



Sinhagad Epic Trail

ATHLETE GUIDE 2026



TABLE OF CONTENTS

WELCOME MESSAGE.....	3
MARATHON SCHEDULE.....	6
PREPARATION TIPS.....	8
ROUTE MAP + COURSE DETAILS.....	10
AID STATION MAP.....	16
ROUTE DESCRIPTION.....	18
INTERMEDIATE CUT OFF TIME.....	21
VOLUNTARY RETIREMENT.....	23
DROP BAGS.....	25
GEAR.....	27
TRAVEL & PARKING.....	29
RUNNER'S FAQs.....	30

GREETINGS TRAIL RUNNERS,

The people of Ghera Sinhagad fort Pune, members of Western Ghats Running Foundation, and all the supporting volunteers welcome you to the 5th edition of Sinhagad Epic Trail, taking place on Saturday, 27th June 2026. We are thrilled to hear the sound of your footsteps in the beautiful valleys that surround Sinhagad fort.

THE TALE OF KONDHANA, ALIAS SINHAGAD FORT



Kondhana has always been regarded as the crown jewel of Chhatrapati Shivaji Maharaj's "Swarajya" conquest. This jewel was maintained on his crown by many of his trusted commanders, more popularly by Subhedar Narveer Tanaji Malusare, the hero who laid down his life in what is considered as one of the fiercest combats during Shivaji Maharaj's Maratha rule.

Even till this day, if one recalls the name Sinhagad, Tanaji's name is uttered by one and all, owing to his thundering bravery. He chose to serve the purpose of Chhatrapati Shivaji Maharaj, and his mother Rajmata Jijabai, and postponed the wedding of his son to go on the mission to capture the fort Kondhana in the year 1670. He uttered the words loud and clear in the royal hall, "first the victory celebrations of Kondhana, and later the wedding of Rayba (his son)", took the blessings of Maharaj, and set off towards Kondhana from Rajgad with a handful of his trusted men.

*The technical mountain forts of the Sahyadri range were never new to Shivaji Maharaj and his men. In fact these treacherous mountains were the playgrounds of the Marathas as they were born and brought up in its beautiful yet hostile habitat. **The troop climbed straight up at the house of Khandoji SarNaik, which lies right under the bastion of the fort.** This plateau of the fort is called Amruteshwar Met (final climb of the the 42km route).*

Since ages, 1st week of February is the time of the year when Amruteshwar Met is full of festivities where the Koli deity is worshipped for the entire week. Amruteshwar Met was bustling with dancing and feasts from the locals, while Tanaji Malusare and his troop joined the festival, took the deity's blessings before going to battle and also used it as a disguise of pilgrims. Tanaji convinced chieftain Khandoji Naik his motive, and started towards Dronagiri climb from west towards east. Meanwhile Tanaji's brother Suryaji Malusare and his handful men climbed up Kalyan Darwaza (part of the 21km, 30km, 42km race route) and waited for his Tanaji to open it from inside. The plan was such that Tanaji and his men would climb up to the bastion and along the fortified wall, head towards Kalyan Darwaza putting down anyone who came in the way before opening the way for Suryaji and his men.

One of Tanaji's men climbed up the wall with speed, & precision, similar to that of a monitor lizard. Much to the surprise for everyone, the soldier's climb was nearly impossible as in February month there is very little cover for support. So he climbed up and threw down the rope anchoring it to the bastion wall. One by one, Tanaji and his men climbed in the pitch dark night with the support of ropes. But the men were caught trespassing in the fort premises by the fort guards. The battle horn was blown and there ensued a gruesome blood bath between Tanaji and the commander of the fort Udaybhan Rathod, a lieutenant of Mirza Raja Jaisingh. Some of the men were successful in opening the door for Suryaji, while Tanaji was engaged in hand to hand combat with Udaybhan.

Clash and clang of angry swords, horrifying screams, filled the night of 4th February 1670 on Kondhana, as both sides gave all their strength to march towards victory. Udaybhan's swing broke the shield of Tanaji, hurriedly Tanaji removed the waist cloth from the top of his Kurta, and used it as a mock shield to control the blows of Udaybhan. Tanaji only had one target, to capture Kondhana come what may, after all it was an integral part of the Swarajya conquest. Both fought to their near death, and then suddenly came the final blow from Udaybhan on the chest of Tanaji. Tanaji collapsed on the ground. Tanaji took his last breath, where he remembered playing with Shivaji Maharaj when they were younger; where he had taken part in oath ceremony of Swarajya formation with Shivaji Maharaj and his great friends Baji Sarjerao Jedhe, Yesaji kank, and other brave warriors at Raireswar temple. And on the night of 4th February, Tanaji died a hero in battle, paving the way for a bigger war situation between Shivaji Maharaj and Mirza Raja Jaisingh.

After Tanaji was declared a martyr on the battlefield, the combat grew even more visceral, with Suryaji Malusare in commanding position. Udaybhan lost his life at the hands of Suryaji, after giving his everything to protect what was captured by the Mughals, but the Marathas prevailed and Kondhana was won by Suryaji. Fire and smoke signs were sent to Rajgad that Kondhana is won by the Marathas, everyone was happy about it there. But soon when the news came that Tanaji was martyred in the mission, Shivaji Maharaj was uncontrollable in his grief. He was completely dismayed that his trusted commander and friend Tanaji, was no more. He uttered the immortal words, **"Gad ala, pan maza Sinha gela"** which literally means **"the fort is won but my lion is gone"**, renaming the fort from Kondhana to Sinhagad. In honour of Tanaji's effort, Chhatrapati Shivaji himself ordered to build a memorial on top of the fort.

The memorial still stands till today, and runners from around the world will run through this historic route with new epic stories to tell. Sinhagad Epic Trail is a heartfelt tribute marathon to the warriors who sacrificed their lives for Swarajya..

Chhatrapati Shri Shivaji Maharaj Ki Jay!

Written in Marathi by,

Dr Nandkishor Mate

Ph.D holder on Sinhagad Fort
Researcher of History and Archeology,
Pune University

Composed in English by,

Dighvijay Jedhe

Founder & President,
Western Ghats Running Foundation
India Representative: ITRA, France

Western Ghats Running Foundation Trustees

Amar Dhumal

Mandar Mate

Maruti Gole

Anil Pawar

Mahesh Malusare

Rajesh Satpute

COROS PACE 4

THE ULTRALIGHT AMOLED
GPS SPORT WATCH

*OFFICIAL TIMING PARTNER
2026*



MARATHON SCHEDULE

DATE: FRIDAY 26/06/2026

BIB COLLECTION

10:00 AM TO 12 NOON

MEET AT BIB COLLECTION VENUE
ADDRESS: VEER BAJI PASALKAR SMARAK,
203, NARVEER TANAJI MALUSARE RD,
JAYDEO NAGAR, DATTAWADI, PUNE,
MAHARASHTRA 411030.

[HTTPS://MAPS.APP.GOO.GL/9SDCSLPAUWEPKSGFA](https://maps.app.goo.gl/9SDCSLPAUWEPKSGFA)

4:00 PM TO 6:00 PM

OPENING CEREMONY FOLLOWED BY
BIB COLLECTION ACTIVITY AT
ADDRESS: AT KONDHANA GUESTHOUSE,
ATKARWADI, GHERA SINHAGAD FORT, PUNE

[HTTPS://MAPS.APP.GOO.GL/HAUULWY2MCEXYG9B8](https://maps.app.goo.gl/HAUULWY2MCEXYG9B8)

PLEASE NOTE THAT BIB/KIT WILL NOT BE GIVEN ON RACE DAY! IF YOU ARE NOT ABLE TO COLLECT IT, YOU CAN GIVE AUTHORITY TO A RUNNER OR A FAMILY FRIEND TO COLLECT IT ON YOUR BEHALF ON 26 JUNE 2026, AT ANY OF THE ABOVE 2 COLLECTION POINTS.

DATE: SATURDAY 27/06/2026

RACE DAY

5:00 AM

PARKING FOR RUNNER'S VEHICLES

5:15 AM

REPORTING TIME AT FLAG OFF POINT
ADDRESS: SINHAGAD ROPEWAY SITE OFFICE,
ATEKAR WASTI, SINHAGAD BASE.

[HTTPS://MAPS.APP.GOO.GL/VD6JEK2KHNBTTZZX9](https://maps.app.goo.gl/VD6JEK2KHNBTTZZX9)

5:45 AM

PRE RACE ANNOUNCEMENTS

6:00 AM

42 KM FLAG-OFF

6:05 AM

30 KM FLAG-OFF

6:10 AM

21 KM FLAG-OFF

6:15 AM

11 KM FLAG-OFF

9:00 AM ONWARDS

AWARD CEREMONY & POST RACE MEAL FOR
PARTICIPANTS

5:00 PM

SINHAGAD EPIC TRAIL 2026 GETS OVER

PREPARATION TIPS

1. Know the history of the race route; the fort of Sinhagad fort alias Kondhana.
2. Prepare yourself mentally to face mountains having minimum of 1200 metres of altitude.
3. Prepare yourself physically to run on mountains having minimum vertical elevation of 700 metres above sea level.
4. Practice your training runs on hills and trails.
5. Know the course. Download the individual .GPX files attached in this email on your devices.
6. Know the race day weather. Weather conditions will be cold in the morning, humid in the afternoon, and cold at twilight. Sunrise: 6:01 am and sunset: 7:14 pm. Average temperature will be 23 degrees celsius. Wind Speed:15km/h + Wind gusts: 43Km/h
7. Have the right gear to run on trails.
8. Shoes having lugs, traction and ankle protection are essential to face the Sahyadri trails. Extra pair of socks is recommended for an intermediate change.
9. Prepare your hydration for semi autonomy races, i.e. carry sufficient items to last you till the next aid station.
10. UV protection sunscreen lotion would be helpful along with some anti chafing cream.
11. Race day trail and road will be wet. It is a mix of technical, soft, hard ground.
12. Keep extra pair of essential clothing for post race change.
13. Find the right balance between road and trail.
14. If you run too fast on the road, you will wear yourself on the mountain ascents. If you run too slow on the roads, you will be stuck in a traffic jam on the mountains.
15. A strong road run will establish your place on the mountain ascents, think about giving it one!
16. Uphills have rock patches, you will require some strength for a little climbing.
17. Ropes have been installed for added balance & protection. Do not use too much pressure on the rope.
18. Railings have been installed by the archeology department, make use of them.
19. Tanaji kada on Sinhagad is a traverse and a technical climb having loose ground for around 300 metres distance. Our volunteers will be there to guide you. Tread carefully in this section.
20. Lookout for water harvest dugouts created by the forest department, stay on the course.
21. For 30km & 42km runners: Mengjai top has is a steep ridge to cross, tread carefully here. Owing to clouds and low visibility, Mengjai hill could be a tough section for the 30km and 42Km racers. Volunteers will be stationed on Mengjai top.
22. For 30km and 42Km racers, there is intermediate cut off point at 12 pm at Aid Station no. 3, located at Kalyan Base Village.
23. Running on most of the route is similar Sky Running. It means that you will be exposed to great heights with immediate falls in ravines. Our volunteers will warn you to lower your running speed in these sections. Enjoy these parts fully. Just make sure your footing is carefully placed.
24. Downhills on the route are for flying, just keep your eyes on the ground.
25. Know and respect the mountains, you will get their embrace in return.
26. Have fun and enjoy the atmosphere, the Sahyadri range have their own enigmatic beauty.
27. PRACTICE!
28. Lastly: enjoy the race..!!

OFFICIAL HYDRATION PARTNER

Fueling Endurance.
Powering Every Step.



REPLENISH
Lost Electrolytes



ENHANCE
Endurance & Performance



BOOST
Immunity



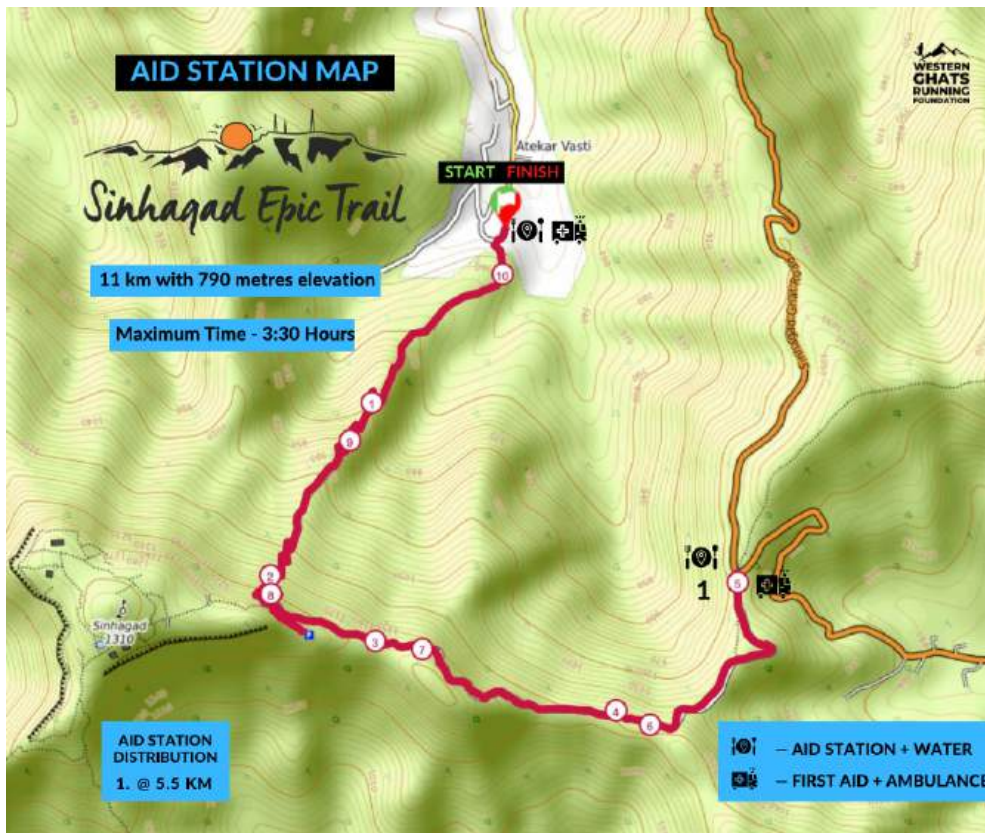
EASY
on Stomach



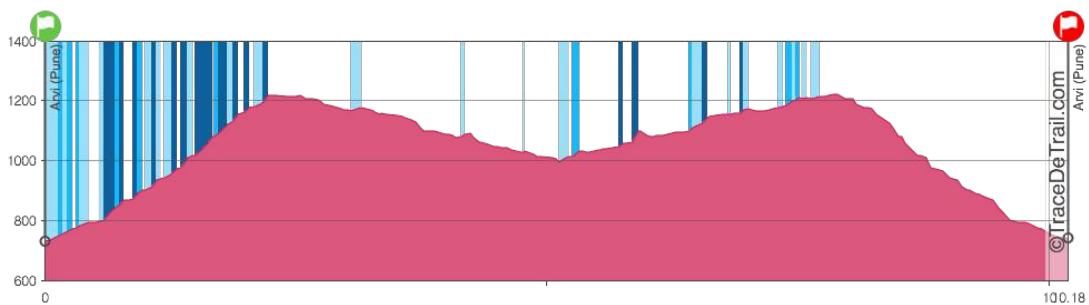
**STAY HYDRATED. STAY AHEAD.
CONQUER SINHAGAD.**

ROUTE MAP + COURSE DETAILS

11 KILOMETRES



ELEVATION PROFILE



Starts: 6:15 am | Ends at 9:45 am

Maximum Time: 3 hours 30 minutes

Starts at Sinhaqad Ropeway Site Office | Ends at Sinhaqad Ropeway Site Office

Ascent 790 metres + | Descent 790 metres +

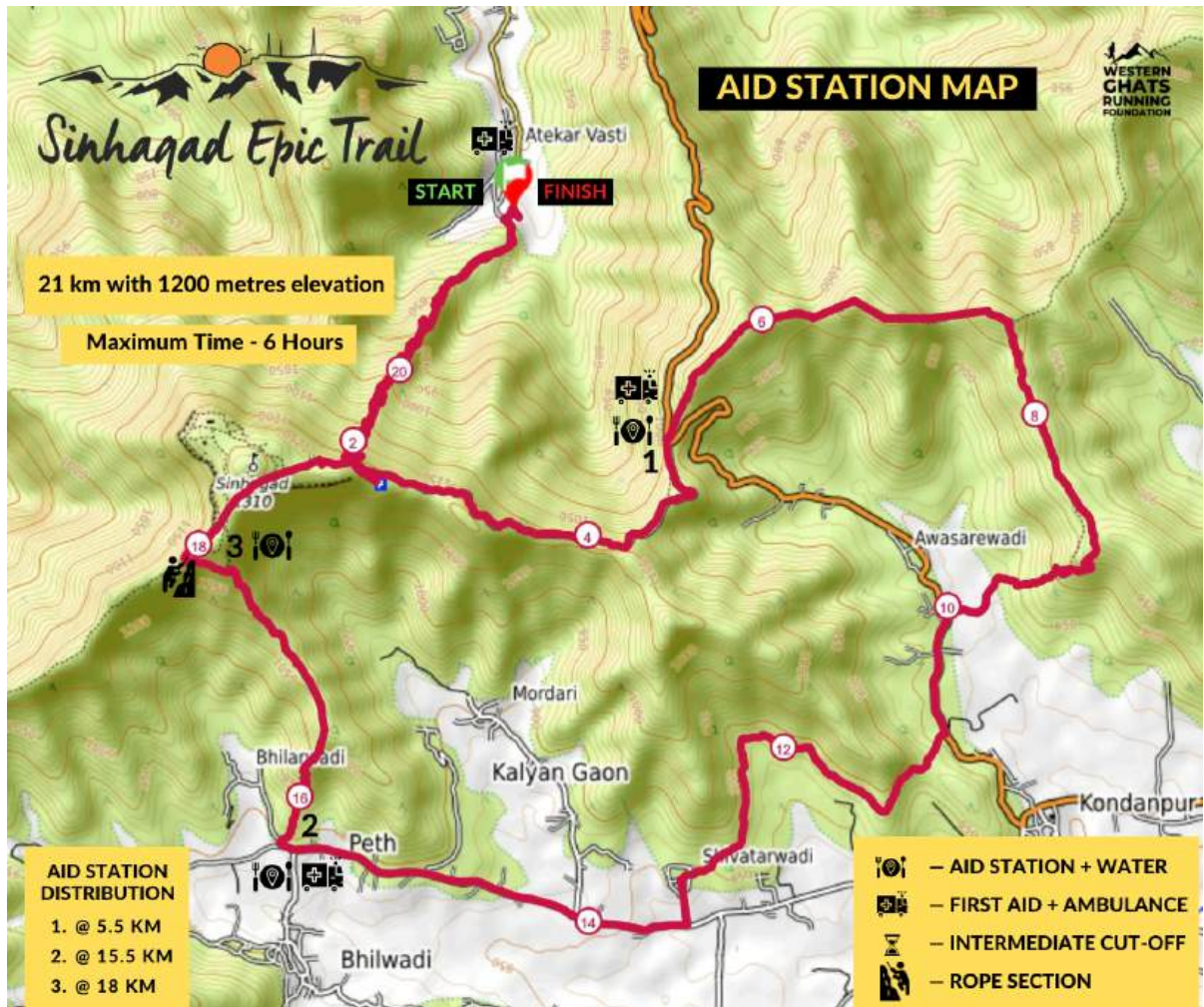
Highest Point 1296 metres | Lowest Point 646 metres

Total distance 11 Km | Aid Stations 1 - at 5.5 Km point

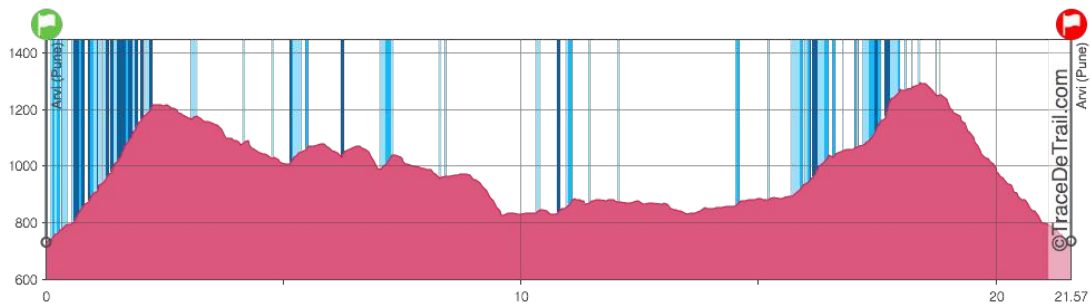
Route Summary:

Starting line - Atkarwadi village - Sinhaqad trekking path - Sinhaqad top - Sinhaqad Ghat road for 3 Km - Aid Station at 5.5 Km - Return back from same route towards starting line - Finish of 11Km.

21 KILOMETRES



ELEVATION PROFILE



Starts: 6:10 am | Ends: 12:10 pm

Maximum Time: 6 hours

Starts at Sinhgad Ropeway Site Office | Ends at Sinhgad Ropeway Site Office

Ascent 1230 metres + | Descent 1200 metres +

Highest Point 1296 metres | Lowest Point 683 metres

Total distance: 21 Km | Total Aid Stations - 3 located at 5.5 Km, 15.5Km and 18km.

Route Summary: 1 ITRA POINT

Starting line - Atkarwadi village - Sinhgad trekking path - Sinhgad top - Sinhgad Ghat road for 2 Km - Aid Station at 5.5 Km - Join K2S path on the right - climb 2 hills of K2S route - take right towards Awasarewadi - Sinhgad Valley hotel - Take right and continue traverse under batata point - Take right towards kalyan Village - Aid Station at 15.5Km - Climb towards Futka Buruj - Aid Station at 18Km - Move towards Pune Darwaza - Take Sinhgad path descent - Finish of 21 Km.

CONQUER EVERY CLIMB. RECOVER FOR THE NEXT.



FUEL YOUR AMBITION.
RECOVER FASTER.
SLEEP DEEPER.

MAGVION

SPORTS HIGH POWER MAGNESIUM OIL SPRAY

HIGH POWER MAGNESIUM
RECOVERY SPRAY



**PREVENT
MUSCLE CRAMPS**
Stay strong. Stay ahead.



**FASTER
RECOVERY**
Bounce back quicker
between runs.



**REDUCE MUSCLE
TIGHTNESS & FATIGUE**
Feel lighter. Move better.



**SUPPORT ENDURANCE
PERFORMANCE**
Go further. Push harder.



**BETTER SLEEP =
BETTER RECOVERY**
Wake up. Ready to conquer.



BEFORE RUN
Spray & rub on
calves, quads,
hamstrings and feet.



AFTER RUN
Spray again on
tired muscles for
faster recovery.

- FAST
ABSORBING**
- NON-GREASY
FORMULA**
- TRUSTED BY
RUNNERS &
ATHLETES**



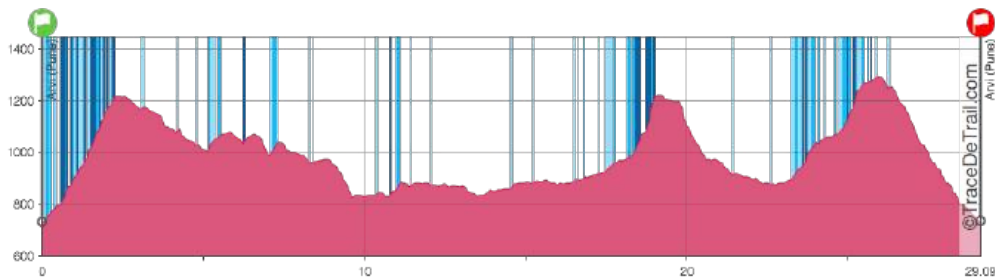
RUN FURTHER. CLIMB HIGHER. RECOVER SMARTER.



30 KILOMETRES



ELEVATION PROFILE



Starts: 6:05 am | Ends: 3:05 pm

Maximum Time: 9 hours | 1 Intermediate Cut Off Time: At 23Km - Kalyan Aid Station, Time: 11:30 am IST.

Starts at Sinhaqad Ropeway Site Office | Ends at Sinhaqad Ropeway Site Office

Ascent 1650 metres + | Descent 1560 metres +

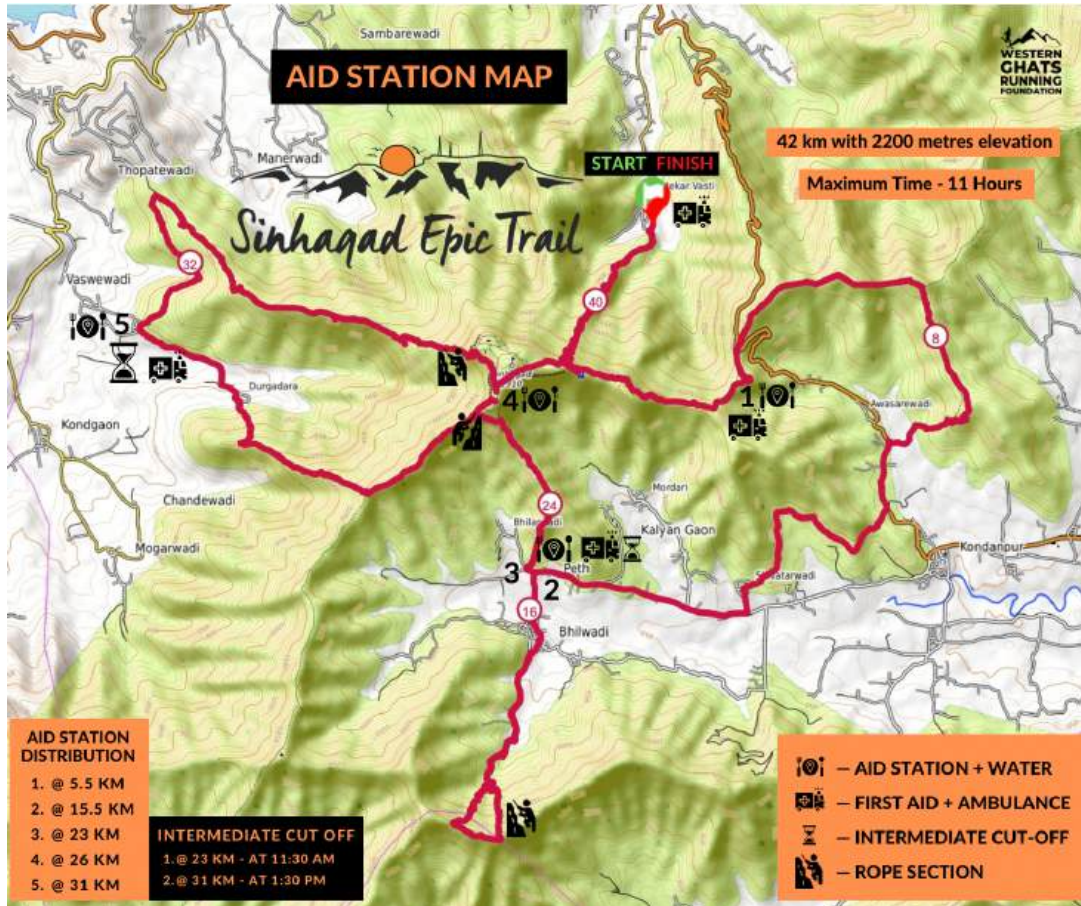
Highest Point 1296 metres | Lowest Point 671 metres

Total distance 30 Km | Total Aid Stations - 4, at 5.5 Km, 15.5km, 23km and 26km

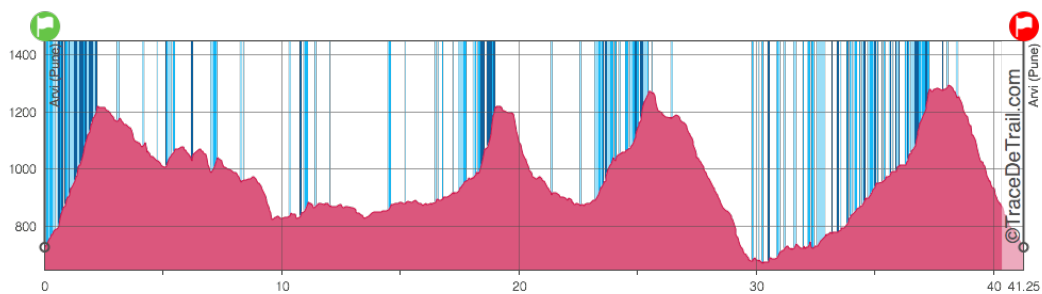
Route Summary: 2 ITRA POINTS

Starting line - Atkarwadi village - Sinhaqad trekking path - Sinhaqad top - Sinhaqad Ghat road for 2 Km - Aid Station at 5.5 Km - Join K2S path on the right - climb 2 hills of K2S route - take right towards Awsarwadi - Sinhaqad Valley hotel - Take right and continue traverse under batata point - Take right towards kalyan Village - Aid Station at 15.5km - Take left towards Mengjai - climb Mengjai - descend Mengjai towards kalyan Aid Station at 23Km - Climb towards Futka Buruj - Aid Station at 26km - Take right towards Pune Darwaza - Take Sinhaqad trail path descent - Finish of 30Km.

42 KILOMETRES



ELEVATION PROFILE



Starts: 6 am | Ends: 5 pm

Maximum Time: 11 hours | 2 Intermediate Cut Off Times: First @ 23 Km Kalyan Aid Station, Time: 11:30 am
Second COT @ 31 Km Durg Dara Aid Station, Time: 1:30 pm

Starts at Sinhgad Ropeway Site Office | Ends at Sinhgad Ropeway Site Office

Ascent 2200 metres + | Descent 2200 metres +

Highest Point 1296 metres | Lowest Point 771 metres

Total distance 42 Km | Total Aid Stations 5 - at 5.5 Km, 15.5km, 23km, 26km, 31km

Route Summary: 2 ITRA POINTS

Starting line - Atkarwadi village - Sinhgad trekking path - Sinhgad top - Sinhgad Ghat road for 2 Km - Aid Station at 5.5 Km - Join K2S path on the right - climb 2 hills of K2S route - take right towards Awasarwadi - Sinhgad Valley hotel - Take right and continue traverse under batata point - Take right towards kalyan Village - Aid Station at 15.5km - Take left towards Mengjai - climb Mengjai - descend Mengjai towards kalyan Aid Station at 23Km - Climb Sinhgad towards Futka Buruj - Reach Aid Station at 26km - Take left and towards SRT route - Take right towards Durg dara - descent to Durg dara - Aid Station 4 at 31Km - take right towards Thopatewadi - Climb Sinhgad from Kalubai temple - Amruteshwar Met - Tanaji Kada Climb - Move towards Pune Darwaza - Take Sinhgad trail path descent - Finish of 42 Km.



TRIPOLE

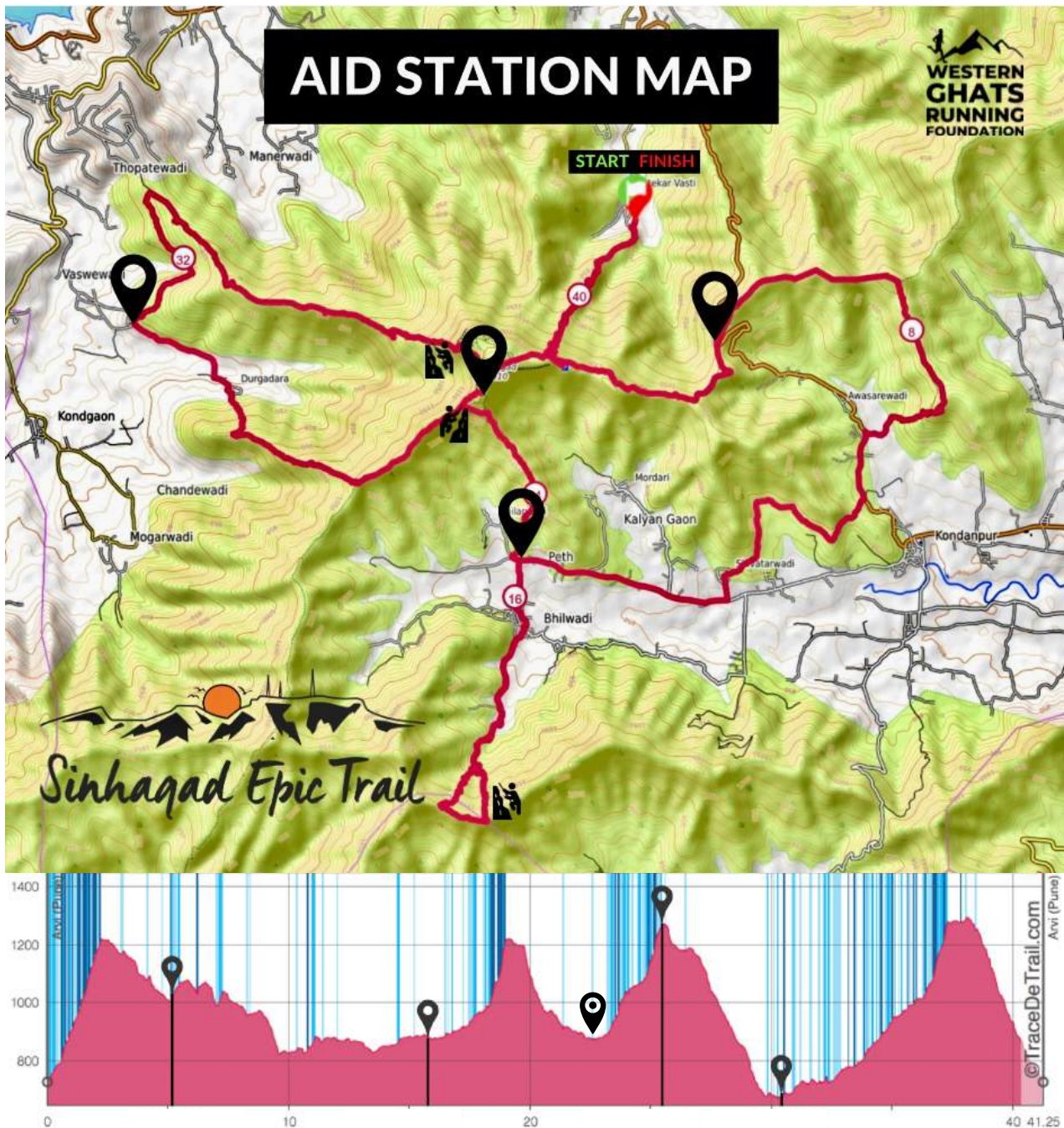
BUILT FOR TRAILS

- ✓ Made for the outdoors
- ✓ Tested by professionals
- ✓ High utility & durable gear
- ✓ One stop for all trail running accessories
 - ◆ Hydration Bags
 - ◆ Bladders & Flasks
 - ◆ Poles
 - ◆ Headlamps
 - ◆ Hiking Gloves
 - ◆ Hiking Tees

In collaboration with



AID STATION MAP



AID STATIONS WILL INCLUDE:
WATER, LEAP STORM (ELECTROLYTE DRINK MIX), LEMONS, ORANGES, BANANAS,
GLUCOSE BISCUITS, POTATO CHIPS, DATES, SALTED PEANUTS, FIRST AID KIT, MAGVION
MAGNESIUM SPRAY, STANDBY AMBULANCE.

**We will provide water in jars and decanters with steel glasses at aid-stations. We highly recommend you to carry your own silicone container/bottle/glass for hydration.*

POST RACE MEAL: PLEASE NOTE THAT POST RACE MEAL WILL BE PROVIDED ONLY TO RACE PARTICIPANT AT FINISH LINE AFTER THE RACE.



SUN-SAFE GEARS, STYLED FOR EVERY GENERATION.

STYLISH ESSENTIALS FOR EVERYDAY ADVENTURES
MADE FOR FAMILIES, CRAFTED WITH CARE FOR
THE PLANET.

EXPLORER CAPS

Designed to feel light, look effortless, and travel easily. It comes with UPF 50+ sun protection, water-repellent comfort, and recycled materials at its core.

WINDBREAKERS

Effortless all-weather layering designed lightweight, packable, water-repellent, with UPF 50+ protection and recycled materials at its core.

KIDS HAT

UPF 50+ sun protection in a lightweight, water-repellent bucket hat, made from 100% recycled materials for everyday play and family outings.



THEREC.STORE



@GEARTHATCARES

ROUTE DESCRIPTION

11 Km category will climb Sinhagad 1 time (North side)

21 Km category will climb Sinhagad 2 times (North and South side)

30 km category will climb Sinhagad 2 times (North and South side) + Mengjai hill once

42 Km category will climb Sinhagad 3 times (North, South, and West side) + Mengjai hill once.

■ **Sinhagad Fort:** this mountain fort is a hiker's paradise. hundreds trekkers can be found hiking Sinhagad on any given weekend due to its proximity from Pune city.

Difficulty 7/10.

Gradient: average 30 degrees incline

Terrain: Easy going in the beginning. Highly Technical in the middle. Medium incline at the final rise. Rocky, muddy, scree.

■ **K2S Patch:** this second mountain is at around 6-7 km. Runners do not have to climb this mountain. This is a W shaped climb and then a traverse where runners will go through the right side of the mountain and then descend towards village Awsarwadi.

Difficulty: 5/10.

Gradient: average 35 degrees incline + decline in a W shape

Terrain: tricky patch of approximately 2 Km distance. This is a moving up and down in heavy bushes. Loose and slippery soil right up to the clearing of the mountain ridge.

Tip: Move steadily at descent.

■ **Mengjai Temple:** this is a temple of goddess Mengjai which is connected to Nagphani via a ridge. This is a tricky area, and there could be fog and rain on this mountain. Use your headlamps here in case of very low visibility. If the weather is clear then enjoy the views on all the sides.

Difficulty: 7/10.

Gradient: average 35 degrees + incline

Terrain: This is a zigzag mountain climb having 1 km ascent. On top is ridge which should be passed carefully by all the runners. Visibility could be low due to fog and rain at this section. Use your headlamp on this ridge. Downhill is also a steep trail of 1 km, having loose soil. Be careful and do not overtake or push anyone here.

Tip: Move steadily on the ridge, there are direct falls on both the sides.

Rope installed at climbing part. Make use of rope for balance.

■ **Futka Buruj:** Easiest of all climbs in the race, runners will enjoy the view of Ghera Sinhagad on this trail

Difficulty: 5/10.

Gradient: average 30 degrees + little bit rock climb

Terrain: most of this climb is easy pace running on more than 10 feet wide trail, until the final part. **Please note that kalyan Darwaza is not included in the route because of rockslide prone area. It is strictly prohibited to go to Kalyan Darwaza.**

Tip: There are multiple routes, just follow the red coloured ribbon path for an easy climb.

■ **Tanaji Kada:** Final climb for 42Km runners. Rocky muddy and slippery. Extra care should be taken by runners while climbing the last portion where you will be required to use a little bit of your hand strength to climb up rocks. It is easy and will not be difficult if you pay careful attention. Ropes will be attached here and volunteers will be present for support.



ATHLOS



*Performance. Sustainability
and a love for outdoors.*

Sustainable, high-performance activewear.



Quick Drying



Anti - chafing



Light Weight



4-Way Stretch

Difficulty: 8/10.

Gradient: average 35 degrees + rock patch climb

Terrain: most of this climb is easy pace running on more than 10 feet trail, until Amruteshwar met. A gradual and steep incline will begin here just under Sinhagad fort where the trail will get smaller in width.

Tip: do not overtake your co-runner on the final patch. Use ropes if you feel necessary. Trekking poles would be very helpful here for making it easy.

■ **Road:** Around 6 kilometres of the route is tar/cement road, but the quality of the road is as good as a trail. Runners can use the road section to cover up time & distance for a strong finish.



INTERMEDIATE CUT OFF TIME

Following is the information for Intermediate Cut Off Time. Please note that these times are updated from last year's edition and applies only for the 30 km and 42 km category runners.

30 KM DISTANCE RUNNERS: 1 CUT OFF

- Time: 11:30 am.
- Location: Kalyan Aid Station.
- Distance covered 23KM.

42 KM DISTANCE RUNNERS: 2 CUT OFFS

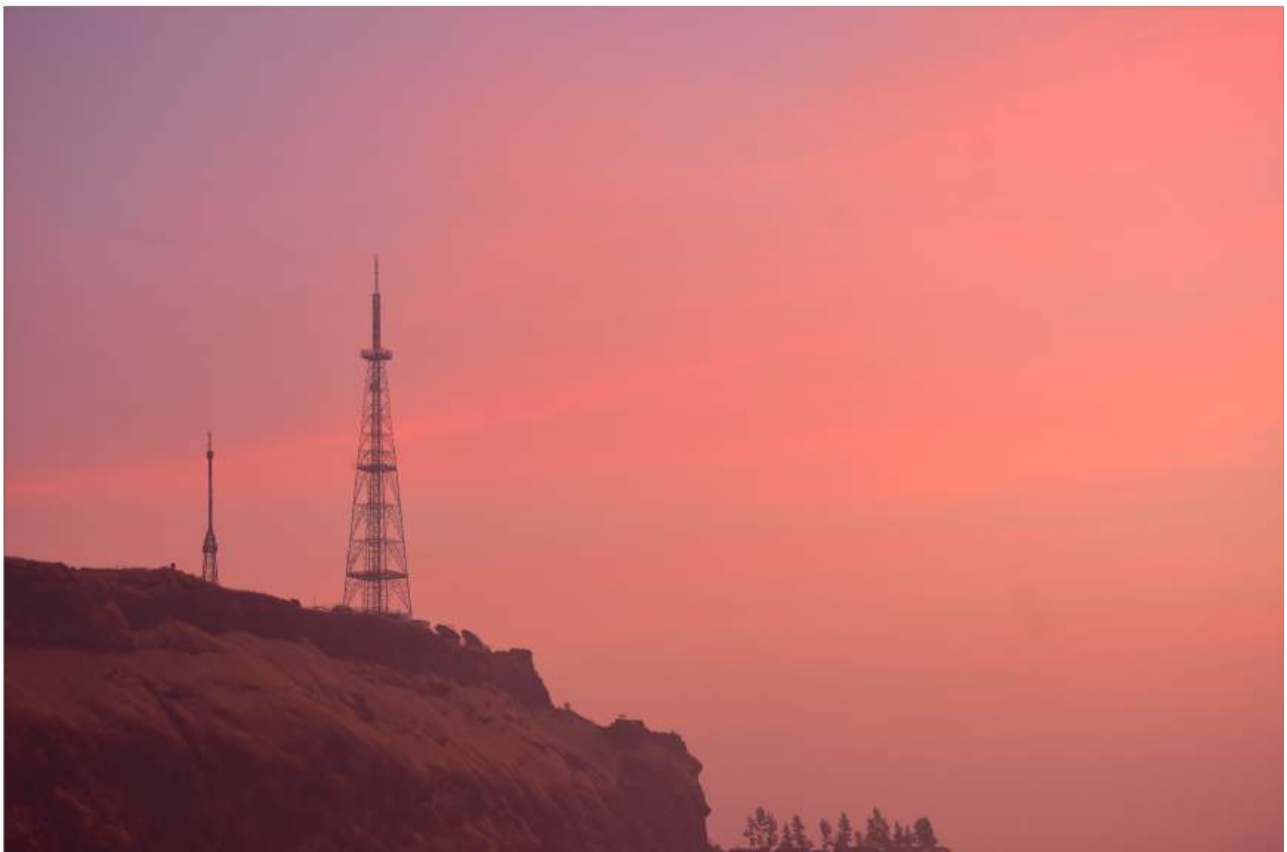
Cut Off Number 1

- Time: 11:30 am.
- Location: Kalyan Aid Station.
- Distance covered 23KM.

Cut Off Number 2

- Time: 1:30 pm.
- Location: Durg Dara Aid Station.
- Distance covered 31KM.

Description: The race will be over for racers who fail to reach at the above mentioned points beyond given timings, and it will be considered as a DNF. The DNF runners will be taken to the finish line via shuttle service after the cut off times.



SPORTS COMPRESSION SOCKS

✓ Enhanced Performance

✓ Prevent Calf Cramps

✓ Better Workout Support

PERFORM BETTER

RECOVER FASTER

COLD COMPRESSION KNEE WRAP

Advanced Recovery Therapy ✓

Reduces Swelling Instantly ✓

Design For Active Lifestyle ✓



sorgen.co
+91 93268 72369

VOLUNTARY RETIREMENT

- Runners who wish to discontinue their race in between their ongoing race can opt for voluntary retirement.
- This is possible only at the Aid-Stations to make the process hassle free.
- The runner who wishes to voluntarily retire must remove his/her bib with timing chip and submit it to the official volunteer wearing the official T-Shirt of the race at the aid station only.
- Do not hand over your bib to anyone else other than the official Sinhagad Epic Trail volunteer.
- Please inform the volunteer to escort you to the finish line.
- Voluntary retirement will be awarded a DNF.
- If you want to leave in the middle of the race, please inform our nearest volunteer and ask him/her to inform to the nearest aid station incharge person.
- It is mandatory to inform to the the volunteer about your voluntary retirement.
- If you are not in position to move forward at any time because of any unavoidable situation, you can contact the emergency numbers of organisers given below and call for assistance:

1. **Dighvijay Jedhe - 7588292862**
2. **Mandar Mate - 9371234650**
3. **Rajesh Satpute - 9637443097**
4. **Mahesh Malusare - 9423004543**
5. **Amar Dhumal - 8412026885**

BUILT TO MOVE. MADE TO DEFY.



unBEATen
ACTIVEWEAR



— **FOUNDER LED.**
ATHLETE DRIVEN.
UNBEATEN MINDSET.

We don't just make activewear.
We live it. Every piece is
designed, tested, and refined
by athletes who refuse to
settle. This is more than
gear—it's a mindset.

WHAT WE MAKE

- // T-SHIRTS
- // SINGLETS
- // PRINTED T-SHIRTS
- // PRINTED SINGLETS
- // SHORTS
- // TRACK PANTS
- // BOTTLES
- // SOCKS



TESTED. TRUSTED. THEN LAUNCHED.

Every product is tested across long runs,
marathons, trail runs, and ultra runs—
miles before it reaches you.



FOUNDER LED

Built by athletes,
for athletes.



ATHLETE DRIVEN

Performance
inspired by
real experience.



UNBEATEN MINDSET

We don't follow
limits. We
outwork them.

DEFY YOUR LIMITS.



LIGHTWEIGHT



BREATHABLE



DURABLE



PERFORMANCE
FOCUSED

DROP BAGS

There will be a drop bag facility for runners only at the starting point.

Bag tags will be provided to runners at the bib collection as per request.

It is the responsibility of the runners to submit their drop bags at the baggage counter on time.

Drop bags will be collected on Race Day at the starting point of Sinhagad Epic Trail in between 5:00 am and 5:45 am.

Please do not forget to collect your bag / belongings before you leave the race venue.

Kindly note that the content of the drop bags should not have high value personal items and important Belongings.

The drop bag facility should be merely for race support items.

We advise you not to carry valuable items during race.

Important: WGRF organisers & the race volunteers, and event partners and authorities are not accountable and responsible for loss of your items.



MADE FOR THE OUTDOORS. WORN EVERYDAY.

ULTRALIGHT T-SHIRTS · PANTS · CAPS · SUNGLASSES

UPF 50+
Blocks 98%

MOISTURE-WICKING
Takes sweat away from you

QUICK-DRY
Dries quickly

ULTRALIGHT
Feels like nothing

🌐 reccy.in | [@reccyoutdoors](https://www.instagram.com/reccyoutdoors)

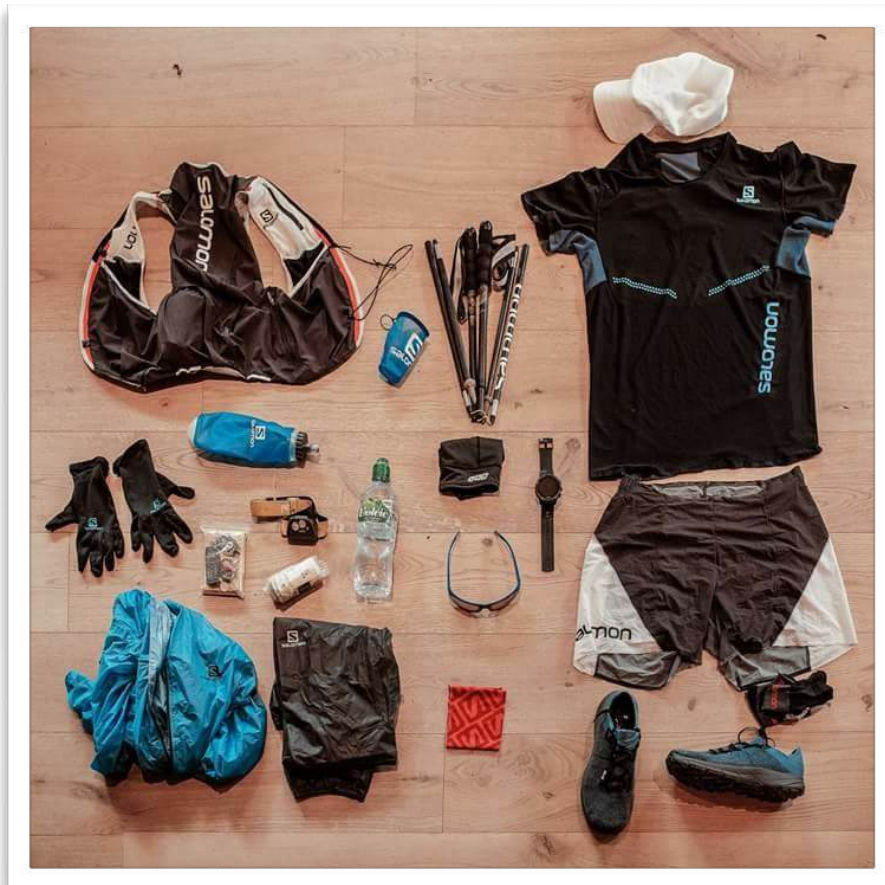
GEAR

MANDATORY GEAR FOR RUNNERS

1. Trail running shoes & socks
2. Comfortable T-shirt & shorts/pants (rain jacket optional)
3. Hydration pack/waist belt with at least half litre drinking water
4. Cap, Headband, or Bandana
5. Whistle
6. Headlamp (for 42K runners)
7. Sunglasses
8. Sunscreen lotion with UV protection + insect repellent (optional)
9. Mobile phone with waterproof cover
10. Photo copy of a valid identity proof

RECOMMENDED EXTRA GEAR

1. Trekking poles
2. Fruit, energy bar, gels
3. Electrolyte powder/ Salt tablet
4. Emergency cash like ₹500/-
5. GPS watch/device with .gpx file of the route preloaded in it
6. Portable USB battery charger for watch/phone





CANYON
• SANDALS •

BORN IN THE SAHYADRIS



Barefoot Sandals Handmade in India

7. Extra change of clothes post race.

TRAVEL & PARKING

For outstations runners, there are 4 ways to reach Sinhagad Epic Trail. They all are fairly easy in term of accessibility. You just have to reach the Sinhagad fort base at Atkarwadi.

Google Map Link of Race Starting Point: <https://goo.gl/maps/TRwsY1C8y6GEDdr88>

1. **BUS:** Direct. There is an hourly bus service direct from Swargate, Deshbhakt Keshavrao Jedhe square, that will drop you at the location. Bus name: Swargate to Atkarwadi, Donaje. Location: in front of Natraj Hotel (Bus no. 50).
2. **TRAIN:** 1 change. You will have to catch a bus from Pune Railway Station to Swargate Bus Stand. Catch the direct bus from Deshbhakt Keshavrao Jedhe square to Atkarwadi (Bus no. 50).
3. **AIRPORT:** 2 changes. You will have to catch a bus from Pune Airport to Pune Railway Station. From there to Swargate Bus Stand. Catch the direct bus from Swargate Deshbhakt Keshavrao Jedhe square to Atkarwadi (Bus no. 50).
4. **BY ROAD:** Direct. Google Maps App is the best way to reach Sinhagad fort. Set your destination to Atekar Vasti, once you reach the destination, you will be guided to park your vehicle.

TIP: Open Google maps and search for “ATEKAR VASTI, SINHAGAD FORT” and get directions from your current location. Follow the directions given, use according to your mode of transport as google will show you real travel time results.

*Local Pune runners will have to reach on their own at starting point on or before 5 am on race day.

**Parking is available only on Pay & Park basis near the start line for runners who have their own vehicles. We request you to reach within time.

*** There are private parking spaces that offer vehicle parking at affordable prices near the starting line. We recommend them as tourists use these parking spaces.

**** If any vehicle is found parked inappropriately and causes traffic congestion, the vehicle will be towed by the local traffic police department.

RUNNER FAQ'S

How many runners are participating in Sinhagad Epic Trail 2026?

Around 1200 runners from 4 countries, 26 Indian states, and more than 65 cities are participating in Sinhagad Epic Trail 2026.

How is the marathon timed?

The results of Sinhagad Epic Trail 2026 will be obtained through electronic timing chip provided to the runners. Runners are responsible for ensuring their assigned timing chip is attached securely to their bib and that they cross over all timing check points at start, top of mountains and finish line to receive a valid race time. Tampering with timing chip in any way will result in disqualification of the runner.

Where is the bib collection venue and time?

1st Session: The bib collection venue is Veer Baji Pasalkar Smarak, 203, Narveer Tanaji Malusare Road, Jaydeo nagar, Dattawadi, Pune, 411030.

Date: 26/06/2026

Time: 10 am to 12 noon

2nd session: will be at Hotel Kondhana Guesthouse for runners staying near the venue.

Date: 26/06/2026

Time: 4 pm to 6 pm

Important Note: apart from the above bib distribution sessions, there will not be any other bib distribution. Participating runners are advised to collect their bibs in these 2 sessions only. **Please note that there will be no bib distribution on Race Day.

What time do I need to arrive at the starting line?

5 am. The marathon will start at 6 am, parking facility will be closed at 5:30 am. Participants travelling directly on their own to the venue are advised to reach at 5 am for a smooth arrival.

What is the race day weather?

Mostly cloudy; a morning shower in spots followed by periods of rain in the afternoon

Sunrise: 6:01 am

Sunset: 7:14 pm

Temperature: High: 27 degrees celsius

Low: 20 degrees celsius

Average: 23 degrees celsius

UV Index: 6 (high)

Rain: 4.4 mm

Thunderstorm: 20% yes

Humidity: 75%

Cloud cover: 67%

Source [accuweather.com](https://www.accuweather.com) Location: Sinhagad, Pune

How is the route marked?

Route is marked with orange coloured strips along the mountain ridge line. Watch out for different sign boards placed on the route. White Coloured Arrows will be painted for directions on the road.

Where are the ropes installed?

Ropes are installed only for 30km and 42km distance categories. Their locations are:

@ Mengjai hill climb - 18-19 km

@ Tanaji Kada climb (2 patches) - 37-38 km

Where are the railings installed?

Railings are installed by the Maharashtra State Archeology Department on Sinhagad fort

@ Tanaji Kada - Km 38 (applicable only for 42Km runners)

Do I need Insurance?

Yes. Every runner must be self insured before they take part in Sinhagad Epic Trail. Details of the individual insurance policy must be kept handy on race day, in case of emergency.

What is the medical support?

We will provide primary first aid kit at every aid station. There will be a team of stationary doctors and physiotherapists at different locations to deal with injuries and distress during the route of the marathon. We will be providing fully equipped ambulance services at different locations.

What are the perks for winners & finishers?

- Race T-Shirt for everyone
- Finishers medal
- Winner, 2nd Place & 3rd Place Trophy for both Males and Females
- ITRA points for finishers (runner account needed on ITRA website as per data provided during race registration)
- Timing certificate will be provided only for runners who finish their race within the official declared time limit.

Is there a post race meal for runners?

Yes. We will be providing a pure vegetarian post race meal to every runner. Please note that there is a ban of meat and non vegetarian food items in the fort premises.

How to identify WGRF volunteers?

WGRF volunteers will be wearing orange colour jerseys for Sinhagad Epic Trail 2026.

Are there any mandatory rules and regulations?

Yes! By registering in Sinhagad Epic Trail 2026, you have already accepted the rules and regulations. Please read our rules and regulations mentioned on the website, link: <https://www.wgrf.in/rules-and-regulations>. All participants must strictly adhere to the official rules.

Any special instructions?

Wearing and usage of headphones / music earbuds is strictly banned at Sinhagad Epic Trail 2026. If any runner is found using headphones while running the marathon will be disqualified from the race, with no further explanations. Parking Slots are

Closing thoughts?

Please keep the trails clean, do not throw any trash on the trails. Throw trash only at the Aid Station bin bags. Please arrive on time, having taken plenty of rest, along with your favourite running gear to enjoy the Sinhagad Epic Trail 2026 race!

For more updates, follow us on Facebook & Instagram: @westernghatsrunning



masala majesty

Veg-Non Veg Restaurant

Good Food
Good Mood!

Soft, Creamy & Delicious

PANEER TIKKA MASALA

Tender paneer cubes roasted to perfection & simmered in a rich, creamy & aromatic masala gravy.



MADE WITH
FRESH INGREDIENTS



AUTHENTIC
FLAVOURS



MADE
WITH LOVE

PERFECT BLEND OF

SPICES, TASTE & TRADITION



Shop No 1, Laigude Properties,
Near Lokmat Press,
Sinhgad Road, Pune 411041



+91 82378 78546

THE ORGANISERS



WESTERN GHAT RUNNING FOUNDATION

DIGHVIJAY JEDHE

MANDAR MATE

RAJESH SATPUTE

ANIL PAWAR

AMAR DHUMAL

MARUTI GOLE

MAHESH MALUSARE

Website: www.wgrf.in | **Email:** wgrf50@gmail.com