



4<sup>th</sup> Edition  
**MANJUSHREE TRAIL RACE**  
Guide Book 2024



Shivapuri Peak  
2732 M

Phulchowki  
2740 M

Chandragiri  
Peak 2551 M

Nagarjun Peak  
2100 M

**100M ~ 100K ~ 50K ~ 10K**



## Our Partners and Sponsors



# INTRODUCTION

The Manjushree Trail Race (MTR) event is a premier trail running competition that takes place in Nepal. This year marks the 4th edition of the event, and it promises to be even greater than previous years. The event caters to runners of all levels and backgrounds, with races ranging from 100 miles to 10 km.

The MTR 2024 edition will take place April 5-7 with the 100-mile start kicking things off from Single Tree on April 5 at 8 am. The three other races (the 100 km, 50 km and 10 km) will start on different spots around the valley, all ending in Single Tree, where friends and family can celebrate the finishers, and a lunch with a view (or a midnight snack depending on when they finish) will be waiting for them.

The Manjushree Trail Race event is more than just a race, it is an experience like no other. The stunning views of the Nepalese mountains, the challenging terrain, and the camaraderie among runners make for an unforgettable experience. The event is a celebration of the beauty and power of nature, and it provides a unique opportunity for runners to push their limits and challenge themselves in a new and exciting way.

We encourage all runners to join the MTR 2024 edition and take part in this one-of-a-kind event. Whether you are a seasoned veteran or a first-time runner, there is a race for you at MTR 2024. Come and be a part of this incredible celebration of running, adventure and the great outdoors.

# RACE CATEGORIES

This year, the event features several race categories, including:

**100 Miler: 5th April, 2024, Start Time: 8 AM**

**100 KM : 5th April, 2024, Start Time: 8 PM**

**50 KM : 6th April, 2024, Start Time: 7 AM**

**10 KM : 6th April, 2024, Start Time: 11 AM**

# OUR MISSION AND CORE VALUES

The Manjushree Trail Race is the result of a large collective of people that contributed at different times and in different ways to the creation and cultivation of the route and the organization of the race events. The Manjushree Trail Race is registered as a non-profit and run by a small independent team of people that all have played key roles in the establishment of this amazing race. You can find more information about us and how the race came about on our website as well ([www.manjushreetrailrace.com](http://www.manjushreetrailrace.com)).

And yes, we are on a mission! Nepal is home to some of the world's best ultra trail runners. The landscape and altitude makes it a perfect training ground for trail running. However, this has not resulted (yet) in Nepal having become a major hub for international trail runners to visit and train or compete in races. Likewise, Nepali athletes have still very limited opportunities in terms of connecting to sponsors, race teams and brands, which also means they have limited means and professional support (think of nutrition, coaching, strength training, etc.) to focus on their running career. Despite all these challenges, Nepalese athletes show time and again that they are ready to compete at the highest level, taking on the world's best runners and finishing consistent on the podium when provided the opportunity.

We believe (and we are not just saying this, we really do!) that Nepal could be a regional (if not global) major destination for trail running. But for this, the world needs to see the amazing athletes the country has, and at the same time, more facilities and opportunities need to become available to Nepalese to train and compete. As such, our mission is as follows:

To organize races and running events that match international quality standards on the Kathmandu Valley Rim to:

- (i) Build and broaden the trail running community in- and around the valley, by making people aware of the amazing trails and nature that surround the capital and motivate them to explore and participate in events;
- (ii) Create a safe- and inclusive space for all runners to participate and feel appreciated in, regardless of gender, race, caste, size, ability, pace and age, where runners can interact, support and build a social network and be appreciated. We cheer as loud for the first runner as we do for the last runner!
- (iii) Increase the profile of Nepal as a destination for professional- and recreational trail runners to visit and explore, train and compete, and through this, support job opportunities and income generation in Nepal's emerging adventure tourism sector;
- (iv) Support aspiring Nepali athletes to become professional athletes and understand how to train, prepare and compete in races in Nepal and abroad;
- (v) Increase opportunities for Nepalese runners to participate and compete in national and international trail running events and access sponsorships, including supporting other races and running events in Nepal to improve and collaborate;

## SAFE SPACE FOR WOMEN AND GIRLS

Women and girls in Nepal continue to face barriers, for example in terms of being able to train when on your period, continue their running career after marriage and having children, being safe when going out alone on trails. You don't have to take our word for it, they can tell you much better themselves. The Manjushree Trail Race and Trailmandu want to be a space where these barriers do not exist and be part of the change in attitudes and practices that is ongoing.

To all the women and girls that are on our trails, please be what you want, say what you want and wear what you want in our races. Please let us know if there is anything we can do to improve to be a better space for you to participate in, or if you experience or observe anything that we need to address or prevent.

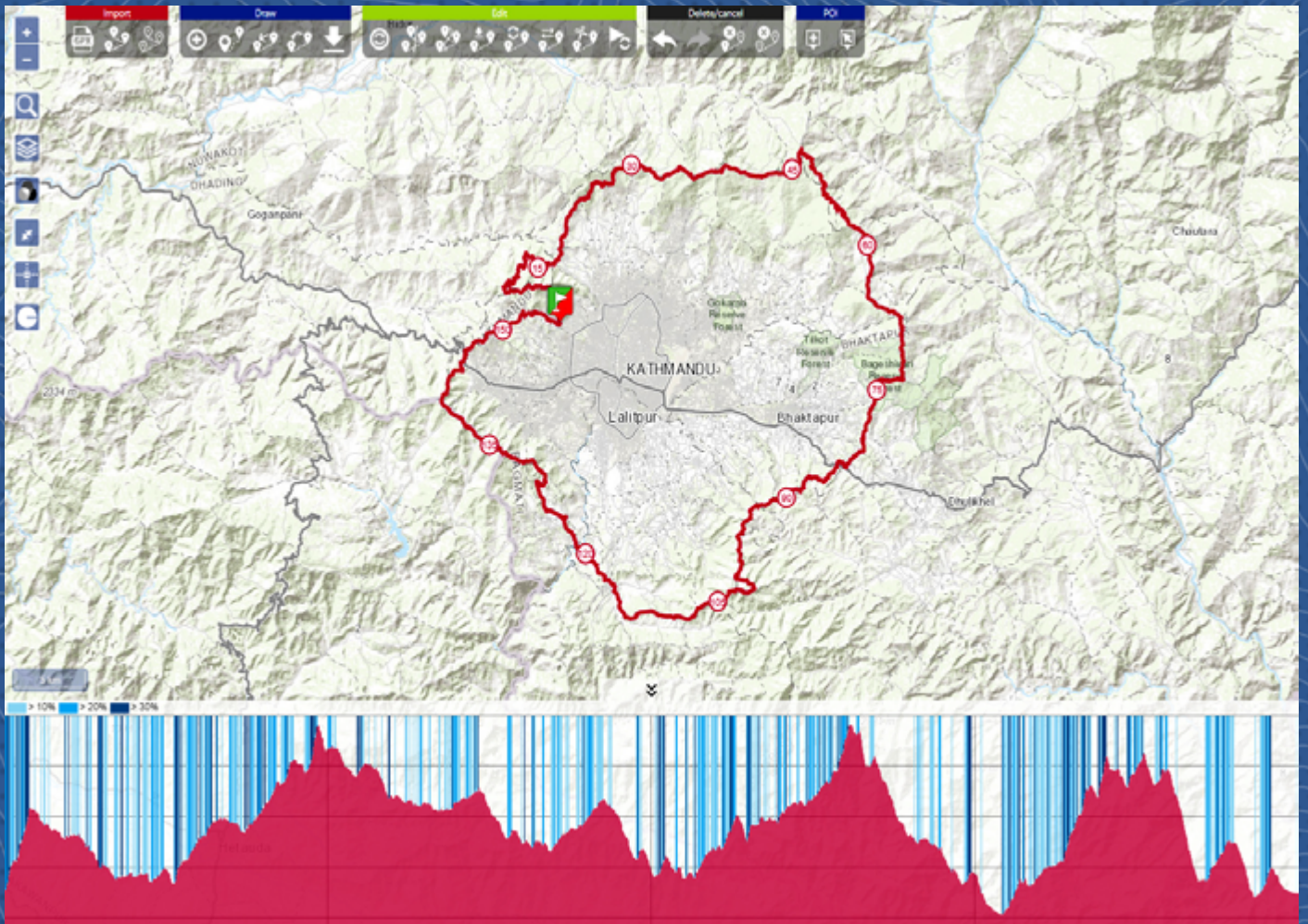
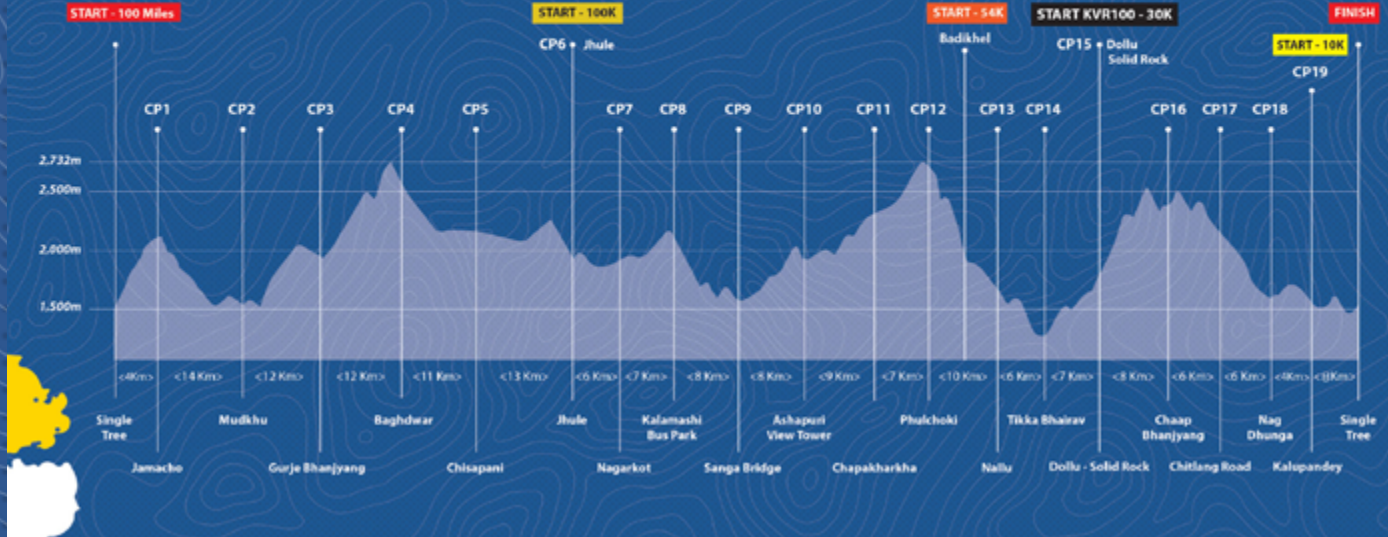
To all the men and boys, we see you! Make sure you are a positive part of this, as so many of you already are. Here are a few simple things to do to make the event a good experience for all participants:

- Don't run closely behind a female runner (especially if you don't know her), either over take or stay a bit behind.
- Feel absolutely free to talk to anyone, but make sure to not continue asking questions when a female runner is not giving answers or only responding with a few words.
- If you see a female runner that looks uncomfortable with an interaction or looks distressed, ask if she is ok and if she needs help. If you are feeling uncomfortable to do this, call the number on your bib and update us with the situation and the runners bib number and alert us at the next checkpoint.
- Tell us (call the number on the bib or at the next checkpoint) if you've seen something worrying on trail, especially during the night sections, like groups of men/people that are drinking.

## PARTNERSHIPS FOR INCLUSION

We have a partnership with the T21 café since 2023, which is a café run by people with down syndrome. The T21 café checkpoint on the 2023 edition was one of the most popular checkpoints of runners coming through and so we are thrilled to have them back this year as one of our partners. In addition to this, we are also linking up with the Down Syndrome Society Nepal (DSSN) on organizing a 2 km 'run for all' run on April 6 from the race venue in Single Tree, where children and adults with disabilities and their caretakers can run together with anyone else that likes to join.

We also have teamed up with Duluwa Outdoors, which is an women-led initiative established to support women to explore the world beyond the boundaries of homes and social restrictions, meanwhile learn about themselves, their community and the world through outdoor adventure. The Duluwa team will be womanning one of the check points as well and is providing us with insights on how we can continue to increase inclusive access to our races.



## MTR 2024 Program

Time	Event	Place
3 <sup>rd</sup> April, 17:00	Bibs Collection and Overall Briefing	T21 Café in Baluwatar <a href="#">Click For Location</a>
4 <sup>th</sup> April, 17:00	Race Briefing and Gear Check 100 Mile	<u>Himalaya Queen Bee Resort</u> Single Tree Ichangu <a href="#">Click For Location</a>
5 <sup>th</sup> April, 8:00	100 Mile Race Starts	<u>Himalaya Queen Bee Resort</u> Single Tree Ichangu <a href="#">Click For Location</a>
5 <sup>th</sup> April, 15:00	Pickup for 100 km from Kathmandu	<u>Arun Thapa Statue</u> <a href="#">Click For Location</a>
5 <sup>th</sup> April, 20:00	100 Km Race Starts	<u>Hill Vision Resort Jhule</u> <a href="#">Click For Location</a>
6 <sup>th</sup> April, 7:00	50 Km Starts	<u>Badikhel Hotel Tapeswor Lodge</u> <a href="#">Click For Location</a>
6 <sup>th</sup> April, 8:00	KVR100 Stage #5 30 Km Race Starts	<u>Solid Rock Lodge Dollu, Pharping</u> <a href="#">Click For Location</a>
6 <sup>th</sup> April 9:00	First 100 Km Runner Expected to Finish	<u>Himalaya Queen Bee Resort</u> Single Tree Ichangu <a href="#">Click For Location</a>
6 <sup>th</sup> April, 11:00	10 Km Starts	<u>Kalu Pande, Forrest Camp</u> <a href="#">Click For Location</a>
6 <sup>th</sup> April 11:30	First 100 Mile runner expected to finish	<u>Himalaya Queen Bee Resort</u> Single Tree Ichangu <a href="#">Click For Location</a>
6 <sup>th</sup> April 13.30	First 50 km runner expected to finish	<u>Himalaya Queen Bee Resort</u> Single Tree Ichangu <a href="#">Click For Location</a>
6 <sup>th</sup> April, 15:00	Award ceremony for all distances	<u>Himalaya Queen Bee Resort</u> Single Tree Ichangu <a href="#">Click For Location</a>
6 <sup>th</sup> April 22:00	Last 100 km runner to finish	<u>Himalaya Queen Bee Resort</u> Single Tree Ichangu <a href="#">Click For Location</a>
7 <sup>th</sup> April 12:00	Last 100 Mile Runner to finish	<u>Himalaya Queen Bee Resort</u> Single Tree Ichangu <a href="#">Click For Location</a>

# THE MANJUSHREE 100 MILER

The 2024 edition of the Manjushree Trail Race will feature a technical but breathtaking MTR 100-mile challenge that will take runners along the ridgeline of the Kathmandu valley and over seven summits. This is a test of endurance and will provide runners with the chance to push their limits and achieve a truly memorable accomplishment. The course is set to start on the 5th of April and participants will have 52 hours to complete the 100 miles, with a finishing deadline of the 7th of April at 12PM.

The MTR 100-mile race takes place in and around Kathmandu and offers runners a unique and challenging experience unlike any other. The breathtaking views of the valley and the surrounding peaks, as well as the opportunity to explore local culture and communities, make this race an unforgettable adventure. With hydration and food, points provided every 15 km and drop bags available at key checkpoints, participants will have the support they need to complete this epic race.

The Manjushree Trail Race has a proud history, with the time to beat for the MTR 100 miles set in 2021 by Jeevan Lama (33 hours, 14 minutes and 27 seconds) and Anita Rai (36 hours, 14 minutes and 6 seconds). The bar was raised even higher in the 2022 edition when Arjun Rai broke the record with a time of 31 hours, 10 minutes and 57 seconds (Anita's time stands till today as the fastest female athlete time). This year, a new crop of elite runners will take on the 100-mile challenge and aim to add their names to the race records.

The MTR 100-miler course is designed to showcase the best that the region has to offer. It takes runners along the ridgeline of the valley, providing stunning views of the surrounding peaks and the city below. The peaks offer a range of terrain, from technical rocky sections to steep ascents and descents, making this a true test of endurance and skill for all participants.

## SUMMARY

Name	Manjushree Trail Race 2024
Category	MTR 100 Miler
Distance	100 Mile
Pickup Date & Time	4 <sup>th</sup> April 2024, 5 PM
Pickup Location	Sorakhutte Tourist Bus Stand <a href="#">Click For Location</a>
Start Date	5th April 2024
Breakfast	6:30 am
Race briefing	7:30 am
Start Time	8:00 am
Start Location	<a href="#">Himalaya Queen Bee Resort</a> <a href="#">Click For Location</a>
Finish Location	<a href="#">Himalaya Queen Bee Resort</a> <a href="#">Click For Location</a>
Race Duration	52hrs
Race Cutoff Date & Time	7th April 2024, 12:00 pm

## FINISHING LINE

Runners will have 52 hours from the start time to reach the finish line, giving them ample time to complete the course. The finish line is located in Single Tree at Ichangu Narayan, and all runners must cross it before 12pm on Sunday, April 7th. With such a stunning course and a tight time limit, the MTR100 miler is sure to be a highlight in the calendars of all those who take part and a true testament to the strength and determination of the human spirit.



## MAP, CHECKPOINTS AND FOODSTATION

No	Checkpoints	Distance Km	Cumulative Distance Km	Food	Location	Fastest Time Expected		Checkpoint Closing Time		Cut Off Time
						Date	Time	Date	Time	
	Single Tree (Start)	0	0		<a href="#">Click For Location</a>					
1	Jamacho	4	4		<a href="#">Click For Location</a>	5 <sup>th</sup> April	08:20	5 <sup>th</sup> April	09:30	
2	Mudkhu Bhanjyang	14	18		<a href="#">Click For Location</a>	5 <sup>th</sup> April	09:30	5 <sup>th</sup> April	12:45	
3	Gurjey Bhanjyang	12	30		<a href="#">Click For Location</a>	5 <sup>th</sup> April	10:15	5 <sup>th</sup> April	14:45	14:45
4	Bagdwar	12	42		<a href="#">Click For Location</a>	5 <sup>th</sup> April	12:10	5 <sup>th</sup> April	17:30	
5	Chisapani	11	53		<a href="#">Click For Location</a>	5 <sup>th</sup> April	13:50	5 <sup>th</sup> April	19:00	
6	Jhule	12	65		<a href="#">Click For Location</a>	5 <sup>th</sup> April	15:50	5 <sup>th</sup> April	22:00	22:00
7	Nagarkot	6	71		<a href="#">Click For Location</a>	5 <sup>th</sup> April	16:00	6 <sup>th</sup> April	00:00	
8	Kalamasi Bus Park	7	78		<a href="#">Click For Location</a>	5 <sup>th</sup> April	17:00	6 <sup>th</sup> April	01:45	1:45
9	Sanga Bridge	8	87		<a href="#">Click For Location</a>	5 <sup>th</sup> April	18:00	6 <sup>th</sup> April	03:30	
10	Aashapuri View Tower	8	94		<a href="#">Click For Location</a>	5 <sup>th</sup> April	19:30	6 <sup>th</sup> April	06:00	6:00
11	Chapakharka	9	103		<a href="#">Click For Location</a>	5 <sup>th</sup> April	21:00	6 <sup>th</sup> April	08:00	
12	Phulchowki	7	110		<a href="#">Click For Location</a>	5 <sup>th</sup> April	22:30	6 <sup>th</sup> April	11:00	
13	Nallu	10	120		<a href="#">Click For Location</a>	6 <sup>th</sup> April	00:10	6 <sup>th</sup> April	14:00	
14	Tikabhairab	6	126		<a href="#">Click For Location</a>	6 <sup>th</sup> April	01:00	6 <sup>th</sup> April	16:00	
15	Dollu	7	133		<a href="#">Click For Location</a>	6 <sup>th</sup> April	02:45	6 <sup>th</sup> April	19:00	19:00
16	Chaap Danda	8	141		<a href="#">Click For Location</a>	6 <sup>th</sup> April	04:45	6 <sup>th</sup> April	22:00	
17	Chitlang Road	6	147		<a href="#">Click For Location</a>	7 <sup>th</sup> April	06:00	7 <sup>th</sup> April	02:00	
18	Nagdhunga	6	153		<a href="#">Click For Location</a>	7 <sup>th</sup> April	07:20	7 <sup>th</sup> April	07:00	07:00
19	Kalu Pandey	4	157		<a href="#">Click For Location</a>	7 <sup>th</sup> April	08:55	7 <sup>th</sup> April	09:30	
	Finish	8	165		<a href="#">Click For Location</a>	7 <sup>th</sup> April	10:00	7 <sup>th</sup> April	12:00	

: HOT SOUP/ NOODLE SOUP

: HOT MEAL (RICE, VEGETABLE CURRY AND LENTIL SOUP)

: SHOWER FACILITIES

: RESTING FACILITIES

: MEDIC

: GOOD PLACES FOR FAMILY/ FRIENDS TO COME AND SUPPORT

## Mandatory Equipment for 100 mile

(Please contact us if you need recommendations where to buy these in Kathmandu)

1. Hydration Bag
2. Proper Trail Running Shoes
3. Two Head Lights with Extra Batteries
4. Waterproof Jacket with Hood
5. Warm Inner Layer
6. Smart Phone with Fully Charged Battery
7. Power Bank
8. Water Minimum of 1 Liter
9. Emergency Blanket
10. Extra Food of 700 Calories
11. Whistle



### Recommended Items:

- Hat/ Buff
- Sunscreen
- Sunglasses
- Running Poles
- GPX Watch
- Spare Warm Clothes

### What Not to Bring:

- Pets
- Valuable Stuffs & Electronics like Laptop, Cameras etc

Download GPX file:

**100 MILE**



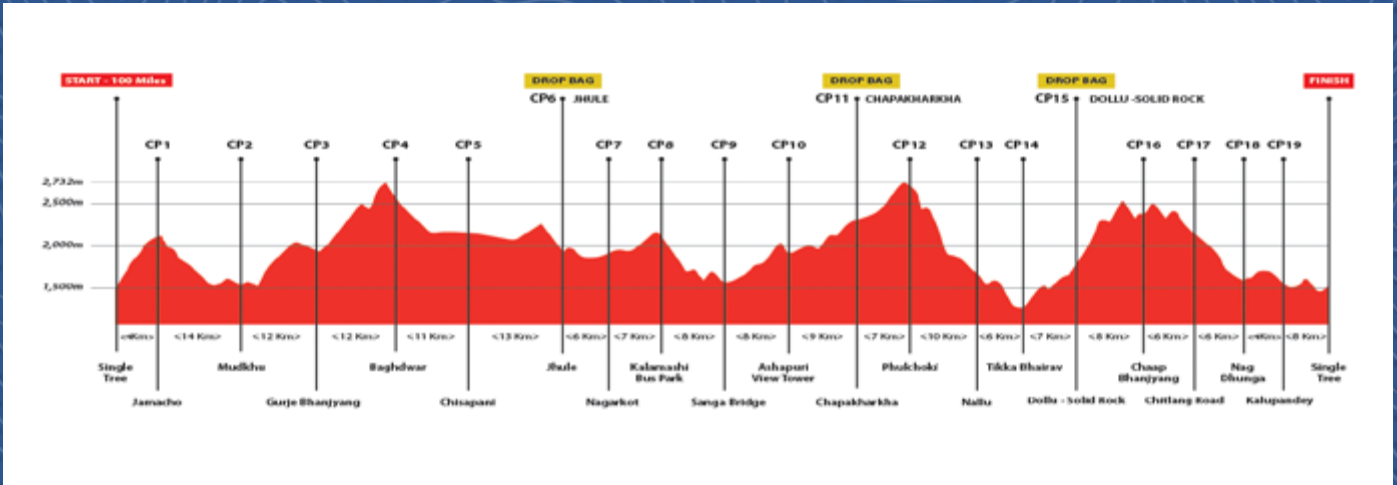
## PACERS

- The option of having a pacer is available for the 100 miler race participants. Starting from Jhule, runners can have a dedicated pacer to guide and accompany them throughout the night. In order to ensure that everything runs smoothly, it is important to provide the name and contact information of the pacer in advance via email.
- For those who do not have anyone to pace them, the race organizers can arrange a pacer for an additional fee of Nrs. 2,500. However, this will depend on the number of pacers available. The pacers provided by the race will accompany the runners until dawn and then stop at the next checkpoint.

## DROP BAGS

- For the 100 mile race, runners will receive three drop bags that they can fill and leave at the starting line to access at the three rest points (Jhule, Chapakharka and Dollu).

# ELEVATION PROFILE of 100 Mile



The numbers on the Bibs for the 100 Milers will start from 401 onwards and the Bibs colour will be red.



# THE MANJUSHREE 100 KILOMETER

The Manjushree Trail Race is pleased to announce the upgrade of the previous 55 Miles race to a MTR 100 KM. This change was made as the race distance of 100 KM is becoming increasingly popular and competitive in major international races, with Nepali runners such as Sunmaya Budha, Rashila Tamang and Anita Rai excelling in it at the global stage.

The Manjushree Trail Race provides a challenging and unique test of endurance for trail runners, placing them on the same level as other prestigious 100 KM trail races worldwide. With breathtaking views of the snow-capped peaks surrounding the Kathmandu valley, the 100 KM race is a true testament to willpower, determination, and a celebration of nature's beauty.

The race will begin late in the evening on April 5th, 2024, in Jhule, Kathmandu, and will allow runners to complete the night section with fresh legs, finishing in the daytime on April 6th in Single Tree. Participants of the Manjushree Trail Race will earn ITRA 4 points, making it a valuable addition to their trail running resume.

We invite you to join us for this unforgettable experience and become a part of the exclusive club of trail runners who have participated in the Manjushree Trail Race. To secure your spot and obtain all the details on the race schedule,

## SUMMARY

Name	Manjushree Trail Race 2024
Category	MTR 100 KM
Distance	100 KM
Start Date	5th April 2024
Pickup Time & Location	3:00 PM, Arun Thapa Chowk <a href="#">Click For Location</a>
Start Time	8:00 PM
Start Location	Hill Vision Resort, Jhule
Finish Location	Single Tree
Race Duration	26 hours
Race Cutoff Date & Time	10 pm, 6th April, 2024

## Mandatory Equipment for 100 Km

(Please contact us if you need recommendations where to buy these in Kathmandu)

1. Hydration Bag
2. Proper Trail Running Shoes
3. Two Head Lights with Extra Batteries
4. Waterproof Jacket with Hood
5. Warm Inner Layer
6. Smart Phone with Fully Charged Battery
7. Power Bank
8. Water Minimum of 1 Liter
9. Emergency Blanket
10. Extra Food of 700 Calories
11. Whistle



## MAP, CHECKPOINTS AND FOODSTATION

No.	Checkpoint	Distance Km	Cumulative Distance km	Food	Location	Fastest Time Expected		Checkpoint Closing Time		Cut Off Time
						Date	Time	Date	Time	
1	Jhule (Start)	0	0		<a href="#">Click For Location</a>	5 <sup>th</sup> April	20:00	5 <sup>th</sup> April	-	
2	Nagarkot	6	6		<a href="#">Click For Location</a>	5 <sup>th</sup> April	20:40	5 <sup>th</sup> April	22:00	
3	Kalamasi Bus Park	7	13		<a href="#">Click For Location</a>	5 <sup>th</sup> April	21:30	5 <sup>th</sup> April	23:30	
4	Sanga Bridge	8	21		<a href="#">Click For Location</a>	5 <sup>th</sup> April	22:20	6 <sup>th</sup> April	01:00	
5	Ashapuri View Tower	8	29		<a href="#">Click For Location</a>	5 <sup>th</sup> April	23:20	6 <sup>th</sup> April	04:00	
6	Chapakharka	9	38	  	<a href="#">Click For Location</a>	6 <sup>th</sup> April	00:30	6 <sup>th</sup> April	07:00	
7	Phulchoki	7	45		<a href="#">Click For Location</a>	6 <sup>th</sup> April	01:50	6 <sup>th</sup> April	09:30	
8	Nallu	10	55		<a href="#">Click For Location</a>	6 <sup>th</sup> April	03:00	6 <sup>th</sup> April	11:00	
9	Tikabhairab	6	61		<a href="#">Click For Location</a>	6 <sup>th</sup> April	03:50	6 <sup>th</sup> April	12:00	
10	Dollu	7	68	   	<a href="#">Click For Location</a>	6 <sup>th</sup> April	04:30	6 <sup>th</sup> April	14:00	
11	Chaap Danda	8	76		<a href="#">Click For Location</a>	6 <sup>th</sup> April	05:50	6 <sup>th</sup> April	15:30	
12	Chitlang Road	6	82		<a href="#">Click For Location</a>	6 <sup>th</sup> April	06:50	6 <sup>th</sup> April	17:30	
13	Nagdhunga	6	88		<a href="#">Click For Location</a>	6 <sup>th</sup> April	08:00	6 <sup>th</sup> April	19:30	19:30
14	Kalu Pandey	4	92		<a href="#">Click For Location</a>	6 <sup>th</sup> April	08:50	6 <sup>th</sup> April	20:45	
15	Finish	8	100		<a href="#">Click For Location</a>	6 <sup>th</sup> April	09:50	6 <sup>th</sup> April	21:59	



: HOT SOUP/ NOODLE SOUP



: HOT MEAL (RICE, VEGETABLE CURRY AND LENTIL SOUP)



: SHOWER FACILITIES



: RESTING FACILITIES



: MEDIC



: GOOD PLACES FOR FAMILY/ FRIENDS TO COME AND SUPPORT

Download GPX file:

100 KM



## Recommended Items:

- Hat/ Buff
- Sunscreen
- Sunglasses
- Running Poles
- GPX Watch
- Spare Warm Clothes

## What Not to Bring:

- Pets
- Valuable Stuffs & Electronics like Laptop, Cameras etc

## PACERS

- The option of having a pacer is available for the 100 miler race participants. Starting from Jhule, runners can have a dedicated pacer to guide and accompany them throughout the night. In order to ensure that everything runs smoothly, it is important to provide the name and contact information of the pacer in advance via email.
- For those who do not have anyone to pace them, the race organizers can arrange a pacer for an additional fee of Nrs. 2,500. However, this will depend on the number of pacers available. The pacers provided by the race will accompany the runners until dawn and then stop at the next checkpoint.

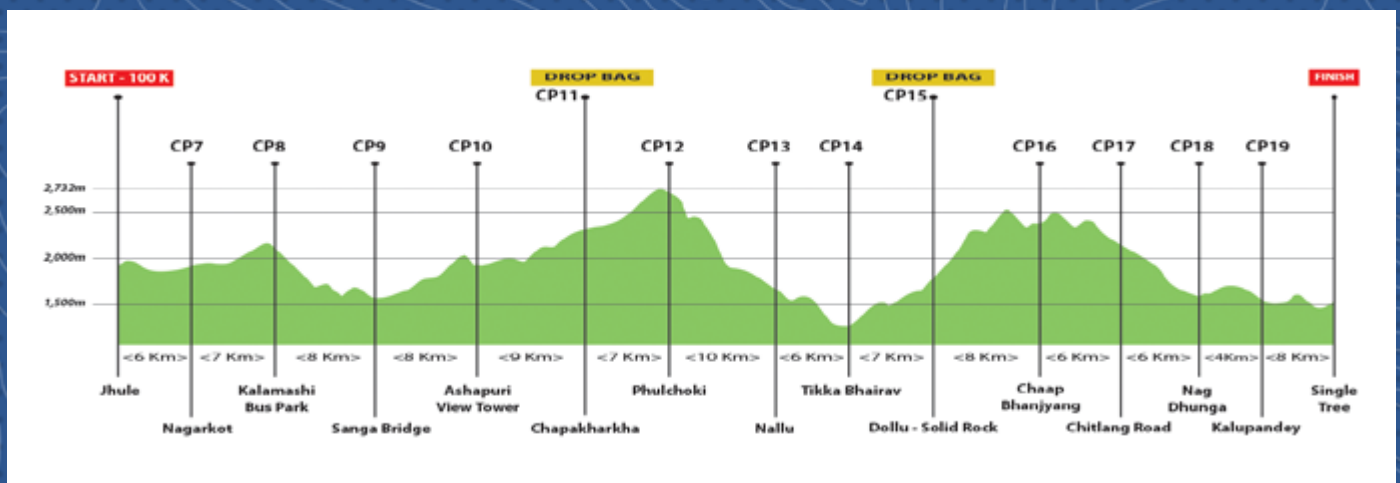
## DROP BAGS

- For the 100 Km race, runners will receive two drop bags that they can fill and leave at the starting line to access at Chapakharka and Dollu.



The numbers on the Bibs for the 100K will start from 301 onwards and the Bibs colour will be green.

## ELEVATION PROFILE of 100K



# THE MANJUSHREE 50 KILOMETER

The MTR 50 km race is an exciting and challenging trail run that will take participants through the stunning landscapes of the Kathmandu valley and its surrounding mountains. With the race starting from Badikhel, runners will be able to enjoy the peaceful surroundings and the breathtaking views of the area before the race begins. On the morning of the race, runners will be treated to the sight of the snow-capped peaks and the ridge line in front of them, providing the right dose of motivation for their race.

The 50 km race will start from Badikhel, above Godavari, where participants will board the bus to Start Location in the morning of 6th April. After a brief gear check and Race brief, the race will start exactly at 7:00. You will join the trail where 100KM and 100 Miles started a day earlier. You will meet a lot of them on the route.

## SUMMARY

Name	Manjushree Trail Race 2024
Category	MTR 50 KM
Distance	50 KM
Start Date	6th April 2024
Pickup Time	6:00 AM
Pickup Location	ANFA Complex Gate <a href="#">Click For Location</a>
Start Time	7:00 AM
Start Location	Hotel Tapeshwor Lodge, Badikhel
Finish Location	Queen Bee Resort, Single Tree
Race Duration	16 hours
Race Cutoff Date & Time	11 pm, 6th April, 2024

The numbers on the Bibs for the 50K will start from 201 onwards and the Bibs colour will be orange.

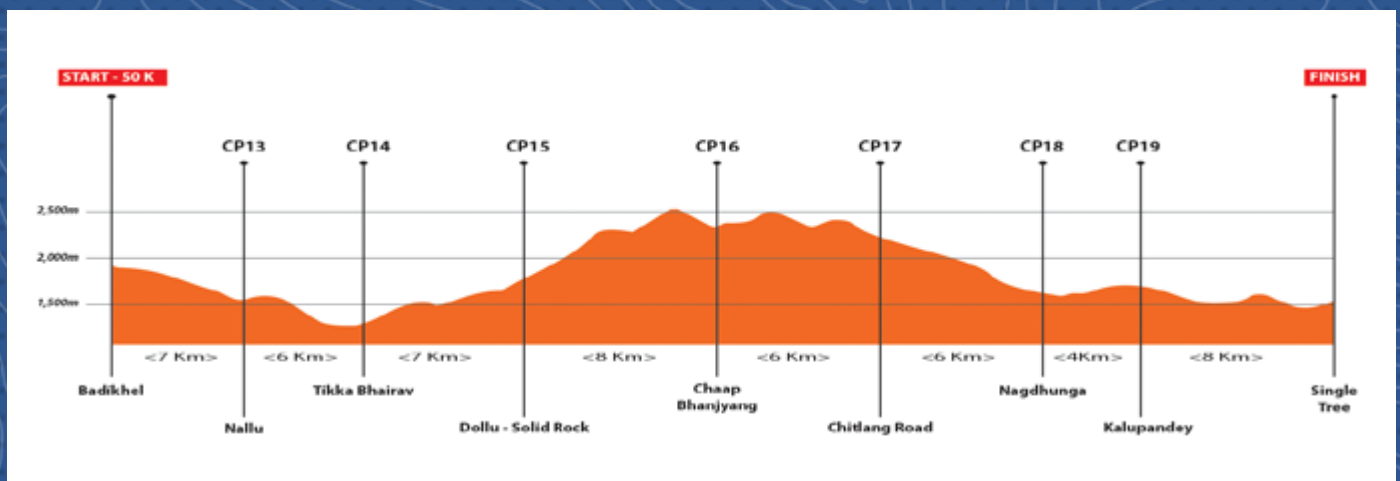


Download GPX file:

50 KM



## ELEVATION PROFILE of 50K



## MAP, CHECKPOINTS AND FOODSTATION

No.	Checkpoint	Distance Km	Cumulative Distance km	Food	Location	Fastest Time Expected		Checkpoint Closing Time	
						Date	Time	Date	Time
1	Badhikel (Start)	0	0		<a href="#">Click For Location</a>	6 <sup>th</sup> April	07:00	6 <sup>th</sup> April	
2	Nallu	7	7		<a href="#">Click For Location</a>	6 <sup>th</sup> April	08:00	6 <sup>th</sup> April	9:30
3	Tikabhairab	6	13		<a href="#">Click For Location</a>	6 <sup>th</sup> April	08:40	6 <sup>th</sup> April	11:00
4	Dollu	7	20		<a href="#">Click For Location</a>	6 <sup>th</sup> April	09:20	6 <sup>th</sup> April	13:30
5	Chaap Danda	8	28		<a href="#">Click For Location</a>	6 <sup>th</sup> April	10:40	6 <sup>th</sup> April	15:00
6	Chitlang Road	6	34		<a href="#">Click For Location</a>	6 <sup>th</sup> April	11:20	6 <sup>th</sup> April	17:00
7	Naagdhunga	6	40		<a href="#">Click For Location</a>	6 <sup>th</sup> April	12:00	6 <sup>th</sup> April	19:30
8	Kalu Pandey	4	44		<a href="#">Click For Location</a>	6 <sup>th</sup> April	12:30	6 <sup>th</sup> April	21:45
	Finish	8	50		<a href="#">Click For Location</a>	6 <sup>th</sup> April	13:20	6 <sup>th</sup> April	23:00

: HOT SOUP/ NOODLE SOUP

: HOT MEAL (RICE, VEGETABLE CURRY AND LENTIL SOUP)

: SHOWER FACILITIES

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: MEDIC

: GOOD PLACES FOR FAMILY/ FRIENDS TO COME AND SUPPORT

### Mandatory Equipment for 50K

(Please contact us if you need recommendations where to buy these in Kathmandu)

1. Hydration Bag
2. Proper Trail Running Shoes
3. Head Light with Extra Batteries
4. Waterproof Jacket with Hood
5. Warm Inner Layer
6. Smart Phone with Fully Charged Battery
7. Water Minimum of 1 Liter
8. Extra Food of 500 Calorie
9. Whistle



### Recommended Items:

- Hat / Buff
- Sunscreen
- Sunglasses
- Running Poles
- GPX Watch
- Spare Warm Clothes

### What Not to Bring:

- Pets
- Valuable Stuffs & Electronics



# KVR100 STAGE RACE CHALLENGE 2023/24 (KVR STAGE RACE #5 30K FINAL)

The KVR100 Stage Race Challenge is an exciting and challenging trail run that will take participants through the stunning landscapes of the Kathmandu valley and its surrounding mountains. With the race starting from Dollu, Pharping runners will be able to enjoy the peaceful surroundings and the breathtaking views of the Himalayas and the valley below from the Southern ridge.

The KVR100 Stage Race #5 ~ 30 km race will start from Solid Rock Lodge - Dollu where participants will board the bus to Start Location in the morning of 6th April. After a brief gear check and Race brief, the race will start exactly at 7:00. You will join the trail where 100KM and 100 Miles started a day earlier. You will meet a lot of them on the route.

## SUMMARY

Name	KVR100 Stage Race Challenge 2023/24
Category	KVR Stage Race #5 - 30 KM Final
Distance	30 KM
Start Date	6th April 2024
Pickup Time	6:00 AM
Pickup Location	Shree Dakshinkali Oil Store, Balkhu <a href="#">Click For Location</a>
Start Time	8:00 AM
Start Location	Solid Rock Lodge, Dollu
Finish Location	Queen Bee Resort, Single Tree
Race Duration	6-8 hours
Race Cutoff Date & Time	4 PM, 6th April, 2024












**Mandatory Equipment for  
KVR100 Stage Race - 30K**  
(Please contact us if you need  
recommendations where to buy  
these in Kathmandu)

1. Hydration Bag
2. Proper Trail Running Shoes
3. Head Light with Extra Batteries
4. Waterproof Jacket with Hood
5. Warm Inner Layer
6. Smart Phone with Fully Charged Battery
7. Water Minimum of 1 Liter
8. Extra Food of 500 Calorie
9. Whistle



# MAP, CHECKPOINTS AND FOODSTATION


No.	Checkpoint	Distance Km	Cumulative Distance km	Food	Location	Date	Fastest	CP Closes at
1	Dollu	0	0		<a href="#">Click For Location</a>	6 <sup>th</sup> April	08:00	
2	Chaap Danda	8	8	 	<a href="#">Click For Location</a>	6 <sup>th</sup> April	09:20	11:00
3	Chitlang Road	6	14		<a href="#">Click For Location</a>	6 <sup>th</sup> April	10:00	13:00
4	Nagdhunga	6	20	 	<a href="#">Click For Location</a>	6 <sup>th</sup> April	10:50	15:00
5	Kalu Pandey	4	24		<a href="#">Click For Location</a>	6 <sup>th</sup> April	11:20	16:20
	Finish	8	32		<a href="#">Click For Location</a>	6 <sup>th</sup> April		


 : HOT SOUP/ NOODLE SOUP

 : HOT MEAL (RICE, VEGETABLE CURRY AND LENTIL SOUP)

 : SHOWER FACILITIES

 : RESTING FACILITIES

 : MEDIC

 : GOOD PLACES FOR FAMILY/ FRIENDS TO COME AND SUPPORT

Download GPX file: **KVR 30 K**



## Recommended Items:

- Hat/ Buff
- Sunscreen
- Sunglasses
- Running Poles
- GPX Watch
- Spare Warm Clothes

## What Not to Bring:

- Pets
- Valuable Stuffs & Electronics

## ELEVATION PROFILE of KVR100 30K



# THE MANJUSHREE 10 KM

The Manjushree Trail Race has added a 10 km race to the 2024 edition, which allows for trail lovers of all pace and capacity to join the event.

The 10 km race will start on April 6th 2024 from Kalu Pande, taking the runners along the beautiful single track that winds along the ridge line and down towards the valley, with participants finishing along with the other distances at the Queen B hotel in Ichangu (Single Tree). Participants can decide to race, run, jog or walk the 10 km as there is no cut-off time and so you decide to give it all you have and sprint, make this a family outing or run with your friends and stop along the way.

You will also have the chance to see some of Asia's elite runners competing for the 2024 Manjushree 100 mile, 100 km and 50 km edition, as the MTR 10 km will be their final stretch to the finish line.

In addition to the 10 km, there will be a 2 km organized around Single tree as well in collaboration with the Down Syndrome Society, as we started this last year to have runners with special needs/disabilities and their caretakers take part in the event and we are thrilled to welcome them back for this edition. Please do contact us if you like to know more about this.

## SUMMARY

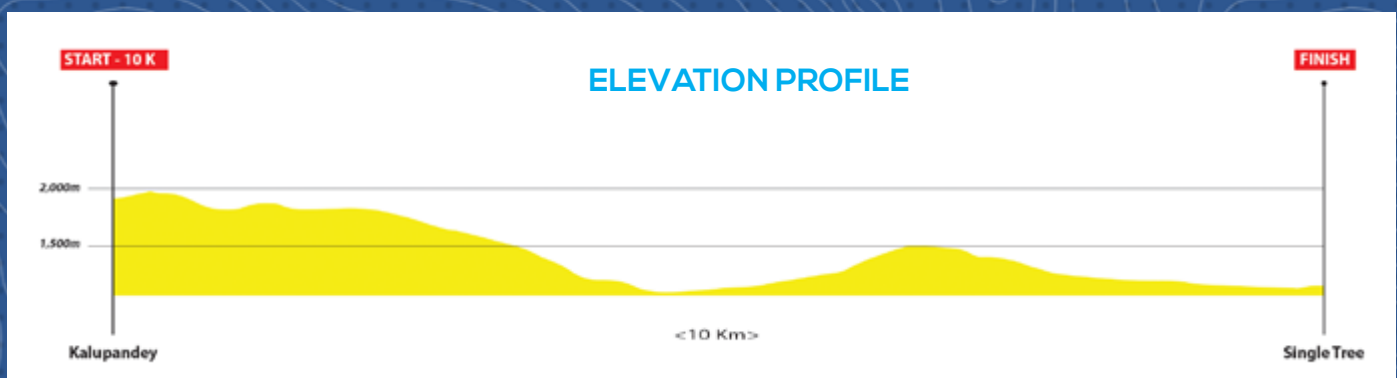
Name	Manjushree Trail Race 2024
Category	MTR 10 KM
Distance	10 KM
Start Date	6th April 2024
Pick Up Time	9:00 AM
Pick Up Location	Makalu Oil Store <a href="#">Click For Location</a>
Start Time	11:00 AM
Start Location	Forrest Camp, Kalu Pandey
Finish Location	Queen Bee Resort, Single Tree
Race Duration	6 hours
Race Cutoff Date & Time	No cut off

The numbers on the Bibs for the 10K will start from 01 onwards and the Bibs colour will be yellow.



Download GPX file:

[10K](#)



# THE MANJUSHREE 'RUN FOR ALL' 2 KM

The Manjushree 2 km run is a run organized in collaboration with Nepal Down Syndrome Society and the T21 Café. The run is designed for young people, adults and their caretakers to run together.

## COURSE

The course is set to take the runners along the ridge line, single tracks and valleys of the Kathmandu valley, with breathtaking views of the valley and surrounding hills. The MTR 10 KM race will be an unforgettable experience in the beauty of nature.

## REGULATIONS

As Safety of All Runners and Crew Members is our Top Priority, Please Note that there are Penalties for the following:

S.N	Particulars	100 Mile	100k m	50k	30k	10k
1	Not Carrying Head Light	DQ	DQ	-1h		
2	Not Carrying Hydration Bag	DQ	DQ	-1h		
3	Not Carrying Mobile Phone	DQ	-1h	-1h		
4	Littering	-30m	-30m	-30m		
5	Using Vehicle Support	DQ	DQ	DQ		
6	Misbehave With Others	Race organizers to decide based on incident				
7	Misbehave in CP					
8	Not Carrying Extra Battery	-1h	-1h	-20m		
9	Not Carrying Water	-20m	-20m	-20m		

## EMERGENCY CONTACTS:

The emergency contacts can be found on your bib but we recommend runners to save these numbers on their mobile phones as well:

Trail: Aashish Mishra: 9808594623 / Rashila Tamang: 9862193539

Venue: Mahesh Dahal: 9849027963

Contact for Family & Friends: Jeevan Lama: 9810216483 / 9864082919

## AFTER EVENT PROGRAM

We provide shuttle buses from the race venue to the ring road every 30 minutes on April 6th from 10:00 am onwards. Please let us know if you want us to book you a hotel nearby. Please do not hesitate to contact our travel partner Trekkers Paradise for any questions on travel before or after the event.

# EXAMPLES OF MARKINGS

PLEASE LOOK OUT FOR THESE MARKING AT ALL TIMES DURING THE RACE



At all times, follow the yellow and white markings



Arrows have been placed at places where a turn might not be obvious



Arrows have been placed at places where a turn might not be obvious



Reflectors have been placed at places whererunners are expected to run during the night



Reflectors with KVR signs have been placed at places whererunners are expected to run during the night



If you see a cross it means you have taken a wrong turn and the trail is the other way

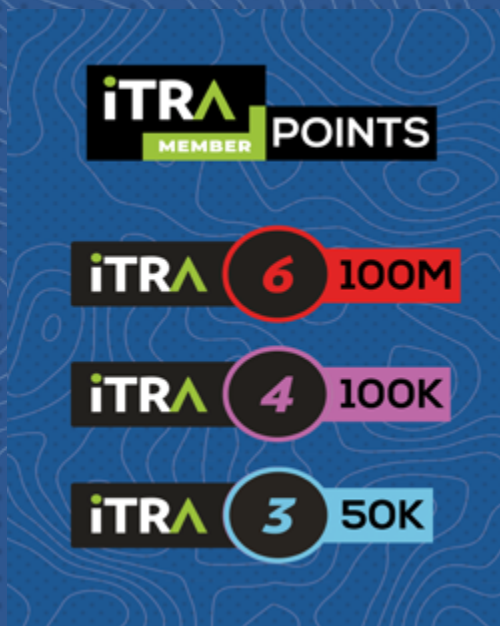
Please note that the first 5 kilometers of the MTR 50K race are marked with pink and white markings. After that, the runners will connect to the main Manjushree trail, which are marked with yellow and white



# POINTS AND INDEXES

The Manjushree Trail Race is accredited by ITRA and UTMB. In addition to this, the 100-mile, 100 km, and 50 km are all qualifier races for the Asia Trail Master, all distances are part of the ITRA Nation League and the 100-mile is a qualifier for the Ultra Trail Monta Rossa. This is part of our vision to increase access and opportunities for Nepalese runners to major races and be able to showcase themselves for potential sponsors and race teams. Please see more information below on what all of this means.

ITRA points: each distance on the Manjushree Trail Race has been accredited by the International Trail Running Association (ITRA) and has been awarded points as follows:



The KVR 30 Km is currently being accredited (as it is the first season of the KVR Stage Race Series) and is expected to be awarded 2 ITRA points. We will confirm before the race whether the accreditation is complete, and runners will receive the points for the last stage.

What can you do with ITRA points you get from the race?

ITRA Points are considered as a proof of a runner experience to achieve races of a certain difficulty. Some race organizers require runners to show proof of experience by collecting TRA points. The organizer will require the runners to have obtained a defined number of ITRA points to be able to register to the race.

What is the ITRA performance index?

In addition to getting ITRA points from races, runners also get an ITRA performance index score when they participate in ITRA accredited races. The score is calculated based on the runner's finish time and on the specific characteristics of the race she/he has participated in. The calculation is done by the ITRA based on finishing time, distance, elevation gain and loss, average altitude, and technicality. Scores are built on a scale up to a maximum of 1000 points. All runners that are registered with ITRA have a profile in the ITRA index and a performance score that is updated after every race, as shown below:

**Rashila TAMANG** Performance Index | 601

Nepal | Category | Age  
F 23-34 | 26

I am an Ultra Runner and Climber from Nepal. I love spending time in the nature and mountains.

ITRA ID  
2233509

Are you not yet registered in ITRA?

Please go to the ITRA website (<https://itra.run/Account/Manage/Registration>) to register. Let us know at the briefing on April 3 if you have any problems, we will have a team to register any runners.

### ITRA Nation League

The ITRA Nation League is a new initiative by ITRA, where runners can compete in a national league of races that are ITRA accredited. For Nepal, you can see which races are part of the Nation League 2024 season here: <https://itra.run/Races/RaceCalendar>

## HOW TO PARTICIPATE?

Starting date: Each year, from January 1st

- 1 Search for a National League race in our **RACE CALENDAR**
- 2 Run and finish 3 National League races in the same country in the ongoing year **between 1st January and 31st December.**
- 3 Discover and follow your ranking throughout the year on the **NATIONAL LEAGUE RANKING** page.

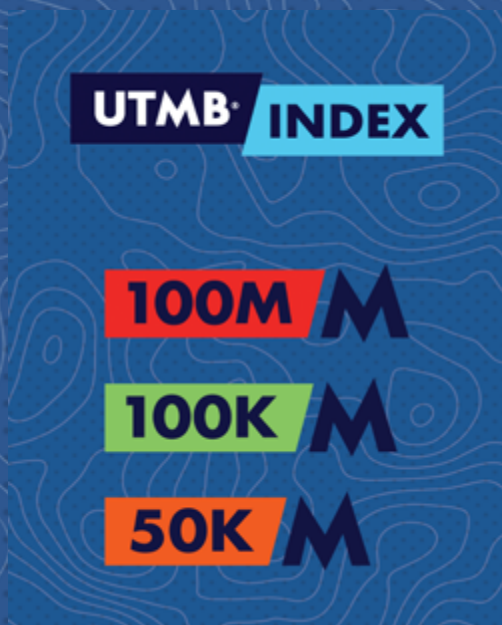
At the end of the year, ITRA announces the winners of the Nation League, which is a great opportunity for runners that do not have the possibility to travel abroad to compete and show their potential to the world. For 2023, Priya Rai and Suman Kullung were the ITRA Nepal Nation League champions. For this year, the season is yet to begin, with the top three female/male ITRA athletes looking like this:

	<b>Priya RAI</b> NP	676
	<b>Anita RAI</b> NP	570
	<b>Stine HEISELBERG</b> DK	494
	<b>Ramesh LIMBU</b> NP	817
	<b>Lokendra RAI</b> NP	741
	<b>Prashan RAI</b> NP	741

# UTMB INDEX

In addition to the ITRA points, the Manjushree Trail Race is also UTMB accredited. The Ultra Trail Month Blanc (UTMB) is one of the biggest ultra trail race events in the world. Over the past years, the race has developed its own index and accreditation system, which means that ITRA points no longer count if you want to participate in UTMB races. The jury is out on whether this will be a good thing, as it complicates building up a strong index for Nepalese runners in country (not every ITRA race gives UTMB points) but it also has brought us major events in Asia, such as the Doi Inathon by UTMB, which is far more accessible for Nepalese runners to participate in than European races in terms of cost and visa.

The UTMB index will allow runners to be able to register for UTMB partner races, and in case runners obtain a high enough score to be classified as elite runners (please find more information here: <https://utmb.world/runners/elites-finals>), can result in automatic qualification and UTMB inviting you to races and to be visible for potential sponsors and race team managers.

A screenshot of a runner's profile on the UTMB website. The profile is for Priya Rai, a Nepalese female runner aged 20-34. The profile includes a circular profile picture of her wearing a white and red hat, and a larger photo of her celebrating with a Nepalese flag. Below the profile is a dark blue button that says 'CONNECT TO CLAIM THIS PAGE'. At the bottom of the screenshot, there is a progress bar for the UTMB INDEX, showing a score of 671 out of 672. The progress bar has five segments: 'UTMB INDEX' (dark blue), '20K M' (yellow), '50K M' (orange), '100K M' (green), and '100M M' (red). The score '671' is shown under the '20K M' segment, and '672' is shown under the '50K M' segment. There are dashes under the '100K M' and '100M M' segments.

PRIYA RAI

Nationality Age  
Nepal 20-34 Women

CONNECT TO CLAIM THIS PAGE

UTMB INDEX

UTMB INDEX 20K M 50K M 100K M 100M M

671 - 672 - -



## ASIA TRAIL MASTER



A very exciting addition to the 2024 Manjushree Trail Race edition is that the 100-mile, the 100 km, and the 50 km all are now also qualifier races for the Asia Trail Masters.

Asia Trail Master is an internationally acknowledged series of trail running races in Asia, managed by Kuai Sports Promotions Ltd. in Hong Kong. It features an annual championship based on a transparent and easy-to-follow points system for fast runners, but also puts emphasis on runners of all levels via the Grandmaster Quest, a special achievement award for persistent long-distance finishers. Each season ends with the "ATM Final", where the new champions are crowned in a winner-takes-all race amongst qualified runners in national country teams.

The core objective of the Asia Trail Master series is threefold:

- To promote a healthy lifestyle and boost environmental consciousness among international citizens through the sport of trail running.
- To create a community platform and bring people from various distinct countries, cultures, and backgrounds together.
- To provide trail running event organisers with a new and outsourced platform to boost international promotion and mediatisation of their events, including live race coverage, as well as assist organisers with their business networking and event-technical needs.
- To provide Asian trail runners with a great performance goal, be it to become a Grandmaster or the year's Asia Trail Master champion, both of which may result in rewards and sponsorship endorsements.

This year is Season IX (9) of the Asia Trail Master Championship series. It is a slightly shorter season as we are moving the 'ATM Final', i.e., the championship deciding race, forward from early December to mid-September. This year, the ATM Final will be hosted by Borneo TMBT Ultra in Sabah, Malaysia, on 14 September.

During the whole season, runners score points in designated races at each event on our ATM calendar. For each runner, there is a minimum requirement of two race finishes inside the Top 25. There is no maximum, but only the best four race results of a runner count for our ATM Championship ranking. At the end of the season, in August 2024, this ranking determines who will be invited to join their national country team for the Asia Trail Master Championship Final race in Malaysia. The top five male and top five female runners in the ranking will get the honour. In Nepal, The Manjushree Trail Race and the Jumla-Rara Marathon are ATM Qualifiers.

You can read more about the point system here:

<http://www.asiatrailmaster.com/2024-atm-points-system>

Learn more about Asia Trail Master at :  
[www.asiatrailmaster.com](http://www.asiatrailmaster.com),

[www.facebook.com/asiatrailmaster](http://www.facebook.com/asiatrailmaster)  
or <https://linktr.ee/AsiaTrailMaster>

## ULTRA TRAIL MONTA ROSSA (UTMR) QUALIFICATION



And finally, the female/male winner of the Manjushree Trail Race 100-mile distance will automatically qualify for the Ultra Trail Monta Rossa (UTMR), which is held in Switzerland in September 2024. The race Rosa is an incredible mountain route around Monte Rosa, organised by a small and independent team, led by Lizzy Hawker, one of the founders of the Manjushree route, who are passionate about the mountains and proud of it. You can find all information about the race here: <https://www.ultratourmonterosa.com>

In addition to the free registration in the UTMR 100-mile race, the Manjushree Trail Race team will also launch a fundraising campaign towards the travel and accommodation costs (please note that there is no guarantee on this covering the full costs and depends on voluntary donations from the running community), as well as help the runners connect with potential sponsors and partners and help with the administration on visa applications.

Please let us know if you have any questions or suggestions how we can further improve to help Nepalese athletes connect to the international ultra trail running scene, we love to hear from you!

# THINGS THAT MATTER TO US

No littering

Respect volunteers

Charge phone and watches at checkpoints

Enjoy

Keep smiling and encourage runners

find time to eat, drink and time to take rest

Help each others

If you see someone is having problems, inform race organizer

## HAVE A WONDERFUL RACE

### DHANYABAD !!!....THANK YOU !!!

