



adventure  
peaks

# Expeditions

## Makalu 8485m



### EXPEDITION OVERVIEW

Makalu is the fifth highest mountain in the world and is considered one of the harder of the 8000m peaks. Its altitude, steep exposed sections and long summit day is a serious undertaking and requires careful preparation and a high level of fitness.

Situated just 20km South East of Everest, we climb the classic North Ridge via four camps utilising the support of our regular team of climbing Sherpas. The climbing route to camp 2 is relatively straight forward; the main technical obstacle being the route to camp 3. The ascent to the summit is long over challenging terrain, as well as being equally challenging on descent.

### 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.

The expedition is professionally-led for experienced mountaineers who want to work as part of a team to tackle the mountain. 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. You should have suitable experience to enable you to be relatively self-sufficient and willing to move between camps unsupervised but with the support of our leaders and Sherpa team on a 1:1 basis.

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## 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.

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

**Day 1:** International flights.

**Day 2:** Arrive Kathmandu, transfer to hotel, close to the famous, bustling Thamel district of Kathmandu. (H,B).

**Day 3:** Fly to Tumlingtar (518m) after which we take a 5 hour drive to Num(1490m) (C,L,D,B).

**Day 4:** Num - Sedua(1,460m)

The trail today descends steeply from Num through the terraced cornfields of Lumbang. The terrain is particularly rocky. From Lumbang we have tough steep climb to Sedua (5-6hrs). (C,B,L,D)

**Day 5:** Seuda - Tashi Gaon (2070m)

The trail today crosses gentle meadows and several streams, before climbing to the Sherpa village of Tashi Gaon, the last permanent settlement in the valley (5hrs). (C,B,L,D)

**Day 6:** Tashi Gaon - Kauma (3470m)

A very hard day trekking today as the trail ascends steeply. We walk through sparse forests, along a ridge and after a further rise descend into Kauma (6hrs). (C,B,L,D)

**Day 7:** Rest Day At Kauma (3470m)

Today is an acclimatisation day, although we would normally anticipate going for a short easy walk if people feel up to it. (C,B,L,D)

**Day 8:** Kauma - Mumbuk (3,570m)

The day starts with a steep climb, lessening as we make our way through some rhododendron forests, to the top of the ridge. From here you will have superb views of Chamlang (7,290 m), Peak 6 (6739 m) and Peak 7 (6105 m). From here we will descend through a pine and rhododendron forest to Mumbuk (5hrs). (C,B,L,D)

**Day 9:** Mumbuk - Neh Kharkha (3750m)

Today the trail descends a steep gully and streambed for about 500m. The trail is ill defined, rocky and muddy in places as it makes its way up the glacial valley. From here you should have nice views of Peak 6. Nhe Kharkha is located on a large open grassy plain at an elevation of 3000 m. where you will be rewarded with stunning mountain vistas (6hrs). (C,B,L,D)

**Day 10:** Neh Kharkha to Sherson (4615m)

Today the trail heads westward and leaves the rhododendron forests for alpine tundra. There are excellent views of Pyramid Peak (7168 m), Peak 4 (6720 m) etc.

Due to the limited places to stay along this part of the route it does mean there is a significant height increase today as Sherson is at 4615m. However our acclimatisation day at Kauma will help minimise the effects. (7hrs). (C,B,L,D)

**Day 11:** Sherson to Makalu Base Camp(5000m)

From Sherson it is a gradual climb to a minor pass about 100 m . From here you will have be greeted by the magnificent South face of Makalu. You will also be able to see the panorama of Everest and Lhotse (4-5hrs). (C,B,L,D)

**Day 12-15:** Explore Base camp and acclimatise ready for the move to ABC. (C,B,L,D)

**Day 16:** Move to ABC (5700m)

Located on a rocky outcrop the journey to ABC is along glacial moraine (7 hrs). (C,B,L,D).

**Day 17-45:** Climbing Period. (C,B,L,D)

**Day 46:** Descend to BC. (C,B,L,D)

**Advanced Base Camp to Camp 1 (6350m)** First time up to camp 1 will take around 5 hours, but as we progress through the trip this will get quicker as we acclimatise. The route to camp 1 crosses the glacier from our crampon point and then ascends a steep wall for 150m. Fixed lines will be used to protect the route. From the top of the wall it is not far, across easy terrain, to the camp. 5hrs

**Camp 1 to Camp 2 (6670m)**

The route to Camp 2 is not as steep as the route to Camp 1, but does wind its way around some big crevasses and glacial terrain. Once acclimatised to this height it's not unusual for people to move straight up from ABC, missing out Camp 1. (2 hrs from Camp 1 or 6 hrs from ABC when acclimatised).

**Camp 2 to Camp 3 (7400m)**

Camp 3 is situated on the Makalu La a windswept plateau which is very exposed to the elements. The route to Camp 3 is the most technical section of the route, climbing on mixed terrain. The going is hard and some clients may opt to use oxygen for the final section getting into camp.(7-8hrs)

**Camp 3 to Camp 4 (7600m)**

Crossing the Makalu La and avoiding the crevasses on the glacier we arrive at our small camp in a band of seracs, which offers some protections from any potential avalanches. Tent space is limited, so we will go 3 people to a tent here to save space for the short time we are here before our summit bid.

**Summit Day**

From our camp we make our way towards the French Couloir via an ice band, snow ramp and crevassed plateau. The Couloir, a 300m long mixed gully, is not steep, but at this altitude nothing is ever easy. Eventually the summit ridge comes into view. The towers on this ridge need to be negotiated carefully in order to reach the summit of

Makalu. The descent is arduous along the same way we came up, so you need to remain focused. Ideally we aim to descend to Camp 3 the same day.

**Day 47: Makalu BC to Neh Kharka**

We retrace our steps down the Barun Valley. (C,B,L,D).

**Day 48: Neh Kharka to Mumbuk. (C,B,L,D).**

**Day 49: Mumbuk to Kauma**

We trek across the Shipton La and descend to Kauma. (C,B,L,D).

**Day 50: Kauma to Tashi Gaon**

A long walk today to reach Tashi Gaon. (C,B,L,D).

**Day 51: Tashi Gaon to Pakuwa**

We walk through farming settlements to Rai village and then continue through forests to Pukuwa. (C,B,L,D).

**Day 52: Pakuwa to Bumlung**

Through forests and over rocky ridges we make our way to the Chhetri village of Bumlung. (C,B,L,D).

**Day 53: Bumlung to Tumlingtar**

Finally we make our way to Tumlingtar ready for our flight to Kathmandu the next day. (C,B,L,D).

**Day 54: Fly to Kathmandu.**

If you prefer you can depart late evening on your international flight (H,B).

**Day 55: Depart Kathmandu**

Alternatively depart in the morning to arrive home same day.

### **PREVIOUS EXPERIENCE/FITNESS**

You should be technically competent to Scottish grade II/III with previous high altitude experience up to 7000m or over. Summit success will require a high level of aerobic and mountain fitness. Climbing Makalu is extremely demanding both physically and mentally.

### **A TYPICAL CLIMBING DAY**

Starts around 7 a.m. getting breakfast and a brew ready. Most climbing days are between 6 – 8 hours (summit day 14-16 hrs) and will feel quite strenuous; this will get easier as time goes by with acclimatisation. The team should be able to move between camps without assistance, although the leader will aim to climb with you.

### **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. 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 3 & 4 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 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!

On the mountain we will aim to travel light and meals will mainly be boil in the bag style supplemented by soup, noodles, salami, cheese and chocolate as required. Most people experience some kind of appetite loss and we mainly aim to just keep as hydrated as possible with fruit teas, soup and powdered fruit drinks.

### **THE SMALL PRINT**

The itinerary of the trip may change slightly from that stated, depending on weather/conditions/summit attempts, so please be flexible in your approach to the expedition. We allow several extra days in the itinerary for bad weather. If you do summit or come back early you may incur extra charges including porter costs, extra accommodation and/or the cost to change international flights. If getting your own flights for this trip, make sure they are alterable and refundable, and only obtain them once the trip is viable (check with us if unsure).

All additional payments would need to be paid for in Nepal (card payments accepted). In this situation you should claim back any cost through your insurance policy.

### **RESPONSIBLE TOURISM**

We employ Nepalese Sherpas and cooks as well as a local cook-boys who all work alongside our own group leader giving employment beyond farming. We will have our power shower setup at ABC, 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 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 allow you to stay an extra night at a lower level and follow with one of our local guides.

## **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 more difficult to replace easily.

## **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. The usual baggage allowance is 25-30kg but this depends on the airline used. 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 30-35litre day sac is needed to carry a fleece, raingear, gloves, water bottle, camera and guidebook, for the acclimatisation walks.

## **LOCAL COSTS**

Most meals are inclusive, please see the key above. Individuals are responsible for drinks and hotel meals

throughout which gives the flexibility to choose where you eat. The following approximate costs (mid range) may vary:

## **CURRENCY**

Nepalese Rupee, UK Sterling, Euros and US Dollars can easily be changed in Kathmandu. ATM (cash machines) are available in Kathmandu, but don't solely rely on them.

## **TIPPING**

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



## WHY CLIMB AN 8000m PEAK 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 24hour 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 8000m expeditions for almost 20 years. 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. Read more later.

**Financial Protection** – 8000m peaks are an expensive undertaking, Adventure Peaks provide 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 Nepali operator or British registered company, what makes us different?**

**8000m Peaks come 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 8000m peaks 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/aversion to Western Standards
- 100% previous safety success
- 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.mountain-forecast.com](http://www.mountain-forecast.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 reviewed on the mountain but do not provide training on the mountain.
- Quality mountain equipment by known brands that is not an inferior copy
- Regular Adventure Peaks Sherpa Team who supports our British leaders

- **Adventure Peaks is very clear about what we provide, and we do not use ambiguous wording (or hopefully not) that makes a world of difference.**

#### **What Adventure Peaks price includes:**

- International Flight to Kthmandu, for flight inclusive bookings only
- British English speaking Expedition Leader for the duration of the expedition
- Hotels in Kathmandu on a twin room basis (surcharge for a single room)
- All transfers
- Overland transport to and from the airports in Katmandu and Tumlingtar.
- Single tent per person at base camp and mats provided
- Single tent per client at ABC and mats provided
- High camp equipment (Marmot tents, Mountain Hardwear or similar, Stoves, gas, food)
- Climbing Sherpa on 1:1 ratio
- Oxygen package with mask, regulator and 4 bottles per client (+ 3 for Sherpa/Emergency)
- Sherpa Oxygen
- Emergency oxygen (20% extra provided)
- First Aid supplies & high-altitude emergency medicine, gammo bag, stretcher.
- High altitude generator
- Insurance and equipment for the Nepalese staff
- Kitchen Team
- A comfortable, carpeted, heated mess tent, shower tent etc. at the base camp
- Satellite communication (WIFI access, laptop, solar battery charger)
- VHF Radio for each participant and Sherpa
- High powered base set for ABC with 3 metre antenna
- All fees & permits
- Paid for weather reports

#### **What the price does not include:**

- Lunches and Dinners whilst in Kathmandu
- Personal insurance
- Cost of using WIFI
- Visa for Nepal
- Alcoholic and soft drinks
- Tips (approx. \$500)
- Personal mountain and climbing equipment
- Fees for satellite phones, emails
- Summit bonus for Sherpa (approx. \$1000)

## **Leadership & Support Team**

**Our British Leaders come with a wealth of experience in Expeditions and Extreme Altitude experience, they will have previously climbed an 8000m peak and many have completed multiple 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 Makalu, we provide a UK Expedition Leader on a 1:8 basis. 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 8 people we will also

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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 is 1:1**

Our standard Sherpa support is on a ratio of 1:1 they would climb with you as you move between camps from ABC to High Camp and then to the summit and back.

Your Sherpa would carry your oxygen, sleeping bag, down suite and food. You would need to carry the oxygen bottle you would be using whilst moving between Camp 3 and high camp (c7400m-7600m) or from lower down if you choose to start using oxygen early. On summit day you would carry the bottle you are breathing and one spare, your Sherpa would carry the others.

[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 Guide. 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 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 to find no-one is there to meet them on arrival. Stock Photographs are used indiscriminately to advertise; indeed we have found a number of our own photographs on foreign websites!



*Well equipped Sherpa Team with multiple 8000m Summits on a 1:1 basis*

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**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 3 Everest Summiteers Dave Pritt, Stuart Peacock and Carrie Gibson 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
- Good communication facilities that include satellite telephones, e-mail and broad band access via a ISAT Hub and VHF base Radio sets
- Charging facilities for your electronic devices
- Hot Showers



*Spacious Dome Mess tents*

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

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- 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 via our tablet, 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. We also suggest you 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. We also provide a 'goodies' barrel with items from the UK to keep your interest in food active!!

### **Oxygen:**

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 suggest the following as a minimum for Makalu.

[We supply as standard EIGHT x 4 litre cylinders which is used in the following way](#)

### ***Movement to Top Camp***

(1) 4 litre cylinder weighing around 3.5kg for use between camp 3 (7400m) and camp 4 (7800m) at a flow rate of 2ltr per minute. This will also be used to rest on at the top camp.

### ***Summit Day***

(No. 2-4) Three 4 litre cylinders on a general flow of 3 litres per minute. In total this would give a conservative 16 hrs, it usually lasts longer than this. The summit day would tend to be 14-16 hours.

A number of clients choose to take a 9<sup>th</sup> bottle to start on oxygen from below Camp 3. The additional cost per cylinder would be £350 which is inclusive of uplift to where you start using it and NOT just the cylinders

(No. 5-8) *2 x bottles for Sherpa and 2 x emergency oxygen.*

### **IMPORTANT – The small print**

Please note, 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. These might include helicopter or jeep transfer costs, extra accommodation and/or cost to change flight. Additional payments would need to be paid for in Kathmandu (card payments accepted). In this situation you may be able to claim back any cost through your insurance policy.

### **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 will need to obtain a Nepalese visa prior to departure, Adventure Peaks provides appropriate supporting paperwork. Passports must be valid for at least twelve months after the end date of the trip.

### **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 group 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
- ***“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 8 as previously described.
- 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