

Everest Expedition

Summit the world's highest mountain

HIGHLIGHTS:

Summiting the highest mountain

Stunning views from the roof top of the world

Colourful Buddhist culture and the spirit of Sherpa people



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www.himalayanascent.com



OVERVIEW

In 2023 Himalayan Ascent will be undertaking our 12th expedition to Mount Everest, following the successes of past expeditions since 2010. The ultimate dream of most mountaineers is to one day take on the biggest mountaineering challenge possible – climbing Mount Everest – and Himalayan Ascent is here to help you make that dream a reality!

Of course, turning the dream into reality requires a lot of hard work, and Himalayan Ascent will only accept climbers who have the requisite skills and level of experience.

The aim of Himalayan Ascent's Mount Everest Expedition is to provide the necessary framework for expedition members to have a safe, enjoyable trip, with the best possible chance of summiting. The key components of this framework include:

- Employing an experienced, strong, caring and professionally trained team of Sherpa guides on the mountain, all with previous Everest experience/summits
- Creating a small, cohesive team of climbers and Sherpas
- Strictly vetting the calibre of expedition members
- Providing a comfortable base camp
- Staying healthy

We will tackle Mount Everest via the South Col and South East ridge route. You'll feel like you're climbing through history as you pass through and across such infamous features as the Khumbu Icefall, the Western Cwm, the Yellow Band and the Geneva Spur. Once you're on the summit push, you'll look back in awe towards Makalu, Lhotse, and when you're standing on the South Summit you'll stare across towards the Hillary Step and the true summit, and know that your dream is within reach.



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GRADE/FITNESS

This expedition requires excellent fitness and prior experience of a Himalayan expedition. You should be able to carry at least 20kg, demonstrate strong endurance and high mountaineering experience. The South Col-South East ridge is the classic route that passes through the Khumbu icefall and involves a steep climb on the Lhotse face. The maximum altitude is 8848m.

INCLUDES:

4 nights Kathmandu accommodation, airport transfer to hotel and welcome dinner, all necessary climbing and trekking permits, experienced expedition leader and base camp manager, government liaison officer, flights to and from Lukla, all meals and accommodation during trek to base camp and return, porter service to carry 50kg of personal gear to base camp, fully serviced powered base camp (including personal tent, heated dining tent and communication tent, full satellite communication system (pay per use), all meals/snacks and hot



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showers), 2-way radio system for all guides to communicate between camps, team of Sherpa climbing guides to set up and stock all higher camps, all meals and tents above base camp, maximum oxygen allowance with the Summit delivery system (allows multiple summit attempts), 1:1 climbing Sherpa to client ratio, extensive high altitude wilderness first aid kit, porters to carry group equipment, all group climbing equipment, all other charges for route fixing and expedition duffels.

EXCLUDES:

international flights to Kathmandu, tips and summit bonuses for Sherpa guides, tourist visa fees, meals in Kathmandu (USD 10-15 per meal), aerated and alcoholic beverages, personal items (e.g. phone calls, laundry), travel insurance (including

early departure and mountain search/rescue) and personal climbing gear.

OTHER OPTIONS:

Optional limited services available:

- Base camp only service (no climbing Sherpas or serviced higher camps)
- Full service with limited oxygen
- Climb through Khumbu Icefall to Camp 2 only
- Trekking to Everest base camp

Optional helicopter services:

- Helicopter fly out of EBC to Lukla or Kathmandu

Contact us for cost details for these options.



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ITINERARY

Day 1-2 Arrival and in Kathmandu

A Himalayan Ascent representative will collect you from the airport. It's a free day to recover from your international flight. Later in the evening, there will be a group briefing and welcome group dinner. You can use the next day to explore the crazy, yet wondrously beautiful city of Kathmandu. (Swayambu and Boudhanath). It's a city that stimulates all senses, so be prepared because Kathmandu is a city that demands attention.

Day 3 Fly to Lukla (2840m) and trek to Monjo (2610m) ~4 hrs

Welcome to the Khumbu! We will take the

exhilarating flight on a Twin Otter to Lukla and (hopefully!) catch the first glimpses of Everest from the plane. In Lukla we will meet our porters and other BC staff, and after lunch walk to Monjo, a small village on the roaring Dudh Koshi river, which drains the bulk of the Everest region. The milky, glacier-fed waters of the Dudh Koshi are the source of its name, which means "Milk River." We will stay in a comfortable lodge on the edge of the river.

Day 4 Trek Monjo (2610m) to Namche (3440m) ~7 hrs

Today's trek officially starts in the Sagarmatha National Park, a protected area encompassing 1,148 km², as we pass



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through park gates just after Monjo. We continue up the Dudh Koshi under a forest of mixed conifers and hardwoods, passing through several beautiful villages. The route crosses many suspension bridges high above the confluence of the Dudh Koshi and Bhote Koshi rivers, before we head up the hill through a black pine forest to Namche Bazaar, the political and economic centre of the Khumbu.

Day 5 Acclimatisation day in Namche

It is critical to the success of an expedition like this to let our bodies gradually acclimatise to the altitude. This will be the first of several rest and acclimatisation

days we will take along the way to foster this process. Today you can check out Namche market, rest, or take the optional hike up to Syangboche to take in your first real view of our objective. On a clear day, enjoy the spectacular views of Ama Dablam, Lhotse, and Everest, as well as an overview of the valley you will be headed up for the next few days. Visit the national park visitor centre to learn about the natural, cultural, and human history of this region. You are part of a long tradition of mountaineers, both foreign and local, to the highest mountain on earth.

Day 6 Trek Namche (3440m) to Tengboche (3860m) ~ 5 hrs

From Namche on, the terrain changes



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dramatically. We will trek along the edge of a juniper-covered ridge, through rhododendron and silver birch forests on the north-facing slopes, ever deeper into the heart of the Khumbu. On this section of trail keep your eyes open for the spectacularly colored Impeyan Pheasant—Nepal’s national bird, or for large mammals like the Jharal—a shaggy wild goat which grazes in this area. After dipping once more down to the Dudh Koshi we climb up steeply to stay the night in the high meadows of Tengboche. Tengboche is the site of a working monastery and several beautiful stupas. Time permitting, you may attend morning or evening services and complete your own khora of the site.

Day 7 Trek Tengboche (3860m) to Dingboche (4410m) ~2.5 hrs

We will continue down into the wide glacial valley from Tengboche, stopping to take in splendid views of Ama Dablam from Pangboche. We then cross the river again before ending up in the lovely farming village of Dingboche at the head of the Imja Valley.

Day 8 Acclimatisation in Dingboche

We will take our second rest day in Dingboche, where guides will facilitate your acclimatisation by organising a short walk to visit the Himalayan Rescue Association at Pheriche, or to take in the surrounding scenery.





Day 9 Trek Dingboche (4410m) to Lobuche (4910m) ~5 hr

Leaving Dingboche behind, we will continue along the path towards BC, passing just below the edge of the Khumbu glacier before climbing steeply up alongside the glacial moraine to the village of Lobuche.

Day 10 Trek Lobuche (4910m) to BC (5364m) ~5 hr

Climbing up the trail 3 hours beyond Lobuche, we will reach the small outpost of Gorak Shep (5140m), the BC for the 1953 expedition that first climbed Everest. From here, we walk 2-3 hr winding through the rubble and scree of the Khumbu glacier, to reach BC at the base of the Khumbu Icefall.

Day 11-12 Acclimatisation in BC and puja

For the next few days we will settle into our comfortable BC and get acclimatised. Sherpas have a spiritual connection with the Himalayas so we'll perform a special puja ceremony in respect to the mountains and to ask for safety, good health and success.

Day 13-16 Optional climb of Lobuche or stay in BC acclimatising

For the next few days you can either climb Lobuche, a trekking peak of 6110m located just behind the Lobuche settlement, or you can hang out in BC to allow your body more time to acclimatise.



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Day 17-20 First rotation through Khumbhu icefall and ladder crossing training

We will start moving through the icefall, practicing on ladders and testing our equipment as we make it for the first time to Camp 1 (C1, 5950m) at the top of the icefall.

Day 21-26 Rotations through C1, C2 and C3

For our first major foray up the mountain, we will spend two nights in C1, transverse the Western cwm and climb up to C2 (6400m), acclimatising in between. On our next rotation, we will aim to reach C3 (7200m) which sits in the middle of the Lhotse face, and sleep at C2 for at least 4 nights along the way. We will take an extra

2 days to acclimatise at C2, and attempt to spend one night at C3 as well.

Day 27-36 Rest and recover for summit window

At this stage our preparatory work is over. In this period we rest, fuel up on calories to wait for a favourable summit window. If the wait is particularly long, you can relocate for a few days to lower altitude (e.g. Pangbouche or Namche).

Day 37-50 Preparation for summit and summit push

When the summit window is known, we'll make plans for our summit push. On the summit push we allow our climbers to spend one full night at the South Col (C4, 7950m) sleeping on oxygen, rather than



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the couple of hours that most companies take. This allows you to get enough rest and energy to be ready for the final push to the top. We start early in darkness from the South Col, climb to the balcony and reach the South summit by dawn. From here, the route is exposed along the summit ridge to the Hillary step. Straddling the boundaries of Nepal and Tibet up the ridge, we then finally reach the Summit! The view from the rooftop of the world highlights the sheer scale of Everest as it dominates over other regional 8000m peaks (Lhotse, Makalu, Kanchenjunga, Shisapangma, Cho Oyu) seen from its summit. We return along the same route to C4 to rest. The journey back to BC breaks at C2.

Day 51-57 Pack up BC and trek to Lukla

After returning safely to BC we will take a day or two to rest, pack up camp, and return back to Lukla for a much-needed shower and celebratory beer!

Day 58 Fly to Kathmandu

From Lukla we will fly back to Kathmandu, where the comforts of your hotel await you.

Day 59 Depart Kathmandu

Fly back to your home country. See you on another Himalayan giant.



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WHY HIMALAYAN ASCENT?

Himalayan Ascent is a family owned business managed by local Nepali, Sumit Joshi, who has more than 20 years of guiding experience in Nepal, India, Pakistan, Tibet, Bhutan and Argentina for reputed international organisations.

Our guides have been raised in the outdoor wonderland of the Himalaya and they are passionate adventurers. The Himalayan Ascent difference is

a guiding team of personnel who actively enjoy the outdoors and love sharing the experience. The philosophy of Himalayan Ascent is simple: showcase the best of Nepali culture and landscape with comfortable service. From trekking in remote areas to high altitude 8000m expeditions, Himalayan Ascent has the experience to provide a type of service that's desired by international outdoor lovers.

WHY HIMALAYAN ASCENT TO EVEREST?

Himalayan Ascent runs small sized expeditions on Everest. You'll get to know your Sherpa guides and team mates personally. Building a good rapport with your team is critical for summit success. Our Sherpa guides are formally trained through the Nepal Mountain Guides Association and many are also internationally accredited. We have a 100% client safety record and to date after 11

Everest expeditions, 80% of our clients have summited safely.

We have a reputation for having the best managed and most comfortable base camp, and a camp cook known for making some of the best food at BC. Want to speak to our past clients? Contact us for the contact details of our previous Everest clients.



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OTHER INFORMATION

Sleep and Food

Whilst on the trail you'll sleep in local friendly teahouses. These provide basic accommodation (twin-share), common toilets and a large common dining hall. Teahouse kitchens cater for international and local tastes, from pizzas/pastas to typical Nepali favourites. Other facilities including showers, internet, battery charging and laundry are sometimes available for an extra cost. Your Kathmandu accommodation is a midrange 3.5 star hotel, but we can adjust according to your budget (i.e. budget to 5-star). Note that meals in Kathmandu are not included in the cost. Plan for USD 10-15 per meal on these days.

Sherpa Culture

Known as "Eastern People" in Tibet, Sherpas were nomads who migrated and settled in the Solukhumbu region around 500 years ago from Tibet. Their dialect, dress and food is very similar to Tibetans, more than the Hindu majority ethnic groups in Nepal. With a culture deeply

rooted in Buddhism, Sherpas have a strong respect for the mountains and its spirits. First employed as high altitude porters on early Himalayan mountaineering expeditions, Sherpas are now by their own rights, well regarded accomplished climbers.

Health Tips

It's vitally important to protect your health on an Everest expedition, and Himalayan Ascent Director, Sumit Joshi, is an experienced high-altitude medical provider who has trained under legendary high-altitude practitioner, Dr. Jim Duff. Sumit's knowledge is an invaluable resource, especially higher up on the mountain, without such easy access to base camp ER facilities.

Our staff are also well-trained in all aspects of hygiene, to ensure that you don't come down with a stomach bug the day before you leave base camp for the summit. Having a smaller team also assists in this regard.



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Climate

During the trek to base camp in early April, the weather will mostly be dry with some periods of snow. Below Namche (under 3000m), temperatures can reach ~24°C in the day. In BC (above 5000m), day temperatures can range 10°C-15°C. Nights are cool and can drop to -10°C. Above 7000m, temperatures will range from -40°C to -10°C at night.

Experienced Sherpa Guides

Our Sherpa guides are passionate climbers who live and breathe their sport. Our entire team have graduated from the Khumbu Climbing School. Many of them are fully-qualified UIAGM guides.

Calibre of Team Mates

When you're climbing Everest, you don't want to be in a team with a climber who doesn't have the necessary skills to tackle the mountain. We require all our climbers to have a solid climbing resume, preferably with an 8,000m expedition already under their belt. This ensures to us that you're prepared to face the extreme weather challenges that can sometimes affect Everest

expeditions.

Small Cohesive Team

Everest is a big mountain, and these days there are crowds to match its stature. You'll find a number of large expeditions on the mountain, with as many as 30 climbers and 40 Sherpas in a single team. For a multitude of reasons, that's not our style. By having a small team of climbers, we are able to move more efficiently on the mountain, and we have the capacity to allow input from team members regarding decision making. You'll get to know everyone, both fellow climbers and Sherpas, intimately throughout the course of the expedition. You certainly won't find yourself being introduced to your personal climbing Sherpa on the South Col, Camp 4, just hours before your summit push! With Himalayan Ascent, your climbing Sherpa will guide you throughout your rotations, so by summit push time in May, you'll practically be family!



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PACKING LIST

Familiarity and comfort using your equipment is paramount to summit success. We recommend that you test drive your equipment before joining this expedition, ideally on a 7000m expedition. Keeping feet and hands warm in reliable gear during storms above 8000m will make or break your Everest dreams. This is a list of recommended items you should bring with you. Please email us about specific brands or models we know works well on 8000m peaks.

There are a number of branded mountaineering equipment stores now open in Kathmandu. To save some check-in luggage allowance, contact us about what's available locally for purchase.

Head:

- Baseball cap
- Balaclava (comfortable tight-fitting, which covers as much skin as possible)
- Warm polar fleece or wool hat (beanie)
- Glacier glasses (category 4 lens, must wrap around your face well)
- Ski goggles (snug fit with good ventilation and anti-fog)
- Headlamp X 2 (bright LED with

powerful beam) and plenty of extra batteries

- Climbing helmet (adjustable, climbing-specific)

Hands:

- Gloves (snug fitting wind stopper, and a few pairs of thin liners)
- Big Mountain gloves (Gore-Tex with removable liner, warmest available)
- Big Mountain mittens (warm and should fit over your wind stopper gloves, must be able to operate a Jumar wearing them)

Feet:

- Down booties
- Base camp shoes (comfortable, waterproof and warm)
- Hiking shoes (good low to mid-cut, Gore-Tex lined)
- Light-weight mountaineering boots (e.g. leather mountaineering boot for acclimatisation climbs up to Camp 2)
- 8000m mountaineering boots (integrated gaiter, double boot with warm insulation)
- Liner socks (4 pairs)
- Hiking socks (4 pairs)
- Warm mountain socks (4 pairs)



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Upper Body:

- Base layers (breathable and moisture wicking, few different weights, e.g. silk weight, mid-weight and expedition weight)
- Warm jacket (fleece or polarguard)
- Softshell jacket (with wind stopping properties)
- Gore-Tex jacket (breathable waterproof with good hood that fits over a climbing helmet)
- Synthetic fill Jacket (e.g. primaloft)
- Down suit (comfortable fit 8000m down suit made by a well known brand)
- Down jacket (800 fill, lightweight with hood)

Legs:

- Base layer (breathable and moisture wicking, mid-weight and expedition weight)
- Soft shell pants (comfortable for everyday wear)
- Gore-Tex pants (heavy duty with reinforced crampon patches and waterproof zippers)
- Insulated pants (down or primaloft)
- Shorts (quick dry)

Equipment:

- Small day pack for trekking and city use (comfortable, 15-20L)
- Backpack (50-70L, fitted for your back length and internal frame)
- Duffel bags to transport your gear to Nepal

- Sleeping pads (full length, insulated inflatable and closed cell foam pads with repair kit)
- Sleeping bag X 2, -20°C to -40°C rated (800+ goose down fill, correct length for your height, one for base camp and one for higher camp)
- Harness (light weight alpine with belay loop and gear loop)
- Carabineers (4 screw gate and 4 snap gate)
- Belay device (easy to use and lightweight)
- Prussik cord (about 8 meters of 6mm and 5 meters of 4mm)
- Ice Axe (for alpine use and right length for your height)
- Crampons (semi auto with heel bail, good anti-balling system and steel)
- Jumar (large handle to fit your gloved hand)
- Trekking poles (lightweight with good snow basket)





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