

## **Introduction**

Tourism is the largest industry and major source of foreign exchange in Nepal. Nepal is an unique destination for mountaineering, trekking rafting, jungle safari and many more . It has eight out of ten highest mountain in the world . It also has 10 world heritages and sites in the country. Effort has been made but has not yet been able to attract the maximum number of tourists to various destinations of the country to promote tourism.

Ultra-run has been a popular adventure sports in recent years. Many athletes and interested personnel have been attracted in such events. A visit was made to Gosikunda on Last week of September 2019 as a pre-feasibility study for a ultra-run from Gosaikunda.

## **Gosaikunda**

Gosaikunda is fresh water lake, situated at an altitude of 4380 m. in Langtag National park, in Rsuawa district. Hindu mythology describes Gosaikunda as the abode of Lord Shiv and goddess Guri. According to Hindu Script, after the Samundra Manthan, Lord Shiva swallowed the poison. To resist the adverse effect of the poison lord Shiva created the lake by his Trishul. Each year in the month of August thousands of people visit and take Holy bath at Gosaikunda. Gosaikunda Trekking is one the most famous trekking area. Thousands of trekkers trek every year in this Region every year. There are 108 Lakes situated in the area.

It takes 3 to 4 days to reach Gosaikunda from Sundarijal. First day the ascent starts from Sundarijal to Chisapani. There is a choice to take a jeep drive from Sundarijal to Chisapani. After the short descend from Chisa Pani to Pati Bhanjyang climb up to Kutumsang via Chipling ends the second day trek. Day 3 involves a short climb to Mangingoth, Thade Pati. From Thade pati to Phedi via Ghopte one experiences the moderate descend and ascend trail. Day 4 consists the challenge Lauribina Pass at an altitude of 4610. Gosiankunda is at an altitude of 4380 m after the moderate descent from Lauribina. Along the route basic accommodation, food and snacks is easily available. Trisuli River origins from Gosaikunda. It is designated a Ramsar sites on 29 September 2007.

This region consists of wide variety of diversities of flora and fauna from subtropical to alpine. Forest in this area consists of evergreen Pine, Oak, various types of Rhododendron. It has been a habitat of different types of birds and animal including Red Pandas.

## **Marathoon**

During the visit our finding was there is huge possibility to organize a ultramarathon run from Gosainkunda, which is 4380 m above the sea level. After a climb to 4610 most of the

trail will follow with downhill. There are moderate climb appears in between the finishing of the run. The follows table shows the tentative distance and altitude along the trail fro 42 k, 10 k and 5 k respectively.

To organize the Ultra-run the organizer can create an event starting from Gosainkunda to Chipling, The Distance from Gosainkunda to Chipling is approximately 41.5 km. The variation of the geographical beauty, wonderful trail with scenic view of water fall, flora, fauna, flowers, mountain and amazing valley and divers cultural aspect gives an extra vibe to the athlete. Chipling consist of number of hotels and village with accessible road (dirt road) and transportation facility; which makes easy to handle the finishing point during the event. The detail of the distance and altitude variation is given bellow.

### For Ultra Marathoon

From			To		
S.N	Place	Altitude m	Place	Altitude m	Distance km
1	Goshainkunda	4380	---	--	--
			Surya Kunda Pass	4610	3.5
2	Surya Kunda	4610	Fedi	3765	2.1
3	Fedi	3765	Ghopte	3412	5.4
4	Ghopte	3412	Tharepati	3655	4.7
5	Threpati	3655	Magin Goath	3242	6.5
6	Magin Goath	3242	Kutumsang	2474	6.3
7	Kutumsang	2474	Golfubhanjyang	2190	4.5
8	Golfubhanjyang	2190	Chipling	2443	8.5
<b>Total Distance Approximately</b>					<b>41.5</b>

### 10 K Run

Kutumsang is on the way to Helambu trek trail, consisting around 30 houses on the beautiful ridge, from where one can enjoy rich nature and cultural beauty of the area. Scenic view of sunrise and sunset gives extra pleasure to trekkers. This village is connected with road facilities. Kutumsang can be an ideal place as a starting point for 10 k run from. Form this point athlete and runners can experience the beauty of the nature, culture and the people along the road the finish point can be at Chiplingthok. It is possible to start the race from out skirt of the village so that the finishing point can at chipling.

From		To		
Place	Altitude m	Place	Altitude m	Distance km
Kutumsang	2474	--	--	--
		Golfubhanjyang	2190	4.5
Golfubhanjyang	2190	Chipling Thok	2443	5.5
<b>Total Distance Approximately</b>				<b>10</b>

### For 5 k Run

Golfubhanjyang is a junction from various villages. This village is connected with road facilities. This place can be an ideal place as a starting point for 5 k run from. From this point athlete and runners can experience the beauty of the nature, culture and the people along the road the finish point can be at Chaplingthok. It is possible to start the race little after from junction so that the finishing point can be at chipling.

From		To		
Place	Altitude m	Place	Altitude m	Distance km
Golfubhanjyang	2190	--	--	--
		Chipling Thok	2443	5
<b>Total Distance Approximately</b>				<b>5</b>

### Limitation:

Due to cloud, heavy rain, storm etc were the challenges to collect accurate data.

**ChisaPani**



**Chipling Village**









Magingoth







**Trail Map**

