

## Rapid Ascent Everest North Side Expedition

42 days in Nepal, Tibet / Skill Level: Advanced



April 17- May 28, 2017

April 16- May 27, 2018

*Land costs- \$85,000*

\*All costs included with the exception of alcohol, in-town meals

### **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.

### **Overview**

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.

Mount Everest, the tallest mountain in the world (29,035' / 8848m), 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. Since 2015 we have been operating on the North Side of Mount 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 Mount Everest. This is generally for three 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 three Sherpa per every two 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.
- Nine 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.



## Everest North Side Rapid Ascent Itinerary

Day 1	<b>Arrive in Kathmandu, Nepal (4,600' / 1400m).</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' / 3650m).</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' / 3800m).</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.
Day 5	<b>Drive Shigatse to Everest Base Camp (17,000' / 5200m).</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' / 5200m) to Interim Camp (19,000' / 5800m).</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' / 5800m).</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	<b>Interim Camp (19,000' / 5800m) to Advanced Base Camp (21,300' / 6400m).</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.



Day 11-16	<b>Acclimatize in Advanced Base Camp (21,300' / 6400m).</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.
Day 17	<b>Advanced Base Camp (21,300' / 6400m) to North Col Camp (23,000' / 7000m).</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.
Day 18	<b>Rest North Col Camp (23,000' / 7000m).</b> Again, a day of rest aids our body in acclimatization.
Day 19	<b>Rest North Col Camp (23,000' / 7000m).</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.
Day 20	<b>Descend from North Col Camp (23,000' / 7000m) to Advanced Base Camp (21,300' / 6400m).</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.
Day 21-24	<b>Rest Advanced Base Camp (21,300' / 6400m).</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.
Day 25-38	<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' / 7500m), Camp 3 (25,600' / 7900m), Camp 4 (27,400' / 8300m) and on to the summit (29,029' / 8848m). 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.
Day 39	<b>Descend Advanced Base Camp (21,300' / 6400m) to Tingri (14,100' / 4300m).</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.
Day 40	<b>Drive Tingri (14,100' / 4300m) 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.



## 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. Alpenglow's 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 three 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 Mount Everest is an incredible accomplishment that takes effort, patience, luck, and experience. After fifteen years of guiding in the Himalaya, the Alpenglow 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.



## Client Expectations and Timeline

90+ Days to Departure	
Reserve Spot	Make your deposit to confirm registration - if you haven't already, head over to our website and click "Reserve Spot" and select your dates. The rest of the process is as easy as buying a book online. Make sure that you select to add an extension if you wish to extend any expedition.
Q&A	Q&A with Alpenglow - time to ask any question about travel, logistics, training and everything in between.
Application	Complete full application including medical questionnaire & travel information.



## 90+ Days to Departure

Reserve Rentals	Reserve rentals if needed within application. For our climbing schools, we have a small rental inventory of boots, ice axes, crampons, helmets and harnesses. These are provided at no cost on a first come first serve basis. Please let us know what you plan on renting as soon as possible.
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## Within 90 Days to Departure

Complete Payment	Full Payment will be collected at the 90 day mark. Alpenglow will contact you prior to taking final payment and once you confirm we'll simply move your booking into the final stages. For international trips, a wire transaction is the best way to send payment. We also accept credit cards with transaction fee of 3% or you can pay by check.
Book Travel	We recommend reviewing flight options outside of 90 days and confirming with Alpenglow on travel times. Use us to guide you to the best flight schedules to make travel as easy as possible. Once you book your flights don't forget to share with the Alpenglow office so we pick you up on time from the airport.
Training	This is the hard part. The hours of training you put in directly correlates to your success in the mountains. Train hard and be ready for the adventure of a lifetime!
Equipment	Compile all equipment using the equipment list as a guide.
Purchase Insurance	Purchase travel and rescue insurance. We recommend Global Rescue and Travel Guard. <a href="#">Click here to find links to each.</a>

## General Trip Information

### Payment

1. A deposit of \$10,000 is required for 8000 meter peak expeditions. Deposits are due when registering for an expedition, and can be paid by check made out to "Alpenglow Expeditions, LLC." All payments should be mailed to Alpenglow Expeditions at P.O. Box 3122, Olympic Valley, CA 96146 or sent via wire transfer or paid by credit card. If wiring payment, please contact us for bank details and be certain that you are covering ALL fees!

Deposits are non-refundable and non-transferable. This is not a flexible policy. Planning our trips takes significant time and has non-refundable costs as well.

50% of balances are due 6 months before the expedition departs from the United States and the remaining 50% is due 90 days prior to departure. Payment should be

made as described above. Balances are due 90 days before the expedition departs from the United States. Payment should be made as described above.

2. The cost of your trip includes your land costs (excluding in-town meals). This includes: double occupancy lodging while in town, meals on the mountain, scheduled transportation while in the countries we are visiting, group camping and climbing equipment, individual technical climbing equipment (boots, ice axes, crampons, helmets, harnesses), and guides.
3. The cost of your trip does not include: flights to/from the city where the expedition begins, airport taxes, visas, in-town meals, immunizations, tips for guides or local staff, travel, rescue, or any other type of insurance, hospitalization or evacuation costs, single supplement charges, excess baggage charges, alcohol, or other personal expenses.
4. The costs of delays or changes to itinerary that are beyond the control of Alpenglow Expeditions or its agents are not included.

### **Cancellations**

1. We reserve the right to cancel any trip at any time. Reasons for cancellation might include (but are not limited to) political instability, natural disasters, or inadequate enrollment. If we cancel a trip prior to its start for low enrollment, we fully refund your payments. If we cancel your trip prior to its start due to political instability, natural disasters, or other reasons of that nature, we will refund all but non-recoverable costs. Changes to a trip itinerary made by our guides for any reason do not constitute a cancellation, and no refunds will be made in this case.
2. If you cancel your trip more than 90 days prior to departure, Alpenglow Expeditions will refund your payment minus the non-refundable deposit. 60-89 days prior, Alpenglow Expeditions will refund 50% of your payment. Fewer than 60 days prior, there are no refunds or credits.
3. On any trip, our guides reserve the right to remove any person, for any reason. These reasons generally stem from a person jeopardizing the safety of themselves or another team member. This includes a person who is not physically able to climb at the level necessary for the chosen route. In all these cases, there are no refunds whatsoever, and the client will be responsible for any additional costs incurred in leaving the trip.

### **Flights**

We recommend using Kayak.com as a primary source for finding low-fare airfares. If you prefer to work with a travel agent, we recommend Jane Chauvin at Penny Pitou travel: (1-888-526-4488) or [jane@pennypitoutravel.com](mailto:jane@pennypitoutravel.com). She is fast, efficient and affordable and intimately aware of the challenges of booking mountaineering trips.

**\*\*Please confirm your itinerary with Alpenglow Expeditions before you purchase it.\*\***

### **Insurance**

We require that all participants carry rescue insurance, travel insurance, and health insurance. Your policy numbers must be provided to us prior to leaving the USA. Homeowner/Renter's insurance is also recommended.

- Rescue Insurance- For US citizens, we recommend obtaining rescue insurance through American Alpine Club and upgrading that service via Global Rescue. Visit [www.americanalpineclub.org](http://www.americanalpineclub.org) to become a member and obtain the appropriate level of coverage based on the altitude of the peaks you will be climbing with us. Helicopter rescues in foreign countries, while unlikely, can cost up to \$20,000. International climbers have several options as well for rescue insurance. Our recommendation is

Global Rescue as we have had great success with them in the past. Your insurance must not have a mountaineering exclusion and must cover up to your trip's highest altitude. This coverage is very important.

- Travel Insurance- Coverage should include lost/damaged baggage, unexpected delays, accident/life, and trip cancellation. Trip cancellation will cover you for non-refundable air and land costs should you need to cancel your trip due to an emergency. Since our costs are often not refundable, this coverage is very important as well, and should be purchased as soon as possible after registering for an expedition.
- Health Insurance- All members of our teams are required to have current health insurance. This insurance should cover emergency hospitalization abroad as well as domestically.
- Homeowner/Renter's Insurance- While unusual, thefts can occur while overseas. We recommend a policy to cover these losses.

### **Medical**

All of our expeditions and treks are physically demanding. Regardless of the skill level or experience needed, it is essential that you arrive in good physical shape, and prepared to handle extreme conditions, including cold, heat, and long tiring days. Alpenglow Expeditions, LLC and its guides reserve the right to remove any member of our trips at any time if we do not believe they are ready for the rigors of the trip.

Our guides are certified in wilderness medicine, CPR, and are experienced in client care in remote high altitude locations. However, Alpenglow Expeditions, LLC is not a medical facility and Alpenglow Expeditions, LLC assumes no liability regarding medical care.

You are responsible for your own medications, inoculations, and deciding whether you are physically able to participate in an Alpenglow Expeditions trip. You should discuss your participation in this trip, and the dangers involved, with your physician.

Some of the medications you may consider carrying with you include:

1. Tylenol – a simple painkiller for headaches and minor pains.
2. Ibuprofen – mild altitude headaches, along with body aches and pains, are common.
3. A cold and flu remedy of your choice (strong decongestant).
4. Pepto Bismol - for minor stomach upset, best taken in caplet form.
5. Immodium AD – to control diarrhea, when necessary. Again, tablets are preferred.
6. Cough Drops – the air at altitude is very dry, and many climbers develop hacking coughs.
7. A laxative agent of your choice.
8. Dramamine (or equivalent) – an anti-motion sickness agent of your choice as bus/plane rides to our trailheads are often very bumpy.
9. Diamox (Acetazolomide) required – prescription medication often used prophylactically to prevent altitude sickness. You should have a large enough supply to take 250mg/day (best as scored tablets so you can take 125mg twice a day).
10. Z-pack required – a broad spectrum anti-biotic.

Also be sure to discuss vaccinations with your doctor. Often a travel clinic has the most up-to-date information on which shots are necessary for the country you are visiting. Be sure to mention that most of our trips explore only the highlands and capital cities. This might mean that you need fewer immunizations, and anti-malarials are often not necessary. Determine

this with your doctor, and refer to your trip itinerary for the exact locations we will be visiting. At the very least, your tetanus shot should be up-to-date and you should have protection against Hepatitis A.

### **Aerobic Conditioning**

We cannot stress enough the importance of being in excellent aerobic condition before arriving on your trip. Arriving fit will increase your safety on the trip and reduce the risk of medical issues. It will also dramatically increase your enjoyment and learning during your trek or expedition. At the minimum, we recommend an exercise regimen that includes a minimum of 3 one-hour workouts per week (biking, running, swimming) along with a few long days hiking as you get close to your departure date. Please call us if you would like to discuss a specific routine to fit your needs.

### **Money**

The countries we visit can still be challenging places to use a credit card or find an ATM. While you may choose to bring these for backup, we recommend you bring enough cash for your planned spending. American dollars are still the easiest way to carry money. Be sure you carry clean, new bills and have some smaller denominations. Carry your money and important documents in a hidden waist pouch under your clothes.

The amount of money you need varies by how many presents you plan on bringing back! In addition to souvenirs and gifts, plan on spending on airport departure taxes, alcohol and snacks, and tips for local staff and your guides.

### **Additional Notes**

- Single Supplement - If you prefer a single room while we are in hotels, please let us know as soon as possible. There will be an additional cost associated for this.
- Cameras – high quality point and shoot digital cameras are an excellent option. We have found that small pocket cameras are much better than big DSLRs for summit days. You need a simple light system, and the new generation of digitals take great photos. A guide favorite is the Sony RX 100.
- Tipping – We recommend each member contribute \$200-\$300 to a pool that is shared amongst all of the local support staff including cooks, kitchen boys, drivers, porters, yak men, and non-summit sherpa. Tipping your Western guides is also recommended, and at your discretion.
- Be sure to create a data sheet of all of your essential information – passport, credit card numbers, airline ticket information, visa number (if applicable), etc. This sheet should then be photocopied and scattered amongst your luggage. If any of your documents are stolen, having this information will be essential.
- Rental Equipment - Alpenglow Expeditions offers a limited number of mountaineering boots, crampons, ice axes, helmets, harnesses, carabiners, perlon, and belay devices for use by our clients. There is no additional charge for using this equipment, but please let us know as soon as possible if you intend to use Alpenglow Expeditions' equipment. Check your expedition's equipment list to see what technical climbing equipment is necessary for your climb or trek. Rental gear from Alpenglow is only available for shipment within the US. Rental gear must be taken home by the renter and shipped back to Alpenglow within two weeks of end of trip at the renter's expense.