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Kapan Marg, Kathmandu, Nepal



Everest Expedition

“Because it’s there” Quoted Sir Edmund Hillary Mount Everest is the highest mountain on earth, first climbed in 1953 by Sir Edmund Hillary and Tenzing Norgay Sherpa. It arises exactly on the borderline of Nepal and Tibet (27°59’ North latitude, 86°55’ East longitudes) in the southern part of Asia. The mountain has several different names. The most common Sherpa name “Chomolungma” which means “Goddess Mother of the World” or “Goddess of the Valley.” The Nepali name is “Sagarmatha” which means “Peak of Heaven.” The later Christian name is “Mount Everest” after Sir George Everest. Many people dream of standing on top of the world and Adventure Ascent have the most professional guides who have recorded several summits each. The owner of Adventure Ascent have summited Everest 8 times and has over 25 years mountaineering experience so you can be sure to get the best support and help both before the expedition and during the expedition. We fly from Katmandu to Lukla and trek to Everest Base Camp which takes about one week. On the way to Everest Base Camp we will summit Island Peak. This is an excellent way to both practice mountain and glacier climbing as well as acclimatize since Island Peak reaches 6189m. When we arrive to EBC the camp will be prepared for us and this will now be our home for the upcoming two months. To safely climb Everest we will climb up and down the icefall to acclimatize further. There are 4 camps on our way to the summit. Base Camp (5,300 to 5500m), Camp 1 (6,098m), Camp 2 (6,400 to 6500m), Camp 3 (7,300 to 7,500m) and Camp 4 (7970 m). The best time to summit Everest is in the spring season. Important to take into consideration is that an Everest Expedition requires experience from previous mountain climbing along with good knowledge about mountain safety, climbing equipment and excellent physics. In order to be granted a climbing permit you need to provide proof of successful climbing above 7000 meters.

Price:

Trip Start:

Trip Ends:

Duration: 70

Grade: Hard/Advanced

Altitude: 8848 m

Destination: Home

Trip Style: Expedition

Transport: Flight

Group Size: 4-10+

Best Time: Spring Season

Itinerary

Day	Title	Description
1	<u>Arrival in Kathmandu, transfers to hotel.</u>	
2	<u>Kathmandu Sightseeing.</u>	
3	<u>Preparation day</u>	
4	<u>Final Preparation day</u>	
5	<u>Fly to Lukla and trek to Phakding (2,600m)</u>	
6	<u>Trek to Namche (3450m)</u>	
7	<u>Namche- acclimatization day</u>	
8	<u>Trek to Khumjung 'Green Valley' (3780m)</u>	
9	<u>Trek to Tengboche (3860m)</u>	
10	<u>Trek to Dingboche (4412m)</u>	
11	<u>Dingboche - acclimatization + rest day</u>	
12	<u>Trek to Chukkung (5559m)</u>	
13	<u>Trek to Island Peak B.C. (5087m)</u>	
14	<u>Hiking for acclimatization and preparation</u>	
15	<u>Summit and back to Base camp</u>	
16	<u>Back to Dingboche</u>	
17	<u>Trek to Lobuche (4910m)</u>	
18	<u>Trek to Gorak Shep (5160m)</u>	
19	<u>Trek to Everest B.C. (5364m)</u>	
20-60	<u>Climbing period for Everest Summit</u>	
61	<u>Base Camp Cleanup Day</u>	

62 Trek back from Base Camp to Lobuche

63

64 Trek back to Tengboche (3800m)

65 Trek back to Monjo (2835m)

66 Back to Lukla

67 Fly to Kathmandu

68 Kathmandu - leisure day

69 Kathmandu - farewell

70 Departure from Kathmandu

Includes

All transportations including pick up & drop.

4 night's 4/5 star hotel in Kathmandu with bed & breakfast

One Welcome Dinner in tourist standard restaurant in Kathmandu with Office's Staffs.

International Air cargo clearance of Member Personal Luggage & Payment of Government taxes in Nepal. *before expedition.

Expedition Royalty and permit of Nepal Government, Restricted area Permit, national park, TIMS Card, Conservation area entry permits and fee.

1 Government Liaison officer with full equipment, salary and accommodation.

Stool Shipment Transfer & Garbage Deposit fees.

Medical & Emergency rescue Insurance for all involved Nepalese staffs during the trek and expedition.

Trekking and climbing map.

All kind of Land/air Transportation Kathmandu to Kathmandu

Necessary all equipment Transportation for all Members and Staffs from Kathmandu to Kathmandu (by Jeep) Up to 60 Kg per member for personal baggage during the trek carrying by porters.

3 meals a day (BLD; including tea and coffee) along with accessible accommodation at Hotel/Lodge/Tea house/Tent during the trek and Basecamp. Well-managed base camp set up for member & Staffs.

Porter per member up to Base camp & back

Experienced and well-trained Base camp Cook & kitchen Helpers as required.

All Nepalese staffs & porter's daily wages, salary, equipment, foods & clothing.

Each member will have individual tent in Base Camp.

At Base camp: best mattresses and pillow per member, 1 Dinning Tent, 1 Kitchen Tent, 1 Communication tent, 1 Toilet & 1 Shower Tent, 1 Staffs Tent, 1 Tent for Nepalese base camp staffs, Store tents, Tables & chairs & all necessary cooking gears.

Heater for base camp in each Dining and other necessary camp.

Solar panel for battery charge and light at base camp. (Generator in only for backup power) we are not using generator because of the try to be responsible for environments.

1 veteran and Government Licensed Sherpa per member (1 Sherpa)

Climbing Sherpa Salary, Equipment, Food and Clothing.

Oxygen bottles members & high-altitude Sherpa with mask and regulator for each member and high-altitude Sherpa, which has to be return after expedition.

The team of experienced Sherpas will fix the route. (Extra charge is not applied to members).

High Altitude Tent, Necessary cooking gas, cooking pot for member, High food for member, Sherpa.

Group climbing gears, fixed and dynamic rope during the climbing period as required.

Satellite Phone for emergency communication carrying by Sherpa, also available for members with appropriate charge.

Walkie-talkie for communicating during the expedition.

Comprehensive Medical kit.

After summit each member & Sherpa will get climbing certificate issued by MoCTCA

Excludes

International flight airfare (from and to Kathmandu).

Nepali Visa fee US\$ 60 per person for 30 days (to be applied for 60 days (USD\$ 120).

Lunch & dinner in during the stay in Kathmandu (also in case of early return from Trekking / Expedition than the scheduled itinerary).

Extra nights' accommodation in Kathmandu. In case of early arrival or late departure, early return from Trekking / Expedition (due to any reason) than the scheduled itinerary.

Travel and high-altitude insurance, accident, Helicopter medical & emergency evacuation

Medical and emergency rescue evacuation cost if required. (Rescue, Repatriation, Helicopter, Medication, Medical Tests and Hospitalization costs.)

Telephone Calls, Internet, Toiletries, battery recharge, hot shower, laundry, soft drinks, beers and any Alcoholic beverages (during the trek and in Kathmandu but we will serve all kinds of beverages for members in base camp).

Clothing, Packing Items or Bags, Personal Medical Kit, Personal Trekking /Climbing Gears.

Special Filming, Camera and Drone permit fee.

Toiletries: Soaps, shampoos, toilet and tissue papers, toothpaste, and other items used to keep yourself clean.

Summit bonus for each climbing Sherpa- Minimum 1200 to 1500 USD. (For Full Board Service takers).

Tips: Tips for climbers & Basecamp Staffs.

Extra: Any other services or activities, which are not mentioned in the itinerary.

Any other item not listed in "Cost Includes"