WHY CLimb EVEREST WITH ADVENTURE PEAKS

Pre Expedition Support - We have a dedicated team of experienced staff available seven days per week throughout the year to answer questions and address concerns. During expeditions alongside our office team we have a 24 hour emergency contact service available to family and friends. Our Web news provides regular updates of our expeditions. For those able to attend we offer our unique monthly training weekends in the UK to enable clients to meet and train together under our expert guidance and to gain ongoing advice.

Success and Client Selection – We have been organizing successful Everest expeditions for almost 20 years with an average success rate close to 80%. We do our utmost to put together a strong team of proficient, experienced climbers to aid your success. We don’t just take anyone, though we are happy to provide less experienced climbers with training programs to get them ready for future years.
Financial Protection – Everest is an expensive undertaking Adventure Peaks provides financial protection for your funds through ATOL Bonding. Through our years of experience we know what in country providers to work with and when to transfer funds, this allows us to provide you with the best possible protection.

Medical Support – Our leaders have Direct access to a 24hr UK medical support centre, for advice on any medical ailments or emergency during your expedition.

Local operator or British registered company, what makes us different?

Everest comes with its potential dangers, it is important that you have confidence in the team that will prepare, and support you in your quest, and have the infrastructure in place to support or deal with any emergency. Your safety is paramount when choosing an operator, Adventure Peaks credentials include:

- Financial security ATOL Bonded, UK address with an actual building you can visit
- British registered company that can be found listed in ‘Companies House’
- A well-established UK company with almost 20 years of experience on Everest and the world’s highest mountains
- Liability Insurance. You are booking with terms and conditions that are governed by, English Law and the courts of England alone
- Risk assessments/adherence to Western Standards
- Excellent safety record
- British & Western Leaders who totally understand western standards. English is spoken as our First Language and all briefings will be in English
- Our leader manages just one team and climbs with the team
- Small groups compared to many operators for more safety and higher chances of success
- Our leaders are First Aid Trained to European Standards v Nepali
- Direct access to 24hr UK medical support centre, for advice on any medical ailments or emergency during your expedition this is available for our leaders and clients to access.
- A paid for weather service from a western provider that examines multiple weather forecast models, not a general online provider. Our system provides actual weather charts that allow us to get a better understanding of the risks. Updates are sent during each day of the summit period direct to our leaders. In contrast www.mountainweather.com provides a basic service and is used by many low cost local operators.
- Latest satellite communication systems for e-mail, internet and voice messages/calls
- Pre Expedition Skills training or advice is given to ensure you arrive with the appropriate skills and mental toughness. Skills can be refreshed on the mountain but we do not aim to provide training on the mountain.
- Quality mountain equipment by known brands that is not an inferior copy
- Regular Adventure Peaks Sherpa Team who support our British leaders
- Adventure Peaks is very clear about what we provide and we do not (or hopefully do not) use ambiguous wording that makes a world of difference.
Which side North or South Ridge?
The North side of Everest has seen many more summits than the South in recent years and success overall is now very equal with less accidents or deaths on the North Side.

It is important to keep an open mind whilst comparing an ascent from either side of the mountain after all there is still only one way up and down the Hillary Step (if it still exists!) There is no way to control or change the unpredictable falling ice blocks in the Khumbu Ice fall, few years have passed without a death in this part of the route and 2014 & 2015 showed the extremes of this. People talk of overcrowding on the notorious second step of the North Ridge, this is now history since an improved ladder was put in place back in 2006 making it quick in ascent and descent combined with fewer people climbing from the North side to create queueing. The South ridge has become renowned for its queues and well publicized photos of people snaking up towards the summit. Climbing Everest will always be popular and have its inherent dangers; the summary below should help you compare the North and South Route

North
- Objectively the safer ascent route
- The last camp is higher (8300m) resulting in a shorter summit day
- Cheaper due to a lower permit prices in Tibet
- Longer exposure to wind and cold during ascent
- A little more technically challenging
- Longer time spent above 8000m

South
- Technically the easier, but slightly longer ascent, more sheltered from the wind
- The base camp is a similar height but you can lose height easily if you prefer during rest times at base camp
- Ice fall and avalanche hazards in the Khumbu icefall and on the Lhotse face
- High camp is at 7900m, resulting in a longer and more strenuous summit day
- Overall ascent from the base camp to Camp 2 is physically more demanding, due to the icefall, but a shorter distance.

What Adventure Peaks price includes:
- International Flight to Kathmandu, for flight inclusive bookings only
- British English-speaking Expedition Leader for the duration of the expedition
- 3 nights hotel in Kathmandu in a twin room (surcharge for a single room)
- All transfers including transport from Kathmandu – Everest BC – Kathmandu and all in private vehicles
- Full board for the duration of the trip (except in Kathmandu where only breakfast is provided to allow you the choice of restaurants for lunch and dinner)
- Overland baggage transport to the base camp and back (25kg per participant)
- single tent and mat provided at base camp
- 1 tent for two clients at ABC and mats provided
• High camp equipment (Marmot tents Mountain Hardwear or similar, Stoves, gas, food)
• Climbing Sherpa (1:1 ratio client to Sherpa)
• Oxygen package provided by Summit Oxygen with a rental mask, nasal cannular & regulator and 14 bottles per participant
• High altitude generator
• Insurance and equipment for the Nepalese staff
• Emergency oxygen
• First Aid supplies & high-altitude emergency medicine, gammo bag, stretcher.
• Kitchen Team
• A comfortable, carpeted, heated mess tent, shower tent etc. at the base camp
• Satellite communication (Tablet with Wifi access, solar battery charger)
• VHF Radio for each participant and Sherpa
• High powered base set for BC and ABC with 3 metre antenna
• All fees & permits
• Paid for weather reports

What the price does not include:
• Personal insurance
• Cost of using WIFI, satellite phones, emails
• Visa for Nepal (South Ridge) & China (for the North Ridge)
• Personal medication
• Alcoholic drinks
• Tips
• Personal mountain and climbing equipment
• Summit bonus for Sherpa

Leadership & Support Team

Our British Leaders come with a wealth of experience in Expeditions and Extreme Altitude experience, they will have previously climbed on Everest and many have multiple completed ascents

Leadership
Our British Expedition leaders are dedicated high altitude mountaineers with many years of experience in both leading expeditions to extreme altitude and making calculated judgements. They will have climbed a number of 8000m peaks and many have completed multiple ascents of Everest. On Everest, we provide a UK Expedition Leader on 1:6 the leader climbs with you as part of the team; he/she is supported by our dedicated team of climbing Sherpa’s. For teams of more than 6 people we will also provide an assistant UK guide. We believe this gives you the best combination of western leadership combined with Sherpa strength and is classed as a professionally led expedition. We don’t have a big team directed by one person from BC/ABC and is totally different to a Nepali Base Camp that provides basic BC services and a free for all on the mountain

Sherpa Support standard is 1:1 Sherpa
Our standard Sherpa support is on a ratio of 1:1 which allows us to move and install all group equipment, tents, stoves, fuel, food and oxygen in readiness for your arrival at each camp. You would only be required to carry your own personal gear between camps and up to high camp (sleeping bag, clothing etc). You would of course also need to carry the oxygen bottle you would be using whilst moving between Camps. On Summit day each Sherpa would accompany one client and you would carry your current oxygen plus one spare 2 x 3.6kg (approx. 7.2kg)

**Guided / Non-Guided / Professional Led/ Western-guided / Sherpa-guided - What does it mean as this is perhaps the most vital question to your success and safety**

**What is a Sherpa** – in the past, they were from a narrow band of Nepali people living high up in the Khumbu mountainous areas close to Everest (Panboche, etc etc). Today the word Sherpa is being abused by many Nepali City dwellers that now call themselves Sherpa Guides but don’t have the experience of the original Sherpa people or that of an experienced British or Western Leaders. You may have engaged a Nepali but dig down and their experience or ability may not add up. You can check out credentials on the ‘Himalayan Register’ but ensure you have a copy of their ID/Passport to match up names as there are many, many ‘Purba Sherpas’ or Mingma Sherpas for example. A 1:1 or 1:2 Sherpa ratio may not actually transpire and when you are on the mountain it is too late. The Adventure Peaks Sherpa team is a dedicated team who have worked with us for many years and we already hold their personal ID. We are proud to have such a group of Sherpa’s working for us who are among the best paid and best equipped on the mountain

Our Sherpa team are supported by an equally good team of cooks who have been well provided for in terms of facilities and training to maintain high levels of hygiene and care.

Nepal has around two hundred registered Trekking & Climbing Companies but there are over 2000 unregistered Nepali operators, many individuals. It is a growing issue for customers who book over the Internet. Stock Photographs are used indiscriminately to advertise; indeed we have found a number of our own photographs on foreign websites!

**Experience and Security comes at a cost**: In contrast Adventure Peaks is a UK registered company with 19 years of experience that provides financial bonding. It has organised hundreds of expeditions worldwide. You can visit us at our ‘bricks and mortar’ store and office in Ambleside, the centre of the English Lake District and the home of British Mountaineering. We are not just an individual; we have a dedicated office support team with 4 Everest Summiteers Dave Pritt, Stuart Peacock, Carrie Gibson and Chris Mothersdale who are there to answer your pre departure questions and to give support to our leaders and your family and friends back home during your ascent. They have organised and led expeditions to many 8000m Peaks including Everest, K2, Broad Peak, Cho Oyu and Manaslu.

**Base Camp & Resources**

We have established a comfortable and spacious well-resourced base camp set up over the years allowing you a warm environment to relax, read, watch a film, work on the computer, make a phone call, socialize and build up strength whilst not high on the mountain. Facilities include

- Carpeted Mess tent, high backed chairs, heaters, DVD player & flat screen TV.
- Personal sleeping tents that you can stand up in.
- Good communication facilities that include satellite telephones, e-mail and broadband access via a BGAN and VHF base Radio sets
- Charging facilities for your electronic devices
- Hot Showers on demand

On the mountain we use high quality tents (Terra Nova, Mountain Hardware, Marmot) on the basis of 2 people to a 3 person tent, highly efficient MSR reactor stoves and quality high altitude food rations. We don’t compromise on equipment it is supplied in sufficient quantity to allow our full team to make a summit bid at the same time. We don’t need to allocate summit slots to different team members!

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:
- 24hr UK medical support centre for advice on any medical ailments or emergency during your expedition for our leaders and clients to access a well-stocked medical kit to deal with mountaineering ailments
- A portable hyperbaric chamber (Gamow bag)
- Stretcher
- Emergency oxygen,
- Emergency Communication on the mountain and at Base Camp (Radios, satellite phones and e-mail)

Weather Forecasts
We pay directly to a weather forecasting service to provide our team with regular weather reports to our communications equipment in base camp and our leaders are able to obtain direct updates after leaving BC on the actual summit bid. All weather reports are also monitored and recorded by our expedition’s logistics staff in the UK to provide additional support and advice. Less established companies can rarely match this level of support.

Communication Equipment
Adventure Peaks provides the latest satellite communication systems for e-mail, internet and voice messages/calls
- Satellite communication (WIFI access, laptop, solar battery charger)
- VHF Radio for each participant and Sherpa
- High powered base set for BC and ABC with 3 metre antennae

Food
Food is very important on a long trip to ensure you retain your strength and health for the duration of the expedition. Once we arrive at Base Camp we have our own team of Nepali cooks and kitchen staff who have worked for Adventure Peaks on a regular basis. Their cooking is outstanding and menus are a good mix between local and European food; they bake fresh bread and cakes on a daily basis, obtain fresh fruit, vegetables and meat to add to the supplies brought in from Kathmandu and the UK. Snack food for the hill will be plentiful and consist of such things as: chocolate, cereal bars, dried fruit, nuts, cheese and salami (you help yourself from tubs). Cooked food higher on the hill will be a combination of boil in the
bag meals or freeze dry, soup and snacks. However if you prefer you can bring from home 4kg of additional high altitude lunch snacks that you know you can eat up high, when many people’s appetite is lowered. For special interest and to keep the taste buds going we ask that each member brings a small ‘luxury’ item of desire to share at some point with the rest of the group.

Oxygen:

Good Oxygen supplies have always been important for a successful and safe ascent and this is now even more important as the numbers of climbers have increase on the Southside of Everest. Nepal unfortunately suffers from many teams/climbers attempting the climb with minimal support and on minimum oxygen (oxygen being one of the greatest expenses beyond the permit)

We provide the very best oxygen system available and we don’t act as guinea pigs for new developments; we wait until year two before updating our equipment to avoid the potential for technical issues. Currently we use Summit Oxygen Masks and Regulators and either Poisk or Summit Oxygen cylinders We provide 20% extra oxygen for emergency use. All equipment is professionally serviced each season. In Base Camp all cylinders are rechecked in conjunction with our clients to ensure no leakage has occurred and all clients are allocated their own personal mask and regulator (no sharing) for the expedition allowing them to train and become familiar with their system from a very early stage. We provide nasal cannula’s with pulse does system for sleeping on.

The following is seen as a minimum for the SE Ridge.

We supply as standard 14 x 4 litre cylinders which are used in the following way

Movement to Top Camp
We start early at the bottom of the Lhotse face (6800m) climbing to camp 3 on one 4 litre cylinder weighing around 3.6kg and to rest on at Camp 3 (7300m)
One cylinder for use between Camp 3 (7300m) and the South Col (7900m) which you would also use to rest on at the top camp. One additional bottle in case of delay

Summit Day
Four x 4 litre cylinders weighing around 14kg when full (but our Sherpas preposition supplies in advance of summit bids to reduce load carrying). We use oxygen on a general flow of 4 litres per minute, decreasing it to 2 litres/minute during resting or delays), your Sherpa will assist. In total this would give around 16 hrs. The summit day would tend to be 12-16 hours roundtrip. Reserves (2) are stash in case of additional delays and for emergency use only.

Sherpas and Emergency (5)

A number of clients choose to take an extra cylinder to sleep on as part of their acclimatisation at Camp3 before the summit bid. This will provide a much more comfortable night sleep at this stage in the acclimatisation programme. The additional cost per cylinder would be £500 which is inclusive of uplift to top camp and NOT just the cylinders.

IMPORTANT – prepositioning oxygen is an important provision that is very costly to achieve and is not provided by low cost/unsupported expeditions as they are unlikely to have the manpower to deliver.
Insurance
Insurance which covers mountain rescue, helicopter evacuation and medical expenses is essential. We will require a copy of your insurance prior to departure. Cancellation insurance is recommended from the time of booking.

Visa and Permits
UK citizens and most EU nationals can get the Nepal Visas on arrival all other nationals should check with their local embassy

Our Cost
We put in place a high level of logistical support and staffing. We don’t cut corners. Our goal is to conduct the very best program that we can, at a fair price
If you are to understand the differing costs for Everest you must understand the provisions given as it does affect the price. Ultimately we are all in the business to make money but margins do vary, ours is modest and we provide a high level of logistics at a medium cost
BUT to get a true picture you must compare things very carefully and look at the ways things have been written

It is unlikely we will be beaten on inclusions JUST hidden detail. Adventure Peaks is very clear about what we provide and do not (or hopefully do not) use ambiguous wording that makes a world of difference

• Are you guaranteed not to have to carry any equipment or oxygen up and down to high camp be careful of phrases such as “our Sherpa’s will try to carry the oxygen” or “we try not to ask you to carry heavy group equipment such as tents, rope, fuel, food, etc.”

• “we provide adequate Sherpa support” – what does this mean? It gives flexibility to the provider to cut costs as they are not fixed into an exact ratio. Adventure Peaks ratio is 1:1 climber Sherpas to clients.

• “Oxygen is included “or ”Adequate oxygen” or “we provided sufficient oxygen for a second attempt” all sounds good but without stating the actual number you can’t compare. Adventure Peaks states it provides 9 x 4 litre bottles as standard plus 20% for emergency use (+1) plus Sherpa oxygen (2 per Sherpa+20%). In total this equates to 14 x 4 litre bottles per client.

• Adventure Peaks costs are clearly stated and you can easily add up the total cost you would be paying.

What Experience do I need?
You will need a depth of experience that includes technical mountaineering skills combined with a resilience to the elements and a strong mental toughness. This can only be gained through experience and we strongly suggest you have previous high altitude experience to at least 7000m on a quality glaciated peak. We have a training programme available for anyone to request
OUTLINE ITINERARY
This is a suggested ideal itinerary, changes may well be necessary according to weather, client fitness and rate of acclimatisation as well as difficulties with transportation. A number of rest days are programmed and these are an important part of our structured acclimatisation programme.

The Approach Trek

KEY to inclusions  (H-hotel, T-teahouse, B-breakfast, L-lunch, D-dinner/evening meal)

Day 1: International Flight.

Day 2: Arrive Kathmandu usually early evening. Transfer to hotel close to the famous, bustling Thamel district of Kathmandu. Generally we spend two days in Kathmandu completing final preparation and gear checks before taking our flight to Lukla. (H,B)

Day 3: Morning briefing after which the rest of the day is free for you to enjoy the wonders of Kathmandu. Sightseeing tours can be arranged and would include visiting the temples of Bodnath, Swayambhunath (The Monkey Temple), Pashupatinath and Durbar Square. Simply wandering around the huge array of shops, markets, cafes, bars and restaurants in Thamel is a fascinating experience. (H,B)

Day 4: Early in the morning we transfer to the airport for a spectacular and breathtaking flight to the Sherpa village of Lukla (2800m). After lunch we can do the short walk along the typically stony path that descends from the forested terraces of Lukla. This takes us right into the Dudh Kosi (‘river of milk’) valley and the brightly painted lodges of Phakding (2610m). From here there are stunning views of Kusum Kanguru’s North Face (6367m). Along the trail are mani stone walls, brightly decorated with coloured paints. Buddhists hold these sacred and you must, as a sign of respect, pass these in a clockwise direction (T,B,L,D).

Day 5: Phakding to Namche Bazaar (3440m). We trek into the Sherpa capital and heart of the Khumbu. You will now be becoming familiar with local protocol for passing chortens, mani stones, yaks, spinning prayer wheels etc and enjoying the hustle and bustle of trekking and everyday life that exists on the ‘Everest Trail’. At Monjo we enter Sagarmartha National Park and can visit the small visitor centre there. Here the track starts to rise up the famous Namche Hill, the first big ascent and time to drop down a gear and take a slow and steady pace. 4-5 hrs duration. (T,B,L,D).

Day 6: Acclimatisation/Rest Day in Namche Bazaar. It is important to have a couple of nights and a rest day in Namche before proceeding any higher. You can spend the day taking short walks up to Thami or Khumjung, visiting the Everest, Ama Dablam and Pumori viewpoints or just relaxing and exploring the narrow streets of this busy Sherpa capital. (T,B,L,D).

Day 7: Namche Bazaar to Debouche (3800m). Heading north east up the side of the Dudh Kosi, we climb steeply out of Namche where the mountain views start to open up and
become more dramatic, with superb views of Everest, Lhotse, and Nuptse. We will also have the opportunity to visit the monastery at Tengboche. 5-6 hrs duration. (T,B,L,D).

**Day 8:** Debouche to Dingboche (4358m). A good day walking through beautiful rhododendron trees that gradually takes us back to the river and into Pangboche, a great viewpoint for Ama Dablam. On leaving the village we turn up the Imja valley to reach the lovely and picturesque village of Dingboche. 6-7hrs duration. (T,B,L,D).

**Day 9:** Acclimatisation/Rest day at Dingboche. An acclimatisation day spent absorbing the views around camp and relaxing. Optional short trek to Chhukung (4730m) were we will be rewarded of views of Island Peak and Baruntse. (T,B,L,D).

**Day 10:** Dingboche to Lobuche: (4,930m) Today we reach the extensive and overwhelming Khumbu glacier and trek up alongside it to reach the small village of Lobuche. (T,B,L,D).

**Day 11-12** Acclimatisation ascent of Lobuche 6119m – to reduce the time spent later in the Kumbu Icefall

**Day 13:** Lobuche to Gorak Shep (5160m) A 3-4 hour walk next to the Khumbu Glacier brings us to the crossing of the Changri Glacier to Gorak Shep. You are welcome to take a classic evening ascent of Kalar Patar (5554m) to catch the classic sunset view of Everest. (T,B,L,D).

**Day 14:** Everest Base Camp Trek (5340m) up to the historical Everest Base Camp (T,B,L,D).

**BASE CAMP**

The time spent at base camp is important both for acclimatisation and preparations. You will be given training in the use of Oxygen, Gammo Bag and HAPE/HACE, Communication Equipment and movement on fixed lines.

Our base camp set up is very comfortable; it’s not a matter of over comfort you sometimes hear about in the press but a vital part of our provision. If you are rested and can recoup then you will be stronger for your summit bid. So smile please when you enter our heated mess tent, laugh when you watch a DVD on TV and enjoy the opportunity to speak or e-mail family and friends on our broadband satellite connection. We also have a power shower to maintain friendships! When it comes to food we have our master cook for the last eight years, who always has a warming smile and can produce some of the best food on the mountain.
We establish four camps on the mountain and provide two rotations to acclimatise

Having spent a couple of days in BC organising and undergoing training/refresher on fixed ropes and how to use ladders, we are ready for our first rotation:

**Day 15-17** time spent at BC acclimatising and preparing for the climb through the icefall. Important training sessions on fixed lines, ladders, oxygen, use of radios and emergency procedures

**Camp 1** Top of the Khumbu Icefall (6,000m/19,685ft). You will already be acclimatised having climbed to over 6000m on Lobuche, spent time at BC with short ascents to the base of the icefall to enable you to make your first climb through the icefall in
reasonable quick time. Being efficient through the icefall reduces the time you are subjected to the objective dangers that are unavoidable on this section of the climb. Overnight.

Apart from its height, Everest’s other most recognised feature is from pictures of climbers teetering across ladders perched between giant blocks of ice in the ‘Khumbu Icefall’. Each year there is one route fixed through the famous ‘Khumbu Ice fall’. Many companies claim to know the best way through when in fact there is no real choice and thanks should be given to the dedicated Icefall Doctors a team of Sherpas who do this dangerous job and make life easier and safer for all those who follow. The danger comes because the ice is constantly moving and the giant blocks can collapse without warning, so speed of movement and timing is the best deterrent. We set off early before the sun rises and gradually make progress over successive sorties in which we gain vital acclimatisation and speed until the full journey can be made in the cool of the day to camp I and our entry to the Western Cwm. Camp I should be seen as a staging post used to reach camp II.

Camp 2 Advanced Base Camp (6400m /21,000ft) – move up to the comforts of ABC, our well-established camp is almost a mirror image of B and a comfortable place to relax for the days ahead.

The Western Cwm is an impressive corridor of a magnitude unimaginable. Walled in by Everest’s West Ridge on the left and Nuptse on the right, it is an unforgettable and at times an incredibly hot journey that takes you into the upper Cwm and our Advanced Base Camp (Camp II) below the West Ridge.

Over the following days we take acclimatisation walks out to the base of the impressive Lhotse Face taking in one two pitches of the ascent as preparation for our return.
Rotation 2

Camp 3  **Halfway up Lhotse Face (7300-7500m/24,500ft)** – After a rest day (or two), we head out for our second rotation to reach camp 3 halfway up the Lhotse face at around 7300m.

**The Lhotse Face** provides some of the steepest and most impressive climbing that is again ascended with the use of fixed with lines. Our camp III, like all others, will be cut into the face to create platforms for an airy and photographic existence but spending a night (or two) here is also an essential part of our acclimatisation. During our stay we take a further short acclimatisation climb up the ropes from camp III before returning to base camp and down to Dingboche (or lower) for a final rest before the summit attempt starts.
To the Summit - Once a final decision is made to move (based on the weather forecast) we head back up to Camp 3 with the use of oxygen, overnight and then with down suit continue up the steep Lhotse face towards camp IV. A short traverse at 7500m brings us to the start of the infamous Yellow Band, a Limestone rock band. Ascending over the Yellow band will then bring us to the start of the Geneva Spur, a rocky scramble that eventually leads to the South Col and camp IV. Few days will provide more adrenalin and spectacular views; you will now have the sense of being unbelievably high, on the edge of the “death zone”, looking down on the great peaks of Pumori and Lingtren framed by Nuptse and Everest. It’s now time to rest, relax, eat and re-hydrate before our final summit push starts at around 10.00pm. Head torches breaking the darkness we climb to the Balcony (8500m/27,900ft) gain the South Summit and the first glimpses of the Hillary step will appear in the early dawn light. The Hillary Step, a near vertical climb of 12m is ascended on fixed lines and is the last obstacle to negotiate before the final summit slopes and the roof of the world!

We hope to be on the summit early in the morning giving an ample safety margin for the descent to the South Col. A further night is spent at camp 2 before we finally reach base camp.

Avoiding the Crowds = So what is the answer we have all seen the photos! One, go to the North Side via Tibet where there are fewer climbers. If you want the classic South Ridge we do our best like many teams to mitigate against the queues and the crowds BUT the weather can hold the upper hand squeezing the number of options for summit days. We do our best to monitor what other teams are doing to pick the best traffic day. Decisions made we start our move constantly monitoring the numbers. Being efficient at the start of the day can help (but remember many teams are also looking to get ahead) ultimately it is our leaders decision if the path ahead looks congested we may delay and wait it out (unlike many we have spare oxygen for you to rest on and maintain strength). We have spare oxygen pre-loaded on the south summit in case of delays and to reduce the possibilities of running out if delayed BUT
most importantly you must accept the safety call of our leader and descend if progress is too slow!

**Expedition Background**

Adventure Peaks has been organising expeditions to Everest for 19 years making us one of the most experienced and valued British company operating on Everest.

Along with other summiteers, we achieved the first British ascent of the millennium and the first Dutch ascent of the North Ridge. In 2003 we were successful in rescuing one of our clients from 8600m who had suffered a broken leg. Please read the full story on our website. That client returned to the mountain with us in 2006 and made a successful ascent. In 2004 our whole expedition was filmed by BBC 2 for the production ‘The Challenge’. This followed the progress of their client through his training in Scotland, the Alps, Aconcagua and then Everest. In 2005 we were successful in putting the youngest British person on the summit at the age of 21; in doing this he also became the youngest male in the world to complete the Seven Summits. In 2006 we put two even younger climbers on the summit at just 19 years old, along with 10 other climbers. In 2007 we put 12 climbers on the summit, including Ian McKeever who broke the world speed record for the Seven Summits in 156 days. In 2008, no permits were issued on the North Side because of the Olympic Games, so we moved our team to the South and had a successful summit bid. In 2009, back on the North Side, we put 13 people on the summit. In 2010 we had further success with 11 people on the summit and Stu Peacock, our operations manager, became the first Briton to summit the North Ridge route three times. In 2011 we put 8 climbers on the summit and broke even more records. Geordie Stewart became the youngest person to complete the True 7 Summits, aged 22, at least for a couple of hours until George Atkinson summited and became, not only the youngest Briton to summit Everest, but the youngest person to summit the True 7 Summits at the age of 16. We also helped Jaysen Arumugum become the first Mauritian to summit Everest. In 2012 our success continued and again in 2013 we achieved 80% success. Our 2014 expedition reached the summit from the North on 25th May, unaffected by the sad events of the South Col route. In 2106 we returned, and all team members successfully left high camp at 8400m with a final summit success rate of 70%, two clients turned around just a few hundred meters from the summit. In 2017 we were one of the first teams to summit and 7 climbers out of 8 (87%) climbers stood on top of the world once again. In 2018 again 80% success.

The expedition is a professionally-led expedition for experienced mountaineers who want to work as part of a team to tackle Mt Everest. Our leader/s and Sherpa team will endeavour (and always have) to go to the top with you, however you should have enough experience to move on fixed lines between camps as part of a group with the support of our leaders and Sherpa support team.

The most successful climbers tend to be those who have previously been successful on climbs to 7000 or above, are technically capable and have a good level of fitness. Ideal peaks include: Annapurna IV, Peak Lenin, Satopanth, Khan Tengri, Baruntse, Himlung Himal and
Korzhenevskaya which are all glaciated peaks with some technical difficulties. Aconcagua provides the opportunity to gain experience of altitude, but it does not provide appropriate preparation on its own, you would need to show you have a depth of previous experience that demonstrates good technical skills (e.g Alpine climbing to AD+/D. or snow and ice climbing

**Preparation and Awareness weekends in the Lake District**

**Am I ready for Everest or what do I need to do first?**

If your ambition is to climb Everest whether it be next year or in 3 years’ time, these Everest preparation weekends have been developed to help you. You may have already climbed to 7000m or perhaps you are at the earlier stages and just touched the summit of Mont Blanc at 4809m weekend. Ultimately, we want you to leave with a full training and a preparation plan. The weekend will be run by Stuart Peacock or/and Dave Pritt with other supporting staff where necessary.

To attend you should have a high level of cardiovascular fitness, be able to carry loads of at least 15kg (uphill for at least 5-6 hrs) over 2-3 days and be able to use crampons and ice axe. If not, please attend one of our regular Weekend Training meets or Aconcagua Training Weekends and we will assist you to in the earlier stages of your preparations.

- Remote Camping skills
- Use of Stoves and high-Altitude food
- Use of Ladders to cross Crevasse (simulating the Khumbu Ice Fall)
- Use of Oxygen (try it on!)
- Mock-up of the Ladder system on Second Step on the North Side of Everest
- Use of Fixed Lines & Ladders
- Abseiling
- Equipment Required (Try on a variety of Suits and Triple Boots and get to know the pros and cons before purchasing) The Expedition Shop at Adventure Peaks is the only UK store to stock all sizes and have them available immediately. Likewise, Rucksacks, gloves, sleeping bags we have the best range in the UK or worldwide!!
- Glacial Travel and Crevasse Rescue (Techniques will be simulated over rock)
- Medical Advice re Altitude Related illnesses
- Aerobic and Technical Training programmes provided

There are things that can be put in place to make life a little easier, for example employing a 1:1 guide, Sherpas to assist you at camp with making meals and preparing drinks, to encourage you when the going gets tough and stay with you all the way to the summit and back. However, if you haven’t put the training in beforehand, then all of this will be a waste.
Although you may have experienced what it is like at altitude on your previous trips, the extra 1000m or 4000m to the summit of Everest is exponentially harder, both mentally and physically.

We can’t recreate the effects of altitude in the hills around the UK, but imagine climbing Scafell Pike, or Snowdon, on a foul day dropping back down to the valley and then going back up a second or third time. It’s this sort of mental toughness that you need to have. The ability to keep going when the going gets tough.

OK, so you are not there yet, so sign up now, get training and become prepared. Unsure? Got lots of questions or hesitations then join one of our Everest familiarisation weekends in the Lake District and we will help you develop a full training programme.

**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.

**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.