



TENZING HILLARY EVEREST MARATHON

10 MAY TO 03 JUNE 2022 – CLASSIC TRAIL + EVENT



DAY 01 – 10 MAY: ARRIVAL IN KATHMANDU

On arrival at Kathmandu Tribhuvan International Airport you will be met by a member of the organization team and transferred to the Shanker Hotel which is the race headquarters of the Tenzing Hillary Everest Marathon. Your 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 02 – 11 MAY: SIGHTSEEING TOUR OF KATHMANDU

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 03 – 12 MAY: DRIVE TO JIRI AND SHIVALAYA

After breakfast an interesting overland drive to Jiri and to Shivalaya, past the towns and villages of the Himalayan Foothills. You will also see Dhulikhel and Charikot.

From Jiri, the drive continues heading east on winding dirt roads to Shivalaya village for our overnight stop at a nice place on a green valley by the river.

DAY 04 – 13 MAY: TREK TO BHANDAR (CHYANGMA) (ALTITUDE 2195M)

From Shivalaya, the first days walk begins through farm villages and fields with short ups and downhill and into lovely forested area. As the walk progresses you will climb to the small pass of Deurali, then downhill to Bhandar or Chyangma village for overnight stop.

Trekking Time: Approximately 5-6 Hours

DAY 05 – 14 MAY: TREK TO SETE (ALTITUDE 2575M)

Your morning will see you walking through farm terraces and rural villages to reach Kenja village, a nice moderate size village situated in beneath the high hills of Lamjura and Pikey Danda with views of Numbur Peaks. From Kenja, a steep climb to Sete village for the overnight stop, From here onward the air gets cooler.

Trekking Time: Approximately 5-6 Hours

DAY 06 – 15 MAY: TREK TO JUNBESI (ALTITUDE 2700M) VIA LAMJURA-LA (ALTITUDE 3530M)

This morning's walk heads higher to Lamjura-la pass with a climb through lovely rhododendron, pines and oak trees forest and through small farms. On reaching Lamjura you will pass near a big stupa with a few lodges.

After a short break, there is a long descent into a forested area all the way to Toctoc, and then you continue walking on a wide gradual winding trail to reach at Junbesi, a nice large Sherpa village with an interesting old monastery and high school built by Sir Edmund Hillary Trust.

Trekking Time: Approximately 5-6 Hours

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DAY 07 – 16 MAY: TO NUNTHALA(MANIDINGMA) (ALTITUDE 2220M)

After a pleasant overnight at Junbesi, the morning walk is on a winding path with your first glimpse of Mt. Everest and adjoining peaks of the Khumbu area. You will walk downhill to a river, and on crossing a bridge, take a short climb to Ringmo village for lunch.

After Ringmo, a gradual climb into forested area of pines and rhododendron trees to reach at Takshindu hill top a pass at 3,070m. The top is decorated with Mani Stupa or chortens with a views of Numbur, Kusum Kangguru, Thamserku and Kantenga peaks towards the north.

Trekking Time: Approximately 5-6 Hours

DAY 08 – 17 MAY: TO BUPSA DANDA (ALTITUDE 2250M) VIA KHARIKHOLA

From here the temperature gets cooler as you get closer to Khumbu/Everest area. This morning's walk is downhill to a bridge over Dudh Koshi River. After crossing the river climb uphill to Jubing Village and from here it's an hour uphill to Kharikhola, a large Sherpa and Magar village

After Kharikhola you head towards the high ridge of Bupsa hill, crossing rivers and climbing steeply for an hour to Bupsa for the overnight stop. Bupsa is located on a ridge offering grand views of rolling hills and valleys.

Trekking Time: Approximately 6 Hours

DAY 09 – 18 MAY: TO SURKHE (ALTITUDE 2300M)

From Bupsa climb through forested areas with much bird life (pheasant and magpie) and then the walk carries on climbing above Kharte Danda, leading higher above Dudh Kosi River. You will stop at Puiyan village for lunch. After Puiyan the walk is moderate with views of Lukla town and the airstrip. The last leg of the walk descends to Surkhe village for your overnight stop, Surkhe is located just an hour below Lukla.

Trekking Time: Approximately 5-6 Hours

DAY 10 – 19 MAY: TO PHAKDING (ALTITUDE 2650M)

From Surkhe at Khumbu area, you will walk on a wide trail to reach Choplung village, where the trail from Lukla and Jiri joins, and from here onward you are on the popular route to Everest base camp. The walk follows through many small village and farm lands with great scenery before reaching Phakding for your overnight stop,

Trekking Time: Approximately 5-6 Hours

DAY 11 – 20 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 distant (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.

DAY 12 - 21 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 13 - 22 MAY: NAMCHE TO 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 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.

Trekking Time: Approximately 5 Hours.

DAY 14 - 23 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 5-6 Hours.

DAY 15 - 24 MAY: REST DAY AND ACCLIMITISATION 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 16 - 25 MAY: DINGBOCHE TO LOBUJUE (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

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DAY 17 - 26 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 18 - 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 19 - 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.

DAY 20 - 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 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 21 - 30 MAY: NAMCHE BAZAAR TO MONJO (ALTITUDE 2850M)

After yesterday's race 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

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DAY 22 – 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 23 - 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.

Lunch and dinner at own expense.

DAY 24 - 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 25 - 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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