THE GREAT REFRESH

RISNJAK
Nacionalni park
National Park



Runners guide 2027.

THE GREAT REFRESH



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WELCOME TO THE BEAUTIFUL FORESTS OF RISNJAK

Risnjak is a place of unspoiled nature, dense forests, mountain trails, and fresh air. The terrain is varied and challenging, with each section of the course offering a different experience – from forest paths and exposed roots to rocky climbs and fast descents.

Risnjak Trail is more than just a sporting competition. It is an opportunity to discover one of Croatia's most beautiful mountain landscapes. The trails demand good preparation, concentration, and respect for the natural environment you are passing through.

During the race, pay attention to the terrain, follow the course markings and instructions, and take a moment to look around and appreciate the beauty of Risnjak National Park.

We hope you leave the race with more than just a result and a medal – we want you to take home a memorable experience that will stay with you for years to come.

To make your visit and participation as smooth and enjoyable as possible, we have prepared this guide with all the essential information about the event programme, race courses, rules, logistics, and safety.

Behind the race is a dedicated team of organisers, volunteers, Risnjak National Park staff, members of the Croatian Mountain Rescue Service (HGSS), and other support services, all working together to ensure that your visit and race experience are well-organised and safe.

On behalf of the staff of Risnjak National Park and the organising team of The Great Refresh:

Welcome to Risnjak Trail!



SCHEDULE AND LOCATIONS

FRIDAY 23.07.

Vrijeme	Lokacija	Opis
16:00 - 20:00h	Headquarters NP Risnjak, Bela Vodica	Race Pack Collection

SATURDAY 24.07.

Vrijeme	Lokacija	Opis
7:00h-7:45h	Headquarters NP Risnjak, Bela Vodica	Race Pack Collection (Dress warmly! 😉)
8:00h	Headquarters NP Risnjak, Bela Vodica	Start of races 11km, 23km i 33km
12:00-18:00h	Headquarters NP Risnjak, Bela Vodica	Lunch
14:00h	Headquarters NP Risnjak, Bela Vodica	Awards Ceremony and Prize Presentation
9:00-14:00h	Headquarters NP Risnjak, Bela Vodica	Kids' Race Registration
15:00h	Headquarters NP Risnjak, Bela Vodica	Start of kids races
16:00h	Headquarters NP Risnjak, Bela Vodica	Kids' Race Awards Ceremony

COURSE MARKINGS

All major intersections are marked with arrows in the corresponding course colour.
Red flags indicate the direction of the course.
Marking tapes indicate the direction of the course or block access to incorrect routes.
Each runner is responsible for navigating the course correctly. The organiser accepts no responsibility if a runner takes a wrong turn or goes off course.







RACE BIB

Race bibs are colour-coded according to the selected course.
Ris 33 km – orange; Vuk 23 km – blue; Medo 11 km – green.
The race bib must be clearly visible on the front of the runner's body at all times. Removing the race bib will be considered withdrawal from the race.
Please write your emergency contact details and blood type on the back of your race bib.



MANDATORY AND RECOMMENDED EQUIPMENT

	33km	23km	11km
Running Backpack / Waist Belt	YES	*	*
Mobile phone	YES	YES	YES
Water	YES	YES	YES
Sun protection	*	*	*
Running poles	*	*	*
Windstopper jacket	YES	YES	*
* recommended			

SAFETY

Every runner participates at their own risk. Injuries and sudden fatigue can occur even on easier courses, so it is important to run responsibly and conserve enough energy for unexpected situations.

If you feel unwell, take a break at an aid station rather than on exposed sections of the course. Make sure to eat and drink regularly. Stay on the marked trails.

If you haven't seen a course marking for 300 metres, return to the last marking you saw.

If you need assistance, contact us at +385 95 902 2607 or call 112 in case of an emergency.

Helping an injured runner is an obligation, not a choice.

If you withdraw from the race, you MUST send an SMS or WhatsApp message to +385 95 902 2607, stating your location and intended route.

AID STATIONS

Location	Race	Content
Schlosserov dom	33km (on 8km) 23km (on 8km)	Drinks: Water, isotonic drinks, cola Food: Bananas, oranges, crisps and snacks
Lazac	33km (on 12km)	Drinks: Water, isotonic drinks, cola Food: Bananas, oranges, crisps and snacks
Cajtige	33km (on 20km) 23km (on 10km)	Drinks: Water, isotonic drinks, cola Food: Bananas, oranges, crisps and snacks
Markov brlog	33km (on 26km) 23km (on 16km) 11km (on 5km)	Drinks: Water, isotonic drinks, cola Food: Bananas, oranges, crisps and snacks



COURSE PROFILES

STAZA RIS

Datum: **25.07.2026.**

Start & cilj lokacija: **Crni Lug, ulaz u Nacionalni park**
Start: **08:00h**
Vremenski limit: **10h**
Dužina utrke: **32,7km**
Ukupni uspon: **1698m**

Broj okrijepnih stanica:
8km – / Piće i hrana*
12km – / Piće i hrana*
20km – / Piće i hrana*
28km – / Piće i hrana*
Cilj – / Piće i hrana*

*Piće: **voda, cola, izotonik.**
Hrana: **svježe i suho voće, čokolada i/ili keksi, čips.**
Kategorije: **M i W**
Rok za prijavu: **12.7.2026.**
Limit: **300 trkača**

GPS LOG & PROFIL

PRIJAVI SE



STAZA VUK



Datum: **25.07.2026.**

Start & cilj lokacija: **Crni Lug, ulaz u Nacionalni park**
Start: **08:00h**
Vremenski limit: **10h**
Dužina utrke: **23,5km**
Ukupni uspon: **1196m**

Broj okrijepnih stanica:
8km – / Piće i hrana*
10km – / Piće i hrana*
16km – / Piće i hrana*
Cilj – / Piće i hrana*

*Piće: **voda, cola, izotonik.**
Hrana: **svježe i suho voće, čokolada i/ili keksi, čips.**
Kategorije: **M i W**
Rok za prijavu: **12.7.2026.**
Limit: **300 trkača**

GPS LOG & PROFIL

PRIJAVI SE

STAZA MEDO

Datum: **25.07.2026.**

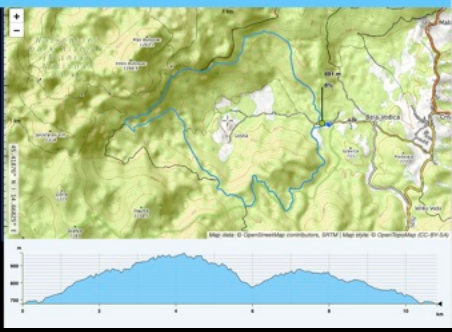
Start & cilj lokacija: **Crni Lug, ulaz u Nacionalni park**
Start: **08:00h**
Vremenski limit: **6h**
Dužina utrke: **11km**
Ukupni uspon: **455m**

Broj okrijepnih stanica:
5km – / Piće i hrana*
Cilj – / Piće i hrana*

*Piće: **voda, cola, izotonik.**
Hrana: **svježe i suho voće, čokolada i/ili keksi, čips.**
Kategorije: **M i W**
Rok za prijavu: **12.7.2026.**
Limit: **300 trkača**

GPS LOG & PROFIL

PRIJAVI SE



Ris Course – The first 8 km, leading to the first aid station, feature the steepest climb of the course. By the time you reach Schlosser's Mountain Hut, you will have completed approximately half of the total elevation gain. After the hut, a short technical descent awaits, followed by an enjoyable downhill section leading to the Lazac aid station.
From there, the second major climb takes you towards the summit of Snježnik. The section along the Snježnik ridge requires extra caution due to its rocky terrain. This is the most technically demanding part of the course.
Once you descend from the ridge and reach the gravel road at Rimska Vrata, the technical difficulties are behind you. From here to the finish line, the course follows mostly gravel roads with a gentle downhill gradient.

Vuk Course – The first 8 km, leading to the first aid station, account for almost all of the course's elevation gain. As on the Ris course, a short technical descent follows Schlosser's Mountain Hut. Shortly afterwards, the two courses split.
You continue towards your second aid station at Cajtige, where the trail meets a gravel road. After a short section on the gravel road, the final climb takes you to Medvjeđa Vrata at approximately kilometre 13. From there, it's downhill all the way to the finish line.

Medo Course – The first 4 km are the most challenging part of this course, accounting for approximately 80% of the total elevation gain. At kilometre 5, refreshments await you at the aid station, followed by the final short climb.
Most of the course follows gravel roads, making it ideal for enjoyable, fast running. Save some energy for the section from kilometre 7 to the finish line, where you can really pick up the pace!
All course profiles are available on our website:
https://thegreatrefresh.com/risnjak-utrke/

RISNJAK NATIONAL PARK ENTRY TICKET

Your race pack includes an entry ticket to the beautiful Risnjak National Park.
The ticket is valid until 25 July and it is not needed for the race itself.

NATURE CONSERVATION

Risnjak Trail takes place within Risnjak National Park, one of Croatia's most valuable natural areas.

This is a strictly protected area of exceptional natural value, where environmental conservation is an absolute priority.

By participating in the race, you accept responsibility for respecting nature and following the rules of conduct within protected areas.

You must:

- Stay on marked trails at all times.
- Leave no litter behind (including energy gel wrappers, cups and other packaging).
- Avoid damaging plants, soil or natural formations.
- Do not disturb wildlife.
- Follow the instructions of race organisers and park staff.

The following are strictly prohibited:

- Disposing of waste outside designated areas.
- Any behaviour that may endanger the natural environment or the safety of other participants.

Failure to comply with these rules may result in disqualification.

Thank you for helping us preserve Risnjak as it is – wild, pristine and unique.



KIDS RACES

With this programme, we aim to create wonderful memories and an unforgettable day for our youngest athletes.
The programme begins with kids' races divided into age categories:
15:00 – 100 m race for children aged 3–4
15:15 – 100 m race for children aged 5–6
15:30 – 200 m race for children aged 7–9
15:45 – 500 m race for children aged 10–12
16:00 – Kids' Race Awards Ceremony

All categories are mixed-gender, and participation is free of charge. Registration is available on race day from 9:00 to 14:00.
Every participant will receive a T-shirt and a finisher medal.



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Good luck!