Everest Expedition

DURATION: 65 DAYS

Trip Facts

Group Size 1 - 6 Persons

Trip Grade Strenuous

Accommodation Hotel / Guest House

Max Height 8848 Metres

Start From Kathmandu

End At Kathmandu

Transportation Bus / Car / Flight

Duration 65 Days

Meals included Breakfast/ Lunch and Dinner Days

Best season:
Spring/Autumn

Trip Overview

Mount Everest Expedition in Nepal is a challenging and iconic mountaineering adventure, with climbers from around the world attempting to summit the highest mountain on Earth. The standard route is the South Col route, starting from Lukla in the Khumbu region and continuing through various camps and acclimatization rotations. Climbing requires a permit and strict regulations to ensure safety and minimize environmental impact. The main climbing season is from late April to early June, with clear skies and low winds. Climbing Mount Everest is extremely challenging due to extreme altitude, harsh weather conditions, avalanches, crevasses, and altitude-related illnesses. Local sherpas play a crucial role in supporting Everest expeditions by carrying loads, setting up camps, fixing ropes, and guiding climbers through challenging sections. The success rate for summiting Mount Everest varies but **generally hovers around 50% to 60%**. **Mount Everest, the highest mountain on Earth,** has been a popular mountaineering adventure for thousands of years. First climbed in 1953, the Everest Expedition is a challenging and thrilling journey in the Himalayas. The region, including Lhotse and Nuptse, attracts climbers from around the world due to its breathtaking landscapes and unique cultural experiences.

Everest Expedition is a highly sought-after mountaineering adventure, with Mount Everest being the highest peak on Earth. The main climbing seasons are spring and autumn, **with spring from April** to May and autumn from September to November. Climbing Mount Everest requires a high level of mountaineering skill, experience at high altitudes, and the ability to handle extreme weather conditions. Climbers must have prior experience with other high-altitude mountains and undergo specialized training for the expedition. Permits and logistics are required, and a well-thought-out emergency plan is essential for a successful expedition. Physical fitness and training are crucial, with high-altitude acclimatization being crucial. Safety and risks are inherent, and a well-thought-out emergency plan is essential. Guided expeditions led by experienced mountaineers and **professional guiding companies provide** support and resources to increase the chances of reaching the summit safely. Environmental and ethical considerations are also essential. Mount Everest expeditions are significant undertakings, and it is crucial to recognize the physical and mental challenges and make well-informed decisions throughout the journey.

MOUNT ADVENTURE HOLIDAYS

Trip Itinerary

Day 1: Arrival in Kathmandu

Dinner Hotel 1399 m

Everest Expedition begins upon your arrival in Kathmandu. Upon your arrival, one of your representatives will greet you at the airport and transfer you to the hotel. Overnight in Kathmandu.

Day 2: Document preparation

Breakfast Hotel 1399 m

Today we will be obtaining the necessary permits for the expedition. Climbing Everest requires paying a royalty to the Government of Nepal. You need to obtain a liaison officer, garbage disposal, national park entry permit, etc. As we handle most of the paperwork, you can spend your time exploring the beautiful Kathmandu city or preparing for the upcoming climb.

Day 3: Expedition Briefing

Breakfast Hotel 1400 m

Today, you will meet your team members, staff, and expedition guides. The Sherpa leader, also known as Sardar, will brief you about the trip in detail. The briefing explains basic trip details about trekking duration, meals, logistics, acclimatization, landmarks, etc. Your leader will discuss climbing in detail, such as climb duration, preparation, camping, trekking gear, death zone, etc. You&rsquo'll also discuss the features of South Co. or the standard Everest trail. Later, you can rent or shop for necessary climbing gear and equipment.

Day 4: Fly to Lukla and start trekking

6 hrs | Breakfast, Lunch & Dinner | Guest House | Plane and walking | 2860 m

We take an early morning flight to Lukla which is where all Everest treks begin. We meet the rest of our team in Lukla and start trekking from there. We walk on a trail that gradually descends to Cheplung village from where we get a glimpse of Mt. Khumbila, a sacred mountain that has never been climbed. From here, we gradually descend to Phakding. Overnight in Phakding.

Day 5-11: Trek and arrive at Everest Base Camp

7 Days | Breakfast, Lunch & Dinner | Guest House / Camping | Walking | 5364 m

The seven days long trekking takes you through beautiful Sherpa settlements. The itinerary and route are similar to trekking the normal Everest Base Camp Trek.

Day 12-14: Rest and Preparation

3 Days | Breakfast, Lunch & Dinner | Camping | 5364 m

We will spend a few days acclimatizing at the base camp. These days prove to be a crucial time before climbing Everest. As you're above 5,000 meters, you must get accustomed to the local weather, altitude, and temperature. During this time, you'll get to interact with your teammates, staff, and guide. Your liaison officer will ensure that everything goes smoothly around the base camp.
Throughout your stay, we'll guarantee to provide you with a separate kitchen, restroom, and meals. You can also access satellite phone service for communication, Wi-Fi, Hotspots for the internet, and a warm shower (Cost will incur).

Day 15-59: Everest Climbing Period

Breakfast, Lunch & Dinner | Camping / Tents | Climbing / Walking | 8849 m

After acclimatization at the base camp, you'll begin preparing for the mighty climb. Before embarking on the ascent, you'll train with your guide and teammates. Your Sherpa guide will provide focused training on crossing crevasses, climbing ladders, and using the fixed rope, harness, Carabiner, and ice-axe. Spend a few days climbing up and down through Camp I for proper acclimatization.
We will be crossing the Khumbu Icefall, the hardest section of the climb. The fragile ice section often makes it difficult to cross forward. A short climb through the Icefall brings you to Camp I or Advance Base Camp. Leaving Camp I, you;ll begin climbing through the snow along the Lhotse Wall towards Camp II (6500m).
Climbing through snow crevasses and arrive at the Western Crown. A steep climb through the snow lasting for almost 8 hours brings you to Camp III (7470 m). It&rsquo's common to encounter " Khumbu cough; during the climb. Be wary of decreasing oxygen levels and keep yourself hydrated. Leaving Camp III, you'll begin climbing through the Geneva Spur and Yellow Band towards Camp IV (7920 m). Located just below the death zone, Camp IV serves as the launchpad to the summit. From Camp IV, you'll approach the death zone. The ascent may span over 9 hours and takes you through the arduous " The Balcony." Continue climbing along the ledge running along the mountainous ridge and continuing uphill toward the Hillary Step.
In one of the most challenging sections, only one person can cross the Hillary step at a time. Upon crossing the step, you'll begin climbing the final ridge toward the top. Upon arrival at the top, you can catch the mesmerizing scenery of the mountains, glaciated valleys, and Tibetan plateau. After spending some time at the top, you;ll begin climbing down. Retrace your path and continue climbing downhill along with the various camps toward the base camp.

Highlights:

- Khumbu Icefall Cross - the most difficult section of this expedition
- Climb along the Lhotse Ice wall and cross the Western Crown. You'll cross numerous crevasses and ice ridges en route.
- Cross the most difficult section “The Balcony” and “Hillary Step” before reaching the summit
- Enjoy the 360-degree panoramic view of the entire glaciated valley.

Day 60-62: Retrace to Lukla

3 Days | Breakfast, Lunch & Dinner | Guest House | Walking | 2860 m

After cleaning the base camp, you’ll begin climbing down. Retrace your path and begin climbing down to Gorakshep. You&rsquo'll gradually cross traditional Sherpa villages en route to Lukla. Leaving Gorakshep, the trail begins to climb downhill along the Khumbu Glacier and crosses Lobuche village to arrive at Dingboche. The trail continues downstream along the Imja Khola and crosses Debuche to reach Pangboche. Visit the beautiful Pangboche Monastery before climbing downhill toward the Tengboche Monastery. The trail continues through the Dudh Koshi Valley overlooking the majestic Ama Dablam. A scenic trek through Phungi Thenga brings you to Namche Bazaar. Continue walking downhill, enjoying the majestic sight of Kongde Ri Peak towards Jhorsalle.
You&rsquo'll exit Sagarmatha National Park at Monjo before climbing down to Phakding. The trek concedes upon completing the 2-hour-long journey back to Lukla. Upon arrival, you can celebrate the completion of the expedition with your teammates.

Day 63: Fly to Kathmandu

30 min | Breakfast | Hotel | Plane | 1400 m

Catch an early morning flight from Lukla to Kathmandu. The weather generally remains clear during the morning. Hence, you' 'll catch the earliest flight back to Kathmandu. Upon arrival in Kathmandu, you'll head back to the hotel and enjoy your breakfast

Day 64: Rest Day / Exploration Day in Kathmandu

Breakfast & Lunch Hotel 1399 m

A relaxing exploration day is a must in a World Heritage site in Kathmandu, after the long successful expedition to the top of the world.

Day 65: End of Expedition

Breakfast Car

Today is the last day in Kathmandu. After breakfast, we will drive you to the airport to catch your flight back home — bid farewell to your team members and Sherpa guide.

Cost Includes

- Arrival and departure transfer services to Domestic flights as per itinerary.
- Assistance at the International Airport by Mount Adventure Holidays while arriving and departing in Kathmandu.
- 4 Nights of 5-star category hotel accommodation in Kathmandu on a B/B basis.
- Experienced and government-licensed high-altitude trekking and climbing guide during the trekking and climbing period.

- Schedule Flight Tickets for the Kathmandu-Lukla-Kathmandu sector for all climbing members, Sherpa guide, liaison officer, and kitchen staff.
- All trekking and mountaineering equipment like; kitchen tents, store tents, dining tents, toilet tents, tables, chairs, and cooking utensils for advanced Base Camp and Camp Two.
- Common climbing equipment (necessary fixed and main rope, ice bars, ice screws, snow bar, etc)
- Services of cook and kitchen boy at Base Camp and cook at Camp 2
- 3 meals a day (Breakfasts, Lunch, and Dinners with tea/ coffee) in available tea house/hotel/lodge during the trekking
- 3 fresh meals a day (Breakfasts, Lunch, and Dinners) will be served at base camp, and camp two.
- All food and fuel for Base Camp and higher camps during the expedition for both members and crews.
- Per person 60kg baggage allowance during trekking-up carrying by porter or Yak to climbing Mt. Everest.
- Daily Weather Report Services from Seattle-based
- Trekking Permit (Everest National Park entry fee)
- TIMS card (Trekking Information Management System).
- Expedition Royalty and climbing permit of Nepal Government to climb Mt. Everest (8848M).
- Nepalese Government Royalty and Fees;
- One Experienced, Trained, Government Licensed, Everest Summiteers Climbing/expedition Guide (Sherpa) per client.
- All wages, equipment, medical, and accidental Insurance for all involved staff in trekking and expedition.
- Medical consultation services at the base camp with the HRA clinic at the base camp.
- Equipment allowances and wages for Climbing Sherpas, cooks, and kitchen boys.
- Equipment allowances and wages for Government Liaison Officer.
- First Aid medical kits for the Group and the staff.
- Satellite phone carrying by Guide for communication and available for members with the cost of US$ 3 per minute call.
- Appropriate food for high altitude and all climbing crew at base camp and above as required.
- Required fixed and dynamic rope during the climbing period.
- The heater will be provided at the base camp for heating the dining room.
- Emergency Oxygen, mask, and regulator provided on requirement of guest with appropriate charge
- Each expedition member will have an individual tent available in the ABC.
- Solar panel for light and battery charger.
- All tents for camps 1, 2, 3, and 4 for members and staff.

- ✔ Icefall charges by Sagarmatha Pollution Control Committee.

Cost Excludes

- ✖ Lunch and Dinner during your stay in Kathmandu (except for the farewell dinner)
- ✖ Any packed food/snacks, aerated drinks, energy drinks, mineral water, alcohol, cigarettes, chocolates, and nutria bars during the trekking.
- ✖ Items of personal nature, Laundry Expenses, Tips.
- ✖ Any extra expenses arising out of various/unforeseen situations like natural calamities, landslides, political disturbances, strikes, changes in Government regulations, etc.
- ✖ Extra transportation then displays in the itinerary program.
- ✖ Any additional staff other than specified.
- ✖ Rescue, Repatriation, Medicines, Medical Tests, and Hospitalization expenses.
- ✖ Medical Insurance and emergency rescue evacuation if required.
- ✖ Travel Insurance and helicopter rescue.
- ✖ Wallie-talkies & Filming permit (if the special camera or walkie-talkies).
- ✖ Personal climbing gear;
- ✖ Expenses incurred towards usage of landlines, mobiles, walkie-talkies or satellite phones And Internet expenses
- ✖ Clothing, Packing Items or Bags, Personal Medical Kit, Camera/Video Fees, or Trekking Gears
- ✖ Nepal custom duty for import of expedition goods.
- ✖ Summit bonus for climbing Sherpa Guides as per Mountaineering Association rules. Minimum US$ 1000.00 per climbing Sherpa guide.
- ✖ Tips and gifts for base camp and high-altitude trekking and climbing staff are mandatory.
- ✖ Airfare of international flights.
- ✖ Nepal entry visa fee (Visa issuance on arrival in Kathmandu)
- ✖ Any extra services or products or offers or activities that are not mentioned in the itinerary.
- ✖ Any other item not included in the cost includes the section

Trip Map

