

Everest Expedition



Mt. Everest is the highest mountain on the Earth. It is known by the Nepali name Sagarmatha (Highest above the ocean) and Tibetan name Chomolungma (Goddess Mother of the Snows).

Adventurous spirits have always been fascinated by what is also called "The Third Pole." Tenzing Norgay Sherpa and Sir Edmund Hillary became the first persons to stand on top of the world on 29 May 1953. Since then there have been other many notable ascents to the summit.

Since the first successful ascent, many other individuals have hunted to be the first at various other activities on Everest, including many alternative routes on both the north and south sides. Reinhold Messner has climbed Everest twice without oxygen, once in four days. He is also the first to climb Everest singly, which he did in 1980. Ten years earlier, Yuichiro Miura of Japan had been the first person to descend the mountain on skis.

In 1975, Junko Tabei, also of Japan, was the first woman to climb Everest. The first disabled person to attempt Everest was American Tom Whittaker, who climbed with a prosthetic leg to 24,000 feet in 1989, 28,000 feet in 1995, and finally reached the summit in 1998.

The record for most ascents belongs to Apa Sherpa, who has reached the summit 18 times. Overall, more than 600 climbers from 20 countries have climbed to the summit by various routes from both north and south. Climbers aged have ranged from 16 years to seventy. At least 100 people have perished, most commonly by avalanches, falls in crevasses, cold and effect of thin air.

Treks to Everest base camp are becoming increasingly popular on both the north and south sides of the mountain. On the north side, a Buddhist monastery stands at the foot of the Rongbuk Glacier, beneath Everest spectacular north face.

The monastery is one of two whose locations were selected specifically to allow religious contemplation of the great peak. The other is the Tengboche Monastery in Nepal.

Duration: 60 days

Price: \$61000

Rating: 5 Star

Group Size: 01-10 PERSON

Grade: Strenuous

Destination: Nepal

Activity: Expeditions in Nepal

Region: Everest Region

Date & Prices:

Start Date	End Date	Price
01st Apr, 2019, Monday	30th May, 2019, Thursday	\$61000
01st Apr, 2020, Wednesday	30th May, 2020, Saturday	\$61000
01st Apr, 2021, Thursday	30th May, 2021, Sunday	\$65000

Equipment Lists:

1. Snow Goggles
2. Warm hat (Either wool or synthetic)
3. Liner Gloves (wool or Synthetic)
4. Over Gloves (Gore-Tex)
5. Long underwear (Lightweight or mid-weight tops and bottoms made of synthetic material)
6. Warm insulating Upper and Lower body Layers (fleece)
7. Gore-Tex Suit
8. Heavy Socks
9. Climbing boots
10. Gaiters
11. Crampons
12. Ice Axe
13. Jumar
14. Figure 8(Descender)
15. Harness
16. Lock Carabiners (Similar size)
17. Snap Carabiners(Non- Locking)
18. 6 mm Rope (Prussic slings and safety ropes)
19. Pocket Knife?

Other Informations:

Nepal Entry Visa Procedures

Foreigners who intend to visit Nepal must hold a valid Passport (6 months) or any travel documents equivalent to a passport issued by the government for visiting a foreign country.

You can obtain the Nepal visa upon arrival at Tribhuvan international airport, Kathmandu. And you can apply for the Nepal visa online now. The application for the tourist visa has to be filled and submitted through this link of Nepal Immigration, www.online.nepalimmigration.gov.np/tourist-visa.

Please bring the printed copy and show them at the immigration in Kathmandu with the visa fees and 2 copies of passport sized photos. US\$ 30 or equivalent foreign currency for 15 days multiple entry visa, US\$ 50 or equivalent foreign currency for 30 days multiple entry visas.

We suggest you take cash in hand. If you haven't applied for the online visa then visa form will be provided during your flight to Nepal.

Note: Free Visa for Chinese citizens including HKSAR Passport holders.

Nepal Trekking Season's

The two most pleasant seasons for trekking in Nepal are spring and autumn. The spring season is considered to be March to May. During the spring months, flowers are in bloom in the forests so it can be quite beautiful though it can also be a bit cloudy, especially in the afternoon.

Autumn season is considered September through November. In autumn season you will get the best mountain views, with clear skies usually all day long. The fall season is slightly cooler with average temperatures.

December is also generally the driest month of the year. Trekking in Nepal is possible at any time of the year. It is worth remembering that we will get 75 percent of annual rainfall from the mid-June through August.

This period is considered as the monsoon season. Winter in Nepal is considered December through February. These months are the coldest in temperatures depending on where you are.

At higher altitudes in the Himalayas temperatures will drop below freezing and it can be extremely cold at night.

A Typical Day of the Trekking

The trekking day begins early at around 6.30AM in the morning with a cup of wake up tea. Before breakfast, pack your duffel bag which is carried by porters by keeping some essential things in your daypack.

After breakfast, we are usually starting a good morning walk. After 3-4 hrs walking, we stop for lunch. Allowing about 1 - 2 hours for lunch break then we continue the walk to the destination where we stay overnight.

We reach the teahouse/camp by afternoon, as the afternoon walk is generally shorter than the morning. Check in the room and having afternoon tea, side trips or other activities are generally organized. You can spend the afternoon as you wish then meet for dinner around 7 PM and sleep.

Geography of Nepal

Nepal covers the land area of 147,181sqkm, stretching 800 km from east to west and 90 to 230 km from north to south. Nepal is land-locked between China (including the Chinese autonomous region of Tibet) and India.

Nepal has three geographic regions; the mountainous Himalayan belt (including 8 of the 14 highest mountain peaks in the world), the hill region and the plains region.

Nepal contains the greatest altitude variation on earth, from the lowland Terai, at almost sea-level to Mount Everest at 8848 meters. Nepal is divided into seven states and seventy-seven districts. Where the high Himalayas occupy 16% of the total land area of Nepal with elevation ranging from 4,000 m to above 8,848 m.

This region accommodates the eight of the highest peaks in the world; Mt. Everest (8848m), Kanchenjunga (8586m), Lhotse (8516m), Cho-Oyu(8201m), Dhaulagiri (8167m), Makalu (8463m), Manaslu (8163m) and Annapurna I (8091m).

Currency in Nepal

Nepali Rupee notes come in Rupees 5, 10, 20, 50, 100, 500, 1000 denominations. Coins come in Rs. 1, 2 and 5 denominations. Foreign currencies must be exchanged only through banks or authorized money exchangers.

Banks are usually open from 09.30 am to 3:00 pm Sundays through Thursdays and from 10.00 am to 1:00 pm on Fridays. Saturdays are closed.

Credit Cards: All major cards are accepted for tourist services. There is usually a 4% mark-up on top of the price.

Effects of Global Warming & Climate Change

Nepal is one of the most vulnerable countries in South Asia to climate change, yet it has limited capacity to address the impacts of climate change or to take advantage of the opportunities. It has a highly variable climate and fragile ecosystems.

The Himalayan glaciers are retreating faster than any other major body of ice. With climate change, climate variability, a driver of poverty in a country where 60% of the population is reliant on agriculture, will only increase.

The monsoon rains are already more intense, but of shorter duration, and are arriving later, which has a devastating impact on the rice fields. The Greater Himalaya region is the water tower of Asia.

Nepal sits at a strategic point, in the headwaters of the Ganges basin. 500 million people live in this basin, which is one of the most flood-prone in the world. Currently, Nepal's Himalayan Rivers supply 70% of the dry season water in the Ganges and 30% of the peak flood waters.

Nepal's potential for hydropower is 100 times its existing energy use. Current development of rivers is sub-optimal, focusing solely on hydro rather than also storing water in the summer to use for irrigation during the rest of the year and reduce flooding.

Clothing in Nepal

From April to the end of September, it is warm in Kathmandu. In Nepal clothing for traveling purpose should be comfortable and lightweight. You can also wear longer shorts provided that it is weather-friendly. In the months of October to the end of March, days are usually warm and evenings are cool.

Put on your summer clothes during the day time but in the evening and night, it is advisable to carry a light jacket. Winter season starts from December to February. One must be equipped with sufficient winter wears like down jackets, sweaters, trousers, etc to stay protected from the cold.

In accordance with Nepali weather, you can have your clothes well-packed in your luggage or you can also purchase clothes of

your choice and needs from the clothing stores in Kathmandu.

Health Issues Regarding Altitude Sickness

Those in good health should have no difficulty traveling to Nepal. But people with health conditions including asthma, diabetes, high blood pressure, epilepsy, and cardiac problems should seek a doctor's approval before planning a trip to Nepal.

Trekking and Climbing in Nepal involve high altitude and can be strenuous. A simple headache, fever, loss of appetite or stomach disorders can happen before the acclimatization. Altitude sickness, if not treated when symptoms first appear, can lead to death. Often known as AMS or Acute Mountain Sickness, it can ruin a Treks and Climblings and should be treated very seriously.

The Himalayan Mountains begin where other mountain ranges end. As altitude increases, especially above 3,000 meters, the air becomes thinner, creating certain difficulties for the human body. Youth, strength, and fitness make no difference here.

The only prevention is to give ones body time to adjust to high altitude. Those who go too high too fast are liable to be victims of Acute Mountain Sickness. To minimize its threat, we recommend following this advice:

01. Drink adequate fluids. At 4,300 meters, for example, the body requires 3 to 4 liters of liquid a day. At low altitudes try to drink at least 1 liter a day.
02. Accept the fact that you cannot go very high if your time is short.
03. Learn to recognize the symptoms of AMS: a headache, nausea, loss of appetite, sleeplessness, fluid retention and/or swelling of the body. The cure is to climb no higher until the symptoms have disappeared.
04. Do not expect everyone in your group to acclimatize at the same rate. If you experience such discomforts, tell the accompanying Best Nepal Trekking facilitators immediately.
05. For the sake of safety, if the trek leader deems it necessary to ask a participant who is suffering from AMS to descend, he will have the authority to do so even though it may go against the will of that participant.

People and Religions of Nepal

Nepalese people are mainly divided into two distinct groups, the Indo-Aryans and the Mongoloids. Since 2008AD, Nepal has been declared a secular country. The Hindu Temples and Buddhist Shrines are scattered all over the Kingdom.

Nepal is the birthplace of Lord Buddha, Herald of Peace, The Light of Asia. Hindus, Buddhists, Muslims, and Christians live together in harmony. And other nature worshippers, too, exist here.

Ethnic diversity and custom of Nepal make Nepal the most fascinating tourist destination in the world. Official statistics indicate that the Nepali population of around 35 million includes more than 90 ethnic groups speaking 100 different languages and dialects.

History of Nepal

Nepal has witnessed many rulers and dynasties play contributing roles in molding Nepal to present day's Modern Nepal. Karin's ruled Nepal from 9th century BC to 1st century AD Later Lichchhavis took over Karin from 3rd to 13th century and then were followed by Thakuri belonging to Malla dynasty.

Then the Shah Dynasty held the reign. Prithvi Narayan Shah is solely responsible for today's modern day Nepal for he is the one who united different kingdoms into one single nation in 1769. In 1846, the Kot massacre led by Jung Bahadur Rana back seated the

power of the monarchy and made Rana regime more powerful. In 1950 Tribhuvan with the support from India restored monarchy.

A coalition government comprising the Nepali Congress party and the Ranas was thereafter installed with the promise of free elections in 1952. In 1960, Mahindra, son of Tribhuvan tactically established Panchayat system, meaning 'five councils system,' by engineering a coup, declaring a new constitution, imprisoning all the leaders of the then government and enforcing a ban on all political activities.

People's movement of 1990 opened up a new chapter for a decade of democracy in Nepal which led to multiparty democracy with a constitutional monarchy. Democracy came with heavy price leading to incompetent political leaders, political conflicts, Maoist insurgency, corruptions and downfall in the national economy.

Royal family massacre in 2001 left the whole world in complete shock. Gyanendra was crowned Nepal's king after his brother, Birendra's assassination. With the advent of 2006, all major political parties committed to reform their past mistakes and Maoist rebels came together with the support from Nepali people and jointly went on several days strikes to restore democracy.

Finally, Gyanendra Shah handed over the political power to Nepali people and democracy was once again restored in Nepal. Then Maoists has been the biggest political party of Nepal 2008 election. Nepal recently(September 2015) declared the new constitution for the country.

Shopping in Nepal

In the major cities of Nepal, like Kathmandu, Patan, Bhaktapur, Pokhara, you will find well-resourced shopping malls. From clothes, shoes, accessories, sportswear, electronic goods, cosmetics, food and decoration items to kitchen wares you can purchase any goods.

In Nepal shopping of both local and imported goods are possible. Most shops and clothing stores have fixed price tagged along with their goods. But in the case of small shops, you can bargain the prices for purchasing goods.

While shopping in Nepal it is advisable to carry Nepali currency in cash as most of the shops only accept cash. In Kathmandu, Thamel, New-road, and Durbar-Marg are the most popular Shopping centers.

What Foods You Will Expect In Nepal

Kathmandu is a paradise for food lovers. Besides Nepali food, Nepal restaurants here serve varieties of hygienic delicacies from Indian, Chinese, Tibetan, Japanese, Italian, Australian, Russian, Korean, Mexican, Thai, etc to continental at the remarkably reasonable price. I

f you desire to lead a Nepali lifestyle during your stay in Nepal, then there are also some restaurants serving pure Nepali cuisine (Dal Bhat) which comprises of steamed rice, lentil soup and varieties of vegetable/non-vegetable curries.

Thamel, the tourist hub of Kathmandu, is well known for many excellent restaurants, cafe's, and pubs. Pokhara also has numerous restaurants that serve every kind of delicacies complementing your taste. The foods in the mountains (trekking routes) also fresh, hygienic and delicious.

Travel Insurance For Traveling in Nepal

Travel insurance is not included in the trip price. It is essential that you take out comprehensive travel insurance prior to your trek. Your travel insurance must provide cover against personal accident, medical expenses, emergency evacuation (including helicopter

rescue) and personal liability.

We also recommend that it cover trip cancellation and loss of luggage and personal effects.

Hotels in Nepal

Nepal offers a wide range of accommodation, from 5-star luxury hotels to budget-priced guesthouses. Top hotel in Nepal gives you high-quality services. Whatever your requirements are, Nepal hotels can meet them all.

Best Nepal Trekking P(LTD), is always recommend the best Hotels in Nepal for your holidays.

Itinerary:

Day 01: Arrival in Kathmandu (1340m)

Arrival in Kathmandu and transfer to the hotel which is multitude of the restaurants and shops.

Day 02-04: Official procedures for the permits.

Official procedures for the permits and sightseeing in the Kathmandu valley in different sites.

Day 05: Fly to Lukla and trek to Phakding (2650m) 3-4 hour walk

Early morning drive to domestic airport. After checking items of baggage you will take the short mountain flight to Lukla with the breathtaking view of mountains on the northern side. Once you arrive at Lukla, get ready for the hike through the town passing, descending to the beautiful Sherpa village of ChauriKharka. This is very busy trail, passing yak trains, trekkers, locals and porters.

Once you reach this area, the land of the Sherpas and everything in it is fresh and new. This area represents the Tibetan Buddhism as you will pass through beautiful Stupa, Mane walls, and Monasteries along the trail. We cross 2 suspension bridges before Thado Koshi and the first view of Kusum Kangaru Mountain appears here.

The trail gradually climbs up now along the Ghat village where we can see very beautifully painted Mani walls, Stupas. We continue the walk with small ups and down until it comes to Phakding village where we stay overnight.

Day 06: Trek to Namche Bazar (3450m) 6 hour walk

From Phakding, start early walking following the nice gentle path through natural forests of pines and cedars crossing several small streams along the right bank of the Dudh Koshi River. Far up the valley, the snowy peak of Mt. Thamserku (6608m) can be seen. You cross the suspension bridge over the Dudh Koshi River after Benkar village then climbs up little, passing beautiful Sherpa villages of Chhumoa and Monjo.

There comes the entrance of the Sagarmatha national park. When you cross a long suspension bridge and take the road along the left bank, Jorsale lies ahead. Soon as you pass Jorsale, there comes another suspension bridge we will cross and then walk along

the bank of Dudh Koshi river bank. After crossing the high bridge over the Dudh Koshi River, the trail zigzags uphill, you emerge to a ridge, offers an excellent view of the Mt. Everest (8848m) and Lhotse (8516m).

The climb eases somewhat and Namche Bazaar appears ahead as you travel along the path surrounded by pine forests. Namche Bazaar is surrounded by Mountains in 3 sides and opens facing to Bhotekoshi on the south. It is the biggest town in the Khumbu valley is a central hub. Overnight stay in Lodge at Namche Bazaar.

Day 07: Acclimatization day at Namche Bazaar.

Today we visit the viewpoint at National park headquarter in the morning to see the view of Mt. Everest(8848m), Lhotse(8516m), Nuptse(7856m), Amadablam(6856m) and many other snowy mountains as well visiting the National park museum. Also, you can make a day hike up to Everest View Hotel(3860m)

Day 08: Trek to Tengboche (3867m) 5-6 hrs walk

After climbing to the top of the ridge, it comes to a level path that offers an excellent panorama of the mountains again. To the right, there is steep cliff drops down to Dudh Koshi river, and visible the lower valley floor. Walking around ridges, arrive at Kyangjuma, further ahead there is trail junction leading left to the Gokyo valley and right to the Everest base camp. Descend passing teahouses of Sanasa and pine forests, cross the wooden bridge over Dudh Koshi and arrive Phunki Tenga for Hot Lunch.

After Phunki Tenga, it is a long climb to Tengboche; the first half is especially steep. As you climb through the blue pine and Rhododendron forests. Continue to climb the Mountain diagonally until come to a stone gate, which marks you arrive at Tengboche. It is a large plateau and in front is the splendid monastery, where you can visit and participate for meditation. Overnight stay in the Lodge.

Day 09: Tengboche to Dingboche (4350m) 5-6 hrs walk

Descend a Rhododendron covered area to emerge to a pleasant level area of Dibuche. Pass the long Mane walls and there is a nunnery. Walk a while and cross the bridge over Imja Khola. Climb up on mountainside looking up at AmaDablam (6856m), Kangtega and Thamserku on the opposite bank. As you ascend the chorten lined area, take the level path to Pangboche, the village of famous climbers.

Pass through the village and cross a stream, the path leads to a rocky area following Somare village. Climbing from here, the hills open up. The Lhotse(8516m)can be seen up ahead, becomes more formidable as we approach it. Leaving the main trail ascending to the left, along hills from Tsuro, straight ahead we cross a wooden bridge, Passing over the hills, we arrive at the valley where Dingboche starts to become visible. The highest settlement of the Sherpa and the place where the people grow the Barley.

Day 10: Hiking to Nakarsang peak(5070m) for acclimatization

After breakfast, start to climb straight up from Dingboche. The view from the way to Nakarsang is very beautiful. You can see many mountains including the famous trekking peak, Island peak, Peak 38, Lhotse(8516m), Makalu(8463m), Cho-Oyu(8201m), Tawache peak, Cholatse, Kangtega, Thamserku and the unfamiliar view of the AmaDablam. Walk down to Dingboche for Lunch and a free afternoon.

Day 11: Trek to Lobuche (4950m) 4-5 hrs walk

Climb the small hill section passing the chortens, the trail is almost level on the mountainsides. We walk through yak pastures and cross the wooden bridge, reach Thukla. The small Mountains of stones and pebbles straight ahead are the terminal moraine of the Khumbu glacier.

From Thukla the trail is hard, you begin to feel the effects of the high altitude. At last, the ascent ends, there are many memorials lined on the hill dedicated to Sherpas who have met with disaster on Everest expeditions. Then walk around the lateral moraine of Khumbu glacier, cross a stream and reach Lobuche. Overnight in Lodge at Lobuche.

Day 12: Acclimatization / Rest day in Lobuche

Acclimatization / Rest day in Lobuche.

Day 13: Trek to Everest Base Camp (5380m)

Pass the sandy field and frozen lake, emerge on the right bank of the Khumbu glacier. Then follow footpaths and cairns to the center of the glacier where you can see the basecamp.

Day 14-52: Climbing period.

Climbing period.

Day 53: Clean up base camp.**Day 54:** Trek to Pheriche

Trek to Pheriche and overnight at lodge.

Day 55: Trek to Tengboche.

Trek to Tengboche & overnight at lodge.

Day 56: Trek to Namche Bazaar

Trek to Namche Bazaar & overnight at lodge.

Day 57: Trek to Lukla

Trek to Lukla & overnight at lodge.

Day 58: Fly back to Kathmandu

Fly back to Kathmandu and transfer to Hotel.

Day 59: Leisure day in Kathmandu.

Leisure day in Kathmandu.

Day 60: final departure

Drive to International airport and fly back home.

Cost Include:

- Mt. Everest Royalty fee.
- Hotel accommodation in 3 star hotel in Kathmandu twin sharing basis on BB plan before and after the expedition as per itinerary.
- All airport transfers by private vehicles.
- Full board service during the trek up to basecamp and on the way back.
- One high altitude Sherpa per climber to carry all food and gear to higher camps.
- Also assist the member during climb and summit attempt 5 oxygen bottles (4 lts) per member with mask and regulator (for use only)
- Common climbing equipment (necessary rope, ice bars, ice screws, etc)
- Walkie-talkies for each member base unit at Base Camp.
- High altitude tents (North Face or similar quality) for all members and climbing Sherpas.
- Base Camp single tent for each members, climbing Sherpa, BC staff and Liaison Officer.
- Khumbu Ice fall route fee (Khumbu Ice Fall route will be fixed by SPCC and we pay them in order to use the route which will be maintained by their Sherpa staff throughout the expedition period)
- Schedule flight Kathmandu-Lukla-Kathmandu for members.
- Schedule flight Kathmandu-Lukla-Kathmandu for Liaison Officer.
- Transportation of food supply to Base Camp from Kathmandu (Cargo to Lukla and then by yaks or porter to base camp)
- Sagarmatha National Park fee.
- All food and fuel for Base Camp and higher camps during expedition.
- All kitchen tent, stores tent, dining tents, toilet tents, tables and chairs, and cooking utensils for Base Camp
- Insurance for Climbing Sherpas, Cooks, Liaison Officer, and local porters.
- Equipment allowances and wages for Climbing Sherpas, cooks, kitchen Staffs and Government Liaison Officer.

Cost exclude:

- International airfare to/from Nepal.
- Nepal Entry visa fee (can be obtained at the airport upon arrival).
- Lunch and dinner in Kathmandu Hotel during staying in Kathmandu.
- Personal climbing gear above base camp.
- Personal insurance such as travel, accident, medical, emergency evacuation, and lost luggage.
- Applicable permit fees and customs charges, etc. for SAT phone, communication equipment, and commercial filming.
- International airport departure tax at Kathmandu Airport.
- Expenses of a personal nature such as hard and soft drinks, laundry, postage, telephone, Email, etc.
- Applicable customs duty and import license fees for all personal expedition goods arriving in Nepal by air/road.
- Climbing Bonus up to Summit : US\$ 1500 per Climbing Sherpa.
- Climbing Bonus above South Col : US\$ 500 per Climbing Sherpa
- Tips and bonuses for staffs.

Other Features:

- Max. Altitude: 8848m
- Best season: Spring season
- Trip starting from: Kathmandu
- Trip ending at: Kathmandu