



# EVEREST EXPEDITION PREMIUM -(SOUTH) NEPAL

[8848.86M.] -WITH LOBUCHE PEAK - 2026

This Everest Expedition Premium allows you to climb the highest mountain in the world assisted by 1 UIAGM Guide and 2 Sherpa guides, more oxygen bottles, preparation climb on Lobuche peak, Private based services, a recreational Helicopter flight, Helicopter out from BC to Kathmandu, and an enhanced overall service.

## TRIP FACTS:

PRICE PER PERSON  
**\$130,000.00 USD**

PEAK NAME  
MT. EVEREST (SAGARMATHA)

SERVICE  
FULL BOARD (1: 1 UIAGM + 2 SHERPAS)

COUNTRY  
NEPAL

DURATION  
50 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

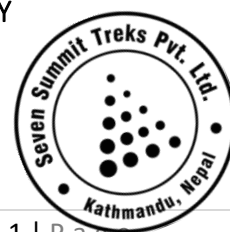
NATURE  
HOTEL + LODGE + TENT

GROUP SIZE  
2-15 PAX

ARRIVAL  
12 APR

DEPARTURE TO LUKLA  
14 APR

TRIP ENDS  
31 MAY



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## Required Experience:

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

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### LOBUCH PEAK (6119 M.) FOR EXTRA ACCLIMATIZATION

This Premium package comes with the acclimatization climb of Lobuche Peak (6119 m) en route to Everest Base Camp. This climb is a great way to ensure you are well-acclimatized before you start the Everest Expedition.

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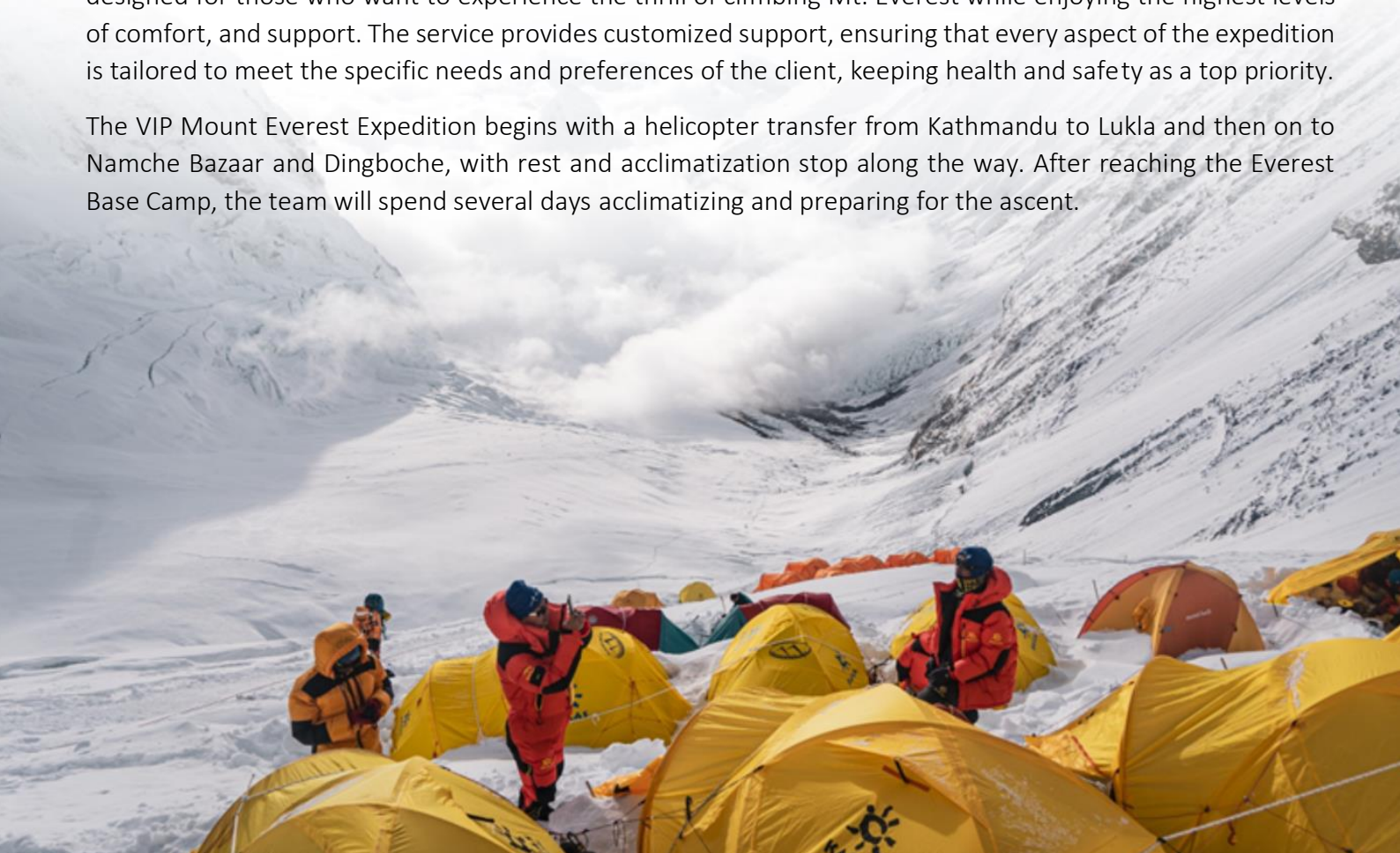
## Overview:

The Seven Summit Treks Everest Expedition Premium Service is a comprehensive package designed for those seeking to summit Mt. Everest in the utmost comfort and convenience.

Climbing Mt. Everest is indeed a lifetime experience and one of the most challenging and rewarding adventures that a person can undertake. Mt. Everest is the highest mountain in the world and is located in the Himalayas, on the border between Nepal and China. Mt. Everest, also known as The Sagarmatha in Nepali is the highest peak on the earth with an altitude of 8848.86m.

The VIP Mt. Everest Expedition Service offered by Seven Summit Treks is an exclusive package that caters to those who wish to conquer the world's highest mountain with a blend of adventure and luxury. This service is designed for those who want to experience the thrill of climbing Mt. Everest while enjoying the highest levels of comfort, and support. The service provides customized support, ensuring that every aspect of the expedition is tailored to meet the specific needs and preferences of the client, keeping health and safety as a top priority.

The VIP Mount Everest Expedition begins with a helicopter transfer from Kathmandu to Lukla and then on to Namche Bazaar and Dingboche, with rest and acclimatization stop along the way. After reaching the Everest Base Camp, the team will spend several days acclimatizing and preparing for the ascent.







## Training at Basecamp:

At the Everest Basecamp, the team will be in the capable hands of a UIAGM (International Union of Alpine Guide Associations) certified guide, who will host a comprehensive training session on the essential skills required for the climb. This training will include lessons on ice wall climbing, ladder crossing, and other techniques that will be required for the ascent. The training sessions will be an opportunity for the team to practice these skills in a controlled environment, under the guidance of experienced professionals.

The team will have the opportunity to learn about the proper use of equipment, such as crampons and ice axes, and will be taught the best techniques for ascending steep ice and snow-covered slopes. The ladder crossing training will help the team to become comfortable with the fixed ropes and ladders that will be used to cross difficult sections of the mountain.

The training sessions will be intense, but they are also designed to be fun and engaging, helping the team to bond and build confidence in their abilities. The UIAGM guide will also provide valuable advice and tips to help the team prepare for the climb, and will answer any questions they may have. Overall, the training sessions will be an important part of the team's preparation for the climb and will help to ensure their success and safety on the mountain.





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## Acclimatization at Lobuche:

After the completion of Training at EBC, the team will approach the summit of Lobuche Peak (6119m). The climb to the summit of Lobuche Peak (6119m) is an important acclimatization process that prepares the team for the final ascent of Mount Everest.

During the climb, the team will gain valuable experience in navigating high-altitude terrain and will be able to test their physical and mental abilities. The ascent of Lobuche Peak is also an opportunity for the team to get to know their Sherpa guides, who will play a critical role in ensuring their safety and success on the mountain, after its completion, the team returns to Everest basecamp. In addition to acclimatization, the team will spend several days at the Everest Basecamp preparing for the ascent. During their time at base camp, the team will have the opportunity to get to know their entire Sherpa team, including their lead guide, assistant guides, and support staff. This is an important bonding experience that helps to build trust and camaraderie among the team members, which will be crucial during the climb.

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## Preparation, Basecamp, and High-Altitude Activities:

In the Everest basecamp, the team will also perform the Pooja Ceremony, a traditional Hindu ritual that pays respect to the gods and requests their blessings for a safe and successful climb. The Pooja Ceremony is an important part of the expedition and is considered to be good luck for the team. It is a touching moment that helps to bring the team together and provides a sense of reverence for the mountain and the journey ahead.

From there, along with the required Sherpas and UIAGM guide, the team will move on to Camp I (6,065m) where they will cross the Khumbu glacier. The journey continues from the Khumbu Glacier to Camp II (6,750m) around 450m on a gradual slope, and to Camp III (7,100m) around 610m. Camp III is located at the head of Lhotse and from there the team will reach Camp IV (7,910m) after just crossing 8000 m elevations.







## Final Summit Push:

The final ascent to the summit of Mount Everest (8,848m) will commence between 9 – 11 PM once the team reaches Camp IV. The ascent will take several hours and will involve navigating through challenging terrain, including the famous Hillary Step. Reaching the summit is a physically and mentally demanding task, but the breathtaking views from the top make it all worth it. Upon reaching the summit, the team will spend a short time taking in the views and capturing the moment before beginning the descent back to Camp IV. The descent will also take several hours and requires just as much focus and determination as the ascent. Once back at Camp IV, the team will rest and recover before starting the journey back down the mountain to lower elevations. This epic journey to the top of the world will be a once-in-a-lifetime experience that the team will cherish forever. During the entire expedition, you will be guided by a UIAGM-certified guide, ensuring a safe and successful climb. The Mt. Everest Expedition Premium Service also includes airbus support from Heli Everest (B3e Model) providing added safety and convenience during the climb.

The package includes state-of-the-art equipment and gear, as well as full board service and supplies, ensuring that climbers have access to everything they need to make the most of their expedition. This premium offering provides climbers with the excitement of climbing Mt. Everest and the comfort and convenience of a premium service. Whether you are an experienced climber or a first-timer for 8000er, this package offers an opportunity to make memories that will last a lifetime.



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



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## HIGHLIGHTS OF THE EVEREST EXPEDITION PREMIUM TRIP:

1. **12 April - 03 June**
  2. A climb to the top of the world
  3. **1 Climber: 1 UIAGM Guide**
  4. 1 Climber: 2 Sherpa Guide
  5. **Experience the beautiful Lobuche Peak Climbing (As an acclimatization)**
  6. **15 Bottles of Oxygen per climber & 4 Bottles of Oxygen per Sherpa**
  7. 1 Set of Oxygen Mask and Regulator
  8. Full Board services
  9. **Accommodation in the best hotels and lodges during the trek, free Wi-Fi access, comfortable sleeping bed at the BC, and other upgraded services.**
  10. **1 Helicopter flight from BC to Namche OR to Kathmandu during the expedition for rest and rejuvenation and a Helicopter flight to Kathmandu after the expedition ends**
  11. Experience the thrill of the Khumbu Icefall climb
  12. Stunning panoramic view from the summit that comes with sights of mighty 8000ers like Lhotse, Makalu, Cho Oyu, Kanchenjunga, and Shisha Panga
  13. Experience the natural beauty of the Himalayas: from the subtropical to Alpine climate and biodiversity
  14. Experience the unique culture of the Himalayan heartland of Khumbu
  15. 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)
- **3 climbing Sherpas to each member (1 Member: 1 UIAGM + 2 Sherpas)**





## ITINERARY:

DAYS	ITINERARY	DATE	MEALS	BOARD
1	Arrival in Kathmandu & Transfer to the Hotel (1400m)	12-Apr	D	5* Hotel
2	Rest in Kathmandu, Great Checking, and Preparation	13-Apr	B/L/D	5* Hotel
3	Briefing at Ministry of Tourism -1350m.	14-Apr	B/L/D	5* Hotel
4	Fly to Lukla by Helicopter (B3e) -2850m.	15-Apr	B/L/D	Upgraded Lodge
5	Rest in Lukla (Short Acclimatization Hike) -2850m.	16-Apr	B/L/D	Upgraded Lodge
6	Fly to Namche Bazaar by Helicopter (B3e) -3440m.	17-Apr	B/L/D	Upgraded Lodge
7	Full Rest in Namche Bazaar -3440m.	18-Apr	B/L/D	Upgraded Lodge
8	Hike to Everest View hotel: Overnight -3880m.	19-Apr	B/L/D	Upgraded Lodge
9	Fly from Everest View hotel to Dingboche (B3e) -4240m.	20-Apr	B/L/D	Upgraded Lodge
10	Rest in Dingboche (Chhukung Hike) - 4240m.	21-Apr	B/L/D	Upgraded Lodge
11	Rest in Dingboche (Acclimatization Hike to Nangkartshang Peak) - 4240m.	22-Apr	B/L/D	Upgraded Lodge
12	Trek from Dingboche to Lobuche Village- 4940m.	23-Apr	B/L/D	Upgraded Lodge
13	Trek from Lobuche to Gorekshep - 5150m.	24-Apr	B/L/D	Upgraded Lodge
14	Trek from Lobuche to Everest Base Camp (5364m)	25-Apr	B/L/D	Upgraded Tent
15-25	Rotation: [Basecamp – Rotation (Camp I, Camp II and Camp III) – Basecamp]	26 APR - 06 MAY	Full Board High Camp	
26-30	Fly by Helicopter from EBC to Namche Bazaar OR to Kathmandu Hotel (Rest and Recovery) and Fly Back to EBC	07-11 MAY	B/L/D	Tent
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	12-27 MAY	Full Board High Camp	



summit (8,848.86 m), and then back down via Camp II to Base Camp.				
47	Cleaning Up Base Camp	28-MAY	B/L/D	Tent
48	Fly from Everest basecamp to Kathmandu via & transfer to the Hotel	29-MAY	B/L/D	Lodge
49	Leisure Day in Kathmandu City	30-MAY	B	Hotel
50	Transfer to the International Airport for the final departure	31-MAY	Breakfast	

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

Note: The itinerary can be shortened to 40 days based on the weather conditions and the time frame of the participants. **Lobuche Peak climbing shall be done in between Day 10 -30.**

## COST INCLUDES:

- ARRIVAL AND DEPARTURE:** Airport - Hotel transfers – Airport (Pick Up and Drop), by private vehicle.
- HOTEL ACCOMMODATION IN KATHMANDU:** 5-7 nights hotel in Kathmandu (5-star category) - single room on Full Board Plan (inclusive Breakfast, Lunch and Dinner).
- WELCOME DINNER:** One Welcome Dinner in a tourist standard restaurant in Kathmandu with the Office Staff.
- CARGO CLEARANCE:** Assistance for cargo clearance in Nepal's Customs.
- PERMIT:** Expedition Royalty and a permit fee from the Nepal Government to climb Mt. Everest, NMA permit to climb Lobuche Peak, Sagarmatha National Park, and Pasang Lhamu Rural Municipality entry permit and fee.
- ICEFALL FEE:** Khumbu Icefall climbing charge to Sagarmatha Pollution Control Committee (SPCC).
- LIAISON OFFICER:** 1 Government Liaison officer with full equipment, salary, and accommodation.
- GARBAGE MANAGEMENT:** Stool Shipment Transfer & Garbage Deposit Fees.
- INSURANCE:** Medical & Emergency rescue Insurance for all involved Nepalese staff during the trek and expedition.
- MAP:** Trekking and climbing map.
- DUFFLE BAG:** One Seven Summit Treks' Duffle Bag.
- MEDICAL CHECKUP:** A medical checkup in Kathmandu before the expedition to ensure that the member is fit to climb and identifies any potential health risks.
- MEMBER TRANSPORTATION:** All Helicopter flights as per the Itinerary, mentioned above. From Kathmandu - Lukla - Namche, Namche - Dingboche, During the expedition return back to





Kathmandu and after Expedition from Everest BC to Kathmandu.

**14. REST IN NAMCHE OR KATHMANDU** : Helicopter flight from Everest base camp - Namche OR Kathmandu - Everest Base camp **(1 time) if required, with Full Board accommodation.**

**15. 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.

**16. TREKKING LOGISTIC:** All necessary logistic management during the trek along with a UIAGM guide, and supporting staff. Overnight stay at upgraded lodges (attached restroom) and member's all personal belongings will be carried by porters or helicopter.

**17. MEMBER LUGGAGE:** Up to 100 Kg per member as personal baggage during the trek to be carried by porters or Yaks.

**18. 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 (single) during the trek. Hygienic foods will be served throughout the entire trek. **(Fully - Upgraded Rooms)**

**19. 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.

**20. DRINKING:** Hot water, tea, coffee, beer, wine, etc. during the trek and the Expedition is of no limit.

**21. PERSONAL EXPENSES:** Telephone Calls, Internet, Toiletries, battery recharge, hot shower, bottled/mineral water, laundry, soft drinks, beers, or any Alcoholic beverages.

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

**23. UNLIMITED INTERNET SERVICE:** Internet facility will be provided during the expedition period at all available Spots.

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

**25. COOK:** A cook is provided during the entire expedition, preparing a variety of European, Continental, Asian, and Chinese meals for the members during both the expedition.

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

**27. FULLY UPGRADED BASE CAMP TENT:** Each member will have their own box tent at Base Camp, **complete with a bed and comfortable mattress**, electric blanket, power supply, and lighting facilities.

**28. WHITE DOME TENT:** One White Big Dome luxury tent, usable for dining, coffee station, and relaxation.

**29. 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.



30. **HEATER:** Heater at base camp in each Dining and other necessary camps.
31. **SOLAR/GENERATOR/LIGHT:** 1 Solar panel and Generator for lights at base camp, for battery charges, laptop, and other electronic devices.
32. **MEDICAL CHECKUP:** Twice Medical checkup of each climber at the base camp before the summit attempt.
33. **BAKERY AND BAR AT BASE CAMP:** Bakery and bar for the team members of Seven Summit Treks. (Unlimited uses)
34. **TRAINING:** Oxygen, Mask Regulator, Ice wall, and Ladder training at basecamp by UIAGM Guide.
35. **LOBUCHE PEAK CLIMB:** All necessary arrangements for climbing Lobuche peak, including Sherpa, Ropes, foods, Basecamp and High camp Services.
36. **UIAGM GUIDE:** 1 UIAGM guide will be with you from Kathmandu – Basecamp – High Camps – Summit – Basecamp - Kathmandu all the time for your Guidance.
37. **HIGH ALTITUDE CLIMBING SHERPA:** 2 veteran and government-licensed climbing Sherpas per member (1 Member: 2 Sherpas), during the entire climb from Basecamp to the summit and back, and on each rotation.
38. **ASSISTANCE:** Climbing Sherpa to assist in carrying your gear to the high camps.
39. **CLIMBING SHERPA SALARY & ALLOWANCE:** Climbing Sherpa Salary, Equipment, Food, and Clothing.
40. **BONUS:** Carry Bonus of Sherpas and Route Fixing Charges.
41. **NEW OXYGEN BOTTLE (O2):** Oxygen cylinder: 15 oxygen bottles (4 ltrs.) for each member and 4 oxygen bottles for each high-altitude Sherpa. \*\*
42. **NEW OXYGEN MASK & REGULATOR:** 1 Set of tested New Oxygen masks & regulator for each member and high-altitude Sherpa. \*\*
43. **BACK UP OXYGEN, MASK & REGULATOR:** Additional oxygen bottles, along with one set of oxygen mask and regulator, will be available at base camp and high camps and can be used if necessary.
44. **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.
45. **HIGH CAMP KITCHEN AND DINING:** SST will have one cook, kitchen, and dining tents in Camp I and Camp II.
46. **HIGH ALTITUDE TENT:** Members will share tents in high camps (2 members: 1 tent).
47. **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).
48. **SPECIAL CARE BY DIRECTORS:** Guidance and instruction by **Mingma Sherpa** 1<sup>ST</sup> South Asian to climb all 8000m. peaks and **Chhang Dawa Sherpa** all 8000er summiteer.
49. **GAMOW BAG:** 1 Rescue sled (Gamow bag) at basecamp for an emergency.
50. **SATELLITE PHONE:** Satellite Phone for emergency communication carried by Sherpa, also available for members.
51. **WALKIE-TALKIE:** Walkie-Talkie for communicating from Base Camp to Mountain and Mountain to Base Camp.
52. **PERMITS:** Satellite Phone/walkie-talkie permit for all members and staff.



53. **12 HOURS HELI SERVICE:** In case of need we have our Helicopter as the priority for your safety, all day.

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

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

56. **CERTIFICATE:** Everest and Lobuche peak climbing certificate issued by MoCTCA and NMA (after climbing Mt. Everest and Lobuche successfully).

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

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







## COST EXCLUDES:

- AIR FARE:** International flight airfare (from and to Kathmandu).
- NEPAL ENTRY VISA FEE:** Nepalese Visa fee is \$125 USD for 90 Days.
- 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.)
- PERSONAL CLIMBING EQUIPMENT:** Clothing, Packing Items, Bags, Personal Medical Kit, and all kinds of Personal Trekking / Climbing Gear.
- FILMING:** Special Filming, Camera, and Drone permit fee.
- \*SUMMIT BONUS:** Summit bonus for each climbing Sherpa- Minimum \$ 2500 USD. (Check the details below).
- \*TIPS:** Each member needs to contribute a minimum of \$200 USD each way as tips to be distributed among the porters, guide, and other staff involved. And \$400 USD to the basecamp and the high camp staffs. (Check the details below).

\*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](#):**

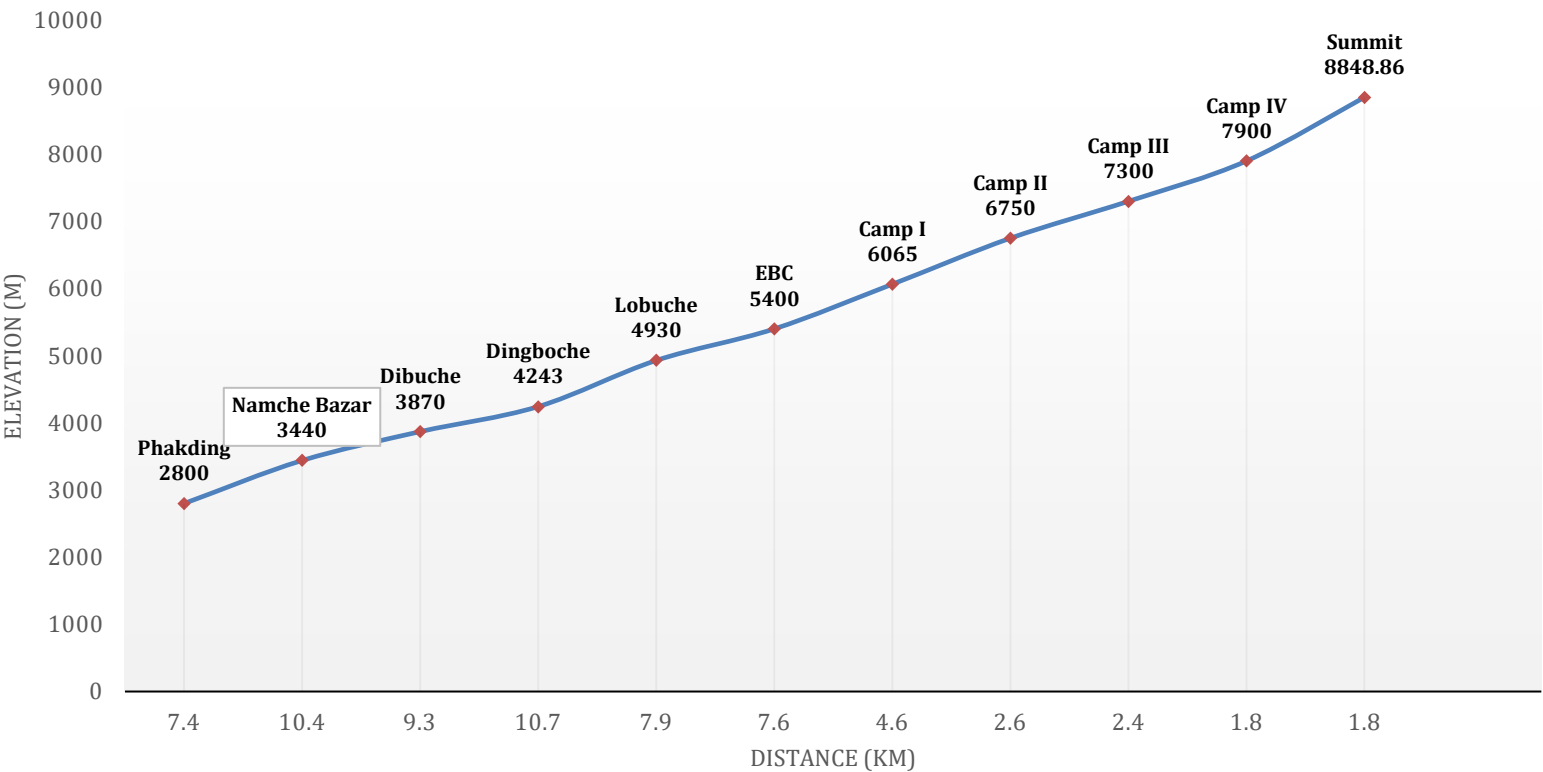
## + ADD. SERVICES

Additional Per Sherpa	\$ 12000.00	We will provide you with One UIAGM Guide and Two Personal Sherpa during the entire expedition period (1 Member: 3 Sherpas), which is included in the program price. However, if you would like to have another extra personal climbing, you may add it to your program.
Add. + Lhotse Climb	\$ 23000.00	2 Days extra climbing on the Everest Program, to combine the 4 <sup>th</sup> highest peak (Lhotse). The cost covers Sherpa support (3 Sherpas), high camp logistics, fixed rope, and additional Oxygen bottles. <b>Excludes: Summit Bonus.</b>

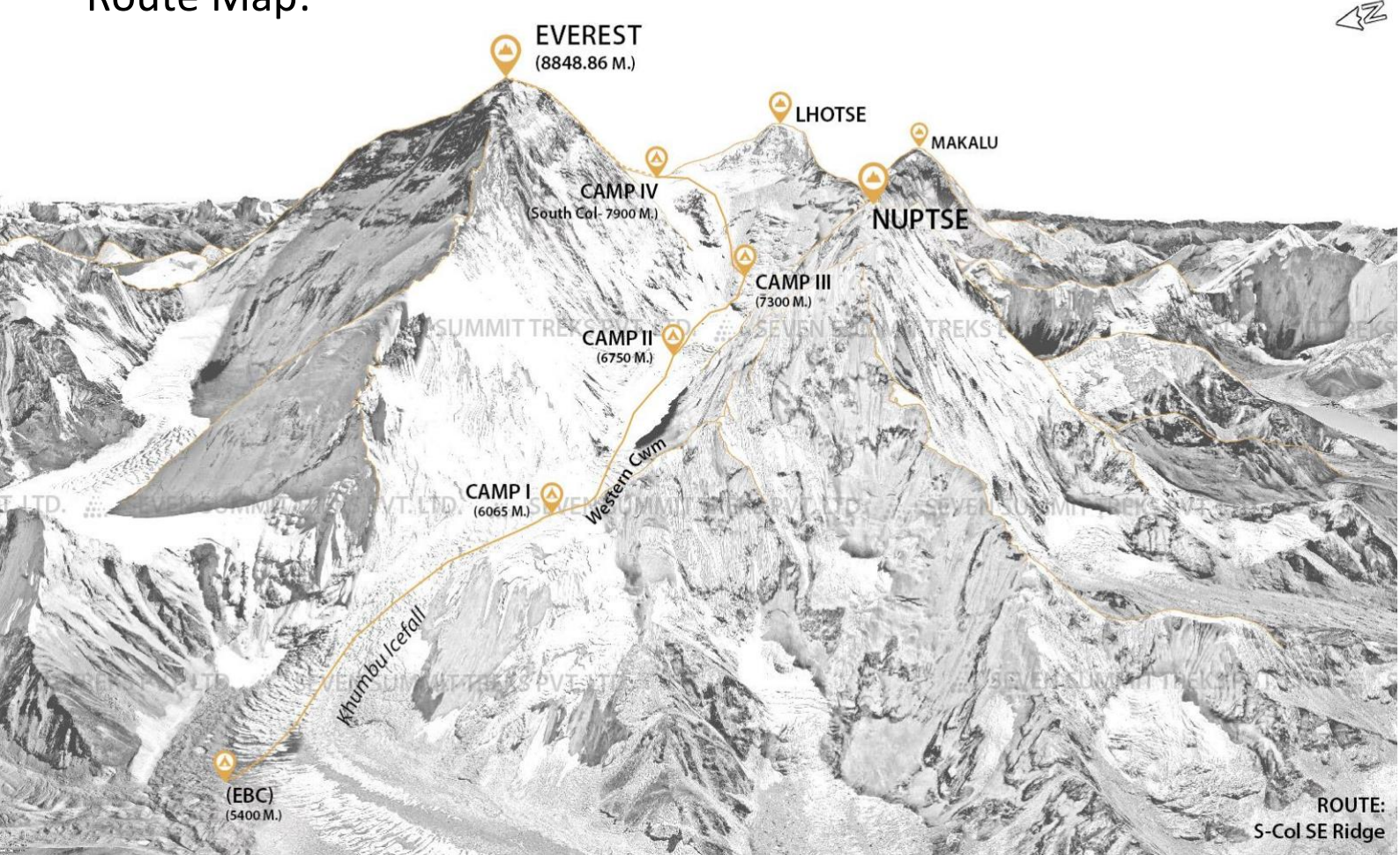




EVEREST EXPEDITION ELEVATION PROFILE



Route Map:





## ROUTE CAMPS:

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

A scenic flight to Lukla and the trek begins, which 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 II 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 hard 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.



## **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

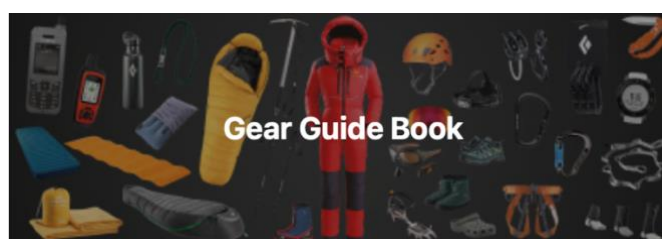
### Dr. Behrouz Moghaddasi

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 a routine checkup for each climber and records vitals so the entire team's health remains in fine status throughout the expedition. His participation ensures that you will receive the highest standard of medical care in any emergency.

## 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 List for 8000m Peak.](#)







## 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 plan, which is the reason why we require all 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 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](#).

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## 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 dispense 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 into 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 consultation 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 & CONDITIONS:

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



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## EXPEDITION ON THE WEB:

For expedition dates and all the latest information

[MT. EVEREST EXPEDITION PREMIUM](#)

For all expedition inquiries and bookings

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

WhatsApp:

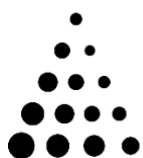
[+977 980-1238848](https://wa.me/9779801238848)

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