



TENZING HILLARY EVEREST MARATHON

16 MAY TO 04 JUNE 2022 – CAMPING ACCOMMODATION



DAY 1 - 16 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 while in Nepal.

DAY 2 – 17 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 – 18 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 – 19 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 - 20 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 6 - 21 MAY: NAMCHE BAZAAR TO KHUMJUNG VILLAGE (ALTITUDE 3740M)

After a great time at Namche, trace the route above the ridge of Namche towards Syangboche just above Namche, following the trail to Khunde and Khumjung the largest of the Sherpa villages in the Khumbu area. The trek leads towards the Syangboche small airstrip. The first one and half hour walk is quite strenuous and with the majority uphill - overlooking the magnificent view of Mt. Kwangde, Thermasherku and other neighboring peaks with an aerial view of Namche Bazaar down below. On reaching Syangboche small airstrip, take a short climb towards the Khunde village situated in the same glacial valley as Khumjung village beneath the sacred Mt. Khumbila 5,761m.

A quiet gentle path brings you to the sleepy village of Khumjung via Khunde for the overnight halt. At Khunde there's a hospital built with the help of Sir Edmund Hillary's Foundation. In the afternoon, a visit the Khumjung old Monastery, the only place believed to have Yeti scalp. Khumjung also has a High School built with the help of Sir Edmund Hillary Foundation.

Trek Distance: Approximately 2.5 - 3km (2-3 Hours). Difficulty: Moderate to Strenuous

DAY 7 - 22 MAY: KHUMJUNG TO DEBOCHE VIA THYANGBOCHE (ALTITUDE 3867M)

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 goat). From Shanasa with short up and downhill, the trail descends to the Imjatse river at Phungitenga 3,250m, a small settlement with a couple of teahouses. The walk from here is uphill on the winding trail through the shade of woods with great view of the close peaks of Thermasarkhu and Kantenga, 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, then you view 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 supprounding you.

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

Trek Distance: Approximately 6-8km (6 Hours). Difficulty: Moderate to Strenuous

DAY 8 - 23 MAY: THYANGBOCHE TO DINGBOCHE (ALTITUDE 4358M)

Approximately 3 hours from Thyangboche we reach Pangboche where there is the oldest monastery in the Khumbu. An hour later after passing through a beautiful forest of birch, fir, juniper and rhododendron we reach Shomare - a nice spot for lunching. There are no more trees at this altitude and you will see closer views of Ama Dablam, Nuptse and Lhotse. After lunch we'll walk through the beautiful Imjatse valley and you will see the Island Peak (6189m/20,305ft) - Nepal's most popular trekking peak. From Shomare it's on to Dingboche, gaining height gradually. Dingboche is a beautiful place with patchwork of fields enclosed by stone walls.

Trek Distance: Approximately 12km (5-6 Hours). Difficulty: Moderate to Strenuous

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DAY 9 - 24 MAY: ACCLIMATISATION AT DINGBOCHE (ALTITUDE 3446M)

As we have gained considerable altitude, acclimatization becomes more and more important. We will spend two nights at Dingboche to allow our bodies to adjust to higher elevation. For better acclimatization you can hike eastwards to Chhukhung (4730m/14,800ft) in the Imjatse valley. It is a gradually rising trail and you will feel the thin air as altitude gains slowly while approaching this last settlement in the eastern Khumbu region.

There is a Superb view towards Tibet and of Island Peak and Ama Dablam

DAY 10 - 25 MAY: DINGBOCHE TO LOBUJHE (ALTITUDE 4928M)

We'll head up north for about an hour then trek down the stony meadows to picturesque Pheriche village (4270m/14009ft). Crossing a wooden bridge above the raging Khumbu Glacier we head to the tiny settlement of Thugla (4608m/15,118ft).

Shortly thereafter we 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 Lobuje. A gentle ascent reaches us at Lobuje, a very tiny settlement, well-hidden and sheltered from the wind and a pastoral home of yak herders.

Trek Distance: Approximately 9km (5 Hours). Difficulty: Moderate to Strenuous

DAY 11 - 26 MAY: LOBUJHE TO GORAKSHEP (ALTITUDE 5160M)

Gorakshep is one of the highlights of this amazing trek. Traditionally it is bypassed straight to the Base Camp from Lobuje but we shall spend one more night for rest and acclimatization. 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 12 - 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 13 - 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 14 - 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 15 - 30 MAY: REST DAY AT NAMCHE BAZAAR (ALTITUDE 2850M)

A full deserved rest day to pull your tired muscle back to normal, and for the last hour souvenir shopping at Namche Bazaar

DAY 16 - 31 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 17 – 01 JUNE: 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 18 - 02 JUN: FLY LUKLA TO KATHMANDU (ALTITUDE 1336M) & CELEBRATION DINNER

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.

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DAY 19 - 03 JUN: LEISURE DAY IN KATHMANDU (ALTITUDE 1336M)

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 20 - 04 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.

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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