



Świeradów-Zdrój

race guide

27 – 28.06.2026



Bank Polski

10. PKO Bieg
Charytatywny



PKO Bank Polski zaprasza na 10. PKO Bieg Charytatywny

12.09, godz. 11:00 w całej Polsce

Za każde przebiegnięte 400 m PKO Bank Polski
przekaze 10 zł na wsparcie psychologiczne dzieci.
Im więcej nas pobiegnie, tym bardziej pomożemy.

Szczegóły na: www.pkobiegcharytatywny.pl

Partnerzy:



Patroni honorowi:





My fellow runners, ultrarunners and trail enthusiasts!

... and perhaps all the ultrarunners soon-to-come? Absolutely! There will be plenty of first-timers at the start lines across every single distance. I am keeping my fingers crossed for you in particular!

Dear friends, we are coming back to the Izera Mountains with the entire Fundacja Białystok Biega crew and our trusted partners from Grabek Promotion, with whom we co-organise the Izery Ultra-Trail.

We are returning with an even greater passion to share these surroundings with you. Being here in the Izera region gives us immense pride. Following our debut event in the mountains, we were overwhelmed by your enthusiastic reviews, which naturally inspired us to expand our running event in Świeradów-Zdrój.

After months of rigorous preparation, we are finally ready. This weekend, we gather at the start line – this time offering six distinct courses. You are taking part in one of the grandest trail running festivals in Lower Silesia. Thank you for your trust, your enthusiasm, and every encouraging message that motivates us all year long.

This time, the start and finish lines for all distances will be located right in the centre of Świeradów-Zdrój, on the promenade by the historic Spa Resort. It is fair to say we have always dreamed of such a spectacular backdrop... what is more, the Race Office will be located within the Spa Resort itself – in the largest pavilion walking hall in Lower Silesia. I would like to express my gratitude to the resort's management for such a seamless cooperation.

I also extend my thanks to the board of PKO Bank Polski and the regional authorities of the Lower Silesian Voivodeship for their goodwill and support of the event. Our gratitude goes out to the local authorities of Świeradów-Zdrój, led by Mayor Edyta Wilczacka, for their support and help in organising such a large venture.

Furthermore, the Podlaskie Voivodeship is joining forces with us this year as a Strategic Partner. Podlaskie aims to support you wherever your running journeys take you. Consider this an open invitation to come and experience the Bison Ultra-Trail with us this October as well.

You are heading to Świeradów-Zdrój from all over Poland and several countries abroad. I am certain you will fall in love with this town and the Izera Mountains, just as we did.

Taper well, hydrate properly, double-check your mandatory gear, pack your favourite trail shoes and... bring a brilliant attitude. We will take care of the rest to make this an unforgettable, beautiful running weekend.

See you there!

Grzegorz Kuczyński

Białystok Biega Foundation



**DOLNY
ŚLĄSK**

PARTNER STRATEGICZNY IZERY ULTRA-TRAIL



Race Office

FRIDAY, 26.06

🕒 2:00 PM – 10:00 PM

recommended race pack collection for distances:



- verification, mandatory equipment check, and race bib collection
- deposit point open
- checkpoint drop bag open for the 100 km distance

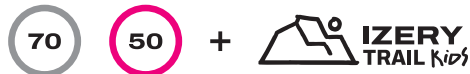


Dom Zdrojowy (Spa House),
Świeradów – Zdrój
(entrance from ul. Zdrojowa)

SATURDAY, 27.06

🕒 6:30 AM – 10:00 AM **UPDATED HOURS!**

recommended race pack collection for distances:



- verification, mandatory equipment check, and race bib collection
- deposit point open

🕒 3:00 PM – 8:00 PM

recommended race pack collection for distances:



SUNDAY, 28.06

🕒 6:30 AM – 10:00 AM **UPDATED HOURS!**

recommended race pack collection for distances:



- verification, mandatory equipment check, and race bib collection
- deposit point open

Race pack collection is possible upon presenting your QR code and a photo ID. The QR code has been sent to your email address. You can also download it by logging into your account at b4sportonline.pl.

Your race pack can be collected by a third party, provided they have your QR code, a photo/scan of the front page of your ID, and your mandatory equipment. The equipment will be verified at the Race Office.

ATTENTION DEAR RUNNERS!

At the Race Office, apart from your QR code and ID, you must present the mandatory equipment required for your specific distance. Following a successful verification of your documents and mandatory equipment, you will be issued your race bib with an integrated timing chip.

WHAT IS ALL THIS FUSS ABOUT?

It is about your own safety! And strictly for this reason. This is our way of drawing your attention to how vital your trail gear is. Together, we will ensure that you do not lack anything. Reach the finish line safely!



Timetable

**ATTENTION!
UPDATED TIMETABLE!**

FRIDAY, 26.06

7:00 PM Q&A session with the novelist
Wojciech Chmielarz

SATURDAY, 27.06

3:00 AM Izery Ultra-Trail 100 km (cut-off time 11:00 PM)
7:30 AM Izery Trail 70 km (cut-off time 10:00 PM)
8:00 AM Izery Trail 50 km (cut-off time 7:00 PM)
10:00 AM Izery Trail Kids 100 m
10:20 AM Izery Trail Kids 500 m
10:40 AM Izery Trail Kids 1 km
7:00 PM Podium ceremonies – overall rankings
(Spa House Dom Zdrojowy)

SUNDAY, 28.06

7:30 AM Izery Trail 35 km (cut-off time 3:30 PM)
8:30 AM Izery Trail 25 km (cut-off time 2:30 PM)
9:00 AM Izery Trail 16 km (cut-off time 2:00 PM)
1:00 PM Podium ceremonies – overall rankings
(Spa House Dom Zdrojowy)

START LINE



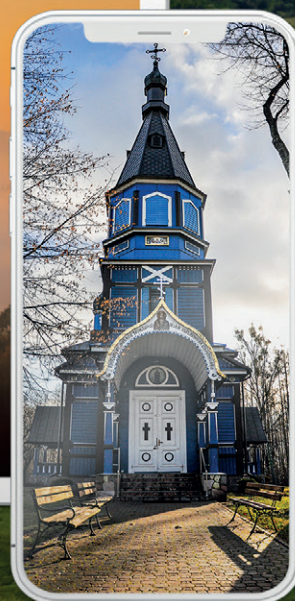
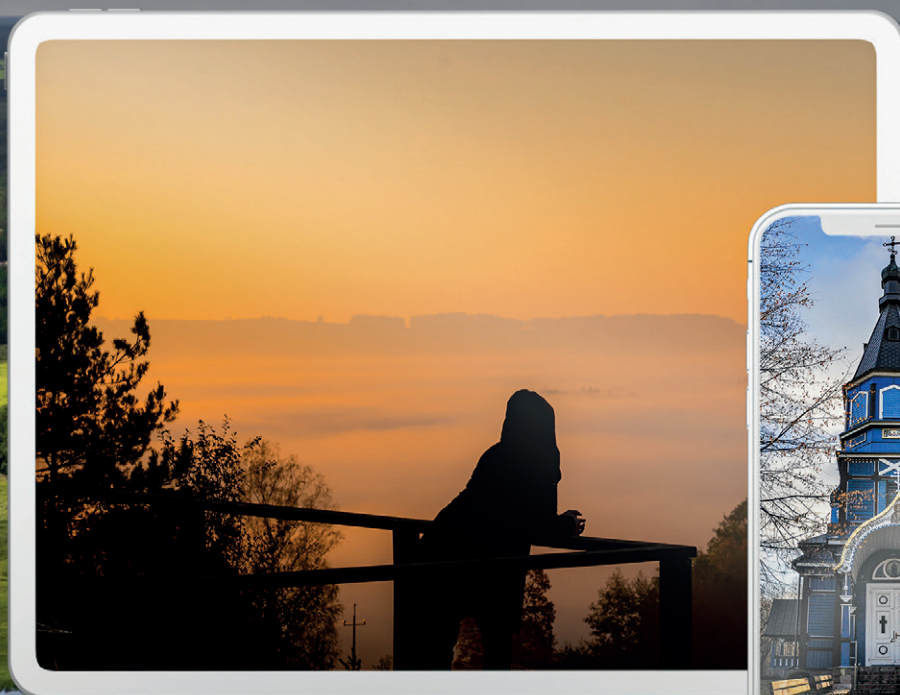
ul. Zdrojowa,
Świeradów – Zdrój





Kierunek: Podlaskie

Dotknij nieskażonej przyrody, odzyskaj równowagę i odpocznij - naturalnie, w Podlaskiem.



Odwiedź Podlaskie.eu



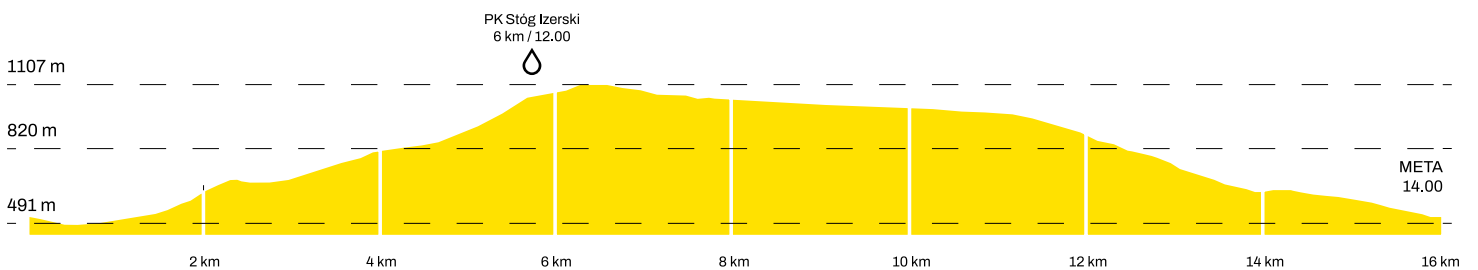
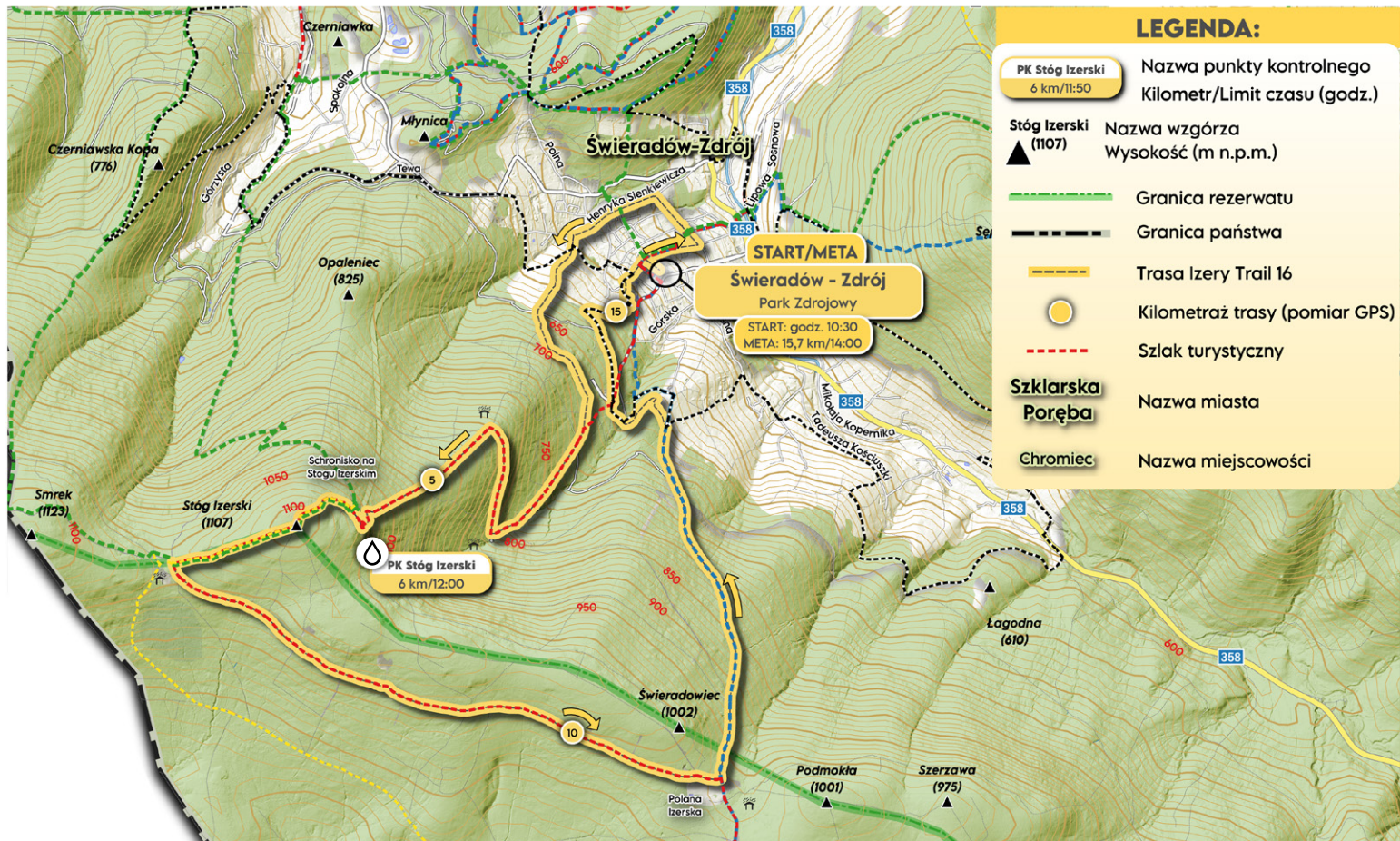
Znajdź nas także na:



Courses

16

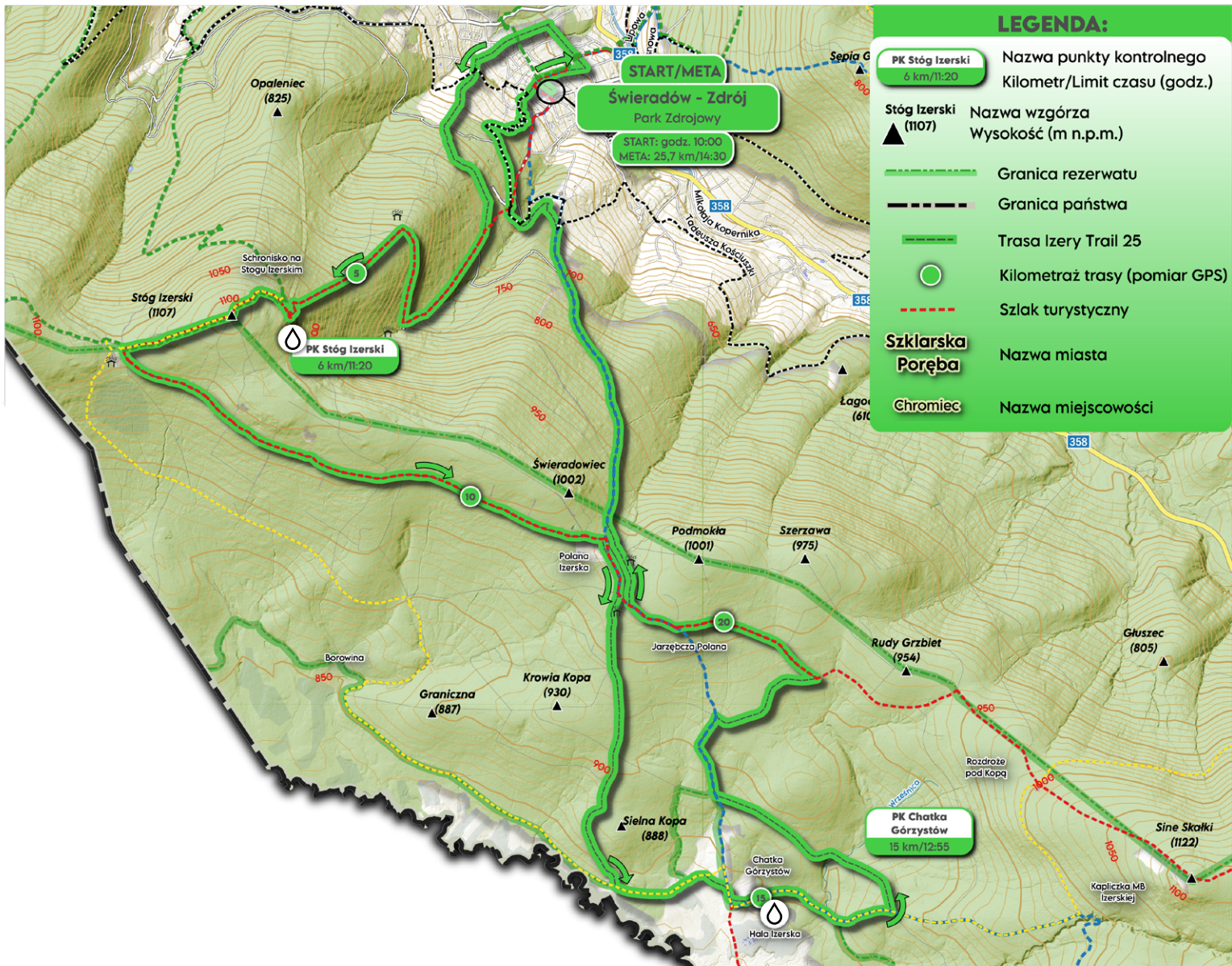
20K **M**



min. elevation: 491 m | avg. elevation: 820 m | max. elevation: 1107 m | elevation gain/loss: 660 m / - 660 m

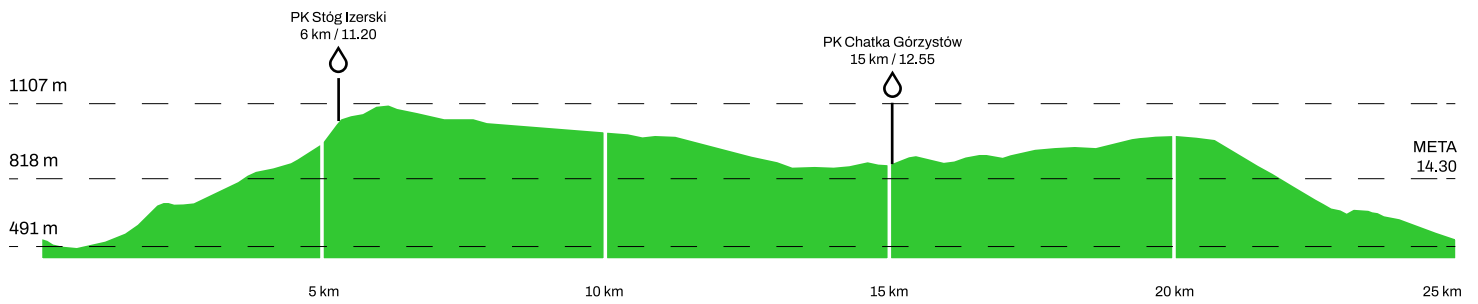
💧 nutrition point

💧 Stóg Izerski: water, isotonic drink, fruits



LEGENDA:

- PK Stóg Izerski
6 km/11:20 Nazwa punkty kontrolnego
Kilometr/Limit czasu (godz.)
- Stóg Izerski (1107) Nazwa wzgórze
Wysokość (m n.p.m.)
- Granica rezerwatu
- Granica państwa
- Trasa Izery Trail 25
- Kilometraż trasy (pomiar GPS)
- Szlak turystyczny
- Szklarska Poręba** Nazwa miasta
- Chromiec** Nazwa miejscowości

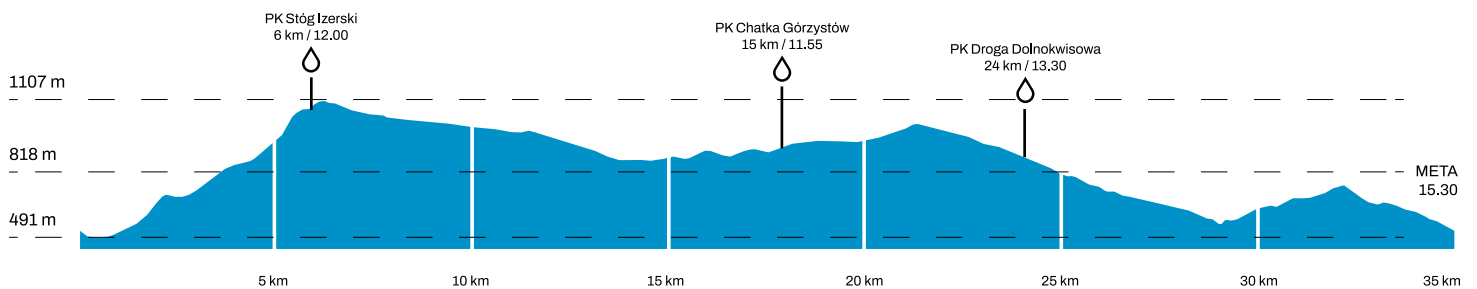
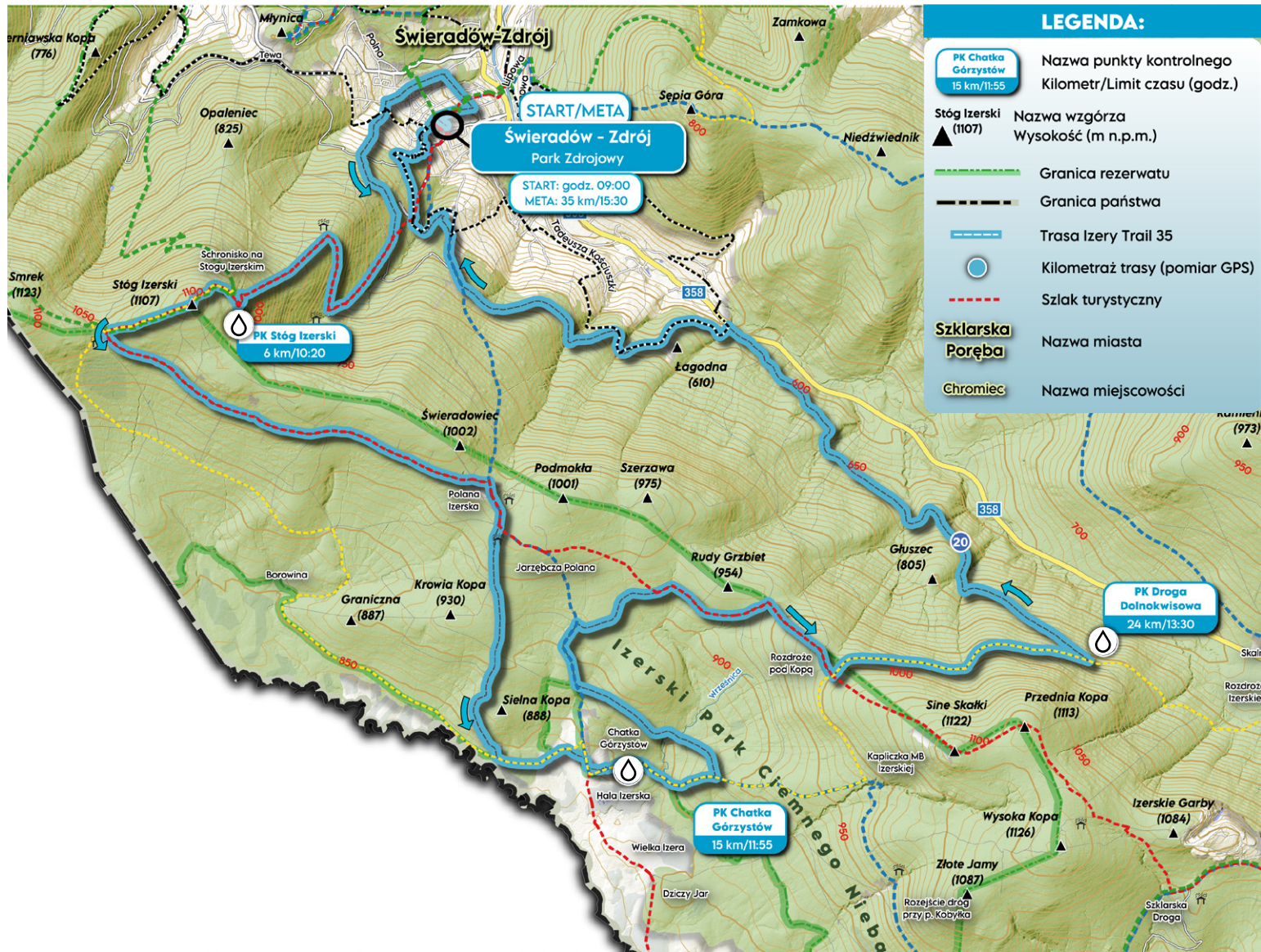


min. elevation: 491 m | avg. elevation: 853m | max. elevation: 1107 m | elevation gain/loss: 875 m / - 875 m

nutrition point

Stóg Izerski: water, isotonic drink, fruits

Chatka Górzystów: water, isotonic drink, fruits, juice, sweets, dried fruit and nuts



min. elevation: 491 m | avg. elevation: 818 m | max. elevation: 1107 m | elevation gain/loss: 970 m / - 970 m

🚰 nutrition point

🚰 Stóg Izerski: water, isotonic drink, fruits

🚰 Chatka Górzystów: water, isotonic drink, fruits, juice, sweets, dried fruit and nuts

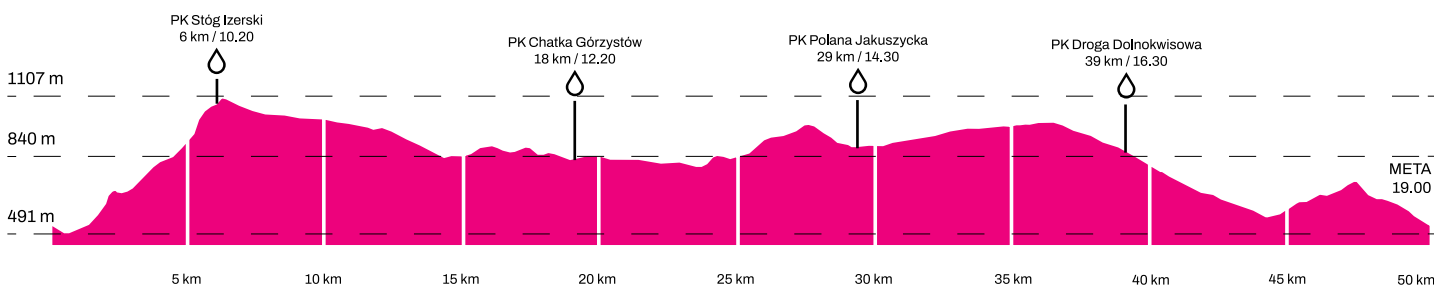
🚰 Droga Dolnokwisowa: water, isotonic drink, fruits, cola, juice, sweets, dried fruit and nuts, tea

Żeby naprawdę pokochać naturę, czasem
musisz się z nią najpierw zmierzyć.

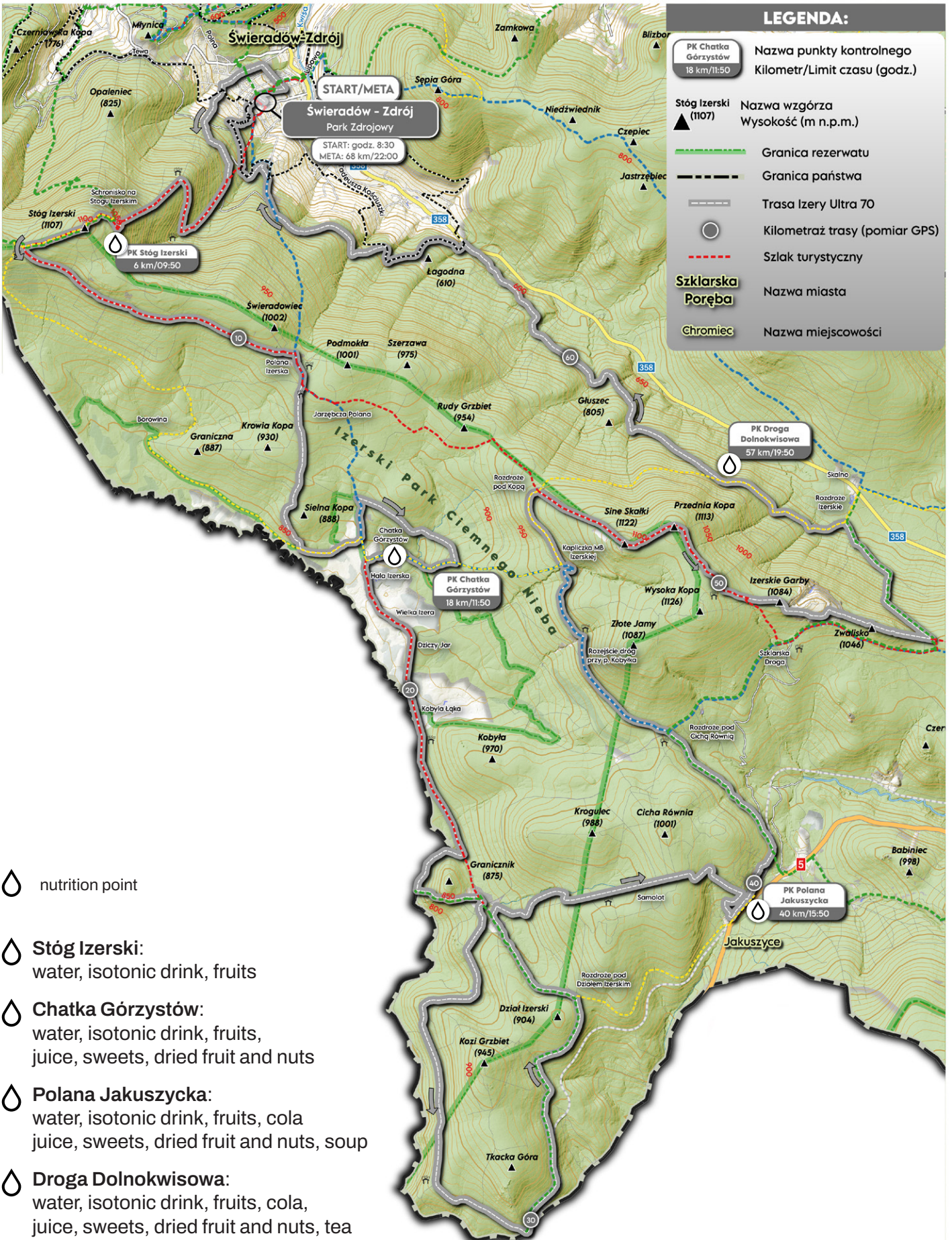
It Starts Outside™

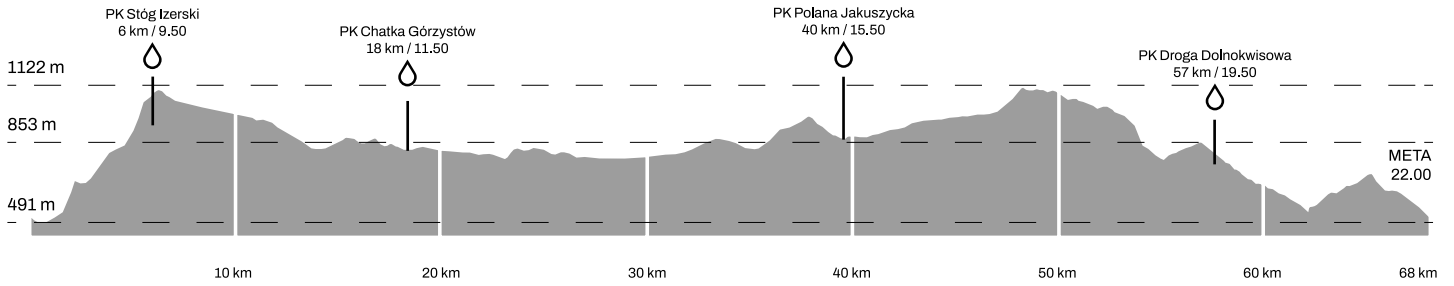
M MERRELL





min. elevation: 491 m | avg. elevation: 840m | max. elevation: 1107 m | elevation gain/loss: 1230 m / - 1230 m





min. elevation: 491 m | avg. elevation: 853 m | max. elevation: 1122 m | elevation gain/loss: 1700 m / - 1700 m



TENTbalony
inflatable advertising

partnerem biegu



FLAGI



NIETYPOWE



BRAMY
STARTOWE



BALONY
REKLAMOWE



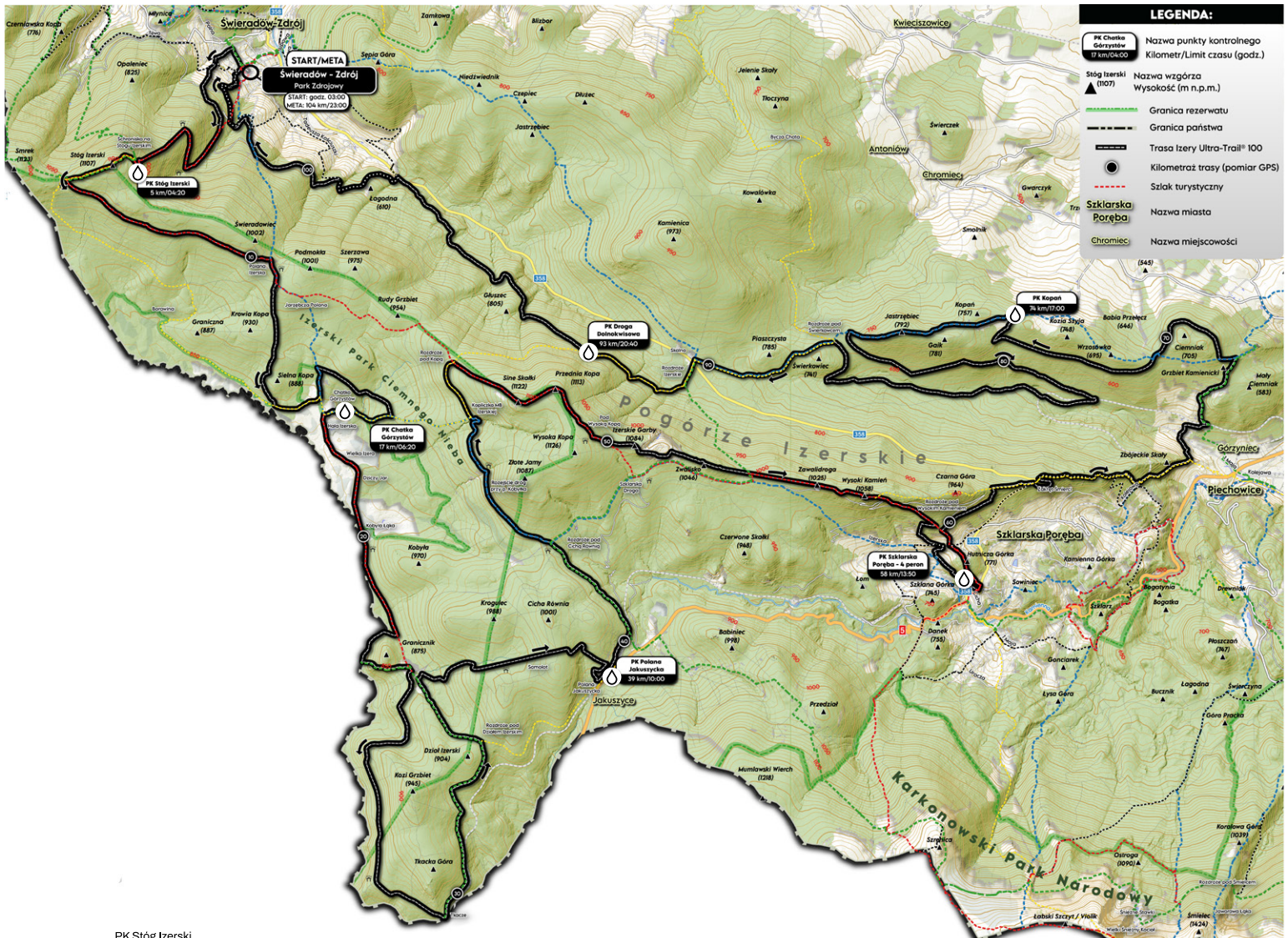
NAMIOTY
STELAŻOWE



PAJĄKI

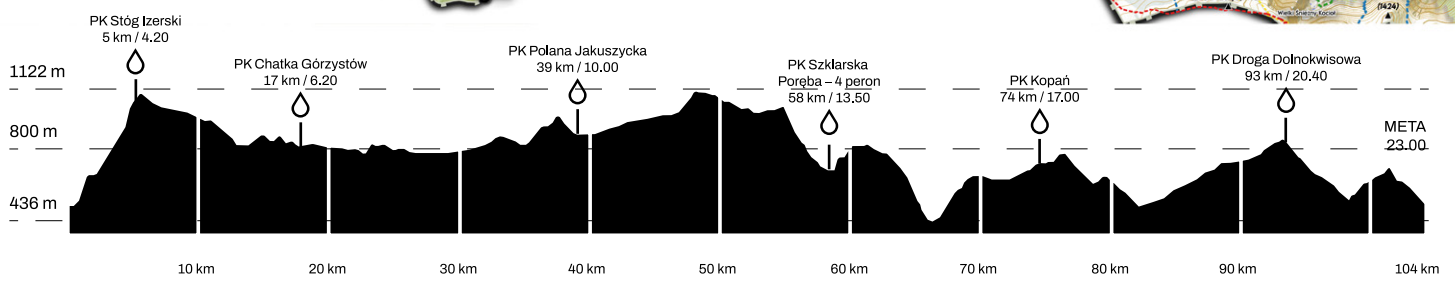


CHWIEJE



LEGENDA:

- PK Chatka Górzystów 17 km/04:20: Nazwa punktu kontrolnego, Kilometr/Limit czasu (godz.)
- Stóg Izerski (1107): Nazwa wierzchołka, Wysokość (m n.p.m.)
- Granica rezerwatu: Granica rezerwatu
- Granica państwa: Granica państwa
- Trasa Izery Ultra-Trail® 100: Trasa Izery Ultra-Trail® 100
- Kilometraż trasy (pomiar GPS): Kilometraż trasy (pomiar GPS)
- Szlak turystyczny: Szlak turystyczny
- Szklarska Poręba: Nazwa miasta
- Chromiec: Nazwa miejscowości



min. elevation: 436 m | avg. elevation: 800m | max. elevation: 1122 m | elevation gain/loss: 2650 m / - 2650 m

nutrition point

Stóg Izerski:
water, isotonic drink, fruits

Chatka Górzystów:
water, isotonic drink, fruits, juice, sweets, dried fruit and nuts

Polana Jakuszycka:
water, isotonic drink, fruits, cola juice, sweets, dried fruit and nuts, soup

Szklarska Poręba:
water, isotonic drink, fruits, cola juice, sweets, dried fruit and nuts, tea, soup, pizza, crêpes

Kopań:
water, isotonic drink, fruits, cola, juice, sweets, dried fruit and nuts, soup, crêpes

Droga Dolnokwisowa:
water, isotonic drink, fruits, cola, juice, sweets, dried fruit and nuts, tea

Mandatory equipment

16

- active mobile phone throughout the entire duration of the race
- water cup (there will be no disposable cups at nutrition stations!)
- water bottle/soft flask with a minimum total capacity of 0.5 l
- race bib with a timing chip (to be collected at the Race Office)

25

- active mobile phone throughout the entire duration of the race
- water cup (there will be no disposable cups at nutrition stations!)
- water bottle/soft flask with a minimum total capacity of 0.5 l
- race bib with a timing chip (to be collected at the Race Office)
- elastic bandage + sterile dressing
- valid ID card

35

- active mobile phone throughout the entire duration of the race
- water cup (there will be no disposable cups at nutrition stations!)
- water bottle/soft flask with a minimum total capacity of 0.5 l
- race bib with a timing chip (to be collected at the Race Office)
- space blanket (NRC foil)
- waterproof jacket/windbreaker
- elastic bandage + sterile dressing
- valid ID card



50

- active mobile phone throughout the entire duration of the race
- water cup (there will be no disposable cups at nutrition stations!)
- water bottle/soft flask with a minimum total capacity of 1 l
- race bib with a timing chip (to be collected at the Race Office)
- elastic bandage + sterile dressing
- space blanket (NRC foil)
- waterproof jacket/windbreaker
- running backpack/waist pack
- cap/buff (multifunctional headwear)
- valid ID card

70

- active mobile phone throughout the entire duration of the race
- water cup (there will be no disposable cups at nutrition stations!)
- water bottle/soft flask with a minimum total capacity of 1 l
- race bib with a timing chip (to be collected at the Race Office)
- elastic bandage + sterile dressing
- space blanket (NRC foil)
- waterproof jacket/windbreaker
- running backpack/waist pack
- cap/buff (multifunctional headwear)
- whistle
- valid ID card

100

- active mobile phone throughout the entire duration of the race
- water cup (there will be no disposable cups at nutrition stations!)
- water bottle/soft flask with a minimum total capacity of 1 l
- race bib with a timing chip (to be collected at the Race Office)
- elastic bandage + sterile dressing
- space blanket (NRC foil)
- waterproof jacket/windbreaker
- running backpack/waist pack
- cap/buff (multifunctional headwear)
- whistle
- headlamp (torch)
- valid ID card



10
km

18
km

30
km

50
km

70
km

100
km

Udając się na wyprawę
do nieznanых krain,
zapomnijcie o wszystkim,
coście o nich czytali czy słyszeli...
Trzeba po prostu przyjechać i zadziwić się.



www.bisonultratrail.pl

Supraśl
3-4.10.2026



MERRELL

Witt



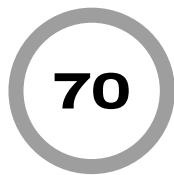
Live tracking links

Izery Ultra-Trail runners on the 100 and 70 km distances will be equipped with tracking devices to monitor their location on the course!

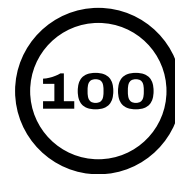
Participants will receive a GPS tracker in their race packs, allowing their live position to be displayed on the event website. Fans will be able to see who is leading, and family and friends will have the opportunity to track your progress!

INSTRUCTIONS

1. Turn on the tracker using the button indicated by the arrow on the device – make sure to do this 30 minutes before the start!
2. Hold it down firmly until the red light on the front turns on.
3. Place the tracker in a zip-lock bag inside your backpack/waist belt, preferably near the top and far away from the space blanket (NRC foil)!
4. **Return the tracker to the organiser at the finish line!**



<https://poltrax.live/iut-70>



<https://poltrax.live/iut-100>

Links will become active on the day of the event.

Deposit area

OPENING HOURS

🕒 FRIDAY, 2:00 PM – 10:00 PM

Standard deposits and checkpoint drop bag for 100 km distance

🕒 SATURDAY, 6:30 AM – 7.45 AM **UPDATED HOURS!**

Deposits for 50 and 70 km distances

Deposits can be picked up between 12:00 PM – 00:15 AM

Checkpoint drop bags can be picked up between 4:00 PM – 00:15 AM

🕒 SUNDAY, 6:30 AM – 8:45 AM **UPDATED HOURS!**

Deposits for 16, 25 and 35 km distances

Deposits can be picked up between 10:30 AM – 4:00 PM



The courtyard in front of the Dom Zdrojowy (upper terrace)

RULES

- You can store your belongings for the duration of the race. The deposit area will be located next to the Race Office.
- Belongings can only be retrieved upon presenting your race bib.
- You can leave your items in your own backpack/bag with a handle or place them in our 60 l plastic bag.
- Remember to clearly label your bags with your race number!
- Items left behind at the deposit area will not be shipped via post or courier.

CHECKPOINT DROP BAG

(applicable to the 100 km distance only)

- Your starter pack includes a dedicated bag for your checkpoint gear, allowing you to change clothes or restock supplies at a key point along the route.
- Take note of the bag colours – the **BLUE** bag is for your checkpoint drop bag, while the **BLACK** one is for standard deposit.
- Take note of the label colours – **WHITE** stickers are for the deposit, **PINK** stickers are for the checkpoint drop bag.
- Checkpoint drop bag weight limit – maximum 3 kg per runner, bag volume is 60 l.
- Your checkpoint drop bag will be transported to: the 4. Peron nutrition point in Szklarska Poręba (58 km).
- The drop bags will then be transported back to the finish area (the square in front of the Spa House) and will be available for retrieval from 4:00 PM to 00:15 AM.
- **Drop bags will be accepted EXCLUSIVELY on Friday from 2:00 PM to 10:00 PM. We will not be able to accept any checkpoint drop bags on Saturday morning before the start.**

Race Bib



Bank Polski



MERRELL



IZERY
ULTRA-TRAIL

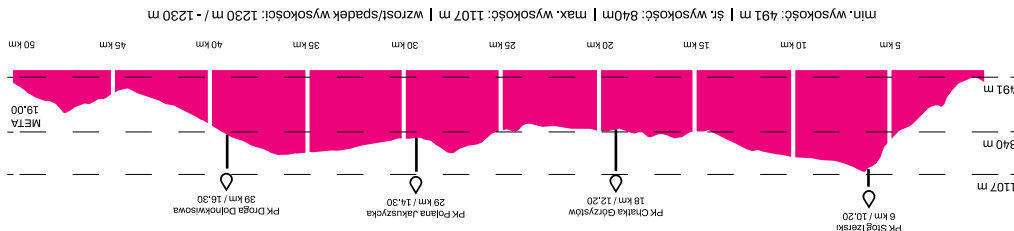
27 – 28.06.2026

555

Anna Kowalska



nr ratunkowy: +48 603 712 297



Every Izery Ultra-Trail course is colour-coded. The elevation profile on your race bib features the specific colour of your distance. It has been inverted intentionally so you can glance down and read it on the go. It also displays the cut-off times for specific nutrition points. Your bib should always be secured visibly on the front of your body. **Do not fasten your race bib to your backpack or across your back!**

Should you require any medical help or assistance along the route, call the emergency contact number listed.

MAKE SURE to fill in the back panel of your race bib. This area must contain your health info and contact numbers for the relatives we ought to get in touch with if necessary.



BIAŁYSTOK
BIEGA

12-13.
09.
2026



SZYBKA
DYCHA



NOCNA
PIĄTKA



ROZBIEGAMY CAŁE MIASTO

Course marking



TRASA BIEGU
PROSIMY NIE ZRYWAĆ!



TRASA BIEGU
PROSIMY NIE ZRYWAĆ!



TRASA BIEGU
PROSIMY NIE ZRYWAĆ!

The course will be marked with yellow-and-black ribbons and directional signs.
Warning signs will be yellow or red.

Despite the clear markings, we strongly encourage you to download the electronic version of the route. GPX files for the tracks are available **HERE**.



FINISHER ZONE

After crossing the finish line, Staropolanka water, a Dr Witt isotonic drink, a warm meal, and a slice of traditional sękacz cake straight from the Podlaskie Region will be waiting for you in the finisher zone.

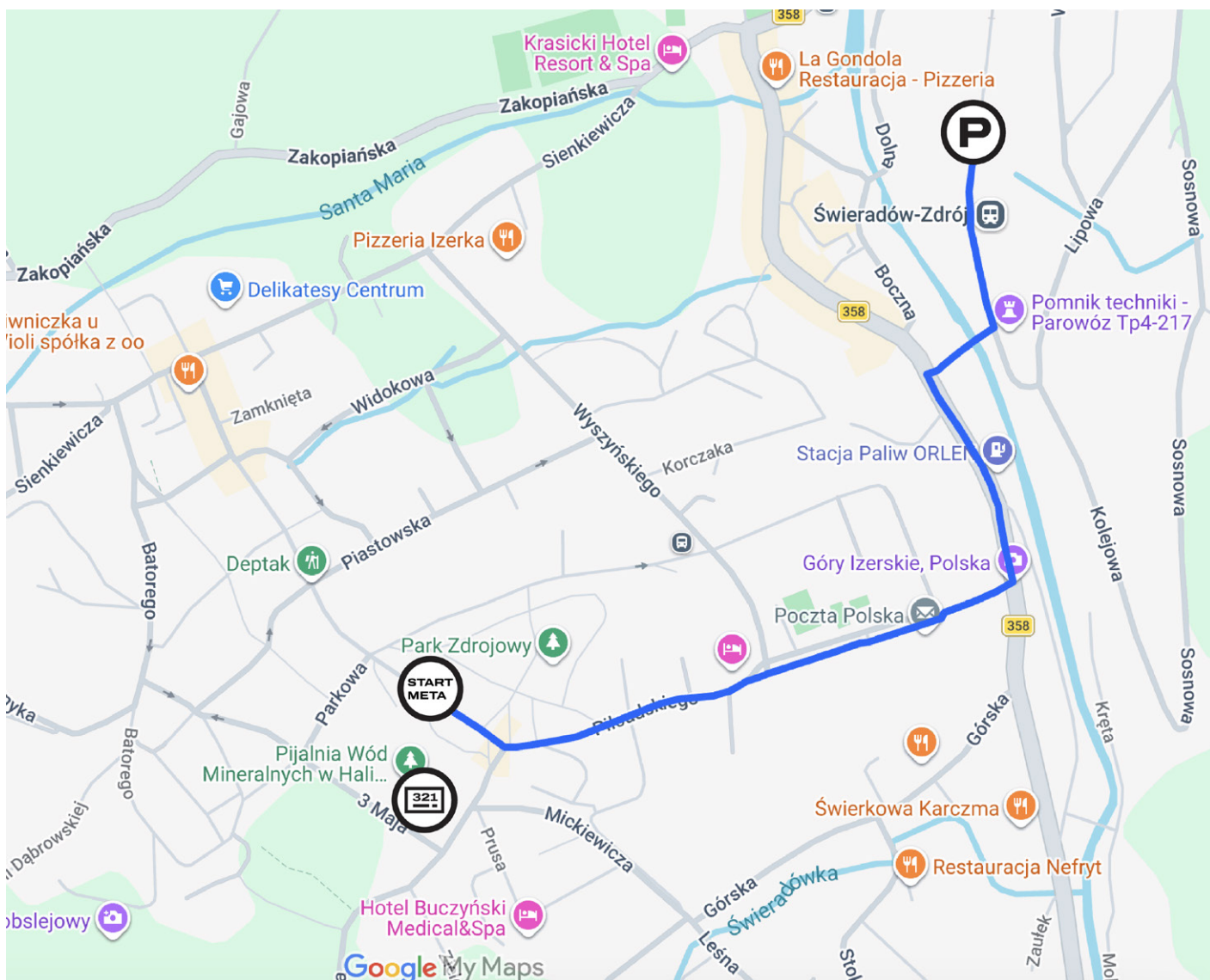
Parking

Please note!

Public roadside parking throughout the town requires payment from Monday through Friday. Please bear in mind that parking along ul. 3 Maja, right by Dom Zdrojowy (Spa House), is paid on Saturdays and Sundays as well.

To help you out, we have secured a free-of-charge car park near the Stacja Kultury (Culture Station) at ul. Dworcowa in Świeradów-Zdrój. Click **HERE** to see the exact position of the station. The start line is situated about 1.1 km away from this parking area.

Subject to availability – limited capacity.



parking



start line
finish line



Race Office

Race T-shirt

Have you ever had a race T-shirt printed with the geographic coordinates of the start and finish line? Now is your chance to own one.

This garment is like a lucky charm – a permanent reminder of every kilometre of preparation and the adventure that unfolded on the trail. It is incredibly special.

We featured the actual contour lines of the Izera Mountains on the fabric, using colour accents to highlight the higher elevations.

Encountering the Mountain Spirit while wearing this gear is an absolute next-level experience...

The official Izery Ultra-Trail T-shirt will be available to buy at the pop-up store by the Race Office during its opening hours.



Retiring from the race

1. Should you decide to withdraw during the race, please inform the staff by calling the phone number printed on your race bib, or notify the crew at any checkpoint or nutrition station.
2. We provide transport for retired participants exclusively from the official nutrition stations back to Świeradów-Zdrój.
3. Once you drop out, it is not possible to rejoin the race.
4. Please bear in mind that reaching you while you are out on the trails can take a significant amount of time. If you are not feeling well, it is best to make the decision to withdraw while at a nutrition point.
5. Please hand over your race bib to the event staff immediately after retiring.



Rooting for you

Main Sponsor



Bank Polski

Strategic Partners



Świeradów-Zdrój



Technical Sponsor

MERRELL

Partners



Staropolanka®

netto.tax



Media Patron



Organizers

