

Great Himal Race

“The Ultimate Trail”

(April 1st – May 31st 2017)

“The race you can see from the moon...”

Wouter Hamelinck.

“Himalaya... The "Kingdom of Snows". A word. A sentence.

An invitation to a journey.

Himalaya... The highest mountain range in the World. The Mountain Continent.

More than just another trip, an adventure.

Himal... Mountain, immortal Sanskrit word in black and white.

The expedition spirit starts on the virgin face of a conquest aiming at being unique.

Great Himal Race, a route out of time on the Paths of the Sky.

Voyage, adventure, expedition...

Great Himal Race is not only this... The inspiration of each one will be a breath, a reason of being, and a philosophic odyssey.

Namaste in Himalaya, the country where the Wind Horses never finish their ride...”



Kanchenjunga (8586 m). Kanchenjunga Base Camp (5143 m). Start Great Himal Race 2017.

Great Himal Race crosses the high Himalayas passing nearby the ten eight-thousanders of Nepal. Indeed, Yalung Kang (8,420 m), Kanchenjunga (8,598 m), Makalu (8,475 m), Everest (8,848 m), Lhoste (8,501 m), Lhoste Shar (8,383 m), Cho Oyu (8,153 m), Manaslu (8,156 m), Annapurna (8,091 m), and Dhaulagiri (8,167 m), will be seen along the way.

The full race starts close to the Eastern border of Nepal at Kangchenjunga Base Camp (KBC) and finishes at the Western border in Hilsa, one bridge away from Tibet... The total length is about 1,800 km, with 90,000 m elevation gain, in 45 stages for runners and 60 days for hikers.

Several distances are proposed. For all of them, departure will be on April 10th 2017 at KBC. Arrivals will be at:

Namche (Khumbu), on April 22nd (13 stages).

Chhetchhet (Rolwaling), on April 25th (16 stages).

Syabrubhesi (Langtang), on May 2nd (22 stages).

Dharapani (Manaslu/Annapurna), on May 8th (28 stages).

Kagbeni (Annapurna/Mustang), on May 11th (31 stages).

Hilsa (Humla-Tibet), on May 25th (45 stages).

The route and the stages are pre-defined but depending on unpredictable events (weather, trails condition, political situation, etc.), modifications might occur. This is why three “safety” buffer days have been planned along the full program. There is no rest day per se but some of the stages are very short, also for organization and logistics purpose. Some alternative, easier routes are also possible to be used by the whole group (in case of bad weather for instance) or for individuals, in case of injury or illness, so that they can join the group later on.



Tamor Nadi Valley. Exploration Trek Lumbasumba - Arun. Octobre 2015. Photo : Michel Pignon.

Himalaya: *The Mountain Continent.*

Himalaya – “abode of the snow” in Sanskrit – is the highest mountain range in the world. It covers Pakistan, Kashmir, India, Tibet, Nepal, Sikkim, and Bhutan. 250 to 500 km wide between Tibetan Plateau in the North and Indo-Gangetic Plain in the South, 3,000 km long from Hindu Kuch (Afghanistan) on the West side to Yunnan (China) on the East side. It is the highest as well as the youngest mountain range on the planet. People living there have very diverse and very old traditions and religions. Nepal includes in a relatively limited space a high variety of people and cultures. It is located in the Eastern Himalaya or “High Himalaya”. Out of the 15 mountains on Earth that are more than 8,000 meters high above sea level, 10 are in Nepal, including Mount Everest, Sagarmatha in Nepali and Chomolungma in Tibetan and Sherpa.



Tamor Nadi Valley. Exploration Trek Lumbasumba - Arun. Octobre 2015. Photo : Michel Pignon.

Great Himal Race: “The Ultimate Trail”

Great Himal Race 2017 could take place only in Eastern Himalaya, also called the " High Himalaya ". Crossing numerous passes and valleys, the route includes 91,500 m of elevation gain and 90,000 of elevation loss, for a total length of 1,800 km (2,000 km including approaches, link stages and acclimatization).

The original itinerary of Great Himal Race could although be subject to modifications. Indeed, Himalaya is moving: glaciers, rivers, passes, and especially trails can change rapidly after an avalanche or a landslide... Late winter or early monsoon can block some passes on the itinerary. This is why several alternatives have been envisaged in case of issues. The itinerary of Great Himal Race is not fixed once for all.

When it comes to running and adventure in the Himalaya, one cannot ignore the journey of British brothers Richard and Adrian Crane. In spring 1983, from 18th March to 27th June, they ran from Darjeeling, India, to Rawalpindi, Pakistan, in 101 days, which is a total of 2,000 miles (3,250 km) and 300,000 feet (91,500 m) ascend. During this trip that they called “Running Himalaya’s”, they spent 46 days on Nepali trails.

From 21st October to 1st December 1994, Frenchmen Paul-Eric Bonneau and Bruno Poirier crossed the Nepalese Himalaya from Pashupatinagar in the East, to Mahakali in the West, staying as close as possible to the mountain range and with difficult weather conditions. They ran a total of 2,000 km and climbed 55,000 m in 40 stages during this trip that they called “Trans-Nepal-Himalaya, The Paths of the Sky”.

At that time Great Himalayan Trail (GHT) High Route and Cultural Trail did not exist. The name “GHT” appeared in 2009 and parts of it are just “a line on a map”. Initially limited to Nepal, GHT now goes from Bhutan to Cashmeere over 4,500 km. Since 2009, the number of GHT related projects kept increasing. For instance, Sean Burch from Great Britain mixed Cultural Trail from Pashupatinagar to Arughat and High Route from Arughat to Hilsa in 49 days (August 22nd – October 9th, 2010), which represents 2,012 km across Nepal with 79,200 m elevation gain and 73,200 m elevation loss.

Historically, the first crossing of Himalaya happened in 1981. Edmund Hillary’s son Peter Hillary, Chhewang Tashi, and Graeme Dingle walked from Sikkim (Darjeeling) to Karakoram (Pakistan).



Tamor Nadi Valley. Exploration Trek Lumbasumba - Arun. Octobre 2015. Photo : Michel Pignon.

Technical information

Overall

Great Himal Race is open to men and women, older than 23 years and matching the following criteria:

1. Experience of trail running,
2. Experience of multi-stage race,
3. Experience of high altitude (4,800 m and above) or test of hypoxia in laboratory equivalent to an altitude of 5,000 m,
4. Significant result in trail running or adventure race,
5. Experience of orientation/adventure race (use of map and compass),
6. First aid/ rescue diploma or relevant training.

Base Camp Trek agency based in Kathmandu, Nepal is the local service provider of Great Himal Race. The total length of the race is about 1,800 km, with 90,000 m of elevation gain, in 45 stages for runners and 60 days for hikers. Runners can subscribe to have a porter following them along the way (see registration form).

After the acclimatization trek from Taplejung to KBC (from 3rd to 10th of April), the race starts at Kangchenjunga Base Camp (KBC) on April 10th. Several arrivals are proposed, allowing people who have not enough time to share a part of the adventure.

Arrivals will be at:

Namche (Khumbu), on April 22nd (13 stages).

Chhetchhet (Rolwaling), on April 25th (16 stages).

Syabrubhesi (Langtang), on May 2nd (22 stages).

Dharapani (Manaslu/Annapurna), on May 8th (28 stages).

Kagbeni (Annapurna/Mustang), on May 11th (31 stages).

Hilsa (Humla-Tibet), on May 25th (45 stages).



Exploration Trek Lumbasumba - Arun. Octobre 2015. Lumbha Sambha (5159 m). Kanchenjunga & Januu. Photo : Michel Pignon.

Runners must be fully autonomous during each stage. They use a map to go from departure to arrival point of each stage. Between these points, runners can choose their route and must respect the instructions of the race director. It is advisable to run in groups of 2, 3 or 4. Running in groups will be mandatory in some risky sections (high passes especially).

Each participant must carry a “Spot” GPS transmitter, featuring an emergency signal, available on <http://balise-spot.fr/>

The route is not marked, although indications exist in some areas.

In Nepal, the main transport mode is walking. Therefore, runners usually meet a lot of local people on the trails and are allowed to ask for directions/assistance. Other areas however are deprived of village or human life, and runners have to rely on their ability to orientate and make their own judgment. A good reading of the maps is essential. High definition maps will be scanned and sent via Wettransfer with each registration form.



Exploration Trek Lumbasumba - Arun. Octobre 2015. Lumbha Sambha (5159 m). Makalu (8468 m). Photo : Michel Pignon.

Gears and Equipment

Runners must have the following equipment with them at all times during the race: backpack, sleeping bag (-10°C), tent, rain jacket (Gore Tex or equivalent), survival blanket, headlamp with spare batteries, whistle, mirror, first-aid kit including strap and personal drugs (participants should be autonomous enough to take the drugs they may need against usual infections in Asia and in the mountains), mandatory drugs (a list will be sent to participants prior to the race), flasks or bottles to carry two liters, one carabineer, a pair crampons, three (3) meters of rope (8 mm section or more), alpinism helmet, heater with fuel, emergency food intake of 3,000 calories, including 1,000 calories in dehydrated food. A telephone allowing placing calls in Nepal and the country of origin is strongly recommended.

Participants are free to carry any additional equipment. They can also send gears that will be carried at eight checkpoints along the route up to a certain limit in weight and volume (see details below).

Surrender

In case of surrender, specific instructions will be given at each stage, because conditions to reach departure, arrival or a leaving point will be different every day. The participant has then to return by his/her own means to Kathmandu. Base Camp Trek – the local service provider – will propose the easiest itinerary to get back to Kathmandu. Noteworthy, in case of surrender, costs related to “helicopter rescue” are usually not covered by the insurance policy, except for medical reasons: fracture, broken limb, heart/respiratory problems, or acute mountain sickness.

Surrender can be definitive or temporary.

In case of temporary surrender, the participant may join back the group later on if possible, and resume the race. Specific conditions will be studied on a case-by-case basis with the local service provider. Associated costs will be paid directly by the participant.

In case of definitive surrender, the local service provider might reimburse a part of the costs incurred (e.g. lodging, some trekking permits, domestic flight).

For further information please read the terms and conditions of Great Himal Race issued by Base Camp Trek



Arun Nadi Valley. Exploration Trek Lumbasumba - Arun. Octobre 2015. Photo : Michel Pignon.

Solidarity Charter

Throughout Great Himal Race, a solidarity charter is applicable: competitors must help competitors in trouble. Basic knowledge on rescuing is therefore mandatory.

In case of mountain sickness, heart/breathing problems, serious fall or hypothermia, the runner in trouble must trigger the emergency signal on the Spot GPS transmitter, warn the nearest person, or try to call Base Camp Trek agency in Kathmandou and the guide following the group. If another competitor meets the competitor in trouble, he/she must stay with him/her, alert the rescue team, and provide first aid as far as he/she can. Before leaving, the runner must wait for the arrival of the guide, a member of Base Camp Trek, or a member of the rescue team.



Himal Race 2002. Gokyo Ri - Khumbu. Mont Everest & Makalu. Photo : Bruno Poirier

Food and Supplies

During the race the competitor is independent and must manage his/her own food and water. He/she may prepare supplies before departure or stock-up during the race. Except for some sections and some stages of the race, he/she passes through a village approximately every 30 to 45 minutes. One can find snacks, biscuits, chocolate bars and chocolate tablets or even a dal-bat (lentils and rice).

Water is not a problem. It can be found in every village and consider also streams, brooks and rivers. Water is available at least every 30 to 45 minutes except during ascents to passes and descents from passes. However, water must be treated with Micropur (purifying agent) before consumption. Because of this, there is usually a one-hour waiting period before it can be drunk without risk, and having two bottles or flasks is therefore recommended. While one is being purified, the other is drinkable. It is also possible to buy bottled water along main trails: 50 to 300 rupees (0,5 to 3 euros) per litre depending on the altitude.



Everest Sky Race 2011. Tashi Lapsa (5755 m) & Drolombao Glacier (4800 m). Photo : Bruno Ringeval.

During the 45 days of Great Himal Race's runners program, participants have to manage all their meals and lodging. Except for the acclimatization trek from Taplejung to KBC (from 3rd to 10th of April) – when Base Camp Trek manages all meals and camping gears – participants pay for their meals and lodging. Depending on the areas, costs per person vary from 10 to 20 euros par day.

In touristic areas (Khumbu, Langtang Valley, Manaslu, Annapurna, Mustang), finding comfortable guesthouses serving food all day is not a problem. Costs there vary from 15 to 20 euros per day per person.

In less touristic regions (Arun/Barun (Makalu South), Rolwaling, Bigu Gompa, Ganesh, Lower Dolpo, Gamgadhi, Humla, Hilsa), lodges will be less comfortable and food more scarce and basic. Costs there vary from 10 to 15 euros per day per person.

In remote areas (Lumbha Sambha, Tilman Pass, Chharka Valley, Upper Dolpo and some places in Humla Valley), one must be fully autonomous (food, tent, heater). Personal supplies including dehydrated food should be prepared for these sections : Lumbha Sambha (2 days), Tilman Pass (2 days), Chharka Valley (2 days), Upper Dolpo (1 to 3 days), Humla Valley (2 days).

Before the race, each participant can prepare eight sets of personal supplies that the local service provider will carry to eight checkpoints along the route. Personal supplies should be put in dedicated bags provided by the service provider. Bags should be ready to go from Katmandu on April 2nd (Day 3). Depending on the checkpoints, maximum weight allowed varies as well as the possibility to drop gears to be sent back to Katmandu.

Checkpoints for personal supplies are following

N° 1. Olangchun Gola (Stage 2, 3 kg): food, clothes, other...

N° 2. Namche (Stage 13, 3 kg): food, clothes, other ...

Possibility to drop gears.

N° 3. Chaku/Last Resort (Stage 18, 5 kg): food, clothes, shoes, other ...

Possibility to drop gears, including the tent that will be sent to Kagbeni.

N° 4. Syabru Besi (Stage 22, 3 kg): food, clothes, other...

Possibility to drop gears.

N° 5. Dharapani (Stage 28, 3 kg): food, clothes, other ...

N° 6. Kagbeni (Stage 31, 5 kg): food, clothes, shoes, other ...

Possibility to drop gears, getting back the tent left at Chaku/Last Resort

N° 7. Ringmo (Stage 35, 5 kg): food, clothes, other ...

N° 8. Gamgadhi (Stage 40, 3 kg): food, clothes, other ...

For the hikers program in 60 days, all costs related to meals and lodging are included in the package proposed by Base Camp Trek.



Himal Race 2013. Rolwaling Khola – Rolwaling Valley. Photo : Bruno Poirier.

Technical Team

For the runners, the technical team for is made up of 25 Base Camp Trek employees and is divided into 11 sub-teams.

Team 1 consists in the guide leading the group with the fastest runners, and another guide following the group with the slowest runners. The first guide will help in finding lodges at the end of each stage. This team will be with the runners all along the way.

Team 2 consists of 2 people placing fixed ropes on Tashi Lapsa and helping participants to go through the pass. Team 3 consists of 2 people placing fixed ropes on Tilman Pass and helping participants to go through the pass.

Teams 4 to 11 are composed of 2 to 5 porters carrying personal supplies to the eight checkpoints. They may need up to eight days to reach checkpoints from Katmandu. Team 6 will carry the tents from Chaku/Last Resort to Kagbeni. Teams 5, 6, 7, and 9 will carry dropped gears left at Namche, Chaku/Last Resort, Syabru Besi, and Kagbeni back to Katmandu.

For the hikers, the technical team for is made up of one guide, one cook, and 6 porters. The team will be with the hikers all along the way.



Himal Race 2013. Bigu Gompa (Rolwaling – Langtang). Photo : Jean-Marc Wojcik.

Insurance

Each competitor must subscribe to an insurance including helicopter mountain rescue in foreign countries. It must be subscribed before departure to Nepal. The decision to call out the helicopter in the event of a physical disability to complete the race, (fracture, broken limb, etc.) or acute mountain sickness, is taken by the guide following the group, in accordance with Base Camp Trek agency in Katmandu.



Himal Race 2002. Melamchigaon Gompa (Langtang). Photo : Bruno Poirier.

Medical Certificate

Each participant must provide a medical certificate ensuring that he/she is able to participate to Great Himal Race. In case of no experience of high altitude (above 4,800 m), the participant should successfully pass a test of hypoxia, simulating a physical effort at an altitude of 5,000 m.

Medical Form

The medical form, filled-out by the participant when registering, is confidential and provided to Himalaya's Rescue Association or Nepalese hospital. The competitor must contact his/her doctor to find out about necessary vaccinations for a journey to Nepal as well as whether or not an anti-malaria treatment is recommended.

Assistance Form

This form includes a photo and the following information: name, first name, age, gender, blood group, vaccinations, phone number of a person to be contacted in case of emergency, name and telephone number of the insurance company as well as the number of the repatriation insurance contract. This form is to be used by Base Camp Trek in Nepal.



Himal Race 2013. Langtang. Photo : Jean-Marc Wojcik.

Aims of the Kathmandu Declaration

To protect effectively the mountain environment, its flora, fauna and natural resources.

To reduce the negative impact of human activities.

To respect the cultural heritage and dignity of local populations.

To stimulate activities which restore and rehabilitate the mountain environment.

To encourage contact between mountaineers from different countries through friendship, mutual respect, and peace.

To spread information and knowledge in order to improve relationships between human beings with their environment.

To use only environment friendly technologies to produce energy and manage wastes.

To help developing mountain countries to protect their environment.

To expand access to mountainous regions, limiting political obstacles.



Himal Race 2013. Budhi Gandaki Valley (Manaslu). Photo : Jean-Marc Wojcik.

GREAT HIMAL RACE

Information form

Passport
picture here

Last Name : _____ **First name:** _____

Date of birth: _____ **Age :** _____ **Gender :** _____

Association or company : _____

Category : _____ **Job :** _____ **Blood group:** _____

Address: _____

_____ **Country :** _____

Tel. (home) : _____ **Tel. (work) :** _____ **Tel. (mobile) :** _____

Experience in mountain running (location, year, distance, maximal altitude, total elevation gain, time, and rank): _____

Highest altitude ever reached: _____ **(Location) :** _____ **(Year) :** _____

Experience in multi-stage race (location, year, distance, time, and rank): _____

Experience in mountaineering: _____

_____ **Can you abseil?** _____

Personal record on marathon: _____ **(Location and year):** _____

Personal record on 100 km: _____ **(Location and year):** _____

Other significant personal records: _____

Other sports practiced: _____

Do you have a first-aid / rescue diploma: _____ **(Location and year) :** _____

Define in few words what mountain running, Nepal, and Himalaya represent for you: _____

Namaste in Himalaya, the country where the Wind Horses never finish their ride..."

Conditions of participation

1. Experience of trail running,
2. Experience of multi-stage race,
3. Experience of high altitude (4,800 m and above) or test of hypoxia in laboratory equivalent to an altitude of 5,000 m,
4. Significant result in trail running or adventure race,
5. Experience of orientation/adventure race (use of map and compass),
6. First aid/ rescue diploma or relevant training.

All of these criteria must be met before the deadline of registration.
Exceptions will be studied by the selection committee on a case-by-case basis.



Annapurna Mandala Trail 2007. Manaslu Camp de Base. Manaslu (8163 m). Photo : Bruno Ringeval.



Himal Race 2002. Larkya La (5135 m). Photo : Bruno Poirier.

GREAT HIMAL RACE

Registration form

Last Name: _____ **First name:** _____ **Passport picture here**

Date of birth: _____ **Age:** _____ **Gender:** _____

Association or company: _____

Category: _____ **Job:** _____ **Blood group:** _____

Address: _____

_____ **Country :** _____

Passport number: _____ **Clothes size:** _____ **Shoe size:** _____

Tel. (home) : _____ **Tel. (work) :** _____ **Tel. (mobile) :** _____

E-mail : _____

Runner (1) **Runner with porter** (1) **Hiker** (1) (1) *Strike through/delete as appropriate*

<p>Cost of registration for “45 day runner program”</p> <p>10 to 14 people: 4,748 USD (4,400 Euros).</p> <p>For information: 5 to 9 people: 5,460 USD (5,055 Euros).</p> <p>15 to 19 people: 4,448 USD (4,118 Euros). 20 people or more: 4,248 USD (3,933 Euros).</p> <p>Additional cost for runner with porter: 1,690 USD</p> <p>Cost of registration for runners stopping before Hilsa:</p> <p>Namche: 3,768 USD (Day 23, April 22nd, Stage 13). Flight back to Kathmandu on April 24th.</p> <p>Chhechhet: 3,798 USD (Day 26, April 25th, Stage 16). Bus back to Kathmandu on April 26th.</p> <p>Syabru Besi: 3,838 USD (Day 33, May 2nd, Stage 22). Bus back to Kathmandu on May 3rd.</p> <p>Dharapani : 3,968 USD (Day 39, May 8th, Stage 28). Bus back to Kathmandu on May 10th.</p> <p>Kagbeni : 3,968 USD (Day 42, May 11th, Stage 31). Flight back to Kathmandu on May 12th.</p> <p>Cost of registration for “60 day hiker program”</p> <p>4 to 5 people : 8,751 USD (8,102 Euros).</p>

Please enclose the following documents to the registration form:

1. Information form
2. Registration form
3. Medical certificate ensuring that there are no health reasons preventing from running a marathon in high altitude.
4. Results of test of hypoxia. Test is strongly recommended for low-altitude runners.
5. Insurance certificate covering costs of hospitalisation and repatriation from Nepal to the country of origin, and helicopter mountain rescue in foreign countries.
6. Twenty four (24) passport pictures for trekking permits and special authorizations.
7. “Terms of payment” form.
8. Medical form and Assistance form.
9. Downpayment of 1,300 Euros

Date, name, first name, and signature of the applicant preceded by the sentence “read and agreed”.



Annapurna Mandala Trail 2010. Marsyangdi Valley. Annapurna Himal. Photo : Bruno Poirier.



Annapurna Mandala Trail 2011. Thorong Pass (5420 m). Photo : Bruno Poirier.

GREAT HIMAL RACE

Medical form

Last Name: _____ First name: _____ Passport
Date of birth: _____ Age: _____ Gender: _____ picture here
Blood group: _____ Job: _____
Vaccinations and date of last injection: _____

Current medication: _____
Chronic diseases: _____
Previous surgeries: _____
Name of insurance company: _____
Address of insurance company: _____

Telephone number: _____
Insurance policy number: _____
Emergency contact name: _____
Telephone. – Home: _____ Work: _____

This medical form is confidential. Please place it in an envelope and clearly mark your name in capital letters. This will be sent to the race doctor. The other copy is to be kept. You must have it with you at all times during the race and it will be used in case of problems. Please ask your doctor to find out which vaccinations are necessary for a journey to Nepal and whether or not an anti-malaria treatment is advised.

Assistance form

Last Name: _____ First name: _____ Passport
Date of birth: _____ Age: _____ Gender: _____ picture here
Blood group: _____ Job: _____
Name of insurance company: _____
Address of insurance company: _____

Telephone number: _____
Insurance policy number: _____
Emergency contact name: _____
Telephone. – Home: _____ Work: _____

Insurance

Each competitor must subscribe to an insurance including helicopter mountain rescue in foreign countries (including Nepal). This insurance must cover repatriation by helicopter to Katmandu, hospital costs in Nepal, and repatriation in the country of origin. It must be subscribed before departure to Nepal.



Himal Race 2010. Niwas La (5120 m) – Mustang. Photo : Virginie Duterme.



Himal Race 2010. Chharka. Photo : Virginie Duterme.

Great Himal Race – 45 day runner program

Services included in the package proposed by Base Camp Trek

Cost of registration for “45 day runner program”, 10 to 14 people: 4,748 USD (4,400 Euros).

This cost includes:

- Domestic flights (Kathmandu- Taplejung and Simikot - Nepalgunj – Kathmandu)
- All airport transfers by private vehicle
- 4 nights at Manaslu hotel *** in Kathmandu, bed and breakfast
- French speaking guide to KBC
- 1 Guide following the group (Mane Gurung) for 45 days and his flights
- 1 Guide leading the group (Upendra Rai) for 45 days and his flights
- 2 Sherpas with fixed ropes at Tashi Lapsa
- 2 Sherpas with fixed ropes at Tilman Pass
- Porters for personal supplies
- Trophies / T-shirts for all participants
- Satellite phone rental 45 days
- Welcome dinner and closing ceremony (May 30th) at Manaslu hotel
- 8 day trek to departure at Kanchenjunga Base Camp (KBC), all meals and lodging
- Camping equipment and food to KBC (tents, foods, heater...)
- Trekking team: cooks, porters
- All trekking permits (special permit for Kanchenjunga for two weeks, KCAP for Makalu National Park, TIMS for Sagarmatha National Park, special permit for Rolwaling, Langtang National Park, special permits for Rasuwa, special permit for Manaslu ACAP & MCAP, special permits for upper and lower Dolpo, district permit for Simikot and special permit for Humla, Phoksumdo lake and Rara lake National Parks.
- Personal supplies # 1: Olangchun Gola (stage 2, 3 kg)
- Personal supplies # 2: Namche (stage 13, 3 kg)
- Dropping 1 at Namche
- Personal supplies # 3: Chaku/Last Resort (stage 18, 5 kg)
- Dropping 2 at Chaku/Last Resort
- Personal supplies # 4: Syabru Besi (stage 22, 3 kg)
- Dropping 3 at Syabru Besi
- Personal supplies # 5: Dharapani (stage 28, 3 kg)
- Personal supplies # 6: Kagbeni (stage 31, 5 kg)
- Dropping 4 at Kagbeni
- Personal supplies # 7: Ringmo (stage 35, 5 kg)
- Personal supplies # 8: Gamgadhi (stage 40, 3 kg)

This cost does not include:

- Other meals in Kathmandu
- Meals / accommodation during the race between KBC & Simikot (10 to 20 euros per day).
- Nepal Visa (US \$ 100 + photo)
- International flight & insurance in case of emergency (incl. repatriation, mandatory)
- Personal use of satellite

Prices depending on number of participants:

5-9 people: 5,460 USD (5,055 Euros)
10 to 14 people: 4,748 USD (4,400 Euros)
15-19 people: 4,448 USD (4,118 Euros)
From 20 people: 4248 USD (3,933 Euros)

Cost of registration for runners who will stop before Hilsa:

Namche: 3,768 USD (Day 23, April 22nd, Stage 13).
Flight back to Kathmandu on April 24th.
Flight from Lukla to Katmandu (165 USD) is not included in this cost.

Chhechhet: 3,798 USD (Day 26, April 25th, Stage 16).
Bus or jeep back to Kathmandu on April 26th (ticket price is negotiable, not included in this cost).

Syabru Besi: 3,838 USD (Day 33, May 2nd, Stage 22).
Bus or jeep back to Kathmandu on May 3rd (ticket price is negotiable, not included in this cost).

Dharapani : 3,968 USD (Day 39, May 8th, Stage 28).
Bus or jeep back to Kathmandu on May 10th.
The nearest bus station is at Besi Sahar, 2-3 days from Dharapani. Ticket from Besi Sahar to Katmandu is negotiable and not included in this cost.

Kagbeni : 3,968 USD (Day 42, May 11th, Stage 31).
Flight back to Kathmandu on May 12th.
The nearest airport is at Jomsom, half a day from Kagbeni. Flight Jomsom-Pokhara-Kathmandu (150 USD) is not included in this cost.

Additional cost for personal porter (up to 10 kg): 1,690 USD

This costs include the porter's domestic flights and bus transport, his food, accommodation and salary for the 6 day trek and 45 racing days, as well as his insurance.
It does NOT include the porter's gears (bag, clothes, shoes).



Himal Race 2007. Chharka. Photo : Bruno Ringeval



Himal Race 2010. Chharka Gompa. Photo : Sébastien Lesage.

Great Himal Race – 60 day hiker program

Services included in the package proposed by Base Camp Trek

Cost of registration for “60 day runner program”, 4 to 5 people: 8,751 USD (8,102 Euros).

WARNING. This cost includes all meals, lodging, and camping gears. In order to decrease this amount, Base Camp Trek will propose another option excluding lunch and lodging where guesthouses are available. Hikers have to agree on a common option though. Hikers can also decide to stop before Hilsa just like runners. Please let us know your preferred option.

This cost includes:

- Domestic flights (Kathmandu-Taplejung and Simikot-Nepalgunj-Kathmandu)
- All airport transfers by private vehicle
- 4 nights at Manaslu hotel *** in Kathmandu, bed and breakfast
- French speaking guide to KBC
- French speaking guide from KBC to Simikot
- Trophies / T-shirts for all participants
- Welcome dinner and closing ceremony (June 12th) at Manaslu hotel
- Camping equipment and food for 60 days (to KBC and to Simikot) (tents, foods, heater...)
- Trekking team for 60 days (example for 2 hikers: 2 cooks, 6 porters)
- All trekking permits (special permit for Kanchenjunga for two weeks, KCAP (20 US \$) for Makalu National Park, TIMS (\$ 10) for Sagarmatha National Park, special permit for Rolwaling, Langtang National Park, special permits for Rasuwa, special permit for Manaslu ACAP & MCAP, special permit for upper and lower Dolpo, district permit for Simikot and special permit for Humla for 2 weeks, Phoksumdo lake and Rara lake National Parks.

This cost does not include:

- Other meals in Kathmandu
- Nepal Visa (US \$ 100 + photo)
- International flight & insurance in case of emergency (incl. repatriation, mandatory)

Prices depending on number of participants:

2 people: 10,351 USD (9,584 Euros)
3 people: 9,451 USD (8,750 Euros)
4 to 5 people: 8,751 USD (8,102 Euros)
6 to 7 personnes: 7,651 USD (7,084 Euros).



Himal Race 2007. Col du Basia Bhanjyang (5070 m) - Dolpo. Photo : Bruno Ringeval.



Himal Race 2007. Numa La (5.149 m) – Dolpo. Photo : Bruno Ringeval.

Terms of payment

Downpayment: Whatever the option chosen, a downpayment of 1,000 Euros is required by Base Camp Trek, payable by wire transfer on the agency's bank account in France when registering.

Wire transfer charges, if any, are handled by the participant. In case of cancellation, only 80% of the downpayment will be reimbursed (see general terms and conditions of Great Himal Race released by Base Camp Trek).

Banking details for the downpayment of 1,000 Euros are following:

Base Camp Trekking and Expeditions

Account number: 40978 – 00007 – 1402496Z001 - 66

IBAN: FR46 4097 8000 07140249 6Z00 166

BIC: BSPFFRPPXXX

Location: BANQUE PALATINE

Branch: Sevres Raspail, 39 Boulevard Raspail, 75007 Paris, France

Relaining cost: Remaining cost can be paid either by wire transfer by March 1st, 2017, i.e. 30 days before departure (banking and wire transfer charges, if any, are handled by the participant), or on April 1st, 2017 in Kathmandu in cash or credit card (adding 4% commission). Cash payment is to be made with 50 USD or 50 Euros banknotes.

Applicable USD/Euro exchange rate is the official one at the day of payment.

Base Camp France subscription: A subscription of 300 Euros is included into the full package (therefore not an additional cost). It covers overhead costs of Base Camp France, reconnaissances of the route made so far, preparation work, and invitation of a Nepalese runner. Registration for a Nepalese runner is estimated at 2,090 USD (including his domestic flights and bus transport, his food and accommodation during the race, a race premium, and his insurance). The subscription of 300 Euros is to be paid before departure by check (to "ESPACE Népal") or wire transfer. Please ask for bank details in case of wire transfer. In case of cancellation, only 80% of the amount will be reimbursed.

Cancellation: In case of cancellation by the participant up to one month before arrival in Nepal, cancellation fees will be 20% of the total amount. If cancellation occurs between one week and one month before arrival, cancellation fees are 30% of the total amount. In case of cancellation less than one week before departure, cancellation fees will be 50% of the total amount.

In case of cancellation by Base Camp Trekking and Expedition, for weather, political, or other reasons, participants will be fully reimbursed, except for banking fees.

Flight to Nepal: In September 2016, a flight to Kathmandu will be proposed at a negotiated rate. Each participant can either choose this flight or arrange his/her booking individually. **IMPORTANT:** participants must arrive by April 2nd, 2017 in the afternoon at Manaslu hotel (Lazimpat) in Kathmandu to meet the organization team and the other participants.

NOTE: It is recommended to buy a flexible return flight from Kathmadu in order to be able to modify the return date in case of unexpected change.

Full name, date and signature of the participant, preceded by "read and approved"

**Base Camp Trek & Expeditions
PO Box 3491 Kathmandu - Nepal**

**Base Camp Trek representative in Europe
Base Camp Trek & Expeditions c/o Bruno Poirier
19, Rue des Douettes - 85130 Saint-Aubin-des-Ormeaux – France
Telephone: 06.19.55.81.87 Fax: 02.51.47.62.26 E-mail: bruno.poirier@ouest-france.fr
Web: www.leschevaliersduvent.fr**



Himal Race 2007. Ringmo Gumpa & Phokdumdo Lake (3800 m). Dolpo. Photo : Bruno Ringeval.



Himal Race 2010. Nagdalo La (5350 m). Haut Dolpo. Photo : Virginie Duterme.



Himal Race 2010. Shey Gumpa – Haut Dolpo. Photo : Bruno Poirier.



Himal Race 2010. Sela La (5095 m) – Haut Dolpo. Photo : Virginie Duterme.



Himal Race 2010. Mugu Karnali Nadi – Gamgadhi. Photo : Sébastien Lesage.



Himal Race 2010. Humla Danda. Photo : Bruno Ringeval.



Himal Race 2010. Humla Karnali Nadi. (Border of Tibet). Photo : Virginie Duterme.



**Himal Race 2010. Humla Karnali Nadi. Hilsa (Border of Tibet). Arrival Great Himal Race 2017.
Photo : Bruno Ringeval**