

TENZING HILLARY EVEREST MARATHON

"Island Peak Info Pack"

29th May, 2024

"High mountains, abode of Gods, soar up to the blue skies
Whilst I, a human, tiny and small, crawl upon them
Past rocky moraines, along yak and yeti trails
Past prayer wheels, bridges and chortens
Up & down the trail I go, heave ho!
Breathing, sweating, feeling!
LIVING!!!
Ah! Running.....
On top of the world!"



RUN 'THE WORLD'S HIGHEST' MARATHON

- ▶ From Everest Base Camp to Namche Bazaar
- ▶ Accurately measured course and full marshalling
- ▶ Held in Nepal annually since 2003
- ▶ Celebrating 71st anniversary of the first Everest ascent
- ▶ 1 Night Camp at Everest Base Camp
- ▶ 1 Night Camp at Island Peak Base Camp





Welcome to
TENZING HILLARY
EVEREST MARATHON

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Introduction

Starting from Everest Base Camp (5364m) Tenzing-Hillary Everest Marathon is the **WORLD'S HIGHEST MARATHON** and also "Probably the Most Adventurous Trail Run in the World". The upcoming race of 29th May, 2024 will be the 19th edition of this annual race held since 2003. The 2024 edition will also commemorate the 71st anniversary of the first Everest ascent. This marathon is an international with runners from over 40 countries. From the starting point at Everest Base Camp the marathon route goes downhill most of the way along exposed tracks and trails, traversing the Sherpa country and ends at Namche Bazaar (3446m). Mr. Deepak Rai, a Nepali runner, holds the fastest timing of 3 hrs 28 min 27 seconds (2006) and Mr. Robert Celinski from Poland holds the record for the fastest foreigner with a timing of 4 hrs 24 mins and 02 seconds (2016).

Along with Running in the World's highest Marathon, you can join in to summit Island Peak (6189m). With minimum experience, you can climb a peak above 6000m. You are trekking to the base of Island Peak and after training, you will start to climb the peak from the Base Camp starting very early morning and descend to Base Camp bagging the Summit. Then you will continue to Everest Base Camp for the run. For the trek, participants will be divided into groups each group led by a professional English speaking Nepali trek leader and backed Sherpa trek staff and porters including medical doctors. On race day, there will be official marshals, time keepers and attendants at check points and water stands at regular intervals along the route with arrangements for medical and emergency evacuations. TenzingHillary Everest Marathon is a very challenging and demanding course despite mostly downhill run. It is suitable for persons who are physically fit and can train regularly to meet the demands of running a high altitude marathon. Any sort of physical activity above 4000m makes a greater demand on the body than at lower elevations and it can be arduous even for fit runners.

Overview

- ▶ 13th May - 03rd June
- ▶ 22 Days/21 Nights in Total
- ▶ 3 nights at Kathmandu
- ▶ Half Day Sight Seeing at Kathmandu
- ▶ 1 Night Everest Base Camp - Camping
- ▶ 1 Night Island Peak Base Camp - Camping
- ▶ 12 days MODERATE trekking, 3 days acclimatization halts & 1 day Marathon
- ▶ Domestic Fixed Wing Flight Ramechhap-Lukla-Ramechhap

Date	Lodge Option
13 May	Arrive KTM
14 May	Briefing / Afternoon drive to Ramechhap
15 May	Fly to Lukla. Trek to Phakding
16 May	Trek to Namche Bazaar
17 May	Rest & Acclimatization day at Namche
18 May	Trek to Deboche via Thyangboche
19 May	Trek to Dingboche
20 May	Rest & Acclimatization day
21 May	Trek to Chukung
22 May	Trek to Island Peak Base Camp
23 May	Climb & Trek to Chukung
24 May	Contingency Day
25 May	Trek to Dingboche
26 May	Trek to Lobuche
27 May	Trek to Gorakhshep
28 May	Trek to Everest Base Camp
29 May	MARATHON DAY, run to Namche Bazaar
30 May	Trek to Monjo or Phakding
31 May	Trek to Lukla
01 June	Fly to Ramechhap, Drive to Kathmandu
02 June	Sightseeing Tour
03 June	International Departure

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Half Marathon and Non-Runner Itinerary:

Date	Half-Marathon	Non-Runner
27th May	Option for Morning Kala Patthar & Trek Back to Dingboche	Option of Morning Kala Patthar & Trek to Pangboche
28th May	Rest Day Before Race	Trek Back to Namche via Thyangboche
29th May	RACE Start at Dingboche	Rest at Namche. View Race from Finish Line
30th May	Back with individual Groups	Back with Individual Groups



Basic Programme Itinerary:

Day 01 : Arrival in Kathmandu Arrival, hotel transfer,

Meals included: None; Overnight: Event Hotel (EH).

All participants will be transferred to the event hotel after their arrival at the airport. Complimentary airport transfers are provided. At the hotel, a short briefing about Kathmandu, the hotel and some do's and don'ts that visitors require knowing. You will also be informed about tomorrow's sightseeing tour of Kathmandu.

Day 02 : Morning Trip Briefing. Afternoon drive to Ramechhap, 5-6 hours drive.

Meals included: Breakfast (B); Dinner (D), Overnight: (EL)

After breakfast 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 marathon. You will also meet up with your Trek Leader and you can confirm your equipment list and final preparations.

After lunch, start drive to Ramechhap to catch the next morning flight to Lukla. It's a scenic drive of 5-6 hours reaching Ramechhap by evening and check in to a simple Guest House for overnight sleep.

Day 03 : Fly to Lukla 2886m and start trek to Phakding 2640m 30-min flight and 2.5-3 hrs trek.

Meals included: B-L-D; Overnight: Lodge (L)

After breakfast short walk / drive to the Ramechhap Airport where we will check in for the flight to Lukla. After 15 minutes we will land at the sloping runway of Lukla Airport, which makes for a striking entry. Depending upon the time of our arrival lunch will be

served at Lukla or en route to Phakding. Trek from Lukla is an easy one and mostly downhill till we reach Phakding for the overnight halt beside the Dudh Koshi River.

Day 04 : Phakding to Namche Bazaar 3440m 5-6 hrs trek.

Meals included: B-L-D; Overnight: (L)

Following the river upstream we trek through the pine forest which offers magnificent views of Himalayan peaks in the distance (including Mt. Everest later on in the trek). At the entrance of the Everest National Park, details of our permits will be recorded. We head down to the river, cross a suspension bridge and continue up the wooded valley on a good trail. Further on, we again cross the river on a high spectacular suspension bridge and move towards the confluence of two river. 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 colorful houses built in the shape of a natural U-shaped amphitheater.

Day 05 : Acclimatization halt at Namche Bazaar

Meals included: B-L-D; Overnight: (L)

Namche is the capital town of the Sherpas and used to be serve as a trade post en route to Tibet during the ancient times. At present it is a bustling gateway to 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, which perched atop a magnificent spot overlooking Namche Bazaar and breathtaking views of mountains and deep valleys.

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Day 6 : Trek to Deboche 3820m via Thyangboche 3870m

Meals included: B-L-D; Overnight: (L)

The day's trail leads to the winding path with great views of Mt. Everest and other Himalayan massifs including, Nuptse, Lhotse, Ama Dablam and Kyashar all the way till we reach the small bustling town of Shanasa. In this region there is also a chance of getting a glimpse of the beautiful faunas, including the colorful Danphe pheasant (the National Bird of Nepal), the elusive musk deer, and sometimes even the herd of the Himalayan Thar (mountain goat like large antelope). From Shanasa the trail generally descends towards the Imjatse river as we make our way to Phungitenga (3,250m), which is a small settlement with a couple of teahouses. The walk then moves uphill for an hour on the winding trail through a nice woodland and then moves over an uphill path for another hour, with great views of the close peaks of Thermasarkhu and Kantenga. Finally, we reach Thyangboche, one of the most beautiful places in the foothill of the Himalayas. The first thing that catches your eyes here is the big Monastery or Ghompa. Also a large field beneath the towering majestic beautiful peak Ama Dablam welcomes you here with several campsites and teahouses, accompanied by breathtaking views of several towering Himalayan massifs, including Mt. Everest and Nuptse. You will have time at Thyangboche to visit the Monastery from there.

Day 07 : Trek to Dingboche 4410m 05 hours

Meals included: B-L-D; Overnight: (L)

From Thyangboche, the trail descends through a woodland and heads to a lovely region at Deboche (3650m) where you will be treated with magnificent views of several Himalayan massifs, including Mt. Amadablam, Mt. Everest, Nuptse and Lhotse. From Deboche we walking past the long prayer mani walls and head towards a small bridge over the narrow gorge of Imja-Tse river. From here the walk gradual moves uphill, as you move towards a large mani wall gate. A little farther from here the route leads to Pangboche at 3900m. From here, we will take a short climb to Shomare, which is a small settlement that provides fantastic close-up view of Amadablam and stay there for some time for our lunch break. After the break, the journey continues gradually eastwards for about an hour.

From Shomare it's a 3 hours trek to Dingboche, gaining height gradually. Dingboche is a beautiful place with patchwork of fields enclosed by stone walls and has many lodges en route to the Chhukung and Island Peak

Day 08 : Rest Day at Dingboche

Meals included: B-L-D; Overnight: (L)

As we have gained considerable altitude, acclimatization becomes more and more important. Thus, we will spend two successive nights at Dingboche to allow our bodies to adjust to higher elevations as we prepare to

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climb the Island Peak. You can also take short hikes around Dingboche and also explore the unique culture of the locality.

Day 09 : Trek to Chukung 4730m 03 hrs

Meals included: B-L-D; Overnight: (L)

Today, we will take an easy gradual walk for around 3 hours with a few uphill and downhill path to reach at Chukung, which will serve as our overnight stop. We can spend the free afternoon for necessary preparations for the Island Peak expedition and optionally hike to Chukung Ri to enjoy exceptional views of high peaks and glaciers of the Khumbu region.

Day 10 : Trek to Island Peak Base Camp 4970m 04 hrs

Meals included: B-L-D; Overnight: Camp (C)

We will have morning free for resting and sorting out equipment. We will have practice session and final briefing of the climb from our group leader. After lunch, we will trek to Island peak Base Camp. The route to the Island Peak Base Camp leads to a steep Southward climb before following the moraine along the main valley on the southern or true left bank of the Lhotse Glacier. The walk follows a glacial stream to the snout of the Imja glacier. At this point our trail swings north-east and crosses a dried-up lake bed between the Lhotse and Imja Glaciers to reach our base camp at Pareshaya Gyab. A well acclimatized team in good physical shape and condition can make it to the summit and back to the Base Camp within a day.

Day 11 : Climb to the Summit 6,189m and return to Base Camp

Meals included: B-L-D; Overnight: (C)

Very early morning start, from the base camp our route skirts south-east around the base of Imja Tse between a moraine and its mountains before heading to the north-

east direction. We then take a steep climb over grassy slopes and small rocky steps. Occasional cairns that mark the path is also commonly spotted. An easy path takes you between two well defined ridges with the site of high camp located on the left-hand ridge below and a small hanging glacier at 5,280m/ 17,323ft located on the right-hand side. Now a days, most of the people climb the peak in one day right from Base Camp. From the high Camp we will make our way towards the left-hand ridge and then scramble across the broad open gully and gain over the right-hand ridge. Following this, it gives us an easier route to the snow-covered glacier above. A route needs to be found out on the leftward side, avoiding seracs and crevasses before turning back northwards over snow covered scree in the margin between the glacier and the base of the main summit ridge.

After carefully crossing a gully by avoiding the possible rolling snowballs and rocks, we move uphill towards a steep snow and ice ramp for nearly 100 meters (300ft), towards the summit ridge. The last leg of the expedition to the ridge can often prove to be difficult and many climbers tend to leave a fixed rope in place to aid the descent. The ridge itself is a classic one and undulates towards the main summit which is reached by a final tricky snow pitch. Standing atop we will be treated with stunning and vast close-up view of the Southern face of Lhotse (8,501 m). We will also be treated with impressive dramatic views of several Himalayas giants, including Amadablam (6,856m.), Chamlang and Baruntse in the far horizon. After spending some exciting time at the summit, we will make our descent towards the Base Camp over the same route that we used for our ascent.

Day 12 : Contingency Day for Climb in case of bad weather

We have allowed a contingency day in the itinerary just

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in case we have bad weather days and climb is not possible. We have kept an extra day for the climb if the weather is bad or health condition of the group members is not favorable. This will allow us more change to bag the summit of Island peak.

Day 13 : Return trek to Dingboche, 4410m 05 hours

Meals included: B-L-D; Overnight: (L)

After the successful climb of Island Peak, we will retrace our journey back to Dingboche to head towards our another mission of running the marathon from Base Camp. The walk is mostly down hill and gradual till we reach back to Dingboche after 5 hours of walk.

Day 14 : Trek to Lobuche 4930m

Meals included: B-L-D; Overnight: (L)

We take a descend towards Pareshya Ghyab and continue further along (4,343m) the downhill path to join an easy trail heading towards above the raging Khumbu Glacier, we head to the tiny settlement of Thugla (4608m/15,118ft). Shortly thereafter, we reach a memorial site dedicated to the brave Sherpas who died while on duty at Mt. Everest. From here the trail levels out and follows a lateral moraine on the west side of the Khumbu Glacier towards Lobuche. A gentle ascent finally brings us at Lobuche, which is a very tiny settlement, well hidden and sheltered from the cold Himalayan wind and serves as the pastoral home of yak herders.

Day 15 : Lobuche to Gorakshep 5170m 3-4 hrs trek.

Meals included: B-L-D; Overnight: (L)

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 acclimatization. Gorakshep is an amazing open flat space (a frozen lakebed of sand) below Kalapatthar (5545m/18,200ft) and Pumori (7145m/23442ft). Eager ones can visit and spend the night at Everest Base Camp which is usually bustling with trekking and mountaineering expeditions this time of the year.

Day 16 : Trek to Everest Base Camp 5364m 3-4 hrs trek

Meals included: B-L-D; Overnight: Camping (C)

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 trail changes frequently due to glacial movement, so pay special attention to the instructions of 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.

Note: The distance between Everest Base Camp and Namche Bazaar is only about 36 km, whereas the international standard for marathon is 42.195 km. So, a loop of 3 + 3 km from Dingboche to Bibre is added to maintain the international standard length.



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Day 17 : RACE DAY. From Everest Base Camp to Namche

Meals included: B-L-D; Overnight in a lodge at Namche Bazaar

The big day is finally here! Preparations will start early in the morning well before the break of dawn and participants will be served breakfast well ahead of the race start time (Ultra - 05:00 hrs, Full 07:00 hrs). The half marathon will take off from Dingboche at 08:00 hrs. 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. The trail conditions will improve from Orsho (21km/half point), where a lot more oxygen is available and you should be feeling okay. 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 Chorten and ends at Namche. 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.



Day 18 : Namche to Phakding 3-4 hrs trek

Meals included: B-L-D; Overnight: (L)

After yesterday's adventurous marathon we'll take it slow

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today with a late morning breakfast and spare enough free time to roam around Namche, buy souvenirs or just rest. After Namche, we'll retrace our journey at a leisurely pace and make the short descent to Phakding.

Day 19 : Phakding to Lukla 4-5 hrs walk.

Meals included: B-L-D; Overnight: (L)

The trail descends from Phakding, passing Chopling and Chaurikharka. A further 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.

Day 20 : Fly Lukla to Ramechhap & drive to Kathmandu 15 minutes flight, 05-06 hours drive

Meals included: (B,L) Overnight: (EH)

Board the early morning flight to Ramechhap and after a short flight land at Ramechhap airport to board on a bus to drive back to Kathmandu with a stop in between for lunch. Check in to the event hotel. You can spend the afternoon enjoying the sights of Kathmandu probably catching up on where you left off previously. If you

would like to go for a mountain flight early tomorrow morning then please let us know today.

Day 21: Morning Sightseeing tour. Afternoon at leisure.

Meals included: (B); Overnight: (EH)

Since we didn't get change to look around Kathmandu at the start, there will be a guided sightseeing tour of the city. We shall visit the major sites of cultural, religious and historical importance in the city. Kathmandu offers startling travel experiences with its medieval history and architecture, where myths and legends blend seamlessly and modernism and traditional aspects coexist in stark harmony. The tour includes visits to the Kathmandu Durbar Square and Swayambhunath also known as the 'Monkey Temple'.

Afternoon will be free for personal activities or shopping. In the evening, a grand dinner party at the event hotel to celebrate the end of this year's marathon event.

Day 22: International departure

Complimentary transfer to Kathmandu's international airport.



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ROUTE MAP



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Important

The day-to-day itinerary outlined in the trip dossier should be taken only as a general guide. Forced changes may occur due to adverse weather conditions, political instability and a variety of factors. In such a situation the trip leader will make the necessary changes in the best interest of every group member. Internal flights and emergency: Flights to Lukla can sometimes be disrupted by poor weather. You may be required to spend an extra night at the Event Hotel in Kathmandu if the flight to Lukla gets cancelled. If weather doesn't clear up till the third day alternate arrangements have to be made. As sometimes it is possible for helicopters to fly to Lukla when airplanes cannot helicopters can be chartered. You can share the cost of chartering a helicopter with other members of the group who are ready to take this option. In the very unlikely situation of cancellation of your international flight back home HIMALAYA Expeditions will provide all assistance but will be not be held liable for additional costs incurred. Please purchase a suitable insurance scheme in this regard and keep your receipts safely for making a subsequent claim.

Lukla:

Lukla Airport is a STOL airport (Short Take-off and Landing). STOL airports can only accept certain types of aircraft, often only smaller propeller aircraft, often with limits on the amount of fuel that can be taken. There is no fixed departure time on these routes really - it depends on the weather. Planes fly as early as

possible. Because of congestion at Kathmandu airport, Government is planning to operate Lukla flights from Ramechhap Airport which is about 5 hours drive from Kathmandu. It is about 15 mins flight to Lukla. Chances of getting to Lukla is high if we fly from Ramechhap airport.

Delayed in Kathmandu:

If bad weather prevents your group from taking the flight to Lukla, Everest Marathon team will assist you to bring you back to hotel in Kathmandu. It may not be the usual Event hotel - as we can't pre book these nights, it will be where we can find availability. Beware that this could be of lesser standard than Hotel Shanker and it could be outside of town. Everest Marathon will continue providing you and your group meals while still in Kathmandu. Please liaise with your team leader to try to find out when your rescheduled flight will leave. Sometimes it is possible to fly to Lukla by helicopter even when planes do not fly. If your group wants this option, **THEY WILL HAVE TO PAY!** This may or may not be covered by your insurance - please check with them before leaving. It is Everest Marathon policy to try for a flight for 2 days each otherwise we will have to drive to Salleri (Phaplu) - stay overnight and fly from helicopter (Or use alternative solutions). If you are delayed by 1 or 2 days but make it up to Lukla, you will obviously have to adapt the itinerary. Note that you should never sacrifice days on the ascent. It may be necessary to have less time at high camps eg. Khumjung and Gorak Shep. Our itinerary are made in such a way that even 2/3 lost days can be covered.



Delayed in Lukla:

We have noticed participants seem to get a bit stressed when it becomes apparent their Lukla flight may be delayed - your group leader will update you on all where communication is needed. Everest Marthon has the fail-safe of 2 days to get back to KTM from Lukla built in to the schedule. If it seems that you may not be able to make it back in time to catch your international flight then you must make following clear:

- 1) Everest Marathon will continue to cover cost of meals and accommodation in Lukla until package services would usually end – after that participants should pay by themselves and can claim on their insurance later. Please note that there will be no refunds for unused hotel nights in Kathmandu.
- 2) Option to return to KTM is offered but participants have to be clear that they will have to cover costs of the helicopter. Everest Marathon is not legally responsible to cover the cost. However we will refund you the cost of return flight Lukla-KTM. You can make an insurance claim on this for which we will assist you with a letter from our company. Payment is not guaranteed as it depends on your insurance company.
- 3) Leader's cost will be borne by Everest Marathon
- 4) If participants are not happy flying out in a helicopter, then they should wait in Lukla for next available flight. Everest Marathon will assist you to make arrangements to fly home at a later date, but will not cover for this. Please liaise with your team leader.
- 5) For those who do not want to fly by helicopter, they can walk down to nearest roadhead at Kharikhola and from there ride on a jeep for a long drive to Kathmandu (20+ hours drive because of road condition)

Note:

Management will do its best to come up with the best and most cost effective solution based on groups (decisions which benefit the group as a whole).

Tips:

Key thing to remember is there is always a problem of how much it costs to evacuate people and change flights - please do keep these things in mind and do not panic. It is advisable to carry extra cash for these kind of situations as a safety. Always book your international flight for departure after the final package date.

Cost guideline:

One way helicopter flight will cost approximately USD \$ 600 per person if the helicopter is full. A helicopter has room for 5 people.

Joining Arrangements and Transfers:

All participants will be met at Kathmandu airport by a representative of HIMALAYA Expeditions, the organizing company, and provided complimentary hotel transfer. Please provide your full flight details and inform us whether you require the airport transfer or not. Contact details of the Event Hotel and emergency phone numbers will be provided with the booking





What's included in the package cost:

1. 4-nights hotel stay in Kathmandu on Twin Bed & Breakfast basis
2. Airport transfers in Kathmandu
3. Domestic fixed wing flight: KTM – LUKLA – KTM or Ramechap – Lukla – Ramechap (does not include emergency/medical evacuation/change to helicopter flight in case fixed wing unable to fly to Lukla)
4. Full Board accommodation during trekking period backed by our Sherpa crew
5. Trekking permits and national park entrance fees
6. Half-day sightseeing tour of Kathmandu
7. Event t-shirt, participant medal and certificate and souvenir t-shirt.
8. Celebration Dinner Party on 02 June

What's not included in the package cost:

1. Nepalese Visa: USD \$ 50 for thirty days and USD \$30 for 15 days (Can be paid upon arrival at Nepal)
2. International flight tickets
3. Meals while in Kathmandu.(3 lunches, 4 dinners)
4. Expenses of personal nature i.e. tipping, laundry, bottled drinks, charging of electronic devices, wifi, hot shower etc.
5. International travel, trip cancellation and medical insurance
6. Emergency evacuation or medical costs
7. Extra expenses incurred due to leaving the trip early

Food:

Hygiene and nutrition is top priority when it comes to food during trek. Sumptuous meals (breakfast, lunch, tea and dinner) will be provided that are prepared by designated Lodge. Trek leaders will personally monitor preparation of all meals at lodges and camp kitchen. Meals consist of local and Western varieties with high carbohydrate and mostly vegetarian dishes for easy digestion at high altitude. Additional snacks can be bought at teahouses and shops along the way. In Kathmandu, you can order meals at the Event Hotel or visit nearby local restaurants.

Tipping and donation of personal items:

Tipping is a tradition in the Himalayas and highly appreciated by guides, porters and trek staff who work very hard to make the trips successful. Tips do not form a part of their wages and is a voluntary act for good services rendered. Tips collected from group members are distributed among porters and staff on the last day of trek at Lukla. It is done amidst a small function overseen by the trekking leader in the presence of all group members and staff around dinner time. At this time porters and trek staff will also be handed over various items donated by the group members. These may include clothing items such as boots, gloves, hats, scarves and equipments like head torches, trekking poles etc. which are always warmly received.

Group Leader and Trek Staff:

Participants will be divided into groups and assigned an English-speaking professional Nepali trek leader. Each group will be backed by a full crew of trek staff including a local guide (sirdar), Kitchen Crew, camp crew and a team of porters. Nepalese doctors of the Medical Team will accompany each group throughout the trek. On race day, the Technical Team, with over a dozen members, will provide full marshalling, time keeping and monitor check points / water stations.

Equipment:

To ensure you have all the appropriate equipments please go through our Equipment Check List.

Baggage:

Your baggage will be carried by porters or pack animals during the trek. The baggage weight should not exceed 15 kg. Clothes and other items not needed during trek can be left back at the Event Hotel where it will be kept safely till you return. Please weigh your baggage at hotel the day before departure to Lukla.

Everest Marathon Trek Bag:

All participants will be provided a FREE trek bag to pack personal items during trek. It will be provided to you at the Event Hotel before we leave for Everest region.



Accommodation:

Participants will spend 4 nights at Hotel Shanker (Event Hotel) located in central Kathmandu. It is a well reputed hotel with historical architecture, excellent ambience, food and services. The trip package cost includes Twin Sharing hotel accommodation on Bed and Breakfast (BB) basis in Kathmandu. Extra payment for Single Room Supplement hotel accommodation. Similarly during the 16 nights while on trek in lodges or tents (as per the option you have chosen) on Twin Sharing basis with extra costs for Single Tent Supplement. Please refer to our website for single supplement accommodation facilities (subject to availability and varying prices). Arrangements can be made for additional hotel nights in Kathmandu.

A Typical Day

Early in the morning, a hot cup of tea or coffee will be served at Kitchen with Breakfast. Morning portion of the trek begins and will usually last for 3-4 hours till the lunch spot is reached. The lunch break lasts for an hour and sometimes even 2. While your lunch is being cooked you can take the time to rest, relax and enjoy the sun. Afternoon portion of the trek is usually shorter. At the end of it you will be served with a hot drink upon your arrival at the campsite or lodge. This is a great time to unwind with a drink of your choice and relive the trip so far. It is also provides an opportunity for general socializing. As soon as it gets dark the temperature dips with everyone hitting their sleeping bags for a well-deserved goodnight's sleep quite early.

Money Requirements for the Trek:

Bring about USD \$ 400 to USD \$ 500 or more if you intend to buy a lot of souvenirs or drink beer. The money you take on trek needs to be in fairly small denominations because many of the village shops will not have large amounts of change. You should carry with you denominations of one, two, five, ten, twenty, twenty five, fifty and one hundred rupees notes. At the end of the trek you can set aside a tip amounting to \$ 50 or above for the kitchen staff and porters which will be collected by the Trek Leaders from the whole group and handed over to them for equal distribution.

Extra Cost for Hot Shower and Wifi

Cost of Wifi, battery charge, hot shower are extra. Clients are responsible to pay directly at lodge for using these services. All lodges charge for hot shower. There is wifi available at most lodges but it will charge extra for using that also. Lodge charges for charging phones and accessories.

Language

Nepali is the national language of Nepal and mostly understood throughout the country. However, it could be a second or third language for members of some ethnic groups. Buying a small phrasebook would be a nice idea if you wish to communicate with the locals. Your efforts to converse in Nepali will be warmly appreciated and can be fun while trying to go about it. English is understood by very few people but most of the ones you encounter should be able to know some. Overcoming the language barrier can help to make friends and to know the local people. Polite enquiries make up for a good starter (e.g. how many children/brothers/sisters do you have? Where is your home village?)

Luggage Store Facility

Event organizer will provide luggage store facilities in following two places:

1. In Kathmandu
2. In Namche

You should carry only items that you will need during the trek. Your travel street clothes can be let behind at the sage claim desk of the event hotel(Hotel Shanker) in Kathmandu until you return from the trek. But during trek if you feel you are carrying clothes that are unnecessary then you can leave in Namche (hotel) and it will be stored safely until you return back to Namche. *(Note: Everest Marathon will not be responsible if you decide to store your luggage beside these two places)*

Climate

In May the weather is neither too hot nor too cold with rainy days yet to come— a reason why most of the Everest expeditions are organized around this time. It is also perfect for trekking and marathon. Usually the days are bright and sunny and freak weather conditions are a rarity at this time of the year.



Visa Requirement:

Visas can be obtained from Nepalese Embassy and Consulates abroad as well as upon arrival at Tribhuvan International Airport. Visa fee for 15 days is US\$ 30 and for 30 days US\$ 50. Visas can be easily extended upon further payment.

Photographs:

Please bring in 3 Passport Size Photographs for Airport Visa & Trekking permits.

What to carry ?

For a day pack, necessary things to carry are camera, water bottle, reading materials, towel and toiletries. Your day pack should also contain clothing for warmth and rain. Rest of your luggage will be carried by porters in a kit/duffel bag with a padlock mechanism that you need to bring for the trek. It will contain all your extra clothing items and other things for the trek. Regarding trekking bags and baggage allowance, please make every effort to restrict your personal gear to a maximum of 15 kg each as our normal trips involve internal flights within the country of destinations and the baggage allowance is maximum 15 kg/person (including the hand luggage).

Clothes

Light and loose clothing is the order of the day. Cotton trousers, track suits, t-shirts are very suitable. Lots of trekkers wear shorts during daytime on trek and so do porters and Sherpas but you should be aware that some Nepalese might find it offensive especially if you wear it inside their homes. For women it would do well to carry along a light cotton skirt during treks and home visits. Many people prefer wear running shoes for trekking whilst others prefer light weight walking boots. Both are ideal and it's really a matter of preference although the latter is obviously most suitable for muddy, wet or snow bound trails. Unless you're trekking during or just before and after the monsoon season, the chances of experiencing rain on trek are slight. For this purpose an umbrella is ideal, for both shade and protection from any rain. Folding umbrellas that fit easily into a rucksack are cheap and plentiful in Kathmandu. Remember that each day you will have to carry all the things that you

will need during the day because once porters pack the team's baggage and are on the move it's often impossible to get into them until evening at the campsite or at lodge.

Medical

Our Sherpa Guide or leader will carry a complete medical kit. However, you should carry personal medication as prescribed by your doctor. Some general medication needed you can bring along are –Aspirin, Para-Cetamol, Brufen, anti diarrhea pills, metronidazole (Fasign) to cure bugs, anti-acid tablets, antiseptic creams, band aid and some cotton wool and bandages including elastic bandage. Please consult your Sherpa team leader before taking any pills. Do not take sleeping pills as it is dangerous to use in high altitudes. Clients are recommended to go through medical and dental checkup in their home country prior to departure for trekking.

Cosmetics

Chap Stick, Vaseline, sun screen, mouth wash, cold or wind cream (depending upon the area of trekking) are some items that you should carry.

Toiletry

Shaving kits for men, sanitary napkins for females and tissue paper. Apart from these we will provide toilet rolls during treks and while camping. Equipments & Hire:

A simple checklist for you:

(The packed weight of your trek bag while trekking should be no more than 15 kgs./33 lbs.)

You must bring the following items:

- ▶ Hikingboots Socks
- ▶ Trekking trousers / pants Waterproof overtrousers / rainpants Underwear
- ▶ Baselayer shirts
- ▶ Casual shirt and/or T-shirts Fleece jacket or warm jumper/sweater Waterproof jacket
- ▶ Sunhat
- ▶ Warm hat



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- ▶ Eyewear - Sunglasses
- ▶ Thermal gloves
- ▶ Warm and waterproof over gloves or mittens
- ▶ Headtorch/Headlamp with spare bulb and batteries
- ▶ Sun protection (including total bloc for lips, nose etc.)
- ▶ Water bottles 1 Litre (1 Quart) x2
- ▶ Washbag and toiletries Antibacterial handwash
- ▶ Small towel
- ▶ Selection of dry bags (to keep trek bag contents dry)
- ▶ Small padlock (to lock trek bag)
- ▶ Daypack 30 litres / 1800 cu in.
- ▶ 4 or 5 season sleeping bag Thermarest or similar
- ▶ sleeping mat
- ▶ Warm jacket (down)
- ▶ Basic First Aid Kit including: A broad spectrum antibiotic, antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), altitude (Diamox), painkillers, plasters (band-aids) and blister treatment, insect repellent, andre-hydrationsalts (Dioralite). Glucose tablets and multi-vitamin tablets.
- ▶ In addition, competitors must bring the following: Suitable running shoes
- ▶ Running vest & shorts/leggings

The following items are optional:

- ▶ Trekking poles
- ▶ Training shoes /Sneakers or similar for camp use
- ▶ Sarelaces
- ▶ Shorts
- ▶ Long johns (thermal underwear)
- ▶ Gaiters
- ▶ Sleeping bag liner Scarf or buff Nailbrush
- ▶ Wet wipes
- ▶ Swimwear (for the hotel pool in Kathmandu)
- ▶ Travel clothes
- ▶ Camera, film/memory cards, batteries
- ▶ Penknife (remember to pack sharp objects in hold baggage)
- ▶ Repair kit—(eg. needle, thread, ducttape)
- ▶ Camelbag

EXTENSIONS:

Nepal is a small landlocked country but with full diversity. In Nepal, ethnical cultural groups are diverse and many of them have their own language and custom. Religious practices are an important part of the lives of the Nepalese people.

Nepal has an exotic setting, right from the flat ground of Terai to Snow-capped Mountains, towns of great history to artistic & cultural interest. Here are list of some interesting places that one can visit before or after completing the Marathon Event with friends and family members to make the trip even memorable.

Monkey Temple Swyambhunath:



Swyambhu is a major landmark of the Kathmandu valley and looks like a beacon below the Nagarjun hill. The stupa is among the most ancient in this part of the world, and its worshippers are diverse from Newar nuns, Tibetan monks and Brahmin priests to lay Buddhists and Hindus. It provides an excellent view of Kathmandu Valley. Statues of Buddha, mini Stupas, Monasteries and Monks make the climb to Swyambhu worthwhile.

Cremation Temple Pashuapatinath:



Pashuapatinath temple is the holiest Hindu pilgrimage destination of Nepal. A temple dedicated to Shiva existed at this site in 879 AD, however the present temple was built in 1697. There are rows of Shiva shrines and Hindu pilgrims from all over South Asia offering puja worship to Shiva, the Lord of Destruction. The Bagmati River flows close by and the Arya Ghat cremation grounds are here.

Bouddhanath STUPA:



Bouddhanath is among the largest stupas in South Asia and it has become the focal point of Tibetan Buddhism in Nepal. Many believe that Bouddhanath was constructed in the fifth century but definite proof is lacking. In Bouddha-nath Monks walk about in maroon

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robes, Tibetans walk with prayer wheels in their hands and the rituals of prostration are presented to the Buddha as worshippers circumambulate the stupa on their hands and knees, bowing down to their lord. Boudha area is a visual fest. Colourful thangkas, Tibetan jewelry, hand-woven carpets, masks are sold in the surrounding stalls.

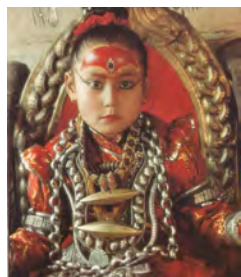
Kathmandu Durbar Square:



It is easy to be overwhelmed by the seemingly uncountable monuments in the Kathmandu Durbar Square. The house of the Living Goddess, the ferocious Kal Bhairab, the red monkey god

and hundreds of erotic carving are a few examples of the sights at the square. The square is teeming with colorful life. Vendors sell vegetables, curios, flutes and other crafts around the Kastamandap rest house. This rest house is said to have been built with the wood of single tree and is the source from which Kathmandu Valley got its name.

Living Goddess:



The Himalayan Hindu kingdom of Nepal is not only the land of many mountain peaks, but also many gods and goddess, unique among all of them being the living, breathing goddess – Kumari Devi, a deified young girl. The custom of worshipping a pre-pubescent girl,

who is not a born goddess, as the source of supreme power is an old Hindu-Buddhist tradition that still continues to this day in Nepal.

Patan Durbar Square:



The square boasts of many famous sites and unique architecture. Scenes from the Mahabharat, Asia's greatest mythological war are carved on the temple's walls. Here the best place, however,

to see metal sculpture is the Hiranya Varna Mahabihar, the "Golden Temple". The Sundari Chowk contains the exquisite samples of the woodcarving, stones and metal sculpture.

Bhaktapur Durbar Square:



Bhaktapur means "the city of devotees", it is also known as Bhadgaon and was founded in 889 Ad. The palace complex in the middle of the city portrays the prosperity of the Malla year.

Palace of fifty-five windows stands in the square and it was home to many kings of Bhaktapur. Newar art and architecture here rival the best craftsmanship of Malla period. The massive gate to the square was made by King Bhupatindra Malla who took pride in the own engineering and building skills.

Sacrifice Goddess Dakshinkali:



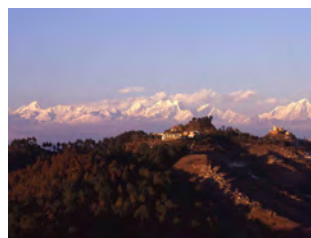
The temple at Dakshinkali is dedicated to the ferocious mother goddess who has much energy and power. It is said that she gives strong will power and energy to those who come to her and she

loves sacrifices.

Bird Watching/Botanical Garden:

Godavari & Phulchowki In this garden, plants are of wide variety and the flowers, when in bloom, make the atmosphere sparkle in colors. This garden plus a hill Phulchowki at the back drop of the garden is famous points for bird watching tours.

Nagarkot:



Nagarkot, 2,099 m, is famous for viewing beautiful sunrises and sunsets and visitors take delight in the layout of the Kathmandu valley below. On a clear day Manaslu, Ganesh Himal, Gaurishanker and Everest can be seen from here.

Dhulikhel:

The old Newar town lies beyond the eastern rim of the Kathmandu Valley. Dhulikhel falls on the way to Nepal-Tibet Border and one can spend a night here while going / coming back from Tibet for a relax with magnificent mountain views.

[online-reservation/](http://www.everestmarathon.com)



Pokhara:



Pokhara is an enchanting city nestled in a tranquil valley, it is the starting point for many of Nepal's popular trekking and rafting destinations. The atmosphere on the shore of the Phewa Lake is one of the

excited vitality. Pokhara is a place of remarkable natural beauty. The serenity of Phewa Lake and the magnificence of the fishtailed summit of Machhapurchare rising behind it create an ambience of peace and magic. One can spend 1-2 days here. Pokhara can be reached both by land and air. One can visit the interesting sightseeing spots like Seti Gorge, Mahendra Cave, Gupteshowr Cave, Bat Cave, Barahi Temple, Devi's fall, Tibetan Refugee Camp etc during their stay in Pokhara.

Chitwan National Park:



Chitwan National Park in the southern Nepal is one of the best planned and most intelligently developed tourist areas of Nepal. Royal Bengal Tigers roam the region,

one horned rhinos can be seen charging through the underbrush. Elephant grass provides excellent camouflage for animals. Resorts and lodges are available to suit one's travel budget; most include elephant safaris, jungle walks, canoeing and a variety of cultural activities in the program. One can spend 2-4 days doing jungle safari here. Chitwan can be reached both by air and land.

Mount Everest Flight:

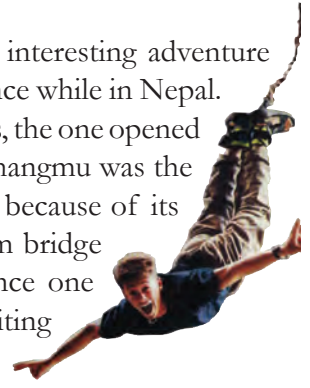


Mountain flight appeal to all categories of travelers. For those who are restricted by time or other considerations from going trekking, these flights offer a panoramic view of the Himalaya in just one

hour. Even those visitors who like the rigors of a trek still don't miss the opportunity to conquer the mountains in one fell swoop.

Bungy Jumping:

Bungy Jumping is one of the interesting adventure activity that one could experience while in Nepal. There are couple of Bungy sites, the one opened closed to Tibet Border near Zhangmu was the first one opened in Nepal and because of its location and jump over a 160m bridge is one of the wildest experience one could get here. If you are visiting Pokhara, you can Jump right near Pokhara city or if you look for a hardy one, take a drive to Kusma and complete the jump from the world's second highest location.



Paragliding:



Paragliding is one of the popular adventure sports flying with birdview overlooking beautiful Fishtail Peak and giant Annapurna and Dhaulagiri range. While you are in

Pokhara, take a short drive to the view point of Sarangkot and do the tandem or solo flight enjoying the mountain range, Lake Phewa and Pokhara valley to finally land at the shore of Lake Phewa to give you full satisfaction of aerial views of the area.

Mountain Biking:



Those who would like to roam around Kathmandu or Pokhara valley on their own, be it in the city or surrounding ridge ride, Mountain Biking could be a better option. One can do a short day ride

to 2-3 days or even longer ridges passing through the beautiful villages experiencing the jeep and single track as per your taste.

Cable Car Ride:

Those who has limited time in Kathmandu before catching the flight back home, can take a short drive to the base of Chandragiri Hill and ride on cable car to the hill top to enjoy the magnificent panoramic view of mountain range seen from Kathmandu valley. In a clear day the views of the mountains as well as Kathmandu valley will be a great surprise.



EVEREST MARATHON RELATED INFORMATION & FAQ:

FRQUENTLY ASKED QUESTIONS / FAQ:

01 : Instead of joining the group for Everest Marathon can I trek on my own and meet the runners at Everest Base Camp?

Ans: Yes, one can trek on their own and join at Everest Base Camp with the main participants. But should inform when you book and register for the Everest Marathon. All runners who book the trip joining at Base Camp should report by 27th May or latest on 28th May for final preparation and overnight stops in tented camp.

02 : Is the main route of Everest Marathon well defined?

The route of Everest Marathon is well defined, as well you will be walking to Everest base camp. Following the marathon route, except for Bibre U turn beyond Dingboche settlement. Which you can explore the U turn at Bibre on reaching Dingboche or on rest day. You will also be handed with a map of the running route as well. Our marking team will mark the route with sign / flag so that runners will not get confused.

03 : Will there be a medical and refreshment post?

Medical post and water points will be along the route at main villages and settlements. From Lobuche, Thugla, Dingboche, Pangboche to Tengboche and just before Namche Bazaar the finishing points.

04 : What happens if someone is sick or hurt on the run?

Marathon trekking staff will be on the back following the runners. As well there will be

First Aid and water post, who will contact the marathon committee of the incident. Soon the committee will organize a rescue team, either carry the patient or taking the service of Helicopter. Bringing the victim back at Lukla for flight to Kathmandu earlier or with the main marathon group depending upon the medical condition of the patient.

05 : Will there be a medical doctor for the whole trip?

Well qualified medical doctor will accompany the marathon group throughout the trip. From Lukla to Everest Base Camp, as well on the way back at Namche Bazaar, the finishing point of the marathon run.

06 : How are the foods on route treks to Everest Base Camp?

All meals served from breakfast, lunch to dinner and afternoon teas on route trekking will be safe and hygienic. Although most lodge restaurants provides comprehensive food menu. But for the whole marathon group a set meals will be served of different delightful varieties. From continental, Indian, Chinese, Nepali to Tibetan types will be provided for the whole marathon team.

07 : How are the foods provided in camping at Everest base camp?

At Everest base camp on tented camping, the marathon organizer will have separate kitchen department. Having expert chefs and kitchen hands to cook and serve excellent meals from delicious breakfast, hot lunch and delightful dinner. The meals are served in a large dining tents from vegetarian to non-vegetarian. On the day of final event an early breakfast is served, which will be the last camping food to enjoy.



08 : What happens to all our baggage and gear left at the Everest Base Camp?

The organizer will have team of camping and trekking staff, who will take care of your baggage. Each and every left possessions handed to our camp manager or staff, will reach late by evening or next morning at respective lodge in Namche Bazaar, which are carried by our porters.

Please remember to have a good baggage tag with your name and address of the lodge that you stay in Namche Bazaar. So the staff can deliver to your lodges. In case of missing baggage or some belonging, please inform to the concern person of marathon committee and organizer, they will try their best to help and find your missing belongings. Please remember that we are responsible to bring back baggage or personal stuff handed over to our Marathon Crew at Everest Base Camp. We do not take responsibility to any extra clothes or personal stuff handed enroute once Marathon has started.

09 : Is walking poles allowed on the run?

Yes, you can use the support of walking poles, as this is a tough cross country marathon run. Where the terrain are rough encountering ice, moraine of rocks and streams in some sections of the run. As well it's a great support running or walking downhill.

10 : Do all lodges on route Everest Base Camp have facilities for hot showers?

Yes nearly all lodges on route to Everest Base Camp do have hot showers till Lobuche. Which is before Gorakshep and Everest base camp, some lodges have hot showers facilities or bucket of water for bathing. For using hot

shower which will be at extra cost, the price differs from one places to another. Be informed of the price before asking for hot shower.

11 : Do we have enough time on treks for running practice and exercise?

The itinerary set for the trek and towards Everest base camp is flexible, having time for rest and acclimatization days. Where one can enjoy practice and for some exercise running up and down, but do not overdo it. Take it slow and easy due to high altitude, just feel how fit you are and able at certain heights on overnight stops.

12 : What happens if I cannot reach the finishing line on time?

The Marathon organizer have set the time of the run and reaching at certain designated places. Depending upon your physical fitness and health wise on the event, if some runners cannot reach on time to the finishing point at Namche Bazaar, have to stay overnights on route.

CUT OFF TIME:

For 42k Full Marathon, the cut off time is 04:00pm at Thyangboche. Those who could not cross Thyangboche after 04:00pm should stop overnight at the local lodge and start the Marathon next morning at 06:00am. For those who could not finish on first day, there will be a penalty of 3 hours added on total timing.

Similarly those runner Ultra Marathon of 70K should cross Pangboche checkpoint by 11:30 am, otherwise he/she will be disqualified. There is second cut off at 05:00 pm for 70K runners at Machhermo. Those who could not cross Machhermo after 05:00pm should stop overnight at the local lodge there and start the Marathon next morning at 06:00am. For those who could not finish on first day, there will be a penalty of 3 hours added on total timing.



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Only For Emergency
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