

Everest Expedition



Trip Overview

Sagaramatha is a Nepali name, that means "forehead of the sky" or Ones whose forehead reaches up to the Sky and the mother goddess of the world known as Mount Everest, Jomolongma in Tibetan and Sherpa language and the highest peak of the planet which was discovered in 1715 AD and measured in early 1856 AD by Sir George Everest, Surveyor General of India. Mount Everest is located in the eastern part of Nepal in Sagaramatha National Park World Heritage Site. Before the opening of Nepal's borders to outsiders all the early expeditions to Mount Everest were from Tibet, Tibet was opened in 1920 to the outsiders. After the annexation of Tibet by China in 1949 the borders were sealed and Nepal allowed access to the foreigners. Since then Mount Everest has still stood as the highest peak with a height of 8848 Mtr and ultimate mountaineering adventure and fascinated all the adventure lovers from all over the world. The mountain receives around 1000 attempts every year and the southern approach to the mountain via the Khumbu Valley became popular among climbers now it has become a popular tourist destination of the world and reaching the summit of Everest has been considered one of the greatest achievements in mountaineering. Every year thousands of tourists travel to the Everest region to explore the majestic view of Mount Everest and to make unforgettable lifetime memories and experiences. Climbing Mt Everest is certainly a lifetime opportunity. An attempt on Everest is a committing undertaking that requires a huge amount of dedication and determination. Before stepping onto the mountain we should be properly physically and mentally prepared, must be well trained in different small peaks, and should make our body used to the altitude. We believe that our planning, logistics, staffing, and experience coupled with your enthusiasm, patience, and perseverance would help us to achieve your lifetime dream. We

always commit you to do the best as far as we can.

Trip Itinerary

- Day 1 - Arrival in Kathmandu (1400 Mtr/4592 Ft) and transfer to hotel, welcome dinner
- Day 2 - City tour in Kathmandu, shopping and preparation
- Day 3 - Flight to Lukla and Trek to Phakding (2800 Mtr/ 9184 Ft)
- Day 4 - Trek to Namche(3440 Mtr/11283 Ft)
- Day 5 - Rest day in Namche and Day trip to Hotel Everest view
- Day 6 - Trek to Deboche(3734 Mtr/12247 Ft)
- Day 7 - Trek to Dingboche(4410 Mtr/14465 Ft)
- Day 8 - Acclimatization Day in Dingboche (Day trip to Ngangkarzang peak)
- Day 9 - Trek to Lobuche(4930 Mtr/16170 Ft)
- Day 10 - Rest day in Lobuche(4930 Mtr)
- Day 11 - Trek to Basecamp(5365 Mtr/17597 Ft)
- Day 12-17 - Puza ceremony, Acclimatization , basic training technique to walk in ladder, fixed line etc
- Day 18 - Climb to Camp 1(6000 Mtr/19680 Ft)
- Day 19-20 - Rest in Camp 1
- Day 21 - Climb to Camp2(6400 Mtr/20992 Ft)
- Day 22 - Rest in Camp 2
- Day 23 - Descend down to Basecamp
- Day 24-28 - Rest day in Basecamp
- Day 29 - Climb to Camp 2(6400 Mtr/20992 Ft)
- Day 30 - Rest in Camp 2
- Day 31 - Rest in Camp 2
- Day 32 - Climb to Camp 3 (7200 Mtr/23616 Ft)
- Day 33 - Descend to Basecamp
- Day 34-38 - Descend down to Deboche (3734 Mtr/12247 Ft) /Namche for rest (3440 /11283 Ft)Mtr)
- Day 39 - Back to Basecamp (Should be arrived) (5365 Mtr/17597 Ft)

- Day 40 - Rest in Base Camp
- Day 41 - Rest in Base Camp
- Day 42 - Rest in Camp 2(6400 Mtr/20992 Ft)
- Day 43 - Climb to Camp 3(7200 Mtr/23616 Ft)
- Day 44 - Climb to Camp 4(7950 Mtr/26076 Ft)
- Day 45 - Rest in Camp 4
- Day 46 - Climb to summit (8848 Mtr/29021 Ft)and return to Camp 4(7950 Mtr /26076 Ft)
- Day 47 - Descend to Camp 2 (6400 Mtr/20992 Ft)
- Day 48 - Descend to Basecamp (5365 Mtr/17597 Ft)
- Day 49 - Trek to Pheriche
- Day 50 - Trek to Namche(3440 Mtr/11283 Ft)
- Day 51 - Trek to Lukla (2610 Mtr/8560 Ft)
- Day 52 - Flight to Kathmandu
- Day 53 - Rest day in Kathmandu
- Day 54 - Final departure for home country
- Day 55-60 - Extra Day (Contingency)

Cost Includes & Excludes

Includes

- Airport pick and drop to/from Airport
- Welcome dinner in Kathmandu
- 4 Nights accommodation in Five star hotel in Kathmandu in BB basis
- Flight Fare to/from Lukla
- Lodging and Fooding all nights during the trek and climbing period.
- Group equipment for climb cooking gearss, fuel, stoves, ropes, all forms of rock, ice, and snow protection, radio communications, oxygen delivery system and oxygen cylinders, medical supplies, etc.
- Lodging and Fooding all nights during the trek and climbing period.
- High altitude sherpas,porters, liason officer,and all staffs
- All permit fees and government taxes.

- Sat phone available at Base Camp in paying service
- High altitude tents for all members and climbing Sherpas. All food and fuel for Base Camp and higher camps during expedition. Services of cook and kitchen boy at Base Camp and cook at Camp 2. All kitchen tent, stores tent, dining tents, toilet tents, tables and chairs, and cooking utensils for Base Camp
- Insurance for climbing Sherpas, cooks, Liaison Officer, and local porters. Equipment allowances and wages for climbing Sherpas, cooks, kitchen boys and Government Liaison Officer
- Base Camp single tent with mattress and pillow for each member, climbing Sherpa, BC staff and Liaison Officer.
- Solar panel at Base Camp for light and charging small electronics (eg. mobile phones, amateur digital cameras and handheld video cameras).
- Personal solar powered light at each tent per member at Base Camp.
- Transportation of food supply to Base Camp from Kathmandu (cargo to Lukla and then by porter to Base Camp).
- Khumbu Ice Fall route fixing fee (Khumbu Ice Fall route will be fixed by SPCC) and Rope fixing fee for Everest (Rope will be fixed to summit by expedition operators association of Nepal).

Excludes

- International airfare and Nepal Visa fee (bring accurate USD cash and two passport photographs)
- Personal gears, clothing and sleeping equipment (see gear list).
- Tips and Bonus for Staff and guide
- Insurance and Trip cancellation
- Alcoholic beverages and bottled drinks.
- Nepal entry visa Fee(can be obtained at the airport upon arrival)
- Lunch and dinner in Kathmandu.
- Personal insurance such as travel, accident, medical, emergency evacuation, and lost luggage.
- Any non scheduled meals and drinks, Personal snacks on the trek
- Personal solar pack for charging
- Required medical and evacuation insurance and expenses

Gears and equipment

- Head Wear

Sun Hat
Warm Synthetic wool Hat
Head Band/buff/Face mask/balaclava
Head lamp and Spare Batteries
Nose guard

- Eye Wear

Sun Glasses
Glacier glasses
Googles

- Hand Wear

Lightweight Synthetic Gloves
Heavyweight Synthetic Gloves
Soft shell gloves
Disposable Hand Warmer
Mittens

- Body

Fleece Jacket
Long Sleeved shirts
Short Sleeved Shirts
Wind Jacket
Down Suit
Down Jacket(Light Weight)
Down Jacket(Heavy Weight)
Soft shell Jacket
Hard shell Jacket

- Down Wear

Trousers(Light Weight)
Trousers(Heavy Weight)
Wind Pants
Lightweight Underwear
Heavyweight Long underwear
Lightweight Nylon pants

Down Pants
Soft shell pants
Hard shell pants
Insulated synthetic pants

- Foot Wear

Light weight synthetic socks
Climbing socks
Climbing boots
Trekking boots/Light hiking boots
Running Shoes
Insulated Camp boots(for Basecamp)
Gaiters

- Accessories

Sunscreen and Lip Balms
Personal First Aid Kit
Dairy and Writing Material
Camera with spare batteiries
Pocket knife
Sun Glass
Personal Toilet Equipment
Water Bottles
Hand sanitizers
Small Towels/Soap/Shampoo

- Climbing Gear

Down Suits
Helmet
Harness
Carabinersr(Regular)
Carabiners(Locker)
Descender
Ascender
Ice Axe
Crampons
Helmet
Water Bottle
Duffol Bag
Trekking Back Pack(40 Ltr)
Climbing Back Pack (50 Ltr)
Sleeping Bag(-40) for higher camps

Sleeping Bag(-20) for Basecamp
Thermarest
Thermos
Trekking Poles
Pee Bottle