



## FULL RACE INFO PACK

**Virunga Gorilla Marathon** takes place in a distinct highland area in southwestern Uganda is a mountainous, volcanic region bordering Rwanda and the DRC, characterized by high altitudes, cool temperatures. A scenic, hilly, and terraced landscape. It offers Five trail event distances:

- **100 km Trail single stage (starting 4.30 am)**
- **42 km Trail (starting 6.30 am)**
- **21 km Trail (starting 7.30 am)**
- **10 km Trail (starting 8 am)**
- **6 km Trail (starting 8.30 am)**

Students and Kisoro locals under 23 can participate for free in 6 km and 10 km distances.

### RACES COURSE INFORMATION

#### **Virunga Gorilla Marathon 100Trail (112 KM)**

Race Date: **2026/05/30**

Start Time: **04:30:00**

Participation: **Solo**

Distance: **112.36**

Elevation Gain: **+3069**

Elevation Loss: **-3081**

Time Limit: **21 Hrs.**

Number of Aid Stations: **6** (Other emergency Aid Stations will be created as need arises)

<https://itra.run/Races/RaceDetails/>

[Virunga.Gorilla.Marathon.Virunga.Gorilla.Marathon.100Trail/ 2026/108009](https://itra.run/Races/RaceDetails/Virunga.Gorilla.Marathon.Virunga.Gorilla.Marathon.100Trail/2026/108009)





## Virunga Gorilla Marathon 21Trail

Race Date: 2026/05/30

Start Time: 07:00:00

Participation: Solo

Distance: 21.82

Elevation Gain: +347

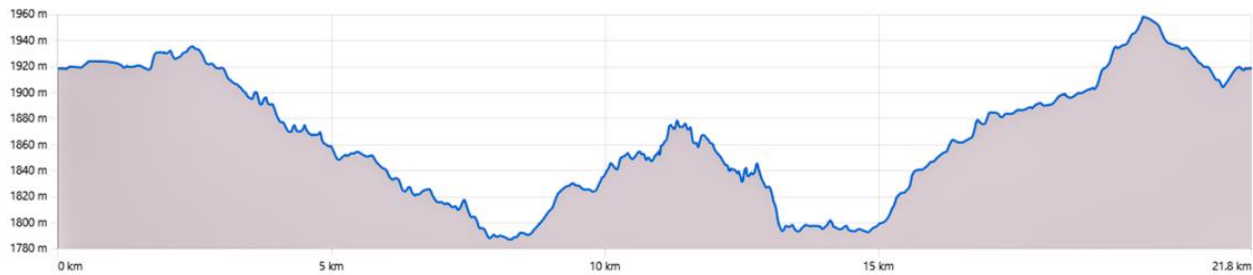
Elevation Loss: -347

Time Limit: 3 Hrs.

Number of Aid Stations: 3 (Other emergency Aid Stations will be created as need arises)

<https://itra.run/Races/RaceDetails/>

[Virunga.Gorilla.Marathon.Virunga.Gorilla.Marathon.21Trail/2\\_026/107980](https://itra.run/Races/RaceDetails/Virunga.Gorilla.Marathon.Virunga.Gorilla.Marathon.21Trail/2_026/107980)



### **Virunga Gorilla Marathon 10Trail**

Race Date: **2026/05/30**

Start Time: **07:30:00**

Participation: **Solo**

Distance: **10.43**

Elevation Gain: **+185**

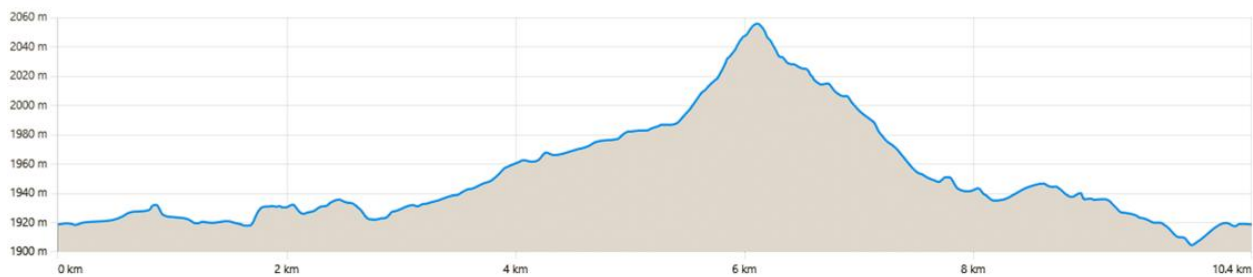
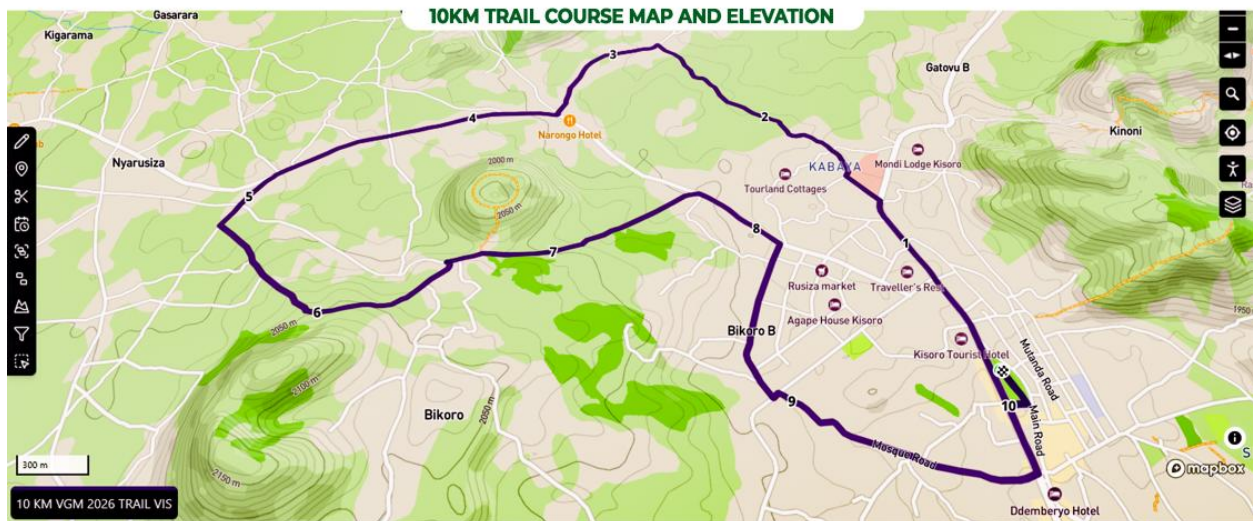
Elevation Loss: **-185**

Time Limit: **2 Hr.**

Number of Aid Stations: **1** (Other emergency Aid Stations will be created as need arises)

<https://itra.run/Races/RaceDetails/>

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### **Virunga Gorilla Marathon 6Trail - Beginners Race**

Race Date: **2026/05/30**

Start Time: **08:00:00**

Participation: **Solo**

Distance: **6.20**

Elevation Gain: **+73**

Elevation Loss: **-74**

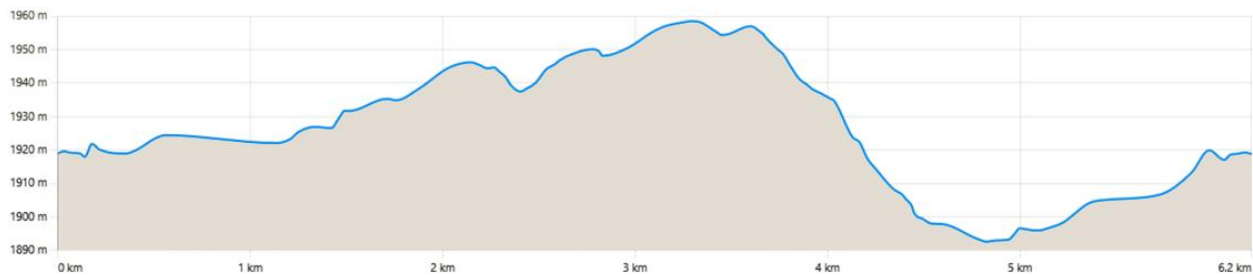
Time Limit: **1 Hr.**

Number of Aid Stations: **1**

<https://itra.run/Races/RaceDetails/>

[Virunga.Gorilla.Marathon.Virunga.Gorilla.Marathon.6Trail...](https://itra.run/Races/RaceDetails/Virunga.Gorilla.Marathon.Virunga.Gorilla.Marathon.6Trail...)

[Begginers.Race/2026/107982](https://itra.run/Races/RaceDetails/Virunga.Gorilla.Marathon.Virunga.Gorilla.Marathon.6Trail.../Begginers.Race/2026/107982)



**NOTE:**

1. All races except the 100 km will begin and end at the Mayor's Garden. The 100 km race will begin from the Mayor's Garden and end at Mondri Lodge, along Kisoro-Bunagana Road.
2. All GPX files, elevation documents and route maps are available on the website: <https://virungagorillamarathon.com/>
3. Aid stations are what we refer to us the Check Points (CPs). They are designed to support all runners with water, food, and medical assistance. While they are well-stocked, runners are generally required to be self-sufficient between them, especially for the 100 km and 42 km routes.

## MANDATORY KIT LIST

Must be carried at all times during the race

	109 KM	42 KM
Running pack	✓	✓
Hydration system/s with capacity for minimum 1.5L of water	✓	✓
Durable waterproof jacket with hood	✓	
Warm hat	✓	
Spare warm mid/base layer	✓	
High quality head torch with spare batteries (or second torch)	✓	
Whistle	✓	
Watch (GPS advised)	✓	
Survival bag (not blanket)	✓	
Emergency food reserve (800kcal minimum)	✓	✓
Fully charged phone with gpx file uploaded	✓	✓
Personal beaker 15cl minimum (bottles or flasks are not accepted)	✓	✓
Foil Blanket	✓	

**Extreme weather additions (will be communicated 1-week prior if needed)**

Waterproof trousers	✓	
Gloves	✓	

**Highly recommended**

Running poles	✓	✓
Electrolyte solutions	✓	✓
Sunglasses	✓	
Cap	✓	
Buff	✓	
Battery pack	✓	
Personal basic first aid kit	✓	

## **CHECK POINT INFO PACK**

Aid stations or Checkpoints are manned by our crew of committed volunteers staff who assist with refueling, check your physical condition, and help with withdrawals if necessary. Each check point in the Virunga Gorilla Marathon provides water, food, shade, and medical support. They are critical safety points where runners must pass through, often subject to cut-off times to ensure safety, particularly in cases where the athlete is struggling and seems to not be able to make it to the finish line. Some stations serve as mandatory kit check locations.

### **Main Things at Checkpoints:**

Hydration: Water and usually electrolyte and fizzy drinks are provided. Runners must carry their own collapsible cup or hydration pack to receive liquids.

Nutrition (Food & Snacks): A variety of sweet and salty snacks, including bananas, water melons, orange slices, crisps, biscuits, or ginger cookies.

Specialty Items: Some Aid stations will have sandwiches (e.g., bread sandwiches), or hot items like broth or coffee during cold times.

Specific Nutrition: While all this nutrition will be provided, it is recommended to bring your own specialized race nutrition for your specific dietary needs.

Support: Medical staff and volunteers.

Logistics: Mandatory equipment checks and, in some cases, cutoff time enforcement.

Infrastructure: Shelter or rest areas.

## EMERGENCIES AND WAIVERS

All participants must do a medical checkup to ascertain that they are fit to participate in the races. All participants should make sure they have an insurance cover or are able to take cost of any risks beyond the normal emergencies that the medical team will provide. All participants will sign waivers that will be comprehensively explained.

## AWARDS

Only individuals that registered and paid the participation fee of 70,000 Ugandan shillings or 30 dollars will be eligible to get the finishers medals plus the kit. All participants that have free entrance into the race will not be eligible to get the kit or medal. They will only have the experience of the trails.

## FURTHER EXAMINATION OF THE ELEVATIONS

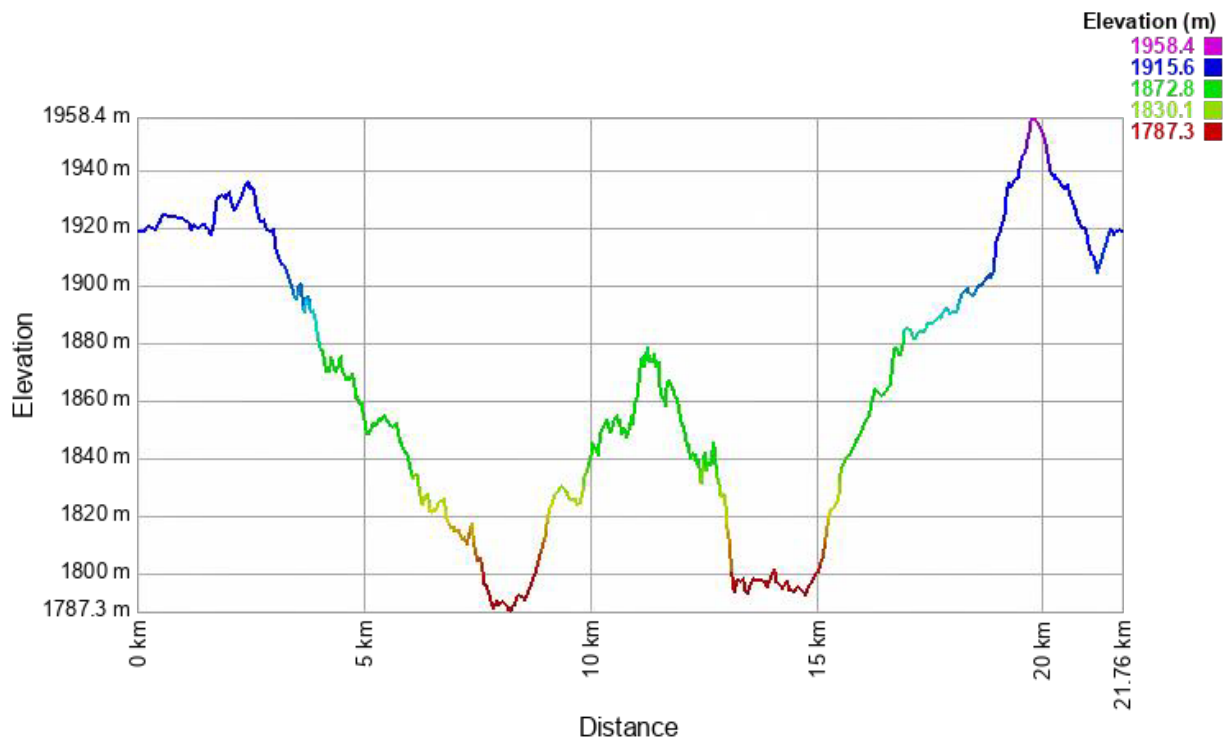
### 6 KM TRAIL ROUTE ELEVATION



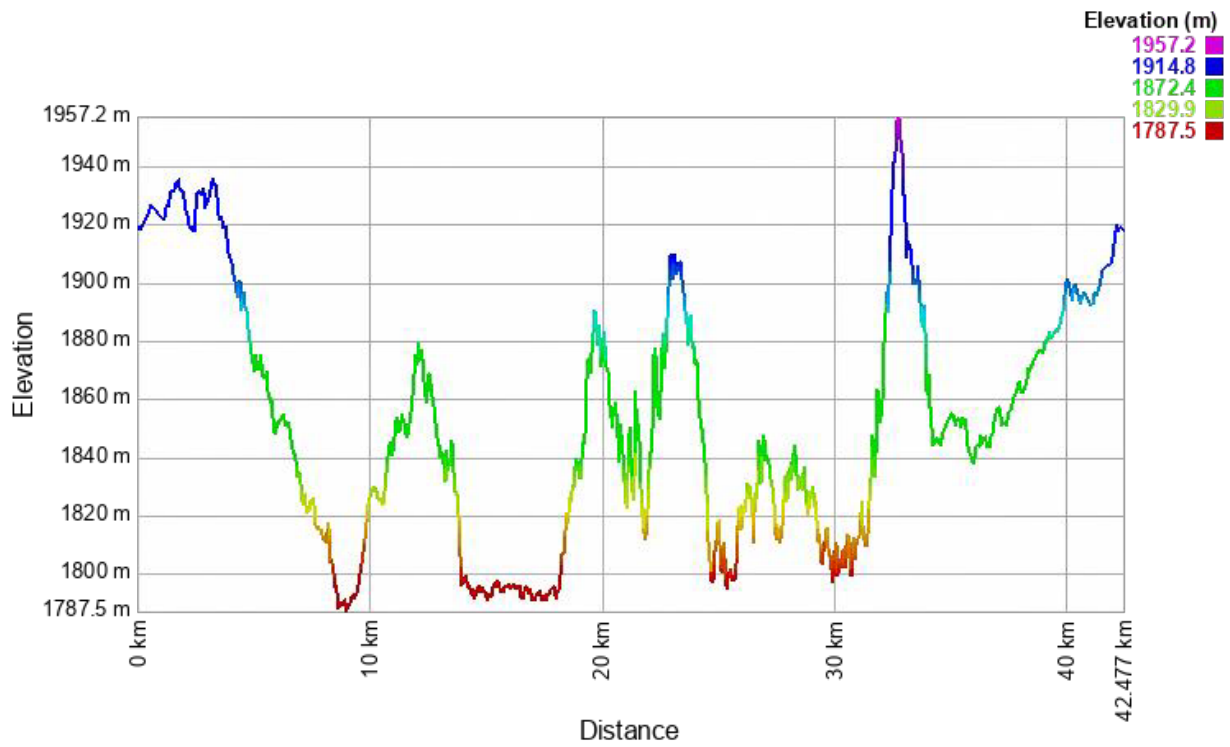
## 10 KM TRAIL ROUTE ELEVATION



## 21 KM TRAIL ROUTE ELEVATION



## 42 KM TRAIL ROUTE ELEVATION



## 112 KM TRAIL ROUTE ELEVATION

