Everest Highest Marathon Trek



Trip Overview

Standing at the foot of Mount Everest, the earth's highest peak, your heart will start thumping with a spirit of adventure and excitement for a race unlike any other—the Everest Marathon, the world's highest.

This is more than just a race, it is a battle of your own body against you and nature as it gasps for oxygen. Moving through the Khumbu valley, tracing the path once used by the historical trek of Edmund Hillary and Tenzing Norgay, you will run towards Everest.

Not just the destination, the journey in itself is a voyage while you push your limits and conquer your inner Everest. You will be running with people around the globe where not only speed and personal bests matter but also your perception and self-consciousness.

Completing this marathon will not only give you a lifetime sense of accomplishment, but it will also transform your physical and mental strength. It is a connection to nature.

The Everest Highest Marathon Trek is a grueling 42.195 kilometers that takes place at Everest Base Camp. It requires proper training, acclimatization, and a healthy amount of respect for the mountains themselves. If you are up for this challenge, Everest awaits you. Ready to redefine running on air?

Trip Itinerary

- 1 - Arrival at TIA (Tribhuwan International Airport) Kathmandu (1300)
- 2 - Flight to Lukla and Trek to Phakding (2610m/8562.992ft) 3.5 hrs 5.k.m
- 3 - Trek to Namche Bazar(3440m/11286ft) 6/7 hours (11k.m)
- 4 - Day Hike to Thamo Village Acclimatization in Namche 3860m (3440m/11286ft) 3.5hrs 5 k.m
- 5 - Trek to Tengboche (3810m/12500ft) 6 to 7 hours (9.5km)
- 6 - Tengboche to Dingboche (4410/14470ft) 6 to 7 hours 13.5km
- 7 - Trek to Chhukking
- 8 - Trek to Lobuche
- 9 - Trek to Gorakshep
- 10 - Everest Base Camp 5364m/ Camping

- 11 - The Everest Marathon
- 12 - Descend to Namche Bazar
- 13 - Trek to Phakding
- 14 - Trek to Lukla
- 15 - Flight back to Kathmandu
- 16 - Exploring Kathmandu
- 17 - The Final Goodbye

Cost Includes & Excludes

Includes

- Airport pickup and drop at Tribhuwan International Airport
- Flight from Kathmandu to Lukla
- 3-Star Hotel stays at Kathmandu night stay in twin sharing
- Lodging and Tea house accommodation Meals during trek
- Licensed Trek Guide with good spoken English plus assistant leader each for a group of four
- A porter sharing for two trekkers each on the route
- Salary and Insurance Cost of Staff
- All necessary paperwork and permits (TIMS/ Conservation Fee).
- Emergency medical kit and local taxes
- Marathon equipment / Gear .

Excludes

- International Flight and Nepal VISA fees
- Travel Insurance
- Extra activities cost not planned within the Itinerary
- Hard or Soft Drinks and snacks
- Tips for Staff (Trekking Guide, Assistant, and Porter)
- Essential packing Equipment
- Extra cost for booking domestic flight other than planned
- Tipping for trekking crew

Gears and equipment

- Clothing

  Waterproof jackets and pants
  Sweaters and down jackets
  Lightweight trousers
  Hiking shirts- long-sleeved
  Hooded raincoat and Fleece jacket
  Innerwears
  Lightweight and heavyweight winter gloves
  Sun hat or scarf; Money belt; Cotton headscarf, bandana
  Winter hat or insulating hat

- Personal accessories

  Headlights and extra batteries
  Face and body wipes
  Sunscreen and sunglasses with UV protection
  Money
  Watch
  Cell phone and camera

- Toiletries

  Medium-drying towels
  Toothbrush and toothpaste
  Washing kits, talcum powder, and toilet paper
  Degradable soap and shampoo
  Deodorant floss, nail clippers, and mirror

- Footwears

  Trekking Boots
  A pair of sports shoes
  Heavy wool and light socks

- Extra items

First aid kit
Passport-sized photos and passport photocopies
Binoculars
Personal medications
1 swiss type knife
Sleeping bags and sheets,
Rucksack, backpack, and a small day pack
Water bottle
Water purification tablet solution

Faqs

1. **When is the Everest Marathon held?**

   The Everest Marathon is generally held in late May or early June.

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3. **What is the cost of participating in the Everest Marathon?**

   The cost typically depends upon the tour operator however, in general, it ranges from 4000 USD to 10,000 USD which includes race entry, accommodations, meals, transportation, and guides.

4. **Who can participate in the Everest Marathon?**

   All runners of every age and ability can participate in the Everest Marathon. However, it is essential to be in excellent physical condition and have an experience of running at high altitude.

5. **How much training is required before the Everest Marathon?**

   There is no specific training, however, runners will need to train for at least 6-12 before the race.

6. **What are the challenges I will be facing while running the Everest Marathon?**

The Everest Marathon is considered as one of the most challenging marathons in the world. You will be facing high altitude, cold weather, rough terrains, and high distances throughout the race.