



Tenzing Hillary Everest Marathon

29 May 2022

GOKYO VALLEY TREK: 14 May to 03 June 2022 – 21 Days / 20 Nights

RUNNER (TWIN SHARE)	\$4414 AUD
SUPPORTER (TWIN SHARE)	\$4099 AUD
RUNNER (SINGLE ROOM)	\$4961 AUD

14 May	Arrival at Kathmandu and transfer to hotel
15 May	Half-day sightseeing in Kathmandu and Race Briefing
16 May	Fly Kathmandu to Lukla (2860m). Trek to Phakding (2652m)
17 May	Trek from Phakding to Namche Bazaar (3446m)
18 May	Acclimatisation at Namche Bazaar and local excursion
19 May	Trek from Namche Bazaar to Dole (4110m)
20 May	Trek from Dole to Mahhermo (4470m)
21 May	Trek from Mahhermo to Gokyo Lake (4800m)
22 May	Hike to Gokyo Ri (5357m) and trek to Dragnak (4700m)
23 May	Cross Cho-la Pass (5430m) and to Dzongla (4830m)
24 May	Trek from Dzongla to Lobuche (4940m)
25 May	Trek from Loboche to Gorakshep (5140m)
26 May	Acclimatisation at Gorakshep. Hike to Kalapathar View Point
27 May	Marathon/Ultra: Trek to Everest Base Camp (5364m) Half Marathon: Trek to Dingboche. Supporter: to Pangboche
28 May	Rest Day. Everest Base Camp for marathoners Supporter: Trek to Namche Bazaar via Tvanboche
29 May	Race Day. Overnight at Namche
30 May	Trek from Namche Bazaar to Monjo (2850)
31 May	Trek from Monjo and back to Lukla (2860m)
01 Jun	Fly from Lukla to Kathmandu & transfer to hotel
02 Jun	Free day in Kathmandu. Celebration Dinner
03 Jun	Kathmandu - Tour Ends



PACKAGE INCLUDES:

- Guaranteed race entry to the Tenzing-Hillary Everest Marathon/Half Marathon/Ultra Race (runners only)
 - Airport Transfers in Kathmandu
 - 20 Nights' accommodation in Nepal (including 4 nights hotel accommodation in Kathmandu, 14 nights lodging and 2 nights camp whilst at Base Camp (pre-race)
 - Half day guided sightseeing tour in Kathmandu
 - Return Airfares between Kathmandu and Lukla
 - All meals are included whilst on trek
 - Celebration Dinner Party and Awards in Kathmandu (02 June)
 - Certified guides
 - 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
 - Classic Trail
 - 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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