



LADAKH MARATHON (11,155 ft.)

Informative Handbook

Marathon, Half Marathon, 11.2 KM Run

Sunday 13th September 2026

05 KM Run for Fun

Saturday 12th September 2026



For The Resilient and The Brave

Whether you are a returnee or a first-time participant of the Ladakh Marathon, here's a checklist to ensure a safe run!

- ✓ Read this informative handbook in its entirety
- ✓ Schedule to arrive in Leh at a minimum of 10 days ahead
- ✓ Once you have arrived in Leh please ensure to contact the Ladakh Marathon Team
- ✓ Ensure you have proper clothing as per our guideline
- ✓ Familiarise yourself with the route map of this challenge
- ✓ Ensure that you have provided the organizers with emergency contact and medical details
- ✓ Please check our website and social media accounts for regular race updates



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1. About the Ladakh Marathon

The Ladakh Marathon is the highest AIMS certified Marathon at 11,555 ft. An annual running event with six running disciplines scheduled from Thursday 10th to Sunday 13th September 2026, the thirteenth edition will witness largest participation ever with athletes from diverse geographies representing all States of India and 28 countries around the World. It is a unique and tough race at high altitude with stunning landscape of Ladakh as the backdrop of the course of Marathon, Half Marathon and 11.2km Run offering unparalleled views. If you are a serious long-distance runner this will be one race that will be a “must do” and one that you will always remember and be talking about for a long time to come.



2. Course Description, Weather and What to expect

Course of the Ladakh Marathon is motorable tarmac road surface. However, unforeseen weather conditions before the event such as rain, cloudbursts etc. can lead to road surface being rough. In past years, participants have experienced rain conditions with extreme temperatures.

Morning temperatures will be around 6-8 Celsius. You will not require thermal layers while running. However, on the race day come dressed in track pants and light jacket as mornings are chilly. By finish time temperatures will go up to as high as 20-22 Celsius. In case of bad weather, temperatures can drop to as low as 1-2° Celsius.

3. Altitude and Acclimatisation

Acclimatisation is imperative as you are running at 11,500 ft. Since Ladakh Marathon is amongst the world's highest marathons the chances of participants having health complications due to the altitude is highly possible. Arriving in advance will help you acclimatise and prepare you for the run.

We advise **complete rest** on the day of arrival and not venture out to the tempting high points surrounding Leh town. Day 2 should be spent with day walks, light short distance jogging to get used to the altitude. Day 3 onwards you should be feeling good enough to do longer stretches and go higher.

In case of symptoms such as nausea, headache, loss of appetite, difficulty in breathing, unable to sleep at night, please seek medical attention immediately.

Participants of Marathon are strongly recommended to arrive at least 10 days ahead.

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

[*Healthy in high Himalayas*](#)

[*Altitude training for everyone*](#)



4. Race Protocols

- a) Participants must always follow the organisers, race officials, course Marshals, and volunteers' instructions. The organiser reserves the right to disqualify participants who refuse to follow instructions of the race officials.
- b) **Interacting with Biker Road Marshals**
Biker Road Marshals constantly patrol the route of all running disciplines to monitor participant safety and manage course integrity. They are equipped to handle emergencies and communicate directly with medical teams.
 - The Active Check-In: Whenever a biker Marshal passes you or pulls up alongside you, give a clear, intentional visual signal. A simple thumbs-up and a verbal "I'm okay" lets them keep moving to check on other participants.
 - Never Hide Distress: If you are feeling dizzy, disoriented, or nauseous, do not try to pretend you are fine when a Marshal rolls past. If you look like you are weaving or stumbling, they have the authority to halt you for a mandatory medical saturation check. Be completely honest about your physical state.
- c) Participants must conduct themselves in sportsmanlike manner and respect race officials, fellow participants, and the local people of Ladakh.
- d) All participants are to refrain from display of political, religious, or racial propaganda of any nature on apparel or gear worn or used by participants during the race(s). Any participant found in violation of this rule will be disqualified.
- e) During the race if a participant is found boarding any of the support vehicles, he/she will be disqualified.
- f) Use of portable/supplementary oxygen is not permitted. Participant will be disqualified if he/she is found using supplementary oxygen.
- g) Participants must run/walk the entire course on their own strength. If a participant receives physical support to move forward from a pacer or spectator, it results in automatic disqualification.
- h) Selfie sticks, GoPro mounts, or any camera rigging that is not attached directly to the head or torso are banned on the course of all six races.
- i) Littering is strictly prohibited. Please carry out your empty gel sachets and energy-bar wrappers or dispose of them in bins at aid stations.
- j) If the vitals of a participant are found to be abnormal before start or during the race, then our team will have the right to pull you out of the race. Their decision is final and binding.
- k) Please ensure BIB is fastened securely and ensure to step on the timing mats laid out at the start and finish line, and enroute the course of your running discipline. **You will be disqualified if your intermediate times are not recorded.**

5. Bib Collection, Race Kit and Participant Benefits

Bib collection dates are as under: **NO BIBS WILL BE GIVEN AFTER THESE DATES.**

RACE	MARATHON EXPO DATE	RACE DATE
<u>Marathon, Half Marathon, 11.2 km Run</u>	5 th and 6 th September 10:00 AM to 5:00 PM	Sunday 13 September
<u>05km Run for Fun</u>	5 th and 6 th September 10:00 AM to 5:00 PM	Saturday 12 September
MARATHON EXPO LOCATION: NDS Memorial Stadium grounds, LEH		
BIBs and race kit are to be collected in person at the MARATHON EXPO. Please keep your registration ID and official ID (Passport, Aadhaar, PAN etc) handy. BIB numbers are not transferable.		
Our medical team and volunteers at the EXPO will check health vitals and if these are found not normal for any of the participant the organiser has the right to disallow his/her participation. Your health and wellbeing are of utmost importance to us.		

To ensure the safety of all participants, running bibs will not be issued to anyone other than the registered participant. Additionally, no authority letters will be accepted for this purpose. This policy is in place to maintain the integrity of the event and to help us provide a safe and secure environment for everyone involved. Participants must collect their bibs in person and bring an ID proof.

Marathon, Half Marathon and 11.2km Run are timed races with timing chips.
Run for Fun (05km) is not a timed race.



Please make sure that running BIB is fastened securely and visible throughout the race; otherwise, disqualification will occur. 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 enroute the marathon course. **You will be disqualified if your intermediate times are not recorded.**

Race kit and Participant benefits include:

- Race Day T-shirt by **PUMA**
- Running Bib with chip (for timed races – Marathon, Half Marathon and 11.2km Run)
- **Finisher medal**
Participants who complete their respective race within the official cut-off time will get a Finisher medal at finish line and official race time with Finisher Certificate
- **Marathon – 42km** - Participants who cross the finish line after the cut-off time and until road closure which is 1:15 p.m. will not have an official result listing and finisher certificate but will still receive a finisher medal. Please collect your medal from NDS Stadium grounds (by 1:30 p.m.) as no medal will be sent later through post mail or courier.
- **Half Marathon – 21km** - Participants who cross finish line after the cut-off time and until 10:30 a.m. will not have an official result listing and finisher certificate but will still receive a finisher medal. Please collect your medal from NDS Stadium grounds (by 10:30 a.m.) as no medal will be sent later through post mail or courier.
- **11.2km Run - Participants** who cross finish line after the cut-off time and until 9:00 a.m. will not have an official result listing and finisher certificate but will still receive a finisher medal. Please collect your medal from NDS Stadium grounds (by 9:00 a.m.) as no medal will be sent later through post mail or courier.
- **05 km Run for Fun** – All participants will get a finisher medal. Please collect your medal from NDS Stadium grounds (by 9:00 a.m.) as no medal will be sent later through post mail or courier.
- **Fresh hot refreshments at the finish line – NDS Stadium grounds.**

Race	Refreshments closure time
Run for Fun (05 km)	10:00 AM - Saturday 12 th September
11.2KM Run	11:30 AM - Sunday 13 th September
Half Marathon	11:30 AM - Sunday 13 th September
Marathon	2:15 PM - Sunday 13 th September

6. Race day information and Baggage deposit

➤ Reporting place and Start line: NDS Stadium Grounds, Leh

RACE	REPORTING DATE & TIME	START TIME
Marathon	13th September / 5:00 AM	6:00 AM
Half Marathon	13th September / 5:30 AM	6:15 AM
11.2km Run	13th September / 6:00 AM	6:30 AM
Run for Fun (05km)	12th September / 7:00 AM	7:45 AM

Participants are requested to walk to NDS Memorial stadium grounds as there will be road closures on race day. The reporting time is subject to change and final reporting time will be confirmed at the Marathon Expo during BIB collection.

Participants of Marathon, Half Marathon, 11.2Km Run and 05Km Run for Fun can deposit their belongings at baggage counters which will be located at the holding area inside the NDS Stadium. These can be collected back from the same counters in the holding area after the race. Please keep your drop bags labelled before-hand to avoid inconvenience at baggage drop counter. Participants are advised not to keep electronic gadgets or valuable items in their deposit/drop bags. The organiser is not liable for any damage/loss of your items.



7. Cut-off time

Race	Cut-off time
Marathon (42.195 Km)	6 hrs 45 mins
Half Marathon (21.0975 Km)	3 hrs 45 mins
11.2 KM Run	2 hrs

Official finishers: All participants of Marathon, Half Marathon and 11.2km Run who finish within the official cut-off time will have an official result listing and finisher certificate.

Unofficial finishers: All participants of Marathon, Half Marathon and 11.2km Run who cross the finish line after the cut-off time and until road closure which is 1:15 p.m. will NOT have an official result listing and finisher certificate but will still receive a finisher medal.



8. Aid Stations and Support during the race

RACE	No of Aid Stations
Marathon	15
Half Marathon	08
11.2km Run	05
Run for Fun (05km)	01

These Aid Stations will have:

- Water – refill facility – by our hydration partner **BISLERI**, participants are requested to bring out their own hydration packs and bottles
- Energy drinks served in biodegradable cups by our energy partner **FAST&UP**
- Snacks which are free of plastic wraps and include fresh fruits, dates, boiled potatoes, salt, jaggery etc.

Toilet facilities along the course are environment friendly dry pits. Medical facilities along the marathon course are provided by the Indian Army – XIV Corps, Ladakh Scouts Regimental Centre, ITBP and The Administration of Union Territory of Ladakh. Support vehicles with medical aid will be plying along the route to take care of any medical emergency.

9. Clothing checklist

Below is just a guideline

- Dri-Fit Track pants / Running shorts / tights
- Fleece jacket
- Short sleeved / Long sleeved Dri-Fit T-shirts
- Sun hat/cap or bandanna/buff
- Spare set of socks for race day for wet weather conditions
- Sunglasses (with chums)
- Sun cream / block and lip salve of factor 25 or higher
- Hydration pack as hydration points will have only water-refill facility
- Vaseline

10. Finish Line, Podium ceremony and Post-Race Celebration

The finish line of Marathon, Half Marathon, 11.2km Run and 05km Run for Fun is NDS Stadium Grounds, Leh. We ask all participants to respect the finish line area and ensure that celebrations do not interfere with other participants' finish line experience.

Podium finishers of Marathon, Half Marathon and 11.2km Run are felicitated at the finish line on Sunday September 13 during the award ceremony which will start around 11:00 AM at NDS Memorial Stadium grounds.

Participants who complete their respective timed race within the official cut-off time will get a Finisher medal at finish line and official race time with Finisher Certificate

Participants who cross finish line of their respective timed race after the cut-off time and until road closure which is 1:15 p.m. will not have an official result listing and finisher certificate but will still receive a finisher medal. Please collect your medal from NDS Stadium grounds (by 1:30 p.m.) as no medal will be sent later through post mail or courier.

**Fresh hot refreshments will be served at the finish line – NDS Stadium grounds.
Please follow the signages and queues.**

Race	Refreshments closure time
Run for Fun (05 km)	10:00 AM - Saturday 12 th September
11.2KM Run	11:30 AM - Sunday 13 th September
Half Marathon	11:30 AM - Sunday 13 th September
Marathon	2:15 PM - Sunday 13 th September



11. The Power of your Impact

Your participation in the Ladakh Marathon has a direct impact on the local economy and represents something much larger.

- **Direct Financial Assistance:** The tourism and agricultural seasons in these high valleys are incredibly short. The income generated from hosting Ladakh Marathon runners goes directly into the hands of local families. Even if the amount seems small to a traveller, it provides critical financial support for winter supplies, heating fuel, and children's education.
- **Sustainable Sport Tourism:** By staying locally and cooperating gracefully with the basic conditions, you help prove that mass athletic events can positively lift remote communities without destroying their environmental integrity.
- You will remember the incredible warmth of the local people of Ladakh who wished you "Julley" (the Ladakhi greeting/blessing) along the course Marathon course.

