

Tenzing Hillary Everest Marathon

29 May 2022

LODGE OPTION: 15 May to 03 June 2022 – 20 Days/19 Nights

RUNNER (TWIN SHARE)	\$4297 AUD
SUPPORTER (TWIN SHARE)	\$3984 AUD
RUNNER (SINGLE ROOM)	\$4799 AUD

15 May	Arrival in Kathmandu (1300m)
16 May	Half-day sightseeing in Kathmandu and Race Briefing
17 May	Fly Kathmandu to Lukla (2860m). Trek to Phakding (2652m)
18 May	Trek to Namche Bazaar (3446m)
19 May	Rest and acclimatisation at Namche Bazaar
20 May	Trek from Namche Bazaar to Khumjung (3740)
21 May	Trek from Khumjung to Deboche via Thyangboche (3867m)
22 May	Trek from Thyangboche to Dingboche
23 May	Rest and acclimatisation at Dingboche (4358m)
24 May	Trek from Dingboche to Lobuche (4928m)
25 May	Trek from Lobuche to Gorakshep (5160m)
26 May	Acclimatisation at Gorakshep. Hike to Kalapathar View Point
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 marathon & Ultra runners Supporter: Trek to Namche Bazaar via Tyangboche
29 May	RACE DAY – run to Namche Bazaar
30 May	Rest in the Morning - afternoon trek to Monjo (2850m)
31 May	Trek from Monjo and back 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)
 - Airport Transfers in Kathmandu
 - 19 Nights' accommodation in Nepal (including 4 nights hotel accommodation in Kathmandu, 13 nights lodging and 2 nights camping whilst at Base Camp (pre-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)
 - 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:
- *Camping rather Lodge accommodation whilst on the trek.*
 - *Gokyo Valley Trek*
 - *Island Peak Summit*
 - *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 | 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.