



SILK ROUTE ULTRA (17,618 ft.)

Beyond All Limits



3rd Edition – Thursday 5th September 2024

RUNNERS INFORMATION GUIDE

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About Silk Route Ultra

The Silk Route Ultra is one of the toughest and highest ultra marathon in the world.

What makes this ultra run the toughest? Is it distance of 122km, weather, terrain, quality of support (hydration and nutrition), speed, competitiveness on race day....well the variables are many. Most discussions come to a halt before the altar of breath. Oxygen content in the atmosphere depletes with altitude. Providing logistical support in such circumstances is tough, leave alone running. This is why it attracts the most courageous runners.

Set between the two greatest mountain ranges of the world, in the lap of mighty Karakoram, participants run up from the village of Kyagar (at 3000m) in Nubra valley over to the Khardung La pass (at 5370m which is higher than South Everest Base Camp) and end in Leh town (at 3504m).

Unlike any other ultra marathon participants tread the course under night sky for almost 10 hours, pushing the limits of both physical and mental human endurance.



Altitude and Acclimatization

Running at an altitude tests the limits of one's endurance, hence proper acclimatization becomes imperative. Altitude gain affects everyone and depends entirely on one's body condition as some acclimatize very fast and some take several days. With proper acclimatization, altitude should not be an issue, which is why we recommend runners of this challenge to arrive at least 10 days ahead of race day to prepare themselves. And once you have arrived in Leh, do not train too hard, too soon, and maintain the pace.

For more information on altitude sickness and running, we recommend that all runners read the following articles.

<https://www.himalayanclub.org/downloads/healthy-in-high-himalayas.pdf>

<https://www.runnersworld.com/advanced/a20803047/altitude-training-for-everyone/>



Checklist

Here's a checklist to ensure a safe run!

- Read this information guide in its entirety.
- Schedule to arrive in Leh as per [bib collection dates](#) at a minimum of 10 days ahead.
- Once you have arrived in Leh please ensure to contact the Ladakh Marathon team at the Rimo Expeditions office or Ladakh Marathon Hub.
- Ensure that you have undergone the medical check in Leh which is for your own safety.
- Ensure you have proper clothing as per our [guideline](#)
- Familiarise yourself with the route map of this challenge.
- Ensure that you have provided the organisers with emergency contact and medical details.
- **All participants must report on Wednesday 4 th September at 8:00 am at the NDS Memorial Stadium (Sports) Ground Leh, as race briefing will start at 8:15 am .**
- **Portable oxygen is not allowed on race day. Participant will be disqualified if found using supplementary/portable oxygen.**
- **During the race if the vitals of a participant are found to be abnormal then our medical team will have the right to pull you out of the race. Their decision is final and binding.**

Route, Timing and Cut-Off time

This race will start at 7:00 pm on Thursday 5th September from the village of Kyagar in Nubra valley located at an average altitude of 3048m.

An extension and part of the Khardungla Challenge route, the course from Kyagar takes you up to Samstaling monastery from where you descend to Sumur. From Sumur you run along the ancient Silk Route (now the Leh-Nubra highway) to the bridge on River Shyok. You then run uphill to the village of Khalsar (3264m) followed by a gradual ascent to the village of Khardung (3975m). From here you will be running alongside the participants of Khardungla Challenge till you reach Khardungla top (5370m). From here it is a downhill all the way to finish point in Leh town at 3504m.

All along the course is on Black top road, except for some sections between Khalsar and Khardung Village (Nubra side) and South Pulu (Leh side), which is a rough road.

This is a timed race. Please ensure that your timing chip is fastened securely to your running bib. Your net running time can only be measured if you step on the timing mats laid out at the start and finish line. Likewise, you must step on all mats laid out en route this ultra-marathon course. You will be disqualified if your intermediate times are not recorded.



Stage-wise cut-off is as under:

FROM	TO	DISTANCE	CUT OFF TIME	STAGE
Start line	Khalsar	27.6km	11 pm / 4 hr	I
Khalsar	Khardung	22.4km	3:00 am / 8 hr	II
Khardung	North Pulu	17.1km	6:00 am / 11 hr	III

North Pulu	KhardungLa Top	15.1km	10:30 am / 15hr 30 min	IV
KhardungLa Top	South Pulu	14.3km	1:10 pm / 18 hr 10 min	V
South Pulu	Mendak Mor	12.1km	2:50 pm / 19 hr 50 min	VI
Mendak Mor	Leh Market (Finish)	13.4km	5:00 pm / 22 hr	Finisher

Please note that these cut-off points and timings are subject to change, should the organizer deem it to be necessary. If you have not reached the cut-off points within the given time, you MUST leave and retire from the race immediately, inform the nearest race official/volunteer and get on to a sweep vehicle. Failure to do so will result in disqualification.



Protected Area Permit (PAP)

- All participants require a permit which is obtained by the organizers of the event from the District authorities of Leh.
- Citizens of Afghanistan, Burma, China, Pakistan, Diplomatic Passport, UN Passport, International Passport, Official Passport/Visa, Journalist Passport/Visa and foreign nationals having their origin in the mentioned countries are not granted this permit in Leh and would continue to require prior approval of the Ministry of Home Affairs before their visit to Ladakh.

Medical checkup

“Participant safety is of utmost importance to us” - the medical check-up is organized with this in mind.

A pre-medical check-up for participants will be held at Kyagar village (Rimo Hotel) at 4:00 pm on Thursday

5th September. The organizer reserves the right to disallow/disqualify any participant who is known or suspected to be physically unfit for this ultra run.

At any point should you feel unsure of your ability to complete this challenge or physically not well, we recommend you to take advice from our team.

Bib and race kit collection

This is a timed race with timing chips.

It is the responsibility of participants to collect their Bib and race kit in timely manner. **It is mandatory for all participants to collect bibs in person.** All participants must provide acceptable proof of identification such as Passport / Aadhaar / Driving License etc.

BIB distribution dates are **27 th and 28 th August ONLY from 10:00 am to 6:00 pm.**

Venue is [Ladakh Marathon Expo](#) at the indoor stadium of NDS Memorial Stadium (Sports) Leh.

Your race kit includes running bib (two – for front and back) with timing chip, set of Thermal wear (upper and lower), official Silk Route Ultra T-shirt, Windproof jacket, and Ultra Sun Hat.

Kindly ensure that your running BIB is pinned properly on front and back and clearly visible at all times on race day. Failure to do so will result in disqualification.

Getting to the start point

Participants will have to report on Wednesday 4th September at 8:00 am at the NDS Stadium Grounds.

Day 1: Wednesday - 4 th September

Participants are transported to the race starting point – Village Kyagar in Nubra Valley. Travel time from Leh to the village of Kyagar village is approx. 5 hrs and participants need to carry light pack lunch and water for the day. To support the local villagers, accommodation is in local home stays/guest houses with basic clean amenities, and inclusive of high tea and dinner.

Day 2: Thursday - 5 th September

All meals are included for this day starting with breakfast, lunch and followed by an early dinner. Pre-medical checkup is conducted by official race medics this day at 3:00pm. **Report time at start line is 6:30 pm.**

No family member/friend/support crew is allowed to accompany or stay with participants Kyagar village.

Race day weather and clothing guide

Participants of Silk Route Ultra can expect temperatures in village of Kyagar to be about 8° to 14° Celsius at start time of 7:00 p.m. As you start running and ascend to village of Khalsar temperatures will drop to around 7° Celsius. Temperatures will drop further as you ascend to village of Khardung and Khardungla pass to 2° Celsius. In case of bad weather, temperatures can go as low as minus 10° to 14° Celsius. As you descend from Khardungla top to Leh, the temperatures should go up to about 10° to 15° Celsius or more, depending on the weather conditions.

Please do go through the clothing check-list [here](#). Participants are required to arrange for the following items themselves:

1. Headlamp (with spare batteries)
2. Gloves
3. Warm cap
4. Light rain jacket
5. Thermal wear
6. Hydration pack

Headlamps can be hired at nominal charges from several outdoor gear stores in the Lehmarket.

Baggage drop

Along the course there will be 3 places to layer off and baggage needs to be dropped off as under:

Layer off point	Baggage drop point
North Pulu	Kyagar village
Khardung La top	NDS Stadium – 4 th September – at briefing time
South Pulu	NDS Stadium – 4 th September – at briefing time

Please make sure you have properly labeled your belongings with the baggage tag provided in your race kit. Participants will receive a counter file for baggage tag to reclaim their belongings at layer off points and at the finish line.

For further assistance contact our Volunteers.

Facilities along the route

There will be a total of 21 aid stations along the course of Silk Route Ultra. Hydration and Aid stations will be located at every 7 km interval till the village of Khardung. After Khardung these will be at every 5km interval shared with aid stations of the Khardungla Challenge. The aid stations will provide water, energy and hot drinks along with nutritious snacks. Participants are requested to carry their own hydration pack as bottled water will not be provided and instead there will be refill facilities at the aid stations by our hydration partner [Bisleri Vedica - Himalayan Spring Water](#)

Medical facilities along this ultra-marathon course are provided by the Indian Army – 14 Corps, Ladakh Scouts Regimental Centre, ITBP and administration of the U.T. of Ladakh. Ambulances with team of doctors and medics will be plying along the route to take care of any medical emergency. Toilet facilities (environment friendly dry pits) will be available at 10 locations along the course.



Finish line and Certification

The finish point is leh Main Market, Leh. We ask all participants to respect the finish line area and ensure that celebrations do not interfere with other participants' finish line experience.

There will be Doctors and Physiotherapists at finish point to take care of participants.

Award/Podium ceremony at Finish Line

Top three (03) winners of each category will be given a podium ceremony at the finish point on 6 th September.

Fresh lunch is served at finish point by our hospitality partner [The Grand DragonLadakh](#)

All Finishers are felicitated with the Finisher Medal. Finish timing will be available same day and finisher certificate after one week. Finisher's Jacket will be sent by post by mid-November.



