
8000ER

EVEREST EXPEDITION

Stand on top of the world. Mt. Everest Expedition is a once-in-a-lifetime experience.

OVERVIEW

COUNTRY	PEAK NAME	DURATION	TRIP CODE
NEPAL	MT. EVEREST (8848.86M)	60 DAYS	RE-EVR
COORDINATES	ROUTE	RANGE	
27°59'17.0"N 86°55'31.0"E	S-COL; SE- RIDGE	MAHALANGUR RANGE	

Mount Everest, known locally as Sagarmatha in Nepal and *Chomolungma* in Tibet, is the ultimate dream for mountaineers around the globe. Standing at an awe-inspiring 8,848.86 meters (29,032 feet), Everest straddles the border between Nepal and Tibet, offering a breathtaking adventure to those who dare to conquer its summit.

Located within the Mahalangur Range of the Himalayas, Everest's towering presence has captured imaginations for centuries. Its many names reflect its significance across cultures—Sagarmatha, meaning “Peak of Heaven,” and *Chomolungma*, translating to “Goddess Mother of the World.” Officially identified as Peak XV during India’s trigonometrical survey, it was later named after George Everest, the 18th-century Surveyor General of India.

A Rich Climbing Legacy

The story of Everest is steeped in history. Sir Edmund Hillary and Tenzing Norgay Sherpa achieved the first successful summit on May 29, 1953, marking a milestone in human exploration. Since then, countless adventurers have followed in their footsteps, driven by the allure of standing on top of the world.

Everest is also home to the Sagarmatha National Park, a UNESCO World Heritage Site with stunning flora and fauna.

From dense pine and rhododendron forests to rare wildlife like the snow leopard, Red panda, and Himalayan black bear, the park adds a unique natural dimension to the Everest experience.

Safety First, Always

Your safety is our highest priority. With decades of experience in high-altitude rescue operations and advanced evacuation plans, we ensure you're in capable hands throughout the climb. PK Sherpa's ability to bridge Western and Himalayan climbing cultures guarantees smooth operations and a stress-free experience.

A Journey Beyond the Summit

At Rise Expeditions, climbing Everest is more than just reaching the summit—it's about personal growth, camaraderie, and creating unforgettable memories. Whether you're a seasoned mountaineer or taking on your first 8,000-meter peak, we are here to guide you every step of the way.

Join us for the ultimate mountaineering adventure and make **Mount Everest** your lifetime achievement. With Rise Expeditions, you'll be climbing not just with a team, but with a family.

Start your Everest journey today. The top of the world awaits.

EXPEDITIONS

Day 04 Fly to Lukla and trek to Phakding (2,620 m/ 8,594 ft)

Today, you'll take a 30-35-minute flight from Kathmandu to Lukla. This scenic flight offers an amazing view of mountain scenery and settlements. You'll start your trek towards Phakding from Lukla. On your way to Phakding, you'll pass through several Sherpa villages and follow the DudhKoshi River. After 3 hours of trekking, you'll arrive in Phakding, where you'll spend the night.

Day 05 Trek to Namche Bazaar (3,420 m/ 11,218 ft)

Today's trek will take you along the Dudh Koshi River, crossing multiple suspension bridges, including the iconic Hillary Bridge. After around three hours of hiking, you'll arrive at Monjo, the entrance point to Sagarmatha National Park. A brief stop will be made here for permission verification. Following that, you'll head towards Namche, which offers amazing views of Kongde Ri. After 5 to 6 hours, you'll arrive in Namche Bazaar, a bustling Sherpa village known as the "Gateway to the Khumbu."

Day 06 Rest/acclimatization/exploration day at Namche Bazaar

On the sixth day, an extra day will be spent in Namche to relax and adjust to the higher altitude. This leisure day can be spent exploring Namche's colorful streets, visiting the Sherpa Cultural Museum, or taking a short acclimatization climb up to Hotel Everest View. This ascent to Hotel Everest View offers stunning views of the surrounding Himalayan peaks, including Mt. Everest, Lhotse, and Ama Dablam.

Day 07 Trek to Tengboche (3,860 m/ 12,661 ft)

Today, you'll head towards Tengboche, passing through magnificent Rhododendron forests. You'll be rewarded with breathtaking views of Everest, Lhotse, Nuptse, Ama Dablam, and other neighboring peaks along the way. After a full day of hiking, you'll arrive in Tengboche, a charming Sherpa community known for its Monastery. In the evening, you can explore the famed Tengboche

Monastery; the largest monastery in the entire Khumbu region and take in the breathtaking views of Lhotse and Ama Dablam.

Day 08 Trek to Dingboche (4,360 m/ 14,301 ft)

Today, you'll leave Tengboche and head towards Dingboche, passing through lush forests and the Pangboche village.

After about four to five hours of hiking, you'll arrive at Dingboche, a charming Sherpa settlement among barley fields and surrounded by high hills and mountains.

Day 09 Acclimatization Day at Dingboche

Today, you'll take a well-deserved rest day in Dingboche to acclimatize to the higher altitude. A short hike to Nakarshang Peak, which stands at 5,083 m, is planned after breakfast. This peak offers breathtaking views of the surrounding mountains, including Mt. Everest, Lhotse, and Ama Dablam. After taking in these breathtaking views, you'll return to Dingboche.

Day 10 Trek to Lobuche (4,940 m/ 16,203 ft)

From Dingboche, you'll trek to Lobuche. The trail steadily ascends, providing you with breathtaking views of the Himalayas. Along the way, you'll see shrines to Everest climbers who died. After a 5-6 hour journey, you'll arrive at Lobuche, where you'll spend the night.

Day 11 Trek to Everest Base Camp (5,365 m/ 17,597ft)

Today, you'll head towards the base of the magnificent Mt. Everest, which is situated at an elevation of 5,365 meters. As you follow the Khumbu Glacier, your path will take you through rocky terrain and glacier moraines. After a rewarding 6-7-hour climb, you'll arrive at the renowned Everest Base Camp, which will serve as your home for the next several days.

Day 12-54 Climbing Period (Rotation and Summit Push)

Your expedition to Everest begins at Everest Base Camp (5,365 m/ 17,597 ft), where you will adapt to the high altitude and participate in a traditional cultural ceremony known as puja. Then, to prepare for the summit, you'll rotate between high-altitude camps. This phase involves difficult climbing, acclimatization to high elevations, and strategic planning for a successful Mount Everest expedition. These rotations will help your body adjust to the extreme heights you will encounter. The ultimate summit attempt will be scheduled once the rotation phases are completed and the team has fully acclimatized.

Day 55 Trek to Pheriche (4,371 m/ 14,340 ft)

On the 55th day, you'll descend from Everest Base camp to Pheriche. En route to Pheriche, you will be surrounded by the majestic presence of towering peaks and lush greenery. After a day of trekking, you'll arrive at Pheriche, a charming Sherpa village, where you'll end your day's trek.

Day 56 Trek to Namche Bazaar (3,420 m/ 11,218 ft)

On Day 56, you'll begin your trek back to Namche Bazaar from Pheriche. You'll follow the same path you took during your ascent. After a day of trekking, you'll arrive in Namche, the lively Sherpa town for an overnight stay.

Day 57 Trek to Lukla (2,860 m/ 9,383 ft)

Leaving Namche Bazaar, you'll return to Lukla, the starting point of your journey. After a 7-8 hour trek, you'll arrive at Lukla, where your wonderful adventure began. This concludes your adventure in the Everest region.

Day 58 Fly to Kathmandu (1,330 m/ 4,634 ft)

Today, you'll bid farewell to the Everest region and fly back to Kathmandu from Lukla. During the flight, you will be able to see the stunning Himalayan landscapes and small settlements below. When you arrive in Kathmandu, a

shuttle will be waiting to transport you to your hotel, where you can rest and relax.

Day 59 Rest/Exploration day

Following your fantastic tour in the Khumbu region, you will spend this day in Kathmandu. Today can be spent exploring World Heritage Sites in Kathmandu; Pashupatinath Temple, Boudhanath Stupa, Swayambhunath, and Kathmandu Durbar Square, shopping for souvenirs to take home, getting a massage, or simply relaxing at the hotel.

Day 60 Final Departure

It's time to say your final goodbyes to Kathmandu.

A representative from our company will meet you at your hotel and assist you with your international departure.

WHAT'S INCLUDED

At Rise Expeditions, we carefully select our hotel, travel, and accommodation partners, ensuring that only the highest quality services are provided. We use top-of-the-line mountaineering equipment and adhere to strict safety standards to guarantee a secure and successful expedition experience. The following is included in your booking:

INCLUDED

- Departure and arrival shuttle to and from the airport and hotels
 - Bed and Breakfast for 5 Nights, Accommodation at Standard Hotel in Kathmandu(Twin sharing/BB basis)
 - Climbing Permit, National Park Permit and all costs related to the permit
 - Applicable local and government taxes
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- Domestic Flights: Kathmandu to Lukla and Lukla to Kathmandu for members and staffs
 - All road transfers for all members and staffs as per itinerary
 - Professional trekking guide for the trekking period and additional assistant guide for above 5 members
 - Accommodation in tea houses on full board (breakfast, lunch and dinner) during the trek
 - Base camp service (shared with the group) includes a cooking tent with a chef and a kitchen boy, a dining tent with tables and chairs, a shower tent, a toilet tent, a storage tent, a gas heater, and solar electricity for battery charging
 - Nutrients rich food at the Base Camp during the rotation period
 - All camping equipment required during the trip, individual tents for basecamp
 - Twin sleeping tent for higher camp accommodation
 - Individual climbing guide for 1 climbing member during the expedition
 - Oxygen Bottles: 6 bottles for each member and 3 bottles for guides including mask and regulator set.
 - Extra oxygen regulator mask for backup.
 - High-altitude foods during the climb that have high calories
 - Medical Kit carried by the Guide
 - Walkie-talkie as required for the communication
 - Satellite Phone (Charges Per Call)
 - Guide's remuneration and load-bearing bonus (this bonus does not include the summit bonus)
 - Required number of porters to and to base camp and return
 - Climbing equipment, transportation, lodging, food, salary, and insurance for guides and other staff are all provided
 - Climbing certificates issued by the Nepal Government's respective body
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EXCLUDED

- International airfare to and from Kathmandu
- Nepal Entry Visa fee
- Travel and medical insurance, including emergency rescue and evacuation coverage
- Meals in Kathmandu
- Personal expenses such as telephone, laundry, bottled water, bar bills, etc.
- Trekking/climbing equipment (also available for rent)
- Summit Bonus for guides & tips for local staff
- Tips for the staff as a gratitude
- Cost of any additional days in Kathmandu due to any reasons
- Any additional cost arising out of natural disasters or program cancellation
- All other items not mentioned in the 'Inclusions' list

EQUIPMENT

Reaching the summit of Mount Everest demands specialized gear. With PK Sherpa's expert leadership, we'll provide you with a detailed equipment list when you book your expedition.

CHECKLIST

Climbing Gear

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| <input type="checkbox"/> Alpine Ice Axe with Leash (65-70 CM) | <input type="checkbox"/> Crampons |
| <input type="checkbox"/> Climbing Harness with Adjustable Leg Loops | <input type="checkbox"/> Trekking Poles |
| <input type="checkbox"/> Carabiners (3 locking and 3 regular) | <input type="checkbox"/> Helmet |

Belay Device (ATC or Figure 8)

Ascender (Jumar, right or left hand)

Headwear

Headlamp (minimum 200 lumens) with spare batteries

Glacier Glasses (up to cat 3)

Ski Goggles (for summit day)

Sunhat (to shade your face)

Woolen Cap

Buff Scarf

Bodywear (Clothing/Layering)

Down Suit (for extreme cold)

Down Pants

Gore-Tex Hardshell Jacket with Hood

Gore-Tex Hardshell Pants

Insulated Mid Layer (synthetic or fleece)

Thermal Base Layers (2 tops and 2 bottoms)

Quick-Dry T-Shirts (half and full-sleeved)

2-Trekking Trousers

Softshell Jacket with Hood

Down Jacket with Hood

Fleece Jacket

Softshell Pants

Lightweight Nylon Pants

Insulated Synthetic Pants

Handwear

- Lightweight Synthetic Liner Gloves (2 pairs) Fleece Gloves
- Gore-Tex Expedition Gloves (heavy duty, with insulated liners)
- Expedition Mittens (for summit day)

Footwear

- Trekking Shoes (for approach to basecamp) Slippers
- Expedition Climbing Boots (8000er) Camp Shoes
- Gaiters (to keep snow out) Liner Socks (3 pairs)
- Woolen/Trekking Socks (6 pairs)
- Summit Socks (3 Pairs Merino)

Personal Kit

- Trekking Backpack (45+) Expedition backpack (120+)
- Sleeping Bag (-30°C for basecamp) Sleeping Bag (-40°C for climbing)
- Thermarest Camel Bag
- Foldable pad Pad Toiletry Bag (basic hygiene kit)
- Sunscreen (minimum SPF 50+) Lip Balm with Sunblock (SPF 30+)
- Water Bottles (2 wide-mouth, 1L each) Thermos (1L capacity)
- Pee Bottle (one and half liter)

First Aid and Medications

- Personal Medications prescribed by your doctor
- Personal First Aid Kit (small and portable)

Miscellaneous Items

- Camera and Associated Gear
- Multi-Tool or Camp Knife
- Binoculars/Magnifiers
- Personal Reading Accessories (books, e-readers)
- Games or Entertainment Mediums (small and portable)
- Dry Bags/Compression Sacks (for organizing gear)
- Snack Food (bars, gels, nuts, jerky, etc., for a few days)
- Personal Solar Charging System

REQUIREMENT

Climbing Mount Everest is undoubtedly a significant endeavor, but with the expert guidance of Pasang Kaji (PK) Sherpa, achieving this goal may be more attainable than you think. We expect anyone joining our Everest expedition to have already climbed multiple 6,000m and 7,000m peaks, as well as one 8,000m peak.

PK and our team will review your previous experience and

analyze key performance data that you share when you sign up. Based on this, we may recommend preliminary climbs in the years and months leading up to the expedition to give you the best possible chance of reaching your goal, if needed.

Training

Preparing for Everest is no small feat. To help you succeed, our expert PK Sherpa and the Rise Expeditions team have crafted a simple yet effective training plan focused on outdoor activities and indoor workouts. These exercises will build your strength, endurance, and skills for the challenges ahead.

Outdoor Activities

Get outside whenever you can to simulate the real conditions of Everest:

- **Hiking:** Practice uphill hikes with a weighted pack to build stamina and strength.
- **Cycling:** Tackle rough terrain and hills for cardio and leg power.
- **Swimming:** Improve your breathing and overall endurance.
- **Running:** Focus on long-distance or trail running with hills to boost your stamina and prepare for uneven terrain.

Indoor/Gym Workouts

Stay consistent during the week with these indoor exercises:

- **Strength Training:** Do squats, lunges, and core exercises to prepare your body for climbing.
 - **Cardio:** Use a treadmill, bike, or rowing machine to push your endurance. Mix steady-state sessions with intervals for maximum results.
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- **Flexibility:** Add stretches or yoga to improve mobility and prevent injuries.

Tips from PK Sherpa

- **Train smart:** Start slow and increase intensity over time.
 - **Stay consistent:** Combine outdoor and indoor sessions regularly.
 - **Focus on recovery:** Rest days are just as important as training.
 - **Be prepared:** Practice with a weighted pack and build mental toughness for the mountain's demands.

PK Sherpa and our expert team have guided climbers on Everest multiple times. Follow this plan, and you'll be ready to tackle the world's highest peak with confidence. We'll be with you every step of the way.

Payment

You can pay your deposit and balance using any lawful method. If you choose to pay via electronic bank transfer, please ensure that you cover all associated fees, so the full amount shown on your invoice is received by us in the specified currency.

Everest Expedition Cancellation Policy

To secure your spot on the Everest expedition, a 30% deposit is required upon booking. After confirmation, an additional 40% must be deposited at least one month prior to your arrival. The remaining balance is due upon arrival in Nepal. Payments can be made via cash or credit card, with any bank charges for credit card payments being the responsibility of the participant.

Cancellation Charges

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- 45 Days Notice: Cancellations made at least 45 days before arrival will incur a 25% charge of the total land tour cost.
 - 30 Days Notice: Cancellations made at least 30 days before arrival will incur a 35% charge of the total land tour cost.

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- 15 Days Notice: Cancellations made at least 15 days before arrival will incur a 50% charge of the total land tour cost.
 - If you need to cancel within 15 days of arrival, you can postpone your trip by adding 10% to the total price. Cancellations after 15 days will incur a 20% additional fee for postponing.

Additional Cancellation Costs:

- Internal/cross-country flights will have their own cancellation charges based on airline policies.
- Luxury hotel cancellation policies will follow the hotel's terms.

We highly recommend purchasing trip cancellation insurance for your protection. For more details, please contact us or review our [booking policy](#).

Insurance

For your safety during the Everest expedition, Rise Expeditions requires all clients to have comprehensive travel insurance.

Your policy should cover helicopter evacuations, medical emergencies, trip cancellations, lost luggage, theft, and more.

We recommend that you secure insurance from your home country, as foreigners cannot purchase insurance in Nepal.

Key coverage to look for:

- Helicopter Evacuation: Ensure your policy covers the high costs of emergency rescues.
- Medical Expenses: Coverage for treatment in high-altitude conditions.
- Trip Cancellation: Protects your deposit in case of cancellations.

Please provide us with a copy of your insurance before arrival. For a list of recommended providers and more details, please visit our [Travel insurance](#) page.

