



EVEREST EXPEDITION

Climb world's highest mountain

57 Days | 8848 meter



ABOUT THIS EXPEDITION

Mount Everest is the highest peak in the world standing at an elevation of 29028ft. (8848m.) from the sea level. Mt Everest is situated in Samarmatha national park (on the north of Khumbu). The Everest is the mountain which all mountaineers dream to summit it and it is a place where legends live. Everest is still the ultimate mountaineering adventure. To stand at the pinnacle of the earth is one of life's most rewarding experiences. The climbers who climbed this mountain felt they are standing over the cloud in the sky. Sir Edmund Hillary and Late Tenzing Norge Sherpa was human being who climbed this peak on May 29, 1953, after a long relentless effort.

Climbing Everest from the Tibet side is relatively easier. Still, Everest expedition South Side encounter many seen and obstacles including high altitude, harsh weather conditions and even sheer exhaustion. Unrivaled experiences of our team and our focus and attention to details combined with our strength and dedication add a tangible degree of safety, expertise and guidance –

TRIP AT GLANCE

 Duration 57 Days	 Destination Tibet	 Group Size 5-12 Pax
 Ascent Route North Face	 Elevation 8848 meter	 Grade Very Tough

our guardianship on the mountain makes all the differences between a difficult expedition and an enjoyable one. The success of an expedition is often determined by factors planned well in advance of the actual climbing; the many years of our Sherpa's dedication and expertise have led to a considerable increase in the proportion of success.

So, an attempt on these majestic peaks is an enormous undertaking which requires a huge amount of dedication and determination: Sherpa Shepherds is here to be your guardian on the mountain. Allow us to lead you on your journey of imagination. We will lead you up the mountain as only a SHERPA CAN.



PRICE AND DATES

SEMI SERVICE: USD 18750 P.P.*
FULL SERVICE: USD 34900 P.P.*

SPRING 2019: 10 APRIL TO 4 JUNE
SPRING 2020: 10 APRIL TO 4 JUNE
SPRING 2021: 10 APRIL TO 4 JUNE

FEATURED GUIDE



PEMBA DORJE SHERPA
18th times Everest Summiteer



DAKIPA SHERPA
7th times Everest Summiteer

TRIP ITINERARY

Day 01: Arrival in Kathmandu

Upon your arrival at the Tribhuvan airport, Sherpa Shepherds representative welcome you and assists to transfer in your hotel in Kathmandu. Upon arrival at hotel, a Sherpa Shepherds tour manager will brief you about trip, check-up climbing gears and fix time for visit at Ministry of Tourism for permit along other necessary information. And then you'll have free time to explore Kathmandu. Overnight at Hotel Vaishali****

Included Meal: No | **Altitude of Kathmandu:** 1310 meter | **Drive:** 20 min (airport to hotel)

Day 02: Check Up Climbing Gears and Apply for Tibet Visa

Today is free day for preparation of Everest Expedition. You'll have free time to check climbing gears or explore around Kathmandu while we, Sherpa Shepherds will apply for Tibet visa which will take 1-3 working days (depending on the visa rule system). If you explore the fascinating city of Kathmandu, you can visit Kathmandu's World Heritage Sites. We make a guided tour to some of UNESCO World Heritage Sites in the Kathmandu valley: Kathmandu Durbar Square, Pashupatinath, Swayambhu, and Boudhnath. You will be also briefed on the nature of expedition, equipments and team composition. You can also make your last minute buying of personal items if anything missed. Overnight at Hotel Vaishali***.

Included Meal: Breakfast

Day 03: Free Day & Preparation Day

Today is full free day in Kathmandu. You'll have free time to explore around Kathmandu. Nepal is a land of many festivals and holidays. Overnight at Hotel Vaishali***

Included Meal: Breakfast

Day 04: Final Preparation Day

This day is reserve day in case if previous day is holiday in Ministry of Tourism for climbing permit formalities. 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, Sherpa Shepherds will collect your passports and visas from Embassy of China and will do final preparation. Overnight at Hotel Vaishali***

Included Meal: Breakfast

Day 05: Drive: Kathmandu-Kerung

After breakfast at Kathmandu hotel, you'll drive to Rasuwa Gadi border. After checking at immigration you'll transfer to Kerung and rest there. Overnight at Guest House.

Altitude of Kerung: 3800 meter

Included Meal: Breakfast, Lunch and Dinner

Day 06: Drive: Kerung- Peiku Tso

After first night stay in Tibet, today you'll have rest day for acclimatization. Today you'll have very short drive to Peiku Tso and Overnight at Guest House.

Included Meal: Breakfast, Lunch and Dinner

Day 07: Drive: Peiku Tso -Tingri

Today after breakfast we start our trek with a drive to Tingri. The driving distance to Tingri is approximately 217 km or 134.8 miles and will take around 4 hours to reach Tingri. Overnight at Guest House.

Altitude of Tingri: 4390 meter

Included Meal: Breakfast, Lunch and Dinner

Day 08: Rest Day in Tingri

Today we shall rest in Tingri for acclimatization. Overnight at Guest House.

Altitude of Tingri: 4390 meter

Included Meal: Breakfast, Lunch and Dinner

Day 09: Drive: Tingri - Everest Base Camp

After breakfast at Tingri, today you'll drive to Chinese Everest Base Camp via Rongbuk Base Camp. **From Tingri** the road changes condition even more, as you leave the G318 and take the local roads to get to Rongbuk, and then on to EBC. While the **distance to EBC from Tingri** is only 120 kilometers, the road condition is good but the winding road makes travel slower, taking around four hours to make the trip. Overnight at Tented Camp.

Altitude of EBC: 5250 meter

Included Meal: Breakfast, Lunch and Dinner

Day 10: Rest and Prepare at Base Camp

You'll rest at Chinese Everest Base Camp for acclimatization and also will prepare to move to Advance Base Camp. Overnight at Tented Camp.

Included Meal: Breakfast, Lunch and Dinner

Day 11: Trek: Base Camp - Mid Camp

Today, from Chinese Base Camp, you'll move to mid camp. Overnight at Tented Camp.

Included Meal: Breakfast, Lunch and Dinner

Day 12: Trek: Mid Camp - Advance Base Camp

After one night at mid camp, today you'll trek to advance base camp where you'll make base camp for climbing. Overnight at Tented camp.

Altitude of Advance Base Camp: 6500 meter

Included Meal: Breakfast, Lunch and Dinner

Day 13 - 15: Acclimatize at Set Up Advance Base Camp

During this period, you'll set up base camp and will conduct Pooja (worship/pray) ceremony by Sherpa climbers for good luck and at the same time you'll be acclimatizing. Overnight at Tented Camp.

Included Meal: Breakfast, Lunch and Dinner

Day 16: Climb: Mount Everest Climbing Period

Advance Base Camp - North Col Camp(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.

Included Meal: Breakfast, Lunch and Dinner

Day 17 - 18: Rest in North Col Camp (7000m)

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

Included Meal: Breakfast, Lunch and Dinner

Day 19: Return back to Advance Base Camp

After 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. Overnight at Tented Camp.

Included Meal: Breakfast, Lunch and Dinner

Day 20 - 25: Return back to Chinese Everest Base Camp (5250m)

After reaching about 7000 meter, now you'll descent down to Chinese Everest Base Camp (5100m). At the minimum you'll need to take 5 days of rest in BC before considering a summit push. You'll descend all the way to Base Camp to make the most of our recovery time before our summit push. Overnight at Tented Camp.

Included Meal: Breakfast, Lunch and Dinner

Day 26 - 50: 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 (750m), 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, we descent as far as possible North Col Camp or Advance Base Camp. Overnight at Tented Camp.

Included Meal: Breakfast, Lunch and Dinner

Day 51: Clean up and close camp at Advance Base camp

After successful summit, today we shall clean and close camps we had in advance base camp. Overnight at Tented Camp.

Included Meal: Breakfast, Lunch and Dinner

Day 52: Advance Base camp - Chinese Everest Base Camp

Today you'll descent to Everest Chinese Base Camp. Overnight at Tented Camp.

Included Meal: Breakfast, Lunch and Dinner

Day 53: Chinese Everest Base Camp - Tingri

From Chinese Everest Base Camp, you'll drive to Tingri. Overnight at Guest House

Included Meal: Breakfast, Lunch and Dinner

Day 54: Drive: Tingri - Peiku Tso

Today you'll drive to Nyalam or Peuku Tso. Overnight at Guest House

Included Meal: Breakfast, Lunch and Dinner

Day 55: Drive: Peiku Tso- Kerung

Today you'll drive to Zhangmu or Kerung. Overnight at Guest House

Included Meal: Breakfast, Lunch and Dinner

Day 56: Drive: Kerung - Kathmandu

After earlier breakfast, you'll transfer border; cross border and then will drive to Kathmandu. In the evening Sherpa Shepherds will organize a farewell dinner at typical Nepali restaurant with cultural performances. Overnight at Hotel Vaishali***.

Included Meal: Breakfast and Dinner

Day 57: Departure from Kathmandu

Depending your flight time, Sherpa Shepherds will drop to you airport.

Included Meal: Breakfast

TRIP PRICES

Above trip cost is per person and twin sharing basis. The trip cost is for joining basis. Mini-mum participant to run this trip is 5 person. If no. of participants in this trip is less than 5 persons, Sherpa Shepherds reserves right to cancel or postpone the trip. However if you would like to continue trip even if we do not reach minimum number to run this trip, we can run this trip upon your request. But supplemental charge will be applicable.

WHAT'S INCLUDED

Semi Services

Ground Transfers:

- All airport/hotel/airport transfers as per program by private A/C vehicles
- Required ground transfer in Tibet as per program by minivan and mini truck for baggage
- Kathmandu-Border (Kodari or Rasuwa Gadi) by private vehicle
- Border (Kodari or Rasuwa Gadi) - Kathmandu by private vehicle

Baggage Weight:

- 60 kg per person baggage including personal baggage

Accommodations:

- 5 nights in Kathmandu at Hotel Vashali or similar*** on twin sharing basis
- 7 nights at guest houses as per above program on twin sharing basis
- 44 nights in tented camps at base camps on single tent basis

Meals:

- 5 breakfasts in Kathmandu hotel
- 3 meals a day during trip to BC for 7 night at guest houses and 44 night at tented camps (breakfast, Lunch and Dinner)
- Farewell dinner at Bhojan Griha with typical Nepalese foods and cultural dances

Permits & Fees:

- Tibet Entry permit
- Fees for Liaison Officer, driver and interpreter, Yak driver
- Mount Everest Climbing Permit

Supporting Staffs:

- 1 Tibetan Interpreter/Guide
- 1 Nepali Base Camp Manager
- 1 Nepali Base Camp Cook
- Required Kitchen helpers
- Required Yaks for Everest BC- Advance Base Camp for camping equipments, food and personal baggage
- Required Yaks for Advance Base Camp - Everest BC for camping equipments, food and personal baggage

Advance BC Equipments:

- 1 sleeping tent for every member
- Foam mattress for every member
- Dinning tent, kitchen tent, shower tent, store tent and toilet tents
- All require kitchen utensils with fuel
- Tables and chairs, Solar Lights system
- Comprehensive First Aid Kit & Gas Heater (for dinning tent only)

Full Services

Ground Transfers:

- All airport/hotel/airport transfers as per program by private A/C vehicles
- Required ground transfer in Tibet as per program by minivan and mini truck for baggage
- Kathmandu-Border (Kodari or Rasuwa Gadi) by private vehicle
- Border (Kodari or Rasuwa Gadi) - Kathmandu by private vehicle

Baggage Weight:

- 60 kg per person baggage including personal baggage

Accommodations:

- 5 nights in Kathmandu at Hotel Vaishali*** on twin sharing basis
- 7 nights at guest houses as per above program on twin sharing basis
- 44 nights in tented camps at base camps on single tent basis

Meals:

- 5 breakfasts, 5 lunches and 5 dinners in Kathmandu hotel
- 3 meals a day during trip to BC for 7 night at guest houses and 44 night at tented camps (breakfast, Lunch and Dinner)
- Farewell dinner at Bhojan Griha with typical Nepalese foods and cultural dances

Permits & Fees:

- Tibet Entry permit
- Fees for Liaison Officer, driver and interpreter, Yak driver
- Mount Everest Climbing Permit

Supporting Staffs (till ABC)

- 1 Tibetan Interpreter/Guide
- 1 Nepali Base Camp Manager
- 1 Nepali Base Camp Cook
- Required Kitchen helpers
- Required Yaks for Everest BC- Advance Base Camp for camping equipments, food and personal baggage
- Required Yaks for Advance Base Camp - Everest BC for camping equipments, food and personal baggage

ABC Equipments:

- 1 sleeping tent for every member
- Foam mattress for every member
- Dinning tent, kitchen tent, shower tent , store tent and toilet tents
- All require kitchen utensils with fuel
- Tables and chairs
- Solar Lights system

- Comprehensive First Aid Kit
- Gas Heater (for dining tent only)

Supporting Staffs in the mountain (Above ABC):

- 1 Everest summiteers High Altitude Sherpa for every member with his daily wages, food, flights, and equipment allowance etc.
- Equipments in the mountain (Above ABC):
- High Tents for both member and HA Sherpas
- High Altitude Food for members and Sherpas
- Climbing Gear in the mountains such as fixed rope, main rope, snow bars, snow shovel, carabiners etc.
- 6 bottles oxygen for every member and 4 bottles oxygen for every HA Sherpa
- One set of mask & regulator for every members and sherpas
- 1 Satellite Phone, Walki-talkie
- Cooking set in the mountain such as Epi gases, gas burner, cooking pots etc for members and sherpas

WHAT'S NOT INCLUDED

- Personal climbing gears
- All personal expenses like alcoholic beverages, bottled drinks, telephone calls, laundry services etc.
- Insurance: Travel/Accident/Medical / emergency evacuation
- International airfare and taxes
- Nepal Visa fees & Tibet Visa Fee USD 114 per person
- Additional High Altitude Sherpa USD 9500 per Sherpa
- Sherpa Summit Bonus USD 1500 & Non Summit Bonus USD 950 Per Sherpa
- Carrying bonus in the mountain USD 2000 to USD 2500 per sherpa
- Rope Fixing USD 700 per person
- Extra Yak USD 350 Per porter (if personal baggage is more than 60 kg per person)
- Fix rope fixing USD 700 per person
- International Air Cargo Tax Fee USD 120 Per member
- Tips for staff
- All extra services if required (except motioned in 'The Price Include' section)

TRIP NOTES

Insurance

It is mandatory to have good travel insurance or emergency evacuation insurance which will cover evacuation by any means of transportation from high altitude. It is also highly recommended that all member have cancellation insurance in case of an accident prior to departure, or if the trip is cancelled due to unforeseen circumstances.

Fitness & Experiences

For personal safety and success, excellent physical conditions are required. Prior to the trek we suggest physical activities such as running, swimming and cycling combined with climbs to smaller peaks which includes climbs that involves travel on crampons under all sorts of conditions. Be sure you are comfortable with extreme exposure and steep drop offs for long periods of time and capable of carrying heavy pack of an average of 30lbs. include plenty of technical rock and ice climbing experiences, so you are fairly comfortable following on alpine rock route. Be acquainted with jumars, ascenders, crampons, all your gear, and knot .We will review each climber's bio on an individual basis to help develop climbers interested in attempting Mount Everest.

Food

The more food you eat at altitude the better you'll perform. Considering the loss of appetite on higher altitude, Sherpa Shepherds guide will help you to choose food items that have quality and easiest to digest at higher-altitude during the trekking and accommodation in the lodges. However at base camp, our expedition cook will be set best menu. We suggest you to bring your own food if you so desire such as chocolate bars, dry foods etc. We cater to different dietary requirements and full vegetarian menus can be provided on request.

Accommodation

In Kathmandu you will stay at star deluxe hotels and while you're on trek your accommodation will be in local lodges/guest houses. At base camp, your accommodation will be in tented camps. You should therefore not expect the standards that can be achieved in luxury accommodation in the city. All accommodation is arranged on a twin sharing basis during the trekking and local lodges won't be off course as like in hotels in Kathmandu.

Emergency Rescue

In case of any high altitude sickness problems normally as a primary precaution first it is advised to come down immediately to lower altitude for some rest and in the worse condition you have to further come down either by helicopter or by land transport.

Weather Forecast

For the climbing weather report we advise you to use from Meteo Swiss or from Austria or we can help you to get in contact with them. For the prompt weather Forecast send to you by SMS or email or on phone to prepare your summit attempt.

Recommended Personal Gears

1. Down suits (dangri)- 1 pc
2. Summit shoe- 1 pair
3. Walking shoe-1 pair
4. Crampon- 1 pair
5. Summit Glove- 1 pair
6. Normal gloves- 2 pairs
7. Summit Snow goggles- 1 pc
8. Glacier glasses- 1 pc
9. Ice axe- 1 pc
10. Harness- 1 pc
11. Jumer- 1 pc
12. Carabiners (normal)- 3 pcs
13. Sleeping bag (-40C)- 1 pc
14. Down filled Mattress- 1 pc
15. Summit socks- 2 pairs
16. Normal socks- 3 pairs
17. Climbing bag (40 ltr)- 1 pc
18. Helmet- 1 pc
19. Down jacket- 1 pc
20. Down trouser-1 pc
21. 8 finger /descender- 1 pc
22. Headlamp- 1 pc
23. Gore-tex jacket- 1 pc
24. Gore-tex trouser- 1 pc
25. Fleece jacket-1 pc
26. Fleece trouser- 1 pc
27. Fleece liner gloves- 3 pairs
28. Screw Gate Carabiner- 1 pc
29. Windstopper- 1 pc
30. Thermos bottle- 1pc
31. Base layer (woolen)- 2 sets
32. Water bottle normal- 1 pc

Need any expert advice?

If you would like talk to expert to discuss any aspects of climbing and other queries, please meet or talk to our experts. We can be reached by:

E-mail: info@sherpashepherds.com

Mobile: +977 9841027075 (available on Whatsapp & Viber)

BOOKING TERMS

"Please kindly read these TERMS AND CONDITIONS before booking your trips. Participation in our trips indicates that you accept these terms and conditions. You must carefully read the following Terms & conditions of contract and waiver of liability details Booking Procedure. Read detail terms and conditions at <https://sherpashepherds.com/booking-conditions/>

WHY SHERPA SHEPHERDS?

Sherpa Shepherds has wealth of experiences in the mountains and the team of world renowned climbers who have set records of climbing including at Guinness Book of World Records. We offer unique and specialized peak climbing/expeditions in the Himalayas by using our extensive knowledge, experience and climbing skills.

- 1. Trend Setter of Smart Mountaineering:** We are the leader and initiator of 'Smart Mountaineering' in Nepal and we have synchronized the latest technologies and our wealth of experiences to ensure safe and quality mountaineering in the Himalaya. Sherpa Shepherds is one and only expedition operator in Nepal which adopts smart mountaineering while we are leading our clients to the top of the mountains.
- 2. Initiator of Responsible Adventure:** We are the trendsetter of 'Responsible Adventure' in Nepalese tourism industry. Sherpa Shepherds have launched mountaineering for social cause for the first time ever in Nepal. Through this responsible adventure/mountaineering, Sherpa Shepherds has been able to bring visually impaired person to Mount Everest, First Tamang and First Gurung female to Mount Everest, oldest person to Mount Everest, physically disabled person to Mount Everest, climbed Mount Everest to raise voice against human trafficking and gender inequality, climbed to alert about Global Warming, Women Empowerment and many more.
- 3. The Company Run by Sherpa Climbers:** Believe or not, Sherpas were always leader in the Himalayas. While we talk about mountaineering or climbing of giant 8000 meter peaks, we never miss Sherpa.
- 4. Team of World Record Holding Climbers:** We are the team of 'World Record Holding Climbers' renowned and recognized by Guinness Book of World Records'. Most of the owners and climbers of Sherpa Shepherds are world record holders in mountaineering.



**SHERPA
SHEPHERDS**

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