

THE SUDETEN TRIANGLE CHALLENGE

Ślęża • Śnieżka • Śnieżnik

Three corners of the Sudetes, linked on foot in one push • Poland • 2027

377 KM

KRET Hardcore — 12,000 m D+ • 92 h finish limit
10 selected athletes

148 KM

KRET Classic — 5,500 m D+ • 41 h finish limit
110 starters, open entry

HARDCORE 14 APRIL 2027, 18:00

CLASSIC 16 APRIL 2027, 21:00

Registration opens 23 September 2026, 20:00 • biegkreta.kbsobotka.pl

No race tape. No arrows. Your own navigation, day and night.





BIEG KRETA



The Sudeten Triangle, run in one push.

Bieg Kreta is built on an idea, not on a distance. The Sudeten Triangle links the three corner mountains of the range — Ślęża, Śnieżka and Śnieżnik — and completing it on foot has been the local benchmark of mountain endurance since the 1980s. Bieg Kreta is the race that does it in one continuous push, with the athlete navigating the whole way.

The flagship is Bieg Kreta Hardcore — 377 km / 12,000 m D+, with a 92-hour finish limit and a deliberately restricted field of 10 athletes. The 148 km Classic is the accessible gateway into the same world and follows one side of the Triangle.

377 km

flagship distance

12,000 m

elevation gain

92 h

finish limit

10

selected starters

What you are signing up for

CONCEPT

The Sudeten Triangle is the goal; 377 km is only what it measures. Finishing the Triangle is the achievement runners come for.

EXTREME

A genuine multi-day endurance problem — four days of continuous movement, not a long trail race.

NAVIGATION

The course is not tape-marked; you rely on tourist trail signs, maps and GPX navigation.

SELECTIVE

Hardcore is limited to 10 athletes chosen by the organizer. The Classic is open, with 110 places.

SUPPORTED

Checkpoints with hot food and drop bags; between them you are on your own.



The Sudeten Triangle trophy — what every Hardcore finisher takes home.

Bieg Kreta Hardcore

377 KM • 12,000 M D+ • 92 HOURS • 10 ATHLETES

The Hardcore course is the full Sudeten Triangle: Sobótka → Ślęża → Śnieżka → Śnieżnik → Ślęża → Sobótka. One continuous journey through multiple mountain environments, with the runner responsible for navigation and pacing across day and night.

THE SUDETEN TRIANGLE — THE IDEA BEHIND THE RACE

Ślęża, Śnieżka, Śnieżnik: three mountains that mark the corners of the Sudetes. Linking them on foot is a challenge that existed long before the race did, and Bieg Kreta Hardcore is the version run in one continuous push. You do not enter for a distance — you enter to close the Triangle.

SOBÓTKA	ŚLĘŻA	ŚNIEŻKA	ŚNIEŻNIK	ŚLĘŻA	SOBÓTKA
START	718 m	1,603 m	1,425 m	718 m	FINISH

1

triangle

2

countries

3

signature summits

13

mountain ranges

A race with a different kind of difficulty

The challenge is not only vertical gain. The course combines long periods of movement, night running, changing weather, technical and runnable terrain, navigation decisions and the psychological pressure of a very long point-to-point-to-point journey. The route is deliberately not marked with race tape or arrows beyond existing tourist trail markings.

You are not simply following an event infrastructure — you are entering an expedition.



Night navigation on the Hardcore course — four days of continuous movement.

**HARDCORE START**

14 April 2027, 18:00 — Sobótka

CLASSIC START

16 April 2027, 21:00 — Kletno

FINISH DEADLINE

18 April 2027, 14:00 — Sobótka

Both distances finish in Sobótka. GPX files for both courses are published on biegkreta.kbsobotka.pl.

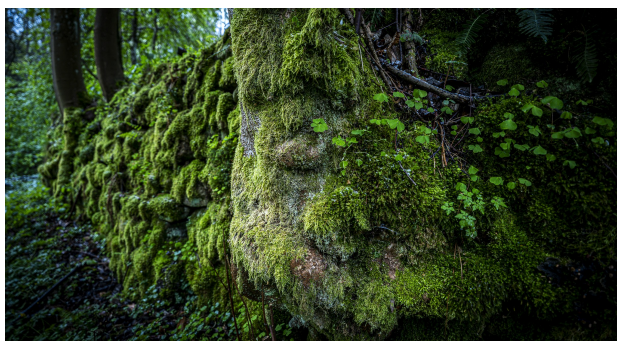
14 places. One journey through the Sudetes.

The Hardcore is not a race from one checkpoint to another. It is a 377-kilometre journey through the landscapes, history and legends of Lower Silesia and the Sudetes.

From a sacred mountain and a town of witches, through spa resorts and forgotten mining cities, to alpine ridges and remote forests — the route reveals a different face of Central Europe at almost every stage. The numbers match the map on the previous page.

SACRED & MYTHICAL I

The journey begins where Silesia keeps its oldest stories.



01 SOBÓTKA

The town of witches

At the foot of Mount Ślęza lies Sobótka — the historic home of Bieg Kreta and the gateway to the Sudetes. Small, atmospheric and surrounded by legends.

Start here. Finish here. Everything in between is the Kret.

02 ŚLĘŻA

The sacred mountain

Rising 718 metres above the Silesian plains, Ślęza has been a sacred place for thousands of years: ancient cult sites, mysterious stone sculptures, Celtic and Slavic traditions.

More than a landmark — the route crosses it twice.

CITIES & HERITAGE II

Between the ranges the route runs straight through the history of Lower Silesia.



03 ŚWIDNICA

History in stone

Its old town and the UNESCO-listed Church of Peace reveal a region shaped by centuries of Central European history.

A reminder that the Kret travels through a living cultural landscape.

05 WAŁBRZYCH

The forgotten city

Once one of the great coal-mining centres of Silesia. Post-industrial landscape, old mining heritage and traces of the socialist era create a striking, sometimes haunting urban environment.

A side of Central Europe rarely seen from a trail race.

07 CHEŁMSKO ŚLĄSKIE

The Weavers' Houses

Hidden among the mountains, the village preserves its 18th-century Weavers' Houses, built for the textile workers who once lived here.

A small settlement. A big piece of history.

ONE ROUTE. MANY WORLDS.

Sacred mountains, medieval towns, spa resorts, forgotten industrial cities, rock labyrinths, deep forests, alpine ridges — 377 km, 12,000 m of climbing, four days of continuous movement. Then Ślęza appears again, and Sobótka is waiting.

SPA TOWNS AFTER DARK III

Historic resorts appear between the mountain sections — most of them at night.



04 SZCZAWNO-ZDRÓJ

The spa after dark

Elegant promenades, historic spa architecture and warm lights, hours after the last mountain trail.

The mountains disappear behind you. The lights appear ahead.

09 POLANICA-ZDRÓJ

The elegant spa

Historic architecture, a landscaped park, mineral waters and an elegant promenade — a brief encounter with the refined side of the mountains.

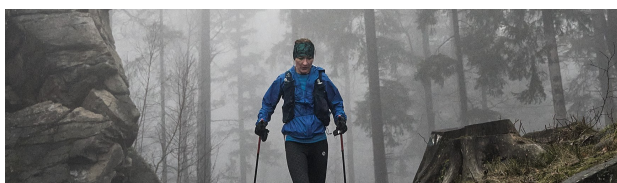
13 ŁĄDEK-ZDRÓJ & BARDO

Spa towns and gateways

Łądek-Zdrój is one of Poland's oldest spa towns; Bardo sits dramatically in the valley of the Nysa Kłodzka — historic towns appearing between long stretches of wilderness.

HIGH MOUNTAINS & STONE IV

The high Sudetes: the section that defines the race.



06 THE KARKONOSZE

The kingdom of Śnieżka

The highest mountains of the Czech-Polish Sudetes and the summit of Śnieżka at 1,603 m. Exposed ridges, alpine landscapes, fast-changing weather and wide views.

This is where the Sudetes begin to feel truly high.

08 THE STOŁOWE MOUNTAINS

A world of stone

Massive sandstone formations create natural labyrinths, narrow passages and mysterious rock cities — a landscape unlike anywhere else in Poland.

The Kret enters a world of stone.

WILDERNESS & THE RETURN V

The loneliest part of the journey — and then Ślęza appears again.



10 THE BYSTRZYCKIE MOUNTAINS

The Road of Eternity

Long ridges, deep forests, empty roads. Somewhere here lies the legendary Road of Eternity — a road that seems to have no end.

The road goes on. And the Kret goes on with it.

11 THE ŚNIEŻNIK MASSIF

The wild mountains

Dominated by the 1,425 m Śnieżnik: vast forests, remote valleys and long stretches of wilderness.

Less infrastructure. Fewer people. More mountain.

12 THE BIALSKIE MOUNTAINS

The Sudeten Bieszczady

Quiet, remote and deeply forested — often described as the Bieszczady of the Sudetes. Long trails, empty forests and a powerful feeling of isolation.

Less a race, more an expedition.

14 THE OWL MOUNTAINS

The final chapter

Dark forests, steep ridges and a landscape marked by the industrial and wartime history of Lower Silesia, including the mysterious remains of the Riese underground complex.

The last chapter before the route turns back to Ślęza and Sobótka.

Bieg Kreta Classic

148 KM • 5,500 M D+ • 41 HOURS • 110 STARTERS

The Classic follows the eastern side of the Sudeten Triangle: Kletno → Śnieżnik → Ślęza → Sobótka. The same mountain character, the same navigation challenge and the same finish line as the Hardcore, in a distance open to a much wider group of runners.

THE CLASSIC — THE SAME KRET DNA

A full mountain ultra with no race tape: runners rely on existing tourist trail markings, GPX and maps. The route crosses Śnieżnik and finishes in Sobótka at the foot of Ślęza — the same finish line as the Hardcore.

148 km

distance

5,500 m

elevation gain

41 h

finish limit

110

open-entry starters

A demanding but attainable ultra

The Classic is not a shortened Hardcore. It keeps the navigation, the changing terrain and the long climbs; what changes is the scale. One night on the course instead of three, and an entry list open to anyone who meets the race requirements — which makes it the natural way into the Bieg Kreta world.

It is also the qualifying route: the top three finishers in the open classification and the first woman of the Classic qualify for the Hardcore directly.



A checkpoint at night — hot food, a few minutes in a chair, and back out.

A modern race with an old idea

Bieg Kreta draws its identity from the Sudeten Triangle and the tradition of long-distance mountain travel known locally as Turystyka Idiotyczna ("Idiotic Tourism"): move through the mountains continuously, day and night, with rest treated as part of the challenge rather than a reset.

1980S	The idea of completing the three-corner Sudeten Triangle develops among Wrocław students and mountain travellers.
2014	Przemysław Demków makes a solo journey from Śnieżnik toward the Góry Sowie; the organizers regard it as the first Bieg Kreta edition.
2019	The first Bieg Kreta Hardcore is held — and the Triangle is closed under 100 hours for the first time.
2023	Nina Graboś sets the women's course record on the full Triangle: 67h 20min.
2026	Bartosz Tomkiewicz sets the course record — 59h 50min, the first time the 377 km loop is covered in under 60 hours.

The level keeps rising: the winning time on the full Triangle has come down from 96h 22min in the first edition to 59h 50min in 2026, and the ten Hardcore places now attract runners with serious international ultra-endurance records behind them.



The finish of Nina Graboś in Sobótka — where every edition of the Kret ends.



Designed for endurance athletes, loved by spectators

NAVIGATION	No race tape or directional arrows beyond tourist trail markings. GPX, maps and trail-reading are part of the skill set — practise them before you come.
TIME	The 377 km course allows up to 92 hours, the 148 km course 41 hours. Long enough to walk large sections of the course, and long enough to make sleep a tactical decision.
WEATHER	Sudeten conditions change quickly across exposed ridges, forest, high peaks and low valleys. At this time of year there is often ice and snow on the highest ridges, and warm spring weather in the valleys.
NIGHT	Substantial night running, several nights in a row on the Hardcore. Lighting, spare batteries, pacing and nutrition decide how those nights go.
FIELD	Only 10 athletes are selected for the Hardcore edition, giving the race an unusually intimate competitive atmosphere.
SELECTION	Places are awarded on sporting level (the RMT_Kret index), determination, the athlete's own presentation and mastery in other endurance sports; the top three finishers in the open classification and the first woman of the 148 km race qualify directly.
SUPPORT	A fully supported ultramarathon — checkpoints, hot food, drop bags and a volunteer team that has done this for twelve editions.

A Central European interpretation of long-distance racing

Less alpine infrastructure, more wilderness, navigation and folklore — with a serious endurance proposition underneath. The runners who finish talk about the Triangle, not about the finishing time.

What the regulations ask of you

The full regulations are published in English on biegkreta.kbsobotka.pl/en/run-rules/. The points below are the ones runners ask about most — read them together with the official document, which is what counts on race day.

Mandatory equipment

Carried for the whole race, on both distances. Every missing item costs a one-hour time penalty.

- ID document and a fully charged mobile phone.
- Headlamp or torch with a set of spare batteries.
- Emergency thermal blanket.
- Waterproof and windproof jacket with a hood.
- Water containers with a capacity of at least 1 litre.
- Reflective elements.
- Route map and GPS tracker — both provided by the organizer.

Support on the course

148 KM	Seven fixed support points: Stary Gierałtów, Przełęcz Łaszczowa, Przełęcz Wilcza, Przełęcz Woliborska, Zygmuntówka, Przełęcz Walimska, Kiełczyn.
377 KM	Mobile support on the Sobótka – Okraj – Śnieżnik section, then the fixed points shared with the 148 km course. GPS trackers are swapped for fully charged units at Batorów (185 km).
DROP BAGS	Up to 10 kg on the Hardcore; up to 2 kg on the Classic, available at Stary Gierałtów and Przełęcz Woliborska.
PACERS	Allowed on the whole route, but for no more than 50% of the total distance, and they may not carry any of your mandatory equipment or use a bicycle.
OWN CREW	Only at the places designated by the organizer; the list is in the regulations.
NAVIGATION	About 99% of the route follows marked hiking trails. There are no race ribbons or event markers — you navigate with the map, the trail descriptions and the GPX files.



Two routes in, one race

CLASSIC	Bieg Kreta Classic 148 km	Open entry, 110 places. Registration opens 23 September 2026 at 20:00, first come, first served
HARDCORE	Bieg Kreta Hardcore 377 km	Applications 23 September – 15 October 2026; the organizer selects 10 athletes and announces them in November–December 2026
ENTRY FEE	PLN 450	Includes the route map, aid stations, GPS tracker rental, finisher's medal and — on the 148 km — transport to the start

Who can apply for the Hardcore

ENTRY LEVEL	An event rated RMT7 or higher finished within the last four years, and an RMT_Kret ranking above 500.
SELECTION	Points for sporting level, for the quality of your personal introduction, for previous unsuccessful applications and unused wild cards, and for achievements in other endurance sports.
VETERANS	Previous finishers carry a points handicap, and no more than four of them start in one edition — the race stays open to new faces.
BALANCE	At least three women and three men are selected whenever qualified candidates apply.
WHAT TO SEND	Photographs with consent for publication and a personal introduction — text, audio or video. This is the part you control: tell the organizers why you want the Triangle.

APPLICATIONS ARE READ, NOT SCORED BY A ROBOT

The ten places are awarded by people who have run this course. A convincing introduction has taken applicants past faster runners more than once — write it yourself, in your own words, and say what the Triangle means to you.

Not only a race: films, music and books

Around the sporting event a second, cultural one has grown. The announcement of the ten athletes selected for the Hardcore is one of the biggest cultural evenings of the year in Sobótka: a packed venue, a red carpet and a programme of film screenings prepared by the organizers and volunteers — and you are the main character.



Red carpet at the presentation gala.



A still from one of the presentation films.



Preparations for the athlete interviews.

THE PREMIERE

The presentation of the selected ten is built as a short fiction film — a story with characters, a plot and local humour — shot by the volunteers and organizers themselves, into which the portraits of the ten Hardcore athletes are woven.

MUSIC

The race has its own music video, “Kilometr 306”.

LITERATURE

It also has its own anthology of short stories, “Trójkąt Sudecki Heroiczny” (The Heroic Sudeten Triangle).

LIVE TRACKING

Every starter is followed on the live GPS map from the first kilometre to the finish, so family and friends can follow the race day and night.

Sobótka, at the foot of Ślęża

The race is based in Sobótka in Lower Silesia, south-west Poland — close enough to Wrocław to arrive from anywhere in Europe, far enough into the Sudetes to feel remote.

BY AIR Wrocław Copernicus Airport (WRO) has direct flights from across Europe; about 40 minutes by road to Sobótka.

BY RAIL OR COACH Wrocław is a major rail and coach hub, with connections from Berlin, Prague, Vienna and the whole of Poland.

THE START LINE Sobótka — start and finish of the Hardcore and finish of the Classic. The organizer provides transport to the Classic start in Kletno, 120 km south.



The Sudetes run along the Polish-Czech border, two hours south of the geographical centre of Europe's road and rail network.

HARDCORE 377 km 12,000 m D+ • 92 h • 10 athletes • start 14 April 2027, 18:00

CLASSIC 148 km 5,500 m D+ • 41 h • 110 starters • start 16 April 2027, 21:00



BIEG KRETA



THINK YOU BELONG AMONG THE TEN?

Applications for the ten Hardcore places run from 23 September to 15 October 2026 at biegkreta.pl. The 148 km Classic goes on sale the same evening — previous editions have filled in about a minute.

REGISTRATION OPENS 23 SEPTEMBER 2026, 20:00

Previous editions have filled in about a minute. Have your account on biegkreta.pl created and be logged in before 19:59 — the ten Hardcore places are decided later, but the Classic goes the moment it opens.

HARDCORE 14 APRIL 2027

CLASSIC 16 APRIL 2027

kret@kbsobotka.pl

Stowarzyszenie Klub Biegacza Sobótka, Mickiewicza 51A, 55-050 Sobótka, Poland

Entry fee PLN 450 • full regulations in English: biegkreta.kbsobotka.pl/en/run-rules/



RACE WEBSITE
biegkreta.kbsobotka.pl



REGISTRATION
biegkreta.pl