



**MANJUSHREE
TRAIL RACE**
KATHMANDU VALLEY RIM 100 MILER



**FIFTH
EDITION**



MARCH 14 - 16 2025

RUNNER'S GUIDE

100M

100K

50K

30K

10K

UTMB INDEX

iTRA INTERNATIONAL
TRAIL RUNNING
ASSOCIATION
MEMBER

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WELCOME TO MTR

MANJUSHREE TRAIL RACE 2025 ~ 5th EDITION

The **Manjushree Trail Race (MTR)** is Nepal's premier trail running event, drawing both elite and passionate trail runners from around the world. Now in its 5th edition, **MTR 2025** promises to be bigger than ever, with a diverse lineup of international and national athletes ready to take on the challenge.

Taking place from **March 14 to 16, 2025**, the event offers races for all levels, from **100 Mile to 10 Kilometers**, ensuring that **every runner - whether a seasoned pro or a first-timer - has a place at the start line.**

The **100 Mile race** kicks off the event on **Friday, March 14, at 8 AM from Single Tree.** The **100K, 50K, 30K, and 10K** races start from different scenic locations across the valley, but **all finish at Single Tree**, where friends, family, and fellow runners gather to celebrate.

MORE THAN JUST A RACE

The **MTR is a race by runners, for runners** - a true community-driven event. With over **85% of the course on breathtaking single-track trails**, runners will traverse **hill-sides, ridge-lines, and high peaks**, all while soaking in **spectacular mountain views.**

Beyond the challenge, the race is about **connection, adventure, and the love of the trails.** Sharing the course with **some of the world's best trail runners - who are also some of the most humble and nice people you'll meet** - makes MTR an unforgettable experience.

Whether you're an **Asia Trail Master Grand Master** or taking on your first trail race, **MTR 2025** welcomes you to be part of this **extraordinary celebration of running, resilience, and the great outdoors.**

GET READY FOR AN EXTRAORDINARY ADVENTURE !!!

MTR 100M :	9535m Elevation +/- (52 Hrs Cut-off time)
MTR 100K :	6033m Elevation +/- (32 Hrs Cut-off time)
MTR 50K :	3870m Elevation +/- (16 Hrs Cut-off time)
MTR 30K :	2099m Elevation +/- (08 Hrs Cut-off time)
MTR 10K :	408m Elevation +/- (00 Hrs Cut-off time)

OUR MISSION AND CORE VALUES

The Manjushree Trail Race is the culmination of a collaborative effort by a diverse group of individuals who have contributed in various ways to the creation, development, and organization of the route and race events. Registered as a non-profit, the race is managed by a dedicated, independent team, each of whom has played a pivotal role in bringing this extraordinary event to life. To learn more about our story and the origins of the race, visit our website at www.manjushreetrailrace.com.

We're on a mission! Nepal, home to some of the world's best ultra-trail runners and ideal terrain for training, has yet to become a major hub for international trail running or provide its athletes with ample opportunities to connect with sponsors, teams, and professional support like coaching and nutrition. Despite these challenges, Nepalese runners continue to prove they can compete at the highest level.

We genuinely believe - and this isn't just lip service - that Nepal has the potential to become a premier regional, if not global, destination for trail running. To achieve this, the world must witness the extraordinary potential of Nepal's athletes, supported by improved training and competition facilities. Additionally, creating infrastructure that attracts international runners and prepares Nepalese athletes for global events is essential. With this vision in mind, our mission is clear:

To host world-class races and running events along the Kathmandu Valley Rim that meet international standards, designed to:

- Foster and expand the trail running community in and around the valley by raising awareness among locals about the stunning trails and natural beauty that surround them, inspiring them to explore and take part in trail running events.
- Cultivate a safe, inclusive, and welcoming environment for all runners, regardless of gender, race, caste, size, ability, pace, or age. We aim to create a space where runners can connect, support one another, build meaningful relationships, and feel valued. Every runner is celebrated equally—we cheer as enthusiastically for the first finisher as we do for the last.
- Elevate Nepal's reputation as a premier destination for both professional and recreational trail runners to visit, explore, train, and compete. By doing so, we aim to boost job creation and economic growth within Nepal's growing adventure tourism industry.
- Empower aspiring Nepalese athletes to pursue professional careers in trail running by providing guidance on training, preparation, and competition, both locally and internationally.
- Expand opportunities for Nepalese runners to participate in and compete at national and international trail running events, while also facilitating access to sponsorships. We are committed to supporting and collaborating with other races and running events in Nepal to elevate the sport as a whole.

SAFE SPACE FOR WOMEN AND GIRLS

Women and girls in Nepal still face significant barriers in trail running, from training during their periods to continuing their careers after marriage and motherhood, and even feeling safe on the trails. But don't just take our word for it - they can tell you themselves. The Manjushree Trail Race and Trailmandu strive to create an environment where these obstacles don't exist, contributing to the ongoing shift in attitudes and practices toward inclusivity and equality in the sport.

To all the women and girls on our trails - run freely, speak openly, and wear what makes you feel comfortable in our races. Your presence matters, and so does your voice. If there's anything we can do to create a better, more inclusive space for you, or if you experience or witness anything that needs our attention, please let us know.

To all the men and boys - we see you! Many of you are already champions of inclusivity, and we encourage you to continue being a positive force for change. Want to help make our events a welcoming space for everyone? Here are a few simple ways to support, based on insights from female trail runners over the years:

- If you're running behind a female runner you don't know, either overtake or give some space instead of staying too close.
- Running is social, so feel free to chat, but if a female runner gives short answers or seems uninterested, respect her space.
- If you notice a female runner looking uncomfortable or distressed, check in with her. If you're unsure or hesitant, call the number on your bib to report the situation and provide her bib number, then alert race staff at the next checkpoint.
- If you spot anything concerning on the trail—especially at night, such as groups of people drinking—please report it to race staff via the bib number or at the next checkpoint.



Rashila Tamang
Asia Trail Master
(ATM) 2023 Champion

RACE SCHEDULE

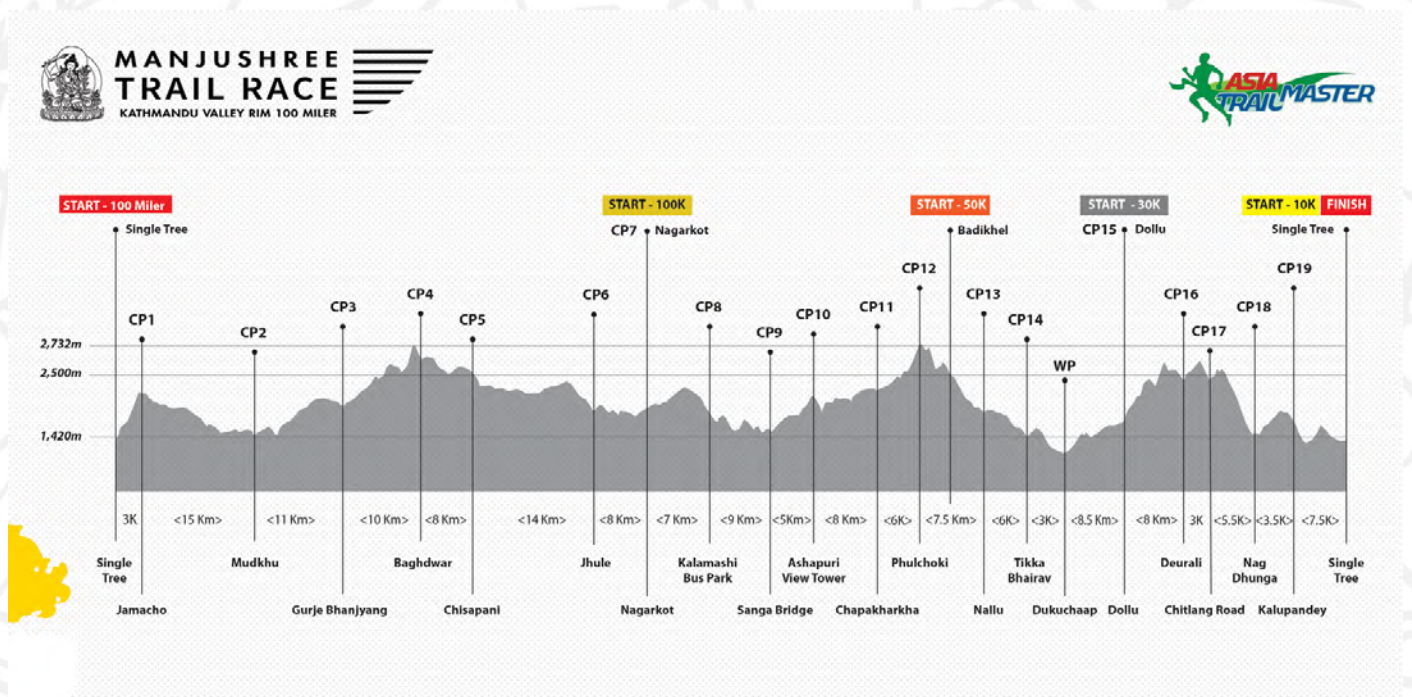
TIME	EVENT	LOCATION
12th March, 15:00 PM	BIBS COLLECTION & OVERALL BRIEFING	<u>CHHAYA CENTER THAMEL</u>
13th March, 17:30 PM	PICKUP FOR 100M FROM KATHMANDU	<u>ARUN THAPA CHOWK</u>
14th March, 08:00 AM	100M RACE STARTS	<u>POWNA HOME SINGLE TREE</u>
14th March, 5:00 PM	PICKUP FOR 100K FROM KATHMANDU	<u>ARUN THAPA CHOWK</u>
14th March, 08:00 PM	100K RACE STARTS	<u>SERENE RESORT NAGARKOT</u>
15th March, 06:00 AM	PICKUP FOR 50K FROM KATHMANDU	<u>ANFA GROUND GATE</u>
15th March, 07:00 AM	50K RACE STARTS	<u>BADIKHEL</u>
15th March, 06:30 AM	PICKUP FOR 30K FROM KATHMANDU	<u>DASHINKALI OIL STORE</u>
15th March, 08:00 AM	30K RACE STARTS	<u>SOLID ROCK DOLLU</u>
15th March, 09:00 AM	10K RACE STARTS	<u>POWNA HOME SINGLE TREE</u>
15th March, 15:00 PM	AWARD CEREMONY FOR ALL DISTANCES	<u>POWNA HOME SINGLE TREE</u>
15th March, 16:00 PM	30K RACE ENDS AFTER 8 HOURS	<u>POWNA HOME SINGLE TREE</u>
15th March, 23:00 PM	50K RACE ENDS AFTER 16 HOURS	<u>POWNA HOME SINGLE TREE</u>
16th March, 04:00 AM	100K RACE ENDS AFTER 32 HOURS	<u>POWNA HOME SINGLE TREE</u>
16th March, 12:00 PM	100M RACE ENDS AFTER 52 HOURS	<u>POWNA HOME SINGLE TREE</u>

OVERALL RACE PROFILE

MANJUSHREE TRAIL RACE FULL MAP



START/ FINISH, CHECKPOINTS & DISTANCES





MTR 100 MILER



The 2025 MTR and its 5th Edition presents an exhilarating and technical 100-mile challenge, tracing **the ridge-line of the Kathmandu Valley and conquering seven summits**. This ultimate test of endurance pushes runners to their limits while rewarding them with breathtaking views and an unforgettable experience. The race kicks off on **March 14th**, giving participants **52 hours** to cross the finish line by noon on **March 16th, 2025**.

The event has a proud legacy, with **Jeevan Lama** (33:14:27) and **Anita Rai** (36:14:06) setting the first records in 2021. **Arjun Kulung Rai** claimed the men's fastest time in 2022 (31:10:57) and shattered his own record in 2024 (26:52:56). Anita's record held strong until **Nirmala Rai** set a new women's benchmark in 2024 (34:54:30).

With a formidable international field lining up this year, **Arjun and Nirmala** will have to dig deep to defend their titles and times!

FINISH LINE

Runners have 52 hours to complete the race, with the final cut-off at **12 Noon on Sunday, March 16, 2025** at the **Single Tree finish line**.

With almost **10,000 meters of elevation gain** and **seven summits to conquer**, the MTR 100-miler is not just a race - it's a test of endurance, resilience, and the human spirit. It promises to be a highlight on every participant's calendar.

This prestigious MTR 100M race is an **Asia Trail Master Qualifier**, part of the **ITRA National League**, and **UTMB** accredited.

Download GPX File:

100 MILE



MTR 100M COURSE

START DATE: FRIDAY 14th MARCH, 2025

START TIME: 8:00 AM

DISTANCE: 100 Mile, (Approx 156.5 Kilometers)

ASCENT: 9535 M

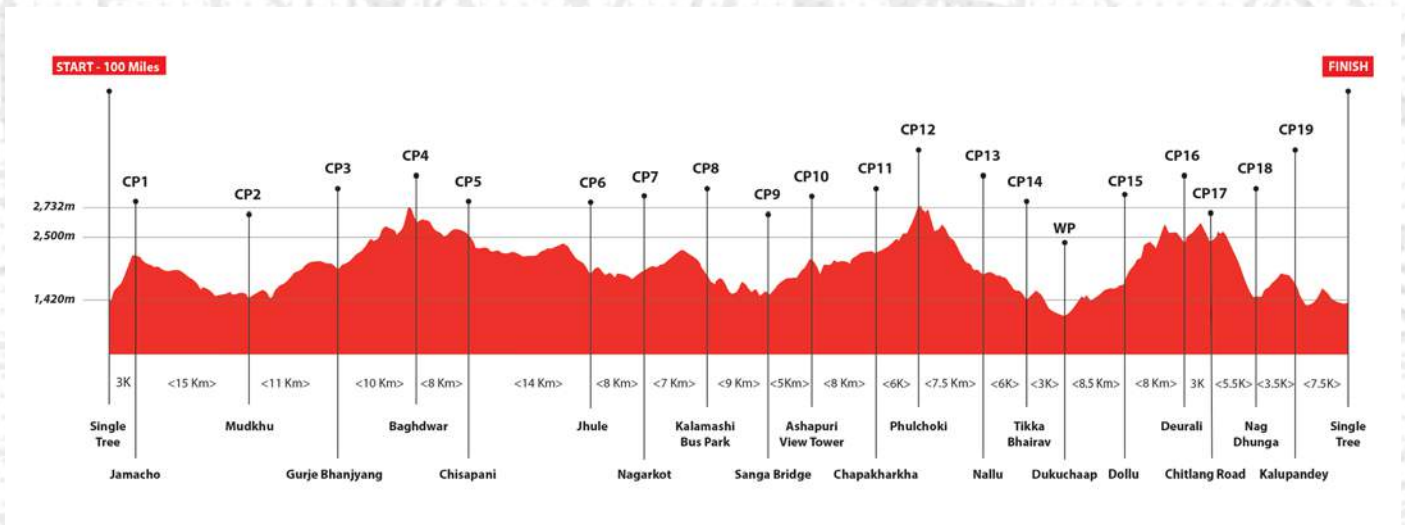
DESCENT: 9535 M

MAX ELEVATION: 2726 M

MIN ELEVATION: 1231 M

*Please Note: Distances may vary between different GPS devices.

ELEVATION PROFILE



COURSE MAP, CHECKPOINTS, DROP BAGS



	CHECKPOINTS	INTER DIST. (KM)	COMM DIST. (KM)	SERVICES	LOCATION	FASTEST TIME EXPECTED		CHECKPOINT CLOSING TIME		CUT OFF TIME
						DATE	TIME	DATE	TIME	
1	SINGLE TREE	0	0		Click For Location	14th March	-	14th March	-	
2	JAMACHO	3	3		Click For Location	14th March	08:20	14th March	09:30	
3	MUDKHU	15	18		Click For Location	14th March	09:30	14th March	12:45	
4	GURJEY BHANJYANG	11	29		Click For Location	14th March	10:15	14th March	14:00	14:00
5	BAGDWAR	10	39		Click For Location	14th March	12:10	14th March	17:30	
6	CHISAPANI	8	47		Click For Location	14th March	13:50	14th March	19:00	19:00
7	JHULE	14	61		Click For Location	14th March	15:50	14th March	22:00	22:00
8	NAGARKOT	8	69		Click For Location	14th March	16:00	15th March	00:00	
9	KALAMASHI BUS PARK	7	76		Click For Location	14th March	17:00	15th March	01:45	1:45
10	SANGA BRIDGE	9	85		Click For Location	14th March	18:00	15th March	03:30	
11	AASHAPURI VIEW TOWER	5	90		Click For Location	14th March	19:30	15th March	06:00	6:00
12	CHAPAKHARKA	8	98		Click For Location	14th March	21:00	15th March	08:00	
13	PHULCHOWKI	6	104		Click For Location	14th March	22:30	15th March	11:00	
14	NALLU	7.5	11.5		Click For Location	15th March	00:10	15th March	14:00	
15	TIKABHAIRAB	6	117.5		Click For Location	15th March	01:00	15th March	16:00	
16	DHUKUCHAAP	3	120.5	Water Point	Click For Location	15th March	01:10	15th March	18:00	
17	DOLLU	8.5	129		Click For Location	15th March	02:45	15th March	19:00	19:00
18	DEURALI	8	137		Click For Location	15th March	04:45	15th March	22:00	
19	CHITLANG ROAD	3	140		Click For Location	15th March	06:00	16th March	02:00	
20	NAGDHUNGA	5.5	145.5		Click For Location	15th March	07:20	16th March	07:00	07:00
21	KALU PANDEY	3.5	149		Click For Location	15th March	08:55	16th March	09:30	
22	SINGLE TREE	7.5	156.5		Click For Location	15TH MARCH	10:00	16TH MARCH	12:00	

: HOT SOUP/ NOODLE SOUP : WATER / FRUITS
 : HOT MEAL (RICE, VEGETABLE CURRY AND LENTIL SOUP)
 : SHOWER FACILITIES

: RESTING FACILITIES
 : MEDIC
 : GOOD PLACES FOR FAMILY/ FRIENDS TO COME AND SUPPORT

RACE SUMMARY



Category:	MTR 100 Miler
Pickup Date & Time:	13th March 2025, 5:00 PM
Pickup Location:	Sorakhutte Tourist Bus Stand Click For Location
Stay Location:	Powna Home, Single Tree Click For Location
Breakfast:	14th March 2025, 6:30 AM
Race Briefing:	7:30 AM
Start Time:	8:00 AM
Start Location:	Powna Home, Single Tree Click For Location
Finish Location:	Powna Home, Single Tree Click For Location
Race Duration:	52 Hours
Race Cut-off Time:	12:00 Noon, Sunday, 16th March, 2025



BIB INFORMATION

For the 100M race, bib numbers will start from 401 onwards, and the bibs will be Red

DROP BAGS:

For the 100M race, runners will receive 3 drop bags that they can fill and leave at the starting line to access at (**Jhule, Chapakharka & Dollu**) Rest Points





MTR 100K



As the **100K distance gains prominence on the global ultra-trail stage**, it has become a **fierce battleground for elite international athletes**. Nepali runners like **Sunmaya Budha, Rashila Tamang, and Anita Rai** have mastered this distance, excelling on the world stage and showcasing Nepal's trail running prowess.

The **MTR 100K** offers an **unparalleled test of endurance**, pushing runners to their limits across a demanding course. With **breathtaking views of the snow-capped peaks** surrounding **Kathmandu Valley**, completing this race is **not just a feat of willpower and determination** - it's a **celebration of human resilience and the beauty of nature**.

The race kicks off at **8 PM on March 14, 2025**, in Nagarkot, Kathmandu, allowing runners to **tackle the night section with fresh legs before the ultimate challenge unfolds**.

FINISH LINE

Runners have 32 hours to complete the race, with the final cut-off at 04:00 AM on **Sunday, March 16, 2025** at the **Single Tree finish line**.

This prestigious **MTR 100K** race is part of the **ITRA National League**, and **UTMB** accredited.

Download GPX file:

100 KM



MTR 100K COURSE

START DATE: FRIDAY 14th MARCH, 2025

START TIME: 8:00 PM

DISTANCE: 100 KILOMETERS (92 Kilometers Approx)

ASCENT: 6033 M

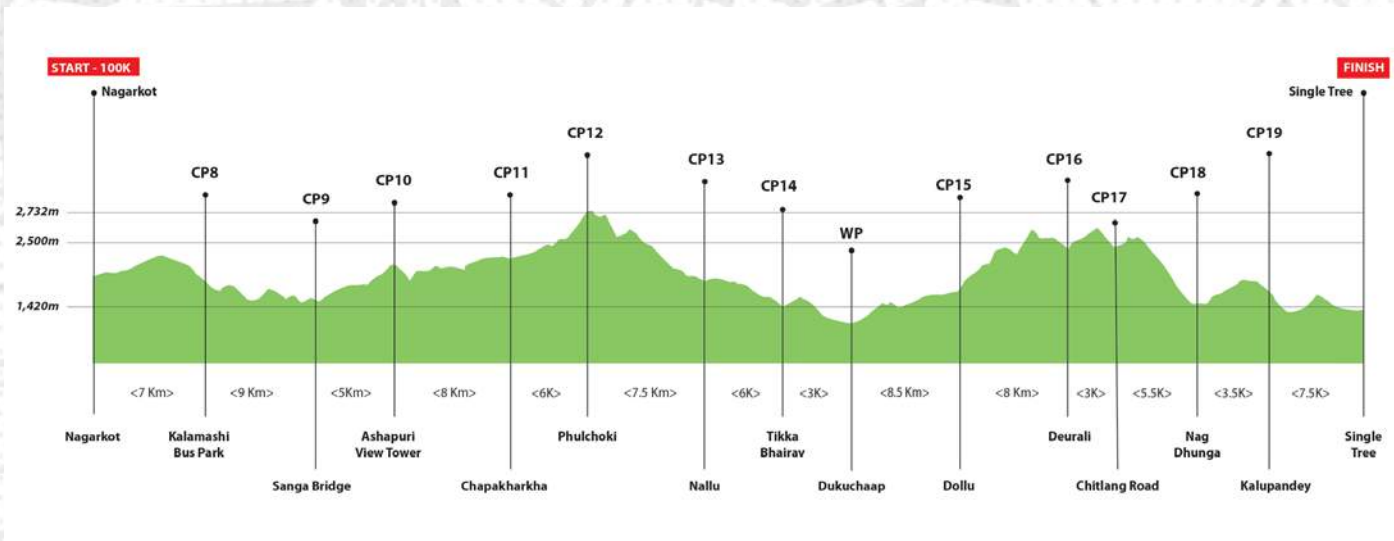
DESCENT: 5517 M

MAX ELEVATION: 2736 M

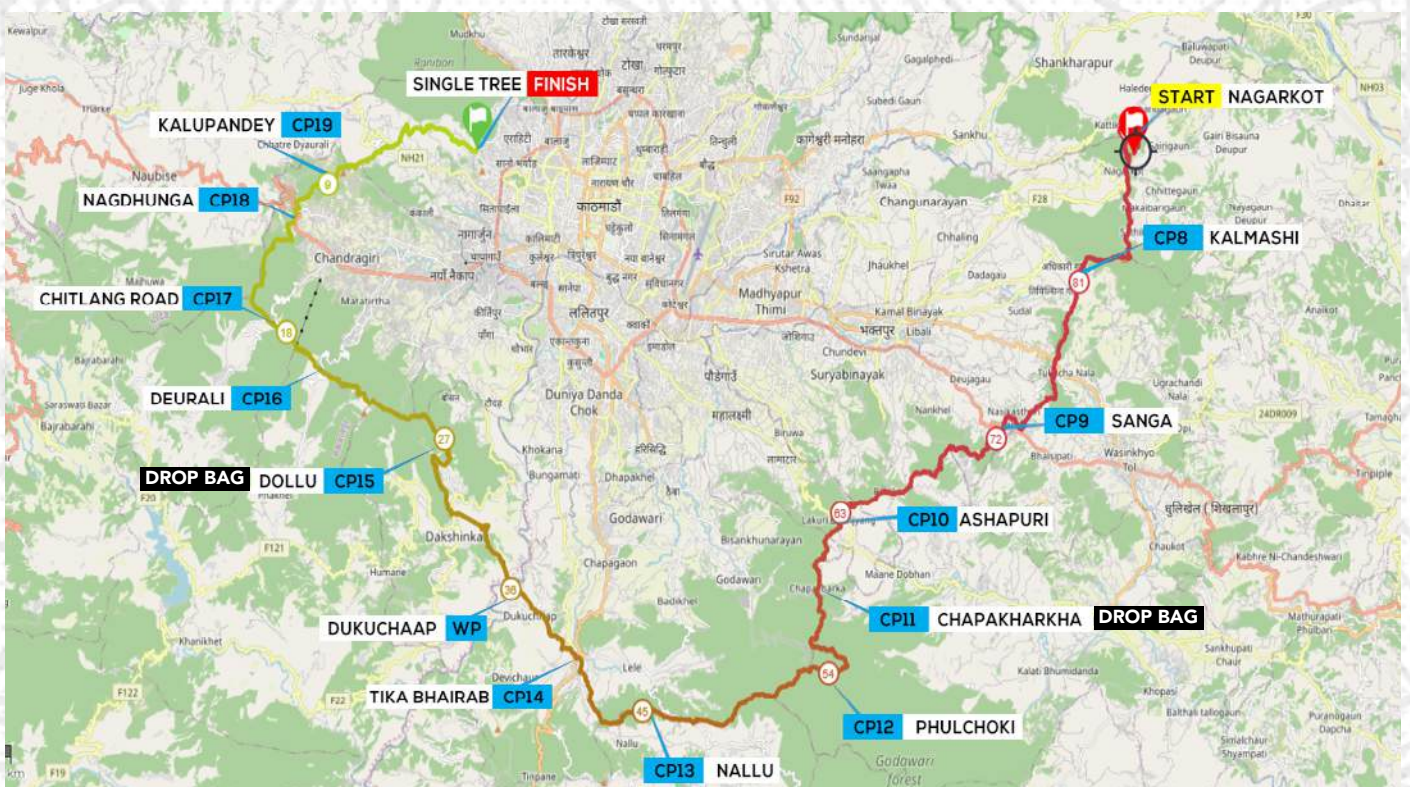
MIN ELEVATION: 1231 M

*Please Note: Distances may vary between different GPS devices.
































ELEVATION PROFILE




COURSE MAP, CHECKPOINTS, DROP BAGS



100K CHECKPOINTS

NO.	CHECKPOINTS	INTER DIST. (KM)	COMM DIST. (KM)	SERVICES	LOCATION	FASTEST TIME EXPECTED		CUT OFF TIME
						DATE	TIME	
7	(START) NAGARKOT	-	-	  	Click For Location	14th March	-	
8	KALAMASI BUS PARK	10	10	 	Click For Location	14th March	20.50	
9	SANGA BRIDGE	9	19	  	Click For Location	14th March	21.40	
10	AASHAPURI VIEW TOWER	5	24		Click For Location	14th March	22.40	
11	CHAPAKHARKA	8	32	   	Click For Location	14th March	23.50	
12	PHULCHOWKI	6	38	 	Click For Location	14th March	1.00	
13	NALLU	7.5	45.5	 	Click For Location	15th March	3.10	
14	TIKABHAIRAB	6	51.5	 	Click For Location	15th March	4.00	
WP	DHUKUCHAAP	3	54.5	Water Point	Click For Location	15th March	4.20	
15	DOLLU	8.5	63	    	Click For Location	15th March	5.30	22:00
16	DEURALI	8	71	 	Click For Location	15th March	6.50	
17	CHITLANG ROAD	3	74		Click For Location	15th March	7.50	
18	NAGDHUNGA	5.5	80.5	 	Click For Location	15th March	9.00	
19	KALU PANDEY	3.5	84		Click For Location	15th March	9.40	
FL	(FINISH) SINGLE TREE	7.5	91.5	 	Click For Location	15th / 16th March	10.45 PM	04:00 AM

 : HOT SOUP/ NOODLE SOUP


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

 : SHOWER FACILITIES

 : WATER / FRUITS

 : RESTING FACILITIES

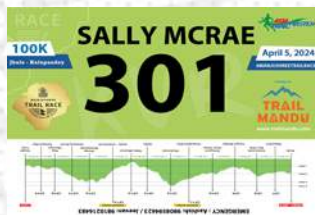
 : MEDIC

 : GOOD PLACES FOR FAMILY/ FRIENDS TO COME AND SUPPORT

RACE SUMMARY



Category:	MTR 100K
Pickup Date & Time:	14th March 2025, 5:00 PM
Pickup Location:	Arun Thapa Chowk, Lalitpur Click For Location
Early Dinner:	6:00 PM
Race Briefing:	7:30 PM
Start Time:	8:00 PM
Start Location:	Serene Resort, Nagarkot Click For Location
Finish Location:	Powna Home, Single Tree Click For Location
Race Duration:	32 Hours
Race Cut-off Time:	04:00 AM, Sunday, 16th March, 2025



BIB INFORMATION

For the 100K race, bib numbers will start from 301 onwards, and the bibs will be Green.

DROP BAGS:

For the 100K race, runners will receive 2 drop bags that they can fill and leave at the starting line to access at (**Chapakharka & Dollu**) Rest Points





MTR 50K

iTRA 3 50K

UTMB® INDEX

The **MTR 50K** is an **exhilarating and demanding trail race** that takes runners through the breathtaking landscapes of **Kathmandu Valley and its surrounding hills**. Starting from **Badikhel**, participants will soak in the peaceful surroundings and stunning vistas before embarking on their journey.

On race morning, runners will be greeted by the awe-inspiring sight of **snow-capped peaks** and the ridge-line ahead, **providing the perfect motivation** to take on the challenge.

After 6 kilometers, 50K runners will **merge onto the main Manjushree Trail**, joining the 100K and 100-mile participants who began their race a day earlier, all making their way toward the **finish line at Single Tree**.

FINISH LINE

Runners have 16 hours to complete the race, with the final cut-off at 11:00 PM on **Saturday, March 15, 2025**, at the **Single Tree finish line**.

This prestigious **MTR 50K** race is an **Asia Trail Master Qualifier**, part of the **ITRA National League**, and **UTMB** accredited.

Download GPX file:

50 KM



MTR 50K COURSE

START DATE: SATURDAY 15th MARCH, 2025

START TIME: 7:00 AM

DISTANCE: 50K (55 Kilometers Approx)

ASCENT: 3870 M

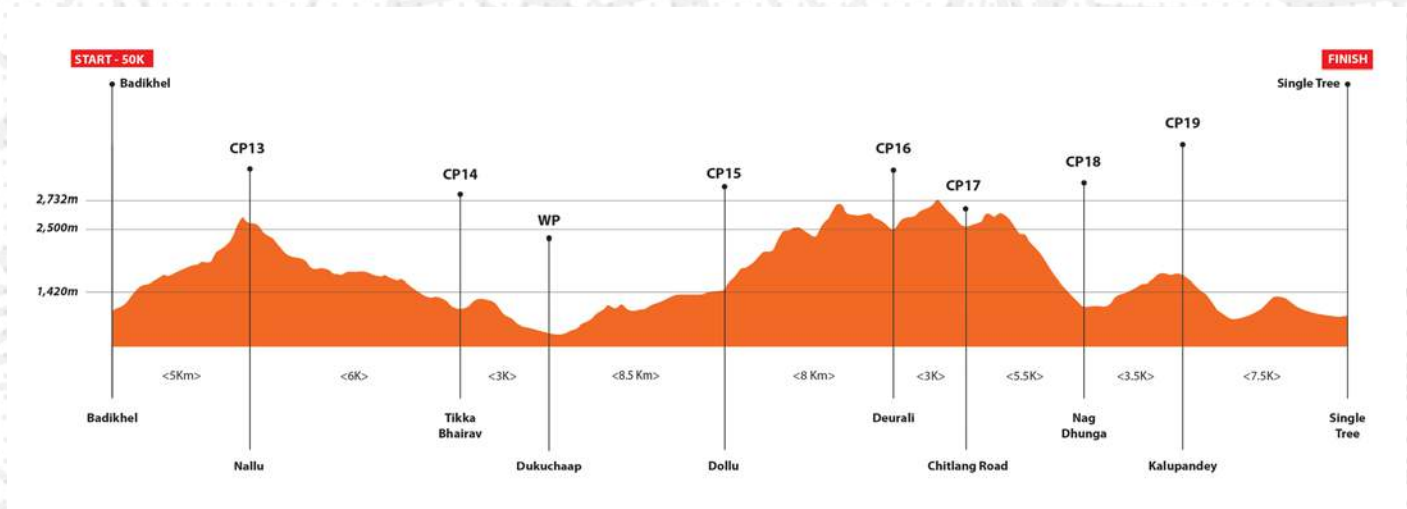
DESCENT: 3910 M

MAX ELEVATION: 2512 M

MIN ELEVATION: 1231 M

*Please Note: Distances may vary between different GPS devices.

ELEVATION PROFILE



COURSE MAP, CHECKPOINTS, DROP BAGS



50K CHECKPOINTS

NO.	CHECKPOINTS	INTER DIST. (KM)	COMM DIST. (KM)	SERVICES	LOCATION	FASTEST TIME EXPECTED		CUT OFF TIME
						DATE	TIME	
12	(START) BADIKHEL	-	-		Click For Location	15th March	-	
13	NALLU	7.5	7.5		Click For Location	15th March	08:00	
14	TIKABHAIRAB	6	13.5		Click For Location	15th March	08:40	
WP	DHUKUCHAAP	3	16.5	Water Point	Click For Location	15th March	08:50	
15	DOLLU	8.5	25		Click For Location	15th March	10:20	15:00
16	DEURALI	8	33		Click For Location	15th March	11:30	
17	CHITLANG ROAD	3	36		Click For Location	15th March	12:00	
18	NAGDHUNGA	5.5	41.5		Click For Location	15th March	12:30	
19	KALU PANDEY	3.5	45		Click For Location	15th March	13:00	
FL	(FINISH) SINGLE TREE	7.5	52.5		Click For Location	15th March	14:00	23:00

: HOT SOUP/ NOODLE SOUP

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

: SHOWER FACILITIES

: WATER / FRUITS

: RESTING FACILITIES

: MEDIC

: GOOD PLACES FOR FAMILY/ FRIENDS TO COME AND SUPPORT

ATM
MANJUSHREE
TRAIL RACE
ADVENTURE III ©

RACE SUMMARY



Category:	MTR 50K
Pickup Date & Time:	15th March 2025, 6:00 AM
Pickup Location:	ANFA Complex Gate Click For Location
Race Briefing:	6:30 AM
Start Time:	7:00 AM
Start Location:	Hotel Tapeswore Lodge, Badikhel Click For Location
Finish Location:	Powna Home, Single Tree Click For Location
Race Duration:	16 Hours
Race Cut-off Time:	11:00 PM on Saturday, 15th March, 2025



BIB INFORMATION

For the 50K race, bib numbers will start from 201 onwards, and the bibs will be Orange.

DROP BAGS:

For the 50K race, runners can leave their bags at the starting line, and they will be available for pickup at the finish line.



ATM
PAUL SHAH
TRAIL RACE
ADVENTURE



MTR 30K

iTRA 2 30K

UTMB INDEX

The **MTR 30K** is a **thrilling and challenging trail race** that takes runners over three of the seven peaks of the **MTR course**. Though shorter in distance, **it packs a punch** with a **grueling uphill climb** that tests endurance and a **technical downhill** demanding skill and focus.

Starting from **Dollu, Pharping**, at 8 AM on March 15, runners will be treated to serene surroundings and breathtaking views of the **Himalayas and the Kathmandu Valley** from the southern ridge, setting the perfect stage for an unforgettable race.

FINISH LINE

Runners have 8 hours to complete the race, with the final cut-off at 4:00 PM on **Saturday, March 15, 2025**, at the **Single Tree finish line**.

This **MTR 30K** race is also a part of the **ITRA National League, and UTMB** accredited.

Download GPX file:

MTR 30 K



MTR 30K COURSE

START DATE: SATURDAY 15th MARCH, 2025
START TIME: 8:00 AM

DISTANCE: 30K (28.89 Kilometers Approx)

ASCENT: 2099 M

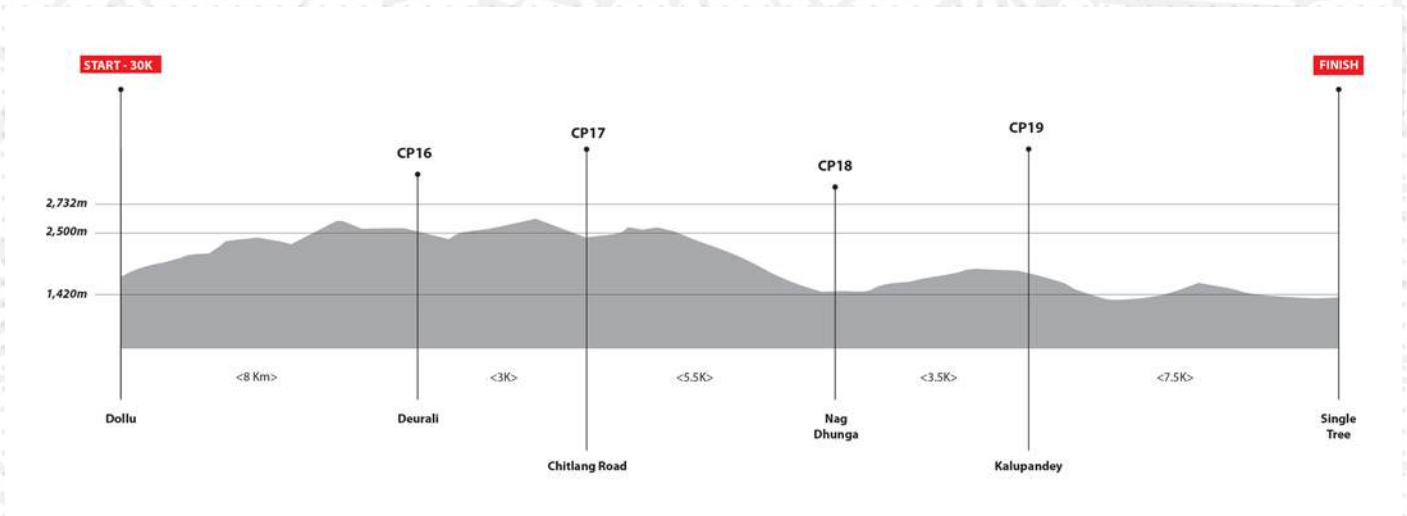
DESCENT: 2323 M

MAX ELEVATION: 2544 M

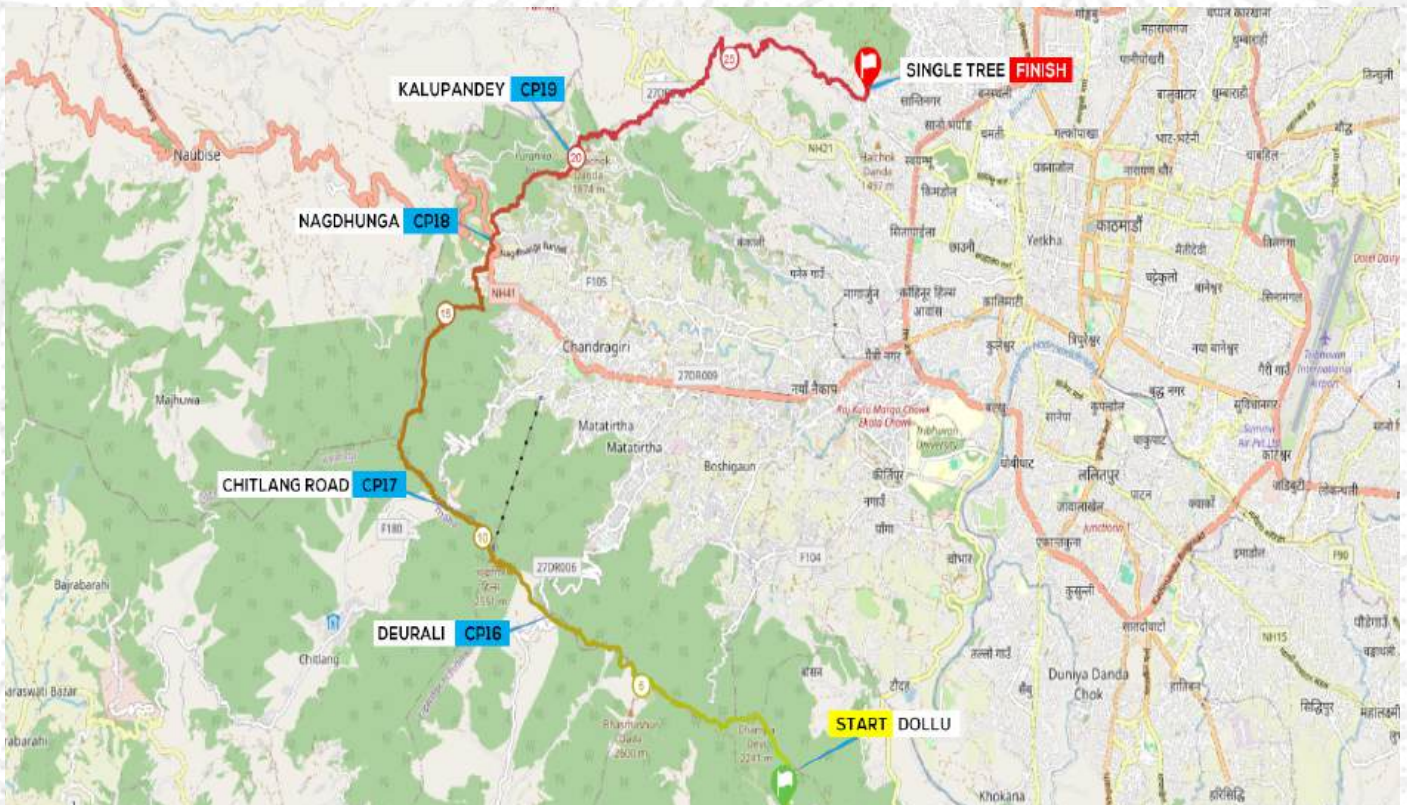
MIN ELEVATION: 1376 M

*Please Note: Distances may vary between different GPS devices.










ELEVATION PROFILE




COURSE MAP, CHECKPOINTS



30K CHECKPOINTS

NO.	CHECKPOINTS	INTER DIST. (KM)	COMM DIST. (KM)	SERVICES	LOCATION	FASTEST TIME EXPECTED		CUT - OFF TIME
						DATE	TIME	
15	(START) DOLLU	-	-		Click For Location	15th March	-	-
16	DEURALI	8	8	 	Click For Location	15th March	8:30	-
17	CHITLANG ROAD	3	11		Click For Location	15th March	09:15	-
18	NAGDHUNGA	5.5	16.5	 	Click For Location	15th March	10:30	-
19	KALU PANDEY	3.5	20		Click For Location	15th March	11:30	-
FL	(FINISH) SINGLE TREE	7.5	27.5	 	Click For Location	15th March	12:15	16:00


 : HOT SOUP/ NOODLE SOUP


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

 : SHOWER FACILITIES

 : WATER / FRUITS

 : RESTING FACILITIES

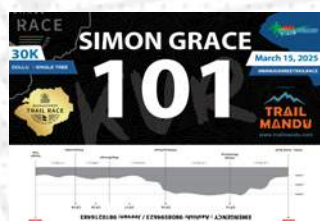
 : MEDIC

 : GOOD PLACES FOR FAMILY/ FRIENDS TO COME AND SUPPORT



RACE SUMMARY

Category:	MTR 30K
Pickup Date & Time:	15th March 2025, 6:00 PM
Pickup Location:	Dakshinkali Oil Store, Balkhu Click For Location
Race Briefing:	7:30 AM
Start Time:	8:00 AM
Start Location:	Solid Rock Lodge, Dollu Click For Location
Finish Location:	Powna Home, Single Tree Click For Location
Race Duration:	8 Hours
Race Cut-off Time:	04:00 PM, Saturday, 15th March, 2025



BIB INFORMATION

For the 30K race, bib numbers will start from 101 onwards, and the bibs will be Black

DROP BAGS:

For the 30K race, runners can leave their bags at the starting line, and they will be available for pickup at the finish line.





MTR 10K

iTRA 2 30K

UTMB® INDEX

MTR 10KM – A Race for Everyone!

The **MTR 10K welcomes trail lovers of all paces and abilities** to be part of the event. Starting from Single Tree on **March 15**, this scenic course follows a beautiful single track **along the ridge-line** before **descending toward the valley** and finishing back at Single Tree.

Whether you **choose to race, run, jog, or walk**, this event is all **about enjoying the trails** at your own pace. With **no cut-off time**, you can **push your limits**, make it a **family adventure**, or **run with friends and soak in the experience**.

As an added bonus, **you'll get a front-row seat to watch some of Asia's elite ultra runners in action**, as the final stretch of the 100-mile, 100K, 50K, and 30K races overlaps with the MTR 10K course - **bringing you right into the heart of the event's most exciting moments!**

FINISH LINE

While there is **no cut-off time** for the **MTR 10K**, participants are encouraged to complete the race by 5:00 PM on **Saturday, March 15, 2025, at Single Tree**.

Download GPX file: **10K**



MTR 10K COURSE

START DATE: FRIDAY 15th MARCH, 2025

START TIME: 9:00 AM

DISTANCE: 10K (8.89 Kilometers Approx)

ASCENT: 408 M

DESCENT: 408 M

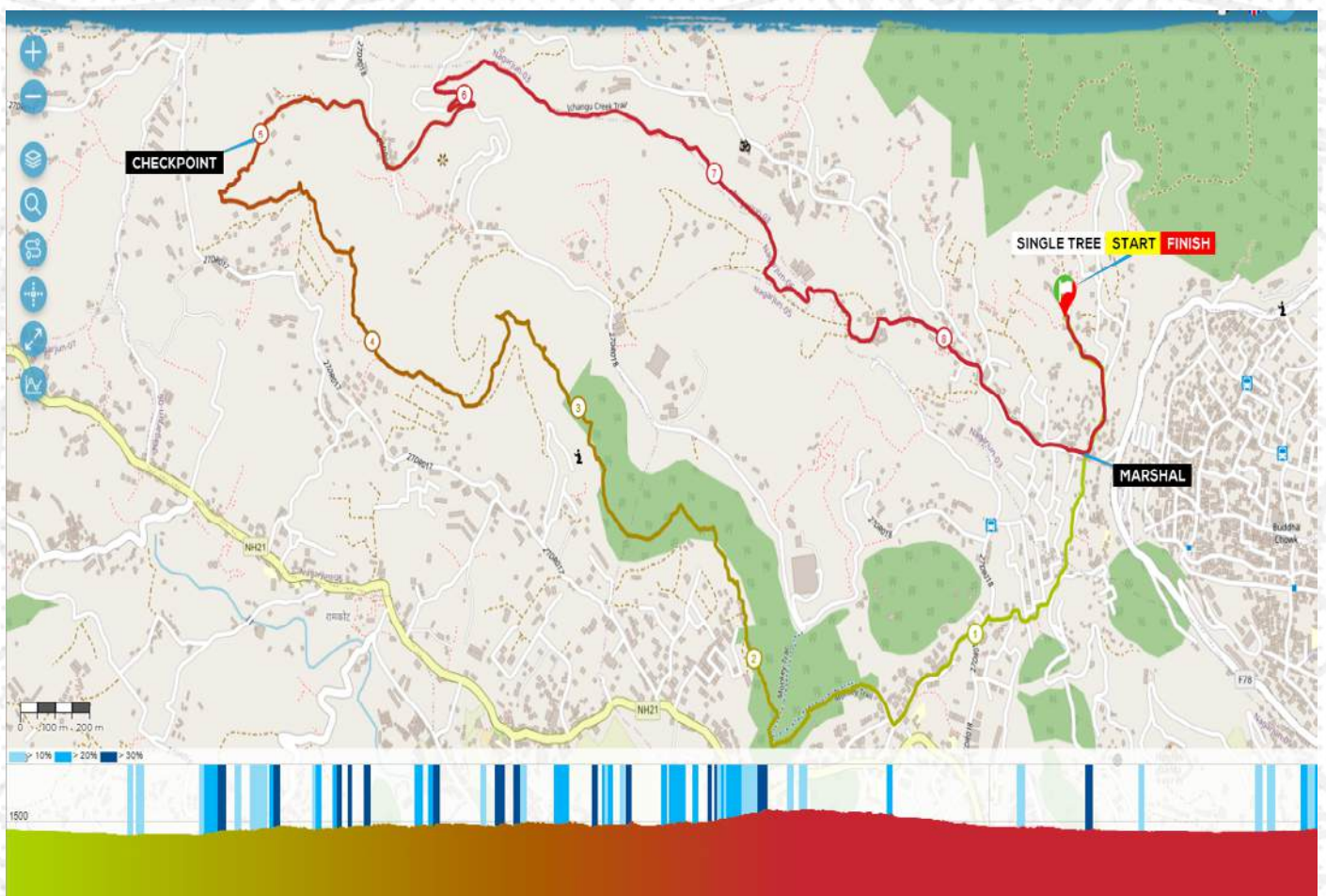
MAX ELEVATION: 1610 M

MIN ELEVATION: 1380 M

*Please Note: Distances may vary between different GPS devices.



COURSE MAP, CHECKPOINTS





ASIA TRAIL MASTER
MANJU TREE TRAIL RACE

**A FUN RUN THAT BRINGS
PEOPLE TOGETHER
FOR ALL AGES.
FOR ALL WALKS OF LIFE.**

A celebration of community, adventure, and the joy of the trails!



RACE SUMMARY

Category:	MTR 10K
Pickup Date & Time:	15th March 2025, 7:00 AM
Pickup Location:	Makalu Oil Store Click For Location
Race Briefing:	8:30 AM
Start Time:	9:00 AM
Start Location:	Powna Home, Single Tree Click For Location
Finish Location:	Powna Home, Single Tree Click For Location
Race Duration:	6 Hours
Race Cut-off Time:	03:00 PM, Saturday, 15th March, 2025



BIB INFORMATION

For the 10K race, bib numbers will start from 01 onwards, and the bibs will be Yellow.

For the 10K race, there will be an aid station & water-point in a 5 Km distance from the start-line.



MANDATORY GEAR



MUST BE CARRIED AT ALL TIMES DURING THE RACE

ITEM	DESCRIPTION	100M	100K	50K	30K	10K
	Hydration Bag	✓	✓	✓	✓	
	Water Supply of Minimum 1 Liter	✓	✓	✓	✓	
	Proper Trail Running Shoes	✓	✓	✓	✓	
	Mobile Phone with Fully Charged Battery, Out Call Balance & Downloaded Race GPX Map	✓	✓	✓	✓	
	Emergency Whistle. (Can be a whistle on your backpack).	✓	✓	✓	✓	
	200 Lumens (12 Hours) Headlamp Fully Charged with Extra Batteries	✓	✓	✓		
	Waterproof / Windproof Jacket with Hood	✓	✓	✓		
	Base Layer / Thin Warm Layer	✓	✓	✓		
	Extra Food of 700 Calories	✓	✓	✓		
	Emergency Blanket	✓	✓	✓		
	Power Bank	✓	✓	✓		

OPTIONAL GEAR



COROS

THE "FASTEST"
WATCH TO NAVIGATE
YOU AROUND THE
KATHMANDU VALLEY RIM



MTR 2025 OFFICIAL
MERCHANDISING
PARTNER

ADVENTZEE
www.adventzee.com



NOT MANDATORY & UP TO THE RUNNER'S PREFERENCE

ITEM	DESCRIPTION	100M	100K	50K	30K	10K
	GPX Watch	✓	✓	✓	✓	✓
	Sunglasses	✓	✓	✓	✓	✓
	Sunscreen	✓	✓	✓	✓	✓
	Hat / Cap / Buff for Sun Protection	✓	✓	✓	✓	✓
	Spare Warm Clothes	✓	✓	✓	✓	✓
	Cash Money	✓	✓	✓	✓	✓
	Extra Water / Snacks	✓	✓	✓	✓	✓
	First Aid Kit (For Treating Minor Wounds)	✓	✓	✓	✓	
	Full or Half Gloves	✓	✓	✓	✓	
	Running Poles	✓	✓	✓	✓	

EXAMPLES OF MARKINGS

PLEASE LOOK OUT FOR THESE MARKINGS 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 WHERE RUNNERS ARE EXPECTED TO RUN DURING THE NIGHT



REFLECTORS HAVE BEEN PLACED AT PLACES WHERE RUNNERS 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 KM OF THE MTR 50K RACE ARE MARKED WITH PINK AND WHITE MARKINGS. AFTER THAT, THE RUNNERS WILL CONNECT TO THE MAIN TRAIL, WHICH ARE MARKED WITH YELLOW AND WHITE



RACE DAY INFORMATION

COURSE MARKINGS

Always be sure to follow course markings, ribbon markings and signages on race day, which is better over any maps or GPX files. Course markings will reflect any last-minute course re-routes.

WEATHER

Please be sure to check the weather before race day. Weather can range from high temperatures during the day to cold & windy at the highest points. Ensure that you are prepared with appropriate clothing and gear.

MEDICAL

Certified medical personnel will be located at every major aid station (except remote stations). There will also be a medical tent with certified medical personnel at the finish line at Single Tree.

RACE VENUE

- Parking for private vehicles will only be available on the roadside which is also very limited so it is advised not to bring your vehicles at the race venue. Use car / bike sharing instead.
- Toilets are available at the Race Start / Finish Venue.
- Participants will be responsible for their own belongings.
- Drop Bags service will be available only for the 100M, 100K, 50K & 30K runners.

AID STATIONS

- Aid stations will be located throughout the course.
- Hot food & soups at main rest points

RUNNER CARE AT CHECKPOINTS:

- Basic first aid / blister care
- Cold & heat spray

EMERGENCY CONTACT NUMBERS:

Aashish: +977 9745660875 / Jimi: +977 9851102251



GENERAL RULES & PENALTIES

1. Runners must stay on the marked course at all times. If you get lost return to the last sighted marking or check point. Short cuts are not permitted.
2. The race number must be worn visibly at all times.
3. Withdrawal from the race can only be at the checkpoints. Tell an aid station staff that you have decided to drop out of the race.
4. If you need first aid help on the course, you must use the emergency phone numbers provided and contact the event organizers who will arrange to retrieve you if required.
5. Runners must carry the mandatory gear at all times during the event.
6. Assistance outside of the checkpoints is not permitted.
7. In case there is a suspicion of a runner having deviated from the course, the race organizers will review the runner's GPX and consult with marshals and other runners to determine whether this has led to an unfair advantage and make decision accordingly..
8. Any littering is unacceptable! All litter must be carried to the next water station where it can be disposed of.
9. Runners acknowledge that by participating in such an event, they accept that the route is challenging and at times designed for runners who are conditioned and trained for such an event.
10. Runners understand that medical response to emergencies may be slow due to the nature of the event and remote locations of this event.
11. Minimum age requirements: 21+ for distances 30K, 50K, 100K & 100M.
12. Competitors who have a medical condition are responsible in ensuring they are medically fit to participate in this event and do not suffer from any medical condition which can be aggravated by running.
13. If a participant encounters another runner or staff member who is injured or sick and unable to move on their own, please give priority to assisting that person by informing the organizers or an aid station staff their bib number and location.
14. It is the runner's responsibility to safely cross the road. Please always be aware of your surroundings and use caution during these sections of the course. Headphones are discouraged.

**MISSING ITEMS
FROM MANDATORY
GEAR**

1 HOUR

**ASSISTANCE
OUTSIDE
CHECKPOINTS**

15 MINS

**USING OTHER
RUNNER'S
BIB NUMBER**

DISQUALIFICATION

**LACK OF RESPECT TO
OTHERS (ORGANIZERS,
STAFFS,PARTICIPANTS)**

DISQUALIFICATION

**NOT ASSISTING
A PERSON IN
DIFFICULTY**

15 MINS

LITTERING

30 MINS

**TAKING
SHORTCUTS**

**SUBJECT TO
DISQUALIFICATION**

**ANY VEHICLE
SUPPORT
DURING RACE**

DISQUALIFICATION

FINISHER AWARDS & PRIZES

ALL FINISHERS WILL RECEIVE A FINISHER MEDAL



CASH PRIZES:

100M

OVERALL MALE & FEMALE PRIZES:

1st = NPR. 75,000/-

2nd = NPR. 40,000/-

3rd = NPR. 20,000/-

100K

OVERALL MALE & FEMALE PRIZES:

1st = NPR. 50,000/-

2nd = NPR. 25,000/-

3rd = NPR. 15,000/-

50K

OVERALL MALE & FEMALE PRIZES:

1st = NPR. 30,000/-

2nd = NPR. 15,000/-

3rd = NPR. 10,000/-

30K

OVERALL MALE & FEMALE PRIZES:

1st = NPR. 20,000/-

2nd = NPR. 10,000/-

3rd = NPR. 5,000/-

Non-Nepali winners will have the option to receive the cash prize in US\$, equivalent to the Nepali Rupee (NPR) amount, based on the prevailing exchange rate at the time of disbursement.



In addition, podium finishers will receive exciting merchandises and in-kind prizes from MTR partners & supporters.



POINTS AND INDEXES

The Manjushree Trail Race is accredited by ITRA and UTMB. In addition to this, the 100-mile, and 50 km are qualifier races for the Asia Trail Master, all distances are part of the ITRA National League and are UTMB index accredited. 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:

 ITRA 6 Points = 100 Miles

 ITRA 4 Points = 100 km

 ITRA 3 Points = 50 km

 ITRA 2 Points = 30 km

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 ITRA 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.

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 day on March 12, 2025 if you have any problems, we will have a team to register any runners.

ITRA NATIONAL LEAGUE



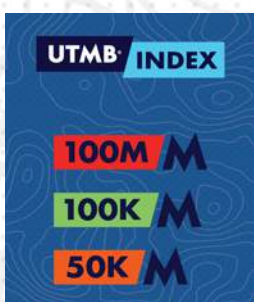
The ITRA National League is a new initiative by ITRA, where runners can compete in a national league of races that are ITRA accredited. For Nepal, you can see which races are part of the National League 2025 season here: <https://itra.run/Races/RaceCalendar?NationalLeague>

At the end of the year, ITRA announces the winners of the National 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 2024, **Priya Rai** is topping the chart second year in a row, with **Man Kumar Roka Magar** taking over from **Suman Kulung** as ITRA Nepal National League champions. For this year, the season is yet to begin, with the top three female/male ITRA athletes looking like this:

The screenshot shows the ITRA National League website navigation bar with links for ABOUT, HOW TO PARTICIPATE?, NATIONAL LEAGUE RACES, NATIONAL LEAGUE RANKING, and MORE INFO. Below the navigation bar, there are two sections: 'Top 3 men in Nepal' and 'Top 3 women in Nepal'. The top 3 men are: 1. Man Kumar ROKA MAGAR (Nepal), 2. Lokendra RAI (Nepal), and 3. Alistair MASSON (Great Britain). The top 3 women are: 1. Priya RAI (Nepal) and 2. Anita RAI (Nepal).

HOW TO PARTICIPATE ? Click link below:

<https://itra.run/Nationalleague/MoreInfo?parms=national#howtoparticipate>



In addition to the ITRA points, the Manjushree Trail Race is also UTMB accredited. The Ultra Trail Mont 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 to 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.



And never miss any opportunity to hit the trails in Nepal, Trail Running Nepal maintains a calendar of all races, which you can follow and subscribe at:

<https://trailrunningnepal.org/race-events-calendar>

ASIA TRAIL MASTER



A very exciting addition to the 2025 Manjushree Trail Race edition is that **the 100-mile and the 50 km are 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 fourfold:

- 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 organizers with a new and outsourced platform to boost international promotion and mediatization of their events, including live race coverage, as well as assist organizers 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 10 of the Asia Trail Master Championship series, with the ATM Final, i.e., the championship race to be held in **October 2025 in Vietnam**. Last year, a Nepal team competed in the ATM championship race in Borneo, putting up a fantastic performance and claiming the title in a tight team challenge against the mighty Philippines.

During the whole season, runners score points in designated races at each event on the 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 2025, 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 honor. In Nepal, **The Manjushree Trail Race** and the **Jumla-Rara Marathon** are **ATM Qualifiers**.

To learn more: www.asiatrailmaster.com

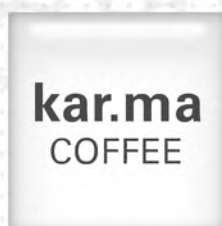


Want to know more about **Trail Race Events in Nepal ?**

www.pokharatrailraceseries.org

THANK YOU !!!

YOUR SUPPORT
FUELS OUR MISSION,
AND WE ARE
BEYOND GRATEFUL!



SPONSOR A RUNNER

SPONSOR A RUNNER THROUGH THE MANJUSHREE IMPACT FUND



Empowering Nepal's Hidden Running Talent

Over the past year, Nepal has witnessed the rise of incredible runners from some of its most remote regions. However, many of these athletes lack the financial means to travel to Kathmandu and cover registration fees, preventing them from showcasing their talent on a bigger stage.

At the **Manjushree Trail Race**, we believe that talent should never be limited by financial barriers. That's why, together with our partners, we've launched the **Manjushree Impact Fund**.

What Is the Manjushree Impact Fund?

With generous financial support from **Suman Basnet**, this fund helps cover **transportation, accommodation, and essential gear** for runners who otherwise wouldn't have the opportunity to compete. We're also exploring a collaboration with the **Jumla Rara Race** — Nepal's only other **Asia Trail Master qualifier** — to expand the fund's reach and support even more athletes in the future.

HOW CAN YOU HELP ?

- Are you racing in the Manjushree?
- Supporting a runner?
- Unable to participate this time but want to give someone else the chance?



If so, we'd love to hear from you! Contact us at info@manjushreetrailrace.com, and we'll share how your contribution directly helps deserving runners. You can also donate via our bank account No: **0170 1017 5035 05** Account Name: **Manjushree Trail Race** Bank : **Nabil Bank**

Every donor will receive a **post-race impact report**, detailing how many runners were supported and how the funds were used.

Let's work together to **open doors for Nepal's rising trail runners** and ensure that only talent, not financial limitations, determines who gets to compete!

ON THE TRAIL TO A CARBON-NEUTRAL RACE!

Manjushree Trail Race, we're not just about running—we're about protecting the trails we race on. That's why we're taking steps to become Asia's first carbon neutral trail race (as far as we know!).

RASHILA TAMANG:

A TRAILBLAZER ON AND OFF THE RACECOURSE

Rashila Tamang is more than just a champion—she's a force of nature. As one of the **founding members** of the **Manjushree Trail Race** and **Trailmandu**, she has played a key role in shaping Nepal's trail-running scene. She is the **2023 Asia Trail Master Champion** and the **2024 Runner-Up**, but beyond the podium, she's on a mission to make a lasting impact.

Running for a Greener Future

Instead of keeping her prize money from races, Rashila has been investing it in her home district of **Dhading**—by **planting fruit trees**. So far, she and her team have planted over **2,000 trees**, and they're just getting started!



Towards a Carbon-Neutral Race

With the support of **Green Intelligence**, the **Manjushree Trail Race** is calculating its **carbon footprint** and working with potential partners to fund tree-planting efforts through **Corporate Social Responsibility (CSR) programs**. Our goal? To become the first **carbon-neutral trail race** in Asia (as far as we know!).

Why This Matters

Trees do more than just offset carbon—they play a crucial role in **preventing landslides**, which are becoming more frequent in Nepal due to climate change. The **2024 floods and landslides** that devastated parts of the **Manjushree Trail** were a stark reminder of the urgent need to restore and protect our hills.

In response, the **MTR** has collaborated with local municipalities to **restore damaged trails** and aims to **plant trees on the hillsides affected by landslides**.

Get Involved

We invite you to be part of this mission! Whether you're an individual or an organization, you can help **Rashila green Nepal's valleys and hills**.

Reach out to us at info@manjushreetrailrace.com to learn more about this initiative and explore ways to collaborate.

LET'S RUN FOR SOMETHING BIGGER ~ A GREENER, STRONGER NEPAL!

THINGS THAT M

NO LITTERING

**CHARGE YOUR ELECTRONIC
GEARS AT CHECKPOINTS**

HELP FELLOW RUNNERS

**IN-CASE OF EMERGENCY
INFORM THE RACE
ORGANIZER**

HAVE A WONDERFUL RACE

www.manjushreetrailrace.com

ATTNER TO US !!!

RESPECT OUR VOLUNTEERS

FIND TIME TO EAT, DRINK & REST

ENJOY YOUR TIME ON THE TRAILS

KEEP SMILING, KEEP RUNNING



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

www.facebook.com/KVR100miles



MANJUSHREE TRAIL RACE

KATHMANDU VALLEY RIM 100 MILER



POWERED BY:

www.TRAILMANDU.com
From The City To The Mountains