

UTAT

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

Sport trail running, February 2020

PAU CAPELL , THE SPANISH CHAMPION, SHALL RUN THE UTAT!

The winner of the Ultra Trail® World Tour 2019 (UTWT), the UTMB® 2019 and the Transgrancanaria (amongst other trails) announces in his annual calendar, his participation in the UTAT in 2020 on the 105 km!

PAU CAPELL ON ULTRA-TRAIL ATLAS TOUBKAL

105km / 8000 m D+

We can no longer count his titles and his laudatory prize list: three consecutive victories of the Transgrancanaria in 2017, 2018 and 2019, twice the Ultra-Trail® World Tour 2018/2019 and the UTMB® in 2019! He will undoubtedly be the strongman of the 2020 season !

« "I like new challenges and new territories. the Atlas is one of these unique territories that I want to discover! Because in addition to its magnificent landscapes with very technical mountain trails, I also like to know other cultures and different traditions. Without forgetting the food and the discovery of local specialties!"

Since I have never been there, I learned a bit and I know from my mountaineer friends that the UTAT is not an easy race! I expect to find a mountain that is a bit extreme with rough terrain. It's a great goal for me to complete the year 2020, which will be particularly filled with travels, emotions and I hope with victories ! "
Explained Pau.





The organizer Cyrille Sismondini is happy: "I am proud to welcome this elite runner, because I think he will be able to greatly appreciate these sumptuous settings and the technical altitude trails, so different from those of the European mountain ranges. But also, he will like to discover everything there is around: the incredible logistics deployed, the volunteers, the incomparable hospitality of the inhabitants of the Atlas and the 100% local meals!

To be an organizer is above all to ensure the greatest number can share and discover a country and a region. "

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 4tht, 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 Oukaimeden, a real mountain trail that expresses itself on the court!

Time limit: 5h

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



2020 Registrations

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

For more information: atlas-trail.com

Royalty-free images: Please, respect the credits in the drive here [ici](#)

Teaser 2020 : <https://youtu.be/J8Tx3NCj5A>

Video 2019 here [ici](#)

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