

February
26 27 28
TERRAS DO ANCIÃO ULTRA TRAIL

TAI

THE RACE BE PART OF IT!

*The paths of extraordinary natural beauty
are not easy, but the trails and landscapes
are well worth the effort.*

ANCIÃO



P O R T U G A L









THE RACE BE PART OF IT!

*Where every trail leads to discovery,
and every athlete celebrates the indomitable
human spirit...*

*...it's an epic adventure that will push your
endurance and ignite your passion for ultra
running across breathtaking landscapes of
our region!*

TAUT

TATJ

RACE MENU

13K, 20K, 35K, 62K, 100K, 100M and the Special Edition 150 Miles



WHY?

TERRAS DO ANCIÃO ULTRA TRAIL



Choose your challenge!



THE RACE BE PART OF IT!

WORLD CLASS STAGE

*Built with leading brands
and sport professionals worldwide.*

EPIC COURSES

*Diverse, technical, and scenic—crafted
to test and inspire.*

CULTURAL HEARTBEAT

*Racing that showcases our region's
heritage and community.*

GLOBAL FIELD

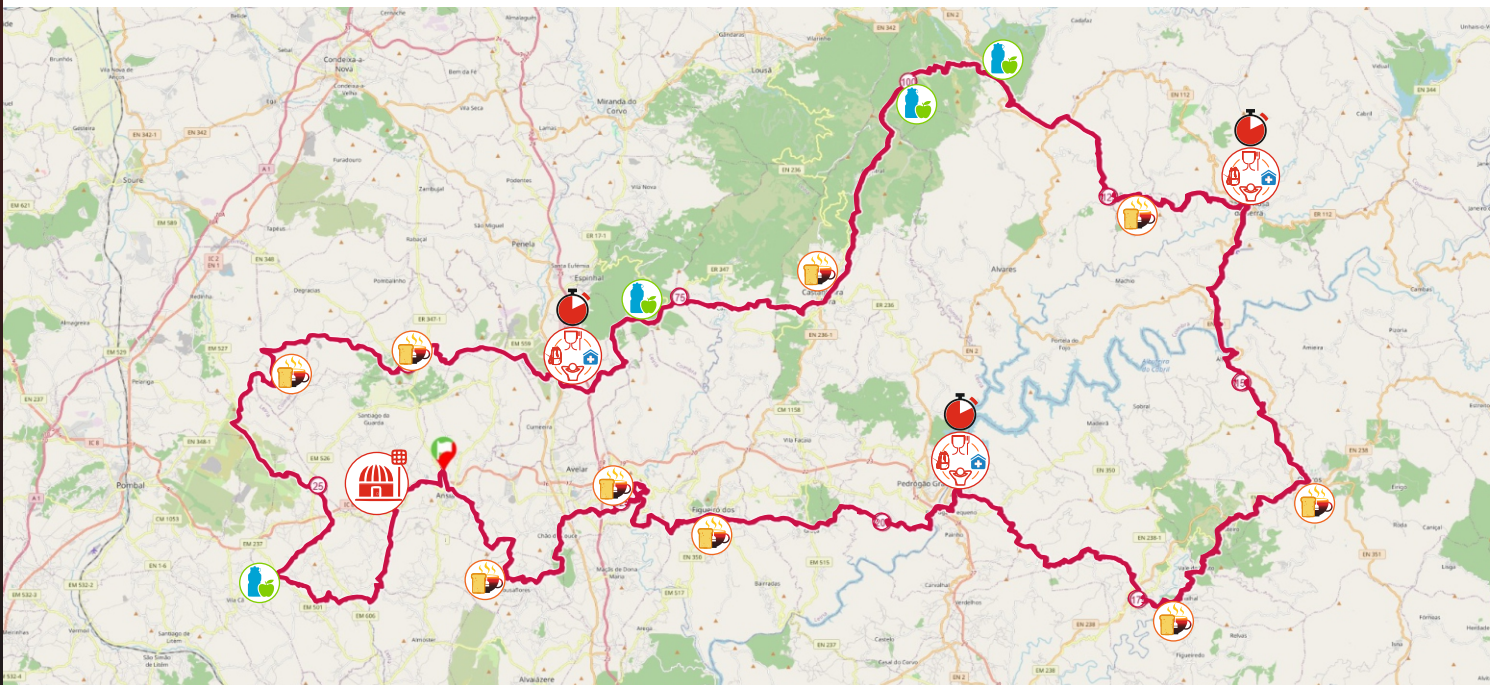
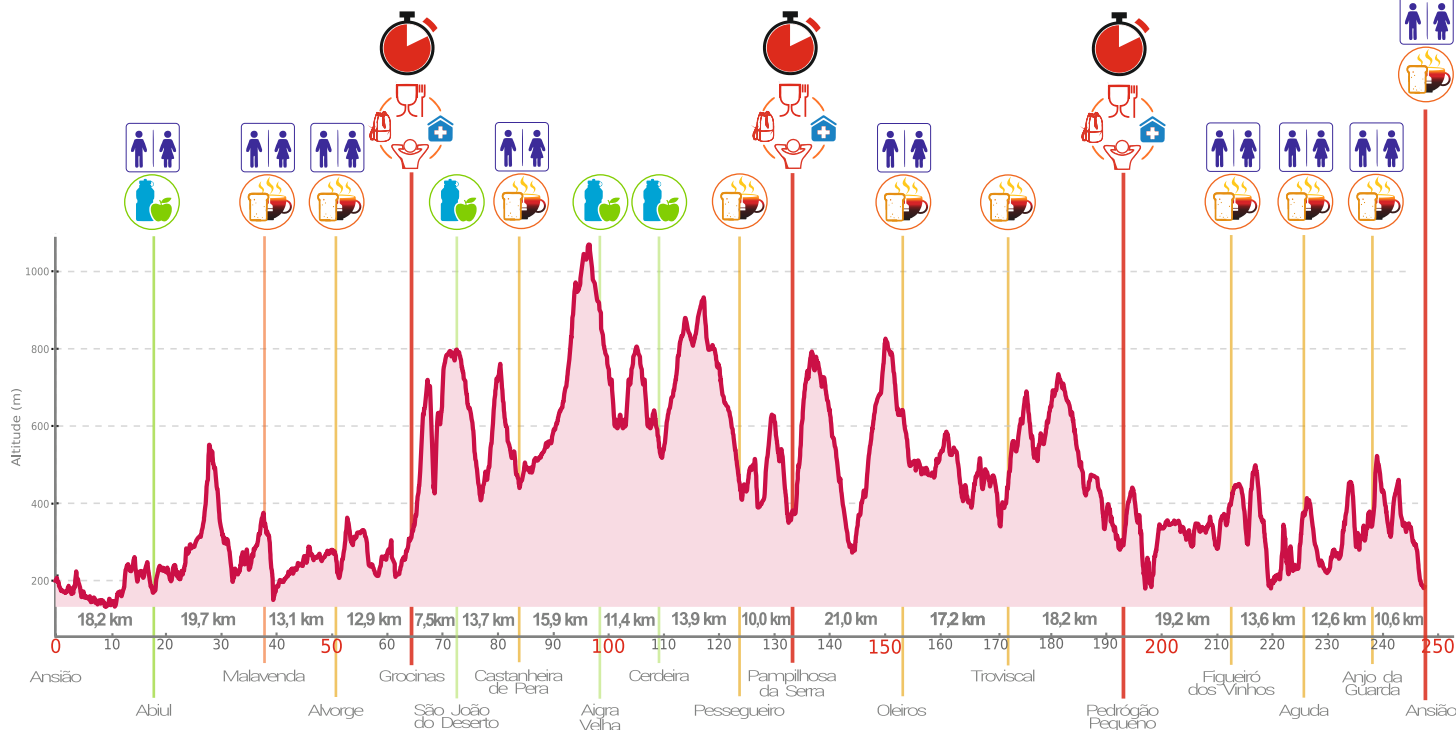
*A championship atmosphere
from start line to finish roar.*

More Than Just a Race...



TAUTE XL+
TERRAS DO ANCIÃO ULTRA TRAIL ENDURANCE XL+

247.51 km 9923 m 9923 m



⚠ THE COURSE MAY BE ALTERED ⚠

150 MILES

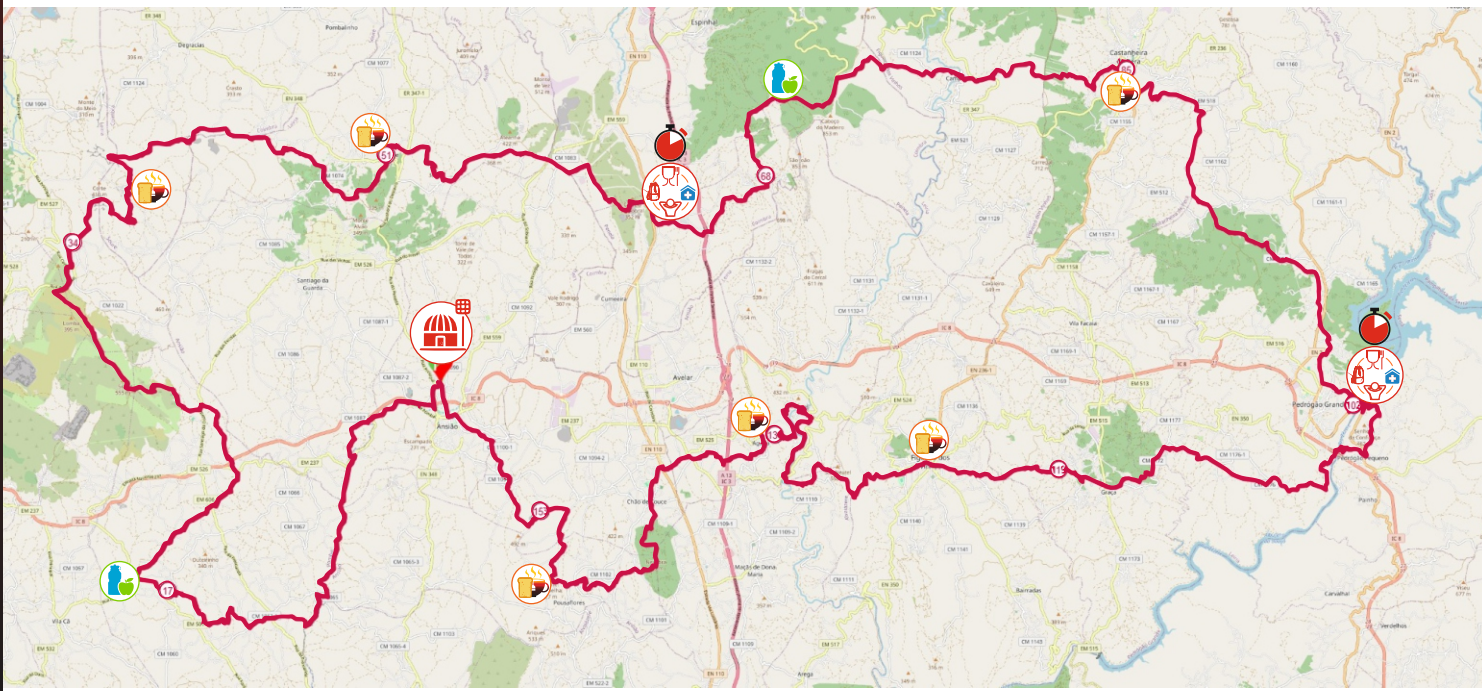
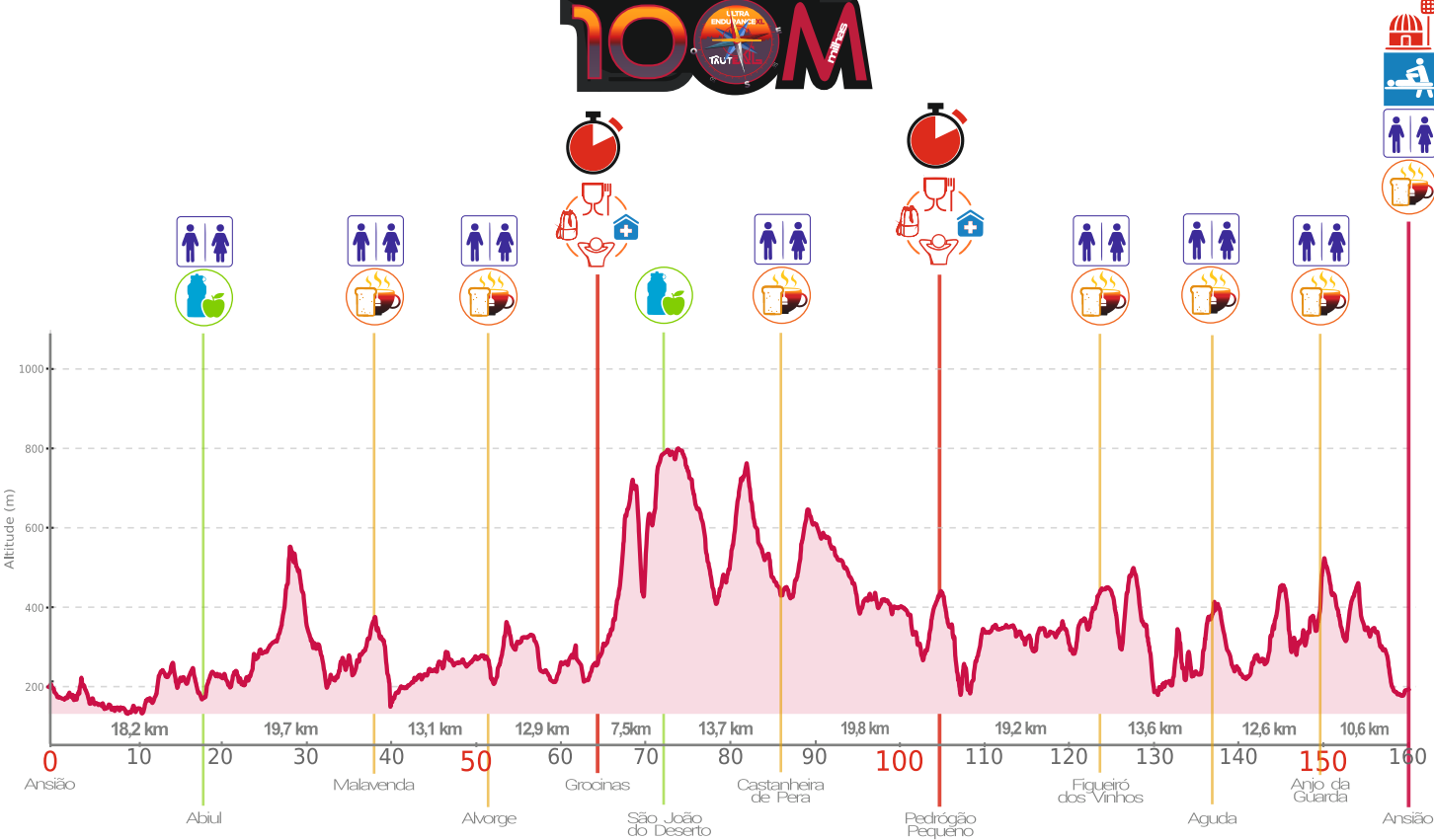
The Ultimate Challenge at TAUT





TAUTE XL
TERRAS DO ANCIÃO ULTRA TRAIL ENDURANCE XL

159.44 km  5982 m  5982 m



 THE COURSE MAY BE ALTERED 

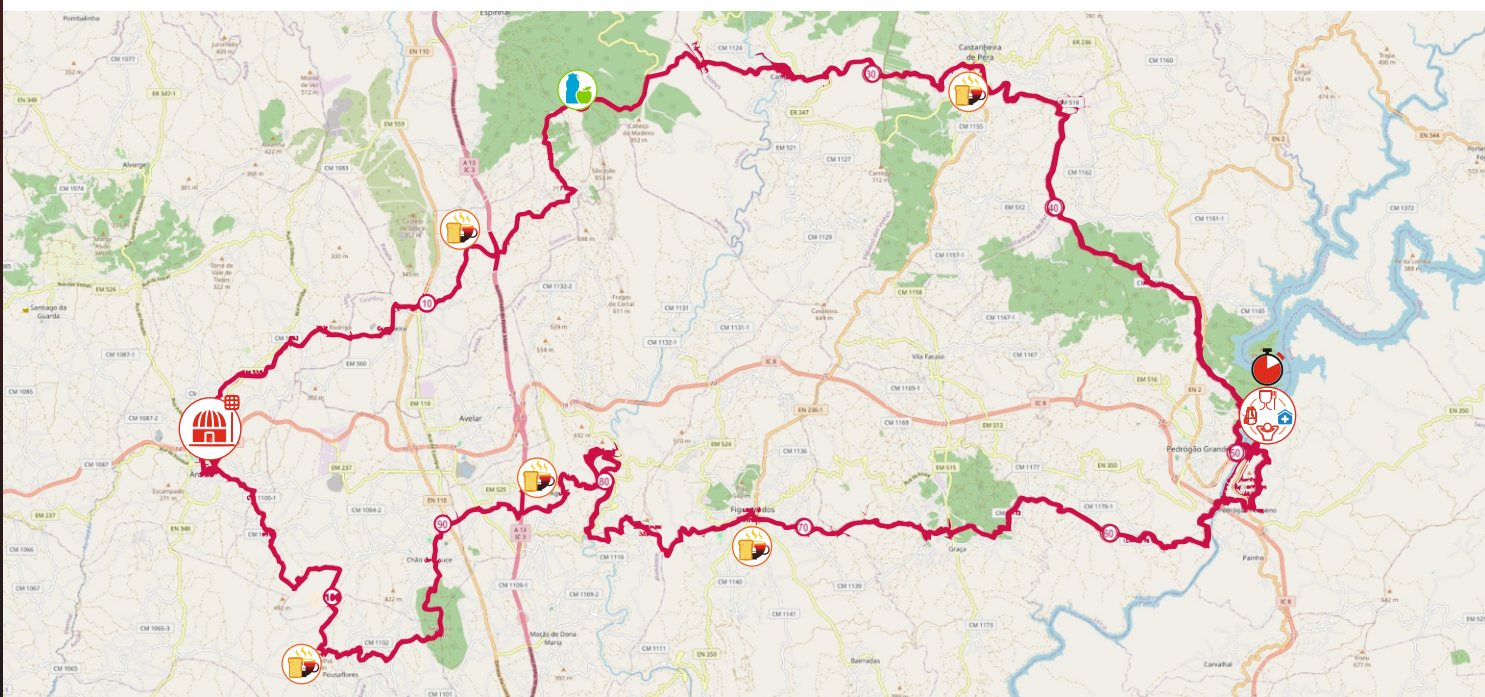
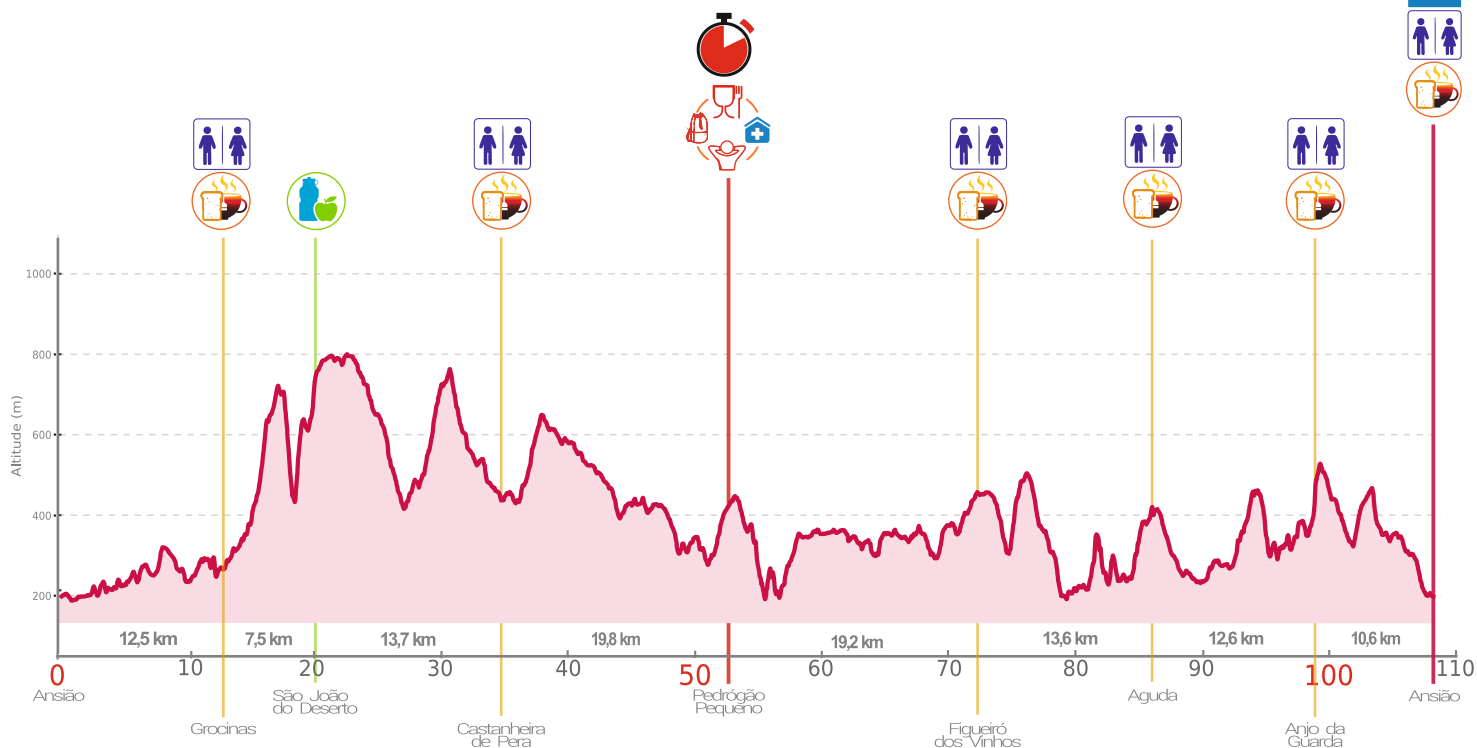
100 MILES

The Classic Test of Resilience



TAUTE
TERRAS DO ANCIÃO ULTRA TRAIL ENDURANCE

107.20 km  4525 m  4525 m



 THE COURSE MAY BE ALTERED 



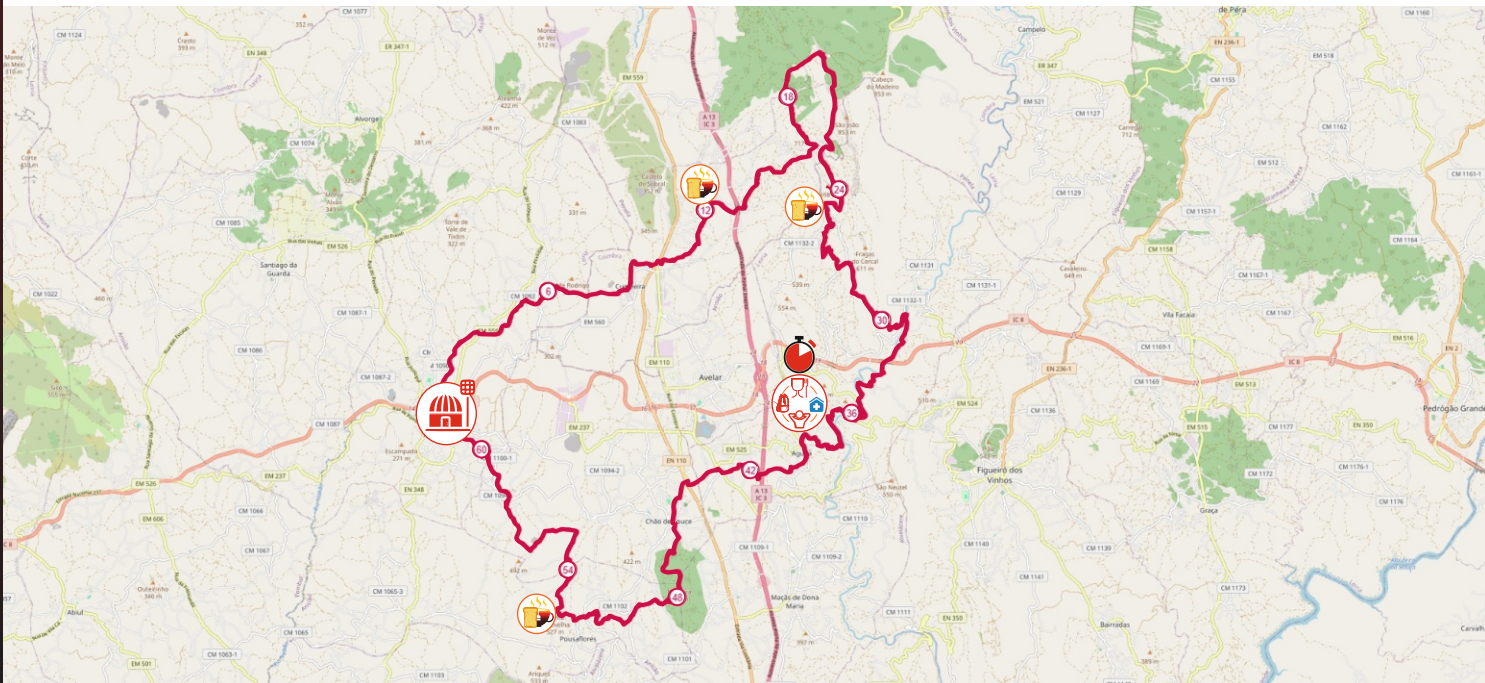
110 KM

Fast, Technical and Strategic

TAUT
TERRAS DO ANCIÃO ULTRA TRAIL



61.37 km 2488 m 2488 m



THE COURSE MAY BE ALTERED

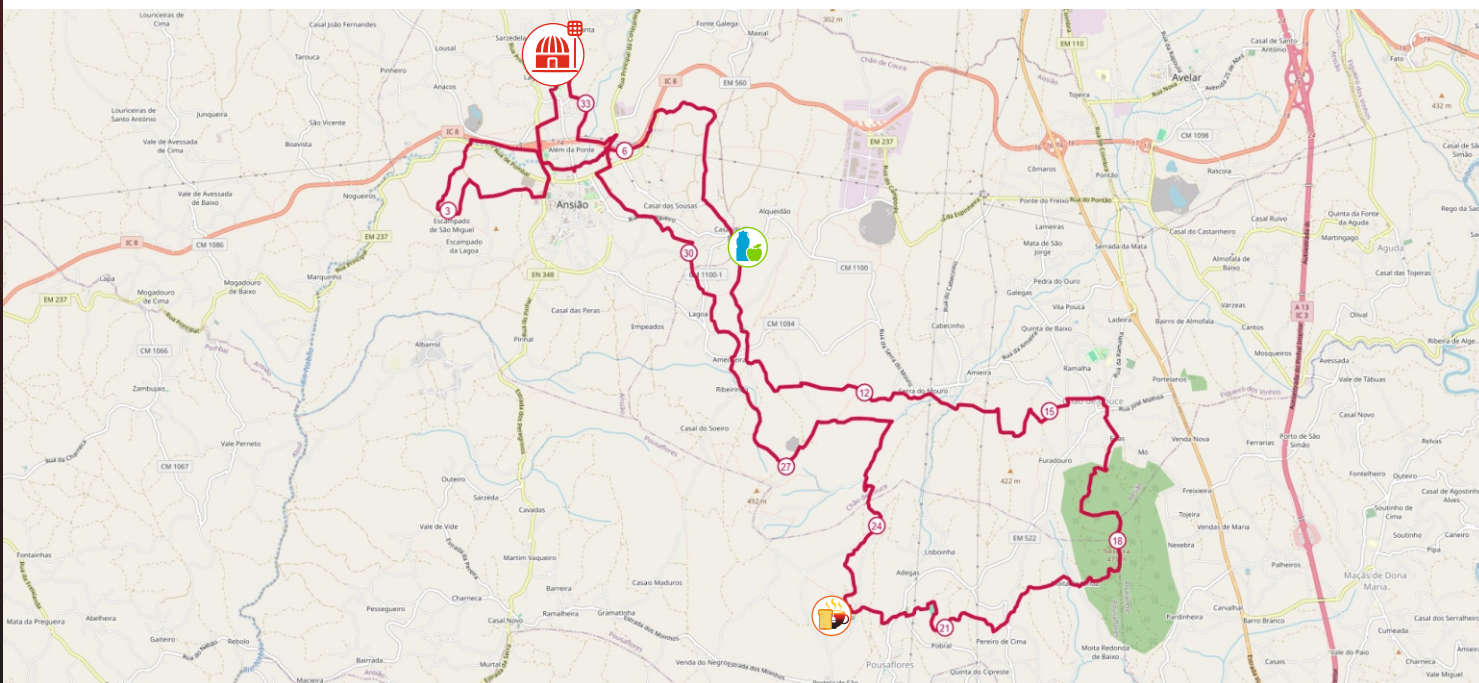


62 KM

Varied, Demanding and Exhilarating



The graph illustrates the altitude profile of the Camino de Santiago route. The y-axis shows altitude in meters (0 to 500m), and the x-axis shows distance in kilometers (0 to 30+ km). The profile features several peaks, with the highest peak reaching over 500m. Key locations marked include Ameixeira (10.2 km), Anjo da Guarda (20.6 km), and Ansião (30.6 km). Icons indicate a water source (blue bottle and green apple) near Ameixeira and a restaurant (orange plate and fork) near Anjo da Guarda.



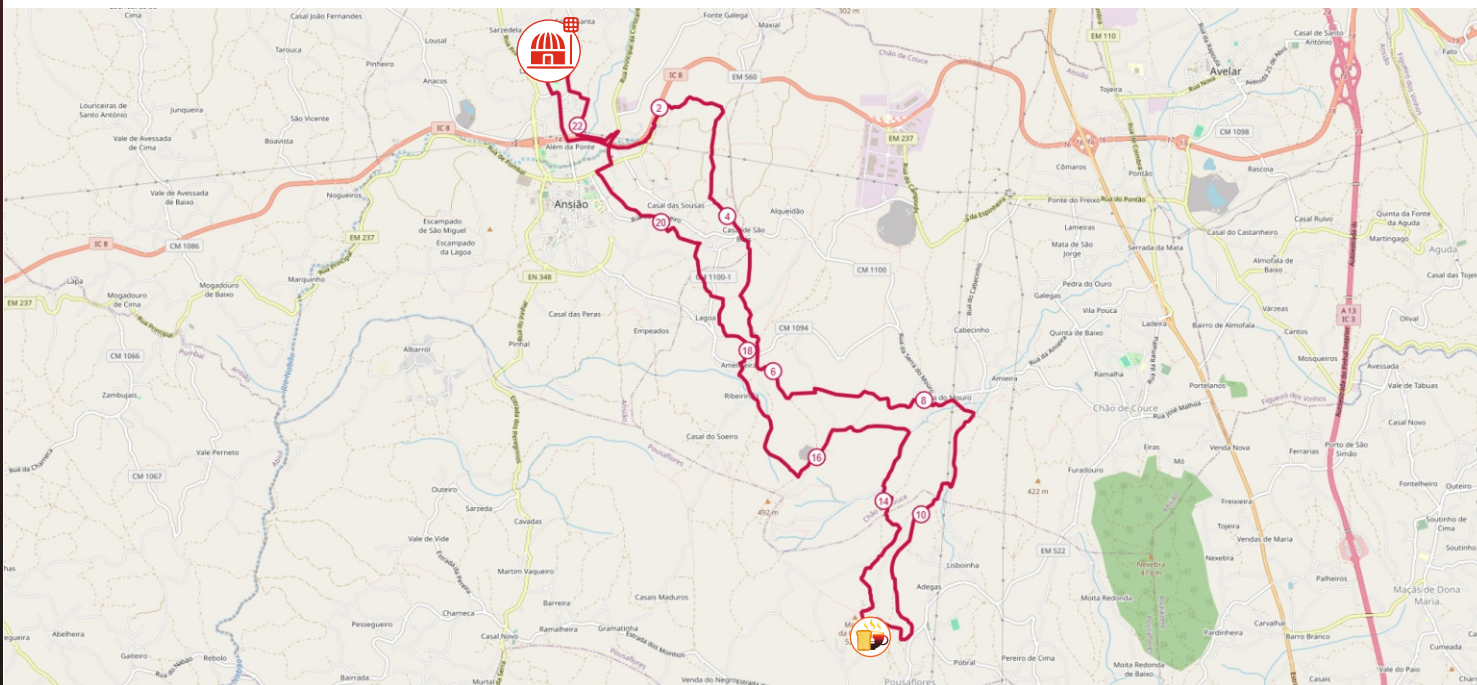
⚠ THE COURSE MAY BE ALTERED ⚠

35 KM
Punchy, Technical and Rewarding



TATS
TERRAS DO ANCIÃO TRAIL SPRINT

23.16 km  805 m  805 m



 THE COURSE MAY BE ALTERED 

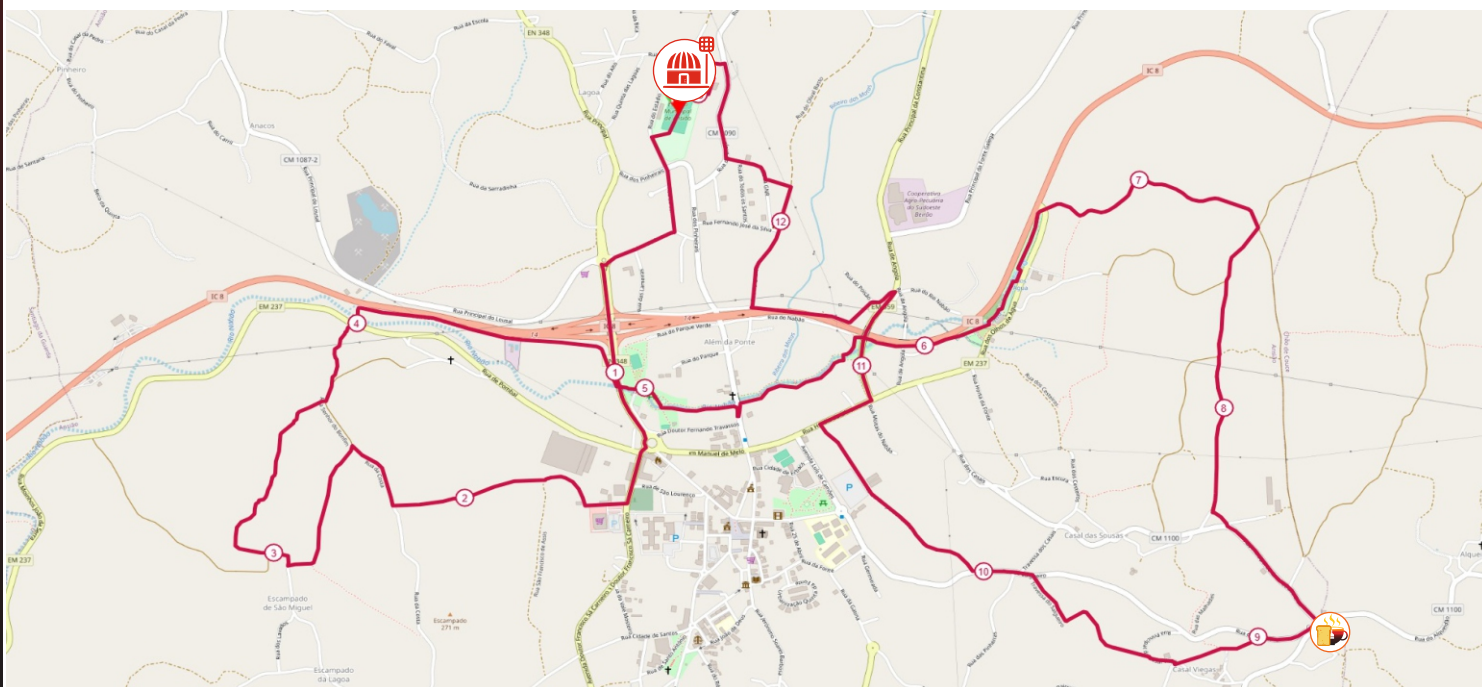
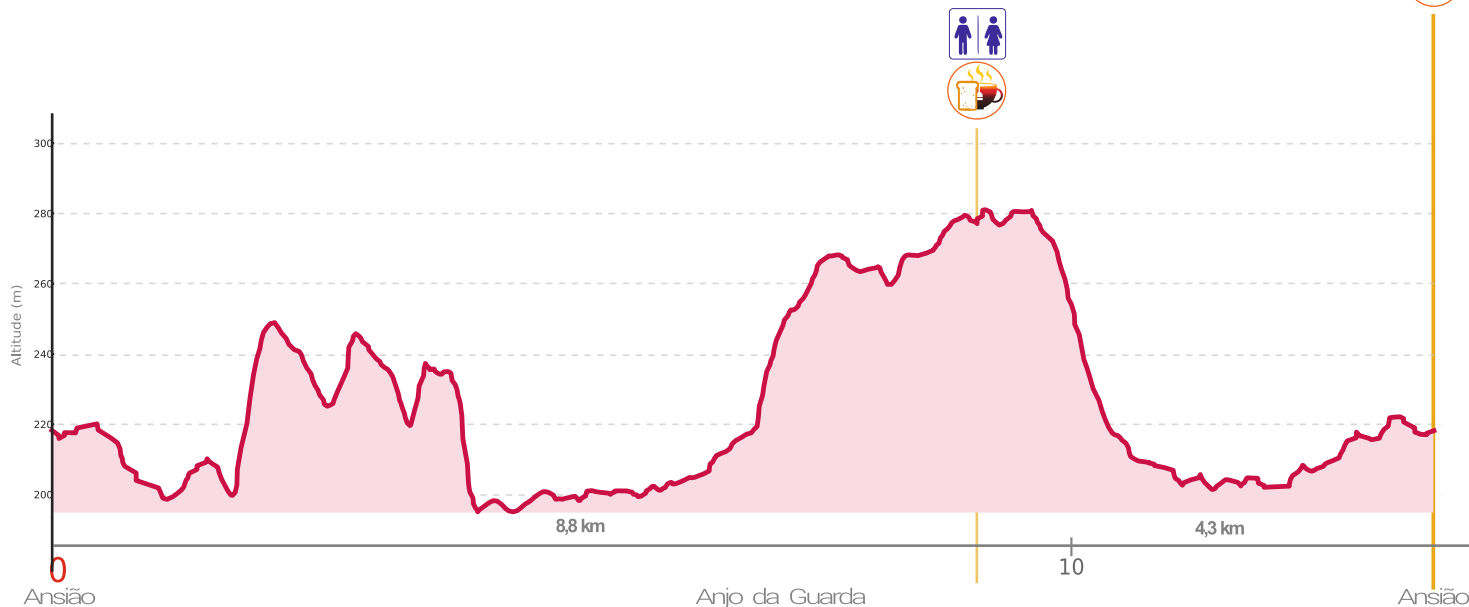
25 KM

Rolling, Scenic and Fun



TATJ
TERRAS DO ANCIÃO TRAIL JOVEM

13.10 km  335 m  335 m



 **THE COURSE MAY BE ALTERED** 

13 KM
Fun, Friendly and For Everyone





*Hundreds of runners,
headlamps lit and goals aligned.
Pick your distance and write your,
2026 story!*





*We set the beat!
You set the pace!
Start-line energy that carries you to the finish.*





*More than a competition, ... it is the awe-inspiring
Endurance Mountain Trail World Championship.*

*With race formats ranging from 13, 20, 35, 62 and
100 Kilometers, to the grueling 100 Miles challenge and
the legendary **150 Miles Special Edition**, this
championship redefines the limits of endurance.*

*Set against a backdrop of stunning natural landscapes,
each stage builds toward an electrifying grand finale,
a true celebration of athletic excellence.*

*In partnership with renowned global brands and elite
sports professionals, we are dedicated to transforming
the **Terras do Ancião Ultra Trail** into a world-class event.*

*Our vision extends beyond the competition itself,
embracing the rich cultural heritage and unique identity
of the region we proudly call home.*

*Each trail becomes a journey of discovery.
Each athlete, a tribute to the resilience and unwavering
determination of the human spirit.*

***This is not merely a race...**
..it is a global tribute to endurance!*

february **A N S I Ã O**
262728 **PORTUGAL**
TERRAS DO ANCIÃO ULTRA TRAIL



Photos: TAUT 2025



FERRAS DO AN
TA
PRESE
BIL



*Be on the start line...
...we'll be waiting at the finish!*

CIÃO ULTRA TRA
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NTED BY
E



TAT



ASSOCIAÇÃO DE
PRATICANTES BTT

