



Avantika Ananthagiri Hills Trail Run 2026



Instructions for Participants of

Avantika Ananthagiri Hills Trail Run 2026

4-October-2026

POWERED BY SOCIETY FOR TELANGANA RUNNERS





Avantika Ananthagiri Hills Trail Run 2026



Important Instructions for Timed Runners

Dear Trail Runner,

Greetings from the **Avantika Ananthagiri Hills Trail Run Organising Team!**

Thank you for participating in the **Avantika Ananthagiri Hills Trail Run 2026**, We are excited to formally invite you to the 2nd edition of our Forest Trail Run. This year's course promises a stunning journey through our most beautiful, wind-swept ridges and shaded forest floors, offering the perfect opportunity to reconnect with nature while pushing your personal limits. Please read these critical instructions carefully to ensure a seamless and enjoyable race day.

1. Event Details - Start / Finish Location

- **Date:** Sunday, 4th October 2026
- **Venue:** Haritha Resort, Ananthagiri hills, Vikarabad.
<https://maps.app.goo.gl/XvA4hVCuy8BMxrBz8>

2. Race Categories, Flag-Off Times / Cut-off times & Timing mats (Subject to Day light)

- **32 KM** (Two Loop Endurance challenge to experienced runners): 6:00 AM (6 Hrs with the 1st loop to be completed within 2 hr 45 min)
- **16 KM** (Mixed Elevation and Trail Running) : 6:15 AM (3 Hrs)
- **10 KM** (Introduction to Trail Running) : 6:30 AM (2 Hrs)
- **5K** (Fun run) 7:00 AM (1 Hr)
- **Timing Mats:** Participants must cross the timing mats at the Start & Finish line, as well as at the 2.5k, 5k, 7.5k, and 12.5k.
- **Assembly Time:** Please arrive at least **1 hour** before your specific flag-off time.

3. Hydration / Medical Stations

- **Station Locations :** Start /End Point - 2.5 Kms – 5 Kms – 7.5 Kms – 12.5 Kms.

4. Route Safety and Wild life conservation zone

- **Route :** The route features a **mix of natural trails, mud, soil, rocky patches, and unpaved (kutcha) road sections**. We recommend wearing trail running shoes with good grip for 32k. While one can wear regular running shoes, **strong traction is essential**, especially in the wet and slippery areas of the course.
- **Stick to Marked Paths:** Follow strictly the trail route markers with red ribbons . Do not take unfamiliar side trails and avoid shortcuts for safety.



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- **Watch Your Terrain and Footing:** Keep your focus 3 to 5 meters ahead of you on the trail to navigate rocks, roots, and uneven ground safely.
- **Leave No Trash at the Venue or Along the Trail:** **Strictly No littering around in the route or venue.** Help us preserve the forest. Dispose of all trash in the garbage bags at the hydration counters or in designated bins.
- **Selfie :** Do not take selfies or photos at dangerous zones or unsafe viewpoints.

5. Parking Information

- **Designated Parking Areas:** Parking is available near the Venue.
- **Strictly No Parking on the Approach Roads to the venue.**
- **On-Site Guidance:** Police personnel / Race volunteers will be stationed near the area to guide you.

6. Bib Distribution

Participants requested to collect their Bibs on 2-Oct in Hyderabad. No Bibs distribution on Race Day

- **2-Oct-2026 :** From 1:00 PM to 6:00 PM at Decathlon Errum Manzil.
<https://maps.app.goo.gl/UegWu462FseQsXcn8>
- **3-Oct- 2026:** From 2:00 PM to 5:00 PM at Run venue - Haritha Resort, Ananthagiri Hills, Vikarabad. <https://maps.app.goo.gl/XvA4hVCuy8BMxrBz8>

7. Runner Entitlements

- Bib & Run T-shirt (for registrations with T-shirt)
- Finisher Medal
- Post-run Breakfast
- Timing Certificate (Timed runners only)

7. Volunteers

Follow their Instructions : Volunteers at Start point, Aid stations, route marshals, Parking, Medals counter and breakfast

9. Baggage Counter

- **Baggage Storage:** A baggage counter will be available at the venue.
- **Guidelines:** Participants must ensure they only bring essentials in a small bag. Please do not store any valuable items.
- **Disclaimer:** The organizing team shall not be held responsible for any theft, loss, or damage to your personal belongings.

10. Trail Run Gear :

Distance	Trail Shoe	Arm & Leg Sleeves	Hydration Vest	Cap	Goggles
32 k	Recommended	Recommended	Recommended	Recommended	Recommended
16 k	Good to have	Good to have	Good To have	Good to have	Good to have
10 k	Running Shoe	Good To have	NA	Good To have	Good to have
5 k	Running Shoe	Good To have	NA	Good To have	Good to have

11. Health & Safety Disclaimer :

By registering and participating, participants unconditionally confirm that they are medically fit and fully aware of the physical requirements of a trail run. If you feel unwell, you are strongly advised not to participate. The Organizing Team shall not be held responsible for any health-related incidents whatsoever. Please note that the organizing team will not be responsible for any injuries, accidents resulting from a failure to follow the referred safety guidelines.

12. Telangana Multi Terrain Slam – 4 Iconic Races – 1 Epic Journey

A prestigious, season-long challenge requiring runners to complete four specifics on-ground races consecutively. Virtual runs do not count.

Eligibility and Registration

- Type: Only on-ground races qualify; virtual runs are excluded.
- Sign-up: Register for each event individually using identical profile details (mobile and email).

Challenge Track Options - Runners must commit to one track :10K or HM

1. Telangana Run (Jun-26): 10k or HM
2. Ananthagiri Hills (Oct-26): 10k or 16 KM +
3. Godavari River Marathon (Dec-26): 10K + or FM
4. Yadagirigutta Run (Feb-27): 10k or HM

Timing and Sequence Rules

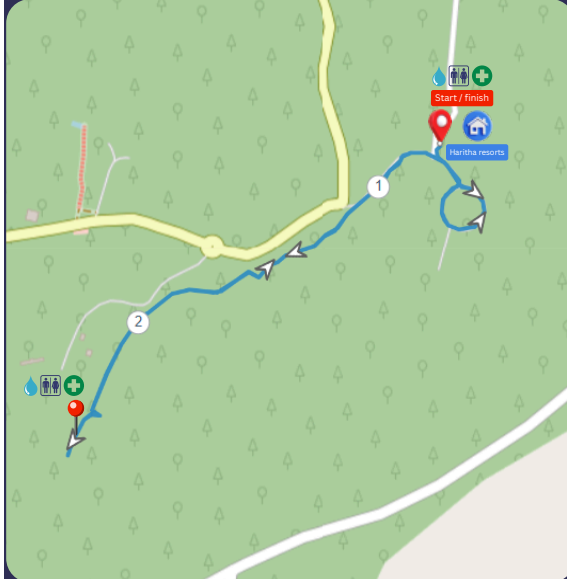
- **The Sequence:** The challenge triggers at your first completed race. You can start with any race, but the next three must be finished in strict chronological order.
- **The Hard Reset:** Missing a race, failing a cut-off time, or disqualification resets progress to zero. You must start over.

13. Stay Updated

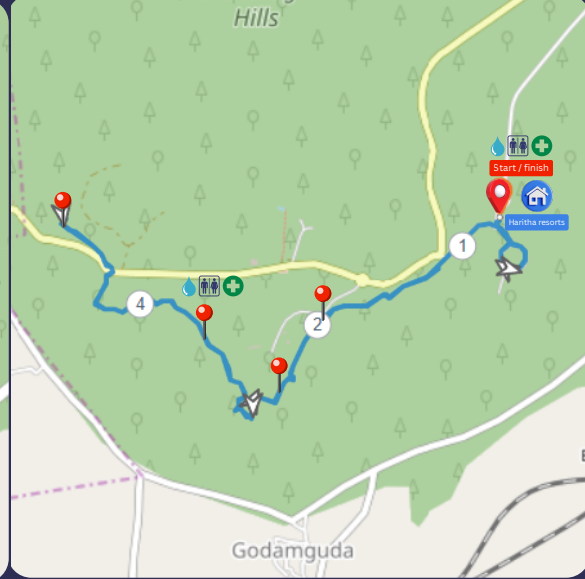
- WhatsApp Group: Join <https://chat.whatsapp.com/BfvMrAhS8yh6OkSXlvhghg>
- Website : <https://ananthagiritrailrun.com>
- Accommodation : +91 9246340028

14. Route Map

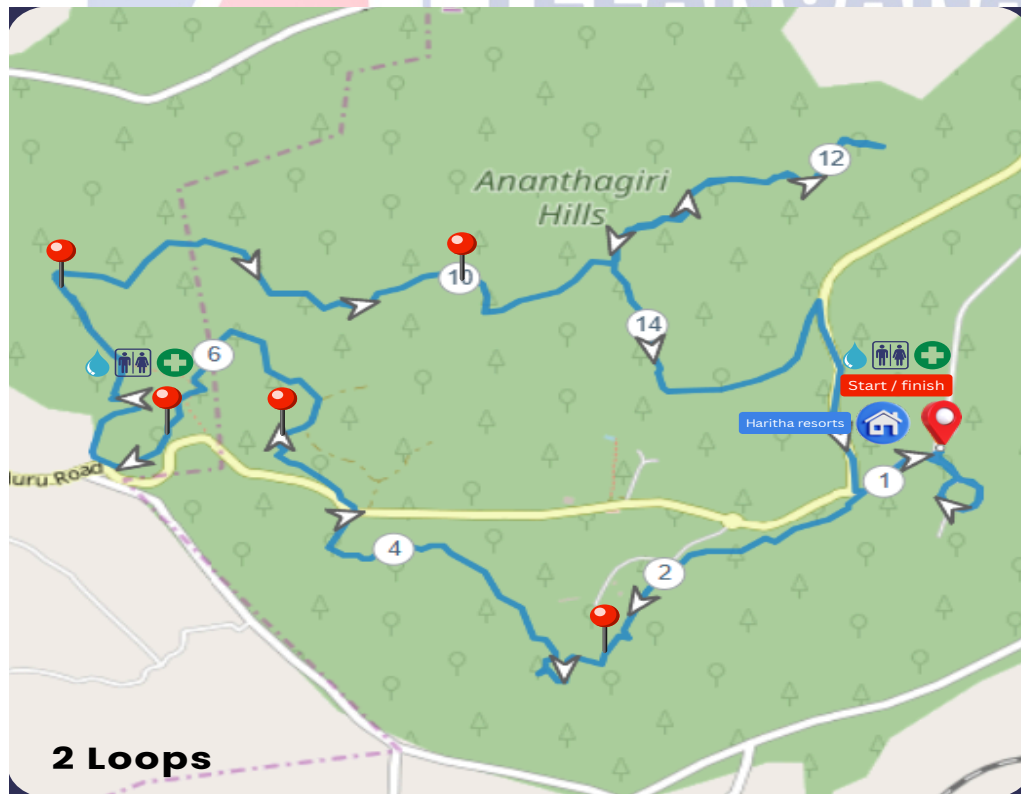
5KM ROUTE MAP



10KM ROUTE MAP



16KM - 32 KM (16 KM 2 LOOPS) ROUTE MAP



Run Strong, enjoy the trails and celebrate your achievement at the hills