



SHISHAPANGMA EXPEDITION

Climb world's fourteenth highest mountain

40 Days | 8012 meter



ABOUT THIS EXPEDITION

Mount Sishapangma is the 14th highest peak of the world with an altitude of 8012 meter. And this mountain is also called Gosainthān. This mountain is considered as one of the easiest 8000m mountains to climb. Shisha Pangma is also the highest peak in the Langtang Himal area. It was the last 8,000 meter peak to be climbed, due to its location entirely within Tibet and the restrictions on visits by foreign travelers to the region imposed by authorities of the Government of China until it first opened for foreign climbers in 1978. It was first climb by the Chinese in 1964. There are three distinct climbing routes on the South west face with several other logical possibilities on the West Ridge and East face.

All our featured trips are surrounded with an ethereal aura. The undertaking seems mysterious, risky, and exciting; truly, it is all of these and more. The vast experience combined with devotion and dedication of our team, Sherpa Shepherds have developed the skills and attitude to bridge the gap between the unthinkable and

TRIP AT GLANCE



Duration
40 Days



Destination
Tibet



Group Size
5-12 Pax



Ascent
Route
**North
Face**



Elevation
**8012
meter**



Grade
**Very
Tough**

the irresistible. Today, Trekking Experts safely and consciously pursues the age-old human fascination with defying gravity.



PRICE AND DATES

SEMI SERVICE: USD 13900 P.P.*
FULL SERVICE: USD 22500 P.P.*

SPRING 2019: 10 APRIL TO 19 MAY
AUTUMN 2019: 05 SEPT TO 14 OCT
SPRING 2020: 10 APRIL TO 19 MAY
AUTUMN 2020: 05 SEPT TO 14 OCT

FEATURED GUIDE



**SHERPA
SHEPHERDS**

NIGMA NURU SHERPA

10 times Everest Summiteer



KAMI SINGI

7 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 Visa Apply

Today is free day for preparation of Shishapangma 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: 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

Today is fully free and you'll be waiting for Tibet travel permit from Embassy of China. 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 which will take about 5-6 hours drive. And then you'll cross Nepal border thorough immigration where you'll all baggage will be checked through scanning. And then drive to Kerung. Overnight at Guest House.

Altitude of Kerung: 3800 meter

Included Meal: Breakfast, Lunch and Dinner

Day 06: Rest Day and drive to Peiku Tso

Today you'll have rest day for acclimatize and you'll drive to Peiku Tso. 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 - Shishapangma Base Camp

After breakfast at Tingri, today you'll drive to Shishapangma 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 Base Camp: 4800 meter

Included Meal: Breakfast, Lunch and Dinner

Day 10: Rest and Prepare for Advance Base Camp

You'll rest at 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 - Advance Base Camp

Today, from Base Camp, you'll move to advance base camp where you'll make base camp for climbing. Overnight at Tented camp.

Altitude of Advance Base Camp: 5660 meter

Included Meal: Breakfast, Lunch and Dinner

Day 12 - 33: Mount ShishaPangma (8012m) Climbing Period

This is the climbing period to summit Mount Shisha Pangma. You will be thoroughly guided by our climbing Sherpa guides for successful summit and will trek down to base camp and close our camps after cleaning our areas. Overnight at Tented Camp.

Included Meal: Breakfast, Lunch and Dinner

Day 34: 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 35: Trek: Advance Base camp -Base Camp

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

Included Meal: Breakfast, Lunch and Dinner

Day 36: Drive: Base Camp - Tingri

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

Included Meal: Breakfast, Lunch and Dinner

Day 37: Drive: Tingri - Kerung

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

Included Meal: Breakfast, Lunch and Dinner

Day 38: Drive: Kerung-Kathmandu

After breakfast, you will drive to Rasuwa Gadi border. And then you'll cross border through immigration. And then drive to Kathmandu. Overnight at Hotel Vaishali****

Included Meal: Breakfast & Lunch

Day 39: Kathmandu Free Day

Today you'll have fully free to day relax after a long expedition. Also you can visit some popular places in Kathmandu. And this would your last day in Nepal so you can do shopping for your family or love once. In the evening Sherpa Shepherds will organize a farewell dinner at typical Nepali restaurant with cultural performances. Overnight at Hotel Vaishali***.

Included Meal: Breakfast & Dinner

Day 40: 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- Rasuwa Gadi by private vehicle
- Rasuwa Gadi - Kathmandu by private vehicle

Baggage Weight:

- 60 kg per person baggage including personal baggage

Accommodations:

- 5 nights in Kathmandu at Hotel Vaishali or similar*** on twin sharing basis
- 7 nights at guest houses as per above program on twin sharing basis
- 27 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 27 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 Shishapangma Climbing Permit

Supporting Staffs:

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

Advance BC Equipments:

- 1 sleeping tent for every member
- Foam mattress for every member
- Dining 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)

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- Rasuwa Gadi by private vehicle
- Rasuwa Gadi - Kathmandu by private vehicle

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- 60 kg per person baggage including personal baggage

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- 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)

Supporting Staffs (Above BC, in the mountain)

- 1 High Altitude Sherpa for every 2 members including their Daily wages, insurance, food and equipment allowance etc.
- Mountain Equipments:
- 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.
- 3 bottles oxygen for every member and 2 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 7500 per sherpa
- Sherpa Summit Bonus USD 1300 & Non Summit Bonus USD 800 Per Sherpa
- Carrying bonus USD 1500 to USD 2000 per Sherpa
- Extra Yak USD 320 Per Yak, which can be paid at Base Camp (if personal baggage is more than 60 kg per person)
- International Air Cargo Tax Fee USD 120 Per member
- Rope Fixing USD 250 per person
- 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 Shishapangma.

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 ad-vice you to use from Meteo Swiss or from Austria or we can help you to get in con-tact 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)

Skype: live:info_813995

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. Sherpa people or Sherpa climber have historic achievement in mountaineering sector. Mountaineering started in 1953 with Tenzing Norgay Sherpa and Sherpa became the leader in any expeditions in the Himalaya. The fact is Sherpa people are born, grown up in the mountains. That's why Sherpa people do not face any problem of high altitude sickness.

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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