

GOLDEN SPONSOR

DIRFYS TRAIL RUN 2026

RUNNER GUIDE

28–29 November 2026 · Steni, Evia

IRAIOS ATHLOS
32.5 km · Sun 09:00
UTMB INDEX 20K · ITRA 1

DIRFYS PATHS
14.6 km · Sun 09:30

PATHS OF KATZOU
6.2 km · Sun 09:45

BIG BEAR DOWNHILL
4.0 km · Sat 14:00

dromeisevias.gr

Photo: FotoTrexoume



DIRFYS TRAIL RUN 2026

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WHO WE ARE

THE ORGANISERS

DROMEIS EVIAS

Athletic and cultural runners' club · Chalkida, Evia

2018	~200	4	100 km
founded in March	members, from 20 at the start	races every year	of trails we maintain every year

OUR RACES

- **Lilantios Half Marathon** · Eretria–Chalkida, first Sunday of June
- **Dirfys Trail Run** · Steni, last weekend of November
- **Chalkida Santa Run** · Christmas charity run
- **Evia Ultra Trail (EVUT)** · ultra trail across Evia, April

BEYOND RUNNING

- Trail maintenance on Dirfys and central Evia
- Food for the social kitchen
- Water for wildfire-hit areas
- Sports equipment for schools

CONTACT

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A WORD FROM THE RACE COMMITTEE

WELCOME TO DIRFYS

Thank you for choosing to run with us at Dirfys Trail Run 2026.

For the sixth year, Steni and the trails of Mount Dirfys open up to welcome runners from all over Greece and abroad. From the ridges of Iraios Athlos to the plane-tree forest of the village and the steep drop of the Big Bear Downhill, every course has its own character. All of them end in the same place: Steni school, among friends.

This guide holds everything you need to prepare for race weekend. Please read it carefully, especially the race rules, the mandatory equipment and the cut-off times. In November the mountain can change its face within hours, and being well prepared is part of the race.

Behind the event are the members of the Dromeis Evias running club, dozens of volunteers and the people of Steni. They are all working to give you an experience you will remember.

We look forward to seeing you on the start line and, after everything the mountain has in store, to welcoming you at the finish.

SEE YOU ON THE TRAILS!

The Race Committee
& the whole Dirfys Trail Run team

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PROGRAMME · DAY 1

SATURDAY 28 NOVEMBER

TIME	WHAT	WHERE
09:00	Race office opens, bib pick-up (all races)	Steni school
13:15	Bus leaves for the Big Bear Downhill start	Steni school
14:00	**Start · Big Bear Downhill 4.0 km**	Syka ridge
15:00	Big Bear Downhill awards	Steni school
15:30	Technical briefing for all races	Steni school
16:00	Pasta party for all runners, offered by Darduma Family	Steni school
17:00	**Concert: 6 years of Dirfys Trail**	Steni school
19:00	Race office closes	Steni school

Big Bear Downhill runners: collect your bib at the race office before the bus leaves. The organisation takes you to the start on Syka ridge by bus; runners start one at a time, 30 seconds apart.



PROGRAMME · DAY 2

SUNDAY 29 NOVEMBER

TIME	WHAT	WHERE
06:30–08:30	Bib pick-up	Steni school
09:00	**Start · Iraios Athlos 32.5 km**	Steni school
09:30	**Start · Dirfys Paths 14.6 km (in groups)**	Steni school
09:45	**Start · Paths of Katzou 6.2 km (in groups)**	Steni school
10:00	**Start · Kids' race 1000 m**	Steni school
13:30	**Awards ceremony**	Steni school
15:00	Event closes	Steni school

Iraios Athlos cut-offs: CP3 Sideritis 1 (8.7 km) at 1:50 · CP6 Sideritis 2 (26.6 km) at 5:30 · finish at 6:30. No cut-offs for the other races.

WHERE EVERYTHING HAPPENS

KEY LOCATIONS

Almost the whole weekend happens in one place: the school in Steni. Scan a code with your phone camera to open the spot in Google Maps.



RACE CENTRE

STENI SCHOOL

Race office and bib pick-up · start and finish of the Sunday races and the kids' race · finish of the Big Bear Downhill · technical briefing · pasta party · awards · concert · showers

Scan for map

PARKING

VILLAGE ENTRANCE · FOOTBALL FIELD

Park at the village entrance or at the Steni football field, then walk to the school. Steni is a small village: please share cars where you can and never block residents' driveways or the road.

Scan for map

BIG BEAR DOWNHILL START

SYKA RIDGE · 984 M

Around km 9 of the Iraios Athlos course. On Saturday a bus takes runners from Steni school to the start, leaving at **13:15**. Start at 14:00.

Scan for map



BE PREPARED

INTO THE FOG

In November, fog can roll over Dirfys within minutes. Follow the markings closely and keep your jacket within reach.

PRACTICAL INFORMATION

BIB PICK-UP

- **Saturday 28 Nov** 09:00–19:00 at the race office, Steni school
- **Sunday 29 Nov** 06:30–08:30
- Be at the race office **at least one hour before your start**
- Big Bear Downhill: collect your bib before the 13:15 bus

HEALTH QUESTIONNAIRE

- Three days before the race you will receive a health questionnaire by email: fill it in online
- Alternatively, show the necessary certificates at the race office when you collect your bib

RACE-DAY PHONES (EMERGENCIES ONLY)

694 691 8465 · 698 711 2069 · 694 947 2442

Emergency number: 112

SAFETY AND MEDICAL COVER

- A volunteer rescue team covers the course
- Medical staff and fully equipped ambulances stand by at key points
- If you are injured, transport to Steni or to hospital is by the competent services, at the runner's own cost

Please ask family and friends not to call these numbers to check on you: they are kept free for emergencies.



PRACTICAL INFORMATION

ON RACE DAY

BAG STORAGE AND SHOWERS

- A dedicated area at the race centre keeps your personal belongings; please don't leave valuables in your bag
- Showers are available at Steni school after the race

TIMING AND RESULTS

- Chip timing on all races
- Live results during the race; an SMS with your time right after you finish
- Live streaming at the finish
- Final results are published after checking, in the days after the race
- Complaints only by the runner, within 1 hour of finishing

GETTING THERE AND PARKING

- Park at the village entrance or at the Steni football field (see Key locations, page 9)
- Steni is small: share cars and keep driveways clear

PASTA PARTY AND CONCERT

- **Saturday 16:00** pasta party for all runners at Steni school, offered by **Darduma Family**
- **Saturday 17:00** concert for 6 years of Dirfys Trail



WHAT YOU WILL FIND ON THE COURSE

AID STATION FOOD

STATION	RACE · KM	SUPPLIES
CP1 K. Karakitsios – D. Kostopoulos	IA 4.2 · DP 4.1	Water, Coca-Cola, chocolate, energy bars
CP2 Sevach	IA 5.8 · DP 5.8	Water, gel, bars, energy drink
CP3 Sideritis 1	IA 8.7 · DP 8.7	Water, salty snacks, cola, electrolytes, magnesium, dried fruit, banana, chocolate
CP4 Antonis Sykaris	IA 14.5	Water, salty snacks, gel, cola, chocolate, energy drink
CP5 Five Heroes of Mistros	IA 23.4	Water, cake, dried fruit, banana, bars
CP6 Sideritis 2	IA 26.6	Water, salty snacks, cola, dried fruit, banana, chocolate
Th. Anastasiadis	PK 2.0	Water, chocolate
Lela Karagianni	IA 30.8 · DP 12.8 · PK 4.5	Salty snacks, cola, banana (water for DP and PK only)
Finish	all races	Water, banana

IA Iraios Athlos · **DP** Dirfys Paths · **PK** Paths of Katzou. The Big Bear Downhill has no aid stations. Every station is also a checkpoint.

BRING YOUR OWN CUP

- **No cups at aid stations.** Carry a bottle or soft flask of at least 500 ml and/or a cup for water and soft drinks
- Food and drink are for eating on the spot; carry enough to reach the next station
- Every station has a rubbish bag: use it

RACE RULES

TAKING PART

- Registering means you fully accept these rules
- Minimum age 18 on race day; **minors may take part with a signed declaration from their guardian**
- You run on rough mountain terrain, exposed to the weather of the day: be prepared for it
- Follow the instructions of race officials and safety staff at all times

CUT-OFFS (IRAIOS ATHLOS ONLY)

- CP3 Sideritis 1 (8.7 km): **1:50**
- CP6 Sideritis 2 (26.6 km): **5:30**
- Finish: **6:30**
- Behind a cut-off: hand in your bib, wait for the sweeper and an organisation vehicle takes you back to Steni
- No cut-offs in the other races

ON THE TRAIL

- Don't run side by side blocking the path; let faster runners pass
- When asked to step aside, stay on the **uphill (inside) side** of the slope
- Poles are allowed from the start
- Map, compass, GPS, mobile phone and VHF radio are allowed
- Help any runner in difficulty and alert the organisation

CHECKPOINTS

- All aid stations and selected timing mats are checkpoints
- Your bib must be visible: if you wear a jacket, show your bib at each checkpoint
- Missing a single checkpoint means disqualification



RACE RULES

PENALTIES AND SAFETY

DISQUALIFICATION

- The only penalty is **disqualification**. It applies for:
- Littering on the course (also **permanent exclusion** from our races)
- Cutting the course
- Missing a checkpoint
- Not carrying the mandatory equipment
- Losing your bib, or a bib altered so it cannot be read
- Refusing to show your bib or to follow safety instructions

WEATHER AND CHANGES

- The organisers may change the course or delay the start if the weather is very dangerous
- A race can be stopped only in extreme weather (long, violent storms); runners are told by every possible means and taken back to the start/finish area
- If the race is moved to a new date, entries stay valid

WITHDRAWING

- Withdraw only at an aid station and tell the volunteers, so we know you are safe

The full regulations are on **dromeisevias.gr**. Runners take part at their own risk, as stated in the declaration they sign.



DIRFYS · NOVEMBER

AUTUMN ON THE MOUNTAIN

Expect wet leaves, streams and slippery stones underfoot: choose shoes with good grip.



CHECK BEFORE YOU START

MANDATORY EQUIPMENT

ITEM	IRAIOS ATHLOS	DIRFYS PATHS	KATZOU	DOWNHILL
Waterproof, windproof jacket	✓	✓	–	–
Emergency foil blanket	✓	✓	–	–
Bottle or soft flask (min. 500 ml) and/or cup	✓	✓	✓	–
Hat, gloves, buff	**rec.**	**rec.**	**rec.**	**rec.**
Small running pack, sunglasses, cap, food	**rec.**	**rec.**	**rec.**	**rec.**

✓ mandatory · **rec.** recommended. No mandatory equipment is required for the Big Bear Downhill or the kids' race.

GEAR CHECK

- Random runners are checked at a **secret aid station**
- Missing mandatory gear means **immediate disqualification** and you hand in your bib
- Mountain weather changes fast: sun can turn into heavy rain within hours

BIB, CHIP AND MARKINGS

YOUR BIB

- Wear it on the **front of your body**, visible at all times
- Do not fold or alter it: sponsors and logos must stay visible
- A lost bib means disqualification

TIMING CHIP

- Tie it to the **front of your shoelace**
- Anywhere else (pocket, pack) it **does not work**
- No bib, or no time recorded because of a misplaced chip, means your result is not valid



Orange and red paint on trees and rocks is the main marking



Yellow-black tape on branches at critical points and junctions

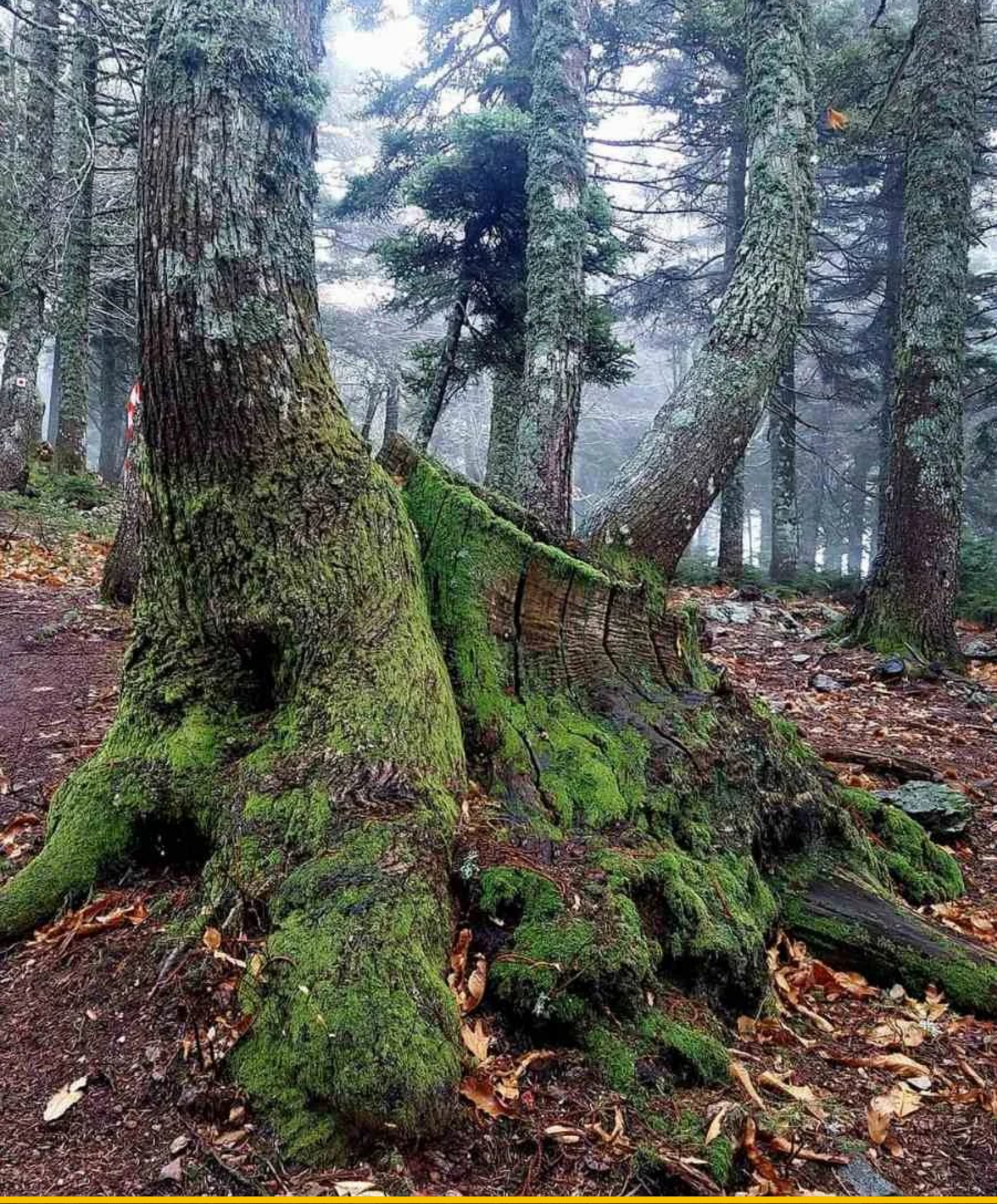


Small plastic markers and signs



White arrows on asphalt

Volunteers guide runners at key points. **No marker of any kind for 500 m? You are probably lost: go back to the last one.**



THE RACES

THE TRAILS OF DIRFYS

Fir and plane-tree forests, moss-covered giants and mountain streams: this is where you will be running.

DIRFYS TRAIL RUN 2026 · STENI, EVIA

IRAIOS ATHLOS

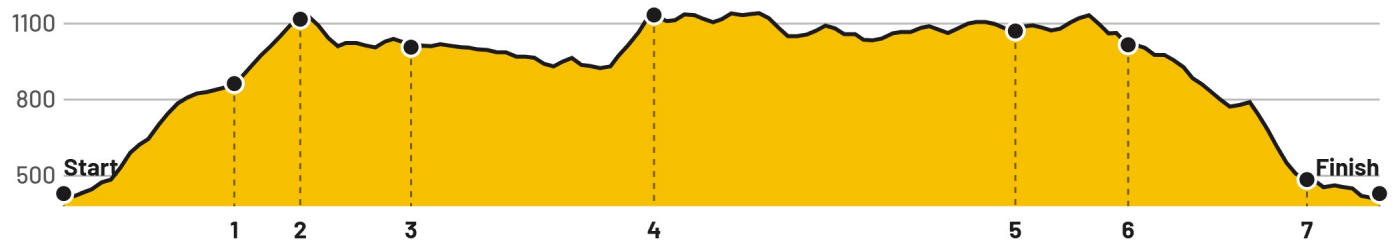
32.5 km · 7 aid stations · start and finish at Steni school

UTMB INDEX 20K | ITRA 1

SUNDAY 29 NOV
09:00
Start

32.5 km	+1,506 m	-1,506 m	1,155 m	410 m
DISTANCE	CLIMB	DESCENT	HIGHEST	LOWEST

ELEVATION PROFILE (ALTITUDE IN M, KM ALONG ROUTE)



AID STATIONS AND SUPPLIES

Station	Km	Alt m	Supplies
CP1 K. Karakitsios – D. Kostopoulos	4.2	862	Water, Coca-Cola, chocolate
CP2 Refuge	5.8	1,117	Water, gel, bars, energy drink
CP3 Sideritis 1	8.7	1,006	Water, salty snacks, cola, electrolytes, magnesium, dried fruit, banana, chocolate
CP4 Sykaris	14.5	1,138	Water, salty snacks, gel, cola, chocolate, energy drink
CP5 Mistros	23.4	1,070	Water, cake, dried fruit, banana, bars
CP6 Sideritis 2	26.6	1,016	Water, salty snacks, cola, dried fruit, banana, chocolate
CP7 Karagianni	30.8	488	Salty snacks, cola, banana (no water)
Finish	32.5	425	Water, banana

RACE WEEKEND

- **Sun 29 Nov** 06:30-08:30 bib pickup; **09:00 start**
- **Cut-offs:** CP3 8.7 km at 1:50; CP6 26.6 km at 5:30; finish 6:30
- Sat 28 Nov 09:00 race office open; 15:30 briefing; 16:00 pasta party
- Sun 13:30 awards; 15:00 event closes
- Parking: village entrance or school football field

RULES AND GEAR

- **Mandatory: emergency foil blanket and waterproof windproof jacket** (random gear check; missing = disqualified)
- Timing chip on the **front of the shoelace** only
- Bib visible on the front of the body
- Poles allowed from the start
- **No cups at aid stations: bring your own**
- Littering = permanent exclusion
- Markings: orange/red paint, yellow-black tape; no marker for 500 m = go back
- Recommended: hat, gloves, neck buff

Basic Pack **€25** (bib, chip, food, medal, medical, photos)
Plus Pack **€48** (+ Extra Ultralight Jacket 42K)

DIRFYS TRAIL RUN 2026 · STENI, EVIA

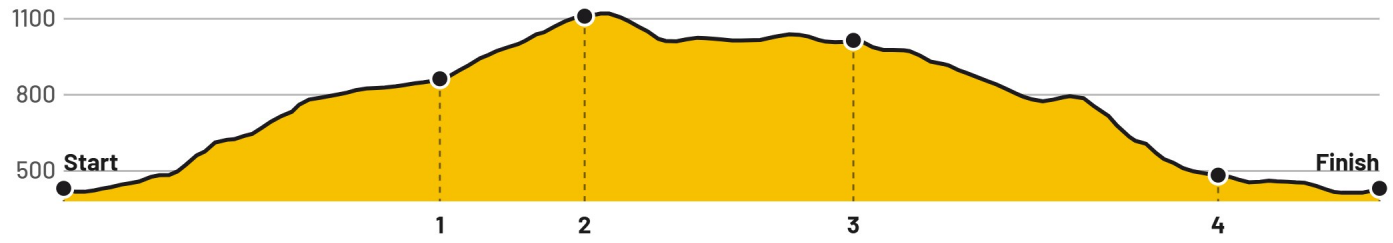
DIRFYS PATHS

14.6 km · 4 aid stations · start and finish at Steni school

SUNDAY 29 NOV
09:30
Start (in groups)

14.6 km	+840 m	-840 m	1,137 m	408 m
DISTANCE	CLIMB	DESCENT	HIGHEST	LOWEST

ELEVATION PROFILE (ALTITUDE IN M, KM ALONG ROUTE)



AID STATIONS AND SUPPLIES

Station	Km	Alt m	Supplies
CP1 K. Karakitsios – D. Kostopoulos	4.1	863	Water, Coca-Cola, energy bars
CP2 Refuge	5.8	1,110	Water, gel, bars, energy drink
CP3 Sideritis	8.7	1,015	Water, salty snacks, cola, electrolytes, magnesium, dried fruit, banana, chocolate, bars
CP4 Karagianni	12.8	483	Water, salty snacks, cola, banana
Finish	14.6	431	Water, banana

RACE WEEKEND

- **Sun 29 Nov** 06:30-08:30 bib pickup; **09:30 start** in groups
- No cut-offs published
- Sat 28 Nov 09:00 race office open; 15:30 briefing; 16:00 pasta party
- Sun 13:30 awards; 15:00 event closes
- Parking: village entrance or school football field

RULES AND GEAR

- **Mandatory: emergency foil blanket and waterproof windproof jacket** (random gear check; missing = disqualified)
- Timing chip on the **front of the shoelace** only
- Bib visible on the front of the body
- Poles allowed from the start
- **No cups at aid stations: bring your own**
- Littering = permanent exclusion
- Markings: orange/red paint, yellow-black tape; no marker for 500 m = go back
- Recommended: hat, gloves, neck buff

Basic Pack **€15** (bib, chip, food, medal, medical, photos)
Plus Pack **€38** (+ Extra Ultralight Jacket 42K)

DIRFYS TRAIL RUN 2026 · STENI, EVIA

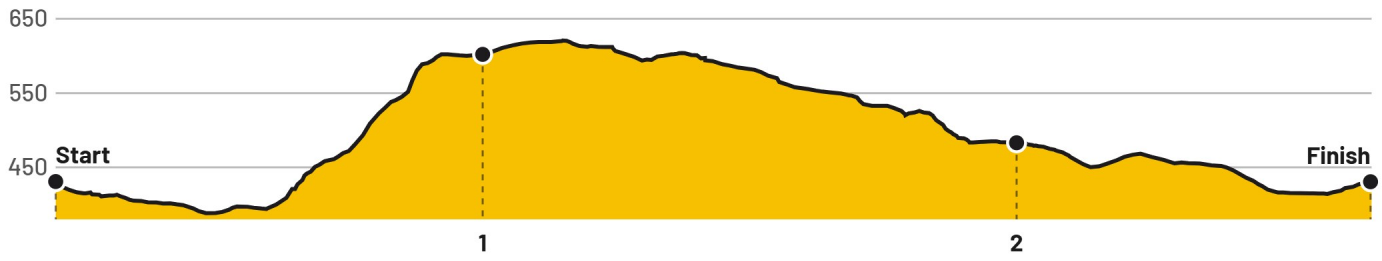
PATHS OF KATZOU

6.2 km · 2 aid stations · start and finish at Steni school

SUNDAY 29 NOV
09:45
Start (in groups)

6.2 km	+281 m	-281 m	620 m	388 m
DISTANCE	CLIMB	DESCENT	HIGHEST	LOWEST

ELEVATION PROFILE (ALTITUDE IN M, KM ALONG ROUTE)



AID STATIONS AND SUPPLIES

Station	Km	Alt m	Supplies
CP1 Th. Anastasiadis	2.0	602	Water, chocolate
CP2 Karagianni	4.5	483	Water, Coca-Cola, salty snacks, banana
Finish	6.2	431	Water, banana

The course: the first 2 km start downhill, then turn into a technical uphill trail (about 200 m of climbing) to CP1. Then 2.5 km of dirt road to the Steni football field, across the river and through the plane-tree forest to CP2, then a short asphalt stretch to the school.

RACE WEEKEND

- **Sun 29 Nov** 06:30-08:30 bib pickup; **09:45 start** in groups
- No cut-offs published
- Sat 28 Nov 09:00 race office open; 15:30 briefing; 16:00 pasta party
- Sun 13:30 awards; 15:00 event closes
- Parking: village entrance or school football field

RULES AND GEAR

- Timing chip on the **front of the shoelace** only
- Bib visible on the front of the body
- Poles allowed from the start
- **No cups at aid stations: bring your own**
- Littering = permanent exclusion
- Markings: orange/red paint, yellow-black tape; no marker for 500 m = go back
- Recommended: hat, gloves, neck buff

DIRFYS TRAIL RUN 2026 · STENI, EVIA

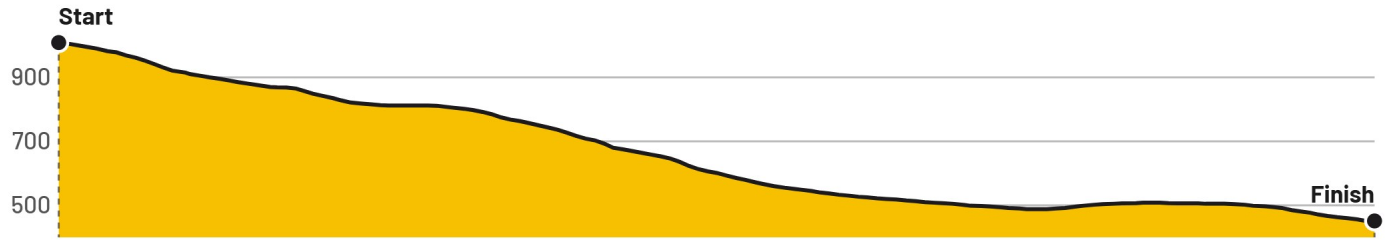
BIG BEAR DOWNHILL

4.0 km · no aid stations · Syka ridge to Steni school

SATURDAY 28 NOV
14:00
First start

4.0 km	-600 m	+30 m	984 m	414 m
DISTANCE	DESCENT	CLIMB	HIGHEST	LOWEST

ELEVATION PROFILE (ALTITUDE IN M, KM ALONG ROUTE)



SATURDAY SCHEDULE

Time	What happens
09:00	Race office and bib pickup open, Steni school
13:15	Bus leaves for the start at Syka ridge (be at the school by then)
14:00	First runner starts; one runner every 30 seconds
15:00	Awards

The course: a steep, technical descent of about 2 km that needs care, an easy river crossing, then 2 km through the village to the school. Runners start one at a time, 30 seconds apart. No aid stations: water and refreshments are at the finish.

RACE WEEKEND

- **Sat 28 Nov** 09:00 race office and bib pickup, Steni school
- 16:00 pasta party for all athletes; 17:00 concert for 6 years of Dirfys Trail
- 19:00 race office closes
- Parking: village entrance or school football field

RULES AND GEAR

- Timing chip on the **front of the shoelace** only
- Bib visible on the front of the body
- Bring a hat, gloves and a waterproof windproof jacket (recommended)
- Littering = permanent exclusion
- Markings: orange/red paint, yellow-black tape; no marker for 500 m = go back
- No mandatory gear published for this race



DIRFYS TRAIL RUN

SEE YOU AT THE FINISH

Every runner who reaches Steni school gets a finisher's medal, and the whole village cheers you in.





MEDALS FOR EVERYONE

KIDS' RACE AND AWARDS

KIDS' RACE 1000 M

- **Sunday 10:00**, start and finish at Steni school
- **Free entry**
- Every child who finishes gets a finisher's medal

AWARDS

- **Saturday 15:00** Big Bear Downhill
- **Sunday 13:30** all Sunday races
- Iraios Athlos, Dirfys Paths, Paths of Katzou: trophies for the **top 3 men and women overall**
- Iraios Athlos age groups, men and women: **18–49** and **50+**
- A finisher's medal for everyone who finishes
- No duplicate medals for runners who finish together



SAVE GREEK MOUNTAINS

RESPECT THE MOUNTAIN

Dirfys Trail Run promotes our place and its local products, keeps the trails open and cared for, and raises environmental awareness. The race runs through a rare landscape protected by the **Natura 2000** network, which hosts us and which we must protect from the so-called "green" development that threatens to destroy it.

OUR RULES

- **No cups at aid stations:** bring your own
- Every aid station has a rubbish bag: use it
- Keep every wrapper and gel with you until the next station
- Littering means **disqualification and permanent exclusion** from our races

ON THE TRAIL

- Stay on the marked trail: never cut corners or switchbacks
- The temporary markings, signs and tape are removed after the race
- Leave the mountain as you found it



THANK YOU

THANKS AND SPONSORS

Dirfys Trail Run is organised by the **Dromeis Evias athletic and cultural club** under the auspices of **ΕΟΣΛΜΑ-Υ**, in cooperation with the **Region of Central Greece**, the **Municipality of Dirfys-Messapia**, **Ο.Π.Α.Σ.Τ.Ε.** and the **Regional Union of Municipalities (ΠΕΔ) of Central Greece**. It exists thanks to dozens of volunteers, the people of Steni and our sponsors. Pasta party offered by **Darduma Family**. Thank you all.

UNDER THE AUSPICES OF

ΠΕΡΙΦΕΡΕΙΑ ΣΤΕΡΕΑΣ ΕΛΛΑΔΑΣ

ΔΗΜΟΣ ΔΙΡΦΥΩΝ-ΜΕΣΣΑΠΙΩΝ

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Amazing Evia TRAVEL GUIDE

το ζυμαράμι zimaraki_pastrylab



ΙΕΚ ΑΚΜΗ

GHETTO MAGAZINE

DIRFIS www.manitariadirfis.gr

COSMOTE

HUMAN WAVE PROJECT

DARDOUMA family HANDMADE PASTA SINCE 2008

η Βρύση του Γιατρού ΤΑΒΕΡΝΑ - ΕΣΤΙΑΤΟΡΙΟ · ΣΤΕΝΗ ΕΥΒΟΙΑΣ

Ελάτη Café

ΚΕΔΡΟΣ café - bistro

ταβέρνα πλάτανος

η Μουριά

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ΚΟΝΑΡ CAFE | BAR

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20K M

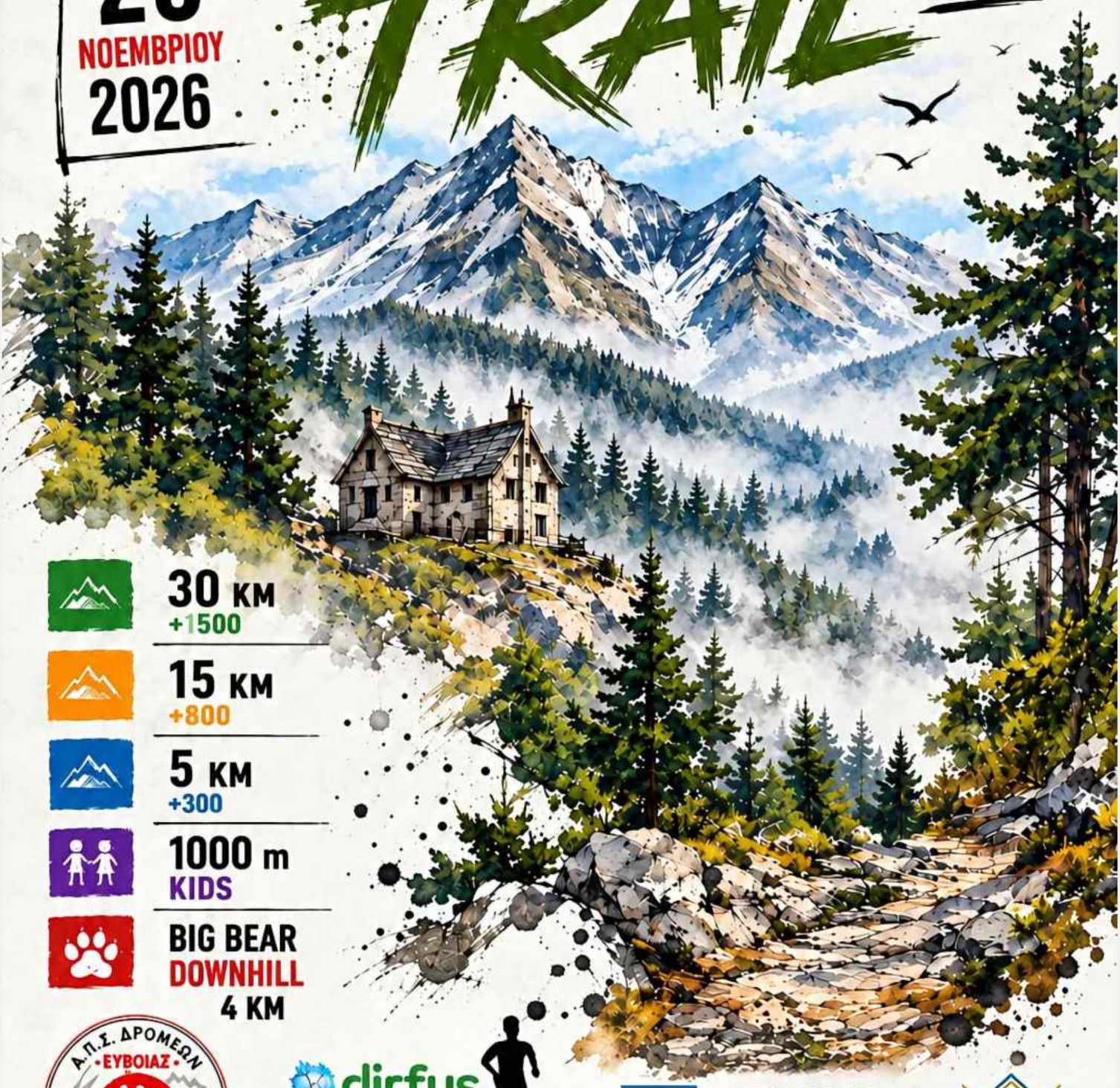
UTMB INDEX

iTRA 1

SAVE GREEK MOUNTAINS

DIRFYS TRAIL 2026

28
29
ΝΟΕΜΒΡΙΟΥ
2026



- 30 ΚΜ +1500
- 15 ΚΜ +800
- 5 ΚΜ +300
- 1000 m KIDS
- BIG BEAR DOWNHILL 4 ΚΜ

Α.Π.Σ. ΔΡΟΜΕΩΝ ΕΥΒΟΙΑΣ 2018

dirfys TRAIL

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Ο.Π.Α.Σ.Τ.Ε. ΠΕΡΙΦΕΡΕΙΑ ΣΤΕΡΕΑΣ ΕΛΛΑΔΑΣ

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