



## The Way of the White Clouds: THE HIGHEST MARATHON IN THE WORLD

viewfinder  
PHOTO BASE CAMP TREK  
BY TONY ALOR THAPA

inspired by the book "Le Chemin des nuages blancs" by Liana Anagnostou Gotsis that finally resulted in "The Way of the White Clouds" and located as "Napal's longest race" by the mountain race due to its high altitude at which it is run, Himal Base 2010 consisted of 500 km (311 miles).

The 14-day race was flagged off on Oct 18 from Mt. Kailash in Tibet. The runners crossed Nepal through India, the longest stretch of unpopulated land. Within Nepal, the marathon was crossed through Thakur in Jhuleka, through the Manu of the way to India, then over the Himalayas, Nanda Devi and then they entered in Mustang, eventually finishing at Chovarpoth as a village from the Annapurna Base Camp where the race was started and concluded.

Checking 17 hours and 30 minutes, the Nepali Liana Anagnostou Gotsis won the 850 kilometer race. She was followed by a woman of 19 hours. The runner from Belgium and India's Gaurav Singh of Nepal were second and third with the timing of 22 hours, 11 minutes and 137 hours, 43 minutes respectively.

Adrian from Belgium, Andy France and Nepal

participated in the race, making a total tally of 22 hours, 22 miles, 35 minutes out of which there were 200 km (124 miles).

Walter Bergs, 36, a Belgian amateur who has participated in 13 marathons (all three within the course in France, Switzerland and Greece) said that the race has been the most challenging of all.

The trail stretched over 21 weeks, but runners carried their own backpack and had to cover an average of 45 km per day.

"Such events should be promoted not to our only put Nepal onto the global map," Bergs said. The Nepal.

Himalayas, the first runner up was surprised that despite his preparation, he was unable to see the finish line. He did not see the finish line as he was highly exhausted and was in a state of shock.

"The race was the most challenging of all, but this is by far the toughest. The view was surreal and it was worth every ounce of hardship and pain," the 29-year-old Belgian said.

The 850 kilometers trail with altitude ranging

from 5,000 meters at the Kagmar Pass to 5,400 meters at the Manu Pass was no big deal for the 40 amateur runners who pulled out in the middle of the race.

However, the race did offer a tough one for the runners, did come with peaks.

According to the founder of the event, French runner Bruno Paturel, who has crossed Nepal three times to work as a guide for a variety of athletes such that he had to do it.

"The race was a great challenge and it was the toughest of all," Paturel said.

The marathon was a great experience for the runners, but the toughest of all was the altitude. The race was a great experience for the runners, but the toughest of all was the altitude.

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