELIVE YOUR UTMB
Get your personal race
photos on sportograf.com



KAÇKAR 100K

100K M

RUNNING STONE
3
UTMB

CCC TOP 3
DIRECT ENTRY

MAIN INFO

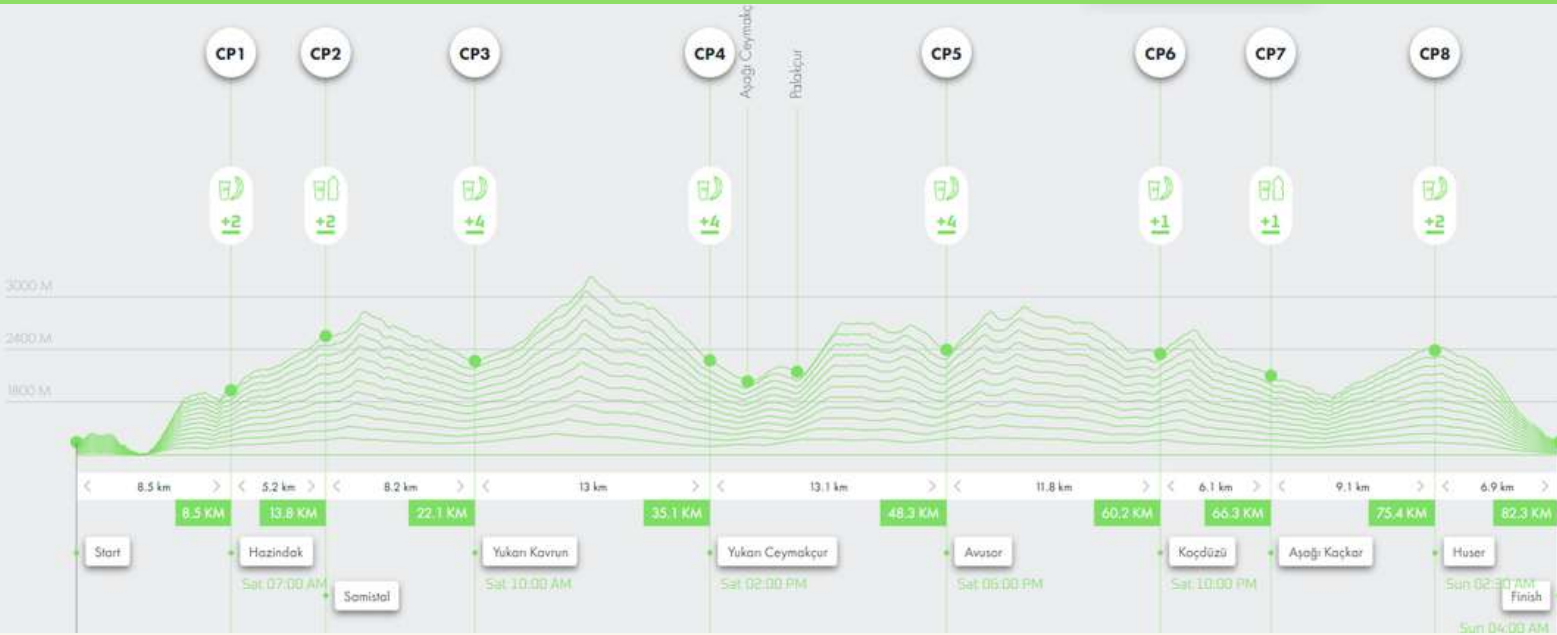
DISTANCE
82 KM

ELEVATION GAIN
5600+ M

START DAY
SATURDAY,
SEPTEMBER 12

RACE START
AYDER VILLAGE,
04:00

MAX ALLOWED TIME
24 HOURS



ABOUT KAÇKAR 100K

In case of severe weather conditions, the course may be subject to changes.

High ridgelines, deep valleys, clouds moving across the mountains and the sharp sound of the wind — this is what defines Kaçkar 100K.

With 82 km of distance and 5,600 m of elevation gain, the course takes you deep into the wild heart of the Kaçkar Mountains. From start to finish, expect steep climbs, technical trails, rocky terrain, river crossings and long stretches far from the comfort of the valley below.

Along the way, you will pass through 12 mountain villages, run beneath dense forest canopies and climb towards exposed ridgelines where the landscape opens up around you.

This is not an ordinary 100K. The terrain, elevation and remoteness make every kilometre demanding, requiring not only physical endurance but also focus, patience and mental strength.



KAÇKAR BY UTMB

AID STATIONS & CHECK POINTS

Point	Altitude (M)	Dist (km)	Elevation Gain (M)	Elevation Loss (M)	Cut Off
Ayder	1337	0.0	0	0	—
Hazindak Village	1940	8.5	1050	454	Sat 07:00 AM
Samistal Village	2549	13.7	1693	481	—
Yukarı Kavrın Village	2261	22.7	1966	1041	Sat 10:00 AM
Yukarı Ceymakçur Village	2275	35.7	2973	2036	Sat 02:00 PM
Aşağı Ceymakçur Village	2036	37.8	2973	2275	—
Palakçur Village	2136	40.5	3188	2385	—
Avusor Village	2386	48.8	3900	2849	Sat 06:00 PM
Koçdüzü Village	2349	60.6	4543	3532	Sat 10:00PM
Aşağı Kaçkar Village	2099	66.7	4835	4073	—
Huser Village	2408	75.7	5458	4386	Sun 02:30 AM
Ayder (Finish)	1337	82.6	5489	5487	Sun 04:00 AM

DROP BAGS

COURSE DROP BAG: 1 BAG TRANSPORTED FROM THE START TO THE AVUSOR LIFE BASE, THEN BACK TO THE FINISH. DROP IT OFF AT THE START.

AFTER FINISH BAG: DROP IT OFF AT THE START AND PICK IT UP AFTER YOU FINISH IN THE AFTER FINISH AREA.



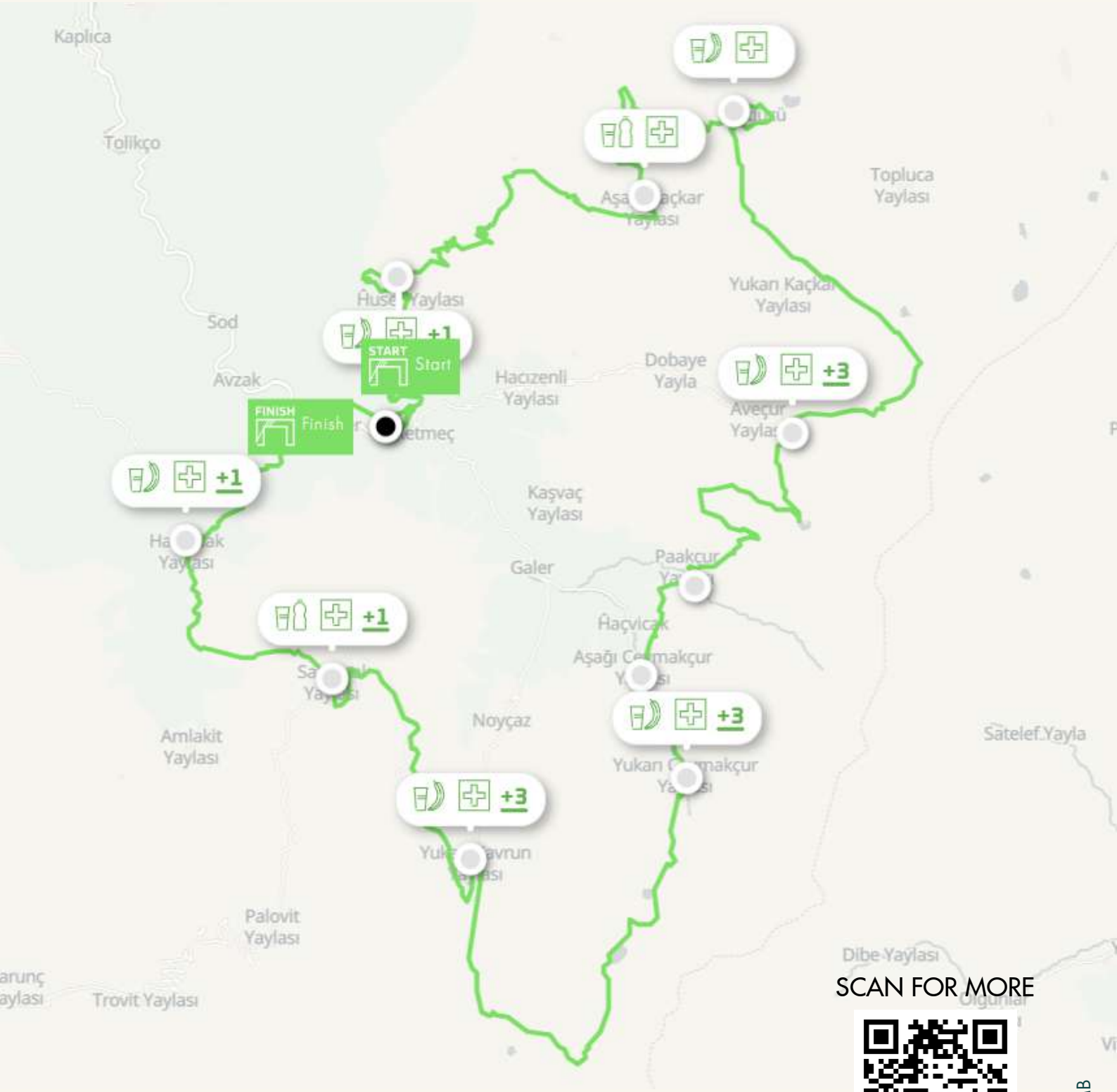
KAÇKAR 100K

100K M

RUNNING STONES
3
UTMB

CCC TOP 3
DIRECT ENTRY

MAP



SCAN FOR MORE



KAÇKAR BY UTMB

MANDATORY KIT

Clothing and footwear:



Closed trail running shoes with tread outsole



Running backpack with mandatory equipment



Fully functioning headlamp with extra batteries (2)



Cap, bandana or buff



Waterproof jacket with hood



Warm second layer (fleece, down or insulation jacket)



Long-legged trousers **or** race leggings **or** a combination of leggings and long socks to cover the legs completely



Sunglasses



Warm and water-proof gloves *regular cotton gloves + a surgery glove over it to make it waterproof



Trail Running Crampons/Snowchains*

*May be removed from the mandatory equipment list depending on mountain conditions, but must still be presented at kit check.

MANDATORY KIT

Equipment:



Health report or athlete licence



ID - Passport / ID card



GPS Tracker (included in the registration fee)



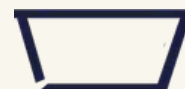
Capacity to carry fluids 1.5L



Phone with int. roaming & LiveTrail app downloaded (switched on & airplane mode turned off)



Reusable cup (150 ml minimum) for drink



Reusable plate or bowl and cutlery (Bring Your Own Utensils - BYOU)

Emergency:



Survival blanket (min 1.4m x 2m)



Whistle



Elastic Tape and Bandage (min 100x6cm)



Food reserve (800 kcal)

MANDATORY KIT

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.

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
- GPS watch
- Anti-chafing cream or Vaseline for skin protection during long hours of movement.
- Safety scissors
- Small sewing kit for quick clothing or gear repairs.
- Local currency for emergencies.
- Full change of clothes.

STAR ALLIANCE 

CONNECT TO HOSPITALITY

with our caring cabin crew



TURKISH AIRLINES

Products and services are subject to change depending on flight duration and aircraft.

KAÇKAR 50K

50K M

RUNNING STONES
2
UTMB

OFFICIAL WORLD RECORD TRAIL
OCC TOP 3
DIRECT ENTRY

MAIN INFO

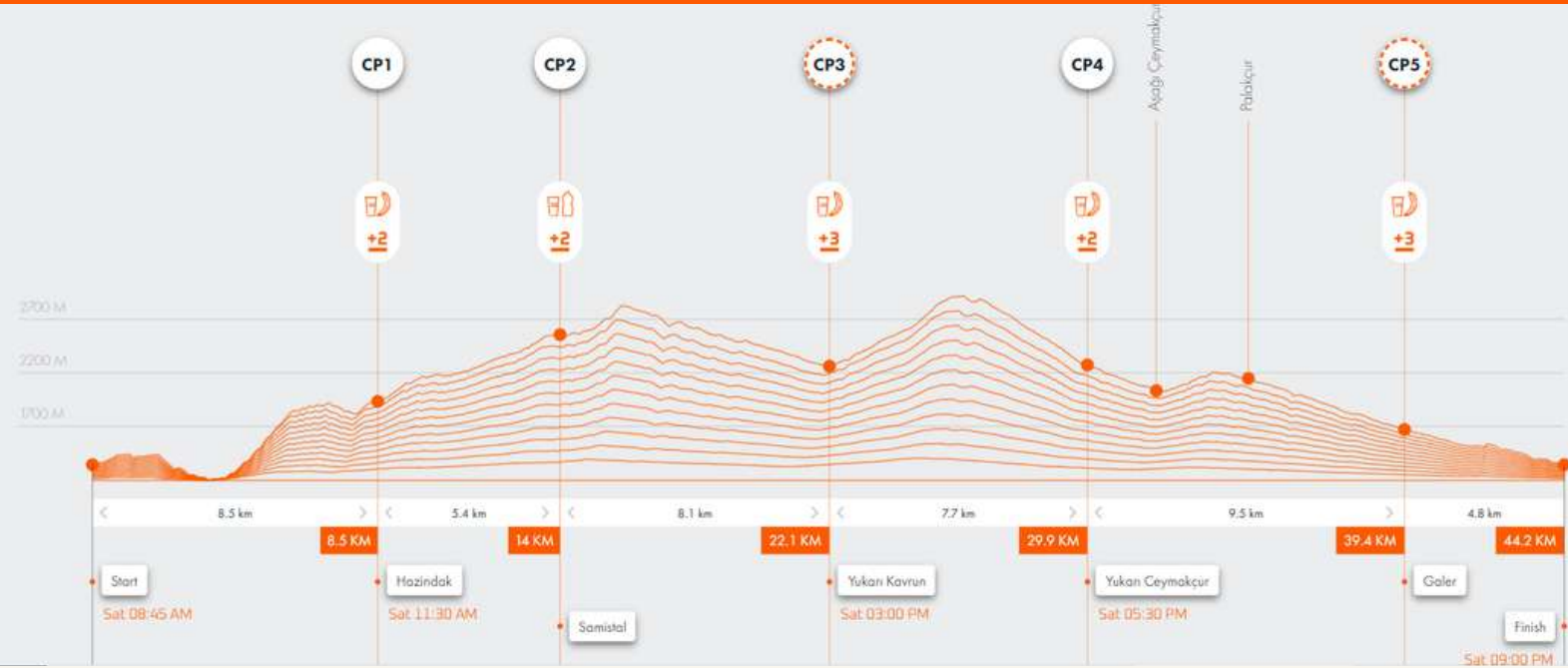
DISTANCE
44 KM

ELEVATION GAIN
3000 M

START DAY
SATURDAY,
SEPTEMBER 12

RACE START
AYDER VILLAGE,
08:00

MAX ALLOWED TIME
12 HOURS 30 MIN



ABOUT KAÇKAR 50K

In case of severe weather conditions, the course may be subject to changes.

From Ayder's cool morning air to the high ridgelines of the Kaçkar Mountains — this is a journey through the wild side of Kaçkar.

Covering 44 km with more than 3,000 m of elevation gain, Kaçkar 50K combines demanding climbs, technical trails and spectacular mountain scenery.

Starting at 08:00 in Ayder, the course leads through lush forests and quiet valleys before climbing towards Kemer Dağı, Hazindak and Samistal Plateaus, where centuries-old stone houses reflect the history of the region.

The terrain is rugged and the climbs are relentless, but every effort is rewarded with another unforgettable view.

By the time you return to Ayder, you'll carry more than a finisher's medal — you'll carry the memory of Kaçkar in its wildest form.



AFTER FINISH BAG:

DROP IT OFF AT THE START
AND PICK IT UP AFTER YOU
FINISH IN THE AFTER FINISH
AREA

AID STATIONS & CHECK POINTS

Point	Altitude (M)	Dist (km)	Elevation Gain (M)	Elevation Loss (M)	Cut Off
Ayder	1337	0.0	0	0	Sat 08:45 AM
Hazindak Village	1940	8.5	1069	473	Sat 11:30 AM
Samistal Village	2556	14	1721	509	—
Yukarı Kavrun Village	2256	22.7	2002	1083	Sat 03:00 PM
Yukarı Ceymakçur Village	2275	30.5	2684	1745	Sat 05:30 PM
Aşağı Ceymakçur Village	2035	32.5	2684	1985	—
Palakçur Village	2138	35.3	2917	2116	—
Galer	1671	40	2917	2583	—
Ayder (Finish)	1337	44.8	3007	3009	Sat 09:00 PM

MAP



SCAN FOR MORE



MANDATORY KIT

Clothing and footwear:



Closed trail running shoes with tread outsole



Running backpack with mandatory equipment



1 Fully functioning headlamps and external batteries



Cap, bandana or buff



Waterproof jacket with hood



Warm second layer (fleece, down or insulation jacket)



Long-legged trousers **or** race leggings **or** a combination of leggings and long socks to cover the legs completely



Sunglasses



Warm and water-proof gloves *regular cotton gloves + a surgery glove over it to make it waterproof

MANDATORY KIT

Equipment:



Health report or athlete licence



ID - Passport / ID card



GPS Tracker (included in the registration fee)



Capacity to carry fluids 1L



Phone with int. roaming & LiveTrail app downloaded (switched on & airplane mode turned off)



Reusable cup (150 ml minimum) for drink



Reusable plate or bowl and cutlery (Bring Your Own Utensils - BYOU)

Emergency:



Survival blanket (min 1.4m x 2m)



Whistle



Elastic Tape and Bandage (min 100x6cm)



Food reserve (800 kcal)

MANDATORY KIT

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 just below 3,000m, 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.

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
- GPS watch
- Anti-chafing cream or Vaseline for skin protection during long hours of movement.
- Safety scissors
- Small sewing kit for quick clothing or gear repairs.
- Local currency for emergencies.
- Full change of clothes.
- Shoe spikes and crampons in case there is snow on the trail.

A Sustainable

Future

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As part of Science Based Targets, we aim to reduce our direct emissions by 42% by the end of 2030 and achieve net-zero carbon by 2050.



MiGROS | **M** 

We are included in the BIST Sustainability 25 Index, FTSE4Good Index and S&P Global Sustainability Yearbook. We are also among the CDP Climate Change and CDP Water Security Global Leaders and featured in TIME Magazine's World's Most Sustainable Companies 2026 list.

Togg T10X

More Than Technology, Safety, and Comfort



 **Togg**

KACAR 20K

20K M



MAIN INFO

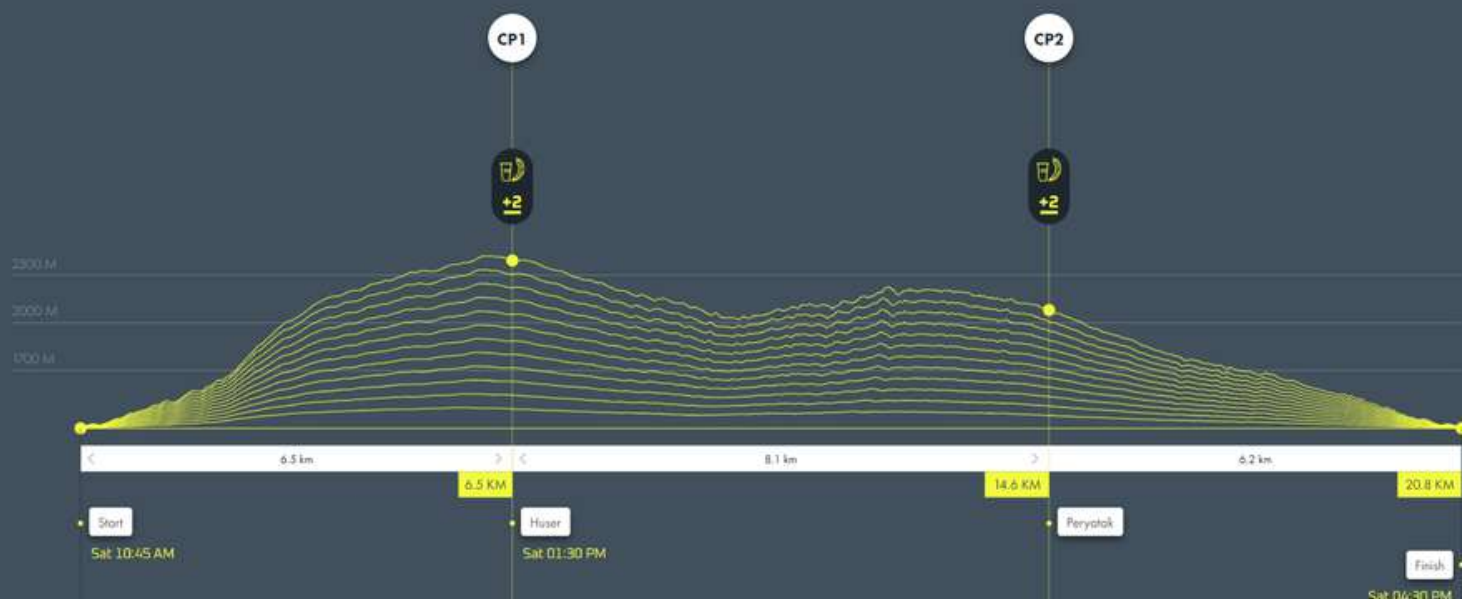
DISTANCE
20 KM

ELEVATION GAIN
1400 M

START DAY
SATURDAY,
SEPTEMBER 12

RACE START
AYDER VILLAGE,
10:00

MAX ALLOWED TIME
6 HOURS



AID STATIONS & CHECK POINT

Point	Altitude (M)	Dist (km)	Elevation Gain (M)	Elevation Loss (M)	Cut Off
Ayder	1336	0	0	0	Sat 10:45 AM
Huser	2392	6.5	1079	23	Sat 01:30 PM
Peryatak	2080	14.6	1280	529	—
Ayder	1336	20.8	1280	1272	Sat 04:30 PM



KAÇKAR 20K

20K M



MAP



ABOUT KAÇKAR 20K

In case of severe weather conditions, the course may be subject to changes.

Starting at 10:00 and 10:30 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.



KAÇKAR BY UTMB

MANDATORY KIT

Clothing and footwear:



Closed trail running shoes with tread outsole



Running backpack with mandatory equipment



Cap, bandana or buff

Equipment:



Health report or athlete licence



ID - Passport / ID card



Capacity to carry fluids 0.5L



Phone with int. roaming & LiveTrail app downloaded (switched on & airplane mode turned off)



Reusable cup (150 ml minimum) for drink



Reusable plate or bowl and cutlery (Bring Your Own Utensils - BYOU)

Emergency:



Survival blanket (min 1.4m x 2m)



Whistle

MANDATORY KIT

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.
- Shoe spikes and crampons in case there is snow on the trail.



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LONGER ENERGY



3 TYPES OF 26 G
CARBOHYDRATES

640 MG
ELECTROLYTES

As part of the sports nutrition sponsorship, WUP CARB3+ Electrolyte Drinks will be provided at all aid stations, along with WUP NEO3 Energy Gels at the Yukarı Kavrın, Avusor, and Koçdüzü aid stations.



AYDER 4K

MAIN INFO

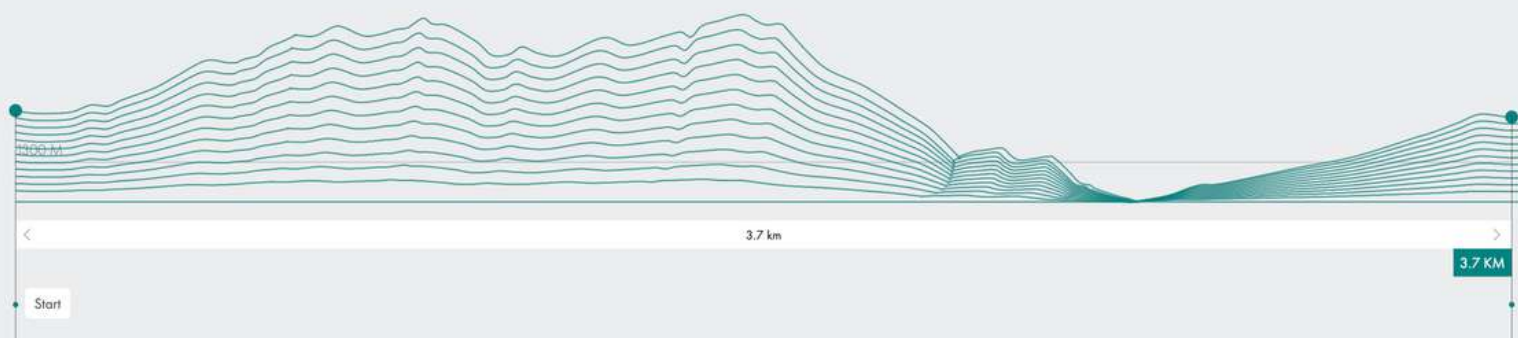
DISTANCE
4 KM

ELEVATION GAIN
230 M

START DAY
SATURDAY,
SEPTEMBER 12

RACE START
AYDER , 11:00

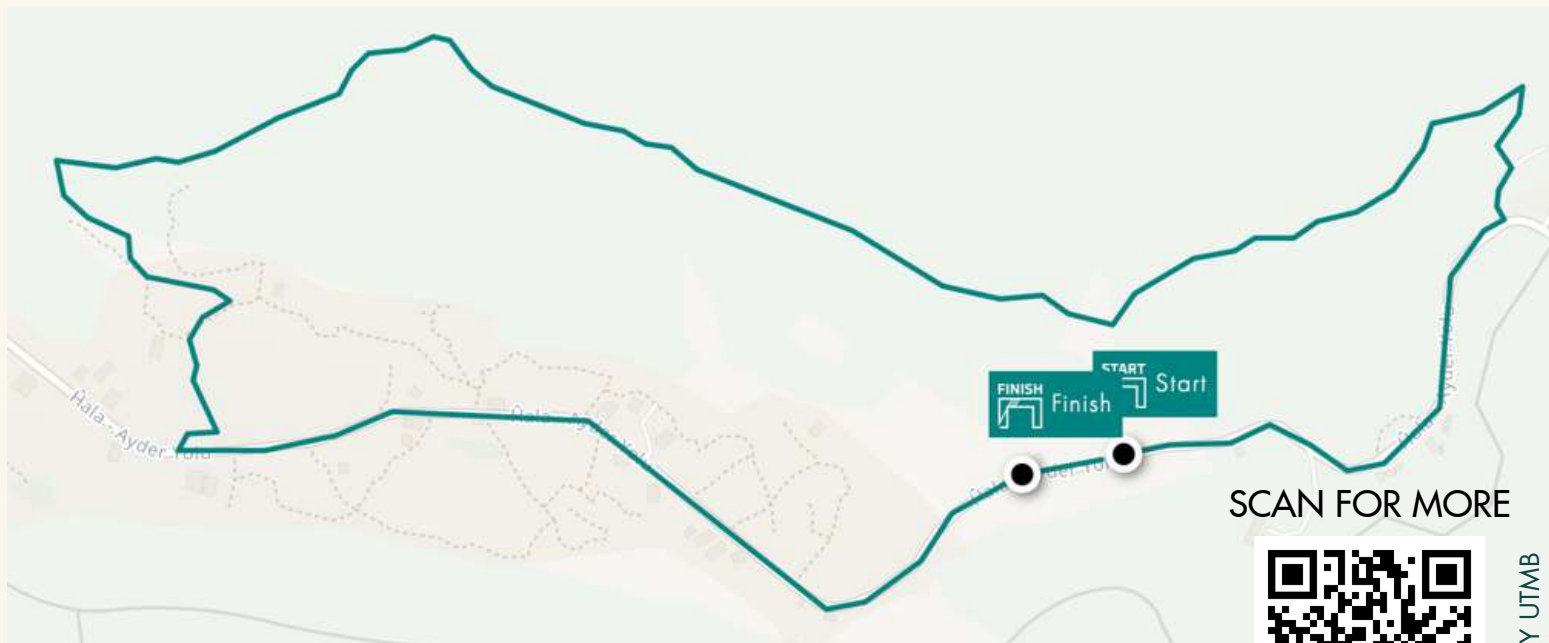
MAX ALLOWED TIME
1 HOURS 15
MINUTES



AID STATIONS

Point	Altitude (M)	Dist (km)	Elevation Gain (M)	Elevation Loss (M)	Cut Off
Ayder - Start	1336	0	0	0	—
Ayder - Finish	1349	3.7	285	293	Sat 12:15 PM

MAP



SCAN FOR MORE



KACKAR BY UTMB

AYDER 4K

ABOUT AYDER 4K

In case of severe weather conditions, the course may be subject to changes.

Your first step into the Kaçkar by UTMB experience.

Starting at 11:00, Ayder 4K covers approximately 4 km with 230 m of elevation gain, offering a short but authentic introduction to trail running in the Kaçkar Mountains.

The course follows the same opening loop as KAÇKAR 100K & KAÇKAR 50K, taking runners from Ayder through forest trails, narrow single track and natural stone paths, before passing through the green field and the World Pass back to the start / finish line.

Designed for first-time trail runners and anyone looking to experience the atmosphere of Kaçkar by UTMB, it is less about distance and more about discovering the trails. 4 km. Real trails. Your Kaçkar journey starts here.



MANDATORY EQUIPMENT



Mobile phone (with sufficient battery and emergency contact numbers saved)



Race bib (must be worn visibly at all times)



ID - Passport / ID card

Recommended equipment:



Lightweight long-sleeve shirt



At least 500 ml of water



Survival blanket (min 1.4m x 2m)



Whistle



REPUBLIC OF TÜRKİYE
MINISTRY OF ENVIRONMENT,
URBANIZATION AND CLIMATE CHANGE



COP31
TÜRKİYE
ANTALYA

The World Gathers in Türkiye for Climate Action

9-20 November 2026 | Antalya, Türkiye



turkiyecop31



SUSTAINABILITY

Run wild. Leave less behind.

The Kaçkar Mountains are at the heart of our event. Protecting the landscape we run through means looking carefully at the impact we create — and taking practical steps to reduce it.



KEY INITIATIVES



Carbon Footprint

With COP31, on-site activities will help measure the carbon footprint of the event



Recycling

Separated waste and recycling bins will be available at the event venue and at aid stations.



Clean-Up

COP31, local residents and volunteers, will help clean parts of the race course and Ayder village.



Run for Climate

Ayder 4K carries the message "İklim İçin Koşuyoruz — Run for Climate."



Electric Mobility

TOGG electric vehicles will support event transportation within Ayder, and selected transfers.

RESPECT THE MOUNTAINS



Every action matters. By using the recycling points, respecting the trails and supporting cleaner transport, you help protect the landscape and community that welcome Kaçkar by UTMB.

Respect the mountains. Respect the community.
Leave only your footsteps.



RUN LIKE HER

**Trail running.
Connection.
Confidence.
Community.**

The greatest adventures often begin with an encounter — with a place, with the mountains, and with the people who explore them.

Run Like Her is a Kaçkar by UTMB initiative created to make trail running more accessible to women and to build confidence through shared outdoor experiences.



THE FIRST RUN LIKE HER CAMP

From 20–25 July 2026, six women from different backgrounds came together in the Kaçkar Mountains for the first Run Like Her trail camp.

Over six days, the group trained on mountain trails, developed their trail running skills and explored the landscapes and culture of the Kaçkar region.

But the experience went far beyond training.



MOUNTAIN
TRAINING



CONNECTION
& SUPPORT



LOCAL CULTURE
& DISCOVERY



LASTING
MEMORIES

Every kilometre became an opportunity to learn, connect and support one another — showing that trail running is not only about performance, but also about the people and experiences shared along the way.

MEET RUN LIKE HER

RUN
LIKE
her

Stop by the **Run Like Her tent at the Expo** to meet the team, add a little race-week sparkle with **make-up, glitter and runner tattoos**, and get into the Kaçkar spirit.

On **Friday**, meet our Run Like Her ambassadors on the **Main Stage at 13:30** for a relaxed Q&A, then join them at **14:00 for the Shake-Out Run** — an easy pre-race run, a chance to move together and share some good energy before race day.

PARTNERS

THANK YOU



REPUBLIC OF TÜRKİYE
MINISTRY OF YOUTH AND SPORTS



REPUBLIC OF TÜRKİYE
MINISTRY OF CULTURE AND TOURISM

