



THE EVEREST TRAIL RACE BY TUGA KICKS OFF, THE MOST ICONIC MOUNTAIN RACE

On Sunday the trail running race starts with 6 stages, 170 km and 26,000 metres of elevation gain in the Himalayas of Nepal.

Imagine that today is the last day you can take a shower in a conventional toilet as you are about to take part in a competition in the place where the highest and most beautiful mountains in the world exist. In the Himalayas of Nepal, in the Solukhumbu region, there are no luxuries for the participants of the *Everest Trail Race by Tuga*, who from Sunday will share with dozens of runners a personal experience that will last a lifetime. The race, now in its eleventh edition, generates an attraction for the runners that makes them return to a race where they have to carry everything, they need on a technical level during the 6 days of competition (sleeping bag included). The race proposes the daily route, solid and liquid supplies and a camp at the end of each stage where they sleep in a tent with lunch, dinner and breakfast, and a shower after the daily effort with a bucket of water.

And it's the same for everyone. The favourites to win the *Everest Trail Race by Tuga* are the Nepalese runner Suman Kulung Rai, who is looking for a hat-trick after winning the 2017 and 2019 editions. In last year's race, the duel with the Spanish runner Miguel Heras, who won the final, was memorable. The Catalan runner Marc Ollé, European Skyrunning champion and also Spanish champion in Ultra and online mountain races, is making his debut in the competition this year. In the women's category, Phurwa Sherpa, winner of the 2022 edition, will defend her victory against Manu Vilaseca and Núria Domínguez.





A long journey of 200 km and 9 hours by bus from Kathmandu to Dhap has taken the participants to the camp at an altitude of 2,947 metres where the first day will begin. The terrain of the Everest Trail Race by Tuga is multiple and varied. It runs mainly on mountain trails, used by the locals to get around. Some of it follows well-trodden routes and some of it is off the beaten trekking and human traffic routes. There are very few sections with no gradient, either positive or negative. There are frequent areas of stone steps, combining wooded areas, passing through a multitude of villages and deforested high mountain areas. On Sunday the adventure begins for everyone with the first stage: 23 km between Dhap and the finish at Chyangsyngma at an altitude of 3,500 metres. It will be colder than usual and muddy after the recent monsoon rains.

