



MT. EVEREST EXPEDITION – NORTH SIDE [8848.86 M.]

Mt. Everest Expedition is a lifetime mountaineering experience that allows you to stand at the highest point in the world.

TRIP FACTS:

PEAK NAME
MT. EVEREST (SAGARMATHA)

SERVICE
FULL BOARD (1:1 SHERPA)

COUNTRY
CHINA (TIBET)

DURATION
58 DAYS

ROUTE
N-COL NNE RIDGE

GRADE
DIFFICULT

RANGE
MAHALANGUR

BEST SEASON
SPRING

MAX ELEVATION
8848.86 M.

WALKING PER DAY
5-6 HOURS

NATURE
HOTEL + LODGE + TENT

GROUP SIZE
2-15 PAX

ARRIVAL IN KTM
07 APRIL 2024

DEPARTURE TO KERUNG
11 APRIL 2024

TRIP ENDS
03 JUNE 2024



REQUIRED EXPERIENCE:

Experience in mountaineering (6000 m. /7000 m.) is recommended and required to sign up for this expedition.

OVERVIEW:

Ask an adventurer about their dream, and they will answer you with a word; EVEREST. Who would not want to reach the top of the world? Who would not want to touch the sky? It's the trip of a lifetime, the Everest Expedition. Mt. Everest is the highest mountain in the world and is located in the Himalayas, on the border between Nepal and China. Mt. Everest, also known as The Sagarmatha in Nepali is the tallest peak on earth with an altitude of 8848.86m. The southern face lies in Nepal whereas the northern face is in Tibet. In 1715, China surveyed the mountain for the first time while they were mapping Chinese territory and depicted it as Mount Qomolangma. British Indian government 1856 again measured Mount Everest during their Great Trigonometry Survey. Back then, it was named Peak XV and said to be 8840m tall.

Peak XV was renamed after Sir George Everest Mount Everest, the name given in his honor, who was a lead surveyor in 1856. Sir George was a Welsh Surveyor; he was the surveyor-general of India for thirteen years from 1830. Everest has fascinated mountaineers all around the globe since the 1920s when Tibet opened climbing in the early 1920s. In 1922 British Expedition team led by Charles Bruce tried to scale the summit of Mount Everest for the first time. It was Edward Norton in his second attempt along with the British Expedition team that set the height of 8572m. The mountaineers George Mallory and Andrew Irvine disappeared on the third attempt. Mallory's body was found in 1999. There were several attempts made to Everest before the successful attempt made by **Edmund Hillary and Tenzing Norgay** on 29

May 1953 via the South route. It is now reported that around 1000 ascent attempts are made every year.

The Mount Everest Expedition is undoubtedly a lifetime opportunity. Nevertheless, these expeditions encounter many hindrances such as high altitude, severe weather conditions, and avalanches. One must be well-trained before actually trying it. You need to get your body ready for the 8848.86m-foot climb to Everest's summit. Depending on your current level of fitness, you need to train for several months before you start your ascent. A climber must build his/her cardiovascular strength along with muscular strength; oxygen level drops by 60-70 percent from sea level. Also, make sure you can carry big backpacks to the top as you will be carrying a cylinder of oxygen and large bag packs along with you. One must acclimatize to weather conditions and be prepared for rock falls, and avalanches. Learning rescue techniques would be an added advantage.

The Base camp is situated just below the Rongbuk Monastery. It is about a 20 km trek to reach the Advanced Base Camp (ABC). ABC is situated on rugged and fragmented ground with high-speed winds welcoming you. From ABC to East Rongbuk Glacier, it's fairly easy, following the snowy slopes to the North col, you will reach Camp I. The camp I rests between Everest and Changtse. Following a long snowy slope, you will reach the camp II. The course from camp II to camp III is very stormy. Topography here is made up of rocks, which look fairly simply, but a slip here means death. However, there are ropes in place, which gives



some senses of safety. From camp III, climbers will feel the need of oxygen; the route from camp III to camp IV is mixture of rocky steps. On this way, you will find fixed ropes, which will lead you to right direction to the mountain. Camp IV is small camp; you will want to spend as little time here as possible. You will continue onto the North-East Ridge, where you will encounter the first obstacle known as the first step. First step is rock structure

about 30 meters high. Some steep rock climbing will lead you to second steps; second step is the most challenging of the entire obstacle. This is about 40m in height. Another tough rock-climbing sessions, you will reach to third step. Third step is the easier of all and has height of 25m. After completing all three obstacles you will land on Summit Pyramid, from here you will see the shining crystals from top of the world.

" We await to serve you our service and share our experience with you "





HIGHLIGHTS OF THE TRIP:

- 07 Apr 2024 - 03 Jun 2024
 - A climb to the top of the world
 - 1 Climber: 1 Sherpa Guide
 - 6 Bottles of Oxygen
 - Full Board Service
 - Challenging Mountain
 - Stunning views from the Summit
 - Experience the unique culture of the region
 - Explore the diverse Flora and fauna
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WHY CLIMB MT. EVEREST WITH SEVEN SUMMIT TREKS?

- Highly qualified, professional, friendly, and experienced climbing Sherpa guide, Kitchen staff, and Basecamp Manager.
 - Well-equipped with climbing equipment and logistic support for base camp and higher camps.
 - Safety is a top priority for us, and we take every step to minimize risks and ensure the well-being of our clients.
 - We offer a variety of itineraries to suit different abilities and interests, so you can choose the option that best meets your needs.
 - Hi-tech in weather forecast and communication
 - 1 climbing Sherpa to each member
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ITINERARY:

DAYS	ITINERARY	DATE	MEALS	BOARD
1	Arrival in Kathmandu and transfer to the Hotel (1,400m)	7-APR	X	Hotel
2	Rest Day in Kathmandu: Tibet Visa Preparation Rest Day in Kathmandu: Tibet Visa Preparation	8-APR	BB	Hotel
3	Apply for Tibet Visa and Expedition Briefing	9-APR	BB	Hotel
4	Rest in Kathmandu	10-APR	B/D	Hotel
5	Drive from Kathmandu to Timure	11-APR	B/L/D	Lodge
6	Cross the border of Nepal and Drive to Kerung (1962m)	12-APR	B/L/D	Lodge
7	Drive from Kerung to Thingri (4,300m)	13-APR	B/L/D	Lodge
8	Acclimatization and Preparation Day in Thingri	14-APR	B/L/D	Lodge
9	Drive from Thingri to Cho Oyu Chinese Basecamp (5,100m) via Rombuk Monastery	15-APR	B/L/D	Tent
10-12	3 More Nights rest in the Chinese Basecamp	16-18 APR	B/L/D	Tent
13	Trek from Cho-Oyu Chinese Basecamp to Intermediate Camp (5,400m)	19-APR	B/L/D	Tent
14	Ascent from Intermediate Camp to Advanced Basecamp (5,700m)	20-APR	B/L/D	Tent
15-25	Rotation: [Basecamp – Rotation (Camp I, Camp II and Camp III) – Basecamp]	21-APR – 1 MAY	Full Board High Camp	
26-51	Climbing Period [Adv. Basecamp – Everest Summit (8,848.86m) - Adv. Basecamp]	2 – 27 MAY	Full Board High Camp	
52	Trek from Adv. Basecamp to Chinese Basecamp	28-MAY	B/L/D	Lodge
53	Cleaning up Basecamp and preparing bag pack	29-MAY	B/L/D	Lodge
54	Drive from Chinese Basecamp to Thingri	30-MAY	B/L/D	Lodge
55	Drive from Thingri to Kerung Border	31-MAY	B/L/D	Lodge
56	Cross the border and Drive to Kathmandu	1-JUN	B/L	Hotel
57	Leisure Day in Kathmandu	2-JUN	B	Hotel
58	Transfer to the International Airport for final departure	3-JUN	Breakfast	

B= Breakfast, L= Lunch, and D=Dinner.



COST INCLUDES [FULL BOARD SERVICE]:

1. **Arrival and Departure:** Kathmandu Airport - Hotel transfers – Kathmandu Airport (Pick Up and Drop) by private vehicle.
2. **Hotel Accommodation in Kathmandu:** 6 nights hotel in Kathmandu (5-star category) - single room on bed and breakfast plan.
3. **Welcome Dinner:** One Welcome Dinner in a tourist standard restaurant in Kathmandu with Office Staff.
4. **Cargo Clearance:** Assistance for cargo clearance in Nepal and China Customs (clearance cost is subject to a charge).
5. **Permit:** Expedition Royalty and a permit fee of the Chinese Government (CMA / TMA) to climb Mt. Everest, Restricted are permit and fee.
6. **Liaison Officer:** 1 Government Liaison officer in Tibet with full equipment, salary, and accommodation.
7. **Garbage Management:** Garbage Deposit fees.
8. **Rubbish Collection Fee:** \$1500 USD Per Climber standard rubbish collection fee.
9. **Insurance:** Medical and emergency rescue Insurance for all involved Nepalese staff during the trek and expedition.
10. **Map:** Trekking and climbing map.
11. **Duffle Bag:** One Seven Summit Treks' Duffle Bag.
12. **Tibet Visa:** Visa arrangement for Tibet including Visa fee.
13. **Member transportation:**
-**Land Transportation (Members/Staffs):** On a group basis: drive by Jeep from Kathmandu to Chinese Basecamp via Kerong Border. While returning Drive by Jeep from the Chinese Basecamp to Kathmandu via Kerong Border. (In case, a member has to return earlier than the team due to personal reasons, members have to pay their own transportation cost up to Kathmandu).
14. **Expedition Stuffs Transportation:** All necessary expedition equipment transportation for all Members and Staff from Kathmandu to Chinese Basecamp (by Jeep/Truck) - Basecamp to Advance Basecamp (ABC) by Yak. – While returning: Advance Base camp (ABC) to Basecamp (by Yak), Chinese Basecamp to Kathmandu (by Jeep/Truck). Based on the condition, different transportation variants may be adopted.
15. **Member Luggage:** Up to 60 Kg per member for personal baggage during the expedition period carried by Yaks. If luggage exceeds 60 KG then extra Yak will be required. (\$400 USD Per Yak and carry 50 KG).
16. **Food and Lodging:** 3 meals a day of Indian Cuisine (breakfast, lunch, and dinner; including tea and coffee) along with accessible accommodation at Hotel/Lodge/Tent during the trek and at the Basecamp. Well-managed base camp and ABC set up for members and staff.
17. **Yaks:** Yaks for the transportation of member personal luggage (60 Kg maximum) and expeditions stuff up to the base camp and from the base camp (both ways).
18. **Base Camp / Advance BC Staff:** Experienced and well-trained Base Camp / ABC Cook & Kitchen Helpers as required.
19. **Staff Salary and allowance:** All Nepalese staff & and porter's daily wages, salary, equipment, food, and clothing.
20. **Base Camp / ABC Tent:** Each member will have an individual tent in Chinese Basecamp and Advance Basecamp.



21. **Base Camp / ABC equipment:** Single Tent, foam mattresses and pillow per member, 1 dining Tent, 1 Kitchen Tent, 1 Communication tent, 1 Toilet and 1 Shower Tent, 1 staff tent, 1 Tent for Nepalese base camp staff, Store tent, Tables & chairs & all necessary cooking gears.
22. **Solar/Generator/Light:** 1 Solar panel and Generator for lights at base camp, for battery charges, laptop, and other electronic devices.
23. **Heater:** Heater at base camp in each Dining and other necessary camps.
24. **High Altitude Climbing Sherpa:** 1 veteran and government-licensed climbing Sherpa per member (1 Member: 1 Sherpa), during the entire climb from Basecamp to the summit and back, and on each rotation.
25. **Assistance:** Climbing Sherpa to assist in carrying your gear to the high camps.
26. **Climbing Sherpa Salary & Allowance:** Climbing Sherpa Salary, Equipment, Food and Clothing.
27. **Oxygen Bottle (O2):** 6 oxygen bottles (4 ltrs.) for each member and 1 oxygen bottle for each high-altitude Sherpa. **
28. **Oxygen Mask & Regulator:** 1 Set of Summit Oxygen masks and regulator for each member and high-altitude Sherpa. **
29. **Back Up:** Back up Oxygen Cylinder, mask, and regulator (SUBJECT TO A CHARGE).
30. **High Camp Service (Infrastructure and Logistics):** High Altitude Tent, Necessary cooking EPI gas, cooking pot, High food for a member, Sherpa, and other crews at (C1) (C2), and (C3). Group climbing gears, fixed and dynamic rope during the climbing period as required.
31. **High Altitude Tent:** Members will share tents in high camps (2 members: 1 tent).
32. **Rope Fixing Team:** The team of experienced Sherpas (including personal Sherpa) will fix the route in Everest (no extra charge will be applied to members).
33. **Satellite Phone:** Satellite Phone for emergency communication carried by Sherpa, also available for members with appropriate charge.
34. **Walkie-Talkie:** Walkie-Talkie for communicating from Base Camp to Mountain and Mountain to Base Camp.
35. **Permit:** Walkie-talkie permit for all members and staff.
36. **Internet Service:** In per-order- Internet facility (Thuraya Satellite) will be available at the Basecamp & ABC (subject to a charge).
37. **Weather Forecast:** Weather forecast report regularly from Meteotest, Bern (Switzerland) during the entire expedition.
38. **Medical Kit:** Comprehensive Medical kit for members and staff.
39. **Certificate:** Mt. Everest climbing certificate issued by CMA (after climbing Mt. Everest successfully).

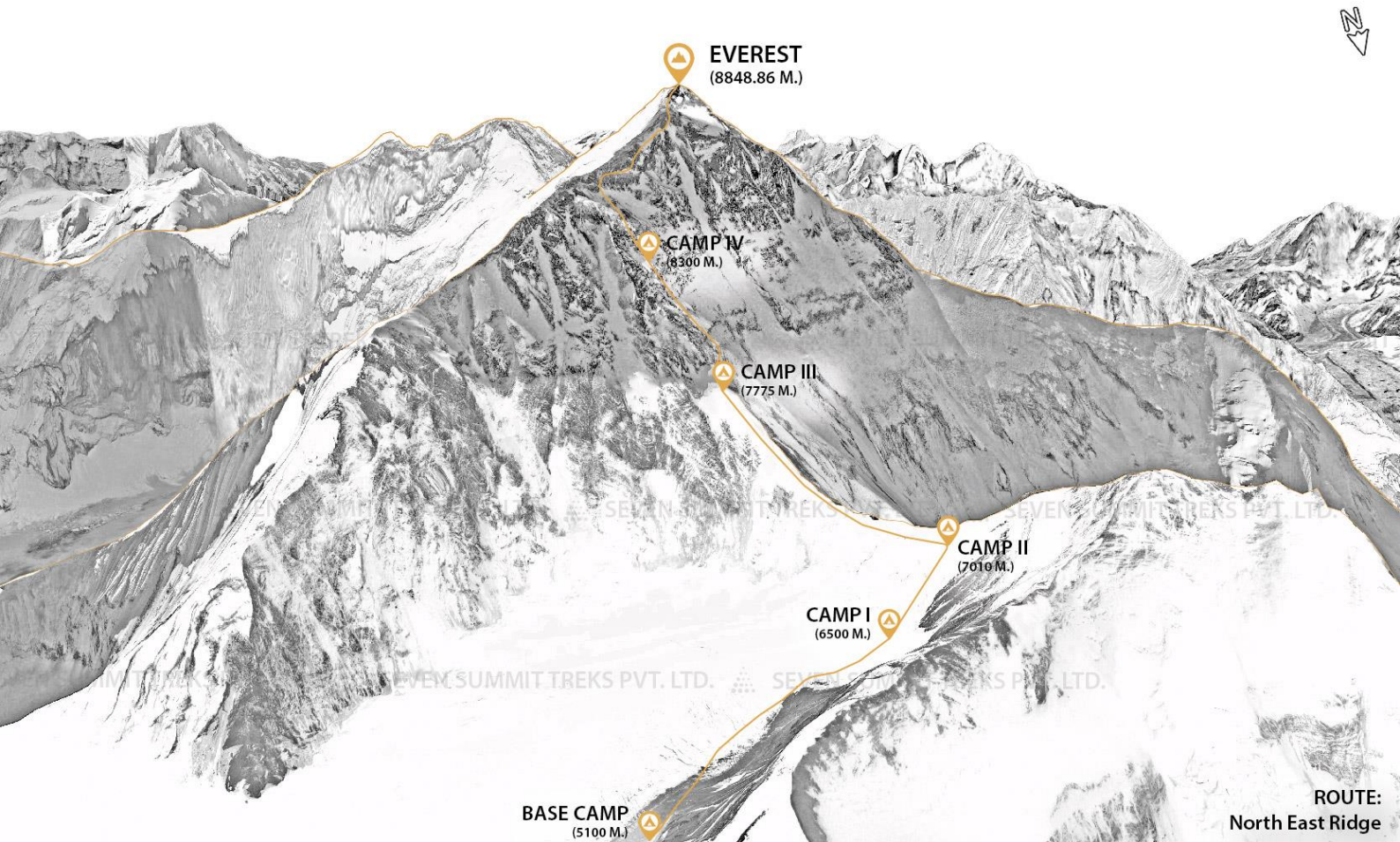
**Note: All expedition stuff and equipment have to be returned after the expedition.



COST EXCLUDES:

1. **Air Fare:** International flight airfare (from and to Kathmandu).
2. **Nepal Entry Visa Fee:** Nepalese [Visa Fee](#) is \$125 USD for 90 Days. (Apply for Multiple Entry Visa).
3. **Lunch & Dinner:** Lunch & dinner during the stay in Kathmandu (also in case of early return from Trekking / Expedition than the scheduled itinerary).
4. **Extra Nights in Kathmandu:** Extra nights' accommodation in Kathmandu. In case of early arrival or late departure, early return from Trekking / Expedition, or domestic flight cancellation (due to any other reason) than the scheduled itinerary.
5. **Insurance Policy:** Insurance covering both medical and high-altitude evacuation costs (for the trip cancellation, interruption, high-altitude rescue & and air evacuation, medical treatment, repatriation, etc.) *Mandatory
6. **EARLY RETURN FROM THE TRIP:** Withdraw early from the trip, it will take at least 1-2 days for the arrangements of the porters, and manage all the logistics. This will cost you an extra mandatory price for all the necessary arrangements on the way back from the base camp.
7. **Personal Expenses:** Telephone Calls, Internet, Toiletries, battery recharge, hot shower, laundry, soft drinks, beers, and any Alcoholic beverages (during the trek and in Kathmandu but we will have soft drinks for members at base camp).
8. **Personal Climbing Equipment:** Clothing, Packing Items, Bags, Personal Medical Kit, and all kinds of Personal Trekking / Climbing Gear.
9. **Toiletries:** Soaps, shampoos, toilet and tissue papers, toothpaste, and other items used to keep yourself clean.
10. **Filming:** Special Filming, Camera, and Drone permit fee.
11. **Internet Service:** Not included during the trek and expedition.
12. **Summit Bonus:** Summit bonus for each climbing Sherpa- Minimum \$1800 USD.
13. **Tips:** Calculate some tips for basecamp and high camp staff – Minimum \$400 USD.
14. **Yaks:** Per yak, it's \$ 400 USD additional if the required luggage limit exceeds, a, (1 Yak can carry up to 50 KG).
15. **Extra:** Any other services or activities, which are not mentioned in the itinerary and not listed in the "Cost Includes" section.

ROUTE MAP:



All Reserved @ Seven Summit Treks!!



EQUIPMENT LIST

[EQUIPMENT SHALL BE ARRANGED BY CLIENTS THEMSELVES, NOT INCLUDED IN THE PACKAGE COST]

TRAVEL DOCUMENTS

- VALID PASSPORT
- CREDIT/DEBIT CARD
- PP SIZE PHOTO (4 PIECES)
- INSURANCE PAPER AND CONTACT ADDRESS.
- FAMILY MEMBERS / COMPANY'S CONTACT ADDRESS

FOOT WEAR

- SUMMIT BOOT - 7000 M.
(KAILAS / LASPORTIVA / MILLET)
- NORMAL SOCKS (5-6 PAIRS)
- SUMMIT SOCKS (2 PAIRS)
- TREKKING SHOES (GORE-TEX)
- LIGHT TREKKING/SPORTS SHOES
- CAMP BOOTIES (1 PAIR)
- SLIPPER (1 PAIR)

UPPER BODY

- THERMAL TOP BASE LAYER (2-3 PCS)
- FLEECE JACKET (2 PCS)
- GORE-TEX JACKET (1 PCS)
- WARM JACKET (1-2 PCS)
- WINDPROOF JACKET (1 PCS)
- DOWN JACKET (1 PCS)
- COTTON T-SHIRT (2-4 PCS)

LOWER BODY

- THERMAL BOTTOM BASE LAYER (2-3 PCS)
- FLEECE TROUSER (1PCS)
- GORE-TEX PANT (1 PCS)
- HEAVY WEIGHT PANTS (1-2 PCS)
- MID WEIGHT PANTS (1-2 PCS)
- LIGHT WEIGHT QUICK DRY TREKKING PANTS (2-3 PAIRS)
- GAITERS FOR TREKKING BOOTS
- DOWN PANTS (1PCS)
- UNDER WEAR (3-5 PCS)

HEAD

- SUN CAP
- DESERT CAP
- BALACLAVA
- FLEECE HAT/ WARM HAT (1-2 PCS)
- NECK GAITER (2-3 PCS)

HANDS

- THIN FLEECE GLOVES (2 PAIRS)
- WIND STOPPER / SCREEN TAP GLOVES
- HEAVY GLOVES (GUIDE GLOVES)
- SUMMIT GLOVES - 7000M

SLEEPING BAGS

- SLEEPING BAG -30°C TO -40°C
- THERMAREST MATTRESS (CELL FOAM)
- SLEEPING BAG LINER
- INFLATABLE PILLOW

CLIMBING EQUIPMENT

- CLIMBING HELMET
- SUMMIT DOWN SUIT - 8000M.
(KAILAS/ MARMOT / MOUNTAIN HARDWARE / NORTH FACE/MILLET)
- CRAMPONS (FIT WITH BOOT)/PACKING COVER
- ICE AXE WITH SPIKE & AXE PROTECTOR
- HARNESS
- BELAY DEVICES/ FIGURE OF 8/ATC GUIDE
- JUMAR / ASCENDER
- LOCK CARABINER (3 PCS)
- UNLOCK CARABINER (2 PCS)
- TAPE SLINGS/240 CM
- HEAD LIGHT 400-500 LUMENS SPARE
- BATTERY (ENERGIZER ULTIMATE LITHIUM)

BAG PACKS

- RUCKSACKS 35L - 50L
- DUFFLE BAG 90 L -120 L (2 PCS)
- WATER PROOF STUFF SACKS/DRY BAG - SMALL/ MEDIUM/ LARGE (2-3 PCS)

SUN STUFFS

- SUN CREAM (-50 SPF)
- LIP GUARD -30 TO -50 (SPF)
- SUN GLASSES (UV PROTECTION)
- GLACIERS GLASSES (ANTI-FOG, POLARIZED, UV PROTECTION)
- MOISTURIZER / LOTION

TOILETRIES (PERSONAL)

- HAND DISINFECTANT
- TOILET PAPER / WET TISSUE
- TOOTHPASTE, TOOTHBRUSH
- SOAP, SHAMPOO
- TOWEL
- GARBAGE BAG

EATING & DRINKING

- 1 LTR. WATER BOTTLE
- 1/ 1.5 LTR. THERMOS
- MUG, SPOON, FORK, BOWL (OPT.)

MEDICAL/FIRST AID

- BRUFEN / IBUPROFEN
- ANTIBIOTIC
- DIAMOX
- PARACETAMOL
- HANDY PLASTER, CRACK BANDAGE
- TINCTURE IODINE
- ONDEM
- CETIRIZINE
- ELECTROLYTE
- MINIL 10MG (PALPITATION, ANXIETY)
- CODOPAR (HEADACHE & CHEST PAIN)
- SALBETOL 4MG (BREATHLESS)
- AZITHROMYCIN 500MG (CHRONIC TONSILLITIS, FEVER, NOSE, THROAT INFECTION-MUST TAKE 5 DAYS)
- FLUPEN 250MG (PREVENT WOUND INFECTION)
- ALLEGRA 120/180MG (ALLERGIC TONSIL)

MISCELLANEOUS

- WALKING STICK/ TREKKING POLE
- POCKET KNIFE (SWISS)
- NAIL CUTTER
- UMBRELLA / RAIN COAT
- HOT WATER BAG
- PEE BOTTLE
- TENACIOUS TAPE REPAIR (DOWN JACKET/SLEEPING BAG REPAIR KITS)
- ALTIMETER WATCH
- SATELLITE PHONE WITH CREDIT (OPT.)
- GPS TRACKER (RECOMMENDED)
- POWER BANK
- CAMERA



INSURANCE:

There is a fine line between adventure and blatant risk. Mountaineering is an adventure trip that carries an intrinsic danger and the nature of travel implies things don't generally go according to plan, which is the reason why we require every one of our clients to get acceptable and proper insurance.

Due to unanticipated reasons, for example, injury, family issues, work commitments, etc., clients may need to cancel their trip before the start or during the expedition. Considering these factors, it's better to be prepared for the possibilities.

As mentioned in the Terms and Conditions of Seven Summit Treks, the agency is exempt from being liable for different expenses that may occur in case of different emergencies or unforeseen situations. In addition to that, a foreigner isn't allowed to purchase insurance on Nepali soil. Both facts point out the

requirement of a client to purchase an elaborate travel insurance plan in their place of origin that protects their interest in case of trip cancellation, helicopter evacuation, medical emergencies, other illnesses, lost luggage, theft, disasters, death, and so on.

You are free to pick your insurer however look for an arrangement that covers trip postponement and cancellation, rescue, and medical as well. Guarantee it doesn't have limitations on the height you will climb, prohibitions on the exercises you are embracing, or the places you will be visiting. Protect yourself with the right insurance so you can go on your expedition with peace of mind and focus more on your climbing.

Please make sure to send us a copy of your insurance policy before you start your expedition so that we can assist you in any case of an emergency.

Please find the details about insurance before buying the policy [here](#).

BOOKING & PAYMENT PROCESS:

If you intend to embark on an adventure through Seven Summit Treks Pvt. Ltd. you are required to book a trip 3 months before the trip. A three-month preparation period is necessary to ensure the maximum safety and satisfaction of the clients.

The client must disburse 30% of the total cost, at the time of booking. The advance amount will be used for the necessary booking of hotels, flights, guides, and porters and for receiving approval from governmental authorities. Another 30% of the total charge should be deposited one month after the flight to Nepal. The remaining 40% of the total charge should be paid after you arrive in Nepal, before the start of your adventure.

Name of the Bank	: HIMALAYAN BANK LTD.
Beneficiary Account Holder's Name	: Seven Summit Treks Pvt. Ltd
Beneficiary Account Number (USD \$)	: 01902853840022
Swift Code/BIC	: HIMANPKA
Address	: Thamel, Kathmandu, Nepal



Mobile : +977 9851111187
Zip Code : 44600
Email : info@sevensummittreks.com

After depositing the booking amount to the company's account, we can confirm your registration for our expedition team. You can find all the information about gear lists, itineraries, travel routes, etc. that are required for your expedition on this website which will help you manage everything needed for your expedition.

Once you sign up for the expedition with SST - you will have a free consultation with our [expert team](#). We will provide information about personalized strategy, customization, progression planning, expert guidance and coaching, insight, and advice on how to accomplish your adventure goals.

Following the initial application process, you will then:

- Send us your passport copy - during booking.
- Send us a copy of your insurance policy- before your arrival.
- Send us your arrival/departure travel details- before your arrival.
- Send us a copy of your physician's report (verified by your doctor stating you are fit to join and exercise yourself at a higher altitude) before your arrival.

Please find the details about our payments, cancellation, and refund policies [here](#).

EXPEDITION ON THE WEB:

For expedition dates, and all the latest information

[Mt Everest Expedition \(North\)](#)

For all expedition inquiries and bookings

info@sevensummittreks.com

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