

## Everest North Col and Lhakpa Ri 7045m

- **Ascend to the North Col of Everest 7020m**
- **Climb Lhakpa Ri 7045m the most climbable 7000m Peak in the world**
- **Visit the Historic City of Lhasa**



### **Expedition Overview**

The North Col of Everest is steeped in the history of the early attempts to climb Everest by George Mallory and his team. This expedition provides a real opportunity for the strong walker with limited climbing experience, competent in snow, to venture high onto Everest alongside our summit team. The North Col takes you far beyond the normal base camp trek to where you will have the most spectacular views of Everest and its North Face. You will be just one vertical mile directly below Everest's inspiring windswept summit. Lhakpa Ri, although tough on the lungs, is arguably one of the most climbable 7000m peaks in the world, whilst giving the most awesome views of the mighty Everest. This exciting expedition will ideally suit those who have climbed, for example, Kilimanjaro, Elbrus or Mera Peak and provides a far better chance of success than, say, attaining the summit of Aconcagua. The summit provides tremendous views of Makalu, Cho Oyu, Shishapangma, Lhotse and, of course, Everest and the enormous North face.

## Why Book with Adventure Peaks?

- Adventure Peaks has been organising successful expeditions to Tibet (Everest North Ridge, North Col, Lhakpa Ri and Cho Oyu) for nearly 20 years, making us the most experienced and valued British company operating in Tibet. There are those who scaremonger about Tibet giving indications that permits or visas won't be available, this is a total nonsense. We are aware of the delicate visa process for entering the area and have been successfully sending teams twice yearly without issue for over a decade
- North Col and Lhakpa Ri included
- Lhasa visit included
- British Expedition Leader
- Porters and Yaks to carry loads
- 5 days set aside for summit attempts
- Prices include all permits



## Expedition Overview

At Base Camp you will have the chance to meet and share stories with the summit team, get to know them and become part of the expedition. During the acclimatisation period you will have time to go back and visit the famous Rongbuk Monastery before your yaks arrive to accompany you to Advance Base Camp.

During this journey up the East Rongbuk Glacier, you pass many huge ice pinnacles that will allow you to appreciate how close you are to the world's highest mountain. Fully acclimatised, your ascent will continue up the steep North Col to 7020m using fixed ropes. Here you can savour the views up the famous North Ridge and along to the summit that Mallory and Irving shared so many years ago.

Lhakpa Ri is climbed in one day from ABC and its summit provides spectacular uninterrupted views of some great

8000m peaks including: Cho Oyu, Shishapangma, Lhotse, Makalu and Everest.

## Recommended Previous Experience

The technical difficulty of these climbs is not high, but they are physically demanding with long days and sections with a lot of exposure. The trip is ideally suited to fit mountaineers competent in the use of crampons and ice axe arrest, who may want to use the trip to gain experience with the idea of going on to higher peaks in the future. To move efficiently and enjoyably we recommend that you have experience of Alpine PD+ routes or an ability to climb Scottish grade I winter routes, and previous experience of altitude to at least 4800m. Fixed lines are in place on parts of the North Col route and on Lhakpa Ri you will be moving together roped up. A week long Scottish Winter Mountaineering Course would prove useful as a precursor for the less experienced.

## Journey through Tibet to BC

For the journey into Base Camp it is essential that you keep any views about 'Free Tibet' to yourself. It is a very sensitive issue to the Chinese and will likely result in expulsion from Tibet and China for the whole team. The hotels we use are determined by the Chinese authorities, but are of a high quality similar to Western standards. In Lhasa it's possible to find Western type restaurants, but in the smaller towns the meals tend to be traditional Chinese style, which is more basic than what you might find in the UK, yet still plentiful; you are likely to learn how to use chop sticks, but this is all part of why we travel. Once at BC we are in full control of our eating and sleeping arrangements. Bottled water is available throughout the journey to base camp.

## Adventure Travel – Accuracy of Itinerary

Although it is our intention to operate this itinerary as printed, it may be necessary to make some changes as a result of flight schedules, climatic conditions, limitations of infrastructure or other operational factors. As a consequence, the order or location of overnight stops and the duration of the day may vary from those outlined. You should be aware that some events are beyond our control and we would ask for your patience and understanding.

## Outline Itinerary

**Day 1-2** Fly to Chengdu, transfer to hotel and collect permit.

### Day 3: Chengdu to Lhasa 3600m

After collecting our permit we fly to the Tibetan capital of Lhasa (3600m), where we land at Gonggar airport. The drive from the airport to our hotel in Lhasa takes around 1.5 hours.

### Day 4: Lhasa 3600m

In the morning we can enjoy the sights of Lhasa whilst our bodies begin the slow process of acclimatisation, we'll visit the impressive Potala Palace and Jokhang Monastery.

### Day 5: Lhasa to Gyantse 3950m

Today we start our journey towards base camp crossing the many high passes of Tibet to further aid our acclimatisation and ensures we arrive at BC in good health. Kampala La (High Pass) at 4990m offers superb views of the turquoise lake Yamdrok Tso. Karo La takes us to our high point 5010m of the day before reaching Gyantse (3900m) for our overnight stay. Gyantse lies on the old trade route between Sikkim (India) and Tibet, the route originally taken by George Mallory used to reach Mount Everest in 1921

### Day 6: Gyantse 3950m–Xigatse 3900m

The following day, we'll drive to Xigatse, the second most important city of Tibet, where we'll visit the Thashilumpo temple and the fortress Samzhuzê, built in 1363, and is the oldest building in Xigatse and the residence of the Panchen Lama. Hotel

#### **Day 7: Xigatse–Xegar 4350m**

Our high point today will be 5520m as we cross the Lhakpa La, from where you can see Makalu and Everest!. Hostel accommodation.

#### **Day 8: Xegar–Base camp 5200m**

We leave the main road and head toward the famous village of Rongbuk, The new road makes the journey much more pleasant than the dirt road we used to take in days gone by, but the scenery is still as spectacular. Finally the awesome north face of Everest appears. If time permits we stop and visit the Rongbuk Monastery from where we can see Everest in its full beauty. A further forty minutes driving will see our arrival at base camp.

**Day 9-13** Equipment sorting, training and acclimatisation walks/scramble up the local hills around base camp aiming for 6000m. Skills Training in the use of fixed lines.

**Day 14 Trek to Interim Camp 5800m.** Leaving base camp, Everest disappears behind 7500m Changste, initially a gentle flat walk before turning steeply up to the left through good rock scenery. Eventually, the valley reveals the amazing pinnacles of the East Rongbuk Glacier and the camp for the night. Yaks carry the equipment.

**Day 15 Trek to Advance Base Camp 6450m.** A short but hard day due to the altitude. More of Everest gradually appears and finally the North Col. Our comfortable Mess tent forms the centre of camp in full view of Everest, the North Col and the route ahead. You can share in and watch our team prepare for their summit attempts.

**Day 16 Rest Day** at ABC. Time to relax and enjoy the views with a good cup of tea and a little more skills instruction.



**Day 17 Acclimatisation day.** We walk up to the edge of the glacier or to the base of the North Col.

**Day 18 Climb to the North Col 7020m.** Initially moraine, then gentle glacial leads us to the foot of the North Col and onto the fixed lines. The entire route to the Col is fixed to give assistance and security to those moving up. Training will be given. The route is about 20-40 degrees, with some 60 degree sections. The views on the North Col are spectacular and so close to the summit, a truly emotional experience.

#### **Day 19 Rest day**

**Day 20 Ascent of Lhakpa Ri**-The route from base camp follows a lovely snow filled depression up its southwest face to gain the main ridge close to the Rapu La, a famous crossing point between Tibet and Nepal where you would get tremendous views of Makalu, Kanchenjunga and the Kangshung Face of Everest. We turn southwards up the final snow ridge to the summit of Lhakpa Ri and its spectacular uninterrupted views of Cho Oyu, Shishapangma, Lhotse and Everest (please note the ascent to the North Col and Lhakpa Ri may be done in a different order depending on weather or other operating reasons e.g. Sherpa availability).

**Day 21-24 Reserve summit/ascent days.**

**Day 25 Trek to Base Camp.**

**Day 26-27 Drive to Lhasa.**

**Day 28 Fly to Chengdu.**

**Day 29-30 In Chengdu** & return international flight. (occasionally the extension is extended to 33 days as a result of the Lhasa flights)

#### **DELAYS ARE POSSIBLE - PLEASE NOTE:**

Every effort will be made to keep to the above itinerary but as this is Adventure Travel in a remote mountain region, we cannot guarantee it. Bureaucracy, weather and road conditions, vehicle breakdowns and client health can all contribute to changes. You would be responsible for any extra night's accommodation or costs due to you finishing the trip early or to unavoidable delays. In the case of a long delay you may be required to change your International flight and additional costs may be incurred. All additional payments would need to be paid for whilst in-country (card payments accepted). It is important to understand that if getting your own flights you must ensure they are alterable and refundable.

#### **Base Camp & Resources**

We have established a comfortable and spacious well-resourced base camp set up over the years allowing you to relax and build up strength whilst not high on the mountain. Facilities include

- Carpeted Mess tent, high backed chairs, heaters, DVD player & flat screen TV.
- At Base camp we provide Individual tents and at ABC 2 people to a 3 person tent.
- Good communication facilities that include satellite telephones, e-mail and broad band access via a satellite hub and VHF base Radio sets
- Charging facilities for your electronic devices
- Hot showers on demand
- The Base Camp and ABC food is excellent and designed to stimulate your appetite and keep you going despite frequent altitude induced loss of appetite. Breakfast normally includes porridge and cereal followed by eggs (fried, boiled poached or

omelettes!), bacon and either bread or chapattis with jam, honey, peanut butter etc. Lunch starts with juice followed by a hot meal which may include some of the following: chips, rice, lentils, vegetables, salad, sandwiches, beans, tinned fish and tinned meat. Dessert is usually fresh or tinned fruit and tea. The evening meal always starts with soup accompanied by poppadums, popcorn or prawn crackers. The main meal varies from local style – Dal Bhat (rice and lentils with an onion and vegetable sauce), yak stew, momos etc. to western style – yak burgers, chips, pasta, even pizza! Desserts are equally appealing and include apple pie, cake, custard etc. You will not be hungry!

### Medical Cover

All our expedition leaders are trained in first aid and have a good knowledge of high altitude problems. The expedition will be equipped with:

- A well-stocked medical kit to deal with mountaineering ailments
- A portable hyperbaric chamber (Gamow bag)
- Emergency Oxygen.
- 24 hour office support
- 24 hour access to medical doctor helpline.

### Altitude

You should already be familiar with the effects of altitude from your previous experience. However if you are new to mountaineering at extreme altitude you may still have concerns about the effects of altitude. Don't worry, our itinerary allows sufficient time to acclimatise. The best way to avoid symptoms is to do everything slowly, walk at a steady pace and drink plenty of fluid. Should you be the exception, we can usually allow you to stay an extra night at a lower level and follow with one of our local guides/Sherpas.

### What to Carry

On the acclimatisation walks you should aim to carry a light day sack and this should contain 1-2L of water, waterproofs, a spare warm layer, camera, mini first aid kit, sun hat, sun cream, sunglasses, a warm hat and gloves. On the mountain

your rucksack will also contain crampons, ice axe, a few snacks and possibly a down jacket. A full expedition kit list will be sent to you when you book.

### Insurance

Insurance which covers mountain rescue, helicopter evacuation and medical expenses is essential.

### Tipping

Tipping is generally expected and part of everyday life. We generally tip our own local staff as a whole. Please see the Nepal Background sheet in your Welcome pack for more information.

### Baggage

The baggage allowance for international flights is usually around 23kg, however be aware the limit is 15kg on the Lhasa flight (any excess baggage is payable by the client). Boots and heavy clothing can be worn onto the flight. Equipment and town clothing can be left at the hotel in Kathmandu.

### Visas

Chinese visas need to be obtained in advance of the trip and require an invitation from our Chinese agent.

### Alternative Entry to Tibet

**At this current time we plan for the trip to enter Tibet via Chengdu, however Adventure Peaks may decide to change the team's entry point into Tibet. Other possibilities that might be available to us are: Kathmandu - Kerrung land border, Kathmandu – Lhasa flight & Kathmandu Friendship Bridge land border.**

**Please wait until you have confirmation about which entry point we are using before arranging your flights.**

### Adventure Peaks Participation Statement

Adventure Peaks recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement

Day	Today we...	We stay at...	Accommodation...	Meals...
1-2	Fly- Arrive Kathmandu	Plane/ Chengdu	Plane/Hotel	
3	Fly to Lhasa	Lhasa 3600m	Hotel	
4	Sightseeing in Lhasa	Lhasa 3600m	Hotel	
5	Lhasa to Gyantse 3950m	Gyantse 3950m	Hotel/Guesthouse	
6	Gyantse to Xigatse 3900m	Xigatse 3900m	Hotel/Guesthouse	
7	Xigatse to Xegar 4350m	Xegar 4350m	Hotel/Guesthouse	
8	Xegar to Base Camp 5200m	Base Camp 5200m	Camp	BLD
9	Acclimatisation to 6000m	Base Camp 5200m	Camp	BLD
10-14	Trek to Interim Camp	Intermediate Camp (5800m)	Camp	BLD
15	Trek to ABC	ABC 6450m	Camp	BLD
16	Rest & Acclimatisation	ABC 6450m	Camp	BLD
17	Acclimatisation Walk	ABC 6450m	Camp	BLD
18	Climb to North Col	ABC 7020m	Camp	B
19	Rest Day	ABC 6450m	Camp	BLD
20	Climb Lhakpa Ri	ABC 7045m	Camp	BLD
21-24	Reserve Summit Days	ABC 7045m	Camp	BLD
25	Trek to BC	Base Camp (5200m)	Camp	BLD
26-27	Drive to Lhasa	Lhasa	Hotel/Hostel	
29	Fly to Chengdu	Chengdu	Hotel	
29-30	International Flight	Home	Plane	