

An aerial photograph of a lush, green forest. A dirt path winds through the trees, and a person is visible walking on it. The forest is dense with various types of trees, including tall palm trees and broad-leafed trees. The overall scene is vibrant and natural.

Participant Briefing




Malnad Ultra 2023

Agenda

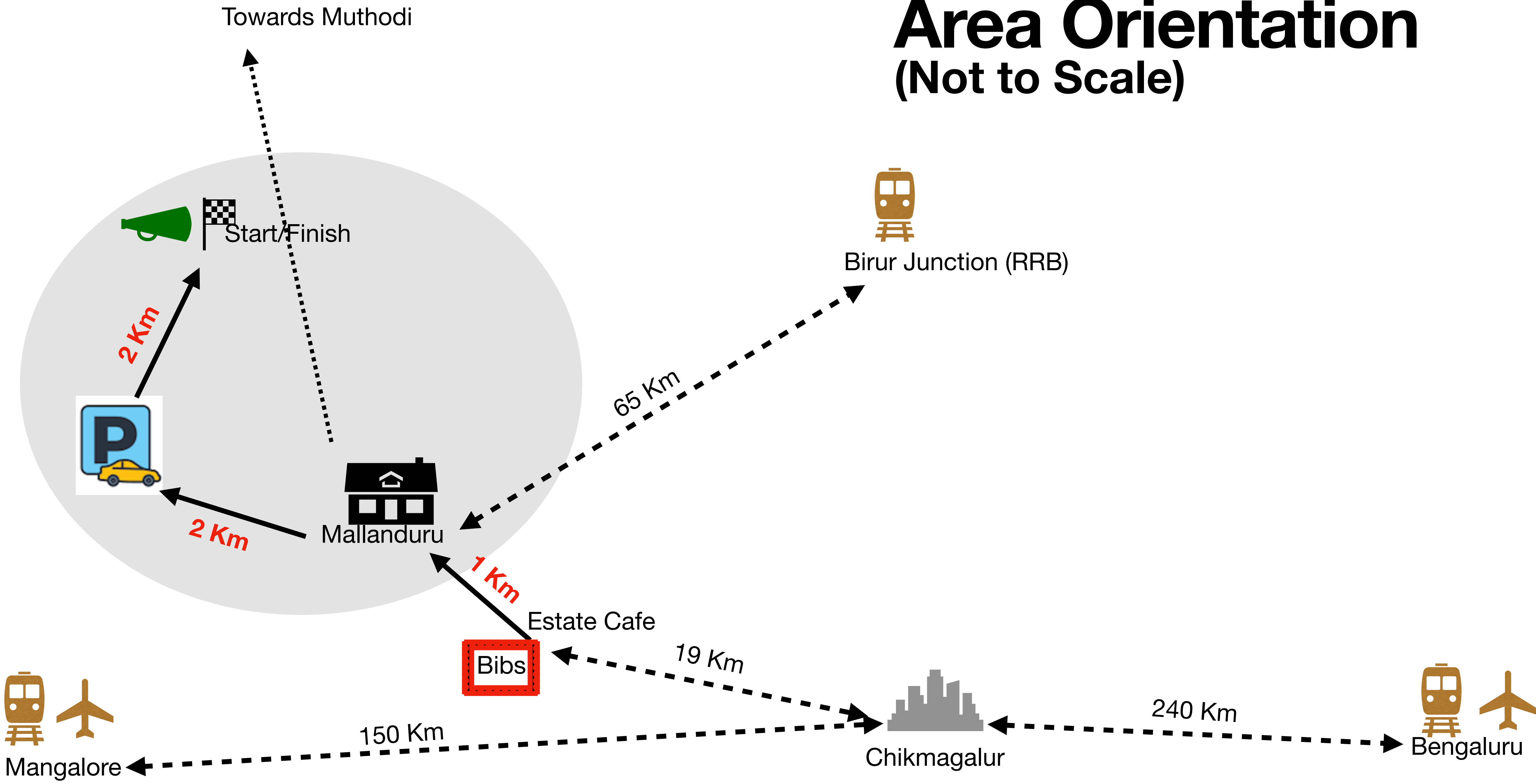
- Event & Area Orientation
- Travel & Accommodation
- Course Profile
- Safety
- Race Rules
- Qualification Proof
- Race Information
- Reading References
- Q n A

Event Summary

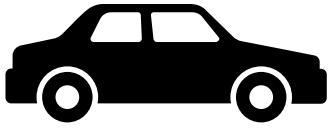



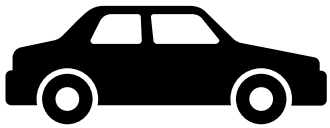
7th Edition @ Mallanduru, Karnataka
Saturday, November 25th, 2023

	100 KM	50 KM	30 KM
Start - End	6:30 AM - 3:30 AM (Sun)	7:00 AM - 4:30 PM	8:00 AM - 2:30 PM
Overall Cut-Off	21 hours	9.5 hours	6.5 hours
Intermediate Cut-Off	50 KM - 5:00 PM 87 KM - 1:30 AM (Sun)	37 KM - 2:30 PM	-
Aid Stations	12	6	4
ITRA Points (Finishers only)			

Area Orientation (Not to Scale)



Area Orientation

From - To	KMs	Mins	Mode
Bengaluru - Mallanduru	260	300	
Mallanduru - Parking	2	10	
Parking - Start Area	2	25	
Chikmagalur - Mallanduru	20	40	
Birur Station - Mallanduru	65	90	

Getting There

- By Road
 - 260 Kms from Bengaluru or 150 Kms from Mangaluru
 - 20 Kms from Chikmagalur; Follow Signs to Parking from Mallanduru
- By Train
 - Birur Junction (Station Code RRB)
 - 65 Kms by Road to Mallanduru
- By Air
 - Bengaluru International (Airport Code BLR)
 - Mangaluru International (Airport Code IXE)

Accommodation

- Homestays around Mallanduru (Recommended)
 - Contact Swaroop (+91 99003 06090) on WhatsApp for assistance
 - Active Holidays Package (Bengaluru-Event-Bengaluru) with shared Travel & Accommodation; Details on their [Site](#).
 - Book Online
- Chikmagalur
 - Book Online and expect to drive 45 minutes on the morning of race
 - 20 Kms by Road to Mallanduru
- International Runners
 - Please connect with us via email (run@malnadultra.com)



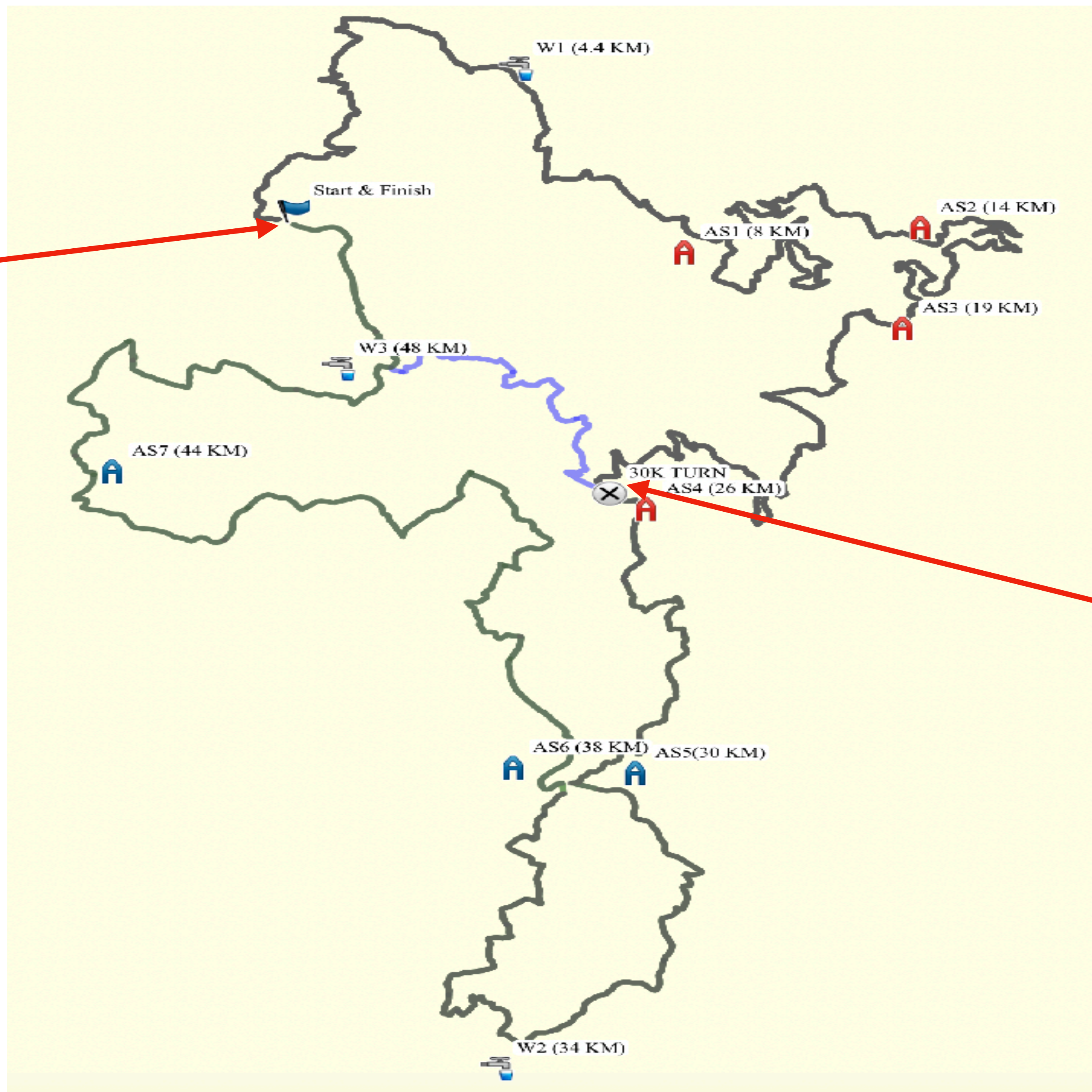
Recommended Itinerary

Date & Time	Description
24th November, Friday 10:00 AM - 6:00 PM	Bib Pickup, Meet Volunteers for QnA Location: The Estate Cafe on Chikmagalur - Mallanduru Road
25th November, Saturday 4:30 - 5:30 AM	Arrive in Parking Area (Follow Signs from Mallanduru)
25th November, Saturday 5:00 - 5:45 AM	Reach Start Area (Follow Signs at Location)
25th November, Saturday 6:30 - 8:00 AM	100 KM: 6:30 - 6:45 AM 50 KM: 7:00 - 7:15 AM 30 KM: 8:00 - 8:15 AM
26th November, Sunday	Return Home

Course Profile

- Jeep Tracks, Mud Road, Walking Trails > 90%
- 2-3 sections of Asphalt/Cement road stretches to connect trails
- Uneven, rocky in many stretches, plenty of Ups & Downs, but not technical
- Expect ZERO Network on all Carriers
- Plenty of shade
- Can get Windy at elevations
- Close to Nature - Birds, Insects and Other Wildlife, Streams etc.
- ZERO Tolerance for Garbage

Start/Finish



30K Turn

 Subject to Changes !!!



Elevation Profile



 Subject to Changes !!!

Support

- First Time Trail Runners - Reset Expectations!!
- Breakfast and Lunch for all participants in Start/Finish and 26 Km mark
- Light dinner for 100K participants at 76 Km mark
- Aid Stations 5-6 km intervals
- Medical Tent and Physios at Finish; Ambulance for emergencies
- Free race photographs by end of December
- Drop Bag at Start/Finish
- No Toilets on Course
- Sweeper Vehicle

Safety

- Remote Area, Tough Course, Unpredictable Conditions
 - Allocate extra time
 - Be conservative, patient
 - Follow instructions and signs
 - Recommend Pairing-up in Night Sections
- Review Terms and Safety instructions on our web site
- Drop out at Aid Stations with Vehicle Access Only
- Water Bottle Mandatory for All Runners
- Headlights/Flashlights Mandatory for 100K in Night (no sharing, no mobile)
- Check Course Signage; Retract if necessary

General Tips

- Plan as a Group with Friends & Family
- Car Pool - Personal Vehicle, Tempo Travellers, Mini Buses
- Retain Vehicle for Entire Event
- Allocate 3 days (24th to 26th November) for a great experience
- Drive slowly and carefully; expect traffic congestion
- Train well and be Conservative
- Carry Water, Basic Hydration and First Aid
- Create Checklist of Items

Finish or DNF?

Term	Description
DNF	<ul style="list-style-type: none">• Did not Finish under Final Cut-Off Time• Missed a Timing Station or Intermediate Cut-Off• Pulled out voluntarily or by request from Race Organisers or Medical Crew• Rode a Vehicle• Broke No Garbage or other Rule
DNS	<ul style="list-style-type: none">• Did Not Start within 15 minutes from Start Time• Not Uploaded to ITRA
Finish	<ul style="list-style-type: none">• Must Finish in Registered Category• ITRA Points, Online Certificate and Finisher Medal

Attention !!!

- **Registrations close midnight of October 22nd**
- **Qualification Criteria must be provided by October 25th**
- Litter Free Event
- Final Communication with Bib Details on November 1st via Email from RUN@MALNADULTRA.COM
- Our Team will NOT be available from November 20th
- Watch Web Site and Social Media for important updates

References

www.malnadultra.com

- Event Info, Rules and Safety
 - Event Info
 - Event Info -> Rules
 - Event Info -> Safety
- Race Day Support & Hydration
 - Event Info -> Food & Hydration
 - Event Info -> The Little Details

Karnataka
One state. Many worlds.

Department of Tourism

Email Us
RUN@MALNADULTRA.COM



2025 QUALIFYING RACE

