

Press Release | APTRC
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English Version

Experience Korea's Cool Vibes and Beautiful Landscapes at the APTRC 2024

Ulju to Showcase Breathtaking Autumn Scenery and Cultural Heritage for International Athletes



The **Asia Pacific Trail Running Championships (APTRC 2024)** is happening from **October 23 to 26** in **Ulju, South Korea**—a place where adventure meets beauty. Korea is famous for being the capital of cool, not just because of its K-pop, films and TV series, high-tech cities and rich history, but also for its breathtaking nature. The country's mix of modern culture and ancient traditions makes it a favorite spot for travelers and adventure-lovers alike.

Ulju, located in the heart of **Ulsan**, offers the perfect backdrop for this prestigious competition. Nestled between rugged mountains and scenic coastlines, the region is celebrated for its pristine wilderness and picturesque trails. In late October, the area's majestic mountains are transformed by the vibrant hues of autumn, with the trails draped in colourful leaves and surrounded by silver-grass - creating an awe-inspiring environment for both runners and spectators. This natural beauty, combined with crisp, cool weather, promises an unforgettable experience for participants.

But there's more to Ulju than just the APTRC and the mountains! When not racing through the Yeongnam Alps, visitors can explore amazing attractions such as: **Nanchang Market**, offering Ulju's local flavors, fresh produce and street food; or **Ungyan Alps Market** with its local delicacies and seafood; **Daeunsan Naewonam Valley** with beautiful hikes and waterfalls; **Seosaengpo** a historic village with a rich maritime past; **Jinha Beach** for sun,

sand and water-sports; **Oegosan Onggi Village's** heritage pottery; and **Cheonjeonri Petroglyphs**, where you can marvel at ancient rock carvings dating back millenia.

As for the event itself, it's not just beautiful, it's also pretty lumpy! The 3 courses the runners will take on are:

1. **Short Trail (40 km)** – Covering 41.2 km with 2783m elevation gain. Runners will pass famous peaks like **Cheonhwangsan** and **Ganwoljae**, enjoying rocky paths, forested trails and endless views. The cut-off time is 8 hours.
2. **Long Trail (80 km)** – This 74 km course has 4787m elevation gain, featuring steep climbs and scenic look-outs at **Yeongchuksan**, **Sinbuljae**, and **Sinbulsan**. This promises to be an exhilarating and demanding experience. Athletes have 15 hours to complete the course.
3. **U23 Course (15.9 km)** – Designed for younger athletes, this shorter 15.9 km trail includes the scenic **Ganwolsan** and **Ganwoljae** passes, and offers 1,182m of elevation and stunning views. Time allowed for completion is just 3 hours, so there's not much time for taking photos.

With public races by Ulju Trail Nine Peaks also covering distances from 10km to 123km (as well as a kids race), all are invited to join the APTRC's celebration of endurance, adventure, and the beauty of nature alongside the best trail runners in all of Asia-Pacific.

About APTRC – The Asia Pacific Trail Running Championships

The inaugural edition of the Asia Pacific Trail Running Championship (APTRC) will be held in the breathtaking landscapes of Ulju-gun, Ulsan City, South Korea, from 23-26 October, 2024. The APTRC will showcase APAC's top trail runners competing in individual and country/region categories covering distances of 40 km and 80 km. There will also be a U23 category with a distance of 15 km.

About ITRA – the International Trail Running Association

Founded in 2013, ITRA (the International Trail Running Association) represents around 300,000 athletes and 6,000 event organizer members in over 160 countries. ITRA is the leading reference organization for trail running globally, providing services to individual trail runners and trail running organizations, as well as international leadership for the sport. For more information about ITRA please visit our website www.itra.run.

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