

Waitomo Trail Run

The Waitomo Trail Run offers a distinctive course showcasing some of Waitomo's best kept secrets. Now in its third year and with over 3500 runners and walkers last year – it's already New Zealand's most popular trail run – and for good reason.

Runners and walkers will traverse one of the most unique geological lines in the world as they make their way through an underground and overground adventure of karst-studded landscapes, native bush, working farms, tunnels, canyons and glowworm caves.

Four distance options are available including 6km, 11km, 22km and 35km, which pass through areas that can only be accessed on race day including Department of Conservation reserves and private farmland. A highlight of the 6km event is starting deep underground at the entrance to the Ruakuri Cave.

Coming in the last week of the school holidays, the 6km and 11km courses offer family friendly terrain and provide ample room for kids (both young and old) to explore. The 22km and 35km options catering to more adventurous entrants.

Waitomo Trail Run - New Zealand like you've never seen it before

Glowworm caves, beautiful canyons, karst-studded landscapes, stunning New Zealand native bush, working farms, tunnels... the Waitomo Trail Run has it all.

When you look at the landscape that covers the course, under and above ground, of the Waitomo Trail Run, you understand why this is already the country's most popular trail run.

Now in its third year, the Waitomo Trail Run prides itself in being an event for everyone, of all ages and fitness backgrounds and for bringing families together with the most spectacular NZ scenery as the background for an unforgettable adventure.

More than 3500 runners covered the four distance options last year, including 6km, 11km, 22km and 35km, passing through areas that are only accessible on race day, including Department of Conservation reserves and private farmland. These trails are not open any other time of the year so it is your only chance to see these sights.

The 6km run - a favourite for young explorers - starts deep underground at the entrance to the Ruakuri Cave, making it a truly unique running event worldwide.

More adventurous and seasoned runners find the 22km and 35km distances the perfect combination of challenging distance and breathtaking scenery - the scenery Peter Jackson called "way too pretty for *The Hobbit*".

You can run or walk - but you can't miss the chance to explore the magic of the hidden gems of Waitomo.