

Tenzing Hillary Everest Marathon

Trip Code: MEM

Version: MEM Tenzing Hillary Everest Marathon



WALK & TREK



GUIDED GROUP



CHALLENGING



HIGHLIGHTS

- Run from Everest Basecamp to Namche Bazaar
- Accurately measured course and full marshalling
- Established event in Nepal held annually since 2003
- FREE sleeping bag and down jacket hire is available for this holiday

AT A GLANCE

- 13 days trekking
- 1 day marathon
- Max altitude - 5600 metres
- Join at Kathmandu

ACCOMMODATIONS & MEALS

- 19 Breakfasts
- 16 Lunches
- 16 Dinners
- 3 nights Hotel with swimming pool
- 14 nights Lodge
- 2 nights Camping

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

Starting at Everest Basecamp (5364m), close beneath the spectacular Khumbu Icefall, this is the highest marathon in the world. First run in 2003 as an event for local runners, the race now has a more international reputation and typically includes runners from 20 or more nations. The race route leads mostly downhill on rough tracks and trails, through the spectacular homeland of the Sherpa people, to Namche Bazaar (3446m).

A sting in the tail, however, is the 500 metre ascent from Phunki Tenga to Kunde, before the final descent into Namche. In 2006, Deepak Rai set the record for the route at 3 hours, 28 minutes and 27 seconds. Tim Watson, a member of the 2014 KE group, broke the then UK record for the event with a time of 5 hours 45 minutes. To take part in the race, runners must sign up for this three-week Mount Everest Marathon package. We recognise just how important the acclimatisation process is and we now include an additional acclimatisation day at Lukla (2860m), before setting off on the trek to Everest Basecamp. There are 3 further days for acclimatisation in our itinerary, including the day at Everest Basecamp. During the trek, the runners will be accompanied by experienced local guides and a full local support crew, including doctors who will monitor the runners' physical condition. On race day, there will be an official timekeeper, a team of marshals, regular checkpoints and drinks/feeding stations, as well as medical and emergency evacuation support. Although mostly downhill, this is a challenging route, with snow and ice at the highest level and a lot of rocky and exposed sections of trail. The race is only suitable for runners who train or race under cross-country, trail, fell or mountain conditions. Relatives and friends can sign up for the trek and accompany the competitors as non-running group members. With 3 nights in Kathmandu and lots of time to enjoy the approach to Everest Basecamp, this is a great adventure.

NOTE: From 2025 the Everest Marathon itinerary will be one day shorter. Use the Change Version dropdown on the itinerary page to see this 19-day itinerary.

Is this holiday for you?

High in the Himalaya of Nepal, with the start line at 5364 metres, this is not a normal marathon! It is vital that anyone considering this event has adequate altitude acclimatisation - and this was one of our main concerns when setting up the itinerary. The route that we follow is the usual Everest Basecamp approach, but we have allowed several rest and acclimatisation days during our trek up to basecamp and the start of the race. We think that we have got the balance right. Generally, the trekking conditions

on this trip are relatively easy, following good paths and yak trails throughout except for the final stretch to Basecamp which follows a trail through moraine rubble and boulders. Additionally, as the Khumbu is Nepal's most popular trekking destination, the area is well supplied with teashops and lodges and the trails between these are well-used and present easy walking conditions. It should be noted however, that trekking at altitudes above 3000 metres makes greater demands on the body than walking at low elevations and can be challenging even for fit hikers. With our additional days for acclimatisation at Lukla, at Namche Bazaar, at Dingboche and at Everest Basecamp itself, this itinerary should provide near optimal preparation for the marathon. By its nature this is a difficult trip to grade. The trekking involved is reasonably straightforward although quite challenging due to the high altitude, but naturally the main challenge of this trip is the marathon itself.

Itinerary

Version: MEM Tenzing Hillary Everest Marathon

DAY 1

Meet at the group hotel in Kathmandu. Transfers from Kathmandu Airport are provided.

Your holiday starts at the hotel in Kathmandu. Transfers from Kathmandu Airport are provided. Depending on your arrival time, you may have the opportunity to explore the immediate vicinity of the hotel and get acclimatised to this bustling city. Alternatively, you may prefer to recover from your journey by relaxing beside the hotel pool. Your guide will take dinner with you and will provide an informal briefing about the days ahead.



Accommodation

Hotel with swimming pool

DAY 2

Fly to Lukla (2860m) and spend the day at this bustling village, gateway to the Khumbu.

After an early breakfast, we take a bus to the domestic terminal of Kathmandu Airport (or transfer to Ramechhap) where we check in for the short flight to Lukla (2840m). Landing on the narrow, sloping runway in the heart of the mountains, after a 40-minute flight, is a very spectacular way to arrive. We check in at our lodge accommodation and take it easy for the rest of the day. There's lots to see and do in Lukla and a number of cafes where you can watch the comings and goings of the local people and the many trekkers passing through in both directions. Spending a day at Lukla, at 2860 metres elevation, is a brilliant way to kick-start the process of acclimatisation.

Meals: **B L D**



Accommodation

Lodge

DAY 3

A short first stage of trekking, mainly downhill to the riverside settlement of Phakding (2610m).

Today, the majority of the Everest Marathon competitors will be arriving in Lukla and from this point onwards we will be sharing the trail and many of the lodges with runners from all over the world. After a leisurely breakfast at our lodge (there's no need to make an early start) we will make the easy hike, largely downhill, to our first lodge at Phakding (2610m) beside the Dudh Kosi River.

Meals: **B L D**

	Accommodation Lodge		Ascent 290M		Descent 420M		Time 3 hrs trekking		Distance 8KM
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DAY 4

Trek to the Sherpa capital of Namche Bazaar (3400m). Rest of the day free to relax or explore.

A very pleasant walk by the river through pine forest leads to a short climb to escape a narrow gorge section. We pass the entrance to the Khumbu National Park (where details of our permits are recorded) and then drop down again to the river, which we cross on a suspension bridge. We continue up the wooded valley on a good trail and cross the river again before reaching a confluence of rivers, one coming down from Thame and the other from the Khumbu. We make a final crossing here on a spectacular high suspension bridge and then begin an hour and half ascent to Namche Bazaar (3400m) on a wide switchback trail. This is the sting in the tail of today's otherwise gentle ascent and one of the steepest parts of the entire route to basecamp. On arrival in Namche, we check into our lodge and have time to look around the Sherpa capital.

Meals: **B L D**

	Accommodation Lodge		Ascent 1150M		Descent 300M		Time 5 - 6 hrs trekking		Distance 11KM
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DAY 5

Acclimatisation day in Namche. Optional walk to a fine viewpoint for Everest and Ama Dablam.

Namche Bazaar is tucked away between 2 ridges amongst the giant peaks of the Khumbu. An ancient market place, where goods from across the border in Tibet have always been traded, Namche today boasts an abundance of lodges, cafes, bars and souvenir shops. Options for acclimatisation walks include an easy hike along the panoramic trail towards Kenjoma for spectacular views of Ama Dablam, Nuptse, Lhotse and Everest itself. At this stage, some group members will be keen to try running short sections as a first taste of how the marathon will 'feel'.

Meals: **B L D**




 Accommodation Lodge	 Ascent 380M	 Descent 380M	 Time 2 hrs trekking	 Distance 7KM
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DAY 6

Trek to Thame (3820m), home village of Sherpa Tenzing Norgay.

Today we will trek to Thame where we can visit the home of Sherpa Tenzing Norgay who, together with Edmund Hillary, made the first ascent of Everest on 29 May, 1953. Our route takes us up to the monastery above the town and here we pick up a trail which contours around to the Bhote Khosi River which we follow through several Sherpa villages (Thamo, Thomde, Somde). The walk takes us through woods of oak, birch and juniper and we pass several impressive mani walls built from tablets of stone intricately carved with prayers in Tibetan script. What will be very noticeable today is how much quieter this valley is. After approximately 4 hours' walking we cross a suspension bridge and make the final climb up to Thame. This 'second city' of the Sherpas occupies a strategic location at the junction of routes from the Rolwaling via the Tesi Lapcha and from Tibet via the Nangpa La. A little way above the town is a splendid gompa which rewards the effort spent climbing to it and from here there are tremendous views of Ama Dablam, Kangtega and of the nearby Teng Kangpoche and the north side of Kwangde Ri. We stay overnight in Thame.

Meals: **B L D**

 Accommodation Lodge	 Ascent 550M	 Descent 250M	 Time 5 - 6 hrs trekking	 Distance 9KM
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DAY 7

Trek back down beside the Bhote Kosi and then up to Khumjung (3790m) above Namche Bazaar.

We retrace our steps of the previous day part way down the Bhote Khosi. Just before reaching Namche we turn off the trail and begin a long steady climb to the airstrip at Syangboche. Above here, there is a low col which leads to another major Sherpa settlement, Khunde. The Hillary Hospital and Hillary School are located here and there is also an important monastery. Close by is the village of Khumjung our overnight halt. We have the opportunity this afternoon to visit Khumjung Monastery.

Meals: **B L D**

 Accommodation Lodge	 Ascent 600M	 Descent 700M	 Time 6 hrs trekking	 Distance 12KM
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DAY 8**Cross the valley of the Imja Khola to Thyangboche, then descend to overnight at Deboche (3700m).**

A relatively easy day of trekking, though at this altitude it can still feel tough on the uphill section. The trail today is very spectacular in terms of scenery. We follow a clear trail east out of Kumbung, before joining the main north-easterly trail towards Thyangboche. There is a long traversing descent to the bridge across the Imja River at Phunki Tenga and then, beyond the river, we climb a long ridge to Thyangboche, home to one of Nepal's finest monasteries. We have the chance to look around the monastery and the interesting visitor centre there. This is a popular place as it not only affords a good view of the Everest/Lhotse massif but is also the classic viewpoint for Ama Dablam. Shortly beyond Thyangboche, we follow a descending trail to our overnight stop at Deboche. Altitude: 3700 metres.

Meals: **B L D**



Accommodation
Lodge



Ascent
660M



Descent
700M



Time
4 - 5 hrs trekking



Distance
8KM

DAY 9**Trek to the seasonal settlement of Dingboche (4410m) at the entrance to the Khumbu Valley.**

Today's trek takes us above the tree-line to the village of Pangboche, where there is the oldest monastery in the Khumbu. Shortly beyond Pangboche, there is a good lunch stop the small Sherpa hamlet of Shomare, beyond which we continue our walk, gaining height only very gradually, to Dingboche (4350m) at the entrance to the Khumbu Valley. We stay in one of the lodges in this picturesque Sherpa village.

Meals: **B L D**



Accommodation
Lodge



Ascent
890M



Descent
330M



Time
4 - 5 hrs trekking



Distance
10KM

DAY 10**Acclimatisation walk into the Imja Valley with fantastic views towards Tibet. Return to Dingboche.**

In accordance with our careful program of acclimatisation we will spend 2 nights at this altitude before moving further up the Khumbu valley. An option today is to hike up into the Imja Valley towards Chukkung (4730m). There are fantastic views towards Tibet and of Island Peak and Ama Dablam.

Meals: **B L D**

	Accommodation Lodge		Ascent 410M		Descent 410M		Time 3 hrs trekking		Distance 9KM
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DAY 11

Trek to Dugla and then beside the Khumbu Glacier to reach Lobuche (4910m).

The trek today follows the Khumbu Valley and climbs to the tiny settlement at Dugla. Shortly thereafter, we reach the memorial to those Sherpas who have died on Mount Everest. Here, the trail starts to level out, following the lateral moraine on the west side of the Khumbu Glacier to Lobuche (4910m) opposite the towering pyramid of Lhotse.

Meals: **B L D**

	Accommodation Lodge		Ascent 640M		Descent 60M		Time 4 hrs trekking		Distance 9KM
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DAY 12

Trek to the yak pastures of Gorak Shep (5140m) at the base of Kala Patar.

Lobuche is the traditional start point for the final day's trek all the way to Everest Basecamp. However, mindful of the need to get our acclimatisation right, we will move our camp just a short distance up-valley to Gorak Shep. We begin by following a trail through the ablation valley at the side of the Khumbu Glacier gaining height gradually. At this point the glacier is hidden from us by the valley sides, but as we climb to cross the rubble of a tributary glacier, we can see the great Khumbu Glacier stretching away down valley. Beyond this tributary, after a total walk of about 3 hours, we reach an island of sparse grasses below Kala Patar. This is the place known as Gorak Shep. Once a summer yak herding meadow, this remote spot now boasts some of the highest tea houses in Nepal. The altitude here is 5140 metres.

Meals: **B L D**

	Accommodation Lodge		Ascent 280M		Descent 40M		Time 2 hrs trekking		Distance 5KM
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DAY 13

Trek up to Everest Basecamp on the Khumbu Glacier. Camp alongside the Everest expeditions.

Today we will make the short final approach to Everest Basecamp with the option to make an early

ascent to the excellent viewpoint of Kala Patar (5500m) on the ridge running down from Pumori. The hike up to Everest Basecamp follows the moraine crest on the west side of the Khumbu Glacier, before dropping down onto the glacier itself. The path on the glacier changes continually due to the movement of the glacier. We pass over rocky dunes, moraine and streams before arriving at the inspirational Everest Basecamp, beneath the stupendous Khumbu Icefall. Once here we will feel the excitement of expeditions who are looking to summit and the anticipation of the race in a couple of days time. We set up our own camp here close to the many tents of the Everest climbers. The altitude at Everest Basecamp is 5364 metres. On this day, any group members who are not taking part in the race will make the long walk back down valley to Pangboche (accompanied by one or more members of the trek crew) where they will overnight in a lodge.

Meals: **B L D**

	Accommodation Camping		Ascent 150M		Descent 50M		Time 2 hrs trekking		Distance 4KM
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DAY 14

A day at Everest Basecamp for rest and final race preparation. Spend a second night under canvas.

We have a final day of preparation and acclimatisation at Everest Basecamp to ensure that we are ready for the challenge awaiting us tomorrow. Non-competing group members will today make the long walk from Pangboche to Namche Bazaar.

Meals: **B L D**

	Accommodation Camping
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DAY 15

Race Day - Everest Marathon. The race starts at 7 am. Overnight in Namche Bazaar.

You'll have to be up early for breakfast ahead of a 7.00 am race start. Shortly after first light, you will take your first running steps back towards Namche Bazaar, with the first 5 kilometre section of the run across the Khumbu Glacier and back to Gorak Shep providing the most difficult underfoot conditions of the whole route. Reaching the well-trodden Everest Trail, the conditions ease and once you reach the main Imja Valley and the half distance point at Orsho (21km), there is a lot more oxygen available and you should be feeling good. A sting in the tail, however, is the 500-metre climb from the bridge at Phunki Tenga (at 34km) to Khunde above Namche Bazaar. The world's highest race ends with a final descent via the Hillary School and the village of Syangboche to the finishing line in Namche. In 2022 the race winner was the Nepali Tirtha Bahadur Tamang who finished in 3 hours 51 minutes and 9 seconds. While KE client, Kerri Munn-Bookless was the first foreign female finisher in a little over 7 hours. Lightly loaded

porters will carry the group's personal baggage back to Namche from Everest Basecamp, arriving either late today or early in the morning. Non-runners spend the day in Namche Bazaar having a rest day and watching the runners arrive.

Meals: **B L D**

	Accommodation Lodge		Ascent 970M		Descent 2520M		Time 4 - 10 hrs running		Distance 42KM
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DAY 16

Morning at leisure, then make the easy trek down valley to Monjo (2835m).

After our endeavours of yesterday, we have the morning to rest at Namche Bazaar. There will be time for sightseeing, souvenir buying or just sleeping, before we set off on a short and easy descent to our lodge in Monjo.

Meals: **B L D**



	Accommodation Lodge		Ascent 150M		Descent 850M		Time 3 hrs trekking		Distance 6KM
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DAY 17

Trek downhill beside the Dudh Kosi River with a short final climb to Lukla.

From Monjo the trail descends and the valley becomes more enclosed, as we pass the villages of Phakding and Chopting, to reach Chaumrikharka. Here, we begin the 45 minute ascent to Lukla and our final lodge of the trip. Tonight we will no doubt celebrate the end of a great challenge with our fellow racers, porters and crew.

Meals: **B L D**

	Accommodation Lodge		Ascent 900M		Descent 800M		Time 6 - 7 hrs trekking		Distance 13KM
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DAY 18

Fly to Kathmandu. The rest of the day is free for sightseeing or relaxing.

After saying goodbye to our Sherpa crew, we board the flight back to Kathmandu (or to Ramechhap from where we transfer by road). The rest of the day is free for sightseeing or shopping amongst the streets and bazaars of the Nepalese capital.

Meals: **B**

**Accommodation**Hotel with swimming pool

DAY 19**In Kathmandu with a half-day city tour provided. Everest Marathon party in the evening.**

This is an important contingency day in case of delays to the flights from Lukla. If we have experienced no delays this is an opportunity to explore the fascinating city of Kathmandu. A half-day guided city tour is provided and this will include stand-out highlights of Kathmandu, such as the giant stupa at Bodhnath. We spend a second night at our Kathmandu hotel. In the evening we will attend the Everest Marathon celebration party!

Meals: **B**

**Accommodation**Hotel with swimming pool

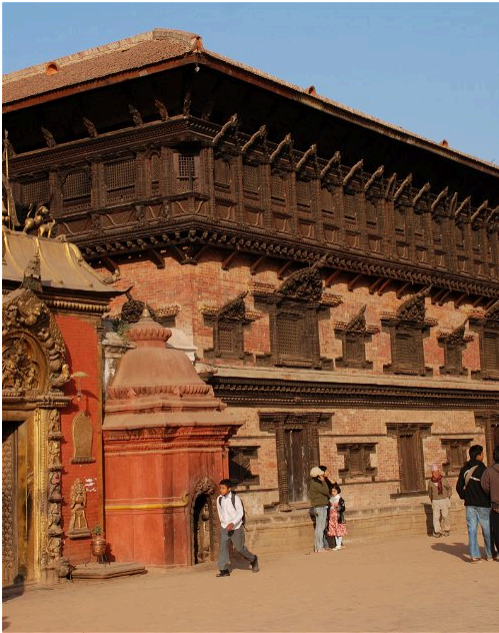
DAY 20**Your holiday ends after breakfast. Transfers to Kathmandu Airport are provided.**

Your holiday ends after breakfast. Transfers to Kathmandu Airport are provided. To extend your holiday in Nepal, why not pre-book a day's sightseeing tour in the Kathmandu Valley, or a multi-day excursion to the wildlife reserve at Chitwan. Contact our office for details.

Meals: **B**

Extensions

When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



Kathmandu Tour - Nagarkot and Bhaktapur

The Kathmandu Valley contains the cities of Patan, Bhaktapur and Kathmandu itself, all of which were once independent kingdoms. An exploration of the valley's historic and cultural sights is an excellent way to begin or end your adventure in Nepal. Highlights of this tour includes a very early drive up to Nagarkot on the Kathmandu Valley rim, the perfect place to watch a Himalayan sunrise. This is followed by a tour of the UNESCO World Heritage Site of Bhaktapur, renowned for its temples and traditional buildings.

1 day from
US\$175 per person



Chitwan Jungle Extension

The jungles of southern Nepal are an interesting counterpoint to trekking in the foothills or the high Himalaya. Tiger Tops Tharu Lodge provides a relaxing and comfortable base for a wildlife safari and cultural village experience. During two days of wildlife viewing in the Chitwan National Park 'buffer zone' - the interface area between visitors and the animals that live at Chitwan - you will be accompanied by expert guides on safaris by jeep by boat and on foot.

3 days from
US\$1,545 per person

Holiday Information

What's Included

- An experienced English-speaking KE leader
- Kathmandu Airport transfers
- Internal flights and all land transport involved in the itinerary
- All accommodation as described in the trip dossier
- Guided sightseeing tour of Kathmandu
- Meals as detailed in the meal plan
- Race entrance fee
- On race day there will be appropriate marshalling / drinks stations / medical back-up and supervision
- FREE Sleeping bag and down jacket hire is available for this holiday on request

What's not Included

- Travel Insurance
- Nepalese Visa
- Some meals as detailed in the meal plan
- Tips for porters and other trek staff
- Miscellaneous expenses - drinks and souvenirs etc.

Joining Arrangements & Transfers

The group will meet at the hotel in Kathmandu.

Transfers are provided from/to Kathmandu Airport for all clients arriving on Day 1 of the Land Only itinerary and departing on the last day of the Land Only itinerary.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All meals when on trek are included in the price. Breakfast is included in Kathmandu. Lunches and dinner are not included in Kathmandu. You should allow an average of around £10 (or equivalent in US dollars or euros) per meal for 3 dinners and 2 or 3 lunches.

Food & Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

Typical meals provided in the lodges will include some Nepali dishes but also international cuisine from pizza and chips to apple pie. To ensure that the group can eat together, we order meals in advance and your trip leader will arrange a set menu for the group, which will alternate daily between local and international dishes. Breakfast will usually be porridge, eggs, bread and a hot drink, lunch will be a simple meal with a hot drink, and dinner will be 3 courses consisting of soup, main meal and a simple pudding. If you wish to order additional dishes and/or snacks, you should budget accordingly. Boiled drinking water will be provided at breakfast, lunch and dinner. All the lodges and tea-houses sell snacks, chocolate bars, soft drinks and beer. In Kathmandu we take our meals in the hotel and local restaurants.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

During this trip the group will spend 3 nights in Kathmandu at an excellent and centrally-located hotel such as the Shanker. Whilst on trek there are 14 nights staying in standard lodges. The Nepalese trekking lodges also known as 'tea-houses' are simple, friendly and atmospheric. As they are far from the nearest road it is not surprising that they are simple establishments as everything must be carried up by porters or animals. Mostly these lodges have heated dining areas which are often attractively decorated. Accommodation is basic in unheated rooms with wooden beds and foam mattress. You will need a sleeping bag. The lodges have shared washing and toilet facilities. Some lodges have solar powered hot showers (charged at \$4 - \$5 per shower) and battery charging facilities (also charged at a rate per hour). Staying at the lodges is a great way to meet the other people taking part in the race. There are no lodges at Everest Base Camp and here we will camp for 2 nights. We use good quality three-person mountain tents (two people to each tent) and there will also be a dining tent and toilet tents. A camp kitchen and cook will provide our meals and hot water for washing. All accommodation is on a twin sharing basis. If you are travelling by yourself you will be paired up with another single client of the same sex. For the 3 hotel nights in Kathmandu single rooms are available for a supplementary cost. Additional hotel nights in Kathmandu can also be pre-booked.

Internal flights

Access to the high and remote areas of the Himalaya where our treks start is often only possible using internal flights. The changeable nature of mountain weather makes flying conditions complex. In addition, the Civil Aviation Authority of Nepal does not operate to the same standards as those of western nations and all airlines in Nepal appear on the UK Air Safety List (ASL), and are banned from operating commercial air services to, from, and within the United Kingdom. Flying in Nepal is an acknowledged risk, and the UK Foreign and Commonwealth Office travel advice provides further details which you can read on their [website](#). KE is mindful of its duty of care to clients travelling with us in Nepal and we were stakeholders in an independent air audit of Nepal airlines undertaken by UK tour operators in February 2023. KE uses only two airlines in Nepal which were approved by this audit as safe carriers. These airlines are: Buddha Air and Summit Air. We continue to cooperate with other tour operators to monitor aviation safety in Nepal and will ensure we remain a stakeholder in any further air safety audits. While we have taken appropriate action to try to minimise the risks of flying in Nepal, you should be aware that flying in mountainous terrain is not without any risk.

Please note that poor weather can cause delays on internal flights. If at the start of your holiday internal flights are cancelled for the day, you will spend an extra night near the airport (this may be at a hotel other than the group hotel). On the majority of trips there is enough flexibility in the trekking itinerary to make up 1 or possibly 2 lost days, but an alternative trek will be provided if delays to internal flights mean the original itinerary (or a shortened version of it) is no longer feasible.

For trips that end with an internal flight out of the mountains with no alternative road access, we have included 2 nights in Kathmandu as a contingency against delay. In the extremely unlikely event that a delay to your internal flight causes you to miss your homeward international flight, KE will re-book international flights for Flight Inclusive clients, but please be aware that clients booking on a Land Only basis will be responsible for re-booking their onward travel and for any associated costs. We advise you to take out suitable travel insurance and to keep your receipts, as you may subsequently be able to make a claim.

Group Leader & Support Staff

The group will be led by a professional and qualified Nepalese tour leader, assisted by an experienced team including Sherpa guides and porters. There will also be a team of Nepalese doctors who will accompany the group throughout the trek. On race day, there will be appropriate marshalling and as many as 10 check points / water stations.

Altitude

This holiday involves going to very high altitude. During the course of your trip you will be spending at least one night above 4000 metres and/or trekking to 5000 metres or above. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on [trekking at high altitude](#). Unless you have previous experience of trekking above 4000 metres you should consult one of our trekking experts before embarking on this holiday. On this trip we carry a portable altitude chamber (PAC-bag) and/or bottled oxygen for use in emergencies.

Spending Money

Approximately £250 - £300 (or equivalent in US dollars, Euros etc.) should be allowed for miscellaneous expenses including those meals in Kathmandu that you need to pay for directly. This amount will also cover porter and other trek crew tips. It is not necessary to obtain local currency prior to departure. Sterling, US Dollars and Euros are equally acceptable for exchange in Nepal. Please note: Scottish and Northern Ireland bank notes are not accepted in Nepal. We recommend that you carry your travel money in the form of cash, since you will exchange the majority of this on the day of your arrival in Kathmandu. If you prefer not to carry all of your spending money in cash, it is possible to withdraw money from ATM's in Kathmandu using your debit or credit card. During the trek it is possible to buy snacks, chocolate, soft drinks and beer on most days. Please be aware that since everything has to be carried up from the nearest road, these items become more expensive as you gain altitude. In many restaurants in Kathmandu it is possible to use a credit card to pay for meals.

Guidance on Tipping

Tipping is the accepted way of saying thank you for good service. Normally the porters and any other trek staff are given their tips at the end of the trek and this is best done as a group. Your Nepali tour leader will advise the group on an appropriate level of tipping. Most groups will hand out the tips with a bit of ceremony (or sometimes a party) on the last evening, to mark the end of the holiday. As a guide, we recommend that each group member contributes around £70 (in rupees) to these tips. At the end of their trek many people also like to donate various items of equipment to the porters and trek staff who work so hard to make the trip a success. Boots, gloves, hats, scarves and even socks are always warmly received by the porters. Your tour leader will make arrangements for a fair distribution (possibly by raffle) amongst the trek crew. Please note that you will have the opportunity to tip your tour leader separately (and additionally) during dinner on the final evening of the holiday.

Beat the Jet Lag

Our holidays are normally designed with minimal 'down time' at the start of the trip, but having a day or two at the beginning will have the additional benefit of allowing you time to get over the stress of a long journey or travelling across time zones, leaving you refreshed and ready for your holiday. We can easily arrange for you to have additional nights and airport transfers.

Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. On arrival in Kathmandu, you will be provided with a 'Marathon Trek Bag' and will be asked to repack your equipment into this bag. These bags are numbered, which helps the crews with logistics during the time in the Khumbu. Your own piece of luggage will be left in Kathmandu with your travel clothes and any other items you don't need on trek.

Your bag on trek will be carried by porters or pack animals and should not weigh more than 15kg. For all flights to and from STOL airstrips in Nepal the maximum allowance, for hold baggage AND hand baggage combined, is 15kg. This weight allowance is strictly enforced and excess baggage will be charged.

At Gorak Shep on Day 12, you will divide your equipment again, taking only essentials up to Everest Basecamp for the start of the race. The remainder of your gear will be taken down to Namche. On the day of the race, those items of equipment you have taken up to basecamp (sleeping bag, some clothing, toothbrush) will be portered down to Namche Bazaar, usually arriving in the evening. You will be provided with bedding in the event that this gear does not arrive until the following morning.

For international flights please check your baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

If you are travelling via India (Delhi or Calcutta) to your destination you may also require a visa for India. This may apply even if you are not leaving the airport unless your baggage has been checked all the way through to your destination. Generally, if you use the same carrier for both legs of your journey, you will not need an India Visa. Please download the detailed information document: [Visa PDF India](#).

Visa Nepal

All nationalities require a visa. The visa process is partly automated and the fee is \$30 for 15 days, \$50 for 30 days, \$125 for 90 days. The visa is FREE for children under 10 years. The visa allows multiple re-entry. Payment must be made in cash and USD, GBP or Euros are accepted.

Part of this on-arrival visa process involves filling in a 'Tourist Visa Application Form' and you can simplify the procedure at Kathmandu Airport by filling this form in online (**within 15 days of travelling**) at [this link](#). This generates a receipt which you present (hard copy or saved on your phone) on arrival. This should allow you to go straight to the cashier to pay for your visa and has the potential to save you time in the visa queue.

Whilst these are not now needed for the visa process, we recommend that you travel with at least 2 spare passport photographs.

Trekking Permits - what do we need from you ?

Mount Everest Marathon (MEM). Everest Monasteries Trek (EVP). Ganesh Himal Panorama Trek (GHP). Lamjung Himal Trek (LHT). Middle Hills Arun River to Dudh Kosi (MHT). Shey Gumpa and Inner Dolpo (DOL). Dolpo to Mugu Trek (DTM). Around Manaslu Trek (MAN).

For each of these holidays, we need your passport details and we need to send through to Nepal ahead of your departure a scan of the information pages of your passport and a scan of a passport-style photograph of yourself. Please send these scans to us once your holiday is guaranteed.

In addition, for Conservation Area treks and other treks requiring Special Permits - DOL, DTM, MAN - you will be required on arrival in Kathmandu to provide your passport (with your visa) for presentation at the Nepal Tourism Board. Your passport will be returned to you by your tour leader at dinner.

Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Dengue fever is a known risk in places visited. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you [take precautions to avoid mosquito bites](#).

Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid.

Malarial prophylaxis is not usually required for trips in the mountains, however if you are visiting rural and remote low lying areas then they might be necessary.

On holidays to more remote areas you should also have a dentist check up. A good online resource is [Travel Health Pro](#).

Currency

The unit of currency in Nepal is the Nepalese Rupee.

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a trekking holiday getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. We suggest that you adopt a weekly exercise regime leading up to your trip. Regular hiking in hill country is the best training but jogging, squash and swimming are also good for developing cardio vascular fitness and stamina. To take part in the race you should have some previous running experience and preferably will have competed in at least one marathon event.

Climate

This trip is timed to run towards the end of Nepal's pre-monsoon season. At this time of year, it should be neither too hot in the foothills nor too cold at higher elevations. It is a great time of year for trekking and for running a marathon at altitude. Visit the World Meteorological Organization's website at worldweather.org for climate statistics for Kathmandu. As a rough guide, mean temperatures will decrease a little over 1°C for every 200 metre increase in altitude.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Lonely Planet Guide to Nepal. Lonely Planet
- Rough Guide to Nepal. Rough Guides
- Trekking and Climbing in Nepal. Steve Razzetti
- Everest: A Trekkers Guide. Kev Reynolds. Cicerone
- Trekking in the Nepal Himalaya. Stan Armington
- Into Thin Air. Jon Krakauer
- The Climb. Anatoli Boukreev
- The Ascent of Everest. John Hunt & Edmund Hillary
- Sherpas & Himalayan Mountaineering. Sherry B. Ortner
- A History of Nepal. John Whelpton
- Field Guide to Birds of the Himalayas. Bikram Grewal

Maps

Everest Base Camp. 1: 50,000 Nepa / National Geographic Maps

This map is probably the best for this trek. It shows the trekking route in its entirety, from Lukla to Everest Basecamp. It has relief shading and a 40 metre contour interval.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. The packed weight of your 'Marathon Trek Bag' while trekking should be no more than 15 kgs. For all flights to STOL airstrips in Nepal, the maximum allowance for hold baggage AND hand baggage combined, is 15 kg. It is essential you keep the total weight of your baggage within this limit. Paying for transportation of excess baggage is not normally an option on these flights. It is possible to leave clothes or other items not required on trek at the group hotel.

You must bring the following items:

- Hiking boots
- Trekking trousers
- Waterproof overtrousers
- Baselayer shirts
- Casual shirt and/or T-shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Sunhat
- Warm hat
- Sunglasses
- Thermal gloves
- Warm and waterproof gloves or mittens
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre x 2 (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- 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
- Sleeping bag (comfort rated -15°C)*
- Warm jacket (down)*
- Basic First Aid Kit including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite).

In addition, competitors must bring the following:

- Suitable running shoes
- Running clothes suitable for the conditions (sub zero temperatures at the start)

The following items are optional:

- Yaktrax (or similar lightweight icy trail traction aids)
- Trekking poles
- Trainers or similar for in the lodges
- Spare laces
- Shorts
- Thermal baselayer - leggings
- Gaiters
- Sleeping bag liner
- Scarf or buff
- Swimwear (for the hotel pool in Kathmandu)
- Travel clothes
- Camera
- Pen-knife (remember to pack sharp objects in hold baggage)
- Repair kit - (eg. needle, thread, duct tape)
- Reusable cloth bag for shopping (to avoid plastic bags)

Notes

*FREE sleeping bag and down jacket hire is included in your KE holiday booking on request.

Please make all requests at least 4 weeks prior to the trip departure date. Please note all hire / rental equipment is issued in Kathmandu.

Marathon Trek Bags: On arrival in Kathmandu, you will be provided with an alternative 'Marathon Trek Bag' and will be asked to repack your equipment into this bag. These bags are numbered, which helps our crews with logistics during the time in the Khumbu. Your own main baggage item) will be left in Kathmandu with your travel clothes and any other items you don't need on trek.

Suitable foam camping mattresses are provided by our local agent. You do not need to take an additional camping mattress.

PHD Gear Advisor

PHD specialise in cold weather equipment, from the world's lightest right up to the most protective for Everest or the Poles. It's a large range. So to help you choose what you need to keep you warm, PHD have listed the gear that is appropriate for this expedition. >> Click here to view the PHD Gear Advisor for Everest Base Camp Trek <http://www.phdesigns.co.uk/gearadviser/destination.php?destinations_id=17>

Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers. >> [Find out more](#)

Land Only Information

The LAND ONLY dates and prices are for the itinerary starting at the hotel in Kathmandu. Transfers are provided from/to Kathmandu Airport for all clients arriving on Day 1 of the Land Only itinerary and departing on the last day of the Land Only itinerary.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Kathmandu. Outbound flights will usually depart from the UK in the evening, arriving mid-afternoon on the following day (Day 1 of the Land Only itinerary). Return flights will depart Kathmandu usually in the morning of the last day of the itinerary, arriving in the UK later the same day.

Why Choose KE

Why KE

Make your Everest Basecamp visit even more special, by tagging on the run back to Namche Bazaar. Take part in this increasingly important international event - you don't even have to be a great runner!

Please Note This document was downloaded on 27/04/2024 and the trip is subject to change