

Mt Everest Expedition Itinerary

> DAY 1 ARRIVE IN KATHMANDU, NEPAL

Your adventure begins here. An Everest One representative will collect you from the airport. It's a free day to recover from your international flight. We can also use this time to arrange local money exchange, pick up a phone card or grab any supplies.

Later in the evening, there will be a group briefing, full gear check and welcome group dinner.

> DAY 2 EXPLORE KATHMANDU

This is a free day for you to either explore the crazy, yet wondrously beautiful city of Kathmandu or attend to final packing, gear preparation or purchasing any additional equipment or gear you may require. We provide you with a duffel bag for your trekking gear and an additional bag for your climbing gear which will be sent ahead to Everest Base Camp.

> DAY 3 FLY TO LUKLA AND TREK MONJO

Our trip begins with an early morning flight to Lukla that takes approximately 30 minutes. The flights travels over endless rolling hills covered with green terraces. Once in Lukla, we have a short break to organise porters and gear before starting our first day's walk, descending and ascending to Monjo. We pass green villages and colourful maniwalls as we follow the Dudh Kosi River upstream. This region is Buddhist so remember to walk clockwise or to the left of Maniwalls and prayer poles. Monjo is an apple farming village situated near the base of the hill up to Namche. [Trekking Time 5 Hours >> Height 2840m](#)

> DAY 4 TREK FROM MONJO TO NAMCHE

Before leaving Monjo, we'll drop into the Khumbu National Park Information Centre where you can trace our trail from a 3D model of the region. The route crosses several steel suspension bridges covered with katas, white well-wishing scarves and prayer flags. From the last bridge, it's a 2-3 hour hike up to Namche. On a clear day, you can catch your first view of Everest from a lookout about mid-way up the hill. Once in Namche, you have the afternoon to rest, do souvenir shopping or relax and take in the view. [Trekking Time 5 Hours >> Height 3440m](#)

> DAY 5 ACCLIMATISATION DAY IN NAMCHE

We spend an extra day in Namche before trekking higher to allow our bodies to adjust to the lower levels of oxygen in the air. In the morning, we will walk up to the village of Khunde, passing through the Government Yak farm, where you will have panoramic view of Everest, Ama dablam and Thamserku. It's just a taster for the spectacular scenery to come! After lunch in one of our favourite teahouse, we descend back to Namche. The afternoon is free for wandering around Namche, emailing friends/family or relaxing over coffee and cakes in the bakery. [Height 3440m](#)

> DAY 6 TREK FROM NAMCHE TO PHORTSE

The trail behind Namche is a gentle track that traverses high above the Imja River overlooking views of Thamserku and Ama dablam. We pass a chorten in memory of Tenzing Norgay, Sir Edmund Hillary's climbing partner, before reaching Kyangjuma to break for morning tea. We split from the regular traffic of trekkers heading to Everest Base Camp by taking the higher road up to Mong for lunch enroute to Phortse.

Many villagers still depend on potato and buckwheat farming here, but Phortse is also known for producing many climbing Sherpas to supplement incomes. Since 2003, the Khumbu Climbing Centre which operates in Phortse has trained many keen young men and women. Every winter, renowned international climbers and local guides work together to run climbing courses. The partnership has not only increased climbing enthusiasm amongst locals, but has also improved general climbing safety. Afternoon to rest and relax.

[Trekking Time 5 Hours >> Height 3810m](#)

> DAY 7 TREK FROM PHORTSE TO PANGBOCHE

Heading out of Phortse you will see Cho Oyu, the sixth highest mountain in the world up the Ngozumba glacier leading to Gokyo lakes. The trail to Pangboche can be a more of a challenging day traversing with views of Tengboche monastery just across the valley. Pangboche is the highest permanent settlement with the oldest monastery in the Khumbu. The scenery from here to Lobuche is dominated by Ama dablam (6856m), one of the most picturesque mountains in the Khumbu, that is technically demanding to climb. [Trekking Time 3.5 Hours >> Height 3930m](#)

> DAY 8 TREK FROM PANGBOCHE TO DINGBOCHE

As we hike up the track towards Dingboche, there's a distinct change in the landscape as we cross the 4000m barrier. High altitude scrubs replace trees and formidable mountains suddenly appear within reach. You feel instantly that Everest must be close! Dingboche is the first of a series of settlements leading to Everest Base Camp established to accommodate trekkers. It is a seasonal village with a few fields and yaks. Play a game of snooker and do some much needed laundry. There are a few bakeries you can try too.

[Trekking Time 4 Hours >> Height 4410m](#)

> Mt Everest Expedition: Itinerary

Climbing Lobuche East is the ideal mountain to refresh your skills, acclimatise and avoid an extra trip through the Khumbu Icefall

> **DAY 9** **ACCLIMATISATION IN DINGBOCHE**

We take a rest day in Dingboche to acclimatise. In the morning, we'll trek to the summit of Nangkartshang Peak (5083m) to acclimatise. It's a steep, winding climb but we take it slow and the views of Makalu (8463m), Lhotse (8501m), Nuptse (7861m) and on clear days, Cho Oyu (8201m) and Shispangma (8013m) are worth any feelings of breathlessness. After lunch you can rest and visit one of the local bakeries or just chill out.

Trekking Time 5 hours - Height 4410m

> **DAY 10** **TREK FROM DINGBOCHE TO LOBUCHE**

Just above Dingboche and along a plateau of yak herder shelters, we enter a serene sanctuary of panoramic mountains. Take a moment to absorb the feelings of excitement that Everest is just around the corner! Passing Dughla, it's a one hour hike up to Thokla pass (4830m) where memorials have been built for fallen climbers. We then cross rocky terrain to Lobuche for the night. **Trekking Time 5 Hours >> Height 4910m**

> **DAY 11** **TREK LOBUCHE TO EVEREST BASE CAMP**

The journey to EBC from Lobuche is a relatively gentle ascent of rocky terrain that follows across and along the Khumbu glacier, and passes through Gorak Shep. This pile of rocks sitting at the foot of the infamous Khumbu Icefall in Spring will become your home for more than a month as we prepare to climb Everest. We will spend 2 nights at the Everest One camp, settling in and setting up your home, which will include your own stand-alone box tent, complete with thick mattress, power, carpeted floor, heated dining tent, commercial kitchen and bakery.

Trekking Time 6 Hours >> Height 5364m

> **DAY 12** **REST DAY IN EVEREST BASE CAMP**

This is a day to fully explore EBC or just rest. It is also a good time to unpack, set up your new home, and prepare your equipment for the acclimatisation climb of Lobuche East, which we undertake early in the expedition.

This climb will position you well, with the chance to climb above 6000m and also reduces an additional rotation through the Khumbu Icefall.

We'll venture into lower reaches of the Khumbu Icefall and understand why this is one of the most dangerous sections on the South route to Everest.

In Everest Base Camp - Height 5364m

> **DAY 13** **TREK EBC TO LOBUCHE HIGH CAMP**

Today we head back down the valley where the views of Pumori (7165m), and Nuptse (7861m) and clearly visible. However, Everest and Lhotse are largely blocked by the face of Nuptse. We continue our descent to the village of Lobuche (4900m) for lunch, before commencing our trek up to Lobuche East High Camp (5400m).

After crossing the grassy meadow to the foot of Lobuche Peak, we ascend steeply on a rocky trail, reaching our camp where you will have a box tent, mattress, basic dining and simple kitchen. We may even attempt to climb a little higher, if the conditions are suitable, providing us with a private camp, and also a shorter summit push the next day. Climbing higher is beneficial but obviously the conditions will be more basic as we will be sleeping in expedition tents. Do not miss the stunning sunset view from high camp.

Trekking Time 5 Hours >> Height 4910m

> **DAY 14** **IN LOBUCHE HIGH CAMP**

Today we will enjoy the views, have a leisurely breakfast, before we commence our preparation of our climb of Lobuche East (6119m), an important phase of our acclimatisation. Afterwards, we will start attending to our final equipment checks.

We will spend the afternoon doing some basic training, focusing on glacial travel, crampon and rope skills and checking equipment.

We will get an early night in to rest ourselves for our early morning summit bid.

Height - 5400 - 5700m

> **DAY 15** **CLIMB HIGH CAMP TO LOBUCHE EAST SUMMIT**

Summit day begins with an alpine start at 1am - 4am for breakfast and gear preparation before our summit climb. We leave camp after eating and walk up the ridge for approx. 500m to a face.

Climbing on fixed lines up the 45 degrees snow wall, we then reach the ridge proper. We follow the ridge around seracs (snow/ice climb) to the 1st or false summit.

From here, we drop our packs and climb the final short section to the summit where we take in the spectacular views down into the Khumbu Icefall, with Everest, Makalu, Lhotse, Nuptse and Ama Dablam dominating the skyline.

After spending valuable time on top, we descent back to High Camp for a well deserved rest.

> **DAY 16** **CONTINGENCY DAY**

> Mt Everest Expedition: 58 days

Mt Everest Climbing Summary

Note:

The following is a guide only and can change throughout the expedition.

Your daily schedule will be carefully and strategically planned by your Expedition Manager and Expedition Leader, and will be subject to the conditions on the mountain.

Our itinerary incorporates a number of contingency days, to allow for weather and your personal health.

We aim to conduct the rotations up on the mountain as a group. As you will have your own expert Sherpa guide, and in the event you are not feeling well, you will have the flexibility to move up the mountain at a time that works for you, subject to the conditions, without feeling pressured.

> DAY 17-22 EVEREST BASE CAMP

After trekking back up from Lobuche, we will spend the next period resting and preparing our equipment in Base Camp along with our Puja (Buddhist blessing).

We will focus on eating well, hydration, quality sleep and rest.

We will also commence our training program over a number of days, using an ice-wall in the lower reaches of the Khumbu Icefall, where we will hone our skills on crossing ladders, basic rope skills, ice-climbing, use of crampons, and being comfortable with our equipment including using the Jumar and rappelling device whilst wearing our gloves/mitts.

It is vitally important that you are competent and familiar with the use your gear and equipment during the climb.

> DAY 23-51 CLIMBING PERIOD

As we have trained and also completed our acclimatisation climb of Lobuche East, the next month or so will involve commencing our rotations up on the mountain, mixed with periods of rest.

During this time, we will slowly make our way up to the higher camps on the mountain, whilst gaining strength, confidence and acclimatising for the final summit bid.

This will involve 1-2 rotations, each time gaining extra altitude. Once we have reached Camp 3, at around 7300m, we will descend and rest in Base Camp, monitoring the conditions before moving back up when the weather window is ideal.

There are a number of contingency days built into this phase of the program, allowing us to schedule our movements according to the conditions.

> DAY 52 REST DAY AND PACK

A deserved rest in Everest Base Camp to recover from the summit climb before we begin packing up our home away from home.

Note: *In the event that we require further time on the mountain for the climb, there is an option to stay longer, and return to Lukla or Kathmandu via helicopter.*

Climbers can also opt for the use of a helicopter in lieu of trek back to Lukla.

This add-on is a personal choice for the climber and involves an additional cost.

> DAY 53 - 55

TREK FROM EBC TO LUKLA (OPTION FOR HELICOPTER TRANSFER)

Today, we commence the long trek back to Lukla, spending nights in Pheriche, Namche then Lukla.

> DAY 56-57 FLY FROM LUKLA TO KATHMANDU

Today, we fly back to the hustle and bustle of Kathmandu, where we will transfer to our comfortable hotel.

This is a great opportunity to relax and reflect on your efforts during the expedition.

Taking in a massage, a hot shower, and a final meal with a few drinks is a fantastic way to cap off what has been an extraordinary adventure.

> DAY 58 DEPART KATHMANDU

Time to depart crazy Kathmandu returning to friends and family back home.



> Mt Everest Expedition: Climbing Summary