



### LAVAREDO ULTRA

With an 11pm start, almost 6,000m of gruelling ascent and a 30-hour cut-off to contend with (the average finish time is 23 hours), you will have to live and breathe ultrarunning just to get to the start line of this 120km race across the Dolomites, in northeastern Italy. And what do you get for your effort? Woodland that seems even more enchantingly magical in low light, emerald-coloured lakes and towering, jagged peaks to nourish the soul.

**June 2020 (date tbc),**  
ultra-trail.it

### SPARTATHLON

One of the first – and still among the toughest – ultra races in the world – only 40 per cent of the field typically finish this 246km single-stage race along roads, trails and footpaths from Athens to Sparta. Speed (and incredible endurance) is of the essence, with minimal support and a spicy 36-hour cut-off. Yiannis Kouros, the winner of the first run, in 1983, still holds the course record, a remarkable 20:25:00. His motto? ‘When other people get tired, they stop. I don’t.’

**September 27-28,**  
spartathlon.gr

### ECO TRAIL DE PARIS

A ‘trail’ festival with a difference – it’s held in an urban metropolis, albeit one of the most beautiful cities in the world. With over 6,000 runners entering the four events on offer (18/30/45/80km options as well as a race up the Eiffel Tower), this popular event has something for everyone. As the name suggests, the focus of the race is on environmental awareness, so bring your own water cup and get ready to run the secret trails of the City of Light.

**March 2020 (date tbc),**  
paris.ecotrail.com



### MONGOLIA SUNRISE TO SUNSET

A singletrack 42km and 100km ultra starting at sunrise on the shores of Lake Hovsgol in northern Mongolia. You’ll run through moss-laden forests, windblown lowlands, rocky mountain passes, river valleys and fields of wildflowers, aiming to finish before sunset. Look out for camels, yak herds, ibex, ovoos (traditional monuments linked to the cult of mountains and sky) and yurts in this breathtaking, unspoilt land that needs to be seen to be believed.

**August 7, ms2s.dk**