

## Everest (8848.86m) Expedition (North Route: Tibet)



Trip Grade: Extreme  
Duration: 54 Nights/55 Days  
Max. Altitude: 8848.86M

Destination: Tibet  
Region: 8000m Peaks  
Activity: Climbing & Expedition  
Theme: Lodge & Tented

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### Overview

Mount Everest (8848m) is the highest mountain the world towering above 8848 meters from sea level. Mount Everest also the most awaiting peaks in the world that people dream to conquer it. Obviously, there is no other place in the world more spectacular than Mount Everest. Obviously, due to its high altitude level, it is one of the toughest mountains to climb in Nepal. Mount Everest is located between Nepal and Tibet (China). So Mount Everest can be climbed from both Nepal and Tibet (China) side. Mount Everest is highest mountain in the world and every human being dream to conquer on the top of Mount Everest. Mount Everest was climbed by Sir Edmund Hillary and Tenzing Norgay Sherpa in 1953 for the first time ever. Since then more than 5000 people have climbed Mount Everest so far by using both south route (Nepal) and north route (Tibet). Climbing Mount Everest from North route (Tibet) is comparatively safer and easier than south route (Nepal). Trekking Experts offer Everest Expedition from North Route (Tibet) to bring you to the top of the world.

Everest Expedition North with Trekking Experts begins six hours' drive to Rasuwghadi-border between Nepal and Tibet. You'll drive to Rongbuk base camp (Everest North Base Camp) through beautiful Tibetan landscape. Chinese climbers claimed Mount Everest was climbed in 1960, but there is no evidence of it. Reinhold Messner who is regarded as the greatest climber ever, he pioneered a new road on the north col/face. Messner trekked the Northwest route for three days only himself from his base camp at 6,500 meters without oxygen tanks for the first time in the history in 1980. North route is a perfect choice to make the success happen without less crowd comparing to south every year. You will do several rounds of practice climbing to acclimatize before actual climbing to the top. The literal base camp for north route will be from advance base cap which is about 20 kilometers away from Chinese base camp/Rongbuk base camp. In order to make summit you'll do rotations between camps and will ascend gradually setting up camp I, Camp II, Camp III, Camp IV and will continue onto the North East Ridge, where you will encounter the first obstacle known as the first step. First step is rock structure about 30 meters high. From the top of the world, Mount Everest, you'll enjoy heavenly views of all mountain ranges and clouds beneath you.

### Highlights

- Climb the highest mountain in the world Mount Everest (8848.86m)**
- Heavenly views of mountain ranges and clouds beneath you from the top**
- Guide and led by experienced Everest summiteers High Altitude Climbing Guide**
- Climb Mount Everest from North comparatively easier and safer than south route**
- Experience beautiful landscapes of Tibet and Tibetan culture**

## Trip Itinerary

### Day 01: Kathmandu (alt. 1310m)

Upon your arrival at the Tribhuvan airport Trekking Experts representative welcomes you and assists to transfer in your hotel in Kathmandu. Upon arrival at hotel, our tour manager will brief you about trekking information and other necessary information. And then you'll free time to explore Kathmandu.

Accommodation: Three Star Hotel

Meals: N/A

Walking Hours: N/A

Altitude: 1310 meters

### Day 02: Kathmandu (alt. 1310m)

Today you'll visit around Kathmandu at the same time Trekking Experts will be preparing for climbing. One of you who will randomly picked as the Team Leader in the group needs to visit Department of Tourism for permit formalities. It will be just for about an hour only. And you can continue your tour around Kathmandu. There are several world heritage sites in Kathmandu and you can visit three among them. Most probably you'll visit Boudanath, Pashupatinath and Bhaktapur Durbar Square. In the meantime, Trekking Experts will obtain travel and climbing permit for Tibet.

Accommodation: Three Star Hotel

Meals: Breakfast

Walking Hours: N/A

Altitude: 1310 meters

### Day 03: Kathmandu (alt. 1310m)

This day is fully free day and waits for Tibet visa. Also today you can do last minutes shopping if you missed to buy anything for this expedition. If there is no holiday in previous day, you'll have free time to rest and explore around Kathmandu valley. In a meantime, we, Trekking Experts will collect your passports and visas from Embassy of China and will do final preparation.

Accommodation: Three Star Hotel

Meals: Breakfast

Walking Hours: N/A

Altitude: 1310 meters

### Day 04: Kathmandu – Kyirung (alt. 2800m)

After finalizing Tibet visa and very early morning breakfast, you'll drive to Rasuwaghadhi-the border between Nepal and Tibet. You'll lead towards north of Kathmandu following Pasang Lhamu Highway and cross the Langtang National Park to reach the border. Upon arrival at border, you'll pass your baggage from immigration and drive to Kyirung. And then you'll have to rest and explore around.

Accommodation: Tourist-class Hotel

Meals: Breakfast/Lunch/ Dinner

Travel Distance: 150 kilometers

Altitude: 2800 meters

### Day 05: Kyirung – Old Dingri (alt. 4390m)

After breakfast, you'll drive further towards base camp of Mount Everest and today you'll drive to Old Dingri. You'll catch up friendship high way where Old Dingri is located. Old Dingri is one of the popular places to stop a night in order to view Mount Everest for tourists especially for those who are unable to go to Mount Everest because of altitude problem.

Accommodation: Guest House

Meals: Breakfast/Lunch/ Dinner

Travel Distance: 190 kilometers

Altitude: 4390 meters

### Day 06: Old Dingri (alt. 4390m)

Today you've fully free to explore around Old Dingri. This day is for acclimatization as you'll be already above 4390 meters from sea level. After breakfast you'll hike up to 5000 meters to stretch your legs and acclimatization.

Accommodation: Guest House

Meals: Breakfast/Lunch/ Dinner

Travel Distance: N/A

Altitude: 4390 meters

### Day 07: Old Dingri – Chinese Base Camp (alt. 5100m)

After breakfast at Old Dingri, today you'll drive to Chinese Everest Base Camp via Rongbuk Base Camp. From Dingri the road changes condition even more, as you leave the G318 and take the local road to get to

Rongbuk, and then on to Everest Base Camp (Chinese Base Camp). While the distance to EBC from Old Dingri is only 120 kilometers, the road condition is good but the winding road makes travel slower, taking around four hours to make the trip.

Accommodation: Tented Camp  
Meals: Breakfast/Lunch/ Dinner  
Travel Distance: 120 kilometers  
Altitude: 5100 meters

#### **Day 08/10: Chinese Base Camp (alt. 5100m)**

You'll spend three nights in Chinese Base Camp for acclimatization, preparation and check your personal climbing gears. During these days you can descent down to Rongbuk Base Camp and return to camp and also hike little higher till 5300 meter sea level for better adjustment for high altitude. In the meantime, your climbing Sherpa team will be bringing all personal gears and climbing gears to advance base camp.

Accommodation: Tented Camp  
Meals: Breakfast/Lunch/ Dinner  
Travel Distance: N/A  
Altitude: 5100 meters

#### **Day 11: Chinese Base Camp-Middle Camp (alt. 5760m)**

After spending three days at around base camp, today you'll move forward towards Advance Base Camp (ABC). However today you'll spend overnight at middle camp high is situated at 5760 meters from sea level. You'll pack up all your climbing gears and you'll ascent to middle camp which is an easier trek crossing through glacier. You'll take east side of ice cap of Rongbuk glacier.

Accommodation: Tented Camp  
Meals: Breakfast/Lunch/ Dinner  
Travel Distance: N/A  
Altitude: 5760 meters

#### **Day 12: Middle Camp-Advance Base Camp (alt. 6400m)**

After breakfast at middle camp, you'll head towards Advance Base Camp (ABC). Advance Base Camp is located in the middle of flattened gravel mounds next the glacier. From middle camp, you'll ascend into the intricate maze of ice as you meet up with the Changtse Glacier from where you can observe many challenging pinnacles, ridges and rock summit of Mount Everest. Upon arrival at ABC, you'll meet your entire team including climbing Sherpas and cook there. And your climbing will brief about the next days program and plans.

Accommodation: Tented Camp  
Meals: Breakfast/Lunch/ Dinner  
Travel Distance: N/A  
Altitude: 6400 meters

#### **Day 13/48: Mount Everest Climbing Period**

You've around 35 days to make summit of Mount Everest. During these days you'll practice climbing, acclimatization and rotation to higher camps (camp I, II and III). Depending on your fitness, weather conditions and ground situation, your climbing guide will finalize the plan. However your tentative schedule will be as follows:

#### **Day 13/15: Rest and preparation for ascend to higher camps**

During these days, you'll spend time around for acclimatization, set up camps and also preparation for higher camps. Also Pooja (worship) ceremony will be conducted for good luck of climbing.

Accommodation: Tented Camp  
Meals: Breakfast/Lunch/ Dinner  
Travel Distance: N/A  
Altitude: 6400 meters

#### **Day 16: Advance Base Camp-North Col (alt. 7000m)**

After few days rest at base camp, today you'll climb up to North Col Camp situated at 7000 meter. It will be about 5-6 hour climb which takes you from the edge of the East Rongbuk Glacier up progressively steepening snow slopes. You'll set up camp for overnight stay at tented camp.

Accommodation: Tented Camp  
Meals: Breakfast/Lunch/ Dinner  
Travel Distance: N/A  
Altitude: 7000 meters

#### **Day 17/18: Rest in North Col (alt. 7000m)**

You'll rest at North Col Camp for acclimatization. During these days, you will climb part way along the wide snow ridge towards Camp II, descending back to North Col Camp for the night.

Accommodation: Tented Camp  
Meals: Breakfast/Lunch/ Dinner  
Travel Distance: N/A  
Altitude: 7000 meters

**Day 19: North Col –Advance Base Camp (alt. 6400m)**

After staying three nights overnight stay at 7000 meter elevation and some climbing practices around North Col Camp, today you'll descent to Advance Base Camp. You'll descend quickly via rappels and arm-wrapping back to our camp on the side of the glacier.

Accommodation: Tented Camp  
Meals: Breakfast/Lunch/ Dinner  
Travel Distance: N/A  
Altitude: 6400 meters

**Day 20/22: Rest in Advance Base Camp (alt. 6400m)**

You'll spend two days in advance base camp for rest.

Accommodation: Tented Camp  
Meals: Breakfast/Lunch/ Dinner  
Travel Distance: N/A  
Altitude: 6400 meters

**Day 23: Advance Base Camp –North Col (alt. 7000m)**

Today again you'll climb up to North Col Camp situated at 7000 meter. It will be about 5-6 hour climb which takes you from the edge of the East Rongbuk Glacier up progressively steepening snow slopes. Accommodation: Tented Camp

Meals: Breakfast/Lunch/ Dinner  
Travel Distance: N/A  
Altitude: 7000 meters

**Day 24: North Col- Camp II (alt. 7750m)**

From North Col, you'll climb to rocky north ridge to set up camp II. There is a long reasonable angled snow slope at around 7750 meters from sea level where Camp II will be set up. And you will spend one night at there.

Accommodation: Tented Camp  
Meals: Breakfast/Lunch/ Dinner  
Travel Distance: N/A  
Altitude: 7750 meters

**Day 25/30: Camp II- Chinese Base Camp (alt. 5100m)**

After reaching about 7750 meter, now you'll descend down to Chinese Everest Base Camp (5100m). you'll spend about 5 days in lower altitude i.e. at Chinese Base Camp. This is essential to adjust the acclimatization and rest before considering a summit push.

Accommodation: Tented Camp  
Meals: Breakfast/Lunch/ Dinner  
Travel Distance: N/A  
Altitude: 5100 meters

**Day 31/48: Mount Everest Summit Attempt**

After staying 5 days in Everest Base Camp, you'll move up to Advance Base Camp Again. If weather condition and your health allows, you'll take a change to make summit push. For summit push you'll climb to North Col Camp. From North Col you'll utilize supplementary oxygen to continue to Camp II (7750m), Camp III (7900m), Camp IV (8300m) and on to the summit (8848m). The climbing above North Col varies, with mostly easy snow and rock ledge walking punctuated by short steeper steps, including the First, Second and Third Steps on the way to summit. After topping out, you'll descend as far as possible North Col Camp or Advance Base Camp.

Accommodation: Tented Camp  
Meals: Breakfast/Lunch/ Dinner  
Travel Distance: N/A  
Altitude: N/A

**Day 49: Clean Up Advance Base Camp**

After successful summit, today Advance Base Camp will be cleaned up and pack up all the gears.

Accommodation: Tented Camp  
Meals: Breakfast/Lunch/ Dinner  
Travel Distance: N/A

Altitude: 6400 meters

**Day 50: Advance Base Camp- Chinese Base Camp (alt. 51000m)**

Today you'll descend to Chinese Base Camp.

Accommodation: Tented Camp

Meals: Breakfast/Lunch/ Dinner

Travel Distance: N/A

Altitude: 5100 meters

**Day 51: Chinese Base Camp – Old Dingri (alt. 4390m)**

Today your vehicle will pick up from Rongbuk and drive to Old Dingri following the same route.

Accommodation: Guest House

Meals: Breakfast/Lunch/ Dinner

Travel Distance: 120 kilometers

Altitude: 4390 meters

**Day 52: Old Dingri –Kyrirung (alt. 2800m)**

After breakfast, you'll continue to return to Kyrirung.

Accommodation: Guest House

Meals: Breakfast/Lunch/ Dinner

Travel Distance: 190 kilometers

Altitude: 2800 meters

**Day 53: Kyrirung-Kathmandu (alt. 1310m)**

After earlier breakfast, you'll transfer border; cross border and then will drive to Kathmandu. Accommodation: Three Star Hotel

Meals: Breakfast/Lunch

Travel Distance: 150 kilometers

Altitude: 1310 meters

**Day 54: Kathmandu (alt. 1310m)**

Today is fully free day to rest in Kathmandu. After successful summit of Mount Everest, you can celebrate successful day in Kathmandu. In the evening, Trekking Experts will organize farewell dinner at typical Nepalese restaurant.

Accommodation: Three Star Hotel

Meals: Breakfast

Travel Distance: N/A

Altitude: 1310 meters

**55: Departure from Kathmandu**

Depending on your flight time, you'll be transfer to airport before 3 hrs of flight time.

**What's Included**

- Meals & Accommodations**
  - 5 nights in Kathmandu at three star or similar three star-hotels on twin sharing basis with bed & breakfast
  - 5 nights in local hotel/guest houses in Tibet during trip to base camp and back on twin sharing basis with full board (Breakfast, Lunch and Dinner)
  - 44 nights in tented camps at base camp on single tents and twin sharing basis on high camps with full board (Breakfast, Lunch and Dinner)
  - Farewell Dinner in Kathmandu at the end of the trip with typical Nepalese food
- Transportations & Flights**
  - All airport/hotel/airport transfers by private air-conditioned vehicle
  - Kathmandu-Kerung and Kerung-Kathmandu by private jeep/bus with staff
  - Kerung-Chinese Base Camp and Chinese Base Camp -Kerung by private jeep/bus with staff
  - 45 kg baggage per person till ABC and return
- Permits & Fees**
  - Tibet Entry permit Fees for Liaison Officer, driver and interpreter, Yak driver
  - Mount Everest Climbing
  - Permit Everest National Park Fee
  - Garbage Deposit Fee
  - Rope Fixing Charge

- Guide & Supporting Crew at/till Advance Base Camp:**
  - 1 Tibetan Interpreter/Guide
  - 1 Nepali Base Camp Cook
  - Required Kitchen helpers
  - 5 Yaks for each member on way up to Advance Everest BC, 4 Yaks on way down from AEBC to BC [1 'yak load' means 40kg in spring and 50kg in autumn]
- Guide & Supporting Crew above base camp (in the mountain):**
  - 1 Professional high altitude climbing Sherpa with his daily wages, insurance and climbing equipment allowance
- Equipment till Base Camp**
  - 1 sleeping tent for every member
  - 1 Foam mattress for every member
  - Dining Tents and kitchen tent
  - Store Tents
  - Required toilet tents
  - Required Shower tents
  - Required tables and chairs Required kitchen utensils with fuel
  - Solar light for lighting purpose only
  - 2 pairs of walki-talkies
  - 1 Satellite Phone (Use and pay USD 3 per unit call)
  - 1 medical hyperbaric chamber bag (Certec)
  - Comprehensive First Aid Kit
- Equipment & Services above Base Camp:**
  - 2-men high altitude sleeping tent for sharing basis
  - Required Coffel Set and Gas burner/Epi Stoves
  - High Altitude food for both Sherpas and members Climbing Gear in the mountains such as fixed rope, main rope, snow bars, snow shovel, carabiners etc.
  - Cooking set in the mountain such as Epi gases, gas burner, cooking pots etc for members and sherpas
  - 6 Oxygen Bottle for every member (4 ltr)
  - 4 Oxygen Bottle for every HA Sherpa (4 ltr)
  - 1 set mask & Regulator for every member 1 set mask & Regulator for every HA Sherpa

## What's not Included

- All personal expenses like alcoholic beverages, bottled drinks, telephone calls, laundry services
- Medical and travel insurances
- International airfare and taxes
- Summit Bonus for HA Sherpa USD 1800
- Carry Bonus for HA Sherpa: USD 2500
- Nepal Visa fees USD 125 for 90-days multiple entry
- Tibet Visa Fee USD 180
- Additional High-Altitude Sherpa if required
- Yak Fees if baggage is above 40-50 kg for ABC (USD 500 per Yak)
- Emergency helicopter rescue charges
- Main meals in Kathmandu (lunch and dinner)
- Tips for base camp/advance BC crew (USD 100 per yak/porter, USD 400 per ABC staff)