



Tenzing Hillary Everest Marathon

29 May 2022

CLASSIC TRAIL: 10 May to 03 June 2022 – 25 Days / 24 Nights

RUNNER (TWIN SHARE)	\$4758 AUD
SUPPORTER (TWIN SHARE)	\$4445 AUD
RUNNER (SINGLE ROOM)	\$5328 AUD

10 May	Arrival at Kathmandu and transfer to hotel
11 May	Half-day sightseeing in Kathmandu and Race Briefing
12 May	Drive to Shivalaya (1770m) via Jiri (1900m)
13 May	Trek from Shivalaya to Bhandar (Chyangma) (2195m)
14 May	Trek from Bhandar to Sete (2575m)
15 May	Trek Sete to Junbesi (2675m) via Lamjura-la (3530m)
16 May	Trek from Junbesi to Nun thala (Manidingma) (2190m)
17 May	Trek from Nunthala to Bupsa Danda (2250m)
18 May	Trek from Bupsa Danda to Surkhe (2295m)
19 May	Trek from Surkhe to Phakding (2652m)
20 May	Trek from Phakding to Namche Bazaar (3446m)
21 May	Rest and acclimatisation day at Namche Bazaar
22 May	Trek from Namche to Thyangboche (3867m)
23 May	Trek from Thyangboche to Dingboche (4358m)
24 May	Rest and Acclimatization in Dingboche
25 May	Trek from Dingboche to Lobuche (4928m)
26 May	Trek from Lobuche to Gorakshep (5160m)
27 May	Marathon/Ultra: Trek to Everest Base Camp (5364m) HM: Trek to Dingboche. Supporter: Trek to Pangboche
28 May	Rest Day. Everest Base Camp for marathoners & Ultras Supporter: Trek to Namche Bazaar via Tyangboche
29 May	RACE DAY – run to Namche Bazaar
30 May	Rest in the Morning. Afternoon trek to Monjo (2850m)
31 May	Trek from Monjo and back to Lukla (2860m)
01 Jun	Flight from Lukla to Kathmandu. Celebration Dinner
02 Jun	Free day in Kathmandu
03 Jun	Kathmandu - Tour Ends



PACKAGE INCLUDES:

- Guaranteed race entry to the Tenzing-Hillary Everest Marathon/Half Marathon (Runners only)
- Return airport Transfers in Kathmandu
- 24 Nights' accommodation in Nepal (including 4 nights hotel accommodation in Kathmandu, 18 nights lodging and 2 nights camping whilst at Base Camp (pre-race))
- Half day sightseeing tour in Kathmandu
- Private overland drive from Kathmandu to Shivalaya via Jiri
- One-way flight from Lukla back to Kathmandu
- All meals are included whilst on trek
- Certified Guides
- Celebration Dinner Party and awards in Kathmandu on 02 June
- Trekking permits and National Park entrance fees
- Porters to carry luggage during the trek (max. 15kg per person)
- Personalised Travelling Fit Running Top
exclusive to Travelling Fit clients
- Invite to Travelling Fit's Tenzing Hillary Everest Marathon Closed Facebook Group
exclusive to Travelling Fit clients

Other Package Options available:

- Lodging and Camping Standard Package options
 - Gokyo Valley Trek
 - Island Peak Summit
- Contact us for details

To book or for more information contact Travelling Fit... Your Marathon and Travel Specialists
Phone 02 4385 2455 or 1300 728 296 | www.travellingfit.com | Email: sales@travellingfit.com

Please Note: All prices are quoted in Australian dollars and are based on a per person basis.
Prices and itinerary are subject to change at any time without prior notice.

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