THP

Trail de Haute Provence

l'aventure grandeur nature



14 May 2026

Ascension weekend

Montagne de Lure

1826

Forcalquier (04300)

ROADBOOK 2026

- THP160 — 7000 m+
- THP120 — 5500 m+
- THP80 — 3400 m+
- THP80 relai
- THP65 — 2700 m+
- THP50 — 1700 m+
- THP40 — 1200 m+
- THP30 — 1100 m+
- THP20 — 800 m+
- THP10 — 300 m+
- THP10 pro
- THP10 nordic
- THP junior — 3 à 15 ans
- THP horizon — 4km

FUGA - Born from the mountains, crafted for trail. Find your edge. Run beyond it.

FUGA EX330

- **Black Toenails Free on Descent. Secure Feet Wrap**
  AWS 3.0 Two-Section Lacing System provides a comfortable and stable fit, preventing black toenails caused by feet sliding
- **Cool & Dry on Ultra Runs. Upgraded Breathability**
  XDIMESH Multi-Dimensional Mesh helps fast heat & sweat release to minimize blister risk during extended trail runs
- **Agile & Effortless Strides. Dual-Depth Dynamic Lugs**
  A zoned dual-depth lug design adapts to complex terrain challenges with precise traction and instant response, bringing boosted performance in ultra-distance races



FUGA EX PRO

- **Cool & Dry on Ultra Runs. Upgraded Breathability**
  XDiMESH Multidimensional Mesh breathes 40% faster with a 37% lighter weight and a 20% higher durability, minimising blister risk caused by sweat accumulation
- **Explosive Propulsion. X-shape Carbon Plate**
  X-shaped carbon plate with a flexible forefoot flex provides superior grip on uphill and explosive propulsion on gentle slopes & flats
- **Black Toenails Free on Descent. Secure Feet Wrap**
  AWS 3.0 Two-Section Lacing System provides a comfortable and stable fit, preventing black toenails caused by feet sliding



FUGA AIR 8 IV

- **Multi-Pocket Storage. Stable Load Carry**
  Layered Load System includes layered stable loading of 14 compartments, offering room for all trail race essentials
- **Lightweight Comfort**
  Lightweight design with a total weight of only 220g (M Size)
- **Stable & Secure Fit**
  BI-FIX Water Flask Compression System allows one-hand tightening when bottle is low to ensure secure holding



FOREWORD

"Only those who dare go all the way will measure the greatness of this land"



Dear trail runner,

You hold in your hands the official roadbook of THP summer 2026. 13 races, 4 days of celebration, an exceptional region between the Montagne de Lure and the hills of Haute-Provence.

This course is the DNA of the THP: a balance between sporting challenge and contemplation of the landscape. From Ongles, Lardiers, Montlaux or Forcalquier, you will cross ancient forests, climb the ridges of Lure up to its 1826m summit, and finish your race cheered on by the THP Tribe.

This year we welcome three new additions: the THP65, a gateway to ultra distance, the accessible and varied THP40, and THP horizon, our first inclusive race. The Tribe is growing.

This roadbook is your travel companion. Read it carefully.
Take care of yourself, take care of the mountain, and savour every kilometre.
Have a great race and welcome to the Tribe!

Vincent GUILIANI
Director - Trail de Haute Provence



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RÉGION SUD
PROVENCE
ALPES
CÔTE D'AZUR

4th Edition NETTOYONS LE SUD

nettoyons.maregionsud.fr

"Join us on Saturday 30 May 2026
for the largest waste-collection operation
— let's protect our Region!"

Renaud M
USELIER
President of Région Provence-Alpes-Côte d'Azur,
Deputy President of Régions de France

maregionsud.fr

Design: Department of Communication and Brand, Région Sud.



Getting to the THP

Forcalquier is the heart of THP summer. From Forcalquier you can reach every start line, the THP village and all the entertainment.



Forcalquier, at the heart of wild Provence

By car

1h00 from Aix-en-Provence TGV
1h10 from Marseille airport
1h30 from Avignon TGV

Access & Parking: Free parking near the village.

Map of Forcalquier



Distilleries et Domaines de Provence

FORCALQUIER LA BOUTIQUE

Boutique - Musée - Dégustation

De janvier à décembre :
du lundi au samedi : 10h - 18h30
Fermé le dimanche
En juillet et août :
du lundi au vendredi : 9h - 19h
samedi : 9h - 13h / 15h - 19h
dimanche : 9h - 13h

10% de remise avec le code TRAIL2026*

*valable en boutique et sur la boutique en ligne

Pour plus d'informations :

Avenue St Promasse
04300 Forcalquier
09 50 63 24 77
boutique@distilleries-provence.com
www.distilleries-provence.com





Distilleries et Domaines de Provence

ATELIERS PASTIS

15 Mai 2026

à 14h30

Vivez une expérience immersive au coeur de la distillerie en fabriquant votre Pastis Henri Bardouin personnalisé en bouteille de 35cl.

Tarif : 45€/adulte

Durée : 1h-1h30



ATTENTION, PLACES LIMITÉES !

Informations et réservations :
479 ZA Les Chalus
04300 Forcalquier
04 92 75 75 80
reservation@distilleries-provence.com

L'ABUS D'ALCOOL EST DANGEREUX POUR LA SANTÉ. À CONSOMMER AVEC MODÉRATION.



Program

JEUDI 14 MAI

14:00 Opening of the THP village & bib collection for all races
16:00 THP160/THP120 briefing (Espace Culturel Bonne Fontaine: ECBF)
17:00 Run with FUGA Ambassadors
18:00 THP junior start
19:15 Concert with MARLA + DJ set
19:30 Pasta Party
20:00 Bib collection closes
00:00 End of concert / THP village closes

VENDREDI 15 MAI

13:00 Opening of the THP village & bib collection for all races
18:00 THP160 & THP120 start
19:00 THP30 start (Night race)
20:00 DJ concert
21:00 First THP30 finishers
22:00 Bib collection closes
23:30 THP30 awards ceremony (Forcalquier)
00:00 End of concert / THP village closes
02:00 Last THP30 finishers

SAMEDI 16 MAI

03:00 Bib collection THP65/THP80/THP80 relai/THP40/THP50
03:30 & 03:45: Shuttles to Lardiers (THP65)
05:00 THP65 start (Lardiers)
05:00 & 05:15: Shuttles to Ongles (THP80)
06:30 THP80 & THP80 relai start (Ongles)
06:30 & 06:45: Shuttles to Limans (THP40)
08:00 THP40 start (Limans)
08:00 & 08:15: Shuttles to Montlaux (THP50)
10:00 THP50 start (Montlaux)
10:00 First THP120 finishers
11:00 Food area and snack bar open
11:30 First THP40 finishers
12:00 First THP65 finishers
12:00 Food area opens
14:30 First THP80 / THP50 finishers
15:00 First THP160 finishers
19:00 Awards THP120 / THP80 & relai / THP65 / THP50 / THP40
20:00 Concerts: Golden Groove - BOLD (Chinese Man) - DJ RedoxMusic
00:00 End of concert / THP village closes

DIMANCHE 17 MAI

06:00 Runner check-in - Bib collection THP horizon / THP20 / THP10 & pro
08:00 THP horizon start
08:30 THP20 start
09:00 THP10 / THP10 pro start
09:50 First finishers THP20 and THP10 / THP10 pro
10:00 Food area opens
12:00 Awards THP160 / THP20 / THP10 & pro / THP horizon
16:00 Last THP160 finishers
16:30 THP closing



Your registration

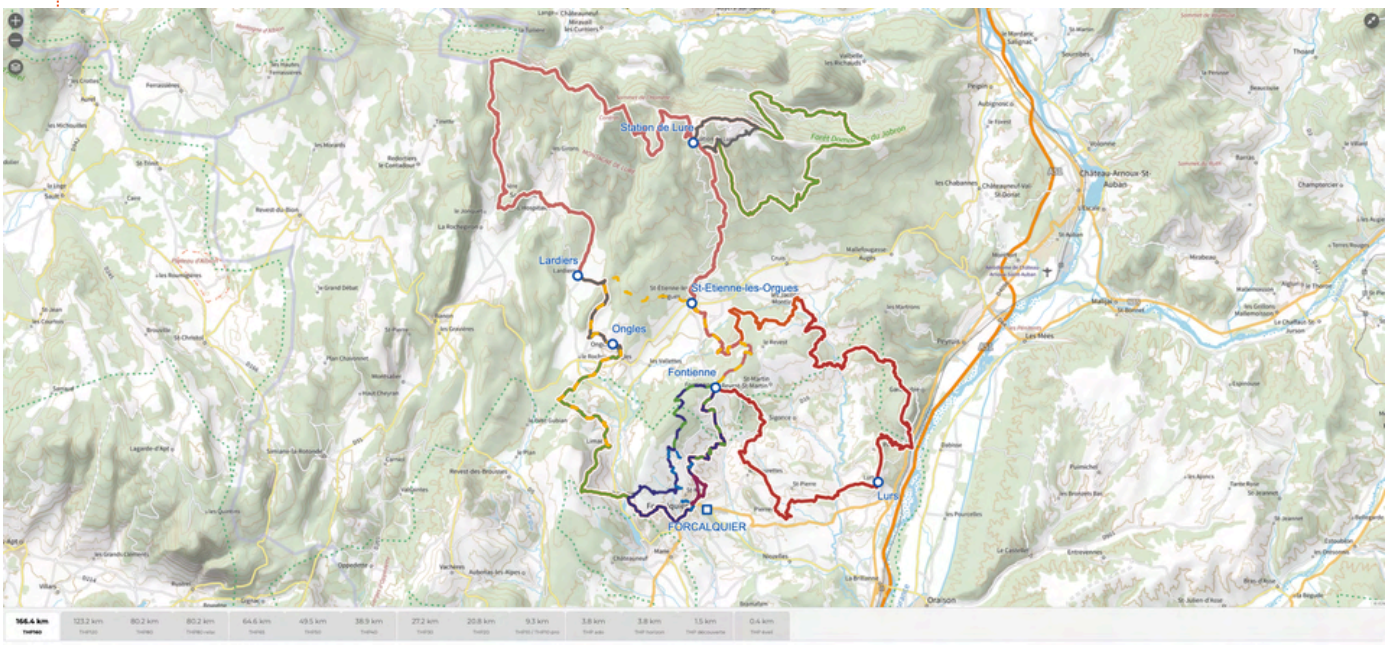
Your registration includes:
The race pack (bib, timing chip)
Access to the aid stations of your race and the finish area
Access to the showers (ask for the code at bib collection)
Professional medical assistance
The runner pack at registration: an official race T-shirt will be handed to you with your bib. Wearing this T-shirt is mandatory during the first and last 10 kilometres in order to be classified, for the THP30/THP40/THP50/THP65/THP80/THP120/THP160 races
The Finisher medal on the finish line
THP runner bag with gifts from our partners
For THP160 and THP120 runners, transport by the Organiser of one or more drop bags provided by the Organiser
Live tracking of the races
Access to the concerts offered by the Organiser
Access to the THP village activities throughout the Event
Access to selected Event photos on the Organiser's Flickr account

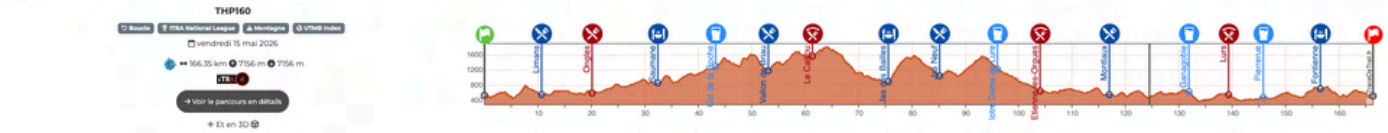


Map, Profile and Checkpoint Times

Find all the information about your race on the dedicated page for each course by clicking on: https://tracedetrail.fr/fr/event/trail-de-haute-provence-2026

You can also download the GPX track for your course the week before the event.





In order to respect the landowners who kindly grant us permission to cross their property during the event,
GPX tracks will be made available the week before the race (May 6).

Forcalquier				19:00
Distance	Altitude	D+	D-	
0 km	545 m	0 m	0 m	
↔ 8.3 km ↑ 376 m ↓ 349 m				
Les Arnauds (eau)				Eau
Distance	Altitude	D+	D-	
8.3 km	576 m	376 m	349 m	
↔ 9 km ↑ 409 m ↓ 258 m				
Fontienne (solide)				Ravitaillement
Distance	Altitude	D+	D-	
17.3 km	721 m	785 m	607 m	
↔ 9.9 km ↑ 312 m ↓ 490 m				
Forcalquier				Barrière horaire 02:00
Distance	Altitude	D+	D-	
27.2 km	545 m	1097 m	1097 m	

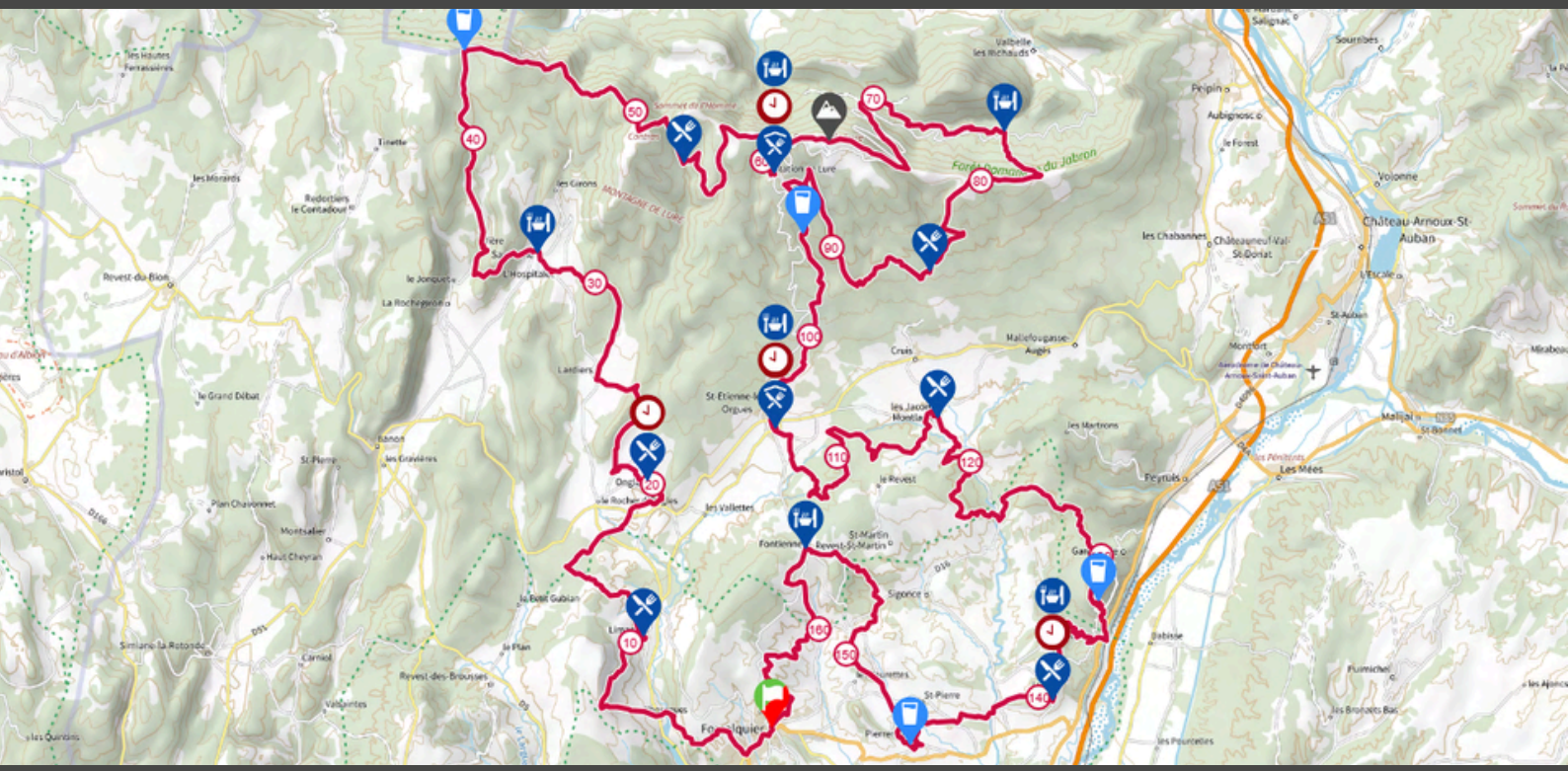
THP160

LIGUE ULTRA

The Wild Provence Integrale

- Distance: 166 km
- Elevation gain: 7,150 m
- Start: Forcalquier on 15 May at 18:00
- Highlights:
- Ligue ULTRA Qualifier
- Challenge des Trails de Provence (Ultra)
- Base camps: 3 base camps (Le Caillou, Saint-Étienne-les-Orgues, Lurs) + 1 hot meal (at each base camp)
- Drop bag: 1 at Le Caillou + 1 at Lurs
- Cutoff time: 46h
- Entry fees: €180 / €200 / €220



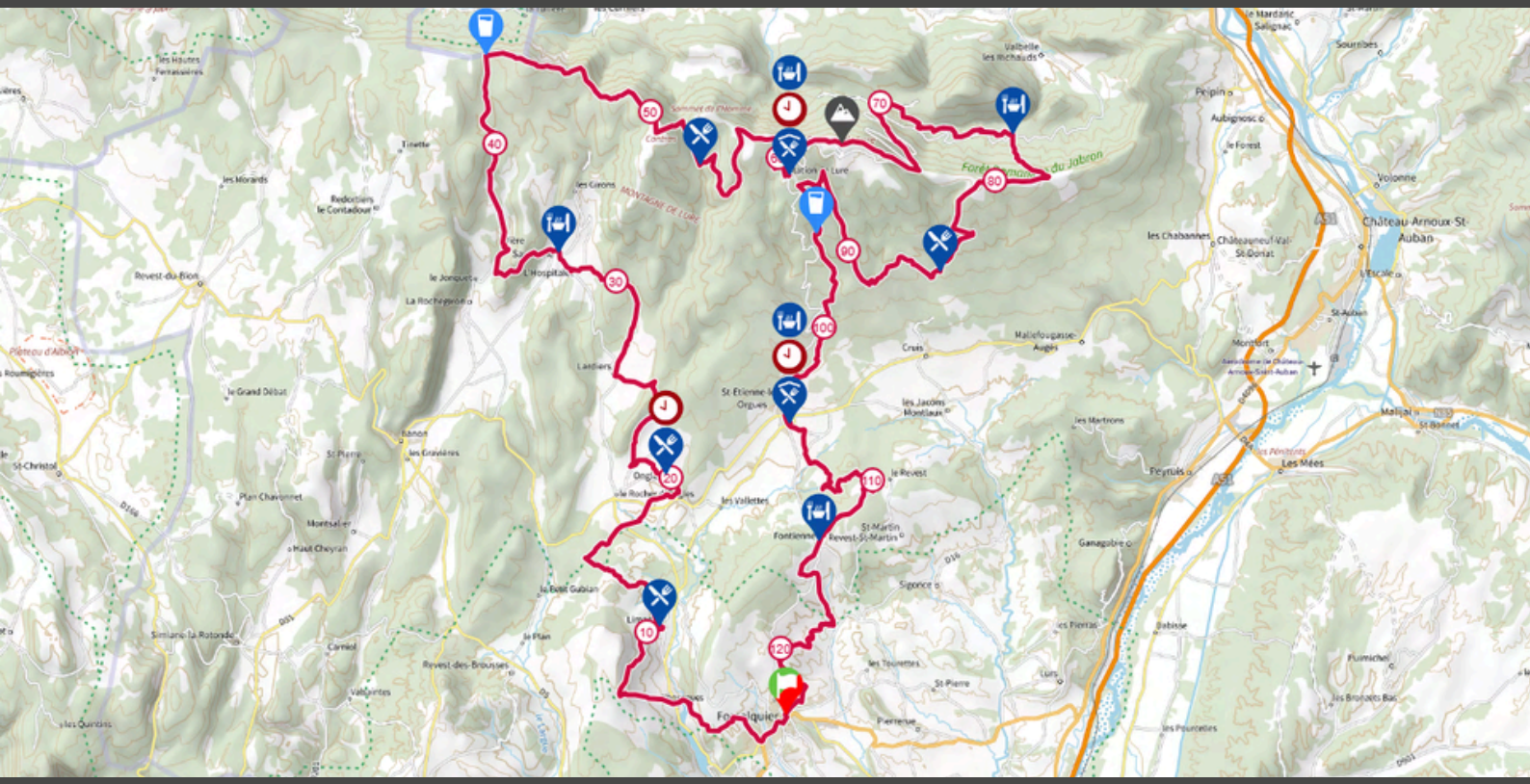


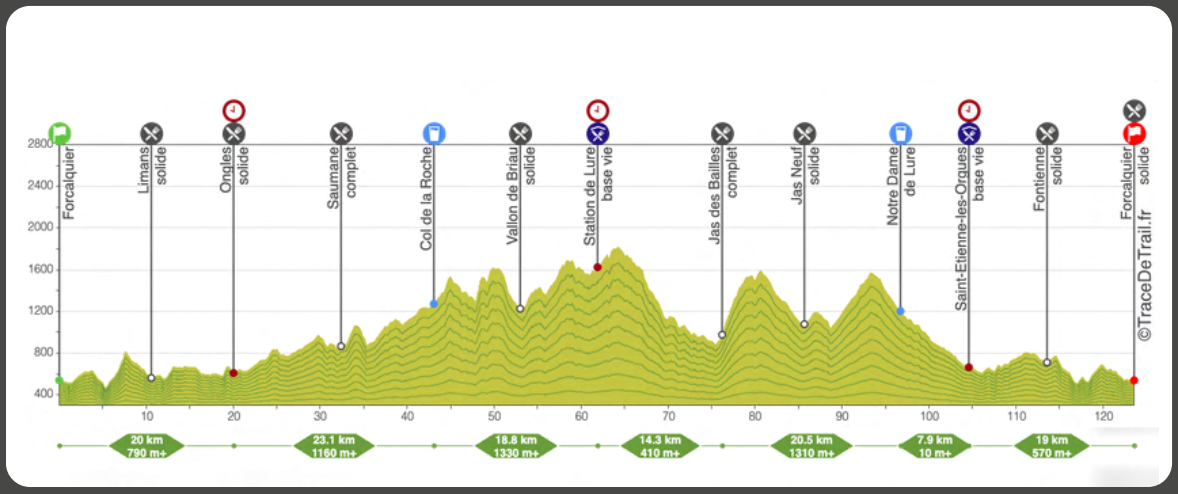


THP120

The Great Lure Traverse

Distance: 123 km
Elevation gain: 5,600 m
Start: Forcalquier on 15 May at 18:00
Base camps: 2 base camps (Le Caillou, Saint-Étienne-les-Orgues) + 1 hot meal (at each base camp)
Drop bag: 1 at Le Caillou
Cutoff time: 35h
Entry fees: €140 / €155 / €170



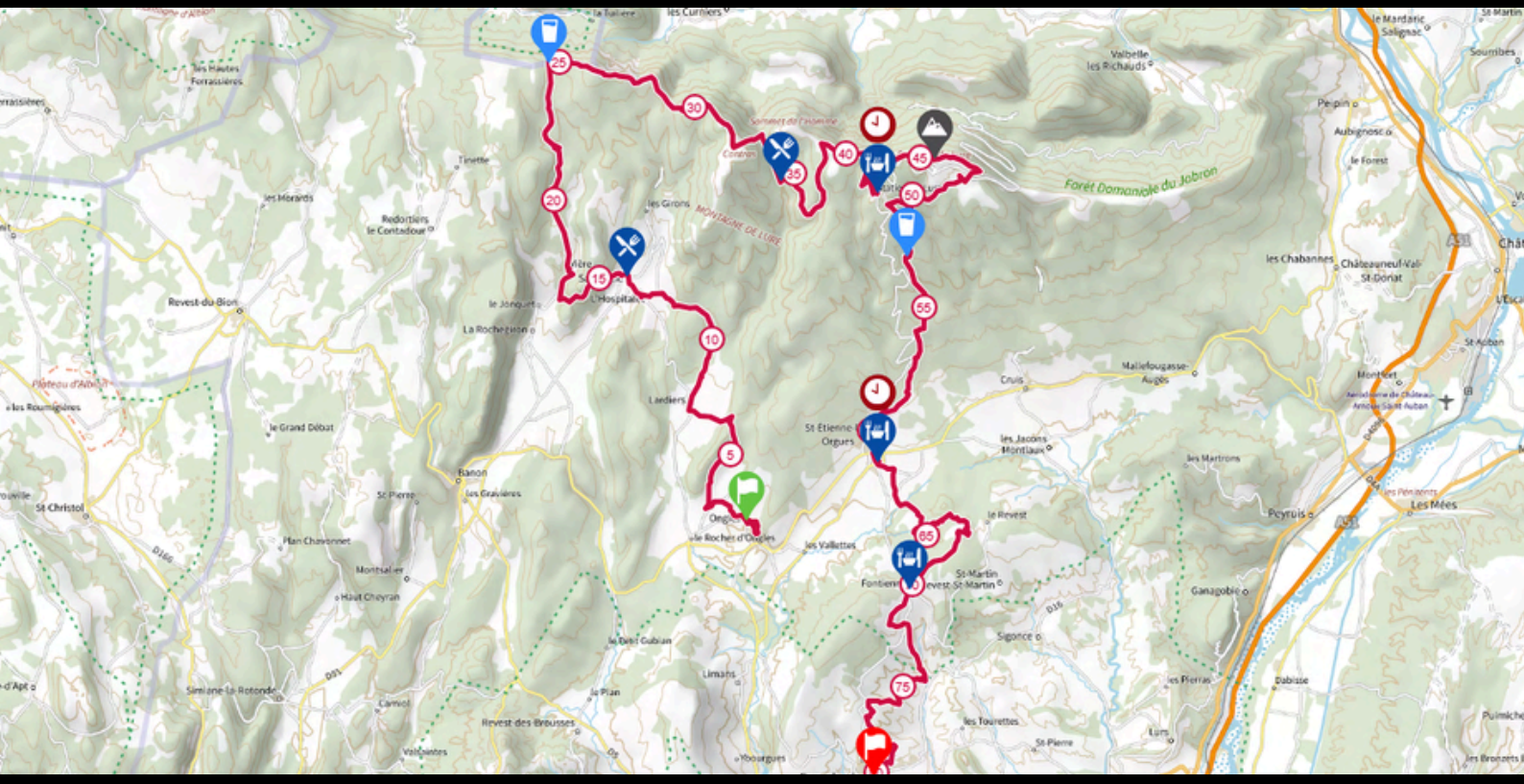


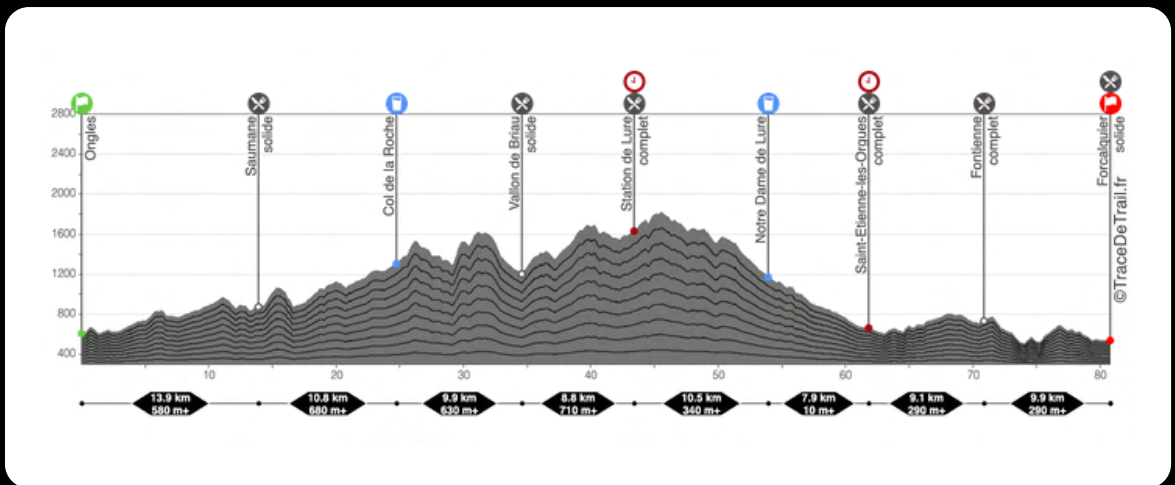
THP80

The Perfect Balance

Distance: 80 km
Elevation gain: 3,600 m
Start: Ongles on 16 May at 06:30
Cutoff time: 23h
Entry fees: €105 / €120 / €135







Already 500 of you have said: “YES”

European program Air8 Kailas FUGA



This year the THP enters a new era with an exceptional European operation run with our partner Kailas FUGA, a world-leading ultra-trail brand.

The Kailas FUGA Air 8 IV – 8L pack, the global benchmark hydration vest, is offered to participants in the THP ultra-trail races (THP160, THP120, THP80) who commit to running with it and sharing their feedback after the race.

Pack features:
198 g only (size M) – 8L capacity
3D ergonomic cut with high centre of gravity
Dial-adjust system (ADF)
13 smart compartments, including a 1.5L water bladder
Double pole attachment
2 soft 500 ml flasks included
Ultra-breathable mesh + Polygiene antibacterial treatment
Reflective details for night sections

How to get the offer? Go back to your personal account and tick the box: "I commit to running THP2026 with the Kailas FUGA pack and to filling in the satisfaction questionnaire that Kailas FUGA will send me after the race."
You're not testing a product: you become an ambassador of your own performance and an actor in the THP x Kailas FUGA universe.

The pack will be handed to you after your bib!

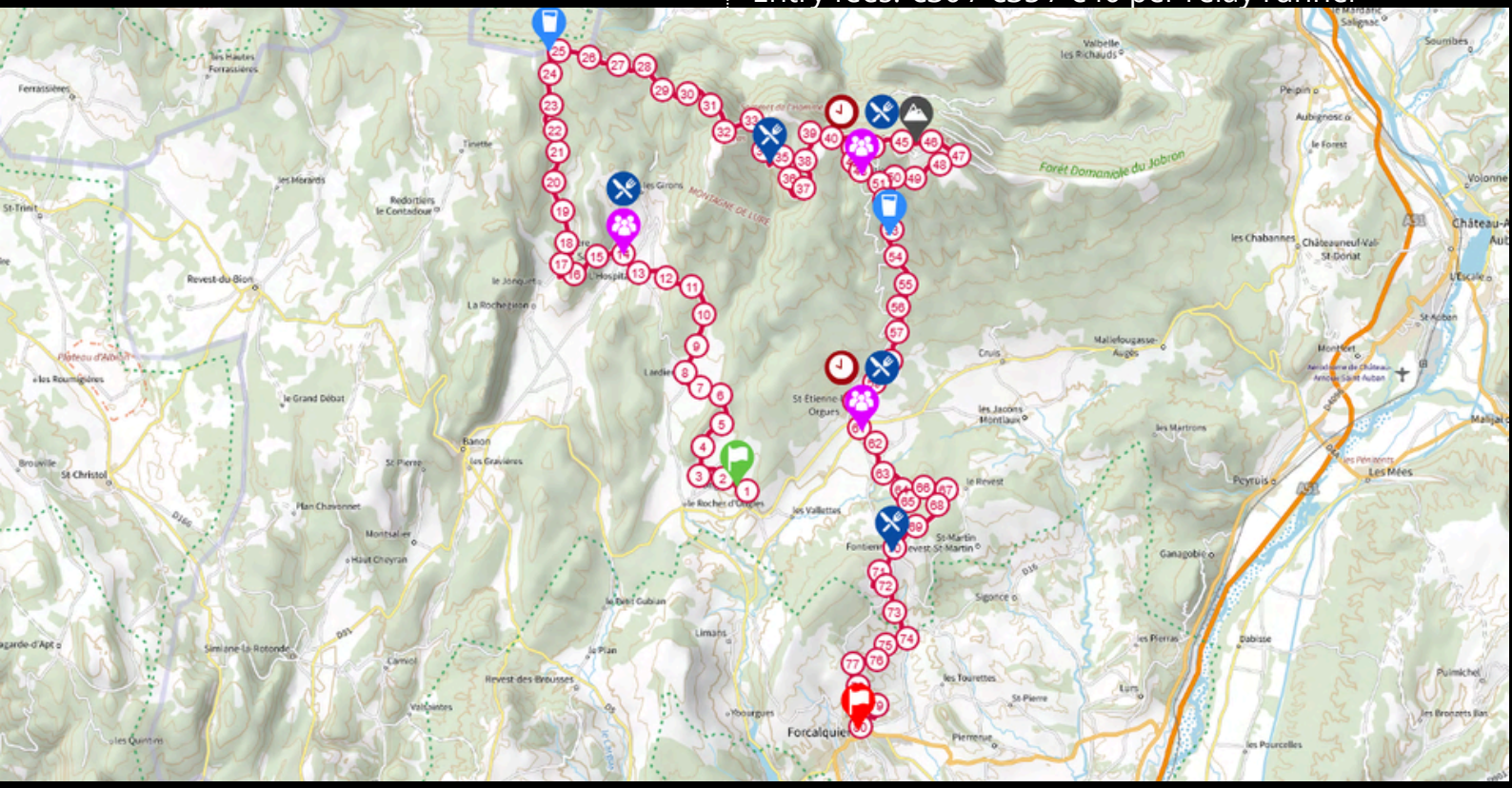


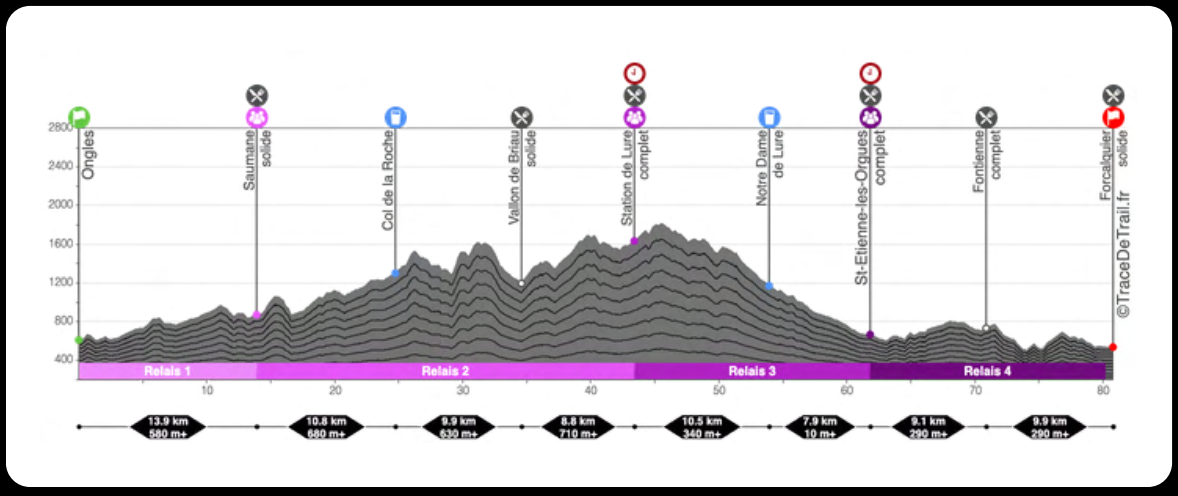


THP80 relai

The Shared Ultra

Distance: 80 km
Elevation gain: 3,600 m
Start: Ongles on 16 May at 06:30
Highlights: 4 relay runners
R1: Ongles→Saumane (~12km)
R2: Saumane→Lure Station (~29km)
R3: Lure Station→St-Étienne (~18km)
R4: St-Étienne→Forcalquier (~20km)
Cutoff time: 23h
Entry fees: €30 / €35 / €40 per relay runner



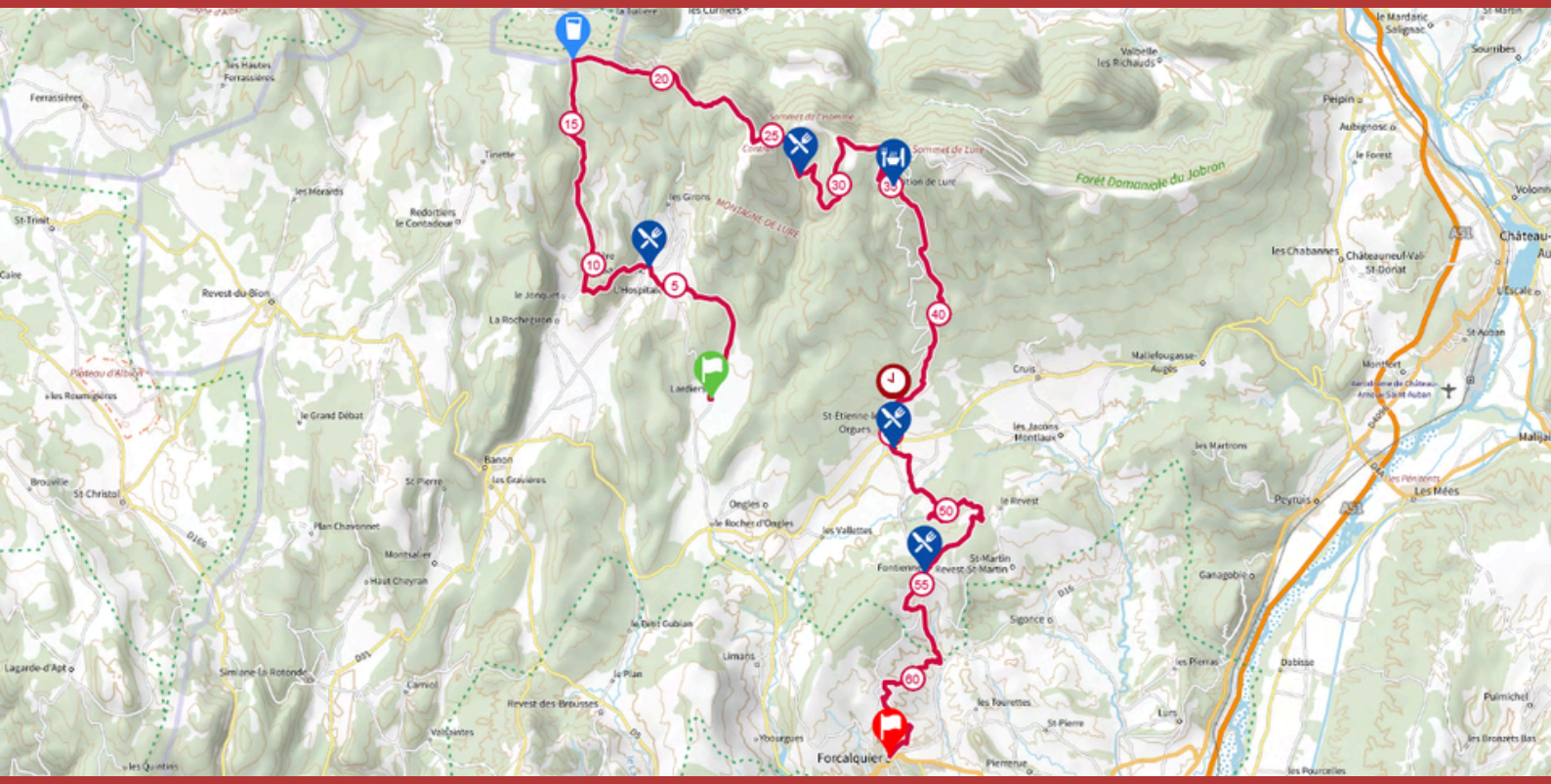


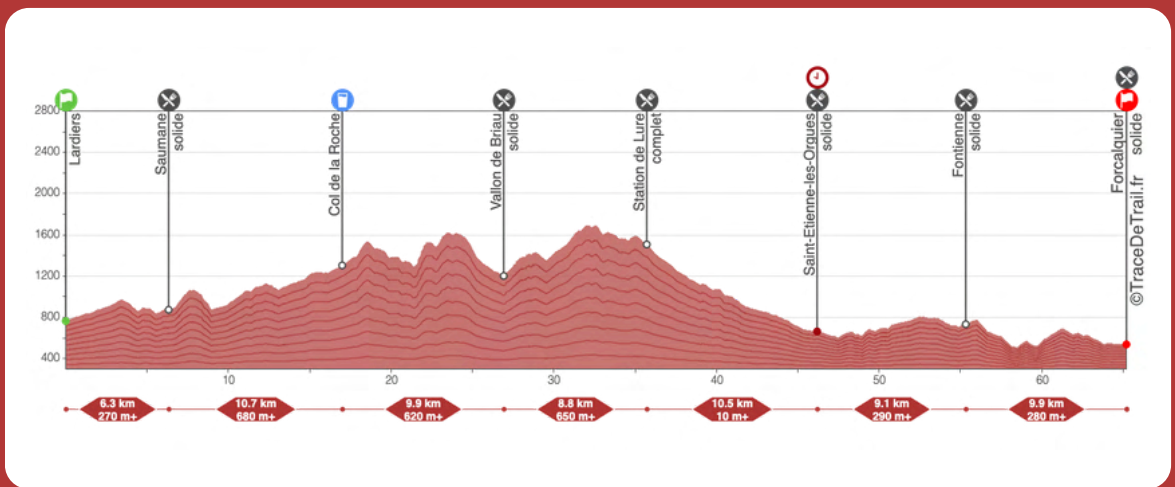
THP65

The Gateway to Ultra

Distance: 65 km
Elevation gain: 2,800 m
Start: Lardiers on 16 May at 05:00
Highlights:
New course
Challenge des Trails de Provence (Long)
Cutoff time: 18h
Entry fees: €85 / €95 / €105





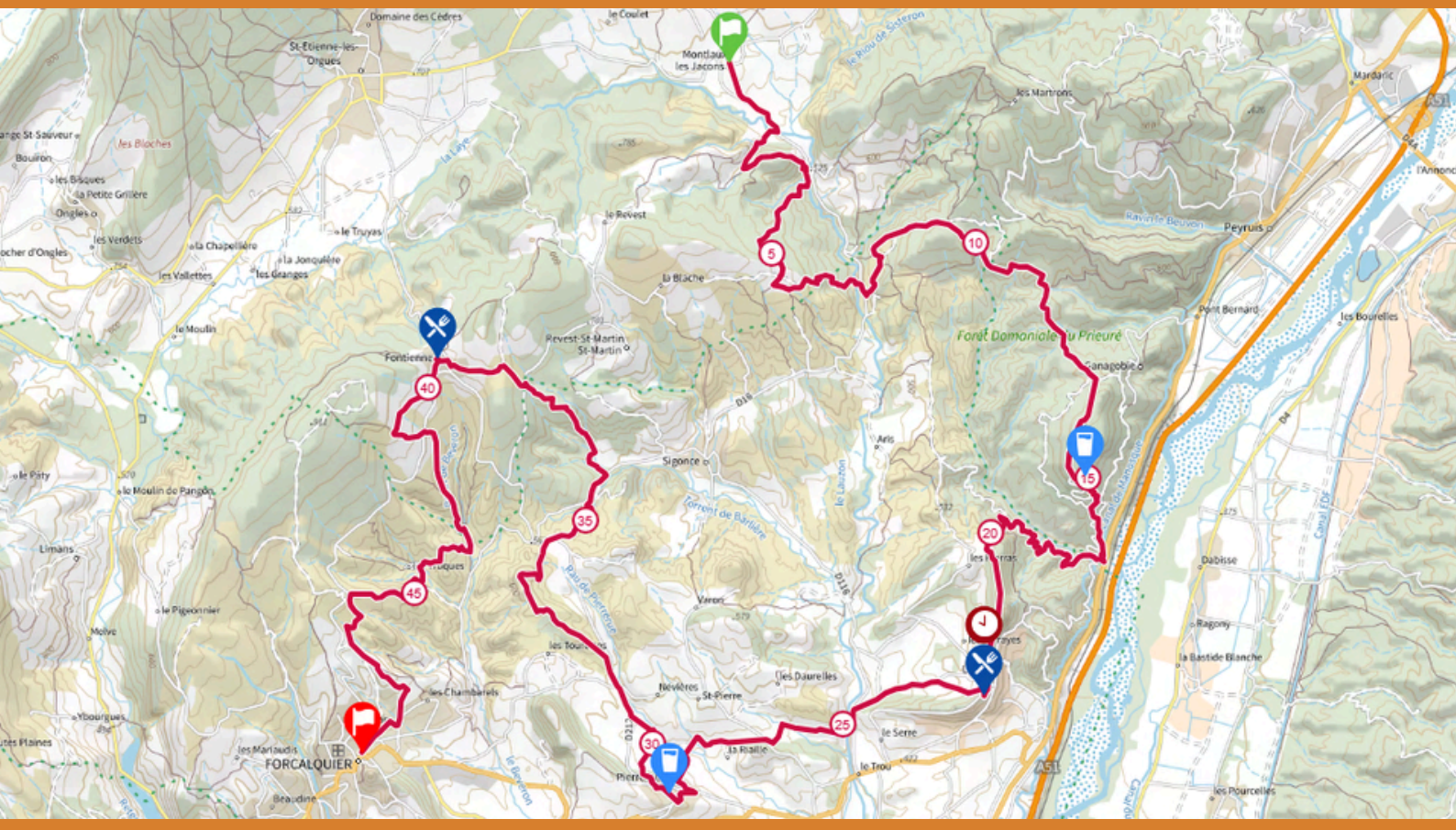


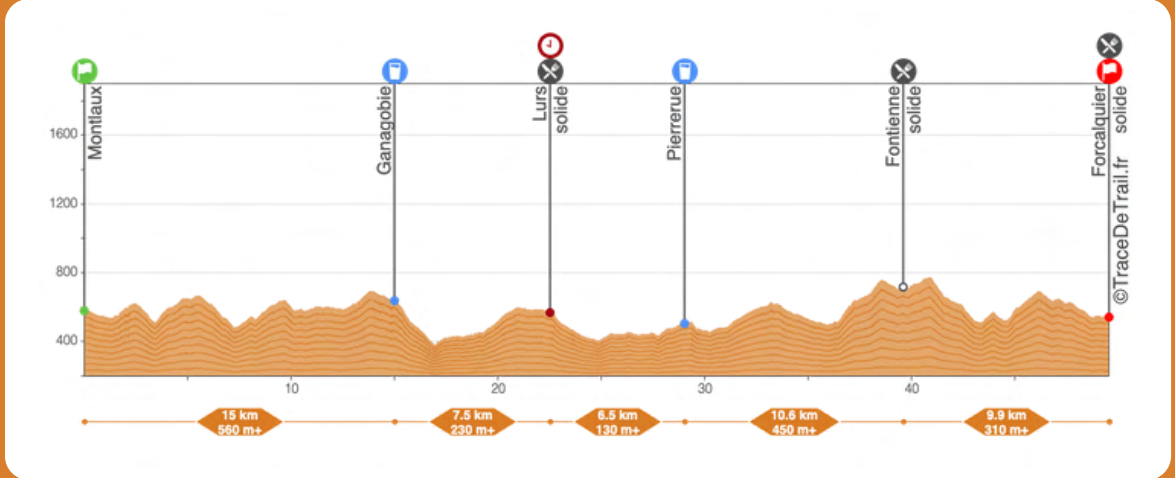


THP50

The Signature Trail

Distance: 50 km
Elevation gain: 1,700 m
Start: Montlaux on 16 May at 10:00
Cutoff time: 13h
Entry fees: €70 / €80 / €90



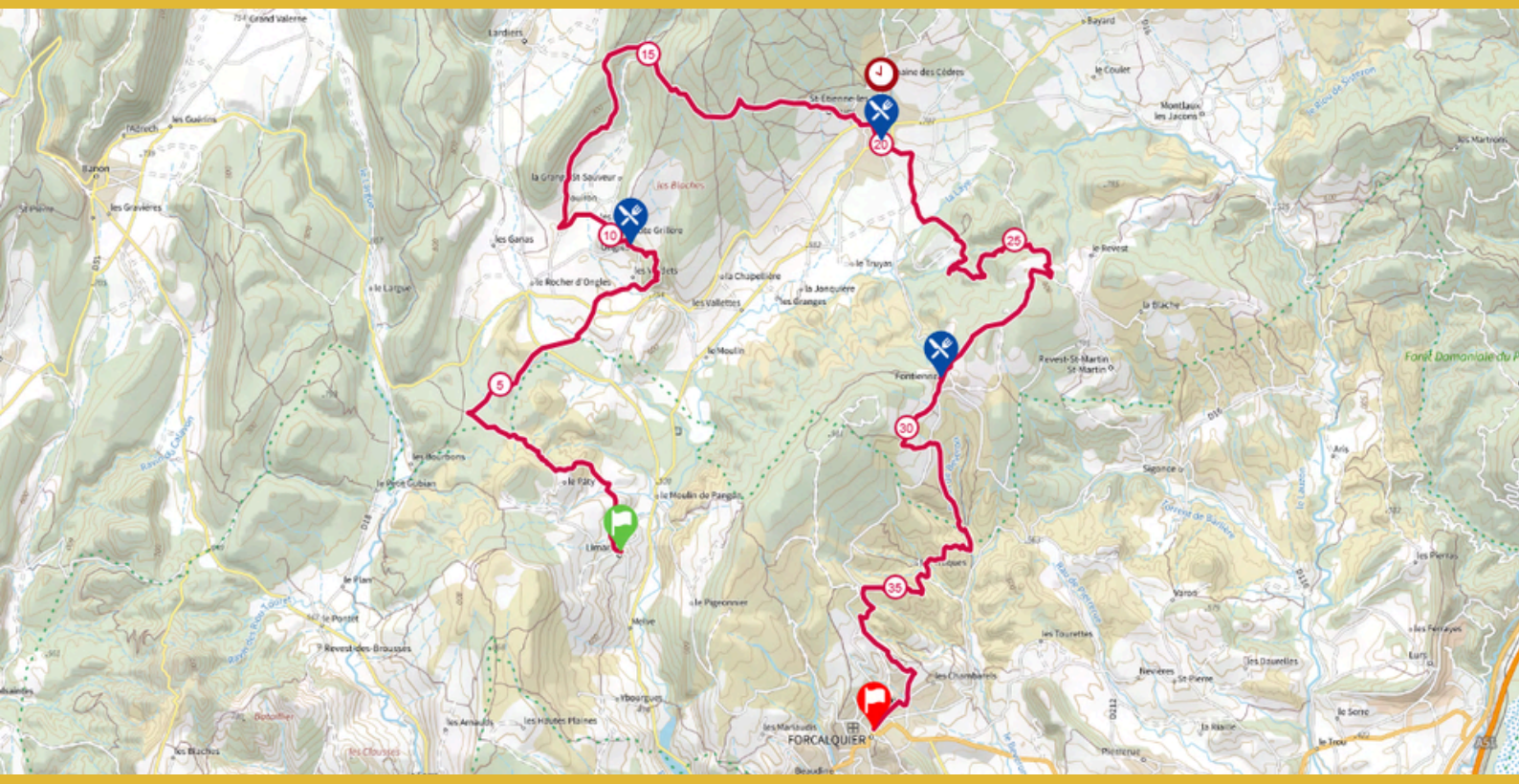


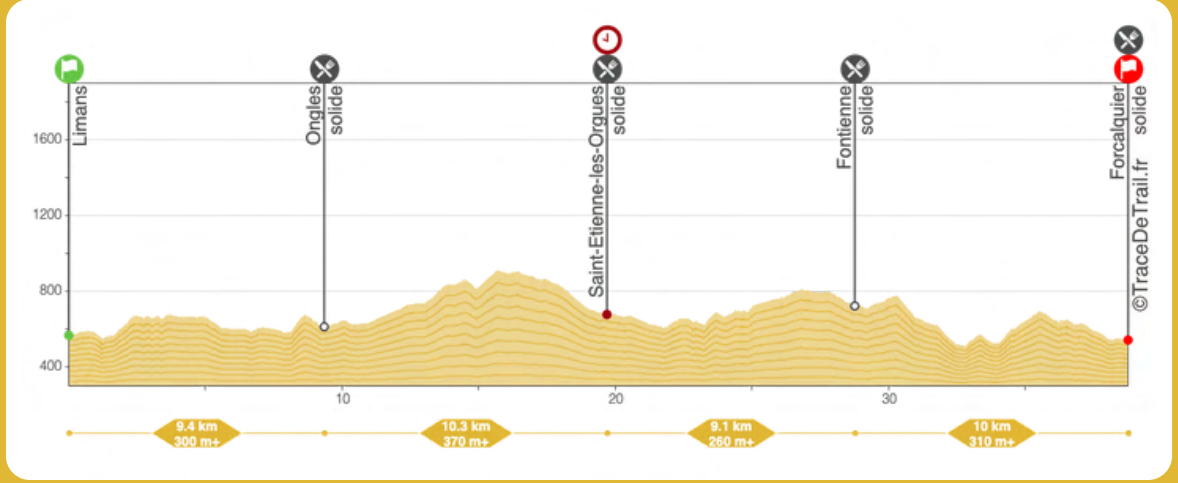
THP40

The Essence of Provence

- Distance: 39 km
- Elevation gain: 1,240 m
- Start: Limans on 16 May at 08:00
- Highlights: New course
- Cutoff time: 10h
- Entry fees: €60 / €66 / €73





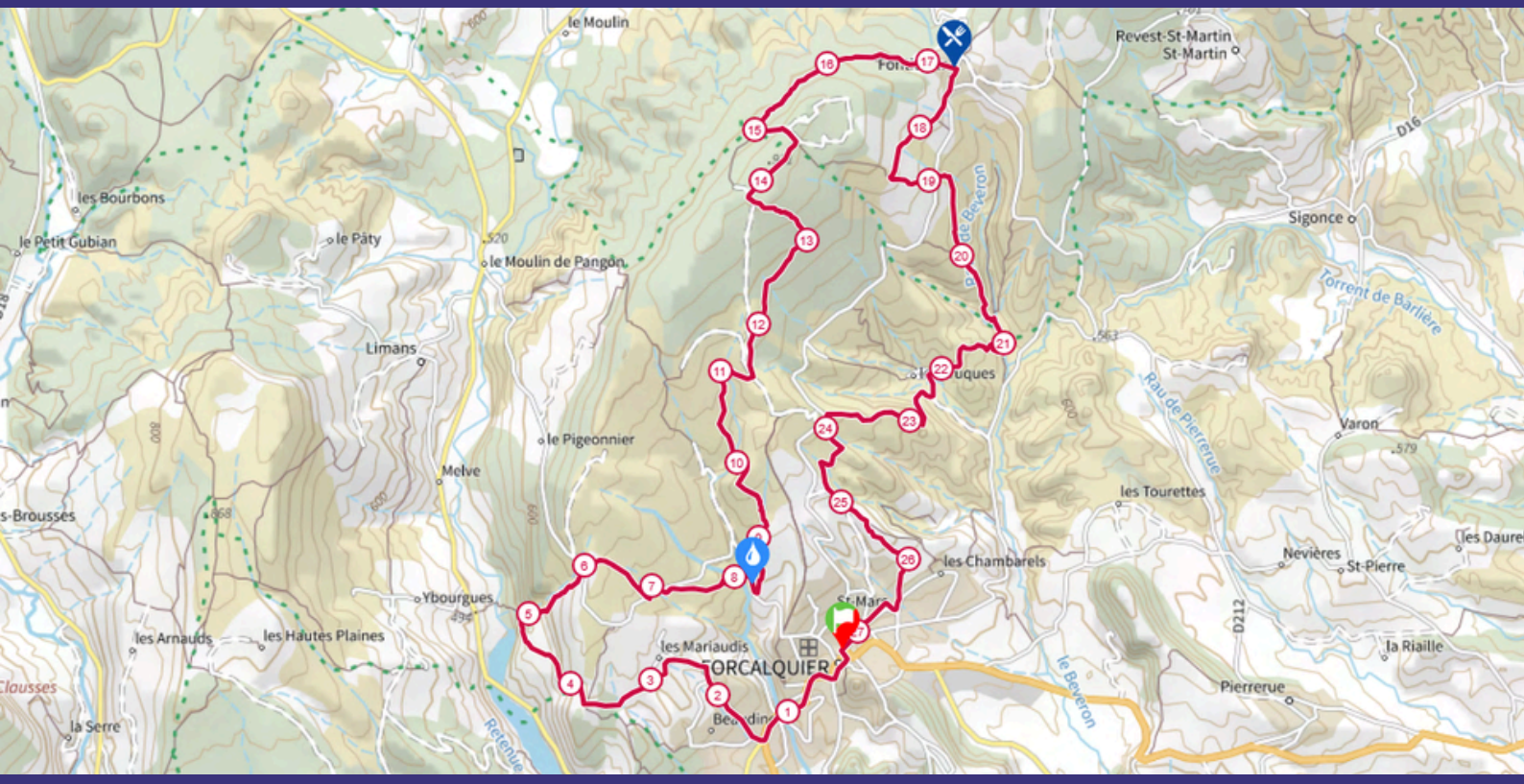


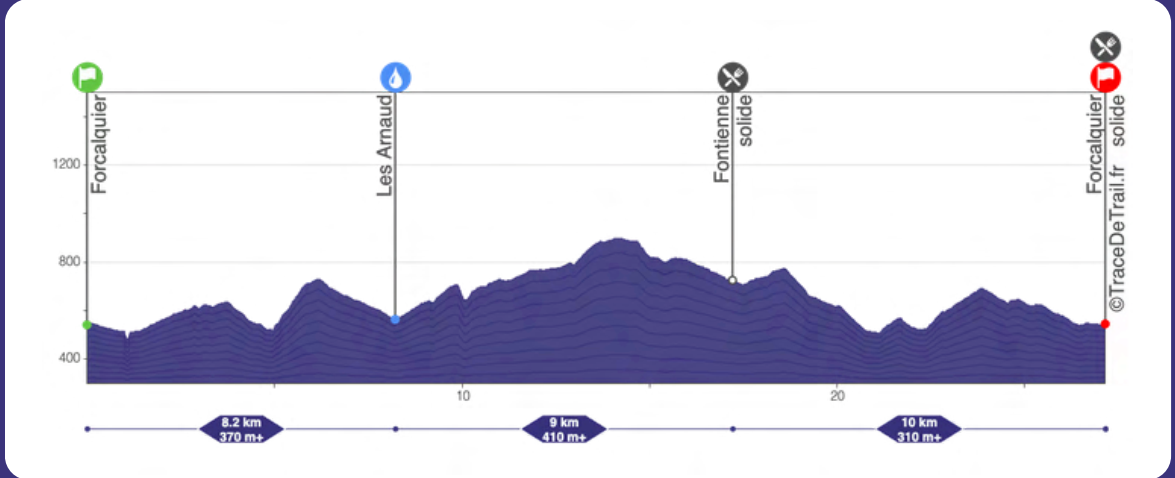


THP30

Condensed Intensity

Distance: 27 km
Elevation gain: 1,100 m
Start: Forcalquier on 15 May at 19:00
Highlights:
Challenge des Trails de Provence (Short)
Night race
Cutoff time: 7h
Entry fees: €50 / €55 / €60





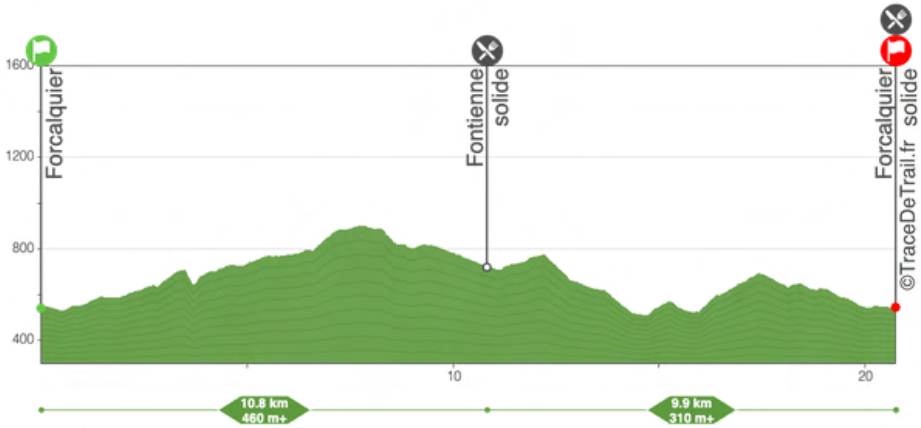
THP20

The Energetic Discovery

Distance: 21 km
Elevation gain: 800 m
Start: Forcalquier on 17 May at 08:30
Highlights: Challenge des Trails de Haute-Provence
Cutoff time: 4h
Entry fees: €40 / €45 / €50





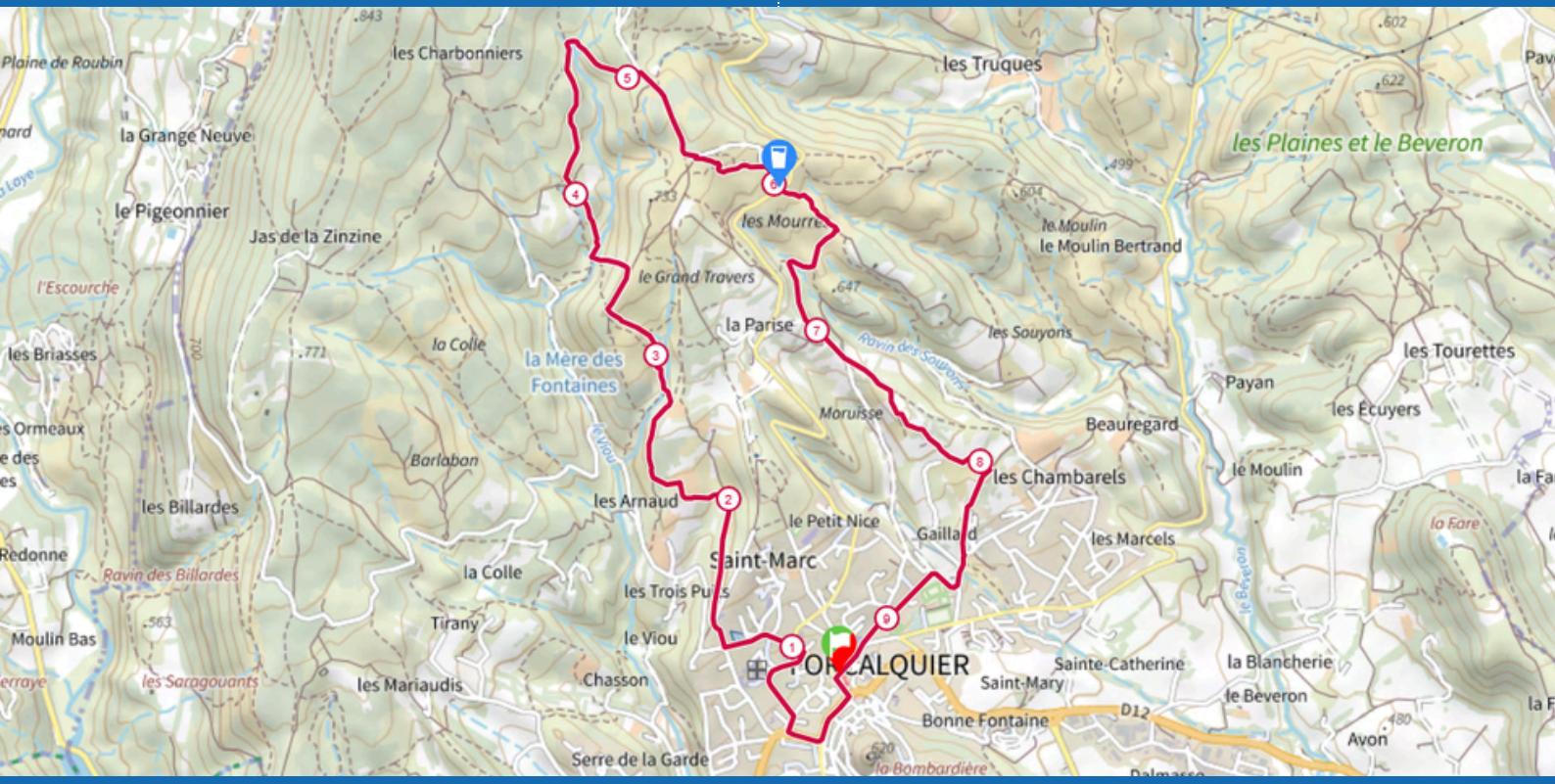


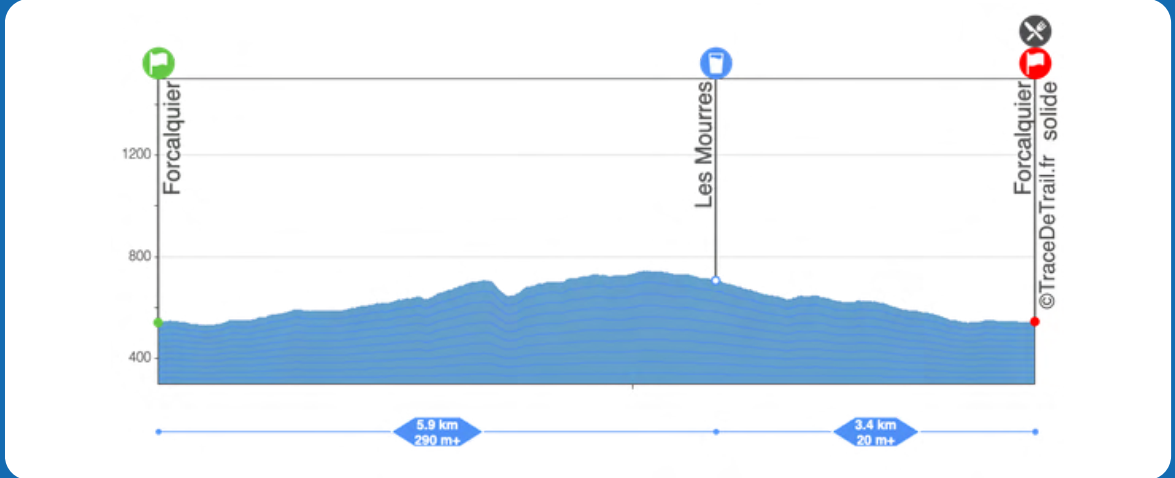


THP10 / THP10 pro

The Short Loop

Distance: 9.3 km
Elevation gain: 310 m
Start: Forcalquier on 17 May at 09:00
Highlights:
Challenge des Trails de Haute-Provence
THP10 pro: corporate challenge (teams of 5, 3 best times).
From age 16.
Cutoff time: 2h30
Entry fees: €20 / €25 / €30





THP junior

The Next Generation

Distance: 0.5 to 3.8 km
Elevation gain: 0 to 100 m
Start: Forcalquier on 14 May at 18:00
Highlights:
THP ado 3.8km (14 - 15 years)
THP junior 3.8km (12 - 13 years)
THP découverte 1.5km (10 - 11 years)
THP éveil 0.5km (3 - 9 years)
Cutoff time: 1h
Entry fees: FREE



THP éveil



THP découverte



THP junior / ado





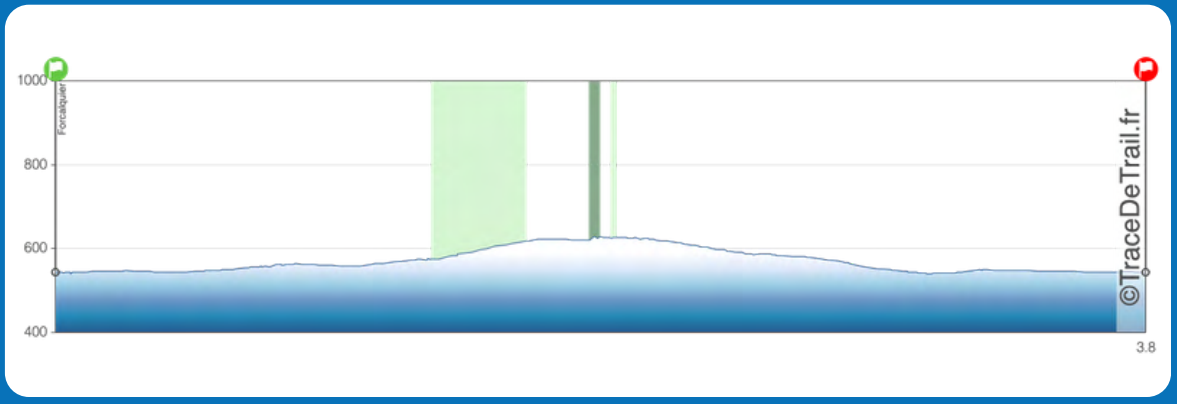


THP horizon

Inclusive Race

Distance: 3.8 km
Elevation gain: 100 m
Start: Forcalquier on 17 May at 08:00
Highlights:
NEW IN 2026
Race reserved for people with disabilities accompanied by their support organisations.
First step of a new chapter.
Cutoff time: 4h
Entry fees: €20 (free for support companions)





Haute-Provence INFO

The voice of the region since 1937

THP partner since its creation!



News — politics — current affairs — culture. Every Friday at newsstands and on hauteprovenceinfo.com



Télécharger gratuitement

Haute-Provence INFO

Télécharger App Store

Télécharger Google Play





Mandatory and Recommended Gear

Mandatory gear. Any runner checked without the mandatory gear will be denied at the start, disqualified or penalised as stated in the rules.



	THP10 / THP10 pro	THP20	THP30	THP40	THP50	THP65	THP80	THP80 relai	THP120	THP160
Mandatory gear										
Bib visible throughout the race	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
A bag to carry all the mandatory gear	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
A whistle	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
A personal cup (15 cl)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
A survival blanket	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
A mobile phone (in working order and switched on during the entire race)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
A battery to recharge the phone				✓	✓	✓	✓	✓	✓	✓
Water supply of at least	1.0 L	1.0 L	1.0 L	1.5 L	1.5 L	1.5 L	1.5 L	1.5 L	1.5 L	1.5 L
A cap or a neck gaiter	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Headlamp in working order			✓		✓			✓		
Headlamp in working order with spare battery						✓	✓		✓	✓
A waterproof and windproof jacket with hood			✓	✓	✓	✓	✓	✓	✓	✓
Food supply of at least (Kcal)	300	300	300	600	800	800	800	300	1000	1000
A spare warm garment (warm base layer)				✓	✓	✓	✓	✓	✓	✓

GEAR CHECK
A systematic inspection of all bags will be carried out at the entrance of the start pen for every race. To ensure a smooth and efficient verification process, please arrive at the start area at least 45 minutes before your scheduled departure time. Thank you for your understanding and cooperation. Any missing gear = immediate disqualification.

	THP10 / THP10 pro	THP20	THP30	THP40	THP50	THP65	THP80	THP80 relais	THP120	THP160
Matériel recommandé										
GPS watch reading GPX tracks or a smartphone app doing the same		✓	✓	✓	✓	✓	✓	✓	✓	✓
Wide adhesive tape usable as strapping		✓	✓	✓	✓	✓	✓	✓	✓	✓
Pack of tissues	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pack Canicule										
Sunglasses	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Sahara cap or any combination that fully covers head and neck	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Sunscreen	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Water supply, minimum 2 litres	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pack « Intempéries / Grand froid »										
Spare warm mid-layer (2nd layer), worn between the base layer and the waterproof jacket with hood. Cotton excluded.		✓	✓	✓	✓	✓	✓	✓	✓	✓
Recommended: fleece or compressible warm jacket.		✓	✓	✓	✓	✓	✓	✓	✓	✓
Long running tights or trousers covering the full leg, or a combination of trousers and high socks covering the full leg.		✓	✓	✓	✓	✓	✓	✓	✓	✓
Beanie / pair of gloves		✓	✓	✓	✓	✓	✓	✓	✓	✓
Sunglasses		✓	✓	✓	✓	✓	✓	✓	✓	✓

⚠ **PACK ACTIVATION**
The courses follow routes where weather conditions can change rapidly. The Organizer may activate a "Heat Wave" pack or a "Severe Weather / Extreme Cold" pack, which become mandatory once announced.





Course Marking

Main course marking

Orange and yellow THP markers: flags, stakes and tape.
Directional arrows at THP and/or Ligue ULTRA junctions. Signposts at key points.

Night marking

Additional reflective bands on night sections.
Flashing lights at strategic crossroads.

⚠ If in doubt

If you haven't seen a marker for 100 m, stop and head back to the last marker spotted. Never head down an unmarked trail.

GPX track

The official GPX track is available for download on the THP runify app and on mythp.fr. We strongly recommend loading it on your watch or phone.

If you're Elite or racing for a podium, please make sure to load the track on your watch.



Support Crew

Support crews are allowed at all road-accessible aid stations:

- Les Arnaud (THP30)
- Limans
- Ongles
- Saumane
- Le Caillou
- Jas des Bailles
- Abbaye de Notre-Dame de Lure
- Saint-Étienne-les-Orgues
- Montlaux
- Ganagobie
- Lurs
- Pierrerue
- Fontienne
- Forcalquier

The support-crew zone is located 100 m before and 100 m after the official aid station.

For fairness between runners with and without a support crew:

- Crews must only provide the same type of refreshment as offered by the Organiser (see aid-station types below).
- Only THP160 and THP120 runners may receive a change of clothes, and only at the designated base camps (Le Caillou and Lurs).

Limited access:

- Support is limited to 1 person per runner at official aid stations and base camps.



Drop Bag



THP160 and THP120 runners may drop off their drop bag on Friday afternoon from 13:00 in the dedicated room next to the Salle Pierre-Michel (bib collection hall). The bag must be marked in felt-tip with your bib number, first and last name, and the destination location.

DROP-OFF POINTS BY RACE

- **THP160: Le Caillou (km 61.5) and Lurs (km 139)**
- **THP120: Le Caillou (km 61.5**)





THP Jersey

An official Event T-shirt is handed to every participant at bib collection.

For the following races: THP30 / THP40 / THP50 / THP65 / THP80 / THP120 / THP160.
Visibly wearing the official T-shirt is mandatory:

- during the first 10 kilometres (or up to the first aid station);
- during the last 10 kilometres (or from the last aid station).

Failure to comply may result in:

- a penalty imposed by the Jury;
- or removal from the classification.

This rule aims to:

- ensure runners can be identified;
- ensure the visual consistency of the Event;
- showcase our official partners.



Aid Stations

Eco-responsibility 2026: we aim to drastically reduce the number of plastic bottles. Water distribution ramps and 1,000 L tanks will be set up in addition to bottles. Bring your own cup or flask — it's mandatory.

Water station

Still water

Liquid aid station

Water + St-Yorre + Coca-Cola

Solid aid station

Liquid + fresh fruit, dried fruit, dark chocolate, TUC crackers, cheese, cured meats

Full aid station

solid + soup (broth) + hot white rice

Base camp

full + hot meal + drop-bag access + rest area + medical assistance.

Only for THP160 & THP120

Finish

solid + osteopathy care (Saturday), showers (300 m away: ask for the code), relaxation area.



Rankings and Awards

Rankings

Rankings are established according to the official FFA categories.
For relay and team races: team ranking only.

Awards

For timed races:

- The top 3 men and top 3 women scratch are awarded.
- The first man and woman in each category are awarded (no double awards).

For team and relay races:

- The top 3 teams scratch are awarded.

Attendance at the awards ceremony is required. **No prize will be handed out before or after the ceremony.**





Practical Tips

Nutrition

Eat regularly (every hour at most) from the start — don't wait to feel hungry.
For long distances, delay sugary fuel as long as possible, or alternate sweet and savoury.
Plan 200-300 kcal/h for the ultras.

Hydration

Drink small sips regularly. Add electrolytes, especially in the heat. Minimum 500 ml/h while running.

Weather

In May, days are hot in Provence (25-30°C in the plains) but the Lure summit can drop to 0-5°C at night. The ridge wind can be freezing.

Night

The night races (THP30, THP80, THP120, THP160) require a reliable headlamp. Prepare your spare batteries BEFORE nightfall.

Pacing

Don't start too fast. The first hours should feel comfortable. The Montagne de Lure has to be earned — it's tough and wild; pace your effort on the climbs.

Safety

If you run into trouble, call the emergency number printed on your bib. Stay put, cover up and signal your position.

Shuttles to remote start lines

All shuttles to remote start lines leave from Place du Bourguet, in the heart of Forcalquier:
03:30 - 03:45: THP65 shuttles to Lardiers
05:00 - 05:15: THP80 shuttles to Ongles
06:30 - 06:45: THP40 shuttles to Limans
08:00 - 08:15: THP50 shuttles to Montlaux



Where to Cheer On the Runners

The best spots to cheer on your loved ones along the course.

FORCALQUIER: Start/Finish

The heart of the action. Finish area at the THP village.

LIMANS, ONGLES, LARDIERS, SAUMANE, MONTLAUX, LURS

Intimate atmosphere in the hilltop villages at dawn or nightfall.

SAINT-ÉTIENNE-LES-ORGUES

6 races pass through. Lively base camp and aid station.

LE CAILLOU (LURE SKI STATION)

Major base camp. Mountain atmosphere, spectacular view.

PAS DE LA GRAILLE, JAS DES BAILLES

- Mountain atmosphere, Jabron valley, spectacular view (looking at the north face of Lure).

ABBAYE DE NOTRE DAME DE LURE

A magical place with centuries-old lime trees.

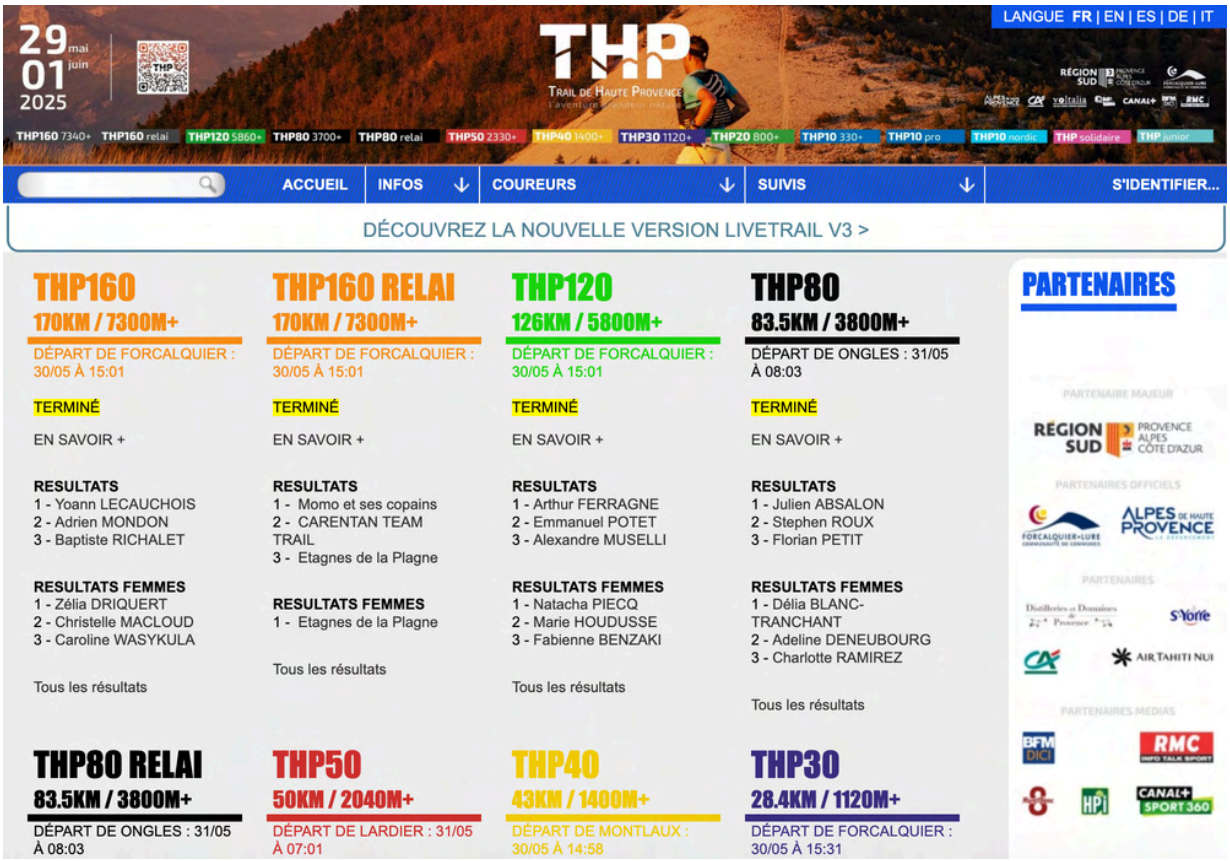
LES MOURRES

Unique geological site. Almost every race passes through.

FONTIENNE

Strategic junction, 9 races pass through.





Live Tracking

Follow your loved ones' race live via our tracking platform.

Official site

mythp.fr — Free live tracking
myTHP channel

LiveTrail

BFM

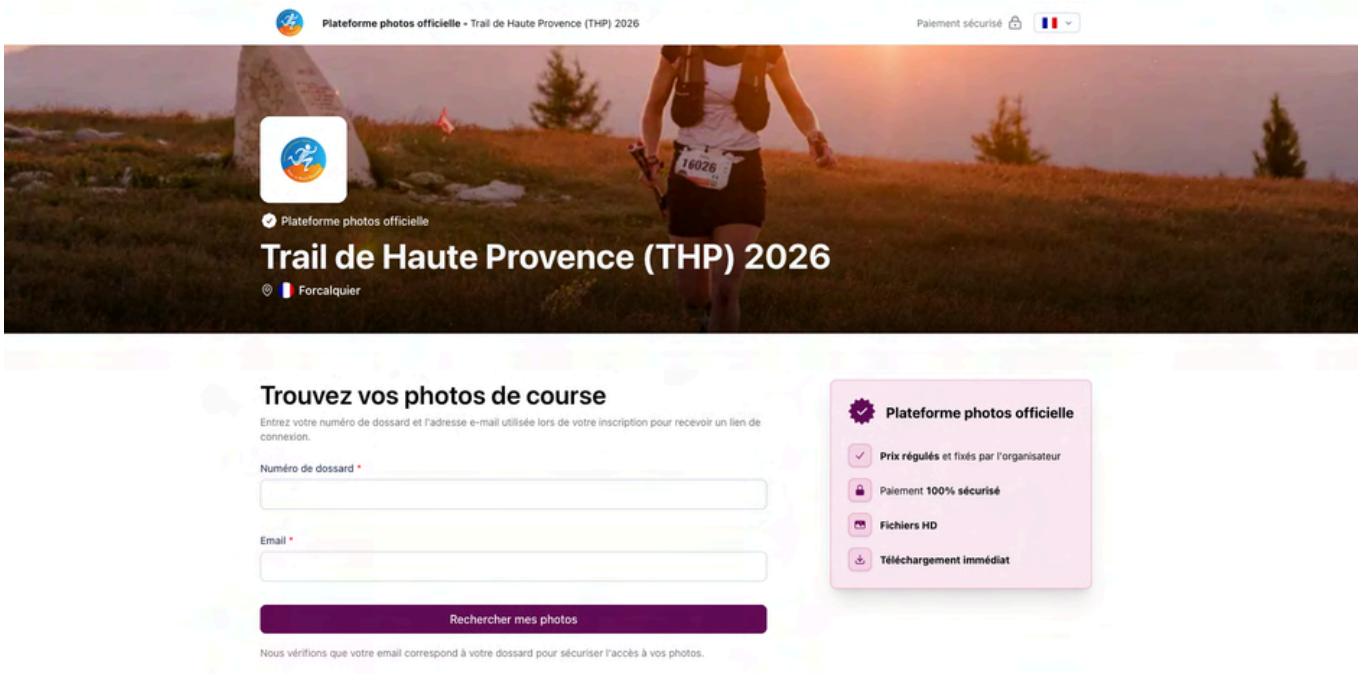
Social media

#THPsummer2026
@TrailHauteProvence





Find your photos



Your photos will be available on the secure platform by clicking the link below:
my THP photos



GOLDEN GROOVE

BOLD





Burliñho

RED SACHA ØX

THP FESTIVAL

SAMEDI 16 MAI

À PARTIR DE 20H00

GROOVE

myTHP.fr



THP FESTIVAL

DJ SET

à Forcalquier

Espace Culturel de la Bonne Fontaine

VENDREDI 15 MAI

À PARTIR DE 19H30

REDØXMUSIC

CONCERT/DJ

GROOVE

myTHP.fr



LA MARA

MUSIQUE DU MONDE
AUX ACCENTS LATINS

Burliñho

RED SACHA ØX

THP FESTIVAL

JEUDI 14 MAI
À PARTIR DE 19H15

DJ SET
à Forcalquier

Espace Culturel de la Bonne Fontaine

REDØXMUSIC
CONCERT/DJ

GROOVE

myTHP.fr

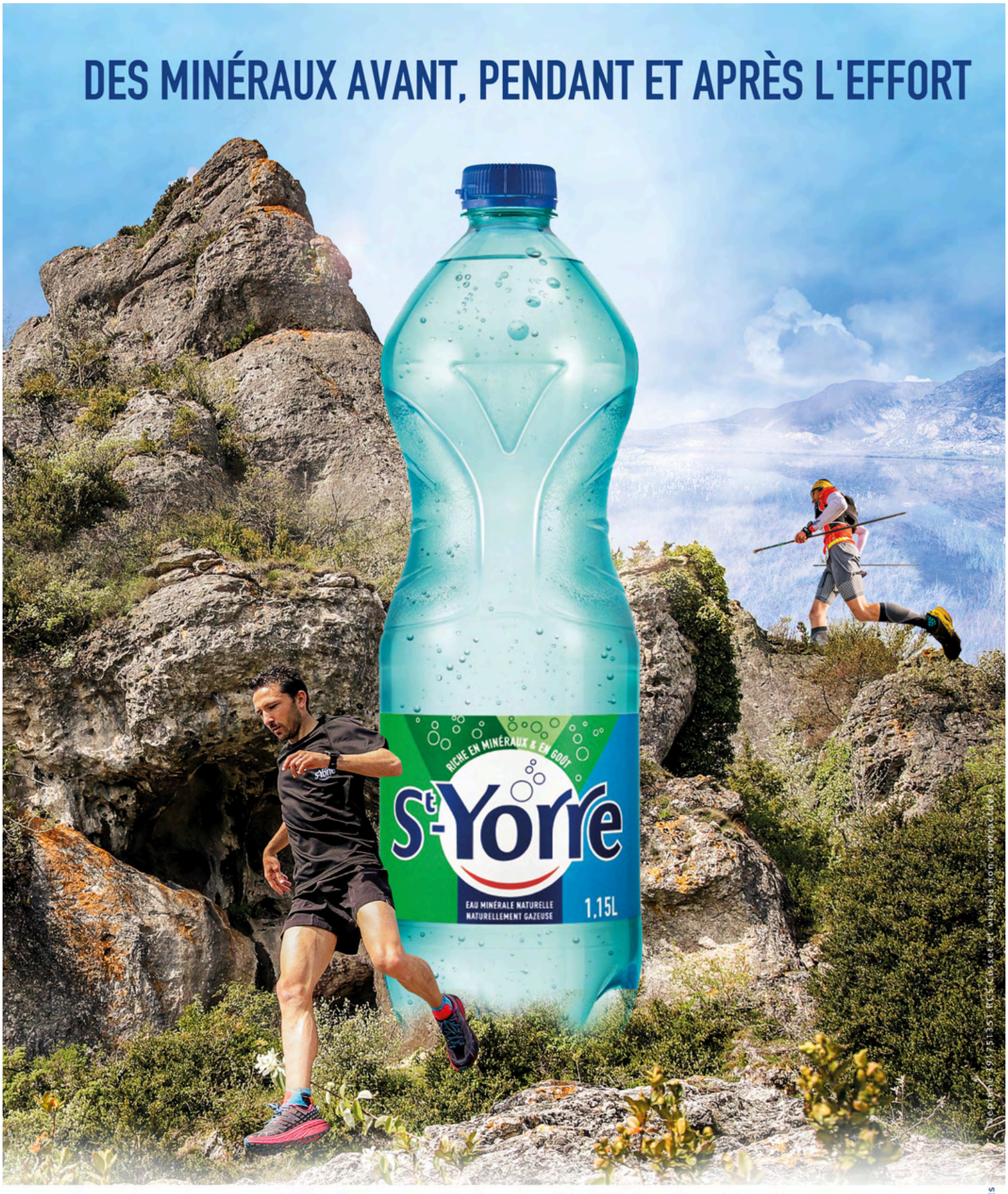


Food Court and Bar

At the THP village from Thursday to Sunday

- Hot meals
- Snack bar
- Bar serving THP Beer
- Care: Osteopaths (Saturday)
- Showers (300 m from the finish : ask for the code to access the COSEC)
- Rest area with deck chairs
- 24/7 medical assistance for runners





C'est parce qu'elle apporte naturellement des minéraux, du sodium et des bicarbonates
que St-Yorre est l'eau choisie par les trailers pour s'hydrater.

WWW.ST-YORRE.COM – REJOIGNEZ LA COMMUNAUTÉ SUR STYORRERUNNING

© DESIGN ACTIV'IMAGES

The THP boutique

Discover the new THP apparel collection and discounts on previous-year collections at the THP village!


T-shirt
THP Collection


T-shirt
THP Collection


T-shirt
THP Collection


Polo
THP Collection


Hybrid jacket
THP Collection


Sleeveless vest
THP Collection


Sleeveless vest
THP Collection


Socks
THP Collection


Sunglasses
THP Collection


Hoodie
THP Collection


Microfibre towel
THP Collection


Neck gaiter
THP Collection


Neck gaiter
THP by Buff®


Neck gaiter
THP by Buff®


T-shirt
THP Collection


Flask 50 cl
THP Collection


Bib holder
THP Collection


Cup 20 cl
THP Collection

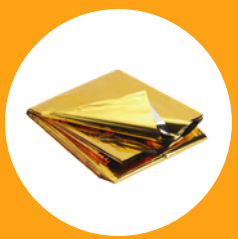

Arm sleeves
THP Collection


T-shirt
THP Collection


Neck gaiter
THP Collection


Neck gaiter
THP Collection


Socks
THP Collection


Survival blanket


T-shirt
THP Collection

THP Village Map



Location

THP Village, place Martial Sicard, 04300 Forcalquier
open Thursday 14:00 — Sunday 17:00

1. **THP Shop**
2. **Ligue Ultra**
3. **Food Running Club / Gâtés Running Club**
4. **Kailas FUGA**
5. **Lo Brusc & Cie**
6. **Crédit Agricole**
7. **Mount to Coast**
8. **Multipub**
9. **Oxistis**
10. **Racer Cébé**
11. **Coach Conseil**
12. **Finishers**
13. **Info point**
14. **Medical post + cooling pools**
15. **Control + Timing**
16. **Finish aid station**
17. **Stage**
18. **Bar**
19. **Food court / Snack / Till**
20. **Till**
21. **Big screen**



Ambassadors

THP exists thanks to our 400+ Ambassadors. Huge thanks to them for their commitment! They will be your first line of support through tough moments; their smiles and positive energy will give you the strength to get going again and cross the finish line.
Want to join the Tribe? We recruit all year round.

Ambassadors contact
benevole@mythp.fr





Ligue ULTRA

The French Trail Challenge

The Ligue ULTRA is a circuit of 4 iconic ultra-trails bringing together the best runners in France and the world.

LA WESTERN AZURÉENNE
GRIMAUD GOLFE DE SAINT TROPEZ

Location: Saint-Tropez (Var) Dates: 10-12 April 2026 Distance: 160 km

THP
TRAIL DE HAUTE PROVENCE
l'aventure grandeur nature

Location: Forcalquier (Alpes-de-Haute-Provence)
Dates: 14-17 May 2026
Distance: 166 km, 7,150 m elev. gain

TIGER BALM ULTRA 01

Location: Jura (Ain)
Dates: 10-12 July 2026
Distance: 160 km

GRAND RAID KIPRUN
3 VALLÉES - MOÛTIERS

Location: Moûtiers (Savoie)
Dates: 31 Jul — 2 Aug 2026
Distance: 160 km


THP
winter
fais ta trace
20 - 21
NOV. 2026
Montagne
de Lure
1826
Saint-Etienne-les-Orgues
W100
100 km | 5200 D+
W70
70 km | 3600 D+
W70 relai
70 km | 3600 D+
W45
45 km | 2150 D+
W30
30 km | 1500 D+
W15
15 km | 600 D+
W
junior
#THPwinter #THPfamily #THPterredetrail
THP
RÉGION SUD
FORCALQUIER-LURE
QUALIFIER
INSCRIS-TOI SUR
myTHP.fr
FUGA
CANAL+ SPORT 360
HPi
BFM DICI
St-Yorre

FUGA - Born from the mountains, crafted for trail. Find your edge. Run beyond it.

FUGA EX330

- **Black Toenails Free on Descent. Secure Feet Wrap**
  AWS 3.0 Two-Section Lacing System provides a comfortable and stable fit, preventing black toenails caused by feet sliding
- **Cool & Dry on Ultra Runs. Upgraded Breathability**
  XDIMESH Multi-Dimensional Mesh helps fast heat & sweat release to minimize blister risk during extended trail runs
- **Agile & Effortless Strides. Dual-Depth Dynamic Lugs**
  A zoned dual-depth lug design adapts to complex terrain challenges with precise traction and instant response, bringing boosted performance in ultra-distance races



FUGA EX PRO

- **Cool & Dry on Ultra Runs. Upgraded Breathability**
  XDiMESH Multidimensional Mesh breathes 40% faster with a 37% lighter weight and a 20% higher durability, minimising blister risk caused by sweat accumulation
- **Explosive Propulsion. X-shape Carbon Plate**
  X-shaped carbon plate with a flexible forefoot flex provides superior grip on uphill and explosive propulsion on gentle slopes & flats
- **Black Toenails Free on Descent. Secure Feet Wrap**
  AWS 3.0 Two-Section Lacing System provides a comfortable and stable fit, preventing black toenails caused by feet sliding



FUGA AIR 8 IV

- **Multi-Pocket Storage. Stable Load Carry**
  Layered Load System includes layered stable loading of 14 compartments, offering room for all trail race essentials
- **Lightweight Comfort**
  Lightweight design with a total weight of only 220g (M Size)
- **Stable & Secure Fit**
  BI-FIX Water Flask Compression System allows one-hand tightening when bottle is low to ensure secure holding



Our Partners

PREMIUM PARTNERS

OFFICIAL PARTNER

CONTRIBUTING PARTNERS

MEDIA PARTNERS

PARTNERS

Ligue ULTRA Partners





The Adventure Continues

THP summer 2026 is only the beginning. Whether you ran a THP10 or a THP160, you are now a THP tribe member for life.

Stay connected

- mythp.fr
- @TrailHauteProvence
- Trail de Haute Provence
- contact@mythp.fr

See you next year in the mountains!




THP
TRAIL DE HAUTE PROVENCE
l'aventure grandeur nature
myTHP.fr
contact@mythp.fr