



Expeditions

Everest – South Col Route – 8848m

- **The highest mountain in the world**
- **South Col Route from Nepal**



EXPEDITION OVERVIEW

Join Adventure Peaks on their twelfth Mt Everest Expedition to the world's highest mountain at 8848m (29,035ft). Our experience is amongst the best in the world, combined with a very high success rate. An ultimate objective in many climbers' minds, the allure of the world's highest summit provides a most compelling and challenging adventure. Where there is a will, we aim to provide a way.

Director of Adventure Peaks Dave Pritt, an Everest summiteer, has a decade of experience on Everest and he is supported by Stu Peacock, a regular and very talented high altitude mountaineer who has led successful expeditions to both sides of Everest as well as becoming the first Brit to summit Everest three times on the North Side.

The expedition is a professionally-led, non-guided expedition. We say non-guided because our leader and Sherpa team working with you will not be able to protect your every move and you must therefore be prepared to move between camps unsupervised. You will have an experienced leader who has previous experience of climbing at extreme high altitude together with the support of our very experienced Sherpa team, thus increasing your chance of success.

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.

Adventure Peaks has developed an outstanding reputation and provides an excellent service at a cost effective price.

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 finally 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 we guided to the world speed record for the 'Seven Summits' in 156 days! In 2011 we helped Geordie Stewart age 22, to become the youngest person to complete the Seven Summits, retaining the title for one hour before George Atkinson summited Everest at 16 years of age, also with Adventure Peaks! This also gave him the world record for the youngest Brit ever to summit Everest.

Adventure Peaks prides itself on its success on both sides of Everest.

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. 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

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(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: 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 12: 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! Finally when it comes to food we have Ganu, 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.



THE CLIMB

We establish four camps on the mountain:

- Camp 1 Top of the Khumbu Icefall (6,000m/19,685ft)
- Camp 2 Advanced Base Camp (6400m /21,000ft)
- Camp 3 Half way up Lhotse Face (7300-7500m/24,500ft)
- Camp 4 South Col (7,900m/26,000ft)

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.



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.



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 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, overnight and then with oxygen and down suit continue up the steep Lhotse face towards camp IV. A short traverse towards Lhotse brings us to the start of the infamous Yellow Band, a Limestone rock band at 7500m.

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.



PREVIOUS EXPERIENCE

The most successful climbers tend to be those who have previously been successful on climbs to 7000m or above, are technically capable and have a good level of fitness. Everest is an enormous undertaking with many obstacles but we believe our experience and infra structure matched with your enthusiasm can help you achieve your dream. If you are unsure or wish to be provided with a preparation program, please give us a ring to discuss the options. Adventure Peaks has a great success rate in helping people develop the appropriate skills and experience.

All past members of our expeditions (successful or not) have been extremely pleased with the organisation and services provided and particularly liked the team philosophy we established. Many return for other expeditions including Broad Peak and K2 etc. Quality, enjoyment and success are our aim. You are also welcome to train with us and other members of the team through our monthly meets.

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WEATHER FORECAST

We get regular weather forecasts direct to our laptop at base camp, which can be relayed up the mountain and further ones as a back up to our Satellite phone.

COMMUNICATIONS

We take this extremely seriously and issue every member and Sherpa with a handheld VHF radio, supported by high powered base sets at BC and Advanced BC. Base Camp is equipped with a Laptop and a High speed Satellite connection.

WHAT IS INCLUDED

All permits, charges, importation taxes and levies payable to the Nepal in connection with the expedition. All hotel and other accommodation up to and including two nights accommodation on our return to Kathmandu. All tents, ropes and other communal equipment necessary for the climb. Medical safety equipment and supplies. Communication equipment (**each** member will have a radio on the hill), satellite telephone and e-mail facilities, website, weather forecasts. All food, fuel and cooking equipment. All trucks, jeeps, yaks, base camp workers. Base Camp and Advance Base Camp services, cooks, cook boys, tents, seating etc. Climbing Sherpa support on the mountain at a ratio of 1:1. Oxygen (6*4ltrs) and Top Out Mask.

WHAT IS NOT INCLUDED

Air travel to Kathmandu. Personal climbing clothes and equipment. Personal insurance, visas and inoculations, food whilst the team is in Kathmandu. Importation taxes incurred by your personal equipment (e.g. satellite telephone and other high-tech equipment). Personal medical supplies and personal use of communication equipment. Sherpa Bonus. Any costs due to an expedition finishing early, you leaving the expeditions early or delays, including extra accommodation and helicopter flights if required.

If you require advice or guidance on the type of personal clothing and equipment you will require please do not hesitate to contact us. We can supply new equipment at a 15% discount off the RRP, or a hire service.



PRE-EXPEDITION MEETS

Meet your team on a monthly basis!

Unique to Adventure Peaks is our programme of monthly weekend training meets arranged throughout the year. All deposit paid members of Adventure Peaks are invited. The meetings are held at various mountain locations throughout Britain and provide the opportunity for group members to meet each other on a monthly basis, ask questions and train together. Pre-expedition meetings are not mandatory; however in the past they have proven to be worthwhile and valuable. Our international members are also invited and we encourage e-mail chat between all members. We encourage expedition re-unions to enable members and partners to share pictures, slides and memories.



WHAT TO CARRY

On the trek you should aim to carry a light rucksack containing 1-2L of water, waterproofs, a spare warm layer, camera, mini first aid kit, sun hat, sun cream, sun glasses and a warm hat and gloves. The rest of your gear can go in your kit bag to be carried by the yaks or porters. We suggest a 60-70L sac to enable you to carry your personal equipment up to the higher camps on the mountain. The Sherpas will establish & stock the camps as well as porter the oxygen to camp ready for the summit attempt.

CATERING ARRANGEMENTS

Base Camp food is excellent and designed to stimulate your appetite and keep you going despite frequent altitude induced loss of appetite. Breakfast includes porridge and cereal followed by eggs (fried, boiled, poached or omelettes) and bacon along with 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 (often with a healthy dose of garlic to aid acclimatisation) 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!

Snack food for the hill will be plentiful and consist of such things as: chocolate, cereal bars, jelly, dried fruit, nuts, cheese and salami (you help yourself from tubs, so there is no limit!). Cooked food higher on the hill will be a combination of boil in the bag, soup and supplemented by snacks. Most people experience some kind of appetite loss and we mainly aim to keep as hydrated as possible with fruit teas, soup and powdered fruit drinks.

For special interest and to keep the taste buds going we ask each member to bring a small 'luxury' item of desire to share at some point with the rest of the group.

THE SMALL PRINT - DELAYS

The itinerary of the trip may change slightly from that stated, depending on weather/flights/summit attempts, so please be flexible in your approach to the expedition. If for any reason you need to return to Kathmandu separate from the whole group, there will be costs incurred which you will need to pay. In this situation you should claim back any cost through your insurance policy. Please note, flights to and from Lukla can be delayed due to the weather, we may fly earlier or later than indicated in the dossier. Please be patient and bring a good book to read. If delayed our agent will try to secure alternative seats or obtain options on helicopters which can fly in less good weather. If the flights are delayed over night, accommodation can be provided on a B+B basis at an extra cost. If helicopter flights are utilised you will need to cover this cost inclusive of your leader's portion (variable cost depending on group size but approx: \$400 p/p in total each way). Where required we can re-book/change your International flights but additional costs may/will be incurred. All additional payments would need to be paid for in Kathmandu (card payments accepted). If you are unable to accept this, you may want to consider an alternative peak in a different region.

INSURANCE

Insurance which covers mountain rescue and medical expenses is **essential**. You should note there are no official mountain rescue services in Nepal and any evacuation in the event of a serious medical emergency to the nearest hospital will be by land or military helicopter. We will require a copy of your insurance prior to departure.

RESPONSIBLE TOURISM

We employ Nepalese Sherpas and cooks as well as a local cook boy who all work alongside our own group leader giving employment beyond farming. We will have our power shower setup at BC, but if you would like a bowl of hot water to wash in, then just ask the cook. Wet wipes also work really well as an alternative. We recommend you take items such as batteries back to Kathmandu for recycling.

ALTITUDE

You should already be familiar with the effects of altitude from your previous experience. However if you are new to extreme altitude you may still have concerns about the

effects. 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.

USEFUL TIPS

Just in case your main luggage goes missing en route, it is a good idea to wear your boots on the plane. Most other things can be replaced but comfortable, well worn-in boots are impossible to replace..

EQUIPMENT

A detailed equipment list is provided on booking. Specialist items such as sleeping bags and down jackets can be hired or purchased with 15% discount from our shop.

BAGGAGE

For your own comfort, travel light. For such a long trip it's amazing how quickly the weight adds up. We aim to arrange 30kg baggage allowance but this cannot always be guaranteed by the airline. Some items can be left at the hotel for your return. A suitable kit bag is provided but important items should also be packed in plastic bags. A 27-35litre day sac is needed to carry a fleece, rain gear, gloves, water bottle, camera and guidebook, for the acclimatisation walks.



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. Passports must be valid for at least six months after the end date of the trip.

LOCAL COSTS

Most meals are inclusive, please see the key above. Individuals are responsible for drinks and hotel meals throughout whilst in Kathmandu which gives the flexibility to choose where you eat. The following approximate costs (mid range) may vary:

Tea/coffee	£0.50	Beer	£2.00
Soft drink	£0.70	Local lunch	£5.00
3-course dinner	£10.00		

CURRENCY



Nepalese Rupee, UK Sterling, Euros and US Dollars can easily be changed in Kathmandu. ATM (cash machines) are available in Kathmandu but are often out of order.

TIPPING

Tipping is generally expected and part of everyday life. We tend to tip our own local staff as a whole and would recommend around \$400 with an additional summit bonus of \$350 per person if you reach the summit (total \$750), or a little more if you feel like it.

THE COST

We usually offer an early booking Discount – book at least ten months in advance and deduct £1000.

Mode of payment

The mode of payment below is suggested, however it may be possible through discussion to agree an alternative arrangement.

Deposit payable with booking	£1000
Interim Payment - (6 months before)	£1000
Interim payment – (4 months before)	£1000
Final payment – 10 weeks before departure	

Please note - deposit and interim payments are non-refundable, and you are advised therefore, to take out adequate cancellation insurance when you book.



Why Book with Adventure Peaks?

Our price is not the cheapest available but we are exceptionally competitive and provide a very high level of service for a little extra cost. Until you have been to these altitudes it is difficult to fully appreciate that extra value. We provide:

Strong Leadership and Support

The expedition will be lead by one of our regular leaders who have 8000m experience. They will be supported by our strong team of Sherpas, who have also been to the summit many times. Nuru our chief Sherpa has summited seven times!

Financial Security

Adventure Peaks is ATOL bonded giving you financial security and peace of mind, rather than perhaps sending funds to an unknown destination in a developing country.

Very strong communication equipment:

All members and Sherpas are given a radio for the duration of the expedition and we have quality base sets at BC and ABC. Satellite telephone backup. Satellite telephones at Base Camp and Advance Base Camp. You can take the phone to use in the privacy of your own tent. Essential for weather forecasts.

E-mail facilities

We receive our own weather forecast direct to our own e-mail on a regular basis and do not rely on a third party.

Quality Mountain Equipment

We use Terra Nova Tents which are made in Britain and have proven themselves to be superior to North Face. All our Sherpa staff are given the same tents. Good supply of stoves, shovels etc

Quality Base Camp & Advance Base Camp

We do not use agency tents and equipment and as a result we can guarantee the quality. Our Mess tents received limited damage in the storms of 2003 when 56 Mess tents from other teams were destroyed, see Everest News reports.

Same quality tents for storage and cooks

Toilet tents

Although the following may appear to be a luxury we have found they add to your overall comfort and relaxation allowing you to be physically more able at critical times. Only those who have been to these altitudes for long periods will fully appreciate the subtle differences. We have not added this to your expedition cost. The extra costs we absorb are for:

Sherpas

Weather and quality equipment.

BC Shower tent

Gas Heaters for your comfort

Comfortable seating

32" LCD TV & DVD

Laptop Computer

Staffing

We have good cooks and Sherpa staff who regularly work for us

We have a cook and cook assistant at both BC and ABC to ensure you are well looked after wherever you are.

At least 1 climbing Sherpa to every 1 client. This is a higher ratio than many other companies and allows for illness, accident or to give the resources needed to get logistics in place after a bad spell of weather etc.

Medical

We normally manage to have a Doctor on the team but this is not guaranteed.

Gammo Bag

Emergency equipment, spare oxygen, stretcher etc

Those Little Luxuries

Showers, mess tent heaters, high quality tents and comfortable seating don't add to the cost of your expedition but can add to your potential summit success. You will be more relaxed and rested which in turn allows you to retain your strength or regain it if you suffer a bout of illness.