

MT. EVEREST EXPRESS EXPEDITION

NAMAS
ADVENTURE



MT. EVEREST 8848M EXPEDITION

Type: Expedition (All inclusive) *International flight not included*

Total no of days: 25-30 Days

Alpine grading / Difficulty: ED / 5

Cost 2:1 Guide/Client: \$85,000 P/P

Adds on Lhotse 8516M: \$15,000 P/P

2:1 GUIDE/CLIMBER RATIO

Best season for Expedition: April - May (Spring Only)

OVERVIEW

Embark on the extraordinary challenge of conquering Everest, achieving this remarkable feat in less than **30 days or less**. Our express programs cater specifically to those individuals who harbor the profound desire to ascend Everest but face time constraints that prevent them from committing to the conventional **60-day itinerary**.


By opting for a condensed duration on the mountain and at high altitudes, you significantly diminish the potential health risks associated with prolonged exposure. Instances of common ailments, such as colds, viruses (beware the notorious Khumbu cough), and other illnesses, can be mitigated. Moreover, protracted stays at extreme altitudes can negatively impact your overall fitness level. By executing a well-crafted strategic plan that facilitates a swifter ascent, you minimize your vulnerability to the formidable forces of nature at altitudes exceeding 5300 meters.

Embarking on this extraordinary expedition requires meticulous preparation and attention to detail. Our team of seasoned professionals will ensure that you receive the guidance, support, and expertise necessary to optimize your chances of success. Together, our group of professionals will craft an accelerated climbing program that balances the imperative of time with the paramount importance of safety and acclimatization.

Dream big, summit Everest, and exceed your own expectations. Let us help you transform your aspirations into reality, embarking on a journey that will leave an indelible mark on your spirit and ignite an unwavering sense of accomplishment.

Pre-requisite requirements (at least one 6000M, 7000M, 8000M): Lobuche East & Island Peak, Chulu West, Khumbu 3 Peak expeditions, Mt. Blanc, Baruntse peak, Himlung Himal, Ama Dablam, Annapurna IV, Manaslu (Similar 4000M - 6000M peaks or higher)

Expedition Highlights

- 2:1 Guide/client ratio. IFMGA certified guide with high level of support, experiences and guiding knowledge for Everest and Lhotse climb. 1 NMA certified Sherpa Guide for Everest.
- 10 - 12 weeks of hypoxic training. Hypoxic equipment rentals provided, 12 weeks of training program and consultation by World's leading altitude centre.
- Unlimited oxygen supply
-  Shared Ktm - Namche - 6000M BC - Base Camp - Lukla - Kathmandu
- Additional high altitude Sherpas to assist with Oxygen supply deposits systems
- Small team with higher degree of Flexibility, independence and support system

Express Expedition Goals

At Namas Expedition, our mission extends beyond mere size or glamour. Our unwavering focus and top priorities revolve around three core principles:

1. **Summit Everest in less than 25-30 days:** We are committed to attaining the pinnacle of success in reaching the summit of Everest, prioritizing not only speed but also the highest safety standards. Our dedicated team strives to create a remarkable and memorable climbing experience, fostering an environment of camaraderie, fulfillment, and personal growth.
2. In pursuit of these objectives, we consistently assemble and recruit the industry's **finest climbing guide leaders. 1 X IFMGA & 1X NMA Guides are confirmed.** These exceptional individuals possess unrivaled expertise, experience, and a profound commitment to safety and client satisfaction. With their guidance and leadership, we ensure that every climber receives unparalleled support, mentorship, and the highest standards of professionalism throughout their Everest journey.
3. **Embodying Responsible, Ethical, and Sustainable Practices:** We take great pride in being a beacon of responsible, ethical, and sustainable expedition operations. With a deep respect for the pristine natural environment of Everest and the communities that surround it, we diligently adhere to practices that minimize our ecological footprint, respect local cultures, and contribute to the preservation of the mountain's fragile ecosystem.

Expedition Strategy

Our Everest Expedition Route

- The South Side, Nepal. Better infrastructure and rescue availability up to camp 2.
- The HRA (Himalayan Rescue Association) at base camp is a medical clinic manned with specialty-trained doctors 24/7
- The South Side is a milder climbing environment vs the drier, dustier, windier North Side

Ktm - Namche

Namche - Lobuche East 6119M climb

Acclimatisation peak

Everest Base Camp and Puja Ceremony

Preparation will have already begun even before the arrival of climbers at the base camp. Our base camp manager and the team will have already set up our individual camps, storage camps, comms-media stations, toilet-showers, kitchen-dining tents, and Namas base camp HQ for all other briefing purposes.

Training at Base Camp and Khumbu Icefall. (Ladders, fixed lines training)

After settling at base camp, this is where all the climbing team will reside for the next 30+ days. Climbing ladders to cross the great Khumbu icefall is the first real objective/technical challenge when climbing Everest. So, we focus a large portion of our training on getting used to crossing these ladders. Another part of our training will be climbing on the glaciers which are near to our base camp. Here we will further refine our skills in climbing vertical ice walls on fixed ropes as we all using an ice axe. We do our best to mimic the environment in the icefall and train walking on the step ladder step by step. By the time we start our way to climb Khumbu icefall to climb up to camp 1, all climbers will have a good understanding of crossing the ladders and will be guided personally in real-time.

Altitude: 5486M

Camp 1

Camp 1 is will be setup once Khumbu Icefall challenge is crossed. The camp is setup below the Nuptse in an icy and snowy surface. The route gets even from here onwards up to camp 2. This will be the first area where climbers will have to share tents and accommodate in an alpine environment.

Altitude: 6,065M/19,900ft

Camp 2

Hike from Camp 1 to Camp 2 is a fairly even one out of all the climb during the entire expedition. The route is a pass sitting right between Nuptse, Everest and Lhotse face right in front when climbers hike.

Altitude: 6400M/

How many rotations: 1 rotation

When will climbers sleep here?: Climbers will sleep here during acclimatization rotation mostly and when descending back from the summit.

Camp 3

Camp 3 sits at a steep section of Lhotse's face. The climb and will be one of the most strenuous uphill climbs using fixed-line ropes from camp 2 to camp 3. Camps here are one of the most dangerous ones as they are set up in small ledges/pockets where it is suitable. We ask all our climbers to make sure their safety ropes are tied onto the main safety ropes as there have been many falls and incidents, particularly during nighttime.

Altitude: 7200M - 7500M

South Col (Camp 4)

This will be the final camp before heading to the summit. The camp sits at 7906M just 100M below the Death Zone area. Climbers will be using oxygen bottles when they are in their tents as the air is very thin here. From the South Col to the summit it is about 1.7-1.9 miles and usually takes from 6 to 9 hours or more. We will begin our summit bid just before midnight with a steep climb up the Southside of Everest. Reaching the Balcony at 27,500 feet, climbers turn West up the ridge to the South Summit, over the Hillary Step onto the Summit Ridge, and then to the summit.

Altitude: 7906M

How many rotations: None

When will climbers sleep here?: 1 night

Summit of Everest

Our aim will be to stand at the summit around 7 - 8 am in morning. The climb to the summit will be one of the hardest and final pushes. As we leave the south col first we will have to climb a steep hill about 30-40 degrees to the balcony of the south side of Everest. From there with the support of fixed-line rope we jummar and ascend climbing on the southeast ridge to the south summit. Here we rest and replace our new O2 cylinder and after regaining our energy climb to cornice traverse, then to Hillary's step, and finally reach the summit or roof of the world, Everest. For most climbers, once they climb the Hillary step it will roughly take 30min to reach the summit of Everest.

Once on the summit, we rejoice our moment, celebrate take pictures and soak it all in before we gather our moment and get ready to head back down to our camps. The duration of your summit depends upon how long the good weather window will remain open. Remember on any mountain climb the summit is only halfway done. Heading down is another dangerous part there have been many incidents. We slowly make our way through the same route to South Col camp with our aim to stop at Camp 2. The entire climb will be about 10 - 16 hours depending on the climbers.

ITINERARY

Day 1 Arrival in Nepal & Finalise gear check

Day 2 Fly to Lukla and to Namche Bazaar 3440M/11286 Ft.

Day 3 - 4 Fly to Lobuche East BC 4940M/16,210 ft. Acclimatization peak. Move to high camp and summit and back to BC.

Day 5 Trek to EBC

Day 6 Meet the rest of the Everest team. The briefing and climbing plans.

Day 7 Rest and review climbing skills. (Ladders crossing and fixed line training)

Day 8 Camp 2. (Supplemental O2)

Day 9 Camp 3 and back to Base camp

Day 10 R and R day

Day 11 - 22 Summit push plans

Day 23 Back to Base Camp

Day 24 Fly back to Kathmandu via Helicharter (Shared)

Day 25 Departure

Day 25 - 30 Contingency days


Note - Day 8 to Day 25 will vary. The timing of the summit push will be subject to various factors such as weather conditions, progress in route fixing, the presence of other teams on the mountain, and other variables

Tips for our porters.

Most of our guest give tips during the end of the trek/climb. Your booking payment already consist a tip pool of \$1000. We will fairly distribute the tips among your drivers, assistant guides and porters. Guest also donates trekking equipments like jackets, trek poles, gloves or hats to porters which is greatly appreciated. Guest can also buy our porters dinner, during the final day of the trek for all their hard work and for making their trek possible

NAMAS Adventure

Included

- **2:1 Guide/client ratio.** IFMGA Guide and NMA Certified Guide members
- Unlimited Supplemental Oxygen Cylinders for client use
- 10 to 12 Weeks of hypoxic rentals, personalized training, and acclimatization guidance from instructors. Additional Shipping costs apply.
- Shared  Helicopter Charter From Kathmandu - Lukla - 6000M BC - Everest BC - Lukla - Kathmandu
- \$1000 Individual tip pool. *(This is not a summit bonus tip)* *Tip pool will be fairly distributed among all Namas staff members. (Guides, porters, drivers, hotel security, and staff). Guest may personally hand in extra tips to our guides and porters)*
- Namas Branded merchandise (Down Jacket, Cap, Buff)
- Head chef and kitchen helpers (Helpers increase with the number of climbing team members)
- 2 nights before the expedition and 1 day after the expedition. Hotel in Kathmandu. Single room. (Should clients return early from their expedition, clients will be responsible for their extra Kathmandu hotel bookings)
- All trekking and climbing permits (Khumbu Region Permit and TIMS)
- All internal-local transportation to and from the trekking trailhead
- Expedition tents, a single tent in Base Camps and shared in higher camps Brands Salewa, Mountain Hardwear, Samaya equipment, Kailas
- 60 kgs personal weight
- Froze-dried meals during camping days (Chicken, mushroom, vegan options etc)
- Chocolate, energy bars, hydration pills, biscuits, canned foods, nuts
- Burners and expedition equipment
- Walkie-talkie/ Satellite phone
- Breakfast, Lunch, and Dinner on trek and expedition days.
- Lodge accommodation during the trek
- Porters per guest
- The arrival pick up and departure
- Basic First aid kit
- Welcome/Farewell leave Dinner

Not Included

- Visas and travel insurance
- 2 X Personal guide Summit Bonus tips. \$1500 tips IFMGA Guide. \$1200 tips NMA certified guide
- Entertainment and food (Kathmandu)
- Bottled drinks and beverages
- Evacuation (will be done in your account)
- Tips (Service Charge in Hotel and Restaurants are included)
- Laundry, Phone services, Personal expenditure transactions
- Optional trips
- Tea breaks, chocolates or other snacks, and any meals besides breakfast, lunch, and dinner.
- Delay and cancellation because of natural phenomenon
- International flights to Kathmandu

Live Your Story



NAMAS Adventure

Why choose Namas Adventure team. (More on about us)

- Client safety is our primary focus and is implemented in all decision we make on our expeditions.
- We assemble best Sherpa, co-ordination and guiding team on all our expeditions.
- Use of highest quality gears and equipments on all treks and expeditions. (i.e. Tents, ropes, climbing gears, base camp essentials)
- Best experienced team to help you achieve your one of the greatest adventure.
- Creating a fun memorable experience and target successful summit on all our expeditions.

Namaste - " Our soul recognises your soul “

At Namas, core mission is to invoke sense of adventure, exploration and inspire human spirit through outdoor adventure activities.

Our Moto - Live Your Story

Namas Adventure is a premier adventure activity service provider specialising in hand picked adventure activities with trekking, motocross and expeditions to the peaks. We aim to provide the best adventure tours around the globe. What makes us different is also our commitment to responsible, ethical and sustainable tourism.

Our central aim is to help you attain your personal adventure/expeditions goals while experiencing the best of our planet, its unique cultures and environments. We aim to offer the highest quality adventure tours and expeditions at a great value while focusing on our primary goals: safety, success, and recreation. We hire only the best leaders and we don't cut corners on costs. Our adventures and expeditions strive to set the highest standards. We prioritize the wellbeing and safety of our teams, being responsible to the environments we operate in, respecting culture, contributing to local economies by employing regional partners and paying them higher than the industry standard or influencing higher pay when we feel the market has underpaid the working staffs and working in a self-sufficient and self-reliant way. We promote a sustainable/responsible approach to adventure travel by connecting people to the natural world and giving back to local communities. **(More on our about us website page)**

Live Your Story

ALPINE GRADING

1 or F: Easy These routes involve easy glacier travel and may require some rock scrambling. Except for the glacier sections, you can often climb rope less.

2 or PD: a little difficult. These routes involve some technical climbing sections and glaciers of higher difficulty. There may also be some short sections of steep terrain. They are good introductory climbs for beginners.

3 or AD : Fairly hard. These are physically demanding routes for experienced alpine climbers. They usually have steep and exposed climbing sections or snow/ice slopes over 50°. The descents are long and more complicated, and most of the route requires to be roped.

4 or D: Difficult. These routes involve sustained rock climbing, ice climbing or snow travel. They are considered a significant undertaking and demand a huge commitment.

5 or TD: Very difficult. Highly technical climbs that involve long distances, remote locations, and hard multi-pitch climbing sections. Besides, there are often other hazards like bad weather (extreme cold, strong winds) or poor protection on the routes.

6 or ED: Extremely difficult. These are extreme climbs (the most difficult in the world, actually!) with continuous difficulties. They take several days to be completed.

FITNESS GRADING

A - Fitness level to be able to enjoy multi day walks of 6-7 hours per day. Should be able to carry 5-8kg of weight during the activity days.

B - Good level of cardio-vascular fitness and strength fitness needed. Can train by running or cycling 30+ min 3/4 times a week combined with some gym session of endurance or lower body straightening. Should be able to carry 10kgs during the activity day.

C - High level of fitness level required both in strengthening and endurance fitness level. Should be able to carry 8 -12 kgs of load. Training or gym sessions are required to attain this level of fitness. Previous experience of multi-day hill walking is essential.

D - Exceptional level of all round fitness will be required to cope with the exceptionally strenuous nature of these expeditions. Experience is required to be able to take on tours of this physical grading.

E - Exceptional level of all round fitness coupled with ability to cope and resist in highest of the altitude. A resistance to extreme weather conditions over extended periods of time. Heavy loads over multiple days may need to be carried. Previous experience is highly crucial in order to prepare your body endure the high level of mental and physical toughness from both altitude and terrains.

Expedition Fitness

When it comes to expedition the more fitter you are and more stronger the better your chances of successfully climbing to the summit and most of all enjoying the expedition. The grading system gives you an indication of the level required for each expedition both technically and physically. It is very important that you train and build your level of fitness depending on your choice of expedition and whilst on expedition if your fitness is deemed to be inadequate our leaders would ask you to remain at camp. Please discuss with our guiding leaders on how you feel and weather you can actually make that push during all climbing/expedition, as we take your and staff safety seriously and would not want any unchecked incidents or miss out on your successful summit bid.

Adventure Travel – Accuracy of Itinerary

It is on our best interest to operate our expeditions as printed in the itinerary but due to unseen circumstances it may be necessary to make some changes as a result of flight schedules, climatic conditions, limitations of infrastructure or other operational factors. As a consequence, the order or location of overnight stops and the duration of the day may vary from those outlined. We would ask for your patience in this case as a lot of these can be out of our hands and we will best decide to plan alternatives.

Our assigned leader is responsible for the overall safety of the whole team during the expedition and will encourage the use of safe climbing practises during the expedition. They will ensure that every opportunity is taken to fulfil the objectives described in the trip's outline itinerary, but have the freedom to modify any plans subject to weather, delays or unforeseen circumstances which are deemed to be out of the control of Namas Adventure. The leader will maintain a good team spirit and attempt to keep morale high for the whole group. Wherever possible the leader will keep the Namas Adventure office informed of team progress and any emergency situations that may arise.



Namas Expedition leaders are experienced members of Nepal mountaineering associations. Local guides possess the detailed local knowledge we need to achieve our goals and support our teams. They do not guide in the same way as UIAGM/IMFGA Alpine Guides, but work in the more traditional sense as route finders and assistants to our expedition leader. We encourage our groups to work as teams, helping to support and trust each other throughout the duration of the expedition.

NEPAL MOUNTAINEERING ASSOCIATION

Insurance

[Live Your Story](#)

NAMAS Adventure

All our clients are required to have adequate insurance for their trip programs. When conducting research for insurance options, please look into the details of the policies covering the right requirements. Unexpected life events occur. Your travel plans might change due to illness while you are abroad or because of a family emergency even before you leave home. Our recommendation is that you protect your investment and welfare against these unexpected circumstances so you and your loved ones can prepare for your upcoming adventure with more peace of mind.

- **Cancellation or curtailment**
- **Helicopter rescue**
- **Repatriation**
- **The altitude that you are expected to attain**
- **Grade of trek/climb/expedition**
- **Medical cover**

Namas Adventure X Global Rescue

Who Is Global Rescue?

Travel Protection, Namas Adventure 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 enroll with Global Rescue. ([Insurance link - Click here](#))

IMG Signature Travel Insurance

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.

[TRAVEL INSURANCE LINK](#)

NAMAS Adventure

Namas Adventure is a Global Rescue Safe Travel Partner.

Namas Adventure is committed to excellence in every aspect of your trip experience, especially when it comes to safety.

That's why we are a Global Rescue Safe Travel Partner.

Global Rescue is an industry leader, providing medical and security advisory and evacuation services to travelers around the world. Global Rescue offers field rescue from the point of your injury or illness. With operations centers staffed 24/7/365 by experienced personnel, when you call Global Rescue you speak to a real person on the first call to get you the help you need. Purchase a Global Rescue membership for your next adventure and travel with peace of mind. Single trip, annual and family options are available – just ask us to learn more. [Click here]

Few insurance provider which we recommend.

UK based clients

True Traveller: www.true Traveller.com Treks upto 4500M (Check Ultimate pack with Nepal trekking Box)

Austrian Alpine Club (UK) www.aacuk.org.uk (Expedition's mostly)

Snowcard: www.snowcard.co.uk

World Nomads: <https://www.worldnomads.co.uk/>

Dogtag: www.dogtag.co.uk

For non-UK based clients:

Travelex Ins. Services: www.travelexinsurance.com

True Traveller: www.true Traveller.com (Check Extreme pack or Ultimate pack with Nepal trekking Box)

Austrian Alpine Club (UK): www.aacuk.org.uk

These are some of the insurance companies that we trust but you are free to choose the one you have been using or trust during your travel. Please forward the details of your Insurance as soon as you have it: we need the insurance company's name, their 24 hour emergency telephone number and your insurance policy number – namas@namasadventure.com