



TENZING HILLARY EVEREST MARATHON

12 MAY TO 03 JUNE 2022 – ISLAND PEAK SUMMIT + EVENT



DAY 1 - 12 MAY: ARRIVAL INTO KATHMANDU

Today you will be transferred to your event hotel upon arrival. Complimentary airport transfers are provided. At the hotel there is a short briefing about Kathmandu, the hotel and some do's and don'ts that visitors are required to know. You will also be informed about tomorrow's sightseeing tour of Kathmandu.

DAY 2 – 13 MAY: SIGHTSEEING TOUR OF KATHMANDU AND RACE BRIEFING

After breakfast there is a guided sightseeing tour of the city. You will visit major sites of cultural, religious and historical importance in the city. Kathmandu offers startling travel experiences with its medieval history and architecture, where myths and legends blend seamlessly, and modernism and tradition coexist in stark harmony. 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 you will be briefed about the upcoming trek to the Everest Base Camp and your chosen event. The rest of the day can be spent as you wish and will give you time to make final preparations for the journey into the Khumbu. You will meet up with your Trek Leader and you can crosscheck your equipment.

Included Meals: Breakfast

DAY 3 – 14 MAY: FLIGHT TO LUKLA AND TREK TO PHAKDING (ALTITUDE 2860M DOWN TO 2652M)

After breakfast you transfer to the domestic terminal of Kathmandu Airport where you check in for the 30 minute flight to Lukla. Note that the sloping runway of Lukla Airport makes for a striking landing!

Depending upon the time of arrival lunch will be served at Lukla or en route to Phakding. The trek from Lukla is an easy one and mostly downhill till we reach Phakding for the overnight stop beside the Dudh Koshi River.

DAY 4 – 15 MAY: PHAKDING TO NAMCHE BAZAAR (ALTITUDE 3446M)

Following the river upstream you trek through the pine forest, with magnificent views of Himalayan peaks in the distance (including Everest later on in the trek). At the entrance of the Everest National Park details of your permits will be recorded.

You head down to the river, cross a suspension bridge and continue up the wooded valley on a good trail. Further on you again cross the river on a high spectacular suspension bridge and proceed towards the confluence of two more rivers. From here it's a steep climb to Namche Bazaar on a switchback trail.

This is the steepest part of the entire route to the base camp and takes about two hours. You'll have ample time to look around the famed Sherpa capital with its colourful houses built in a natural U-shaped amphitheatre.

Trekking Time: Approximately 5-6 Hours

DAY 5 - 16 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 ancient times. Now 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.

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

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DAY 6 - 17 MAY: TREK TO THYANGBOCHE (ALTITUDE 3,867M)

The trail leads up the winding path with great views of Mt. Everest, Nuptse, Lhotse, Ama Dablam and a close-up view of Thermasarkhu. On reaching the small, busy place of Shanasa, there is a chance of seeing the national bird of Nepal (Danphe/Impeyan Pheasant), the elusive musk deer, and sometimes even a herd of Himalayan Thar (similar to mountain goats). From Shanasa the trail descends to the Imjatse river at Phungitenga, a small settlement with a couple of teahouses.

The walk from here is uphill on the winding trail through shaded woods, with great views of the close peaks of Thermasarkhu and Kantenga, before finally reaching Thyangboche - one of the most beautiful places in the Himalaya. The first thing that catches your eye is the big Monastery (or Ghompa), followed by the large field with campsites and teahouses, beneath the towering majestic beautiful peak of Ama Dablam. Everest looms above the Nuptse wall in the north with Mt. Lhotse and Lhotse Shar towards the north east with more peaks surrounding you.

You will have ample time at Thyangboche to visit the Monastery and observe the monks soothing prayer, backed by musical instruments. From here a slow 30 minute descent leads through the beautiful forest of rhododendron, birch and pines finally reaching at a small nice spot at Deoboche for the overnight stop.

DAY 7 - 18 MAY: TREK TO DINGBOCHE (ALTITUDE 4358M)

You start the day with magnificent views of Mt Amadablam, Mt. Everest, Nuptse and Lhotse. From Deoboche you walk past the long prayer mani wall on a gradually ascending path until you reach a small bridge over the narrow gorge of Imja-Tse river. From here the walk is gradually uphill most of the way, as you come to a large mani wall gate; a little farther from here the route leads to Pangboche. Next comes a short climb to Shomare for lunch which is a small settlement with fantastic close-up view of Amadablam.

After a pleasant break, the journey continues gradually eastwards for an hour or so to a small wooden bridge where the road splits into two ways, the north going to Pheriche and our trail leading east beneath the towering north face of Amadablam. From the bridge you climb slowly above the Imja tse river to a big mani Stupa, before entering the Imja tse Valley beneath Amadablam, Nuptse and Lhotse. There are great views of the eastern snow capped mountains, including Island Peak (Imja tse), one of the most popular peaks in the Nepalese Himalaya.

Trekking Time: Approximately 5 Hours

DAY 8 - 19 MAY: REST DAY AT DINGBOCHE (ALTITUDE 4358M)

A leisure day for a short hike around Dingboche. The high hills offer the best views and this is a chance to acclimatize and preparation for the Island Peak climb.

DAY 9 - 20 MAY: TREK TO CHUKUNG (ALTITUDE 4730M)

Today is an easy gradual walk for 3-4 hours with few ups and downs on the path to reach Chukung you're your overnight stop. The afternoon is free and there is an optional trek to Chukung Ri for exceptional views of high peaks and glaciers.

Trekking Time: Approximately 4 Hours.

DAY 10 - 21 MAY: AT CHUKUNG — REST DAY FOR ACCLIMATIZATION (ALTITUDE 4730M)

A leisure day at Chukung for better acclimatization and preparation for next day's trek.

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DAY 11 - 22 MAY: TREK TO ISLAND PEAK BASE CAMP (ALTITUDE 4970M)

The route to Island Peak Base Camp leads to a steep southerly climb before following a moraine along the main valley on the left bank of Lhotse Glacier. The walk follows a glacial stream to the snout of Imja glacier. At this point the trail swings north-east and crosses a dried-up lake bed between Lhotse and Imja Glaciers to reach base camp at Pareshaya Gyab.

Trekking Time: Approximately 4 Hours

DAY 12 - 23 MAY: AT BASE CAMP REST DAY (ALTITUDE 4970M)

Today you will acclimatization and make the necessary preparations for the climb and your guide will scout the area of route for the safest climb over the next few days

DAY 13 - 24 MAY: TREK & CLIMB TO HIGH CAMP (ALTITUDE 5400M)

From Island Peak Base Camp your route skirts south-east around the base of Imja Tse, between moraines and mountains, before turning north-east and then climbing steeply on grassy slopes and small rocky steps. Occasional cairns are found marking the path. Easy scrambling up an open gully leads between two well defined ridges and the site of Island Peak High Camp on the left-hand ridge below and to the right of a small hanging glacier.

Care should be taken pitching your camp or bivouac to avoid possible avalanche danger from the ice above. At high camp relax and plan, making necessary preparations for the next early morning day climb.

Trekking Time: Approximately 3 Hours

DAY 14 - 25 MAY: CLIMB TO THE SUMMIT AT 6,189M

From High Camp you take the left-hand ridge and scramble across the broad open gully and gain the right-hand ridge. Next comes some easy scrambling to the snow-covered glacier above. A route needs to be found out leftwards, avoiding seracs and crevasses, before turning back northwards over snow covered scree in the gap between the glacier and the base of the main summit ridge. After crossing a gully with some stone and icfall danger, a steep snow and ice ramp leads upwards for nearly 100 meters to the summit ridge. The last moves on to the ridge often prove difficult and many climbers leave a fixed rope in place to aid their descent.

The ridge itself is a classic and undulates towards the main summit which is reached by a final tricky snow patch.

Standing atop you have the stunning, close-up view of the South face of Lhotse that looms before you and the impressive dramatic views of the mountains - Amadablam, Chamlang and Baruntse in the far horizon. Your descent is made by the same route to low base camp.

DAY 15 - 26 MAY: TREK TO LOBUCHE (ALTITUDE 4928M)

You will descend to Pareshya Ghyab and continue further along on an easy trail to Chukung,

You'll then head north for about an hour before trekking down the stony meadows to picturesque Pheriche village. Crossing a wooden bridge above the raging Khumbu Glacier you head to the tiny settlement of Thugla.

Shortly thereafter you reach the memorial to those Sherpas who have died on Mt. Everest. From here the trail levels out, following the lateral moraine on the west side of the Khumbu Glacier to Lobuche. A gentle ascent reaches you at Lobuche, a very tiny settlement, well-hidden and sheltered from the wind, a pastoral home of yak herders.

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DAY 16 - 27 MAY: LOBUCHE TO GORAKSHEP (ALTITUDE 5180M)

Gorakshep is one of the highlights of this amazing trek. Traditionally it is bypassed straight to the Base Camp from Lobuche but you'll spend one more night for rest and acclimatization. Gorakshep is an amazing open flat space (a frozen lakebed of sand) below Kalapatthar and Pumori.

Trek Distance: Approximately 3-4 Hours

DAY 17 – 28 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

DAY 18 – 29 MAY: RACE DAY. FROM EVEREST BASE CAMP TO NAMCHE BAZAAR

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 Bire 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 19 – 30 MAY: NAMCHE TO PHAKDING

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

Trekking Time: Approximately 3-4 Hours

DAY 20 - 31 MAY: PHAKDING TO LUKLA

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

Trekking Time: Approximately 4-5 Hours

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DAY 21 – 01 JUNE: FLY LUKLA TO KATHMANDU

Board the early morning 30-minute flight to Kathmandu and check in to the event hotel (complimentary hotel transfer). You can spend the afternoon enjoying the sights of Kathmandu probably catching up on where you left off previously. If you would like to go for a mountain flight early tomorrow morning, then please let us know today.

DAY 22 - 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.

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 at own expense

DAY 23 - 03 JUN: TIME TO SAY FAREWELL

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

Tour Ends.

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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