

Climbing to Everest North Col (7000m). Full guides and sherpas service

Regions: **Nepal, Tibet**

Objects: **Everest from Nepal** (8848m), **Everest** (8848m)

Activities: **Mountaineering**

Program's difficulty: **7.5**, [relatively difficult](#) (technical **2** + altitudinal **5.5**)

Group: **от 6 чел.**

Price: **24 900 USD**

Dates (Days **24** / Nights **23**)

2021:

April **15** - May **08**

Trip overview

Chengdu - Lhasa - Shegatze - Shegar - Everest Base Camp - Advanced Base Camp - Climbing the North Col - Everest Base Camp - Shegar - Shegatze - Lhasa - Chengdu

Itinerary

Day 1

Flight to Lhasa (3400m).

Day 2

A day in Lhasa. Tours of the monastery and the Dalai Lama - Potala Palace

Day 3

Transfer to Shigatze (3900m)

Day 4

Transfer to Shegar (4200m).

Day 5

Rest day in Shegar, with the aim of acclimatization.

Day 6-8

Arrival at the Base Camp and acclimatization in BC

Day 9

We pass 4-6 hours to the Intermediate Camp (5800m). Overnight in tents.

Day 10-11

Ascent to ABC (6400m). Overnight and acclimatization day at ABC

Day 12-14

Descent to the Base Camp and rest days in BC

Day 15

Ascent again to Intermediate BC

Day 16

Ascent to the Advanced Base Camp (6400m).

Day 17

Training on the movement of ropes railing.

Day 18

Climbing the North Col (7000m) Climbing usually takes 5-7 hours up and 2-3 hours down. Descent to the Advanced Base Camp (6400m). Overnight at Camp.

Day 19

Descent to ABC (6400m) and Base Camp Everest (5200m).

Day 20

Reserve day.

Day 21

Reserve day.

Day 22

Descent to BC. Overnight in BC.

Day 23

Early departure from BC. Overnight at the hotel in Lhasa.

Day 24

Departure from Lhasa

Price includes

Guide from the 7 Summits Club
Required high-altitude porters - Sherpas
Tibetan visa
Climber's Permit to the North Col
All excursions in Lhasa
Meeting - seeing off at the airport
Necessary transfers
Jeeps and a truck for team members to Base Camp and back
1 yak for one member of the expedition BC-ABC and 1 yak for one member of the expedition BC-ABC
All hotels in Tibet accommodation in DBL rooms
Breakfasts in Lhasa and Tibet (lunch and dinner not included)
All meals in BC, ABC and when climbing the North Col Tents for members and staff in BC and ABC
Kitchen in BC and ABC, tables and chairs
Fuel for cooking in BC and ABC
Kitchen equipment and utensils in BC and ABC
2 electric generators: 1 for BC and 1 for ABC
First aid kit
Chinese liaison officer
Nepalese cooks: approximately 4 cooks
Kitchen Workers (Tibetans): - 3 for BC and 3 for ABC
Ropes
Ice hooks
2 Radio stations
Team Branded Jacket - windblock
Team T-shirt

Price does not include

Chinese visa
Extra nights at hotel in Lhasa
Flight to Lhasa

Personal climbing equipment
Tips for sherpas and staff
Medical insurance (at least 50,000 USD)

Tips guidelines (important information!)

You entrust your life, health, your time and money to the guides. And the guides take this responsibility for you and for the success of the whole trip. They are doing this 24 hours.

Necessary travel papers (documents)

Valid passport
Chinese visa
Climbing insurance
Special permission for climbing in Tibet

1. Please check with our manager the need for a visa to enter the country
2. Please to make sure there are free pages in your Foreign Passport and that the passport expires in more than 6 months

By air and by land

Meeting - seeing off at the airport
Bus for a team of climbers, truck for climber's baggage and staff

Accommodation

Hotel in Lhasa for 2 nights at the beginning and 1 night at the end of the expedition in double rooms
All hotels in Tibet in double rooms
In BC and ABC - 1 tent for 1 person.
High-altitude camps - 1 tent for 2-3 people.

Meals

Breakfasts in Lhasa and Tibet (lunch and dinner not included)
Meals in BC, Middle Camp in ABC and on the North Col - 3 times a day. Nepalese and Tibetan cooks cook on gas stoves in special kitchen tents. You can also get here any amount of hot water for washing or boiled water for drinking. We eat in spacious dining tents equipped with tables and chairs.

Food for climbing - we provide special dehydrated products. Cooks and Sherpas prepare meals for the participants in high-altitude camps (above ABC / NC) on gas burners.

Staff

Expedition Leader (Everest climber)
Doctor
Guides (climbers on Everest) -1 for 5 participants
Chinese liaison officer
Chefs from Nepal
Kitchen Worker from Tibet
High-rise porter (Sherpas) - 1.5 for 1 participant
All high altitude porters have experience on the slopes of Everest. They also accompany climbers.

Health and medical insurance

The Expedition has a doctor who provides services in the BC and, in extreme cases, in the ABC (6400m). Guides are provided with the necessary first-aid kit for medical care. But we also recommend that you bring your own first-aid kit with specific medicines.

Attention! A necessary condition for participation in the expedition is that the participant has special climbing medical insurance.

Weather

The weather in the Everest region is very unstable. Every day we get a forecast on the Internet.
In BC, the temperature during the day is + 5 + 20C. At night -5-10C. In ABC during the day 0 + 5C. At night -10-20C. On the North Col, 0-20.

Extra expenses

Single accommodation in Lhasa and Tibet
Lunches and Dinners in the cities
Extra nights at a hotel in Lhasa
Tips for Nepalese kitchen staff - usually \$ 200

Internet, phone

Electricity:
In Base and Advanced Base Camp we organize 220 V with generator and 12v using solar panels
There will be opportunity to work with electronic equipment in these two camps

Walkie Talkies:
On the route we use radio stations with a frequency of 144.00 Mg Walkie-talkies all Guides and Sherpas will have

Phone:
Everest Base Camp has GSM communications (regular mobile communications at a frequency of 1800)
We drive through Lhasa. We organize local sim cards with 3G from the local operator China Mobile. Also, the Thuraya satellite phone works well in routes.

The Internet:
We will organize local sim cards with 3G
Connect your computers, communicators, tablets and work on them for 24 hours a day (with a lunch break)

Personal gear

Shared Equipment (provided by 7 Summits Club)
We provide all the shared equipment for the expedition.
Shared Equipment for BC and ABC (provided by 7 Summits Club):
Dining tent
Kitchen tent
Shower tent
Toilet tent Sleeping tent (1 for 1 member)
All kitchen utensils (gas-stoves, pots, etc.)
All kitchen equipment (plates, spoons, cups, tables, chairs)
Wash-stand
Wash tabs and detergents
Gas heater for dining tents
First-aid kit
Generator + fuel
All the necessary electric equipment (bulbs, sockets, etc.)

Approximate list of personal equipment you will need for the expedition:

Duffle bag
Sleeping bag
Foam pad
Gas lamp
Gas stove
Gas cylinders - 1-2 items
Personal items for washing

Notebook

Technical Equipment for the ascent:

- Crampons (e.g. Grivel G12)
- Rucksack 45-50 liters
- Harness
- Prussiks
- Karabiners with screwgate lockers - 3 items
- Jumar (ascender)
- Telescope ski poles
- Thermos
- Rappel device
- Head lamp
- Photo camera

Equipment for body and feet:

- Trekking shoes
- Boots of Everest Millet type or double plastic
- Down jacket + down trousers (or down overalls)
- Gore-tex jacket with wide hood
- Gore-tex trousers (better semi-overalls)
- Windblock jacket
- Windblock trousers
- Jacket "Polartec - 100" - 2 items
- Warm underwear
- Personal underwear
- Polartec gloves
- Thinsulate gloves
- Thinsulate mittens
- Warm woolen socks - 4-5 pairs
- Balaclava
- Warm hat
- Windblock face mask
- UV glasses
- Ski goggles (preferably)