



RoadBook

August 30, 2025



Dear KXT Athletes and Supporters

We are very much looking forward to welcoming you to Hunza on August 29, 2025 for the KXT second edition. We are as excited as you are.

The Karakoram Xtreme Triathlon (KXT) was created for you, with the aim of offering you a unique experience, in a breathtaking landscape and with a family atmosphere.

You are one of the registered athletes who will compete in the KXT. Prepare yourself well. Plan your day together with your supporter, who is an important part of your KXT weekend and who will cross the finish line at the Hopper Glacier Lookout point together with you after a long day.

If you have any unanswered questions after reading the roadbook, race manual and race briefing, don't hesitate to contact us. We will also be in Hunza on Thursday and Friday to answer all your questions.

On behalf of the whole KXT Crew

Ghalib Salam

Race Director, KXT



Schedule

Thursday, August 28, 2025

11:30-14:00: Check-in Ambiance Hotel, Hunza

Friday, August 29, 2025

09:30: Morning Swim Attabad Lake

13:00 - 15:00: Check-in Ambiance Hotel, Hunza

16:00: Welcome & Race Briefing

Saturday, August 30, 2025

04:00 – 04:30: Setting up of the Transition Zone Attabad Lake and Registration for the Swim

04:40 – 04:45: Entering the Boat/Boat Departs

Orientation in the water

05.00: Start of the KXT

Transition T1 Attabad Lake: Swim – Bike

Bike

For Full & Half Distances: Ganish Bridge

Transition T2 Ganish Bridge/Attabad Lake : Bike – Run

For Full & Half Distances: Ganish Bridge to Hopper Glacier Look out point

Rules:

Cut-off times for meeting points on the running track



Cut-offs

Full Distance:

Bike: Turn back from the loop: From Race Start - 5 hours

Run: Cross Ganish Bridge by 19:30 hours / Finish Deadline: 23:45 hours

Half Distance:

Bike: Reach Ganish Bridge T2: From Race Start – 5 hours

Run: To be completed within 9 hours from Race Start

Finish Line

Athlete and supporter to head back to Hunza

Route indication

If you leave the race early, kindly advise via phone/text or any Race Volunteer with your name/Bib #.

In case of an emergency contact +92 300 8248957

Sunday, August 31, 2025

Finisher Ceremony at the Ambiance Hotel, Hunza

09.30 – 10.30: Finisher ceremony, Handing over of the KXT Medals, Group Photo

Important!

Read and study this roadbook together with your supporter. Precise preparation is essential for a successful KXT. Even if you have already taken part in other extreme triathlons events several times, it is important to study the roadbook, as there are several safety relevant changes. We highly recommend that you bring a printed copy of the road book to the KXT so that the supporter always has it available, even if digital storage devices such as tablets fail. The road book contains essential information without which your supporter will not be able to find his way around



Details

Thursday, August 28, 2025

11:30 – 14:00: Check-in Ambience Hotel, Hunza

Athletes will register together with their supporter at the check-in in Hunza.

There they will receive all the material they need for the KXT-day. The supporter will receive a reflective belt, which allows him/her to enter the transition zones and gives the supporter permission to pick up his athlete's material. Only supporters with a wrist band and reflective vest are allowed to enter the transition zones.

At the *check-in* you receive:

- 1 Race Bib Starting number
- 1 Bike Plate to put around the bike frame
- 1 Car sticker, to be placed on the supporter car
- 1 wristband for the athlete and one for the supporter providing access to the transition zones
- 1 KXT cloth bag to carry these items

Fully understood and accepted terms of Athletes Waiver is mandatory for participation.

Every athlete will be equipped with an off line GPS-location tracker.



Friday, August 29, 2025

09:30 Morning Swim

On Friday, 29.8, at 9:30, there will be a morning swim in the Attabad lake.

13:00 – 15:00: Check-in Ambience Hotel, Hunza

On Friday, there is a second possibility to register together with your supporter in Hunza, where you will get all your check-in material.

It is mandatory for every athlete and supporter to attend the briefing! We will inform you about important details you need to know for a successful KXT-day.

16:00 Welcome at the Ambience Hotel and short briefing

For the official start of the KXT, there will be a short briefing with the most important information. Come by and take the opportunity to exchange ideas, get to know each other and clarify any last questions. We look forward to seeing you!

We will recommend that supporter should hand over warm clothes at your arrival at the finish line, so you won't be cold. Please note: Please be aware, that you will get cold very fast at an altitude of 3,000 m and pack some warm clothes.



Saturday, August 30, 2025

04.00 – 04.30:

Setting up of the Transition Zone Attabad Lake and Registration for the Swim Between 4:00 and 4:30. You can first prepare the transition zone together with your supporter and then register for the swim. It is also possible that the supporter takes over the preparations in T1. After 4:40 bikes can no longer be deposited in the transition zone. The bike has to be marked with the bike plate.

After having registered for the swim, you have to enter the boat zone and are not allowed to go back again.

04.40 – 04.45: Entering the Boat

All athletes are taken together on a boat from Attabad T1 to the following distances:

KXT Full 1.5 kms

KXT Half 750 m

The swim time varies depends on the distance.

4.45: All Athletes must have entered the boat.

4.50: Boat Departure. If you are too late, the KXT is over for you!

Orientation in the water

A flashing light will be placed in the transition area at the Attabad Lake to help you find your way.

Please pay attention to the signals from the boat, they will alert you if you are clearly off course and help you to get back on the direct line.

Athletes who need help should call attention to themselves by waving.



05.00: Start of the KARAKORAM Xtreme Triathlon

The athletes are asked to enter the water and line up only a few min before the start.

At 05:00 whistle signal the start of the KXT

Swim rules:

- Neoprene wet suit with minimum 3mm thickness - 5mm preferable
- Swim neoprene cap, gloves and socks
- It is mandatory to have the wetsuit

Transition T1 Attabad: Swim – Bike

The Supporter wrist band allows the supporter to enter the transition zone. Only a supporter wearing the wrist band is allowed to enter the transition zone!

The supporter is allowed to assist his athlete in the transition zone. He/she can help to take off the wetsuit and put on clothes. He/she is also responsible to ensure you are wearing the wrist watch with you when you leave the transition zone.

05:45 is the last possibility to leave the transition zone!

Bike

For Full & Half Distances: Ganish Bridge

Full 180 kms

Half 90 kms



We ask all supporters who know the area is unavoidable due to technical problems, which cannot be fixed, this has to be reported to the race crew with a phone call to the following number:

+92 300 824 8957 / +92 355 597 3439

It is the responsibility of the athlete to find the correct route. The route is only marked on the most important points. There are no food stations on the bike course. Athletes are fully dependent on their supporter. Remember to bring warm clothes: you are crossing the Karakoram Mountain ranges.

Supporter meeting points on the bike course

The possible supporter meeting points are safe spots on the KKH. Space on the KKH is very limited! For the safety and comfort of the athletes, we want to avoid generating additional traffic from support cars passing the athletes over and over again.

Bike rules:

- No company on the bike by bike
- No drafting
- The traffic rules have to be strictly obeyed
- Supporters must give the right of way to the athletes.
- It is not allowed to drive directly in front, behind or next to the athlete.

Proceed directly to the next meeting point.



- The athlete is also not allowed to take anything from the riding car.
 - For your own safety, it is mandatory to have your bike equipped with front and back lights – you will ride through several tunnels on the mountain and it is a busy road.
 - Supporters are not allowed to leave the given route. Any violation of this rule will lead to the disqualification of the athlete.
 - We require that athletes carry a mobile phone during the entire bike course to be reachable for their support crew and vice versa. Headsets are not allowed and will lead to immediate disqualification. Athletes have to stop on the side of the road for phone calls!
 - Attention: The road is irregular at some points and has cracks and pot holes. Please watch out!
 - It is part of the KXT philosophy that all athletes and supporters help each other out in case of any problems.
 - 19:00 (for full distance) is the last possibility to pass the Ganish Bridge towards the finish line.
- Additionally, it is emphasized that athletes must ride on the left edge of the road in a straight line.

Athletes who exhibit unsafe riding will be taken out of the race.

Transition T2: Bike – Run

For Full Distance: Ganish Bridge on route to Eagles Nest and then to Hopper Glacier Look out point

For Half Distance: Ganish Bridge to Hopper Glacier Look out



For Full Distance:

Ganish Bridge to Eagles Nest and return to Ganish Bridge then towards Hopper Glacier Look out point

For Full Duathlon:

8 kms run loop from and back to Attabad Lake

180 kms bike loop from Attabad lake towards Ganish bridge

39 kms run from Ganish bridge towards Hooper Glacier look out point at Nagar

For Half Duathlon:

4 kms run loop from and back to Attabad Lake

90 kms bike loop from Attabad lake towards Ganish bridge

19 kms run from Ganish bridge towards Hooper Glacier look out point at Nagar

Rules:

- It is possible that you lose contact to the internet on the KKH and the gps coverage is not always complete. That is why athletes should carry a mobile phone during the entire course to be reachable for their support crew in case they lose track of their athlete.

- During the entire running course, it is allowed to accompany the athlete by bike or on foot.

Walking sticks are not allowed during any part of the running course.

In backpack you can carry:

- a 0.5 litre drink
- 2 energy bars or equivalent nutrition
- long pants



- pullover/sweatshirt
- a jacket
- gloves and a cap
- a headlight if you pass after 6 pm
- a rescue blanket

In addition, you need the supporter's mobile phone as registered.

The KXT crew at the meeting point (at the Ganish Bridge) is authorized to stop the athletes who are too late. A continuation at your own responsibility is not allowed. The set cut-offs do not guarantee that an athlete will reach the next cut-off or the check point Ganish Bridge on time passes.

Cut-offs

KXT Half Distance

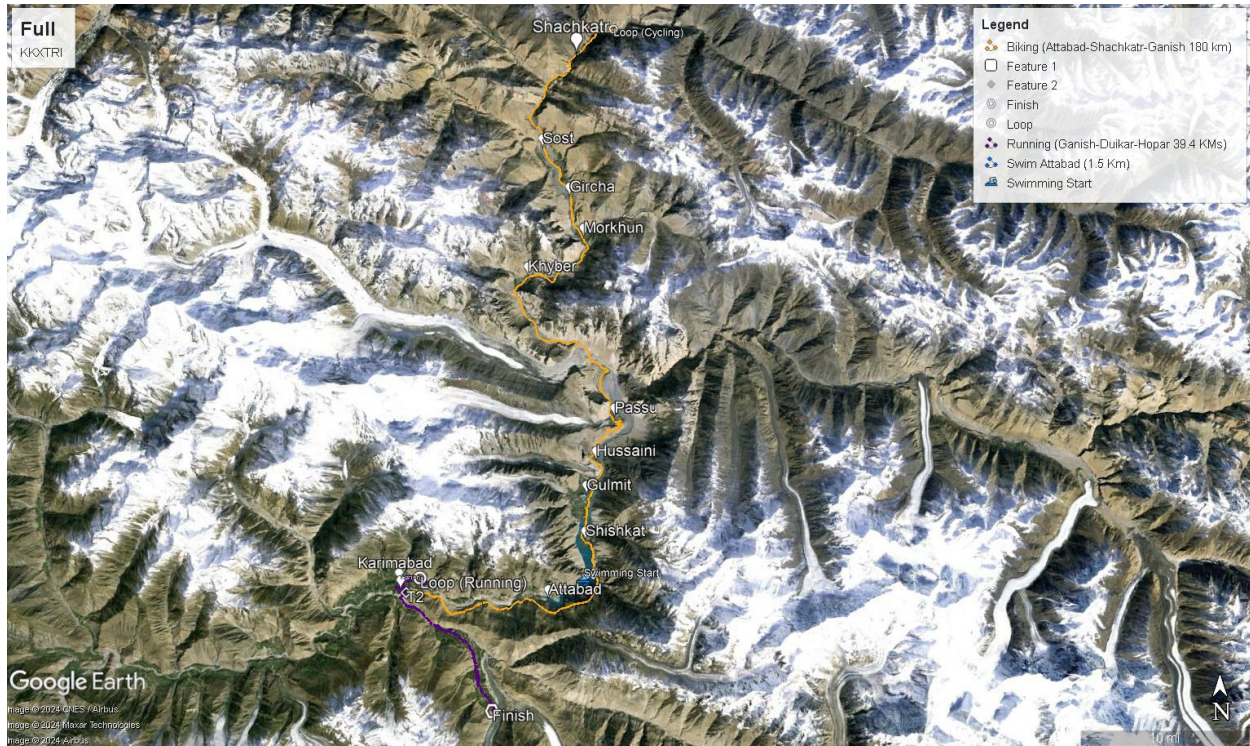
- Swim: 20 mins
- Bike: 5 hours from Race start
- Including Run: 9 hours from Race start

To reach Hopper Glacier by/before 14:00 hrs



KXT Full Distance

- Swim: 30 mins
- Bike: 9 hours from race start
- Run: 18 hours from race start
- Check Point cross Ganish Bridge by/before 19:00 hrs



Route indication

The whole route will be marked for KXT Full & Half Distances.

Important crossings will be marked, but it is the athlete's responsibility to know the route! The running and bike route is marked with orange tape at important points.

If you leave the race early

It is absolutely mandatory to inform the KXT organization if you decide to end your KXT Race a day earlier!

In this case, you have to call the following number: +92 300 824 8957/+92 355 597 3439.



In case of a medical emergency

In case of a medical emergency, please call the following number as soon as possible: +92 300 824 8957 / +92 355 597 3439

Police/Ambulance: 1122

Sunday, August 31, 2025

Finisher ceremony at the Ambiance Hotel, Hunza

09:30 Athletes should allow sufficient time to collect their shirt before 10.00.

Every KXT-Finisher receives the Finisher-Medal.

Athletes who start the race but can't finish, will receive a KXT shirt.

10.00 – 10.30: Finisher ceremony and group photo

This will be the end of the KXT 2025