



RACE-DAY

GUIDE BOOK



THANK YOU FOR REGISTERING!

Kindly Go Through the Important points before the Race.

EVENT OVERVIEW

- ✓ Event Name: **JBG Goechala Trail Ultra 2026**
- ✓ Date: **2nd May 2026**
- ✓ Location: **Yuksom, Sikkim**
- ✓ Event Recognition: **ITRA Approved**

RACE CATEGORIES

- ✓ **50 km Ultra Trail :**
3700m Climb | Cut-off: 17 hrs | Start: 4:00 AM
- ✓ **30 km Intermediate Trail :**
2000m Climb | Cut-off: 9 hrs | Start: 5:00 AM
- ✓ **12 km Beginner Trail :**
650m Climb | Cut-off: 3 hrs | Start: 6:00 AM

RACE HIGHLIGHTS

Experience the UNESCO World Heritage Site of Kanchenjunga National Park.

- ✓ **Earn ITRA points:**
 - 3 ITRA points for 50 km finishers
 - 2 ITRA points for 30 km finishers
- ✓ Test your endurance on the iconic Dzongri-Goechala Trail with breathtaking views of Kanchenjunga, Pandim, Kabru, and many other majestic Himalayan peaks.
- ✓ Compete alongside trail running legends from across the country.

RACE SCHEDULE

FRIDAY, 1ST MAY, 2026

ACTIVITY	TIME	PLACE
BIB DISTRIBUTION	10:00 AM TO 4:00 PM	YUKSOM BAZAR (RACE START POINT)
RACE BRIEFING	4:00 PM TO 5:30 PM	YUKSOM PANCHAYAT BHABAN

SATURDAY, 2ND MAY, 2026

RACE CATEGORY	START TIME	INTERMEDIATE CUT OFF		FINISH BY
		PLACE (KM)	TIME	
50 KM	4:00 AM	Tshoka (15KM)	8:30 AM	9:00 PM
		Djongri (21 KM)	12 NOON	
		Tshoka (35 KM)	5:00 PM	
30 KM	5:00 AM	N.A.	N.A.	2:00 PM
12 KM	6:00 AM	N.A.	N.A.	9:00 AM

ACCOMMODATION

HOSPITALITY
PARTNER

HOTEL HIMSAGAR
☎ +91 89006 27068

For better deals and the advantage of being closer to the start line.

OTHER HOTELS

🏠 LIMBOO HOMESTAY (+91 83481 67763)	🏠 HOTEL PEMATHANG (+91 98323 21159)
🏠 YUKSOM RESIDENCY (+91 99331 33330)	🏠 EJAM RESIDENCY (+91 97350 87098)
🏠 HOTEL TASHI GANG (+91 74318 55882)	🏠 HOTEL GOECHALA VALLEY (+91 97330 47042)
🏠 HOTEL RED PALACE (+91 97330 77013)	🏠 CHUNGDA HIDDEN HOMESTAY (+91 97331 94846)

HOW TO REACH YUKSOM

Nearest Airport:



Bagdogra Airport - 151 km

Nearest Railway Station:



NJP (New Jalpaiguri) - 145 km



Shared and Reserved Vehicles available (Driver contacts will be shared by organizers).



Nearest popular tourist spots are Pelling, Ravangla, Namchi, Gangtok, from where share cars are available.

WEATHER FORECAST

Yuksom in early May experiences cool mornings and mild afternoons. Expect varying conditions along the race route due to elevation changes. There is a forecast of Rain on Race Day. Also You can expect snowfall in the upper reaches.

- ✓ Probable Temperature range at Yuksom - **8°C to 13°C**
- ✓ Probable Temperature range at Tshoka - **4°C to 7°C**
- ✓ Probable Temperature range at Dzongri - **0°C to 4°C**

Runners should be prepared for sudden weather changes, especially in the mountains. Carrying mandatory and recommended gear is essential for safety.



IMPORTANT NOTICE

- ✓ **BIB with RFID tag to be collected by the runner him/herself.**
- ✓ **We will check Mandatory Gears, before giving BIB with RFID tag. We will not be able to give your BIB with RFID tag if you fail to produce all mandatory gears.**
- ✓ **All runners need to fill-up and sign The weiver form. For this all need to carry one passport size photo and a copy of any Govt. approved id card.**
- ✓ **Runners not meeting intermediate and Final cut offs will result in DNF, and in that case, no Buckles / Medals and Timing to be given.**
- ✓ **If the volunteers and race managers deem any racer is experiencing any medical trouble, which might aggravate with altitude and/or exhaustion, they may stop you from racing further.**
- ✓ **Any misconduct will result in dis-qualification.**





EVENT FLOW FOR
50 KM
PARTICIPANTS

EVENT FLOW FOR 50 KM PARTICIPANTS

ACCLIMATISATION REQUIRED

It is strongly recommended for 50 km Ultra Trail participants to plan 2 days prior for proper acclimatization at 4000m height.

INTERMEDIATE CUTOFFS

- ✓ Tshoka (15 km) - 4 hrs 30 mins
- ✓ Dzongri (21 km) - 8 hrs
- ✓ Tshoka (35 km) - 13 hrs

MANDATORY GEARS

- ☞ Hydration Pack (Minimum 1L Capacity)
- ☞ Trail Running Shoes
- ☞ Windproof Jacket
- ☞ Headlamp with Spare Batteries
- ☞ Whistle
- ☞ Lighter
- ☞ Personal First Aid Kit
- ☞ Emergency / Survival Blanket / Plastic Sheet (Min. Size: 1.4 m × 2m)
- ☞ Emergency Food (Minimum 200 KCal)
- ☞ Cash (Minimum ₹2000 for Emergency Use)
- ☞ Knife
- ☞ Mobile Phone with Backup Battery / Power Bank

ELEVATION PROFILE



ROUTE MAP - 50 KM



AID STATIONS FOR 50 KM

AID STATION	1	2	3	4	5	6	7	8
LOCATION	2 ND BRIDGE	TSHOKA	PHEDANG	DZONGRI	KHOK-CHURANG	PHEDANG	TSHOKA	2 ND BRIDGE
DISTANCE	5 KM	15 KM	18 KM	21 KM	25 KM	32 KM	35 KM	45 KM
WATER	✓	✓	✓	✓	✓	✓	✓	✓
COKE	✓	✓	✓	✓	✓	✓	✓	✓
ORS	✓	✓	✓	✓	✓	✓	✓	✓
BOILED POTATO		✓		✓			✓	
SALT	✓	✓	✓	✓	✓	✓	✓	✓
BANANA	✓	✓	✓	✓	✓	✓	✓	✓
ENO	✓	✓	✓	✓	✓	✓	✓	✓
SALTED CHIPS	✓	✓	✓	✓	✓	✓	✓	✓
DATES	✓	✓	✓	✓	✓	✓	✓	✓
SNEAKERS / 5 STAR		✓					✓	
VOLINI	✓	✓	✓	✓	✓	✓	✓	✓
DAAL CHAWAL							✓	
CAFFINE DRINKS					✓			
BREAD-JAM			✓			✓		

- ✓ Medical Aid Available at All Major Stations.
- ✓ Trekkers Huts are available at Sachen (7 km, 43 km), Bkahim (14km, 36 km), Tshoka, Phedang, Dzongri and Kokchurang, where in exchange of money you may get shelters, food and water.
- ✓ Any runner found littering on the trail or in the forest will be immediately disqualified. This includes improper disposal of wrappers, bottles, gels, or any waste. If a fellow runner or volunteer reports such behavior, action will be taken without warning.



50 KM PARTICIPANTS' GIVEAWAYS

- ✓ Race T-shirt – A commemorative performance t-shirt
- ✓ Finishers Buckle
- ✓ Duffle Bag
- ✓ Sipper
- ✓ Towels
- ✓ Cap and Bandana

DROP BAG POLICY

Drop Bag Facility Available. Bags to be deposited at Smile Sikkim Office (Yuksom Bazar) on 1st May, 2026 from 10 a.m. to 12 noon (maximum 15 litre & 2 kg, also keep a set of dry cloths in case you have to spend night in tea houses). Bags can be made available at Tshoka (15Km /35Km). And one can retrieve the bags from Hotel Himsagar on 3rd May 2026, 12 noon onwards. Please ensure to mark your bags properly for easy identification.

Cancellation Policy: There is no Cancellation policy & no BIB / Registration Transfer Policy.



EVENT FLOW FOR

30 KM

PARTICIPANTS

EVENT FLOW FOR 30 KM PARTICIPANTS

ACCLIMATISATION REQUIRED

It is strongly recommended for 30 km Ultra Trail participants to plan 2 days prior for proper acclimatization at 3000m height.

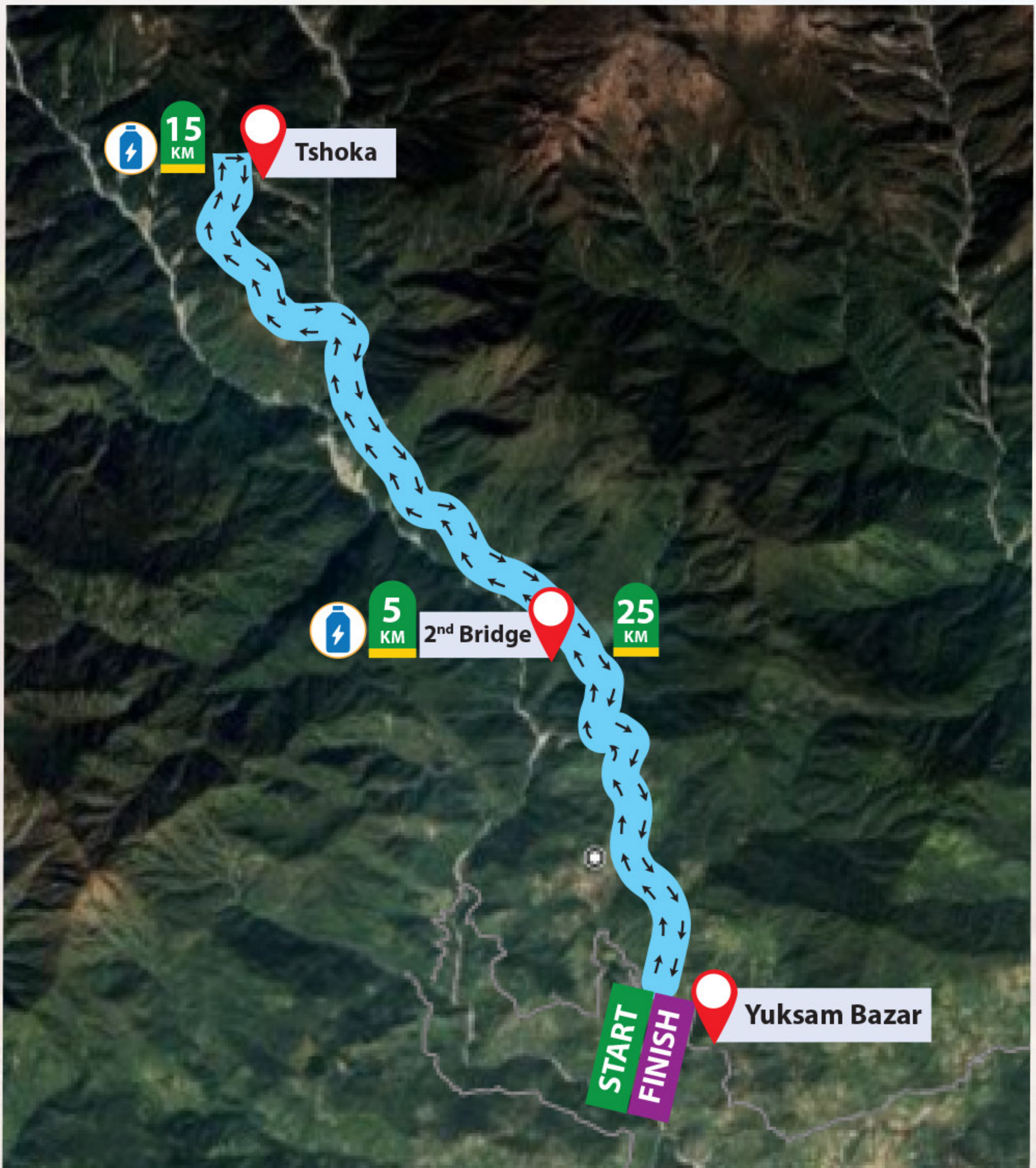
MANDATORY GEARS

- ☛ Hydration Pack (Minimum 1L Capacity)
- ☛ Trail Running Shoes
- ☛ Whistle
- ☛ Personal First Aid Kit

ELEVATION PROFILE



ROUTE MAP - 30 KM



AID STATIONS FOR 30 KM

AID STATION	1	2	3
LOCATION	2 ND BRIDGE	TSHOKA	2 ND BRIDGE
DISTANCE	5 KM	15 KM	25 KM
WATER	✓	✓	✓
COKE	✓	✓	✓
ORS	✓	✓	✓
BOILED POTATO		✓	
SALT	✓	✓	✓
BANANA	✓	✓	✓
ENO	✓	✓	✓
SALTED CHIPS	✓	✓	✓
DATES	✓	✓	✓
SNEAKERS / 5 STAR		✓	
VOLINI	✓	✓	✓

- ✓ Medical Aid Available at All Major Stations.
- ✓ Trekkers Huts are available at Sachen (7 km), Bkahim (14 km), Tshoka (15 Km) in exchange of money you may get shelters, food and water.
- ✓ Any runner found littering on the trail or in the forest will be immediately disqualified. This includes improper disposal of wrappers, bottles, gels, or any waste. If a fellow runner or volunteer reports such behavior, action will be taken without warning.



30 KM PARTICIPANTS' GIVEAWAYS

- ✓ Race T-shirt – A commemorative performance t-shirt
- ✓ Finishers Buckle
- ✓ Duffle Bag
- ✓ Sipper
- ✓ Towels
- ✓ Cap and Bandana

DROP BAG POLICY

No Drop Bag facility for 30 KM participants.

Cancellation Policy: There is no Cancellation policy & no BIB / Registration Transfer Policy.



EVENT FLOW FOR

12 KM

PARTICIPANTS

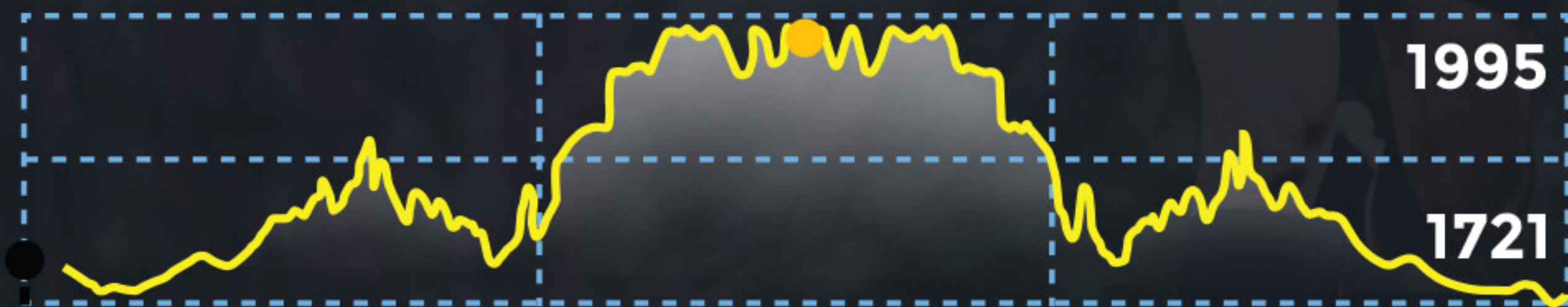
EVENT FLOW FOR 12 KM PARTICIPANTS

MANDATORY GEARS

- ☞ Hydration Pack (Minimum 1L Capacity)
- ☞ Trail Running Shoes
- ☞ Whistle
- ☞ Personal First Aid Kit

ELEVATION PROFILE

↓ 1.7 KM ↑ 2.0 KM



- 🏔️ ELEVATION GAIN - **650 M**
- 🏔️ HIGHEST POINT - **2000 M**

ROUTE MAP - 12 KM



AID STATIONS FOR 12 KM

AID STATION	1
LOCATION	2 ND BRIDGE
DISTANCE	5 KM
WATER	✓
COKE	✓
ORS	✓
SALT	✓
BANANA	✓
ENO	✓
SALTED CHIPS	✓
DATES	✓
VOLINI	✓

- ✓ Medical Aid Available at All Major Stations.
- ✓ Trekkers Huts are available at Sachen (7 km) where in exchange of money you may get shelters, food and water.
- ✓ Any runner found littering on the trail or in the forest will be immediately disqualified.



12 KM PARTICIPANTS' GIVEAWAYS

- ☑ Race T-shirt – A commemorative performance t-shirt
- ☑ Finishers Medal
- ☑ Sipper

DROP BAG POLICY

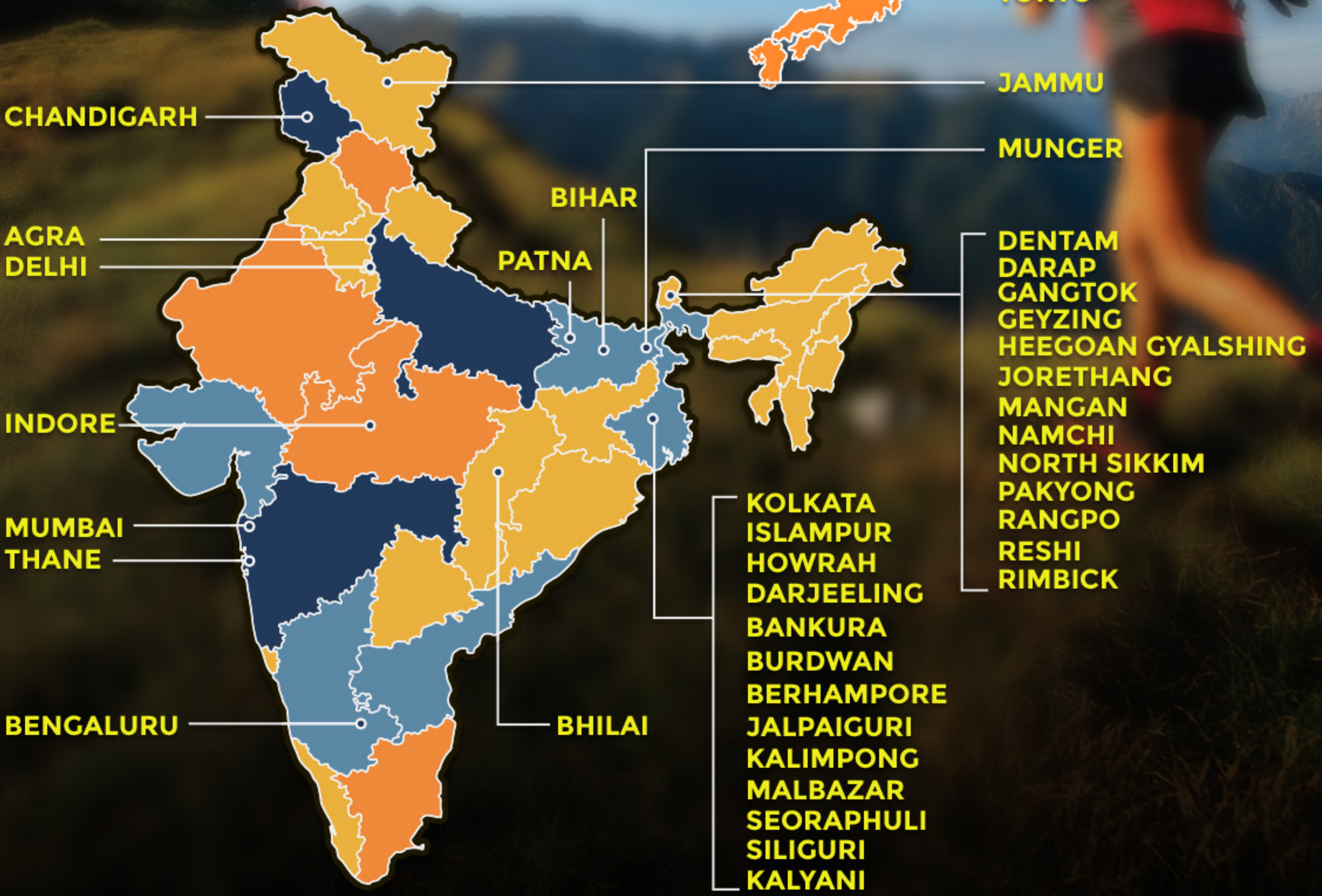
No Drop Bag facility for 12 KM participants.

Cancellation Policy: There is no Cancellation policy & no BIB / Registration Transfer Policy.



JBG 2 MAY, 2026
GOECHALA
TRAIL
ULTRA

372 PARTICIPANTS FROM ALL ACROSS ASIA



HYDRATION PARTNER



THE HYDRATION CO.







NUTRITION PARTNER

whole The Truth





CONTACT INFORMATION

-  Race Director : **Avisek – 8013093371**
-  Race Coordinator : **Sudip – 9874445517**
-  Website : **jbgenduraraces.com/jbg-goechala-ultra**
-  Insta Handle : **[instagram.com/jbgenduraraces/](https://www.instagram.com/jbgenduraraces/)**

Disclaimer – Participants are responsible for their own safety and must follow the race rules and guidelines. The organizers reserve the right to modify or cancel the race due to unforeseen circumstances. All have to sign a waiver form at the bib expo. Everyone is requested to carry one copy of passport size photograph and one copy of any id with address, like Aadhar, Voter Card, Passport, Driving License etc.

**GET READY TO CONQUER
THE HIMALAYAS
& MAKE MEMORIES FOR A LIFETIME!**

ORGANIZERS & ACKNOWLEDGEMENTS

This event is brought to you with the collective effort and vision of passionate individuals and organizations who believe in promoting adventure, sustainability, and community through the beauty of trail running.

TITLE SPONSOR



RACE ORGANIZERS



COMMUNITY PARTNER



NUTRITION PARTNER



HYDRATION PARTNER



HOSPITALITY PARTNER



PROMOTED BY



SPECIAL THANKS TO

✓ *Kanchenjunga National Park Authority*

✓ *Yuksom Tourism & Development Committee*

✓ *Yuksom Gram Panchayat*

✓ *Yuksom Police*

We thank each of our partners and supporters for making the JBG Goechala Trail Ultra 2026 possible. Your energy and effort are what help runners from around the country experience this magical trail.

THE NEXT RACE OF THE SERIES



JAI BALAJI GROUP

ARAVALLI ULTRA

2026

DATE TO BE ANNOUNCE SOON !

 Follow our page : [instagram.com/jbgenduraraces](https://www.instagram.com/jbgenduraraces)

 Website : [jbgenduraraces.com/the-aravalliultra](https://www.jbgenduraraces.com/the-aravalliultra)

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