



climbing

Nepal is a favourite destination for mountaineers with over 600 expeditions each year to Everest and other peaks resulting from an increasing popularity for mountaineering along with the recent opening of new peaks in Nepal. Of the fourteen peaks in the world over 8000m, eight of the ten highest of these are found in Nepal, a country well known for its Himalayan mountains and trekking peaks, among them the world's highest, Mount Everest. Of the countless mountain peaks in Nepal, over 326 are now open to foreign visitors and expeditions for a government fee.

Our expedition support teams of guides, Sherpas, porters and kitchen staff are all highly experienced, professional and trusted individuals in logistical and operational arrangements for high Himalayan expeditions and include some of the best and most experienced climbers in the world. In 2005 we were delighted to welcome Pemba Dorjee Sherpa and Temba Tsheri Sherpa onto our team. Pemba is the 3 times and current World Record Holder for the fastest Everest summit – a feat he accomplished in an amazing 8 hours 10 minutes. Temba is the current World Record Holder as the youngest person to summit Everest, age 15, in 2001. Pemba, Temba and everyone else work together as a team, with you, to ensure success and high safety standards as well as to ensure you enjoy your expedition and achieve your ambitions.

Our expedition services include providing experienced expedition support teams, provision of necessary equipment, food and transportation, ensuring adherence to Nepalese mountaineering laws and regulations, arranging relevant climbing, satellite phone and filming permits, obtaining necessary permissions and information, for example customs clearance for bringing equipment into Nepal, providing equipment and clothing lists and any other expedition related advice and information you may require.

We offer a number of mountaineering packages and can also tailor expedition itineraries for you. We've included just a few examples here but are happy to respond to enquiries on any of the Himalayan climbing peaks.

**20** days

GRADE

Adventurous/Strenuous  
Max Elevation 6476m

## Mera Peak

A memorable trek and non-technical climb on one of Nepal's highest and most popular walk up trekking peaks, suitable for any fit trekker or hillwalker wanting to join a Himalayan expedition. Starting with the flight in to the mountain airstrip at Lukla, the trek leads through the Hinku Valley. It's a non-technical climb on gentle snow slopes to reach the summit with the reward of stunning panoramic views of Kangchenjunga, Makalu, Lhotse, Everest and Cho Oyu, 5 of the world's 8000 meter peaks.

Please refer to the table at the back of this brochure for details of dates and pricing



# Expeditions

21 days  
GRADE  
Adventurous/Strenuous  
Max Elevation 6160m



## Island Peak (Imja Tse) Expedition

This is one of the best climbing adventures on the most popular climbing/trekking peak in Nepal. Island Peak is an extension of the south ridge of Mt. Lhotse Shar separated by a small col. The ridge rising south of this point leads to the summit of Island Peak. Imja Tse not only provides an enjoyable climb but also provides some of the most wonderful scenery of the Himalaya in the Khumbu (Everest) region. From Dingboche Island Peak is clearly seen as a pyramid of ice and rock. From its summit, the giant mountains, Nuptse (7879m) Lhotse (8501m) and Lhotse middle peak (8410m) form a semi circle to the north. Magnificent views of Mt. Makalu (8475m) in the east, Baruntse and Ama Dablam to the south add even more charm and attraction for climbing Island Peak. After preparation and briefing in Kathmandu, the expedition begins with the dramatic flight to Lukla to commence trekking, along scenic trails past Namche Bazaar, on to Khumjung, Tengboche, Dingboche and Chhukung before reaching Island Peak Base Camp. Commence the climb to Camp 1 before an early morning climb to the summit for the most amazing panoramic views and stunning landscapes throughout.

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## High peaks and passes of Everest

27 days

GRADE

Adventurous/Strenuous  
Max Elevation 6160m



This is a fantastic trekking and climbing adventure with stunning views of Everest from four key points. After the short dramatic flight to Lukla, trek via Namche Bazaar to the sacred Gokyo Lakes with exploration of Gokyo Ri (5360m). From here trek via the Cho La to reach Kala Patthar and Everest Base Camp. From EBC continue on to the Kongma La and Pokalde Base Camp. From here it's on to Chukkung with a day to visit and explore Chukkung Ri (5550m). The final stage is the trek to Base Camp and High Camp for the climb to the summit of one of Nepal's most popular trekking peaks - Island Peak (6160m) to enjoy the stunning panoramic views from the top.

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65 days

GRADE

Challenging  
Max Elevation 8848m



## Everest Expedition

An unforgettable, challenging and exhilarating adventure to summit the peak of the highest mountain in the world via the south east ridge and south pillar. Standing 8,848m/29, 028ft. tall and 5.5 miles above sea level, Mount Everest is the highest point on Earth. Located between Tibet and Nepal and named after Sir George Everest, the British Surveyor-General of India, Everest is known in Tibet as Chomolungma and in Nepal as Sagarmatha. Tenzing Norgay Sherpa of Nepal and Sir Edmund Hillary of New Zealand famously made the first successful ascent via the south east ridge route on 29 May 1953. In 1975, Ms. Junko Tabei of Japan was the first woman to reach the peak, summiting via the south east ridge. This expedition begins in Kathmandu with preparation and briefing before flying to Lukla to commence the trek to Everest Base Camp, including acclimatisation periods. From Base Camp the climbing begins for a maximum 45 days. Amazing views of high peaks, dramatic icefalls, glaciers and high Himalayan panoramas are just some of the highlights of this expedition as well as the ultimate highlight of the summit. Return to Base Camp and begin the trek back to Lukla for a dramatic flight back to Kathmandu for a day of leisure and reflection on your amazing achievement

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64 days

GRADE  
Challenging  
Max Elevation 8848m



## Everest from Tibet-Entry from Lhasa, exit Zhangmu

Enjoy the view from the top of the world! Ascend the north side of the highest mountain in the world, entering from Tibet. After preparation and briefing in Kathmandu, fly to the holy city Lhasa. Enjoy a few days sightseeing and acclimatisation including visits to striking Potala Palace, Dreprung and Sera Monasteries, Jokhang Temple and bustling Barkhor street market. Drive to Xegar then on to Base Camp for acclimatisation and preparation before the trek to Intermediate Base Camp. The trek continues to Advance Base Camp before commencing the climbing period of maximum 40 days to reach the summit of Everest. Return to Advanced Base Camp and Base Camp before a scenic drive to Nyalam and on through the beautiful Nepalese countryside to Kathmandu for a couple of days of rest, relaxation and celebration.

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51 days

GRADE  
Challenging  
Max Elevation 8201m



## Cho Oyu Ascent

Mt Cho Oyu is the sixth highest mountain in the world, in the middle section of the Himalaya, with the north side lying in Tingri County. It has only recently become a popular mountain to climb and is known to be one of the easier of the world's 14 8000m peaks. The ascent to the summit is short and direct with only a few small technical sections climbed in safety using fixed ropes. Additionally, the mountain can be easily reached by four-wheel-drive vehicle from the Tibetan side.

This is a 51 day expedition (start and end in Kathmandu). From Kathmandu it's a drive to Zhangmu in Tibet then on to Nyalam with a day here for acclimatisation. From here it's a drive to Tingri and another acclimatisation day before travelling to Base Camp (4700m) the next day. The next couple of days are spent at Base Camp for acclimatisation and to organise loads, rest and preparation. From here to Advanced Base Camp (5200m) and 1 day here to acclimatise. The climbing period from here is days 15 to 39 before the return to Advanced Base Camp and Base Camp, cleaning up Base Camp and the drive back to Zhangmu and across the border into Nepal again to relax and celebrate.

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37 days

GRADE  
Challenging  
Max Elevation 7129m



## Mt Pumori Expedition

One of the premier 7000m peaks in the Everest region and ideal for those looking to pursue 8000m peaks or a fantastic climb in its own right. Pumori lies in the upper Khumbu region of Nepal and lies bordering with Tibet, where the arid Tibetan Plateau stretches to the north and west and the brilliant white peaks of Nepal rise to the south and east. The expedition route follows the south east buttress before it traverses to the east ridge for the remaining portion of the ascent. Preparation and briefing begins in Kathmandu before a dramatic scenic flight to Lukla to commence the trek to Base Camp. Enjoy a scenic trek and acclimatisation periods travelling through Namche, Khumjung, Tengboche, Dingboche and Lobuche before reaching Pumori Base Camp. The climb begins on Day 13 for a maximum of 17 days to reach the summit. Requiring excellent physical endurance, Pumori offers fantastic wilderness, amazing views of Lhotse and Everest, with technical difficulty worthy of any Himalayan alpinist. Pumori is a very serious expedition peak suitable only for experienced climbers.

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21 days

GRADE  
Challenging  
Max Elevation 6501m



## Mt Taboche Ascent

An interesting mountain for serious climbers to add to their list of achievements in the Himalaya. Few attempts have been made on Mt. Taboche. Several routes are possible with a choice from Gokyo Valley or Pheriche Valley which is considered an easier approach. Following preparation and briefing in Kathmandu, enjoy a scenic flight to Lukla to commence trekking. Trek from Phakding and on to Namche Bazaar and then Khumjung, Tengboche and Lobuche before descending to Pheriche and up again to Taboche Base Camp and on to Khumbu Tse Base Camp to commence the two days climb to the summit. Trek back to Lukla and return to Kathmandu for rest and relaxation.

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## We also offer climbing and trekking expeditions to the following:

**8000m Peaks:** Kangchenjunga (8586m), Lhotse (8516m), Makalu (8463m), Lhotse Middle (8414m), Lhotse Shar (8400m), Dhaulagiri (8167m), Annapurna (8091m). **7000m Peaks:** Nuptse (7855m), Peak 38 (7590m), Langtang Lirung (7234m), Baruntse (7129m). **6000m Peaks:** Ama Dablam (6812m), Machermo Peak (6273m), Lobuche West (6145m), Cholo Ri-Kangchung (6089m). **Trekking Peaks:** Ramdung Peak (5925m), Pisang Peak (6091m), Chulu West (6419m), Lobuche East (6119m), Mardi Himal (5587m), Singu Chuli (6501 m). Contact us for more information on any of these expeditions.