



MT EVEREST

(8849m)

Duration:	50 days
Time of Year:	April - May
Max Capacity:	N/A
Price:	

Standing at 8,848.86m, Mt Everest is the world's highest mountain. The giant of planet Earth that less than 0.000007% of the population has stood on the summit of. You could be one of those incredible few. Follow in the footsteps of historical mountaineers like Tenzing Norgay and Edmund Hilary and achieve your ultimate dream.

We invite you to join us on an incredible expedition.

What The Climb Involves?

During the expedition you will begin by trekking to Everest Basecamp so that you are acclimatised and ready for your rotations on the mountain itself. The basecamp trek is slow and steady to optimise your strength and energy throughout. Once at Everest Basecamp you will have a few days of training in the icefall to perfect your skills and mentally prepare for what's to come. At AGA Adventures we recommend one rotation to camp 3 before your summit push as this is what we have tested and works best. You will be led by Gelje Sherpa the whole way through this trip from Kathmandu back to Kathmandu. During your summit push you will be provided with 5 oxygen bottles to use from camp 3 to summit and back to camp 2. You may also request extra bottles. Your 1:1 sherpa for summit push will be decided at basecamp.

Everest is not an easy peak. This mountain takes lives every year, but this is mostly due to lack of experience, something we do not take lightly here at AGA Adventures. Every one of our sherpas is professionally trained to the highest standard and has at least summited 4 or more 8000m peaks before. We also expect you, as the client, to prepare yourself as much as possible. This means following a training plan that will have you in tip top fitness as well as learning basic skills like knots, how to put on crampons etc. Our main aim is to bring you on this journey from beginning to end in the safest and most successful way possible and so we are always here to create a plan for your ultimate ambition which may include summiting a 6000m peak or joining us for winter skills training.

We invite you to join us on this once in a lifetime expedition to the Summit of Everest.

** If Gelje or Adriana are ill or cannot attend in extreme circumstances an equally experienced and renowned guide will take his/her place.*

What's Included?

- ▶ Internal client transportation (Pick up/Drop off from KTM airport, taxi to/from domestic airport, travel to restaurant for client dinner)
- ▶ 4 nights stay at a top hotel in KTM
- ▶ Welcome dinner and farewell dinner
- ▶ Domestic travel to Lukla and from Everest Basecamp
- ▶ Permits and park fee's
- ▶ Accommodation during trek and expedition logisitcs, luxury.
- ▶ Food and soft drinks (at the lodges) during trek, all food at basecamp and higher camps.
- ▶ Porters during trek , 70kg luggage maximum per client
- ▶ Insurance for guides
- ▶ Internal client transportation
- ▶ Medical kit
- ▶ 60 min deep tissue massage in Namche Bazaar
- ▶ Oxygen bottles (5) mask and regulator
- ▶ All tents during expedition
- ▶ Liason officer
- ▶ Sherpa guide
- ▶ Weather forecasts during the expedition
- ▶ Emergency satellite phone

Not Included

- ▶ Airfare: International flights to/from Kathmandu
- ▶ Visa fee for Nepal
- ▶ Lunch and dinner during stay in Kathmandu (apart from trek organised dinners)
- ▶ Extra hotel nights in Kathmandu or Pokhara
- ▶ Extra food or drink and alcoholic beverages on the trek
- ▶ Personal expenses: Satellite phone call, battery recharging, showers, Wi-Fi, clothing, laundry, insurance

- ▶ Rescue Evacuation: Medical Insurance and emergency rescue evacuation cost if required. (Rescue, Repatriation, Medication, Medical Tests and Hospitalization costs.)
- ▶ Trekking equipment, clothes, and gear
- ▶ Tips for Porters and guides (sherpa summit bonus is recommended at \$1500 minimum)
- ▶ Any other item not included in the 'what's included' list

Itinerary

We have designed this itinerary for the Everest Expedition based on our previous trekking experiences and based on a healthy pace and altitude gain so that we can minimise chances of altitude sickness (don't worry too much about that though)!



Please be aware that sometimes weather and other natural obstacles may alter or delay the itinerary slightly so please bear this in mind.

Day 1:	Arrive in Kathmandu, airport transport to hotel and meet Adriana and Gelje
Day 2:	Preparation day – gear check, last minute shopping and welcome dinner in the evening with all clients
Day 3:	Free day in Kathmandu to Explore (guided tour organised) and afternoon meeting with whole team
Day 4:	Fly to Lukla airport by fixed wing (2,846m) and trek to Phakding (2,610m)
Day 5:	Trek from Phakding to Namche (3,440m)
Day 6:	Acclimatisation day in Namche, visit the Everest View Hotel (3,800m) for tea and coffee and optional 60 min deep tissue massage (included in trip)
Day 7:	Trek from Namche to Debuche (3,700m) via Tengbouche Monastery, visit monastery if open
Day 8:	Trek from Debuche to Dingboche (4410m)
Day 9:	Rest day in Dingboche, optional mini hike

Day 10:	Trek from Dingboche to Lobuche (4,940m) via Everest memorial
Day 11:	Trek from Lobuche to Gorakshep (5,164m) and onwards to Everest BC (5,364) if everyone is feeling good!
Day 12 - 45	Everest Expedition
Day 46	Leave Everest Basecamp either by Helicopter or trekking out to Pheriche
Day 47	Trek from Pheriche to Namche Bazaar
Day 48	Trek from Namche Bazaar to Lukla
Day 49	Fly from Lukla to Kathmandu by Helicopter or fixed wing and transfer to hotel. Celebration dinner in the evening
Day 50:	Extra days in Kathmadnu or international flight home

FITNESS REQUIREMENTS AND TRAINING

To climb Everest you must be fit. Please follow a training plan which ensures you get the right mix of cardio and resitence workouts so that during the expedition you don't even need to worry about how your fitness will be.

We are here to help you! Please let us know if you would like a training plan and we will create one tailored for you.

PAYMENT

You may pay your deposit and balance using any lawful means. If sending money by electronic bank transfer, then you will be responsible for covering the cost of the fees associated with the transfer so that AGA Adventures receive the full amount shown on the invoice.

CANCELLATION

Should you decide to cancel your trip for any reason at any time between booking the trip and the start date of the trip, some deduction will be made to the advance amount. This is to cover the company's obligations and expenses to pay a certain amount for personnel and resources in advance of the trip. The following cancellation charges will apply if you decide to cancel the booking:

- ▶ Cancellations made 90 days or more before the start date of the trip will incur a loss of 33% of the deposit paid.
- ▶ Cancellations made between 90 days and 60 days before start of trip will incur a loss of 100% of the deposit paid.
- ▶ Cancellations made between 60 days and 30 days before start of trip will incur a loss of 50% of the full trip cost.
- ▶ Cancellations made between 30 days and start of trip or at any time during trip will incur a loss of 100% of the full trip cost.

NB: All refund requests must be made in writing and be received in our office within the notice period stated above.

For all cancellations, the company must be notified in writing. Acceptable means of communication include letter and email.

INSURANCE

Every client requires appropriate insurance which covers helicopter rescue, medical rescue and reparation costs all up to 9000m altitude.

We have a partnership with Global Rescue who are the best provider for adventure insurance. We recommend their services for insurance policies. Without the adequate insurance you may have to pay up to \$100,000 for rescue.

Who Is Global Rescue?

Travel Protection

AGA Adventures partners with Global Rescue to offer the world's leading travel protection services. Medical and security emergencies happen. When they do, we rely on Global Rescue to provide our clients with medical, security, travel risk and crisis response services. Without a membership, an emergency evacuation could cost over \$100,000. More than one million members trust Global Rescue to get them home safely when the unexpected happens. We highly recommend our clients enrol with Global Rescue

<https://partner.globalrescue.com/agaadventures/index.html>

IMG Signature Travel InsuranceSM

IMG Signature travel insurance is the perfect add-on to a Global Rescue membership, providing coverage against a variety of unforeseen expenses while you're traveling, giving you the added comfort of knowing the value of your trip is protected in case you need it

<https://partner.globalrescue.com/agaadventures/index.html>

Sample FAQs

Q: What happens if I'm injured or have an emergency requiring evacuation?

A: Every situation is different when medical and security emergencies happen. To ensure you're protected when things don't go as planned, we highly recommend our clients enrol with Global Rescue <https://partner.globalrescue.com/agaadventures/index.html>

Q: What is included in the Global Rescue medical membership?

A: The Global Rescue medical membership includes 24/7/365 advisory services with medical professionals, field rescue from the point of illness or injury and medical evacuation to the member's hospital of choice.

Q: Are there any limitations on my activities with a Global Rescue medical membership?

A: No. Global Rescue does not put limitations on activities.

Q: What is included in the Global Rescue security membership?

A: The Global Rescue security membership includes 24/7/365 advisory services and security evacuation from events like unpredicted natural disasters, terrorist attacks and civil unrest— all supported by a team of intelligence specialists and military special operations veterans

GEAR LIST

This our mandatory gear list and things we highly recommend that you bring to your trekking trip! If you forget something or can't find it where you are we can help you find anything in Kathmandu!

- ▶ - Mountaineering helmet
- ▶ - Tape slings
- ▶ - Alpine ice axe
- ▶ - 12 Point Crampons
- ▶ - Ascender right or left hand
- ▶ - Mountaineering harness
- ▶ - Carabiners auto locking x3 and regular x3
- ▶ - Rappel device: ATC or figure 8
- ▶ - Mountaineering boots suitable for above 6000m
- ▶ - Hiking shoes or sturdy trail shoes
- ▶ - 8000m boots (we recommed the Scarpa Phantom 8000)
- ▶ - Expedition socks, Bridgedale summit socks or equivalent x4
- ▶ - Trekking socks x4
- ▶ - Downsuit
- ▶ - Merino Base layers top and bottom
- ▶ - Thin Mid layer top x2
- ▶ - Thick fleece mid layer top x1
- ▶ - Hiking trousers x1
- ▶ - Hardshell trousers x1
- ▶ - Softshell jacket with hood
- ▶ - Softshell trousers
- ▶ - Waterproof top and bottoms
- ▶ - Warm Down Jacket (800 fill)
- ▶ - Down trousers
- ▶ - Warm hat
- ▶ - Cap

- ▶ - Buff
- ▶ - Sunglasses (category 4)
- ▶ - Ski goggles
- ▶ - Thin synthetic gloves x2
- ▶ - Soft shell gloves
- ▶ - Hard shell gloves with insulation for extreme cold
- ▶ - Expedition mitts
- ▶ - Expedition backpack 45-50L
- ▶ - Duffel bags with locks x2
- ▶ - 2 Sleeping bags rated to -40 degrees
- ▶ - Compression stuff sacks for sleeping bags, clothes, etc
- ▶ - Slippers/crocs for lodges
- ▶ - Trekking poles
- ▶ - Foam pad mattress (option to bring air mattress)
- ▶ - Head torches with extra batteries x2
- ▶ - Suncream spf 50
- ▶ - Water bottles (Nalgene) x2
- ▶ - pee bottle
- ▶ - Thermos 1 litre
- ▶ - City clothes
- ▶ - Toiletries (shampoo, toothpaste, toothbrush, soap etc)
- ▶ - Traveltowel
- ▶ - Power bank, charging cables and plugs
- ▶ - Travel cup/bowl and spoon
- ▶ - Personal snacks
- ▶ - Personal first aid kit (including personal medications, painkillers, antibiotics, altitude sickness medication such as Diamox and Dexamethasone. We advise you to consult with your GP to discuss any medicines that require a prescription)



lehara

Lehara Deep Soft Tissue Massage

Trekking can be hard! Have tired legs or an achy back a few days into your trek? Fear not as we at AGA Adventures have you covered.

We have partnered with Lehara, a local community-focused sports massage provider, that will provide you with a high-quality 60-minute-deep soft tissue massage. Upon arrival at the Khumbu Lodge in Namche, all you need to do is choose a time that suits you, and we'll sort the rest!

Proceeds from your session will also be invested into the communities of the Khumbu Valley.

Lehara is a non-for-profit organisation where all proceeds pay for both the ongoing tuition and salaries of the local Sherpa therapists, and builds a community investment fund focused on advancing education, improving healthcare and protecting the environment. For more information on Lehara, visit lehara.org or follow @leharanepal



CONTACT

To make you booking today or to contact us for further questions please email us at: agaadventuresltd@gmail.com

Or visit our website:

www.agaadventuresltd.com