

Group size:	Group Joining	Max-Altitude:	8013 m
Destination:	Nepal	Fitness level:	Challenging
Arrival on:	Tribhuvan International Airport (TIA)	Departure from:	Tribhuvan International Airport (TIA)
Best Season:	Spring and Autumn		
Accommodation:	Hotel accommodation + Camping		

Trip Introduction

Shishapangma Expedition (8013m) also called **Gosainthān**, is the **fourteenth-highest mountain in the world** and, at 8,013 m, the lowest of the eight-thousanders. It was the last 8,000 meter peak to be climbed, due to its location entirely within Tibet and the restrictions on visits by foreigners to the region imposed by Tibetan and Chinese authorities.

According to the story, during a particular year a heavy snowfall killed most of the animals at pasture, and all that the people living near the mountain had to eat was the meat of the dead animals and the malt dregs left over from brewing beer, and so the mountain was named **Shisha Pangma (shisha sbangma)**, signifying “meat of dead animals and malty dregs”. The Sanskrit name of the mountain, **Gosainthan**, means “**place of the saint**” or “**Abode of God**”.

Shishapangma is one of the easier eight-thousanders to climb. The standard route ascends via the northwest face and northeast ridge and face (“Northern Route”), and boasts relatively easy access, with vehicle travel possible to base camp at 5,000 m.

SAFETY

Safety has always been SDWTE’s top priority and we strive to create the safest mountain experience possible. Our experienced team of guides and Sherpa focus on leading a fun and successful climb without compromising safety. By purposefully staffing this expedition with a low climber to guide ratio we maintain the highest high degree of personal service from SDWTE ‘s guides and Sherpa staff, increase our margin of safety on the mountain and improve your chances of success.

Our camps are stocked with comprehensive medical kits and we have two Gamow bags on the mountain throughout the expedition. Our guides and staff are highly trained in emergency mountain medicine and work to maintain our strict standards of safety. When problems arise on the mountain, away from medical facilities, the level of training and

experience SDWTE's guides have makes them some of the most sought after guides in the profession.

Careful planning and vigilant care are taken as we venture into high altitudes. Our well-planned use of climbing oxygen dramatically improves a climber's chance of success on **Shishapangma**. It is expected that first-time 8,000m climbers use bottled oxygen. Personal exceptions/considerations will be addressed individually with the guides. Oxygen equipment will be carried to high camp and worn on summit bid. All oxygen will be purchased prior to the expedition.

REQUIRED EXPERIENCE

Participants on our **Shishapangma Expedition** must have a solid understanding of mountaineering skills. We require that each team member have previous high altitude experience, Screening and final selection will be done on an individual basis after we have reviewed your climbing resume and our **Shishapangma** Guides have spoken with you directly. Climbers on this adventure will be expected to be confident, competent and ready to participate in this adventure of a lifetime.

As you prepare for your upcoming adventure please feel free to contact our office and speak directly to one of our experienced guides regarding equipment, conditioning, the route, or any other questions you may have about our programs

For more information please [CONTACT US](#).

Outline Itinerary

- **Day 01** :Arrival in Kathmandu airport, meet our staff, transfer to Hotel.
- **Day 02** : In Kathmandu for Tibet visa procedure
- **Day 03** :In Kathmandu for Tibet visa procedure & official briefing.
- **Day 04** :Fly to Lhasa, meet our staff & transfer to Hotel.
- **Day 05** :Sightseeing: Drepung, Sera and Norbu Lingka monasteries.
- **Day 06** :Sightseeing in Lhasa, Potala Palace, Jokhang and Barkhor market.
- **Day 07** :Lhasa – Shigatse 3940m. by drive and transfer to Hotel.
- **Day 08** :Shigatse – Shegar 4050m. by drive then transfer to Hotel.
- **Day 09** :Drive to Shishapangma Base Camp 4700m. Tented Camp.
- **Day 10-11 Day for acclimatization.** :
- **Day 12** :Trek to Advance Base Camp 5,600m. Tented Camp
- **Day 13** :Preparation day for climbing period.
- **Day 14 – 34: Climbing Period Shishapangma 8,035m.** :
- **Day 35** :Base Camp Cleaning and preparation. Tented.
- **Day 36** :Trek back to Base Camp.

- **Day 37** :Drive to Nyalam (3750m). Overnight in Guest House.
- **Day 38** :Drive to Kodari & to Kathmandu then transfer to Hotel.
- **Day 39** :Free day in Kathmandu.
- **Day 40** :Last minute, transfer to airport for onward journey.

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 of 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.