

7th Jumla Rara Ultra Marathon 2025

Runner information

Version 7 Distance 51K
09 May 2026/ 26 Baisakh 2083



Here is some information about the coming race:

Call

+9779848300490, Hari Bahadur Rokaya – Patron

+9779848319125, +9779762437444, Soraj Shahi -Chair |Person

+9779848313617, Umesh Rokaya – Race Director

+9779768937323, Madhuraj Neupane – Management Team

Registration Costs

Item	Including	Nepali	SAARC	International
Required payment				
Race registration fee	Chest number & pins Finisher medal Certificate T-shirt Checkpoint service & food	Rs 5000/-	Rs 15000/-	Rs 20000/-

	Accommodation,Dinner,breakfast at Rara National park permit fee Morning Breakfast on race day Your start bag sent to Rara, Mugu, & your finish bag sent to finish line Insurance for Nepali nationals of 5 lakhs Transportation to Jumla from Rara			
The following to pay to reserve in advance as required Cost excludes JRUM registration fee!				
Travel Package - pay in advance	Travel on Jeep with 4 people from Surkhet - Jumla and Vice Versa.	Rs.40,000/-		Travel on reserved Jeep with full board basis
Travel Package - pay in advance	Travel on Bus with 30 people from Kathmandu-Nepaljung-Jumla and Vice Versa.	Rs.45,500/-		Travel on reserved Bus with full board

Note: If you need booking for air tickets please let us know;

Dollar fare:

- Kathmandu-Nepaljung \$123, \$138 & \$168.
- Nepaljung to Jumla \$ 186.
- Talcha,Mugu to Nepaljung \$221.

Final Payment

Friday / 08 May 2025/ 25 Baisakh 2083

07:00 am - Breakfast

10:00 am - Payment, BIB and T-shirt collection

12:00 pm - medical check up

03:00 pm - Race briefing at Htl

Programme Schedule

Thursday, 07 May 2026 (25 Baisakh 2083 B.S.)

- **06:00 am:** Meet at Surkhet Buspark; departure for Jumla via jeep.
- **08:00 pm:** Dinner and overnight stay in Jumla.

Note:

- For participants booking the travel package from Kathmandu, the bus will depart at **02:00 pm on 06 May 2026 (23 Baisakh 2083 B.S.)** from Gongobu Buspark, Kathmandu. Arrival in Jumla is scheduled for 07 May 2025.

Friday, 08 May 2026 (25 Baisakh 2083 B.S.)

- **07:00 am:** Breakfast.
- **08:00 am:** Acclimatization hike uphill to Karnali Technical School (2350m) for the Kathmandu group.
- **10:00 am:** Payment, BIB, and T-shirt collection.
- **12:00 pm:** Medical check-up.
- **03:00 pm:** Race briefing at Hotel Kanjirowa.
- Evening: Dinner and overnight stay at the hotel.

Saturday, 09 May 2026 (Race Day) (26 Baisakh 2083 B.S.)

- **05:00 am:** Breakfast.
- **06:00 am:** Race starts promptly at 6:00 am from Khalanga Bazaar.
- **04:00 pm:** Celebration at the finish line in Hutu, Rara Lake, Mugu.

Sunday, 10 May 2026 (27 Baisakh 2084 B.S.)

- **06:00 am:** Breakfast.
- **07:00 am:** Prize ceremony.
- **08:00 am:** Hike to Milichaur.
- **10:00 am:** Meet for jeep transport back to Jumla and onward to Surkhet.

Note:

The schedule is subject to change depending on the situation. Participants are advised to be mentally and physically prepared for this adventurous journey in the Karnali region.

What you need to know

Altitude & conditions

The race crosses the Chuchemara pass 4017m. Weather conditions can change fast, please be prepared.

Hazards Risks

1. Changes on Weather

As you run above 4000m,very often weather may change so please follow the club information,

- Very first carry the mandatory gear.
- Just follow the trail at any conditions.
- Don't take too much time at such elevations because nobody know wht next.
- If you can't walk or run please come back the same trail.
- even if you can't follow the trail back, please stay at the trail where you feel not good because our sweeper/volunteer will find you easily.
- If you need help,keep whisteling.
- carry the mobile with SIM of Nepal Telecom and call to emergency number.

2. Dogs bites in Villages and in Meadows

- Stay Calm and don't threaten the dogs.
- Most Jumli dogs don't bite.
- They only barked.
- Ignore them and they will not chase you although it takes guts to ignore them.
- If not, you can slowly run backward facing the dogs.

3. Falling on Descent

- Slow down and watch your step

4. Altitude illness

- Eat a high-carbohydrate diet. Increase your intake of carbohydrates (rice, potatoes, bread)
- Eat Garlic, Lemon, Chili, and Ginger Soup.
- Avoid alcohol, tranquilizers and sleeping pills. These substances decrease the body's ability to adjustment to higher elevations.
- Drink an increased amount of fluids. Keeping hydrated helps prevent the onset of other conditions.

5. Unknown poisonous plants, flowers,fruits

- don't unpluck, tastes and smell

Finish line bag

You must send a bag to the finish line. This bag must have clean, warm and dry clothes and anything you need after the race to spend one night at the finish hotels.

Give this finish line bag to KSC volunteers in Jumla or at Start line 5:30 am on Saturday. This bag will go directly to the finish line in Hutu, Rara Lake,Mugu.

Obligatory clothing and equipment required

You must have this equipment to run

- Running backpack
- Good shoes with good grip
- Warm hat
- Waterproof jacket
- Long leg covering (packed in plastic bag)
- Long sleeve top (packed in plastic bag)
- Phone

Mandatory and checked in all checkpoints

- Wistle
- Water bottle capacity to carry 1 liter water
- lighter for fire

Also recommended

- Trekking / running poles
- Waterproof trousers
- Gloves

Supporting Hari Rokaya Sports Foundation

Hari Rokaya is a Sports Legendry of Nepal who had Guinness World Record Holder and Everest Marathon Hattricker who was suffered from GBS , after yearlong treatment he is now continuing training athletes in a rural and remote corner of Nepal at Jumla. As he was very renowned and respected in Nepal, during his sickness he did not get proper supports for his treatment from concern agencies and people. Then onwards he is trying to establish **Emergency Sports funds** for treatment of athletes for this he already donated Rs.150,000/- of prizes and supports he had received during his sickness. So, 5% of total Registration costs and travel packages of this event goes to Hari Rokaya Sports Foundation to establish **Emergency Sports funds** so that in need foundations can help any sports person treatment.





