



# EVEREST EXPEDITION CLASSIC (SOUTH) NEPAL [8848.86M.] - 2026

Mt. Everest Expedition Classic is a lifetime mountaineering experience that allows you to stand at the highest point in the world.

## TRIP FACTS:

PEAK NAME MT. EVEREST (SAGARMATHA)	SERVICE FULL BOARD (1:1 SHERPA)	COUNTRY NEPAL
DURATION 53 DAYS	ROUTE S-COL; SE-RIDGE	GRADE HARD DIFFICULT
RANGE MAHALANGUR	BEST SEASON SPRING	MAX ELEVATION 8848.86 M
WALKING PER DAY 5-7 HOURS	NATURE HOTEL + LODGE + TENT	GROUP SIZE 2-15 PAX
ARRIVAL 12 APR 2026	DEPARTURE TO LUKLA 14 APR 2026	TRIP ENDS 03 JUN 2026





## REQUIRED EXPERIENCE:

Experience in mountaineering (6000 m. /7000 m. /8000 m.) is recommended and required to sign up for this expedition.

## CONSIDER CLIMBING LOBUCHÉ FOR EXTRA ACCLIMATIZATION

On our Everest Expedition, we include an excursion to nearby Lobuche Peak (6,119m) as an excellent way to ensure you are well-acclimatized before beginning the climb of Mt. Everest.

## OVERVIEW:

Ask an adventurer about their dream, and they will answer you with a word; EVEREST. Who would not want to reach the top of the world? Who would not want to touch the sky? It's the trip of a lifetime, the Everest Expedition. Mt. Everest is the highest mountain in the world and is located in the Himalaya, on the border between Nepal and China. Mt. Everest, also known as Sagarmatha in Nepal and Chomolungma in Tibet (China) is the tallest peak on Earth with an altitude of 8848.86m. The southwestern face lies in Nepal whereas the north and east faces are in Tibet. In 1715, China surveyed the mountain for the first time while they were mapping Chinese territory and depicted it as Mount Qomolangma. The Great Trigonometrical Survey identified it initially as Peak XV and officially revealed its elevation as the highest mountain in the world at 29,002 ft. in 1856.

Peak XV was renamed as Mount Everest by Sir Andrew Waugh in 1865 after failing to find any local names of the peak. The mountain was named after Waugh's senior and former Superintendent of the GTS Sir George Everest. Sir George was a Welsh Surveyor; he was the surveyor-general of India for thirteen years from 1830. Mt. Everest has fascinated mountaineers all around the world since the 1920s when Tibet opened climbing

expeditions on Everest. In 1921, the first reconnaissance expedition to Everest was undertaken. The expedition despite its initial hardship, eventually found a viable route to the summit which to this date is considered as the standard climbing route from the north side. In 1922, a full-fledged British Expedition team led by Charles Bruce tried to scale Everest. It was Edward Norton in his second attempt along with the British Expedition team that set the height of 8572m. The mountaineers George Mallory and Andrew Irvine disappeared on the third attempt in 1924. Mallory's body was found 75 years later in 1999. There were several attempts made to Everest before the successful attempt made by Sir Edmund Hillary and Sherpa Tenzing Norgay on 29 May 1953 via the South (Nepal) route. It is now reported that around 1000 ascent attempts are made every year.

The Mount Everest Expedition is undoubtedly a lifetime opportunity. Nevertheless, these expeditions encounter many hindrances such as high altitude, severe weather conditions, and avalanches. One must be well-trained before actually trying it. You need to get your body ready for the 8848.86m climb to Everest's summit. Depending on your current level of fitness, you need to train for several months before you start





your ascent. A climber must build his/her cardiovascular strength along with muscular strength; oxygen level drops by 60-70 percent from sea level. Also, make sure you can carry big backpacks to the top as you will be carrying a cylinder of oxygen and large bag packs along with you. One must acclimatize to weather conditions and be prepared for rock falls, and avalanches. Learning rescue techniques would be an added advantage.

Seven Summit Trek's Everest expedition will begin in the first week of April starting from Kathmandu. We will take the southern route to the summit. You will have a couple of days for the preparation of goods, equipment and paperwork. Afterward, you will take a flight to Lukla from where the real treks start

to base camp which takes around 7 days on foot as per the program. This trip suits those who have previous experiences with a few 7000m peaks or even more. We will move on to Camp I (6,065m) where we will see the vast extent of Khumbu glacier. Khumbu Glacier is around 450m on a gradual slope to Camp II (6,750m) and around 610m to Camp III (7,300m). Camp III is located at the head of Lhotse face. From this point onwards, you will need supplemental oxygen. You will reach Camp IV (7,910m) after just crossing 8000m elevation mark. This point is also known as the Death Zone.

Our Airbus, Heli Everest will all the time be supporting our team by supplying fresh - fruits, vegetables, meats, and other food items almost every day, and it's also always ready for your safety at your needs.

" We await to serve you our service and share our experience with you "



EVEREST CAMP-III 7300M.

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## HIGHLIGHTS OF THE TRIP:

1. 12 April - 03 June
2. A climb to the top of the world
3. 1 Climber: 1 Sherpa Guide
4. 5 Bottles of Oxygen per climber
5. 1 Set of Oxygen Mask and Regulator
6. Full Board services
7. Experience the thrilling Khumbu Icefall climb
8. Stunning panoramic view from the summit that comes with sights of mighty 8000ers like Lhotse, Makalu, Cho Oyu, Kanchenjunga and Shisha Pangma
9. Experience the natural beauty of the Himalaya: from the subtropical or Alpine climate and biodiversity
10. Experience the unique culture of the Himalayan heartland of Khumbu
11. Explore the dramatic one-of-a-kind geography in the world

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## WHY CLIMB MT. EVEREST WITH SEVEN SUMMIT TREKS?

- Highly qualified, professional, friendly, and experienced climbing crew: Sherpa guides, Kitchen staffs, and Basecamp Manager.
- Well-equipped expedition with best-in-class climbing equipment and logistic support for base camp and higher camps.
- Safety is a top priority for us, and we take every step to minimize risks and ensure the well-being of our clients.
- We offer a variety of itineraries to suit different abilities and interests, so you can choose the option that best meets your needs.
- Reliable weather forecast verified from multiple international sources and communication networks in course of the expedition.
- Easy Helicopter charter service when needed (extra charge to be applied)
- 1 climbing Sherpa to each member (1 Member: 1 Sherpa)





## ITINERARY:

DAYS	ITINERARY	DATE	MEALS	BOARD
1	Arrival in Kathmandu & Transfer to the Hotel (1400m)	12-APR	-	Hotel
2	Rest in Kathmandu, expedition briefing and Preparation	13-APR	B/D	Hotel
3	Fly from Kathmandu – Lukla, and trek to Phakding (2,800m)	14-APR	B/L/D	Lodge
4	Trek from Phakding to Namche Bazaar (3440m)	15-APR	B/L/D	Lodge
5	Acclimatization at Namche Bazaar (Rest Day)	16-APR	B/L/D	Lodge
6	Trek from Namche Bazaar to Dibuche (3870m)	17-APR	B/L/D	Lodge
7	Trek from Dibuche (3870m) to Dingboche (4243m)	18-APR	B/L/D	Lodge
8	Trek from Dingboche to Lobuche Village (4930m)	19-APR	B/L/D	Lodge
9	Trek from Lobuche to Everest Base Camp (5364m)	20-APR	B/L/D	Tent
10-30	Rotation: [Basecamp – Rotation (Camp I, Camp II and Camp III) – Basecamp]	21 APR - 11 MAY		Full Board High Camp
31-46	The climbing period—align with the optimal summit-push weather window—following the route from Base Camp to Camp II, onward through Camp III and Camp IV to the Everest summit (8,848.86 m), and then back down via Camp II to Base Camp.	12-27 MAY		Full Board High Camp
47	Cleaning Up Base Camp	28-MAY	B/L/D	Tent
48	Trek from Base Camp to Pheriche (4371m)	29-MAY	B/L/D	Lodge
49	Trek from Pheriche to Namche Bazaar	30-MAY	B/L/D	Lodge
50	Trek from Namche Bazaar to Lukla	31-MAY	B/L/D	Lodge
51	Fly from Lukla to Kathmandu & transfer to hotel	1-JUN	B	Hotel
52	Leisure Day in Kathmandu City	2-JUN	B	Hotel
53	Transfer to the International Airport for final departure	3-JUN		Breakfast

B= Breakfast, L= Lunch and D= Dinner.

**Note:** The itinerary can be shortened to 45 days based on the weather conditions and the time frame of the participants.



## **COST INCLUDES:**

1. **ARRIVAL AND DEPARTURE:** Airport - Hotel transfers – Airport (Pick Up and Drop), by private vehicle.
2. **HOTEL ACCOMMODATION IN KATHMANDU:** 4 nights hotel in Kathmandu (5-star category) - single room on bed and breakfast plan.
3. **WELCOME DINNER:** One Welcome Dinner in a tourist standard restaurant in Kathmandu with Office Staff.
4. **CARGO CLEARANCE:** Assistance for cargo clearance in Nepal's Customs, clearance cost is subject to a charge.
5. **PERMIT:** Expedition Royalty and permit fee of Nepal Government to climb Mt. Everest, Sagarmatha National Park, and Pasang Lhamu Rural Municipality entry permit and fee.
6. **ICEFALL FEE:** Khumbu Icefall climbing charge to (SPCC) Sagarmatha Pollution Control Committee.
7. **LIAISON OFFICER:** 1 Government Liaison officer with full equipment, salary, and accommodation.
8. **GARBAGE MANAGEMENT:** Stool Shipment Transfer & Garbage Deposit Fees.
9. **INSURANCE:** Medical & Emergency rescue Insurance for all involved Nepalese staff during the trek and expedition.
10. **MAP:** Trekking and climbing map.
11. **DUFFLE BAG:** One Seven Summit Treks' Duffle Bag.

## **12. MEMBER TRANSPORTATION:**

- (Domestic Flight) Fly from Kathmandu – Lukla and while returning Lukla – Kathmandu, as per itinerary.

## **13. EXPEDITION STUFFS**

**TRANSPORTATION:** All necessary expedition equipment transportation for all Members and Staff from Kathmandu to Lukla (by air cargo) and Base camp (by Porters / Yak) – While returning: Base camp to Lukla (by porters / Yak) and Lukla to Kathmandu (by air cargo). Based on the condition, different transportation variants may be adopted.

## **14. MEMBER LUGGAGE:** Up to 70 Kg per member as a personal baggage during the trek to be carried by porters or Yaks. (Overweight luggage costs extra.)

## **15. FOOD AND LODGING DURING THE TREK:**

Three (3) meals a day (breakfast, lunch, and dinner), including tea, coffee and hot water, will be provided, along with accessible accommodation at hotels, lodges, or tea houses (sharing) during the trek. Hygienic foods will be served throughout the entire trek. (To upgrade to a room with an attached washroom, inform us earlier. Extra cost applies).

## **16. BASECAMP LOGISTICS (FULL BOARD SUPPORT):**

Three (3) meals a day (breakfast, lunch, and dinner), including tea, coffee, juice, soft drinks, etc., will be provided. Additionally, a comfortable box tent will be provided for accommodation at the base camp. Hygienic and fresh green vegetables, fresh meat, fruits, soft drinks,



and juice will be served regularly throughout the entire expedition, facilitated by helicopter flights. A well-managed base camp setup, including a dining tent, kitchen tent, toilet, and shower tent, will be available for both members and staff.

**17. PORTER:** Porters per member up to the basecamp and from the basecamp (both ways).

**18. BASE CAMP STAFF:** Experienced and well-trained Base Camp Cook & Kitchen Helpers as required.

**19. STAFF SALARY AND ALLOWANCE:** All Nepalese staff & porter's daily wages, salary, equipment, food & clothing.

**20. BASE CAMP TENT:** Each member will have an individual box tent in Base Camp.

**21. BASE CAMP EQUIPMENT:** Single Tent, foam mattresses and pillow per member, 1 Dining Tent, 1 Kitchen Tent, 1 Communication tent, 1 Toilet & 1 Shower Tent, 1 Staffs Tent, 1 Tent for Nepalese base camp staff, Store tent, Tables & chairs & all necessary cooking gears.

**22. HEATER:** Heater at base camp in each Dining and other necessary camps.

**23. SOLAR/GENERATOR/LIGHT:** 1 Solar panel and Generator for lights at base camp, for battery charges, laptop, and other electronic devices.

**24. MEDICAL CHECKUP:** Twice Medical checkup of each climber at the base camp before the summit attempt.

**25. BAKERY AND BAR AT BASE CAMP:** Bakery and bar for the team members of Seven Summit Treks. **(Limited uses)**

**26. TRAINING:** Oxygen, Mask Regulator, Ice wall, and Ladder training at basecamp by UIAGM Guide.

**27. HIGH ALTITUDE CLIMBING SHERPA:** 1 veteran and government-licensed climbing Sherpa per member (1 Member: 1 Sherpa), during the entire climb from Basecamp to the summit and back, and on each rotation.

**28. ASSISTANCE:** Climbing Sherpa to assist in carrying your gear to the high camps.

**29. CLIMBING SHERPA SALARY & ALLOWANCE:** Climbing Sherpa Salary, Equipment, Food, and Clothing.

**30. BONUS:** Carry Bonus of Sherpas and Route Fixing Charges.

**31. OXYGEN BOTTLE (O2):** 5 oxygen bottles (4 ltrs.) for each member and 3 oxygen bottles for each high-altitude Sherpa. \*\*

**32. OXYGEN MASK & REGULATOR:** 1 Set of Oxygen mask & regulator for each member and high-altitude Sherpa. \*\*

**33. BACK UP OXYGEN, MASK & REGULATOR:** Additional oxygen bottles, along with one set of oxygen mask and regulator, will be available at base camp for emergencies (subject to a charge).

**34. HIGH CAMP SERVICE (INFRASTRUCTURE AND LOGISTICS):** High Altitude Tent, Necessary cooking EPI gas, cooking pot, High food for a member, Sherpa, and other crews at (C1) (C2) (C3) and (C4). Group





climbing gears, fixed and dynamic rope during the climbing period as required.

**35. HIGH CAMP KITCHEN AND DINING:** SST will have one cook, kitchen, and dining tents in Camp I and Camp II.

**36. HIGH ALTITUDE TENT:** Members will share tents in high camps (2 members: 1 tent).

**37. ROPE FIXING TEAM:** The Team of Experienced Sherpas (from the Expedition Operators Association of Nepal) Will Fix The Route To The Summit Of Everest (No Extra Charge Will Be Applied To Members).

**38. SATELLITE PHONE:** Satellite Phone for emergency communication carried by Sherpa, also available for members (subject to a charge).

**39. WALKIE-TALKIE:** Walkie-Talkie for communicating from Base Camp to Mountain and Mountain to Base Camp.

**40. PERMITS:** Satellite Phone/walkie-talkie permit for all members and staff.

**41. INTERNET SERVICE:** Internet facility (1 Mbps) will be available at the Base Camp (SUBJECT TO A CHARGE).

**42. WEATHER FORECAST:** Weather forecast report regularly from Meteotest, Bern (Switzerland) during the entire expedition.

**43. DOCTOR:** One Medical Doctor at basecamp along with a comprehensive medical kit for the member.

**44. CERTIFICATE:** Everest climbing certificate issued by MoCTCA (after climbing Mt. Everest successfully).

**45. SOUVENIR:** A memento at the end of the trip.

**\*\*NOTE: ALL EXPEDITION STUFF AND EQUIPMENT HAVE TO BE RETURNED AFTER THE EXPEDITION.**





## COST EXCLUDES:

1. **AIR FARE:** International flight airfare (from and to Kathmandu).
2. **NEPAL ENTRY VISA FEE:** Nepalese Visa fee is \$125 USD for 90 Days.
3. **LUNCH & DINNER:** Lunch & dinner during the stay in Kathmandu (also in case of early return from Trekking / Expedition than the scheduled itinerary).
4. **EXTRA NIGHTS IN KATHMANDU:** Extra nights' accommodation in Kathmandu. In case of early arrival or late departure, early return from Trekking / Expedition, or domestic flight cancellation (due to any other reason) than the scheduled itinerary.
5. **INSURANCE POLICY:** Insurance covering both medical and high-altitude evacuation costs (for the trip cancellation, interruption, high-altitude rescue & air evacuation, medical treatment, repatriation, etc.)  
\*Mandatory (Send us a copy of your insurance policy- before your arrival.)
6. **PERSONAL EXPENSES:** Telephone Calls, Internet, Toiletries, battery recharge, hot shower, bottled/mineral water, laundry, soft drinks, beers, and any Alcoholic beverages (during the trek and in Kathmandu but we will have soft drinks for members at base camp).
7. **PERSONAL CLIMBING EQUIPMENT:** Clothing, Packing Items, Bags, Personal Medical Kit, and all kinds of Personal Trekking / Climbing Gear.
8. **TOILETRIES:** Soaps, shampoos, toilet and tissue papers, toothpaste, and other items used to keep yourself clean.
9. **FILMING:** Special Filming, Camera, and Drone permit fee.
10. **INTERNET SERVICE:** Available during the trek (subject to a charge) but not included in the package.
11. **\*SUMMIT BONUS:** Summit bonus for each climbing Sherpa- Minimum \$ 1800 USD. (Check the details below).
12. **\*TIPS:** Each member needs to contribute a minimum of \$100 USD each way as tips to be distributed among the porters, guide, and other staff involved. And \$300 USD to the basecamp and the high camp staffs. (Check the details below).
13. **EXTRA:** Any other services or activities, which are not mentioned in the itinerary and not listed in the "Cost Includes" section.

\*Note: All of the above-mentioned summit bonuses, tips, and other costs need to be paid in cash. So, members are required to bring cash for these expenses. **For entire details click [here](#):**



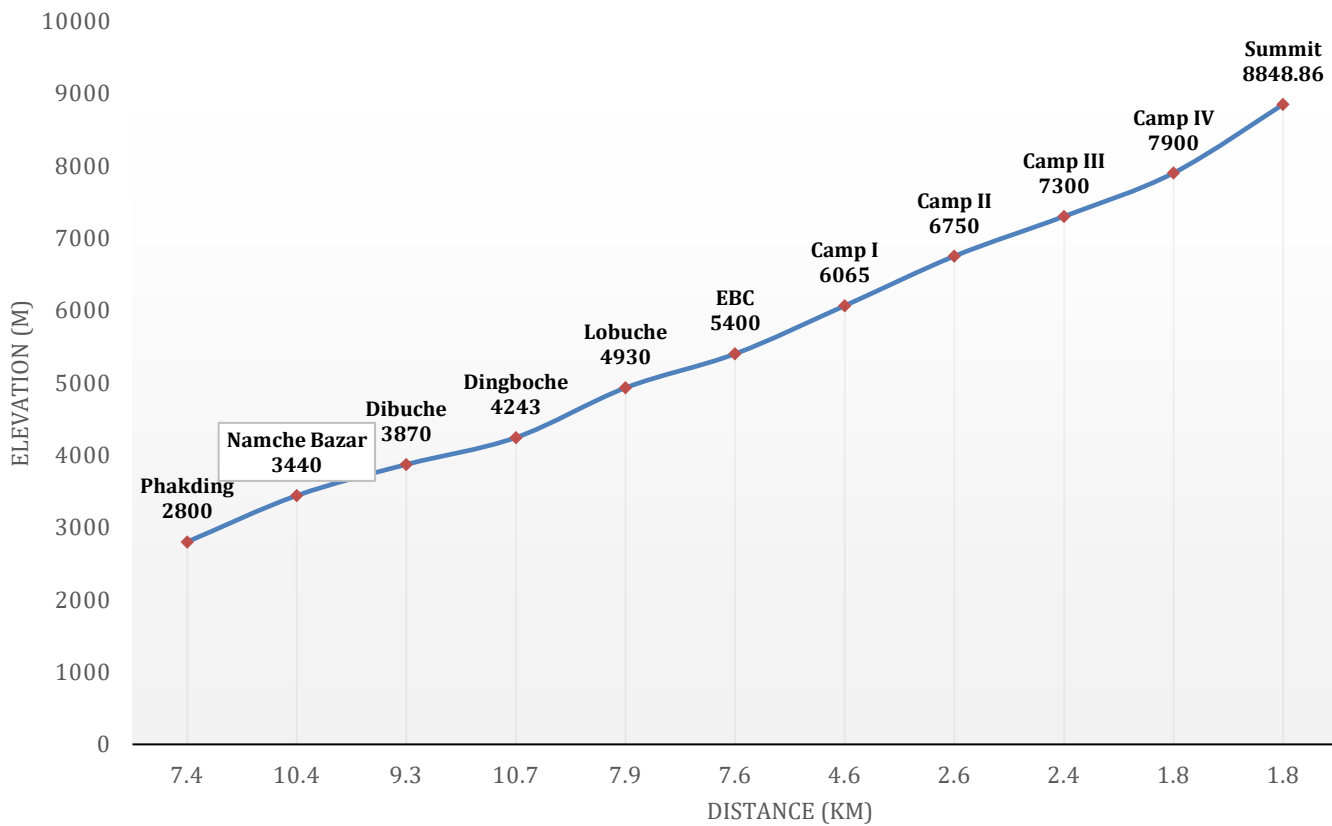
## + ADD. SERVICES

Add + Lobuche peak Climb OR Island Peak	\$1000.00	Consider climbing Lobuche Peak (6119 m.) or Island Peak (6189m.) For extra acclimatization. <b>Excludes: Summit Bonus.</b>
Additional Per Sherpa	\$ 9000.00	We will provide you with One Personal Sherpa during the entire expedition period (1 Member :1 Sherpa), this is included in the program price. However, if you would like to have another extra personal climbing Sherpa (A private 1 Member: 2 Sherpas), you may add to your program.
Extra Oxygen Per Bottle	\$ 500.00 at BC \$ 700.00 at C1 & C2 \$ 1000.00 at C3 & C4	We allocate enough O2 bottles, however, if you want to purchase extra bottles for extra safety.
Personal Dining Tent	\$ 2000.00	To avoid the pandemic scenario or if you are looking for a quiet and silent time at the base camp, you may request a separate dining and resting tent.
Add. + Lhotse Climb	\$ 12000.00	2 Days extra climbing on Everest Program, to combine the 4 <sup>th</sup> highest peak (Lhotse). The cost covers Sherpa support, high camp logistics, fixed rope, and additional Oxygen bottles. <b>Excludes: Summit Bonus.</b>
Single Room on Trek	\$ 1000.00	Single room (Upgraded) during the entire trekking days (both ways).
Helicopter - Kathmandu-Lukla - Basecamp - Lukla - Basecamp - Kathmandu	\$ 3200.00 \$ 2300.00 \$ 5200.00	A helicopter ride saves your trekking days. If you would like to use the helicopter riding option (Kathmandu to Lukla, Lukla to Basecamp, Basecamp to Lukla or Namche, or direct to Kathmandu) during the expedition period, please let us know a few days earlier.
Extra Night in Kathmandu	\$100.00	Each Extra Night (except the program) in Kathmandu in 4/5 Star hotel on Bed and Breakfast Plan.



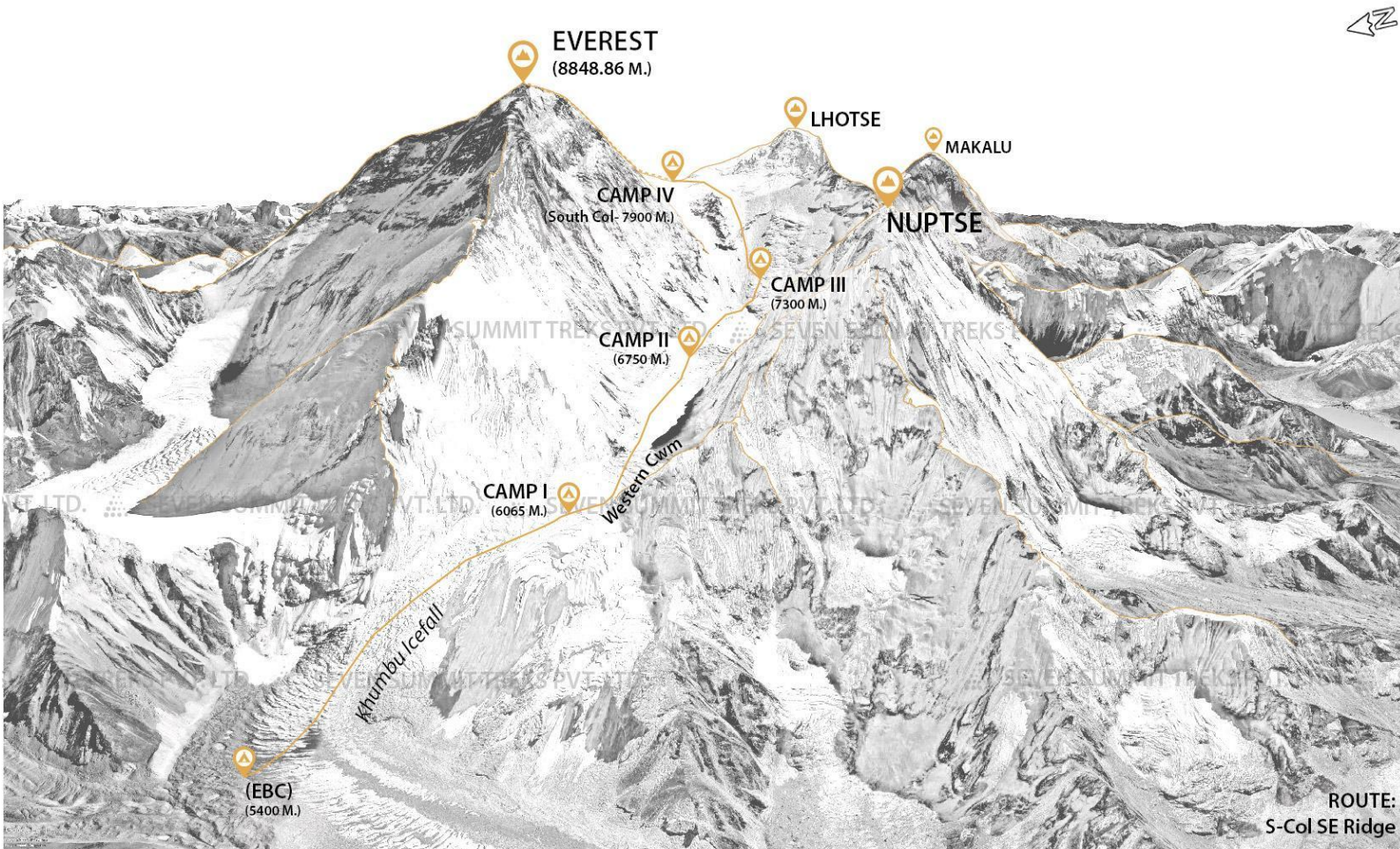


## EVEREST EXPEDITION ELEVATION PROFILE





## ROUTE MAP:







## CAMPSITES

### ***Everest Basecamp (5,400m/17,717ft)***

A scenic flight to Lukla and the trek begins that will lead you to the Everest Basecamp (5,400m). The trek to Basecamp offers a great view of the Mahalangur range including the vistas of Amadablam, Pumori, Nuptse, and finally you will be greeted by our best Sherpa team. At EBC, there will be a large number of climbers aiming to scale Everest in their own camps. It has been seen that, among the expedition operators, Seven Summit Treks has the best setup of basecamp with a helipad in close proximity for cargo and rescue convenience. Each member will get a separate member tent and dining (sharing), kitchen, shower, communication, and toilet tents. Before we climb the mountain, we have a big puja ceremony at Basecamp to appease the local deities and pray for good luck and safe climbing.

Seven Summit Treks will have frequent helicopter shuttles to EBC and every single shuttle brings lots of fresh vegetables, fresh meat, and beverages for our members. The base camp will be an elaborate setup with base camp chef, wide menu options, bakery, coffee shop and a great hub for socialization with our other climbers.

### ***Camp I (6,065m/19,898ft)***

Once you reach EBC, your climbing Sherpa or team leader will review base and advance training at base camp. You will cross the Khumbu Icefall. This Ice fall is 2,000ft of moving ice. For the best acclimatization, once the rope is fixed by the Sherpa team you will climb to Camp I which lies at the altitude of 6,065m. In this section of climbing, you will encounter mixed terrain with few crevasses and ice on the section of the glacier. This will take you about 4-5 hours of climbing. We will have frequent rotations to Camp I and back to base camp.

The campsite at C1 sits above the vast snowfield of the western cwm. Now from C1 onwards, the tent setup will be 2 members to 1 tent. There will be chef in camp 1 who will provide climbers with warm and fresh meals.

### ***Camp II (6,750m/22,146ft)***

Camp II lies at an altitude of 6,750m right underneath the gigantic SW face of Everest. The climbing from camp I to camp is an intermediate ice section with a few mixed climbing parts. In this section of the climb, some rock parts ice walls are to be climbed, and in the middle of the glacier is a bit technical section but there will be a fixed rope. At camp II, there will be SST's fixed dining camp with a kitchen facility so this will be the place where you'll spend most nights after the base camp. In camp 2, the tents will have to be shared at 2:1 ratio (2 members to 1 tent). There will be an expedition chef with dining tents ensuring you fresh meals this high.

### ***Camp III (7,300m/23,950ft)***

Climbing from Camp II to Camp III involves climbing a landmark called Lhotse Face. The Lhotse face is steep icy slope to the west of the summit of Lhotse. The ice part is technically demanding with slope ranging from 30 – 45 degrees but since the fixed ropes are put in place, it is safe. Our veteran climbing Sherpas shall guide you through the face to eventually get to Camp III. You will have an overnight stay at Camp III before heading to Camp IV for the final push. In camp 3, tents will have to be shared in the same 2:1 ratio. Due to the positioning of camp 3, it is not feasible to have an elaborate camp setup thus, the meals will be served by Sherpa climbers to each climber.

### ***Camp IV (7906 m / 25,938 ft)***



Camp IV, aka the South Col, is probably the world's highest pass. This col connects Everest and Lhotse and is the last camp before the summit of Everest. Camp IV is a vast stretched pass that comes after crossing Geneva Spur above Camp III. There are two rock sections to navigate before camp 4: The Yellow Band, an inter-layer of marble, phyllite, semi schist rock, and the Geneva Spur, an anvil-shaped rib of black stone. Both of these areas are set up with fixed ropes. In climbing, the South Col is also marked as the beginning of the Death Zone (an elevation which doesn't support metabolic processes). You'll make 2 visits of Camp IV – the first one while doing rotations for acclimatization and the final during the summit push. Our Climbing Sherpa team will have already ferried oxygen cylinders and pitched camps for you to be well rested even at this elevation. This elevation is usually isn't for normal human metabolic functions, thus mostly carbs and soups for energy will be consumed which shall be provided to you by your climbing Sherpa.

### ***Summit Push (8848.86 m / 29,032 ft)***

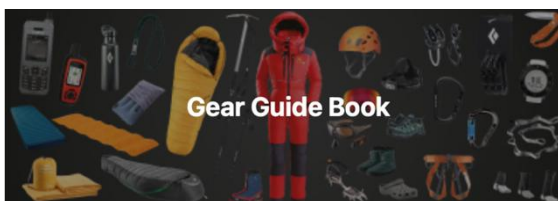
With your veteran climbing Sherpa, you'll start pushing for the summit at around midnight. Nights are generally stable for the had push. This is going to be a long night but the joy of seeing sunrise from the highest point of the world washes all fatigue away. You just have to keep pushing. The route passes through the triangular face above the south col to eventually balcony, south summit and finally the dream summit of Everest. The whole world is below you now. After taking some pictures, you will walk down to camp III or camp II, which will take about 5 to 6 hours. Descending from the summit is also a difficult part of this expedition so safe descent is half the job of the day. Seven Summit Treks will have one climbing Sherpa with one member from camp IV to summit day and till back to basecamp. SST's guide will carry oxygen cylinders for members and him/herself. For the safe summit of Everest, SST will always have a guideline of the best weather forecast, communication, and back support from the basecamp leader. Rope fixing up to the summit is the major duty of our climbing Sherpa so we highly admire our Sherpa to fix ropes and make all the effort to get the group to reach the summit of Everest.

## EQUIPMENT LIST

**[EQUIPMENT SHALL BE ARRANGED BY CLIENTS THEMSELVES, NOT INCLUDED IN THE PACKAGE COST]**

Mountaineering and trekking necessitate thorough preparation, and having the appropriate gear is crucial for a safe and enjoyable experience in challenging outdoor environments. A key component of any mountaineer's gear list is suitable clothing, encompassing insulated layers for warmth, waterproof and windproof outer layers for protection against the elements, and moisture-wicking base layers to manage sweat. In addition to clothing, essential equipment for mountaineering and trekking includes a backpack for carrying gear and supplies, a dependable sleeping bag suitable for expected temperatures, and a sleeping pad for insulation from the cold ground. It is imperative to carefully consider the terrain, climate, and duration of the expedition when assembling a gear list for mountaineering and trekking.

[Gear Guide Book for 8000m Peaks.](#)



## EXPEDITION MANAGER:

### Chhang Dawa Sherpa: (The man who led the First Winter K2 Expedition)

Chhang Dawa Sherpa, Board Director/Expedition Manager of Seven Summit Treks is the second person among Nepalese who successfully summit 14 mountains of the world that are above 8000 meters. As in previous years, he will be leading the entire team of the SST expedition in Everest (8848.86m), it was a great success in previous years under the leadership of Dawa. His unwavering determination, unparalleled expertise, and deep-rooted respect for the mountains have not only led to personal achievements but also inspired countless aspirants to push their limits in the relentless pursuit of conquering Earth's most challenging peaks. Under his leadership, SST conducted a successful expedition overall of 8000m peaks in Nepal, China, and Pakistan.

## GROUND HANDLING:

### Mingma Sherpa:

Mingma Sherpa, Chairman of Seven Summit Treks represents the top of mountaineering achievement and logistical expertise, drawing from a wealth of experience in arranging successful ascents on the world's highest peaks. As the first South Asian to conquer all 14 mountains above 8000 meters, Mingma's unparalleled mastery of high-altitude logistics and profound understanding of mountains is second to none. Mingma Sherpa's tenure in ground handling during Everest and multiple 8000-meter expeditions reflects comprehension of the difficult details vital for ensuring expedition success. His years of invaluable experience and unwavering commitment to safety and efficiency make him an indispensable asset, ensuring that each logistical aspect of the Everest expedition operates seamlessly, setting the stage for triumph amidst the world's most challenging terrain.

## **EXPEDITION GUIDE:**

### **Dorchi Wangdak Bhote**

Dorchi Wangdak Bhote, a mountaineering guide embodies the spirit of Himalayan exploration and the essence of mountaineering expertise. With an unwavering passion for the mountains, he stands as an exceptional expedition guide at Everest Base Camp, an example of guidance within towering peaks. Having conquered the mighty Everest summit three times, Dorchi's accomplishments helped mountaineers for successful climbing. Beyond Everest, his mountaineering prowess extends across numerous other formidable peaks, marking him as a seasoned alpinist revered for his vast experience and intimate knowledge of the Himalayas. His presence among aspiring adventurers at the base camp promises not just guidance, but a glimpse into the extraordinary world he has conquered time and again.

## **EXPEDITION DOCTOR**

### **Dr. Behrouz Moghaddasi**

Dr. Behrouz Moghaddasi, an Iranian national and a highly qualified medical professional, is Seven Summit Trek's head expedition medical responder. Dr. Moghaddasi is an expert in emergency medicine, high altitude medicine, wilderness medicine, war medicine, disaster management, and sports physiology. Fluent in Persian, English, and Turkish, Dr. Moghaddasi has extensive training and experience in various emergency response and search and rescue operations, including mountain and wilderness rescue, urban search and rescue, and chemical incident response. With over a decade of experience as the Head of Iranian Search and Rescue Teams and a senior officer at the Iranian Red Crescent Society, Dr. Moghaddasi is well-equipped to handle any medical situation that may arise during the expedition. During the expedition in any Himalayan Mountain, Dr. Moghaddasi maintains routine checkup for each climber and records vitals so the entire team's health remains in finest status throughout the expedition. His participation ensures that you will receive the highest standard of medical care in any emergency.





## INSURANCE:

There is a fine line between adventure and blatant risk. Mountaineering is an adventure trip that carries an intrinsic danger and the nature of travel implies things don't generally go according to the plan, which is the reason why we require every one of our clients to get acceptable and proper insurance.

Due to unanticipated reasons, for example, injury, family issues, work commitments, etc., clients may need to cancel their trip before the start or during the expedition. Considering these factors, it's better to be prepared for the possibilities.

As mentioned in the Terms and Conditions of Seven Summit Treks, the agency is exempt from being liable for different expenses that may occur in case of different emergencies or unforeseen situations. In addition to that, a foreigner isn't allowed to purchase insurance on Nepali soil. Both facts point out the requirement of a client to purchase an elaborate travel

insurance plan in their place of origin that protects their interest in case of trip cancellation, helicopter evacuation, medical emergencies, other illnesses, lost luggage, theft, disasters, death, and so on.

You are free to pick your insurer however look for an arrangement that covers trip postponement and cancellation, rescue, and covers medical as well. Guarantee it doesn't have limitations on the height you will climb, prohibitions on the exercises you are embracing, or the places you will be visiting. Protect yourself with the right insurance so you can go on your expedition with peace of mind and focus more on your climbing.

Please make sure to send us a copy of your insurance policy before you start your expedition so that we can assist you in any case of an emergency.

Please find the details about insurance before buying the policy [here](#).





## BOOKING & PAYMENT PROCESS:

If you intend to embark on an adventure through Seven Summit Treks Pvt. Ltd. you are required to book a trip 3 months before the trip. A three months preparation period is necessary to ensure the maximum safety and satisfaction of the clients.

The client must disburse 30% of the total cost, at the time of booking. The advance amount will be used for the necessary booking of hotels, flights, guides, and porters and for receiving approval from governmental authorities. Another 30% of the total charge should be deposited one month before the flight to Nepal. The remaining 40% of the total charge should be paid before you arrive in Nepal, before the start of your adventure.

<b>NAME OF THE BANK:</b>	HIMALAYAN BANK LTD.
<b>ACCOUNT HOLDER'S NAME: (BENEFICIARY)</b>	SEVEN SUMMIT TREKS PVT LTD
<b>ACCOUNT NUMBER: (BENEFICIARY) USD \$</b>	01902853840022
<b>SWIFT CODE / BIC:</b>	HIMANPKA
<b>BANK'S ADDRESS:</b>	HITI DURBAR BRANCH, DURBARMARG, KATHMANDU, NEPAL
<b>MOBILE:</b>	+9779851111187
<b>ZIP CODE:</b>	44600
<b>EMAIL:</b>	INFO@SEVENSUMMITTREKS.COM

After depositing the booking amount to the company's account, we can confirm your registration for our expedition team. You can find all the information about gear lists, itineraries, travel routes, etc. that are required for your expedition on this website which will help you manage everything needed for your expedition.

Once you sign up for the expedition with SST - you will have a free consult with our expert team. We will provide information about personalized strategy, customization, progression planning, expert guidance and coaching, insight, and advice on how to accomplish your adventure goals.

Following the initial application process, you will then:

- Send us your passport copy - during booking.
- Send us a copy of your insurance policy- before your arrival.
- Send us your arrival/departure travel details- before your arrival.
- Send us a copy of your physician's report (verified by your doctor stating you are fit to join and exercise yourself at a higher altitude) before your arrival.

Please find the details about our payments, cancellation, and refund policies [here](#).



## TERMS & CONDITION:

Please check our (Seven Summit Treks') terms and conditions before proceeding [here](#).

## EXPEDITION ON THE WEB:

For expedition dates, and all the latest information

MT. EVEREST EXPEDITION

For all expedition inquiries and bookings

[info@sevensummittreks.com](mailto:info@sevensummittreks.com)

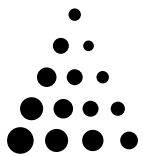
WhatsApp:

[+977 980-1238848](https://wa.me/9779801238848)

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SUMMIT  
TREKS**