

EVEREST EXPEDITION 2023

50 DAYS REGULAR
PROGRAM

Start Date: 11 April 2023 Group
Size: 8 pax

US\$ 48,500

per person / tax inclusive

Valid: 28 Feb. 2023



Thamserku
expedition
www.thamserkuexpedition.com

THE HIGHLIGHTS



7 nights in Yeti Mountain Homes
Comfort lodge, 5 star Hotel in
Kathmandu Experienced personal
climbing Sherpa and extra Sherpa for
emergency in a group of 4

7 bottles of Poisk oxygen for
members and 4 for personal
Sherpa with summit mask and
regulator

Benefits of logistic arrangement at base
camp and rotations to Camp I, II, III &
IV Climbing on Khumbu Icefall and
experience walk on the ladder to cross
crevasses A steep climb on blue ice and
snow to Camp III

Steep climb and traverses on
Yellow band and rock band to
Camp IV

A climb to Balcony (8382m) The
South Summit (8747m) & The Hillary
Step (8778m) to the Everest Summit
(8848m)

Enjoy a luxurious 5 Star stay
while in Kathmandu at Gokarna
Forest Resort with spa and
swimming pool.



THE OVERVIEW

Mount Everest was first climbed by Sir Edmund Hillary and Tenzing Norgay Sherpa on 29 May 1953 from the South Col. Since then many expeditions have been carried out to Mount Everest from both Nepal and Tibet Side. Adding up to the records, the first ascent of Mount Everest (from Nepal Side) without oxygen was succeeded on 08.05.1978 by Peter Habeler and Reinhold Messner.

Mount Everest (8,848m), the greatest challenge, is more than the famous mountain on earth. It has unique beauty and mystery. This is the ultimate quest the one that dream of climbing the roof of the world. After final preparations of Everest Expedition in Kathmandu, we will fly to Lukla and begin our Tea-house Lodge trek towards Everest base camp.

We will establish our base camp at 5300m at the foot of the Khumbu Icefall (Base Camp) before making our way to Camp 01 at 6200m., Camp 02 at 6,600m smacks in the middle of the Western Camp up to the Lhotse face to Camp 03 at 7200m. Finally, we'll head up the South Col to Camp 04 at 8000m before making our Everest summit push.

We admit that no amount of finely tuned organisation will guarantee you the summit of Mount Everest. However we do believe that our experience, combined with your enthusiasm, determination and good team spirit will provide you with the best possible chance of standing on top of the world. We also strive to conduct a safe, successful and enjoyable experience, and will do everything possible to achieve each of these goals.

EVEREST EXPEDITION REGULAR PROGRAM (50DAYS)

| Day | Program | Accommodation | Meals |
|-------|---|--------------------------|---------|
| 1 | Arrive in Kathmandu (1,400m) | Gokarna Forest Resort | B |
| 2 | Enjoy Kathmandu Hospitality | Gokarna Forest Resort | B |
| 3 | Fly to Lukla (40 min), Trek to Phakding(2,651m) : 3-4 Hrs | Yeti Mountain Home Lodge | B, L, D |
| 4 | Trek from Phakding to Namche Bazaar (3,438m): 5-6 Hrs | YMH Lodge, Namche | B, L, D |
| 5 | Acclimatize at Namche Bazaar | YMH Lodge, Namche | B, L, D |
| 6 | Trek to Deboche (3,820m): 5-6 Hrs | YMH Lodge, Deboche | B, L, D |
| 7 | Trek to Dingboche (4,360m) : 5-6 Hrs | Local Lodge | B, L, D |
| 8 | Acclimatize in Dingboche | Local Lodge | B, L, D |
| 9 | Trek to Lobuche (4,600m) : 5-6 Hrs | Local Lodge | B, L, D |
| 10 | Trek to Gorakshep (5,170m), & Everest Base Camp (5,345m) | Camping | B, L, D |
| 11-44 | EVEREST EXPEDITION PERIOD | Camping | B, L, D |
| 45 | Trek down to Deboche | YMH Lodge | B, L, D |
| 46 | Trek to Monjo | YMH Lodge | B, L, D |
| 47 | Trek back to Lukla | YMH Lodge | B, L, D |
| 48 | Early Morning Flight to Kathmandu (40min) | Gokarna Forest Resort | B |
| 49 | Free Day in Kathmandu for official documentation | Gokarna Forest Resort | B |
| 50 | Final Departure | N/A | |



DETAILED ITINERARY

Day 01: Arrive in Kathmandu (1400m).

You will be met at the airport and taken to the hotel to relax



OVERNIGHT
Gokarna Forest Resort



MEALS
Breakfast

Day 02: In Kathmandu: Documentation/Get Prepared

Free day in Kathmandu for equipment preparation, attend government briefing and arrangement of documentation needed for the expedition.



OVERNIGHT
Gokarna Forest Resort



MEALS
Breakfast

Day 03: Fly to Lukla, Trek to Monjo (2835m)

The first flight to Lukla takes place very early in the morning. Depending on the time, you will have your breakfast either in the hotel or upon arrival in Lukla. You will be transferred to the domestic terminal of Kathmandu Airport from where you take your flight to Lukla which is about 40 minutes landing on the narrow, runway high above the Dudh Koshi River. Your porters and support staff will be waiting at the airport to help you with your luggage to start your trek to Phakding. The trek to Phakding is an easy walk for the first day with a mostly downhill leg. The trek will take you through pastoral lands through several small villages and farms. Approximately after 3 hours, we reach Monjo where we spend our overnight in the tea houses that are run by Sherpas.



OVERNIGHT
Yeti Mountain
Home, Monjo



MEALS
Breakfast, Lunch
& Dinner



ASCEND
390m



DESCEND
500m



TIME
30 min flight
5 hrs trek



DISTANCE
9 km (trek)



Day 04: Monjo to Namche Bazaar (3438m)

After breakfast, your guide will brief you about the day. An easy walk today to Monjo will take you through the pine trees and glimpses of distant snow-capped peaks. You will encounter impressive waterfalls and yaks along the way taking necessary foods and other essentials for the trekkers as well as the locals. You will pass through the checkpoint before reaching Monjo where the officials check your permits. Your guide will sort out the paper works while you can stroll around for a bit. After this you officially enter the Sagarmatha National Park and a little way up the trail, you arrive in Monjo where you will stop for lunch. After lunch, you start your trek through the wooded valley on a good trail crossing the river through the high suspension bridge. Right after the bridge is the upward climb towards Namche. An hour and a half long ascent to Namche - famous among the locals as "Namche Ko Ukalo" meaning the uphill of Namche. It is all uphill till you reach

Namche, and about an hour before reaching Namche your hard work will be rewarded by your first view of Everest. Your guide will walk you to the lodge you will be staying overnight.



OVERNIGHT
Yeti Mountain
Home, Namche



MEALS
Breakfast, Lunch
& Dinner



ASCEND
1100m



DESCEND
310m



TIME
6 hrs trek



DISTANCE
11 km

Day 05: Acclimatization Day at Namche Bazaar (3440m)







Being situated at high altitude, Namche Bazaar serves as an acclimatization stop for climbers to avoid altitude sickness. Namche Bazaar is the main centre of the Khumbu region and is facilitates with government offices, internet, ATM's, restaurants and a colourful market. Our guides can take us to explore the real charm of Namche Bazaar. We can observe traditional Sherpa life and enjoy flora and fauna found that grow at this altitude.

| | |
|--|---|
|  OVERNIGHT Yeti Mountain Home, Namche |  MEALS Breakfast, Lunch & Dinner |
|  ASCEND 500m |  DESCEND 500m |
|  TIME 4 hrs trek |  DISTANCE 9 km (trek) |



Day 06: Namche Bazaar to Deboche (3870m)

Today we will walk to the biggest monastery of the Everest region located at Tengboche. It encloses within Sagarmatha National Park which is listed in a UNESCO world heritage site. The trek to Phunki will be easy, but afterwards ascending will become relatively harder. The panoramic view of the Himalayas from the monastery shows us a divine universe built under the same range. We can observe a Buddhist religious ceremony.

| | |
|---|---|
|  OVERNIGHT Yeti Mountain Home, Deboche |  MEALS Breakfast, Lunch & Dinner |
|  ASCEND 1115m |  DESCEND 900m |
|  TIME 7 hrs trek |  DISTANCE 13 km |

Day 07: Deboche to Dingboche (4360m):

With a magnificent view of a rhododendron forest followed by a bridge over the raging Imja Khola (River), we ascend towards Dingboche. We'll pass the valley wall and then the plains to Pangboche village, the biggest settlement of the Sherpa in the region. It is a great opportunity to have lunch with the local Sherpas.

| | |
|---|---|
|  OVERNIGHT T Local Lodge |  MEALS Breakfast, Lunch & Dinner |
|  ASCEND 750m |  DESCEND 300m |
|  TIME 6 hrs trek |  DISTANCE 9 km |

Day 08: Acclimatization Day in Dingboche (4360m)

Today we'll rest our legs and settle our body with the increasing altitude. An optional trek to the Valley will pay off with rewarding views, but taking it easy for today is the important thing. Although, we can climb a ridge located behind the village and see six of the world's tallest peaks including Lhotse, Makalu and Cho Oyu.

| | |
|---|---|
|  OVERNIGHT T Local Lodge |  MEALS Breakfast, Lunch & Dinner |
|  ASCEND 440m |  DESCEND 440m |
|  TIME 5 hrs trek |  DISTANCE 10 km |

Day 09: Dingboche to Lobuche (4600m).

From here on in, the trek will be gradually more challenging due to the high altitude. By trekking steep to the top of a high hill, we will be passing Dughla (Thukla). Before reaching Dughla, we trek across a wide pass which is a much-wanted change from walking in a straight line. The company of Himalayas will be on all sides on our trek. After crossing Dughla, the trail passes through boulder-strewn slopes. As the trail drops to the Khumbu Glacier moraine, we find ourselves facing great peaks

| | |
|---|---|
|  OVERNIGHT T Local Lodge |  MEALS Breakfast, Lunch & Dinner |
|  ASCEND 600m |  DESCEND 400m |
|  TIME 5 hrs trek |  DISTANCE 8 km |



Day 10: Trek to Gorakshep (5170m) and to Everest Base camp (5364m).

We take the trail through the once vast Gorakshep Lake. We pass through rocky dunes, moraine, and streams. You head out on narrow tracks which are of few feet wide and few hundred meters above the ground. The distance between Lobuche and Gorakshep is of 4.5 km and will take approximately 2 hours to reach.

From Gorakshep, It is approximately 3.4km to the Base Camp. As you walk across the rocks towards the many prayer flags that mark the spot, you will arrive at Everest Base Camp. It will take approximately 3 hours to reach Everest Base Camp from Gorakshep.



OVERNIGHT
T
Local Lodge



MEALS
Breakfast, Lunch
& Dinner



ASCEND
800m



DESCEND
390m



TIME
8 hrs trek



DISTANCE
9 km



Day 11-44: Base Camp to Everest Summit (8848m) and back

- Rest day – Puja – climbing
- Training Hike to Pumori base camp
- First Rotation
 - Climb halfway to Camp I (Khumbu Glacier) & Return
- To BC Second Rotation
 - Climb to Camp I (spend overnight)
 - Touch Camp II and descend to Base Camp Rest day at Base camp
- Third Rotation
 - Climb to Camp II (spend overnight)
 - Touch camp III and descend to Camp II (overnight) or Camp III (overnight) Descend to Base camp
- Rest and prepare for the summit push
- Summit Push
 - Climb to Camp II (overnight)–start at 5am
 - Climb to CampIII (overnight)–start at 9am
 - Climb to Camp IV (4AM-1PM), rest for 6 hours – start for summit at 8 pm
 - Climb overnight at reach summit around 6-7 am and descend to Camp IV Descend to Camp II
 - Descend to base camp
- Packing and clearing the Base camp after summit

Note - Be advised that the mentioned activities during the climbing period are a tentative plan. The actual planning of the summit is made at the base camp by your climbing guide. The activities may change because of the unstable weather conditions in the Himalayas and also your level of fitness. We advise you to book a Flexi flight and allow extra days in case if you need for the summit push.



OVERNIGHT
T
Camp



MEALS
Breakfast,
Lunch & Dinner



TIME
33 days



Day 45 to Day 47: Trek from Base camp to Lukla

The route to Pheriche will be rapid as we descend and it will be easy as well. Back to Tengboche is mainly downhill from Pheriche, with a small uphill stretch. From Namche, we'll get up early and descend back to Lukla. We will pass Monjo after a short walk and then to Phakding. We stay on the same trail and advance towards Cheplung and further to Lukla.

| | | | |
|---|--|---|---------------------------------------|
|  | OVERNIGHT Yeti Mountain Home/ Local Lodges |  | MEALS Breakfast, Lunch & Dinner |
|  | ASCEND 1772m |  | DESCEND 3717m |
|  | TIME 2 days trek |  | DISTANCE 55 km |



Day 48: Early morning flight from Lukla to Kathmandu

We will enjoy our last views mountains while flying back to the Kathmandu from Lukla. After 25 minutes of flight, our representative will be waiting for you at the domestic airport to take you back to the hotel where you can enjoy your chilled beer and warm shower.

| | | | |
|---|------------------------------------|---|--------------------|
|  | OVERNIGHT Gokarna Forest Resort |  | MEALS Breakfast |
|  | ASCEND N/A |  | DESCEND N/A |
|  | TIME 40 min flight |  | DISTANCE 139 km |

Day 49: Free day in Kathmandu with official climbing documentation & certification

Free day in Kathmandu for official documentation, closing briefing by the government and collecting certificate if successfully reached in summit. Farewell dinner and celebration at Piano Piano restaurant at Nomad Hotel.

| | | | |
|---|------------------------------------|---|--------------------|
|  | OVERNIGHT Gokarna Forest Resort |  | MEALS Breakfast |
|  | ASCEND N/A |  | DESCEND N/A |
|  | TIME N/A |  | DISTANCE N/A |

Day 50: Final Departure

Depending on your flight time you will be transferred to the airport. The airport check-in is 3 hours before the departure time and the hotel checkout time is noon. In case your flight is late evening please let us know if you require half day use of the hotel.

| | | | |
|---|--|---|------------------|
|  | OVERNIGHT N/A |  | MEALS N/A |
|  | ASCEND N/A |  | DESCEND N/A |
|  | TIME 20 min drive to the airport |  | DISTANCE 5 km |

Price & Service

Price per individual expeditioner
 US\$ 48,500/person (tax inclusive) for
 Everest Expedition
 Regular Program (50 days)
 Valid until 28-Feb-2023.
 Group size: max 8 pax.



WHAT'S INCLUDED?

GOVERNMENT & RELATED CHARGES

- ✓ Everest Climbing Royalty Fee.
- ✓ 1x Government Liaison Officer with flight, accommodation, meals and wages.
- ✓ Sagarmatha National Park Fee.
- ✓ Khumbu Pasang Lhamu Rural Development Fee.
- ✓ Route Fixing Charge for Icefall and higher camps to the summit by SPCC & EOA.
- ✓ Garbage Deposit Fees.
- ✓ Weather Forecast during rotations and summit push.

SERVICE IN KATHMANDU

- ✓ International and Domestic Airport Transfer.
- ✓ 4 nights in a 5-Star Resort in Kathmandu with breakfast.
- ✓ Return flight from Kathmandu to Lukla.
- ✓ 90L and 150L Duffel bags(1x each) per member.

SERVICE DURING TREKKING

- ✓ 7 nights accommodation in Yeti Mountain Home & 3 nights in best available local lodge on full board basis.
- ✓ Hot water for drinking purposes.
- ✓ Emergency Medical Kit and Oxygen during the trek.
- ✓ Porters to carry trekking and expedition gears.
- ✓ Assistance of Guide and Sherpa during the trek.

EVEREST BASE CAMP SERVICE

- ✓ Single tent per member with comfortable mattress for climbing & kitchen crew on twin sharing basis.
- ✓ Kitchen, dining, shower and toilet tent.
- ✓ Additional Communication Tent for groups upto or more than 8.
- ✓ Hot water for shower and laundry.
- ✓ Solar Panel / generator for light and battery charging.
- ✓ Gas heater for warming the dining tent.
- ✓ 3 meals a day and snacks with unlimited tea & coffee.

SERVICE AT HIGHER CAMPS

EVEREST BASE CAMP I, II, III AND IV

- ✓ North Face / Ozark / Red Fox Tent on twin sharing for members and climbing crew.
- ✓ 11x bottles of POISK Oxygen (7 for members, 3 for Sherpas & 1 for emergency).
- ✓ High End Masks and Regulators for members and Sherpa with 1 additional emergency stock.
- ✓ 1x CAMP II Cook & fixed Kitchen tent.
- ✓ High Altitude food for members and climbing crew.
- ✓ Enough EPI gas, gas stove and cooking pots set for CAMP I, III & IV.
- ✓ 1x Satellite phone for emergency and walkie-talkie for a member, sherpa and base camp.
- ✓ Extra rope, carabines, ice axe, ice screw and other safety equipment.
- ✓ Porterage of personal and group camping equipment.
- ✓ Climbing Crew: Expedition Manager (Climbing Guide) and 1 personal Sherpa (1:1 ratio) for the summit.
- ✓ One cook and required number of kitchen helpers at the base camp.
- ✓ Equipment, wages, bonus and medical insurance for the climbing Sherpas.
- ✓ Equipment, wages and medical insurance for kitchen crew and porters.

WHAT IS NOT INCLUDED?

EVEREST BASE CAMP I, II, III AND IV

- ✓ Summit bonus of \$ 3,000 US for IFMGA/Experience Guide or \$ 1,500 US for normal climbing Sherpa (one time).
- ✓ One time tip for personal climbing Sherpa (\$800) and kitchen crew (\$500).
- ✓ Tip for porter (\$10) on per day basis.
- ✓ Unexpected increment in royalty fee /climbing permit by the government.
- ✓ International airfare and Nepal visa fee.
- ✓ Lunches and dinners in Kathmandu unless specifically mentioned in the itinerary.
- ✓ Accommodation and other costs for extra nights in Kathmandu.
- ✓ Personal travel expenses including medical and rescue insurance charges.
- ✓ Medical evacuation charge if required.
- ✓ Personal trekking and climbing gears.
- ✓ Additional charges for extra oxygen, Sherpa and porters.
- ✓ Any other expenses of personal nature, i.e, alcoholic beverages, self-ordered hot drinks during the trek.



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