

RACE GUIDE

22-24 MAY 2026



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Welcome Trail Runners!

From May 22nd to 24th, you'll be part of an epic and unique trail running adventure set in the breathtaking UNESCO-protected Ohrid Lake region and Galicica National Park. With five carefully designed trail running routes, you'll have the chance to explore the wild, untamed trails of Galicica National Park while immersing yourself in the UNESCO-protected cultural and natural heritage of the region. Discover its rich history of medieval Christian churches, stunning panoramas, and diverse wildlife.

Trail running is grounded in core values such as authenticity, solidarity, humility, fair play, and respect—values that we've woven into every aspect of our event.

This three-day celebration of sport will be an unforgettable experience in the heart of nature. To ensure your experience at Ohrid Ultra-Trail is smooth, safe, and enjoyable, we've put together this guide with essential information to help you prepare for the race. It's also designed to make it easier for your supporters to track your progress during the event.

We wish you the best of luck in achieving your race goals and showcasing your abilities to the world.

Welcome to the 8th edition of Ohrid Ultra-Trail!

Race Directors

Igor Jovanovski & Aleksandar Buleski

The image shows two handwritten signatures in black ink. The signature on the left is for Igor Jovanovski, and the signature on the right is for Aleksandar Buleski. Both signatures are stylized and cursive.

Ohrid Ultra-Trail

Running Between Lakes, Clouds, and Mountains

Nestled in a continuous history that stretches back to ancient times, Ohrid and its UNESCO World Heritage-listed lake offer an unforgettable trail running adventure in the breathtaking Galicica National Park.

Ohrid Ultra-Trail is held in North Macedonia, near the borders with Albania and Greece, just a few hours away by low-cost flight from Central Europe.

It's a unique opportunity for a short yet extraordinary holiday, complete with high-quality accommodation, delicious local cuisine, and the chance to explore numerous historical and natural landmarks.

An experience you won't want to miss.



A true natural wonder, Lake Ohrid has been recognized as a UNESCO World Heritage Site since 1979, both for its cultural and natural significance. It's home to a variety of endemic freshwater species dating back to the Tertiary period. With a depth of 300 meters, a length of 34 kilometers, and an age of over three million years, Lake Ohrid is one of Europe's oldest and deepest lakes.

Surrounding it are ancient settlements, mountain villages, and majestic monasteries, each with stories that have stood the test of time for more than a thousand years.

On the opposite side lies Lake Prespa, the second-largest lake in the country, renowned for its rich biodiversity. The lake is home to around 200 bird species, 104 of which are waterfowl. Sixty-two of these species are listed as Protected Species under the Bern Convention, and three are featured on the European Red List of Globally Endangered Species.

At the heart of this stunning region stands Mount Galicica, dividing the two lakes and crowning the landscape. This national park is home to the rare Balkan lynx, along with a wealth of endemic plants and animals. The wild, lesser-traveled trails here offer some of the most spectacular views in the region.

All races of Ohrid Ultra-Trail are organized in accordance with International Trail Running Association safety and medical guidelines, and finishers are included in the UTMB Index. Additionally, runners and organizers alike follow the ITRA Green Commitment to help protect and preserve the region's unique natural beauty.

Friday, May 22

Time	Location	Content
10:00	EXPO - Kliment koleski	OUT Expo Start / Bib Pick up & Drop-Bag drop-off
12:00	EXPO - Kliment koleski	Welcome Speech
12:15	EXPO - Kliment koleski	Race Briefing
13:00	EXPO - Kliment koleski	Runners Presentation, Discussion
22:00	EXPO - Kliment koleski	OUT Expo Closes
23:00	Ohrid Square	Ohrid Ultra-Trail 105K - Race Start

Saturday, May 23

Time	Location	Content
5:30	EXPO - Kliment koleski	Galicica Ultra 65K - Bus Departure
7:00	St. Naum	Galicica Ultra 65K - Race Start
7:00	EXPO - Biljanini Izvori	BIB Pick Up only for 10K & 21K - untill 9.30
7:00	EXPO - Kliment koleski	Samotska Trail 42K - Bus Departure
8:30	St. Naum	Samotska Trail 42K - Race Start
9:30	EXPO - Kliment koleski	Letnica Trail 21K - Bus Departure
10:30	Velgoshti - Sv. Petka	Letnica Trail 21K - Race Start
10:30	EXPO - Kliment koleski	Ramne & Junior Trail 10K - Bus Departure
11:30	Velgoshti - Sv. Petka	Ramne & Junior Trail 10K - Race Start
11:30	Ohrid Square	Ohrid Ultra-Trail 105K Male Winner Expected
12:00	Ohrid Square	Ramne & Junior Trail 10K - Male Winner Expected
12:20	Ohrid Square	Letnica Trail 21K Male Winner Expected
12:30	Ohrid Square	Ramne & Junior Trail 10K - Female Winner Expected
12:45	Ohrid Square	Samotska Trail 42K Male Winner Expected
13:00	Ohrid Square	Letnica Trail 21K Female Winner Expected
13:45	Ohrid Square	Samotska Trail 42K Female Winner Expected
14:30	Ohrid Square	Galicica Ultra 65K Male Winner Expected
16:00	Ohrid Square	Galicica Ultra 65K Female Winner Expected
16:30	Ohrid Square	Ohrid Ultra-Trail 105K Female Winner Expected
18:00	Ohrid Square	Award Ceremony for 10, 21 and 42K races
20:00	Ohrid Square	DJ Closing party and Last Finishers

Sunday, May 24

Time	Location	Content
11:00	Ohrid Square	Award Ceremony for 65 and 105K
12:00	Ohrid Square	OUT Closing Ceremony

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BONITA

GENERAL INFORMATION

Ohrid Ultra-Trail is a three day international outdoor sports event taking place annually in the Galicica National Park and Prespa-Ohrid region, N. Macedonia. The eighth edition that encompasses 5 trail running races is scheduled on 22-24.05.2026

The races will take part in a single stage and in semi autonomy, with athletes subjected to time limits.

The planned routes are clearly described, and they are visible on www.ohridultratrail.com

RACE DETAILS	LENGTH	D+	D-	DATE	START	LIMIT
Ohrid Ultra-Trail® 105K	105 km	4850 m	4850 m	22.05.2026	23:00	25 h
Galicica Ultra 65K	65 km	3,350 m	3,350 m	23.05.2026	07:00	17 h
Samotska Trail 42K	42 km	1,950 m	1,950 m	23.05.2026	08:30	11 h
Letnica Trail 21K	21 km	1,100 m	1,240 m	23.05.2026	10:30	6 h
Ramne Trail 10K	10 km	350 m	350 m	23.05.2026	11:30	4 h
GTOF Junior Trail 10K	10 km	350 m	350 m	23.05.2026	11:30	



GENERAL TERMS & CONDITIONS

Race Rules - The Basics

Please read the entire document carefully, as by registering, you agree to abide by these terms.

- Please read this entire document carefully, as by registering, you agree to abide by these terms and conditions.
- **Responsibility:** Each runner participates at their own risk. By paying the registration fee, participants acknowledge and accept these terms and conditions and agree to participate under their own responsibility.
- **Physical Fitness:** Runners must be in good physical condition to participate.
- **Weather Conditions:** The race will take place regardless of weather conditions unless participant safety is at risk (for example, extreme storms, as experienced during the 2022 edition). In such cases, the organizing committee reserves the right to modify the route, shorten sections of the course, or, in extreme circumstances, cancel the race entirely.
- **Age Restrictions:** Due to the difficulty of the race, participants under the age of 18 are not permitted to compete in the 21K, 42K, 65K, or 105K races.
- **Trail Markings:** The course will be clearly marked using red flags in natural areas, marking tape in urban sections, and signposts at key intersections. Race staff and volunteers will be stationed at critical points to direct runners.
- **Liability:** The organizer accepts no liability for injuries or damages caused to participants, other runners, or third parties. Additionally, the organizer is not responsible for any damage to personal running equipment or belongings.
- **Mandatory Gear:** All runners are required to carry the mandatory equipment. Failure to carry the required gear may result in disqualification.
- **Route Compliance:** Runners must remain on the marked course. Any deviation from the official route may result in disqualification.
- **Route Changes:** The organizer reserves the right to modify race routes if necessary.
- **Data Processing:** By registering, participants consent to the processing of their registration data in the TREX and Ohrid Ultra-Trail databases.





ЕНЕРГИЈА
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ХИДРАТАЦИЈА
за максимални перформанси



ИЗДРЖЛИВОСТ
на секој чекор



PARTICIPATION REQUIREMENTS

Participants are required of the following:

- Understand the length, difficulty, and specific demands of the race and be adequately trained to participate.
- Have acquired, prior to the event, the ability to be fully self-sufficient in mountain conditions and capable of managing problems associated with this type of challenge, including:
 - Adapting to changing weather conditions at higher altitudes, including wind, cold, fog, rain, or snow.
 - Understanding the physical and mental fatigue that may occur, including digestive issues, muscle and joint pain, blisters, and minor injuries.
 - Understand that the role of the Organization is not that of a rescue or life-saving service. In trail running, safety depends primarily on the participant's ability to adapt to both expected and unforeseen situations encountered during the race.





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Registration and BIB Distribution

You can pick up your BIB and race package at the EXPO located at **Kliment Koleski Sports Center (Google Maps link)**, but please note that pickup must be done in person with a valid ID card.

Mandatory gear checks for the 105K and 65K races will take place at the EXPO, so make sure to bring all required equipment as listed below.

BIB Pickup Hours:

From 10:00 to 22:00, BIB pickup and race package distribution will be available for all races, including:

(RED) Ohrid Ultra-Trail 105K

(BLUE) Galicica Ultra 65K

(GREEN) Samotska Trail 42K

(YELLOW) Letnica Trail 21K

(PINK) Ramne / Junior Trail 10K

Saturday, May 23rd

From 07:00 to 09:30, BIB pickup will be available exclusively for the Letnica Trail 21K and Ramne Trail 10K in front of the **Kliment Koleski Sports Center**

Drop Bags for 105K

If you are participating in the 105K race, you must bring your personal belongings for the drop bag packed inside an organizer bag and leave them at the EXPO. Drop bags will not be accepted at the starting line.

Your drop bags will be transported to CP8 Prevoj (66.5K) during the race and later returned to the finish area for pickup.

Junior Trail (10K):

Runners between 13 and 18 years of age must present a printed and signed waiver consent form from a parent or legal guardian when collecting their BIB. To avoid last-minute stress and long queues, we strongly recommend collecting your race package on Friday, May 22nd.



**Get Race
Notifications
Easily**

Join the official
WhatsApp group:



To avoid last-minute stress and long queues, we strongly recommend collecting your race package on Friday, May 22nd.

Buy *MERCHANDISE* = Donate to *OUT* race

Donate and support our event by buying additional merchandise for your friends and family! Available at the EXPO - OUT Stand on Friday 22nd.

Limited quantities available!



Additional Event Agenda - Don't Miss Out!

As part of the OUT EXPO, from 12:00 to 14:00, we've prepared an exciting additional program you won't want to miss.

Join the Race Briefing to receive all key race information and meet our group of VIP runners.

Relax with a coffee, juice, or beer and get mentally prepared for the big race ahead.

SEE YOU THERE!

12:00 - Welcome Speech

12:15 - Race Briefing

13:00 - VIP Runners Presentation and Discussion

DISCOUNTS

Available upon BIB presentation
Click the logo for the location

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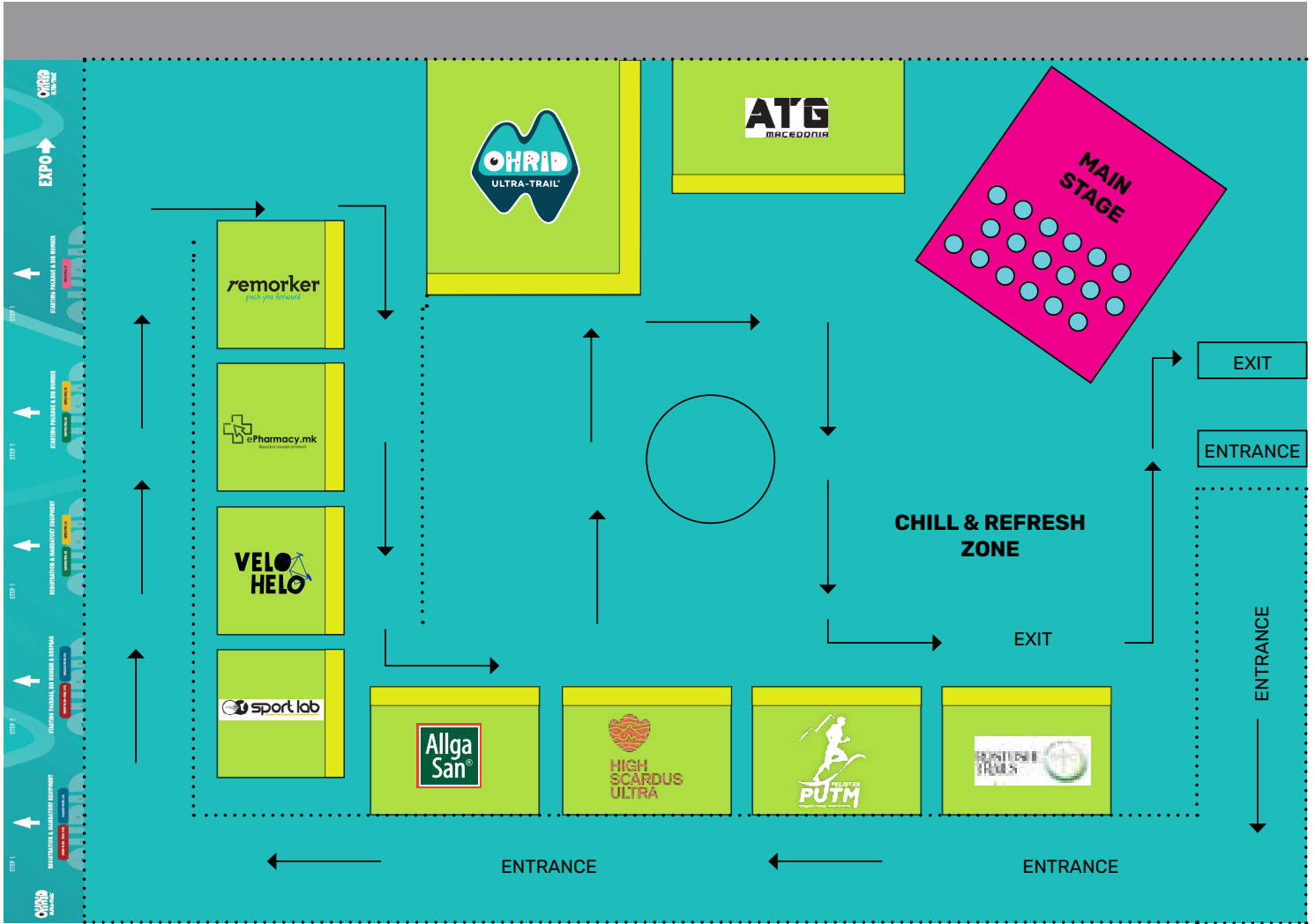
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BUS AGENDA

23.05

Race	Date	Time of Departure	Departure >>	>> Arrival
Galicica Ultra 65K	23.05.2026	5:30	EXPO - Kliment Koleski	St. Naum
Samotska Trail 42K	23.05.2026	7:00	EXPO - Kliment Koleski	St. Naum
Letnica Trail 21K	23.05.2026	9:30	EXPO - Kliment Koleski	Velgoshti - St. Petka
Ramne & Junior Trail 10K	23.05.2026	10:30	EXPO - Kliment Koleski	Velgoshti - St. Petka

СЕ ПОДГОТВУВАШ ЗА **TRAIL** АВАНТУРА?

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105Km / 4800D+

START: May 22, 2026, 23:00, Ohrid

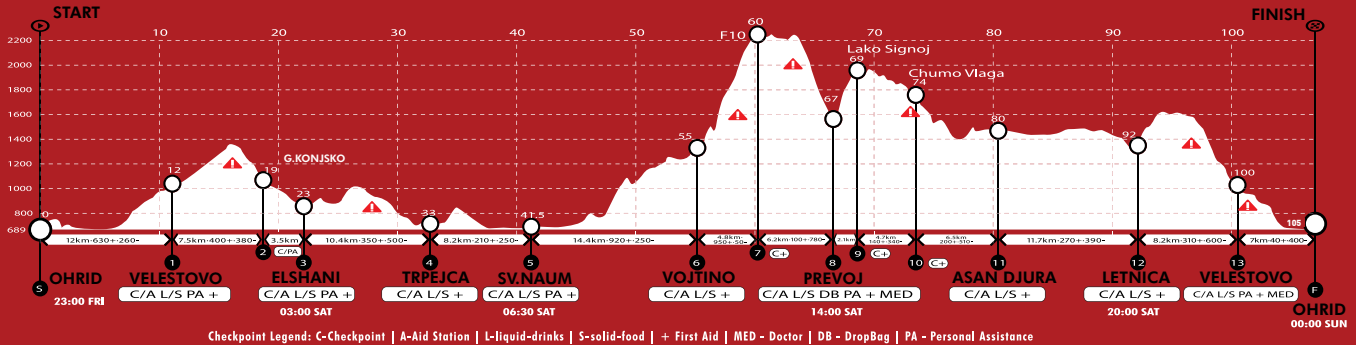
Distance: 105.0 km

Ascent: 4,800 m D+

Descent: 5,000 m D-

Time Limit: 25 hours

Aid Stations: 9



Check Points, Time Limit and Aid Stations - Ohrid Ultra-Trail 105K 4800D+

Plan A Standard Route START/A - Ohrid 22.05.2026 23:00h

Checkpoint	Altitude	Total Distance	Fastest	Slowest	Time Limit	Facilities
Start-A Ohrid	700	0	22/05 23:00	22/05 23:00		-
CP1 Velestovo	1061	11.8	23/05 00:05	23/05 00:45		C/A L/S PA +
CP2 G. Konjsko	1083	19.3	0:56	2:10		C/PA
CP3 Elshani	880	22.7	1:12	2:40	23/05 3:00	C/A L/S PA +
CP4 Trpejca	726	33	2:15	3:55		C/A L/S +
CP5 Sv. Naum	699	41	3:04	5:45	23/05 6:30	C/A L/S PA +
CP6 Bitolski	1180	51	4:15	8:00		C/A L/S +
CP7 F10	2265	60	5:45	11:15		C +
CP8 Spiridon	1600	66.5	6:47	12:45	23/05 14:00	C/A L/S DB PA + MED
CP9 Lako Signoj	1973	68.5	7:21	13:45		C +
CP10 C. Vlaga	1800	73.5	7:59	14:45		C +
CP11 Asan Gjura	1468	80	8:43	16:15		C/A L/S +
CP12 Letnica	1327	91.8	9:48	18:45	23/05 20:00	C/A L/S +
CP13 Velestovo 2	1061	99.8	11:02	22:50		C/A L/S PA + MED
Finish Ohrid	700	105.8	11:34	23:55	24/05 00:00	25 hours to finish

Checkpoint Legend: C-Checkpoint | A-Aid Station | L-liquid-drinks | S-solid-food | + First Aid | MED - Doctor | DB - DropBag | PA - Personal Assistance

Distance and Elevation - Ohrid Ultra-Trail 105K 4800D+

Plan A Standard Route START/A - Ohrid 22.05.2026 23:00h

Trail	Distance	Total Distance	D+ (m)	Total D+ (m)	D- (m)	Total D- (m)
Ohrid > Velestovo	11.8	11.8	630	630	260	260
Velestovo > G. Konjsko	7.5	19.3	400	1030	380	640
G. Konjsko > Elshani	3.4	22.7	20	1050	220	860
Elshani > Trpejca	10.3	33	350	1400	500	1360
Trpejca > Sv. Naum	8	41	210	1610	250	1610
Sv. Naum > Bitolski	10	51	647	2257	158	1768
Bitolski > F10	9	60	1223	3480	142	1910
F10 > Spiridon	6.5	66.5	100	3580	780	2690
Spiridon > L. Signoj	2	68.5	410	3990	50	2740
L. Signoj > C. Vlaga	5	73.5	140	4130	350	3090
C. Vlaga > Asan Gjura	6.5	80	200	4330	500	3590
Asan Gjura > Letnica	11.8	91.8	160	4490	360	3950
Letnica > Velestovo2	8	99.8	320	4810	650	4600
Velestovo2 > Ohrid	6	105.8	60	4870	370	4970

65Km / 3360D+

START: May 23, 2026, 07:00, St. Naum

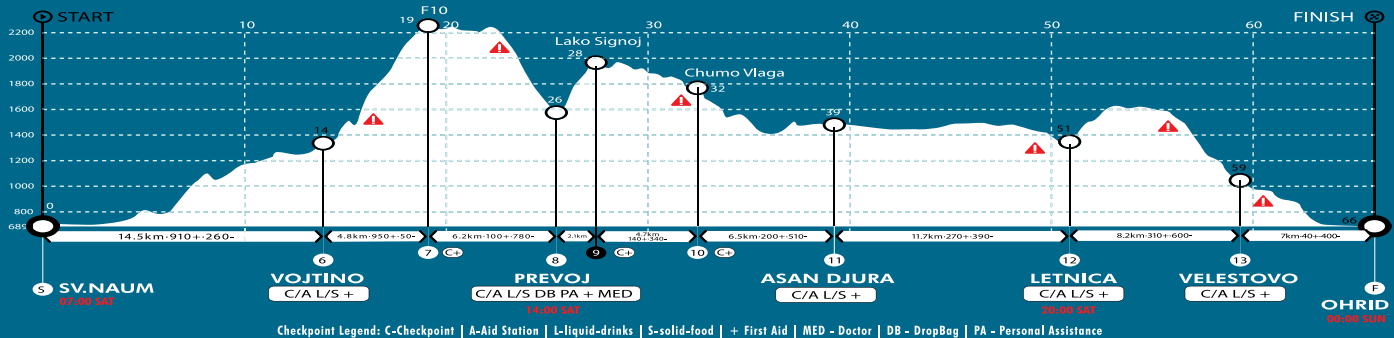
Descent: 3,360 m D-

Distance: 65.5 km

Time Limit: 17 hours

Ascent: 3,360 m D+

Aid Stations: 5



Check Points, Time Limit and Aid Stations - Galicica Ultra 65K 3300D+

Plan A Standard Route START/B - Sv. Naum 23.05.2026 07:00h

Checkpoint	Altitude	Total Distance	Fastest	Slowest	Time Limit	Facilities
Start-B Sv. Naum	699	0	23/05 7:00	23/05 7:00		-
CP6 Bitolski	1180	10	8:15	10:15		C/A/L/S +
CP7 F10	2265	19	9:05	12:25		C
CP8 Spiridon	1600	25.7	9:40	13:45	23/05 14:00	C/A/L/S PA + MED
CP9 Lako Signoj	1973	27.7	10:10	14:30		C
CP10 Cumo Vlaga	1800	32.7	10:40	15:30		C
CP11 Asan Gjura	1468	39.2	11:15	17:30		C/A/L/S +
CP12 Letnica	1327	51	12:15	19:45	23/05 20:00	C/A/L/S +
CP13 Velestovo 2	1061	59	13:10	22:00		C/A/L/S PA + MED
Finish Ohrid	700	65	13:40	23:50	24/05 00:00	17 hours to finish

Checkpoint Legend: C-Checkpoint | A-Aid Station | L-liquid-drinks | S-solid-food | + First Aid | MED - Doctor | DB - DropBag | PA - Personal Assistance

Distance and Elevation - Galicica Ultra 65K 3300D+

Plan A Standard Route START/B - Sv. Naum 23.05.2026 07:00h

Trail	Distance	Total Distance	D+ (m)	Total D+ (m)	D- (m)	Total D- (m)
Sv. Naum > Bitolski	10	10	645	645	160	160
Bitolski > F10	9	19	1225	1870	130	290
F10 > Spiridon	6.7	25.7	100	1970	770	1060
Spiridon > Lako Signoj	2	27.7	410	2380	50	1110
L. Signoj > C. Vlaga	5	32.7	140	2520	350	1460
C. Vlaga > Asan Gjura	6.5	39.2	200	2720	500	1960
Asan Gjura > Letnica	11.8	51	160	2880	290	2250
Letnica > Velestovo2	8	59	320	3200	710	2960
Velestovo2 > Ohrid	6	65	60	3260	370	3330

42Km / 1950D+

START: May 23, 2026, 08:30, St. Naum

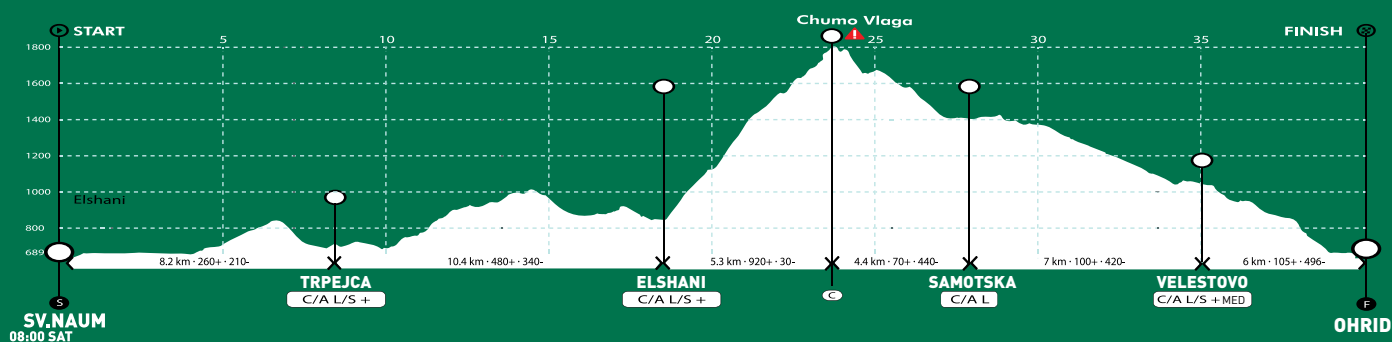
Descent: 1,950 m D-

Distance: 42 km

Time Limit: 11 hours

Ascent: 1,850 m D+

Aid Stations: 3



Check Points, Time Limit and Aid Stations - Samotska Trail 42K 1800D+

Plan A Standard Route START/B - Sv. Naum 23.05.2026 08:30h

Checkpoint	Altitude	Total Distance	Fastest	Slowest	Time Limit	Facilities
Start-B Sv. Naum	700	0	23/05 08:30	23/05 08:30		-
CP4 Trpejca	726	8.3	8:45	9:30		C/A L/S +
CP3 Elshani	880	18.7	9:45	12:00		C/A L/S +
CP10 Cumo Vlaga	1800	24	10:30	14:30		C
CP Samotska	1410	28.4	11:00	16:00		C/A L
CP13 Velestovo 2	1061	35.4	11:40	18:30		C/A L/S PA + MED
Finish Ohrid	700	41.4	12:15	18:40	23/05 19:30	11 hours to finish

Checkpoint Legend: C-Checkpoint | A-Aid Station | L-liquid-drinks | S-solid-food | + First Aid | MED - Doctor | DB - DropBag | PA - Personal Assistance

Distance and Elevation - Samotska Trail 42K 1800D+

Plan A Standard Route START/B - Sv. Naum 23.05.2026 08:30h

Trail	Distance	Total Distance	D+ (m)	Total D+ (m)	D- (m)	Total D- (m)
Sv. Naum > Trpejca	8.2	8.3	260	260	210	210
Trpejca > Elshani	10.4	18.7	480	740	340	550
Elshani > Cumo Vlaga	5.3	24	920	1660	30	580
Cumo Vlaga > Samotska	4.4	28.4	70	1730	440	1020
Samotska > Velestovo 2	7	35.4	20	1750	420	1440
Velestovo 2 > Ohrid	6	41.4	60	1810	370	1810

21Km / 1100D+

START: May 23, 2026, 10:30, Velgoshti

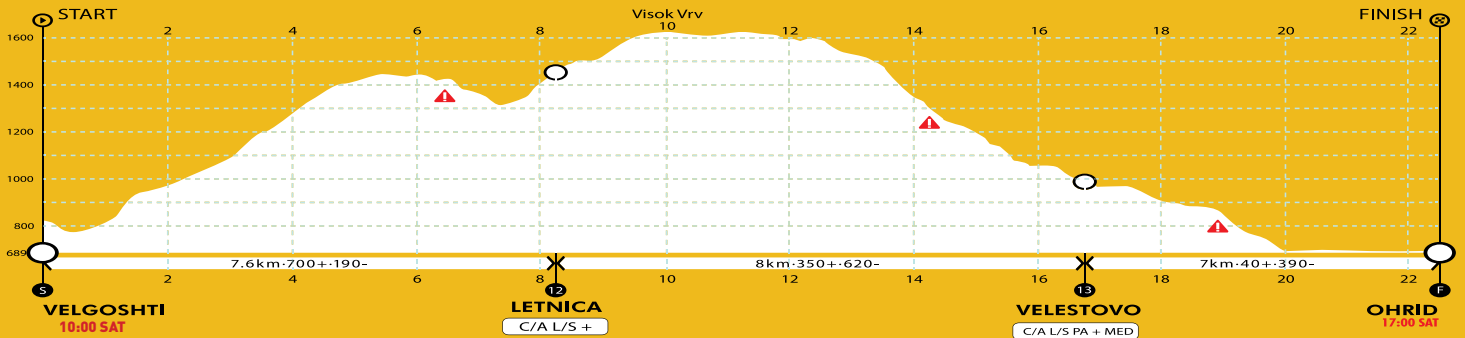
Distance: 21 km

Ascent: 1,100 m D+

Descent: 1,240 m D-

Time Limit: 6 hours

Aid Stations: 2



Checkpoint Legend: C-Checkpoint | A-Aid Station | L-liquid-drinks | S-solid-food | + First Aid | MED - Doctor | DB - DropBag | PA - Personal Assistance

Check Points, Time Limit and Aid Stations - Letnica Trail 21K 1100D+

Plan A Standard Route START/C - Velgoshti 23.05.2026 10:30h

Checkpoint	Altitude	Total Distance	Fastest	Slowest	Time Limit	Facilities
Start-C Velgoshti	770	0	24/05 10:30	24/05 10:30		-
CP12 Letnica	1327	7	10:45	12:30		C/A L/S +
CP13 Velestovo 2	1061	15	11:40	14:00		C/A L/S PA + MED
Finish Ohrid	700	21	12:15	16:00	23/05 16:30	6 hours to finish

Checkpoint Legend: C-Checkpoint | A-Aid Station | L-liquid-drinks | S-solid-food | + First Aid | MED - Doctor | DB - DropBag | PA - Personal Assistance

Distance and Elevation - Letnica Trail 21K 1100D+

Plan A Standard Route START/C - Velgoshti 23.05.2026 10:30h

Trail	Distance	Total Distance	D+ (m)	Total D+ (m)	D- (m)	Total D- (m)
Velgoshti > Letnica	7	7	720	720	190	200
Letnica > Velestovo2	8	15	320	1040	620	820
Velestovo2 > Ohrid	6	21	60	1100	370	1190

10Km / 250D+

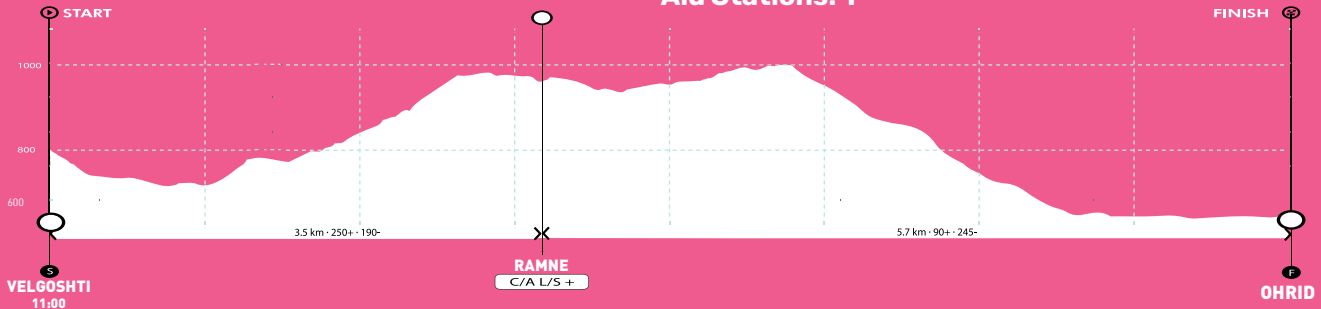
Date: May 23, 2026 (Saturday) from 11:30

Location: Velgosti

Distance: 10 km

Ascent: 250m D+

Aid Stations: 1



Checkpoint Legend: C-Checkpoint | A-Aid Station | L-liquid-drinks | S-solid-food | + First Aid | MED - Doctor | DB - DropBag | PA - Personal Assistance

Check Points, Time Limit and Aid Stations - Ramne Trail 10K 340D+

Plan A Standard Route START/C - Velgoshti 23.05.2026 11:30h

Checkpoint	Altitude	Total Distance	Fastest	Slowest	Time Limit	Facilities
Start-C Velgoshti	770	0	24/05 11:30	24/05 11:30		-
CP14 Ramne	970	3.5	11:20	12:00		C/A/L/S +
Finish Ohrid	700	9.2	11:49	14:00	23/05 14:30	3 hours to finish

Checkpoint Legend: C-Checkpoint | A-Aid Station | L-liquid-drinks | S-solid-food | + First Aid | MED - Doctor | DB - DropBag | PA - Personal Assistance

Distance and Elevation - Ramne Trail 10K 340D+

Plan A Standard Route START/C - Velgoshti 23.05.2026 11:30h

Trail	Distance	Total Distance	D+ (m)	Total D+ (m)	D- (m)	Total D- (m)
Velgoshti > Ramne	3.5	3.5	250	250	190	95
Ramne > Ohrid	5.7	9.2	90	340	245	340

Route Marking & Navigation

All race routes are clearly marked with red flags, printed PVC tape, and temporary directional arrows. However, we strongly recommend downloading the official route files in KML or GPX format from Ohrid Ultra-Trail Official Website for use on your smartphone or GPS device.

Always follow the trail markers. If, during the race, you are unable to spot any markings within 200 meters, stop immediately and retrace your steps to the last visible marker. Remaining alert and aware of trail markings at all times is crucial. In the event of adverse weather conditions, a Plan B course will be activated, featuring alternative routes that avoid high-altitude and exposed ridge sections.



All updates and GPX files for these alternative routes will be published on the race website by Friday, May 22nd (12:00 noon), the day before the races begin.

OHRID ULTRA-TRAIL Mandatory gear and clothing				
Gear	Ohrid Ultra-Trail@ 105K	Galicica Ultra 65K	Samotska Trail 42K	Letnica 21K/Ramne 10K
Race pack	MANDATORY	MANDATORY	MANDATORY	RECOMMENDED
Mobile phone fully charged and with activated roaming	MANDATORY	MANDATORY	MANDATORY	MANDATORY
Water bottles or bladder - 1litre minimum	MANDATORY	MANDATORY	MANDATORY	RECOMMENDED
BIB number clearly visible in the front part of the body	MANDATORY	MANDATORY	MANDATORY	MANDATORY
Trail running shoes	MANDATORY	MANDATORY	MANDATORY	RECOMMENDED
Survival blanket	MANDATORY	MANDATORY	MANDATORY	MANDATORY
Whistle	MANDATORY	MANDATORY	MANDATORY	MANDATORY
Waterproofe jacket - suitable for mountain conditions (with membrane)	MANDATORY	MANDATORY	MANDATORY	MANDATORY
Long sleeve blouse or sleeves	MANDATORY	MANDATORY	MANDATORY	RECOMMENDED
Cup 150ml.	MANDATORY	MANDATORY	RECOMMENDED	RECOMMENDED
Headlamp with spare batteries	MANDATORY	MANDATORY	MANDATORY	/
First aid kit (elastic bandage)	MANDATORY	MANDATORY	MANDATORY	RECOMMENDED
Hat/bandana	MANDATORY	MANDATORY	MANDATORY	RECOMMENDED
Gloves	MANDATORY	MANDATORY	MANDATORY	RECOMMENDED
Solid food, energy bars, gels	MANDATORY	MANDATORY	MANDATORY	RECOMMENDED
Poles	RECOMMENDED	RECOMMENDED	RECOMMENDED	RECOMMENDED
Power bank	RECOMMENDED	RECOMMENDED	RECOMMENDED	RECOMMENDED
Cold weather kit (*can be activated as necessary, according to weather conditions)	Ohrid Ultra-Trail@ 105K	Galicica Ultra 65K	Samotska Trail 42K	Letnica 21K/Ramne 10K
Second long sleeved layer, polar, puff jacket	MANDATORY	MANDATORY	MANDATORY	MANDATORY
Runners leggings or overtrousers	MANDATORY	MANDATORY	RECOMMENDED	RECOMMENDED
Hat *polar	MANDATORY	MANDATORY	MANDATORY	MANDATORY
Gloves *polar	MANDATORY	MANDATORY	MANDATORY	MANDATORY
Hot weather kit (*can be activated as necessary, according to weather conditions)	Ohrid Ultra-Trail@ 105K	Galicica Ultra 65K	Samotska Trail 42K	Letnica 21K/Ramne 10K
Liquids above 1.5 litre	MANDATORY	MANDATORY	MANDATORY	MANDATORY
Hat or cap	MANDATORY	MANDATORY	MANDATORY	RECOMMENDED
Sun cream SPF 50+	RECOMMENDED	RECOMMENDED	RECOMMENDED	RECOMMENDED

Safety, Rescue & Medical Support

Ohrid Ultra-Trail® adheres to the safety and medical standards set by the International Trail Running Association (ITRA). Race safety will be ensured by multiple professional teams, including the Mountain Rescue Service and Red Cross Ohrid, along with trained volunteers stationed at key points across the course.

Medical support will be available throughout the event, with additional staff located at the Prevoj, Asan Djura, Letnica, and Velestovo aid stations during race hours. At the finish line on Ohrid's city square, a fully equipped medical team, including doctors and an ambulance, will be on standby.

Important: Some areas within Galicica National Park have limited or no mobile signal.

If you encounter a fellow runner in distress, you are **REQUIRED** to stop and assist. First, assess their condition. Then immediately contact the race organizers at:

+389 13 112 (SOS NUMBER)

+389 70 997 348

+389 70 245 709

Use your GPS watch or mobile phone to send your location and signal other runners for additional help if needed.

All participants are strongly advised to have valid personal accident and health insurance that covers mountain sports and potential medical evacuation.

The race organization provides safety coverage during the event but does not assume responsibility for injuries, accidents, or medical expenses that may occur before, during, or after the race. Please ensure your insurance is valid for trail running events and international travel if you are coming from abroad.



Remember: Humanity, health, and safety always come before competition or results.

We strongly recommend having a mobile app capable of sending GPS coordinates via SMS installed and ready for use.

Personal Insurance

RACE TIMING – MEASUREMENT

The race will have official timing which can be followed at the following >> **LINK** <<

Each runner will receive a BIB number with a chip that must be placed exclusively on the front side of the body (on a shirt or tights/shorts) and must be visible throughout the entire race.

Placing the BIB number on a backpack is prohibited.

At the Checkpoints, it is necessary to be recorded by a Volunteer/Official Race Staff or to pass through a properly marked gate for the record to be made.



Bring Your Own Reusable Cup

As part of our commitment to protecting the beautiful trails and nature of Ohrid Ultra-Trail, all runners are required to carry and use their own reusable cup during the race. Aid stations along the course will provide water, isotonic drinks, and other refreshments, but no disposable plastic cups will be available.

This initiative helps us significantly reduce waste and minimize our environmental footprint on Galičica National Park and the surrounding areas. Please make sure your reusable cup is easily accessible throughout the race, and thank you for helping us keep the trails clean and sustainable for future generations of runners and outdoor enthusiasts.



WE ARE PROUD MEMBERS OF THE EUROPE TRAIL CUP!



Europe Trail Cup brings together a selection of trail races across Slovenia, Slovakia, Italy, Poland, North Macedonia, and Croatia.

Each race stands on its own, shaped by its terrain, local community, and identity, but together they create a shared experience for runners seeking more than just a single event.

ETC is about consistency throughout the season, discovering new environments, and continuing to explore. It connects races and runners through one simple idea: keep moving, keep exploring, and be part of something bigger than a single start line.

More information and race calendar:

Europe Trail Cup

Nature Protection & Wildlife

The **Ohrid Ultra-Trail®** takes place in the **Galicica National Park**, a **UNESCO**-protected area. As participants, you are required to fully respect the environment and its natural inhabitants. This includes not littering, avoiding damage to plants, and not disturbing wildlife.

Littering is strictly prohibited—this includes gel tubes, wrappers, paper, food scraps, and any other waste. Trash bins are provided at every aid station, and all runners must dispose of their rubbish there.

Keep your waste with you until you reach an aid station. We recommend carrying a small bag or pouch to store your waste until you can dispose of it properly.

Galicica National Park is home to diverse wildlife, including **boars, deer, bears, wolves, and lynx**. While the **Ohrid Ultra-Trail®** is a timed race, we urge all participants to run in pairs during the night portions of the race for added safety.

For **105K and 65K** runners, we recommend attaching small bells to your **running vest**. During the night sections (especially from CP Velestovo to CP Prevoj, approximately km 8 to km 60), make noise regularly by shouting, using a whistle, or ringing the bells to avoid surprising wildlife.

Remember, we are guests in this beautiful national park, and it is essential that you leave no trace while also being mindful of your own safety.



@np galicica

METEO

Weather conditions in Galicica National Park can vary significantly, ranging from sunny and pleasant to rainy, windy, or stormy.

In May, conditions are generally cool and stable. However, the unique geography of Lake Ohrid at 700 meters above sea level, combined with race elevations reaching between 1,650 and 2,200 meters, as well as the influence of nearby Lake Prespa,

creates a distinct mountain microclimate. As a result, higher elevations may experience moderate to strong winds, and temperatures can occasionally drop to 6–7°C or lower.

We are continuously monitoring weather forecasts and working closely with a licensed meteorologist in the days leading up to the event. Participants will be informed of any significant weather developments or conditions that could affect the race.



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