

## Everest Expedition

Duration: 49 Days



### Overview

<b>Trip Grade: Challenging</b>	<b>Max Altitude: 8848m</b>
<b>Activity: Expedition, climbing, trekking.</b>	<b>Group Size: 02-12 People</b>
<b>Arrival On: Kathmandu, Nepal</b>	<b>Departure From: Kathmandu, Nepal</b>
<b>Meals: All meals during trek &amp; breakfast in kathmandu</b>	<b>Accommodation: Stone Built Houses (tea houses) during trek</b>

â€œConquer and stand atop the highest mountain of the world on our Everest Expedition trip.â€• Our Everest Expedition is preferably the most extreme mountaineering expedition in Nepal which takes adventure enthusiasts on a life altering journey to the Himalayan lands. This trip has been designed specifically to get climbers to the top of Mt. Everest and also get them back down safely. Moving through the stunning Everest region, we are to reach the base camp of Mt. Everest and then make an attempt to conquer the summit of Mt. Everest in a scheduled time period. Geographically and ecologically, the Everest region is beyond doubt one of the most diverse trekking and climbing region in Nepal. Offering unimaginable serene natural trails to walk and magnificent mountain vistas that can be enjoyed by trekkers and climbers who have ventured inside this spectacular region, makes this expedition a worthwhile endeavor in itself. Fluttering Buddhist prayer flags, vibrant pathways, high suspension bridges and the affectionate local Sherpa people are some of the noteworthy highlights of this expedition. But the first and foremost objective to reach the pinnacle of Mt. Everest is undoubtedly the most important and sought-after goals of this entire voyage. Taking off with a scenic mountain flight to Lukla, we enter the fascinating Everest region or as locals call it â€œthe Khumbu valleyâ€•. Proceeding on, we now head towards Namche Bazaar which is a beautifully situated Sherpa town consisting of many touristic lodges, cafes, bars and markets. Seemingly, on the tenth day of our trek, we reach the EBC and then start preparing for our heart thrashing climb to the top of the highest mountain in the world, Mt. Everest. As per our schedule, we pass through Camp I, II, III and IV before launching ourselves for a final push to reach the summit where we shall take a congratulatory photo of ourselves standing at the summit. Later on, we retrace our steps back all the way down to the base camp. Furthermore, we now have to leave the extravagant landscape of EBC so you should take some last moment pictures/selfies as we descend down to Pangboche village. Later from Pangboche, we head to Namche Bazaar and then after to Lukla where we shall celebrate our accomplishments with some much-needed beer & sleep. It is highly recommended that any person who wants to summit the worldâ€™s highest mountain must possess an incredible amount of



# Himalayan Holyland Treks & Expedition Pvt. Ltd.

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enduring capacity to cope with the harsh environment of such high places. Hence, we suggest training your body at least 4 months prior to your expedition can be very beneficial for the success of your expedition. Contact, **Himalayan Holyland Treks & Expedition** team today and we shall offer you with exceptionally qualified climbing staffs who have all the required information and experience regarding the climb to summit Mt. Everest.



## Itinerary

### Day 01:

Arrival in Kathmandu(1350) and transfer to hotel.

### Day 02:

Free Day in Kathmandu:

Sightseeing and Preparation for Everest Expedition. While the leader attends a formal briefing in the Ministry of Tourism, you will explore the fascinating city of Kathmandu. Take rest, familiarize, and make a sightseeing tour to 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. The day will also be for finalizing official procedure and other necessary arrangements. You will be also briefed on the nature of expedition, equipment and team composition. You can also make your last minute buying of personal items as you will be flying to the Himalayas tomorrow. In the late afternoon, the leader will check everyone's equipment, as Kathmandu is the last opportunity to buy anything missing. You will also get introduced with fellow expedition members and guides.

### Day 03:

Fly to Lukla(2700m/20 min) Trek to Monjo-walk about 04 hrs.

An early morning scenic flight to Lukla. The mountain flight over to Lukla is one of the most beautiful air routes in the world culminating in a dramatic landing on a hillside surrounded by high mountains peaks. In Lukla, we will meet our camp staff and porters. After meeting our other crew members and with some packing and arrangements, we start our trek through the prosperous village of Lukla until we reach Manjo.

### Day 04:

Trek to Namche(3450)-walk about 5 hrs.

### Day 05:

Acclimatization/Exploration in Namche Bazar.

### Day 06:

Trek to Pangboche-walk about 6 hrs.

### Day 07:

Trek To Dingboche-walk about 03 hrs.

### Day 08:

Acclimatization in Dingboche

**Day 09:**

Trek To Lobuche(4900m)-walk about 04 hrs.

**Day 10:**

Trek to Base Camp-walk about 05 hrs.

Contouring along the valley-side and looking down on the Khumbu Glacier, follow a reasonable trail to Gorak Shep. This was the site of the base camp in 1953 and now consists of a few small tea houses. Leaving Gorak Shep, the trail leads on to the moraine of the Khumbu Glacier and becomes quite vague, weaving between mounds of rubble and eventually reaching base camp near the foot of the Khumbu Icefall. This will be our home for the next six weeks.

**Day 11:**

Rest Day/acclimatization day in Base Camp.

**Day 12:**

Rest Day and Puja Ceremony in Base Camp.

**Day 13:**

Acclimatization hike to Kala Pathar

**Day 14:**

Acclimatization hike to Pumori C1

**Day 15:**

Rest Day in Base Camp

**Day 16 :**

Climb to C1

**Day 17:**

Rest Day at C1

**Day 18:**

Climb to C2

**Day 19:**

Rest Day at C2

**Day 20:**

Rest Day at C2

**Day 21:**

Rest Day at C2

**Day 22:**

Climb to C3

**Day 23:**

Rest Day at C3

**Day 24:**

Down to C2

**Day 25:**

Down to Base Camp

**Day 26:**

Rest Day or hike down to Diboche

**Day 27:**

Rest Day

**Day 28:**

Rest Day

**Day 29:**

Rest Day

**Day 30:**

Rest Day or hike up to Pheriche

**Day 31:**

Rest Day or return to Base Camp

**Day 32:**

Climb to C2

**Day 33:**

Rest Day at C2

**Day 34:**

Climb to C3

**Day 35:**

Climb to C4

**Day 36:**

Rest at C4 and depart for Summit in Evening time.

**Day 37:**

Summit and return to C4

**Day 38:**

Back Down to C2

**Day 39:**

Down to Base Camp

**Day 40:**

Trek from Base Camp to Pangboche

**Day 41:**

Trek to Namche Bazar

**Day 42:**

Trek to Lukla

**Day 43:**

Fly back to Kathmandu:

We will return to the welcome haven of the Hotel. Once back in Kathmandu, Himalayan Holyland will host an evening barbecue to celebrate the expedition and as a farewell party to thank the Sherpa for their support and friendship.

**Day 44:**

Spare day in Kathmandu.

**Day 45:**

Spare day in Kathmandu.

**Day 46:**

Spare day in Kathmandu.

**Day 47:**

Spare day in Kathmandu.

**Day 48:**

Spare Day & farewell dinner at the evening time with guides and office representative.

**Day 49:**

Expedition End-Final Departure-Fly back to your home.

## Cost Includes

- => Airport pick up and drop.
- => Air cargo clearance.
- => Expedition permit fees.
- => Guide for Kathmandu sight seeing if you want.
- => All related Airport / hotel / airport transportation.
- => Hotel accommodation in Kathmandu on BB basis(3 star Category).
- => Kathmandu-Lukla-Kathmandu airfare for tourist members and your staffs.
- => Full board service of Kathmandu to Kathmandu.
- => All necessary expedition material transport (Lukla-EBC-Lukla) by yaks or porters and all their expenses.
- => Airport taxes for domestic flight.
- => EBC & ABC Nepali Cooks with equipment, wages, insurances.
- => Dining and kitchen tent in EBC with high altitude cook.
- => 1 to 1 member to climbing Sherpa ratio with equipment, wages, insurance.
- => All mountain tents provided-Single Tent at BC and 2 people to a three-men tent above BC.
- => Gas heaters in the dining tent & solar panel power available at BC.
- => Dining Tables and chairs.
- => Climbing Permits and all necessary documents.
- => Garbage deposit.
- => Ice fall route maintenance fees.
- => Radio talkie-talkie set for climbers and Sherpas, including permit charges.
- => EPI Gas with burner and cooking pot set.
- => High altitude food with personal pack.
- => 5 cylinders of oxygen (brand new Poisk) per climber with mask and regulator set.
- => 3 cylinders of oxygen(Refilled) per climbing Sherpa with mask and regulator set.
- => Liaison Officer charges including airfare and insurance.
- => Shower tent at BC.
- => Toilet tent at BC & CII.
- => Gamow Bag at CII.
- => Satellite telephone (per minute rates apply).
- => Trip maps.
- => Farewell dinner at the end.

## Cost Excludes

- => Travel insurance (Should include helicopter evacuation as well).
- => Trip cancellation charge.
- => International air tickets.
- => Nepal entry visa fees.
- => Lunch & dinner in Kathmandu.
- => Personal climbing equipment.
- => Expenses of personal natures/uses.
- => Tips (you should allow maximum as you can in tips for Everest summiters).