

Group size:	1+	Max-Altitude:	8848m.
Destination:	Nepal	Fitness level:	<a href="#">Adventurous and Challenging</a>
Arrival on:	Tribhuvan International Airport (TIA)	Departure from:	Tribhuvan International Airport (TIA)
Meals:	Breakfast in Kathmandu and All standard meals (B+L+D) during the Trek and Climb		
Best Season:	Spring and Autumn		
Accommodation:	Best lodge/Tea house /Camping		

## Trip Introduction

The Sagarmatha (forehead of the sky) in Nepali and Chomolungma in Tibetan is known as Mt. Everest in the world. Mt. Everest with the altitude of 8848m, is the highest peak in the earth, so, it is also known as the roof of the world. There are two main climbing routes , one approaching the summit from the southeast in Nepal (known as the “standard route”) and the other from the north in Tibet, **Everest Expedition (North)**.

### Mount Everest Expedition’s History from North (Tibet).

The first recorded efforts to reach Everest’s summit were made by British mountaineers. As Nepal did not allow foreigners into the country at the time, the British made several attempts on the north ridge route from the **Everest Expedition (North)**. After the first reconnaissance expedition by the British in 1921 reached 7,000 m (22,970 ft) on the North Col, the 1922 expedition pushed the north ridge route up to 8,320 m (27,300 ft), marking the first time a human had climbed above 8,000 m (26,247 ft). Seven porters were killed in an avalanche on the descent from the North Col. The 1924 **Everest Expedition (North)** resulted in one of the greatest mysteries on Everest to this day: George Mallory and Andrew Irvine made a final summit attempt on 8 June but never returned, sparking debate as to whether or not they were the first to reach the top. They had been spotted high on the mountain that day but disappeared in the clouds, never to be seen again, until Mallory’s body was found in 1999 at 8,155 m (26,755 ft) on the north face. The Chinese mountaineering team of Wang Fuzhou, Gonpo, and Qu Yinhua made the first reported ascent of the peak from the north ridge on 25 May 1960.

### Best Seasons to Summit

The best time to summit Mount Everest is in the spring and autumn for several reasons. Mount Everest's changeable, extreme climate, in particular, is a determining factor. The summit temperature never rises above freezing, or 0° C (32° F). Its summit temperatures in January average -36° C (-32° F) and can drop to -60° C (-76° F), and its average summit temperature in July is -2° F (-19° C). Weather conditions in the high summit is notoriously difficult to predict. Mountaineering expedition offers different seasons in a year. Out of which the spring (March – May) is the most favourable time for the climbers to attempt the climb to the top of the world. The area has the best weather between March and May. The days are warm however during the night time the temperature drops to freezing point. The climbing parts will generally be performed during the night as there is less wind and less obstruction during that time

### **Fitness level**

In order to attempt the summit of Everest (29,035'/8848m) you must be in top physical, emotional, and psychological condition. Benchmarks for physical conditioning includes successful previous trips above 20,000ft whenever possible, during which you will have gained experience dealing with gear and equipment, handling extremely cold temperatures and extreme altitude, gaining solid crampon skills both on and off rock, snow and ice, rappelling with a pack on, and using ascenders and jumars on a fixed line. In addition to solid alpine living, snow, and ice climbing skills, you need significant strength endurance, high-altitude tolerance, and strong cardiovascular conditioning.

The climbing Guides of our team are highly skilled, regularly reviewed and re-trained and recognized for their training and experience throughout the profession. We only select the most experienced guides and staff on this expedition. This is a serious climb and mistakes can have serious consequences. This is why we focus extensively on safety and accident prevention for both clients and guides on our Everest expedition. No expedition is without risk and certainly not one to the highest Mountain of the world. However, we implement rigorous safety standards to minimize the risk. We'd also like to highlight that our guides and staff are all employed under ethical standards.

**North Base Camp** is approached from the Tingri Plain through Rongbuk (4880m), the location of famous Buddhist Monastery. Two-day trek to Everest North Base Camp (6400m) begins at the Chinese Base Camp (5200m) with intermediate acclimatization in Middle Camp (5700m). Typically, it takes 3 days to drive to Tingri (4300m) from Kathmandu with acclimatization stops in Zhangmu (1600m) and Nyalam (3700m). It takes typically 9 days to reach ABC from Kathmandu.

### **Climbing Routes & High Camps:**

**Everest Expedition (North)**, northeast ridge route, begins from with the trek to the Rongbuk Glacier accessible from Tingri by jeep to Chinese Base camp (5,180m), which is located on a gravel plain just below the glacier.

There is an intermediate Middle Camp before reaching the Advance Base Camp. To reach Middle Camp climbers ascend the medial moraine of the east Rongbuk Glacier up to the base of Changtse (6,100 m).

The Advanced Base Camp (6500m) is situated below the North Col and there are 3 camps above before final summit push. The route is in a way more technical because there is more exposed rock and the weather is much more severe than on Nepalese side as it is exposed to winds all the time.

Camp 1 is located on the North Col, where climbers face long and monotonous ascend of the glacier to the foot of the Col. Fixed ropes are used to reach the North Col (7,010m). From the North Col, there is ascending along the rocky north ridge to Camp 2 (7,775m).

From Camp 2 the route crosses the North Face in a diagonal climb to the base of the Yellow Band reaching the site of Camp 3 (8,230m). Camp 3 the last camp from where the final summit push is staged.

There are three famous Steps after camp 3. There is a treacherous traverse from the base of the First Step (8,500 m) to the crux of the climb, the Second Step (8,580 m). This includes a climbing aid called the "Chinese ladder", a metal ladder placed semi-permanently in 1975 by a party of Chinese climbers and used by virtually all climbers on the route. The Third Step is inconsequential (8,690 m) followed by a snow slope of 50 degrees and the final summit ridge to the summit pyramid. For more information and more trip you can visit [THIS WEBSITE](#). For more information and any inquiry, please [CONTACT US](#).

## Outline Itinerary

- **Day 01** :Arrival in Kathmandu airport and transfer to hotel (1350m).
- **Day 02** :Prepare Tibet visa & Expedition briefing
- **Day 03** :Prepare expedition
- **Day 04** :Drive Zhangmu – lodge
- **Day 05** : Drive to Naylam – lodge
- **Day 06** :Rest Day for Acclimatized – lodge
- **Day 07** :Drive to Tingri – lodge
- **Day 08** :Rest Day for Acclimatized – lodge
- **Day 09** :Drive Chinese Base Camp – camping
- **Day 10** :Chinese Base Camp 5400m – camping
- **Day 11** :Chinese Base Camp – camping
- **Day 12** :Chinese Base Camp to Middle camp – camping
- **Day 13** :Middle Camp – ABC of Everest 6400meter – camping
- **Day 14-54: Climbing Period of Mount Everest Summit (8848 meters) :**
- **Day 55** :ABC - Base Camp – camping

- **Day 56** :Drive to Zhangmu – lodge
- **Day 57** :Drive Zhangmu to Kathmandu – lodge
- **Day 58** : Rest and leisure day and shopping in Kathmandu, farewell dinner and celebration.
- **Day 59** :Final Departure to the Airport

**Notes:**

- **All above trekking hours and distances are approximate and it's absolutely for general ideas only.**
- **The above data is a guide and standard layout of what we give. Our trek can be customized at your request to suit your particular necessities**
- **Your safety is our supreme concern while engaging with Snowy Dream World. Please note that your leader has the authority to adjust or cancel any part of the itinerary if it is estimated required due to safety issues. Every determination will be made to keep to the above itinerary; though, since this journey involves travelling in remote mountainous areas, we cannot assurance that we will not suffer from it. Weather conditions, health condition, unexpected natural disasters can all affect in the itinerary. The leader will try to ensure that the trip runs according to plan, but please be prepared for the happening if required.**