

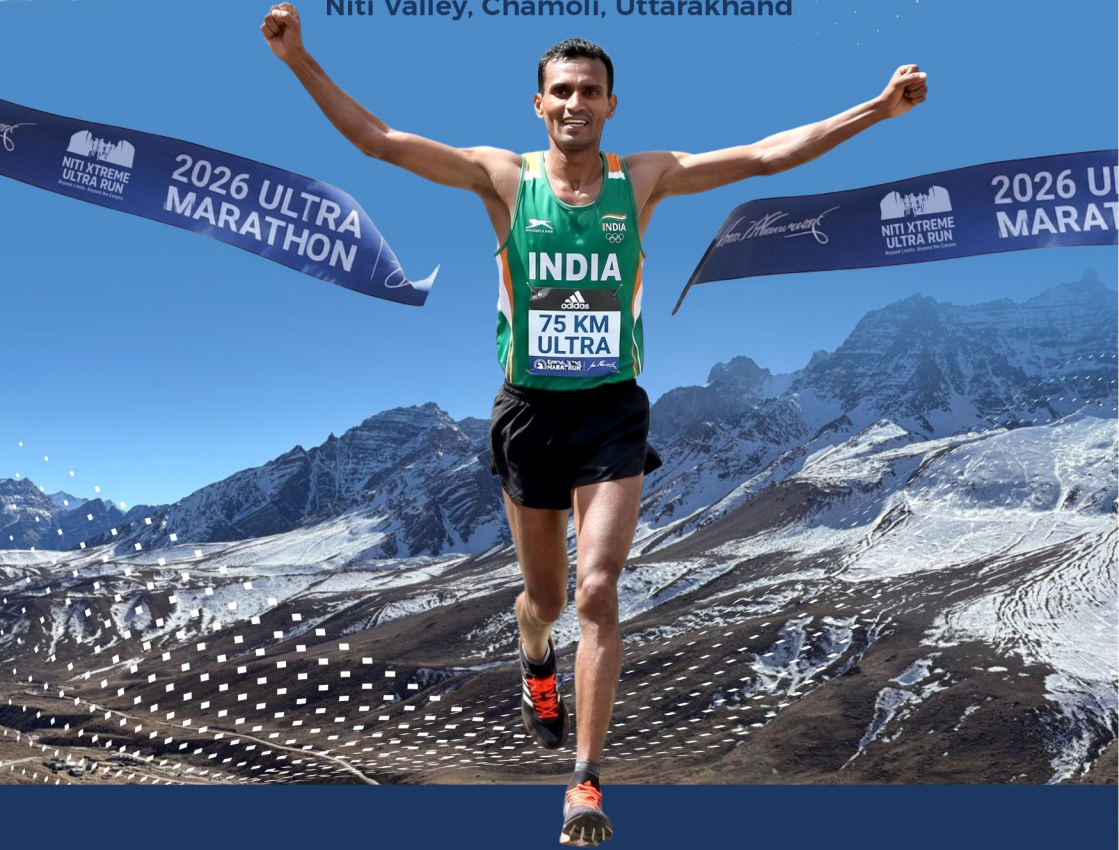


NITI XTREME ULTRA RUN

Beyond Limits, Beyond the Canyon

31 May - 1 June 2026

Niti Valley, Chamoli, Uttarakhand



Welcome to the



NITI XTREME ULTRA RUN

Beyond Limits, Beyond the Canyon

The Niti Xtreme Ultra Run 2026 is a high-altitude ultra marathon endurance event set in the Niti-Malari-Rimkhim corridor of Chamoli, Uttarakhand.

More than a conventional road race, it is a regulated multi-day endurance format designed around participant safety, altitude acclimatization, medical screening and controlled movement within a sensitive border region.

The event is organised by Uttarakhand Tourism Development Board with support from District Administration Chamoli, Indian Army and ITBPF. The broader vision is to position Chamoli and the Niti Valley frontier landscape as a destination for responsible high-altitude endurance tourism.



Understanding the Ultra Marathon

Based on the global standards set by bodies such as **World Athletics** and the **International Association of Ultrarunners (IAU)** an **ultra marathon** is any run longer than the **standard 42.195 km** marathon, demanding sustained endurance, mental resilience, and strategic pacing over extended durations. In line with global standards, the **75 km category of the Niti Xtreme Ultra Run** is classified as an ultra marathon.

At Niti Xtreme, this flagship 75 km race is conducted across the high-altitude Niti-Malari-Rimkhim corridor, combining steep elevation changes, reduced oxygen levels, and dynamic mountain conditions. Participation requires not just fitness, but also acclimatization, medical clearance, and disciplined race execution within a regulated, safety-led endurance framework.



Certified by
Athletics Federation of India



What Makes This Event Different

Niti Xtreme is designed specifically for the realities of the region. The terrain, altitude and restricted-area setting require a disciplined and safety-led race structure rather than a simple arrive-and-run format.

- Staged arrival schedules and category-wise reporting dates
- Medical screening at multiple levels
- Mandatory acclimatization windows before race participation
- Controlled transport movement and checkpoint monitoring
- Weather-dependent operational decisions and route control



Event Dates, Start Time & Relevant Details

Core Event Details

Item	Details
Event	Niti Xtreme Ultra Run 2026
Event Dates	31 May - 1 June 2026
Start Time	5:00 AM onwards
Registration Point	Jyotirmath ~1,875 mtrs (6,150 ft)
Base Camp	Malari ~3,048 mtrs (10,000 ft)
Niti Sector	~3,600 m (approx. 11,800 ft)
Region	Niti-Malari-Rimkhim corridor (~3000 m – 4200 m)

Event Geography & Route Context

The event takes place in the Niti-Malari-Rimkhim corridor of Chamoli district and is designed as a high-altitude border endurance route. This geography is central to the event design and is why the race follows a multi-day operational format.

Key Event Locations

Location	Role
Jyotirmath	Registration Point
Malari	Primary staging hub, accommodation, race operations
Niti	Marathon route sector
Sumna	Ultra route sector
Rimkhim	Ultra acclimatization and final clearance point

Race Categories

Race Formats

Category	Route Structure	Race Date
75 km Ultra Marathon	Rimkhim -> Sumna -> Grand Canyon -> Malari -> Niti -> Malari	31 May
42 km Marathon	Malari -> Niti -> Malari	31 May
21 km Run	Malari-based route	1 June
10 km Run	Malari-based route	1 June
5 km Run	Malari-based route	1 June



Ticketed Sub-Categories

Distance	Categories
75 km	Men Open, Women Open, Men 50+, Women 50+, Men 60+
42 km	Men Open, Women Open, Men 40+, Women 40+, Men 60+, International categories
21 km	Men Open, Women Open, Men 50+, Women 50+
10 km	Men Open, Women Open, Men 60+, Women 60+
5 km	Men Open, Women Open, Boys Below 18, Girls Below 18

Reporting Dates & Arrival Timeline

One of the most important participation requirements is the mandatory reporting date, which varies by category and has been programmed so participants can complete screening, acclimatization and race preparation in the healthiest and safest manner possible.



Arrival Timeline for Different Marathon Categories

Category	Must Reach Malari By
75 km Ultra	27 May 2026
42 km Marathon	28 May 2026
21 km	29 May 2026
10 km	29 May 2026
5 km	29 May 2026
42 km International	28 May 2026

Prior Experience Requirements

Eligibility by Prior Running Experience

Category	Prior Experience Requirement
75 km Ultra	One 42 km marathon within last 10 months OR two 21 km races within 6 months OR any ultra run within a year OR Adi Kailash Ultra / equivalent high-altitude race
42 km Marathon	One high-altitude 21 km race within 6 months OR two 21 km races within 10 months
21 km Run	One 10 km race within last 6 months OR two 10 km races within last 10 months
10 km Run	One 10 km race within last 6 months OR two 10 km races within last 6 months
5 km Run	At least one 5 km run within last 3 months

Acclimatization & Conditioning Requirements

The Niti Xtreme Ultra Run is conducted in a **high-altitude Himalayan environment (3,000m – 4300m+)**, where acclimatization and medical readiness are critical for safe participation.

The **reporting schedule, prior experience, acclimatization timelines, and multi-level medical screening** are designed in alignment with established high-altitude principles, which recommend **gradual exposure, controlled exertion, and monitoring of physiological response**.



Category-wise Acclimatization Guidance

Category	Recommended Requirement	Context
5 km / 10 km / 21 km	1-3 days acclimatization	Malari (~3,048 m), based categories at lower race altitude; light movement, hydration and rest recommended
42 km Marathon	2- 4 days acclimatization	Niti (~ 3600 m), sector is at higher altitude and demands gradual exposure, race readiness and stronger endurance conditioning
75 km Ultra Marathon	3-7 days acclimatization	Rimkhim (~ 4300 m) ultra route demands stricter screening, advanced acclimatization and stronger high-altitude preparedness

Participation is subject to **successful medical screening at multiple stages**, along with adherence to the defined acclimatization schedule.

Recommended endurance conditioning before arrival includes long-distance running, hill training, leg and core strength conditioning, hydration practice and gradual exposure to altitude where possible

Failure to comply with protocols may lead to **restricted participation on safety grounds**.

All timelines are **non-flexible** and calibrated based on terrain, altitude, and weather conditions.



How the Event Flow Works

Participant Flow

Phase	What Happens
Jyotirmath	Registration point, helpdesk, permit checks, Level-1 medical screening, orientation
Malari	Accommodation, Level-2 screening, race briefing, hydration guidance
Rimkhim	Ultra-only acclimatization, final clearance and gear verification

Participants wishing to travel before the mandated reporting dates may contact the organisers so arrangements can be explored. Any additional expenses incurred for early arrival, extra stay, meals or custom arrangements will be borne by the participant.

Route Support

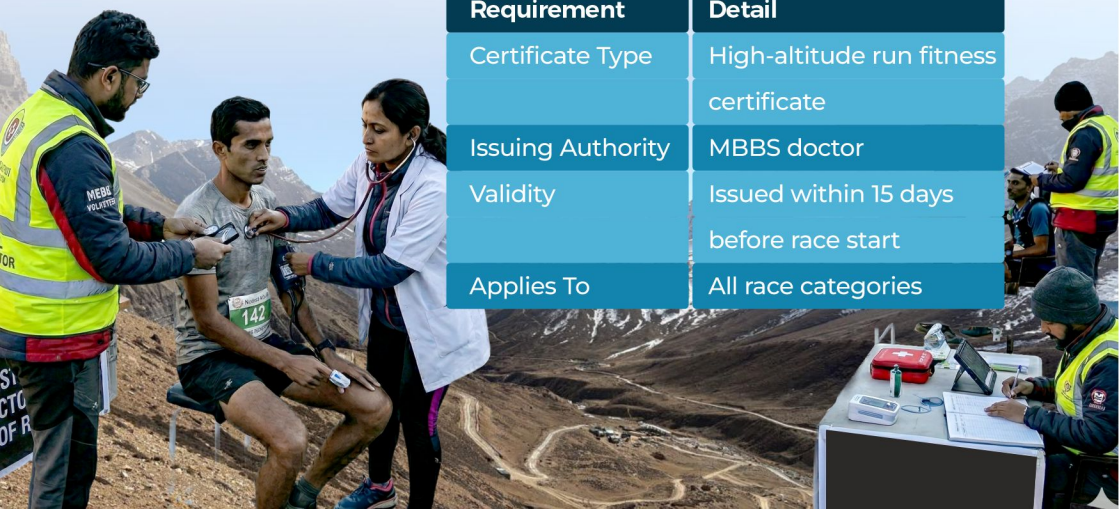
Routes are organised into sectors with support checkpoints providing hydration, nutrition support, basic medical observation, communication with race control and withdrawal logging.

Medical Requirement

(Mandatory)

Mandatory Medical Document

Requirement	Detail
Certificate Type	High-altitude run fitness certificate
Issuing Authority	MBBS doctor
Validity	Issued within 15 days before race start
Applies To	All race categories



Altitude Awareness & Medical Advisory

At high altitude, reduced oxygen levels can lead to **Acute Mountain Sickness (AMS)**. Even fit runners can be affected if they neglect acclimatization, hydration or early symptoms.

- Common symptoms: headache, nausea, vomiting, fatigue, dizziness, breathlessness and loss of appetite
- Serious but less common high-altitude conditions include **HAPE (High Altitude Pulmonary Edema)** and **HACE (High Altitude Cerebral Edema)**
- Stay hydrated, avoid overexertion during acclimatization and report symptoms immediately to the medical team
- Medical support will be present, but self-awareness, discipline and timely reporting remain critical

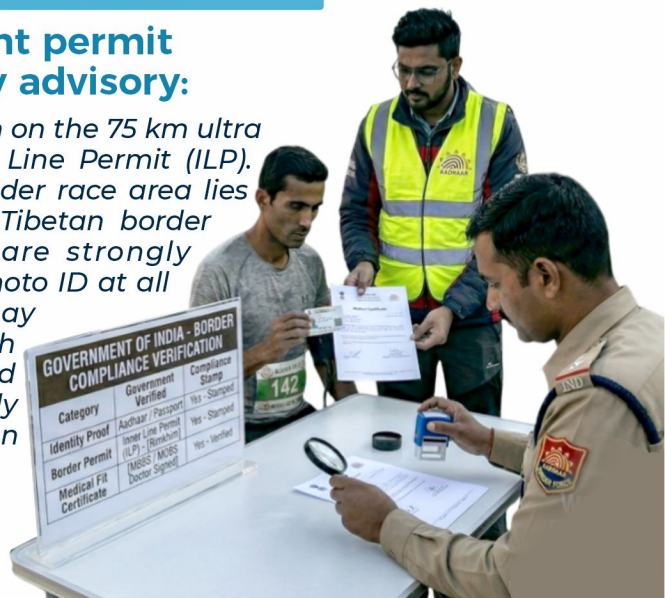
Identity Documents, Permits & Border-Area Compliance

Identity Requirements

Category	ID Requirement
Domestic Participants	Aadhaar / Government ID
International Participants	Valid Passport

Important permit & security advisory:

Only the Rimkhim region on the 75 km ultra route requires an Inner Line Permit (ILP). However, since the broader race area lies within a sensitive Indo-Tibetan border belt, all participants are strongly advised to carry valid photo ID at all times. Security checks may occur from the Jyotirmath region onwards and participants must comply with all verification measures.



Movement, Transport & Access

Transport and Movement Summary

Segment	Participant Guidance
Jyotirmath -> Malari	Transport available; cost borne by participants
Movement Style	Batch-wise controlled movement
Private Vehicles	Allowed only under advisory conditions
Ultra Transfer	Malari -> Rimkhim organised transfer

Road conditions, weather, convoy advisories and clearance windows may influence movement schedules. Participants should not assume free, unscheduled or unrestricted movement in the corridor.

Bib Distribution, Onboarding & Personal Gear

Bib and T-shirt distribution takes place at Malari after screening clearance along with identity verification, medical screening and race briefing.

- Each participant should carry a personal first aid kit with basic items that make sense for a mountain endurance event
- First aid support and medical assistance will also be available through official event systems, but a customized personal kit remains advisable for individual use

Recommended Personal First Aid Kit

Item Type	Recommended Contents
Basic medication	Pain relief, ORS, personal prescription medicines, doctor-advised altitude medication if already prescribed
Blister / wound care	Band-aids, blister pads, small antiseptic, gauze or tape as needed
Muscle care	Personal spray, balm or ointment if normally used during endurance events

Facilities & Essential Clothing

- Hydration, nutrition and checkpoint support are core operational features of the event and requisite items would be available still participants should still approach the event with self-sufficiency and carry essential personal items
- Toilets and washroom facilities will be available at strategic intervals and key locations

Recommended Clothing and Essentials

Carry Item	Why It Matters
Sunscreen SPF 50+	High UV exposure at altitude
Sunglasses	Eye protection against glare, wind and light
Windcheater / thermal layer	Protection against cold wind and temperature variation
Waterproof jacket or raincoat	Weather here may shift quickly; waterproof is preferred over merely water-resistant
Small torch / headlamp	Useful in low light, remote movement or emergency conditions
Nutrition bars / gels	Personal fuelling support in addition to official checkpoint support
Water bottle / hydration flask	Essential for hydration discipline
Sanitiser / hygiene essentials	Personal hygiene in remote conditions



Safety, Risk Environment and Participant Discipline

High-altitude endurance running involves risks such as **Acute Mountain Sickness (AMS), hypothermia and dehydration**. Weather and route conditions are continuously monitored and authorities may modify race operations if required.

Participants must be considerate of the nature, terrain and landscape. Do not underestimate the altitude or behave casually in the mountains. Weather can change unexpectedly and altitude impact can affect even prepared runners.

This event should be approached with humility, discipline and awareness. Overconfidence, poor hydration, lack of acclimatization or disregard for race instructions can become critical risk factors.

Accommodation, Connectivity, Expenses and Participant Responsibility

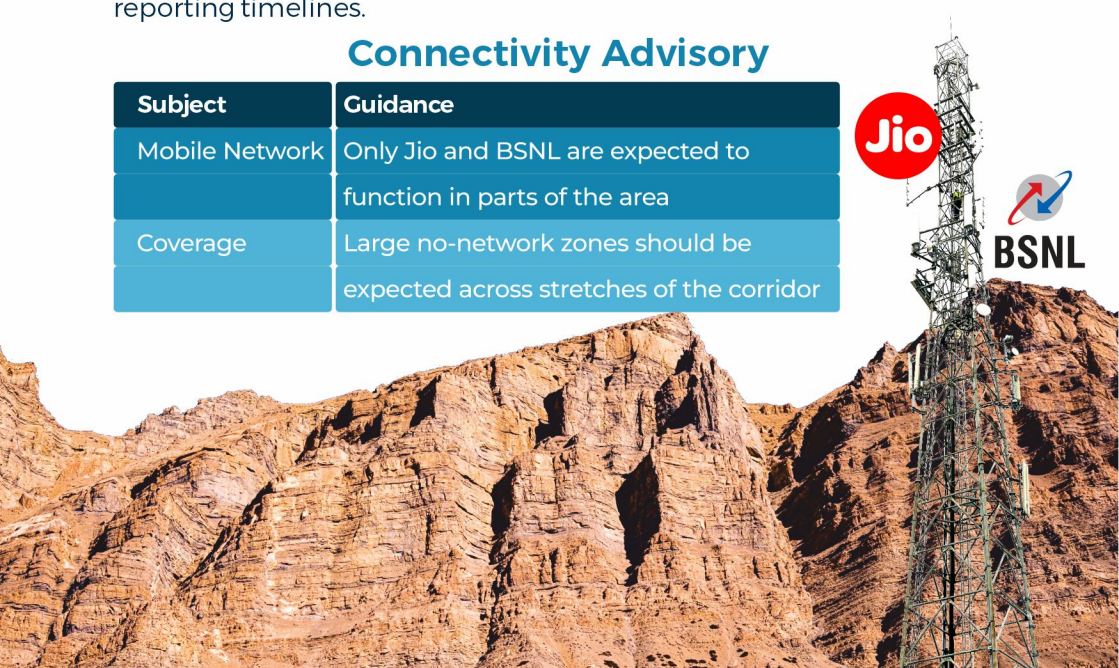
Malari serves as the main participant accommodation and staging hub, while Rimkhim is used only for ultra-specific staging. Jyotirmath may function as an early-arrival base for those arriving before official reporting timelines.

Connectivity Advisory

Subject	Guidance
Mobile Network	Only Jio and BSNL are expected to function in parts of the area
Coverage	Large no-network zones should be expected across stretches of the corridor



BSNL



What Is Typically Covered / Not Covered

Covered in Official Event Window	To Be Borne by Participant
Accommodation during official schedule	Travel to and from Jyotirmath / base location
Meals as per the official event programme	Early arrival / extended stay arrangements
Official race logistics, checkpoint support and medical observation	Personal gear, clothing and customised supplies
Organised ultra transfer as per operational plan	Personal medical purchases or expenses outside official framework

Environment, Community Responsibility and Contact Information

Participants must follow strict no-littering norms, waste segregation practices and respectful conduct toward local communities, service providers and ecological conditions.

Important seasonal dates that participants may consider while planning travel around the Niti Xtreme Ultra Run are listed below. These are indicative and remain subject to weather and administrative conditions.

Indicative Seasonal Dates

Destination / Site	Indicative Opening Date
Badrinath	23rd April, 2026
Hemkund Sahib	23rd May, 2026
Valley of Flowers	1st June, 2026



Official Help Contacts

Type	Contact
Help / Queries	9758727564, 7830004030, 9675067521
Registration Website	https://www.townscript.com/v2/e/niti-extreme-ultra-run-2026-424401/booking/tickets
Email	run2live.in@gmail.com
Chamoli Tourism	www.visitlamoli.com/
Website & Social Media	www.instagram.com/visitlamoli/ , /nitiultrarun

Note: All schedules, movement plans, access conditions and route operations remain subject to weather, security advisories, road conditions and administrative decisions.



**PEDAL TO THE ROOF OF THE WORLD.
NITI VALLEY
MTB CHALLENGE**

**3,300+ METERS ABOVE SEA LEVEL.
BREATHTAKING DESCENTS AND GRUELING CLIMBS THROUGH
THE HEART OF THE NANDA DEVI BIOSPHERE RESERVE.**

**HIGH ALTITUDE
HIGH GEAR
HIGH STAKES**



**2ND JUNE 2026
GAMSHALI - MALARI - GAMSHALI
(CHAMOLI)**

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SCAN QR CODE TO REGISTER



CONNECT WITH US

District Tourism Development Office, Chamoli
Gopeshwar, Uttarakhand

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