

Mount Everest Expedition

Quick Facts

Duration:	90
Max Altitude:	8848.86
Best Season:	Sept - Nov & March - May
Group Size:	25
Accommodation:	Tea House and Tent
Route:	Kathmandu to Kathmandu
Difficulty:	Challenging

Trip Overview

Mount Everest expeditions are a famous climbing adventure, which is known for its highest point on the earth at an altitude of 8,848.86 meters (29,031.7 feet) above sea level. The Everest expeditions in Nepal are high-altitude climbing journeys, and people from all over the world come to do them. If you are an explorer, adventurer, hiker, trekker, or nomad, this beautiful peak is for you.

Mt. Everest is located in the Khumbu region of Nepal, which is the centre of attraction for people from all over the world. People climb and summit this peak with the help of proper training, guidance, and the support of the expert sherpa guides. The Everest peak is located on both sides of the border between Tibet and Nepal. However, the Southeast ridge is higher with larger parts inside Nepal, due to which it's located inside Nepal. If you are climbing this peak from the Nepal side, then your climbing journey starts from the Everest Base Camp, which is also known as the south EBC, at an altitude of 5,364 m on the Khumbu glacier.

The whole journey takes 3 months, with time periods from arrival to departure, training, preparations, acclimatization, and many more. You will climb from the base camp to Camp I, again descend, then Camp II, then again climb and descend to Camp III, and iterate until Camp IV. After the Camp IV, you will do the final summit to the world's highest point and make your dream come true.

Why Shall you do the Mount Everest Expeditions?

There are numerous reasons why Mount Everest Expeditions shall be your choice over the other peaks because climbing Mount Everest and standing at the world's roof itself is a symbol of achievement, adrenaline, and dopamine. If you summit the peak, it proves your mental and physical tolerance, it proves your discipline, hard work, and



patience.

When you are climbing and summiting, it will help you build extreme mental strength. Also, you will be a part of mountaineering history, and people will remember your name forever and ever. You will have the deep connections of the Sherpa culture, nature, Himalayan wilderness, and humility. It also helps you to build massive personal and professional credibility.

After conquering the peak, you are no longer a normal human being, but you are the person who has just completed the toughest part of the world with his/her mental and physical health. It's also a dream come true moment. As a nomadic traveller, everyone wants to climb the mountains because it's peaceful, and of course, the mountain does not wait for everyone, but when you come to it, it welcomes you with a beautiful smile.

Why should you do the Everest Expeditions with the Summit 8000?

Climbing a mountain is not just only a dream but it's a once in a life moment achievement. And in this achievement summit, 8000 can be your perfect partner to make your dream come true in Nepal. As we are built by the Himalayas, we not only sell, but we also understand the mountains. We have a deep understanding of the local terrain, weather behaviour, altitude adaptation, and mountain cultures.

Our founder, Mr. Pasang Sherpa, is an elite sherpa guide with the IFMGA-trained certificates. He has done multiple Everest summits, due to which he can exactly guide you through everything. We have the safety-first philosophy, and we believe a successful climb is not only about reaching the top of Everest, but it's also about reaching back to the base camp safely.

Due to this, we take conservative weather decisions, we have strong acclimatization schedules, we have proper backup days and rotation plans, we have medical awareness at high altitude, and we have clean turnaround policies in the death zone.

We have designed itineraries especially made for you and your safety. We have strong logistics and high-quality equipment. We provide ethical, sustainable, and responsible climbing. We have the years of experience and proven track record to safely conquer the world's top without any fatality.

How to prepare for climbing Mount Everest?

Preparing for climbing Mount Everest is not only a one-day thought, but it is years of planning, physically, mentally, emotionally, and financially. The climbing of the peak is 70% mentally and 30 % physically.

Mentally

You will need to make up for the fact that you will be away from your comfort zone for the month's duration. You will need to have the long waiting periods due to the weather, snowfall, avalanches, and other natural disasters.

You will need to face the extreme cold, fear, and exhaustion. You will need to be ready to face the biggest mental breakdown, which is that you will be close to the summit but still need to turn back in case of any fatality. You will need to train yourself to do long endurance activities and learn to stay calm in case of any stress.

Prepare Physically



Not only mentally, but you will need to prepare yourself physically as well. You don't need to be a bodybuilder or gym freak, but you will need to have endurance and efficiency. You will need to have a good practice of hiking for 8 to 10 hours a day with a 20 to 25kg backpack. You will need to practice running and cycling for hours without getting tired. Also, with this, you will need to do some cardio exercises like hiking, stair climbing, leg, core, back, and shoulder, and you will also need to practice lifting loads with uneven distractions. If you are a beginner and planning to climb Mount Everest, then it's a big no for you.

You cannot do that, first you will need to do some trekking or hiking. After that, you will need to climb the smaller peaks above 6000 meters, like the Island Peak, Lobuche Peak, Ama Dablam Peak, and similar.

Technical Mountaineering Skills

After preparing yourself mentally and physically, it's important for you to prepare for the climbing technically as well. The Everest is not a learning ground, so everything you need to learn before climbing it, and you shall have the experience to use it.

You will need to know how to use the crampons efficiently, you need to know how to do the ice arrest, you will need to know how to use the fixed ropes, you will need to know how to use the ladder in the glaciers, you shall have the knowledge how to do the glacier travel, and crevasse rescue basics, you will need to climb the peaks top without oxygen of course it shall be lower than the 7000 meters. If you have these skills, then it's suggested to go for the Everest summit.

Medical Preparations

You will also need to have medical preparations where you shall do the full medical screening, cardiac arrest test, and you will need to have the lung capacity and oxygen saturation tests. You will need to check for previous altitude illness. Be honest with your body because you can lie to everyone but not yourself. And your one mistake might become the last mistake at such places, so never hide your symptoms or health issues.

Gear Preparation (No Compromise Area)

Another place where you shall be properly ready is for your gear and equipment. You shall not compromise with any kind of equipment. You should ask your expedition company to provide the exact packing list for the climbing, base camp, and treks.

The basics are 8000 m down suit, double or triple high-altitude boots, oxygen mask and regulator, you should buy the layering system with the base, mid, and shell. You should have the gloves and mittens. You should have the headlamps with backups, and everything shall be in working condition.

Financial & Time Readiness

Everest is among the 8000-meter peaks, which is very expensive to climb. You shall prepare yourself financially as well. You should have a budget of 45000 USD to 1, 00, 000 USD with you to complete the expeditions, which includes the guide costs, gears and equipment, permits, transportation, food, accommodations, and everything.



Please keep in mind that the mountain welcomes the people who respect it, and when you are choosing expeditions, you shall not look for the cheap options, but you shall think of what provides you value for money.

Detailed Itinerary

Day 1: Arrival in Kathmandu

Welcome to Kathmandu. Our team member from Summit 8000 will be waiting for you at the arrival gate with your name. After the meeting, you will have a small meet and greet ceremony where our team member will put a mala and tika on you and drive you to Thamel. In the evening you can explore the Thamel hustling and bustling streets.

Accommodation: 1000

Meals: Welcome Dinner

Day 2 to 4: Expeditions, Preparations, and Sightseeing

From the 2nd to the 4th, you will meet your guide. Your guide will give you instructions on how to buy the gear and equipment for you. You can buy or rent the items. You will need to select high-quality materials for your safety. You will need to re-check the missing equipment and do proper inspections. You shall try everything and check if it's working or not. After everything is done, you will get your permits ready for the climbing. After that, if you still have time left, you may do some sightseeing in Kathmandu Valley. Also, your guide will brief you on everything about the expeditions.

Accommodation: 1500

Meals: Breakfast

Day 5: Fly Kathmandu-Lukla and trek to Phakding

Early in the morning, you will have your breakfast, and then our company vehicle will come to pick you up from your hotel and drop you off at the airport. After that, you will fly to Lukla. The flight is around 35 minutes above the valleys and mountains. Upon reaching Lukla, you will trek to Phakding via the lush green forests of pines and Rhododendron.

Accommodation: 1200

Meals: B, L, & D

Day 6: Trek from Phakding to Namche Bazar

You will have an early morning hike to Namche Bazar, the market hub in the Khumbu region. You will walk via the beautiful suspension bridges like the Tenzing Hillary suspension bridge, which is named after the first mount Everest climber Tenzing Hillary. You will walk through the beautiful valleys and reach Namche.

Accommodation: 3200

Meals: B, L, & D



Day 7: Acclimatization at Namche Bazar

Today will be the acclimatization day for you at Namche Bazar. You will hike to the Everest View hotel from where you can witness the breathtaking views of Mount Everest (8848 m, which will be summing its peak. Along with that, you will see the surrounding peaks like the Lhotse (8,516), Nuptse (7,861), Ama Dablam (6,812), and many more. You may visit the Sherpa museum, where you can learn about their history, their cultures, their traditions, and their bravery.

Accommodation: Tea House

Meals: B, L, & D

Day 8: Namche to Tengboche

You will trek to Tengboche on the 8th day. You will be trekking through the red and white Rhododendron forests along the Dudh Koshi River, following the streams. You will cross the suspension bridges and reach your destinations. Upon reaching, you can visit the Tengboche monastery, which is a famous monastery inside the Everest region, as it is the largest in the region

Accommodation: Tea House

Meals: B, L, & D

Day 9: Walk from Tengboche to Dingboche

You will have an early morning walk from Tengboche to Dingboche. You will have your breakfast in the tea house. On the way, you will cross some wooden bridges and descend at first through the green forests. After that, you will ascend from the Debouche villages, from where you can witness the first glimpse of the alpine shrubs.

Accommodation: Tea House

Meals: B, L, & D

Day 10: Acclimatization day at Dingboche

As you are closer to the EBC, it's important for you to acclimate yourself so that you don't feel any difficulty breathing. Following this, you will have a short walk around the village via the small chortens and prayer flags. You will walk to the Nangkartshang Peak, which is located at an altitude of 4,700 m, and return to the village, which will help you to acclimate.

Accommodation: Tea House

Meals: B, L, & D

Day 11: Trek Dingboche to Lobuche

We understand your curiosity to reach the EBC and start your climb, but before that, it's important for you fight the high altitude and AMS problems due to which you will need to follow this itinerary as well. You will go via the well-marked terrains, crossing small streams and agricultural areas. You will start to see the rocky surroundings, glacier moraines, and uneven trails.



Accommodation: Tea House

Meals: B, L, & D

Day 12: Trek Lobuche to Gorak Shep

Today you will be starting your trip from Lobuche to Gorakshep, the last village before the Everest base camp. You will pass through the glacier moraines and small glacier streams. You will walk on the high-altitude deserts. Upon reaching, you can relax, and in the evening you will have a walk to the Gorakshep viewpoint to witness the sunset over the mountains.

Accommodation: Tea House

Meals: B, L, & D

Day 13: Hike to Kala Patthar and trek to Everest Base Camp

In the morning, you will hike to the Kala Patthar at an altitude of 5545 m from where you can witness the beautiful views of the Everest and its surrounding peaks. You will walk via zigzag rocky trails, and after that, you will trek to the EBC. During the walk, you will cross the glacial moraine and sandy paths. After reaching the base camp, you will finally reach the foot of the world's highest mountain, and your goal will be to climb to its top within 3 months. While a normal trekker will return from there, you can stay there inside your tent with your expedition team.

Accommodation: Tea House

Meals: B, L, & D

Day 14: Rest, Puja ceremony, and training at Everest Base Camp.

You will have a rest day. And it's important for you to perform a puja ceremony, which is the worship of mountains. As local people believe the mountain is a god, they need to worship and take blessings, so you do. After performing all the rituals, you will be ready to embark on your journey to the heights. You will have the training of technical skills, yes, it's not learning, but it's a revision.

Accommodation: Tea House

Meals: B, L, & D

Day 15 to 85: Rotation climbs, summit, and return to Base Camp

From day 15 to 85, your true adventure spirit will test you. You will acclimate yourself in the mountains along with the rotations climbs from Camp I (6,065m), Camp II (6,400m), and Camp III (7,200m). After completing your rotations and climbs, you will do the summit push on the South Col route. To the top of the world at an altitude of 8,848.86. Please be careful, listen to your guide, and follow all rules and regulations of climbing the peak.

Accommodation: Tent

Meals: B, L, & D

Day 86: Trek down from EBC to Gorakshep



After completing your Mount Everest expeditions, congratulate yourself on doing it. After that, you will trek down to Gorakshep from the EBC to rest and relax. You can enjoy your time with the locals and share your interesting stories with them. Upon reaching Gorakshep, you can again visit the Kala Patthar to witness the peak that you just summited.

Accommodation: Tea House

Meals: B, L, & D

Day 87: Walk down from Gorak Shep to Pheriche

As you have already conquered the Everest peak and acclimated yourself, it would be easy for you to trek down from Gorakshep to Pheriche. Your trail will be descending via the alpine moraines and beautiful surroundings. You will pass through beautiful villages like the Lobuche, Thukla, and finally reach Pheriche

Accommodation: Tea House

Meals: B, L, & D

Day 88: Trek down from Pheriche to Namche Bazar

As you descend towards Namche Bazar, you will see the beautiful villages like Pangboche and Tengboche. You will go down via crossing the suspension bridges, and the scenic villages that lie on the way. Upon reaching Namche, you can relax and enjoy the beautiful views and the local foods. You can visit the different bakeries and cafes, you can take a hot shower, and enjoy your dinner.

Accommodation: Tea House

Meals: B, L, & D

Day 89: Namche to Lukla and fly to Kathmandu

Early in the morning, you start your journey towards Lukla, which will be an easy descent via the beautiful, well-marked trails. You can interact with the locals and enjoy your last day of adventure in the mountains. Upon reaching Lukla, you will fly to Kathmandu, which will be a 35-minute flight. Upon reaching, you can relax and then enjoy your last day in Kathmandu.

Accommodation: Tourist Standard Hotel

Meals: Farewell Dinner

Day 90: Departure

Early in the morning, you will head towards the gear and equipment shops and return the things that you rented. And the things that you bought, you can carry yourself. We will have a flight schedule for you, and according to that, we will drop you off at the airport at least 4 hours before completing your visa and immigration-related work. We hope we served you best and wish to welcome you again to climb some other mountains like the [Annapurna - 1](#), Dhaulagiri, Makalu, or any other peaks.

Accommodation:



Meals: Breakfast

Cost Includes

- 1.** Airport pick-up and drop-off services.
- 2.** Flight from Kathmandu to Lukla and return (including airport transfers)
- 3.** Hotel accommodations in Kathmandu (5-star)
- 4.** Accommodations during the trek and the climbing periods
- 5.** Full board meals during the trek, base camp stay, and the climbing periods
- 6.** Everest expeditions permit issued by the NMA
- 7.** Experienced IFMGA / senior Sherpa climbing guide (summit guide)
- 8.** High-altitude Sherpa support with proper rotation and summit strategy
- 9.** Personal tent at the base camp along with (Dining tent, kitchen tent, and toilet tent)
- 10.** All the climbing logistics that would be required for the summit
- 11.** High-altitude climbing food at Camps I, II, III & IV
- 12.** Oxygen cylinders for summit push
- 13.** Mask & regulator (shared standard expedition set)
- 14.** Porters & yaks for transportation of expedition gear and personal load (as per expedition limit)
- 15.** Medical kit at Base Camp and emergency support planning
- 16.** Garbage management & environmental fee as per the Nepal government rules
- 17.** All government taxes and service charges

Cost Excludes

- 1.** International airfare to and from Kathmandu
- 2.** Nepal entry visa fee
- 3.** Personal travel & medical insurance (must include high-altitude rescue & evacuation)
- 4.** Personal climbing gear & equipment such as the (8000 m down suit, high altitude boots, down jackets, shoes, and other items)
- 5.** Personal Sherpa (1:1 private Sherpa guide)
- 6.** Extra nights in Kathmandu due to early arrival, late departure, or flight delays
- 7.** Tips & gratuities for guides, Sherpas, porters, and staff (customary but not mandatory)
- 8.** Emergency evacuation costs (covered by insurance only)
- 9.** Unforeseen costs due to weather delays, route changes, government regulation changes, or natural calamities

