

RUN THE WORLD

adventures



*Offering runners premium active
vacations and cultural
experiences in premier running
destinations around the globe.*

www.runtheworldadventures.com

OUR PHILOSOPHY

Run the World Adventures is a collaborative effort between several boutique companies that offer trail-running vacations in some of the world's best destinations.

As a passionate group of runners, we understand what makes a running vacation fun and care-free, with just the right amount of adventure.

We believe that traveling on foot is the most natural way for humans to explore the earth and interact with its diverse landscapes and cultures found around the world.



WHAT IS A RUNNING VACATION?

Just like any other vacation, select the destination that calls to you, the activities that thrill you and the duration that will challenge and exhilarate you. Our trips take you to places that aren't in the guidebooks and that you can only reach by foot. Since our trips are not competitive, there's no pressure to run fast or rush through the terrain or meet a certain time cutoff. All of our guides are highly experienced and make your comfort and safety their number-one priority.

Run the World Adventures is committed to making your travel experience as easy and carefree as possible. From booking to trip planning, we look after the logistics so that you don't have to. ***Your only job is to show up ready to run!***

Want to meet other runners and experience foreign cultures ?

Our small groups include runners from all over the world, who quickly gel with one another after a day on the trails together. Not only that, but local guides, village residents and lodging hosts are welcoming and eager to share their local traditions and food.

Each vacation, which you can book privately or join a small group, showcases a region's most beautiful and unique aspects. Some trips may be customized to match your ability level or ideal balance between time spent running versus exploring the destinations and culture along the way.

BROWSE OUR TRIPS BY:

1. Destination

Guatemala
Tanzania Italian
Dolomites
Iceland
Spain



2. Trip theme

Family Friendly
Ancient Cultures Wild
About Wilderness A
Gastronomic Delight
Going Extreme



3. Fitness Level

Beginner
Intermediate
Advanced



OUR DESTINATIONS



GUATEMALA *ATITLAN*

Explore Ancient Mayan Trails

Lake Atitlan is an expansive body of water contained within an ancient caldera situated at more than 5,000 feet above sea level. After running each morning from village to village along the lake's perimeter, spend afternoons exploring historic sites, enjoying zipline adventures, getting a massage, learning how to make corn tortillas by hand or soaking in a lakeside wood-heated hot tub.

Leave your guidebook at home as our guides take you far off the tourist track and along ancient Mayan trails that wind through quiet villages and ascend cone-shaped volcanoes. Upon reaching the summit, soak up the sweeping, 360-degree views of the lush countryside below before beginning a thrilling descent.



TANZANIA *KILIMANJARO*

Run Around Africa's Highest Mountain

Run along ancient footpaths connecting the national park forest with local villages. You'll travel far from the tourist hoards while immersing yourself in East African culture as you chat with locals, your Tanzanian guides and local residents you meet along the way.

Run through an ever-changing landscape that includes African savanna, mountain rainforest, river valleys, magnificent views of the sweeping African plains below, waterfalls as well as remote villages where locals tend to plots of coffee, banana trees and maize fields.



See a UNESCO World Heritage Site

Northern Italy's formidable mountain range, the Dolomites, is a UNESCO World Heritage Site for its exceptional natural beauty as well as unique geological history. These vertical formations offer a breathtaking alpine running experience unlike any other. Our multi-day tours along the most famous trails in the Dolomites, the Alta Via 1 and Alta Via 2, are home to a series of family owned guesthouses that make up the region's modern hut system known for their savory traditional Italian meals.

Reconnect with the natural environment as you breath the refreshing mountain air and soak up the pristine beauty of alpine lakes, wildlife, flower-laden meadows and limestone amphitheaters.



Run By Volcanoes and Glaciers

Experience wilderness found no place else in the world. Iceland is home to vast, ancient glaciers, natural hot springs, volcanoes and expansive black-sand deserts, lush fjords and Europe's most powerful waterfall, Dettifoss. You'll feel transported to another place and time while running through Iceland's natural beauty. Our vacations includes stays in remote huts that offer modern comfort and conveniences to serve your needs during our multi-day excursions through this people-less landscape.



Beaches, Castles and Caves

Explore this renowned strip of Mediterranean coastline between Girona and the Pyrenees that is home to Europe's best cuisine and centuries-old, family run vineyards. Run from fishing village to fishing village, pass-ing through hidden coves and beaches, along clifftops and past the ruins of millennia-old battlements and primitive settlements.

Be prepared to be pampered, as your nightly accommodations include ancient castles, restored monaster-ies and even a 1,000-year old farm house offering elegant guest rooms that reflect authentically Catalanian hospitality.

TRIP THEMES

Family Friendly

Only one runner in the family? No problem. Several destinations offer activities for spouses and kids to enjoy while you run. These include zip lining, biking, sea kayaking and horseback riding, glacier walks, hiking tours, biking tours, city tours, jeep tours and much more. (Note: not all activities are available in all destinations).



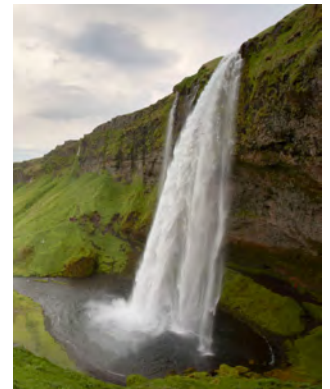
Ancient Cultures

Accompanied by your native guides, be welcomed into the homes of Tanzanian villagers that live on the lower flanks of Mount Kilimanjaro. Roam the ancient ruins of Costa Brava and witness the Castelleres construct precarious human towers, a tradition declared by UNESCO to be a Masterpiece of the Oral and Intangible Heritage of Humanity.



Love Wilderness

We'll take you far off the tourist tracks with adventure runs through the wild, volcanic Highlands of Iceland, venture north of the Arctic Circle or traverse the craggy Italian Dolomites. Immerse yourself in these protected and largely undeveloped parts of the world that few people explore because they can only be accessed on foot.



A Gastronomic Delight

A true tour for the senses, Costa Brava is home to many of the world's best restaurants, including several of Michelin Guide's top-ranked dining experiences. This region's secret is in its creativity, extensive culinary traditions and high-quality, locally produced ingredients such as wine, olive oil and beef.



Going Extreme

Test your endurance and thirst for adventure with these trips for experienced runners. Test your endurance circumnavigating Tanzania's Mount Kilimanjaro, including one stage of more than 30 miles. Run like a mountain goat along the steep, rocky trails around Guatemala's Lake Atitlan. Or test your fortitude while traversing Iceland's extreme Arctic environment.



HOW FIT DO I NEED TO BE?

Our trips range from three to nine days, with daily distances anywhere from 10 to 30+ miles (more than 50 km).

Beginner

Can run a 10km (6 miles) or trains about 15-20 miles a week.

Examples:

Italy - **Best of Alta Via 1**: From hut to hut in the Dolomites.

Iceland - **Running + Sailing**: Sail to the Faroe Islands to run.

Spain - **Medieval Costa Brava**: Ancient villages and coast.



Intermediate

Can run a marathon (26.2 miles) or trains about 30 miles a week.

Examples:

Spain - **Costa Brava**: Run along the Mediterranean coast.

Guatemala - **Lake Atitlan**: Run rugged, hilly trails from village to village around the lake.

Italy - **Alta Via 2 & 1**: A customizable tour of the best sections of these famous trails.



Advanced

Can run more than a marathon (26.2 miles) or trains 40+ miles per week.

Examples:

Tanzania - **Kilimanjaro Stage Run**: Circumnavigate the Roof of Africa over eight days.

Italy - **Alta Via 2**: A 71-mile running challenge with lots of elevation change.

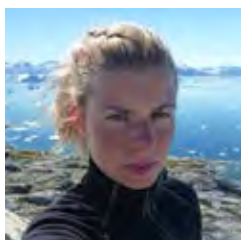
Iceland - **The Highlands**: Run a challenging route past massive glaciers in the Icelandic Highlands.



WHO WE ARE



GREG JENSEN
Guatemala
Mayan Running
Adventures



INGA FANNY
Iceland
Thule Trails



SIMON MTUY Tanzania
Summit Expeditions &
Nomadic Experience



PABLO RODRIGUEZ
Spain
Running Costa Brava



IGOR TRAVELLA
Italy
Holimites

WHAT THEY'RE SAYING ABOUT US

"When asked about our recent trip to Iceland, I typically start to stammer and stutter, spitting out strings of unrelated words: mountains ... trolls ... overwhelming ... surreal."

- Running Canada magazine, about Iceland

"We began in lush canyons to the south, made our way east and north, then descended through vast plains to the east, while enjoying hot meals, comfortable camps and the easy camaraderie of fellow runners."

- Krissy Moehl, champion ultrarunner, about circumnavigating Tanzania's Mt. Kilimanjaro

"The most incredible experience... words can not express my gratitude and love for this place! Thank you all! The staff, the experience and the "magic" of the dolomites are over the top! Simply the best vacation!"

- Betsy Bothe from USA, Utah, about Italy.

"Before me lay the vast cerulean carpet of the Mediterranean, under my feet a rocky promontory ornamented at its point with a lone cypress. Spielberg himself couldn't have designed anything more cinematic."

- National Geographic Adventure magazine, about Costa Brava

CONTACT US

For more information please visit www.RunTheWorldAdventures.com or email us at info@RunTheWorldAdventures.com

One of our representatives will respond immediately to help you begin planning your trip.

Connect with us to learn about new trips and offers:

[Facebook.com/RuntheWorldAdventures](https://www.facebook.com/RuntheWorldAdventures)

