

# TENZING HILLARY EVEREST MARATHON EVEREST FULL MARATHON

**"Heli In-Out Info Pack"**

29th May, 2025

"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!"



**[www.EverestMarathon.com](http://www.EverestMarathon.com)**

## RUN THE WORLD'S HIGHEST MARATHON

- ▶ WORLD'S HIGHEST EXTREME MARATHON
- ▶ WORLD'S HIGHEST UPHILL TRAIL RUNNING SECTION
- ▶ Held in Nepal annually since 2003
- ▶ Celebrating 72nd anniversary of the First Everest ascent
- ▶ 2 Nights Camp at Everest Base Camp







# Welcome to TENZING HILLARY EVEREST MARATHON

29 May 2025

HELI Info Pack

2



## 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, 2025 will be the 20th edition of this annual race which has been running on since 2003. The 2025 edition will also commemorate the 72nd anniversary of the first Everest ascent. This marathon is an international event with participation of runners hailing from over 40 countries. From the starting point at Everest Base Camp, the marathon route heads mostly downhill along exposed tracks and trails, traversing the Sherpa country and finally 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 02 seconds (2016).

You can sign up for the marathon by logging on to our website **EverestMarathon.com**. This option involve adventurous Helicopter ride to Lukla to start the Trek. After the maratrhon is over you will get tired so we allow you to fly out of Namche by Helicopter. Flying In/Out gives you maximum chance to get In/Out of Everest even weather condition is bad.

Non-runners can also join and trek to Everest Base Camp during the event. For the 10-day trek, participants will be divided into separate groups with each group led by a professional English-speaking Nepali trek leader and backed by team of 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 frequent stretches along the route with arrangements for medical and emergency evacuations. The Tenzing-Hillary Everest Marathon is a very challenging and demanding course despite its mostly downhill run. It is suitable for people 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.

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## Overview

### Full Package:

- ▶ 19th May-1st June
- ▶ 1 Night Base camp – Rest on Lodges
- ▶ Max altitude 5545m/18200ft
- ▶ Join in Kathmandu

Date	Camp Option
19 May	Arrive KTM
20 May	Heli to Lukla, Trek to Phakding
21 May	Trek to Namche
22 May	Rest & acclimatization day
23 May	Trek to Deboche via Thyangboche
24 May	Trek to Dingboche
25 May	Rest& acclimatization day
26 May	Trek to Lobuche
27 May	Trek to Gorekshep
28 May	Trek to Everest BC
29 May	MARATHON DAY, run to Namche Bazaar
30 May	Heli to Kathmandu
31 May	Sightseeing Tour
01 Jun	Depart Kathmandu





## 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

*Note: Participants will be provided lodge accommodation during 29th May, 30th May and 1st June.*



## 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 upon their arrival. Complimentary airport transfers are provided. At the hotel, there will be a short briefing about Kathmandu, the hotel and some do's and don'ts that visitors require to know.

**Day 02: Heli to Lukla and trek to Phakding**  
**30-min flight and 2.5-3 hrs trek.**

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

After breakfast we move to the domestic terminal of the Tribhuvan International Airport where we will check in for the Heli flight to Lukla. After 40 minutes we will land at Helipad of Lukla, 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 03 : Phakding to Namche Bazaar 5-6 hrs trek.**  
**Meals included: B-L-D; Overnight: (L)**

Following the river upstream we 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 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 proceed 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 a natural U-shaped amphitheaters.

**Day 04 : Acclimatization halt at Namche Bazaar**  
**Meals included: B-L-D; Overnight: (L)**

Namche is the capital town of Sherpas and used to be 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, perched atop a magnificent spot overlooking Namche Bazaar and breathtaking views of mountains and deep valleys.

**Day 05 : Namche to Deboche (via Thyangboche)**  
**5hrs.**

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

The trail leads to the winding path with great view of Mt. Everest, Nuptse, Lhotse, Ama Dablam and the close view of Thamserku. On the area of Shanasa, there is chances of seeing the beautiful colorful Danphe Pheasant (Impeyan Pheasant) National Bird of Nepal and the elusive Musk Deer, and even herd of Himalayan





Welcome to  
**TENZING HILLARY**  
**EVEREST MARATHON**

29 May 2025

HELI Info Pack

4



Thar. From Shanasa with short up and downhill, the trail descend to Imjatse River at Phungitenga, a small settlement, the walk from here is uphill for an hour on the winding trail through the shade of woods, the walk gets gradual uphill for another hour, with great view of the close peaks of Thamserku and Kantenga, then finally reaching at Thyangboche, one of the most beautiful place in the Himalaya. Here, the first thing that delights your eyes is the big Monastery or Ghompa. From Thyangboche we head down towards Deboche.

**Day 06 : Deboche to Dingboche 5-6 hrs.**

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

After around three hours of walk from Deboche, we will reach Pangboche, where the oldest monastery in the Khumbu region sits. 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 get closer views of Ama Dablam, Nuptse and Lhotse. After lunch we will walk through the beautiful Imjatse valley, from where the Island Peak (6189m/20,305ft), Nepal's most popular trekking peak, comes to view. 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.

**Day 07 : Acclimatization halt at Dingboche**

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

As we have gained considerable altitude, acclimatization becomes more and more important. Thus, we 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 approach higher altitudes while arriving at this last settlement in the eastern Khumbu region. You will also be rewarded with superb views of Island Peak and Ama Dablam.

**Day 08 : Dingboche to Lobuche 5hrs.**

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

We'll head up north for about an hour then trek down the stony meadows to the 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 a memorial built for those brave Sherpas who died on duty at Mt. Everest. From here the trail levels out, following the lateral moraine on the west side of the Khumbu Glacier to Lobuche. A gentle ascent takes us at Lobuche, a very tiny settlement, well hidden and sheltered from the wind, which is a pastoral home of yak herders.

**Day 09 : Lobuche to Gorakshep 3-4 hrs.**

**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 Kalapathar (5545m/18,200ft) and Pumori (7145m/23442ft).

**Day 10 : Trek to Everest Base Camp 3-4 hrs trek,**

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

Final leg of the trek to Everest Base Camp follows an indistinct path across rocky moraine down to the



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Welcome to  
**TENZING HILLARY**  
**EVEREST MARATHON**

29 May 2025

HELI Info Pack

5



glacier. Treading upon the glacier can be quite tricky as 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 renowned Everest Base Camp on the edge of the notorious Khumbu Icefall. It is a lively place filled with expeditions preparing to make summit bids.

**Day 11 : Race day - "MARATHON DAY"**

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

Early breakfast starts from 04:30am onwards with final briefing. The race for Ultra Marathon starts at 05:00am whereas normal full marathon of 42K starts at 07:00am. (Subject to change, which will be notified at Base Camp). The run leads towards Gorakshep-Lobuche and to Thugla where the Dingboche trails branches off from here the route climbs on the high side omitting the route of Pheriche afternoon can be very windy here, from Dingboche the run leads towards east for 3 k.m. then turning around after finishing the loop of 3 by 3 k.m. at Dingboche a short run brings you to the bridge. After the bridge it is nearly downhill all the way with few ups to Pangboche. Those participating in Ultra Marathon take a diversion towards Phortse, whereas the Full Marathon runners continue on main trail that one trekked towards Base Camp, running mostly on downhill with some



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Welcome to  
**TENZING HILLARY**  
**EVEREST MARATHON**

29 May 2025

HELI Info Pack

6



uphill climb via Thyangboche and Kyanjuma to finally finish the race at Sherpa Town of Namche Bazaar. On reaching Namche Bazaar, the finishing line and the end of this great world adventurous event where one will be decorated with medals and certificate and trophies and with overnight in the Lodge at Namche Bazaar.

**Day 12 : Heli to Kathmandu 40-50 minutes Heli flight**  
**Meals included: (B); Overnight: (EH)**

After yesterday's adventurous marathon, we'll board the morning heli to Kathmandu via Lukla or direct, and check in to the event hotel (complimentary hotel transfer). You can spend the afternoon enjoying the sightseeing of Kathmandu. If you would like to go for a mountain flight early tomorrow morning then please let us know beforehand.

**Day 13 : Sightseeing tour of Kathmandu**  
**Meals included: Breakfast (B), Overnight: (EH)**

After breakfast, there will be a guided sightseeing tour of the city. We shall visit 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 coexist in stark harmony.

**Day 14 : International Departure**

Complimentary transfer to Kathmandu's international airport.

**CUT OFF TIME:**

The 42k Full Marathon Cut-Off Time is 4pm at the Thyangboche Checkpoint. Those who cannot cross Thyangboche after 4pm will be Disqualified. They should spend the night at the Local Lodge in Thyangboche and resume their Normal Trek the next morning to their destination.

For the 70k Ultra Marathon, the First Cut-Off Time is 11:30am at Pangboche Checkpoint, and the Second Cut-Off Time is 5pm at Machhermo Checkpoint. Those who fail to clear the corresponding Cut-Off Checkpoints in time will be Disqualified. They should spend the night at the Local Lodge in Machhermo and resume their Normal Trek the next morning to their destination.

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Welcome to  
**TENZING HILLARY**  
**EVEREST MARATHON**

29 May 2025

HELI Info Pack

7

## ROUTE MAP



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Welcome to  
**TENZING HILLARY**  
**EVEREST MARATHON**

29 May 2025

HELI Info Pack

8



**Page 8 & 9 does not apply to Heli Option**

## 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.

[online-reservation/](#)





Welcome to  
**TENZING HILLARY**  
**EVEREST MARATHON**

29 May 2025

HELI Info Pack

9

## 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 Marathon 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



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## 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. Helicopter flight: KTM – LUKLA & NAMCHE - KTM
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 trek-lodges or tents (as per the option you have chosen) on Twin Sharing basis with extra costs for Single 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 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 left behind at the baggage 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.

## 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, Brufin, 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





Welcome to  
**TENZING HILLARY**  
**EVEREST MARATHON**

29 May 2025

HELI Info Pack

13

- ▶ 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
- ▶ Sparelaces
- ▶ 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:



Pashupatinath 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.





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**EVEREST MARATHON**

29 May 2025

HELI Info Pack

15

### **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 Machhapurchase 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:**

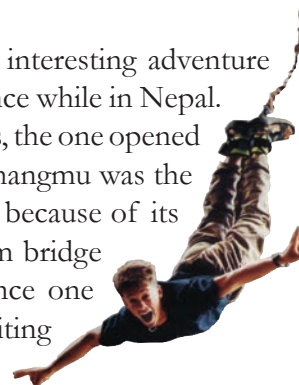


Mountain flight appeal to all categories of travelers. For those who are restricted by time or other considerations from going trekking, these flights offer a panoramic view of the Himalaya in just one

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.

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## EVEREST MARATHON RELATED INFORMATION & FAQ:

### FREQUENTLY 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 Bire U turn beyond Dingboche settlement. Which you can explore the U turn at Bire 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.





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29 May 2025

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18

**Only For Emergency  
Contact Persons:**

Shikhar Pandey :- 98511-13333 / 98010-35377

Abhisekh Pandey :- 98510-22999

Satish Neupane :- 98510-20412

Our Website : [www.EverestMarathon.com](http://www.EverestMarathon.com)

[www.AdventureSportsNepal.com](http://www.AdventureSportsNepal.com)

E-mail us at : [Shikhar@EverestMarathon.com](mailto:Shikhar@EverestMarathon.com)

[TenzingHillary@EverestMarathon.com](mailto:TenzingHillary@EverestMarathon.com)

WhatsApp : 9801035377



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