Lama Adventures Pvt. Ltd.

Everest (Sagarmatha) Expedition

Difficulty	Duration	Region	Max. Altitude	Type	Group Size
Extreme	**60 Days**	**Everest**	**8848m**	**Expedition**	**2-14 pax**

Overview

To stand at the pinnacle of the Earth is one of life's most rewarding experiences. This is what it feels like when you scale Mt. Everest, the world's highest mountain peak, and witness the world around you. Mt. Everest is the ultimate mountaineering adventure for most of the alpinists. An attempt to scale Everest is a huge commitment to take and requires immense amount of determination and dedication.

Since Sir Edmund Hillary and Tenzing Norgay summited Everest in 1953, many climbers from around the world have attempted to achieve the same goal. Some of them have succeeded while others have not managed to win over the harsh weather conditions and their weaknesses. Climbing the world's highest mountain is a dream of every climber, and are willing to sacrifice a lot of money and time to fulfil that dream. But without help from an experienced team no one is able to summit the mountain peak. A climber who has a dream of scaling Everest must be backed by expedition organizers and experienced guides who take proper responsibility and manage the expedition smoothly. We can be your stepping stone to make your dream come into a reality. Lama Adventures is known for its top-notch guiding service with an excellent reputation for facilitating members of the expedition team to scale the summit.

Climbing Everest is a mission that has to be prepared with careful planning and details. If you have decided to summit Everest, you must devote a long time to build up your stamina and for training to withstand the harsh conditions such as a low-oxygen environment at higher altitudes. The most difficult part of climbing Everest is to pass the death zone after 8000m. Even the strongest of climbers experience impaired judgement, heart attacks and difficulty to overcome the high altitude. So, to achieve your dreams of scaling Everest you have to be properly acclimatized and properly trained. To be properly acclimatized, you can make a few trips from Everest Base Camp each times higher. Doing this will allow the body to produce more haemoglobin that carries oxygen from lungs to the rest of the body preventing it from dying.

If you are planning to scale Everest then choose Lama Adventures for a experience of a lifetime and a lot of knowledge about the conditions in the mountains. We provide the highest quality service for our clients who want to conquer the peak.

Itinerary

Days 1: Arrival in Kathmandu

On your arrival in Kathmandu, Tribhuwan International Airport, our representative will welcome you & drive you to the hotel. It’s a free day/evening. You can walk around Thamel for shopping.

Days 2-3: Sightseeing around Kathmandu

Kathmandu is the historical and cultural heart of Nepal and has been a popular destination for tourists ever since Nepal opened its doors to visitors. The city presents a wonderful mix of Hinduism, Tibetan Buddhism and Western influence. There will be a guided tour to the largest Buddhist stupa in Nepal Boudhanath and after that to the most popular Hindu shrine dedicated to Lord Shiva- Pashupatinath. We take a tour to Patan or Lalitpur (the City of Artisans), which is 5km away from Kathmandu. We walk through Patan Durbar Square, and delight in the architectural wonders of the Malla era. Mahaboudha Temple, Kumbeshwor Temple, Krishna Temple and Golden Temple are the major attractions at the square.

Day 04: Fly to Lukla

From Phakding, we cross and re-cross the river on high suspension bridges. Beyond Monjo is the entrance to the Sagarmatha National Park which was set-up in order to protect and preserve the fragile mountain environment. We then take a steep hike to Namche. If the weather is clear, we get the first glimpse of Mt Everest. Namche is the main trading village in the Khumbu and has a busy Saturday market - a meeting place for the Hindu traders from the lowlands and the Tibetan yak caravans that have crossed the glaciated Nangpa La.

Day 05: Trek to Namche

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Day 06: Rest day in Namche

We will spend an extra day in Namche before trekking higher to allow our bodies to adjust to the lower levels of oxygen in the air. In the morning, we will walk up to the Everest View Hotel to enjoy a panoramic view of Everest, Ama Dablam, Thamserku and may other majestic mountain peaks.

Day 07: Trek to Deboche

We will walk via Pangboche (3930m), take a moment to look back and enjoy the classic view of Tengboche. It is also the last village before heading right to Ama Dablam base camp, which dominates the scenery from now to Lobuche. We again gradually traverse up the valley, cross the Imja river and briefly walk upwards to Dingboche. The mountains appear distinctly more reachable and glorious.

Day 08: Trek to Dingboche

Trek to Dingboche 4337m.

Tea House Hotel - Breakfast / Lunch / Dinner.We will walk via Pangboche (3930m), take a moment to look back and enjoy the classic view of Tengboche. It is also the last village before heading right to Ama Dablam base camp, which dominates the scenery from now to Lobuche. We again gradually traverse up the valley, cross the Imja river and briefly walk upwards to Dingboche. The mountains appear distinctly more reachable and glorious.

Day 09: Trek to Labuche

Walking out of Dingboche to Lobuche, we can feel that you can almost touch the mountains and sense that Everest must be close. The trail gradually leads upwards to a small river crossing at the foot of Thukla. The rocky path passes the trekking peak of Lobuche on the left before we reach Lobuche.

Day 10: Trek to Everest Base Camp

Gorakshep is the last settlement before reaching Everest base camp. From Lobuche, it’s a short walk. We will walk further along the rocky terrain alongside the Khumbu glacier to reach Everest Base Camp (EBC). We set up our camp at EBC, which is going to be our base for the expedition. Overnight in tent in EBC.

Day 11-52: Sagarmatha Climbing Period

Apart from its height, Everest's other most recognized feature is from pictures of climbers teetering across ladders perched between giant blocks of ice in the 'Khumbu Ice fall'. Each year there is one route fixed through the famous 'Khumbu Ice fall'. Many companies claim to know the best way through when in fact there is no real choice and thanks should be given to the dedicated Icefall Doctors a team of Sherpa who do this dangerous job and make life easier and safer for all those who follow. The danger comes because the ice is constantly moving and the giant blocks can collapse without warning, so speed of movement and timing is the best deterrent. We set off early before the sun rises and gradually make progress over successive sorties in which we gain vital acclimatization and speed until the full journey can be made in the cool of the day to Camp I and our entry to the Western Cwm. Camp I should be seen as a staging post used to reach camp 2.

Once a final decision is made to move (based on the weather forecast) we head back up to Camp IV.
A short traverse towards Lhotse brings us to the start of the infamous Yellow Band, a Limestone rock band at 7500m. Ascending over the Yellow band will then bring us to the start of the Geneva Spur, a rocky scramble that eventually leads to the South Col and Camp IV. Few days will provide more adrenalin and spectacular views than this; you will now have the sense of being unbelievably high, on the edge of the "death zone", looking down on the great peaks of Pumori and Lingtren framed by Nuptse and Everest.

It's now time to rest, relax, eat and re-hydrate before our final summit push starts at around 10.00pm. Head torches breaking the darkness we climb to the Balcony (8500m/27,900ft) gain the South Summit and the first glimpses of the Hillary Step will appear in the early dawn light. The Hillary Step, a near vertical climb of 12m is ascended on fixed lines and is the last obstacle to negotiate before the final summit slopes and the roof of the world. We hope to be on the summit early in the morning giving an ample safety margin for the descent to the South Col. A further night is spent at Camp II before we finally reach base camp.

Day 53: Trek to Pheriche

Descending down from EBC, we retrace our way back to Gorakh Shep and then Lobuche. We take rest at Lobuche. After Lobuche, we descend down to Pheriche. Overnight in Pheriche.

Day 54: Trek to Phortse

Today we head down to Namche after having breakfast at Pheriche. From Pheriche, we will descend down to Pangboche. The descent is pretty easy and interesting. As you walk downhill from the Base Camp, you will head down retracing your steps into the settlement of Pheriche. Walking downhill from Pheriche, you will slowly start to

notice the dense forests of rhododendron and birch. Continuing the trail will lead you to Tengboche. Retracing our steps, we shallow head downhill to the popular Namche Bazaar. Overnight in Namche.

Day 55: Trek to Namche

From Namche, we continue to follow the river and, after crossing it, climb back up through birch and rhododendron forest. From there we descend to Monjo. After Monjo, we will climb up a small hill to reach Lukla. You will probably reach Lukla soon so explore and look around the place and the famous airport in Lukla.

Day 56: Trek to Lukla

We pack up early and head for the airstrip to hop a flight back to Kathmandu On touchdown, the rest of your day is free to do your own things. You could do some last-minute shopping and packing, or send a few postcards home or even go down for a stroll to Thamel, an internationally known hub for tourists in Asia.

Day 57: Back to Kathmandu

Fly to Kathmandu and Drive to Hotel.

Hotel - Bed / Breakfast.

Day 58-59: Free Day

Just relax at your hotel room and travel around the beautiful cultural city of Kathmandu, Patan and Bhaktapur. You have the day to your own, so enjoy your last day in Nepal.

Day 60: Final Departure

It’s time to leave Nepal, of course with smiles and many memories to cherish. Depending on your flight time we will drop you at Tribhuwan International airport for your final departure to your destination.

Inclusion / Exclusion

Cost Includes

Arrival in International Airport and Departure.
4 Night's 3 star hotel in Kathmandu with Bed & Breakfast.
Kathmandu Sightseeing with Tour Guide.
Entrance fee
Climbing Permit
Professional Mountain Guide between 2 client 1 Guide Climbing Period,
Round Domestic Air Ticket
Domestic airport departure taxes.
Tea House Accomodetion, brekfast lunchand dinner.
All camping Equipment, two men tents, Dining tent, Kitchen Tent, Toilet Tent, Table & chairs.
Breakfast, lunch, dinner climbing period.
Guide, Cook, Kitchen staffs and porters/mules.
High food and Tent
Accident and emergency rescue Insurance and Equipment for Climbing Guide, cook, and staff.
Group Climbing Equipment
Base camp Charge
Liaison officer

Cost Excludes

Personal Climbing Gear and equipment
International roundtrip airfare to and from Kathmandu
Nepal Visa fee
Lunch and Dinner in Kathmandu
Extra night accommodation in Kathmandu because of late departure, early return from mountain(due to any reason) than the scheduled itinerary
Excess baggage charges if you have more than 30KG luggage
Personal Bill/Expenses
Bar Bill and Drinking water during the Tea House Period
Personal communications (Satellite phone, phone, fax, email)
Personal Climbing Sherpa (must be arranged before the expedition)
Sleeping bag -30
Travel/rescue insurance
Summit Bonus for climbing guide
Any rescue costs or costs of early departure from the expedition
Helicopter or charter flight
Tiping for staff and guide