

NUANG JUNGLE MARATHON 2015



Full Marathon 42 km
Half Marathon 21 km

**Hutan Lipur Gunung Nuang
Kampung Pangsoon Hulu Langat
N 3 13 1.1 E 101 52 59.9
3.216983 101.883306**

8 November 2015

Asian Trail Explorers

Welcome to the second edition of the Nuang Jungle Marathon!

In the hiking community, Gunung Nuang is more than an icon. It is one of the most notorious and cruel mountains near the capital city of Kuala Lumpur.

What happens if this becomes the setting of a trail run, covering a half and a full marathon? Indeed, limits have to be crossed in order to achieve this incredible feat.

Since the usual trails, either from the north or the south, don't cover the distance required to qualify as a half and a full marathon, some extra mileage has been added to the already cruel journey that will await the participants.

This year, for unknown reasons the park authorities ordered pouring of concrete on the first stretch of the old logging road, making the trail less interesting for a jungle run. Looking for an alternative, we found one, following Sungai Pangsoon upstream, making this jungle marathon even harder due to the multiple stream crossings in the first stage of the race. However, on the return trip the usual trail, with its concrete section, will be part of the parcourse.

Only the full marathon will have a cut off time, so less experienced runners will have to be on their guard as they have to reach the turning point in Janda Baik before 03:00pm; otherwise their race will be over and their BIB will be taken.

All participants of the half marathon are advised to finish their race within 10 hours. Full marathon runners are given another four hours extra to complete their race. These are advised times, no cut off times.

For every event which is organised by Asian Trail Explorers, participants will have to bring a set of mandatory items. We don't impose this rule to increase the weight in your backpack, but to be sure that you have the strict minimum of items with you, in case you face an emergency while being in the jungle.

We want to emphasise once more that it is compulsory to have these items with you on race day failing which you might have to face serious consequences.

Keep in mind that marshals at any of the checkpoints are entitled to check your mandatory items at any time.

Let's hit the trail and write some history once more...!

The Nuang Jungle Marathon Team

Race description Nuang Jungle Marathon 2015

Remarks:

1. Distances, elevation gain and elevation loss are approximate
2. ETA FM is the advised time before which a Full Marathon Participant should reach the end of the stage
3. ETA HM is the advised time before which a Half Marathon Participant should reach the end of the stage
4. Not all Water Stations might have supply of isotonic drinks
5. Some Water Stations will supply fresh/dried fruit
6. One energy gel per participant will be available at the end of Stage 5

Stage 1 --- Nuang Base Camp - End Old Logging Trail

Distance	Time	ETA FM	ETA HM	Alt. Gain	Alt. Loss	Drinks
Apx. 6 km	1h30-45	08:30 AM	09:15 AM	413 m	114 m	Yes

After the start, follow the tarred road up towards the entrance arch of the Forest Reserve. The tarred road becomes a concrete road which one follows for a short while. Then one turns to the right, into a rather narrow jungle trail that leads through dense jungle, open stretches and bamboo groves to the road along Empangan Hulu Langat. Here one turns left, going clockwise until the next major junction where once again one takes left. The trail is wide for a short while and follows the west bank of the stream. It becomes more technical when the trail becomes once more narrow and multiple stream crossings have to be faced. Depending on the water level, none of them should be more than knee deep. Pay attention to slippery rocks and follow the instructions of the marshals who will be of assistance with the stream crossings if necessary. The ascent is moderate, although there are a few pretty steep sections where ropes are put in place as an aid, especially when the track should be muddy.

Stage 2 - End of Old Logging Trail to Kem Lolo

Distance	Time	ETA FM	ETA HM	Alt. Gain	Alt. Loss	Drinks
Apx. 1 km	20-30 min	09:00 AM	09:45 AM	120 m	29 m	No

Once one reaches the end of the old logging road, continue straight ahead on a narrow jungle trail. Less than 100 meters further is the first stream crossing of this stage. Turn right just before the water pipe and descend towards the stream. Follow the instructions of the marshals when crossing the stream! A jungle trail leads uphill and has quite some rocks and roots. The pipeline on the left remains most of the time visible. Just before reaching Lolo waterfall go under the pipeline, followed by a few concrete stairs leading to the second and third stream crossing. Once one reaches the top of the stairs, turn to the right, inside the shelter, crossing a water basin on a wooden plank. Be careful! Turn to the left for a minor

stream crossing. Then immediately turn right for a subsequent crossing. Climb up to the trail and follow it to the left. The trail goes slightly uphill and one will encounter quite some rocks and root sections. When reaching the first part of Kem Lolo (Lolo Camp), turn to the left for the fourth stream crossing. The trail cuts through the second part of Kem Lolo in order to reach the fifth stream crossing. Follow the instructions of the marshals when crossing the stream! After the crossing turn right and soon one reaches the third section of Kem Lolo.

Stage 3 - Kem Lolo to Kem Pacat

Distance	Time	ETA FM	ETA HM	Alt. Gain	Alt. Loss	Drinks
Apx. 2.3km	1h-1h45	10:15 AM	11:30 AM	498 m	2 m	Yes

When reaching the third section of Kem Lolo, make a 90 degrees turn to the left. A steep uphill section consisting of red clay will bring one back into the jungle. The next few hundred meters are considered very tough. The trail is very much eroded by the rainwater and is slightly technical. One might slow down on this section, so keep in mind giving way to faster participants.

Just before reaching Kem Pacat (Leech Camp) the trail, which was all the way uphill, has a minor descent. This descent and passing a fallen tree are the landmarks that one is approaching Kem Pacat.

Stage 4 - Kem Pacat to Puncak Pengasih

Distance	Time	ETA FM	ETA HM	Alt. Gain	Alt. Loss	Drinks
Apx. 1 km	45m-1.5 h	11:00 AM	12:30 PM	367 m	4 m	No

The first part of the trail after leaving Kem Pacat is slightly easier than the trail leading towards Kem Pacat. However shortly after, the trail becomes more technical with some very steep sections. This is one of the hardest sections of the race and will have a serious impact on one's average speed. Some heavily eroded sections are altered with rocks. The trail leads to Puncak Pengasih (Loving Peak). It is considered as the false peak which is only a few meters lower in altitude than the actual peak of Gunung Nuang .

Stage 5 - Puncak Pengasih to Summit of Gunung Nuang

Distance	Time	ETA FM	ETA HM	Alt. Gain	Alt. Loss	Drinks
Apx. 1 km	30 min	11:30 AM	01:00 PM	144 m	106 m	Yes

At Puncak Pengasih, turn to the left and cross the swampy area. The trail leads downhill and some big rocks might slow one down. At the lowest part of this section there might be another swampy area in case of adverse weather conditions. The trail leads now steep uphill towards the summit of Gunung Nuang (1493m asl) passing a narrow section where a rope is in place.

Stage 6 - Summit of Gunung Nuang to Lata Chemperoh (only Full Marathon)

Distance	Time	ETA FM	ETA HM	Alt. Gain	Alt. Loss	Drinks
Apx. 4km	1-1.5 h	01:00 PM	-	19 m	706 m	Yes

Cross the summit and descend through a very technical section. Be careful and hold on to the rope if necessary. The first part of the descent is very steep and follows a very narrow ridge. Do not attempt to overtake any other participant here and one has to understand that it might be impossible for other participants to make way for faster participants. Safety first! The trail continues downhill through beautiful rainforest. The nature of the trail changes often, from leaf-covered soil to bare clay, roots and rocks. The first part of the descent is moderately steep, the section towards Lata Chemperoh (Chemperoh waterfall) is steep and consists mainly of red clay. Once downhill, the trail turns to the left to reach the stream. The trail comes very close to the stream and some boulders might be slippery. Be careful! Follow the trail upstream, turn to the right and cross the stream.

Stage 7 - Lata Chemperoh to Junction in Vegetable Farm (only Full Marathon)

Distance	Time	ETA FM	ETA HM	Alt. Gain	Alt. Loss	Drinks
Apx. 3km	30-45 min	01:30 PM	-	72 m	352 m	Yes

A short uphill section of red clay brings one back into the jungle. The descent that follows is of moderate steepness and the trail is gently curving its way through the jungle. A few stretches of fallen bamboos might make the passage a bit more difficult. A steep trail of red clay leads to one of the vegetable farm roads. Follow the trail further downhill, passing an orang asli (native people) settlement. The trail is wide and with a smooth surface, then it is narrow and rocky or eroded. When one reaches the boom gate, one leaves the forest reserve behind.

Stage 8 - Junction in Vegetable Farm to Car Park Janda Baik (only Full Marathon)

Distance	Time	ETA FM	ETA HM	Alt. Gain	Alt. Loss	Drinks
Apx. 6km	1-1.5 h	02:30 PM	-	137 m	178 m	Yes

Once one reaches the farm land, turn right. A gravel road will lead further downhill and then makes two 90 degrees turns. Follow the gravel road to the right. It becomes a wide red clay road. One will pass a rocky section, followed by a stream which will cross the main road. The trail becomes more grassy once one will pass a settlement. The trail ascends before reaching a freshly cut section, so pay very much attention to the markers and signboards. One will reach a very steep downhill section where ropes are in place. Once one set foot in the small stream below, turn to the left and follow downstream for a very short distance. Pull yourself up on the left to rejoin the trail. The trail will descend gradually, becomes wider and changes in nature from grassy to red clay. Follow the tarred road to the left for about 600 meters in order to reach the drop bag section.

Stage 9 - Car Park Janda Baik (only Full Marathon) – Lata Chemperoh

Distance	Time	ETA FM	ETA HM	Alt. Gain	Alt. Loss	Drinks
Apx. 3.8km	1 h	03:15 PM	-	400 m	65 m	Yes

Cross the stream and follow the trail at the other side of the stream towards a few coconut trees. Follow the trail uphill to reach the junction where one continues straight. The trail uphill is wide and with a smooth surface, then it is narrow and rocky or eroded. Leave the main road and turn into a parallel jungle path on the right. A steep trail of red clay leads to fallen bamboos and curves with moderate steepness gently through the jungle. A short downhill section of red clay brings one back to the waterfall area.

Stage 10 - Lata Chemperoh - Summit of Gunung Nuang (only Full Marathon)

Distance	Time	ETA FM	ETA HM	Alt. Gain	Alt. Loss	Drinks
Apx. 4km	1.5-2 h	05:15 PM	-	706 m	19 m	Yes

Cross the stream, turn to the left and follow the trail downstream. The trail comes very close to the stream and some boulders might be slippery. Be careful! After a short while the trail turns away from the stream and heads uphill. The first section is pretty steep and consists mainly of red clay. The second part of the climb is characterised by a moderate steepness. The trail continues uphill through beautiful rainforest. The nature of the trail changes often, from leaf-covered soil to bare clay, roots and rocks. When reaching the boulder which has to be climbed, a more technical section has to be tackled. The trail follows the narrow ridge just below the summit. Do not attempt to overtake any other participant here and one has to understand that it might be impossible for other participants to make way for faster participants. Safety first! Be careful and hold on to the rope if necessary.

Stage 11 - Summit of Gunung Nuang to Puncak Pengasih

Distance	Time	ETA FM	ETA HM	Alt. Gain	Alt. Loss	Drinks
Apx. 1km	30 min	05:45 PM	01:30 PM	106 m	144 m	Yes

The first part after leaving the summit is very steep. Be careful! The trail leads steep downhill towards a swampy area. When one reaches the lowest part of the saddle between the two peaks, the trail continues uphill with some rocks and root sections. Reaching another swampy area indicates that one approaches Puncak Pengasih.

Stage 12 - Puncak Pengasih to Kem Pacat

Distance	Time	ETA FM	ETA HM	Alt. Gain	Alt. Loss	Drinks
Apx. 1km	45min-1h	06:30 PM	02:15 PM	4 m	367 m	Yes

When reaching Puncak Pengasih, keep to the right and do not follow the trail which is leading straight and slightly uphill. Follow the trail downhill which is littered with rocks. The trail is very steep downhill and heavily eroded at certain sections. This is a technical section. After this section the trail becomes less technical and the last section towards Kem Pacat is rather easy and gently downhill.

Stage 13 - Kem Pacat to Kem Lolo

Distance	Time	ETA FM	ETA HM	Alt. Gain	Alt. Loss	Drinks
Apx. 2.3km	1-1.5 h	07:30 PM	03:45 PM	2 m	498 m	Yes

Shortly after leaving Kem Pacat the trail has a slight knock uphill. Then it continues all the way down, mostly consisting of heavily eroded red clay sections. There are a few steep downhill sections and the last one leads to the third section of Kem Lolo where one has to make a 90 degrees turn to the right. Follow the instructions of the marshals when crossing the stream! The trail cuts through the second part of Kem Lolo in order to reach the next stream crossing.

Stage 14 - Kem Lolo to Beginning of Old Logging Road

Distance	Time	ETA FM	ETA HM	Alt. Gain	Alt. Loss	Drinks
Apx. 1km	30 min	08:00 PM	04:15 PM	29 m	120 m	Yes

Turn to the right just after the crossing and follow the trail downhill with the stream on your right. The trail goes slightly downhill and one will encounter quite some rocks and root sections.

The trail leads once more to a stream crossing and a subsequent minor one to reach the top of Lolo waterfall. Turn right, inside the shelter, crossing a water basin on a wooden plank. Be careful! When exiting the shelter, turn left and follow the trail concrete steps to the water pipe. Go under the pipe and continue downhill while the pipeline remains on your right. A jungle trail with quite some rocks and roots will lead to the last stream crossing. Follow the instructions of the marshals when crossing the stream! Climb up and turn to the left and follow the narrow jungle trail to the beginning of the Old Logging Road.

Stage 15 - End of Old Logging Road to Finish

Distance	Time	ETA FM	ETA HM	Alt. Gain	Alt. Loss	Drinks
Apx. 4.6km	1-1.5 h	09:00 PM	05:30 PM	165 m	462 m	Yes

Follow the old logging road all the way to the finish line. The road is wide, occasionally characterised by the presence of rocks. Generally the trail is downhill, however two major uphill sections will make this stage still pretty tough. One passes all the shelters on the left and the orang asli settlement on the right. The dirt road becomes a concrete road for the last 600 meters leading to the Finish.

Nuang Jungle Marathon - 2nd Edition

Date Sunday 08/11/2015

Categories Full Marathon (42 km)

Δ Women

Δ Men

Half Marathon (21 km)

Δ Women

Δ Men

Car park Kampung Pangsoon – Hulu Langat
Along the road leading to the venue

Flag off Full Marathon Men & Women 07:00am

Half Marathon Men & Women 07:30am

Cut off time Full Marathon Men & Women Janda Baik 03:00pm

Emergency Number Organisers

013-341 3959 – on race day only

Medical Emergency

999 (not 911!) or 112

Mandatory items

- Δ BIB attached to the front of the shirt
- Δ Whistle
- Δ Emergency blanket
- Δ First aid kit with Steri strip or butterfly plasters
- Δ Mobile phone
- Δ Water bottle or hydration pack
- Δ Raincoat or poncho