



The Holy Trail

12 Legendary Trails You Should Run

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- Trail running is ranked in the top five outdoor sports in the US
 - 1300 trail races are held annually around the globe
 - *Trail Runner Magazine* has over 78,000 subscribers
 - For the experienced trail runner, mountain traveler, or anyone with an active love of the outdoors
- For those willing to go to the edge, for those who love to run close to the sky, here are some of the world's most challenging and beautiful running trails and races. Twelve trails are covered in depth, and many more are included. From Norway to South Africa, Hong Kong to Colorado, and Switzerland to Columbia, these profiles are accompanied by travel information, as well as stories from those with experience on these trails, whether talking about the music they run to, or the good will shared among fellow runners.

Rik Merchie has worked as a teacher, documentary filmmaker and freelance editor for Belgian national television. In 2012 he wrote *Hitchhiking Everest* (in French) also published by Lannoo.