

EVEREST EXPEDITIONS



Mount Everest Expeditions is still the ultimate climbing journey. To stand at the highpoint of the planet is one of life's most gratifying experiences. As pioneers of guided ascents on Everest, Mountain Sherpa Trekking & Expeditions is recognized as the leading guiding service with a superb reputation for allowing members of our expeditions to accomplish summit ambitions.

Mount Everest Expedition is certainly a lifetime opportunity. Nevertheless, these expeditions face many hindrances such as high altitude, severe weather conditions and avalanches. One must be well skilled before really trying Everest Expeditions. You need to get your body prepared for the 8,848-meter ascent to Everest's summit. Depending on your current level of fitness, you need to train for many months before you start your climb. A climber must build his/her cardiovascular strength along with muscular strength; oxygen level drops by 60-70 percent from sea level. Also make sure you can carry big bag packs to top, as you will be carrying cylinder of oxygen and large bag packs along with you. One must acclimatize with weather circumstances and be prepared for rock falls, avalanches.

Learning rescue techniques would be added advantages. So, try on these magnificent peaks is an enormous undertaking which requires a huge amount of dedication and determination. As we are dedicated and local expert Sherpa team, we provides all the kinds of logistic services by using our vast experiences, dedication, care and guidance development programs, we work to influence the lives of prospective climbers and adventure seekers in a way that brings about lasting changes, by creating the opportunity for them to have a lifetime experiences and accomplish formidable goals. We are committed to guiding every individual on an incredible adventure and to equipping the Everest expedition south side with the ingredients mandatory to achieve its ultimate goals.

Activity Levels:  **Tough +**
Tough +
Duration: 61 days

AT A GLANCE

ITINERARY

Day 01:: Arrival to Kathmandu & Transfer to the Hotel (1,400m)

Day 02:: Rest day in Kathmandu, Preparation and briefing about expedition with expert sherpa guide

Day 03:: Early morning Fly from Kathmandu to Lukla and trek to Phakding (2,800m)

Day 04:: Trek from Phakding to Namche Bazaar (3,440m)

Day 05:: Hike to Everest View hotel, Khunde Village & return to Namche- approx 5 hrs Lodge [B/L/D]

Day 06:: Trek to Tengboche(3,870m/12,694ft)-Approx 4 hrs Lodge [B/L/D]

Day 07:: Trek to Dingboche (4,360 m/14,300ft)-Approx 4 hrs Lodge [B/L/D]

Day 08:: Hike to Nagarjuna Peak back to Dingboche 4,360 m/14,300ft - Approx 5 hrs Lodge [B/L/D]

Day 09:: Trek to Lobuche (4940 m/16,207 ft) - Apporx 4 hrs Lodge [B/L/D]

Day 10:: Trek from Lobuche to Everest Base Camp (5,364m)

Day 11:: Day 11 - Day 54: Climbing Period [Base Camp - Everest Summit (8,848m) - Base Camp

Day 55:: Cleaning Up Base Camp

Day 56:: Trek back to Pheriche 4280m approx 6/7 hrs Lodge [B/L/D]

Day 57:: Trek from Pheriche to Namche Bazaar (3,440m/11,280 ft): 20km, 6 - 7 hours

Day 58:: Trek to Lukla [2840 M/ 9,318ft] - Apporx 5 hrs Lodge [B/L/D]

Day 59:: Fly to Kathmandu & Transfer to hotel, relax after Long Trip Hotel [B/B]

Day 60:: Reserve day (In case of flight cancellation due to Bad Weather) Hotel [B/B]

Day 61:: Drive to the Airport to fly back to Home