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The Nepalese Himalayan expedition on Everest offers one of the most significant physical and mental challenges in the world with a beautiful feeling of pride and the feeling of being the most adventurous person on the planet. Mount Everest, the highest mountain in the world, is the proud property of Nepal. Mount Everest's height is 8,848 meters from sea level. Mountaineers from all over the world come to Nepal to take on this latest challenge of the Mount Everest expedition. The southern pass route on the Everest expedition on the Nepal side is the route taken by Sir Edmund Hillary and Tenzing Norgay Sherpa.

The highlight of the trip

- ❖ A final achievement that any mountaineer can stand on the highest point on earth
- ❖ Climb with our experienced guides and mountaineers from Everest
- ❖ One base camp and four other superior fields supported by experienced climbers, guides, and crew members.
- ❖ The expedition includes acclimatization and cultural walk in the picturesque Sherpa heart of the Khumbu valley

Introduction of Nepal Everest expedition

Mount Everest, the highest mountain in the world at the height of 8848 m. reaching on the top of Everest is the eventual goal for many fascinating and adventure climbers. The crest of the summit of Everest marks the border between Nepal and China. The name of the mountain is "Sagarmatha" in Nepal, which means "Front of Heaven." In the Tibetan language, it is called Chomolungma or Qomolangma, which means "Mother of the Universe." Sir Edmund Hillary and

Tenzing Norgay Sherpa were the first climbers to reach the top of the world's highest peak on May 29th. 1953.

Everest Base Camp is located on the Khumbu Glacier at an altitude of 18,000 feet. All climbers of the Mount Everest Expedition gather here from the beginning to the end of the climb. Expedition on Everest also offers the most complete and exciting range of treks. It also allows you to contemplate unknown places, from mountains, glaciers, hiking, and famous mountain trails. You can see the first glimpse of Kusum Kanguru Thamserku, Everest, and Nuptse. Chase the towns of Pangboche and Pheriche before you finally get close to the Khumbu Glacier. Lobuche's head is a vintage factor for the beautiful perspectives of Ama Dablam, Taweche, and unparalleled landscapes. Our approximately 40-day expedition to Mount Everest in Nepal begins at Everest base camp after Gorakshep.

Day by day itinerary

Day 01: Welcome to Kathmandu international airport

Upon arrival at Kathmandu Airport, we will greet you then transfer to your hotel. After check-in, you will take rest then meet your trekking guide and other participants, and make final preparation for the trip.

Meals included: None

Day 02-03: Sightseeing tour and preparation for the expedition to Everest.

After attending an official briefing at the Ministry of Tourism, you will explore the fascinating city of Kathmandu. Rest, get acquainted, and take a guided tour of Kathmandu's World Heritage sites. We take a guided tour of some of the UNESCO World Heritage Sites in the Kathmandu Valley: Kathmandu Durbar Square, Pashupatinath, Swayambhu, and Boudhnath. The day will also be devoted to finalizing the official procedure and other necessary arrangements. You will also be informed about the nature of the expedition, the team, and the composition of the team do your shopping for personal items as we will fly to the Himalayas tomorrow morning. At the end of the afternoon, the chef will check everyone's

equipment, as Kathmandu is the last chance to buy what is missing. It will also be presented to other members of the expedition and guides.

Day 04: Flight to Lukla and Trek to Phakding: 2840 m

After having breakfast, you will have a scenic flight to Lukla early morning. The flight to Lukla is the most beautiful flight routes in the globe, culminating in a spectacular landing surrounded by high peaks. In Lukla, you will meet your camp staff and porters. After meeting our other crew and with some luggage and arrangements, you start your trek through the thriving village of Lukla until you reach Phakding. Phakding is located on the main trade route through the area, and there are several clean, well-built accommodations where you can stay overnight.

Day 05: Trekking from Phakding to Namche Bazar

Today, you will continue along the banks of the Dudh Kosi River and cross it twice on suspension bridges before you reach the town of Monjo, where you enter Sagarmatha National Park. You will cross the Dudh Kosi River and Bhote Kosi River on a high suspension bridge and go up steeply almost two hours to get the Namche Bazaar. It is a thriving commercial city and the capital of the Khumbu region with real Tibetan artifacts.

Day 06: Acclimatization time at Namche Bazar.

Today, you will spend a day at Namche and allow your body to acclimatize to an altitude of 3450 m. Although this is a day of leisure, it is essential not to be inactive. Health experts always recommend staying active and moving during the rest day, rather than being inactive so you will spend the day taking a day hike in Thame or visiting Khunde and exploring the Namche bazaar itself. Namche Bazaar is the heart of the Everest region. It has government offices, ATMs, shops, restaurants, internet cafes, a bakery, and a colorful market every Friday night and Saturday. If you walk a few hundred vertical feet during the day, it will help you to acclimatize properly. Your guide will take you to the tourist visitor center near the headquarters of Sagarmatha National Park, where you can observe a variety of

things related to the early ascenders of Everest, the Sherpa culture, and learn about the different plants and animals of the Everest region.

Day 07: Trekking from Namche Bazaar to Thyangboche.

The well-worn Everest Trail traces the valley above Dudh Kosi. Follow the path enjoying the first magnificent views of the high peaks of Khumbu: Everest, Lhotse, Nuptse, and Ama Dablam. Crossing several villages and numerous tea rooms, cross the Dudh Kosi River and soar up to Thyangboche, It has an impressive and recently rebuilt monastery.

Day 08: trek from Thyangboche to Dingboche

We pass several ramparts of Chortens and Mani and small towns. You will enjoy lunch with a fantastic view of Ama-Dablam. In the shade of the rhododendrons, the path gradually descends towards the river to another well-ventilated suspension bridge. An hour's walk from here takes you to Pangboche, an excellent vantage point for Ama Dablam. Sketch the side of the valley, cross the river and climb the Imja Valley to preserve the picturesque agricultural town of Dingboche.

Day 09-13: Acclimatization in Dingboche

It is a crucial phase of the expedition. Dingboche is a good place to acclimatize. Our team leader will arrange daily trips to adjacent hills to ensure gradual acclimatization. Walk up some of the nearby hills to slowly increase the altitude. Eat the diet that appears best to acclimatize you before you reach base camp. During your stay in Dingboche, you can attend a high-altitude acclimatization seminar at a Himalayan Rescue Association hospital near Pheriche. The walk to Pheriche and back will also serve as proper acclimatization training.

Day 14: Trekking from Dingboche to Lobuje.

Return to Pheriche before continuing on the path to base camp. Arrive in Dugla, located under the muzzle of the Khumbu Glacier, a great place for lunch. After lunch, the trail begins to climb steeply alongside the glacial moraine. After a few hours, the trail eventually leads to a small cluster of tea houses located in Lobuje.

Day 15: Trek from Lobuje to Everest base camp

When you are exploring the valley and looking out over the Khumbu Glacier, follow a sensible path towards Gorak Shep. The road leaves Gorak Shep and leads to the Khumbu glacier moraine. It becomes quite vague and winds between the rubble hills and eventually reaching base camp near the base of the Khumbu Icefall. It will be your beautiful home for the next few weeks.

Day 16-18: rest and preparation

Day 19-64: Ascent period of Mount Everest

Day 65: retreat from base camp

All team members return to base camp and help pack shipping tents and clean the base camp area.

Day 66-68: Trek back to Namche Bazaar through Dingboche and Thyangboche

Day 69: Trek to Lukla airport

Day 70: Flight from Lukla to Kathmandu

You will return to the Kathmandu hotel. Once back in Kathmandu, you will take a rest or visit a nearby place.

Day 71: Return home

You will leave to the international airport to take your flight to your next destination.

Included in the cost

- ❖ Everest climbing permit fees
- ❖ Three-star hotel/Accommodation in Kathmandu
- ❖ Flights to Lukla and back to Kathmandu including airport transfers
- ❖ All Accommodation during the trekking and the climbing period
- ❖ Three meals during the trekking and climbing period.
- ❖ Climbing equipment for the climber

- ❖ Experience and qualified trekking guides
- ❖ Experience climbing Sherpa guide

Not included in the cost

- ❖ International airfare and visa fees for Nepal
- ❖ Personal equipment and additional services.
- ❖ Tips for staff, climbing, and trekking guide.
- ❖ Travel and cancellation insurance
- ❖ Airport departure tax

Accommodation and meals

You will stay in 4-star hotels in Kathmandu, tea houses during the trek, and tents for climbing. All accommodations are on a double or twin sharing basis.

We provide necessary camping equipment, including tents, dining rooms, bathrooms, and kitchen tents. At base camp, you will have a giant tent equipped with all the necessary kitchen utensils, including stoves, tables, and chairs. Our trained and experienced expedition cooks prepare meals. We make sure that the food we provide is hygienic and, at the same time, adapts to your palate. We offer all varieties of food, including Nepalese, continental, and local products. Breakfast includes porridge, egg, bread, etc. Some of the lunch items include rice, lentils, beans, green vegetables, chapattis, and canned meat and fish. Fresh or canned fruits and tea or coffees make desserts. For the main meal, you can choose from their menu. Local varieties include dal Bhat, momo, and yak stew, and western, pasta, sandwiches, and pizza. During actual mountaineering, we mainly use dried or dehydrated foods, such as cheese, chocolate, nuts, etc.

Trek Leader and other personnel arrangements

An experienced and professional mountain guide leads your expeditions to Everest. They have scaled the mountain several times with the support of other crew members and all the logistics necessary for the journey. Not only in terms of qualification, but we also make sure that our leaders have a proven track record

in climbing high altitude mountains. The number of guides is chosen according to the size of the team to maximize each climber's chances of reaching the summit without compromising the safety aspect. Our expedition leaders are also equipped with expertise in managing altitude-related problems, including symptoms of acute mountain sickness (AMS). Crew members are adept at setting up tents and camps, melting snow on the road, cooking, and other daily necessities.

Travel insurance

Travel insurance for any itinerary of our Company is a condition for booking vacations. At a minimum, you must have emergency medical and repatriation insurance, which must include the cost of the mountain rescue. Please carefully review the Terms and Conditions of your insurers; in particular, you should ensure that the following are covered: 1) Activity (i.e., tourism, trekking or mountaineering) 2) Maximum altitude reached on the trek 3) Evacuation by helicopter in case of emergency. You should understand that ultimately, the responsibility for any expenses incurred in the evacuation and repatriation procedures will be borne by you and that it is your responsibility to pay the costs incurred concerning any evacuation or medical treatment. You should be fully aware of the implications of organizing your travel insurance and understand the limitations and exclusions of your policy. Please note that in certain circumstances, our Company Guide can initiate helicopter rescue procedures (or any other necessary means) in medical emergencies without first contacting your insurance company for approval.

Trekking day

Trekking days also help the body react and acclimatize to the high altitude environment. It is always advisable to go slowly, at first, stopping in villages higher and higher in the range. You will walk a few miles and then rested at night, leaving the body to reconfigure into thinner air. In the remote countryside, early bedtime and early wakeup times are most appropriate. A typical trekking day begins around 6 or 7 a.m. enjoy the sumptuous breakfast and start the walk. Bring your bag with the personal items you need for the day. Walk at your own pace,

enjoy the scenery, chat with the locals, and take photos. Usually stops for lunch after about 3 hours of walking. Lunchtime also helps with acclimatization. The goal would be to get to the next stop at sunset. After arriving at the nightspot, the crew members secure the tents. You can relax with a cup of tea or coffee or take a nice walk around the campsite. Dinner would be ready around 7 p.m. Enjoy dinner while sharing the day's experience with team members.

Climbing day

The climbing route may vary depending on the climber's personal experience. A day of climbing involves regular climbing for 3-4 hours in the morning. After lunch, relaxation, there is a 2-3 hour climb in the afternoon. However, the flexibility of the climbing route is necessary as people climb at their own pace and respond individually to the stress of climbing. We ensure that the proportion of Sherpa climbers and guides is focused on high-security measures so that each climber can progress at their own pace.

Weather

Spring from March to May is considered favorable weather for climbing Everest. However, Everest's weather conditions are never entirely predictable. Temperatures can drop to minus 20 ° C in summer, but they can drop to minus 60 ° C or even lower in winter. The possibility of bad weather, such as snow, wind, and clouds, should also be considered. Also, wind speed can reach 80 km / h (50 mph). The temperature at the base camp is around 15 ° C warmer than at the top. The oxygen level around 7,000m is only 40% of what is at sea level.

Physical condition and experience requirements

Although Everest is not as technical as K2 or Kanchenjunga, it is not very easy to climb Everest even for experienced mountaineers. It is also true that returning from the top is more important than getting there. There is real objective danger and misjudgment involved with every expedition to Everest. The oxygen level of more than 7,000 m is only 40% of what is at sea level. The weather is never wholly predictable. Climbers must have years of rock and ice climbing experience, especially above 7,000m. You should also feel safe and comfortable climbing or

descending fixed ropes along steep technical terrain. Also, as Jon Krakauer says, while you're on the Thin Air up there, "The consequences of a loose knot, a trip, a dislodged rock, or other reckless act are likely to be felt by the author's colleagues more than the assailant. Their actions affect not only yours but also the well-being of the entire team.

Climbing plan

Base camp: 5,200 m

Mount Everest base camp at 5200 m in an ice field is higher than most of the highest peaks in the Alps and Andes. You need to spend enough time at base camp to allow your body to acclimatize at high altitudes. You should feel comfortable before leaving the base camp. You can climb a smaller peak, Kala Patthar, which overlooks Mount Pumori and Everest's austere black pyramid.

Climb from Base Camp to Camp 1: 6,400m

After base camp, you cross crevices, seracs, and black ice. Similarly, you face large chunks of ice as you climb. Sherpas repair the Khumbu Icefall with ropes and ladders. Use fixed ropes and aluminum ladders to climb Camp One at 6400m. Camp 1 is located on top of the icefall in a flat area of snow. Camp 1 also acts as an interim storage facility until Camp 2 is built at 21,000 feet in the Western Cwm.

Climb from Camp 1 to camp 2:

Camp 2 is at the foot of the frozen Mont Lhotse wall. The weather is lovely here, especially except the clouds coming from the lowest beach. There may also be a strong wind. Camp II will be the base during camp three and camp four placements. Camp 2 will, therefore, consist of large tents for cooking and meals and several small tents for sleeping.

Climb from Camp 2 to Camp 3: 7,100m,

Camp 3 is located at the height of 22,300 feet, next to the wall of Mount Lhotse. Climb up the Lhotse wall with a fixed rope and lead to camp 4. Climb steeply over

the rotting limestone. Cross the short path of snowfields heading east before completing the southern plain pass. Keep the oxygen supply within easy reach.

Climbing from Camp 3 to Camp 4: 8,400 m

Oxygen will be used over Camp 3. Beyond Camp 3, there may be drawbacks due to thinning air that requires the use of oxygen. Climbers must pass through the steep strips. Cross a short field of snow; the route takes the Geneva to spur east before finishing the apartments of the south pass. Camp 4, at an altitude of 8,400 m, is the last camp of the expedition.

Climbing from Camp 4 on top (Summit)

Climbing from camp 4 to the top is the final and dangerous part of the climb, but it is the most important day. The summit is about 500 m from Camp 4. The usual best way to reach the summit is through the narrow southeast ridge.