

Everest Expedition

Summit the world's highest mountain

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DATES

April-May
Duration: 59 days

GRADE/FITNESS

This expedition requires excellent fitness and prior experience of a Himalayan expedition. You should be able to carry at least 20kg, demonstrate strong endurance and high mountaineering experience. The South Col-South East ridge is the classic route that passes through the Khumbhu icefall and involves a steep climb on the Lhotse face. The maximum altitude is 8848m.

COST

USD: Please contact (joining Expedition from Kathmandu, full service with maximum oxygen, high Sherpa guide to client ratio)



OVERVIEW

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In 2019 Himalayan Ascent will be undertaking our eighth expedition to Mount Everest, following the successes of past expeditions since 2010. The ultimate dream of most mountaineers is to one day take on the biggest mountaineering challenge possible – climbing Mount Everest – and Himalayan Ascent is here to help you make that dream a reality!

Of course, turning the dream into reality requires a lot of hard work, and Himalayan Ascent will only accept climbers who have the requisite skills and level of experience.

The aim of Himalayan Ascent's Mount Everest Expedition is to provide the necessary framework for expedition members to have a safe, enjoyable trip, with the best possible chance of summiting. The key components of this framework include:

- Employing an experienced, strong, caring and professionally trained team of Sherpa guides on the mountain, all with previous Everest experience/summits
- Creating a small, cohesive team of climbers and Sherpas
- Strictly vetting the calibre of expedition members
- Providing a comfortable base camp
- Staying healthy

We will tackle Mount Everest via the South Col and South East ridge route. You'll feel like you're climbing through history as you pass through and across such infamous features as the Khumbhu Icefall, the Western Cwm, the Yellow Band and the Geneva Spur. Once you're on the summit push, you'll look back in awe towards Makalu, Lhotse, and when you're standing on the South Summit you'll stare across towards the Hillary Step and the true summit, and know that your dream is within reach.

Our 2019 Mount Everest expedition will be led and managed by Sumit Joshi.

HIGHLIGHTS

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- Summiting the world's highest mountain
- Stunning views from the roof top of the world
- Colourful Buddhist culture and spirit of the Sherpas



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SLEEP AND FOOD

Whilst on the trail to base camp, you'll sleep in local friendly teahouses. These provide basic accommodation, common toilets and a large common dining hall. Teahouse kitchens cater for international and local tastes, from pizzas/pastas to typical Nepali favourites. Other facilities including showers, internet, battery charging and laundry are sometimes available for an extra cost.

You'll end up spending a fair bit of time in base camp as you rest in between acclimatisation trips and wait for a suitable summit window. We provide a comfortable, healthy environment at base camp so that you can focus on getting prepared for your summit push. Our base camp cook, Rabin Shrestha, cooks delicious, high-quality meals, and he's famous in Everest base camp for his pizza, bread and yogurt.

Your Kathmandu accommodation is a mid-range 3.5 star hotel, but we can adjust according to your budget (i.e. budget to 5-star). Note that meals in Kathmandu are not included in the cost. Plan for USD 10-15 per meal on these days.

VISAS

Tourist visas can be obtained directly at the immigration section of Tribhuvan International Airport in Kathmandu. Bring at least 2 passport sized photos, a copy of your passport and USD 100 cash for a 90-day tourist visa. You can also prearrange a visa from your nearest Nepalese consulate.



EXPEDITION BREAKDOWN

Trek (12 days)

Walk from Lukla to Everest base camp (EBC), pausing along the way to take in sights and acclimatise. We will provide a certain amount of structure, but you will be free to walk at your own pace, with whatever level of independence you prefer. Meals and snacks are provided as well as lodging in comfortable teahouses. We ensure that the freshest food is prepared in the lodges with the highest standard of hygiene, so that we arrive into EBC healthy and ready for the next section of the trip. During the trek you will get to know the staff who will be supporting you at EBC and will be accompanying you to the summit.

Lobuche East climb (acclimatisation) (4 days)

Just before arriving at EBC, we will jump off the trail to summit Lobuche East, a 6119m trekking peak. This climb will provide the first rotation of acclimatisation climbs to help your body adapt to reduced oxygen levels. Climbing and sleeping high on Lobuche East reduces the number of rotations we need to make through the Khumbhu icefall.

Base camp (approx. 3.5 weeks)

During this time you will be based out of our well-equipped EBC as you continue to acclimatise and prepare for your climb. Each climber will have their own comfortable individual tent with an 8-inch mattress, extra blankets and a carpeted floor. We will gather in our warm triple-skin heated and carpeted dining room for meals, and a separate, similarly outfitted communication and meeting tent with full internet facilities. Here you can chill with fellow climbers, watch movies, check email and stay in touch with home. In addition, it has become a climbing tradition in the Himalayas for all groups to conduct a small Buddhist ceremony (puja) to offer thanks to the mountain, and to ask it for safe passage through its environment. The local Pangboche lama will lead our puja.

As we get ready, we will alternately rest and climb, giving ourselves the preparation necessary for the best chance of success.

Climb (approx. 2 weeks spent above Everest base camp)

After we settle in at EBC, we will proceed with checking and testing all of our climbing equipment in the lower Khumbu Icefall, practicing on ladders before we cross the Icefall and make our first rotation through the higher camps. Our rotations will include spending nights progressively higher on the mountain as we climb and familiarise ourselves with the route. Meanwhile, our Sherpas will set up and stock higher camps (C1-C4) with essential supplies needed for the next month of climbing.



Looking back to the South summit

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STAYING HEALTHY

It's vitally important to protect your health on an Everest expedition, and Himalayan Ascent Director, Sumit Joshi, is an experienced high-altitude medical provider who has trained under legendary high-altitude practitioner, Dr. Jim Duff. Sumit's knowledge is an invaluable resource, especially higher up on the mountain, without such easy access to base camp ER facilities.

Our staff are also well-trained in all aspects of hygiene, to ensure that you don't come down with a stomach bug the day before you leave base camp for the summit. Having a smaller team also assists in this regard.

SHERPA CULTURE

Known as "Eastern People" in Tibet, Sherpas were nomads who migrated and settled in the Solukhumbu region around 500 years ago from Tibet. Their dialect, dress and food is very similar to Tibetans, more than the Hindu majority ethnic groups in Nepal. With a culture deeply rooted in Buddhism, Sherpas have a strong respect for the mountains and its spirits. First employed as high altitude porters on early Himalayan mountaineering expeditions, Sherpas are now by their own rights, well regarded accomplished climbers.



DAY 1 Arrive in Kathmandu

A Himalayan Ascent representative will collect you from the airport. It's a free day to recover from your international flight, and to meet your guides and team. Later in the evening, there will be a group briefing and welcome group dinner.

DAY 2 In Kathmandu

This is a free day for you to prepare and check through equipment with your guides. There will be time to rent or buy anything if needed.

DAY 3 Fly to Lukla (2840m) and trek to Monjo (2610m) ~2 hrs

Welcome to the Khumbu! We will take the exhilarating flight on a Twin Otter to Lukla and (hopefully!) catch the first glimpses of Everest from the plane. In Lukla we will meet our porters and other EBC staff, and after lunch walk to Phakding, a small village on the roaring Dudh Koshi river, which drains the bulk of the Everest region. The milky, glacier-fed waters of the Dudh Koshi are the source of its name, which means "Milk River." We will stay in a comfortable lodge on the edge of the river.

DAY 4 Trek Monjo (2610m) to Namche (3440m) ~7 hrs

Today we will continue up the Dudh Koshi under a forest of mixed conifers and hardwoods, passing through several beautiful villages. Just before the village of Monjo we will officially enter the boundaries of the Sagarmatha National Park, a protected area encompassing 1,148 km². Soon after, we will cross a suspension bridge high above the confluence of the Dudh Koshi and Bhoté Koshi rivers and head up the hill through a black pine forest to Namche Bazaar, the political and economic centre of the Khumbu.



Acclimatising hike

DAY 5 Acclimatisation day in Namche

It is critical to the success of an expedition like this to let our bodies gradually acclimatise to the altitude. This will be the first of several rest and acclimatisation days we will take along the way to foster this process. Today you can check out Namche market, rest, or take the optional hike up to Syangboche to take in your first real view of our objective. On a clear day, enjoy the spectacular views of Ama Dablam, Lhotse, and Everest, as well as an overview of the valley you will be headed up for the next few days. Visit the national park visitor centre to learn about the natural, cultural, and human history of this region. You are part of a long tradition of mountaineers, both foreign and local, to the highest mountain on earth.

DAY 6 Trek Namche (3440m) to Tengboche (3860m) ~ 5 hrs

From Namche on, the terrain changes dramatically. We will trek along the edge of a juniper-covered ridge, through rhododendron and silver birch forests on the north-facing slopes, ever deeper into the heart of the Khumbu. On this section of trail keep your eyes open for the spectacularly colored Impeyan Pheasant—Nepal's national bird, or for large mammals like the Jharal—a shaggy wild goat which grazes in this area. After dipping once more down to the Dudh Koshi we climb up steeply to stay the night in the high meadows of Tengboche. Tengboche is the site of a working monastery and several beautiful stupas. Time permitting, you may attend morning or evening services and complete your own khora of the site.

DAY 7 Trek Tengboche (3860m) to Pheriche (4270m) ~2.5 hrs

We will continue down into the wide glacial valley from Tengboche, stopping to take in splendid views of Ama Dablam from Pangboche. We continue following the river to Pheriche, a small riverside settlement.

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EXPERIENCED SHERPA GUIDES

Our Sherpa guides are passionate climbers who live and breathe their sport – i.e. they are not farmers who moonlight as climbers during Everest season. Our entire team have graduated from the Khumbu Climbing School. Many of them are fully-qualified UIAGM guides.

SMALL COHESIVE TEAM

Everest is a big mountain, and these days there are crowds to match its stature. You'll find a number of large expeditions on the mountain, with as many as 30 climbers and 40 Sherpas in a single team. For a multitude of reasons, that's not our style. By having a small team of climbers, we are able to move more efficiently on the mountain, and we have the capacity to allow input from team members regarding decision making. You'll get to know everyone, both fellow climbers and Sherpas, intimately throughout the course of the expedition. You certainly won't find yourself being introduced to your personal climbing Sherpa on the South Col, Camp 4, just hours before your summit push! With Himalayan Ascent, your climbing Sherpa will guide you throughout your rotations, so by summit push time in May, you'll practically be family!



Climbing to Lobuche East summit

DAY 8 Acclimatisation in Pheriche

We will take our second rest day in Pheriche, where guides will facilitate your acclimatisation by organising short walks to nearby high viewpoints. You may also wish to visit the Himalayan Rescue Association to learn about their work.

DAY 9 Trek Pheriche (4270m) to Lobuche (4910m)

Leaving Pheriche behind, we will continue along the path towards EBC, passing just below the edge of the Khumbu glacier before climbing steeply up alongside the glacial moraine to the village of Lobuche.

DAY 10-13 Climb Lobuche East (6119m) and sleep 2 nights above 6000m

From Lobuche we'll cross a grassy meadow behind Lobuche and scramble up rocks to our camp at 5700m. The sunset views are stunning from this camp. The next day, we'll start our summit push early climbing up the ridge and then up a 45° face climb to the summit ridge. We'll follow the ridge around seracs to the 1st or false summit before reaching the true summit. From the summit we'll drop to another high camp just below the summit for the next two nights. We'll sleep at this altitude to acclimatise. We return by the same route to Lobuche.

DAY 14 Trek Lobuche (4910m) to EBC (5364m) ~5 hrs

Climbing up the trail 3 hours beyond Lobuche, we will reach the small outpost of Gorak Shep (5140m), the BC for the 1953 expedition that first climbed Everest. From here, we walk 2-3 hours winding through the rubble and scree of the Khumbu glacier, to reach EBC at the base of the Khumbu Icefall.

DAY 15-16 Rest, acclimatisation and puja at EBC

For the next few days we will settle into our comfortable BC and get acclimatised. Sherpas have a spiritual connection with the Himalayas so we'll perform a special puja ceremony in respect to the mountains and to ask for safety, good health and success.



Puja at BC

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CALIBRE OF TEAM MATES

When you're climbing Mount Everest, you don't want to be in a team with a climber who doesn't have the necessary skills to tackle the mountain, nor the personality traits that might make spending two months with them extremely difficult! We require all our climbers to have a solid climbing resume, preferably with an 8,000m expedition already under their belt. This ensures to us that you're prepared to face the extreme weather challenges that can sometimes affect Everest expeditions. High-altitude mountaineering has some associated discomforts, so we also look for personalities with an easy-going and flexible nature to facilitate everyone's tolerance at living at high altitude. Our small teams are carefully chosen to ensure that they are suitably compatible and experienced.

CLIMATE

During the trek to base camp in early April, the weather will mostly be dry with some periods of snow. Below Namche (under 3000m), temperatures can reach ~24°C in the day. In base camp (above 5000m), day temperatures can range 10°C-15°C. Nights are cool and can drop to -10°C. Above 7000m, temperatures will range from -40°C to -10°C at night.



Crossing the Khumbhu Icefall

DAY 17-20 First rotation through Khumbhu Icefall and crossing ladder training

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We will start moving through the icefall, practicing on ladders and testing our equipment as we climb part way to Camp 1 (C1, 5950m). We will rest after this rotation at EBC.

DAY 21-26 Rotations through C1, C2 and C3

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For the next few days we will progressively complete several rotations. Climbing through the icefall to C1, crossing the Western cwm to Camp 2 (C2, 6400m). Then climbing midway up the Lhotse face to Camp 3 (C3, 7200m). We will rest and sleep for a few nights at C2 for our acclimatisation.



Personal sleeping tents



Breakfast at EBC

DAY 27-36 Rest and recover for summit window

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At this stage our preparatory work is over. In this period we rest, fuel up on calories to wait for a favourable summit window. If the wait is particularly long, you can relocate for a few days to lower altitude (e.g. Pangbouche or Namche).



Climbing the Lhotse face



Summit morning near the balcony

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EQUIPMENT LIST

Familiarity and comfort using your personal equipment is paramount to summit success. We recommend that you test drive your equipment before joining this expedition, ideally on another 8000m expedition. Keeping feet and hands warm in reliable gear during storms above 8000m will make or break your Everest dreams. This is a list of recommended items you should bring with you. Please email us about specific brands or models we know works well on Everest.

There are a number of branded mountaineering equipment stores now open in Kathmandu. To save some check-in luggage allowance, contact us about what's available locally for purchase.

Head:

- Baseball cap
- Balaclava (comfortable tight-fitting, which covers as much skin as possible)
- Warm polar fleece or wool hat (beanie)
- Glacier glasses (category 4 lens, must wrap around your face well)
- Ski goggles (snug fit with good ventilation and anti-fog)
- Headlamp X 2 (bright LED with powerful beam) and plenty of extra batteries
- Climbing helmet (adjustable, climbing-specific)

Hands:

- Gloves (snug fitting wind stopper, and a few pairs of thin liners)
- Big Mountain gloves (Gore-Tex with removable liner, warmest available)
- Big Mountain mittens (warm and should fit over your wind stopper gloves, must be able to operate a Jumar wearing them)



Celebrating on Summit

DAY 37-50 Preparation for Summit and Summit Everest

Once the summit window opens and our C4 is ready, we'll head for the summit. During the summit push we allow our climbers to spend one full night at the South Col (C4, 7950m) sleeping on oxygen, rather than the couple of hours that most companies take. This allows you to get enough rest and energy to be ready for the final push to the top. We start early in darkness from the South Col, climb to the balcony and reach the South summit by dawn. From here, the route is exposed along the summit ridge to the Hillary step. Straddling the boundaries of Nepal and Tibet up the ridge, we then finally reach the summit! The view from the rooftop of the world highlights the sheer scale of Everest as it dominates over other regional 8000m peaks (Lhotse, Makalu, Kanchenjunga, Shisapangma, Cho Oyu) seen from its summit. We return along the same route to C4 to rest. The journey back to EBC breaks at C2.

DAY 51-57 Pack up base camp and trek to Lukla

After returning safely to EBC we will take a day or two to rest, pack up camp, and return back to Lukla for a much-needed shower and celebratory beer!

DAY 58 Fly to Kathmandu

From Lukla we will fly back to Kathmandu, where the comforts of your hotel await you.



Celebrating at EBC

DAY 59 Depart Kathmandu

Fly back to your home country. See you on another Himalayan giant.

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EQUIPMENT LIST

Feet:

- Liner socks (4 pairs)
- Hiking socks (4 pairs)
- Warm mountain socks (4 pairs)
- Down booties
- Base camp shoes (comfortable, waterproof and warm)
- Hiking shoes (good low to mid-cut, Gore-Tex lined)
- Light-weight mountaineering boots (e.g. leather mountaineering boot for acclimatisation climbs up to Camp 2)
- 8000m mountaineering boots (integrated gaiter, double boot with warm insulation)

Upper Body:

- Base layers (breathable and moisture wicking, few different weights, e.g. silk weight, mid-weight and expedition weight)
- Warm jacket (fleece or polarguard)
- Softshell jacket (with wind stopping properties)
- Gore-Tex jacket (breathable waterproof with good hood that fits over a climbing helmet)
- Synthetic fill Jacket (e.g. primaloft)
- Down suit (comfortable fit 8000m down suit made by a well known brand)
- Down jacket (800 fill, lightweight with hood)

Legs:

- Base layer (breathable and moisture wicking, mid-weight and expedition weight)
- Soft shell pants (comfortable for everyday wear)
- Gore-Tex pants (heavy duty with reinforced crampon patches and waterproof zippers)
- Insulated pants (down or primaloft)
- Shorts (quick dry)



COST DETAILS FOR FULL SERVICE

Includes:

4 nights Kathmandu accommodation, airport transfer to hotel and welcome dinner, all necessary climbing and trekking permits, experienced expedition leader and base camp manager, government liaison officer, flights to and from Lukla, all meals and accommodation during trek to base camp and return, porter service to carry unlimited personal gear to base camp, fully serviced powered base camp (including personal tent, heated dining tent and communication tent, full satellite communication system (pay per use), all meals/snacks and hot showers), ICOM 2-way radio system for all guides to communicate between camps, team of Sherpa climbing guides to set up and stock all higher camps, Sherpa guides to carry personal gear to higher camps, fully serviced Camp 2 with heated dining tent and 24-hr cooking service, all meals and tents above base camp, minimum 1:1 Sherpa climbing guide on summit day, 6 bottles of oxygen with the TopOut delivery system (allows multiple summit attempts), extensive high altitude wilderness first aid kit, porters to carry group equipment, all group climbing equipment, all other charges for route fixing including icefall and expedition duffels.

Excludes:

international flights to Kathmandu, tips and summit bonuses for Sherpa guides, tourist visa fees, meals in Kathmandu (USD 10-15 per meal), aerated and alcoholic beverages, personal items (e.g. phone calls, laundry), travel insurance (including early departure and mountain search/rescue) and personal climbing gear.

OTHER OPTIONS

Optional limited services available:

- Base camp only service (no climbing Sherpas or serviced higher camps)
- Full service with limited oxygen
- No personal Sherpa guide on summit day
- Climb through Khumbu Icefall to Camp 2 only
- Trekking to Everest base camp

Optional helicopter services:

- Helicopter fly out of EBC to Lukla or Kathmandu

Contact us for cost details for these options.



Looking at Lhotse (R), South Col and Makalu (L) from the South East ridge

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EQUIPMENT LIST

Equipment:

- Small day pack for trekking and city use (comfortable, 15-20L)
- Backpack (50-70L, fitted for your back length and internal frame)
- Duffel bags to transport your gear to Nepal
- Sleeping pads (full length, insulated inflatable and closed cell foam pads with repair kit)
- Sleeping bag X 2, -20°C to -40°C rated (800+ goose down fill, correct length for your height, one for base camp and one for higher camp)
- Harness (light weight alpine with belay loop and gear loop)
- Carabineers (4 screw gate and 4 snap gate)
- Belay device (easy to use and lightweight)
- Prussik cord (about 8 meters of 6mm and 5 meters of 4mm)
- Ice Axe (for alpine use and right length for your height)
- Crampons (semi auto with heel bail, good anti-balling system and steel)
- Jumar (large handle to fit your gloved hand)
- Trekking poles (lightweight with good snow basket)

Plus: normal city clothes, trekking clothes, small personal first aid kit, water bottles, pee bottles, pocket knife, cigarette lighter, pad locks for the duffel, scarf (bandana and buffs), underwear (avoid cotton), Ziplock bags, garbage bags to use as waterproof liner, different size stuff sacks, sunscreen (heavy duty), lip balm, toiletries, snacks to last two months and entertainment items (e.g. music, books, camera, phone with solar power charging system).

Travel documents: passport, visa (90 days), passport photos, copy of your travel insurance and photocopies of passport.



WHY HIMALAYAN ASCENT?

Himalayan Ascent is a family owned business managed by local Nepalese, Sumit Joshi, who has more than 20 years of guiding experience in Nepal, India, Pakistan, Tibet, Bhutan and Argentina for reputed international organisations.

Our guides have been raised in the outdoor wonderland of the Solukhumbu and they are passionate adventurers. The Himalayan Ascent difference is a guiding team of personnel who actively enjoy the outdoors and love sharing the experience. The philosophy of Himalayan Ascent is simple: showcase the best of Nepali culture and landscape with comfortable service. From trekking in remote areas to high altitude 8000m expeditions, Himalayan Ascent has the experience to provide a type of service that's desired by internationals outdoor lovers.

WHY HIMALAYAN ASCENT TO EVEREST?

Himalayan Ascent runs small sized expeditions on Everest. You'll get to know your Sherpa guides and team mates personally. Building a good rapport with your team is critical for summit success. Our Sherpa guides are formally trained through the Nepal Mountain Guides Association and many are also internationally accredited. We have a 100% client safety record and to date after 6 Everest expeditions, 76% of our clients have summited safely.

We have a reputation for having the best managed and most comfortable base camp, and a camp cook known for making some of the best food at EBC. Want to speak to our past clients? Contact us for the contact details of our previous Everest clients.

CONTACT US

info@himalayanascent.com
Tel: +977 1 4379509
www.himalayanascent.com

P.O. BOX 3885
Bansbari 3,
Kathmandu, Nepal

himalayan ascent_{pvt.ltd}