Address: Boudha, 06 Kathmandu Nepal
Tel: +977-9842802155, +977-9844956319
E-Mail: info@outwardadventuretreks.com
www.outwardadventuretreks.com

Mount Everest Expedition - 60 Days

Mt. Everest Expedition, the dream to touch the top of the entire planet is still the ultimate mountaineering adventure for many travelers. Standing at the pinnacle of the world is one of life's most rewarding experiences. Since 1953, when Tenzing Sherpa and **Edmund Hillary** kept their steps on top of it, many climbers have attempted to achieve the same goal. Climbing Mount Everest and reaching its summit is a dream of every serious climber, and they can sacrifice a lot of time and money to succeed. None, however, can do that alone and needs the help of many other people they may rely on. Those people are organizers and experienced guides who take responsibility for Mt Everest expedition preparations as well as climbers' safety.


On the way to Everest.jpg

If you are a mountaineering addict overwhelmed by thought only, and you have been preparing for a long time to climb Everest, your dream will be fulfilled through Outward Adventure Treks and Expedition. We are a trekking and expedition company led by Sherpa which has members having several years of experience in the mountains. It is a licensed company that has led hundreds of expeditions on Mount Everest and many more on other eight-thousanders, let alone personalized quests and treks which can be counted in thousands.

We, Outward Adventure Treks and Expedition use the classic expedition methods to gain the summit through the southeast ridge. We begin the acclimatization processes with the trek to base camp. On the way to base camp, we climb **Lobuche Peak** (20,075 feet/6,119 m) as well which will help you as an acclimatization summit climb. In the base camp, there will be luxurious accommodations and food amenities. Two to three people will sleep in each tent at higher camps.

A pyra-mid of camps will be established by the guides and Sher-pas who will fix ropes, stock camps, and pro-vide lead-er-ship and sup-port for the climb. This will enable you to car-ry lighter loads, thus sav-ing your strength for the sum-mit bid. Oxy-gen will be pro-vid-ed for all team members and is tra-di-tion-al-ly used above Camp III. With tremen-dous lead-er-ship, our strong team of high alti-tude Sher-pas, and the finest equip-ment and ser-vices, you will have an out-stand-ing shot at reach-ing the top of the high-est moun-tain on the earth.

Our sixty-day adventure begins and ends at Kathmandu. In the initial part, we trek to Everest Base Camp using the most popular route in the Everest region. On the way there, we climb Lobuche Peak. This will help us with acclimatization practices. Upon reaching Everest base camp, we acclimatize, hike for **Kala Patthar**, have some training and ice walking practices, and organize a puja ceremony before actual climbing.

We climb to Camp I, Camp II, and Camp III, and repeatedly climb back to base camp before the actual summit push. It may take multiple days for us. And at last, we set our journey from camp to the summit, looking for better weather conditions. After the summit push, we climb back to base camp, trek back to Lukla, and fly back to Kathmandu before our final departure.

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WHY CLIMB EVEREST WITH US?

We, **Outward Adventure Treks and Expedition** are a government-registered company that owns a license from the Government of Nepal and is registered with every tourism-related organization such as the Nepal Tourism Board, TAAN, Nepal Mountaineering Association, etc. We are registered to focus only on tourism-concerned activities such as tours, trekkings, and mountaineering-related activities.

Our team consists of only energetic, experienced, and hospitable persons who have numerous years of experience in tourism. Our trekking and mountain leaders are veterans in their fields. **Our Everest Expedition leaders** are all 8000m mountain climbers. They have climbed Mt. Everest up to 21 times. Our main mountain guide Mr. Kipa has climbed Mt. Everest five times, Lhotse 1 time, Ama Dablam 7 times, and the peaks above 6000m hundreds of times.

The people who take you to the mountain have been successfully organizing high-altitude Expeditions ensuring safety first and service paramount. The success of any expedition depends largely on a carefully planned itinerary and the best logistics and experienced crew members; these are what we offer. We are committed to maintaining the expedition safe and successful with the quality of service.

We always focus on maintaining small groups so that it will be easier to coordinate and cooperate while trekking/climbing. You will be guided by highly professional mountain guides who are some of the best in this field and have experience successfully climbing Everest multiple times. Our guides, Sherpas, and support staff bring decades of successful summits to the table, and our climbing strategy reflects this. For every trip, we provide fully guided expeditions with the support of the legendary Sherpas. Our 1-to-1 Sherpa-to-client ratio and 1 4 leader-to-client ratio on summit days show our commitment to providing safe climbing strategies.

We do not take any charges or hidden fees. The facilities mentioned in the Include section are provided well. What you pay in the beginning is the final payment. We are dedicated to providing the highest professionalism throughout the expedition by taking utmost care of all the logistics needed for our Everest Expedition. Compared to the facilities we provide; you will find our Everest Expedition cost to be very reasonable.

WHEN IS THE BEST TIME TO CLIMB MOUNT EVEREST?

Standing admist glacie...

Image not found or type unknown

The records obtained from the Ministry of Tourism exhibit that there is always time to do it. however, the most friendly period for such a climbing experience is from April to June when the so-called “climbing window” opens. This is the perfect time to ascend to the summit. During this period, nature awakens and the trail to base camp can be very interesting Taking the biodiversity of plants into consideration above the base camp, there is less snowfall and bad weather conditions that make it possible to push the summit.

During May, maximum summit records are obtained. Being well prepared during the March and April months, climbers

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take their summit climb during May. That is the reason why every Everest expedition organized by us starts in March/April and finishes in May or at the beginning of June.

HOW LONG DOES IT TAKE TO CLIMB EVEREST?

Summiting to the roof of the world is not calm trekking. It does not mean strolling along the astonishing snow-capped slopped and for inexperienced or with a minimum risk of an illness people might be even dangerous. Acclimatization in the base camp may be quite long and it can last up to 30-40 days. During the climb, climbers are taken care of by Sherps till their organisms do not get used to the tension and lack of oxygen. After ensuring everything is okay, climbers are encouraged to go further up.

During the acclimatizing practices, climbing to different camps (Camp I, Camp II, and Camp III) is challenging for the first time, especially for novice climbers. In the latter days, after acclimatizing correctly, and collecting strong stamina, you will reach the top of the mountain with fewer challenges. On average, as far as tourists are concerned, the whole expedition lasts about 60 days from the arrival in Kathmandu to the final departure after the tour.

WHAT HAPPENS AFTER EVEREST BASE CAMP DURING THE EVEREST EXPEDITION?

During our expedition to Everest, we set up four camps after the Bbse Camp before the summit push which are for our acclimatization climbs. During the practices, we climbed different camps and descended to base camp for several days. A brief introduction to those camps is given below:

A. Camp I: 6400m /20996ft

Everest Camp I.jpg

Image not found or type unknown

Camp I is established on the top of Khumbu Glacier (Icefall) which is a flat level. It consists of heavy snow surrounded by mountains. The weather remains warm during the day and the nights are chilly during the strong gust of winds flowing on the mountains. The glacial land between Camp I and Camp II is horizontal. There are large crevasses close to Camp I which are fixed with ladders. We can hear the cracking sound of the ice from underneath the tents. Cam I is considered a resting and transition area before heading to Camp II.

B. Camp II: 6750m/22145ft

Camp II is established at the bottom of the Lhotse wall or the lateral moraine at the foot of the west edge. It is safe to land and is a sheltered location having the spectacular sceneries of Mt. Lhotse. The Camp will be established with separate tents (individual), the kitchen, and dining tents. It is the major acclimatization camp and base for the acclimatization climb to Camp III.

C. Camp III : 7100m /23292ft

Camp III of the Everest Expedition is attached to the Lhotse divider. It can be achieved with the help of a fixed rope.

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Camp III is a 30-degree snow slope with rocky exposed ledges on which our tents are balanced. This point serves only as a short acclimatizing and resting spot. You can not dawdle at this height and doing anything as simple as crawling into your tent and taking off your crampons can be overwhelmingly exhausting. The views of the five highest peaks look astonishing.

The oxygen level drops rapidly at this elevation. In case of any inconvenience, there is supplementary oxygen. However, most climbers won't require supplementary oxygen till Camp IV.

D. Camp IV: 8400m 27560ft

An Ultimate Camp before the summit is Camp IV. Situated on the South Col, Camp IV is also the most dangerous section of the entire climb. It is just four hundred meters from the summit. The winds are strong and violent here. The narrow southeast ridge is the best route to reach the summit. From this path, it is easy to reach the summit of Everest 8848.48m (29032 ft).In 1953, two mountain legendary Sir Edmund Hillary and Tenzing Norgay also used this route to climb Everest.

A Summit Push begins from this very point. It is mostly sheer with snow and rock sections. The entire route gets fixed with ropes for the safety of climbers. Supplemental oxygen is available as almost every climber gets affected by height and lessened findings due to lack of oxygen.

SUMMIT PUSH:

At tihe top of Everest...

Image not found or type unknown

After establishing Camp III and IV and all our supplies are in place, we return to Base Camp or even lower villages. At Base Camp, we form summit push teams and prepare ourselves for summit attempts. Once, everything is okay, we will move upward to the Advanced Camps. If the weather permits, the summit team moves to Camp I, Camp II, and Camp III continuously.

On the second, the crew members move up to the Camp IV. Day number three will be the actual summit day. Starting at around 9 p.m., the team will begin the actual SUMMIT PUSH journey and the team will reach the top of the Everest at around 5 a.m. Taking the pictures around, and putting your flags there, you will climb back to the South Col and the next day descend to Camp II. Your Sherpa leaders and other members will help you in organizing oxygen and other supplies throughout the journey.

TRIP MAP

Everest Expedition Ima...

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PRICE INCLUDES

- Everest expedition royalty fees (USD 11,000)
- Route fixing (SPCC and EOA) fees
- Garbage deposit and management fees
- Expedition Liaison officer wages and fees
- 1:1 Sherpa guide (Everest Summiter) to climber ratio
- Service of the Expedition manager at Everest base camp
- 9 bottles of oxygen (6 for you and 3 for your sherpa) with the use of the latest mask and regulator with an extra regulator and mask.
- Skill training clinic at the Everest base camp
- An expedition of Lobuche Peak for acclimatization purposes
- Freshly prepared meals (Breakfast Lunch and Dinner) by our chef at the Everest base camp
- A wide variety of nutritious high-altitude mountain foods for higher camps
- Individual box tent, dining tent, kitchen tent, toilet tent, and other logistics
- Heater, Generator, Shower, and more for your comfort at the base camp
- High altitude tent for higher camps above base camp
- 5 nights of accommodation at a 5-star hotel in Kathmandu with full broad meals (Breakfast, Lunch, and Dinner)
- All Meals (Breakfast, Lunch, and Dinner) and accommodation during the trekking period and expedition period
- Satellite communication system
- Radio set for communication between camps
- Internal domestic airfare (Kathmandu-Lukla-Kathmandu)
- Staffs wages, allowances with their helicopter, and medical insurance
- Common climbing equipment (rope, Ice Screws, Snow bars, etc)
- Weather report during the entire expedition period
- Emergency medical supplies with a 24/7 on-call doctor during the entire expedition period.
- A waterproof duffel bag for each climber
- Everest Summit certificate from the Department of Tourism, Nepal
- Seasonal fruits throughout the trip

PRICE EXCLUDES

- International airfare
- Custom for bringing any expedition goods
- Nepal visa fees
- Personal clothing and climbing equipment
- Insurance (Mandatory)
- Summit bonus (USD 2000)
- Gratuities for staff and porters (tips are expected)
- Personal expenses

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- Extra oxygen aside from provided 9 bottles

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FAQ

1. Where is Mount Everest?

Mount Everest Lies in;

Region: Solukhumbu district, Province no 1, Northeastern region of Nepal

Mountain Range: Mahalangur Himal sub-range of the Himalayas

Elevation: 8,848.86 m (29,031.7 ft)

Latitude and Longitude: 27°59? N and 86°56? E

2. Which is the best season to climb Everest?

Spring (March to May)

Most of the mountaineers choose Spring season to climb Mt. Everest. It is because, during this season the weather is stable and tempreature is favorable. Days are sunny and nights are chill. The views are expcellent and surroundings look splindid and colorful. There is less chances of bad weather and snowfall. These all make the journey more comfortable.

3. How long does it take to climb Everest?

It approximately takes around 2 months. Most of the climbers reach Everest Base Camp in late March or early April (as spring is the best time to climb Everest). Doing climbing practices or climbing small peaks, climbers begin their upward climb from Base Camp. Acclimatizing in the higher camps (Camp I, II, III, and IV), climbers reach the top of Everest. It requires several days' regorous climbing practices and acclimatization to reach there.

4. How long do you stay on Everest summit?

Although there are some world records that climbers (Sherpas) have spent several hours on the summit. But most of the climbers reach there, take photos and rest for a while and begin their downward walk immediately. It's so high that if you were standing at sea level and could transport yourself instantly to the top of the mountain and there might be altitude-related hazards.

5. Is Everest hard to climb?

Climbing the tallest peak in the world is Still Challenging, Still Difficult. Not only Everest, climbing every mountain is still a significant challenge. No one is ever guaranteed a summit – ever. But with technical climbing, sound acclimatization, and with experienced Sherpa, you can achieve it. But it's also about luck with the weather and your health too. Healthier you are, the better your chances of climbing.

6. Can a normal person climb Everest?

YES! A normal person with good physical strength and psychological preparedness can do this adventure. Previous

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climbing experience is obligatory as it will be much benificial for climbing adventure. But there is no cap on how many people can make the climb.

7. What are the best routes for climbing Everest?

There are two popular routes to climb Everest; one from Nepal (South summit route) and another from China (North summit route). We recommend you climb from Nepal as you will have no difficulties getting visas, permits, etc. in Nepal. The climbing route from Nepal is easier and more comfortable than the north one.

8. What is the death rate on Mt. Everest?

Mount Everest, the tallest peak on the planet attracts hundreds of climbers each year. It has a 14.1% fatality rate.

9. What are the meals like on Mount Everest?

While trekking, the meals will be like;

At Breakfast:- Oatmeal, Corn Flakes, Toast with Jam/Butter/Cheese/Honey, Local Tsampa Porridge, Tibetan Bread or Chapati, Varieties of eggs [omelets, boiled, sunny side up, fried, scrambled], Hot drinks [selections of teas, coffees, hot chocolates, hot lemons], Pancakes, Muesli bread, Fruits and Vegetables, etc.

At Lunch:- Dhal, Bhat, and Tarkari, various soup items, Momo [Dumplings], Pizza [Tomato, Mushroom, Mixed], Spaghetti Noodles, Sherpa Stew Steaks, Sandwiches, Macaroni Dishes, Snacks [Papad, Prawn], Tenduk, Tibetan Bread, Thukpa, Pasta, Vegetable Curry, Potatoes, Salad, Dessert Items [Rice Pudding, Apple pie] and some others.

At Dinner:- Rice, Lentils, and Vegetables [Dal, Bhat & Tarkari], Various Soup Items, Momo [dumplings], Tibetan Bread, Vegetable Curry, Sherpa Stew, Steaks, Spaghetti Noodles, Sandwiches, Pizza [Tomato, Mushroom, Mixed], Macaroni Dishes, Tenduk, Dessert Items [Rice Pudding, Apple Pie], Thukpa, Pasta, Potato Items, Vegetables, Salads, Snacks, Papad, Prawn, Korean Raman, Steaks and some other are included in the menus.

And while climbing, you will have hot soup, cheese, granola, nuts, fruits, and other dry fruits and chocolates. Up high, it is recommended to eat 8,000 – 10,000 calories per day which is 5 times what you burn at home.

10. How do you drink water on Everest?

Throughout the trek, you will get boiled drinking water, and your bottle/s will be filled with it this will cool overnight and become your main source of drinking water for the next day. In the base camp and above, you will need to store water in a thermos and will drink it later. Your camping cook, Sherpa and other crew members will help you to get fresh, boiled water throughout the journey.

11. How do climbers stay warm on Everest?

Our Sherpas will recommend you to bring warm clothes according to the situation, and elevation. From the head, you will cover the entire body with respective clothes; your head -- with a polypropylene or wool hat or ski cap. Also, keep your neck warm with a wool scarf or neck gaiter. A fleece zipper jacket that goes up to your neck, and a lightweight down

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jacket that's not too puffy and has a drawstring waist would come next. These all will help you to be warm throughout the journey.

12. Do Sherpas need oxygen on Everest?

Yes! Although Sherpas are among the most unfathomably fit athletes around once they reach 8000m. But they do not use oxygen till Camp IV (26,000 ft/7925 m). Most the guests use it once they ascend above Camp III but Sherpas do above South Col only.

13. Why do they climb Everest at night?

During the daytime (after 12 am approximate), the weather becomes extreme and the wind blows so hard making it uncomfortable to climb. During the nighttime, the atmosphere is mostly calm and makes the journey convenient.

Another reason behind this is walking in the daytime, you will reach the summit around midnight. What to see at midnight? Thus, walking in the early night (from Camp IV), you will reach around five am and you will witness the yellowish rays of the sun from the highest point of the Earth.

14. Can you climb Everest in a day?

There is a record of made Pemba Dorje Sherpa (Nepal) climbing from Base Camp to the summit of Mt Everest in a time of 8 hr 10 min, the fastest ever ascent of the world's highest mountain.

Typically, trekkers begin their journey from Base Camp, reach the top, and get back to Camp Four in a single day, spending as little time as possible in the death zone.

15. What gloves do they use to climb Mount Everest?

Most of the climbers use Insulated Shell Gloves while climbiing Everest. Excellent for use when conditions are too cold for softshell gloves, but too warm for expedition mittens. We recommend models with a durable leather palm.

16. How many climbed Everest without oxygen?

The census shows that More than four thousand people have climbed Mount Everest from 1953 to today, but fewer than 200 have done so without oxygen.

17. Can a beginner climb Everest?

You may ask, how can a beginner actually climb the highest peak in the world? Professional climbers have tried. Many have failed. It takes about two or three years of adequate climbing to qualify for Everest.

18. Do Sherpas go to the top of Everest?

Yes! All the Sherpas with their clients reach the top of Mt. Everest. They help you with every need throughout the journey. To date Kami Rita Sherpa climbed the world's highest peak for a record 25th time. Not only with the guests, but Sherpas also reach the top of Everest and other mountain massifs to fix ropes before the actual climb.

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19. What is the hardest part of climbing Mount Everest?

Khumbu Icefall, that lies just above the Base Camp and below Camp I, is taken as the toughest part of climbing Everest.

20. Why is Everest so cold?

Due to altitudes and icy lands

Mount Everest lies 8848.86m above the sea surface. As we know the altitudes, increase the cold. The snowy wind blows so hard and it snows almost every day that making the entire atmosphere chill. And at these altitudes, barely 10 percent of the atmosphere remains, and the air pressure is so low that the temperature falls to a lethally cold -55°C which makes the surroundings freezing.