



# **Mount Everest North East Ridge**



## Overview

Mt. Everest expedition from Tibet side has become more popular among the mountaineers to make their dream come true by standing on the summit of Mount Everest. Several reasons are behind the popularity of climbing Mount Everest: Low cost of royalty and other basic mountaineering services. As well as the easy route to the summit are the key factors to attract more Everest climbers from North Col. There are no easy routes per se to Everest, but we try to put the odds on our side.

The North Ridge is usually chosen given its high level of safety. Technically, it is more challenging than the South Side but does not have the ice fall danger. Our advanced base camp (ABC) (6400m) is right under the shadow of Changtse and has an incredible view onto the whole route. From here we use four more camps, a formula that has brought us considerable success in the past.

Our trip starts from Kathmandu and drives to Kodari, Zhangmu, Nyalam and continues to the BC at 5,400m. From there it is 22 km to the ABC at 6400m by yaks. We put an intermediate camp on the glacier about half way between BC and ABC, so this trip takes two days. From the ABC the route continues up the East Rongbuk glacier to the north of the glacier and then up easy snow slopes to the North Col at 7,000m.

Required number of participants: no minimum, maximum 10.

The start dates refer to the arrival date in Kathmandu and the end date refers to the earliest you can book for your return flight home. When departing from Europe allow for an overnight flight to Kathmandu, but on the return it is possible to depart in the morning and arrive on the same day.

## Package

Includes	Excludes
<ul style="list-style-type: none"><li>• Peak permit fee for Mt. Everest North Col Expedition</li><li>• Airport transfers</li><li>• Hotel accommodation in a Tourist Class hotel on a twin sharing with B&amp;B</li><li>• Drive to Zhangmu and return to Kathmandu for members and staffs.</li><li>• One High altitude Sherpa per climbing members</li><li>• Personal gear cargo costs</li><li>• Daily Porter wages</li><li>• Full board during approach / return trek and at Base Camp</li><li>• Solar light at base camp</li><li>• All base camp services</li><li>• Tents at Base Camp and higher camps for members, staff</li><li>• Food and Fuel for higher camp</li><li>• Common climbing equipment such as ropes, ice screws, ice bar, pitons, etc.</li><li>• Sleeping tent at base camp for members, staff, and Liaison officer</li><li>• Equipment, daily allowance and insurance for Climbing Sherpas</li><li>• Five bottles of oxygen per expedition member, included mask regulator</li></ul>	<ul style="list-style-type: none"><li>• International air travel to and from Kathmandu</li><li>• Original entry visa into Nepal, available at the airport</li><li>• International Airport Departure Tax</li><li>• Lunch and dinner in Kathmandu</li><li>• Personal insurance</li><li>• Related charges for communication equipment and filming applied as per regulation</li><li>• Nepal custom duty for import of expedition goods arriving into Nepal by air/road cargo</li><li>• Extra bottle of oxygen if needed (500\$ per bottle)</li><li>• All Expenses of personal nature</li><li>• We also recommend offering a tip at the end of your trip to your guide and porters, as tips are not included in the package price.</li></ul>

## Broad itinerary

Our expedition to Everest North East Ridge blends a wide range of expertise and resources in order to provide a high level of support for this expedition.

An expedition of this type is difficult to determine with regards to time frames, but we generally come to an agreement regarding specific heights and sleeping at certain camps. Thus allowing our participants to stay at the camp and to acclimatize to the altitude.

As this is a 48-days expedition, a rough outline of our itinerary will take the following form:

Before truly beginning our expedition, we will be driven from Kathmandu to Everest Base Camp stopping on the way in several villages for hotel overnights. You have the time to visit the villages of Nyalam and Tingri while discovering the traditional daily lives of the people. It is also a good way for you to acclimatize to the altitude before reaching the Everest base camp.

Then, ascending to higher altitudes to attain the Everest advanced base camp. Finally on the eleventh day of our journey, the one month climbing period to conquer the summit begins. Once the decision has been made to attempt a summit, then total summit will be 30 days.

A few days spent back at Everest base camp helping to clear out the camp is followed by a drive back to Kathmandu.

## Itinerary

### **Day 1 - 3 – 1400 m**

Arrival in Kathmandu airport and transfer to hotel. Kathmandu Briefing, visa procedures and shopping. Kathmandu Last minute preparation.

### **Day 4 – 3750 m**

Drive to Zangmu and Hike to Nyalan. Then overnight in hotel.

### **Day 5**

Rest at Nyalam for acclimatization.

### **Day 6 – 4300 m**

Drive to Tingri.

### **Day 7 – 5050 m**

Drive to Everest Base Camp.

### **Day 8**

Acclimatization day at Everest Base Camp.

### **Day 9 – 6400 m**

EBC to Advance Base Camp.

### **Day 10**

Advance Base Camp.

### **Day 11 - 40 – 8848 m**

Climbing Period to the summit.

### **Day 41 – 6400 m**

Heading back to advance Base camp.

### **Day 42 - 43 – 5050 m**

Advance Base Camp to EBC. Spare day to Clear up Base Camp.

### **Day 44 – 3750 m**

Drive from Base Camp to Nyalam.

### **Day 45 – 1400 m**

Drive to Kathmandu.

### **Day 46 - 47 – 1400 m**

Rest day in Kathmandu. Transfer to international airport.

## Fitness

This is arduous expedition, which cannot be under estimated. The effect of tiredness will be felt due to the strenuous previous days of climbing. On the other hand, you will have very well adjusted to the altitude in excess of all the subsequent ascents. You need to have a very good cardiac rhythm while doing low intense fitness.

A strong muscular condition is required for your legs, hips, core and back. On the bright side, we only carry light daypacks.

Personal assessment of fitness can be very subjective. Therefore, for this expedition you need to feel comfortable hiking for at least 5 to 6 hours over rough steep terrain with about 10 kg on your back. And being able to repeat this process all over again the next morning without any difficulty.

Clearly, the best practice for this trip is training in a way that best reflects the demands of the trip. It is highly recommended to undertake some good long walks of 5 hours or more on rocky steep hills with a 10 kg pack. If you can't spare time to doing these walks to adjust your cardiac rhythm, then we suggest you do half an hour or more every week of running, swimming, cycling, rowing and other.

In this expedition, not only the physical condition plays a role, but as well the mental preparation. By which you feel determinant and ready to accomplish such challenge while enjoying it at the same time.

## Kit List

### *Example Personal Kit List*

#### **Feet**

- One Sports high altitude boots for above Camp 2
- Berghaus GTX Alpine boots for up to Camp 2
- Base Camp boots (Canadian backcountry, fleece lined)
- Casual Shoes (Merrell)
- Grivel crampons 12 point with extension bar for One Sports
- Black Diamond 12 point crampons for GTX boots
- Socks (5 pairs, 2 thick for high altitude & 3 hiking) (Smartwool)
- Spare shoe insoles and Gaiters

#### **Hands**

- 2 pairs windstopper gloves (Berghaus)
- 1 pair summit down mitts (Rab)
- 1 pair lightweight down mitts (Berghaus)
- 2 pair liner glove
- 1 pair guide gloves

#### **Head**

- Neoprene facemask, Balaclava
- White sunhat with neck cover
- Spare pair of glasses and Julbo glacier glasses
- Prescriptive sunglasses
- 1 peak hat, 3 x Buffs
- 3 woolly hats (varying thicknesses)
- Petzl climbing helmet
- Adidas Goggles with prescriptive lens inserts, 100% UV space lens and orange lens
- Adidas Climacool sunglasses with prescriptive lens inserts and space lens and orange lens

#### **Skin**

- Extreme SPF40 Sunscreen
- Dermatone high altit. suncream
- SPF25 lipcream, Lipsalve (Calmex)
- Moisturising creams: Shea butter

#### **Base Layer**

- 4 Thin thermals tops (Merino wool & Uniqlo)
- 1 Thin thermal bottoms (Berghaus)
- Powerstretch suit (Mountain Hardwear)
- Thermal underwear x 4 pairs (Uniqlo, Merino wool, Berghaus)
- Thick thermal tops x 2 (Berghaus)

#### **Mid layer**

- Fleece trousers (Berghaus)
- Fleece tops x 4 (Berghaus)
- Windstopper salopettes (TNF)
- Fleece Monkey jacket (MHW)

#### **Outer layer**

- Windsuit; Summit down jacket & trousers (Rab)
- Lightweight down jacket

#### **Bags**

- Extrem 90 litre rucksack (Berghaus)
- Extrem 45 litre daysack (Berghaus)
- Rucksack ~60 L
- 100 litre TNF bag

#### **Climbing**

- Walking Axe (Grivel & Petzl Icewalker); Hammer Axe
- Harness (alpine bod)
- 10 ice screws
- Cows tail with jumar and safety karabiner
- **Harness set: 8 Finger, zumar, carabiner (3 lock and 2 normal) 5 piece each, Silling 5 meters**

#### **Camping**

- Rab Summit down sleeping bag (above BC)
- Ajungilak synthetic sleeping bag (BC)
- 1L metal flask; 1.5L water bottle with Nalgene cover (Bradley Alpinist)
- 2 x 1L Nalgene water bottles with down bottle cover and neoprene cover
- Rucksack cover
- Petzl Duobelt headtorch with remote battery back
- Petzl halogen headtorch (AA batteries)

#### **Health**

- Supergreens plant extract
- Acai berry powder
- Berocca Vitamin C

#### **Emergency**

- Avalanche probe
- Emergency and Space blanket

#### **Cameras**

- Canon EOS, charger, hand bracket, light, GoPro HD
- Sennheiser microphone

- Down suit Windproof trousers & jacket (Berghaus paclite)

- 80 Litre Duffle bag
- Many stuff sacks
- Ortlieb drybags

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- 2 man ropes, 30m x 8mm dynamic
- Descender (figure of 8)
- 3 screwgate karabiners
- 3 long slings, 4 short slings
- Suunto Explorer (altimeter, barometer)
- GPS Garmin Explorer

- Black Diamond mini headtorch
- Walking poles (Leki Makalu)
- 1 Full length Thermarest
- 2 closed cell sleeping mats
- Thermos food flask
- Thermal mug (Bradley Alpinist)
- Titanium spork
- Towel; Leatherman
- Box of repair kits
- Loupe & Alarm clock
- Pee bottle (2L)

- Pharmaton for fatigue
- Intra biological extract

- Pulse Barryvox avalanche transceivers x 2

- Canon IXUS digital camera + AC charger unit + DC lead + data lead

## **Learn More**

This expedition is strenuous and needs a high level of fitness and motivation. We recommend that you have good previous experience of wild camping in cold conditions, altitudes above 5000m and the use of walking axe and crampons. Previous experience of using ropes for climbing or mountaineering is an advantage, but not essential as training will be given on the trip.