



CARPATHIA TRAILS



RACE GUIDE 2023



Carpathia Trails 2023

RACE GUIDE

4321. YOLO.

You Only Live Once - it's one of our favorite acronyms.

This mantra seems to have slipped into our collective consciousness lately, more assertively than ever. In urban culture, in sports and business, this race against time to make every moment count and live life to the fullest has reached undeniable heights that cannot be ignored. Undoubtedly, it is a factor that has catalyzed the expansion of trail running throughout these years.

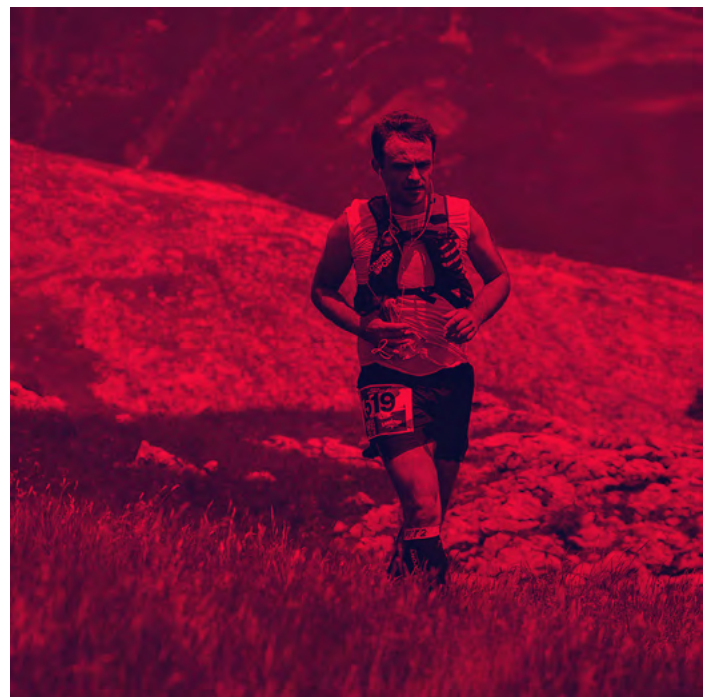
Because, after all, if we only live once, we'd better run in the most wonderful places and compete in the most beautiful competitions that create the most special memories. **Once-In-A-Lifetime Brand.**

A DIFFERENT EXPERIENCE.

That's what Carpathia Trails means in a nutshell. We promise!

You can find all the information about the event on the official website:

[CARPATHIATRAILS.COM](https://carpathiatrails.com)



Follow us on Social Media

To stay up to date with everything happening at the event in real-time, follow our Facebook page and Instagram account.

There we shall post the latest information.

[FACEBOOK](#)

[INSTAGRAM](#)

HOW THINGS WILL UNFOLD

FRIDAY, June 30

| HOURS | ACTIVITY | LOCATION |
|---------------|---|----------------------------------|
| 14:00 – 21:00 | DELIVERY OF ALL KITS and equipment check for 102k and 58k. Biathlon slope, Cheile Grădiștei | Biathlon slope, Cheile Grădiștei |

SATURDAY, July 1

| HOURS | ACTIVITY | LOCATION |
|-------|--|----------------------------------|
| 04:00 | START ULTRA TRAILS | Biathlon slope, Cheile Grădiștei |
| 08:00 | START PIATRA CRAIULUI TRAILS | Biathlon slope, Cheile Grădiștei |
| 08:30 | START BUCEGI TRAILS | Biathlon slope, Cheile Grădiștei |
| 08:30 | START LEAOTA TRAILS | Biathlon slope, Cheile Grădiștei |
| 09:30 | START FUNDATA TRAILS | Biathlon slope, Cheile Grădiștei |
| 10:00 | START CHEILE GRADISTEI TRAILS | Biathlon slope, Cheile Grădiștei |
| 18:00 | AWARDS CEREMONY LEAOTA TRAILS, FUNDATA TRAILS, CHEILE GRĂDIȘTEI TRAILS | Biathlon slope, Cheile Grădiștei |

SUNDAY, July 2

| HOURS | ACTIVITY | LOCATION |
|-------|--|----------------------------------|
| 09:00 | AWARDS CEREMONY ULTRA TRAIL, BUGEGI TRAILS, PIATRA CRAIULUI TRAILS | Biathlon slope, Cheile Grădiștei |

RACE PACKAGES & SPORT EXPO

RACE VILLAGE

The host of Carpathia Trails is Cheile Grădiștei - Fundata Resort complex, a sports facility of Olympic-level standards.

The starting area and epicenter of the event will be the shooting range zone of Biathlon Arena within the complex.

LOCATION

Kit Pick-up and Declaration of Responsibility

The participant package can only be collected in person. For the pick-up point, see Race Village below.

To collect the kit, you will need:

- A photo ID (ID card, driver's license, passport)
- To have the signed declaration of responsibility in electronic format
- It is ideal to present the QR code received via email.



PARKING

It is free for those accommodated in the resort and at an additional cost for those from outside (20 RON/day).

We recommend car sharing whenever possible.

Please follow the parking stewards' instructions.

La cu tine Wi-Fi Oriunde și plătești doar când îl folosești.

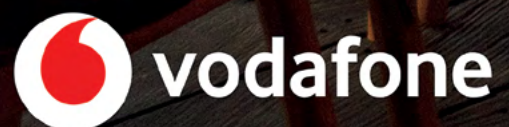
Exclusiv cu Vodafone EasyTech.

HBOmax
3 luni cadou



Wi-Fi Oriunde

5€ pentru o lună de net



Ofertă valabilă până la 31.07.2023 cu posibilitatea de prelungire, supusă unor termeni și condiții. Prețul routerului Wi-Fi este de 3€/Lună sau 50€ pentru plata în avans. Prețul serviciului Wi-Fi este de 5€ pentru o lună de internet. HBO MAX e inclus în primele 3 luni, iar din luna a patra prețul este 3,5€/Lună și se poate dezactiva prin SMS la 2744 cu textul STOP HBOMAX. Prețuri exprimate în euro cu TVA inclus. Detalii în magazine și pe vodafone.ro

RACE INFO

Competition Regulations

Carpathia Trails is a mountain running event providing races for every level of training. Please read the following information carefully to choose a suitable race that aligns with your mountain preparation and guarantees a memorable experience.

REGULATIONS

Limited autonomy

All races are individual events, you will run at your own pace within the announced time limits, in limited autonomy. Limited autonomy means the ability of the participants to independently complete the distance between two aid stations, both from nutritional, clothing and security point of view, while adapting to encountered or unforeseen problems (bad weather, physical problems, accidents, etc.).

This principle supposes, in particular, the following rules:

- Each runner must have the full mandatory equipment with him throughout the race. He will carry this equipment for the entire duration of the race and it cannot be changed during the race.
- At any time during the race the referees can check the equipment. The runner is obliged to submit to these checks in good faith, under the risk of exclusion from the race.

- The participant must ensure that, when leaving each aid station, he has the amount of drink and food necessary to cover the distance to the next station.
- It is forbidden to accompany the participants along any part of the route by a person not registered to the race, outside the tolerance zones which are clearly marked near the aid stations.
- It is not allowed to be accompanied by a dog or any other animal.
- A participant who agrees to be accompanied outside expressly designated areas contravenes the principle of limited autonomy. Referees who witness irregularities are authorized to sanction participants, in order to guarantee the spirit of trail-running events.

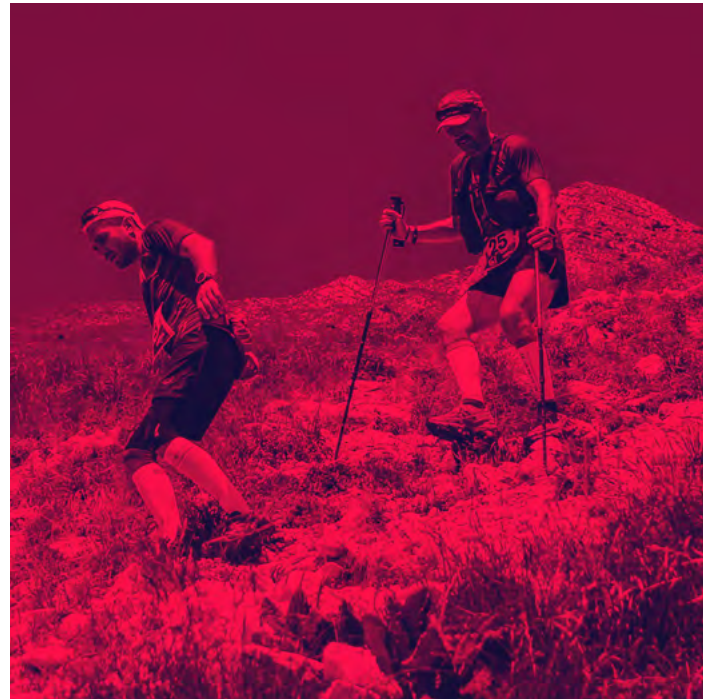
Runner's commitment

To participate in the event, especially in the long races, it is essential to:

- Be fully aware of the duration and specifics of the race and be perfectly prepared for it
- Have acquired, prior to the race, a real capacity for personal autonomy on the mountain, that allows managing the problems induced by this type of event
- Be able to face, without outside help, the climatic conditions that could be very difficult to deal with at altitude (night, wind, cold, fog, rain or snow)

RACE INFO

- Know how to manage, including when you are isolated, physical or mental problems resulting from great fatigue, digestive problems, muscle or joint pain, small wounds, etc.
- Be fully aware that the role of the organizers is not to help a runner manage these issues
- Be fully aware that completing such a mountain route safely depends on the runner's ability to adapt to encountered or unforeseen problems
- To inform and make the members of your entourage responsible to respecting nature, people and the rules of the race



Environment responsibility

The routes of our event pass through natural parks and protected areas, so by registering for this competition, you have agreed to respect the environment and the areas you traverse.

- Littering is strictly prohibited (packaging, paper, etc.). Trash bins are available at each aid station for proper disposal.
- All participants must carry their trash and packaging with them until they can dispose of them in the designated trash bins.
- You must follow the trails and the marked route without taking any shortcuts. Cutting corners or deviating from the trail causes additional erosion and may result in penalties according to the regulations.

RACE INFO

Penalties / Disqualifications

Time penalties are applied on the spot, meaning the runner must pause his/her race for the duration of the penalty time. Any other rule violation will be subject to a penalty determined by the race director.

If you violate any of the competition rules, the organizers or the leaders at the checkpoints along the route may immediately apply a penalty or disqualification. The situations that can lead to a penalty/disqualification are as follows:

Violated Rule

Penalty

Deviation from the course

At the decision of the race director

Missing mandatory equipment from the required list at the start or anytime during the race

Either being prohibited from starting or disqualification if observed on the course

Refusal to have the mandatory equipment inspected at the start, during the race, or at the finish

Either being prohibited from starting or disqualification if it occurs on the course

Use of any means of transportation during the race

Disqualification

Discarding any packaging along the course, outside of designated aid stations

Disqualification

Lack of respect towards other competitors, organizers, volunteers

Disqualification

Exceeding the pre-announced time limit set by the organizers

Marked as DNF (Did not finish)

Ignoring recommendations from the race organization team regarding breaks, stopping, or withdrawing from the race

Disqualification

External assistance outside of the designated areas

Disqualification

Altering the race number

Disqualification

Failure to display the race number visibly

15-minute time penalty

RACE INFO

DROP BAGS

Participants in the Ultra 102k race will be able to leave a bag at the kit pickup, which can be used at RP5 Cheile Gradistei (km45) aid station.


Music / Headphones:

Listening to music using headphones is tolerated as long as it is done within safety limits. **Music must be stopped and headphones removed in the following situations:**

- Approaching or crossing any roads.
- At any checkpoints.
- When approaching, overtaking, or being overtaken by volunteers, staff, medical personnel, and mountain rescue teams (Salvamont).

Trail Marking

The race routes will be marked using the following elements:

- SPORTGURU marking tape.
- Orange signaling flags. 
- Flags or strips with reflective tape for night marking.

Other markings (spray signs, bands with different inscriptions) should not be considered.

The routes will mainly follow marked hiking trails, and the event markings will complement the existing trail markings.

Out of respect for nature:

- We will try to use frequent markings only at important points and direction changes.
- We WILL NOT use spray signs.

Please study the maps below to see the route and trail markings.

For safety, we recommend loading the tracks onto your phone or watch.

For phones, we recommend using the apps Muntii Nostri, OruxMaps, or OsmAnd, which allow the use of offline tracks and maps.

MUNTII NOSTRI

ORUXMAPS

OSMAND

MEGA TIPS



Breakfast is extremely important for a mega race, so we want to offer you some suggestions for quick and nutritious options that don't require preparation or cooking and are beneficial for your athletic performance. We hope you like them and find them useful!

Toast with peanut butter and bananas.

Toast is a simple and quick source of carbohydrates that will provide you with energy for your run. Peanut butter is a rich source of protein and healthy fats, which will aid in muscle recovery and prevent catabolism. Bananas are potassium-rich fruits that help regulate fluid and electrolyte balance and prevent muscle cramps. You can also add honey or cinnamon for more flavor and aroma.

Milk with cereal and berries.

Milk is a nutritious beverage that contains protein, calcium, and vitamin D, which are essential for bone and teeth health. Cereal is a source of complex carbohydrates that will provide you with long-lasting energy. Berries have a high content of antioxidants that will protect your cells from oxidative stress and improve blood circulation. You can choose from various types of milk, cereals, and berries according to your preferences.

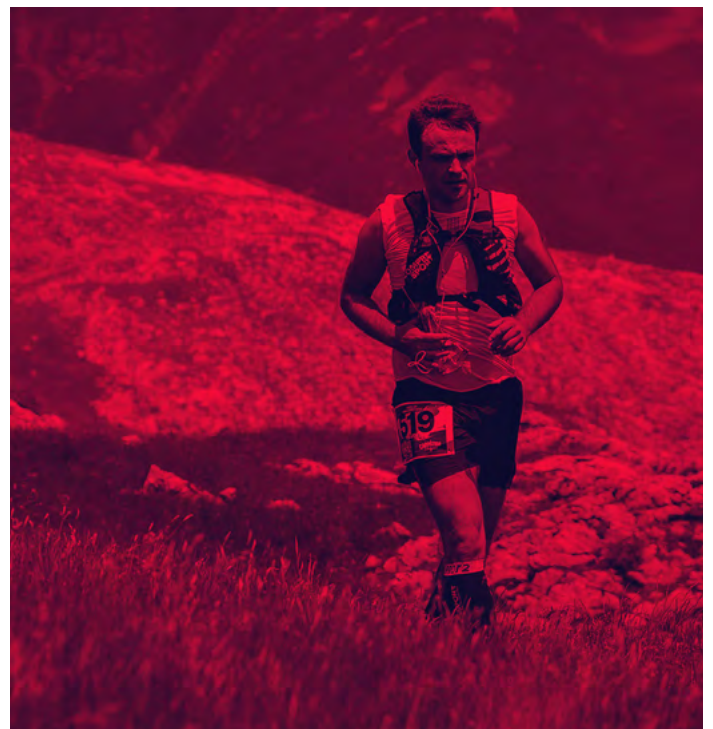
Muesli with plant-based milk and seeds.

Muesli is a mixture of whole grains, dried fruits, and nuts that will provide you with carbohydrates, protein, fiber, and healthy fats. Plant-based milk is an alternative to animal milk that can be easier to digest and more suitable for those with food intolerances or allergies. Seeds are a source of minerals, antioxidants, and Omega-3 fatty acids

that will support your immune system and protect your heart. You can choose from various types of muesli, plant-based milk, and seeds, such as soy, rice, coconut, flax, pumpkin, or sunflower seeds.

Greek yogurt with granola and fresh fruits.

Greek yogurt is an excellent option for those who prefer a lighter and yet satisfying breakfast. It contains more protein than regular yogurt and has a creamy and pleasant texture. Granola is a crunchy mixture of whole grains, seeds, and dried fruits that will provide you with fiber and energy. Fresh fruits will bring you vitamins, minerals, and antioxidants that will support your immune system and enhance your mood.





FII ȘI TU DONATOR DE SÂNGE, SALVEAZĂ O VIAȚĂ!

URMĂREȘTE UNITATEA MOBILĂ DE TRANSFUZIE
CARE VINE ÎN ORAȘUL TĂU:

BUCUREȘTI

8 iulie, 08:30-12:30

Mega Image Plaza

9 iulie, 08:30-12:30

Mega Image Agârbiceanu

13 iulie, 08:30-12:30

Mega Image Băneasa

14 iulie, 08:30-12:30

Mega Image Dristor

CLUJ NAPOCA

11 iulie, 08:00-12:30

Mega Image Brâncuși 2

ORADEA

12 iulie, 08:00-13:00

Mega Image Decebal



**BUN
PENTRU
NOI TOȚI**



Refreshment stations

There are refreshment points along the route where participants can replenish with food and beverages. Liquids will only be provided for filling personal water bottles/flasks or cups. **THERE WILL BE NO CUPS at the refreshment points. Without a personal container, you will not receive any liquids.**

The list of refreshment points and products can be found below for each race.

WARNING! FOOD AND REFRESHMENT STATION VFOU

For ULTRA and BUCEGI participants, due to logistical reasons, the amount of fluids available at this station will be limited to 400 ml.

After the refreshment station, you will find a water source where you can supplement your supplies after 15 minutes.





GoldNutrition Tips

Nutrition during the race is extremely important for a good performance. By consuming the appropriate fuel at the right time, not only can it help you have a pleasant run, but it can also make you feel better during and after your big race.

The tips below are with GoldNutrition products, but we recommend that regardless of what you use, test any product beforehand to see how your body reacts to it while in effort.

Race morning

Before the race, it's good to focus on something calorie-dense, so along with a carbohydrate-rich breakfast, you can also try **an energizing and protein-rich chocolate bar, GoldNutrition Extreme Bar**. It's a bar that provides you with the necessary power to face the more challenging moments, being also an energizing protein bar with carbohydrates, proteins, and vitamins to increase energy levels before, during, and after training.

And if you want something to help you prepare a quick breakfast, we recommend a shake like Oats&Whey, a blend of whey protein and oat flakes with sweetener.



During the race

Here things get a bit more complicated and vary greatly depending on your training and the distance you're participating in. Regardless of the distance, you will certainly find our isotonic drink at the refreshment stations for an energy boost and hydration.

At each station, we recommend hydrating yourself as it is extremely important not to reach the dehydration zone.

In addition to hydration, we recommend **energizing jellies**. These jellies, which contain fast-absorbing carbohydrates, are very practical and provide a tasty alternative to gels, with a pleasant texture to diversify your sugar intake.

Consuming products that contain fast-absorbing carbohydrates is essential to maintain glycemic stability, reduce the rate of glycogen depletion, delay fatigue, and improve performance in long-distance races.

After the race

Once you've finished running, it's time to focus on post-race nutrition to aid the recovery, ensuring you get the right nutrients to help reduce the effects of training or race. It's important to consume both carbohydrates and proteins within 30 minutes after the effort's end.

And because it's often difficult to consume nutrient-rich foods so quickly after the race, we recommend GoldNutrition® Fast Recovery. It's a state-of-the-art beverage with a high content of biologically active proteins and a high absorption rate. It contains a complex of branched-chain amino acids (BCAAs), three forms of carbohydrates, antioxidants, vitamins (B-complex, vitamin A, vitamin E, vitamin C), and minerals (calcium, magnesium, zinc, chromium).



**stay hydrated!
stay ahead!**

GOLD NUTRITION
BE EXCELLENT



#GOLDATHLETE ALEXANDRU CORNESCHI

Equipment

For the safety and smooth unfold of the event, each participant must carry all the items listed in the mandatory list throughout the entire race, even if they are not using them.

All participants will undergo a gear check during the kit pickup and may be subject to random checks during or at the end of the race. Failure to have a required item may result in penalties, up to disqualification, as per the regulations.

Weather conditions in the mountains can be unpredictable. Take with you all the recommended equipment listed on our website (we have also included it below in the text), depending on the weather conditions on the race day, and this recommended gear may become MANDATORY!

The requirement for its use will be announced during the technical briefing, at the start, and on our Facebook page.

EQUIPMENT



MANDATORY EQUIPMENT

| Element | ULTRA Trails | Trails BUCEGI | Trails PIATRA CRAIULUI | Trails LEAOTA | Trails FUNDATA | Trails CHEILE GRADISTEI |
|---|------------------------|------------------------|------------------------|------------------------|----------------|-------------------------|
| Contest number (provided by the organizers) | YES | YES | YES | YES | YES | YES |
| Trail running shoes | YES | YES | YES | YES | YES | YES |
| Lantern with replacement batteries | 2 pcs | YES | | | | |
| Survival foil | YES | YES | YES | YES | | |
| Waterproof membrane jacket minimum 10000 mm | YES | YES | in case of bad weather | in case of bad weather | | |
| Long sleeve blouse (base layer) | YES | YES | in case of bad weather | | | |
| Windstopper | YES | YES | YES | YES | YES | |
| Long tights or pants + socks combination that cover the whole leg | YES | in case of bad weather | in case of bad weather | | | |
| Waterproof pants with membrane | YES | YES | in case of bad weather | in case of bad weather | | |
| Hat/Buff/Band | YES | YES | YES | YES | | |
| Backpack or Trail running belt | YES | YES | YES | YES | | |
| Container for liquids – minimum 0.5L | YES | YES | YES | YES | YES | |
| Personal mug | YES | YES | YES | | | |
| Mobile phone | YES | YES | YES | | | |
| Whistle | YES | YES | YES | YES | YES | |
| Polar, fleece or thermal long sleeve blouse | in case of bad weather | in case of bad weather | in case of bad weather | | | |
| Gloves | in case of bad weather | in case of bad weather | in case of bad weather | | | |

RECOMMENDED EQUIPMENT

| Element | ULTRA Trails | BUCEGI Trails | PIATRA CRAIULUI Trails | LEAOTA Trails | FUNDATA Trails | CHEILE GRADISTEI Trails |
|---|--------------|---------------|------------------------|---------------|----------------|-------------------------|
| GPS watch | YES | YES | YES | YES | YES | YES |
| Trekking poles | YES | YES | YES | YES | YES | |
| First aid kit (elastic bandage + sterile compress + plasters) | YES | YES | | | | |
| Sunglasses | YES | YES | YES | YES | YES | |
| Additional battery | YES | | | | | |
| Replacement socks | YES | | | | | |
| Cream with UV protection | YES | YES | YES | YES | YES | YES |

CARPATHIA TRAILS

TOMBOLĂ



**FRONTALĂ SILVA
TRAIL RUNNER**



**RUCSAC ALERGARE
DYNAFIT ALPINE 12**



**OCHELARI DE SOARE
OAKLEY SUTRO LITE**



SILVA



OAKLEY

 **sportguru**

RACES

CARPATHIA ULTRATRAILS 102K

CARPATHIA
ULTRATRAILS 102K

Technical details

| | |
|--------------------------------------|---|
| START LINE | Biathlon slope, Cheile Grădiștei |
| CUT OFF | RP4 – Table 1: 5 hours RP5 – Cheile Gradistei: 11 hours RP7 – Moeciu – Bangaleasa: 14 hours RP8 – Saua Strunga 1: 16 hours RP10 – Cab. Padina: 20 hours |
| FINISH LINE | Biathlon slope, Cheile Grădiștei |
| TIME LIMIT | 26:00:00 |
| MINIMUM PACE FOR TIME LIMIT | 15:17 min/km // 3.9 km/h |
| ESTIMATED TIME THE FIRST PARTICIPANT | 12:00:00 |
| AID STATIONS | 16 x route, 1 x finish |
| ALTITUDE | ▲ MAX: 2497 m ▼ MIN: 875 m ⇄ AVG: 1506 m |
| LONGEST | ASCENT ↗ 1580 m DESCENT ↘ 1400 m |

Help / Supporters

If you wish, you can receive assistance from supporters at one of the following official checkpoints along the route:

- RP5 Cheile Grădiștei
- RP7 Moeciu - Bangaleasa
- RP10 Cab. Padina

You can receive or leave food or equipment with your supporters as long as you keep the entire mandatory gear with you throughout the race.



RACES

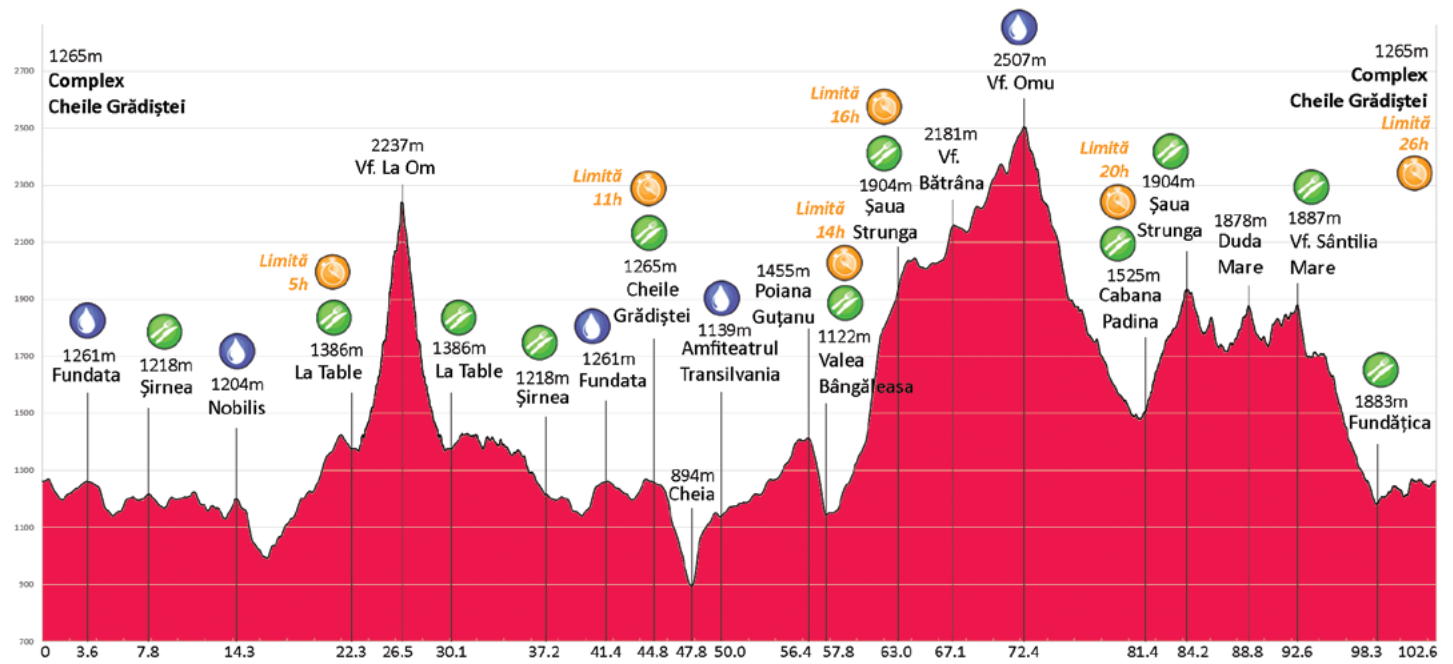
CARPATHIA ULTRATRAILS 102K

CARPATHIA
ULTRATRAILS 102K

Refresh points and Control points

| POINT | DISTANCE | | ELEVATION | | CUT OFF | | SERVICES | | | | | | | | | | |
|-------------------------------|----------|---------|-------------------|----------------------|---------|----------|--|--|--|--|--|--|--|--|--|--|--|
| | Prev. | Total | Prev. | Total | Hour | | | | | | | | | | | | |
| WP1 Fundata 1 | 3.6 K | 3.6 K | + 97 m -95 m | + 97 m -95 m | | |  | | | | | | | | | | |
| RP2 Simea Ciocanu 1 | 3.9 K | 7.5 K | + 122 m -171 m | + 219 m -266 m | | |   | | | | | | | | | | |
| WP3 Nobilis | 6.8 K | 14.3 K | + 265 m -287 m | + 484 m -553 m | | |  | | | | | | | | | | |
| RP4 Table 1 | 8.0 K | 22.3 K | + 528 m -340 m | + 1,012 m -893 m | 5h | 09:00 |   | | | | | | | | | | |
| RP4 Table 2 | 7.8 K | 30.1 K | + 921 m -921 m | + 1,933 m -1814 m | | |   | | | | | | | | | | |
| RP2 Simea Ciocanu 2 | 7.1 K | 37.2 K | + 223 m -393 m | + 2,156 m -2207 m | | |   | | | | | | | | | | |
| WP1 Fundata 2 | 4.2 K | 41.4 K | + 166 m -115 m | + 2,322 m -2322 m | | |  | | | | | | | | | | |
| RP5 Cheile Gradistei | 3.6 K | 45.0 K | + 102 m -102 m | + 2,424 m -2424 m | 11h | 15:00 |           | | | | | | | | | | |
| WP6 Amfiteatrul Transilvania | 5.0 K | 50.0 K | + 297 m -427 m | + 2,721 m -2851 m | | |  | | | | | | | | | | |
| RP7 Moeciu – Bangaleasa | 7.8 K | 57.8 K | + 429 m -439 m | + 3,150 m -3290 m | 14h | 18:00 |    | | | | | | | | | | |
| RP8 Săua Strunga 1 | 5.2 K | 63.0 K | + 801 m -25 m | + 3,951 m -3315 m | 16h | 20:00 |     | | | | | | | | | | |
| WP9 Vf Omu | 9.4 K | 72.4 K | + 801 m -208 m | + 4,752 m -3523 m | | |  | | | | | | | | | | |
| RP10 Cab. Padina | 8.9 K | 81.4 K | + 71 m -1055 m | + 4,823 m -4578 m | 20h | 00:00 |      | | | | | | | | | | |
| RP8 Săua Strunga 2 | 2.8 K | 84.2 K | + 385 m -6 m | + 5,208 m -4584 m | | |     | | | | | | | | | | |
| RP11 Santilia mare | 8.4 K | 92.6 K | + 498 m -509 m | + 5,706 m -5093 m | | |   | | | | | | | | | | |
| RP12 Fundatica 1 | 5.7 K | 98.3 K | + 38 m -731 m | + 5,744 m -5824 m | | |    | | | | | | | | | | |
| RP5 Cheile Gradistei – FINISH | 4.4 K | 102.7 K | + 161 m -81 m | + 5,905 m -5905 m | 26h | D: 06:00 |           | | | | | | | | | | |

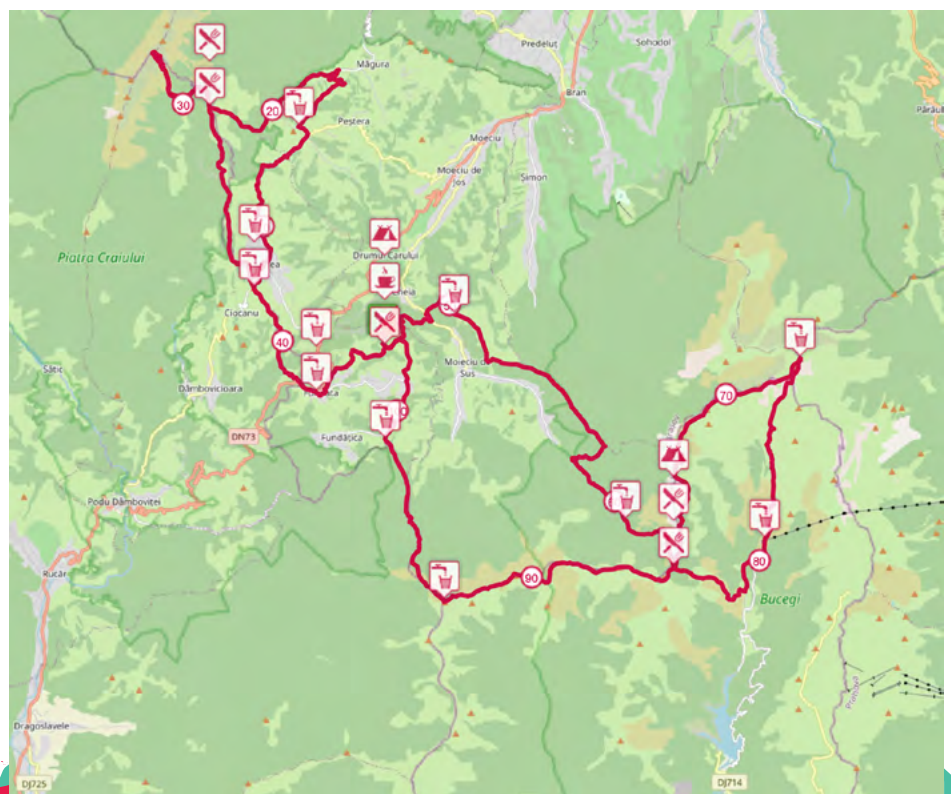
Route Map



TRACE DE TRAIL

MUNȚII NOȘTRI

GPX TRACK



RACES

BUCEGI TRAILS 58K

BUCEGI TRAILS 58K

Technical details

| | |
|---|--|
| START LINE | Biathlon slope, Cheile Grădiștei |
| CUT OFF | RP7 – Moeciu – Bangaleasa: 3h RP8 – Săua Strunga 1: 5h RP10 – Cab. Padina: 10h |
| FINISH LINE | Biathlon slope, Cheile Grădiștei |
| TIME LIMIT | 15 hours 30m |
| MINIMUM PACE FOR TIME LIMIT | 16:02 min/km // 3.75 km/h |
| ESTIMATED TIME FIRST PARTICIPANT | 06:30:00 |
| AID STATIONS | 4 x route, 1 x finish |
| ALTITUDE | ▲ MAX: 2497 m ▼ MIN: 875 m ⇌ AVG: 1656 m |
| THE LONGEST | ASCENT ↗ 1580 m DESCENT ↘ 1060 m |

Help / Supporters

If you wish, you can receive assistance from supporters at one of the following official checkpoints along the route:

- RP7 Moeciu - Bangaleasa
- RP10 Cab. Padina

You can receive or leave food or equipment with your supporters as long as you keep the entire mandatory gear with you throughout the race.



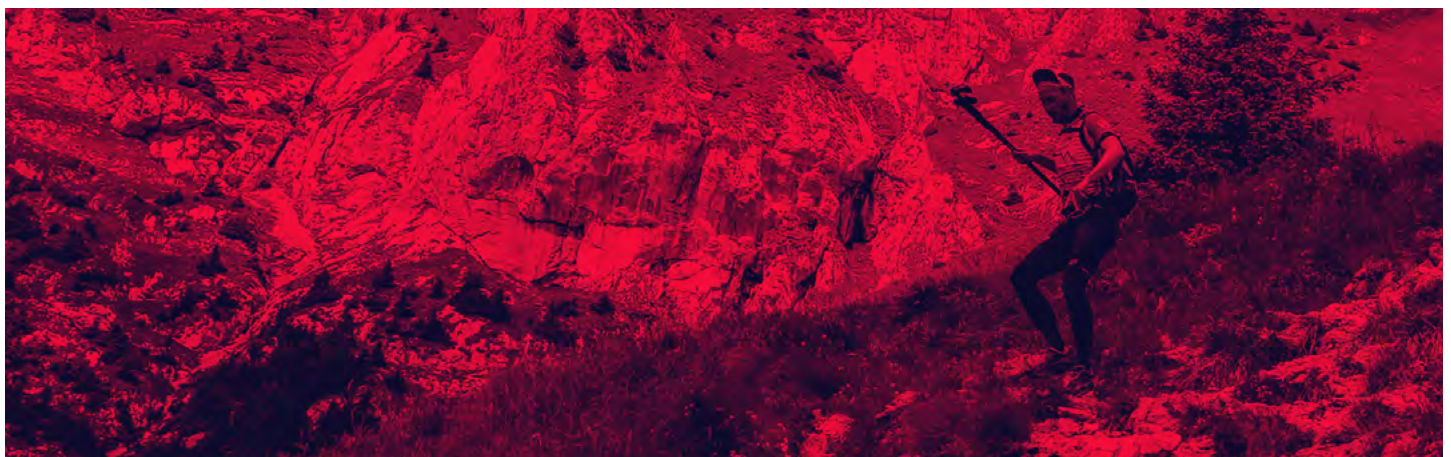
RACES

BUCEGI TRAILS 58K

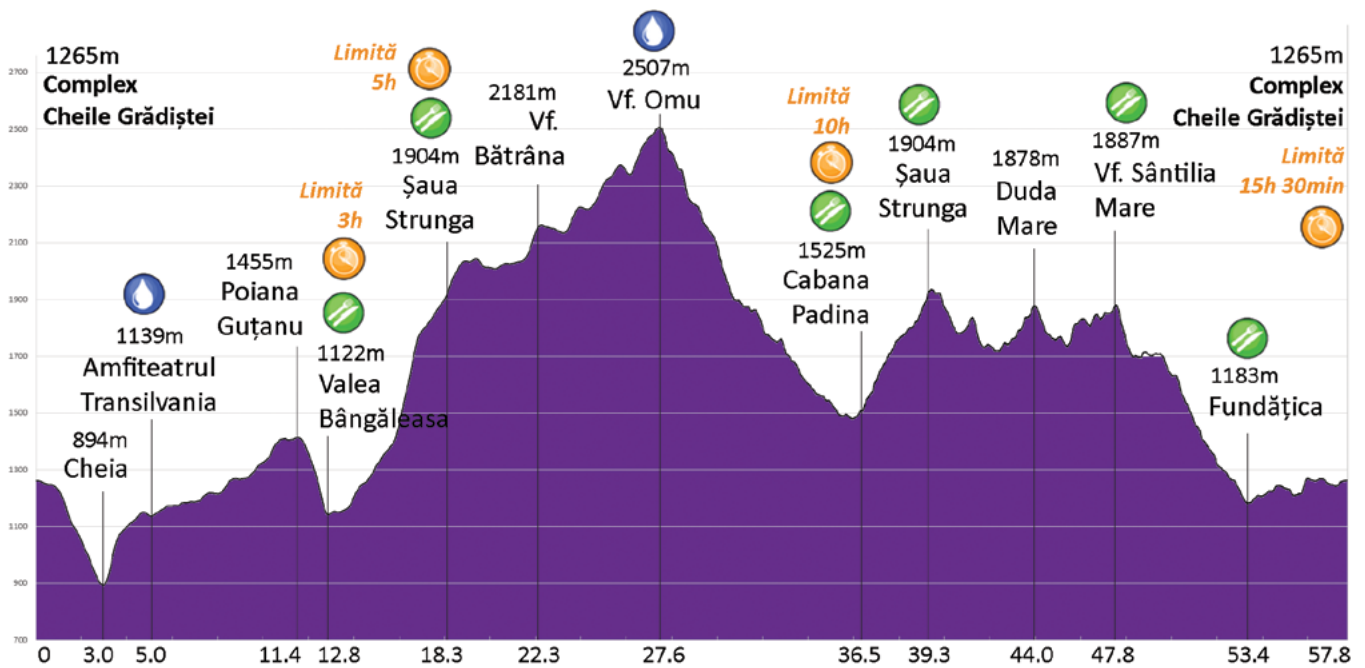
**BUCEGI
TRAILS 58K**

Refresh points and Control points

| POINT | DISTANCE | | ELEVATION | | CUT OFF | | SERVICES | | | | | | | | | | | | | |
|-------------------------------|----------|--------|-------------------|-----------------------|---------|----------|----------|--|--|--|--|--|--|--|--|--|--|--|--|--|
| | Prev. | Total | Prev. | Total | Hour | | | | | | | | | | | | | | | |
| WP6 Amfiteatrul Transilvania | 5.0 K | 5.0 K | + 297 m -427 m | + 297 m -427 m | | | | | | | | | | | | | | | | |
| RP7 Moeciu – Bangaleasa | 7.8 K | 12.8 K | + 429 m -439 m | + 725 m -865 m | 3h | 11:30 | | | | | | | | | | | | | | |
| RP8 Saua Strunga 1 | 5.2 K | 18.3 K | + 801 m -25 m | + 1,525 m -890 m | 5h | 13:30 | | | | | | | | | | | | | | |
| WP9 Vf Omu | 9.4 K | 27.6 K | + 801 m -208 m | + 2,330 m -1,100 m | | | | | | | | | | | | | | | | |
| RP10 Cab. Padina | 8.9 K | 36.5 K | + 71 m -1055 m | + 2,363 m -2,015 m | 10h | 18:30 | | | | | | | | | | | | | | |
| RP8 Saua Strunga 2 | 2.8 K | 39.3 K | + 385 m -6 m | + 2,784 m -2,160 m | | | | | | | | | | | | | | | | |
| RP11 Santilia mare | 8.4 K | 46.6 K | + 498 m -509 m | + 3,282 m -2,670 m | | | | | | | | | | | | | | | | |
| RP12 Fundatica 1 | 5.7 K | 53.4 K | + 38 m -731 m | + 3,320 m -3,400 m | | | | | | | | | | | | | | | | |
| RP5 Cheile Gradistei – FINISH | 4.4 K | 57.8 K | + 161 m -81 m | + 3,481 m -3,481 m | 15h 30 | D: 00:00 | | | | | | | | | | | | | | |



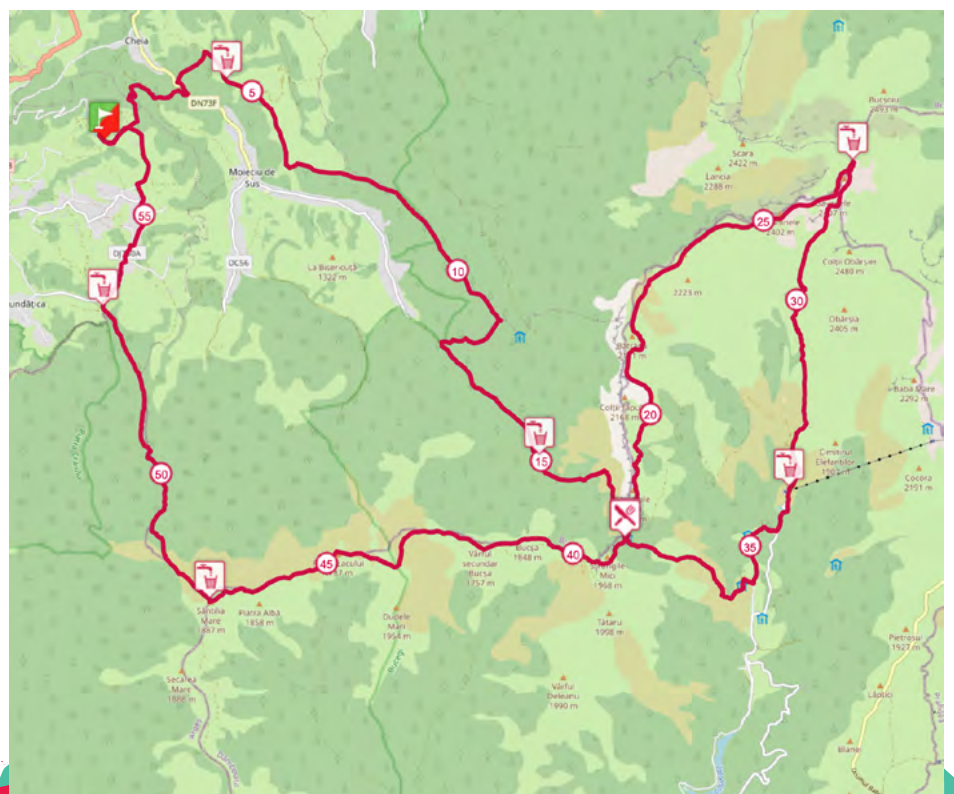
Route Map



TRACE DE TRAIL

MUNȚII NOȘTRI

GPX TRACK



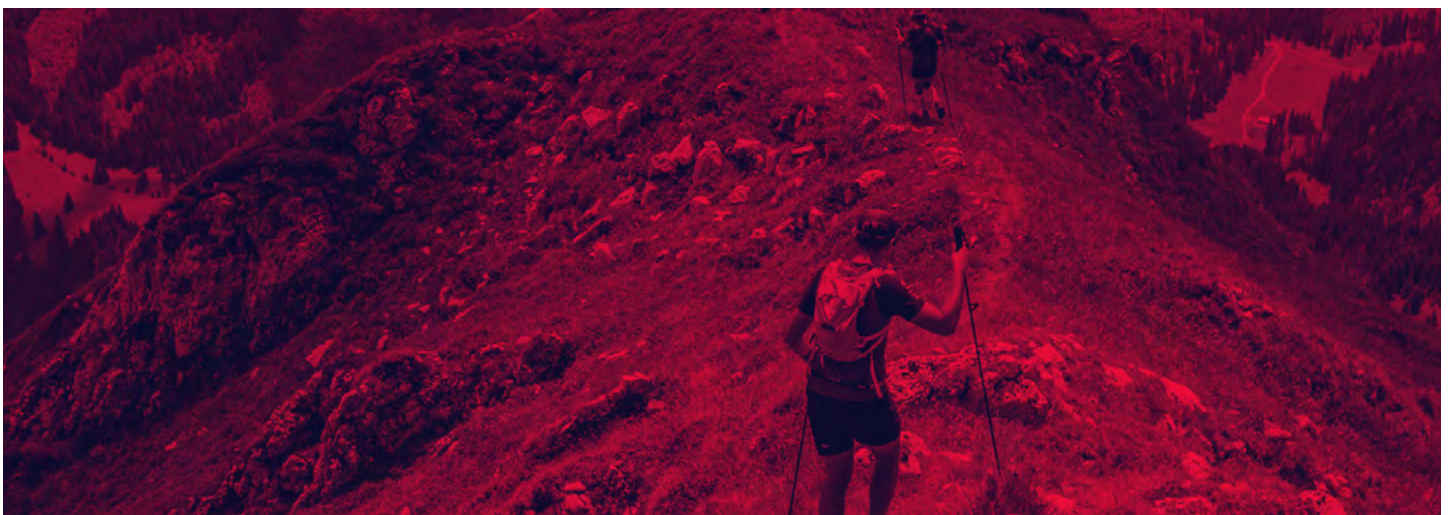
RACES

PIATRA CRAIULUI TRAILS 44K

PIATRA CRAIULUI
TRAILS 44K

Technical details

| | |
|----------------------------------|--|
| START LINE | Biathlon slope, Cheile Grădiștei |
| FINISH ZONE | Biathlon slope, Cheile Grădiștei |
| CUT OFF | RP4 Table 1: 5 ore |
| TIME LIMIT | 11 ore |
| MINIMUM PACE FOR TIME LIMIT | 15:00 min/km // 4 km/h |
| ESTIMATED TIME FIRST PARTICIPANT | 4:30:00 |
| AID STATIONS POINTS | 4 x route, 1 x finish |
| ALTITUDE | ▲ MAX: 2244 m ▼ MIN: 984 m ⇌ AVG: 1320 m |
| THE LONGEST | ASCENT ↗ 880 m DESCENT ↘ 1400 m |



RACES

PIATRA CRAIULUI TRAILS 44K

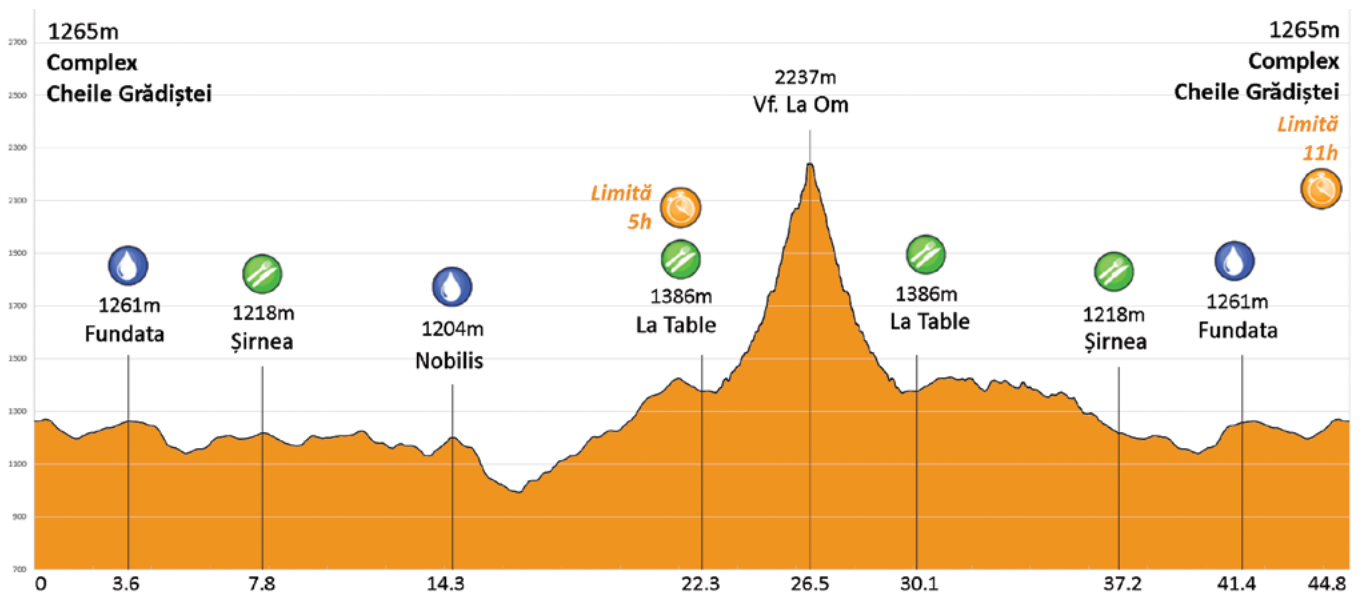
PIATRA CRAIULUI
TRAILS 44K

Refresh points and Control points

| POINT | DISTANCE | | ELEVATION | | CUT OFF | | SERVICES | | | | | | | | | |
|----------------------|----------|--------|-------------------|----------------------|---------|-------|----------|-------|-----------|------|-------|-------|-----------|----------|-----------|--|
| | Prev. | Total | Prev. | Total | Hour | Time | Water | Apple | Apple Pie | Fork | Knife | Stove | Hot Drink | Restroom | First Aid | |
| WP1 Fundata 1 | 3.6 K | 3.6 K | + 97 m -95 m | + 97 m -95 m | | | | | | | | | | | | |
| RP2 Simea Ciocanu 1 | 3.9 K | 7.5 K | + 122 m -171 m | + 219 m -266 m | | | | | | | | | | | | |
| WP3 Nobilis | 6.8 K | 14.3 K | + 265 m -287 m | + 484 m -553 m | | | | | | | | | | | | |
| RP4 Table 1 | 8.0 K | 22.3 K | + 528 m -340 m | + 1,012 m -893 m | 5h | 13:00 | | | | | | | | | | |
| RP4 Table 2 | 7.8 K | 30.1 K | + 921 m -921 m | + 1,933 m -1814 m | | | | | | | | | | | | |
| RP2 Simea Ciocanu 2 | 7.1 K | 37.2 K | + 223 m -393 m | + 2,156 m -2207 m | | | | | | | | | | | | |
| WP1 Fundata 2 | 4.2 K | 41.4 K | + 166 m -115 m | + 2,322 m -2322 m | | | | | | | | | | | | |
| RP5 Cheile Gradistei | 3.6 K | 45.0 K | + 102 m -102 m | + 2,424 m -2424 m | 11h | 19:00 | | | | | | | | | | |

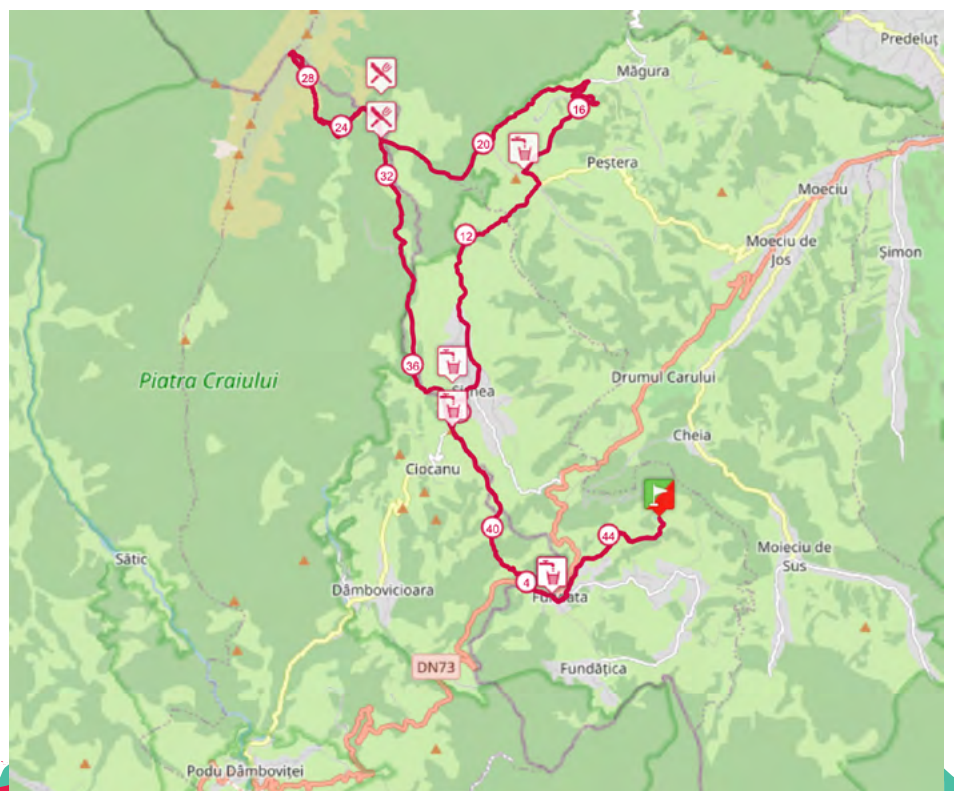


Route Map



TRACE DE TRAIL

GPX TRACK



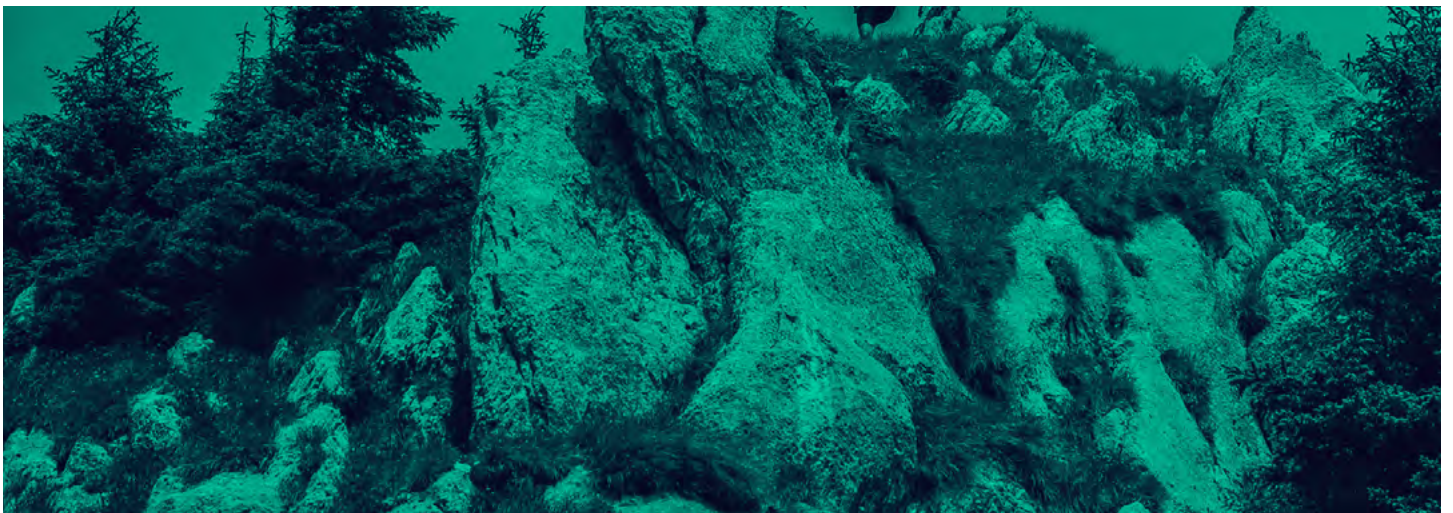
RACES

LEAOTA TRAILS 36K

LEAOTA
TRAILS 36K

Technical details

| | |
|----------------------------------|---|
| START LINE | Biathlon slope, Cheile Grădiștei |
| FINISH LINE | Biathlon slope, Cheile Grădiștei |
| CUT OFF | RP7 – Moeciu – Bangaleasa: 3h RP8 – Săua Strunga: 5h |
| TIME LIMIT | 9 hours |
| MINIMUM PACE FOR TIME LIMIT | 18:20 min/km // 3.27 km/h |
| ESTIMATED TIME FIRST PARTICIPANT | 4:20:00 |
| AID STATIONS | 2 x route, 1 x finish |
| ALTITUDE | ▲ MAX: 1939 m ▼ MIN: 875 m ⇌ AVG: 1456 m |
| THE LONGEST | ASCENT ↗ 820 m DESCENT ↘ 560 m |



RACES

LEAOTA TRAILS 36K

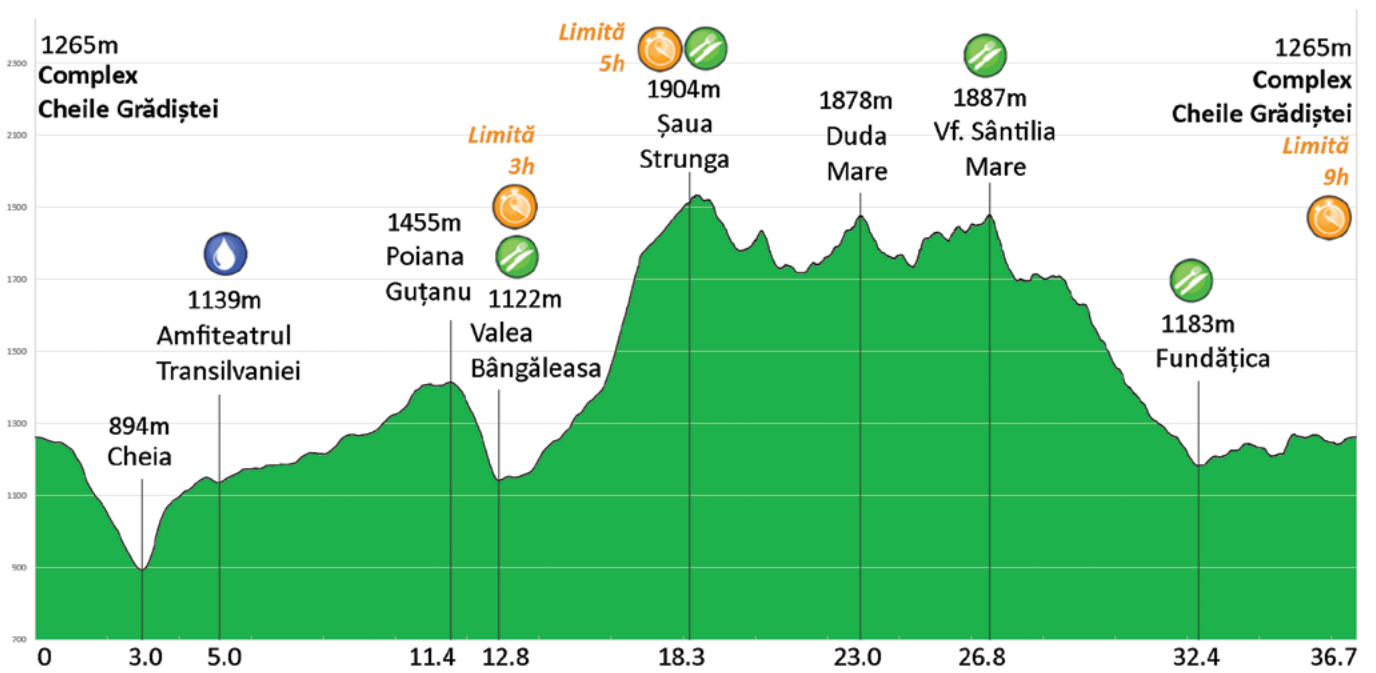
LEAOTA TRAILS 36K

Refresh points and Control points

| POINT | DISTANCE | | ELEVATION | | CUT OFF | | SERVICES | | | | | | | | | | | | | |
|-------------------------------|----------|--------|------------------|----------------------|---------|-------|----------|--|--|--|--|--|--|--|--|--|--|--|--|--|
| | Prev. | Total | Prev. | Total | Ora | | | | | | | | | | | | | | | |
| WP6 Amfiteatrul Transilvania | 5.0 K | 5.0 K | +297 m -427 m | +297 m -427 m | | | | | | | | | | | | | | | | |
| RP7 Moeciu – Bangaleasa | 7.8 K | 12.8 K | +429 m -439 m | +725 m -865 m | 3h | 11:30 | | | | | | | | | | | | | | |
| RP8 Saua Strunga 1 | 5.2 K | 18.3 K | +801 m -25 m | +1,525 m -890 m | 5h | 13:30 | | | | | | | | | | | | | | |
| RP11 Santilia mare | 8.6 K | 26.8 K | +498 m -509 m | +2,025 m -1,400 m | | | | | | | | | | | | | | | | |
| RP12 Fundatica 1 | 5.7 K | 32.5 K | +38 m -731 m | +2,063 m -2,145 m | | | | | | | | | | | | | | | | |
| RP5 Cheile Gradistei – FINISH | 4.4 K | 36.9 K | +161 m -81 m | +2,230 m -2,230 m | 9h | 17:30 | | | | | | | | | | | | | | |

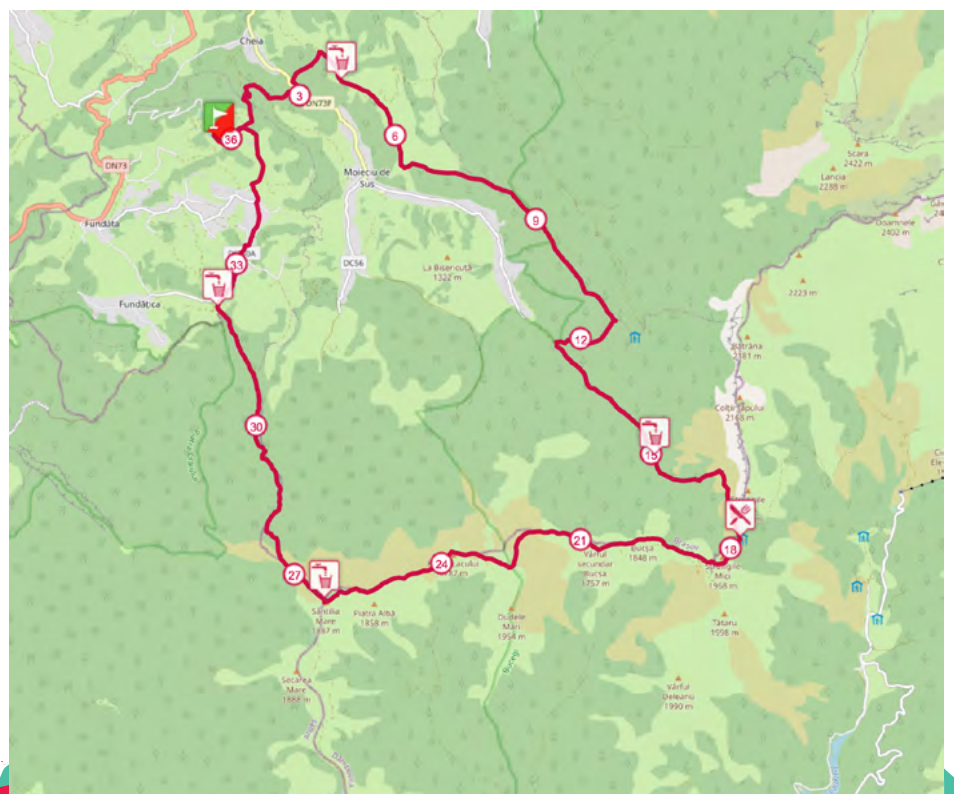


Route Map



TRACE DE TRAIL

GPX TRACK



RACES

FUNDATA TRAILS 23K

FUNDATA
TRAILS 23K

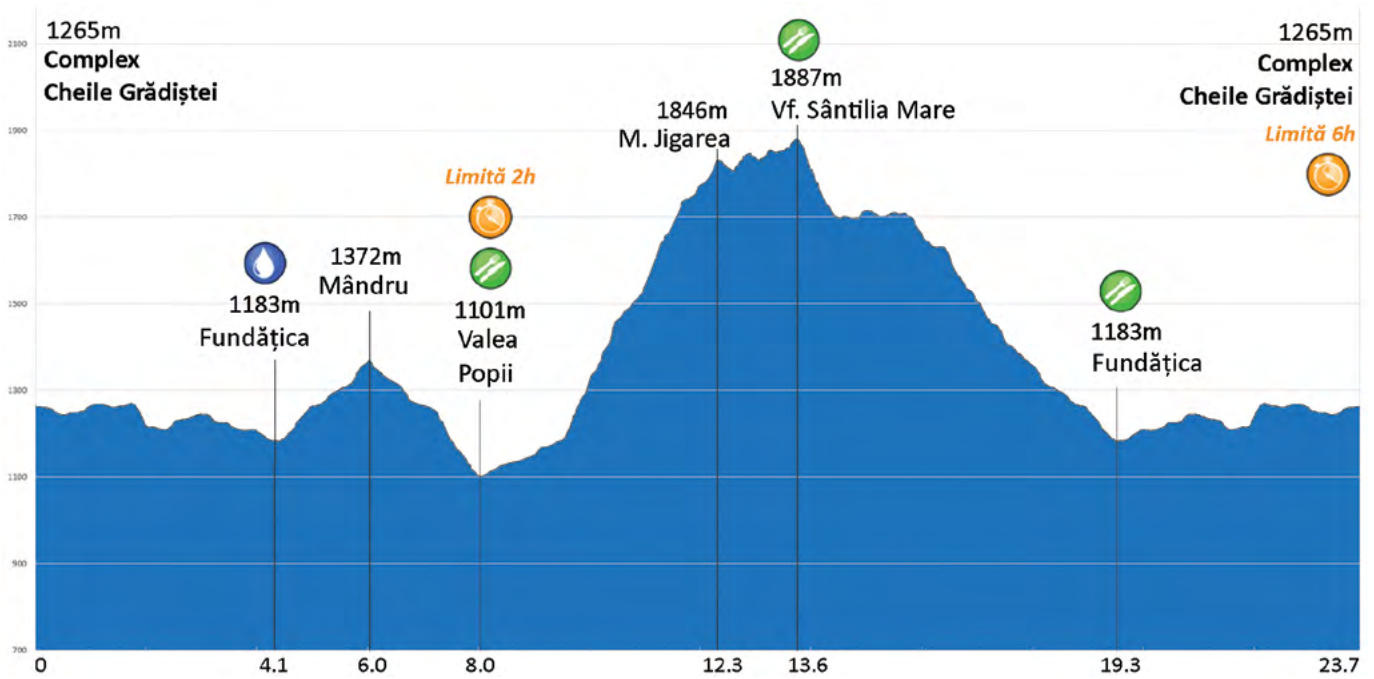
Technical details

| | |
|----------------------------------|---|
| START LINE | Biathlon slope, Cheile Grădiștei |
| FINISH LINE | Biathlon slope, Cheile Grădiștei |
| TIME LIMIT | 6 hours |
| CUT OFF | RP13 Moeciu – Valea Popii: 2h |
| MINIMUM PACE FOR TIME LIMIT | 15:40 min/km // 3.8 km/h |
| ESTIMATED TIME FIRST PARTICIPANT | 2:15:00 |
| SUPPLY POINTS | 2 x route, 1 x finish |
| ALTITUDE | ▲ MAX: 1865 m ▼ MIN: 1096 m ⇌ AVG: 1355 m |
| THE LONGEST ASCENT | ASCENT ↗ 780 m DESCENT ↘ 540 m |

Refresh points and control points

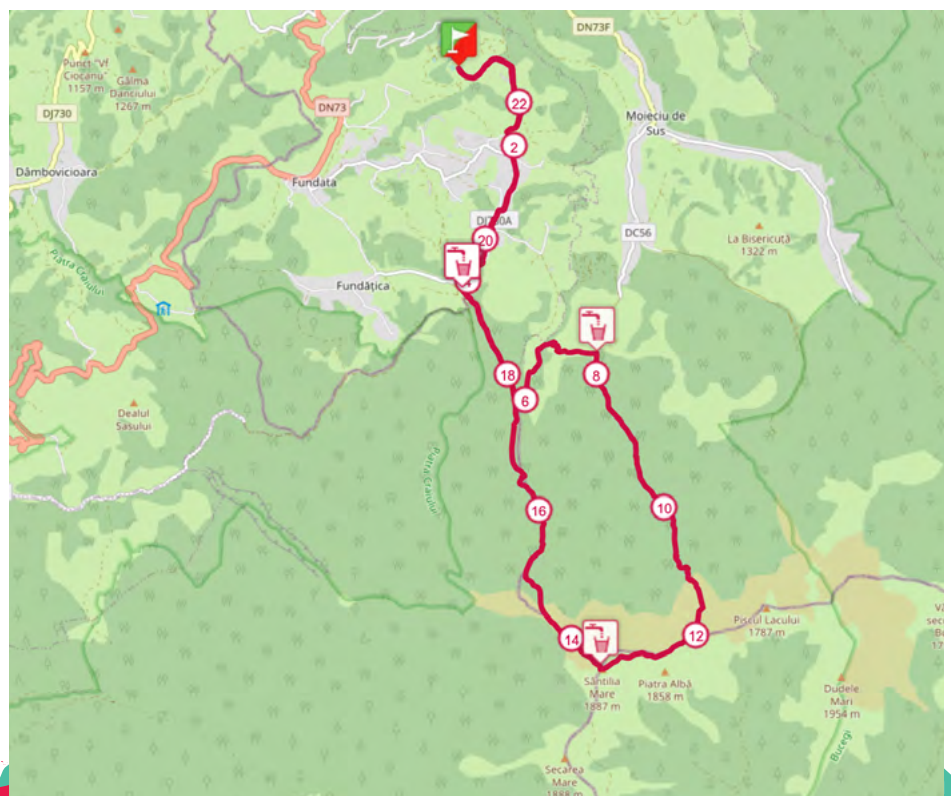
| POINT | DISTANCE | | ELEVATION | | CUT OFF | | SERVICES | | | | | | | | | | |
|-------------------------------|----------|--------|-------------------|-----------------------|---------|-------|----------|-------|--------|------|-------|-------|-----|--------|----------|-----------|---------|
| | Prev. | Total | Prev. | Total | Hour | Time | Water | Apple | Banana | Fork | Knife | Spoon | Tea | Coffee | Restroom | First Aid | Medical |
| RP12 Fundatica 1 | 4.1 K | 4.1 K | + 68 m -140 m | + 68 m -140 m | | | | | | | | | | | | | |
| RP13 Moeciu – Valea Popii | 3.9 K | 8.0 K | + 182 m -275 m | + 250 m -415 m | 2h | 11:30 | | | | | | | | | | | |
| RP11 Santilia mare | 5.6 K | 13.6 K | + 770 m -18 m | + 1,020 m -433 m | | | | | | | | | | | | | |
| RP12 Fundatica 1 | 5.7 K | 19.3 K | + 30 m -690 m | + 1,050 m -1,130 m | | | | | | | | | | | | | |
| RP5 Cheile Gradistei – FINISH | 4.4 K | 23.7 K | + 150 m -70 m | + 1,200 m -1,200 m | 6h | 15:30 | | | | | | | | | | | |

Route Map



TRACE DE TRAIL

GPX TRACK



RACES

CHEILE GRĂDIȘTEI TRAILS 6K

CHEILE GRĂDIȘTEI
TRAILS 6K

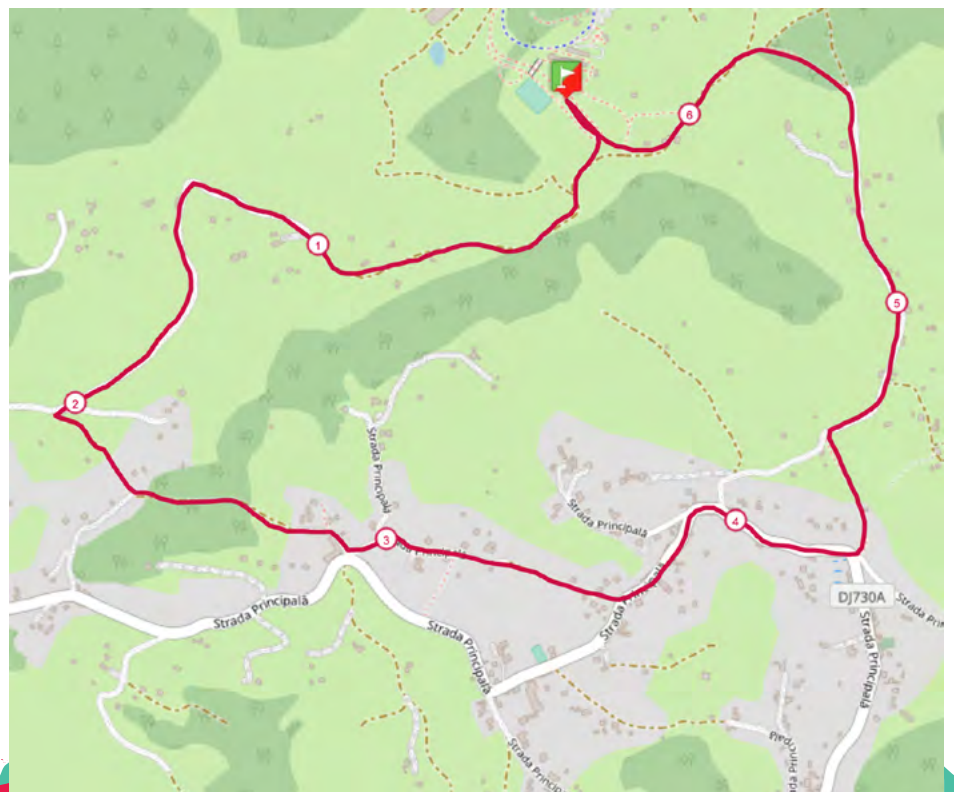
Technical details

| | |
|----------------------------------|---|
| START LINE | Biathlon slope, Cheile Grădiștei |
| FINISH LINE | Biathlon slope, Cheile Grădiștei |
| TIME LIMIT | 1:30 h |
| MINIMUM PACE FOR TIME LIMIT | 15:00 min/km // 4 km/h |
| ESTIMATED TIME FIRST PARTICIPANT | 0:27:00 |
| AID STATIONS | 1 x finish |
| ALTITUDE | ▲ MAX: 1296 m ▼ MIN: 1219 m ⇄ AVG: 1260 m |
| THE LONGEST | ASCENT ↗ 60 m DESCENT ↘ 90 m |

Route Map

TRACE DE TRAIL

GPX TRACK





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OCHELARI DE SOARE OAKLEY
HSTN MATTE CARBON / PRIZM TUNGSTEN

O
OAKLEY

Weather

Details about precipitation, temperature, and wind speed can be found at the following addresses:

Race village - Fundata: [Meteoblue](#) | [Accuweather](#)

Piatra Craiului: [Meteoblue](#) | [Accuweather](#)

Bucegi: [Meteoblue](#) | [Accuweather](#)

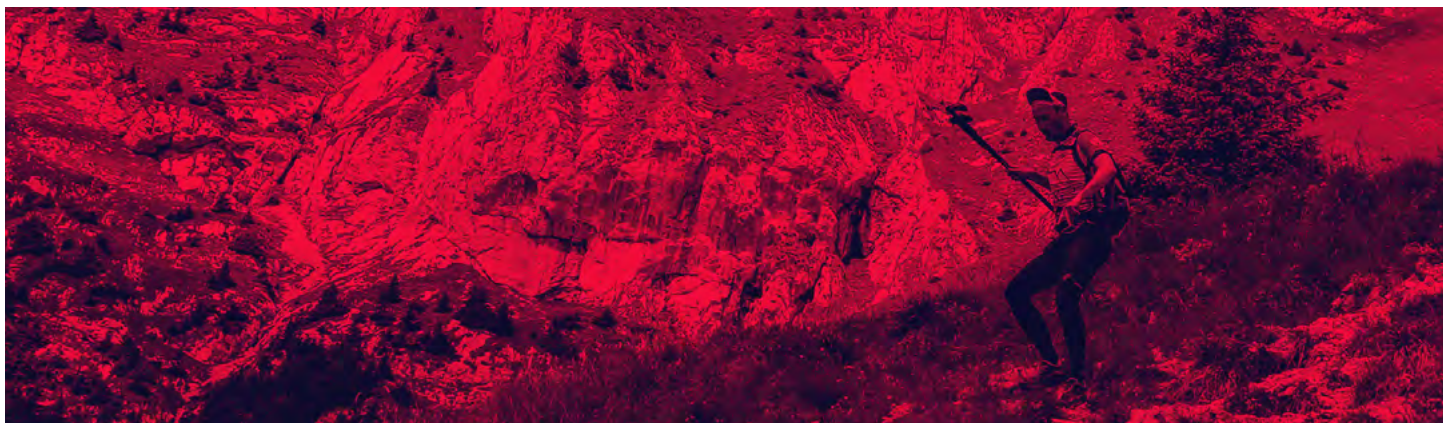
Leaota: [Meteoblue](#)

General Recommendations

Public Roads and Tourist Trails

Carpathia Trails will mostly take place on tourist trails. Please keep a respectful behavior throughout the race and share the trail with other participants, as well as hikers.

In some cases, the trails will intersect with public roads. It is mandatory to always abide by traffic laws in these situations.



CARPATHIA TRAILS

We wish you to enjoy a
wonderful race.



sportguru



OAKLEY

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