



MT. SHISHA PANGMA EXPEDITION [8027M.]

Shisha Pangma, known in Tibet as "the god of the grasslands", is the lowest of the world's fourteen 8,000m. peaks at an altitude of 8,027m (26,335ft) above sea level.

TRIP FACTS:

PEAK NAME SHISHA PANGMA	SERVICE FULL BOARD (1:1 SHERPA)	COUNTRY CHINA (TIBET)
DURATION 33 DAYS	ROUTE NE / NW (INAKI)	GRADE HARD DIFFICULT
RANGE JUGAL HIMAL	BEST SEASON SPRING	MAX ELEVATION 8027 M.
WALKING PER DAY 4-6 HOURS	NATURE HOTEL + LODGE + TENT	GROUP SIZE 2 – 15 PAX
ARRIVAL IN KATHMANDU 8 SEP 2024	DEPARTURE TO TIMURE 12 SEP 2024	TRIP ENDS 10 OCT 2024



REQUIRED EXPERIENCE:

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

OVERVIEW:

Shisha Pangma the 14th highest peak in the world is located almost due north of Kathmandu entirely on the Tibetan side of the Himalayas. The peak is characterized by its long, steep, craggy southern face rising over 2000m, making it an imposing sight to all would-be climbers. The Indian-Nepalese name for the peak is Gosaitan, which denotes "The Holy Place". The Tibetan name for the mountain is Xixapangma. Its name translates to "The mountain overlooking the grassy plains".

Shisha Pangma was the last of the 8000m peaks to be climbed. The first ascent is credited to Hsu Ching and his ten-man Chinese climbing team in 1964. The team was composed of Chang Chun-yen, Wang Fu-zhou, Chen San, Cheng Tien-Liang, Wu Tsung-Yue, Sodnam Doji, Migmar Trashi, Doji, and Yonten. Shisha Pangma was finally opened to foreign teams in 1980. The first U.S. ascent took place in September 1983, via the mountain's Northeast Face, by Mike Browning, Chris Pizzo, and Glenn Porzak. By 2003.

The Seven Summit Treks, Shisha Pangma expedition will begin in the first week of April starting in Kathmandu, and further driving to Timure after acquiring a visa for China. The Vertical height gain from the Base camp to the summit is almost 3000m. on which we will aim to place three camps to support your ascent and acclimatization. We will do a frequent rotation to each camp for the best acclimatization. The basecamp is normally set at (5,220m/ 17,126ft), Camp I at (6,400m/20,997ft), Camp II at (6,800m/22,310ft), and Camp III (7,450m/24,442ft), and Summit (8,035m/26,362ft).

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



HIGHLIGHTS OF THE TRIP:

- 08 September - 10 October
 - 14th Highest Mountain in the World
 - 1 Climber: 1 Sherpa Guide
 - 2 Bottles of Oxygen
 - Full Board Service
 - Technical and Challenging Mountain
 - Stunning views from the Summit
 - Experience the unique culture of the region
 - Explore the diverse Flora and fauna
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WHY CLIMB MT. SHISHA PANGMA WITH SEVEN SUMMIT TREKS?

- Highly qualified, professional, friendly, and experienced climbing Sherpa guide, Kitchen staff, and Basecamp Manager.
 - Well-equipped with 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.
 - Hi-tech in weather forecast and communication
 - 1 climbing Sherpa to each member (1 Member: 1 Sherpa)
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ITINERARY:

DAYS	ITINERARY	DATE	MEALS	BOARD
1	Arrival in Kathmandu and transfer to the Hotel (1400m)	8-SEP	X	Hotel
2	Rest day in Kathmandu: Tibet Visa Preparation Rest day in Kathmandu: Tibet Visa Preparation	9-SEP	BB	Hotel
3	Apply for Tibet Visa and Expedition Briefing	10-SEP	BB	Hotel
4	Rest in Kathmandu	11-SEP	B/D	Hotel
5	Drive from Kathmandu to Timure	12-SEP	B/L/D	Lodge
6	Cross the border of Nepal and Drive to Kerung (1962m)	13-SEP	B/L/D	Lodge
7	Drive from Kerung to Thingri (4300m)	14-SEP	B/L/D	Lodge
8	Acclimatization and Preparation Day in Thingri	15-SEP	B/L/D	Lodge
9	Drive from Thingri to Shisha Pangma Chinese Basecamp (5220m)	16-SEP	B/L/D	Tent
10	Acclimatization at Chinese Basecamp (rest day)	17-SEP	B/L/D	Tent
11	Chinese Basecamp to Shisha Pangma Advance Basecamp (5400m)	18-SEP	B/L/D	Tent
12-20	1st Rotation: [Basecamp – Camp I, Touch Camp II and Sleep at Camp I and descend to Basecamp] 2nd Rotation: [Basecamp - Camp I, Camp I to Camp II, Sleep at Camp II and descend to Basecamp]	19 – 27 SEP	Full Board High Camp	
21-27	Climbing Period [Adv. Basecamp to Camp I, Camp I to Camp II, Camp II to Shisha Pangma Summit (8021m), and back to Camp II or direct to the - Adv. Basecamp]	28 SEP – 04 OCT	Full Board High Camp	
28	Descend from Advance Basecamp to Chinese Basecamp	05 OCT	B/L/D	Tent
29	Drive back from Chinese Basecamp to Thingri (4300m)	06 OCT	B/L/D	Lodge
30	Drive from Old Thingri to Kerung Border	07 OCT	B/L/D	Lodge
31	Cross the border and Drive to Kathmandu	08 OCT	B/L	Hotel
32	Leisure Day in Kathmandu City	09 OCT	B	Hotel
33	Transfer to the International Airport for final departure	10 OCT	Breakfast	

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



COST INCLUDES [FULL BOARD SERVICE]:

1. **Arrival and Departure:** Kathmandu Airport - Hotel transfers – Kathmandu Airport (Pick Up and Drop).
2. **Hotel Accommodation in Kathmandu:** 6 nights hotel in Kathmandu (4-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 a permit fee of the Chinese Government (CMA / TMA) to climb Mt. Shisha Pangma, Restricted are permit and fee.
6. **Liaison Officer:** 1 Government Liaison officer in Tibet with full equipment, salary, and accommodation.
7. **Garbage Management:** Garbage Deposit fees.
8. **Rubbish Collection Fee:** \$1000 USD Per Climber standard rubbish collection fee.
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. **Visa:** Visa arrangement for Tibet including Visa fee.
13. **Member transportation:**
 - Land Transportation (Members/Staffs): In a group basis: drive by Jeep from Kathmandu to Chinese Basecamp via Kerong Border. While returning Drive by Jeep from the Chinese Basecamp to Kathmandu via Kerong Border. *(In case, if members have to return earlier than the team due to personal reasons, members have to pay their own transportation cost up to Kathmandu).*
14. **Expedition** **Stuffs**
 - Transportation:** All necessary expedition equipment transportation for all Members and Staff from Kathmandu to Chinese Basecamp (by Jeep/Truck) - Basecamp to Advance Basecamp (ABC) by Yak. – **While returning:** Advance Base camp (ABC) to Basecamp (by Yak), Chinese Basecamp to Kathmandu (by Jeep/Truck). Based on the condition, different transportation variants may be adopted.
15. **Member Luggage:** Up to 60 Kg per member for personal baggage during the expedition period carried by Yaks. If luggage exceeds 60 KG then extra Yak will be required. (\$500 USD Per Yak and carry 40 KG).
16. **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).
17. **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 tent will be provided for accommodation at the base camp. Hygienic and green vegetables, fresh meat, soft drinks, and juice will be served regularly throughout the entire expedition, facilitated by helicopter flights. A well-managed base camp & Advance base camp (ABC) setup, including a dining tent, kitchen tent, toilet, and shower tent, will be available for both members and staff.

18. **Yaks:** Yaks for the transportation of member personal luggage (60 Kg maximum) and expeditions stuff up to the base camp and from the base camp (both ways). Overweight luggage costs extra.

19. **Base Camp / Advance BC Staff:** Experienced and well-trained Base Camp / ABC Cook & kitchen Helpers as required.

20. **Staff Salary and allowance:** All Nepalese staff & porter's daily wages, salary, equipment, food & clothing.

21. **Base Camp / ABC Tent:** Each member will have an individual tent in Chinese Basecamp & Advance Basecamp.

22. **Base Camp / ABC 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.

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

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

25. **Training:** Oxygen, Mask Regulator, Ice wall, and Ladder training at Basecamp by a professional guide.

26. **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.

27. **Assistance:** Climbing Sherpa to assist in carrying your gear to the high camps.

28. **Climbing Sherpa Salary & Allowance:** Climbing Sherpa Salary, Equipment, Food and Clothing.

29. **Oxygen Bottle (O2):** Summit Oxygen cylinder: 2 oxygen bottles (4 ltrs.) for each member and 1 oxygen bottle for each high-altitude Sherpa. **

30. **Oxygen Mask & Regulator:** 1 Set of Summit Oxygen masks & regulator for each member and high-altitude Sherpa. **

31. **Back-Up Oxygen, Mask, and Regulator:** An oxygen bottle, along with one set of summit oxygen masks and regulators, will be available at the base camp for emergencies (subject to a charge).

32. **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), and (C3). Group climbing gears, fixed and dynamic rope during the climbing period as required.

33. **High Altitude Tent:** Members will share tents in high camps (2 members: 1 tent).
34. **Rope Fixing Team:** The team of experienced Sherpas (including personal Sherpa) will fix the route in Shisha Pangma (no extra charge will be applied to members).
35. **Satellite Phone:** Satellite Phone for emergency communication carried by Sherpa, also available for members ABC (subject to a charge).
36. **Walkie-Talkie:** Walkie-Talkie for communicating from Base Camp to Mountain and Mountain to Base Camp.
37. **Permit:** Walkie-talkie permit for all members and staff.
38. **Internet Service:** In per-order- Internet facility (**Thuraya Satellite**) will be available at the Basecamp & ABC (**subject to a charge**).
39. **Weather Forecast:** Weather forecast report regularly from Meteotest, Bern (Switzerland) during the entire expedition.
40. **Medical Kit:** Comprehensive Medical kit for members and staff.
41. **Certificate:** MT. Shisha Pangma climbing certificate issued by CMA (**after climbing Mt. Shisha Pangma successfully**)

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





COST EXCLUDES:

1. **AirFare:** International flight airfare (from and to Kathmandu).
2. **Nepal Entry Visa Fee:** Nepalese [Visa Fee](#) is \$125 USD for 90 Days. (Apply for Multiple Entry Visa).
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. ****Trip Expansion:** Any types of trips or programs not included in the program for any reason.
6. **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.)
7. **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).
8. **Personal Climbing Equipment:** Clothing, Packing Items, Bags, Personal Medical Kit, and all kinds of Personal Trekking / Climbing Gear.
9. **Toiletries:** Soaps, shampoos, toilet and tissue papers, toothpaste, and other items used to keep yourself clean.
10. **Filming:** Special Filming, Camera, and Drone permit fee.
11. **Internet Service:** Not included during the trek and expedition.
12. ***Summit Bonus:** Summit bonus for each climbing Sherpa- Minimum \$1800 USD. (Check the details below).
13. ***Tips:** Each member needs to contribute a minimum of \$100 for Porter/Yak, \$100 USD for Guide, and \$400 USD for Basecamp, high camp, and other staff involved. (Check the details below).
14. **Yaks:** Per YAK, \$500 USD additional if the required luggage limit exceeds, a, (1 Yak can carry up to 40 KG).
15. **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.

****Note:** Please be advised that the costs of any delays or changes to the itinerary (program) that are beyond the control of Seven Summit Treks are not included.

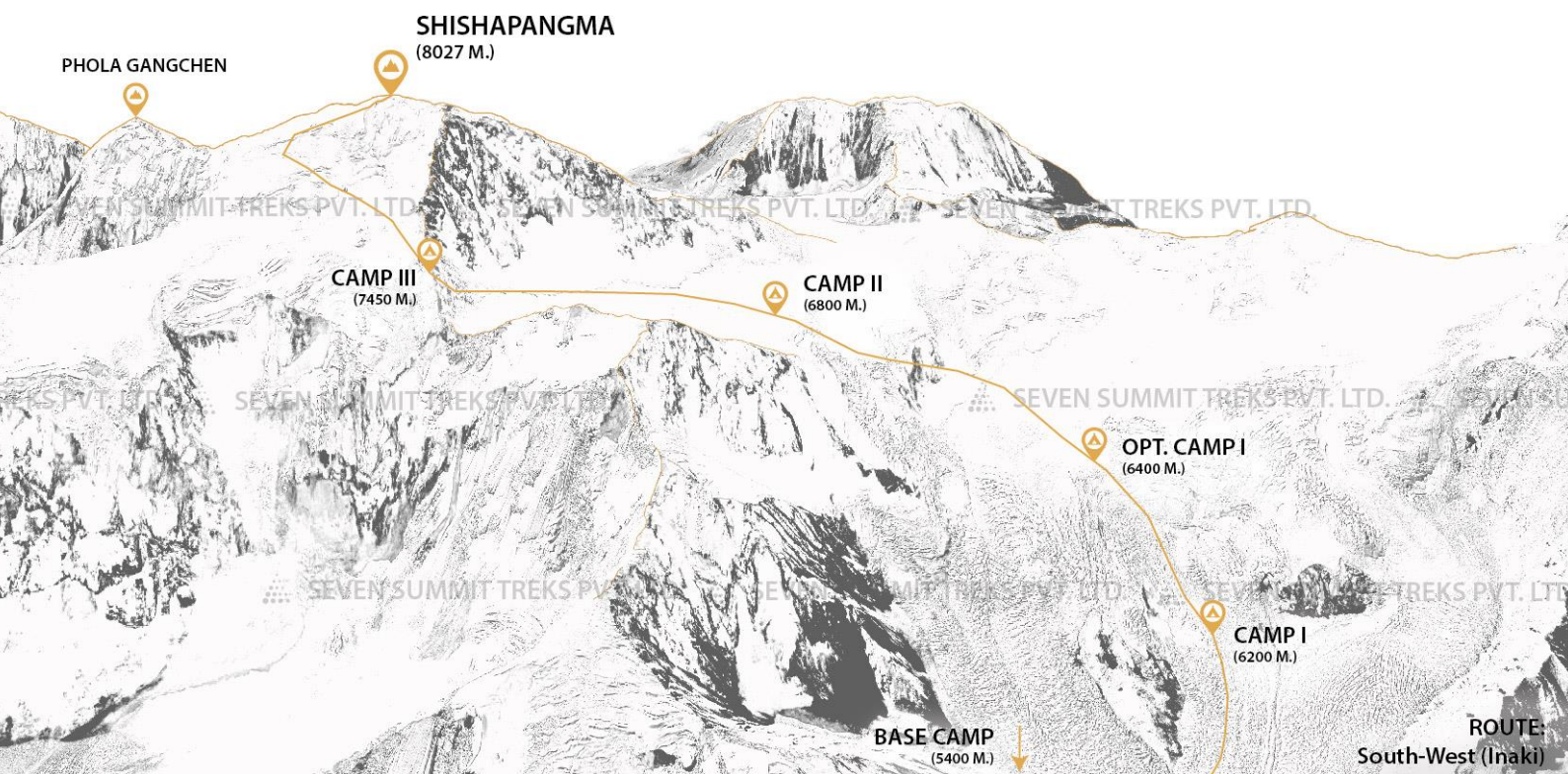


+ ADD. SERVICES

Additional Per Sherpa	\$ 15000.00	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	\$ 700.00	We allocate enough O2 bottles, however, if you want to purchase extra bottles for extra safety.
Single Room on Trek	\$ 1000.00	Single room (Upgraded) during the entire trekking days (both ways).
Extra Night in Kathmandu	\$100.00	Each Extra Night (except the program) in Kathmandu in 5/4-star hotel on Bed and Breakfast Plan.
Yaks	\$ 500.00	Per yak it's additional if the required luggage limit exceeds, a, (1 Yak can carry up to 40 KG).



ROUTE MAP:



All Reserved @ Seven Summit Treks!!

ROUTE CAMPS (SOUTHWEST RIDGE)

Basecamp (5,220m/17,126ft):

As per an itinerary, you will reach Shisha Pangma Chinese base camp in Tibet after 5 days overland trip from Kathmandu. You will have acclimatization and rest days at Old Tingri. You will have 2 days of acclimatization at Basecamp and a further trek to Advance Basecamp (5400m). A puja ceremony will be made for the good luck before we head to the upper camps. Seven Summit Treks will have the best Base Camp will be set with a Big Dining, Kitchen, Toilet, Communication, and member tent.

Advance Basecamp (5,400m/17,717ft):



Mt. Shisha Pangma climbs via North Ridge and is considered the easiest route than other routes. The ABC of Mt Shisha Pangma lies in the beautiful Tibetan plateau from where great views of the Himalayas can be seen. The climber will walk up to ABC 2/3 times for acclimatization.

Camp I (6,400m/20,997ft):

Camp I lies at an altitude of 6400m which is a flat snowfield with big space for camping. From ABC to Camp I, it will take about 6 hours. First needs to walk in a flat snow field to reach Crampons Point and cross the glacier. Camp is a great location from where you can see the great view of sunrise and sunset. The fixed rope started from Camp I.

Camp II (6,800m/22,310ft):

Camp II lies at about 7100m. From Camp I to Camp II, it takes about 3 to 4 hours, and it's safe climbing through some crevasses that need to cross. Once fix rope fixed by climbing Sherpa, the member should follow the same way for safety.

Camp III (7,450m/24,442ft):

Camp III lies at an altitude of 7500m. From Camp II to III, it will take 3 to 4 hours to climb, it's strenuous. You will sleep at Camp III twice in the entire expedition. While climbing up to camp III to summit col, you will be sleeping at two men's tents and after resting at camp III will head up to the summit by another early morning for the summit push. Rope fixing up to the summit is the major duty of our climbing Sherpa so we highly admire our Sherpa for fixing ropes, breaking trails, and making all the effort to get the group to the summit of Mt. Shisha Pangma.

Summit (8,027m/26,335ft):

With the best weather forecast, once we leave Camp III for the summit, it will take about 6-9 hours of climbing to reach the summit. It's a long walk, challenging, and adventurous so Most of the climbers start their summit push at late night and make the summit in the early morning around 7 to 10 am. We'll summit the main summit of Mt. Shisha Pangma. the view from the summit is tremendous. From the summit of Mt. Shisha Pangma will have a great view of Mt. Everest, Mt. Cho-Oyu, and many other 8000 and 7000 peaks, and back to camp II the same day after the summit of Mt. Shisha Pangma. Which will take some hours to descend.



EQUIPMENT LIST

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

TRAVEL DOCUMENTS

- VALID PASSPORT
- CREDIT/DEBIT CARD
- PP SIZE PHOTO (4 PIECES)
- INSURANCE PAPER AND CONTACT ADDRESS.
- FAMILY MEMBERS / COMPANY'S CONTACT ADDRESS

FOOT WEAR

- SUMMIT BOOT - 7000 M.
(KAILAS / LASPORTIVA / MILLET)
- NORMAL SOCKS (5-6 PAIRS)
- SUMMIT SOCKS (2 PAIRS)
- TREKKING SHOES (GORE-TEX)
- LIGHT TREKKING/SPORTS SHOES
- CAMP BOOTIES (1 PAIR)
- SLIPPER (1 PAIR)

UPPER BODY

- THERMAL TOP BASE LAYER (2-3 PCS)
- FLEECE JACKET (2 PCS)
- GORE-TEX JACKET (1 PCS)
- WARM JACKET (1-2 PCS)
- WIND-PROOF JACKET (1 PCS)
- DOWN JACKET (1 PCS)
- COTTON T-SHIRT (2-4 PCS)

LOWER BODY

- THERMAL BOTTOM BASE LAYER (2-3 PCS)
- FLEECE TROUSER (1PCS)
- GORE-TEX PANT (1 PCS)
- HEAVY WEIGHT PANTS (1-2 PCS)
- MID WEIGHT PANTS (1-2 PCS)
- LIGHT WEIGHT QUICK DRY TREKKING PANTS (2-3 PAIRS)
- GAITERS FOR TREKKING BOOTS
- DOWN PANTS (1PCS)
- UNDER WEAR (3-5 PCS)

HEAD

- SUN CAP
- DESERT CAP
- BALACLAVA
- FLEECE HAT/ WARM HAT (1-2 PCS)
- NECK GAITER (2-3 PCS)

HANDS

- THIN FLEECE GLOVES (2 PAIRS)
- WIND STOPPER / SCREEN TAP GLOVES
- HEAVY GLOVES (GUIDE GLOVES)
- SUMMIT GLOVES – 8000 M.

SLEEPING BAGS

- SLEEPING BAG -30°C TO -40°C
- THERMAREST MATTRESS (CELL FOAM)
- SLEEPING BAG LINER
- INFLATABLE PILLOW

CLIMBING EQUIPMENT

- CLIMBING HELMET
- SUMMIT DOWN SUIT – 8000 M.
(KAILAS/ MARMOT / MOUNTAIN HARDWARE / NORTH FACE/MILLET)
- CRAMPONS (FIT WITH BOOT)/PACKING COVER
- ICE AXE WITH SPIKE & AXE PROTECTOR
- HARNESS
- BELAY DEVICES/ FIGURE OF 8/ATC GUIDE
- JUMAR / ASCENDER
- LOCK CARABINER (3 PCS)
- UNLOCK CARABINER (2 PCS)
- TAPE SLINGS/240 CM
- HEAD LIGHT 400-500 LUMENS SPARE
- BATTERY (ENERGIZER ULTIMATE LITHIUM)

BAG PACKS

- RUCKSACKS 35 L – 50 L
- DUFFLE BAG 90 L -120 L (2 PCS)
- WATER PROOF STUFF SACKS/DRY BAG - SMALL/ MEDIUM/ LARGE (2-3 PCS)

SUN STUFFS

- SUN CREAM (-50 SPF)
- LIP GUARD -30 TO -50 (SPF)
- SUN GLASSES (UV PROTECTION)
- GLACIERS GLASSES (ANTI-FOG, POLARIZED, UV PROTECTION)
- MOISTURIZER / LOTION

TOILETRIES (PERSONAL)

- HAND DISINFECTANT
- TOILET PAPER / WET TISSUE
- TOOTHPASTE, TOOTHBRUSH
- SOAP, SHAMPOO
- TOWEL
- GARBAGE BAG

EATING & DRINKING

- 1 LTR. WATER BOTTLE
- 1/ 1.5 LTR. THERMOS
- MUG, SPOON, FORK, BOWL (OPT.)

MEDICAL/FIRST AID

- BRUFEN / IBUPROFEN
- ANTIBIOTIC
- DIAMOX
- PARACETAMOL
- HANDY PLASTER, CRACK BANDAGE
- TINCTURE IODINE
- ONDEM
- CETIRIZINE
- ELECTROLYTE
- MINIL 10MG (PALPITATION, ANXIETY)
- CODOPAR (HEADACHE & CHEST PAIN)
- SALBETOL 4MG (BREATHLESS)
- AZITHROMYCIN 500MG (CHRONIC TONSILLITIS, FEVER, NOSE, THROAT INFECTION-MUST TAKE 5 DAYS)
- FLUPEN 250MG (PREVENT WOUND INFECTION)
- ALLEGRA 120/180MG (ALLERGIC TONSIL)

MISCELLANEOUS

- WALKING STICK/ TREKKING POLE
- POCKET KNIFE (SWISS)
- NAIL CUTTER
- UMBRELLA / RAIN COAT
- HOT WATER BAG
- PEE BOTTLE
- TENACIOUS TAPE REPAIR (DOWN JACKET/SLEEPING BAG REPAIR KITS)
- ALTIMETER WATCH
- SATELLITE PHONE WITH CREDIT (OPT.)
- GPS TRACKER (RECOMMENDED)
- POWER BANK
- CAMERA



EXPEDITION LEADER:

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 Shisha Pangma, 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.

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 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-month 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 after you arrive in Nepal, before the start of your adventure.

Name Of The Bank:	Himalayan Bank Ltd.
Account Holder's Name: (Beneficiary)	Seven Summit Treks Pvt. Ltd.
Account Number: (Beneficiary) USD \$	01902853840022
Swift Code / Bic:	HIMANPKA
Bank's Address:	Karmachari Sanchaya Kosh Building, Tridevi Marg, Thamel, Kathmandu, Nepal
Mobile:	+9779851111187
Zip Code:	44600
Email:	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

SHISHA PANGMA EXPEDITION

For all expedition inquiries and bookings

info@sevensummittreks.com

WhatsApp:

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