



ULTRA X TANZANIA RACE INFORMATION PACK

23-27 FEB 2026

3.06°S/37.35°E

ULTRA-X.CO



UTMB® INDEX

100K M

RACE OVERVIEW

Ultra X Tanzania is a multi-stage ultra marathon that takes place over five days in the in the stunning scenic and seldom travelled backcountry of northern Tanzania around Mount Kilimanjaro.

Competitors can expect to climb part way up the bucket list mountain Kilimanjaro, the tallest free-standing mountain in the world, whilst also covering savannah, forest and running around lakes filled with wildlife over the 5 days.

Each day from Monday to Friday involves one stage, which will range between 30km and 60km. There are checkpoints stationed approximately 10km apart where competitors can access water, shelter, and if necessary medical support. Each night competitors will camp in locations chosen to showcase the very best of the local area, where they can enjoy osteopathy/physiotherapy treatment, medical care and hot water.

After the final stage on Friday, participants will have a chance to enjoy their first taste of 'real food' that week, as the race organisers host a big BBQ around the campfire. The prize giving and awards ceremony also takes place as well as some local entertainment. The last night at Lake Chala will be one to remember.

Ultra X Tanzania is a UTMB® Index Race in the 100K category

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KEY INFORMATION

For the full race rules and regulations, see our [Terms & Conditions](#).

Arrivals:

We advise participants arrive into Kilimanjaro International Airport (JRO) on or before Saturday 21st February. Participants are responsible for transferring themselves to their accommodation, although an airport transfer service will be offered as an add on.

Race start:

The Race Hotel (Weru Weru River Lodge) is based in the town of Moshi which is approximately a 45 minute journey from the airport.

There will be the option to book accommodation on Friday 20th, Saturday 21st February before the race and Saturday 28th February after the race. This can be done through the Ultra X registration platform [RaceSpace](#).

Race briefing and kit checks:

The welcome and race briefing will take place at 09:00 in the conference room at the race hotel on Sunday morning. All participants must attend. This will be followed by kit checks and baggage weighing. Participants will have the option of leaving a main travel bag at the race hotel for the duration of the week for anything they won't need. The transport will then depart for Namalok Nature Reserve where the first campsite is located.

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MAP OF KEY RACE LANDMARKS

42 MINS
32.7 KM

WERU WERU RIVER LODGE

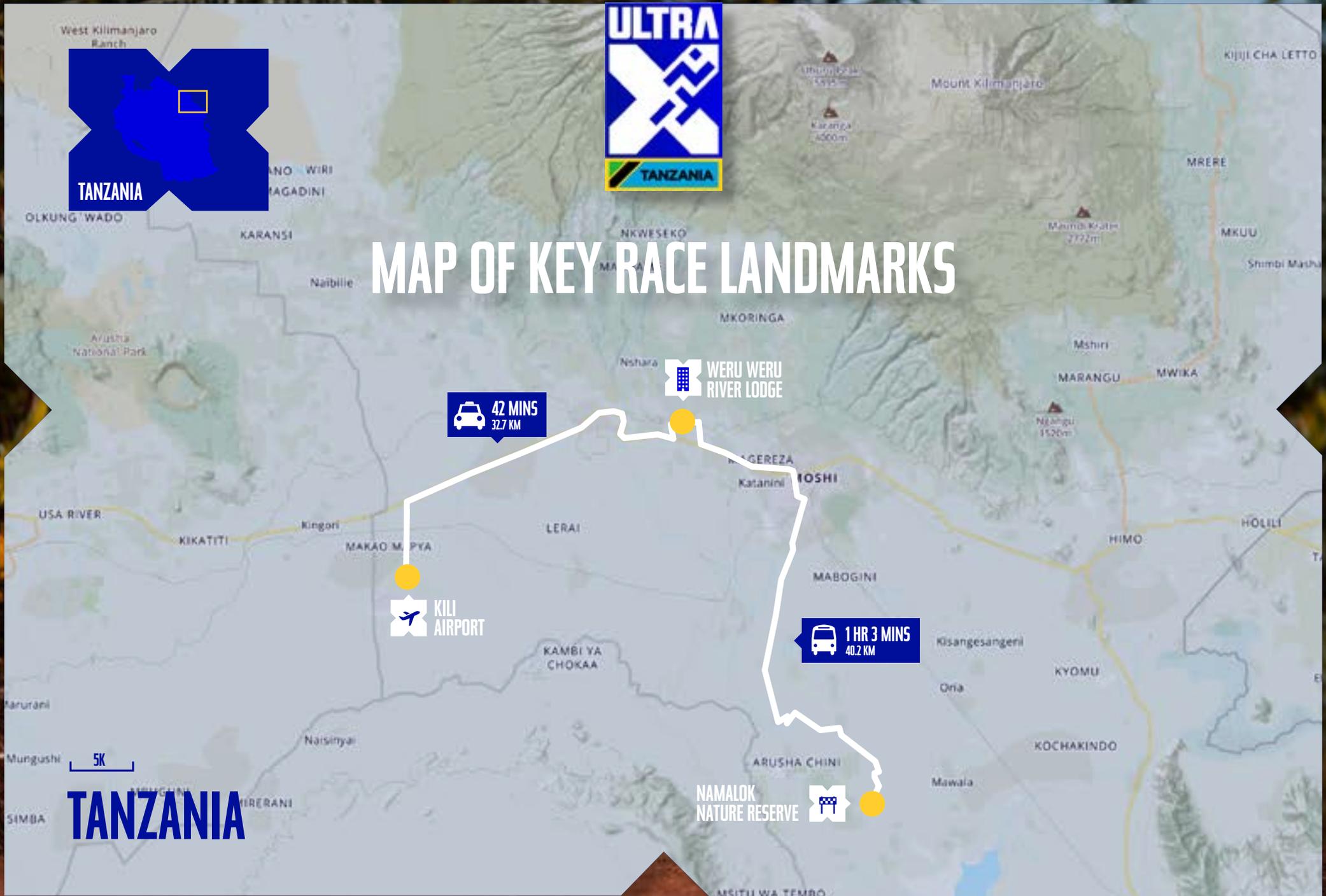
KILI AIRPORT

1 HR 3 MINS
40.2 KM

NAMALOK NATURE RESERVE

5K

TANZANIA



ITINERARY

Sunday 22nd Feb

The welcome and race briefing will be taking place at 09:00 at the race hotel. This will be followed by mandatory kit checks and baggage weighing. The transport will then depart for Namalok Nature Reserve, the location of the first campsite, where participants will have plenty of time to relax prior to the first stage.

Race Week

Monday 23rd Feb - 31km

Tuesday 24th Feb - 48km

Wednesday 25th Feb - 58km

Thursday 26th Feb - 48km

Friday 27th Feb - 39km

On Friday evening after the race, the organisers host a big BBQ where the prize giving and awards ceremony also takes place.

Saturday 28th Feb

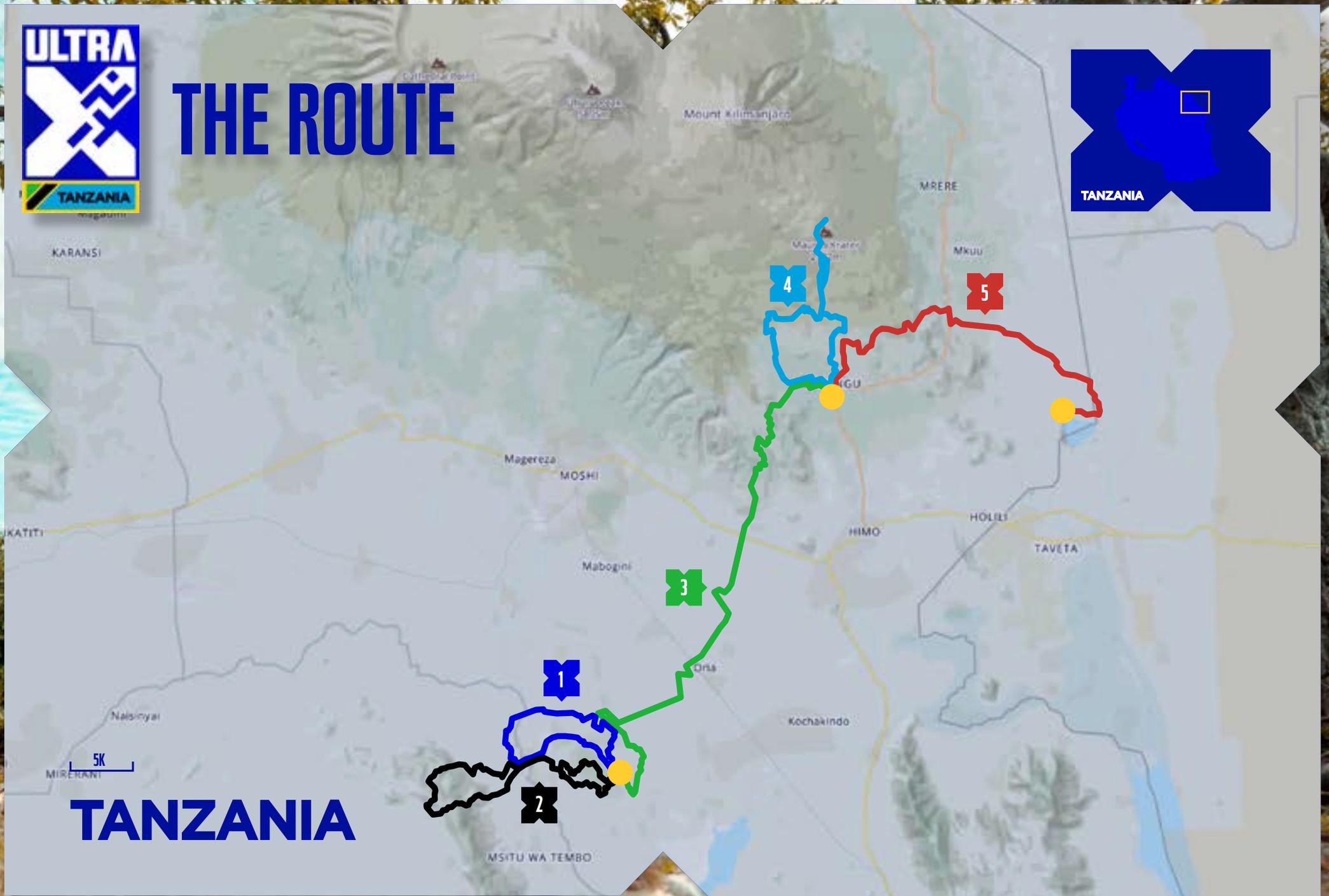
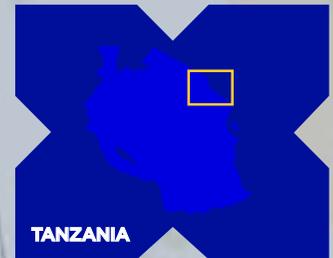
On Saturday morning a breakfast feast will be available to purchase or there will be the use of hot water for dehydrated meals. All competitors will then be provided transported back to the race hotel in Moshi (90mins). For those with flights on Saturday we recommend not booking a flight departing before 16:00.



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THE ROUTE



TANZANIA

CAMPING

The living accommodation consists of two person tents. Participants must bring their own sleeping bags but mattresses are provided.

Competitors will be allocated tents at random by gender, unless specifically requested to share (a form will be sent out in the build up to the race).

Showers and electricity are available at each campsite for competitors to use.

VIP and Single Supplement Tents:

If participants would prefer to have their own tent, then this can be booked this additionally via [Racespace](#). For 2026, we are also offering the option for competitors to purchase VIP tents. VIP tents are walk-in tents with a sleeping cot, mattress, pillow, sheet and duvet with a floor mat and chairs. VIP tents can be shared by two persons.

Although competitors must carry essential safety equipment (such as water bottles, daily nutrition, etc) in their running packs, their race holdall (containing sleeping equipment, clothing, meals etc) is transported between each campsite by the organisers.

FOOD & COOKING

There is no cooking with gas allowed during Ultra X events.

For food, the organisers will provide hot water with which participants can rehydrate their dehydrated meals. Hot water will be available at camp two hours before the scheduled race start each day and after the finish each day.

For 2026 competitors can select to have two meals per race day (Monday-Friday) provided as part of their race package. Meals will be cooked in the bush and cater to all dietary requirements.



CUT-OFFS

Exact cut-offs will be communicated to competitors before each stage of the race. Participants must have departed the checkpoint before the cut-off time, or they will not be allowed to continue.

We want everyone to finish the race whilst enjoying the scenery. We therefore have generous time allowances of 2.5 hours for every 10km for the flatter stages of the event and up to 3 hours per 10km for other sections.

DROP OUTS

This is an extreme event and voluntary or imposed withdrawal does happen. This is taken seriously and handled with great respect by the race organisation.

Participants may withdraw from the event at any time. Any competitor who wishes to stop their race must inform the organisation at Race HQ and hand in their bib number and tracker before departing.

Should a participant retire or be withdrawn from the event, all additional costs incurred (accommodation, transfers, food, etc) must be covered by the participant.

If you cannot finish a stage (as long as you are cleared by the medical team) you may start the following day's stage. However, you will not receive a rank or medal. If you cannot finish a second stage your race will be over.

INSURANCE

Personal insurance that covers ultramarathon trail running is required to participate in this event. It is the responsibility of the individual to check that they have adequate cover (most standard travel insurance policies do not include ultramarathon running). This must cover you fully against the costs of hospitalisation, medical care and repatriation if you were not able to continue the Race, including the cost of air or other forms of evacuation and / or repatriation should sickness or injury necessitate such a course of action.

It is important to note and declare when obtaining insurance that the race reaches a maximum height of 2,762m above sea level.

There are several insurance companies that offer ultramarathon trail running cover. We recommend:

ITRA Insurance
The British Mountaineering Council
Mann Broadbent

CLIMATE

February is the short dry season in the area and is typically the warmest time of year with low annual precipitation rates. The area doesn't experience wide temperature changes from season to season due to its proximity to the equator. Runners can expect a range of between 19°C-34°C during each day.

ANIMALS

Animals are a mild safety risk in Tanzania. Snakes and crocodiles live in the area but will always avoid humans when possible. Our experienced expedition support team and local partners take all necessary precautions to keep competitors safe.



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BAGS & RACE HOLDALLS

Main travel bag (25kg): This main travel bag will be left at the race hotel and will contain any clothing and travel items that are not required during the race. Once departed for Namalok on Sunday, participants will not have access to this travel bag until arriving back on Saturday afternoon after the race.

Race holdall (20kg): This will be transported between camps by the race organisers and should contain everything required for the entirety of the race. Participants will have access to their race holdalls in the campsite after each stage. It must be a waterproof holdall bag and must not exceed 20kg. Holdalls weighing more than 20kg will not be allowed on the coaches when we depart for the first campsite. They will be weighed. Any items which are attached to the outside of the bag or sticking out will not be transported to the first campsite.

Running pack: This is the bag participants will carry each day whilst running. Running packs must fit inside the 20kg race holdall when travelling from the race hotel to the start line. Running packs must also be large enough to carry the mandatory items on the kit list.

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MEDAL RIBBONS

All finishers will receive a race medal. Different medal ribbons will be awarded based upon the finishing times outlined below. Those that do not want a medal will be able to opt-out at race registration and have a tree planted instead.

As part of our [Sustainability Policy](#), the Green Ribbon will be awarded to the competitor that displays the highest commitment to reducing their environmental impact both in preparation for and during the race (as determined by the organisers).



Black Ribbon
Under 26 hours



White Ribbon
Under 31 hours



Blue Ribbon
Over 31 hours



Green Ribbon
Environmental award



MANAGING YOUR BOOKING

Racespace is the registration platform we use where participants sign up and can manage their booking from.

In order to manage your booking, log on to your Racespace account and navigate to [My Entries](#).

It is here that you can see all races that you are signed up to and add extras to a race (such as hotel bookings or airport transfers) using the Entry Actions button.

In order to see what you have previously purchased, the My Receipts tab on the My Entries page will display all previous purchases.

If there are any other issues, then try the [Racespace support page](#) which will hopefully answer your question. If not then feel free to get in touch.

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RACE RULES

No. Rule

1.	There will be no unofficial runner (i.e pacers).
2.	Runners must be completely aware of the length and specificity of the event and be prepared for it. It is the runners responsibility to be stay up to date with the event information as is emailed to competitors and published on the event webpage.
3.	Each runners bib number must be worn on the front of the body and must be easily visible at all times.
4.	Runners must always follow the marked trail/course.
5.	Each runner must complete the entire course under their own power.
6.	Runners may not store supplies of any kind along the trail. E.g drop bag
7.	Each runner must be checked IN to all aid stations. You will be disqualified if your time is not registered at every aid station.
8.	Cut-off times will be strictly enforced. Runners leaving any aid station after the cut off will not be listed as official finishers and will not be eligible for awards.
9.	Injection of PEDs or Fluids/IVs by non-official race medical personnel will result in disqualification.
10.	Littering of any kind will result in immediate disqualification. Please respect the natural beauty of our trails and the right of everyone to enjoy them. Littering will threaten our use of the trails and the future of the race.

No. Rule

11.	Any runner who is unable to finish the race must personally inform the aid station captain of the nearest checkpoint of their decision to withdraw. This serves as official notice of a runner's withdrawal from the race. Runners who leave the course without turning in their number will be classified as "lost," initiating search and rescue.
12.	Runners are responsible for the actions of any supporters. If your supporter are deemed to have broken any of the runner race rules the runner will be held accountable. Your supporters act on YOUR behalf and based on YOUR instructions.
13.	Runners must carry with them AT ALL TIMES the mandatory equipment required.
14.	There will be mandatory gear checks at the start, on route, or at the finish. Failure to comply with the gear checks will result in disqualification.
15.	Runners are not to be accompanied by dogs at any time whilst on course.
16.	Any athlete who has been determined to have violated anti-doping rules at any time - through IAAF, the World Anti-Doping Agency, UK Anti Doping or any other National Sports Federation is ineligible for entry into any of our events. We reserve the right to conduct pre and post-competition testing for any and all performance-enhancing drugs (PEDs) listed on the current WADA Prohibited List. Any athlete who refuses to submit to anti-doping controls, if selected for testing, shall be disqualified and subject to a lifetime ban from our events.
17.	Runners must not be crewed in any way at this event.
18.	Runners must at all times comply with any instruction given by race management, staff and volunteers.

*All race rules above will be subject to Ultra X penalty and disqualification guidelines found in our Terms and Conditions [here](#), Clause 22.



**YOU CAN DO SO MUCH MORE
THAN YOU THINK YOU CAN**

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