

Mount Everest Expedition from Tibet Side

Experience the ultimate adventure with Everest expeditions from Tibet's North Face with Summit 8000, offering expert guidance, well-planned itineraries

Quick Facts

Duration:	60
Max Altitude:	8848.86
Best Season:	Sept - Nov & March - May
Group Size:	25
Accommodation:	4 Star/ Star Hotel, Tent and Tea House
Route:	Kathmandu to Kathmandu
Difficulty:	Strenuous

Trip Overview

Experience the ultimate adventure with Everest expeditions from Tibet's North Face with Summit 8000, offering expert guidance, well-planned itineraries, and full support for a safe and successful climb. Unlike the Nepal route, the Tibet North Face provides a less crowded path, easier access to base camp, and a unique perspective of the world's highest peak.

Choosing the North Face allows you to tackle Everest via a technically challenging but rewarding route, perfect for those seeking adventure and achievement. For those looking to explore more, related expeditions include [Cho Oyu](#), [Lhotse](#), and other Himalayan peaks that complement the [Everest journey](#).

Choosing the North Face route allows you to experience a technically rewarding ascent that challenges both skill and endurance. It is considered a classic route for mountaineers who want to combine the thrill of high-altitude climbing with the strategic advantages of a structured expedition.



At Summit 8000 we ensure climbers receive complete support, including acclimatization schedules, professional guides, climbing equipment, and emergency management, ensuring safety without compromising the adventure.

For enthusiasts looking to extend their Himalayan adventure, We also offer related expeditions to nearby peaks such as Cho Oyu, Lhotse, and Shishapangma, allowing climbers to further explore the grandeur of the Himalayas.

Whether you are a seasoned mountaineer or a determined first-time Everest climber, the Tibet North Face expedition promises an unforgettable experience filled with breathtaking landscapes, cultural encounters, and the ultimate achievement of standing on the roof of the world.

Why should you choose the Everest expeditions from Tibet with Summit 8000?

Choosing Everest expeditions from Tibet with Summit 8000 ensures a safe, well-organized, and professional climbing experience. We provide expert guides, thorough acclimatization schedules, top-quality equipment, and 24/7 support, making it ideal for both first-time high-altitude climbers and experienced mountaineers.

The expedition is carefully designed to balance adventure with safety, giving climbers the best chance to successfully summit Everest while enjoying the unique landscapes of the Tibetan Himalayas.

What is the difference between the Everest expeditions from Nepal and Tibet?

The Nepal and Tibet routes to Everest offer distinct experiences. The Nepal side, via the South Col, is more popular and crowded, with longer approaches and more logistical challenges, but it features the classic Khumbu Glacier and Everest Base Camp trek.

The Tibet side, via the North Face, offers easier access to Base Camp, fewer climbers, and breathtaking views of the North Face and Rongbuk Glacier. While the Nepal route is slightly less technical, the Tibet route provides a strategic and often quieter climbing experience, ideal for those looking for a different perspective of Everest.

Why should you choose the North Face to climb Everest?

Climbing Everest via the North Face offers a technically rewarding and challenging experience. The route allows climbers to test their mountaineering skills on steep terrain while enjoying spectacular views of the Himalayan range.

The North Face is less crowded, providing a more private and immersive climbing adventure. It also has strategic advantages in terms of logistics and acclimatization, making it a preferred choice for climbers seeking both adventure and efficiency.

Related expeditions to Everest



For climbers looking to extend their Himalayan adventure, we offer related expeditions to nearby peaks such as Cho Oyu, Lhotse, Shishapangma, and Makalu. These peaks provide similar high-altitude challenges and spectacular landscapes, giving climbers the chance to explore more of the majestic Himalayas and gain additional mountaineering experience alongside the Everest journey.

Head & Face Protection

- High-altitude climbing helmet
- Warm expedition hat / insulated beanie
- Balaclava (windproof)
- Neck gaiter / buff
- UV protection glacier sunglasses (Category 4)
- High-altitude ski goggles
- Sun hat / cap for lower camps
- Headlamp with extra batteries

Upper Body Layers

Base Layers

- Thermal base layer tops (merino wool or synthetic) - 2-3 pairs

Mid Layers

- Fleece jacket
- Softshell jacket
- Lightweight insulated jacket

Outer Layers

- Gore-Tex waterproof shell jacket
- Expedition down suit or heavy down jacket

Lower Body Layers

Base Layers

- Thermal long underwear (2-3 pairs)

Mid Layers



- Fleece climbing pants
- Softshell climbing pants

Outer Layers

- Waterproof hardshell pants
- Expedition down pants

Footwear

- High-altitude double or triple boots (8000m boots)
- Camp shoes or down booties
- Trekking shoes (for Base Camp area)
- Gaiters
- Insulated socks (4-6 pairs)
- Liner socks

Hand Protection

- Lightweight liner gloves
- Fleece gloves
- Softshell gloves
- Expedition down mitts
- Waterproof over-mitts
- Hand warmers

Climbing Equipment

- Mountaineering harness
- Ice axe
- Crampons (compatible with boots)
- Ascender (Jumar)
- Descender / belay device
- Locking carabiners (4-6)
- Non-locking carabiners



- Prusik loops
- Safety sling / tether
- Climbing helmet

Sleeping Gear

- Expedition sleeping bag (-40°C rating)
- Sleeping bag liner
- Inflatable sleeping mat
- Foam sleeping mat (backup)

Bags & Storage

- Expedition duffel bag (90-120L)
- Climbing backpack (40-60L)
- Small daypack (20-30L)
- Waterproof stuff sacks
- Dry bags

Personal & Medical Kit

- High altitude medication (as prescribed)
- Personal first aid kit
- Blister treatment kit
- Sunscreen SPF 50+
- Lip balm SPF 30+
- Wet wipes / hand sanitizer
- Personal hygiene kit
- Toilet paper
- Prescription medicines



Electronics

- Smartphone
- Camera / GoPro
- Power banks
- Solar charger
- Extra memory cards
- Charging cables
- Satellite phone (usually provided by the expedition company)

Food & Hydration

- Insulated water bottles (2-3)
- Thermos flask
- Energy bars
- Electrolyte powder
- Personal snacks (chocolate, gels, nuts)

Travel Documents

- Passport
- Chinese Tibet permit
- Expedition permit
- Travel insurance (high-altitude coverage)
- Emergency contact list
- Cash for tips and personal expenses

Miscellaneous

- Trekking poles
- Multi-tool / knife
- Duct tape (gear repair)
- Notebook & pen
- Lightweight towel



Video

Detailed Itinerary

Day 1: Arrival in Kathmandu (1,300 m / 4,264 ft.)

Arrive at Tribhuvan International Airport in Kathmandu, where our team will receive you and transfer you to your hotel. After settling in, there will be a brief discussion about the expedition, including the route, schedule, safety protocols, and what to expect in the coming days. This session ensures all climbers are prepared and informed before the adventure begins.

Accommodation:

Meals: Welcome Dinner

Day 2: Sightseeing in Kathmandu

Spend the day exploring the rich cultural heritage of Kathmandu. Visit iconic sites such as Swayambhunath Stupa, Boudhanath Stupa, Pashupatinath Temple, and the historic Durbar Square. This is also a chance to purchase any last-minute gear and experience the local culture, cuisine, and traditions.

Accommodation:

Meals: Breakfast

Day 3: Paperwork and Preparations

Dedicate this day to completing all necessary permits, paperwork, and final expedition arrangements. Guides will review the climbing plan, medical requirements, and logistics, ensuring that everything is in order for a smooth journey to Tibet. This day also allows for rest and final packing.

Accommodation:

Meals: Breakfast

Day 4: Drive to Zangmu (2,350 m / 7,710 ft.)

Begin the overland journey to the Tibet border town of Zangmu. The drive offers stunning views of the Himalayan foothills, rivers, and Tibetan landscapes. This day is primarily for travel and acclimatization, helping the body adjust to increasing altitudes.

Accommodation:

Meals: B, L, & D

Day 5: Drive to Nyalam (3,750 m / 12,303 ft.)

Continue the journey deeper into Tibet, arriving at Nyalam. The town is known for its Tibetan culture and stunning mountain vistas. Overnight at a local hotel provides an opportunity to rest and further acclimatize.



Accommodation:

Meals: B, L, & D

Day 6: Drive to Tingri (4,349 m / 14,268 ft.)

Drive to Tingri, a small Tibetan settlement that serves as a gateway to Everest. The route offers panoramic views of the Himalayas, including glimpses of Everest and Cho Oyu. Tingri's high-altitude environment prepares climbers for the upcoming ascent.

Accommodation:

Meals: B, L, & D

Day 7: Acclimatization Day at Tingri

Spend the day acclimatizing with light walks and rest. This is crucial for preventing altitude sickness. Guides may organize short hikes to help climbers adapt to higher elevations while enjoying breathtaking views of the surrounding mountains.

Accommodation:

Meals: B, L, & D

Day 8: Drive to Everest Base Camp (5,200 m / 17,060 ft.)

Drive along the Tibetan plateau to the Everest North Base Camp. This is the official starting point of the climb. Settle into camp, familiarize yourself with the facilities, and begin preparing gear for the climbing phase.

Accommodation:

Meals: B, L, & D

Day 9 to 10: At Tibet Base Camp (5,200 m / 17,060 ft.)

Spend these days at Base Camp for acclimatization and orientation. Activities include light hikes, gear checks, and team briefings. This period allows climbers to adjust to the high altitude, essential for a safe and successful ascent.

Accommodation:

Meals: B, L, & D

Day 11 to 12: Rest and Preparation at Base Camp

Optional buffer days for rest, weather adjustment, and further acclimatization before moving to higher camps.

Accommodation:

Meals: B, L, & D

Day 13: Move to Intermediate Camp (6,200 m / 20,341 ft.)

Climb to the Intermediate Camp, where climbers experience steeper terrain and higher altitudes. Focus on maintaining proper acclimatization, hydration, and energy levels. This stage is critical for preparing the body for the challenges ahead.

Accommodation:



Meals: B, L, & D

Day 14: Move to Advanced Base Camp (6,500 m / 21,325 ft.)

Advance to the next camp, which serves as the staging point for the final summit push. Spend time resting, organizing equipment, and preparing mentally and physically for the long climbing period ahead.

Accommodation:

Meals: B, L, & D

Day 15 to 53: Climbing Period

This phase involves multiple rotations between higher camps, acclimatization climbs, and ultimately the summit attempt. The climbing period is flexible depending on weather, acclimatization, and individual progress. Guides closely monitor all climbers for safety during the technical ascent.

Accommodation:

Meals: B, L, & D

Day 54: Return to Advanced Base Camp (6,500 m / 21,325 ft.)

After completing the summit attempt, descend to the Advanced Base Camp for rest and recovery. This stage allows climbers to relax, celebrate achievements, and prepare for further descent.

Accommodation:

Meals: B, L, & D

Day 55: Return to Base Camp (5,200 m / 17,060 ft.)

Descend to Base Camp, where climbers can enjoy the final moments of the high-altitude environment and organize gear for the journey back to lower elevations.

Accommodation:

Meals: B, L, & D

Day 56: Cleaning Base Camp

Participate in environmental conservation by cleaning and packing up Base Camp. This ensures that the area remains pristine and contributes to responsible mountaineering practices.

Accommodation:

Meals: B, L, & D

Day 57: Drive to Nyalam and Stay at Hotel

Begin the return journey to Nyalam, enjoy a comfortable stay at a local hotel, and rest after the long climb. This also allows climbers to reflect on the expedition and enjoy Tibetan culture one last time.

Accommodation:

Meals: B, L, & D

Day 58: Drive to Kathmandu and Transfer to Hotel



Return to Kathmandu by road, completing the overland journey from Tibet. Transfer to your hotel for rest, relaxation, and a warm shower after the long expedition.

Accommodation:

Meals: Breakfast

Day 59: Stay in Kathmandu

Enjoy a free day in Kathmandu to relax, shop for souvenirs, or explore any sites missed at the beginning of the trip. This day serves as a decompression period after the high-altitude expedition.

Accommodation:

Meals: Breakfast

Day 60: Final Departure

Transfer to Tribhuvan International Airport for your onward flight. Depart with memories of an unforgettable adventure, having experienced the challenges and triumphs of climbing Everest via the North Face in Tibet.

Gears Lists

Head & Face Protection

- High-altitude climbing helmet
- Warm expedition hat / insulated beanie
- Balaclava (windproof)
- Neck gaiter / buff
- UV protection glacier sunglasses (Category 4)
- High-altitude ski goggles
- Sun hat / cap for lower camps
- Headlamp with extra batteries

Upper Body Layers

Base Layers

- Thermal base layer tops (merino wool or synthetic) - 2-3 pairs

Mid Layers



- Fleece jacket
- Softshell jacket
- Lightweight insulated jacket

Outer Layers

- Gore-Tex waterproof shell jacket
- Expedition down suit or heavy down jacket

Lower Body Layers

Base Layers

- Thermal long underwear (2-3 pairs)

Mid Layers

- Fleece climbing pants
- Softshell climbing pants

Outer Layers

- Waterproof hardshell pants
- Expedition down pants

Footwear

- High-altitude double or triple boots (8000m boots)
- Camp shoes or down booties
- Trekking shoes (for Base Camp area)
- Gaiters
- Insulated socks (4-6 pairs)
- Liner socks

Hand Protection

- Lightweight liner gloves
- Fleece gloves
- Softshell gloves



- Expedition down mitts
- Waterproof over-mitts
- Hand warmers

Climbing Equipment

- Mountaineering harness
- Ice axe
- Crampons (compatible with boots)
- Ascender (Jumar)
- Descender / belay device
- Locking carabiners (4-6)
- Non-locking carabiners
- Prusik loops
- Safety sling / tether
- Climbing helmet

Sleeping Gear

- Expedition sleeping bag (-40°C rating)
- Sleeping bag liner
- Inflatable sleeping mat
- Foam sleeping mat (backup)

Bags & Storage

- Expedition duffel bag (90-120L)
- Climbing backpack (40-60L)
- Small daypack (20-30L)
- Waterproof stuff sacks
- Dry bags



Personal & Medical Kit

- High altitude medication (as prescribed)
- Personal first aid kit
- Blister treatment kit
- Sunscreen SPF 50+
- Lip balm SPF 30+
- Wet wipes / hand sanitizer
- Personal hygiene kit
- Toilet paper
- Prescription medicines

Electronics

- Smartphone
- Camera / GoPro
- Power banks
- Solar charger
- Extra memory cards
- Charging cables
- Satellite phone (usually provided by the expedition company)

Food & Hydration

- Insulated water bottles (2-3)
- Thermos flask
- Energy bars
- Electrolyte powder
- Personal snacks (chocolate, gels, nuts)

Travel Documents

- Passport
- Chinese Tibet permit



- Expedition permit
- Travel insurance (high-altitude coverage)
- Emergency contact list
- Cash for tips and personal expenses

Miscellaneous

- Trekking poles
- Multi-tool / knife
- Duct tape (gear repair)
- Notebook & pen
- Lightweight towel

Cost Includes

- 1.** All necessary permits for the Everest North Face and Tibet entry fees.
- 2.** Overland transportation from Kathmandu to the Tibet Base Camp and back.
- 3.** Accommodation in Kathmandu hotels, hotels along the route, and Base Camp facilities.
- 4.** Full-board meals during the trek and expedition (breakfast, lunch, and dinner at Base Camp and camps).
- 5.** Professional expedition guides, climbing Sherpas, and support staff.
- 6.** Climbing support, including ropes, ladders, and high-altitude equipment at camps.
- 7.** Communication support (satellite phone or radio at Base Camp).
- 8.** Medical and first-aid arrangements throughout the expedition.
- 9.** Oxygen cylinders and mask during summit push (if required).
- 10.** Acclimatization and training sessions before and during the climb.
- 11.** Cultural and sightseeing activities in Kathmandu (as per itinerary).
- 12.** Environmental management, including Base Camp cleanup support.
- 13.** Insurance for staff and logistics support (note: personal insurance is not included).
- 14.** Pre-expedition briefings and gear checks with expert guides.

Cost Excludes

- 1.** International airfare to/from Kathmandu.
- 2.** Nepal visa fees
- 3.** Travel insurance, including high-altitude climbing coverage.
- 4.** Personal climbing gear and equipment (boots, jackets, sleeping bags, harnesses, crampons, etc.).
- 5.** Personal expenses such as laundry, snacks, drinks, and souvenirs.
- 6.** Tips and gratuities for guides, porters, and support staff.
- 7.** Extra nights in hotels due to early arrival, late departure, or unforeseen delays.
- 8.** Emergency evacuation costs (helicopter or rescue services beyond what's provided).



9. Excess baggage charges for flights or transportation.

10. Optional activities in Kathmandu or along the route not mentioned in the itinerary.

