

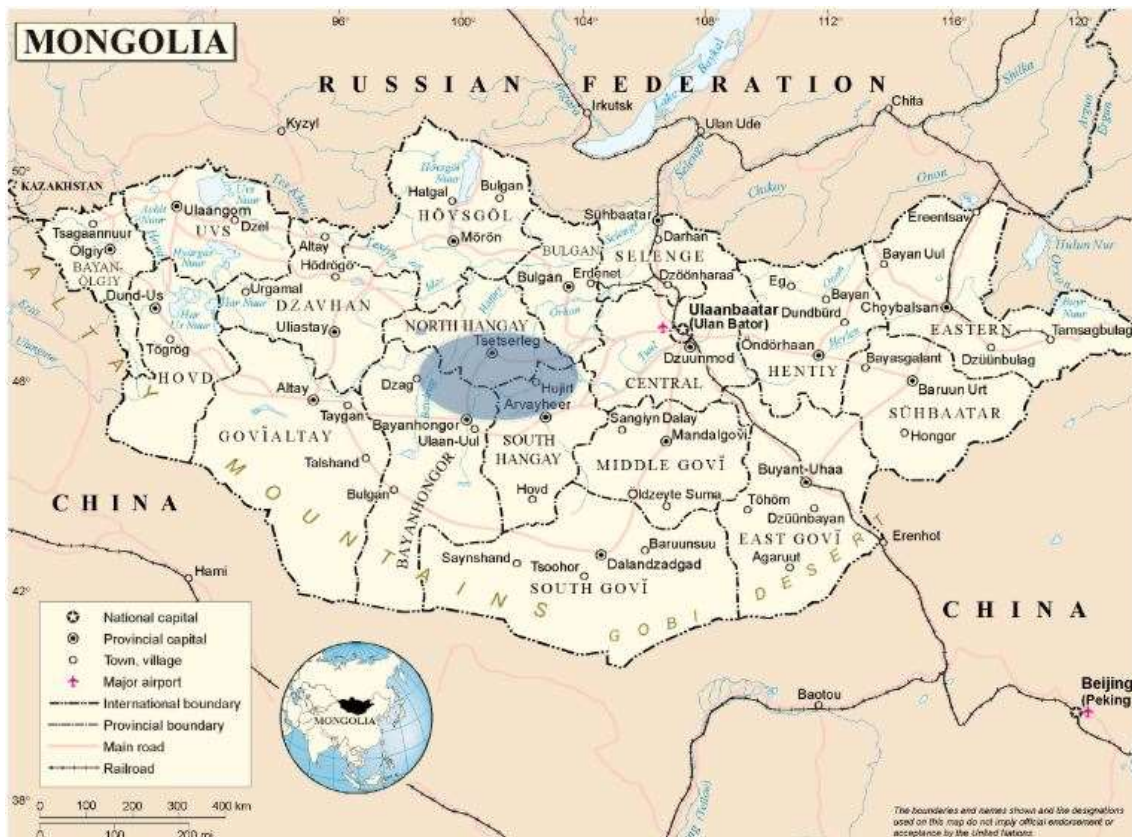


ROAD BOOK 2025





RACE AREA: MONGOLIA CENTRE



WELCOME

Welcome to **Mongolia Trail Run 2025**.

This is our sports project where trail running, adventure, culture, and Mongolia come together. We thank you for the trust you've placed in *Mongolia Trail Run*.

MTR staff are:

- Raquel Martinez**: Race assistance. She will be the contact with the technical, medical, or local staff when they are unavailable.
- David Salamó**: logistics and trail specialist.
- Otgo Jargal Dashkhuu**: Local staff coordinator
- Dr. Batamgalan "Baki"**: Race doctor.
- Joan Carbonell**: Race director.



Trip programme days 2nd and 23rd of July

*This program is subject to change for safety reasons or due to unforeseen circumstances typical of this type of event in Mongolia..

Tuesday 22nd of July

10:00h – 16:00h: Free day to visit Ulaanbaatar, capital of Mongolia. Guided tour that includes visits and lunch:

10:00. Visit to Chinggis Khaan square. Mongolia's main Gandan Tegchilen Monastery and National Museum of History.

16:00h: Transfer to the Hotel Bayangol: where the race checking and presentations will be take place..

17:00h - 18:30h Race **CHECKING** and **BIB NUMBERS** delivery:

- Time schedule:
 - 17h - 17.30h KHAN RACERS
 - 17.30h - 18h NOMAD RACERS
- 1. DOCUMENTS: ID / Accident insurance / **RACE BOOK** delivery
- 2. RACE GEAR DELIVERY: Bib number / Suitcase identification / Race T-shirt / Drop bag
- 3. RACE EQUIPMENT: Mandatory and advisable equipment revision.
- 4. GPS SUPPORT – TRACKS: download tracks or questions about it.
- 5. INTERVIEW HEALTH ISSUES: Meeting with the race's doctor in case there is something you would like to talk about with him.
- 6. AUDIOVISUAL MEDIA INTERVIEW.

18:30h Presentation of the race and then welcome dinner at the hotel.

- Bayangol Hotel, Chinggis Avenue-5, Ulaanbaatar 14251, Mongolia

Wednesday, 23rd of July

6:00h-7:00h - Breakfast and hotel check out.

8:00h - Depart for *Khogno Khan* gers camp at **Elsen Tasarkhai dunes**

- Stop in Mongolian Nomad Festival to enjoy the nomad parade and Naadam festival
- We continue towards Elsen Tasarkhai. Stop for meal on the way.

Elsen Tasarkhai are beautiful sand dunes that extend about 80km x 5km in a beautiful valley.

- Visit to the **Khogno Khan** temple
- **19:00h.-21:00h** Briefing and dinner



Trip programme days 24th to 28th of July

Thursday, 24th to Monday 28th (STAGES 1 to 5)

Breakfast will be served 2 hours before the start of each stage (details will be provided in the RACE-BOOK given to you).

Stages 1 to 5, departures between **8:00h and 9:00h**

Buffet meals at the finish line of each stage, approximately from 12:00h a 16:00h.

Transfers to the camps where we will spend the night, not all the stages include a transfer.

Dinner and Briefing from 19:00h to 21:00h.

Trip programme days 29th and 30th of July

Tuesday, 29th of July (STAGE 6 – 10.05 Km +18 m)

7:00 - 9:00 - Breakfast

9:30 - Start of the sixth stage for both khan and nomad racers (departure from the URGUU camp)

10:15-11:30 - Arrival of the racers to the finish line inside **the Erdene Zuu Monastery**

12:00 – Transfer to camp, meal and shower.

15:00 – Departure to visit the *Monastery Temple Erdene Zuu* and the city of **Kharkhorin**.

19:00 Dinner and final awards ceremony at URGUU tourist camp.

Wednesday, July the 30th Return to *Ulaanbaatar*

07:30 Breakfast at the camp.

09:00 Return to Ulaanbaatar.

15.00h: Once we arrive in Ulaanbaatar the adventure is over.



IMPORTANT INFORMATION

- **GAITERS:** Recommended only for the first stage in the dunes, to prevent sand from coming into contact with the feet, desert-specific ones are advised.
- **HYDRATION:** It is advisable to always carry a minimum of 1L of water on the route and refill at the aid stations. (1.5 liters in stage 1)
- **WATER:** It is advisable to drink only bottled water, as well as for personal cleansing of mucous membranes.
- **FOOD:** It is recommended to carry a minimum amount of high-calorie food for each stage during the race. At the aid stations you will find fruit, cookies and nuts.
- **MOSQUITO/FLY REPELLENT:** It is advisable to have mosquito-fly repellent on hand, especially at dawn and dusk. For those who are uncomfortable with insects, it is recommended to bring a bed mosquito net.
- **ANIMALS:** There are no dangerous animals in the race area; you may come across cows, goats, camels, horses, vultures, deer, and foxes. Perhaps the most dangerous animals are the shepherds' dogs, as they protect the livestock. It is advisable to be cautious around them until their owner is nearby. That said, Mongolia is pure, untamed nature, so caution is always recommended.
- **RIVERS:** Along the route, we will have to cross several rivers. Sometimes we will use bridges, and other times we will cross directly where the water flow is lowest or the river is shallower. In the daily technical briefing, we will inform you of these details.
- **BLISTERS:** With so many kilometers of trail running, blisters may appear on your feet, especially if sand gets into your shoes during the first stage or if you continue running with wet feet after crossing rivers. It is recommended to keep your feet well hydrated after each stage and to have second-skin dressings on hand.
- **DOCTOR:** A doctor will be with us throughout the entire race. Don't hesitate to consult him if you need help with any health issues, should they arise. The doctor speaks English, and if you need help with translation, staff members will be available to assist you.
- **MASSAGE:** On the third stage, our accommodation includes hot springs, and optionally, massage services are also available. Those interested can book in advance. For prices and reservations, please consult the local guides.
- **MARKING:** The race is marked with red flags, red tape and arrows if necessary. It is marked and checked over on the same day, a few hours before the start and it is possible that some markings may have disappeared due to weather conditions, animals or other reasons. In such cases, using a GPS is recommended. If markings are missing and there is uncertainty about the route, it is advised to:
 - Use a GPS to verify the route. If you don't have one, try to join another runner who does, even if it means losing some time.
 - Inform the staff at the next checkpoint or aid station so that we can go and check the crossing or turn.



- **I'M LOST:** If you get lost, it is strongly recommended not to continue along any path unless you are certain it is the correct one. It is advisable to return to the last point with any marks of the race and:
 - o Take a closer look in case there are markings in another direction.
 - o If it's not possible to continue, wait for another runner with a GPS or for the STAFF member closing the race (the broom).
 - o If this does not solve the problem, try to get phone signal and call the organization's phone number and try to send location (GPS data / WhatsApp / etc...).
 - o ORGANIZATION PHONE: **+ 976 99107982**
 - o At each aid station it will be checked that all the racers have passed through it before dismantling it.
 - o In an extreme case, if none of the above has worked, the organization will search for you along the route starting from the last aid station you passed.
- **CHECK POINTS:** They are located approximately every 10km. In them you will find bottled water and your passing through them will be registered (bib number and time). *Check points* are also the *aid stations*.
- **ACCUMULATION OF FATIGUE:** Since this is a stage race, fatigue will increase day after day. The toughest stage is stage number 5, which is marathon distance and 1500m of elevation gain. So keep this in mind.
- **WEATHER:** It is recommended to review the daily weather report provided by the organization to better choose your clothing and gear. Rain and wind can be intense. On hot days (30°C) you will be able to run in shorts and a short-sleeved shirt. However, if it gets cloudy, rains or is windy, temperature can drop below 10°C, especially early in the morning or late in the evening.
- **TRANSFERS FROM THE FINISH LINE TO CAMPS:** Some stages include a transfer from the finish line to the camp. At the end of the stage, all the vehicles will go together to the camp. Each runner must ensure that their bag (Drop Bag) is with them in the vehicle.
 - o **Transfer end stage 1:** 80Km by 4x4 + 20 Km road. Minimum 3h.
 - o **Transfer end stage 2:** 50Km by 4x4 + 50Km road. Minimum 2h 30m
 - o **Transfer end stage 4:** 44Km by 4x4. Minimum 1h15m
 - o **Transfer end stage 5:** 10Km by 4x4. Minimum 10 min.
- **NOMAD RACERS START:** NOMAD racers must be ready at the same time as the Khan racers. They will cheer at the Khan start (Start 1) and then be transferred by 4x4 vehicle to the NOMAD START (START 2). To keep all racers from both modalities together, the NOMAD START will take place once the first Khan runner has passed through the START 2 area. The start time for Nomad runners may vary from day to day, approximately between 10:00h and 10:30h.
- **SUITCASE DELIVERY:** During the race you will have to manage 2 types of suitcase/bags. Bags are delivered 15m before departure time.



- o **Large suitcase:** It is recommended to bring a sports bag type suitcase (**not a large rigid suitcase**). This suitcase is delivered in the morning, and we will not have it back until we arrive at the camp at the end of the day.
- o **Drop Bag:** You will find this other bag at the finish line area at the end of each stage. You can pack clothes to change into, comfortable shoes, a towel, etc. This bag is provided by the organization at the check in on the 22nd of July. It has a capacity of 30–40 liters..
- o The organization will provide you with an identification label with the bib number for each suitcase. It is important that the label is always visible.
- o You can travel with a hard suitcase to Ulaanbaatar. At the hotel we can leave our rigid suitcases with some clothes for our return after the race. **But during the race it is recommended to use soft suitcases.**
- **MTR ORGANIZATION CONTACT PHONE:** + 976 99107982. This number can be given to family members to contact the MTR organization in case of being necessary.
- **LOCAL CURRENCY:** It is possible to exchange currency at the airport and at the hotel in Ulaanbaatar. Once we move away from the capital city, the local currency will be needed. Card payment is not widely available, and not all cards are accepted. During the race, opportunities to spend money will be limited, mostly to tourist camps and a few shops in the villages.
- **SHOPS:** In the capital you can find areas nearby the hotel with supermarkets such as Carrefour/Walmart as well as 24-hour stores selling basic products.
- **TIPPING:** It is customary in Mongolia to tip the local staff for their services. On the last day we will provide some means of collecting the tips and you can voluntarily collaborate.
- **SMALL GIFTS FOR THE LITTLE ONES.** During the race, we'll come across some families and children around a ger or out on the steppes. The little ones are curious and sometimes come over to cheer us on — they'll likely accept a small gift like colored pencils or drawing notebooks. If you'd like, you can pack a few in your luggage.
- **FAQS:** We recommend having a look at the website FAQS section. Even so, you can always contact us to help you. FAQS: <https://mongoliatrailandrun.com/faqs/>

MORE INFORMATION

- **Wifi:** Coverage in Mongolia has improved significantly in recent years. In the capital and in towns, it's easy to find, and tourist camps usually have it as well.
 - o At the Bayangol Hotel in Ulaanbaatar, there is free Wi-Fi. Tourist camps also offer Wi-Fi, although it may not work very well if many people are connected — it does have its limitations.
 - o There is also the option to buy a data SIM card to have internet access on your mobile phones.
 - o *Price \$15 / *Data: 15GB / * Important: the phone must support 3G or higher.



o *To reserve it, send an email to mongoliatrailrun@naturetime.es before Monday, 14th of July.

- **End massage 3rd stage.** The third stage camp is in a hot springs area. The tourist camp offers free thermal water pools, as well as a paid massage service. If you feel like having a massage tell Raquel or the local guides in Ulaanbaatar or at any moment during the race to make the reservation.
- **Ranking:** During the race, results will be updated daily on the timing app RUNÁTICA. The tracking link is going to be <https://www.runatica.com/event/mongolia-trail-run-2025/clas>

TECHNICAL DATA MTR 25

This information is for guidance only and may vary for safety reasons. During the briefing previous to each stage, you will be given more information, including any incidents or changes should there be any.

DISTANCIA (KM)/DISTANCE (MI)			DESNIVEL (metros) / SLOPE (meters)					PUNTO SALIDA /START POINT		
Etapas/ stage	KHAN	NOMAD	Etapas/ Stage	KHAN +	KHAN -	NOMAD+	NOMAD-	Etapas/ Stage	KHAN	NOMAD
1ª	20km/12,5mi	14km/8.7mi	1ª	174	-225	152	-194	1ª	KM0	CP1 - KM 6
2ª	33km/20,5mi	14km/8.7mi	2ª	50	-50	25	-25	2ª	KM0	CP2 - KM 19
3ª	32km/20mi	13km/8mi	3ª	623	-492	238	-196	3ª	KM0	CP2 - KM 19
4ª	37km/23mi	17km/10,5mi	4ª	662	-772	235	-271	4ª	KM0	LAKE - KM20
5ª	42km/26,1mi	20km/13,7mi	5ª	1183	-1382	521	-945	5ª	KM0	CP2 - KM 21
6ª	10km/6.2mi	10km/6.2mi	6ª	10	-10	10	-10	6ª	KM0	KM0
Total	174km/108mi	88km/56mi	Total	2702	-2931	1181	-1641	Total	6	6



MONGOLIA TRAIL RUN 2025 TRACKS

To download the tracks use Wikiloc app:

<https://es.wikiloc.com/outdoor-navigation-app>

KHAN MODALITY

- STAGE 1: <https://es.wikiloc.com/rutas-carrera-por-montana/stage1-khan25-220932258>
- STAGE 2: <https://es.wikiloc.com/rutas-carrera-por-montana/stage2-khan24-176843163>
- STAGE 3: <https://es.wikiloc.com/rutas-carrera-por-montana/stage3-khan-mongolia-trail-run-177513536>
- STAGE 4: <https://es.wikiloc.com/rutas-carrera-por-montana/stage4-khan24-177514895>
- STAGE 5: <https://es.wikiloc.com/rutas-carrera-por-montana/stage5-khan25-ok-220920843>
- STAGE 6: <https://es.wikiloc.com/rutas-carrera-por-montana/stage6-khan-nomad-24-177758060>

NOMAD MODALITY

- STAGE 1: <https://es.wikiloc.com/rutas-carrera-por-montana/stage1-nomad25-220932556>
- STAGE 2: <https://es.wikiloc.com/rutas-carrera-por-montana/stage2-nomad24-176843969>
- STAGE 3: <https://es.wikiloc.com/rutas-carrera-por-montana/stage3-nomad-mongolia-trail-run-24-177514539>
- STAGE 4: <https://es.wikiloc.com/rutas-carrera-por-montana/stage4-nomad-mongolia-trail-run-24-177515609>
- STAGE 5: <https://es.wikiloc.com/rutas-carrera-por-montana/stage5-nomad25-220921434>



- STAGE 6: <https://es.wikiloc.com/rutas-carrera-por-montana/stage6-khan-nomad-24-177758060>

IMPORTANT ABOUT WIKILOC

WIKILOC WITHOUT COVERAGE: To follow a Wikiloc route **offline**, you need to download the offline map of the area and the route before losing mobile coverage. Once downloaded, you can follow the route in the Wikiloc app even without data or signal.

<https://ayuda.wikiloc.com/article/730-seguir-ruta-offline>

FREE 14-DAY WIKILOC PREMIUM: We recommend using the trial version of Wikiloc Premium during the days of the race. One of the features it offers is live tracking, as long as there is mobile coverage. While the entire route does not have full coverage, there is signal in various areas. Each time your phone has coverage, it will send your location to the contacts you've selected for tracking.

GOOD RACE TO ALL

