THE GREAT REFRESH



Runner's guide 2027.

THE GREAT REFRESH



CONTENTS:

WELCOME	3
SCHEDULE AND LOCATIONS	4
ROUTE MARKINGS AND BIB	5
EQUIPMENT AND SAFETY	6
AID STATIONS	7
RACE PROFILE	8
ENTRY TO NATIONAL PARK	9
RACE RECORDS	10
ENVIRONMENTAL PROTECTION	11
PARTY	12
KIDS PROGRAM	14

MLJET
Nacionalni park
National Park

WELCOME TO MAGICAL ISLAND OF MLJET

A place where time slows down, where the forest smells richer, and the sea looks almost unreal. A place where every step has a different sound – on soil, on stone, along the coast – and where nature accompanies you in a silence that rarely exists today.
Through the shade of pine forests, along turquoise waters, across trails that demand not only strength, but presence. Every climb and every descent is part of an experience that cannot be captured in a photograph or measured by a result.

Mljet Trail is not a race for personal records.
It is a race for the experience.

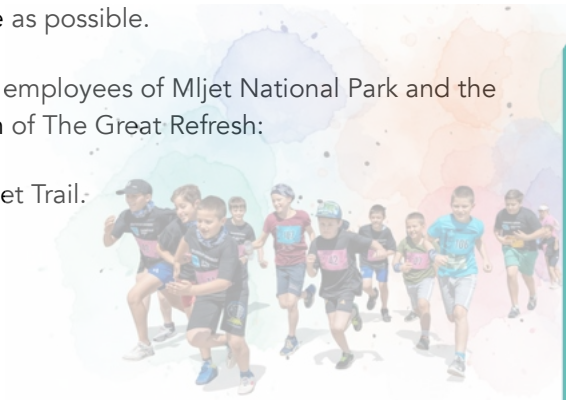
Slow down and look around.
Feel the rhythm of your breathing, your steps, and the nature this location offers.
For moments that are not measured by a clock, but by feeling. Our wish is that this race stays with you long after you take off your bib number.

In order to make your stay on Mljet as pleasant and simple as possible, we have prepared this document with the most important information to help you focus on what matters most – the race experience.

Behind this race stands a team of more than 50 people – organizers, volunteers, park staff, mountain rescue service, and firefighters – all working together to ensure that every detail of your arrival, stay, and race is as smooth, high-quality, and safe as possible.

On behalf of all employees of Mljet National Park and the organizing team of The Great Refresh:

Welcome to Mljet Trail.



SCHEDULE AND LOCATIONS

FRIDAY 30th APRIL

Time	Location	Description
4:00PM-8:00PM	Riva Pomena	Start packages pick-up

SATURDAY 01st MAY

Time	Location	Description
7:00AM	Riva Pomena	Start of 42km race
7:00AM-8:30AM	Riva Pomena	Start packages pick-up
9:00AM	Riva Pomena	Start of 6km, 13km & 23km races
12:00AM-3:00PM	Hotel Odisej terrace	Lunch
3:00PM	Riva Pomena	Awards ceremony
7:00PM	Restaurant "Melody"	After party

SUNDAY 02nd MAY

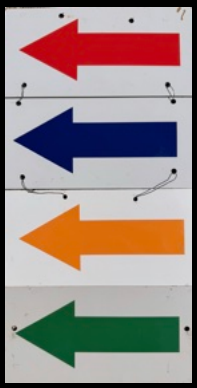
Time	Location	Description
8:00AM - 9:30AM	Riva Pomena	Start packages pick-up
10:00AM	Riva Pomena	Start of 4km kids race

PARKING LOCATION - behing Hotel Odisej

ROUTE MARKINGS

All major intersections are marked with arrows in the color of the course.
Red flags indicate the direction of movement.
Ribbons mark the direction of movement or block passage in the wrong direction.







RACE BIB

Race bibs are color-coded according to the selected course.
The bib must be clearly visible on the front of the body.
Removing the race bib will be considered as withdrawal from the race.



MANDATORY AND RECOMMENDED EQUIPMENT

	42km	23km	13km	6km
Running backpack/belt	YES	*	*	*
Mobile phone	YES	YES	YES	YES
Water	YES	YES	YES	YES
Sun protection	*	*	*	*
Poles	*	*	*	NE
* recommended				

SAFETY

Each runner participates at their own responsibility. Even on easier courses, injuries or sudden fatigue can occur, so it is important to run wisely and keep enough energy for unexpected situations.
If you feel unwell, rest at an aid station – not in exposed sections of the course. Regularly take in fluids and food.

- Stay on marked trails
- If you do not see markings for 300 m, return to the last one you saw
- If needed, contact us at 00385959022607, or in case of emergency call 112

Assist an injured runner – it is an obligation, not a choice.

In case of withdrawal from the race, you must send an SMS (WhatsApp) with your location and movement plan to 00385959022607.

AID STATIONS

Location	Race	Available
Polače	42km	Liquid: water Food: banana, orange
Vrbovica	42km(x2) 23km 13km	Liquids: water, isotonic, cola Food: banana, orange, nuts, chocolate, figs, chips
Big bridge	42km 23km 13km	Liquids: water, isotonic, cola Food: banana, orange, nuts, chocolate, figs, chips
Planjak peak	42km 23km	Liquids: water, isotonic, cola Food: banana, orange, nuts, chocolate, figs, chips
Montokuc peak	42km 23km 13km	Liquid: water



RACE PROFILE

ORANGE TRAIL

Date: **May 2, 2026**

Start & Finish Location: **Riva Pomena**
Start: **7AM**
Time Limit: **10h**
Race Length: **42km**
Total Elevation Gain: **1402m**
Aid Stations:

- **9km – / Drinks and food***
- **16km – / Drinks and food***
- **25km – / Drinks and food***
- **33km – / Drinks and food***
- **37km – / Water***
- **39km – / Drinks and food (same as at 16km)***

*Drinks: water, cola, isotonic. Food: fresh and dried fruit, chocolate and/or cookies, chips.
Categories: **M and W**
Application deadline: **19.4.2026.**
Limit: **300 runners**

GPS LOG & PROFILE

REGISTER



RED TRAIL



Date: **02.05.2026**

Start & Finish Location: **Riva Pomena**
Start: **9AM**
Time Limit: **8h**
Race Length: **23.4km**
Total Elevation Gain: **841m**
Aid Stations:

- **5.7km – / Drinks and food***
- **14.7km – / Drinks and food***
- **18.2km – / Water***
- **20.3km – / Drinks and food***

*Drinks: water, cola, isotonic. Food: fresh and dried fruit, chocolate and/or cookies, chips.
Categories: **M and W**
Application deadline: **19.4.2026.**
Limit: **150 runners**

GPS LOG & PROFILE

REGISTER

BLUE TRAIL

Date: **02.05.2026**

Start & Finish Location: **Riva Pomena**
Start: **8AM**
Time Limit: **6h**
Race Length: **13km**
Total Elevation Gain: **527m**
Aid Stations:

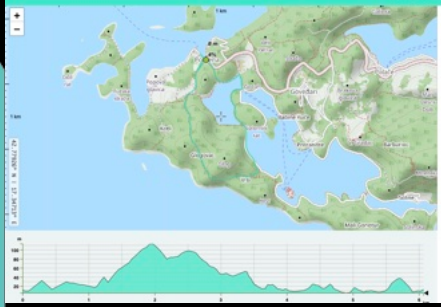
- **5.7km – / Drinks***
- **8.6km – / Water***
- **9.8km – / Drinks and food***

*Drinks: water, cola, isotonic. Food: fresh and dried fruit, chocolate and/or cookies, chips.
Categories: **M and W**
Application deadline: **19.4.2026.**
Limit: **200 runners**

REGISTER



GREEN TRAIL



Date: **02.05.2026**

Start & Finish Location: **Riva Pomena**
Start: **9:00AM**
Time Limit: **3h**
Race Length: **6km**
Total Elevation Gain: **197m**
Number of Aid Stations:
/
Application deadline: **19.4.2026.**
Limit: **150 runners**

GPS LOG & PROFILE

REGISTER

ENTRY TO MLJET NATIONAL PARK

You can collect your ticket in the period from April 26 to May 2 at any of the park's information points. The ticket is issued in your name and can be used multiple times within the same period.

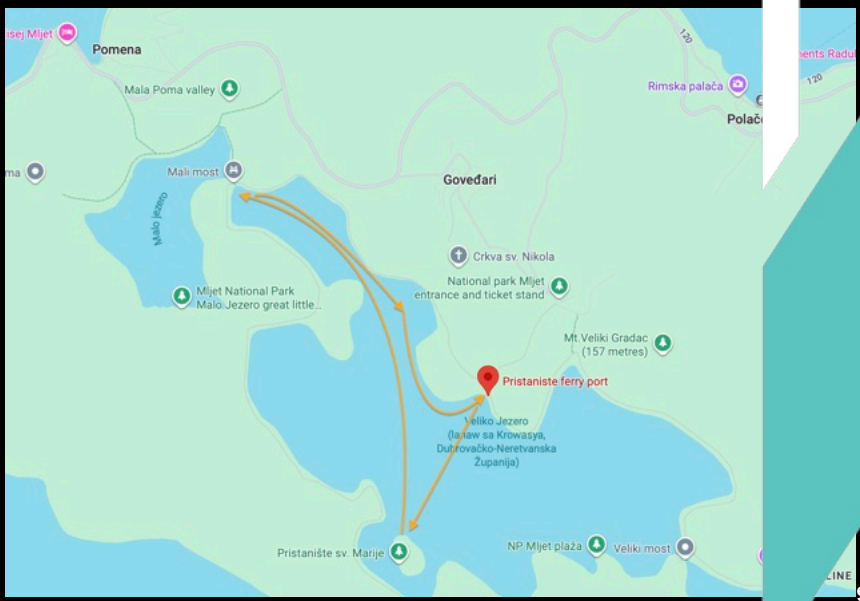
All family members of runners are entitled to a 35% discount on the purchase of additional tickets; the discount is applied at the park's ticket sales points.

Ticket add-on:

With each ticket, you are entitled to one tourist ride on an electric boat to the islet of St. Mary.

Boat schedule:

Pristaniše ferry port	Sv. Marija island	Small bridge
10:00AM/11:00AM/ 12:00AM/ 1:00PM/2:00PM/ 3:00PM	10:30AM/ 11:30AM/ 12:30AM/ 1:30PM/2:30PM/ 4:00PM	10:45/11:45/12:45/ 13:45/14:45



MLJET COURSE RECORDS

Course	Runner, time and year of the record
Green 6km	W: Inka Matana, 34:19min (2024.) M: Ivica Živković, 36:09min (2022.)
Blue 13km	W: Monika Vištica Tadić, 1:37h (2023.) M: Tonči Borovac, 1:19h (2025.)
Red 23,4km	W: Michaela Kucháriková, 2:32h (2026.) M: Romain Mathieu, 2:25h (2026.)
Orange 42km	W: Adela Iuliana Popescu, 5:15h (2026.) M: Ansbert De Cleene, 4:30h (2026.)



ENVIRONMENTAL PROTECTION

Mljet trail tekes place within Mljet National Park, one of the most valuable natural areas in Croatia and part of the Natura 2000 ecological network.

This is a strictlz protected area of exceptional natural value, where environmental preservation is an absolute priority. By participating in the race, you accept responsibility for respecting nature and the rules of conduct in protected areas.

It is mandatory to:

- stay on marked trails
- leave no waste behind (including gels, cups and packaging)
- not damage plants, soil or natural formations
- not disturb wildlife
- follow the instructions of the organizers and park staff

It is strictly forbidden to:

- dispose of waste outside designated areas
- engage in anz behavior that could endanger nature or the safety of other participants

Failure to complz with the rules may result in disqualification

Thank you for helping preserve Mljet as it is - wild, clean and unique.



IT'S TIME FOR FUN

A cheerful end to Saturdaz will be hosted by the owner and staff of Restaurant Melody. The party will be led by a DJ.

Restaurant Melody offers better prices for runners!

20% discount on food and drinks throughout the entire week.

During the party, all drinks are discounted.

MELODY



RISNJAK
Nacionalni park
National Park

Risnjak trail
24.- 25.7.2027.

PLITVIČKA JEZERA
Nacionalni park
National Park

41. Plitvički maraton
05.- 06.6.2027.

MLJET
Nacionalni park
National Park

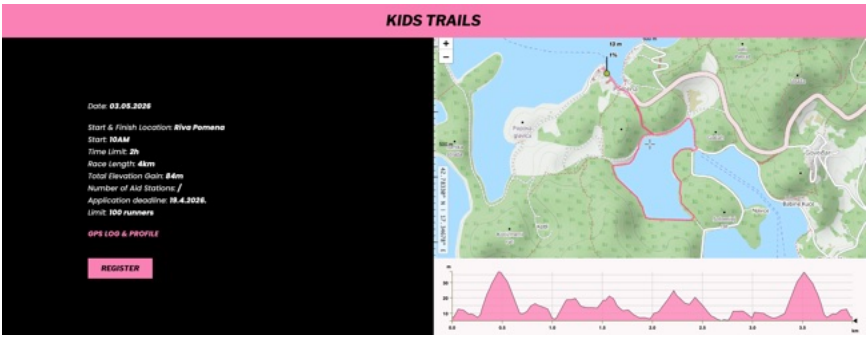
Mljet trail
01.- 02.5.2027.

KIDS PROGRAM

The children's race is intended for kids aged 6 to 15. Children aged 6 to 10 must be accompanied by a parent or an adult family member. The accompanying adult does not pay an entry fee.

Time	Location	Description
07:00AM - 8:30AM	Riva Pomena	Start packages pick-up
9:00AM	Riva Pomena	Start of 4km kids race
11:00AM	Riva Pomena	Awards ceremony

KIDS COURSE PROFILE





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