



## **A few notes to remember for the participants of Khardung La Challenge and Silk Route Ultra**

### **1. Arrival and Acclimatisation**

Acclimatisation is crucial as you are running the world's highest ultra-marathons. **We hope that you have planned your arrival into Leh at least 10 - 14 days ahead of the race day. All participants are requested to contact the Ladakh Marathon Team either on the day of their arrival or the following day.**

### **2. PAP/Inner Line Permits**

ILP is required only for participants who are foreign nationals. Please visit the Ladakh Marathon Hub located at Rimo Expeditions office on the day of arrival or a day after arrival to handover passports, with a valid India visa, as same is required for the issuance of permits. Your ID proof will be returned either the same evening or the following day after the permit has been made. If you already have an inner line permit and are travelling in Ladakh prior to the race then same permit should be good.

**Holders of official/diplomatic passports are to apply for ILP through the Govt. of India, Ministry of Home Affairs in New Delhi.**

### **3. COVID Hygiene and Safety Rules for the 9<sup>th</sup> edition of Ladakh Marathon**

Participants are requested to wear face masks at the Marathon Expo and on race day at start and finish arena. Please maintain an arm's distance from your fellow participant at the expo and start and finish arena.

### **4. Your Running BIB and collection**

**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., and do not forget your facial mask.

BIB collection will take place at **NDS Memorial (Stadium) Sports Ground**, opposite LAHDC Council Secretariat on 31<sup>st</sup> August and 1<sup>st</sup> September.

**Your running BIB will be issued only if you have submitted your double vaccination certificate during registration. If not, then you are advised to share same now via email to [info@ladakhmarathon.com](mailto:info@ladakhmarathon.com).**

Your running BIB must be pinned securely on your chest and remain visible throughout on race day.

**Silk Route Ultra is a manually timed race.**

**Ultra Khardungla Challenge will have timing chips from this year.**

## 5. Timekeeping

Please ensure that your timing chip, for Khardungla Challenge, is fastened securely. 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 the marathon course. **You will be disqualified if your intermediate times are not recorded.**

## 6. Race reporting, start time and place

RACE	REPORTING	START
<u>Silk Route Ultra 122km</u>	7th September / 9:00am	8 <sup>th</sup> September / Kyagar / 7:00 pm
<u>Khardungla Challenge 72km</u>	8th September / 9:00am	9 <sup>th</sup> September / Khardung / 3:00 am

**Reporting place is LADAKH MARATHON – Khagshal (Nubra Road – Below HP Petrol Pump), Leh**

Participants will be transported to Kyagar and Khardung. Accommodation with meals will be in local homestay / tents. **Participants will have to arrange their own sleeping bags.**

Please carry your own pack lunch on the day of travel from Leh to Kyagar / Khardung.

## 7. Medical check-up.

All participants will undergo a medical check that is carried out by the medical team of Ladakh Marathon. The organiser reserves the right to disallow/disqualify any participant who is known or suspected to be physically unfit for these two challenging ultra runs.

## 8. Weather and clothing

Participants of Silk Route Ultra can expect temperatures to be about 12 Celsius in Kyagar, Nubra at start time of 7:00pm. And as you approach the Khardungla pass temperatures can drop to as low as 2 Celsius.

Participants of Khardungla Challenge can expect temperatures in Khardung village to be about 1 to 2 Celsius at start time of 3:00 a.m. In case of bad weather,

temperatures can go below freezing point to as low as minus 10 to 14 at Khardungla top.

As you descend from Khardungla top to Leh, the temperatures should go up to about 10 - 15 Celsius or more, depending on the weather conditions in Leh.

Participants are required to arrange the following themselves:

1. Gloves
2. Warm caps
3. Light rain jackets
4. Thermals
5. **Sleeping bags**

Please do go through the clothing check-list [here](#)

## 9. Facilities along the route

Hydration and aid stations will be located at every 10km interval from Kyagar in Nubra till the village of Khardung. From here onwards aid stations will be located at every 5km interval. There will be 14 aid stations in total along the route of Khardung La challenge. The aid stations will provide water, energy and hot drinks in biomass cups, along with nutritious snacks.

**PARTICIPANTS ARE REQUIRED TO BRING THEIR OWN HYDRATION PACKS, as bottled water will not be provided and instead there will be refill facilities at the aid stations.**

Medical teams and ambulances will be available along the route. Toilet facilities will be available at 6 locations along the course of this challenge.

## 10. Course of Silk Route Ultra and Khardung la Challenge

Silk Route Ultra is an extension of the Khardungla Challenge. It merges with the Khardungla Challenge from Khardung village.

Majority of the course is on black top road and in good condition except for certain sections which is under repair.

## 11. Headlamps

These will be required as it is pitch dark when you start. We request you to bring these with you. Headlamps can also be purchased from several stores in Leh town.

## 12. Baggage drop facilities

There will be a baggage deposit counter at the starting point at Khardung village. Along the course there will be 3 places to layer off clothes, namely at North Pulu, Khardungla top and South Pulu. Belongings can be collected at the finish point. Please ensure that these are clearly labeled.

### **13. Cut-off time**

Please go through the rules of the cut-off-time for these two challenges as these will be strictly adhered to. If you have not reached the cut-off points within the given time, you must leave and retire from the race immediately. Failure to do so will result in disqualification.

### **14. Finish point, distribution of medals and certificates**

The finish point is the Main Market of Leh where Finisher medals will be given at the finishing point. Winners will be given a podium ceremony. Fresh hot refreshments will be served for all participants at the finishing point.

Timing certificates will be e-mailed to finishers two weeks after the event is over.

**Ladakh Marathon Hub** – We are located at

C/o Rimo Expeditions  
Hotel Kanglhachen Complex  
(Opposite to the Police Station)  
Zangsti, Leh, Ladakh  
Timings: from 10:00 to 13:00hrs and from 15:00 to 18:00hrs

#### **Race coordinators are:**

Skalzung Lhondup + 91 8899113116  
Tsering Stobgais +91 6005632764  
Tsetan Angmo +91 9797904646

The Ladakh Marathon team is always available to assist and answer all your queries.