



MONGOLIA TRAIL RUN

August 2 to 10,
2026



RACE BOOK

START Presentation





MONGOLIA TRAIL RUN

TECHNICAL INFO

RACE MAP





TECHNICAL INFO

RACE DISTANCES



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



01

STAGE 1 - DESERT KHAN

DISTANCE: 20KM / 12,5MI
ELEVATION GAIN: 295m+ / 325m-
WINNER TIME APROX: 2h15m (male)
/ 2h30m (female)
LAST TIME APROX: 4h
CUT OFF TIME: 6h

NOMAD

DISTANCE: 14km / 8.7Mi
ELEVATION GAIN: 195m+/215m-
WINNER TIME APROX: 1h45m (male)
/ 2h (female)
LAST TIME APROX: 3h
CUT OFF TIME: 4h30m

02

STAGE 2 – STEPPE-LAKE KHAN

DISTANCE: 33 KM / 20.5 MI
ELEVATION GAIN: 50m+ / 50m-
WINNER TIME APROX: 2h45m (male)
/ 3h00m (female)
LAST TIME APROX: 5h30m
CUT OFF TIME: 6h30m

NOMAD

DISTANCE: 14km / 8.7Mi
ELEVATION GAIN: 25m+/25m-
WINNER TIME APROX: 1h15m (male) /
1h30m (female)
LAST TIME APROX: 2h
CUT OFF TIME: 5h

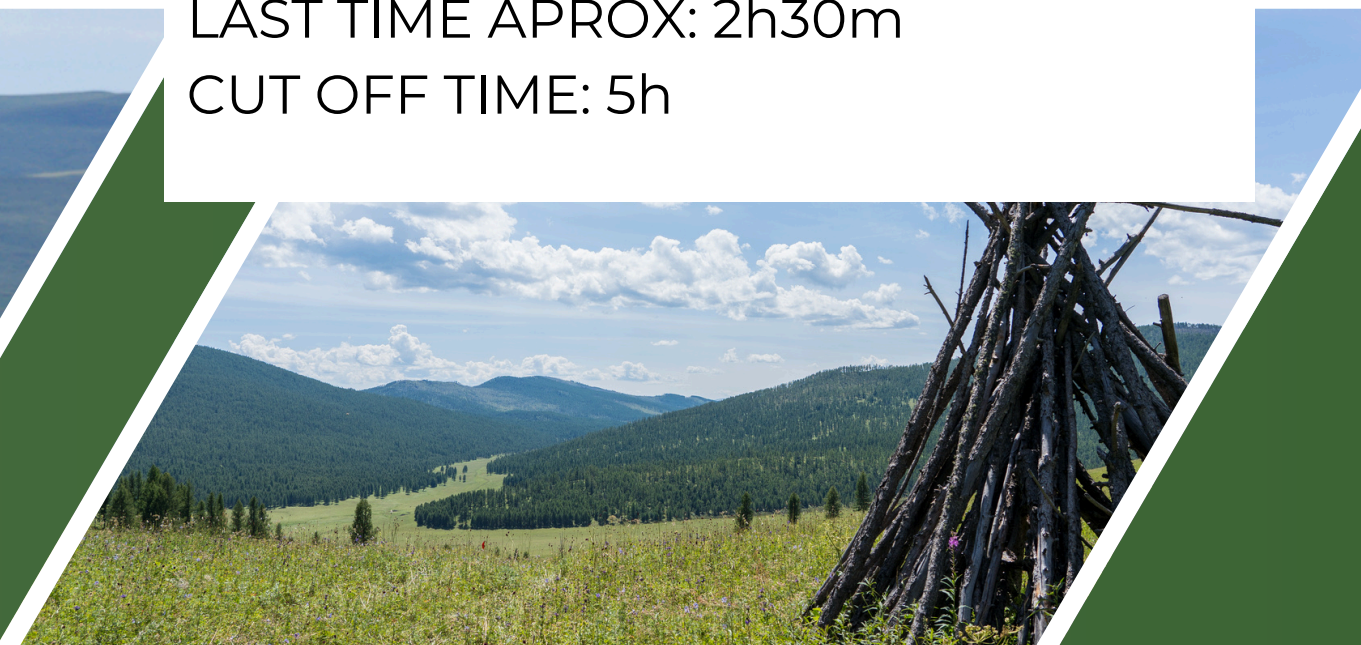
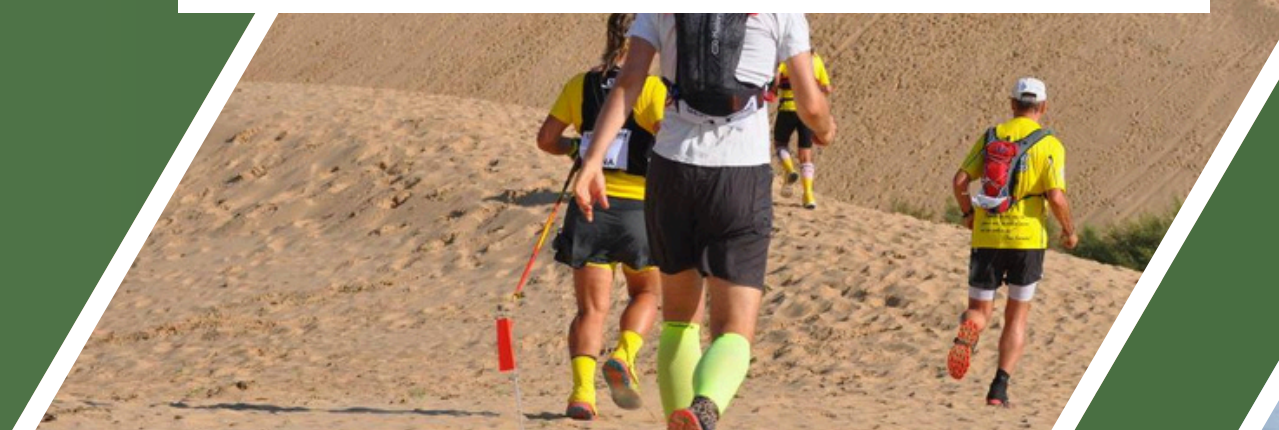
03

STAGE 3 – STEPPE-HILLS KHAN

DISTANCE: 32 KM / 20 MI
ELEVATION GAIN: 600m+ / 500m-
WINNER TIME APROX: 3h00m (male) /
4h00m (female)
LAST TIME APROX: 6h30m
CUT OFF TIME: 7h00m

NOMAD

DISTANCE: 13km / 8Mi
ELEVATION GAIN: 250m+/200m-
WINNER TIME APROX: 1h20m (male) /
1h40m (female)
LAST TIME APROX: 2h30m
CUT OFF TIME: 5h



04

STAGE 4 – HILLS & FORESTS KHAN

DISTANCE: 37 KM / 23 MI
ELEVATION GAIN: 600m+ / 700m-
WINNER TIME APROX: 3h45m
(male) / 4h15m (female)
LAST TIME APROX: 5h45m
CUT OFF TIME: 7h00m

NOMAD

DISTANCE: 17km / 10.5Mi
ELEVATION GAIN: 250m+/300m-
WINNER TIME APROX: 1h40m (male)
/ 1h50m (female)
LAST TIME APROX: 2h45m
CUT OFF TIME: 5h

05

STAGE 5 – MOUNTAIN MARATHON KHAN

DISTANCE: 42 KM / 26 MI
ELEVATION GAIN: 1200m+ / 1300m-
WINNER TIME APROX: 4h30m (male)
/ 5h00m (female)
LAST TIME APROX: 8h30m
CUT OFF TIME: 9h30m

NOMAD

DISTANCE: 21km / 13.7Mi
ELEVATION GAIN: 550m+/950m-
WINNER TIME APROX: 2h15m (male) /
2h30m (female)
LAST TIME APROX: 5h30m
CUT OFF TIME: 7h

06

STAGE 6 – KARKHORIN KHAN

DISTANCE: 10 KM / 6.2 MI
ELEVATION GAIN: 10m+ / 10m-
WINNER TIME APROX: 0h45m (male) /
0h50m (female)
LAST TIME APROX: 2h30m (walking)
CUT OFF TIME: 3h

NOMAD

DISTANCE: 10km / 6.2Mi
ELEVATION GAIN: 10m+/10m-
WINNER TIME APROX: 0h45m (male) /
0h50m (female)
LAST TIME APROX: 2h30m
CUT OFF TIME: 3h



TECHNICAL INFO

MANDATORY GEAR



ALWAYS

- Race bib: front and back visible
- Safety pins / bib holder
- Hydration system 1L minimum (1.5L required for Stage 1)
- Reusable cup (for aid stations)
- Emergency blanket (approx. 200 x 140 cm)
- Waterproof jacket with hood (water column 10,000 mm)
- Sand gaiters (Stage 1 only)
- High-calorie food to eat between aid stations (10-12 km)
- Waste bag: trash must be carried to the next checkpoint
- GPS device (phone/ watch accepted if proficient in navigation))

EXTRA SAFETY. ONLY IF ACTIVATED

- Additional warm clothing in case of adverse weather.
- Spare shirt and socks (for rain or river crossings on cold days)
- Fleece or long-sleeve thermal top.
- Thermal hat.
- Neck gaiter (buff).
- Cap or visor.
- Gloves.
- Pants or running tights (below the knee).
- Waterproof pants
- Headlamp or flashlight



TECHNICAL INFO

BIB PICKUP



PROGRAM 2 OF AUGUST

SCHEDULE:

>10:00 AM – 2:00 PM: Optional Guided Tour
(paid separately).

>4:30 PM – 6:00 PM: Bib Pickup & Gear Check

- 4:30 PM – 5:00 PM: Nomad Runners
- 5:00 PM – 5:30 PM: Khan Runners (Bibs 31–41)
- 5:30 PM – 6:00 PM: Khan Runners (Bibs 42–51)

>7:00PM: PRESENTATION AND WELCOME DINNER

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

VERIFICATIONS

DOCUMENTATION: ID / Accident insurance / RACE BOOK collection

GEAR HANDOUT: Bib / Luggage tag / Race shirt / Drop bag.

MANDATORY GEAR CHECK: Verification of safety and required equipment.

GPS & TRACK SUPPORT: Route download assistance and navigation.

MEDICAL CONSULTATION: Private consultation with the race doctor regarding health matters..

MEDIA INTERVIEW & FOTO.



PROGRAM 3 OF AUGUST

SCHEDULE:

>6:00 AM – 7:00 AM: Breakfast and hotel check-out.

>8:00 AM: Departure to Khogno Khan ger camp at the Elsen Tasarkhai dunes.

-Lunch stop (included)

The **Elsen Tasarkhai sand dunes** stretch across a spectacular 80 km x 5 km valley.

-Visit to Khogno Khan temple in the afternoon

> 7:00 PM – 8:00 PM: Dinner and briefing



TECHNICAL INFO PROGRAM



PROGRAM 4 TO 8 OF AUGUST

STAGES 1 to 5:

- > **Breakfast:** Served starting two hours before the scheduled start time of each stage
- > **Stage Starts (Stages 1–5):** Race starts between 8:00 AM and 8:30 AM.
- > **Lunch:** Buffet-style dining available at the finish line from approximately 12:00 PM to 4:00 PM.
- > **Camp Transfers:** These vary depending on the overnight camp location.
- > **Dinner and Briefing:** 7:00 PM to 8:00 PM

PROGRAM 9 & 10 OF AUGUST

Sunday, August 9: STAGE 6 (10 KM)

- > 7:00 AM – 9:00 AM: Breakfast
- > 9:30 AM: Start of Stage 6 (mass start for all runners departing from Urguu Camp, Kharkhorin)
- > 10:15 AM – 11:30 AM: Runners arrive at the finish line inside the Erdene Zuu Monastery.
- > 2:00 PM: Short transfer to camp, followed by lunch and showers
- > 3:00 PM: Departure for a visit to the Erdene Zuu Monastery Temple and the city of Kharkhorin
 - >7:00 PM: Dinner and final Awards Ceremony at Urguu Camp (Kharkhorin)

Monday, August 10: RETURN TO ULAANBAATAR

- > 7:30 AM – 8:30 AM: Breakfast
- > 9:00 AM: Return journey to Ulaanbaatar (lunch on the road included)
- > 3:00 PM – 4:00 PM: Arrival at the Bayangol Hotel in Ulaanbaatar and official end of the adventure.

TECHNICAL INFO PROGRAMME >>>>

STAGE PLANNING

DAILY SCHEDULE			STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6	
TIME	FRIDAY 2ND	SATURDAY 3RD	SUNDAY 4TH	MONDAY 5TH	TUESDAY 6TH	WEDNESDAY 7TH	THURSDAY 8TH	FRIDAY 9TH	SATURDAY 10TH
6:00			Breakfast and then luggage drop off	Breakfast and then luggage drop off	Breakfast and then luggage drop off	Breakfast and then luggage drop off	Breakfast and then luggage drop off		
6:30			TRANSFER						
7:00		Breakfast	START KHAN				START KHAN		Breakfast
7:30			TRANSFER	START KHAN	START KHAN	START KHAN		Breakfast and then luggage drop off	
8:00			TRANSFER NOMAD				TRANSFER NOMAD	KHAN AND NOMAD STARTS	
8:30			START NOMAD	TRANSFER NOMAD	TRANSFER NOMAD	TRANSFER NOMAD			
9:00							START NOMAD		
9:30				START NOMAD	START NOMAD	START NOMAD			
10:00									
10:30	GUIDED CITY TOUR (optional)	TRANSFER FROM ULAANBAATAR TO ELSEN TASARKAHI						FINISH LINE	TRANSFER TO ULAANBAATAR
11:00								10 min. TRANSFER	
11:30									
12:00									
12:30									
13:00									
13:30									
14:00									
14:30			CUTT OFF TIME						
15:00									
15:30				CUTT OFF TIME					
16:00					CUTT OFF TIME				
16:30			TRANSFER 3h minium			CUTT OFF TIME			
17:00									
17:30	RACE REGISTRATION CHECKING			TRANSFER 2.30h minium		TRANSFER 1.15m minium			
18:00		Visit to the Khogno Khan Monastery					CUTT OFF TIME		
18:30							10 min. TRANSFER		
19:00	PRESENTATION + DINNER + BRIEFING NEXT DAY								
19:30		DINNER - BRIEFING NEXT DAY	DINNER - BRIEFING NEXT DAY	DINNER - BRIEFING NEXT DAY	DINNER - BRIEFING NEXT DAY	DINNER - BRIEFING NEXT DAY	DINNER - BRIEFING NEXT DAY	DINNER - AWARDS CEREMONY	
20:00									
20:30									
21:00									
21:30									

ONCE YOU FINISH EVERY STAGE, YOU HAVE LUNCH TIME / UNA VEZ FINALIZADA CADA ETAPA, HABRÁ LA HORA DEL ALMUERZO.

TECHNICAL INFO PROGRAMME>>>>

NOMAD STARTS

NOMAD RUNNERS ONLY

- > TNomad runners must be ready at the same time as Khan runners.
- > Hand in your main luggage and cheer for the Khan runners at their race start.
- > You must remain with your drop bag until your specific start time. Your drop bag will always travel in the same vehicle as you.
- > Transfer to **NOMAD START (START 2)**. Vehicles will depart for the Nomad Start line, making stops along the way to cheer on the Khan runners.
- > The Nomad stage will begin after the leading Khan runners pass through the area (approximately 10:00 AM).
- > This schedule is subject to last-minute organizational changes or adjustments based on the pace of the race.

- GAITERS:** Highly recommended for Stage 1 to prevent sand from entering your shoes and causing blisters. Desert-specific gaiters are strongly advised.
- HYDRATION:** Runners must carry a minimum of 1L of water along the route and refill at all available aid stations (1.5L required for Stage 1).
- WATER:** Drink bottled water only. Use bottled water for personal hygiene and brushing your teeth as well..
- NUTRITION:** We recommended to carry a baseline supply of high-calorie food for each stage. Aid stations will provide supplementary fruit, cookies, and nuts.
- INSECT REPELLENT:** Keep mosquito and fly repellent easily accessible, especially at dawn and dusk. Runners sensitive to insects are strongly encouraged to bring a personal bed net.
- WILDLIFE & LIVESTOCK:** There are no predatory or dangerous wild animals in the race area; however, you will likely encounter cows, goats, camels, horses, vultures, deer, and foxes. The most dangerous animals on the route are **shepherd dogs** guarding livestock. Maintain a safe distance and exercise extreme caution around them until the owner is present. Remember that Mongolia is nature in its purest form—always respect the wildlife.



- **RIVER CROSSINGS:** The route includes several river crossings. Some will feature bridges, while others must be crossed on foot where the water level is lowest. Detailed instructions for each crossing will be provided during the evening technical briefing before each stage.
- **BLISTERS:** Given the long distances, blisters are a common risk—especially if sand enters your shoes during Stage 1 or if you run with wet feet after river crossings. We highly recommend moisturizing your feet thoroughly after each stage and carrying specialized blister patches (such as Compeed or second-skin).
- **DOCTOR:** A race doctor will accompany the event throughout all stages. Please do not hesitate to consult them for any health issues that may arise. The doctor speaks English, and organization staff will be available if you require translation assistance.
- **MASSAGE:** At the Stage 3 camp, the accommodation features natural hot springs and offers optional massage services. If you are interested, you can book these directly with the local guides upon arrival.
- **RACE MARKINGS:** The route is marked using red flags, red tape, and directional arrows. Markings are placed and verified just hours before the race start each day. However, weather, wind, or local wildlife can occasionally cause a marker to disappear. In these rare cases, please follow these protocols:
 - Use your GPS: Always rely on your GPS device or watch to verify the track.
 - Team Up: If you are unsure of the route and do not have navigation, wait and join a runner who has a working GPS track, even if it costs you some time.
 - Report Issues: Immediately notify the staff at the next checkpoint or aid station so our crew can quickly head out to re-mark the junction.



- **IF YOU ARE LOST:** If you lose the trail, do not continue moving forward if you are uncertain of the correct route. Immediately backtrack to the last visible race marker and follow these steps:
 - Scan the Area: Search carefully in all directions to see if the markers pivot onto a different trail or junction.
 - Wait for Support: If you cannot find the path, stay at the last known marker and wait for a runner with a GPS device or the official sweep/sweeper staff closing the course.
 - Contact Organization: If you remain lost, locate cellular signal and immediately call the race organization emergency number. Try to share your live coordinates via GPS data, WhatsApp, or text message.
 - ORGANIZATION PHONE: **+976 990 76004**
- Every aid station verifies that all participants have safely cleared the section before dismantling the site. In the extreme event that a runner remains unaccounted for and all standard communication fails, the organization will deploy a search and rescue team to scour the trail section starting from your last recorded checkpoint.
- **CHECKPOINTS:** Located approximately every 10 km, checkpoints coincide directly with aid stations. You will find bottled water at these stations, and it is mandatory to have your passage registered (bib number and time checked by staff).
- **ACCUMULATED FATIGUE:** As this is a multi-stage event, fatigue will compound day after day. Keep in mind that Stage 5 is the most demanding, featuring a full marathon distance and 1,500 meters of elevation gain. Pace yourself accordingly.
- **WEATHER:** Check the organization's daily weather update every morning to select your apparel wisely. Rain and high winds can be intense in this region. While sunny days can reach 30°C (perfect for shorts and short-sleeve tops), conditions can change rapidly. If it clouds over, rains, or gets windy, temperatures can plunge below 10°C—especially during early



· **POST-STAGE CAMP TRANSFERS:** Some stages conclude with a mandatory vehicle transfer from the finish line to the overnight camp. Once all runners have crossed the finish line, the group will transfer together. **Crucial Rule: Each runner is personally responsible for ensuring their designated Drop Bag is loaded into the same vehicle they are traveling in.**

- Stage 1 Finish Transfer: 80 km off-road + 20 km paved road (Approx. 3 hours minimum)
- Stage 2 Finish Transfer: 50 km off-road + 50 km paved road (Approx. 2.5 hours minimum)
- Stage 4 Finish Transfer: 44 km off-road (Approx. 1 hour 15 min minimum)
- Stage 5 Finish Transfer: 10 km off-road (Approx. 10 min minimum)

· **NOMAD CATEGORY RACE STARTS:** Nomad runners must be ready at camp simultaneously with the Khan runners. You will cheer for the Khan field at the main start line (Start 1) before being transferred via 4x4 vehicles to the Nomad start line (Start 2). For security reasons, the Nomad race will start immediately after the leading Khan runner passes through the Start 2 checkpoint. Consequently, your exact start time will fluctuate daily, occurring approximately between 10:00 AM and 10:30 AM.

· **BAGS/LUGGAGE:** Throughout the race you will manage two distinct types of luggage. All bags must be handed over to staff 15 minutes before the daily race start time.

- Main Luggage (Large Bag): A heavy-duty sports duffel bag is highly recommended (do not bring large, hard-shell suitcases on the trail). This bag is loaded onto the vehicles each morning, and you will have absolutely no access to it until you arrive at the overnight camp.
- Drop Bag: This 30/40 liter bag is provided by the organization during registration. It will be waiting for you right at the finish line of each stage. Use it for recovery items such as a change of technical clothes, comfortable camp shoes, hygiene items, and a towel.
- The organization will provide tags displaying your bib number for both bags. You must ensure these tags remain securely attached and clearly visible at all times.
- You may travel to Mongolia with a hard-shell suitcase. The host hotel in Ulaanbaatar will safely store your hard luggage until you return. Only soft-sided duffel bags are permitted on the race vehicles.



MTR ORGANIZATION CONTACT PHONE: + 976 99076004. *This number can be shared with family members to contact the MTR organization if needed.*

· **GIFTS FOR LOCAL CHILDREN:** During the race, you will encounter nomadic families and children living in gers along the steppes. The local children are often curious, friendly, and may approach to cheer you on. If you wish, you can pack small gifts in your luggage to hand out, such as colored pencils, markers, or drawing notebooks. They are always deeply appreciated.

· **FAQS:** We highly recommend checking the official FAQ section on our website. Even so, you can contact us for help.
FAQS: <https://mongoliatrailrun.com/faqs/>

· **MASSAGE SERVICE (STAGE 3 FINISH):**

The overnight camp for Stage 3 is located in a natural hot springs area. The resort features complimentary thermal water pools for all participants, alongside optional, paid massage services. If you would like to book a massage session, please notify the guides during registration in Ulaanbaatar or at any point during the race.

· **RESULTS TRACKING.** During the race, official results will be updated daily on the Runática timing app. The live tracking link will be:

[HTTPS://WWW.RUNATICA.COM/EVENT/MONGOLIA-TRAIL-RUN-2026/CLAS](https://www.runatica.com/event/mongolia-trail-run-2026/CLAS)





APP WIKILOC

TRACKS MONGOLIA TRAIL RUN 2026

To download the tracks we use the **Wikiloc** app:
<https://es.wikiloc.com/outdoor-navigation-app>

FREE 14-DAY WIKILOC PREMIUM TRIAL

> THE **PREMIUM** VERSION ALLOWS TO:

- DOWNLOAD TRACKS AND OFFLINE MAPS DIRECTLY TO YOUR PHONE.
- SHARE LIVE TRACKING WITH YOUR CONTACTS.

> THE **STANDARD** (FREE) ACCOUNT ALLOWS TO:

- DOWNLOAD THE ROUTE FILES IN GPX FORMAT TO YOUR PHONE, WHICH YOU CAN THEN UPLOAD INTO YOUR PREFERRED NAVIGATION APP (SUCH AS ORGANIC MAPS, MAPS.ME, OSMAND, GAIA GPS, ETC.).

> **DON'T WAIT** UNTIL YOU ARRIVE IN MONGOLIA TO SET THIS UP! DOWNLOAD YOUR MAPS AND TEST YOUR SYSTEM BEFORE DEPARTURE.

TRACKS & OFFLINE MAPS

> Several sections of the race route will have absolutely no cellular coverage. However, your device's built-in GPS will still function perfectly without a signal, provided you prepare beforehand.

> You must download the route tracks for each stage and the offline map of the region before departing. Wikiloc offers this feature directly through its Premium account.

How to **Navigate Offline**: Once the route and regional maps are completely downloaded to your phone, you can follow the trail seamlessly inside the Wikiloc app—even with your device set to airplane mode or completely disconnected from cellular data.

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





01

STAGE 1 - DESERT

KHAN TRACK

DISTANCE: 20KM / 12,5MI

STAGE 1 - DESERT

NOMAD TRACK

DISTANCE: 14km / 8.7Mi

02

STAGE 2 – STEPPE-LAKE

KHAN TRACK

DISTANCE: 33 KM / 20.5 MI

STAGE 2 – STEPPE-LAKE

NOMAD TRACK

DISTANCE: 14km / 8.7Mi

03

STAGE 3 – STEPPE-HILLS

KHAN TRACK

DISTANCE: 32 KM / 20 MI

STAGE 3 – STEPPE-HILLS

NOMAD TRACK

DISTANCE: 13km / 8Mi





04

STAGE 4 – HILLS & FORESTS

KHAN TRACK

DISTANCE: 37 KM / 23 MI

STAGE 4 – HILLS & FORESTS

NOMAD TRACK

DISTANCE: 17km / 10.5Mi

05

STAGE 5 – MOUNTAIN MARATHON

KHAN TRACK

DISTANCE: 42 KM / 26 MI

STAGE 5 – MOUNTAIN HALF MARATHON

NOMAD TRACK

DISTANCE: 21km / 13.7Mi

06

STAGE 6 – KARKHORIN

KHAN & NOMAD TRACK

DISTANCE: 10 KM / 6.2 MI





MONGOLIA TRAIL RUN

2-10 August 2026



THANK

YOU

