

ITRA Launches Women's Trail Day 2026: A Global Initiative Empowering Women on the Trails



The International Trail Running Association (ITRA) is proud to announce the second edition of [Women's Trail Day](#), a global initiative dedicated to celebrating and supporting women in trail running worldwide. Taking place on Monday, June 1st, 2026, with community events also encouraged over the weekend of May 30–31, this initiative invites women everywhere to take to the trails - individually or together - to connect, move, and inspire.

For this 2026 edition, ITRA is pleased to collaborate with ANTA GUANJUN as the Official Initiative Partner, reinforcing a shared commitment to increasing female participation and visibility in trail running across all regions.

While progress continues, trail running still reflects an imbalance in representation. Women account for approximately 30.5% of ITRA's global database (2025), showing positive momentum but also highlighting the need to continue making the sport more accessible and inclusive.

Women's Trail Day aims to support this progression by encouraging more women to discover trail running, strengthen community connections, and feel welcome within the sport.

Quote from Janet Ng, ITRA President:

“Last year, women across the world stepped onto the trails for our first Women’s Trail Day - we saw it, we felt it. For our second year, let’s capture that magic again and carry the spirit even further. Feel the freedom and connection that come from moving through nature. Let’s have a blast and make this movement unmistakably ours.

We can’t wait to hear your stories and celebrate with women from every corner of the world.”

How to Get Involved

Women across the globe are invited to take part in Women’s Trail Day in a way that suits them best. Whether organising a run with friends, joining a local group, or simply heading out solo, the day is about more women enjoying time on the trails.

From a short run close to home to a bigger mountain outing, every experience helps encourage greater female participation and visibility within trail running. Participants can also choose to take part over the preceding weekend, depending on local preferences and availability.

Special In-Person Event – Chamonix, France

To mark the occasion, ITRA will host a flagship event in Chamonix, co-organised with [Run the Alps](#).

Taking place on Sunday, 31 May 2026, from 10:30 AM at Big Mountain Basecamp, participants will be invited to join a relaxed 7–8 km social trail run.

After the run, the community will come together for a short Q&A session with invited female athletes, followed by light refreshments. Participants will also receive products provided by partner brands.

The event is free to attend. Spaces are limited, and [pre-registration is required](#).

Notes to Editors

About ITRA

The International Trail Running Association (ITRA) is a non-profit organisation dedicated to the development, promotion, and ethical governance of trail running worldwide. ITRA works to support athletes, races, and associations while safeguarding the values and spirit of the sport.

About ANTA GUANJUN

Driven by the spirit of going beyond one's limits, ANTA GUANJUN - a sub-brand of ANTA - benefits from the same technologies developed for national sports teams. Its product innovations are designed to provide consumers with all-day comfort and quality in their daily activities.

For more demanding outdoor environments, the brand also offers competition-grade sports gear designed to support high-level performance in trail running, skiing and hiking.

For those constantly seeking new breakthroughs, ANTA GUANJUN encourages them to keep pushing forward and reach even greater heights.

About Women's Trail Day

Women's Trail Day is a global initiative led by ITRA to promote inclusivity and increase female participation in trail running. Through both local activations and digital engagement, the initiative aims to build a more balanced and representative trail running community.

To find out more about this initiative, visit the [Women's Trail Day site](#).

Initiative Partners & Supporters

Women's Trail Day 2026 is supported by Official Initiative Partner ANTA GUANJUN, co-organiser [Run the Alps](#), Event Partners [Maurten](#) and [Runderwear](#), and Venue Host Big Mountain Basecamp.

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