Tenzing Hillary Everest Marathon

Trip Code: MEM

Version:

TRAIL RUNNING	GUIDED GROUP	CHALLENGING
		7



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

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. Our proven itinerary includes 3 days for rest and acclimatisation; at Namche Bazaar, at Dingboche and at Everest Basecamp itself. 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.

View our full range of Everest Base Camp Treks Here.

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

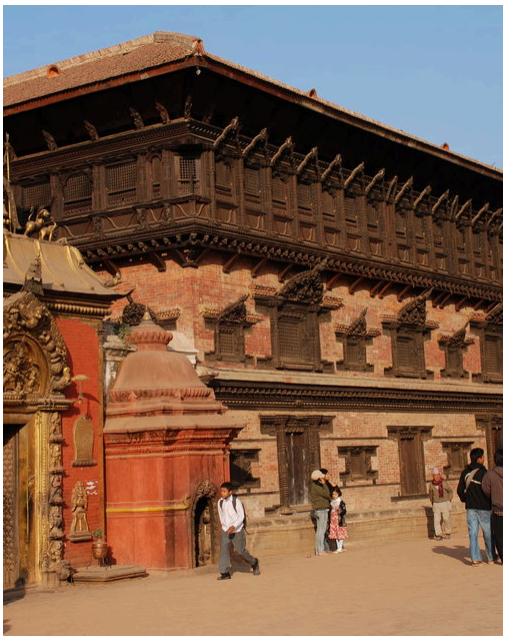
trekking at altitudes above 3000 metres makes greater demands on the body than walking at low elevations and can be challenging even for fit hikers. With our additional days for acclimatisation at Lukla, at Namche Bazaar, at Dingboche and at Everest Basecamp itself, this itinerary should provide near 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:

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$200 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$1,680 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.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for 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 meals 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.

Food & Water

Drinking 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.

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 is it 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 fpr 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 are stakeholders in an annual independent air audit of Nepal airlines undertaken by UK tour operators. KE only uses airlines in Nepal which have been approved by this audit. 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 £110 (in rupees) to these tips - although the amount you give is entirely up to you. 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 you 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 the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status 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.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

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.

NEW REQUIREMENT - FNMIS - Foreign Nationals Management Information System

The Nepalese Department of Immigration has introduced this system which aims to assist in the tracking of foreign nationals when in Nepal. It is intended to streamline service delivery and to ensure the safety of travellers. It does not collect any additional personal data beyond that which is already obtained through existing immigration procedures.

You are required to download app before travelling. Use the app download links below:

• iOS: https://apps.apple.com/us/app/department-of-immigration/id6749536250

• Android: https://play.google.com/store/apps/details?id=com.govnp.doi

Please Note: The system is not yet operating smoothly and if you have problems accessing the app or making it work, you can travel without it. You will be assisted to register on arrival in Nepal and your details can still be entered manually if necessary at hotel check-in, airport etc..

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.

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). Highlights of Dolpo - Tarap to Phoksumdo (DNB). 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. For DNB, DTM, MAN we also need to send off a scan of your insurance policy document - the page that includes your name, the policy number and contact details for the insurance company. Please send these scans to us once your holiday is guaranteed.

In addition, for Conservation Area treks and other treks requiring Special Permits - DNB, 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

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

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.

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 1ºC 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 before 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. All other nationalities should check their government websites for relevant information.

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 directly 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.

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

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.

Explore International

This holiday is part of our Explore International range. Participants on these trips can book through KE or through our international partner. This helps us to gather together sufficient numbers of like-minded adventurers to get your holiday up and running quickly. Led by an English-speaking guide, the cosmopolitan nature of these groups can be an important part of the experience!

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 you 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>

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

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

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

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 11/11/2026 and the trip is subject to change