

Trail Running Guide

Thailand 2026

290 race distances across 83 events

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At a Glance

Total race distances: 290

Upcoming: 199

ITRA-rated: 155

UTMB Index: 76

Race Calendar

Lampang Mysstic Trail

Lampang

72 km | +3,180m | ITRA 3pt | UTMB Nov 15, 2025

55 km | +2,210m | ITRA 2pt | UTMB Nov 15, 2025

Koh Chang Tai Charity Trail

Ko Chang, Trat

54 km | +2,250m | ITRA 2pt May 2, 2026

Phatad Trail

Khao Kho, Phetchabun

45 km | +2,570m May 16, 2026

32 km | +2,010m May 17, 2026

19 km | +1,079m May 17, 2026

Mae Mon Coffee Trail

Chiang Rai

6.5 km | +312m | ITRA 0pt May 31, 2026

35 km | +1,822m | ITRA 2pt May 31, 2026

51 km | +2,544m | ITRA 3pt May 31, 2026

17 km | +1,002m | ITRA 1pt May 31, 2026

Phuket 100K Ultra Marathon

Si Sunthon, Phuket

50 km | +380m | ITRA 2pt Jun 6, 2026

100 km | +760m | ITRA 3pt Jun 6, 2026

Pangtham Ultra Trail

Wang Kian, Uthai Thani

100 km | +5,429m | ITRA 4pt Jun 20, 2026

51 km | +2,983m | ITRA 3pt Jun 20, 2026

35 km | +2,165m | ITRA 2pt Jun 20, 2026

20 km | +863m | ITRA 1pt Jun 20, 2026

Kao Pratubchang Trail

Chom Bueng, Ratchaburi

3.0 km Jun 20, 2026

38 km Jun 21, 2026

10 km Jun 21, 2026

50 km Jun 21, 2026

24 km Jun 21, 2026

Numman Trail #5

Loei
6.0 km | +47m Jun 21, 2026

Promlok Trail

Phrom Khiri, Nakhon Si Thammarat
50 km | +1,700m Jun 27, 2026
15 km | +590m Jun 27, 2026
30 km | +990m Jun 27, 2026
5.0 km | +170m Jun 27, 2026

Lower North Trail Series 2026 #3

Kamphaeng Phet
21 km Jun 27, 2026
11 km Jun 27, 2026

Ultra-Trail Khao Kho Season 6

Khao Kho, Phetchabun
50 km | +1,268m | ITRA 2pt Jun 28, 2026
36 km | +843m | ITRA 2pt Jun 28, 2026
17 km | +357m Jun 28, 2026
7.5 km | +148m Jun 28, 2026

Phayao Mountain Run 2026

Phayao
55 km | +3,550m Jun 28, 2026
39 km | +2,180m Jun 28, 2026
25 km | +1,420m Jun 28, 2026

Khaolangbann Trail

Phetchabun
13 km | +590m Jul 4, 2026
40 km | +2,490m | ITRA 2pt Jul 4, 2026
60 km | +3,410m | ITRA 3pt Jul 4, 2026
100 km | +4,970m | ITRA 4pt Jul 4, 2026
23 km | +1,190m | ITRA 1pt Jul 4, 2026

KAPONG21 Phang Nga Half Marathon

Kapong, Phang Nga
21 km Jul 4, 2026
5.0 km Jul 4, 2026
10 km Jul 4, 2026

Ngorn Nak Trail

Krabi
5.0 km Jul 11, 2026
55 km Jul 12, 2026
10 km Jul 12, 2026
25 km Jul 12, 2026

Rimpha X Trail

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99 km | +1,830m | ITRA 4pt | UTMB Jul 11, 2026
53 km | +1,485m | ITRA 2pt | UTMB Jul 12, 2026
15 km | +450m Jul 12, 2026
7.5 km | +150m Jul 12, 2026
30 km | +750m | ITRA 1pt | UTMB Jul 12, 2026

Trail Masters Series Rayong

Ban Chang, Rayong
4.8 km | +74m Jul 12, 2026
11 km | +302m Jul 12, 2026
44 km | +1,989m | ITRA 2pt | UTMB Jul 12, 2026
27 km | +1,121m | ITRA 1pt | UTMB Jul 12, 2026

Sukhothai100 Ultra Marathon

Thung Saliam, Sukhothai
50 km Jul 25, 2026
100 km Jul 25, 2026

AKHA Trail

Chiang Rai
58 km | +3,288m | ITRA 3pt | UTMB Aug 1, 2026
80 km | +4,439m | ITRA 4pt | UTMB Aug 1, 2026
31 km | +1,721m | ITRA 1pt | UTMB Aug 2, 2026
17 km | +956m | ITRA 0pt | UTMB Aug 2, 2026

Satun TonPanan Trail

Satun
— Aug 2, 2026

Pattaya Trail

Pattaya, Chon Buri
10 km | +390m | ITRA 0pt Aug 2, 2026
5.0 km | +170m | ITRA 0pt Aug 2, 2026

Thailand 100K Ultra Marathon

Nakhon Pathom
100 km Aug 2, 2026
50 km Aug 2, 2026

CM6

Chiang Mai
155 km | +8,770m | ITRA 6pt Aug 8, 2026
137 km | +7,670m | ITRA 6pt Aug 8, 2026
97 km | +5,280m | ITRA 4pt Aug 8, 2026
79 km | +4,180m | ITRA 4pt Aug 8, 2026
76 km | +4,000m | ITRA 4pt Aug 8, 2026
58 km | +2,900m | ITRA 3pt Aug 8, 2026
57 km | +3,480m | ITRA 3pt Aug 8, 2026
40 km | +2,380m | ITRA 2pt Aug 8, 2026
18 km | +1,100m | ITRA 1pt Aug 9, 2026

Khao Jook Dragon Trail

Rayong
31 km Aug 9, 2026
21 km Aug 9, 2026
12 km Aug 9, 2026
5.0 km Aug 9, 2026

Wangpong Trail

Wang Pong, Phetchabun
42 km | +1,430m | ITRA 2pt | UTMB Aug 16, 2026
13 km | +670m | ITRA 0pt | UTMB Aug 16, 2026
29 km | +1,210m | ITRA 1pt | UTMB Aug 16, 2026

Aokhanom Trail

Nakhon Si Thammarat
55 km | +2,179m | ITRA 3pt Aug 16, 2026
25 km | +866m | ITRA 1pt Aug 16, 2026
15 km | +706m | ITRA 0pt Aug 16, 2026
6.0 km | +170m | ITRA 0pt Aug 16, 2026

Korest X Trail

Nakhon Ratchasima
17 km | +460m Aug 23, 2026
7.2 km | +237m Aug 23, 2026
54 km | +1,430m | ITRA 2pt Aug 23, 2026
29 km | +702m | ITRA 1pt Aug 23, 2026

Doi Lang Ban Trail

Lamphun
50 km | +2,256m Aug 29, 2026
8.0 km | +284m Aug 30, 2026
20 km | +703m Aug 30, 2026
35 km | +1,307m Aug 30, 2026

UTHAI TRAIL

Uthai Thani
40 km | ITRA 1pt | UTMB Aug 30, 2026
30 km | ITRA 1pt | UTMB Aug 30, 2026
14 km | ITRA 0pt | UTMB Aug 30, 2026
4.0 km | ITRA 0pt | UTMB Aug 30, 2026

Park Trail Hatyai

Songkhla
9.0 km | +420m | ITRA 0pt Aug 30, 2026

Bala Trail Running

Narathiwat
— Aug 30, 2026

Ultra Trail Laplae

Laplae, Uttaradit
101 km | +4,264m | ITRA 4pt Sep 4, 2026
20 km | +1,123m | ITRA 1pt Sep 5, 2026
7.6 km | +361m | ITRA 0pt Sep 5, 2026
72 km | +2,813m | ITRA 3pt Sep 5, 2026
55 km | +2,540m | ITRA 3pt Sep 5, 2026
38 km | +2,037m | ITRA 2pt Sep 5, 2026

Jungle-Trail Khao Eto

Noen Hom, Prachin Buri
10 km | +222m | ITRA 0pt Sep 6, 2026
50 km | +1,909m | ITRA 3pt Sep 6, 2026
20 km | +1,037m | ITRA 1pt Sep 6, 2026
30 km | +1,393m | ITRA 2pt Sep 6, 2026

Trail Masters Series

Ban Khai, Rayong
5.7 km | +95m Sep 6, 2026
11 km | +353m Sep 6, 2026
27 km | +1,012m | ITRA 1pt | UTMB Sep 6, 2026
44 km | +2,090m | ITRA 2pt | UTMB Sep 6, 2026

Changklang Trail

Chang Klang, Nakhon Si Thammarat
8.8 km | +513m Sep 6, 2026
37 km | +1,642m Sep 6, 2026
18 km | +1,054m Sep 6, 2026
3.6 km | +183m Sep 6, 2026

Phuket Trail

Phuket
100 km Sep 12, 2026
57 km | +3,069m | ITRA 3pt Sep 12, 2026
78 km | +4,234m | ITRA 4pt Sep 12, 2026
15 km | +609m | ITRA 0pt Sep 13, 2026
42 km | +2,205m | ITRA 2pt Sep 13, 2026
7.0 km Sep 13, 2026
29 km | +1,212m | ITRA 1pt Sep 13, 2026

Khun Hui Lao Luang Trail

Chiang Rai
— Sep 13, 2026

Muser100

Mueang Tak, Tak

166 km | +6,400m | ITRA 6pt | UTMB Sep 18, 2026
68 km | +3,000m | ITRA 3pt | UTMB Sep 19, 2026
100 km | +4,000m | ITRA 4pt | UTMB Sep 19, 2026
25 km | +1,300m | ITRA 1pt | UTMB Sep 20, 2026
40 km | +2,200m | ITRA 2pt | UTMB Sep 20, 2026
8.0 km | +300m | ITRA 0pt Sep 20, 2026

BTC100 Bitcoin Ultra Trail

Chiang Mai

101 km | +4,100m | ITRA 4pt Sep 26, 2026
28 km | +550m | ITRA 1pt Sep 26, 2026
52 km | +1,800m | ITRA 2pt Sep 26, 2026
11 km | +250m Sep 27, 2026

Amico Trail Roots

Rayong

30 km | +1,555m Sep 27, 2026

Koh Chang Trail

Trat

55 km | +2,198m | ITRA 2pt Sep 27, 2026
30 km | +1,449m | ITRA 1pt Sep 27, 2026
15 km | +378m Sep 27, 2026
8.0 km | +168m Sep 27, 2026

CNX 100K Ultra Marathon

Maejo, Chiang Mai

100 km Oct 3, 2026
50 km Oct 3, 2026

The Maetho Trail

Chiang Mai

18 km Oct 4, 2026
35 km Oct 4, 2026
65 km Oct 4, 2026
9.0 km | ITRA 0pt Oct 4, 2026

KWPC On The Rock 2026

Khok Samrong, Lopburi

15 km Oct 4, 2026
30 km Oct 4, 2026

Chaiyaphum Trail Running – Sai Thong

Chaiyaphum

32 km Oct 4, 2026
5.0 km | ITRA 0pt Oct 4, 2026
19 km Oct 4, 2026

Khao Chomthong Hill Repeat 2026

Khon Buri, Nakhon Ratchasima

— Oct 4, 2026

Hin Sam Wan Trail

Buengkan, Bueng Kan

8.0 km | +232m | ITRA 0pt Oct 4, 2026
33 km | +1,053m | ITRA 1pt Oct 4, 2026
47 km | +1,478m | ITRA 1pt Oct 4, 2026

Nan Mountain Trail 2026

Na Noi, Nan

63 km | +4,130m | ITRA 3pt | UTMB Oct 10, 2026
101 km | +6,920m | ITRA 5pt | UTMB Oct 10, 2026
20 km | +1,540m | ITRA 0pt | UTMB Oct 11, 2026
31 km | +2,240m | ITRA 2pt | UTMB Oct 11, 2026
9.0 km | +714m Oct 11, 2026

Mae Hong Son Cross Country 2026

Mae Hong Son
11 km Oct 11, 2026
29 km | +1,000m | ITRA 1pt | UTMB Oct 11, 2026
6.0 km Oct 11, 2026

Phu Chi Fa Trail 2026

Thoeng, Chiang Rai
3.0 km Oct 11, 2026
8.0 km Oct 11, 2026
18 km Oct 11, 2026
41 km Oct 11, 2026

Thailand Earth Trail Series

Na Suan, Kanchanaburi
15 km Oct 11, 2026
30 km Oct 11, 2026
42 km Oct 11, 2026
7.0 km Oct 11, 2026

Pong Yaeng Trail

Chiang Mai
100 km | +5,075m Oct 17, 2026
20 km | +1,269m Oct 18, 2026
50 km | +2,821m Oct 18, 2026
70 km | +3,534m Oct 18, 2026
30 km | +1,797m Oct 18, 2026

Khlong Pheka Trail 2026

Prachin Buri
5.0 km | +99m Oct 18, 2026
16 km | +238m Oct 18, 2026
25 km | +343m Oct 18, 2026

Khaoyai X Trail

Nakhon Ratchasima
16 km | +350m Oct 18, 2026
25 km | +560m | ITRA 1pt | UTMB Oct 18, 2026
8.8 km | +82m Oct 18, 2026
52 km | +1,050m | ITRA 2pt | UTMB Oct 18, 2026

Trail Runner Companion

Ratchaburi
— | ITRA 0pt Oct 18, 2026

Ultra Nakee Naka Trail

Ban Phaeng, Nakhon Phanom
30 km | +1,041m | ITRA 1pt Oct 24, 2026
12 km | +160m Oct 24, 2026
5.0 km | +25m Oct 24, 2026
34 km | +1,208m | ITRA 1pt | UTMB Oct 25, 2026
50 km | +1,790m | ITRA 2pt | UTMB Oct 25, 2026
8.0 km | +100m Oct 25, 2026
17 km | +294m Oct 25, 2026

Tulay Trail

Tha Song Yang, Tak
77 km | +4,800m | ITRA 4pt | UTMB Oct 24, 2026
25 km | +2,100m | ITRA 1pt | UTMB Oct 24, 2026
108 km | +6,300m | ITRA 5pt | UTMB Oct 24, 2026
45 km | +2,800m | ITRA 3pt | UTMB Oct 24, 2026
8.0 km | +580m Oct 24, 2026

KhonKaen100 by VING

Khon Kaen
— Oct 24, 2026

Trail On The Rock

Chaiyaphum

- 15 km | +379m Oct 25, 2026
- 8.7 km | +234m Oct 25, 2026
- 50 km | +1,133m | ITRA 2pt Oct 25, 2026
- 32 km | +722m | ITRA 1pt Oct 25, 2026

Nam Nao Geopark Trail

Phetchabun

- 56 km | +2,610m | ITRA 3pt | UTMB Oct 25, 2026
- 37 km | +1,720m | ITRA 2pt | UTMB Oct 25, 2026
- 23 km | +963m | ITRA 1pt | UTMB Oct 25, 2026
- 13 km | +458m | ITRA 0pt | UTMB Oct 25, 2026

Trail Master Series

Wangchan, Rayong

- 11 km | +264m Oct 25, 2026
- 6.9 km | +141m Oct 25, 2026
- 27 km | +913m | ITRA 1pt | UTMB Oct 25, 2026
- 41 km | +1,643m | ITRA 2pt | UTMB Oct 25, 2026

THEP SADET TRAIL

Doi Saket, Chiang Mai

- 101 km | +7,085m | ITRA 5pt Oct 31, 2026
- 56 km | +3,508m | ITRA 3pt Oct 31, 2026
- 36 km | +2,490m | ITRA 2pt Oct 31, 2026
- 14 km | +951m Nov 1, 2026

UDONTXC

Udonthani, Udon Thani

- Nov 1, 2026

Phetchabun Skytrail

Phetchabun

- Nov 7, 2026

Samui Trail Plus

Ko Samui, Surat Thani

- 7.0 km | UTMB Nov 7, 2026
- 55 km | +3,176m | ITRA 2pt | UTMB Nov 7, 2026
- 15 km | +849m | ITRA 0pt | UTMB Nov 8, 2026
- 25 km | +1,673m | ITRA 1pt | UTMB Nov 8, 2026

Ruammit Ultra Trail

Chiang Rai

- 50 km | +2,534m | ITRA 3pt Nov 8, 2026
- 12 km | +434m Nov 8, 2026
- 3.0 km | +36m Nov 8, 2026
- 35 km | +1,728m | ITRA 1pt Nov 8, 2026

Ultra Trail Pha Hob

Mae Moh, Lampang

- 47 km | +1,302m | ITRA 2pt | UTMB Nov 8, 2026
- 36 km | +1,093m | ITRA 2pt | UTMB Nov 8, 2026
- 17 km | +393m | ITRA 0pt | UTMB Nov 8, 2026

POCARI SWEAT Trail Run

Chiang Mai

- 42 km | +1,800m Nov 14, 2026
- 34 km | +1,200m Nov 14, 2026
- 105 km | +4,100m Nov 14, 2026
- 50 km | +2,400m Nov 14, 2026
- 15 km | +500m Nov 15, 2026

AIA One Billion Trail by TMS

Hua Hin, Prachuap Khiri Khan

- 5.0 km | +150m Nov 21, 2026
- 51 km | +2,597m Nov 21, 2026
- 15 km | +681m Nov 21, 2026
- 10 km | +343m Nov 21, 2026
- 30 km | +1,413m Nov 21, 2026

Cuesta X Trail

Nakhon Ratchasima
105 km | +2,890m Nov 21, 2026
55 km | +1,750m Nov 22, 2026

Chiang Mai Thailand by UTMB

Chiang Mai
57 km | +3,600m | ITRA 3pt | UTMB Nov 28, 2026
57 km | +3,600m | ITRA 3pt | UTMB Nov 28, 2026
5.0 km | +240m | UTMB Nov 29, 2026
20 km | +800m | ITRA 1pt | UTMB Nov 29, 2026
3.0 km | +100m | UTMB Dec 4, 2026
173 km | +9,800m | ITRA 6pt | UTMB Dec 4, 2026
100 km | +5,500m | ITRA 5pt | UTMB Dec 4, 2026
63 km | +3,000m | ITRA 3pt | UTMB Dec 5, 2026
63 km | +3,000m | ITRA 3pt | UTMB Dec 5, 2026
17 km | +700m | ITRA 0pt | UTMB Dec 6, 2026
26 km | +1,100m | ITRA 1pt | UTMB Dec 6, 2026

ChiangKhong Ultra Marathon

Chiang Rai
104 km Dec 5, 2026

Phu Foi Lom Ultra Trail

Udon Thani
— Dec 5, 2026

Phrae Trail

Phrae
29 km Dec 6, 2026
13 km Dec 6, 2026
6.0 km Dec 6, 2026

Soimalai Winter Season

Tak
165 km | +6,800m | ITRA 6pt Dec 11, 2026
100 km | +5,300m | ITRA 5pt Dec 12, 2026
45 km | +1,700m | ITRA 2pt Dec 12, 2026
65 km | +3,100m | ITRA 3pt Dec 12, 2026
12 km | +400m Dec 13, 2026
33 km | +1,500m | ITRA 2pt Dec 13, 2026

Mae Takhrai Trail

Chiang Mai
177 km | +9,651m | ITRA 6pt | UTMB Dec 11, 2026
85 km | +3,790m | ITRA 4pt | UTMB Dec 12, 2026
108 km | +4,725m | ITRA 5pt | UTMB Dec 12, 2026
72 km | +3,554m | ITRA 3pt | UTMB Dec 12, 2026
57 km | +2,995m | ITRA 3pt | UTMB Dec 12, 2026
34 km | +1,623m | ITRA 2pt | UTMB Dec 13, 2026
25 km | +1,177m | ITRA 1pt | UTMB Dec 13, 2026
9.9 km | +259m | ITRA 0pt Dec 13, 2026

Pha Sam Liam Trail

Chiang Mai
— Dec 13, 2026

Tanaosri Trail

Ratchaburi
51 km | +2,740m | ITRA 3pt | UTMB Dec 19, 2026
104 km | +5,510m | ITRA 5pt | UTMB Dec 19, 2026
26 km | +1,590m | ITRA 1pt | UTMB Dec 20, 2026
11 km | +430m Dec 20, 2026

Khaoyai 100K Ultra Marathon

Nakhon Ratchasima
— Dec 19, 2026

CHIANG DAO 100 Ultra Trail

Chiang Dao, Chiang Mai

104 km | +5,046m | ITRA 4pt | UTMB Dec 19, 2026
53 km | +3,009m | ITRA 3pt | UTMB Dec 19, 2026
12 km | +424m Dec 20, 2026
36 km | +2,000m | ITRA 2pt | UTMB Dec 20, 2026
20 km | +940m | ITRA 1pt | UTMB Dec 20, 2026

CORE X250 Ultra Trail

Chiang Dao, Chiang Mai

249 km | +13,665m | ITRA 6pt Dec 23, 2026
174 km | +9,269m Dec 23, 2026
16 km | +485m | ITRA 1pt Dec 23, 2026
71 km | +4,112m | ITRA 4pt Dec 23, 2026
106 km | +5,905m | ITRA 5pt Dec 23, 2026
53 km | +2,704m | ITRA 3pt Dec 23, 2026
35 km | +1,846m | ITRA 2pt Dec 23, 2026

Sriracha Ultra 100

Chonburi, Chon Buri

— Dec 26, 2026

Chaiyaphum Trail Running Phu Laen Kha

Chaiyaphum

— Dec 27, 2026

About Hima Run

Hima Run is the most comprehensive trail running calendar for Southeast Asia and China. We cover 8 countries with hundreds of race listings, each verified against official race websites.

Every race listing includes distance, elevation, difficulty rating (KM-Effort), entry fees, registration status, ITRA points, and UTMB index information when available.

Browse the full calendar: hima-run.com/races

Thailand calendar: hima-run.com/races/th

Guides: hima-run.com/guides

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