



# TENZING HILLARY EVEREST MARATHON

14 MAY TO 03 JUNE 2022 – GOKYO VALLEY TREK



## DAY 1 - 14 MAY: ARRIVAL INTO KATHMANDU

On arrival at Kathmandu Tribhuvan International Airport you will be received by our staff and transfer you to the Hotel where our guide will give you a brief orientation of the Hotel, Kathmandu, Trekking, do's and don'ts and other related information that you might require whilst in Nepal.

## DAY 2 – 15 MAY: SIGHTSEEING TOUR OF KATHMANDU AND RACE BRIEFING

After breakfast enjoy a guided sightseeing tour of the city. We shall visit major sites of cultural, religious and historical importance. Kathmandu offers startling travel experiences with its medieval history and architecture, where myths and legends blend seamlessly and modernism and traditional coexist. Tour includes visits to Boudhanath Stupa, the country's largest Buddhist stupa, the Pashupatinath Temple of Shiva on the banks of Bagmati river which is the holiest Hindu temple in Nepal and the hilltop shrine of Swayambhunath also known as the 'Monkey Temple'. After lunch, there will be a race meeting at the hotel lobby, where you will receive your race number and official t- shirt and be briefed about the upcoming trek to the Everest Base Camp and the race itself. The rest of the day can be spent as you wish before you make final preparations for the journey into the Khumbu.

Lunch and dinner at own expense

## DAY 3 – 16 MAY: FLIGHT TO LUKLA AND TREK TO PHAKDING - (ALTITUDE 2860M DOWN TO 2652M)

This morning you will fly to Lukla. You can leave all items not required for your trek to Everest Base Camp at the hotel. You will be met at Lukla airport by your Sherpa trekking guides, and once the Sherpa crew has sorted out the load you will be off to Phakding.

The walk is a gentle gradient upwards most of the way with superb views of the 6,369m Kusum-Kangru mountain. After crossing a short suspension bridge over the Dudh-Kosi river, a short climb brings you to the village of Ghat, and another 1.5hr of gradual walking brings you to Phakding village for the overnight stop near the banks of the DudhKosi river.

**Trek Distance: Approximately 8km (2.5 - 3 Hours). Difficulty: Moderate**

## DAY 4 – 17 MAY: PHAKDING TO NAMCHE BAZAAR - (ALTITUDE 3446M)

Today you will trek from from Phakding to the legendary Namche Bazaar, the gateway to Everest. The walk is pleasant with a few short uphill and downhill sections and several re-crossings of the river. With a magnificent view of Thamaserkhu (6,608m) from the village of Benkar, we cross a long suspension bridge over the Bhote-Koshi river.

There is a 20 min (approx.) climb to the small village of Monjo which is situated below the magnificent peak of Thamaserkhu. Here you can see an interesting water-mill grinding roasted corns and barley for Tsampa, one of the staple foods of the Sherpas, Tibetans and other mountain people.

After Monjo, you approach the entrance of Sagarmatha National Park, where your trekking permit and park ticket is checked. From here a short descent and a gradual walk brings us to the suspension bridge over the Bhote-Koshi river, reaching Jorsalle village. This is the last village and the only place to shop until reaching Namche Bazaar.

The walking is pleasant on the river bed until the last bridge over the Imjatse river is reached. From here the walk is along the winding uphill path all the way to Namche Bazaar, with magnificent view of Kwangde peak and its other sister peaks towards east, with Kusum Kangru in the distance. As you climb higher. You can view Mt. Everest- Nuptse wall, Lhotse and a closer view of Taweche peak. They can be seen all the way up to Thop Danda, where there's a resting stone wall for the porters and trekkers. From hear the walk up brings us to the famed and most talked about place, Namche Bazaar, where the colourful houses are situated in an amphitheater-style U shaped bowl.

**Trek Distance: Approximately 15km (5-6 Hours). Difficulty: Moderate to Strenuous**

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## DAY 5 - 18 MAY: ACCLIMATISATION AT NAMCHE BAZAAR - (ALTITUDE 3446M)

Namche is the capital town of the Sherpas and it used to be a trade post en route to Tibet during the ancient times. At present, it is a bustling gateway to the Everest region with numerous hotels, lodges, cafes and souvenir shops. A hike up to the Everest Hotel, which takes about an hour, is a good option for acclimatization and for a spectacular view of Ama Dablam, Nuptse, Lhotse and Everest itself.

Alternatively, a shorter option is to hike uphill to the Everest National Park office, perched atop a magnificent spot overlooking Namche Bazaar and breathtaking views of mountains and deep valleys

## DAY 06 – 19 MAY: TREK TO DOLE – (ALTITUDE 4110M)

From Namche you follow the trail that gently climbs and continues up to the village of Kyangjuma. The trail further ascends to the left side up to Mong-la hill, offering magnificent views of Thamserku, Kantenga, and Ama Dablam Peak. The trail finally drops down to Phortse Thanga and passes through terraced fields until the walk reaches the settlements of Dole for your overnight stop.

**Trekking Time: Approximately 6 Hours**

## DAY 07 – 20 MAY: TREK TO MACHHERMO – (ALTITUDE 4710M)

The trail climbs steadily up through a scenic ridge above the Dole and continues to Luza 4,360 m via Lhabarma 4,220 m, then climbing further along the side of the valley high above the river, crossing sandy spurs to reach Manchermo, a small settlement hidden in a wide side-valley. Mahhermo is the last major settlement on the way up to Gokyo.

**Trekking Time: Approximately 4 Hours**

## DAY 08 – 21 MAY: TREK TO GOKYO LAKE – (ALTITUDE 4800M)

Leaving Mahhermo, you will follow the trail that leads to the glacial lake below Renjo La pass. Enjoy the stunning views of Everest, Lhotse, Cholatse and Taboche before slowly heading towards the beautiful lake at Gokyo. The walk offers more mesmerizing view of Everest, Lhotse, Cholatse and Taboche peaks all the way to Gokyo Lake.

**Trekking Time: Approximately 4 Hours**

## DAY 09 – 22 MAY: AT GOKYO FOR LOCAL HIKE AND TREK TO DRAGNAG – (ALTITUDE 4700M)

Today, the morning trek is a hike to Gokyo Ri for one of the highlights of this trip, the view around Gokyo itself. For the very best panorama take a hike to Gokyo Ri, a small peak above the lake, Gokyo Ri, at 5,357m, offers breathtaking views of Cho Oyo, Gyachung Kang, Everest, Lhotse, Cholatse, Taweche and far away as Mt. Makalu in the east. A two hour climb brings you to this wonderful spot. After a wonderful time at Gokyo, a short walk of a few hours leads to Dragnak at the base of Chugyuma or Cho-la pass, just above the village of Na situated at the foot of the Ngozumba glacier.

**Trekking Time: Approximately 4 Hours**

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## DAY 10 – 23 MAY: CROSS TSHO-LA - (ALTITUDE 5,430M) AND THEN DZONG-LA - (ALTITUDE 4,830M)

From here the walk climbs steadily towards Cho-la pass for a few hours, then descends towards the small hidden valley at Dzong-la for the overnight stop.

In snow condition this route can be quite difficult, and the guide will decide whether it's possible to proceed or retrace and journey by another safe way.

**Trekking Time: Approximately 7 Hours**

## DAY 11 – 24 MAY: TREK TO LOBUCHÉ – (ALTITUDE 4940M)

From Dzongla the trail diverts towards the north east and the path is gentle on the hard meadow below Pheriche village. Today's walk offers beautiful views of Mt.Tawache, AmaDablam and to the north Pokalde, Kongma-tse and the great wall of Nuptse. You will then reach the junction with the path from Pheriche above Thugla ridge. From here you can have great view of Mt.Pumori and other peaks west of Everest and this is a good place for a few minutes break after the great scenic walk. Close to this spot you can also see a number of memorials to the unfortunate climbers who died in expeditions around the mountains of this region, From here an hour gradual up trek brings you to Loboche, situated in a protected corner, well-hidden and sheltered from the wind. Loboche has about 08 Teahouses.

**Trekking Time: Approximately 5 Hours**

## DAY 12 - 25 MAY: LOBUCHÉ TO GORAKSHEP (ALTITUDE 5160M)

Gorakshep is one of the highlights of this amazing trek. Traditionally it is bypassed straight to the Base Camp from Lobuche but we shall spend one more night for rest and acclimatisation. Gorakshep is an amazing open flat space (a frozen lakebed of sand) below Kalapatthar (5545m/18,200ft) and Pumori (7145m/23442ft).

**Trek Distance: Approximately 6km (3-4 Hours). Difficulty: Moderate to Strenuous**

## DAY 13 – 26 MAY: ACCLIMATIZATION HALT AT GORAKSHEP

Another highlights of the Everest Trek is the view point atop Kalapatthar (5545m). It provides the best views of Everest and other surrounding Himalayan giants. Viewing is best done during mornings when the weather is usually clearest and at sunset, when the western side of Everest is bathed in fading sunlight. A free medical checkup will be provided around noon, followed by a practice run as a build up to prepare for your chosen event

## DAY 14 - 27 MAY: TREK TO EVEREST BASE CAMP (ALTITUDE 5364M)

The final leg of the trek to Everest Base Camp follows an indistinct path across rocky moraine down to the glacier. Treading upon the glacier can be quite tricky as the trail changes frequently due to glacial movement, so pay special heed to follow the lead Sherpa. After crossing over more rocky dunes, moraine and streams we finally reach the expeditionary Everest Base Camp on the edge of the notorious Khumbu Icefall. It is a lively place filled with expeditions preparing to make summit bids. This excitement can be contagious for runners in anticipation of the upcoming race.

**Trek Distance: Approximately 6km (3-4 Hours). Difficulty: Moderate**

**Half Marathon: Gorakshep to Dingboche (via optional Kala Patthar)**

**Supporters: Gorakshep to Pangboche (via optional Kala Patthar)**

## DAY 15 - 28 MAY: REST DAY AT EVEREST BASE CAMP (ALTITUDE 5364M)

This is the final day of preparation and acclimatization at Everest Base Camp for tomorrow's challenge. A practice race (a short distance) will be held after breakfast with runners fully attired in the official race t-shirt and number. In the afternoon a great number of Nepali runners will join us for tomorrow's running events.

**Half Marathon: Rest Day at Dingboche**

**Supporters: Trek back to Namche Bazaar via Tyangboche accompanied by trek crew members.**

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## DAY 16 - 29 MAY: RACE DAY (ALTITUDE 5364 DOWN TO 3446M)

Note: The distance between Everest Base Camp and Namche Bazaar is approximately 36 km, whereas the international standard for marathon is 42 km. So, a loop of 3 + 3 km from Dingboche to Bibre is added to maintain the international standard length.

An early wakeup call and breakfast well ahead of the 7:00 am race start time. The race back to Namche will begin just after the first lights and the first 5 km section of the run across Khumbu Glacier to Gorakshep will prove to be the most difficult underfoot conditions of the entire course. Trail conditions improve from Orsho (21km/half point) where more oxygen is available and you should be feeling good. However, the next obstacle will be the 500m climb from the bridge at Phunkitenga (34km) to Khunde which is quite challenging. The trail continues downhill via the Hillary School and Syangboche village and ends at Namche. In 2012 the Nepali runner Phurba Tamang finished first in 3 hours 41 minutes 31 seconds. Personal baggage of runners will be brought back from Everest Base Camp to Namche by porters who shall arrive late today or early morning tomorrow. All participants will stay in a lodge for this night.

**Half Marathon: Race starts at Dingboche**

**Supporters: Rest at Namche Bazaar and see runners come across the finish line.**

## DAY 17 - 30 MAY: NAMCHE BAZAAR TO MONJO (ALTITUDE 2850M)

After yesterday's mighty efforts we'll take it slow today with a late morning breakfast and free time to roam around Namche, buy souvenirs or just sleep. After lunch we'll retrace our journey at a leisurely pace making the short descent to Monjo.

**Trek Distance: Approximately 8km (3-4 Hours). Difficulty: Moderate**

## DAY 18 – 31 MAY: MONJO TO LUKLA (ALTITUDE 2860M)

The trail descends from Monjo past the villages of Phakding and Chopting onwards to Chaurikharka. A 45 minute ascent from here takes us to Lukla. You can walk at a leisurely pace enjoying the scenery and amazing views. At Lukla, we'll have a merry dinner party with the whole Sherpa crew, porters and trekking members.

**Trek Distance: Approximately 10km (4-5 Hours). Difficulty: Leisurely pace**

## DAY 19 - 01 JUN: FLY LUKLA TO KATHMANDU (ALTITUDE 1336M)

Board the early morning flight to Kathmandu and check in to the event hotel (complimentary hotel transfer). You can spend the afternoon enjoying the sights of Kathmandu. If you would like to go for a mountain flight early tomorrow morning, then please let us know today.

In the evening, a grand dinner party at the event hotel to celebrate the end of this year's event. All participants and winners will be awarded medals and certificates.

**Lunch and dinner at own expense.**

## DAY 20 - 02 JUN: LEISURE DAY IN KATHMANDU (ALTITUDE 1336M) & CELEBRATION DINNER

Today serves as a valuable contingency day and you can have the whole day to yourself. Leave for the early morning mountain flight if you have booked one. Or go for independent sightseeing or shopping.

**Lunch at own expense**

## DAY 21 - 03 JUN: TIME TO SAY FAREWELL

Today as per your international flight time, keep your confirmed air ticket, and your passport handy. You will be taken to the airport for your final departure from this amazing country, Nepal.

Tour Ends.

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## **IMPORTANT:** Internal flights and emergency

Internal flights and emergency: Flights to/from Lukla are sometimes disrupted by poor weather. You may be required to spend an extra night at the Event Hotel in Kathmandu before your trek if the flight to Lukla gets cancelled, or stay in Lukla at the end of your trek. If weather doesn't clear up in time for your trek or for your return flight, please be aware that alternative arrangements must be made.

Sometimes it is possible for helicopters to fly to Lukla when airplanes are not able. Helicopters can be chartered however this will be at your own expense.

Please be sure to purchase a suitable insurance policy which will cover you for this disruption and out of pocket expenses should this occur.

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