



## Rapid-Ascent Everest North Side Expedition Tibet



April 18 - May 29, 2016

**\$85,000**  
Land costs

Difficulty Level: Advanced- must be able to climb technical terrain with an alpine pack on your back. You should be comfortable with camp craft in high-altitude camps and be able to perform at a high level for multiple days in a row at altitude.



*Alpenglow Expeditions' Rapid-Ascent climbs are an entirely new way to approach big-mountain expeditions. After 15 years of guiding expeditions all over the world, including more than a dozen 8,000-meter peak expeditions, we have refined and distilled the acclimatization and climbing process to maximize safety, health, success, and enjoyment. Please contact us to discuss exactly what these shorter climbs entail.*

#### **Highlights:**

- **Summit the world's tallest peak from the North Side - without the crowds or the risk of the South Side and Khumbu Icefall**
- **Experience the unique culture, environment and people of Tibet.**
- **Climb Everest in half the time of traditional expeditions, with the North Side's most professional team and best logistics and infrastructure.**

Mt. Everest, the tallest mountain in the world (29,035 feet/8,848 meters), is an incredible challenge and experience. Alpenglow's unique format and extensive experience gives us the ability to achieve the highest levels of both safety and success. For 2015 and beyond, we have moved our operations to the North Side of Mt. Everest. With increasing stability in Tibet being contrasted by increasing instability in Nepal, the significantly safer and less crowded route from the North Side is an obvious choice for our teams. Our team's strengths cater well to the increased remoteness of the North Side. Our Sherpa, guides, and support staff are unanimous that responsible climbing teams must avoid the increasingly unpredictable icefall and politics found on Everest's South Side. Many members of our team (including Sherpa, cooks, doctor, and guides) have worked extensively on the North Side and make our team one of the most experienced to offer climbs from Tibet.

Alpenglow offers an exceptional level of competency, safety, and comfort to Everest expeditions. Our team will be limited to 9 members, with certified guides and the best Sherpa and cooks available (staff we have been working with for more than a decade). Our small group size allows us to adapt to changing conditions and weather far more easily than many commercial teams, which have become so large over the last five years that they have become difficult to manage. Our member to Sherpa (2:3) and member to guide ratios (3:1), the comforts of our Base Camp, our fresh and nutritious food, and our use of maximum oxygen are

details that add up to a far more enjoyable experience and successful climb.

Historically, we have seen that over 30% of climbers on other teams head home long before attempting their summit push on Mt. Everest. This is generally for 3 reasons, all tied to the amount of time teams take “acclimatizing” on the mountain: the multiple trips up and down the mountain during acclimatization cause the climber to reassess the risk and go home, the climber’s weight loss, chronic sickness and progressive weakening at altitude cause them to call off the trip, or a family or work issue at home takes priority. Our goal with a 42-day itinerary is to keep all the necessary acclimatization, training, and mountain preparation, while minimizing the unnecessary waiting and down time of traditional expeditions. Use of the best technology available (including weather forecasting, efficient oxygen systems, and pre-acclimatization in hypoxic tents) and our team’s experience (and their early arrival and late departure to pre-set and clean the mountain’s camps and ropes), allows our team to minimize their time approaching Advanced Base Camp, while maximizing their chances of success.

Alpenglow Expeditions’ logistics, guiding, Base Camp staff, food, and equipment are of the absolute highest level possible. As with all of Alpenglow’s 8,000-meter peak expeditions, Everest is organized and led by IFMGA guide, Adrian Ballinger. Adrian is one of the most recognized guides in the Himalaya, with an impeccable safety record and twelve 8,000 meter peak summits, all while guiding or rope-fixing for guided teams. Adrian has extensive experience organizing complicated logistics for large Himalayan teams (including 6 years as lead guide for one of the Himalaya’s largest companies), as well as countless hours on the mountain rope-fixing with Sherpa, guiding members, and assisting and organizing rescues.

While many downplay the difficulty and hazards of climbing Mount Everest, Alpenglow maintains a deep respect for the nature of this mountain and you will never find us underestimating its potential dangers. We require a significant amount of experience from each of our members to ensure that you will feel comfortable on the peak, both with your own skills and of those of your teammates.





## Why climb with Alpenglow

- 1:3 maximum guide to climber ratio. All guides are IFMGA qualified or aspirants working towards finishing their certification. This is the lowest member to guide ratio in the Himalaya.
- 3:2 Sherpa to climber ratio. Having 3 Sherpa per 2 climbers ensures we have the strength necessary to carry loads, set camps, and assist climbers. All of our Sherpa on Everest have worked with us on many expeditions.
- Expedition doctor, Monica Piris, has been on fourteen 8,000-meter peak expeditions. She travels with the group and is in Base Camp throughout the expedition. Dr. Piris also works with each member on his or her pre-acclimatization program.
- Swiss weather forecasts. Having a quality forecast for Mount Everest maximizes both our safety and our summit success.
- 9 bottles of oxygen per climber. This allows us to use high-flow oxygen sleeping at Camps 2, 3 and 4, and to climb on a higher flow than other expeditions (2L from North Col-C2, and 4L from C2-C3, C3-C4, and C4-Summit-North Col), maximizing safety and success. Our Sherpa also climb and sleep on oxygen, which means they have more strength to focus on you and your ascent.
- Imported and local foods of the highest quality, combined with a Western-trained cook staff. Alpenglow has the best food on the mountain, ensuring your strength and health throughout the expedition.
- Unlimited WIFI Internet in Base Camp, Interim Camp, Advanced Base Camp, and North Col Camp. We understand the modern need for technology, and this allows you to stay in touch with home and office via email, text message, and phone at no additional expense.
- Pre-acclimatization using Hypoxico Altitude Training Systems. An eight-week rental is included in the expedition price, and use of the system (or equivalent pre-acclimatization) is a requirement for joining our Rapid Ascent expeditions.



## Route Description

Thanks to our pre-acclimatization we can move quite quickly on our approach to Everest Advanced Base Camp. Tibet and Lhasa are not to be missed though, so we spend time exploring the monasteries and history of the Tibetan Plateau. We spend two nights in Lhasa and a night in Shigatse before arriving into Everest Base Camp.

We spend five nights around Base Camp and Interim Camp, enjoying stunning day hikes and reinforcing our pre-acclimatization, and then move to Advanced Base Camp. While quite high, our ABC is incredible. Alpenglows 8,000 meter peak infrastructure, complete with heated dining tents, communications and hangout tents, WIFI internet access, a fully-stocked kitchen, and much more, ensures you are extraordinarily comfortable, and able to conserve your strength for the actual challenge of climbing.

After some necessary rest, enjoying the luxuries of Base Camp, and a number of training sessions focused on traveling efficiently at altitude, we are ready for our single acclimatization rotation. This abbreviated climbing schedule minimizes our bodies' deterioration common on other teams' multiple trips to altitude while acclimatizing, and leaves us strong and prepared for a summit bid. Our acclimatization rotation begins with the climb from ABC to the North Col. The climb is a steep but enjoyable snow face with stunning views, and finishes at a flat and wind-protected camp site, where we spend 3 nights. During this time we will also make an acclimatization climb along the wide snow ridge partway to Camp 2, enabling us to further acclimatize, and enjoy views of our entire summit climbing route. We then return to ABC to rest and prepare for our summit bid.

Our summit ascent schedule will depend on weather, route conditions, and managing other teams on the mountain. On our summit bid, we utilize supplemental oxygen above the North Col for both climbing and sleeping. Climbing at 4L (max flow, double the normal rate) and sleeping at 1L (also double the normal rate), ensures we move efficiently, sleep well, and continue to feel strong throughout our climb and descent. We generally find we move up to twice as fast as other teams, especially important on the longer route of Everest's North Side. We also provide oxygen to continue its use on our descent all the way to the North Col.

Summiting Mt. Everest is an incredible accomplishment that takes effort, patience, luck, and experience. After fifteen years of guiding in the Himalaya, the Alpenglows team has created the best infrastructure available to support your attempt on the world's tallest mountain. We encourage you to call us to further discuss our infrastructure, team, and unique Rapid-Ascent approach to climbing Everest.

## Everest North Side Expedition Itinerary

Day 1	<b>Arrive in Kathmandu, Nepal (4,600 feet/1,400 meters).</b> We transfer to our hotel, and begin the process of getting over jetlag.
Day 2	<b>Explore Kathmandu.</b> Today we explore some of Kathmandu's most famous sites. These include Swyambunath (the Monkey Temple), Pashupati (Nepal's largest Hindu temple), Boudanath (Kathmandu's most important Buddhist temple) and the old city's original central square, Durbar. We also have our first team meeting, organize our bags for the trek, and receive our Chinese visas.
Day 3	<b>Fly by plane to Lhasa (12,000 feet/3,650 meters).</b> One of the most beautiful and memorable mountain flights in the world, we take a flight over the Himalaya, often catching glimpses of Everest. From the airport it is an hour drive into Lhasa, where we have a bit of time to walk around the old city, and enjoy a traditional Tibetan dinner.
Day 4	<b>Visit the Potala Palace and Jokhang Monastery, drive to Shigatse (12,500 feet/3,800 meters).</b> The Potala Palace, former home of the Dalai Lama, and ancient Jokhang Monastery, are two of Tibet's most important cultural sites, and imperative to beginning to understand this unique place. After a morning exploring with our local guide, we drive a few hours along the now paved road to Everest, stopping for the night in Shigatse, and our simple but clean hotel.
Days 5	<b>Drive Shigatse to Everest Base Camp (17,000 feet/5,200 meters).</b> We continue along the Tibetan Plateau until we begin to see views of Everest. From there we leave the main road and follow the valley to the Rongbuk Monastery. After exploring the monastery and lunch, we continue driving into our base camp, where we settle in.
Day 6	<b>Rest in Everest Base Camp.</b> Our camp offers excellent food, comfortable tents, and important amenities (heated dining tents, electricity, etc.). We allow our bodies to continue their acclimatization, and spend the day organizing equipment and logistics.
Day 7	<b>Rest in Everest Base Camp.</b> Today we do an acclimatization hike above camp, returning in time for lunch and rest before tomorrow's move.
Day 8	<b>Everest Base Camp (17,000 feet/5,200 meters) to Interim Camp (19,000 feet/5,800 meters).</b> We split the move to Advanced Base Camp in two, today moving 6 miles to Interim Camp. While this camp is simple, we still ensure comfortable sleeping, dining, and excellent food. The location is incredible, surrounded by penitentes (ice towers).
Day 9	<b>Rest in Interim Camp (19,000 feet/5,800 meters).</b> We take a second night at this important altitude. Interim Camp is surrounded by incredible mountain and glacier terrain, and we take a walk above the camp to take photos and enjoy the panoramic views.

Day 10	<p><b>Interim Camp (19,000 feet/5,800 meters) to Advanced Base Camp (21,300 feet/6,400 meters).</b> Six miles of hiking along the moraine and glacier bring us to Advanced Base Camp, our home on the side of the East Rongbuk Glacier. This camp, our main one for the duration of the expedition, is established with as much comfort as possible to balance life in the harsh environment.</p>
Day 11-16	<p><b>Acclimatize in Advanced Base Camp (21,300 feet/6,400 meters).</b> Our bodies need time to acclimatize to over 21,000 feet. We utilize the days re-visiting required fixed rope and climbing skills, taking short acclimatization hikes, and eating and resting in our impressive camp.</p>
Day 17	<p><b>Advanced Base Camp (21,300 feet/6,400 meters) to North Col Camp (23,000 feet/7,000 meters).</b> A 4-6 hour climb takes us from the edge of the East Rongbuk Glacier up progressively steepening snow slopes. The 2,000 foot climb is an excellent time to focus on crampon efficiency and fixed rope technique, and arriving at the North Col is hard-earned.</p>
Day 18	<p><b>Rest North Col Camp (23,000 feet/7,000 meters).</b> Again, a day of rest aids our body in acclimatization.</p>
Day 19	<p><b>Rest North Col Camp (23,000 feet/7,000 meters).</b> We take an acclimatization climb part way along the wide snow ridge towards Camp 2, descending back to North Col Camp for the night.</p>
Day 20	<p><b>Descend from North Col Camp (23,000 feet/7,000 meters) to Advanced Base Camp (21,300 feet/6,400 meters).</b> We descend quickly via rappels and arm-wrapping back to our camp on the side of the glacier. Our bodies will need rest, but now feel strong and able to recover at Advanced Base Camp.</p>
Day 21-24	<p><b>Rest Advanced Base Camp (21,300 feet/6,400 meters).</b> At the minimum we take 5 days of rest in ABC before considering a summit push. We do not descend below ABC unless necessary, since the length of the route down negates any advantage from sleeping lower on the mountain.</p>
Day 25-38	<p><b>Summit Window.</b> When weather, conditions and health allow, we make our summit push. We return to North Col Camp. From North Col we utilize supplementary oxygen to continue to Camp 2 (24,750 feet/7,500 meters), Camp 3 (25,600 feet/7,900 meters), Camp 4 (27,400 feet/8,300 meters) and on to the summit (29,029 feet/8,848 meters). The climbing above North Col varies, with mostly easy snow and rock ledge walking punctuated by short steeper steps, including the First, Second and Third Steps on the way to the summit. After topping out, we descend as far as possible - North Col Camp or Advanced Base Camp.</p>
Day 39	<p><b>Descend Advanced Base Camp (21,300 feet/6,400 meters) to Tingri (14,100 feet/4,300 meters).</b> We say goodbye to our mountain staff and hike the 12 miles back to Everest BC. We load our personal gear and selves into jeeps for the ride to the town of Tingri. The lodge in Tingri is quite simple, but puts us in a good position for the next day's drive to Kathmandu.</p>

Day 40	<b>Drive Tingri (14,100 feet/4,300 meters) to Kathmandu.</b> A long day of travel takes us across the Tibetan Plateau to Zhangmu, where we cross the Tibet-Nepal border. Normally the process moves efficiently, and after transferring to new vehicles on the Nepali side of the border, we continue down into the almost tropical foothills of the Himalaya, and back to Kathmandu for a much-needed night in the Hyatt.
Day 41	<b>Extra day in Kathmandu.</b> If our travel went smoothly this is a day for souvenir shopping, city tours, or just lounging by the pool. This is also a necessary day in case we are held up at the border on our drive from Tibet.
Day 42	<b>Depart Kathmandu.</b>

\*Please note the above schedule is only one possible scenario. A mountain like Everest requires flexibility, and every year our climb is different.



877-873-5376 | PO BOX 3122 | OLYMPIC VALLEY | CA | 96146  
[www.alpenglowexpeditions.com](http://www.alpenglowexpeditions.com) | [info@alpenglowexpeditions.com](mailto:info@alpenglowexpeditions.com)