



RACE GUIDE

PROKLETIJE TRAIL

18-20 SEPTEMBER 2026.

PLAV, MONTENEGRO

Organizers: NGO Novi Početak and Tourist Organization of the Municipality of Plav

WELCOME TO PROKLETIJE TRAIL 2026

Three trails. One mountain massif. A weekend through forests, high mountain passes and lakes of the Plav part of Prokletije.

● RED 50K

50 km | +2.800 m | 12 h

● BLUE 29K

29 km | +1.800 m | 8 h

● ORANGE 10K

10 km | +300 m | 3 h

Welcome

Prokletije Trail is a mountain race in a semi-self-sufficient format, organized on the trails of the Plav part of the Prokletije massif. The first edition brings three distances - Red 50K, Blue 29K and Orange 10K - with the start and finish at the Town Square in Plav.

Prokletije offers technical mountain terrain, forests, high passes and lakes, including sections of the longer courses beside Hrid Lake. Every participant is expected to be well prepared, self-sufficient between aid stations, respectful of other runners, volunteers and nature.

Weather in the mountains can change quickly. Carry the required equipment, follow course markings and GPX tracks, leave no litter and help another participant if they are in difficulty.

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Mountains deserve respect.

Follow the course markings, protect nature and always help a runner in need.

EVENT PROGRAM

PROKLETIJE TRAIL | 18-20 SEPTEMBER 2026. | PLAV

Friday, 18 September 2026.

12:00 - 20:00 Race number and race pack collection - Town Square in Plav

Saturday, 19 September 2026.

07:00	Start 50K, 29K and 10K - Town Square in Plav
10:00	10K cut-off (3 h)
12:00	Awards ceremony for 10K and 29K
15:00	Awards ceremony for 50K
15:00	RED time cut-off - Starac, around km 36 (8 h from start)
15:00	29K cut-off (8 h)
19:00	50K cut-off (12 h)

Sunday, 20 September 2026.

08:00 - 10:00	Registration for children's race - at the start
10:00	Start of children's race - Town Square in Plav
11:00	ZIG-ZAG children's agility and speed games - Town Square in Plav



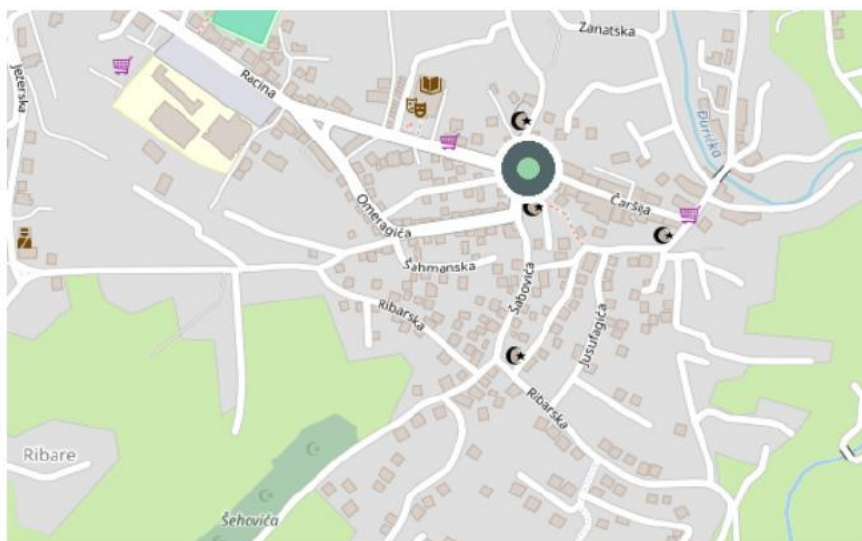
| prokletijetrail@gmail.com

3. START, FINISH AND LOCATION



TOWN SQUARE IN PLAV - CENTRAL EVENT HUB

The start and finish of all races, race pack collection and the central event program are located at the Town Square in Plav.



START / FINISH

Town Square in Plav

42.596900

19.944256

RACE PACKS

Friday, 18 Sep.

12:00 - 20:00

Town Square in Plav

ALL RACES

Start on Saturday at 07:00

● Saturday

Main races

● Sunday

Kids Race

● Location

Town Square in Plav

IMPORTANT BEFORE THE START

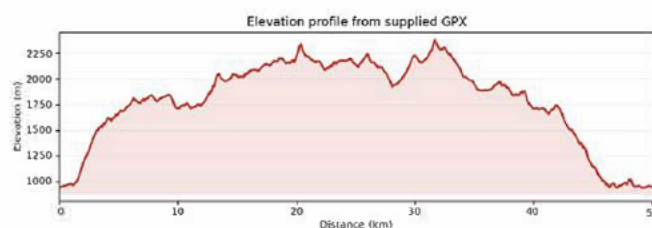
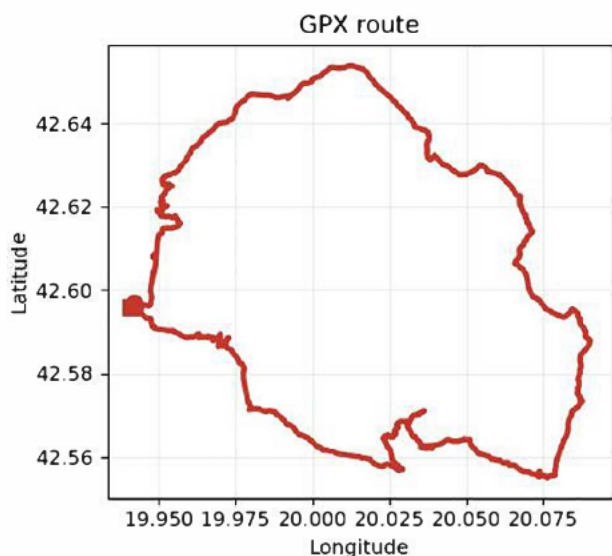
- Download and save the latest GPX track for your course.
- Arrive at the start with all mandatory equipment.
- Plan water and food between aid stations.
- Follow the instructions of the organizer, medical team and volunteers.

4. RACE INFORMATION



50K RED TRAIL

approx. 50 km | +2,800 m | limit 12 h



KEY CUT-OFF

Starac - around km 30 - by 15:00 (8 h from start)

ABOUT THE RACE

The longest and most demanding course of Prokletije Trail, intended for experienced trail runners. It starts at the Town Square in Plav and heads toward the mountainous Prokletije area, with key aid stations at Hrid Lake, Qafa Belega and Starac. At Starac, around the 30th kilometre, there is an 8-hour cut-off from the start. The route then returns toward Plav, where the finish is located.

Overall time limit: 12 hours - finish must be reached by 19:00.

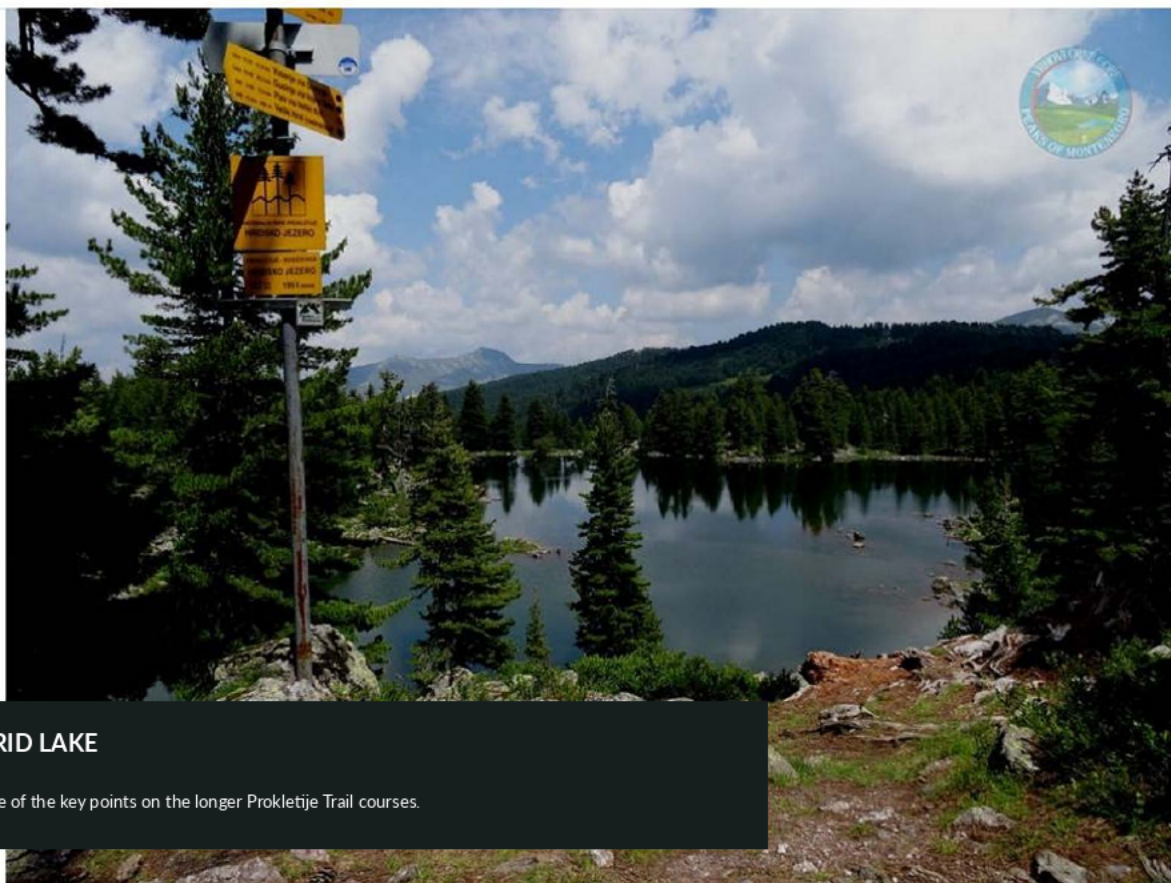
WHO IS THIS COURSE FOR?

Experienced mountain runners with good physical preparation, confident movement on technical terrain and the ability to independently manage water, food and equipment between aid stations.

4. 50K RED - CHECKPOINTS

MAP AND CHECKPOINTS

#	Km	Location / aid station	Limit
1	0	Start - Town Square in Plav	-
2	15	Hrid Lake - aid station	-
3	23	Qafa Belega - aid station	-
4	30	Starac - aid station	8 h / 15:00
5	47.86	Finish - Town Square in Plav	12 h / 19:00



HRID LAKE

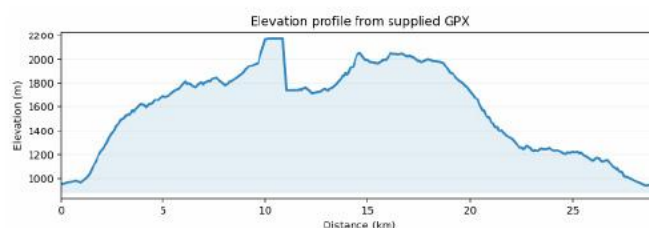
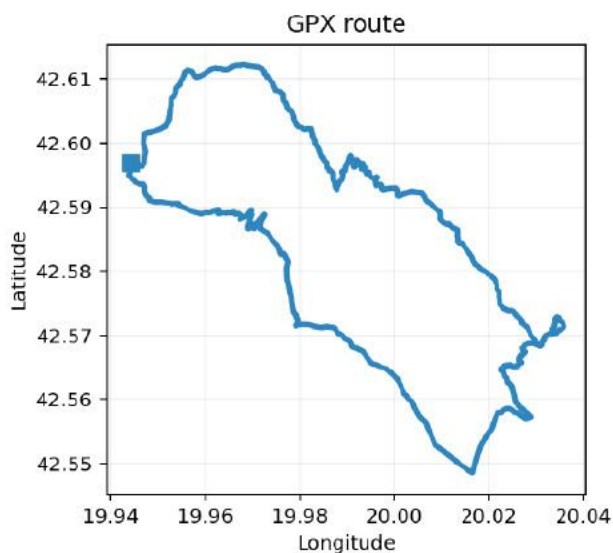
One of the key points on the longer Prokletije Trail courses.

TIME CUT-OFFS

A runner who does not reach Starac (around km 30) by 15:00 will be withdrawn from the race for safety reasons. Final cut-off at the finish in Plav is 19:00.

29K BLUE TRAIL

approx. 29 km | +1,800 m | limit 8 h



FINAL CUT-OFF

Finish - Town Square in Plav - by 15:00 (8 h)

ABOUT THE RACE

Blue 29K is the middle-distance race for runners with experience on mountain trails. The route from the Town Square in Plav enters the mountainous Prokletije terrain and includes aid stations at Hrid Lake and Treskavica. The combination of length, elevation gain and technical terrain requires good fitness and confidence moving in the mountains.

Overall time limit: 8 hours - finish must be reached by 15:00.

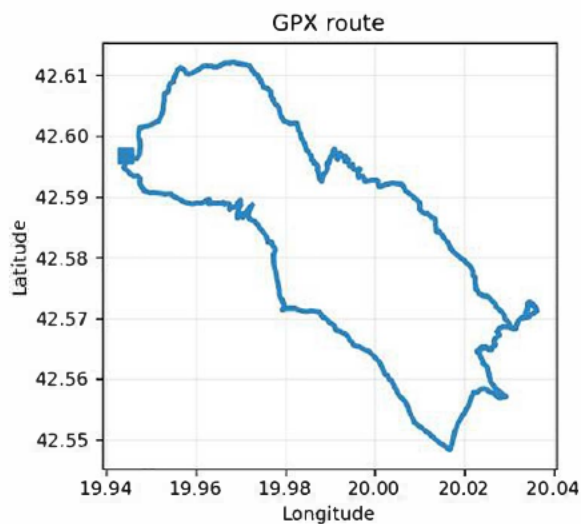
BALANCE OF CHALLENGE AND EXPERIENCE

29K combines a serious mountain profile and technical terrain with a distance that remains accessible to well-prepared trail runners. Carry at least 1 litre of water and the full mandatory equipment.

4. 29K BLUE - CHECKPOINTS

MAP AND CHECKPOINTS

#	Km	Location / aid station	Limit
1	0	Start - Town Square in Plav	-
2	15	Hrid Lake - aid station	-
3	20	Treskavica - aid station	-
4	29	Finish - Town Square in Plav	8 h / 15:00



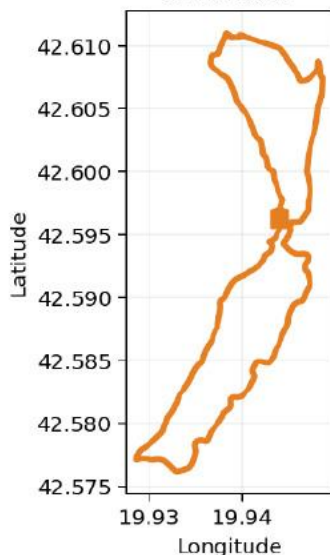
IMPORTANT NOTES

- Hrid Lake is the key aid station at km 15.
- Treskavica is the second mountain aid station, approximately at km 20.
- Final cut-off at the finish is 15:00.

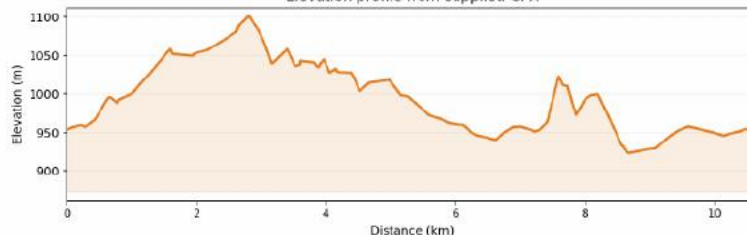
10K ORANGE TRAIL

approx. 10 km | +300 m | limit 3 h

GPX route



Elevation profile from supplied GPX



ABOUT THE RACE

Orange 10K is the shortest course of the event and an accessible introduction to trail running. The start and finish are at the Town Square in Plav. Although it is significantly shorter than the Red and Blue routes, participants must still follow the marked course, carry the mandatory equipment for all routes and be prepared for changing conditions.

CHECKPOINTS

#	Km	Location	Limit
1	0	Start - Town Square in Plav	-
2	~10	Finish - Town Square in Plav	3 h / 10:00

IDEAL FOR

Recreational runners, trail running beginners and participants who want a shorter mountain distance with the full event atmosphere.

START AND CUT-OFF

07:00 -> 10:00

Saturday, 19 September | Town Square in Plav

5. MANDATORY EQUIPMENT



Runner safety is the number one priority. All equipment listed below is mandatory throughout the entire race and may be checked at registration, during the race and at the finish.

Equipment	Description	Courses
Mobile phone	Full battery and active number; switched on during the race	50K / 29K / 10K
Basic first aid	Bandage, plasters, gauze	50K / 29K / 10K
Emergency blanket	Thermal emergency blanket	50K
Whistle	For emergency signalling	50K / 29K / 10K
Race number (BIB)	Worn visibly during the race	50K / 29K / 10K
Cup / container	No plastic cups at aid stations	50K / 29K / 10K
Water min. 1 L	Bladder or bottles, at least 1 litre	50K / 29K
Headlamp	With spare batteries	50K
Jacket with hood	Waterproof	50K / 29K / 10K

50K RED

The key mandatory item is the emergency blanket due to the length of the race and expected weather conditions.

29K BLUE

A waterproof hooded jacket is essential because rain is expected.

10K ORANGE

A waterproof hooded jacket is essential because rain is expected.

EQUIPMENT CHECK AND PENALTIES

For each missing item of mandatory equipment, 30 minutes of penalty time will be added. More than three missing items of mandatory equipment leads to disqualification. Recommended: wind and rain protection, an extra layer of clothing, hat or buff, gloves, energy food and elastic bandages.

6. RULES, SAFETY AND ECOLOGY



Rules are there to protect you, other participants and the nature you pass through. Decisions of medical and rescue personnel must be respected.

01 Semi-self-sufficiency

Between aid stations every runner must independently manage food, water, clothing and basic problems in the mountains.

02 Markings and GPX

Kilometres are not marked. If you do not see course markings, return the same way to the marked trail. The latest GPX track is recommended.

03 Aid stations

Water for refilling bottles is available at aid stations. Start with enough water and food to reach the next station.

04 Safety

You must help a participant in distress and notify the nearest aid or medical point.

05 Withdrawal

Withdrawal should generally be reported at a checkpoint. The organizer cancels the race number and arranges return where possible.

06 Nature protection

Littering, picking flowers and disturbing wild animals are not allowed. Every participant carries their own cup or bottle.

07 Disqualification

Reasons include missing a checkpoint, shortcutting the course, littering, failing to help, using transport and serious equipment deficiencies.

ORGANIZERS

NGO Novi Početak
Tourist Organization of the Municipality of Plav

START AND FINISH

Town Square in Plav, Montenegro

/CONTACT

+38269/534-734

GPX TRACKS

Save the latest version before heading onto the course.

PRE-START CHECKLIST

- 1 Race number is properly attached and visible.
- 2 Phone is fully charged and number active.
- 3 Mandatory equipment is complete for your distance.
- 4 You have enough water and food until the next aid station.
- 5 GPX track is saved on the device you use.
- 6 You know the time cut-offs for your course.

ON THE COURSE

In case of problems, notify the nearest aid / medical point or the organizer. If you come across another participant in distress, providing assistance is mandatory. Safety always takes priority over the result.



PROKLETIJE AWAITS YOU.

18-20 SEPTEMBER 2026. - PLAV

Three trails. One mountain massif. A weekend worth experiencing.

CONTACT

prokletijetrail@gmail.com

NGO Novi Početak | Tourist Organization of the Municipality of Plav