

RUNNER'S GUIDE




MAYRHOFEN
ULTRAKS ZILLERTAL

05th – 06th
SEPTEMBER 2025

MAYRHOFEN ULTRA^{KS} ZILLERTAL

supported by



MOUNTOPOLIS



ZILLERTAL
TUX
FINKENBERG

SALOMON



SILVA



MNSTRY

SPARKASSE
Schwaz



 AUTOHAUS MAYRHOFEN



SERVUS!

Dear trail runners,

together with you we are looking forward to the 7th edition of the Mayrhofen Ultraks Zillertal! Even bigger, even more spectacular!

Please read the Runner's Guide carefully. It contains some updates and further information about the race and race preparation.

If you have any questions, write us on Instagram or feel free to email us anytime at mayrhofen@ultraks.com.

See you in Mayrhofen!

Your Ultraks Team



myzillertal

Eine App. Alle Erlebnisse.

Dein Webshop für die besten
Erlebnisse im Zillertal.

myzillertal.at

GENERAL BEHAVIOR

- Each participant must respect the signage and the course markings.
- All participants are obliged to assist persons who are in danger or victims of an accident and to inform the competition management immediately by telephone about any accident. (telephone number: **+43 664 99954993**) or to contact a course marshal (orange vest).
- A participant must give up when asked to do so.
- Participants must respect the environment.
- Be respectful to other participants and keep enough distance when overtaking.

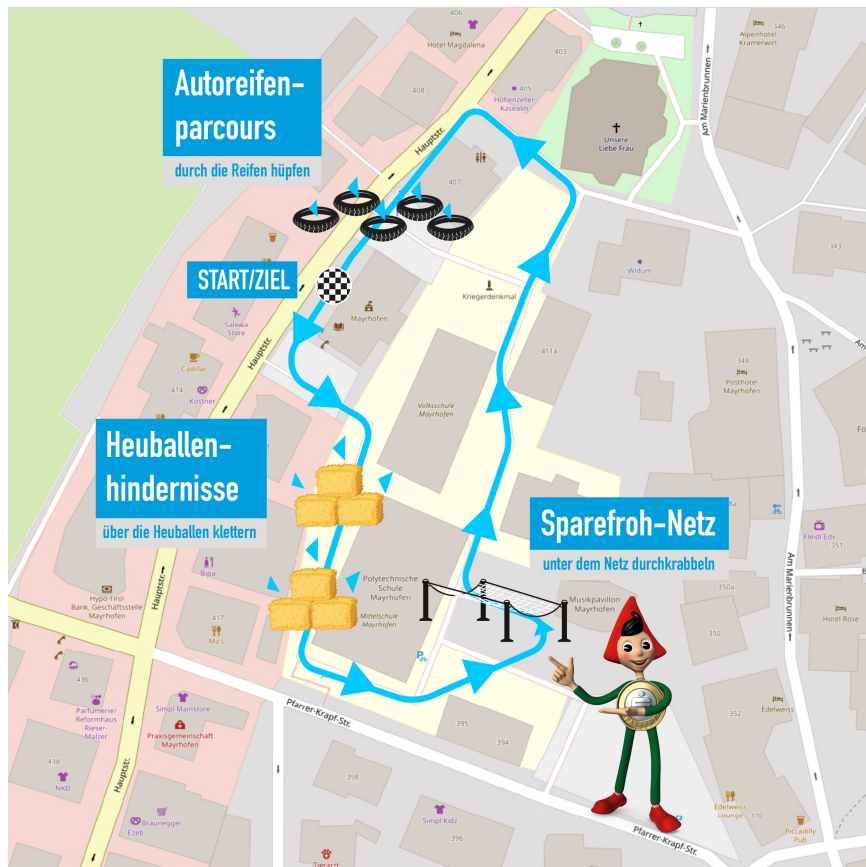
GENERAL BEHAVIOR

- Please always follow the course markings.
- Although roads are closed to traffic during the race, you may encounter cars, cyclists or hikers in some sections. Please be aware of this and avoid them for your own safety.
- Keep your distance from cows and other animals.

A full-page background image of a mountain landscape. A dirt trail winds up a grassy, brownish-green hillside. A lone hiker is visible on the trail, moving upwards. The upper part of the image shows a dense forest of evergreen trees, partially obscured by mist or low clouds. The overall tone is dramatic and scenic.

COURSES

SPAREFROH MINI-ULTRAKS



Lap Length: 450m

1 Round
Years 2018-2020

2 Rounds
Years 2015-2017

4 Rounds
Years 2014 and older

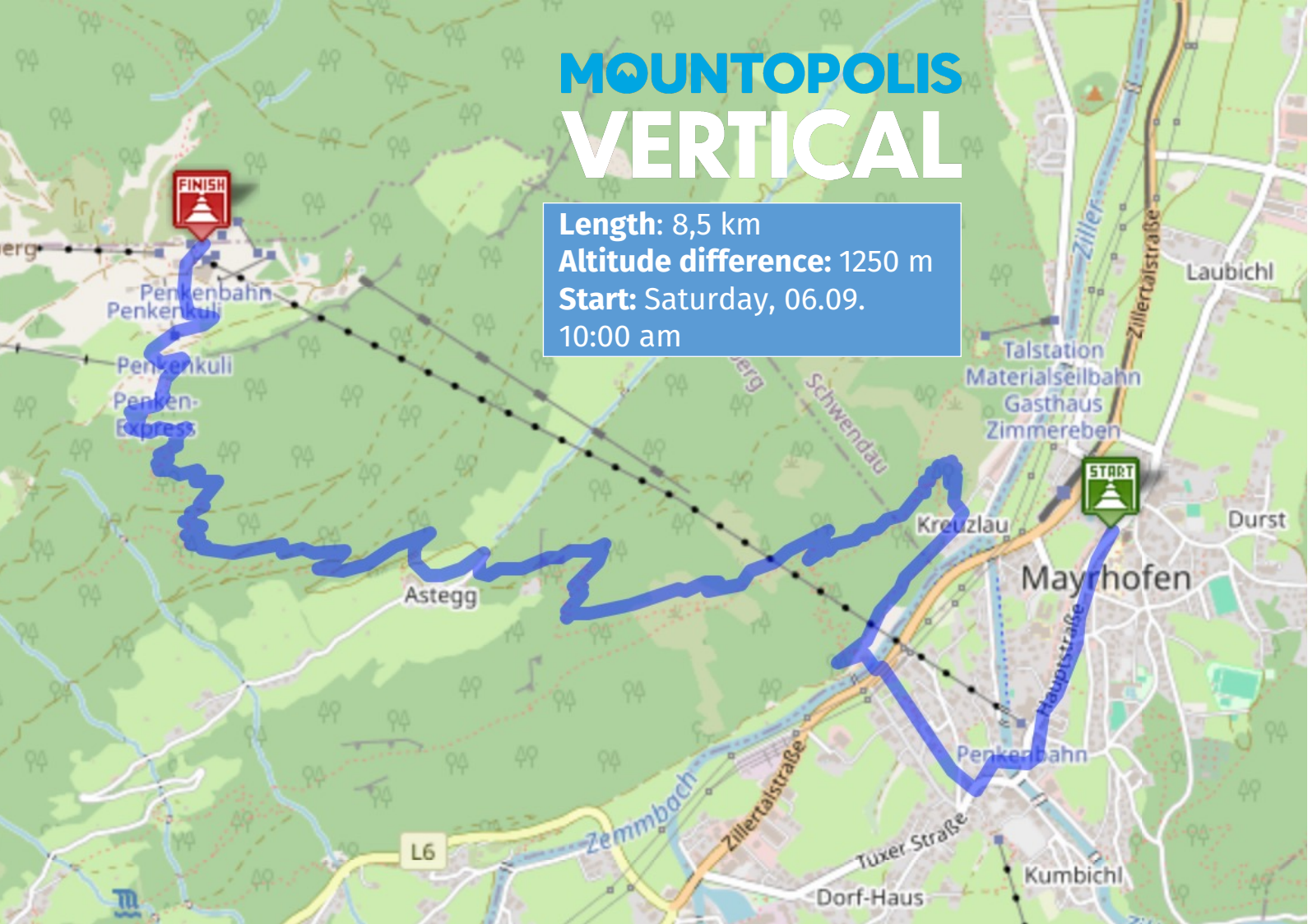
MOUNTOPOLIS VERTICAL

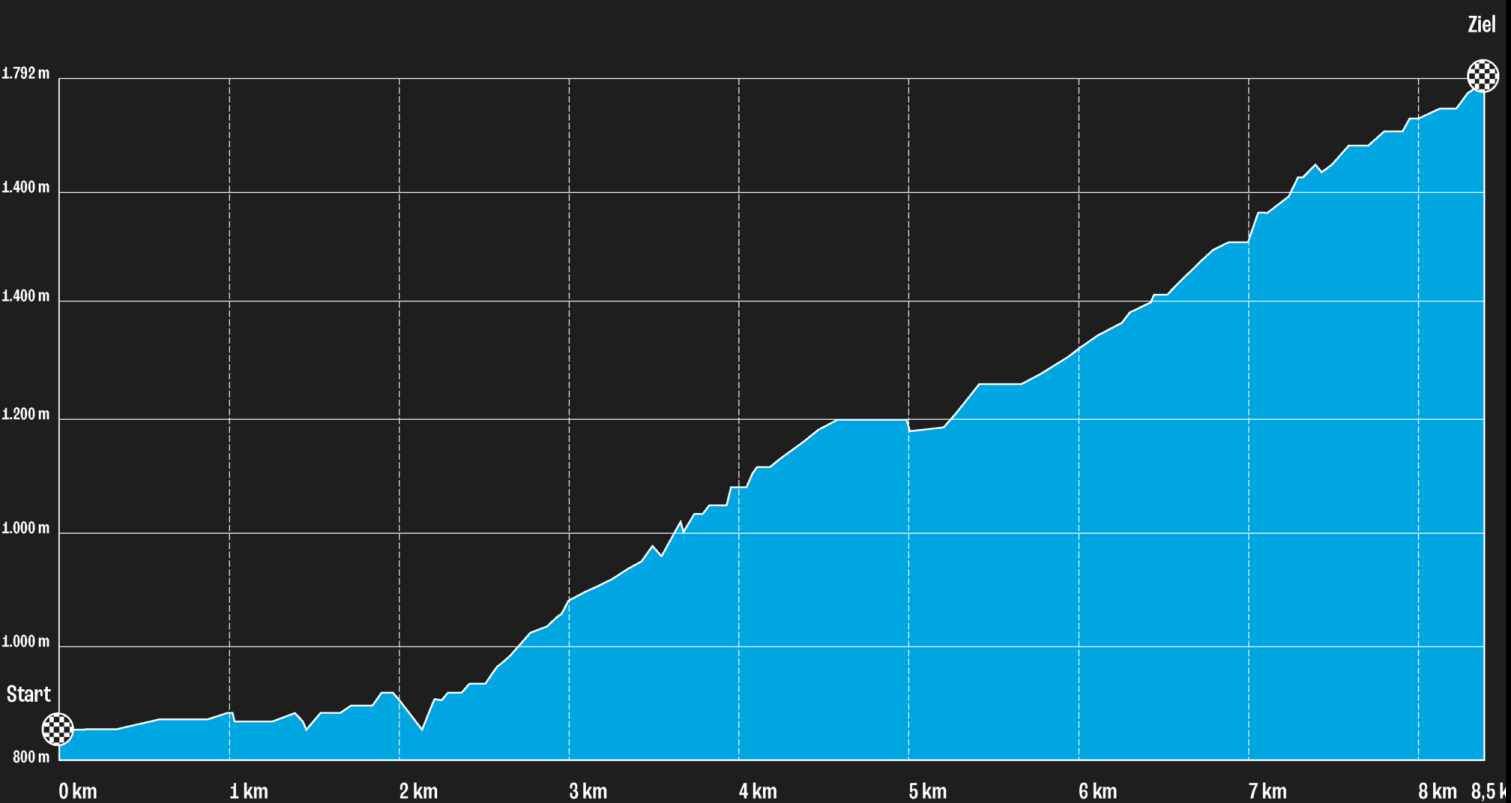
Length: 8,5 km

Altitude difference: 1250 m

Start: Saturday, 06.09.

10:00 am





MOUNTOPOLIS VERTICAL

8.5 km | 1.250 hm

After the start in front of the town hall in Mayrhofen, the «Mountopolis Vertical» leads towards Astegg. After a short, flatter section, it continues uphill towards Penken. The last section takes you over a ski slope to the finish area of the Ultraks FanZone powered by mountopolis..

BAGGAGE DROP OFF VERTICAL

- If luggage transport has been booked, backpacks can be dropped off at the Europahaus on Friday after race numbers have been issued.
- Latest submission: Saturday, 8:30 a.m. at the Europahaus
- the bags will be brought up to the finish area of the mountopolis vertical prior to the race
- the bib of the vertical can be used after the race to take the Penkenbahn back down to the valley

ULTRAKS FANZONE

POWERED BY MOUNTOPOLIS

DJ-SOUND, DRINKS & PURE ACTION

📍 PENKENBAHN BERGSTATION

📅 06. SEPTEMBER 2025 ⌚ AB 09.30 UHR

LIVE GEWINNSPIEL!

VOR ORT ANMELDEN &
MEGA PREISE GEWINNEN!



MOUNTOPOLIS



SALOMON

evil eye



FANZONE ACTION

- ab 09.30 Uhr** Start Ultraks FanZone powered by Mountopolis
Musik und Moderation mit DJ Albin
Ankunft der besten Athlet:innen **MUZ30**
- ab 10.30 Uhr** Zieleinlauf der besten Athlet:innen **Mountopolis Vertical**
- ab 11.50 Uhr** Ankunft der besten Athlet:innen **TUX070**
- ab 12.00 Uhr** Ankunft der besten Athlet:innen **RK50**
- 13.00 Uhr** Verlosung Gewinnspiel und DJ-Sound



MOUNTOPOLIS



SALOMON

evil eye



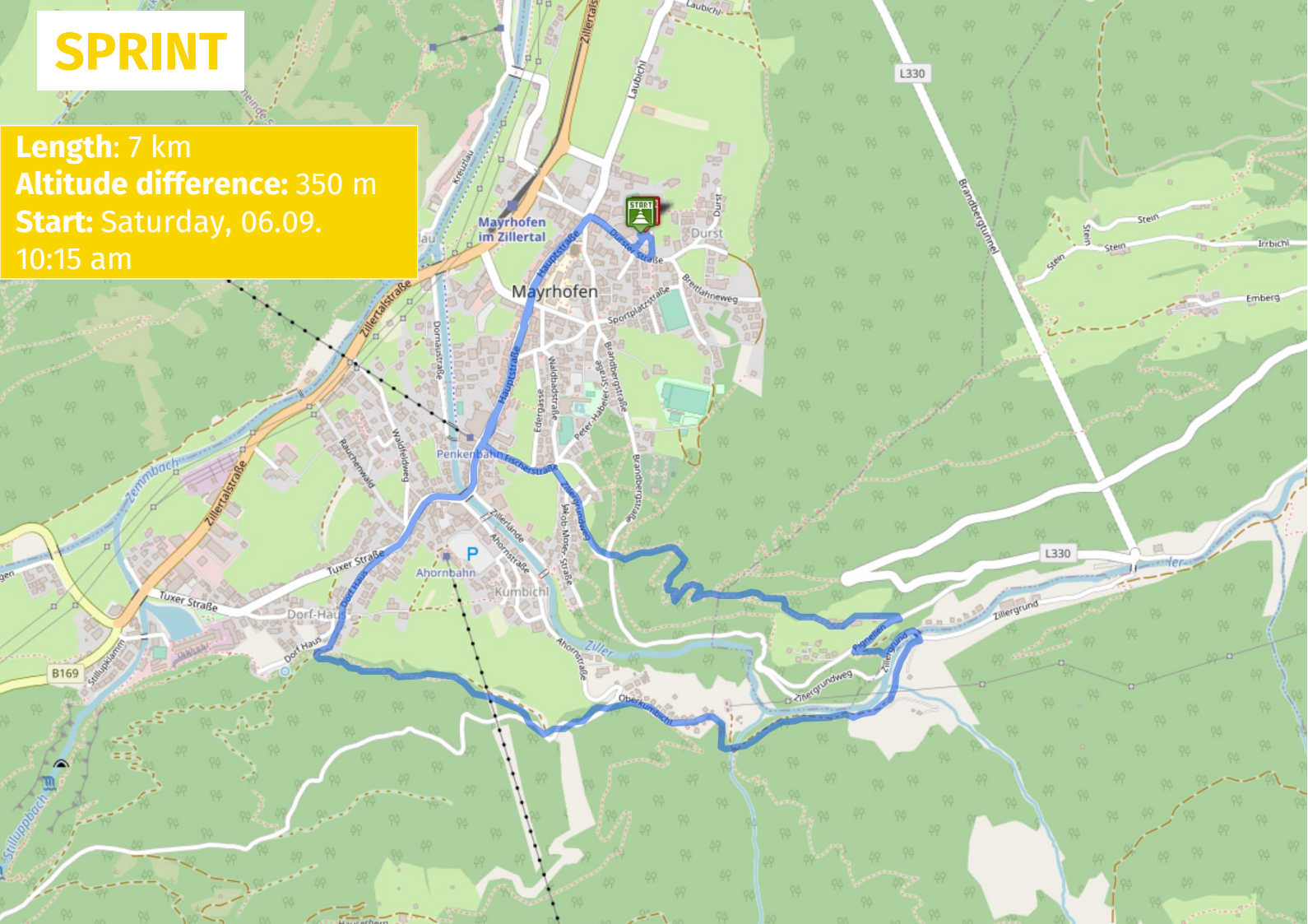
SPRINT

Length: 7 km

Altitude difference: 350 m

Start: Saturday, 06.09.

10:15 am



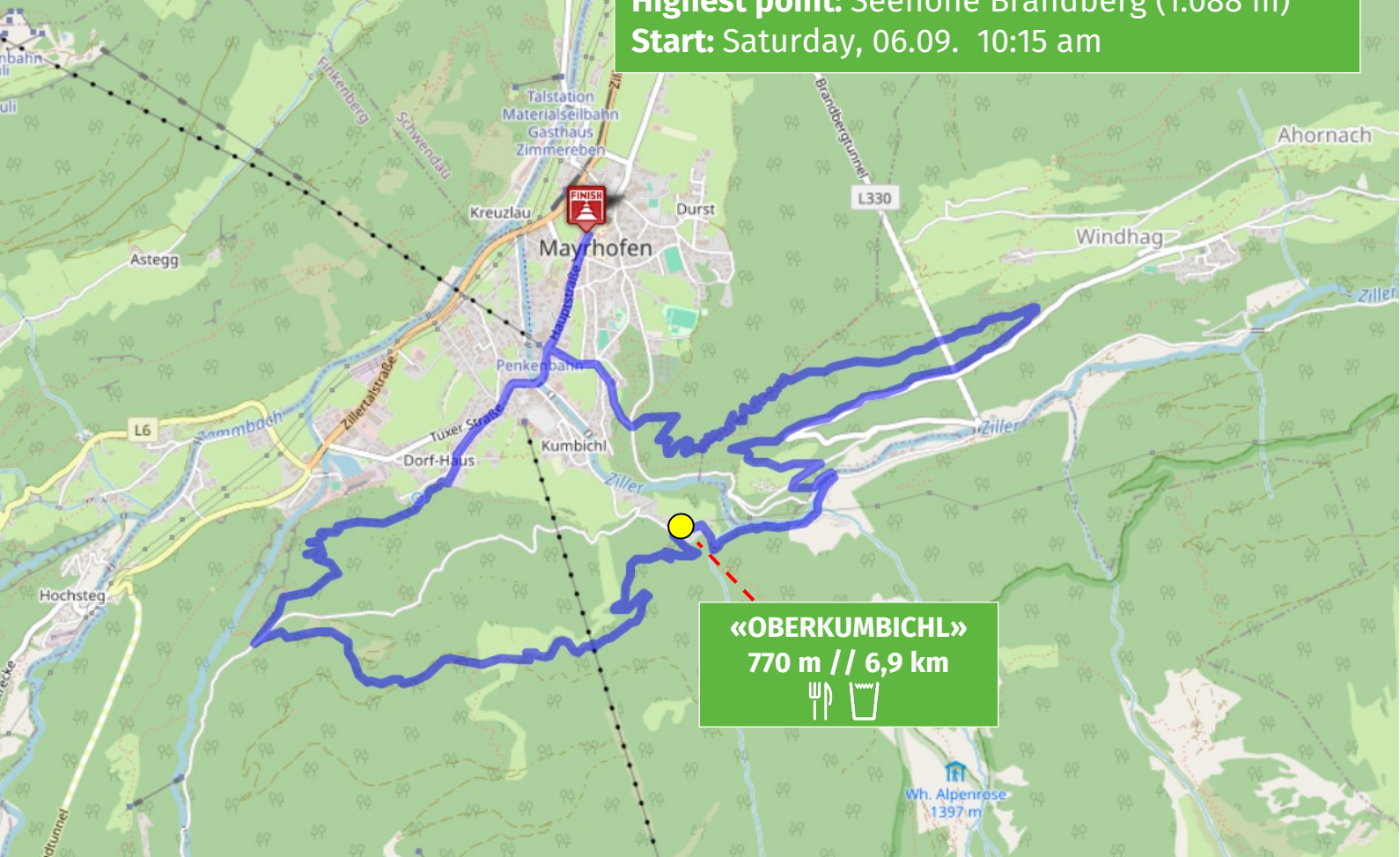
MUZ14

Length: 14,5 km

Altitude difference: 900 m

Highest point: Seehöhe Brandberg (1.088 m)

Start: Saturday, 06.09. 10:15 am



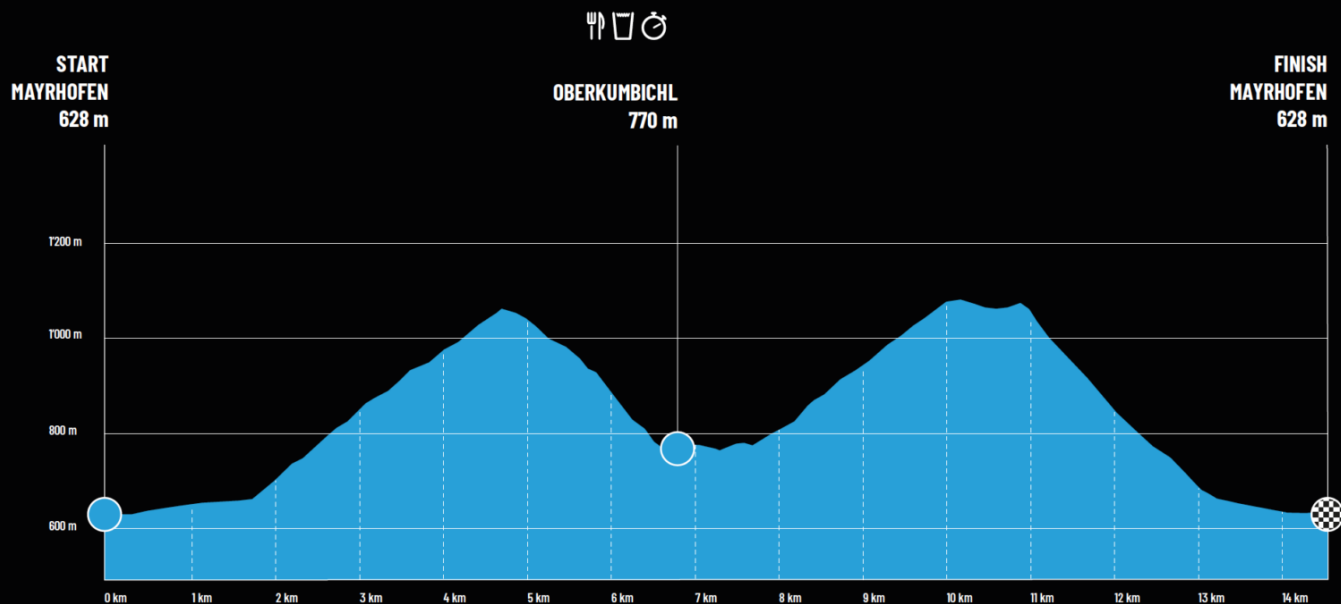
«OBERKUMBICHL»

770 m // 6,9 km



Wh. Alpenrose
1397 m

MUZ14



Our short route «MUZ14» runs through the village center along the main road in the direction of Stillupplamm and there along the moderately ascending Stillupperweg up to the Wiesenhof. This is followed by a downhill to the refreshment station, which represents the halfway point. The route continues with a short crisp climb, followed by a very runnable uphill and downhill back to the village towards the finish at the Europahaus.

MUZ30

«GRANATALM»

2.067 m // 13,6 km



«GSCHÖSSWAND»

1.767 m // 8,9 km



«ZIMMEREKEN»

854 m // 23,7 km



«ALMSTÜBERL»

1.250 m // 20,6 km



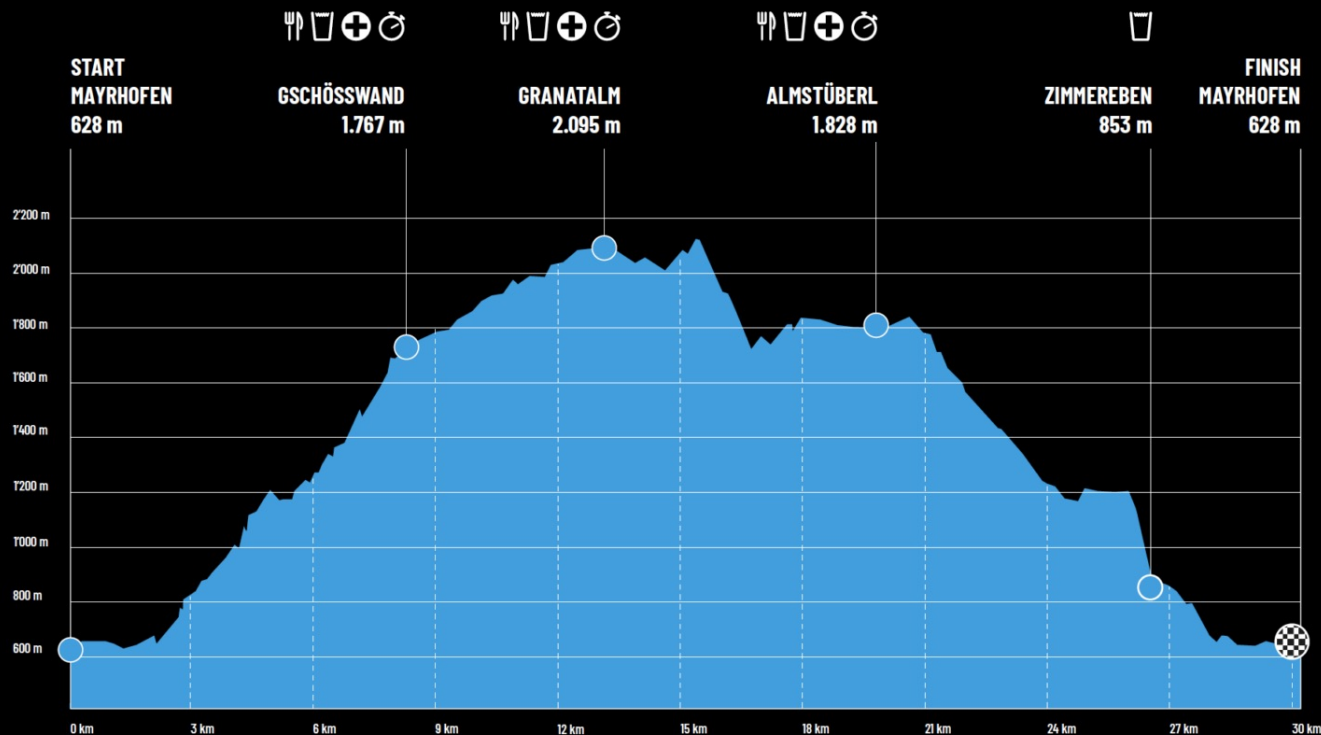
Length: 30,3 km

Altitude difference: 2.000 m

Highest point: Penken (2.089 m)

Start: Saturday, 06.09. 08:30

MUZ30



The «MUZ30» runs over the Penken and the Penkenjoch past the Granatalm to the Wanglalm. From there, no longer parallel with the RK50, a crisp downhill leads to the Moorlehrpfad. An undulating and later falling profile brings you back to the Astegg, before it then goes back to Mayrhofen.

RK50

Cutoff time
4:30 pm at
ROSWITHA

Length: 50,0 km
Altitude difference: 3.200 m
Highest point: Rastkogel (2.688 m)
Start: Saturday, 06.09. 07:00 am

«RASTKOGEI»

2.124 m // 25 km



«ROSWITHA»

1.410 m // 35,8 km



«GSCHÖSSWAND»

1.767 m // A 8,9 km / B 41 KM



«HORBERGJOCH»

2.456 m // 18 km



«GRANATALM»

2.067 m // 13,6 km

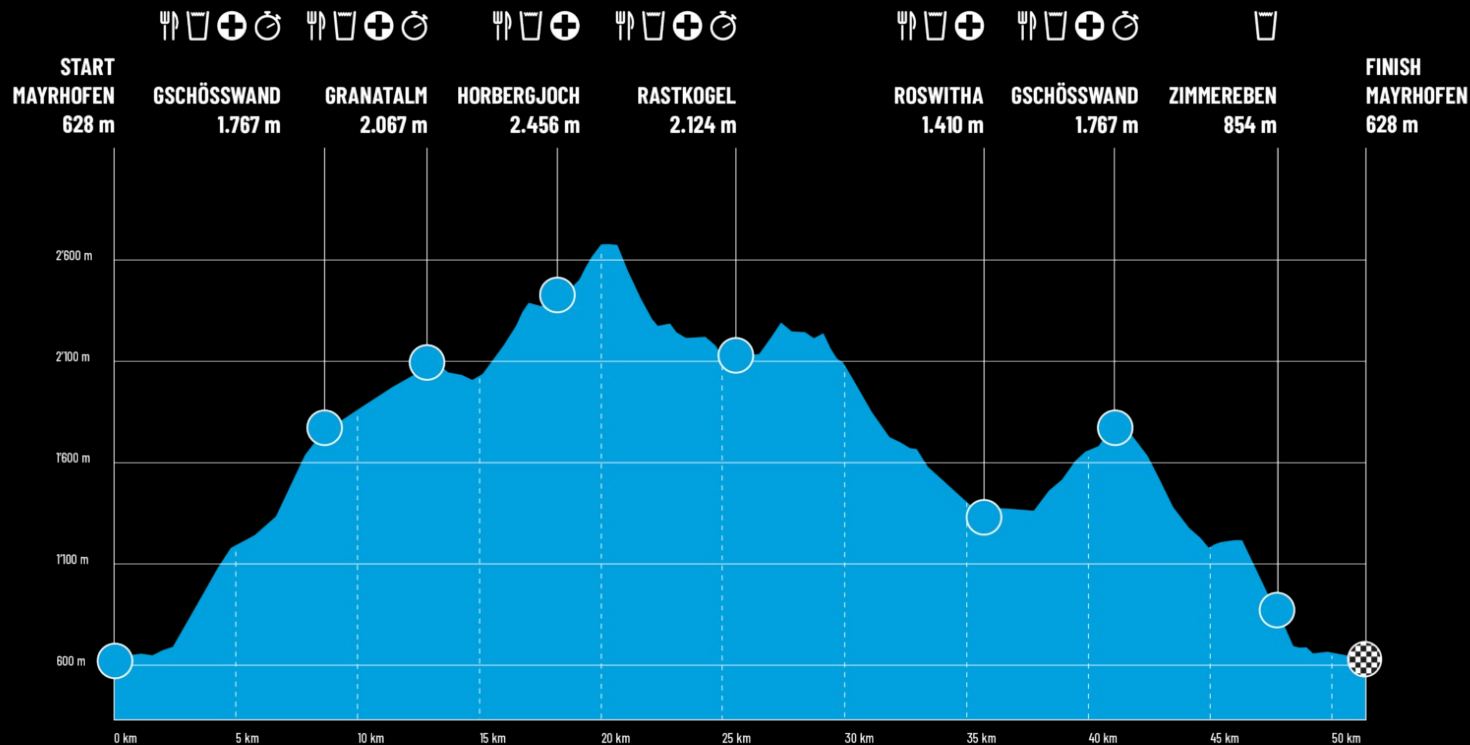


«ZIMMEREKEN»

854 m // 47 km



RK50



Across the Penken plateaus, the «RK50» leads past the Granatalm to the Rastkogel. Before reaching the summit, it descends to the Rastkogelhütte, the Kreuzjoch and the Melchboden. Over the Hochschwendberg with the Roswitha Gasthof it goes to the Gschösswand Gasthof, then down to Mayrhofen.

TAXI IN CASE OF RESIGNING

In case you drop out, we have organized taxi shuttles that will take you back to Mayrhofen from the designated pick-up points at fixed times.

Roswitha

Shuttle departs at

- 5:00 pm
- 5:30 pm
- 6:00 pm
- 6:30 pm

Pick-Up Location:

<https://maps.app.goo.gl/kb6zxdhjHPmPg8kG7>

Rastkogel

Shuttle departs at

- 5:30 pm
- 6:00 pm

Pick-Up Location:

<https://maps.app.goo.gl/V17wjLmezu3cY6gw6>

PROGRAM



EVENT - AREA

Like last year, both the start/finish area and the expo area are located directly at the Marktgemeinde Mayrhofen.

The bib distribution, Runners Briefing, Baggage drop-off and changing rooms will be at the Europahaus.
(Durster Straße 225)



THURSDAY, 04TH SEPTEMBER 2025

WHEN	WHAT	WHERE
08:00 p.m.	Runner's Briefing «Z101»	EUROPHAUS & ONLINE (AFTER PRIOR REGISTRATION BY MAIL)
afterwards	Bib distribution «Z101»	EUROPAHAUS

FRIDAY, 5TH SEPTEMBER 2025

WHEN	WHAT	WHERE
02:00 – 08:00 p.m.	Bib distribution and Pay n' Run – Registration	EUROPAHAUS 
02:00 – 08:00 p.m.	Opening Sport Expo & DJ Music	ULTRAHS ZONE 
05:00 p.m.	Start «Z101»	ULTRAHS ZONE
05:15 p.m.	Start «Mini-Ultraks»	ULTRAHS ZONE
06:30 p.m.	Runners' Briefing «TUX070»	EUROPAHAUS 
07:15 p.m.	Runners' Briefing remaining courses	EUROPAHAUS 

SATURDAY, 06TH SEPTEMBER 2025

WHEN	WHAT	WHERE
04:30 a.m.	Departure Bus shuttle «TUX070»	EUROPAHAUS ☑
05:30 a.m.	Start «TUX070»	GLACIER LIFT HINTERTUX ☑
06:00 a.m.	Bib distribution and Pay n' Run + Luggage drop-off	EUROPAHAUS ☑
07:00 a.m.	Start «RK50»	ULTRAKS ZONE ☑
08:30 a.m.	Start «MUZ30» Group A	ULTRAKS ZONE
08:35 a.m.	Start «MUZ30» Group B	ULTRAKS ZONE
09:30 a.m.	Start Ultraks FanZone powered by Mountopolis	PENKENBAHN MOUNTAIN STATION
10:00 a.m. – 07:00 p.m.	Sport Expo	ULTRAKS ZONE
10:00 a.m.	Start «Mountopolis Vertical»	ULTRAKS ZONE
from 10:00 a.m.	Music & moderation «Mountopolis Vertical»	PENKENBAHN MOUNTAIN STATION
10:15 a.m.	Start of «MUZ14» & «SPRINT»	ULTRAKS ZONE
from 10:45 a.m.	Arrival of first runners	ULTRAKS ZONE & PENKENBAHN MOUNTAIN STATION
from 11:30 a.m.	Runners Meal	ULTRAKS ZONE
from 12:00	FanZone raffle and DJ sound	PENKENBAHN MOUNTAIN STATION
05:00 p.m.	Prize Giving Ceremony	ULTRAKS ZONE
07:00 p.m.	Finish Closure all courses (except «TUX070» & «Z101»)	ULTRAKS ZONE
09:00 p.m.	Finish Closure «TUX070»	ULTRAKS ZONE
midnight	Finish Closure «Z101»	ULTRAKS ZONE

WAYFINDING



COURSE MARKING



Orange flags mark your way. They are our essential route markers and serve as an orientation aid! Typically, we place a flag every 30-50 meters. On straight stretches, the distance may be longer. Basically all flags are set in sight.

SIGNAGE



Sprint



MUZ14



MUZ30



RK50



TUX070

You can also orientate yourself by the course signs of your race.

DISTANCE FLAGS

Placed every five kilometers (*every 10km for the RK50 & TUX070*), they display the distance covered in the colours of the respective track.



«MUZ14»



«MUZ30»



«RK50»



«TUX070»

“TO GO” FLAGS



1 km to go

"TO GO" flags indicate the distance to the finish line. They are placed 4, 2 and 1 km before arrival.

COURSE CHANGES

The organizers have the right to change the route or cancel the race in case of unfavorable weather conditions.

PROCEDURE FOR RACE ABANDONMENT

1. INFORM

Inform the Race Office immediately by SMS or WhatsApp to:

+43 664 99954993 with the following information:

- your bib number
- your name
- your position

or inform a course marshal (orange vest).

2. TAKING OFF THE RACE BIB

To avoid mistakes, it is important to take off your race number after the race and put it in your pocket.



EQUIPMENT & SAFETY

RECOMMENDED EQUIPMENT

- Cell phone with saved emergency number:
+43 664 99954993
- waterproof running jacket, long sleeve shirt
- Emergency blanket
- spare water (0,5L)
- Softflask and Softcup
- Poles (allowed on all courses)

BIB FUNCTIONS



Voucher for
Runner's Meal

Voucher for
Runner's Drink

Entry to the
Erlebnisbad
Mayrhofen on
the event day

BIBS

«SPRINT»

6. SEPT 2025

SALOMON

MAYRHOFEN ULTRAKS ZILLERTAL

SHOWER

@ Erlebnisbad Mayrhofen Waldbadstr. 539

«MUZ14»

6. SEPT 2025

SALOMON

MAYRHOFEN ULTRAKS ZILLERTAL

VOUCHER RUNNER'S MEAL

VOUCHER RUNNER'S DRINK

SHOWER

@ Erlebnisbad Mayrhofen Waldbadstr. 539

«MUZ30»

6. SEPT 2025

SALOMON

MAYRHOFEN ULTRAKS ZILLERTAL

VOUCHER RUNNER'S MEAL

VOUCHER RUNNER'S DRINK

SHOWER

@ Erlebnisbad Mayrhofen Waldbadstr. 539

«RK50»

6. SEPT 2025

SALOMON

MAYRHOFEN ULTRAKS ZILLERTAL

RUNNER'S MEAL

RUNNER'S DRINK

TUX070

6. SEPT 2025

SALOMON

MAYRHOFEN ULTRAKS ZILLERTAL

RUNNER'S MEAL

RUNNER'S DRINK

Z101

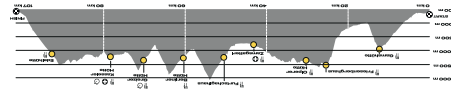
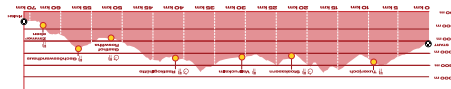
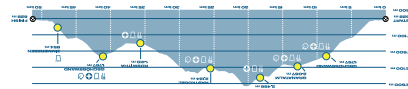
5. SEPT 2025

SALOMON

MAYRHOFEN ULTRAKS ZILLERTAL

RUNNER'S MEAL

RUNNER'S DRINK



MOUNTAIN RESCUE

The Mayrhofen Mountain Rescue is responsible for safety along the routes. Their fixed positions are located here:

- Start & Finish Mayrhofen
- Oberkumbichl
- Gschösswand
- Granatalm
- Rastkogelhütte
- Roswitha
- Zimmereben

In case of injury or other emergency, please contact the following number:

Mountain rescue: **+43 664 88 59 81 67** (Andreas Eder)

FOOD STATIONS



FOOD-STATIONS MUZ14

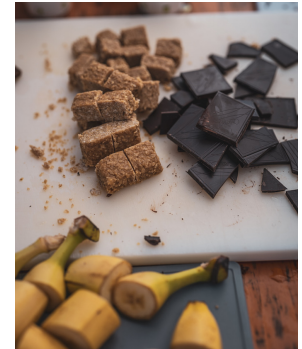
	OBERKUMBICHL	MAYRHOFEN (FINISH)
SOLID		
Oranges / Orangen	X	X
Bananas / Bananen	X	X
Watermelon / Wassermelone		X
Cucumbers / Gurken	X	X
Chocolate / Schokolade	X	X
TUC biscuits / TUC Kekse	X	X
Cake		X
LIQUID		
Isotonic Getränk	X	X
Water / Wasser	X	X

Bars and gels must be labeled with your race number!



FOOD-STATIONS MUZ30

	GSCHÖSSWAND	GRANATALM	ALMSTÜBERL	ZIMMEREKEN	MAYRHOFEN (FINISH)
SOLID					
Energy Bars (MNSTRY)	X	X	x		
Oranges / Orangen	X		X		X
Bananas / Bananen	X	X	X		X
Watermelon / Wassermelone	X		X		X
Cucumbers / Gurken	X		X		X
Chocolate / Schokolade	X	X	X	X	X
Biscuits / Kekse	X	X	X	X	X
Cake					X
LIQUID					
Vegetables Broth / Gemüsebrühe		X			
Isotonic Getränk	X	X	x	X	X
Water / Wasser	X	X	X	X	X
Cola / Coke		X			X
Red Bull	X	X	X	X	X



Bars and gels
must be
labeled with
your race
number!

FOOD-STATIONS RK50

	GSCHÖSSWAND	GRANATALM	HORGBERGJOCH	RASTKOGELHÜTTE	ROSWITHA	ZIMMEREBEN	MAYRHOFEN (FINISH)
SOLID							
Energy Bars (MNSTRY)	X	X	X	X	X		X
Oranges / Orangen	X		X	X	X		X
Bananas / Bananen	X	X	X	X	X		X
Watermelon / Wassermelone	X		X	X	X		X
Cucumbers / Gurken	X		X	X	X		X
Chocolate / Schokolade	X	X	X			X	X
Biscuits / Kekse	X	X	X	X	X	X	X
Cake							X
LIQUID							
Vegetables Broth / Gemüsebrühe		X		X	X		
Isotonic Drink / Isotonisches Getränk	X	X	X	X	X	X	X
Water / Wasser	X	X	X	X	X	X	X
Coke / Cola		X	X	X	X		
Apple Juice / Apfelschorle				X	X		
Red Bull	X	X	X	X	X	X	X

Bars and gels must be labeled with your race number!

MNSTRY

OFFICIAL NUTRITION PARTNER



BLOGPOST: [RECOMMENDED FUELING STRATEGY FOR MAYRHOFEN ULTRAKS](#)



 MNSTRY

AFTER THE FINISH

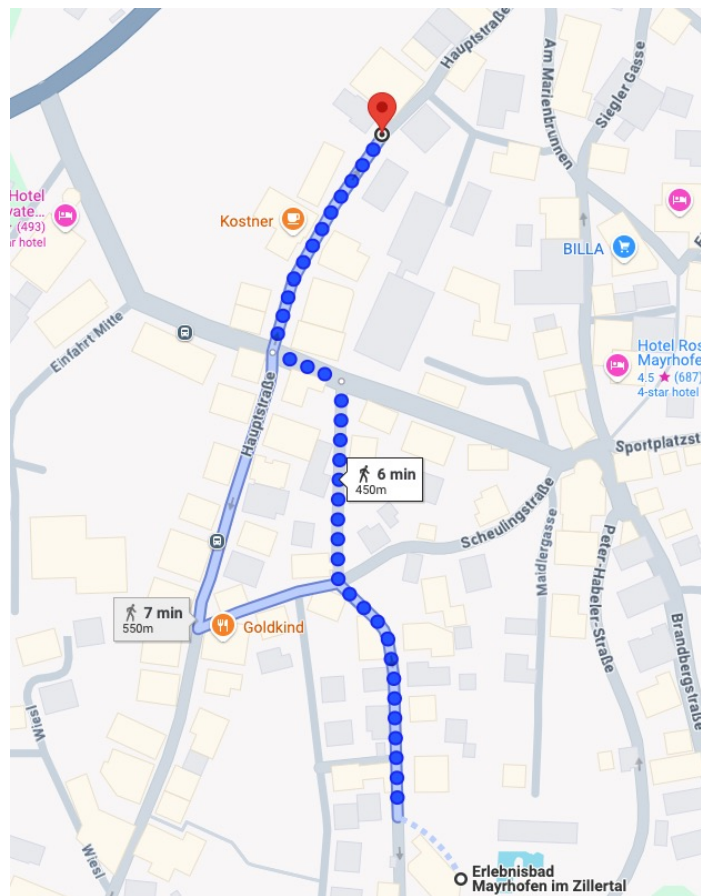


SHOWER

- Showers are located in the **Erlebnisbad Mayrhofen**, Waldbadstraße 539. They are closed at 08:00 pm.
- You can reach the showers within 6 min walking distance.
- Take the bib number with you to enter.

RUNNER'S MEAL

- You can enjoy your Runner's Meal after the race in the Event Area with your voucher on your bib.



ULTRAHS ZONE

In the Ultraks Zone we offer you and all companions a varied entertainment program. On the LED wall you can follow the races live via GPS tracking and live camera images.

The hosts Marco Tscharnig, Lukas Edenhauser and DJ Max will ensure a good vibe!



FURTHER INFORMATION



GPS TRACKING APP



SO GEHTS:

1. Download "TIME2WIN GPS TIMING" - App



Die App kann ohne dem Pairing auch für Verfolger des Bewerbes verwendet werden.

APP KEY ULTRAKS MAYRHOFEN:
X3KHVO

2. Öffne die "TIME2WIN GPS TIMING"-App / Open the App

a) Klicke einfach den verlinkten App Key aus dem Infomail der Veranstaltung auf deinem Smartphone.

Alternativ wird oftmals auch vor Ort ein QR Code des App Keys bereitgestellt, auch hiermit kannst du dich für das Tracking einloggen.

b) Du hast den App-Key-Link nicht auf deinem Smartphone verfügbar? Kein Problem - gib den 6-stelligen App Key einfach in die Suchleiste auf der Startseite in der App ein und gib Name und Startnummer ein - Bestätigen - Fertig.

APP KEY ULTRAKS MAYRHOFEN: **X3KHVO**

c) Starte dein Tracking

Du hast dich erfolgreich eingeloggt - Dann einfach innerhalb der letzten 30 Minuten vor dem Start auf den START-Button drücken: 3,2,1 ... los gehts.

!WICHTIG: Damit die App deine Bewegung aufzeichnen kann, darf kein Stromsparmodus aktiv sein oder nach Abschalten des Displays aktiv werden, der das GPS abschaltet. Natürlich muss die Standortfreigabe für diese App freigegeben sein.

SOCIAL MEDIA

Feel free to tag @mayrhofenultraks in your stories and posts!



LIVE-STREAM

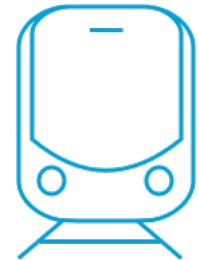
<https://streamster.tv/events/ultraks-mayrhofen-2025/>

LAST MINUTE INFORMATION

"Last minute information" is on our social media channels or on our website (www.mayrhofen.ultraks.com).

ARRIVAL BY TRAIN

- From Jenbach train station (express train station) you can take the Zillertalbahn or the buses to Mayrhofen every half hour.
- Via the ICE hub in Munich, travelers from e.g. Hamburg, Berlin, Cologne or Frankfurt can also reach Jenbach quickly and easily.



ARRIVAL BY CAR

- Carpools are welcome 😊
- Parking options:
 - Parkhaus Sozialzentrum
 - Parkplatz Kumbichel (Ahornstraße 865)
 - Busparkplatz Einfahrt Mitte (Einfahrt Mitte 427)
 - Horbergbahn (kostenlos)
 - Ahornbahn
 - Europahaus



PARKING HORBERGBAHN

- Free parking at Horbergbahn (24/7)
- <https://maps.app.google.com/maps/@47.2583333,10.8333333,15t/data=!3m1!1e3!3m1!1sDajkVTcds9xQSvDH8>
- About 3km away from Mayrhofen
- From there, hourly bus transfer to Mayrhofen (Schwendau-Mayrhofen, see picture)

8327



Ramsau i.Z. – Hippach – Schwendau – Burgstall – Mayrhofen

Gültig ab 01.05.2024 bis 05.12.2024

	Täglich										
Verkehrshinweis	1, a										
Ramsau i.Z. Bahnhof (A)	07:00	07:30	08:30	09:30	10:30	14:30	15:30	16:30	17:30	18:30	
Hippach Cafe Kroll		07:31	08:31	09:31	10:31	14:31	15:31	16:31	17:31	18:31	
Hofle Eiche		07:31	08:31	09:31	10:31	14:31	15:31	16:31	17:31	18:31	
Zeilbergeben Hotel Zapfenhof	06:53	07:34	08:34	09:34	10:34	14:34	15:34	16:34	17:34	18:34	
Laimach Talbach	06:54	07:35	08:35	09:35	10:35	14:35	15:35	16:35	17:35	18:35	
Gh Hubertus	06:56	07:36	08:36	09:36	10:36	14:36	15:36	16:36	17:36	18:36	
Hippach Tischlerei Haberl	06:58	07:37	08:37	09:37	10:37	14:37	15:37	16:37	17:37	18:37	
Umfahrungsstraße		07:38	08:38	09:38	10:38	14:38	15:38	16:38	17:38	18:38	
Schwendau Pfarramt		07:40	08:40	09:40	10:40	14:40	15:40	16:40	17:40	18:40	
Drei Linden		07:41	08:41	09:41	10:41	14:41	15:41	16:41	17:41	18:41	
Dorfbrunnen		07:43	08:43	09:43	10:43	14:43	15:43	16:43	17:43	18:43	
Horbergbahn	06:46	07:45	08:45	09:45	10:45	14:45	15:45	16:45	17:45	18:45	
Mühlbach Sidan	06:46	07:45	08:45	09:45	10:45	14:45	15:45	16:45	17:45	18:45	
Burgstall Neuburgstall	06:45	07:46	08:46	09:46	10:46	14:46	15:46	16:46	17:46	18:46	
Feuerwehr	06:44	07:47	08:47	09:47	10:47	14:47	15:47	16:47	17:47	18:47	
Schrofenblick	06:43	07:48	08:48	09:48	10:48	14:48	15:48	16:48	17:48	18:48	
Gh Zillertal		07:49	08:49	09:49	10:49	14:49	15:49	16:49	17:49	18:49	
Mayrhofen Bahnhof (B)	06:40	07:50	08:50	09:50	10:50	14:50	15:50	16:50	17:50	18:50	
ZB1 nach Jenbach	ab	08:19	09:19	10:19	11:19	15:19	16:19	17:19	18:19	19:12	

1 Montag bis Freitag, wenn Schultag in Tirol a Bus fährt Haltestellen in anderer Reihenfolge an

Zillertaler Verkehrsbetriebe AG, +43 5244 6060



FANTICKET & FANZONE

The Mayrhofner Bergbahnen offer a Mayrhofen Ultraks FanTicket for fans and family.

With discounted prices you get to the following stations:

MUZ30, RK50 and TUX070 "Gschösswandhaus and Granatalm".

In the Ultraks FanZone powered by Mountopolis will be the finish line of the Mountopolis Vertical. The FanZone is directly at the mountain station of the Penkenbahn.

More information and ticket booking can be found at:

<https://www.mayrhofen.at/de/pages/mayrhofen-ultraks-fanticket>

MAYRHOFEN
ULTRAKS ZILLERTAL

ULTRAKS FANZONE

POWERED BY MOUNTOPOLIS

DJ-SOUND, DRINKS & PURE ACTION

📍 PENKENBAHN BERGSTATION

📅 06. SEPTEMBER 2025 ⌚ AB 09.30 UHR

LIVE GEWINNSPIEL!

VOR ORT ANMELDEN &
MEGA PREISE GEWINNEN!



MOUNTOPOLIS



SALOMON

evil eye



SPORTOGRAF



- As official photo partner [sportograf.com](https://www.sportograf.com) is at your service. They will capture the best pictures and memories of the Mayrhofen Ultraks Zillertal for you.
- You can purchase your individual photos based on your race number at a reasonable price after the race.
- You will find all photos quickly after the event here: <https://www.sportograf.com/de/event/14045>





We wish you a great and successful run.
Have fun and take care of your fellow runners!