

## Everest (8848.86m) Expedition South



Trip Grade: Extreme  
Duration: 59 Nights/60 Days  
Max. Altitude: 8848.86M

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

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### Overview

Mount Everest (8848.86m) is the highest mountain the world towering above 8848.86 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). Trekking Experts offer Everest Expedition from South Route (Nepal) to bring you to the top of the world.

Everest Expedition South with Trekking Experts begins with scenic flight to Tenzing-Hillary Lukla airport. The trail to base camp of Mount Everest follows trekking in the beautiful Sagarmatha National Park with great views of mountains of Khumbu including Mount Everest. Trekking to Everest Base Camp offers you scenic mountain views, alpine vegetations and animals while you're trek and will get opportunities experience the life of world famous climbers; Sherpa people. The trek offers the opportunities to see the ranges of mountain ranges, Sagarmatha National Park, the world heritage site, the life style of the Sherpa people, Himalayan flora and fauna and will also get an opportunity to embark on an epic journey that our mountain legends Sir Edmund Hillary and Tenzing Norgay Sherpa set off in 1953. You will witness the highest altitude hotel in the world, The Everest Hotel, highest altitude airport Lukla airport also known as Tenzing Hillary Airport and high altitude places where people still live. Trekking Experts believes that proper preparation, training, acclimatization, hygienic food and experienced Sherpa climber make your climbing successful. Trekking Experts assures highest degree of safety, proper planning, and decades of experienced and extensive knowledge to make your dream to climb the highest peak in the world.

### Highlights

- ✓ **Climb the highest mountain in the world Mount Everest (8848.86m)**
- ✓ **Witness the other 8000m peaks including Mount Everest**
- ✓ **Experience the real life standard of world famous climbers, the Sherpa people**
- ✓ **To see the flora and fauna of high Himalaya**
- ✓ **Opportunity to embark on an epic route to the top of Everest set by mountain legends Sir Edmund Hillary and Tenzing Norgay Sherpa in 1953**
- ✓ **Witness the highest altitude hotel in the world, The Everest Hotel, highest Altitude Airport & Everest Base Camp**

## 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 have 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 be 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.

**Accommodation:** Three Star Hotel **Meals:** Breakfast **Walking Hours:** N/A **Altitude:** 1310 meters

### Day 03: Kathmandu - Phakding (alt. 2640m)

Early morning you'll transfer to airport and you'll make an early start to take a spectacular, short mountain flight to Lukla, the start point for our trek. During the flight you'll see scenic views of Langtang, Jugal ranges, Rolwaling Himal, Gaurisankar and Menlungtse before getting your first glimpse of Everest.

Upon arrival at Lukla airport you'll meet trekking crew and you'll spend a few minutes sorting out bags etc before setting off through this winding village to the trek start proper at the Khumbu 'gateway'. It's gently downhill on pitched stone trails through low rhododendron forest, small 'garden' farms and old and new hamlets to the banks of the foaming Dudh Koshi River. There will be plenty of short stops to meet the locals, take photographs and just soak up the scenery and the clear mountain air as we meander along, the undulating trail glimpsing views of 6000m snow-capped peaks high above. Passing the enormous Mani stone at Thado Koshi we meander up through the many Chortens and prayer wheels of Sano and along to our destination of Phakding in time for a late lunch.

**Accommodation:** Lodge **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** 3 Hours Walk **Altitude:** 2640 meter

### Day 04: Phakding - Namche (alt. 3440 m)

After breakfast at lodge, you'll start trekking through a beautiful pine forest that leads you along the Dudh Koshi River and Hillary Suspension Bridge to reach to Monjo and starting point of Sagarmatha National Park. Here you'll stop at check post of TIMS & National Park permit. The trail passes through the Dudh Koshi, Bhote Koshi River, Jorsalle village, Large Dovan and cross one of the highest bridges over the Dudh Koshi River of Everest region and reach to Chautara from where we can see the first glimpse of the Mt. Everest. Further walking about one hour steep up we reach to Namche bazaar (market).

Namche Bazaar is known as 'heart of Khumbu' which is one of the trading points for Sherpa people. It is also ideal market for visitors to purchase traditional crafts. Every Saturday there would be local street market, do not miss if you are there on Saturday.

**Accommodation:** Lodge **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** 5 Hours Walk **Altitude:** 3440 meter

### Day 05: Namche (alt. 3440m)

Today is the schedule for acclimatization and explore around Namche Bazaar. After breakfast you'll head toward Syangboche airport. Syangboche airport is known as world highest altitude airport. First of all, in the morning you'll visit Sherpa Culture Museum and Everest photo Gallery, which is just 15-minute walking distance from Namche Bazaar. From the museum you can have the spectacular picturesque Mountain View and take some photographs. Then start trekking to Everest view hotel passing through Syangboche Airport which takes about 2 hours. You will climb further to reach Mt. Everest View Hotel for great panoramic views of Mt. Everest, Lhotse, Ama Dablam, Tawache, Kusum Kangkaru, Thamserku, Kongde and many more. Enjoy the spectacular view of mountains including Mt. Everest from the nearest destination then trek back to Namche Bazaar.

**Accommodation:** Lodge **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** 3 Hours Walk **Altitude:** 3440 meter

### Day 06: Namche-Tengboche (alt. 3860m)

As always after breakfast at the lodge, you'll have a gentle walk through the forest with magnificent view of mountains. The great view of the mighty peaks of Everest, Nuptse, Lhotse, Ama Dablam, Thamserku and Kongde peak with view of the eastern snow capped mountains. The trail leads uphill through the forested path and the hardy walk to get to Tengboche. One of the most beautiful places in the Himalaya and the first thing that comes to your eye is the big Monastery, then the large field with campsites and teahouses, lodges beneath the towering majestic beautiful peak Ama Dablam. You'll have the chance to look around the

monastery and the interesting visitor centre there and good view of the Everest/Lhotse massif but is also the classic viewpoint for Ama Dablam. Then will check-in at lodge.

**Accommodation:** Lodge **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** 5 Hours Walk **Altitude:** 3860 meter

#### **Day 07: Tengboche- Dingboche (alt. 4410m)**

After breakfast at lodge, you'll descend down from Tengboche, winding through the rhododendron forest to Deboche and crossing a bridge over the raging Imja Khol River. Hug the valley wall, and then traverse the plains to Dingboche, the start of the Imja Tse Valley. Dingboche is also the gateway to Chukung and farther beyond for the most challenging traverses towards Makalu area and Hinko Valley via Sherpani col 6100m and Amphu Lapsa pass 5780m. Then will check-in at lodge.

**Accommodation:** Lodge **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** 5/6 Hours Walk **Altitude:** 4410 meter

#### **Day 08: Dingboche (alt. 4410m)**

After taking morning breakfast, today you will rest in Dingboche for acclimatization. You may have full day rest or there are some places where you can go for a day walk like trek to Chhukung (4730m) is worthwhile which takes approximately 3-4 hours from Dingboche, towards east within the Imja Tse Valley, although the trek is gradual, however you can feel the thin air as the altitude gains slowly coming towards Chhukung. At Chhukung, there are few teahouses overlooking superb view of the snow capped peaks and glaciers after enjoy stroll back to Dingboche for overnight.

**Accommodation:** Lodge **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** **Altitude:** 4410 meter

#### **Day 09: Dingboche- Lobuche (alt. 4910m)**

After breakfast, you'll ascent the retrace our steps back to Pheriche before continuing along the trail up the broad valley bottom towards Dugla. Ahead of us is the trekking peak of Lobuje East (6119m), which is one of the objectives on our Khumbu Climber itinerary, and to your left is the formidable north face of Taweche, the scene of many cutting-edge Himalayan ascents of the 1980s and 1990s. After three hours you'll reach the small collection of lodges at Dugla (4620m). You might choose to walk up to the Sherpa memorials, from where there are outstanding views of Ama Dablam, Cholatse and Taweche. From Dugla, the trail starts steeply to climb up beside the glacier moraine. After a few hours the track eventually leads to a small cluster of tea houses pleasantly situated at Lobuche (4940m). After reaching Lobuche, will check-in at lodge.

**Accommodation:** Lodge **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** 5/6 Hours **Altitude:** 4910 meter

#### **Day 10: Lobuche- Everest Base Camp (alt. 5364m)**

After breakfast at lodge, you'll trek to Everest Base Camp today. You'll leave Lobuche and eventually cross the moraine of the great Khumbu Glacier to reach Everest Base Camp (5364 m), which lies beneath the sweeping ridges of Mt. Everest and Mt. Nuptse. For your convenience, our expedition team will have already set up camps at the base camp. Upon arrival at base camp, you'll meet your High Altitude Climbing Sherpa guides and will explain about following days planning for climbing.

**Accommodation:** Tented Camp **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** 4/5 Hours **Altitude:** 5364 meter

#### **Day 11/53: Mount Everest (8848m) Climbing Period**

From day onwards, we have estimated about 50 days for climbing. During these days you'll ascend to higher camps several times and return again to base camp too for acclimatization, rest and training at Khumbu Icefall. During these days, you'll train and practice climbing at icefalls, will do rotation till higher camps several times and at the same time, your climbing guide will bring climbing gears, high altitude tents, food, oxygen etc to higher camps. Also your HA Sherpa will set up camps in camp I, Camp I, Camp III and Camp IV for the summit. Once Rope fixing is ready, you'll wait for weather to make your final summit attempt. Tentative program during climbing period will be as follows:

#### **Day 12: Base Camp Set Up**

After spending first night at Base Camp, today you'll start your daily routine of climbing period. Your climbing guide/High Altitude Sherpa will brief you about your next day's schedule for attempts to Camp I, training at Icefall. Today we'll set up base camp and conduct a Pooja Ceremony (worship/pray) for good luck of climbing.

#### **Day 12-16: Training, Acclimatization and Hike to Camp I**

During these days, you'll spend and explore around base camp to get used to with local climate, acclimatization. For this you'll sometimes hike to icefall, you'll training of climbing at ice etc.

#### **Day 16-19: Introduction to Khumbu Icefall & Ladder**

After having used to with local climate, now you'll be introduced to Khumbu Icefall and ladder there. During

these days, you'll hike to Khumbu Icefall where you'll training climbing skills, technique and safety measurements from our HA Sherpas. And then you'll introduce ladder, how to climb it and handle it etc.

#### **Day 20-23: Rotation to Camp I, touch Camp II and return to Everest Base Camp**

After getting some knowledge about ice climbing and usage of ladder, you'll climb to Camp I for practice and acclimatize. And then reach upto Camp II. And then return to base camp.

#### **Day 24-26: Rest at Everest Base Camp**

After reaching Camp II, you probably will be tired. And these days you'll rest at Base Camp. This rest will give you adoption of high altitude and base camp which will be better for acclimatization.

#### **Day 27-33: Rotation to Camp III and return to Base Camp**

After few days rest at base camp, now you'll again climb upto camp III through camp I, Camp II. You'll do several rotations from Camp I to Camp III. And again return to Base Camp.

#### **Day 34-37: Rest and Planning for Summit Attempt**

After reaching Camp III, you'll know more about the mountains and you'll have already acclimatized. And now you'll rest at base camp to save some energy for summit attempt. During these days, with coordination with Government Liaison Officer and other members/climbers, you'll wait for best weather and date for summit attempt.

#### **Day 38-50: Preparation for Mount Everest Summit Attempt**

Now you'll be fully ready, prepared and acclimatized for Everest Summit. Depending the weather forecasts, other climbers' view you'll do final push for Everest Summit. During these again you'll climb Camp I, Camp II, Camp III and Camp IV. From the Camp IV, you'll climb Mount Everest and back to below camps.

#### **Day 51-53: Back to Base Camp after Summit**

After final summit, you'll back to Base camp.

#### **Day 54: Clean Up and Base Camp Closing**

After summit, we shall clean up base camp and pack up all base camp equipments, wastes/garbage.

**Accommodation:** Tented Camp **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** **Altitude:**

#### **Day 55: Everest Base Camp- Pangboche (alt. 3930m)**

Today, base camp will be closed and after successful summit of Mount Everest, you'll trek back to Pangboche by retracing our steps.

**Accommodation:** Lodge **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** 5/6 Hours **Altitude:** 3930 meter

#### **Day 56: Pangboche -Namche (alt. 3440m)**

After breakfast at lodge, you'll trek down to Namche. First of all you'll head down to Deboche, then to Tengboche. Then you will walk down hill towards the Phungithanka vis Tangboche and after crossing the suspension bridge over the Dudh Koshi river trek onwards to the Kyanjuma the junction of the trinity ways to Gokyo Valley, Khumjung village and Namche Bazaar. Then you'll reach at Namche.

**Accommodation:** Lodge **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** 5/6 Hours **Altitude:** 3440 meter

#### **Day 57: Namche-Lukla (alt. 2840m)**

From Namche you'll descent down to the Monjo village where you'll have lunch. Then decent to Phakding and you'll gradually walk to Lukla passing through the incredible mountain scenery and local Sherpa village. Arrival in Lukla and you'll have time to stroll around the areas and guide will re-confirm your flight ticket and enjoy the last celebrate dinner with your crew member and overnight at Hotel.

**Accommodation:** Lodge **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** 6/7 Hours **Altitude:** 2840 meter

#### **Day 58: Lukla – Kathmandu (alt. 1310m)**

Depending on your flight time, you'll walk to Lukla after breakfast. Then you'll take short flight to Kathmandu which takes about 35 minutes to reach Kathmandu. Upon arrival at Kathmandu, you'll transfer to hotel. And then you'll have free to relax at hotel or explore around Kathmandu valley.

**Accommodation:** Three Star Hotel **Meals:** Breakfast **Walking Hours:** N/A **Altitude:** 1310 meter

#### **Day 59: Kathmandu (alt. 1310m)**

Today is your last day in Nepal so prepare for departure, packing and returning gear. A massage is highly recommended to relax your tired muscles before your long haul flight home. Tour leader of the trip visits Department of Tourism for some Government formalities after the trip as De-Briefing. In the evening you'll have farewell dinner at local Nepalese restaurant with typical cultured dances.

**Accommodation:** Three Star Hotel **Meals:** Breakfast/Dinner **Walking Hours:** N/A **Altitude:** 1310 me-

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### **Day 60: Departure from Kathmandu**

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

**Accommodation:** N/A **Meals:** Breakfast **Walking Hours:** N/A **Altitude:** N/A

### **What's Included**

- ✓ **Transportations & Flights**
  - i) All airport/hotel/airport transfers by private air-conditioned vehicle
  - ii) Kathmandu-Lukla and Lukla-Kathmandu by flight with airport taxes and 60-kg free baggage (\$ 1 per kg for excess baggage as cargo)
  - iii) 60 kg baggage per person till base camp and return
- ✓ **Meals & Accommodations**
  - i) 4 nights in Kathmandu at three star or similar three star-hotels on twin sharing basis with bed & breakfast
  - ii) 9 nights in local lodges during the trekking on twin sharing basis at normal room (upgrade to attached toilet will be charged extra) with full board (Breakfast, Lunch and Dinner)
  - iii) 46 nights in tented camps at base camp on single tents and twin sharing basis on high camps with full board (Breakfast, Lunch and Dinner)
- ✓ **Permits & Fees**
  - i) Everest National Park Fee
  - ii) Local Government Fee
  - iii) Everest Expedition Permit Fee
  - iv) Garbage Deposit Fee
  - v) Insurance for guide in order to obtain permit
  - vi) 1 Government Liaison Officer with his/her insurance, food allowance and flights
  - vii) Human Waste/Kitchen Waste Fee
  - viii) Icefall Route Charge
  - ix) Rope Fixing Charge
- ✓ **Guide & Supporting Crew at/till Base Camp**
  - i) 1 English speaking experienced trekking guide
  - ii) 1 expedition cooks and required kitchen helpers
  - iii) Required porter to carry personal baggage
  - iv) Required porter to carry camping equipment, food, fuel and climbing gears for Lukla-base camp and base camp to Lukla
- ✓ **Guide & Supporting Crew above base camp (in the mountain)**
  - i) 1 High Altitude Sherpa for every member including his daily wages, climbing allowance, food, accommodation and insurance
- ✓ **Equipment till Base Camp**
  - i) 1 sleeping tent for every member
  - ii) 1 Foam mattress for every member
  - iii) Dining Tents and kitchen tent
  - iv) Store Tents
  - v) Required toilet tents
  - vi) Required Shower tents
  - vii) Required tables and chairs
  - viii) Required kitchen utensils with fuel
  - ix) Solar light for lighting purpose only
  - x) 2 pairs of walki-talkies
  - xi) 1 Satellite Phone (Use and pay Euro 4 per unit call)
  - xi) Comprehensive First Aid Kit
- ✓ **Guide & Supporting Crew above base camp (in the mountain)**
  - i) 1 High Altitude Sherpa for every member including his daily wages, climbing allowance, food, accommodation and insurance
- ✓ **Services & Equipment above Base Camp**
  - i) 2-men high altitude sleeping tent for sharing basis

- ii) Required Coffel Set and Gas burner/Epi Stoves
- iii) High Altitude food
- iv) Climbing Gear in the mountains such as fixed rope, main rope, snow bars, snow shovel, carabiners etc.
- v) Cooking set in the mountain such as Epi gases, gas burner, cooking pots etc for members and Sherpas
- vi) Rope Fixing Fee
- vii) Ice Route Fee
- viii) 6 bottle of Oxygen Bottles for each member
- viv) 1 set of Mask & Regulator for each member

## What's not Included

- All personal expenses like alcoholic beverages, bottled drinks, telephone calls, laundry services
- Medical and travel insurances including search and evacuation from high altitude
- International airfare and taxes
- Nepal Visa fees
- Additional HA Sherpa if required
- Summit Bonus and Carry Bonus for each HA Sherpa
- Additional Oxygen if required
- Extra cost for second attempt if required
- Cargo Fee for domestic flights for baggage above 60 kg and porter if baggage is above 60 kg for BC
- Main meals in Kathmandu (lunch and dinner)
- Tips for trekking/climbing crew