



KTM PEAK TRAIL





Introduction

KTM Peak Trail is an organized trail-running event designed to promote beginner-friendly weekend run-for-fun, a movement to grow trail running as a sport, outdoor adventure, and trail for a cause in Kathmandu and community engagement in the natural terrains surrounding the Kathmandu Valley.

Objectives

- Encourage Trail Running Culture in Nepal
- Promote eco-tourism in the Kathmandu Valley
- Create a platform for local and international runners to connect
- Support environmental awareness, conservation and strengthen community

The event focuses on:

- **As Training:** Providing race opportunities for runners of all age categories.
- **Trail Conservation:** Supporting the maintenance and eco-marking of trail routes to ensure long-term sustainability and minimal environmental impact.
- **Local Race Development:** Assisting grassroots organizers to host their own trail races across Nepal with safety, structure, and exposure.
- **Global Representation:** Helping elite Nepali trail runners participate in International events.

By participating in KTM Peak Trail, you're not just racing, you're contributing to the growth of Nepal's trail running culture, building opportunities for the next generation, and helping preserve the natural trails we all love.



Event Overview

4th EDITION : Godawari

Age Category / Qualification: must be physically fit

- Under 18 Years – open
- Female 18-49 yrs
- Veteran Female 50-59 yrs
- Super Veteran Female 60+ yrs
- Male 18-49 yrs
- Veteran Male 50-59 yrs
- Super Veteran Male 60+ yrs

Inclusions :

- Race Bib
- Trail Markings & Marshals
- Water Stations
- Medical First Aid
- Finisher Certificate
- Timing & Results

Exclusions :

- Insurance
- Meals
- Transportation

Date of Race : 31 January 2026 | 08:00 am

Registration Deadline : 29 January 2025 | 05:00 pm

Transport Arrangement :

Athletes must arrange their own transportation to the start / finish point.

Runner Preparation :

Guideline Packing List:

- Trail shoes (preferable), hydration pack, weather-appropriate clothing, mobile phone, energy snacks.

Bib Number:

- Assigned from 30 Jan 2026 | 01:00pm / OR at start check-in
- Can be pre-collected from the organizer office | [Location](#)

**Certificate:**

- Certificates for all finishers

Prize:

- **Season Champion** | **Road to Everest** | [See Page 6]

Merchandise:

- Official KTM Peak Trail merchandise w/ Discount for KTM Peak Trail Participants.

Support & Safety

Volunteers :

- Stationed at start / finish line, water / medical points

Marshalls :

- Located at critical junctions and checkpoints

Race Briefing – Before the start of the race**Race Rules – Disqualify Conditions:**

- Littering on trail
- Disrespecting Volunteers / Marshals / Locals
- Not following Rules & Route Markers
- Missing Checkpoints / Cutoff Times

Payment Terms and Method :

- Online payment through Bank transfer / eSewa

Photographs / Video :

- KTM Peak Trail will use Photographs / Video shot during the race for its future promotion.

Weather

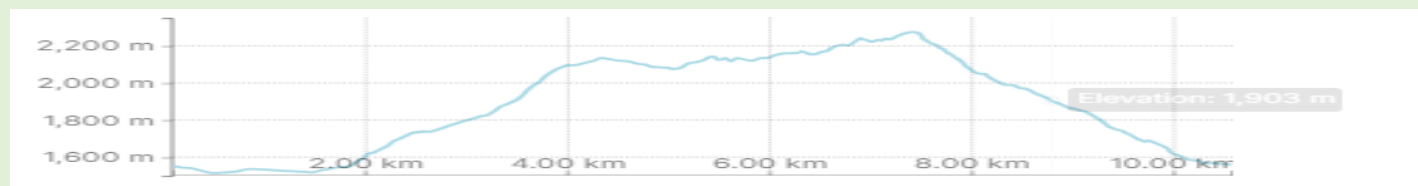
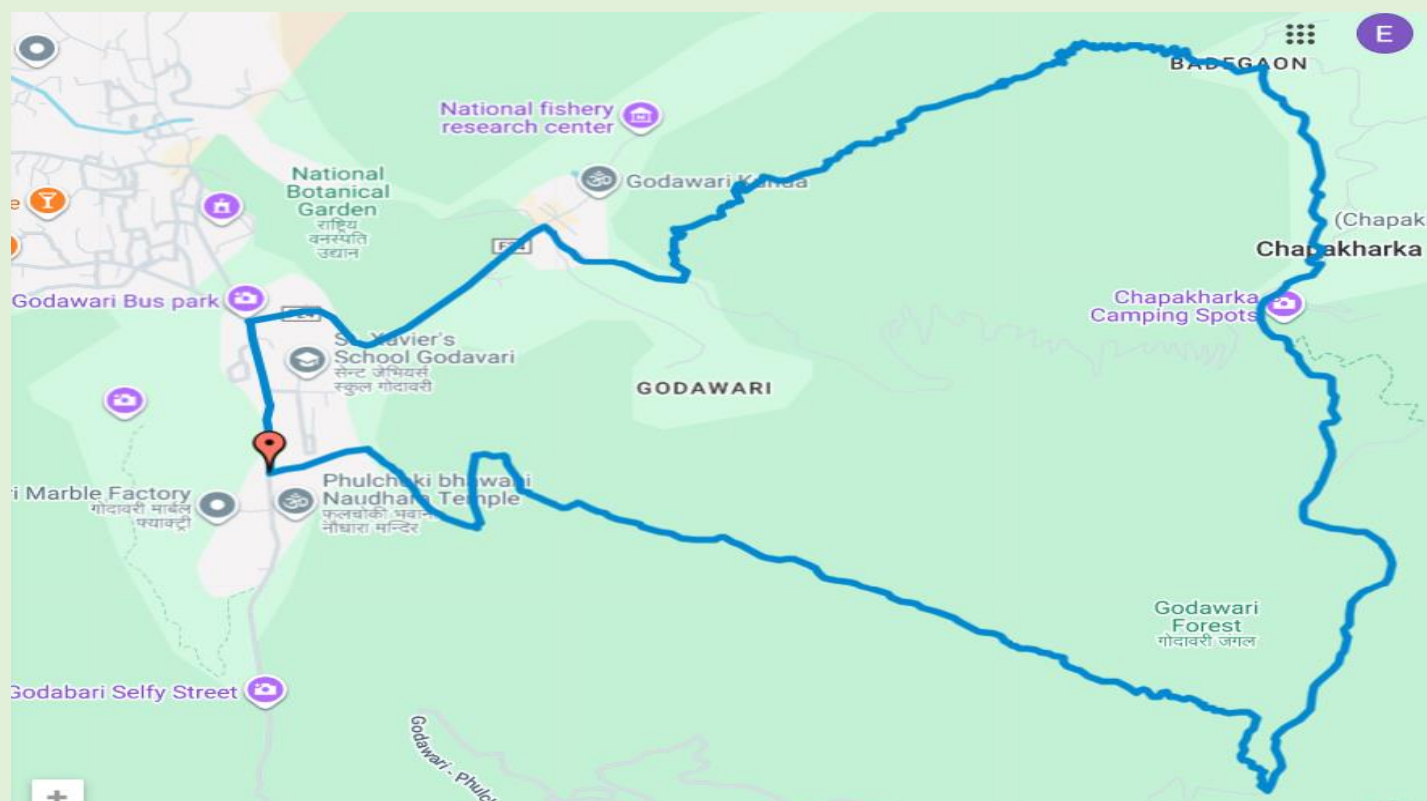
Weather in the Kathmandu Valley during January is typically cold, dry, and sunny, with clear skies providing good visibility. It is the coldest month of the year.

Temperature: Average high temperatures are around 15°C to 18°C and Average low temperatures can drop to a chilly 2°C to 4°C. **Precipitation:** January is part of the dry season, with very little rain or snow in the valley itself. While short-lived showers might occur.

Sunshine: The days are often sunny and clear, with an average of 9 hours of sunshine per day, Skies are generally less cloudy.

Course :

- **Start Line : Godawari** [Marble Dada Parking | Naudhara Temple]
- Head towards **Bamboo Trail**, a 700m ascend with lush Bamboo Forest and Godawari Forest, we reach highest point of the race at 2274m, and a short descend to the Junction of first checkpoint.
- ✓ **Check Point 1 / Water Point : Bamboo Trail Junction** 2230m [3.5km]
- Take left and head north toward Chapakharka Camping Spots, you will reach small settlement of **Chapakharka** at 5.6km, take left trail towards Shri Chapakharka Primary School [2098m].
- **Check Point 2 / Water Point / First Aid : Chapakharka School** [6.5km]
- From second checkpoint descend 2.5km towards National Botanical Garden, you will reach Godawari Siddheshwor Mahadev Temple and take left toward Godawari Bus Park. *[since this part is in the main road, please be **Cautious of vehicles**]*
- At 10km we reach Godawari Buspark, take left toward Phulchoki road and to finishing point.
- **Finish Line : Godawari** [Marble Dada Parking]



10K | Ascent : 987m | Descent : 987m | Max Elevation : 2274m | Min Elevation : 1513m

Course Measurement :

Measurement is done with GPS with a barometric altimeter; data provided by GPS is 90-95% accurate with the barometric altimeter.

Note :

Different GPS devices and software have different readings on GPS files and their respective distance and elevation profiles. GPS distance and elevation readings also depend on your GPS device's measurement settings and the pace you are moving while measuring the course.



KTM Peak Trail - Season Championship

Road to Everest

Grand Prize : **The Everest Golden Ticket**

Fully Paid Everest Marathon 2026 Package [29 May 2026] | Men & Women

Includes: Flight (KTM-Lukla-KTM), Accommodation, Food, Trekking Support to Base Camp, and Race Entry Fee.

Everest Marathon, not just a Race, but is the "Final Boss" that must be earned.

8 Events : August 2025 - April 2026

Point System :

Position	Points	Position	Points
1st Place	25 pts	6th Place	11 pts
2nd Place	20 pts	7th Place	9 pts
3rd Place	17 pts	8th Place	7 pts
4th Place	15 pts	9th Place	5 pts
5th Place	13 pts	10th Place	3 pts

Scoring Rules :

- Each participant's best 6 out of 8 event results count toward the overall ranking (allows for 2 missed races).
Separate leaderboards for Male and Female categories.

Tiebreaker : Higher number of 1st place finishes, then fastest total time across events.

Eligibility

Only racers in the Open categories are considered for the Everest Marathon prize leaderboard:

- **Male 18-49 - Leaderboard A**
- **Female 18-49 - Leaderboard B**

Grand Prizes (2 fully paid slots) :

- **Top Male** (Male 18–49 leaderboard) : Fully paid Everest Marathon 2026 package
- **Top Female** (Female 18–49 leaderboard) : Fully paid Everest Marathon 2026 package

Excludes : Clothing & Footwear, Gear & Equipment, Personal Care & Health, Documents & Money, Electronics & Extras, Shower & Charging etc.

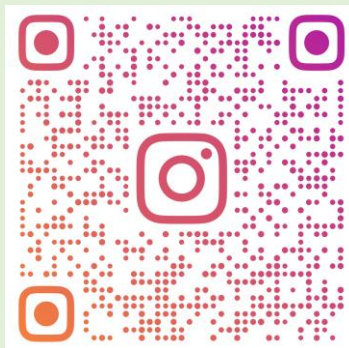
LET THE PEAKS CHALLENGE YOU

RUN FREE, RUN HIGH

KTM PEAK TRAIL WELCOMES YOU



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