

# 1st International Saga Dawa Running Festival Information Sheet

(May 10–11, 2025)



*Celebrating Movement, Art, and Spirituality in the Himalayas*

Held in honor of Saga Dawa, the sacred Buddhist festival commemorating the birth, enlightenment, and parinirvana of Lord Buddha, the International Saga Dawa Running Festival will introduce a unique running experience that takes participants on an immersive journey through monasteries, stupas, and cultural heritage sites in Solududhkunda Municipality.

A key highlight of the festival will be an attempt to **redefine the region's identity** through the **introduction of new heritage trails in Salleri**, designed to encourage visitors to extend their stay and explore the region's hidden gems. Currently perceived as a transit town or a jeep halt destination, Salleri and the surrounding region has the potential to become a spiritual & outdoor recreational destination in its own right. These trails will not only promote a new tourism product but also support the long-term vision of establishing **Salleri, Phaplu, Junbesi, and surrounding areas as the spiritual & outdoor recreational capital of Nepal**.

The festival will also feature mindful food experiences, cultural performances, meditation sessions, Children Art Competition and a mindful fashion show, making it a holistic celebration of body, mind, and spirit. The event is expected to attract 500-800 participants, including international and domestic runners, tourists, and local residents. The event showcases the region's rich cultural heritage, breathtaking landscapes, and spiritual depth, fostering sustainable tourism and community development by offering visitors the opportunity to stay for two or three nights or more.

## Event Highlights:

- **10 May 2025 | Community Fun-Run (5 km)** – Encouraging participation from all age groups, especially designed for beginner runners and children, to make a mindful Salleri city tour while visiting to different parts of Salleri Bazar.
- **11 May 2025 | Full Marathon (42.195 km)** – International accreditation by ITRA with a high mountain beginners friendly score of rank 2 and UTMB index, Full marathon course is a spiritual and scenic trail connecting prominent monasteries including Thuptenchholing Monastery, Sherlo Monastery and Junbesi Monastery.
- **Half Marathon (21.0975 km)** – A merit making heritage-infused route covering Beni Village, Phera, Chiwong Monastery, Chiwong & Surke villages, and Phaplu Monastery. The course is also internationally accredited by ITRA with high mountain beginners friendly rank 1 and UTMB index.
- **Salleri Heritage Trail Run (11 km)** – Exceptionally beautiful and fascinating route exploring Upper Salleri and the Guru Gumba, Chyalsa Monastery, Mentokpake Namdorch Chholing Monastery and renovated Heritages along trail.

Registrations will be open from 15th March 2025, 2 pm until 1st May 2025. Interested participants can visit the website [www.sagadawarun.com](http://www.sagadawarun.com) or scan the registration form QR code to fill the online form.

Cash payments and confirmation of registrations can be made at KTM City stores in Thamel, Boudha and Salleri.

Broadcasting partner



Supported by



Merchandise by



Trail Race Partner



Media Partner



S.No.	Course Category	Registration Fee				Remarks
		Int'l Participan ts	Nepali Runners	Local Participants	St/s and Monks	
1	42.2km	USD 100	Rs. 8,000	Rs. 1,500	Rs. 500	
2	21.09km		Rs. 8,000	Rs. 1,200	Rs. 500	
3	11km		Rs. 5,000	Rs. 1,000	Rs. 500	
4	5km	USD 50	Rs. 3,000	Rs. 500	Rs. 500	

### Tentative Prizes

Prizes upto 5 Lakhs to be distributed amongst the top winners of the race categories.

Saga Dawa Marathon	1st Male and Female 2nd Male and Female 3rd Male and Female	NPR 75,000/- NPR 50,000/- NPR 35,000/-
Saga Dawa Half Marathon	1st Male and Female 2nd Male and Female 3rd Male and Female	NPR 35,000/- NPR 25,000/- NPR 15,000/-
Saga Dawa Heritage Trail 11k and other runs	TBD & In-Kind Sponsored Goodies to be disclosed later	

### Call for Participation & Sponsorship

As a landmark event, Thekchhen Pema Chholing Monastery invites athletes, outdoor enthusiasts, trekking and hiking operators, and sponsors to join this unique trail running event which creates opportunities to support community development and cultural preservation while enhancing visibility of the region.

For participation, sponsorship, and media inquiries, please contact:  
Thekchhen Pema Chholing Monastery Sallery, Ward No. 5, Solududhkunda Municipality, Solukhumbu, Koshi, Nepal  
Email: [tathagatasolu@gmail.com](mailto:tathagatasolu@gmail.com) / [info@nepaltrailseries.org](mailto:info@nepaltrailseries.org)  
Website: [www.sagadawarun.com](http://www.sagadawarun.com)  
Phone: +977-9849441235, 9808032588

SCAN FOR  
WEBSITE



[www.sagadawarun.com](http://www.sagadawarun.com)

SCAN FOR  
REGISTRATION



Broadcasting partner



Supported by



Merchandise by



Trail Race Partner



Media Partner

