



## Info Mongolia Trail Run 2026 APRIL

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Hello to all participants registered so far.

We contact you again to review the documents you need to have ready and to share practical information to help you prepare for the adventure.

**Before we begin: those of you who were not yet registered when we sent the first official MTR2026 update follow this link:**

<https://mongoliatrailrun.com/en/technical-data-2/>

The document is at the bottom and is called:

*NEWS1 MONGOLIA TRAIL RUN 2026*



### TRAVEL / ACCIDENT INSURANCE

We remind you that, to fully enjoy your experience safely and at ease, you must have a sports license or travel insurance that covers accidents while hiking, trekking, or similar activities, including coverage in Mongolia. Please send us a copy, as this will make easier the pre-race checking and ensure we have it available if needed.



### FLIGHTS

Please remember to send us copies of your flights if you haven't done so yet, so we can organize your arrival in Mongolia, airport pickup, and transfer to the hotel in Ulaanbaatar.

If you haven't booked your flights yet, we recommend arriving in Ulaanbaatar on August 1st. This way, you'll have time to join the

optional guided city tour on the morning of August 2nd and attend the race checking and presentation in the afternoon.

We know the situation in the Middle East may create uncertainty, but flights with **MIAT**, **Air China**, or **Turkish Airlines** connect through Asian hubs and do not stop at Middle Eastern airports.



## **MONGOLIA TRAIL RUN 2026 PARTICIPANTS LIST**

We've published the current list of registered participants on the website, here is the link

<https://www.runatica.com/event/mongolia-trail-run-2026/list>

Starting this April, we'll be introducing those of you who have sent photos or shared your social media profiles on Instagram and Facebook.



## AIRPORT – HOTEL TRANSFERS

Upon arrival at Ulaanbaatar airport, we will meet you and provide transfer to the hotel. **This is included only for participants arriving on July 31st, August 1st, and August 2nd.**

**If you wish to use this transfer, please confirm by email.**



## ACCOMMODATION

Accommodation is included from August 2nd to August 10th. If you need accommodation in Ulaanbaatar before August 2nd or after August 10th, the local Mongolian agency can arrange it. If interested, please contact: [info@world-summit.com](mailto:info@world-summit.com) and mention you are a MTR participant.

The hotel for the night of August 2<sup>nd</sup> where the race checking and presentation will take place is:

### ***BAYANGOL HOTEL***

*Chinggis Avenue 5, Ulaanbaatar, 14251, Mongolia*

**Check-in** is from **2:00 PM**. If you arrive earlier and want room access, you can request an **early check-in service** (extra cost).

Let us know if you're interested so we can arrange it.

If your room isn't ready yet upon arrival, the hotel provides a space to store your luggage.

Accommodation during the event (hotel and race days) will be in double rooms/gers/tents, as the tourist camps where we stay have a limited number of gers.

Single accommodation is available upon request for an additional cost.

### **Approximate rates:**

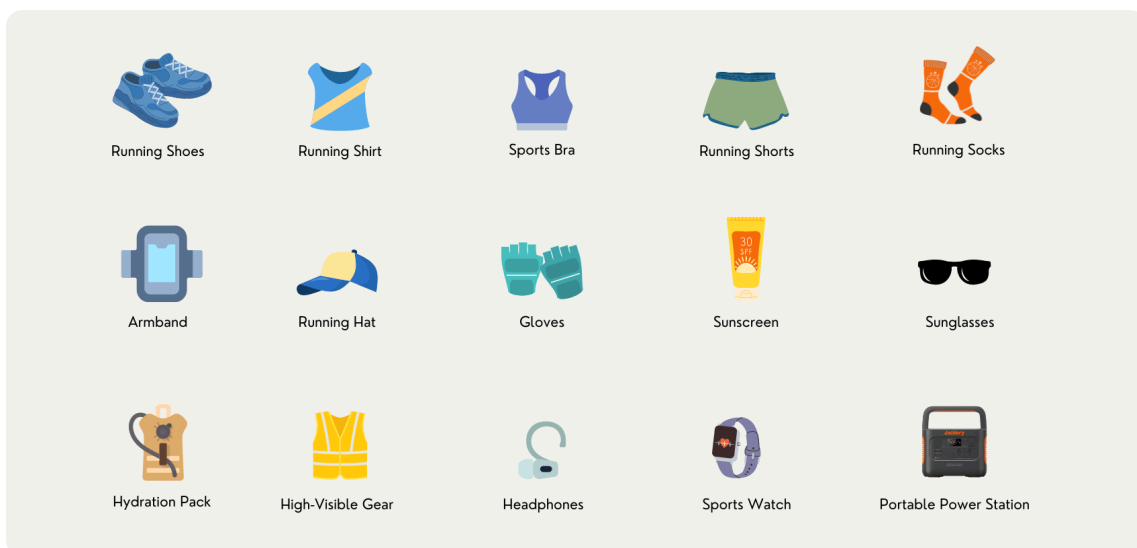
- Hotel night: \$120–\$130 per room
- Early check-in: 50% of room cost

- Single accommodation supplement: \$35–\$40 per night



## GUIDED VISIT OF ULAANBAATAR (AUGUST 2ND, 10:00 AM)

If you'd like an introduction to Mongolian culture and history, we recommend the city tour, which includes visits to temples and museums and a tasting of traditional Mongolian food. Spanish and English speaking guides and transport are included. **This is optional and at an additional cost (price to be confirmed).**



## EQUIPMENT

### MANDATORY EQUIPMENT:

Each participant must carry the following mandatory gear at the start of each stage to ensure their safety:

- **Backpack**
- **Bib fastening system** (safety pins or race belt)
- Hydration system (minimum 1 liter; 1.5 liters for the dune stage)
- **Reusable cup** for aid stations
- **Survival blanket** (minimum 200 x 140 cm)
- **Waterproof jacket** with hood (10,000 mm water column)
- **Sand gaiters** (first stage only)
- **High-energy food** (snacks, nuts, etc.)

- **Waste bag** (small mesh/plastic bag for personal trash until checkpoints)
- **GPS** device (watch or mobile phone with GPS is acceptable)
- **Headlamp** or flashlight

### **SAFETY CLOTHING:**

Weather conditions can change quickly. In adverse conditions, the organization may require technical clothing:

- **Spare t-shirt and socks**
- **Fleece** or long-sleeve thermal top (minimum 150 g)
- **Thermal hat**
- **Neck gaiter/buff**
- **Cap** or visor
- **Gloves**
- **Long pants** or tights (below the knee)
- **Waterproof pants**

### **RECOMMENDED ADDITIONAL GEAR:**

- **Extra warm clothing** for bad weather
- **Dry bag**
- **Water purification tablets** (if drinking non-bottled water)
- **Sunscreen** and **anti-chafing cream**
- **Watch with altimeter**
- **Whistle**

Below you will find the link to the **Mongolia Trail Run 2026 regulations**. Please read them carefully and contact us with any questions.

[REGULATIONS](#)



## TATONKA BAG

Finally, we present the official Mongolia Trail Run 2026 bag: the Barrel 45 travel bag by **TATONKA**, race sponsor.

We hope you like it as much as we do!

This bag will be given to you during administrative checking. You'll use it throughout the race as your "life bag": you hand it in at the start of each stage and it will be at the finish. You can store a change of clothes, warm gear, towel, etc., to stay

comfortable until reaching the camp, as some days include transfers of a few hours from the finish line to the camp.

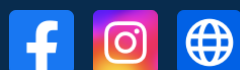
**OFFICIAL T-SHIRT:** The Mongolia Trail Run 2026 t-shirts will once again be provided by OTSO.



That's all for now—preparations for our adventure continue!

Raquel ,Mongolia Trail Run

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