



MT. SHISHA PANGMA EXPEDITION [8027M.]

Shisha Pangma, known in Tibet as "the god of the grasslands", is the lowest of the world's fourteen 8,000m. peaks at an altitude of 8,027m (26,335ft) above sea level.

TRIP FACTS:

PEAK NAME
SHISHA PANGMA

SERVICE
FULL BOARD (1:1 SHERPA)

COUNTRY
CHINA (TIBET)

DURATION
45 DAYS

ROUTE
NE / NW

GRADE
HARD DIFFICULT

RANGE
JUGAL HIMAL

BEST SEASON
AUTUMN/SPRING

MAX ELEVATION
8027 M.

WALKING PER DAY
4-6 HOURS

NATURE
HOTEL + LODGE + TENT

GROUP SIZE
2 – 15 PAX

ARRIVAL IN KATHMANDU
25 SEPT 2023

DEPARTURE TO TIMURE
29 SEPT 2023

TRIP ENDS
08 NOV 2023



REQUIRED EXPERIENCE:

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

OVERVIEW:

Shisha Pangma the *14th highest peak in the world* is located almost due north of Kathmandu entirely on the Tibetan side of the Himalayas. The peak is characterized by its long, steep, craggy southern face rising over 2000m, making it an imposing sight to all would-be climbers. The Indian-Nepalese name for the peak is Gosaitan, which denotes "The Holy Place". The Tibetan name for the mountain is Xixapangma. Its name literally translates to "The mountain overlooking the grassy plains".

Shisha Pangma was the last of the 8000m peaks to be climbed. The first ascent is credited to Hsu Ching and his ten-man Chinese climbing team in 1964. The team was composed of Chang Chun-yen, Wang Fu-zhou, Chen San, Cheng Tien-Liang, Wu Tsung-yue, Sodnam Doji, Migmar Trashi, Doji, and Yonten. Shisha Pangma was finally opened to foreign teams in 1980. The first U.S. ascent took place in September 1983, via the mountain's Northeast Face, by Mike Browning, Chris Pizzo and Glenn Porzak. By 2003.

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



HIGHLIGHTS OF THE TRIP:

- 25 September 2023 - 08 November 2023
 - 14th Highest Mountain in the World
 - 1 Climber: 1 Sherpa Guide
 - 2 Bottles of Oxygen
 - Full Board / Basecamp Service
 - Technical and Challenging Mountain
 - Stunning views from the Summit
 - Experience the unique culture of the region
 - Explore the diverse Flora & Fauna
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WHY CLIMB MT. SHISHA PANGMA 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 & Transfer to the Hotel (1,400m)	25 Sep	X	Hotel
2	Rest day in Kathmandu: Tibet Visa Preparation Rest day in Kathmandu: Tibet Visa Preparation	26 Sep	BB	Hotel
3	Apply for Tibet Visa and Expedition Briefing	27 Sep	BB	Hotel
4	Rest in Kathmandu	28 Sep	B/D	Hotel
5	Drive from Kathmandu to Timure	29 Sep	B/L/D	Lodge
6	Cross the border of Nepal and Drive to Kerung (1962m)	30 Sep	B/L/D	Lodge
7	Drive from Kerung to Thingri (4,300m)	01 Oct	B/L/D	Lodge
8	Acclimatization and Preparation Day in Thingri	02 Oct	B/L/D	Lodge
9	Drive from Thingri to Shisha Pangma Chinese Basecamp (5,220m)	03 Oct	B/L/D	Tent
10	Acclimatization at Chinese Basecamp (rest day)	04 Oct	B/L/D	Tent
11	Chinese Basecamp to Shisha Pangma Advance Basecamp (5,400m)	05 Oct	B/L/D	Tent
12-25	Rotation: [Basecamp – Rotation (Camp I, Camp II and Camp III) – Basecamp]	06 Oct – 01 Nov	Full Board High Camp	
26-39	Climbing Period [Adv. Basecamp - Shisha Pangma Summit (8,027m) - Adv. Basecamp]	20 Oct – 02 Nov	Full Board High Camp	
40	Descend from Advance Basecamp to Chinese Basecamp	03 Nov	B/L/D	Tent
41	Drive back from Chinese Basecamp to Thingri (4,300m)	04 Nov	B/L/D	Lodge
42	Drive from Old Thingri to Kerung Border	05 Nov	B/L/D	Lodge
43	Cross the border and Drive to Kathmandu	06 Nov	B/L	Hotel
44	Leisure Day in Kathmandu City	07 Nov	B	Hotel
45	Transfer to International Airport for final departure	08 Nov	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 (4-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's 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. Shisha Pangma, 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:** \$1000 USD Per Climber standard rubbish collection fee.
9. **Staff Insurance:** Medical & 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' Duffel 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. And while returning Drive by Jeep from the Chinese Basecamp to Kathmandu via Kerong Border. (In case, if members have 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 adopt.
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 (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 & ABC set up for members & Staff.
17. **Yaks:** Yaks for the transportation of member personal luggage (60 Kg maximum) and expeditions stuffs 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 & porter's daily wages, salary, equipment, food & clothing.
20. **Base Camp / ABC Tent:** Each member will have an individual tent in Chinese Basecamp & 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 & 1 Shower Tent, 1 Staffs 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):** Summit Oxygen cylinder: 2 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 & 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 Shisha Pangma (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. Shisha Pangma climbing certificate issued by CMA (after climbing Mt. Shisha Pangma successfully).

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

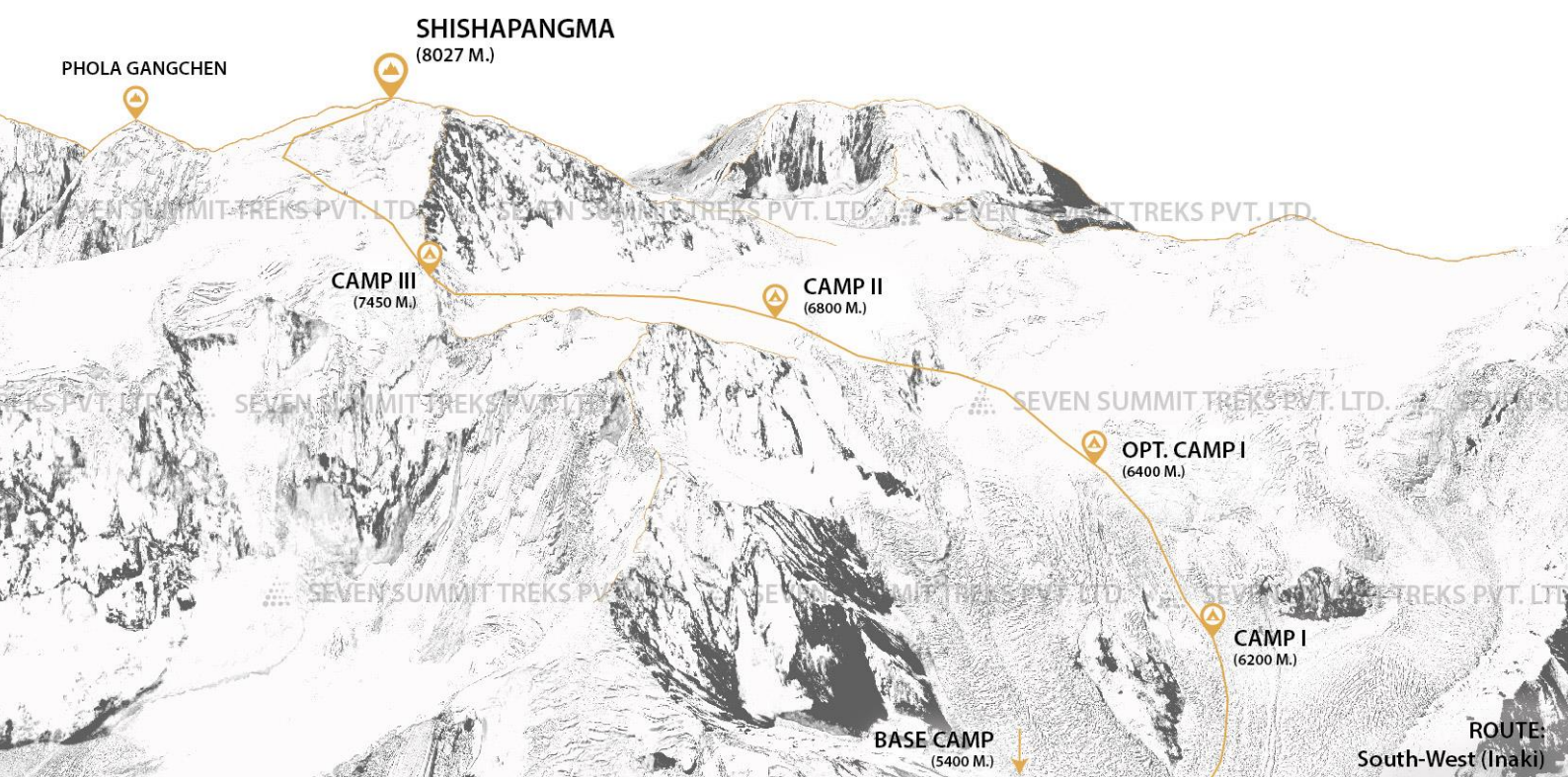


COST EXCLUDES:

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 Visa Entry).
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 & air evacuation, medical treatment, repatriation, etc.) *Mandatory
6. **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).
7. **Personal Climbing Equipment:** Clothing, Packing Items, Bags, Personal Medical Kit, and all kinds of Personal Trekking / Climbing Gear.
8. **Toiletries:** Soaps, shampoos, toilet and tissue papers, toothpaste, and other items used to keep yourself clean.
9. **Filming:** Special Filming, Camera, and Drone permit fee.
10. **Internet Service:** Not included during the trek and expedition.
11. **Summit Bonus:** Summit bonus for each climbing Sherpa- Minimum \$1500 USD.
12. **Tips:** Calculate some tips for basecamp and high camp staff – Minimum \$400 USD.
13. **Yaks:** Per yak, it's \$ 400 USD additional if the required luggage limit exceeds, a, (1 Yak can carry up to 50 KG).
14. **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)
- WIND-PROOF 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 – 8000 M.

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 – 8000 M.
(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 35 L – 50 L
- 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 the 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 covers 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](#).

Note: In Pakistan, you have to pay in advance for any kind of rescue Heli flight which is only done by the Pakistan Army, that means you have to pay around USD 24,000 - USD 26,000 for any case beforehand for the flight and you will get a refund if you pay any extra cost. Depending upon the weather, and documentation the rescue process may take up to 2-3 days, but we will make sure that we get the process done as early as possible. So, while purchasing an insurance policy you must see the feasibility of covering rescue and medical for the purpose of trekking and mountaineering activities in Pakistan.

BOOKING & PAYMENT PROCESS:

If you intend to embark on an adventure through Seven Summit Treks, you must book a trip 3 and a half months before the trip. Client must submit their name and details of their purpose of visit to the Pakistan government. After review, the government will approve the name for the visa application. This process doesn't cost any charges. A client must confirm a booking at least 2 months before the trip, to secure the booking for the expedition or trekking of their interest.

A client must disburse 30% of the total cost, 2 months before the start of the trip. The advance amount will be used for the necessary booking of hotels, flights, guides, and porters and for receiving approval from governmental authorities. Another 40% of the total charge should be deposited a month before the flight to Pakistan. The remaining 30% of the total charge should be paid up after you arrive in Pakistan, 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 consult 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

[Shisha Pangma Expedition](#)

For all expedition inquiries and bookings

info@sevensummittreks.com

WhatsApp:

[+977 980-1238848](https://wa.me/9779851111187)

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