

Hello all entered in Lijiang Yunnan Action Asia 3 day Ultra Marathon.

Almost here. Hope you are all hitting the trails as plenty of single track to get ready for.

In the days before you leave, please stay well hydrated as Lijiang upon arrival is over 2000m and you will feel a bit lightheaded, so drink plenty of fluids and carry a few Panadol / Paracetamol or Aspirin headache tablets if you are worried.

We will meet Friday April 3 at 1pm with the bus departing around 1:30-1:45pm after loading luggage. Make sure you eat your lunch before going as plenty of noodle shops all around this hotel or across the street in the lane next to the Bank of China opposite the JP Hyllis Hotel.

The location you will sleep overnight on the 1st night is a small village high up at 3000m for the purpose of acclimatizing. Again, if concerned about losing sleep on your 1st night, bring some Panadol or similar. Usually takes 24 hrs for many to get use to a higher elevation, but good news is you will drop back down to 2000m on the 1st day of hiking the trails and feel better.

Everyday we will go over the route for the following day, so appreciated in saving the questions only for the following day when we give out the route maps the evening before each event.

We will be staying in 2 different villages over 3 nights and then back to Lijiang for the final night at JP Hyllis Hotel for some 'improved' showers. This is the first time we have added the extra hotel on the last night for everyone to chill as plenty of bars and ancient small restaurants in the old town behind the JP Hyllis Hotel to roam around.

See you all Friday April 3 in front of hotel.

Itinerary:

Friday April 3, 2026 - Pre race

- 1pm - MEET at outside LOBBY of Lijiang city JP Hyllis Hotel to depart on bus to village . Participants may want to arrive in Lijiang day before to acclimatize to elevation which is over 2000m high. Taxi from airport to Lijiang city (JP Hyllis Hotel (Dien Ju Wan) hotel around Rmb 110.
- Official Action Asia bus departs Lijiang city JP Hyllis Hotel approximately 1:30pm Fri April 3.

JP Hyllis Hotel

222 Changshui Road (Changshui Lu), Old Town, Lijiang, 674100

<https://place-site.yanolja.com/global/places/6659291>

Race briefing in the evening Friday April 3 around 6pm at village location with Day 1 maps distributed.

Saturday April 4, 2026 - Day 1

- Race Venue location approximately 1 hour drive away from overnight village accommodation as staying at high elevation to acclimatize before race. Luggage transferred to new location. Please lock your luggage.
- 700am at start location - Get ready to race
- Accommodation included at race venue
- Race briefing in the evening after day 1 for results announced and Day 2 maps distributed.

Sunday Apr 5 - Day 2

- Race starts around 7 - 7:30am after boat ride.
- Accommodation included at race venue
- Race briefing in the evening after day 2 for results announced and Day 3 maps distributed.

Monday Apr 6 - Day 3

- Race starts around 7am - short drive to start
- Lunch buffet, Awards ceremony at finish village area
- After awards buses leaving at around 1pm - 1pm to go to Lijiang city - approx 4 hours. (Arrival at JP Hyllis Hotel / Dian Jun Wang Hotel, Lijiang).
- Checkin Hotel as night included in entry fee. If going directly from Lijiang to Lijiang airport approx RMB120 and should be able to checkin airport approx 6pm if you have evening departure flights.

Race Director local contact - can wechat using maddesshk to find Michael Maddess.or leave message at enquiry@actionasiaevents.com who will help you.

Insurance - Organizer provides 3rd party insurance for event only. Participants should purchase their own personal insurance to cover hospital medical coverage and evacuation if needed.

Medical - As this event involves going into the mountains, we recommend all participants to have gone to a medical checkup before the event to make sure you are physically fit enough to handle this kind of physical challenge.

Survival medal and certificate - provided to all finishers at finish on day 3.

Shirt - high quality dry tech material short sleeve shirt provided to all participants.

What's included in the entry:

- Bus transportation from Lijiang city JP Hyllis Hotel to start race location Fri April 3 (4 hr drive).
- Transportation during stage race days and transport of your luggage between race stages.
- Accommodation for Friday April 3, Saturday April 4, Sunday April 5 in local village accommodation at race location near Yangtse river at race venue and Monday April 6 in Lijiang.
- Transportation from finish location to Lijiang city Yunnan, Monday April 6 after awards ceremony.
- Breakfast on Saturday April 4, Sunday April 5 and Monday April 6 at race venue.
- Lunch after race when crossed finish line Saturday April 4, Sunday April 5 and Monday April 6 at race venue.
- Dinner Friday April 3rd and after race Saturday April 4, Sunday April 5 at race venue.
- Racing number, pins & souvenir race shirt provided
- Water and banana/oranges fruit on the race course (checkpoint every 10km estimate) with fruit and water at finish line each day.
- Medical, Police and staff support with event 3rd party insurance
- Finishers survivor medal and certificate after final day
- Permit to go in National park area

What's not included:

- Room space for friends and family as they must pay just like participants even if coming just to volunteer or cheer you on on this expedition trip.
- Optional extra nights accommodation – If you want to arrive early or stay later after race we can help you if staying at Dien Ju Wan hotel.
- Visa for mainland China - *(Please make sure you have this and apply well in advance - Good news is China has new visa scheme and opening up but please check.)*
- Food (lunch & dinner) in villages if you go away from main arrangement for participants or you wish to eat different restaurant which the organizer has no control over.
- Personal evacuation insurance - all overseas events you need this in case life threatening illness or something where helicopter is needed.
- Bringing extra Family, friends, volunteers others who want to come with you - they are treated as a participant in the race / expedition trip and still have to pay the full fee (actually in a way they cost us more as we have to transport them around also)
- Return flight or train tickets to Yunnan.

Equipment List 裝備

***Mandatory equipment to be carried when racing each day – per person (watch this space for updates):**

- hydration system, flask or bottles (min total 1 litre capacity) camelbak style drinking system or flask / bottle carrying system
- First aid kit with basic essentials for cuts (bandages, tape, antiseptic)
- Rain jacket (lightweight Salomon, North Face, Icebreaker recommended)
- Running shoes - Trail running shoes with good grip recommended (example - Inov-8, Salomon, North Face, Brooks, Hoka)
- Food/energy bars/dried fruit/nuts etc to get you thru 5-10 hours each day (estimate time for 20km or 40km)
- 1 x emergency noodle pack or freeze dried meal that can easily add hot water at a village or an emergency bag of EXTRA food OR EXTRA 300 calories of food.
- 1 x water purification tablets or water filter which is more heavy to carry
- headlamp with spare batteries
- Whistle

- Anti-inflammatory medication or aspirin to relieve mild headaches and leg pain (example- Ibuprofen)
- sun cream
- emergency blanket

Recommended items:

- hiking poles
- ziplock bag to keep map dry
- sleeping bag (min 10C rating) - (*Hotel has blankets so not necessary but more for hygiene reasons*)
- 1 x headlamp with new batteries
- snacks if normal meals are not enough
- headlamp, flashlight or torch for the village at night
- extra batteries
- mosquito repellent
- energy food for you to do race (nuts, dried fruit, peanuts, Chinese crackers, etc)
- energy bars or gels for three days
- energy powder replacement packets to add to water for your electrolytes or Nuun tablets
- salt / electrolyte tablets (BOILED WATER IS PROVIDED AT CHECKPOINTS EVERY 10KM)
- hat with neck cover for running
- lubricant gel or vaseline for chafing prevention
- lightweight camera in waterproof bag
- flip flop sandals for after race
- blister kit
- USB cable for charging phone / watch with adapter plug for specific country as different plugs each country
- Roller small pad for rolling over each day to reduce cramping.

Note: Can purchase food where we are staying.