



Tenzing Hillary Everest Marathon



29 May 2022

PACKAGE INCLUDES:

CAMPING OPTION: 16 May to 04 June 2022 – 20 Days/19 Nights

RUNNER (TWIN SHARE)	\$3984 AUD
SUPPORTER (TWIN SHARE)	\$3672 AUD
RUNNER (SINGLE ROOM)	\$4492 AUD

- Guaranteed race entry to the Tenzing-Hillary Everest Marathon/Half Marathon/Ultra Race (runners only)
 - Airport Transfers in Kathmandu
 - 19 Nights' accommodation in Nepal (including 4 nights Hotel accommodation in Kathmandu, 13 nights camping and 2 Lodge nights post-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)
 - Group camping equipment with cooking staff
 - 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 accommodation rather than camping whilst on the trek.
 - Gokyo Valey Trek
 - Island Peak Summit
 - Classic Trail.
- Contact us for details.

16 May	Arrival in Kathmandu (1300m)
17 May	Half-day sightseeing tour in Kathmandu and Race Briefing
18 May	Fly Kathmandu to Lukla (2860m). Trek to Phakding - (2652m)
19 May	Trek to Namche Bazaar (3446 m)
20 May	Rest and acclimatisation at Namche Bazaar (3446 m)
21 May	Trek from Namche Bazaar to Khumjung (3740)
22 May	Trek from Khumjung to Deboche via Thyangboche (3867m)
23 May	Trek from Thyangboche to Dingboche (4358m)
24 May	Acclimatisation at Dingboche (4358m)
25 May	Trek from Dingboche to Lobuche (4928m)
26 May	Trek from Lobuche to Gorakshep (5160)
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 Tyangboche
29 May	RACE DAY – run to Namche Bazaar
30 May	Rest Day at Namche Bazaar (3446m)
31 May	Rest in the Morning. Afternoon trek to Monjo (2850m)
01 Jun	Trek from Monjo and back to Lukla (2860m)
02 Jun	Flight from Lukla to Kathmandu. Celebration Dinner
03 Jun	Free day in Kathmandu
04 June	Kathmandu - Tour Ends

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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Run the World.