

Reaching new heights in Paznaun: PIUT 2026 brings together trail running elite and young talent

On 10 and 11 July 2026, Paznaun will once again become the stage for one of the most spectacular trail running events in the Alps. The Paznaun Ischgl Ultra Trail (PIUT) combines peak athletic performance, stunning alpine scenery and a strong sense of community – from the 100-kilometre ultra distance to the Kids Run. The PIUT Kids Day expands the event weekend with a varied family programme. Two preparatory camps in June and August complement the event and further strengthen the region's sustainable positioning as a premier trail running destination.

The Paznaun Ischgl Ultra Trail ranks among the most impressive trail running events in the German-speaking world. Along challenging sections of the Paznaun High Trail, the event leads through the mountainous landscapes surrounding See, Kappl, Ischgl and Galtür. Technically demanding trails, breathtaking panoramas and a professionally organised infrastructure provide ideal conditions for ambitious athletes as well as dedicated recreational runners.

The routes: Five distances, one shared goal

PIUT offers five races with varying levels of difficulty:

- **PIUT 100** – 100 kilometres | approx. 6,300 metres of elevation gain
- **PIUT 85** – 85 kilometres | approx. 5,200 metres of elevation gain
- **PIUT 50** – 50 kilometres | approx. 3,100 metres of elevation gain
- **PIUT 30** – 30 kilometres | approx. 1,540 metres of elevation gain
- **PIUT 20** – 20 kilometres | approx. 1,300 metres of elevation gain

All routes combine technical single trails, high-alpine sections and impressive natural scenery. The finish line in Ischgl marks the emotional highlight of the race weekend.

PIUT TEN: Running for a good cause

The **PIUT TEN**, a 10-kilometre run from Galtür to Ischgl, adds another sporting dimension to the programme. This race combines physical activity with social commitment: for every kilometre completed, the Paznaun – Ischgl Tourism Association donates two euros to the initiative “Verein für unschuldig in Not geratene Menschen im Paznaun”. This creates a strong symbol of regional solidarity and adds extra value to every participation.

PIUT Kids Run & Kids Day: a trail running experience for the whole family

The **PIUT Kids Run presented by Volksbank Tirol** brings the next generation of trail runners to the start line. Age-appropriate distances offer young participants their first taste of competition in a professional setting – cheered on by an enthusiastic crowd and surrounded by a genuine event atmosphere. The race forms part of the PIUT Kids Day, which offers a varied family programme in Ischgl on 10 July 2026. Alongside the children’s concert with ANNIE & BONNIE, a raffle and exciting activities for children, the focus is on movement, fun and shared experiences. This makes PIUT a special experience for even the youngest participants and their families.

Two PIUT camps: Preparation and progression

In addition to the race weekend, the Paznaun Ischgl Ultra Trail 2026 offers two training camps. The PIUT Camp, taking place from **4 to 7 June 2026** in Galtür, is aimed at ambitious runners seeking to improve technique, training planning and race strategy. Guided by experienced professionals, participants can expect alpine training sessions, workshops and expert talks. From **13 to 16 August 2026**, a Trail Running Camp in Ischgl and Galtür follows. The focus is on long runs, technical safety in alpine terrain, as well as recovery and equipment knowledge. Both camps utilise the high-alpine Silvretta as a training ground and contribute to the sustainable strengthening of the region as a trail running destination.

Registration & prize money

Registration for all races is available [online](#). Tiered entry fees offer early bird advantages. The Kids Run is free of charge for the youngest participants. In addition to professional timekeeping, comprehensive on-course catering and a finisher’s medal, attractive prize money awaits the fastest runners across all distances – totalling more than €12,300. Top finishers in the PIUT TEN are also awarded.

Supporting programme

Alongside the sporting action, an expo featuring renowned partners and exhibitors such as Asics, Alltracive and Basefive provides additional highlights. Presentations of the latest trail running products, opportunities to connect with brands and athletes, and culinary offerings create a lively event atmosphere in the finish area. The programme is further enhanced by the Basefive Recovery Zone, including ice baths, Blackroll equipment and compression boots for regeneration, as well as a Movement Screen for analysing and testing movement patterns. In addition, Basefive physiotherapists offer professional treatments to support preparation and recovery throughout the event. Music, moderation and side events make the PIUT weekend a holistic experience for both participants and spectators.

PRESS RELEASE

With its diverse offering – from ultra trail races to youth competitions, from professional training camps to a vibrant supporting programme – the Paznaun Ischgl Ultra Trail 2026 sets a strong benchmark for the future of alpine trail running.

Registration: time2win.at.

Further information: www.piut.tirol.

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