



# **MT. EVEREST EXPEDITION SOUTH (8848 M)**

Climbing the world's highest mountain, Mt. Everest is one of the challenging but at the same time thrilling activity. The highest mountain was first summited by the Tenzing Norgay Sherpa and Sir Edmund Hilary in 1953 AD. Mount Everest alarmingly is one of the hardest mountain to summit but this fact of the mountain has not stop adventure lover from conquering it. Ever since, the mountain was first climbed in 1953, many people has attempted to climb the mighty Everest. As much as Everest is challenging to climb it is inexplicably beguiling. The view from the top of the mountain is breathtakingly incredible. Mt. Everest Expedition will be greatest achievement to achieve.

# Outline Itinerary ( 60 Days )

## **Day 1 : Day 1**

Arrival to Kathmandu & Transfer to the Hotel (1,400m)

## **Day 2 : Day 02**

Rest in Kathmandu, expedition briefing and Preparation

## **Day 3 : Day 03**

Fly from Kathmandu – Lukla and trek to Phakding (2,800m)

## **Day 4 : Day 04**

Trek from Phakding to Namche Bazaar (3,440m)

## **Day 5 : Day 05**

Acclimatization at Namche Bazaar (rest day)

## **Day 6 : Day 06**

Trek from Namche Bazaar to Tyangboche Monastery (3,860m)

## **Day 7 : Day 07**

Trek from Tyangboche to Dingboche (4,243m)

## **Day 8 : Day 08**

Trek from Dingboche to Lobuche (4,930m)

## **Day 9 : Day 09**

Trek from Lobuche to Everest Base Camp (5,364m)

## **Day 10 : Day 10 – Day 53**

Climbing Period [Base Camp – Everest Summit (8,848m) – Base Camp]

## **Day 11 : Day 54**

Cleaning Up Base Camp

## **Day 12 : Day 55**

Trek from Base Camp to Pheriche (4,371m)

## **Day 13 : Day 56**

Trek from Pheriche to Namche Bazaar

## **Day 14 : Day 57**

Trek from Namche Bazaar to Lukla

## **Day 15 : Day 58**

Fly from Lukla to Kathmandu & transfer to Hotel

## **Day 16 : Day 59**

Leisure day in Kathmandu City

## **Day 17 : Day 60**

Transfer to International Airport for final departure



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## Include / Exclude

- Airport Pick Up and Drop
- Accommodation in Kathmandu a Himalayan Suite Hotel (Three-star category hotel) in twin sharing basis including breakfast.
- Welcome dinner with the cultural program on Day 1
- Cargo Clearance: International Air cargo clearance of Member Personal Luggage & Payment of Government taxes in Nepal. \*before the expedition
- Permit: Expedition Royalty and permit of Nepal Government to climb Mt. Everest, Sagarmatha National Park permit, TIMS CARD & Pasang Lhamu Rural Municipality Entry Permit and its fee.
- Khumbu Ice Fall Climbing charge to (SPCC) Sagarmatha Pollution Control Committee.
- Liaison Officer: 1 Government Liaison officer with full equipment (\$2,500), salary and accommodation.
- Garbage Management: Stool Shipment Transfer & Garbage Deposit fees.
- Insurance: Medical & Emergency rescue Insurance for all involved Nepalese staffs during the trek and expedition.
- Map: Trekking and climbing map.
- Member transportation
- (\*Standard Route Itinerary): (Domestic Flight) Fly from Kathmandu – Lukla and while returning Lukla - Kathmandu, as per itinerary.
- Expedition Stuffs Transportation: Necessary all equipment Transportation for all Members and Staffs from Kathmandu to Lukla (by air cargo) and to Base camp (by Porters / Yak) – While returning: Base camp to Lukla (by porters / Yak) and Lukla to Kathmandu (by air cargo). Based on the condition expedition stuffs may transfer by land (KTM-Phaplu) or Heli (KTM-Lukla).
- Member Luggage: Up to 70 Kg per member for personal baggage during the trek carrying by porters or Yaks.
- Food and Lodging: 3 meals a day (BLD; including tea and coffee) along with accessible accommodation at Hotel/Lodge during the trek and at the Basecamp. Well-managed base camp set up for members & Staffs.
- Porter: Porters per member up to Base camp from Lukla & Porters return from Base camp to Lukla.
- Base Camp Staff: Experienced and well-trained Base Camp Cook & kitchen Helpers as required.
- Staff Salary and allowance: All Nepalese staffs & porter's daily wages, salary,



equipment, foods & clothing.

- Base Camp Tent: Each member will have individual Yak Mountain or Kailas tent in Base Camp.
- Base Camp equipment: At Base camp: foam mattresses and pillow per member, 1 Dinning Tent, 1 Kitchen Tent, 1 Communication tent, 1 Toilet & 1 Shower Tent, 1 Staffs Tent, 1 Tent for Nepalese base camp staffs, Store tents, Tables & chairs & all necessary cooking gears.
- Heater: Heater for base camp in each Dining and other necessary camp.
- Solar/Generator/Light: 1 Solar panel and Generator for lights at base camp, battery charge, for laptop and other electronic devices.
- Medical Checkup: Twice Medical checkup if each climber at the basecamp before summit attempt.
- Bakery and bar at Base camp: Bakery and bar will be at Base Camp with the joining group of Seven Summit Treks.
- Ice wall and Ladder training at basecamp by UIAGM Gide.
- High Altitude Climbing Sherpa: 1 veteran and Government Licensed per member. (1 Member: 1 Sherpa).
- Climbing Sherpa Salary & Allowance: Climbing Sherpa Salary, Equipment, Food and Clothing.
- Bonus: Carry Bonus of Sherpa's and Route Fixing Charges.
- Oxygen Bottle (O2): Summit Oxygen cylinder: 5 oxygen bottles (4 ltrs.) for each member and 3-oxygen bottle for each high-altitude Sherpa. \*\*
- Oxygen Mask & Regulator: 1 Set of Summit Oxygen mask & regulator for each member and high-altitude Sherpa. \*\*
- Back up Oxygen Cylinder, mask and regulator (with appropriate charge).
- Gamow Bag: 1 Rescue sled (Gamow bag) for emergency.
- High camp service: High Altitude Tent, Necessary cooking EPI gas, cooking pot, High food for member, Sherpa and other crews at (C1) (C2) (C3) and (C4). Group climbing gears, fixed and dynamic rope during the climbing period as required.
- Rope Fixing Team: The team of experienced Sherpa's will fix the route In Everest (no extra charge will be applied to members).
- Satellite Phone for emergency communication carrying by Sherpa, also available for members with appropriate charge.
- Walkie-Talkie: Walkie –Talkie for communicating from Base Camp to Mountain and Mountain to Base Camp.
- Permit: Satellite Phone / walkie-talkie permit for all members and staffs.
- Internet Service: Internet facility (1 Mbps) will be available at the Base Camp (subject to a charge).

- **Weather Forecast:** Weather forecast report from Meteotest, Bern (Switzerland) during the entire expedition.
- **Comprehensive Medical kit** for members and staffs.
- **Certificate:** Everest climbing certificate issued by MoCTCA (after climbing Mt. Everest successfully).
- **International flight airfare**
- **Nepal Entry Visa fee:** Nepali Visa fee US\$ 40 per person for 30 days (to be applied for 60 days (USD\$ 100)).
- **Lunch & Dinner:** Lunch & dinner in during the stay in Kathmandu (also in case of early return from Trekking / Expedition than the scheduled itinerary).
- **Extra night in Kathmandu:** Extra nights' accommodation in Kathmandu. In case of early arrival or late departure, early return from Trekking / Expedition (due to any reason) than the scheduled itinerary.
- **Insurance:** Travel and high-altitude insurance, accident, medical & emergency evacuation.
- **Rescue Evacuation:** Medical Insurance and emergency rescue evacuation cost if required. (Rescue, Repatriation, Medication, Medical Tests and Hospitalization costs.)
- **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 serve soft drinks for members at the base camp).
- **Personal Equipment:** Clothing, Packing Items or Bags, Personal Medical Kit, Personal Trekking /Climbing Gears.
- **Toiletries:** Soaps, shampoos, toilet and tissue papers, toothpaste, and other items used to keep yourself clean.
- **Filming:** Special Filming, Camera and Drone permit fee.
- **Internet Service:** Not included during the trek.
- **Rope Fixing:** The cost for using fixed rope during the expedition. (Applies to Basecamp Member).
- **Summit Bonus:** Summit bonus for climbing Sherpa- Minimum 1500 USD. (Applies to Full Board Member).
- **Tips:** Calculate some tips for Basecamp staffs.
- **Extra:** Any other services or activities, which are not mentioned in the itinerary.
- **Our Company's Service** will be "Zero" above Base Camp (If company offers just Base Camp services)
- Any other item not listed in "Cost Includes" Section.



# Himalayan Social Journey

Himalayan Social Journey has come up with exclusive packages based on travelers' budgets in Nepal, India, Tibet, and Bhutan with the slogan, "Ecstasy is within you, safety the first."

## Our Contact

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