



# Tenzing Hillary Everest Marathon

29 May 2022

ISLAND PEAK SUMMIT: 12 May to 03 June 2022 – 23 Days / 22 Nights

RUNNER (TWIN SHARE)	\$5547 AUD
SUPPORTER (TWIN SHARE)	\$5234 AUD
RUNNER (SINGLE ROOM)	\$6117 AUD

12 May	Arrival at Kathmandu and transfer to hotel
13 May	Half-day sightseeing in Kathmandu and Race Briefing
14 May	Fly to Lukla (2860m). Trek to Phakding (2652m)
15 May	Trek from Phakding to Namche Bazaar (3446m)
16 May	Rest and acclimatisation at Namche Bazaar
17 May	Trek from Namche Bazaar to Thyangboche (3867m)
18 May	Trek from Thyangboche to Dingboche (4358m)
19 May	Rest Day and acclimatisation at Dingboche
20 May	Trek from Dingboche to Chukung (4730m)
21 May	Rest and acclimatisation at Chukung
22 May	Trek to Island Peak Base Camp (4970m)
23 May	At Peak Base Camp rest day and acclimatisation
24 May	Trek & climb to High camp (5400m)
25 May	Climb to summit (6189m) and descend to Low Base Camp
26 May	Trek from Low Base Camp to Lobuche (4928m)
27 May	Trek from Lobuche to Gorakhshep (5160m)
28 May	Trek from Gorakhshep to Everest Base Camp (5364m)
29 May	RACE DAY – run to Namche Bazaar
30 May	Trek to Phakding (2652m)
31 May	Trek from Phakding to Lukla (2860m)
01 Jun	Flight from Lukla to Kathmandu and 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)
- Return airport Transfers in Kathmandu
- 22 Nights' accommodation in Nepal (including 4 nights hotel accommodation in Kathmandu, 14 nights lodging and 2 nights camping at Island Peak Base Camp and 2 nights at Everest Base Camp pre-race)
- Half day sightseeing tour in Kathmandu
- Return flights between Kathmandu and Lukla
- All meals included whilst on trek
- Island Peak climb with professional climbers
- All necessary climbing and trekking permits with national park entrance fees
- Celebration Dinner Party and awards in Kathmandu on 02 June
- 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
  - Classic Trail
- 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](http://www.travellingfit.com) | Email: [sales@travellingfit.com](mailto: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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Run the World.