



DAG/9thRHF(01)2026/ 850

15th September 2026

Public Notification

Subject: Invitation to participate in 9th Edition Laya Run, 2026

The Laya Run 2026 for the 9th Royal Highland Festival will be held on 23rd October 2026, from Ponjothang to Langothang, Laya (RHF event ground). Spanning 25 km, the route follows the gewog road along the pristine Mochu river before turning onto the footpaths that climb into the hills of Laya, offering runners breathtaking views of mountains, valleys, and untouched highland landscapes, making it a truly exhilarating journey through Bhutan's spectacular wilderness.

In this regard, the Dzongkhag Administration, Gasa, in collaboration with the Bhutan Amateur Athletic Federation, kindly invites interested individuals, both nationals and internationals, in the male and female categories to participate in the run. Registration will be accepted on a first-come, first-served basis with a maximum of 30 participants in each category.

Run Registration process.

- Registration period: The participants can register by scanning the QR code from 15th September – 10th October 2026 (scan QR code →)
- Entry Fee Structure:
 1. Nu. 3,500/- (includes accommodation at Tshachu including one dinner on 22nd night)
 2. Nu.3000/- (For self -accommodation)
 3. The payment may be deposited into Account No. 200875475 – Gasa Sport Association).
 4. A payment detail must be provided in the Registration Form (in fee payment section).





Logistics and Terms & Conditions.

- Accommodation & Meals:
 1. Participants staying at Tshachu accommodation (in Category-C) will be provided with one dinner and a shared room with four Participants on 22nd Oct 2026.
 2. Participants staying at self-accommodation or Gasa Homestay are responsible for their own arrangements in Gasa. The Dzongkhag may provide assistance if required or can contact at .+975 17528275 (Sonam, ADAO) or +975 17945126 (Tsheltrim, GAO Khatoed gewog)
 3. Transport: The Dzongkhag will arrange luggage transport from Gasa to Laya, as well as shuttle services for runners from Gasa to the starting point.
 4. All participants will have to arrange their own accommodation at Laya and transportation back from Laya. They may contact the Laya Logistic team at: +975 77889566 (Mr. Pema Wangchuk)
- Prizes: Awards will be presented to the top five finishers in each category. However, participants who can complete within time (10.00 AM - 3.00 PM) will be provided with medals and certificates.

Event Schedule (23rd October 2026)

- Pickup from Tsachu: 7:00 AM
- Breakfast and luggage arrangement for transport: 7:30 AM
- Transport to start point: 8:10 AM
- Run starts: 10:00 AM
- Cut-off time: 3:00 PM

General information for Participants

- Laya is situated at an altitude of approximately 4,000 meters above sea level; participants are strongly advised to acclimatize adequately to avoid altitude sickness.
- The route includes rough roads and trekking paths; runners should exercise caution at all times.
- Carry sufficient water, energy snacks, a torch, and appropriate clothing to prepare for sudden weather changes.
- Follow all instructions given by organizers and safety personnel.





- Participants are encouraged to prepare well, stay safe, and embrace the unique opportunity of running through the stunning highland terrain.

Contact for Logistics and Homestay

- Registration Booking: +975 17528275 (Mr. Sonam, Laya Run Coordinator)
- Gasa Homestay: +975 17945126 (Mr. Tsheltrim, GAO Khatoed gewog)
- Laya Homestay and Logistics Team- including transport: +975 77889566 (Mr. Pema Wangchuk, Laya)



Dzongkhag Administration, Gasa.