

UTAT

The 12th Ultra Trail Atlas Toubkal - Morocco From the 1st to the 5th of October 2020

Sport trail running, December 2019

Altitude, Aventure, Dépaysement et Voyage
Bienvenu à l'UTAT !

Trail running was born out of the desire to discover - by running - regions and territories, in contact with their natural environments and in search of cultures from here and elsewhere.

This is the essence of trail running! For 2 decades, these discoveries have built the greatest French and international races. The UTMB around the Mont Blanc, the Diagonale des Fous in Reunion, the Western States in the heart of California ... and many more.

On the African continent, it's the UTAT. With its unique and majestic environment, this race wrote its history step by step to become what it is today: the first mountain event in Morocco. Its primary motivation: Being a meeting for discovery and total escape! A change of scenery!

ADVENTURE: ULTRA-TRAIL IN BERBER LAND

The UltraTrail Atlas Toubkal (UTAT) has gathered trail runners from all over the world for 11 editions on the sumptuous Oukaïmeden plateau 70 km away from Marrakech at 2,600 meters above sea level, in the majestic High Atlas mountains near the Jbel Toubkal (4,167 meters), the highest point in North Africa.

In this little corner of Berber country, the tranquility of the inhabitants contrasts with a wild and grandiose nature. [Here, at each bend path](#), we discover a peaceful herd, a green valley, a fresh and singing torrent, a village teeming with life or a pass to climb over 3000 meters above sea level.

At each crossing villages, the runners are greeted by the encouragement of the inhabitants with the benevolence of the local volunteers in the refueling. It's a playground where outdoor sport lovers can enjoy breathtaking landscapes and trails that are both wild, technical and fun.

The UTAT is a permanent delight.

ALTITUDE: ON NORTH AFRICA'S ROOF

The High Atlas chain is the highest in North Africa: it culminates at 4167 m with the djebel Toubkal and rises like a long border of more than 700 km, separating the oceanic and subtropical climate, hot and humid, from the semi-desert and continental climate.

Today, the High Atlas (2500 km from Tunisia to Morocco) asserts itself as a land where Berber traditions and culture remain alive. Far from contemporary traffic, we discover the azibs (shelters of shepherds made in dry stones) and the small houses of the douars, (small villages) which seem totally timeless, dotted here and there in this vast desert of altitude.

Here, hospitality is a founding principle. The Berbers, in their improbable villages built on the mountainside, live in self-sufficiency and simplicity that pushes us to reflect on our own way of

living. UTAT is indeed a race to the top ...

Here the mountain really rhymes with altitude! All the races take place on average at 2400m, with the highest point at 3690m ... **If the UTAT were in Europe it would be one of the Highest races!**

CHANGE OF SCENERY AND DISCOVERY:

Participating in the UTAT is to explore a country and a culture. It's the change of scenery of a distant country, yet so close! To come to UTAT is no more difficult than to go to a race located in the other side of France! The air connections between the big European cities and Marrakech are numerous and frequent, allowing a change of scenery in only 2h00 to 4h00 of flight! Simulation of prices and flights here: <https://atlas-trail.com/venir-a-lutat-2bis/>

SPORTS CHALLENGES: 4 DAYS, 4 COURSES, 5 RACE FORMATS

ULTRA-TRAIL ATLAS TOUBKAL

105km / 8000 m D+

It's a trail that cannot be described, it can only be experienced, by treading the land of the High Moroccan Atlas.

Max time : 40h / 5 ITRA points

Departure on Friday, October 2nd at midnight

MARATHON DE L'ATLAS

42km / 2600 m D+

A unique maratrail. It's a real trip to berber territory from which we come back transformed.

Time limit : 40h / 3 ITRA points

Departure on Saturday, October 3rd at 6 am.

La VIRÉE D'IKKISS

26km / 1400 m D+

It's an unforgettable walk through the high atlas, a real concentrate of emotions, effort and beauty.

Time limit : 8h / 1 point ITRA

Departure on sunday october the 4th, 9h00, open to hikers !

CHALLENGE DE L'ATLAS

42km + 26km / 4000 m D+ cumulé

Experience the exhilaration of Moroccan peaks on a marathon of extreme technicality and sumptuousness.

2 days, 2 challenges: LE MARATHON DE L'ATLAS on the first day and LA VIREE D'IKKISS on the 2nd day!

Le Challenge de l'Atlas allows to chain two trials (Marathon de l'Atlas and La Virée d'Ikkiss) and thus, to accumulate 68 km and 4000 m of elevation gain in 48 hours.

Departure on Saturday, October the 3rd at 6 am.

L'AMAZIGH TRAIL

12 km/ 500m D+

A Quick excursion, accessible to all, to the heart of the paths and beauties of Oukaïmeden, a real mountain trail that expresses itself on the court!

Time limit: 5h

Departure on Sunday, October 4th at 10 am (Hikers are welcome!)



VOYAGE

The organizers of UTAT, the Sports Nature Development association, are doing everything to facilitate the stay of the runners and their families by offering numerous possibilities for logistics services.

- On arrival at the airport (from Thursday, October 1st), welcome by the UTAT's hostesses!
- Transfers are provided by bus to the Oukaïmeden plateau (around 1h30)
- Two options for accommodation:
 - A camp made up of a hundred 16m2 tents, designed to accommodate 4 to 5 people and equipped with mattresses. This offer proposes a stay in the heart of the festivities.
 - The "dormitory" option (chalet Caf dormitory) offers a little more confort (and heating as a bonus)

2020 Registrations

Open from the 15th of December 2019 on : atlas-trail.com

In total 400 Runners were present in 2019!

Men and Women Results:

UTAT 105 km

Omar Bouhrim (MA) - 22:43:45

Laure De Cabissole (FR) - 35:02:20

Marathon de l'Atlas 42km

Abderrahim Kemmissa (MA) et Ismail Ait Omar (MA) - 04:48:07 two winners ex-aequo

Olga Baranova (RU) 06 :38 :48

Challenge 42km + 26km

Id Bejaou Omar (MA) 08:29 :48

Maryline Nakache (FR) 09:02:23

Amazigh Trail 12km

Abdellah Mouad (MA) - 00:56:00

Ben Shaba Oumaima (MA) - 01:46:46



For more information: atlas-trail.com
Royalty-free images: Please, respect the credits in the drive here
Video 2019 here

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