

Embark on the adventure of a lifetime with Southern Lakes Ultra, a 7-day, 6-stage stage run, covering approx 250km (long course) through New Zealand's breathtaking Southern Lakes region around Queenstown.

Taking place from February 22nd - 28th, 2026, this 5th-anniversary edition celebrates a legacy of sold-out events every year since it's inception.

Designed for fast-packers to elite athletes, the race offers supported and unsupported options, as well as short and long course distances, making it accessible for a range of endurance athletes.

Traverse pristine lakeshores, rugged mountains, historic gold mining trails, and lush forests, finishing in the vibrant adventure hub of Queenstown.

Secure your spot today - this event sells out!

SOUTHERN LAKES ULTRA

WWW.SOUTHERNLAKESULTRA.COM



Short / Long
Course

Faster packers /
Elite Runners

Supported /
Unsupported

VISIT ONLINE

Website

www.southernlakesultra.com

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info@southernlakesultra.com



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FRIENDSHIPS



Southern Lakes Ultra isn't just a "race" - it's a life changing adventure.

From the moment you sign up, you become part of something bigger.

The camaraderie is like nothing else, with fellow competitors turning into lifelong friends.

This is an event where no one is left behind, where every step is a challenge but also a triumph, and where an incredible crew is always there, going above and beyond to help you succeed.

Whether you're a seasoned ultra-runner, or taking on your first multi-day endurance event, the sense of achievement at the finish line is indescribable.

With options to suit every athlete, from supported and unsupported divisions, to short and long course routes, Southern Lakes Ultra ensures you can take on the challenge in a way that's right for you.

Whether you're a fast-packer, a determined walker, or an elite ultra-runner, this event has seen competitors from 18 - 72 years young cross the finish line.

This is your chance to push your limits, embrace the adventure, and experience one of the most rewarding journeys of your life.



MOUNTAINS



Experience back country mountains - on formed trails - long climbs, long descents and EPIC views

LAKES



Views views view. 3 Lakes - Hawea, Wanaka, Wakatipu

RIVERS



The freshest, clearest, water you will ever see. Good to refill your bottles, soak your legs and escape the heat

CLIFFS



Dramatic landscapes, nature at full play, as you run around the bluffs to a private high country station

