

## Everest Expedition

<b>Trip code</b>	
<b>Package name</b>	Everest Expedition
<b>Duration</b>	64
<b>Max. elevation</b>	8848 m
<b>Level</b>	ADVANCE
<b>Transportation</b>	Kathmandu - Lukla - Kathmandu by domestic flight&nbsp;
<b>Accommodation</b>	3***Hotel in Kathmandu, Lodge + Camping twin sharing bed basis during the trek and Expedition session.
<b>Starts at</b>	Kathmandu
<b>Ends at</b>	Kathmandu
<b>Trip route</b>	kathmandu - Lukla - Phakding - Namche Bazar - Tengbuche - Dingbuche - Lobuche - Everest Base Camp - ( Climbing period - 45 days ) - Periche - Namche Bazar - Lukla - Kathmandu.
<b>Cost</b>	USD 38,500 per person

## Highlights

- Reaching Everest Base Camp: Trek through breathtaking landscapes, cross suspension bridges, and immerse yourself in the vibrant culture of Sherpa villages before reaching the iconic Everest Base Camp.
- Acclimatization and Stunning Views: Spend time acclimatizing in Namche Bazaar and Dingboche, allowing your body to adapt to the altitude while enjoying panoramic views of Everest, Ama Dablam, and other Himalayan peaks.
- Climbing Iconic Passes: Cross high mountain passes like the Kongma La Pass, Cho La Pass, and the challenging Khumbu Icefall, testing your mountaineering skills and providing unique perspectives of the Everest region.
- Summitting Island Peak: Conquer Island Peak (Imja Tse), a popular trekking peak, offering a thrilling climbing experience and rewarding you with stunning views of Everest, Lhotse, Nuptse, and other neighboring peaks.

- Witnessing the Everest Summit: Be in awe as you catch sight of climbers on their way to the summit of Mount Everest, witnessing firsthand the determination and triumph of those attempting this monumental feat.
- Exploring Everest Base Camp: Experience the vibrant atmosphere of Everest Base Camp, interacting with climbers and support staff from around the world, and gaining insight into the challenges and triumphs of Everest expeditions.
- Climbing Ama Dablam: Scale the majestic Ama Dablam, known for its elegant pyramid shape and technical climbing sections. Enjoy breathtaking views of the Khumbu region from its summit and gain a sense of accomplishment.
- Captivating Landscapes: Immerse yourself in the stunning beauty of the Everest region, with its snow-capped peaks, vast glaciers, pristine alpine lakes, and colorful rhododendron forests.
- Sherpa Culture and Hospitality: Interact with the warm and welcoming Sherpa community, known for their mountaineering prowess and rich cultural heritage. Learn about their traditions, visit ancient monasteries, and experience their legendary hospitality.
- Personal Achievement: Summiting Mount Everest is a lifelong dream for many climbers, and the expedition provides an opportunity to challenge personal limits, push boundaries, and achieve an extraordinary feat that few have accomplished.

## Overview

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Mount Everest, standing tall at an elevation of 8,848.86 meters (29,031.7 feet), is the highest peak in the world and a dream for many mountaineers. Mount Everest Expedition is an ultimate challenge that attracts adventurers from all over the globe. This detailed overview provides an insight into what it takes to embark on this extraordinary journey.

The journey to Mount Everest Expedition begins with a flight from Kathmandu to Lukla, a small mountain airstrip in the Khumbu region. From Lukla, climbers commence the iconic Everest Base Camp trek, following the well-trodden trail through picturesque Sherpa villages, suspension bridges, and beautiful valleys. The trek provides a gradual ascent, allowing for proper acclimatization and stunning views of the surrounding peaks.

Reaching Everest Base Camp (5,364 meters/17,598 feet) is a significant milestone. It serves as the launching pad for the summit push and provides an opportunity to experience the bustling base camp environment. Climbers can immerse themselves in the vibrant mountaineering culture, interact with other climbers and support staff, and witness the awe-inspiring presence of the Everest massif.

The ascent to the summit of Mount Everest demands a high level of physical fitness, mental resilience, and technical mountaineering skills. The climbing route varies depending on the expedition operator and the conditions of the mountain. The ascent involves navigating through challenging terrain, including the Khumbu Icefall, steep ice and rock faces, and the famous Hillary Step.

Climbers need to be proficient in using mountaineering equipment, such as crampons, ice axes, ropes, and supplemental oxygen, to ensure safety and progress. The expedition typically includes acclimatization rotations, where climbers ascend and descend between different camps at increasing

altitudes to allow their bodies to adapt to the extreme conditions.

The summit push is the culmination of the expedition, where climbers aim to reach the highest point on Earth. It requires endurance, determination, and teamwork. Standing on the summit of Mount Everest, climbers are rewarded with unparalleled panoramic views of the Himalayas, a sense of accomplishment, and an indescribable connection to the mountain's history and allure.

Descending from the summit and returning to base camp marks the completion of the expedition. The return journey follows a similar route, allowing climbers to reflect on their achievements and soak in the natural beauty of the Khumbu region. Celebrations and camaraderie with fellow climbers and support staff make for memorable moments as the expedition concludes.

Mount Everest Expedition is an extreme adventure that requires careful planning, experienced guides, and a high level of preparation. Climbers are advised to choose reputable expedition operators with extensive knowledge of the region and a strong safety record. Proper acclimatization, physical fitness training, and comprehensive equipment preparation are crucial for a successful and safe expedition.

## **Trip Itinerary**

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### **Day 1 : Arrival in Kathmandu, transfer to hotel, and trip briefing.**

Our staff will pick you up from the airport and transfer to the hotel for check-in. Our team will brief you about the journey and prepare you for the expedition. You can loosen up and stay the night at the hotel.

### **Day 2 : Obtain necessary permits, arrange logistics, and equipment check.**

We will organize a team meeting where you will meet fellow climbers and team leaders. Expert veteran climbers will brief you about the nature of the expedition, equipment, and team composition. You can purchase any personal items that you might need in your stay at the Himalayas. Experts will check the stuff you have brought along to see if they are feasible and in good working condition or not. If the equipment doesn't match the standard, you might have to replace them with new ones.

### **Day 3 : Rest and acclimatization in Kathmandu, final preparations.**

An expert local guide will provide a sightseeing tour of the Kathmandu valley. You will visit various World Heritage Sites in Kathmandu, including Boudhanath, Swayambhunath, and different Durbar Squares of Kathmandu Valley. These monuments and landmarks are of great cultural and historical significance. You will get the first-hand experience of the culture, architecture, and the culinary arts of the local Newar community. You will return to your hotel in the evening.

### **Day 4 : Fly from Kathmandu to Lukla (2,860 meters/9,383 feet), trek to Phakding (2,610 meters/8,561 feet).**

We will fly to Lukla from Kathmandu on an adventurous flight. The Tenzing Hillary Airport is one of the smallest airports in the world with just 527m of a runway. The thrilling start is the perfect start to the trip. From Lukla, we will start our trek to Pkhading. The well-marked trail moves above the Dudh Kosi valley until you reach the village of Phakding.

### **Day 5 : Trek from Phakding to Namche Bazaar (3,440 meters/11,286 feet). - 6 hrs walk**

On this day, we will have our breakfast at Phakding and then gear up for the trek to Namche Bazaar. Namche Bazaar was once a small village but since grown in size to accommodate the influx of trekkers, and now is the unofficial capital of the Sherpas. It was once an important trading centre on the route from Tibet to Nepal but has now been largely given over to catering for the needs of trekkers.

Our trail takes us first over the Dudh Koshi River via a long suspension bridge, and then through a beautiful pine forest to Monjo, about two hours away. Soon thereafter, we will approach the entrance to Sagarmatha National Park for a brief permit check and then descend to Dudh Koshi River (spotting Mani stones along the way!) en route to Jorsale. Lunch will be served here, and then it's uphill to Namche. Our path along the riverbank is flanked by two crossings, one of which is the Hillary Suspension Bridge. It's a tough climb up the hill to our resting place, but you'll be rewarded in Namche Bazaar with your first glimpse of Everest in its majesty. For acclimatization, we suggest you to spend 2 nights in or around Namche.

### **Day 6 : Acclimatization day in Namche Bazaar, explore the town and hike for acclimatization.**

On the following day, we will take a well-deserved rest to acclimatize, which gives the opportunity to explore some of the less developed and more traditional villages in the area. There's an optional 2 hour hike to Everest View Point, an uphill walk that will help speed acclimatization. You can also check out the Sherpa museum for an overview of the Sherpa culture and history of mountaineering. On Saturdays, the Local Market is open for trading and an intimate look at the locals' marketplace. It is part of the larger Namche Bazaar, a shopping hub filled with all manner of trekking and mountaineering clothing and equipment. Easier options for passing the acclimatization day can be found by visiting the twin Sherpa villages of Khumjung and Khunde, which are about a 2 hour walk above Namche. While in Khunde, visit the hospital, which was established and funded by Sir Edmund Hillary's Himalayan Trust. Khumjung monastery is interesting as being the store place of one of the alleged Yeti scalps that are to be found in the region. Having Tea/Coffee in Everest view hotel and enjoy with gorgeous view of Mt. Everest and Amadablam is other attractions having one day free in Namche Bazaar.

### **Day 7 : Trek from Namche Bazaar to Tengboche (3,860 meters/12,664 feet), visit Tengboche Monastery. - 5 hrs walk**

Moving on from Namche Bazaar the trail follows the valley of the Imja Khola with some spectacular views of the mountains including Thamserku, Kangtega, Nuptse, Lhotse, Kwangde and Ama Dablam and dominating the skyline ahead, Everest and Lhotse. The most common night stop after Namche is at the top of a steep climb from the Imja Khola, at Tengboche. Continuing our walk, a short drop takes us to the riverside, then it's across the river upwards through the forest pass. Brace your legs for a continual uphill trek at this point, alternating between a gradual grade and some seriously steep ground. Tengboche is known as one of the most beautiful places in the Everest region. Its views, which include Ama Dablam, are legendary. We'll stop in on the Tengboche monastery, which is one of the largest in Khumbu. Nourish your spirit with a guided tour of the monastery grounds, followed by chanting and prayer with the resident Buddhist monks. This is the site of one of the most significant Buddhist Monastery in Solukhumbu Region and a visit is well recommended.

### **Day 8 : Trek from Tengboche to Dingboche (4,410 meters/14,468 feet). - 5 hrs walk**

After breakfast, we start our trek down to Dingboche village through the rhododendron forest and crossing the bridge over the raging Imja Khola. We'll pass the valley wall and then traverse the plains to Pangboche village, the biggest settlement of Sherpas in the region. Enjoy a great opportunity to observe a typical Sherpa village and have lunch with the locals. The intrepid can brave a brief hike to the Pangboche monastery, one of the oldest in the area. Our afternoon trek will be a difficult one, as the landscape gives way to dry; deserted mountains and we hike towards Dingboche. Dingboche is also the gateway to Chukung Village and Island peak.

### **Day 9 : Acclimatization day in Dingboche, hike to Nagarjun Hill for acclimatization.**

Today is another rest day for the acclimatization. Savor a full day of exploring Dingboche and the surrounding valleys of Chukung and Imja, the latter of which links with Island Peak, the high passes of Amphu Laptsa, and Makalu Barun National Park. The view is awesome as the mountain like Thamserku, Khangtega, Taboche, Cholaiche as well as Mt. Amadablam are shining in front of our

eyes. Taking an optional trek to the valleys will pay off in rewarding views, but taking it easy is the most important thing today. You'll need your rest for the penultimate day of ascent tomorrow

### **Day 10 : Trek from Dingboche to Lobuche (4,940 meters/16,207 feet). - 6 hrs walk**

After the breakfast, we start our walk. Trek will gradually becomes challenging from here due to higher altitude. We'll pass Dugla, but not before a tough, steep walk to the top of a high hill. Here are the memorial stupas dedicated to the climbers and trekkers who lost their lives to Everest over the years. The next part of our adventure brings over craggy mountain terrain to Lobuche, a small settlement with amazing views of Mt. Lobuche, Mt. Pumari and the Nuptse. Prepare to snuggle up for a cold night, as we are now almost three miles above sea level and the evenings can be downright chilly.

### **Day 11 : Trek from Lobuche to Everest Base Camp (5,364 meters/17,598 feet). - 5 hrs walk**

We start our trek early from Lobuche to Everest Base Camp via Gorak Shep and Kalapathar. After breakfast, we will trek up the rocky moraine path above the valley. We can view the frozen pond and icebergs of the Khumbu Glacier. A short downhill trek will lead you to Gorak Shep. Gorak Shep is the original location where Edmund Hillary and Tenzing Norgay set up their Camps. A gradual walk in a rocky path and an uphill climb for half an hour will bring you to Kalapathar. A panoramic view of the Himalayan range awaits you in Kalapathar. We will take a break and snap as many pictures as we can. The view Mt Everest in a stunning closeup along with Mt Nuptse and Mt Lho-la will captivate you. The breathtaking view of the snow capped mountains is a memory that you will cherish for a lifetime.

We will resume our trek after a break to Everest Base Camp. The trail passes through ice pinnacles and crevasses of the Khumbu Glacier. The Everest Base Camp will be bustling with fellow climbers from various other expedition teams. The colorful tents on a backdrop of white snow mountains are a thing of beauty. We will set up our tents and accommodate ourselves. This place is going to be our home for the next couple of months.

### **Day 12 : Day 12-57: Climbing period - establish and acclimatize at various camps**

Climbing period - establish and acclimatize at various camps, following the expedition operator's itinerary and weather conditions.

The route is technically a trekking route with little danger once you pass the Khumbu icefall. However, there are a few crevasses and seracs bridged by ladders and couple of short ice cliffs at around Camp 3, along with rock sections protected with fixed lines. The complications of high altitude sickness can be fatal. The weather at the mountain can be unpredictable and changeable at times.

The most dangerous part of the climb is the Khumbu icefall. It is a steep glacier with a prominent presence of large crevasses and deceptive unstable seracs. This hurdle makes the navigation process complicated, and the high objective danger of falling ice intensifies. The Sherpas will aid the climbing process by installing ladders across crevasses and along vertical seracs ice walls at the beginning. This process will set the route through the icefall and make the climbing efficient, safe, and effective.

The ascend to the summit is done in the early hours of the morning because the ice is well frozen. The intense sunlight in the afternoon warms the area that makes the friction between the ice structures less and increases the chances of crevasses opening or blocks of ice falling. This crucial factor makes the Khumbu icefall quite dangerous to attempt in the afternoon.

We start as early as possible to avoid strong afternoon winds in the summit. Expert climbers from our team will guide you and coordinate the expedition. The Sherpa guides will help us by carrying our equipment. There will be a total of four Camps set up on the ascent to the summit.

Camps typically include Camp 1 (6,065 meters/19,898 feet), Camp 2 (6,400 meters/21,000 feet), Camp 3 (7,470 meters/24,500 feet), and Camp 4 (8,000 meters/26,247 feet).

Climbing rotations and acclimatization hikes to progressively higher camps.

Final summit push involves climbing from Camp 4 to the summit (8,848.86 meters/29,031.7 feet).

### **Day 58 : Trek to Periche 4050m - 6 hrs walk**

We will descend to the village of Pheriche. The trek will be naturally faster as we will be trekking downhill. We will have an elevation change of almost 1000m. Such a considerable elevation change would not have been possible if we were ascending. We will rest and spend the night at Periche.

### **Day 59 : Trek to Namche Bazar 3440m - 6 hrs walk**

We will be descending an incredible 20 km on the trek from Periche to Namche Bazaar. The most extended trek of our journey is effortless because we will be descending mostly. As we go downhill, the oxygen levels increase, and we will be able to breathe more naturally, and altitude sickness will gradually disappear. We will pass through many landmarks like the Tengboche monastery and others to reach Namche Bazaar. A hot shower and wifi await you at Namche. You will stay at Namche Bazaar for the night.

### **Day 60 : Trek to Phakding 2610m - 6 hrs walk**

We descend from Namche Bazaar and will have lunch in Monjo, where we finally leave Sagarmatha National Park again. If the weather is clear, take plenty of photos of your final views of the great peaks we've enjoyed so much along the way, including Everest, Lhotse and Ama Dablam. After trekking down from Monjo, we reach to Phakding.

### **Day 61 : Trek to Lukla 2800m - 4 hrs walk**



Today you will take an easy and beautiful walk through the blue pine and Rhododendron forests with the views of Kusum Kanguru and Mt. Kwangde. After taking lunch in Lukla, it is advisable to take a look at the small village of Lukla. You can explore the city visiting the local "School of Thangka Painting" and see the beautiful religious paintings as well. Overnight stay at hotel.

### **Day 62 : Fly to Kathmandu - 30 min**

In the morning, you'll hop a brief flight from Lukla to Kathmandu, where your journey both began and ends. The flight to Kathmandu from Lukla usually takes 30minutes. You'll transfer to your hotel upon landing for some much-needed solo rest and reflection after your trek conquering the Himalayas. In Kathmandu the day is yours. Enjoy strolling or ambling round the tourist hub. Or you can go for Sightseeing with your guide. Overnight stay in the hotel.

### **Day 63 : Rest day and Shopping Day in Kathmandu**

You will have a free day in Kathmandu. You can go last minute shopping or relax in Thamel, which is a tourist hub in Kathmandu. A celebratory dinner in the evening will mark the successful end of the expedition.

### **Day 64 : Departure to Homeland**

We will drop you at the international airport well on time (3 hours before departure) to catch your flight. If you wish to explore more of the Himalayas expedition do get in touch with us. We will be more than happy to organize a trip for you.

## **Inclusions**

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### **What is included?**

Airport pick up drop by private vehicles and Transfer to Hotel.

Kathmandu / Lukla / Kathmandu airfare both for expedition members and staff all.

4 nights hotel (3-stars) in Kathmandu, B/B plan

25 kg weight per Sherpa climber is allowed for expedition

Necessary Sherpa porters or mules for carrying equipment & loads

Twin sharing accommodation in available lodge/teahouse while trekking

3 times meals per day, (Breakfast, Lunch, and dinner) teas & coffees in trekking & during the camping period.

Common climbing gears like necessary rope, ice bars, ice screws, etc

Twin sharing tent of North face brand or similar for Base Camp

Experienced and government licensed trekking and climbing Sherpa guide during the trekking and climbing period.



All food and fuel for base camp and higher camps during the climbing period.

Paper works, Peak permit fees, Route fees, Sagarmatha National Park fees, and Expedition Royalty fees

Kitchen, Dining, Store tent, mattress and all camping facilities needed in Base Camp.

The experienced and professional Sherpa staff at Base Camp: Base camp manager, cook, kitchen Boy.

Government liaisons officer and his salary & accomodation

Equipment medical & life, allowance, wages, life, medical & rescue insurance for all Nepali members.

Emergency oxygen bottle, mask & regulator at ABC (Use and pay)

Provision of 4L-Poix with 2 Oxygen bottles for each member and 1 Oxygen bottle for Sherpa + Masks and Regulators

Provision of 1 High Altitude Sherpa for assistance

Garbage disposal and managemant fee.

Immediate Rescue co-ordination (covered by your personal travel insurance)

Generator or solar panel for charging & lighting in Everest Base camp

Satellite phone on pay call basis (1 min: \$4).

Walkie - talkie per member and climbing Guide as required for communication.

Welcome Dinner at typical Nepali Restaurant in Kathmandu.

## **What isn't included?**

International flight fare, taxes, and visas (visa charge USD 40 and 4 passport photographs for the visa).

Lunch and dinner in Kathmandu.

Your Personal trekking & climbing equipment

Excess baggage transport

All expenses of personal nature like Wifi, Hot Shower, bar bills, laundry, telephone, etc.

Travel insurance for accident, medical, emergency evacuation & lost baggage.

Tips for Base Camp Staff and Climbing guide.

Summit Bonus for sherpa

Applicable permit fee & custom fee for satellite phone, filming camera, communications - equipment (if brought)

Expenses that are not mentioned in the included section.

## **Complimentary**