



Travel Package, starting from and arriving to Ulaanbaatar: US\$ 1,920 – July 29 to August 5 2017
Special prices for children, companions and volunteers
Package prices will increase from March 1st 2017

Two add-on packages are available to allow you to further experience Mongolia: a one-week horse trek into the pristine mountains above Hovsgol Lake and a one-week pre-race training stay, with daily yoga classes with special running focus, in Camp Toilogt on the enchanting shore of Hovsgol Lake.

All packages include travel, accommodation, meals, tea, the Hovsgol National Park entry fee and all activities in the days before and after race day (horse back riding, kayaking, canoeing, mountain biking, hiking and, of course, running). Visas, airport fees, packaged drinks and travel to departure cities are not included.

Register online on a first-come, first-serve basis at www.ms2s.org. The race is limited to 100 runner. For further information please visit our website or contact Shuree: shuree.sukhbaatar@ultramongolia.org



42km & 100km Trail run 2 August 2017

For the 19th time runners will meet on the shores of Lake Hovsgol in northern Mongolia to take part in Mongolia Sunrise to Sunset (MS2S) a breathtaking 42km and 100km trail run. Offering a challenge to hike or to run this spectacular course in one of the worlds most pristine National Parks, MS2S also gives you the chance to explore Mongolia's unique nature and culture.



www.ms2s.org



MS2S takes place in Hovsgol National Park, one of the worlds most remote and beautiful National Parks, 700km from Mongolia's capital Ulaanbaatar in Northern Mongolia. Accommodation is in minimum 3 star hotels in Ulaanbaatar and in a 'ger camp' in the National Park. The ger camp is a rustic and comfortable facility that provides guests the novelty of traditional Mongolian-style living with environmentally friendly 'western' comforts including hot showers and electricity.

The course: Trail hiking and running through a fairy-tail countryside and pristine wilderness. A mix of horse trails and jeep tracks along lakeside meadows, through stunning seas of wildflowers, steep mountain treks, alpine forests of taiga and lush green hills. Elevation: Race start: 1,625m; 42km race: 2,255m elevation gain/loss; 100km race: 3,365m elevation gain/loss. Cut-off times: 18 hours for both marathon and 100K distances. 8 hours at 42K mark for 100K runners. Aid-stations: Manned aid-stations with local doctor every 12-15km. Western race doctor on call at race HQ.

Mongolia Sunrise to Sunset is part of the Asia Trail Masters
Mongolia Sunrise to Sunset 100km completion qualifies as
4 points for the Ultra-Trail du Mont-Blanc®

www.asiatrailmaster.com www.ultratrailmb.com



"I hope you are pleased with the results of your somewhat wild but brilliant idea (race). For me, it was a complete success. It was an outstanding event - not to be missed. I have often been asked to name the race that I enjoyed most. My previous hesitations to name my favorite event are now replaced by a certitude: Mongolia Sunrise to Sunset."

Henri Girault - World Record Holder for the Greatest Number of completed 100km races (600 and counting...)

Event Philosophy

Mongolia Sunrise to Sunset is a non-profit event. All profits are donated to ecoLeap foundation registered in Geneva, Switzerland. ecoLeap is supporting and sponsoring Hovsgol National Park's development and protection in an environmentally minded way, promoting it as a travel destination and ensuring that the local inhabitants can keep their cultural identity.

All the proceeds are used to help build the Parks infrastructure and to develop innovative solutions to its particular problems. Our current efforts are focused on addressing the most pressing issue at the moment – the new influx of garbage generated by local Mongolian tourism. We donated a garbage collection truck and established an education and garbage collection project that is now being adopted across Mongolia under the auspices of the Ministry for Nature and the Environment.

For information please visit: www.ms2s.org

