

VMM19 - 4 DAY DELUXE INCLUSIVE

The schedules are subjected to change prior to the race.

**Hotel: Sapa Highland Resort*

| Time table | Thursday 19 Sep. | Friday 20 Sep. | Saturday 21 Sep. | Sunday 22 Sep. | |
|------------|--|--|---|---|---|
| 2:00 AM | | | 2:00 AM: Depart to 70km start | | |
| 3:00 AM | | | 3:00 AM: START Ultra Marathon (70km) | | |
| 5:00 AM | | | 5:30 AM: Depart to 42km start | 6:00 AM: START 21km | |
| 6:00 AM | | 6:30-9:00 AM: Breakfast at Sapa Highland Resort | 6:30-9:00 AM: Breakfast at Sapa Highland Resort 6:30 AM: START Marathon (42km) | 6:30-9:00 AM: Breakfast at Sapa Highland Resort | |
| 8:00 AM | 8.30-11:30 AM: Pick up your race pack Place: Turtle Lake Brewing Company (Add: 105 Quang Khanh Str., Tay Ho Dist., Hanoi) | Free to explore Sapa and attend VMM EXPO at Sapa Square | 8:30 AM: Depart to 21km start | 8:00 AM: 15km Opening ceremony 8:15 AM: START 15km | |
| 9:00 AM | | | 9:00 AM: Supporters depart to Topas Ecolodge – VMM finish line 9:30 AM: START 21km | 9:00 AM: START 10km | |
| 10:00 AM | 10:00-11:30 AM: Buses depart *Optional Hanoi airport departure bus at 11AM or 1PM on request with surcharge \$15/person | | | | 10:30 AM: Winners & Farewell Ceremony |
| 11:00 AM | | | Light lunch: Vegetarian Soup & Bread | | |
| 12:00 PM | | | | | 12:00 PM: Departures start for Hanoi |
| 1:00 PM | | | SUPPORTERS & 10/15km RUNNERS Optional: Relax, Walk, Supporting the runners | | |
| 2:00 PM | | | 2:00-11:00 PM: Hourly shuttle bus back to Sapa | | |
| 3:00 PM | | | | | |
| 4:00 PM | 3:30-5:00 PM: Check in at Sapa Highland Resort | | | | |
| 5:00 PM | | | | | 5:30 PM: First buses arrive in Hanoi at Hanoi Opera House |
| 6:00 PM | | 6:00-8:00 PM: Buffet dinner at Sapa Highland Resort | 6:00-9:00 PM: Buffet dinner at Topas Ecolodge | | |
| 7:00 PM | 6:00-8:00 PM: Buffet dinner at Sapa Highland Resort | 07:00 PM: Race Briefing by Race Director David Lloyd at Sapa Highland Resort | | | |
| 8:00 PM | | 7:30 PM: Depart to 100km start | | | |
| 9:00 PM | | 9:00 PM: START Ultra Marathon (100km) | | | |
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