

MUNDUM TRAIL ULTRA RACE

2026

BHOJPUR · KOSHI PROVINCE 1 · NEPAL



TRAIL-BASED TOURISM
Development Project



PARTICIPANT GUIDE BOOK

Distance	Ascent	Elevation	Race Date
60 km (60K) / 45 km (45K)	4,000 m+	150 m → 2,400 m	4–5 April 2026

River to Ridge Ultra

Barahachetra lowlands to Kirati Highlands in one day

UTMB 100K M Qualifier · ITRA Certified · 2026 Inaugural Edition



Hatuwagadi Municipality



Ramprasad Rai Municipality



Amchok Municipality



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1. Race Overview

The Mundum Ultra is a single-day trail ultramarathon- introducing a new trail route from the sacred Koshi riverbank at Kopche to the high ridge of Tawa Bhanjyang — a continuous climb through the living territory of the Kirat people.

Key Race Facts
Race Date: 4 April 2026 · Finish ceremony 5 April 2026
Location: Bhojpur District, Koshi Province 1, Eastern Nepal
Certification: 60k event ITRA Certified · UTMB 100K M Qualifying Event
Reg. Deadline: 29–30 March 2026
Edition: 2026 Inaugural Soft Launch
Organised by: Mundum Ultra Trail Race Organising Committee in association with Nepal Trail Series Pvt Ltd, Trail Based Tourism Koshi, and Local Municipalities

1.1 Two Distances, One Finish Line

60K CATEGORY	45K CATEGORY
Start: Kopche, Hatuwagadhi RM (Koshi riverbank)	Start: Sagarmatha School, Ghodetar Bazaar
Distance: 60 km · ~4,000 m+ ascent	Distance: 45 km
Finish: Tawa Bhanjyang (~2,400 m)	Finish: Tawa Bhanjyang (~2,400 m)
Category: ITRA · UTMB 100K M qualifier	Category: Rookie ultra · UTMB certified
Qualifies: Yes — see Section 4	Qualifies: None required — open category

Both routes merge at Bayang Bazaar (60K km 25 / 45K ~km 10). From that point all checkpoints, cut-offs, and course conditions are identical for both categories.

2. The Route — River to Ridge

There are races that take you through landscapes. And then there are races that take you through worlds. Mundum Ultra is the second kind.

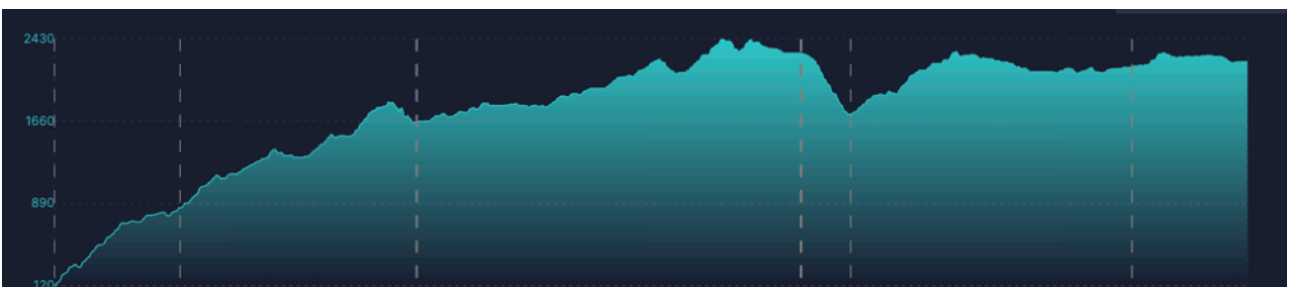
The Mundum Ultra begins at roughly 150 metres above sea level at the edge of the Koshi River and climbs continuously to 2,400 metres at Tawa Bhanjyang — gaining the equivalent of two-and-a-half Eiffel Towers of elevation through a landscape that changes almost continuously underfoot.

2.1 Course Map 60K



2.2 Elevation Profiles

ELEVATION PROFILE — 60 K course (KOPCHE 150M → 2,400 m Tawa Bhanjyang)



2.3 GPX Files

Download GPX Files
60K Route GPX: https://www.wikiloc.com/running-trails/mundu-ultra-trail-2026-251019503
45K Route GPX:
Note: Always carry a downloaded offline copy. Mobile data coverage is unreliable above Bayang Bazaar.

2.4 Km 0–10 · The Lowland Climb

From Kopche, the trail moves north immediately and begins to rise. Within the first kilometres you are climbing through terraced farmland, passing settlements of Rai and Limbu communities. The subtropical vegetation is thick — banana, bamboo, broad-leafed jungle that holds the heat.

The trail passes through Tallow Ukhubari, Hasanpur, and Jyamire before reaching Thanti Bhanjyang at around km 10 — the first true pass, at roughly 880 metres.

2.5 Km 10–26 · Mid-Hill Country

Between Thanti Bhanjyang and Bidh Pokhari lake (km 12), the trail traverses Hatuwagadhi Rural Municipality. Forest changes register — denser, darker, oak and rhododendron as altitude rises.

Phalam Dhunga at km 17 (roughly 'flat stone') announces the character of the mid-section: ancient stone trails, steps cut by hand, worn smooth by centuries of foot traffic.

These are not purpose-built running trails. They are the same paths that Rai farmers and traders have used to connect their villages to market towns since long before trail running existed.

By km 25, you reach Bayang Bazaar — a real village market hub with local food, basic supplies, and Kirat community warmth. This is where the 45K course joins the 60K.

2.6 Km 26–45 · The High Traverse

From Pasa Bhanjyang at km 30, the route enters its most demanding phase through Aamchok and Ramprasad Rai Rural Municipalities. Authentic eastern Nepal highland: undiscovered, uncrowded, unforgiving.

Yun Bazaar at km 33 offers a resupply stop. At Daburang Bhanjyang (km 36) on a clear day: Makalu to the northwest, Kanchenjunga to the northeast. The section from km 40 through km 45 is relentless ridge work, with April rhododendrons in full bloom.

2.7 Km 45–60 · The Final Ascent

The final 15 kilometres are what the entire race has been building toward. From Jor Mane at km 48, the trail climbs the last series of ridges toward Tawa Bhanjyang — open alpine ground, exposed ridgeline, and the kind of sky that exists only at altitude.

The landscape that greets finishers is not soft or welcoming. Tawa Bhanjyang is exposed, windy, cold at night. It is the kind of place that asks something of you — and gives something back in return.

3. Checkpoints & Cut-offs

Every checkpoint provides water and banana as a minimum. Additional supplies vary by location and are detailed below. Marshalls are stationed at all checkpoints and key junctions throughout the course.

CP	Location	60K km	45K km	Elev	Key Supplies	Cut-off
Start	Kopche / Ghodetar	0	0	~150 m	Electrolytes, water	—
CP 1	Jyame Bhanjyang	7	—	~600 m	Water, banana	—
CP 2	Phalam Dunga	16	—	~900 m	Water, banana, salty snack, glucose, orange, biscuits, Jeevan Jal	5 hrs
CP 3	Bayang Bazaar	25	~10	~1,200 m	Water, banana, eggs, juice, fruit	—
CP 4	Daburang Bhanjyang	35	~20	~1,800 m	Water, banana, boiled potatoes, Rara soup, egg, chocolates, biscuits, chips	—
CP 5	Pama Kham Bhanjyang	42	~27	~2,100 m	Water, banana, Rara soup, egg, chocolates, biscuits, chips ★ LAST STOCKED CP	45K: 2PM 60K: 3PM
CP 6	Kapase Bhanjyang	48	~33	~2,250 m	Water & banana ONLY	—
Finish	Tawa Bhanjyang	60	45	~2,400 m	Water, glucose, chocolate, bean & bone soup, dinner	Ceremony 5 Apr

3.1 Cut-off Times

CUT-OFF 1 — CP 2 Phalam Dunga (km 16): 5 hours from race start. Participants not through will be officially stopped and not permitted to continue.

CUT-OFF 2 — CP 5 Pama Kham Bhanjyang (km 42): 45K runners must pass by 2:00 PM. 60K runners must pass by 3:00 PM. No exceptions. Transport provided to start or finish.

3.2 Checkpoint Detail

CP 1 — Jyame Bhanjyang · km 7 · ~600 m

Seven kilometres in, you have already climbed through the Koshi lowlands. CP 1 is a bhanjyang — a pass or saddle — giving you a brief moment of open sky. Stop, breathe, take in the view back toward the Koshi, then restock and move on.

Supplies: Water · Banana

CP 2 — Phalam Dunga · km 16 · ~900 m ◆ FIRST CUT-OFF

The mid-hill zone, close to the sacred Bidh Pokhari lake. Temperatures are noticeably cooler. This is the first cut-off: 5 hours from race start. If you are tracking close to this limit, be honest with yourself about what it means for the rest of the course.

Supplies: Water · Banana · Salty snack · Glucose · Orange · Biscuits · Jeevan Jal (ORS)

CP 3 — Bayang Bazaar · km 25 · ~1,200 m ◆ ROUTES MERGE

Midpoint checkpoint and, for many runners, the heart of the race. A real village market — eggs, fruit, and juice available. Eat properly here. Check your feet. Refill all water — the next reliable station is 10 km away. The 45K route joins here.

Supplies: Water · Banana · Eggs · Juice · Fruit

CP 4 — Daburang Bhanjyang · km 35 · ~1,800 m

High ridge with sweeping views across the eastern Nepal highlands. On a clear day: Makalu (world's 5th highest) to the northwest, Kanchenjunga (3rd highest) to the northeast. The race truly separates runners here — the first 35 km test your legs and lungs; the final 25 km test your will.

Supplies: Water · Banana · Boiled potatoes · Rara noodle soup · Egg · Chocolates · Biscuits · Chips

CP 5 — Pama Kham Bhanjyang · km 42 · ~2,100 m ◆ SECOND CUT-OFF ◆ LAST STOCKED CP

Highest checkpoint on the course. Wind and cold are real factors here. Medical coordination with Olme PH is active — raise any injury or altitude symptoms with the marshall.

THIS IS THE LAST FULLY STOCKED CHECKPOINT. CP 6 has water and banana only. Load up everything here — water, food, and drop bag items. The final 18 km must be fuelled from CP 5.

Supplies: Water · Banana · Rara noodle soup · Egg · Chocolates · Biscuits · Chips · Medical (Olme PH)

CP 6 — Kapase Bhanjyang · km 48 · ~2,250 m

Last checkpoint before the finish. Arrive already fully stocked from CP 5. Use this stop for a final check with the marshall and confirmation that you have everything for the last 12 km. Moving generates warmth at altitude — the ridge to Tawa is cold after dark.

Supplies: Water · Banana ONLY

FINISH — Tawa Bhanjyang · km 60 / km 45 · ~2,400 m

A high mountain pass at 2,400 metres, exposed on all sides. Finishing here means something different from finishing a road race. What awaits you: water, glucose, chocolate, bean and bone soup, and a full dinner. Accommodation in the local tea house, dormitory, or tents.

Down jacket and trousers strongly recommended. Sleeping bag essential — carry one or arrange in advance.

Medal ceremony: 5 April 2026

3.3 Checkpoint Strategy

- Know the cut-offs. CP 2 (km 16): 5 hours from start. CP 5 (km 42): 2:00 PM for 45K, 3:00 PM for 60K. If you are running close to either limit, act on it immediately.
- Eat a full meal at Bayang Bazaar (CP 3, km 25) even if you are not hungry. Running the ridge from km 35 to km 60 on an empty stomach is a serious mistake.
- Refill to maximum water capacity at every checkpoint. Gaps between CPs range from 6 to 12 km, with no reliable sources in between on the higher sections.
- Check your feet properly at CP 3 and CP 5. A small blister at km 25 becomes a major problem at km 48. Address it before it addresses you.
- Load up fully at CP 5 (km 42) — water, food, drop bag items. Everything for the final 18 km must come from here. CP 6 has water and banana only.
- Carry your mandatory gear to every checkpoint. Marshalls conduct spot checks. Everything on the mandatory list serves a real purpose in this environment.

4. Registration, Fees & Qualification

4.1 Registration Deadline

29–30 March 2026. Register through the official channel and submit qualification proof at the time of registration. No proof = no entry to the 60K.

4.2 60K Qualification Requirements

60K Qualifying Criteria
Male: ITRA score of 600 or above
Female: ITRA score of 500 or above
OR: Finisher of a marathon or ultra marathon within the last 1 year
Submission: Upload ITRA profile screenshot or race finisher certificate at registration
Important: No proof = no entry to the 60K category. No exceptions.

4.3 Race Fees

Distance	Fee	Runner Type	Qualifying Criteria
60K	NPR 800	Local — Province 1	ITRA 600+ (M) / 500+ (F), or marathon/ultra finisher within 1 year
60K	NPR 2,000	International & other regions	Same as above
45K	NPR 500	Local — Province 1	None — open to all trail runners
45K	NPR 1,000	International & other regions	Trail experience recommended

Fees are a special promotional price for the 2026 inaugural edition only and will be reviewed for future editions.

4.4 Payment

How to Pay
Method: Samiti QR code payment (preferred)
Account Number: 2040100009195001

Account Name: MUNDUM ALTRA TREL RACE SANCHALAN SA — BHOJPUR CURRENT ACCOUNT
Contact: Nayan Thulung — NTC: 9861912673 · Ncell: 9808783648

4.5 What's Included —

60K Packages

- T-shirt (free size) · 2 race numbers (bibs) · Drop bag tags
- Vegetarian dinner — 3 April (Kopche for 60K)
- Overnight dormitory accommodation — 3 April (bring your own sleeping bag)
- Breakfast — 4 April (race morning)
- Race day supplies & organisation · Drop bag transfer to Tawa Bhanjyang
- Vegetarian & non-vegetarian dinner buffet — Tawa Bhanjyang finish night
- Finisher medal · Finisher certificate · ITRA / UTMB qualification points
- Descent to Bhojpur — 5 April (included for all participants)
- 45K runners additionally: Transfer Kopche → Ghodetar on 3 April at 3:00 PM

45K Packages

- T-shirt (free size) · 2 race numbers (bibs) · Drop bag tags
- Vegetarian dinner — 3 April (Ghodetar for 45K)
- Overnight dormitory accommodation — 3 April (bring your own sleeping bag)
- Breakfast — 4 April (race morning)
- Race day supplies & organisation · Drop bag transfer to Tawa Bhanjyang
- Vegetarian & non-vegetarian dinner buffet — Tawa Bhanjyang finish night
- Finisher medal · Finisher certificate ·
- Descent to Bhojpur — 5 April (included for all participants)
- 45K runners additionally: Transfer Kopche → Ghodetar on 3 April at 3:00 PM

5. Prize Money

Total prize pool: NPR 6,50,000. Prize money is equal for male and female in all categories.

Category	1st Place	2nd Place	3rd Place
60K — Male	NPR 80,000	NPR 60,000	NPR 40,000
60K — Female	NPR 80,000	NPR 60,000	NPR 40,000
45K — Male	NPR 50,000	NPR 30,000	NPR 20,000
45K — Female	NPR 50,000	NPR 30,000	NPR 20,000
Veterans 40+ — Male	NPR 20,000	NPR 15,000	NPR 10,000
Veterans 40+ — Female	NPR 20,000	NPR 15,000	NPR 10,000

6. Getting There — Reaching Kopche

6.1 From Kathmandu

Allow 8–12 hours by road from Kathmandu via the Koshi Highway. All participants arrive first at Barakhshetra Temple (Barahachetra) in Sunsari district — a major Hindu pilgrimage site on the Saptakoshi River, accessible from Dharan, Biratnagar, and other eastern Terai towns.

6.2 Kopche from Barakhshetra

<p>OPTION 1 — BY BOAT (Recommended)</p> <ol style="list-style-type: none"> 1. Arrive at Barakhshetra Temple 2. Walk to the ghats along the Saptakoshi River 3. Board small boats — depart when 5 passengers ready 4. Ask for drop at Kopche <p>Time: 15–20 minutes</p> <p>Cost: ~NPR 400–500 per person</p>	<p>OPTION 2 — ON FOOT</p> <p>Route: Old walking trail from Barakhshetra ghat</p> <p>Look for: Suspension bridges along the river</p> <p>Time: 1.5–2 hours</p> <p>Tip: Good warm-up — allow time on 3 April</p>
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6.3 Getting Home — 5 April

After the medal ceremony at Tawa Bhanjyang on 5 April, all participants descend to Bhojpur. Descent is included in all race packages.

<p>Onward Transport from Bhojpur</p>
<p>EV Micro → Biratnagar: ~5–6 hours. Departs when 10 riders confirmed. Coordinate with fellow participants after ceremony.</p>
<p>Bus connections: Services to Kathmandu, Dharan, and other regions. Check locally for timings on 5 April.</p>

7. The Finish & Overnight at Tawa

Tawa Bhanjyang is a high mountain pass at 2,400 metres, exposed on all sides. Finishing here means something different from finishing a road race. You will wake to a dawn view — the valleys below still in shadow, snow peaks to the north catching the first light.

Finish Night — Tawa Bhanjyang
Accommodation: Local tea house and dormitory. Tent and camping options also available.
Dinner: Vegetarian and non-vegetarian buffet provided for all finishers.
Recovery food: Bean soup · Bone soup · Glucose · Chocolate · Water
Essential gear: Sleeping bag (carry one or arrange in advance). Down jacket and trousers strongly recommended.
Medal ceremony: 5 April 2026 at Tawa Bhanjyang

8. Weather & Safety

8.1 Weather Policy

Weather Conditions & Race Status
High risk: If conditions on the mountains present too great a risk (big storm, heavy rains), the race can be cancelled to protect participants and crew.
Moderate / low risk: Participants will be asked to exercise extra care. Mandatory gear checks and preventive measures will be enforced.

8.2 April Conditions

April in the Bhojpur highlands means warm subtropical temperatures at Kopche (150 m) and cold, wind-exposed alpine conditions at Tawa Bhanjyang (~2,400 m). The temperature differential across the race can exceed 20°C.

April is rhododendron season — the high ridges bloom red and pink from km 40 onwards. Eastern Nepal cloud patterns are unpredictable. Himalayan panorama views are possible on clear days but not guaranteed.

8.3 Medical Support

Race Director: Pabi Hang Rai +977 9852052055

Medical team: Parvati (+977 9851194032) · Matrika Prasad (+977 9842176045)

Safety Officer: Prashant Jigyasu (+977 9842963582)

If carrying an injury or struggling with altitude-related symptoms at any checkpoint, raise it immediately with the marshall.

9. Race Contacts

Role	Name	Contact
Race Director	Pabi Hang Rai	+977 9852052055
Registration / Comms	Nayan Thulung	NTC: 9861912673 · Ncell: 9808783648
Medical	Parvati / Matrika Prasad	+977 9851194032 · +977 9842176045
Safety Officer	Prashant Jigyasu	+977 9842963582
Accommodation	Rabin Thapa	+977 9852033584
Field Logistics	Sandeep Kirawa	+977 9842531898

For registration and communications, contact Nayan Thulung: NTC 9861912673 · Ncell 9808783648

10. What This Race Means

A Route That Earns Its Name

The word Mundum refers to the sacred oral tradition of the Kirat people — a living, performed body of knowledge about the relationship between the human world and the world of mountains, rivers, spirits, and ancestors. It is not a text to be read. It is a practice to be recited, chanted, and inhabited.

The trail follows the country where this tradition lives — through Rai and Limbu villages where shamanic specialists still conduct rituals, through forests where sacred sites are known and tended, along ridges that divide one valley's spiritual geography from the next.

You will not hear the chanting as you run. But you will move through the country that gave birth to it.

Nepal Trail Series provides the specialised technical service to make the Mundum Trail Ultra event at par with the international standards while also maintaining the authenticity of the local organisers. The event is organised in close partnership with local communities in Hatuwagadhi, Aamchok, and Ramprasad Rai Rural Municipalities and duly supported by Koshi Province Tourism Year 2082 initiative and Trail Based Tourism Development Project.

When you run from the Koshi riverbank to Tawa Bhanjyang in April 2026, you are running through one of eastern Nepal's least-known and most extraordinary landscapes. The 4,000 metres of ascent will humble you. The views will astonish you. And the country you pass through may stay with you longer than the race itself.