



7 SHANGRI-LA LIJIANG ULTRA CHINA

► 18-20 April | 100km, 2500m ascent | 40 entries | £545

Race completer Rachel Jacqueline says, "The route was spectacular. Imagine narrow, rocky trails no more than a metre wide cut into the side of a mountain, with a 300m drop when you look down and snow-capped mountains when you look up! The unique combination of the people and the place make this race." actionasiaevents.com



8 MOLWENI TRAIL RUN S. AFRICA

► 3 May | 32km | 2000m ascent | 250 entries | £47

An inaugural race in the beautiful Krantzklouf Nature Reserve. A technical but picturesque route, the organisers promise a truly African experience which will help support the local community. The winning male and female also pick up free entry to the iconic Otter African Trail Run featured in our Dec/Jan 2014 issue. molwenitrailrun.co.za



9 SARDINIA TRAIL ITALY

► 9-11 May | 90km in 3 stages | 3800m ascent | 150 entries | £340

Only in its third year, the route takes in mountain trails and stunning beaches. The area is known for its ski slopes so there are some steep ascents and descents but the reward is the fantastic views from high above the island. Hotel accommodation is provided each night and included in the price. sardiniatrail.com



MONTANE: MARTIN HARTLEY



10 YUKON ARCTIC ULTRA CANADA

► 30 Jan - 7 Feb | 42km/160km/482km/692km | 80 entries | £1650

Race completer Peter Gold says of the 430-mile race, "The route takes you across lakes and forest with a few frozen rivers to cross. The lakes are the easiest part as they are flatter whereas the forests undulate. The race is tough and just gets tougher the longer you go. Not having a community aspect, there is no real downtime in-between checkpoints to catch-up with other racers, which makes it harder mentally. It is relentless but an awesome landscape." arcticultra.de/en