

## Two High Passes & Everest Marathon, Nepal

The ultimate high altitude marathon in the world's most spectacular mountain terrain with superb pre-race acclimatisation; cross two 5,000m passes, trek to Everest Base Camp and summit Kala Pattar.



### Group departures

See overleaf for departure dates

### Holiday overview

Style	Trek
Accommodation	Hotels, Tea Houses, Camping (2 nights at Everest Base Camp)
Grade	Strenuous
Duration	23 days from London to London
Trekking / Walking days	On trek: 18 days (including race day)
Min/Max group size	4 / 12. Guaranteed to run for 4
Trip Leader	Everest Sherpa Sirdar
Land only	Joining in Kathmandu, Nepal
Max altitude	5,545m/18,193ft, Kala Pattar, Day 15

Private Departures & Tailor Made itineraries available



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# Departures

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## Group departures

### 2023 Dates:

Fri 12 May - Sat 03 Jun

### Group prices and optional supplements

Please contact us on +44 (0)1453 844400 or visit our website for our land only and flight inclusive prices and single supplement options.

### No Surcharge Guarantee

The flight inclusive or land only price will be confirmed to you at the time you make your booking. There will be no surcharges after your booking has been confirmed.

### Will the trip run?

This trip is guaranteed to run for 4 people and for a maximum of 12. In the rare event that we cancel a holiday, we will refund you in full and give you at least 6 weeks warning. Many trips do fill up quickly - we advise you to book early if you want to secure a place(s) on the dates of your choice.

### Insurance

We offer a travel insurance scheme - please contact us for details.

### Private Departures

We can also offer this trip as a private holiday. A Private Departure follows exactly the same itinerary as the group departure but at dates to suit you (subject to availability) - please contact us with your preferred dates.

### Tailor Made service

We pride ourselves on the level of quality and choice we provide for our clients who want a fully tailor made holiday. A holiday will be created especially for you by one of our well-travelled experts. They will be able to advise on the accommodation best suited to your needs, the sights you should visit (and those to avoid!) and the best walks and activities matched to your ability. In short, we will work together with you to create your perfect holiday.

If you would like to explore the idea of a Tailor Made holiday with Mountain Kingdoms then please call us on +44 (0)1453 844400 or see the Tailor Made pages of our website for further inspiration.

## Your guide

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Your Everest trek will be led by one of our highly experienced Sherpa Sirdars, the majority of whom have climbed on, or summited Everest. They have an intimate and expert knowledge of the history, culture and nature of Nepal and will make your trip a memorable experience.

The Everest Marathon race organisers are our partners in Nepal and will also operate your trek, so the two will fit together seamlessly.

*Phura Dorjee (pictured left) on the summit of Everest and one of our popular guides for this trek.*



## Your trip highlights

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- Realise the ambition of a lifetime by running the world's highest marathon, beneath the world's highest mountain, on the date that commemorates when Mount Everest was first climbed back in 1953
- Cross two spectacular passes over 5,000 metres: the Renjo La and the Cho La. These passes are superb objectives in their own right but they also provide excellent acclimatisation, maximising your chances of success on race day
- Spend two nights camping at Everest Base Camp where the race starts at 5,300m/17,388ft, soaking up the fantastic atmosphere and preparing for the big day
- Walk up to Kala Pattar at 5,545m/18,193ft for superb views of Mount Everest and surrounding snow-capped summits
- Trek in the more unspoilt valleys of the Khumbu, away from the busy main trail to Everest Base Camp and view Everest, Makalu, Lhotse and Cholatse, the Himalayan giants, in their full glory
- Stay at a four star hotel in Kathmandu with time to relax or take in the sights of the city

## At a glance itinerary

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Days 1-3	Fly to Kathmandu. Drive to Ramechhap. Fly to Lukla and trek to Monjo.
Days 4-5	Trek to Namche Bazaar. Rest day and acclimatisation.
Days 6-9	Trek to Lungden via Thame. Alternate between trek days and rest days to aid acclimatisation.
Day 10	Trek to Gokyo via the Renjo La, 5,340m/17,521ft.
Day 11	Rest day in Gokyo or climb Gokyo Ri, 5,360m/17,585ft.
Day 12	Trek to Dragnak.
Days 13-14	Cross the Cho La, 5,420m/17,777ft. Trek to Lobuche.
Day 15	Ascend Kala Pattar, 5,545m/18,192ft, descend to Gorak Shep.
Day 16	Trek to Everest Base Camp, 5,300m/17,388ft.
Day 17	Full rest day.
Day 18	RACE DAY!
Days 19-20	Trek to Lukla via Namche Bazaar.
Days 21-23	Fly to Kathmandu. Time at leisure. Fly to London.

## Trip summary

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This is the ultimate adventure holiday combining both the trek and the mountain racing challenge of a lifetime. Trek over two of Nepal's most spectacular passes to reach the foot of Mount Everest, and then run the world's highest marathon in the shadow of the world's highest mountain.

With the start line at 5,300m/17,388ft, you will need excellent acclimatisation. Our itinerary provides just that, with a two week trek to Everest Base Camp, crossing two high altitude passes over 5,000m. From Ramechhap you take the exciting flight to Lukla and then trek up to Everest Base Camp through some of the more remote, unspoilt valleys of the Khumbu, crossing the Renjo La, 5,340m/17,521ft and the Cho La, 5,420m/17,777ft, en-route. We strongly believe this gives you a much better chance of performing well on race day than just walking from Lukla up the main Everest trail to base camp as a walk-in is in itself a challenging, high altitude trek, and one which offers the most awe-inspiring mountain scenery in the Everest region.

Having crossed the two high passes you continue towards Everest Base Camp and summit Kalar Pattar, 5,545m/18,193ft, for further acclimatisation, and as you can't actually see Everest from base camp. From the top of Kala Pattar there are outstanding views of Everest and many other 8,000m and 7,000m peaks. Well acclimatised you then have a full day to rest and enjoy the camp atmosphere at Everest Base Camp so your legs are fresh and raring to go on race day.

The 26.2 mile race takes place on 29th May, and this date has been picked to commemorate the first successful Mount Everest Expedition, where Tenzing Norgay and Sir Edmund Hillary made history in 1953. Starting early in the morning, and wearing your electronic chip band, you leave base camp and race down to Namche Bazaar. There are checkpoints, water and medical stations along the way but most of the running is through open

terrain. The race is a huge physical and mental challenge but you will be spurred on by the remarkable views and support from locals and trekkers as you descend.

Whilst on trek before and after the race you will stay in cozy local tea house accommodation, and camp for just the two nights you are at Everest Base Camp. The trek and race are fully portered so you will walk and run with a small daysack, carrying just the essentials you need each day on the trail.

We believe this is the ultimate high altitude racing adventure in the world's most stunning mountain terrain. The unrivalled scenery more than compensates for the rigours of this demanding race - and you will have the memories to last a lifetime.

## Special notes

### Medical/first aid information

On every trek we carry a comprehensive medical kit. Our guides are well versed in First Aid and attending to minor medical problems and acute mountain sickness. They are trained in wilderness first aid every year by veteran western and local doctors in Kathmandu. For this marathon, professional medical doctors from Kathmandu will be stationed at Everest Base Camp, and on race day at two checkpoints along the course, and at the finish. In case of severe emergencies helicopters are available on extra payment for evacuation to the nearest medical facility or to one of Kathmandu's best hospitals. You will need suitable insurance for this, which we can provide.

# Race Information

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## Course Measurement:

The 26.2 mile marathon course has been measured by a measuring wheel and GPS with barometric altimeter. The maximum number of marathon runners is 200.

## Fitness and experience required

It's important that anyone undertaking the Everest Marathon has completed the marathon distance at least once before, and has successfully tackled demanding trail and fell races. You must be at home in the mountains and ready to face the adverse weather conditions that a mountain environment can bring, such as high altitude, rain, fog, snow, and biting winds. You will be an experienced trail or fell runner, well trained for such an event. If you take your normal, flat road marathon time - you can double it for this race due to the terrain and altitude. You will need a good deal of physical and mental strength to take on this running challenge, and be capable of completing the event within the cut off time of 4pm.

## What you will need to carry with you on race day

Rucksack (10-20 litres)

Small first aid kit for blisters, cuts, sprains, etc.

Full body cover - waterproof jacket and windproof trousers

Hat and gloves

Water bladder or bottle - 2-3 litres. Water stations are just to refill water - we do not use mineral water bottles for environmental reasons. Wide mouthed bottles can be filled more easily

GPS device - a GPS map will be provided so you can follow it whilst you are running

Head torch

Whistle

Sun cream

Energy bars/gels - carry sufficient for a full day on the move

Sunglasses

Money - if you need to buy any food or drink on the way

You will need to be prepared for changes in temperatures - it can vary from minus 10 degrees at the base camp early in the morning, to 20 degrees in Namche where you finish.

## Race checkpoints

Checkpoint	Location/Position	Purpose of checkpoint
1	EBC starting point	Management of runners
2	Gorak Shep	Water station
3	Lobuche	Checkpoint, water and medical station
4	Thukla: Dingboche-Pheriche trail junction	Checkpoint, water and medical station
5	Dingboche loop end	Marshall water point, water/food/medical station
6	Bibre	Checkpoint - no water
7	Pangboche junction - trail junction for ultra, marathon and half	Checkpoint and water station
8	Tengboche - Chautara	Checkpoint, water and medical station
9	Lobisasa - Pokhara Hotel	Checkpoint, water and medical station
10	Trail junction between Sanasa & Kangjuma	Water and medical station
11	Namche - Chor Camp	Finish, medical/food station

**Control and refreshment stations:**

Runners will be provided with electronic chip bands which must be worn throughout the race. Any changing or handing over of bands will result in disqualification. Refreshments of water and ion drinks are provided at most checkpoints (see above). Noodle soup or similar food item will be offered at Dingboche, and at the finish, a meal will be served.

**Cut off time:**

The maximum time allowed to complete the Everest Marathon is 15 hours. There is a cut off time of 4pm for runners at Thyangboche. Those who have not managed to reach Thyangboche by 4pm should stop overnight at the local lodge. They can continue the marathon the next morning at 6am and must be finished by midday on the 30th May. For those who cannot finish on the first day a penalty of 3 hours will be added on to their total time.

**Rescue and assistance**

Checkpoints are at approximately every 5-10km and these posts are in communication with race headquarters. There are medical posts with GP doctors at Dingboche, Photse and the finishing point. Because of the nature of the race it is important that each participant helps the others in case of danger or illness, and alerts the closest checkpoint. It is understood that participants know that because of the nature of the event, they may have to wait some time for help. Participants are encouraged to run in pairs for safety reasons, although it isn't mandatory. If a participant appear seriously injured during the race, you should:

- go to the next point
- if possible phone the race director
- ask another runner to alert the technical team

A rescue helicopter is stationed at the finishing point or a Lukla during the day, however they can only attempt rescues if the weather is conducive.

**Trail markers:**

Flags are used for marking at points where the race route may not be clear and there will also be direction boards. If you can't see markers for a long time, please retrace your steps. Paint isn't used out of respect for the environment.

**Finish:**

You will receive a tracksuit, medal and finishers certificate. Food is provided at the finish point.

**Penalty/disqualification**

Race officials are on the course to see that race rules are followed. The race director reserves the right to disqualify anyone, who doesn't follow the race rules, from the race.



# Your trip itinerary

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## Day 1: Depart London.

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Depart London on your overnight flight to Kathmandu.

**Overnight: In flight**

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## Day 2: Arrive Kathmandu. Drive to Ramechhap - approximately 4 hours.

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On arrival in Kathmandu you will be met at the airport and transferred to Ramechhap which lies around four hours south east of Kathmandu (traffic depending).

**Overnight: Tea House, Ramechhap (Meals: L D)**

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## Day 3: Fly to Lukla, 2,743m/9,000ft. Trek to Monjo, 2,835m/9,301ft - 5-6 hours.

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The flight from Ramechhap Airport to Lukla and the landing at the small mountain airstrip is something you will be talking about for many years to come. The scenery is fantastic and as you fly above the vast valleys towards Lukla, the mountain giants of the world appear on the horizon. After landing on the airstrip, there may be time for a cup of tea in one of the lodges in Lukla before starting the trek. It is about two hours to lunch at Phakding, 2,652m/8,700ft. First the path drops down a steep, stony path to meet the trail coming up through Chaurikharka. You will encounter porters, sherpas, trekkers and the common beast of burden, the dzo. The path contours the mountainside, past lodges and the small hamlets of Ghat, 2,490m/8,169ft, and Chuthrawa, 2,591m/8,500ft. The trail takes you past large stones carved and painted with prayers, a couple of large new suspension bridges and under cliffs with trickling waterfalls. From Phakding it is another two or three hours to Monjo, 2,835m/9,301ft, which lies just past Chumoa.

Memories of the day will include the sounds of porters with transistor radios, a cacophony of different languages, strange-sounding birds, the sights of porters with loads resting on sticks outside tea houses, tired trekkers on their way back to Lukla, prayer flag poles, the gaudy colours of the tea houses and of course the dramatic scenery.

**Overnight: Tea House (Meals: BLD)**

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## Day 4: Trek to Namche Bazaar, 3,445m/11,300ft - 3-4 hours.

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Today's path is full of interesting sights. Not least of these will be your first view of Everest as you get higher up the trail. From the lodge it is 15 minutes to the Everest National Park boundary and already the scenery is impressive, with deep gorges, bare vertical rock faces, pine forests on some steep slopes and wispy waterfalls. Having completed the paperwork, it is then another 15 minutes of following the right bank of the river before you start to climb to the Hillary Bridge, named after Sir Edmund of Everest fame. This is a tremendously impressive suspension bridge, spanning a deep chasm. The path then zigzags up through the forest where trees pack themselves in between giant boulders and cliffs. If you are lucky, you may well see small herds of thar, a small deer-like animal. Eventually you pull into Namche Bazaar, its Sherpa houses built one above the other on the steep sides of a sloping mountain bowl. The narrow streets at its centre are a mixture of cyber cafés, souvenir shops and places where you can buy or rent anything under the sun.



**Overnight: Tea House (Meals: BLD)**

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## Day 5: Rest day - acclimatisation.

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'Climb high, sleep low' is the mantra for good acclimatisation. To help acclimatisation it is a good idea to walk up the hill today to the Park Headquarters from where there are the first really good views of Everest and Ama Dablam - a wonderful panorama. If you are feeling energetic you might also make the worthwhile excursion to the Everest View Hotel, situated above the village of Khumjung.

Although rather an ugly building and out of keeping with its surroundings, there are very impressive views from its terrace and you can have a cup of tea or a glass of hot lemon there while you revel in the mountain scenery.

**Overnight: Tea House (Meals: BLD)**

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**Day 6: Trek to Thame, 3,820m/12,533ft - 5-6 hours.**

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Climbing steeply out of the village you then head north-west, up the Nangpo Drangpo valley (Bhote Khosi). You walk through fine rhododendron forest with views across the valley, Kwangde, 6,343m/20,806ft, and the waterfalls cascading off its flanks. You cross a tributary valley (Kyajo Kola) and look back down the valley for views of Thamserku, 6,648m/21,806ft, and Kusum Kangru, 6,370m/20,896ft. You then arrive at the village of Thamo and could visit its tiny gompa.



From Thamo, the trail continues gradually uphill through scrubland. You may well spot Himalayan thar (a type of mountain goat) on the hillside, although their numbers have dwindled recently due to attacks by snow leopards. As you progress further up the trail, you see the path which leads to the Tesi Lapche pass, which leads to the Rolwaling Valley and you can see Thame Gompa. After about an hour and a half's walking, you reach a huge rock wall painted with the Buddhist figures of Green Tara and Guru Rimpoche. The bridge over the Bhote Koshi, adorned with prayer flags, is crossed and then it is half an hour's gradual ascent to the village of Thame. Thame is an attractive village comprising a collection of lodges, houses and a gompa above it.

**Overnight: Tea House (Meals: BLD)**

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**Day 7: Acclimatisation walk from Thame.**

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Today you could walk up towards the Singdu-Ri, 4,571m/15,000 ft, from where you will be rewarded with magnificent views of the Everest range including Makalu and Cho Oyu, depending, of course, on the weather conditions. The trip there and back to Thame will take about 4-6 hours and will give you good acclimatisation.

An easier option would be a two-three hour walk to Thengbo, on the way to the Tashi Lapcha pass, from where you can get good views of the lower Himalaya. This is a valley walk with gradual climbs. In the afternoon, your group will have the chance to visit Thame monastery.

**Overnight: Tea House (Meals: BLD)**

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**Day 8: Trek from Thame to Lungden, 4,350m /14,272ft - 4 hours.**

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Today you leave the main trail, and you will enjoy the peace and relative solitude. You begin today's walk uphill for about 15 minutes until rounding a bend you will see the attractive, moderately sized village of Tangmote. You descend to the village and pass a huge chorten as you continue along a very well-trodden, wide path. The trail is strewn with mani walls and a small chorten as you progress through the village. After about an hour, you walk parallel to the village of Yellajung on the other side of the Bhote Koshi.

The trail continues on a gentle, ascending path on the hillside above Bhote Koshi. After approximately two hours walking, you come to the village of Tharngga at 4,000m/13,100ft. You will start to feel the altitude here. Tharngga comprises a sprawling collection of stone houses, and you have superb views of Kongde Ri as you look down the trail. A further 45 minutes or so on a gradually rising trail brings you to Marlung, 4,200m/13,779ft, where you will probably stop for lunch. Continuing on, a rough, ascending, pebble-strewn path marked sporadically with red arrows, brings you in an hour to Lungden - 4,350m /14,271ft.

**Overnight: Tea House (Meals: BLD)**

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**Day 9: Rest and acclimatisation day in Lungden.**

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Today there will be an opportunity to walk and explore further up the valley. This will provide much needed acclimatisation for tomorrow's trek over the Renjo La.

**Overnight: Tea House (Meals: BLD)**

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**Day 10: Trek to Gokyo, 4,790m/15,716ft, over the Renjo La, 5,340m/17,521ft - 8 hours.**

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Today's walk is challenging. You leave Lungden and a fairly stiff climb for an hour or so takes you to a lake. Here you continue ascending for a couple of hours until you reach Black Lake and the col. Here you can see your objective, the Renjo La, and its prayer flags some 250m/800ft above.

The trail is now very good - stone steps almost all the way to the pass. It zigzags across the hillside and you will really feel the altitude here. It takes between five and six hours to reach the pass. The descent to Gokyo will take around three hours and the first part is often snow covered and moderately steep. It is marked with cairns. Eventually the path becomes a good trail which leads to the Dudh Pokhari (lake) and Gokyo.



**Overnight: Tea House (Meals: BLD)**

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**Day 11: Rest day in Gokyo with recommended ascent of Gokyo Ri for acclimatisation.**

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Today, assuming that the weather is clear, you will enjoy tremendous views from nearby Gokyo Ri. Unlike Kala Pattar from Lobuche where you have a long walk in to make the climb, the foot of Gokyo Ri lies just five minutes away from the lodges at Gokyo, across the stream that feeds the lake. A two to three-hour 'huff and puff' on a zig-zagging trail leads to the summit from where the views are well worth all the effort involved. There are good views of Everest, 8,848m/29,028ft, which shows its summit and northern flank and Makalu, 8,475m/27,798ft, is seen further to the east. To the north is Cho Oyu, 8,153m/26,741ft, and all around snow, ice, glacial moraines and other giants can be seen. Below is the village of Gokyo, the picturesque Gokyo lakes and the debris littered surface of the huge Ngozumba Glacier. You'll descend to Gokyo for lunch. In the afternoon you may take a well-earned rest, or take a walk further north beside the glacier towards the Gokyo Valley's fourth and fifth lakes.

**Overnight: Tea House (Meals: BLD)**

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**Day 12: Trek to Dragnak, 4,750m /15,420ft - 2 hours.**

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From Gokyo you descend into the valley a short way and then, having passed a lower lake, you head east to climb the moraine of the Ngozumba Glacier. The crossing of the glacier is arduous; the path winds up and down and around through boulders and rubble and the trail changes from year to year as the glacier moves. You then continue to Dragnak.

**Overnight: Tea House (Meals: BLD)**

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**Day 13: Cross Cho La, 5,420m /17,777ft, and descend to Dzongla, 4,843m/15,889ft - 8 hours.**

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Leaving Dragnak you make a long ascent, then cross a grassy saddle and descend a short way to Chyugima before starting the climb proper to the pass. The ascent is over steep scree, rocks and large boulders which can be very slippery and the going can be difficult in places, depending on the conditions. The way becomes even steeper to reach the pass itself. The views when you reach the snow field at the top are stunning. Again, care must be taken on the descent. The route down the snowfield begins gently, but then, following cairns which mark the way, the terrain becomes more difficult as you walk and scramble over large rocks and boulders. The final valley descent is more gradual and easier going to arrive at your stopping place for the night at Dzongla.

**Overnight: Tea House (Meals: BLD)**

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**Day 14: Descend to Duglha and trek to Lobuche, 4,931m/16,175ft - 4-5 hours.**

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An easier day today, as you descend past the small lake of Cholatse Tso beneath Cholatse Peak and then contour round to the jumble of rocks at the base of the Khumbu Glacier which is reached at the tiny hamlet of Duglha. There is then a short sharp climb up the terminal moraine of the glacier to reach the top where there are memorial cairns to those who have died on Everest. There is a real feel of being high in the mountains, and the landscape is wild and rocky. Following a stream, which is often frozen, at one side of the moraine, you soon reach the houses of Lobuche.



**Overnight: Tea House (Meals: BLD)**

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**Day 15: Ascend Kala Pattar, 5,545m/18,193ft. Trek down to Gorak Shep - 7 hours.**

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An early start is essential to reach the summit before any cloud comes down and it will probably be very cold when you set off. Make sure to have something for breakfast even if you don't feel like it as you will need the energy. You are at high altitude, so take some snacks to keep you going along the way and be sure to have your water bottle filled when you set off.

Leaving Lobuche you head north-east, along the side of the Khumbu Glacier through jumbled moraine and shattered rock. There is almost no vegetation here. Even so, small coveys of the delightful Tibetan Snow Cock can often be seen along the way or heard calling from the hillsides. You make several energetic ups and downs across the moraine and descend to Gorak Shep where it is worth having a reviving cup of tea and a snack.

At Gorak Shep you will be ideally placed for an ascent of Kala Pattar in the clear of the morning before cloud comes in to obscure the summit of Everest. Although not far, this is a tough ascent of approximately two to three hours until you finally reach the rocky summit of Kala Pattar at 5,545m - quite literally the high-point of your trek. From the summit of Kala Pattar there are great views of the summit of Everest as well as other Himalayan giants - Pumori, 7,145m, the Tibetan peak Changtse, 4,501m, Nuptse, Lhotse and countless other needles and snow fluted ridges. You can also look down on the Khumbu glacier where base camp is located during the climbing season in late spring. You will then descend to Gorak Shep.

We highly recommend the ascent of Kala Pattar, both for extra race acclimatisation and because you cannot see Everest from Everest Base Camp itself.

**Overnight: Tea House (Meals: BLD)**

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**Day 16: Trek to Everest Base Camp, 5,300m/17,388ft- 3 hours.**

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From Gorak Shep it is still a long, fairly arduous trek to base camp, initially following the top of the moraine and then descending onto the boulder-strewn glacier. In the climbing season you may follow mountaineering groups, or yaks carrying supplies, but at other times there are just a series of small cairns along the route. After a couple of hours you reach the base camp area from where, although you do not have views of the actual summit of Everest, there are sensational close-up views of the terrifying Khumbu ice-fall and a surrounding scenery of ice seracs and tumbled rocks. This will be your home under canvas for the next two nights.

**Overnight: Camp (Meals: BLD)**

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**Day 17: Rest day at Everest Base Camp.**

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Today is a day dedicated to getting some rest and recuperating from your long walk-in, and preparing for your all important race.

**Overnight: Camp (Meals: BLD)**

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**Day 18: RACE DAY!!!**

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The big day. Starting at 7am from the bottom of the Khumbu Glacier you will race down to to Namche Bazar at 3,445m/11,300ft. The course is mostly downhill on the main Everest Base Camp trail but with some ascents and added interest along the way. You descend through Gorak Shep and head down towards Dingboche, making a loop at Biber before continuing to Namche via Kyanjuma. There are spectacular views throughout, although you will need to devote most of your time to watching your footfall, rather than admiring the view. Bank on the race taking you about twice the length of your normal marathon time; this will be a very demanding day. There will be a celebration meal in the evening.



**Overnight: Tea House (Meals: BLD)**

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**Day 19: Trek to Phakding. 2-3 hours.**

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With heavy legs and a heavy heart you retrace your steps to Phakding.

**Overnight: Tea House (Meals: BLD)**

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**Day 20: Trek to Lukla, 2,880m/9,449ft - 6-7 hours.**

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Today you retrace your steps back to Lukla. There is something very special about the setting, the villages and the people of the high Khumbu hills and valleys and these memories will help you when making the deceptively long, final climb into Lukla.

**Overnight: Tea House (Meals: BLD)**

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**Day 21: Fly to Ramechhap. Drive to Kathmandu - 3½-4 hours.**

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This morning you will take the small fixed-wing flight back to Ramechhap, to be met on arrival and transferred back to Kathmandu for some well-earned relaxation.

Please note that flights into and out of Lukla are sometimes delayed due to weather conditions; be reassured that our staff in Lukla and in Kathmandu will be doing everything possible to minimise the inconvenience caused if this happens. Your patience in the trying circumstances which can occur, will be greatly appreciated.

**Overnight: Kathmandu Guest House or Similar, Kathmandu (Meals: B)**

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**Day 22: Day at leisure in Kathmandu. Farewell dinner at Shankar Hotel for all race participants.**

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Today will be at leisure for some shopping, sightseeing or simply relaxing after your trek. If sightseeing, you might like to visit the important Hindu temple complex of Pashupatinath on the banks of the Bagmati River or the magnificent stupas of Swayambhunath or Boudhanath. You could also take a taxi in the morning (hotel reception can help you organise this) to visit one of the two old towns of the Kathmandu Valley, Bhaktapur or Patan.

There will be a lavish farewell post-race dinner at Shankar Hotel for all race participants where you will all celebrate your fantastic achievement.

**Overnight: Kathmandu Guest House or Similar (Meals: B D)**

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**Day 23: Group transfer to airport. Fly to London (arrive same day).**

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You will be transferred from your hotel to the airport for your flight home. **(Meals: B)**

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## Our grading system

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Two High Passes and Everest Marathon is graded as a Strenuous trekking holiday, as described below.

### **Strenuous**

Our strenuous trekking holidays can involve anything from 10 to 30 days on trek and are often in remote areas, far from 'civilisation'. Rest days are interspersed but there may be up to 7 consecutive days of hard walking. Most treks reach altitudes of at least 4,900m/16,000ft and there will be a great deal of ascent and descent. The majority of our strenuous treks utilise camping, tea house or mountain lodge accommodation.

These holidays are suitable for fit individuals who have regular experience of mountain walking.

## Trip altitude

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**Important** - please be aware that this trip involves travel at altitude. Whilst all our itineraries are carefully designed to optimise acclimatisation to high altitudes, participants on this trip are likely to experience some symptoms of being at altitude. The Dossier pack we provide when you book your holiday includes comprehensive advice on safe travel at altitude. If you require further information or advice on travel at altitude prior to booking please contact the office to speak to an experienced member of our team. Alternatively we recommend [www.medex.org.uk](http://www.medex.org.uk) as a good source of information.



## What the price includes

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**Mountain Kingdoms** aims to offer the best value for money. We do not charge extra for meal packages or apply local charges and try to ensure that all the key elements of your holiday are included.

### What's included:

- ✓ Your race entry
- ✓ Event t-shirt, tracksuit, participant medal, certificate and souvenir t-shirt
- ✓ Celebratory post-race dinner at Shankar Hotel for all race participants
- ✓ English-speaking local guide
- ✓ Economy class return air fares from the UK & UK Departure Tax (flight inclusive only)
- ✓ All internal flights and domestic transfers
- ✓ Single, timed group airport transfers for international flights on arrival and departure
- ✓ Good standard hotel accommodation (4 star) in Kathmandu, twin share, bed and breakfast basis
- ✓ All road transport by private vehicles
- ✓ Free use of a good quality down jacket, sleeping bag and liner (supplied in-country)
- ✓ Lodges booked in advance
- ✓ Two nights camping at Everest Base Camp, with sleeping tents, mattresses, dining tent, and all meals provided
- ✓ Water & food stations on the race
- ✓ Trek staff and full portage and their insurance
- ✓ All meals on trek including tea and coffee
- ✓ A free high quality Mountain Kingdoms kit bag
- ✓ Sherpa/porters properly insured and equipped
- ✓ Carbon offsetting with the Ecoan Tree Planting Project (for clients taking our flight inclusive option)
- ✓ The opportunity to attend one of our pre trip meet in the Cotswolds

### Airport transfers

The cost of a transfer to/from the airport is included in the price of your holiday. This is a single group transfer which is arranged to coincide with the timings of the group flights. If you book your own flights which arrive/depart at different times to this, or we book flights at your request that have different timings, we will be happy to provide a quote for a separate transfer. Please contact us should you require any further information.

### What's not included:

- ✗ Travel insurance
- ✗ Visa fees
- ✗ Tips
- ✗ Lunch and evening meals in Kathmandu (except celebration meal on Day 22)

### Water-to-Go Reusable Bottle Campaign

We have joined the campaign to help cut down on the use of plastics and, in particular, single-use water bottles. To do this we have teamed up with the revolutionary company, Water-to-Go who have developed a multi-use drinking bottle with a reusable filter that eliminates over 99.9% of all microbiological contaminants. This makes water from virtually any source safe to drink and significantly reduces the need for travellers to buy bottles of water wherever they are in the world.

Our clients who are not given a free Mountain Kingdoms kit bag for their holiday (these are required for certain treks), will instead receive a free Mountain Kingdoms Water-to-Go bottle. These unique Water-to-Go bottles can also be purchased from us at a discounted rate. For further information about our campaign visit

<https://www.mountainkingdoms.com/water-to-go-reusable-bottle-campaign>.

## Your accommodation

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We will endeavour to secure the hotels named in the itinerary but if our first choice of hotel is not available we will book a suitable alternative of a similar standard.



### **Kathmandu Guest House, Kathmandu**

The Kathmandu Guest House is a 4\* hotel situated right in the heart of Thamel - the tourist hub of the city. Known as Kathmandu's 'original hotel' it has been extensively renovated over recent years and has good quality rooms, a spa, gardens and a restaurant. The hotel also houses the excellent Museum of Nepali Art (MONA) which showcases traditional and contemporary works of art - admission is free for Mountain Kingdoms guests.



### **Tea Houses**

Tea houses are a long established tradition in the trekking regions of Nepal, providing an important source of income for the local people. They vary in size and quality. Tea houses offer simple accommodation comprising twin bedded rooms and basic toilets - not usually en suite. Many tea houses also offer rudimentary hot showers for a small fee. Some tea houses have a limited supply of solar powered electricity but this is not always the case so have a head torch handy. Meals are taken in a communal dining area which is warmed by a wood or yak-dung burning stove. Most trekkers relax here for the evening.



For various reasons, it is not possible to guarantee single rooms in tea houses. If you are travelling without a companion and would like a single this may sometimes be possible upon payment of a small supplement on the spot (usually around \$10). Alternatively, if the tea house has an odd number of guests on the night you may be lucky and find yourself in a room on your own. However it is more likely you will share with someone (of the same sex obviously). This would most likely be someone within your group but when the tea houses are busy, it could even be someone else. Be prepared for this! We do however offer the option of a single room in your hotel in Kathmandu for a supplement.



### **Camp (two nights at Everest Base Camp)**

On our treks that have have camping nights, the following are provided: a sleeping tent, a dining tent, a toilet tent exclusively for your group to use, and a kitchen tent. There are camp chairs or stools, a kerosene / solar lamp or candles for reading in the dining tent at night, a dining table, crockery and tableware. The trek staff put up and take down tents, make the tea, cook the food, wash the dishes, and load the porters or pack animals. Your kit bag is carried for you either by porters or pack animals and you just trek with a light day sack.

## Meal arrangements

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Bed and breakfast in Kathmandu, all meals on trek. 21 x breakfasts, 18 x lunches, 19 x dinners.

## Flight arrangements

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### Flight inclusive from price

Our 'Flight inclusive from' price is based on the best fare available at the time of printing. As airfares change on a constant basis, this should be used only as a guide price. Rest assured that, at the time of booking, we will endeavour to get the best possible price for the flights you need. Remember, the earlier you book the greater your chances of securing the best fare.

Flight inclusive packages booked through Mountain Kingdoms are protected through our ATOL bonding scheme.

### Flight upgrades and regional Airports

Please call us on +44 (0)1453 844400 for flight options from regional UK airports, Business Class upgrades, alternative airlines and stopovers. Please also check our website for the most up to date flight inclusive 'from' prices.

## Further information

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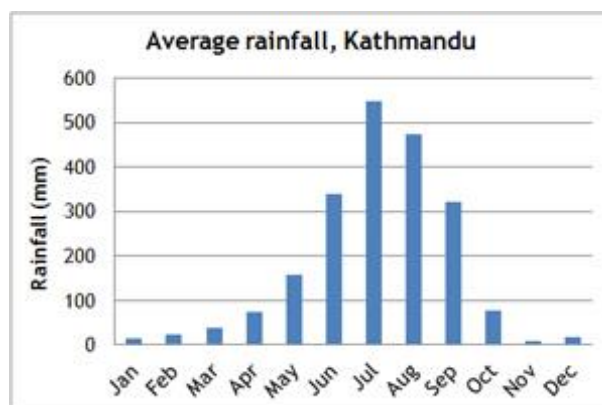
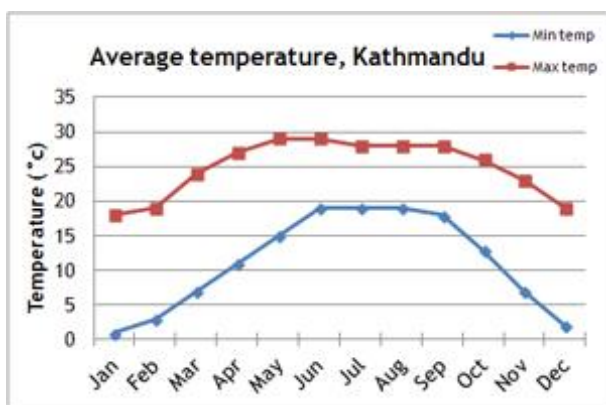
When we receive your booking, we send you a full Trip Dossier which contains details of any visas and vaccinations required, a suggested gear and clothing list and lots of useful information. If you do have queries at this initial stage do call us on 01453 844400 and we will be pleased to offer advice.

## The nature of adventure travel

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Every effort will be made to keep to this itinerary but we cannot guarantee that things may not change, either before you travel or while you are away. By its very nature, adventure travel involves an element of the unexpected, particularly in more remote areas. A variety of factors such as adverse weather conditions, changes to local schedules and difficulties with transportation can all contribute to the need to make changes to the itinerary, often at the very last minute. Our Operations Manager and your Trip Leader will make every effort to maintain the integrity of the original itinerary and minimise the impact of any changes, but an easy-going and flexible nature is a real asset! Please note that all timings and distances given are approximate.

# Climate information



# Extensions

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## Extending your holiday

If you would like additional inspiration on how or where to extend your holiday please call us on 01453 844400. Alternatively, you can download a range of extension information sheets on our website, at [www.mountainkingdoms.com](http://www.mountainkingdoms.com).



### Extra nights in Nepal

If you would like to extend your stay in Nepal, you can add extra nights at your group tour accommodation or choose from our range of distinctive properties in Pokhara and the Kathmandu area. We can offer luxury resorts, heritage hotels, tranquil lodges and characterful cottages. Our selection includes Dwarika's hotel in Kathmandu and its sister property - Dwarika's Resort at Dhulikhel, Pavilions Himalaya at Pokhara, Tiger Mountain Pokhara Lodge and Shivapuri Heights Cottage. Individual extension leaflets for all these options can be downloaded from our website or requested from our office.



### Kathmandu Valley sightseeing excursions

We can arrange half day or full day sightseeing tours taking you to the key cultural attractions of central Kathmandu or the Kathmandu Valley including the World Heritage Sites of Bhaktapur and Patan. Your tour will be led by an English-speaking guide and you will have a private vehicle and driver.



### Bhutan and Tibet extensions from Nepal

Whilst in the Himalaya, why not extend your Nepal holiday with a tour of the cultural highlights of Bhutan or Tibet. We offer several extension packages that include all accommodation, meals and sightseeing or we can tailor an itinerary to suit your exact requirements. Download extension leaflets for our Bhutan and Tibet extensions from Nepal, or contact the office to discuss various options.



### Wildlife extensions in Nepal - Chitwan, Bardia & Koshi Tappu

Visit Chitwan or Bardia National Parks home to a rich variety of birds and animals including elephant, rhinos, leopard and Bengal tiger. Stay in a comfortable lodge and enjoy a range of wildlife viewing activities. Alternatively visit the renowned Koshi Tappu Wildlife Reserve - one of the finest birdwatching and wildlife areas in all Asia.



### Lumbini

Enjoy a three day extension to the birthplace of Buddha, one of the most important Buddhist pilgrimage sites in the world. Take the short flight from Kathmandu, and spend two nights in a comfortable 3\* hotel, just steps from the Lumbini temple complex, with a full day to explore the fascinating UNESCO World Heritage Site in the company of your expert local guide.



## Why book this holiday with Mountain Kingdoms?

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- Our itinerary offers the best pre-race acclimatisation with a spectacular trek which maximises your chance of success on race day.
- The trek we offer is relatively off-the-beaten track, crossing two dramatic 5,000m-plus passes - the Renjo La and Cho La before arriving at Everest Base Camp.
- We also include walks up to the summits of Kala Pattar and Gokyo Ri, which, in addition to offering extra acclimatisation, are fantastic objectives in their own right, with incredible views of Himalayan giants such as Everest, Lhotse and Cholatse.
- We use the best tea houses available on trek and a 4 star hotel in Kathmandu.
- There will be water refills, first aid, food stations and marshals along the course of the race.
- We include a full day's rest at Everest Base Camp the day before the race so you can rest and recuperate from the rigours of the walk-in, ensuring that you are raring to go for the big event.
- This Everest Marathon race has been operating successfully for 18 years, and the race organisers, our partners in Nepal, will also be operating your acclimatisation trek on the ground.
- Your trek will be led by a well-trained English-speaking Sherpa guide supported by an experienced trekking crew who will provide an excellent standard of service. Your gear will be portered for you so all you need to carry is a small daypack.
- We have a wealth of Himalayan experience in the company and Niki has both done this trek and the Everest Marathon. Call Niki on 01453 844400 for more information.
- We offer a flexible service and can extend your holiday with extra hotel nights, upgrades and exciting activities.
- As part of our commitment to 'Tourism Declares a Climate Emergency', we will be carbon-offsetting all international flights booked through us by donating funds to the Ecoan Tree Planting Project in Peru.
- If you wish to fly with a specific airline, from a regional UK airport or on alternative dates to the main group we would be happy to arrange this for you. Please contact our Flights team for flight options, quotes and further information.

If we've tempted you to take your next holiday with us, we advise you to check availability and you can do this via our website: [www.mountainkingdoms.com](http://www.mountainkingdoms.com) or by calling the team on +44 (0)1453 844400. Bookings can be made online, by phone or by completing a booking form and returning it to us. We can also provisionally hold places if you need time to consider your options.

## What we say

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*For me the Everest Marathon was the best experience of my life. Not only was this a chance to complete an iconic running challenge, but I was completely blown away by the spectacular scenery on the two week walk in to base camp (race starting point) and by the warm, friendly and encouraging support we received from our Nepalese trekking crew. Crossing the finish line after racing the world's highest mountain was the perfect finale to an epic, memorable and supremely enjoyable trip."*  
-Niki Morgan, Mountain Kingdoms

## Mountain Kingdoms - distinctly different

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### **Truly independent**

In an age where many so-called 'independent' travel companies have in fact been bought out by multi-national giants, we remain fiercely independent with all the benefits this offers our clients.

### **Value for money prices with an emphasis on quality**

We are not in the business of cutting our itineraries and services to the bone to offer eye-catching cheap prices. We use some of the best airlines, and typically 3 or 4 star hotels in cities. We include the majority of meals and private transport for road travel. We use excellent equipment and appoint well-trained staff and leaders. Last year, over 98% of our clients rated their Mountain Kingdoms holiday as 'excellent' or 'good'. We are members of AITO and bound by their quality charter.

### **Complete financial security**

You can book with us confident that your holiday has full financial protection. Flight inclusive holidays are financially protected by the Civil Aviation Authority under ATOL licence number 2973 and 'Land Only' holidays are covered by a bond secured with ABTOT.

### **No Surcharge Guarantee**

Your peace of mind is important to us so we have a No Surcharge Guarantee on all Land Only and Flight Inclusive bookings. This means that there will be no change to the price of your holiday once we have confirmed your booking, regardless of fluctuations in exchange rates or fuel prices.

### **Award winning Responsible Tourism**

We feel strongly that all our holidays should benefit local communities, protect the environment and respect local traditions, religion and heritage. You can read more about the charities we support and our Responsible Tourism commitments and initiatives on the following page or at [www.mountainkingdoms.com](http://www.mountainkingdoms.com).

### **Genuine small group travel**

Almost all of our holidays have a maximum group size of just 12, plus leader. This provides more contact with your leader, readier access to off-the-beaten-path areas, greater interaction with local communities and a reduced environmental impact.

### **Loyalty Discount**

If you have previously travelled with us we recognise your loyalty with a discount on future trips.

### **Booking your holiday - it couldn't be easier**

Once you've chosen your Mountain Kingdoms holiday you can book online, call the office or complete and post a booking form which can be found in our brochure or downloaded from our website. If you would like to hold a place on one of our trips, whilst you make up your mind, please give us a call to make a provisional booking. This is a no-obligation, no-cost booking and we will hold your place until space comes under pressure or we need your decision.

### **Comprehensive information**

When we receive your booking we send you a full trip dossier which contains details of visas and vaccinations required, a suggested gear and clothing list and lots of useful information. In fact, everything you need to know to give you peace of mind and allow you to prepare for your trip of a lifetime.



## RESPONSIBLE TOURISM STATEMENT CLIMATE EMERGENCY PLAN



For over 33 years, Mountain Kingdoms has been offering people the chance to visit amazing places on this extraordinary planet. We now offer trips to all corners of the world, but we are conscious that inevitably our holidays have a detrimental impact on the world around us, and we want to do all we can to reduce our carbon emissions. We are a signatory to Tourism Declares a Climate Emergency, along with a growing number of like-minded, reputable tour operators. For more information, please visit [www.tourismdeclares.com](http://www.tourismdeclares.com)

From 2020 onwards, we will be focusing on how we can reduce the carbon emissions that our holidays produce, and how to counterbalance this carbon by supporting carbon offset measures. Here are some of our current and future plans to minimise the impact of our business as a whole:

### **Carbon Offsetting**

#### **Already doing:**

- ✓ We have been offsetting carbon since 2007, but will be increasing our donations to the [Ecoan tree planting project](#) in Peru this year. This is with a trusted partner where the funds go directly to a project where the community plants trees on its own land.

#### **Will do:**

- ✓ We are working on making our carbon offsetting more accurate and targeted.
- ✓ In future, we will add to that a further estimate for carbon produced by hotels, local road travel, trains and internal flights to arrive at a carbon offset sum for each trip we operate.
- ✓ Carbon offsetting will be included in our holiday prices. For our Flight Inclusive holidays it will include the international flight and any emissions produced by inland travel and accommodation. Our Land Only prices will include the cost of offsetting emissions caused by inland travel and accommodation.

### **Reducing Carbon Emissions**

#### **Already doing:**

- ✓ We already offer the majority of our customers a free filtered water bottle which means they can instantly cut down on their single-use plastic consumption. This will be an ongoing project.
- ✓ We already predominantly use locally owned hotels, but will continue to ensure that, where possible, we use these rather than multinational chains.
- ✓ We have joined the Tourism Declares a Climate Emergency initiative to stand alongside like-minded travel companies, to work together to initiate best practices to make tourism as sustainable as possible.

#### **Will do:**

- ✓ We will re-evaluate our flights to make sure we are using the most fuel efficient airlines with the youngest fleets and, where possible, direct flights for each trip.
- ✓ We will stop offering unnecessary optional flights – for example our Everest sightseeing trip.
- ✓ We will eliminate unnecessary staff flights wherever possible.
- ✓ We will look at minimising internal flights.
- ✓ We will be asking all our worldwide agents and suppliers to look at their own carbon footprint and encourage them to reduce it.
- ✓ We will promote our more low impact trips to give customers an informed choice.

As part of our wider commitment to Responsible Tourism, we will continue to support a number of charities with whom we have had a long standing relationship over many years. These include: Shiva Charity in Nepal (Ginette Harrison School), Simien Mountains Mobile Medical Service and Porter Welfare, as well as setting aside a sum for emergency disaster relief should the need arise.



