

EVEREST TRAIL RACE 2025

10 al 22 de noviembre

DAL B. KUNWAR DOMINATES THE EVEREST TRAIL RACE BY TUGA

STAGE 6 / 28,50 km / +1,578 m / -2,612 m / Accumulated 4,190 m

DAL B. KUNWAR DOMINATES AND CLAIMS THE EVEREST TRAIL RACE BY TUGA

Absolute dominance from Dal B. Kunwar in the 13th edition of the Everest Trail Race by TUGA. The Nepali runner not only secured overall victory but made history by winning all six stages of the race. The final day, from Tyangboche to Lukla (28 km and 4,190 m of elevation gain), unfolded calmly at the front, with Kunwar controlling the pace after virtually sealing the win on day one.

Spaniards Abel Carretero and Manuel Vela completed the podium with solid performances, though the decisive blow came in the penultimate stage, where Kunwar opened up a 1 hour and 32-minute gap over Carretero—an insurmountable margin.

Kunwar, runner-up last year behind Suman Kulung, removed any doubt this time and delivered a perfect edition. Only two Western runners have ever beaten the Nepali athletes in this race: Jordi Gamito in 2018 and Miguel Heras in 2022.

In the women's category, Chhoki Sherpa also delivered total dominance. The Nepali runner won all six stages and claimed her second overall victory in the Everest Trail Race by Tuga Active Wear. Humi Budha finished second, and Portuguese runner Ester S. Alves took third.

As always, the finish line in Lukla provided an iconic scene: tears, hugs, and raw emotion among participants after completing six stages, 170 kilometers, and 26,000 meters of elevation gain.

Namasté to everyone. See you next year.

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