

# India's Trail Running Boom: 3,000 Join Bengaluru Mountain Festival to Escape Urban Chaos

Category: Business

written by International Khabar | January 31, 2025



This past weekend, the [Bengaluru Mountain Festival](#) (BMF) returned for its eighth edition, drawing a record-breaking 3,000 participants to the rugged trails of Avati, near Devanahalli. As urban professionals increasingly seek an escape from the chaos of city life, trail running is emerging as a powerful way to achieve both physical fitness and mental clarity.



**Runners conquer the final stretch of Bangalore Mountain Festival to the electrifying beats of tamte drums**

[Hosted by Mountain Festival Adventures](#), the event featured races across 5K, 10K, and 21K distances, attracting seasoned athletes and first-time trail runners alike. Unlike conventional road races, which test speed and endurance on flat asphalt, trail running offers a different challenge-demanding strength, focus, and adaptability while immersing runners in nature.

### **A Sport That Builds Both Strength and Stillness**

*Trail runs are not just about physical endurance; they're about stillness of mind,"* said Yashas, **Co-founder of [Mountain Festival Adventures](#)**. *In nature's embrace, participants can leave behind the chaos of city life and discover a level of calm and focus that road [running](#) simply can't offer.*

The sentiment was echoed by **Amber McIlraith**, winner of the 10K women's category, who described the race as a transformative experience. *Coming around the side of the [mountain](#) to see the valley and rocks was a sight I'll never forget,"* she said. *"Trail running builds muscles you don't work in the gym or on flat city runs. The runner's high you get is unmatched."*

**Maitreyi**, another participant, found the race to be a unique [test of endurance](#) and willpower. *"The moment that stood out most was nearing the finish line, thinking I had only 600 meters left, and then seeing an uphill climb ahead. The adrenaline rush from the tamte drums kept me going and made the experience unforgettable,"* she shared.

For **Raghav**, who completed his first-ever 10K trail race, the [event](#) was about pushing limits. *"I've run road races before, but this was a whole different beast. The inclines, the loose rocks, the unpredictability-it forced me to be present in every step,"* he said.

**Abhishek**, a martial artist who is a regular road runner and winner of the 10k [men's](#) category, was struck by the mental challenge of trail running. *"You can't zone out like you do on a road. Every step requires attention, and that's what makes it so rewarding. It's meditative in its own way,"* he explained.

## A Growing Community and [Market](#)

Trail running is no longer a niche activity-[it's becoming a mainstream movement](#). India has a growing community of 175.8 [million fitness-conscious individuals](#), with running being one of the fastest-growing recreational sports. This trend is fueling the demand for trail running gear, training programs, and events like the Bengaluru Mountain [Festival](#).

With trail running gaining traction globally, India is no exception. The trail running shoe market, valued at \$7.8 billion, is projected to grow at a CAGR of 7.1% from 2024 to 2030, with the [Asia-Pacific region](#) leading at a 35.7% market share. According to [Grand View Research](#), *"India's trail running shoes market is expected to grow significantly due to the increasing popularity of outdoor activities and adventure sports among urban as well as rural youth."*

For many, the Bengaluru Mountain [Festival](#) has become more than

just a race-it's a community. Whether tackling steep climbs or finding moments of solitude along forested trails, participants left with more than just a medal. They walked away with a renewed sense of resilience, camaraderie, and mindfulness.

### **Trail Running: A Call to Adventure**

Beyond the competition, the [event embraced local culture](#), with traditional tamte drummers stationed at key climbs, motivating runners to push through the toughest stretches. Sustainability was also a key focus, with organizers ensuring a minimal ecological footprint and promoting [trail running](#) as an accessible, low-impact sport for all fitness levels.

With the success of its eighth edition, the Bengaluru Mountain Festival continues to solidify its place as the premier [trail running](#) event in India. Participants are encouraged to share their experiences on [social media](#) using #BMF8, celebrating the growing movement that blends endurance, adventure, and a deep connection to nature.

