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Lhakpa Ri Rapid Ascent Expedition

16 days in Tibet / Skill Level: Intermediate

April 30 - May 15, 2023

Land costs- $22,450

*All costs included with the exception of international flights, alcohol, in-town meals, staff gratuity, Chinese visas

Difficulty Level

Intermediate - must be able to climb technical terrain with an alpine pack on your back. You should be comfortable with snow climbing in crampons and be able to perform at a high level for multiple days in a row at altitude.

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Overview

Standing across from the North Face of Mt Everest, Lhakpa Ri is an incredible 7000m peak with arguably the best view of Everest. If climbing Everest is on your list but you need more experience, you can't beat Lhakpa Ri in terms of location. If you are not interested in climbing Everest but want a front row seat to take in the mountain, this is your opportunity.

Leaving from advanced base camp on Everest, you'll trek across the East Rongbuk glacier on summit day. The climbing itself is moderate, with gentle slopes protecting the approach before gaining the north ridge and finally topping out on the summit. This is a perfect climb for those who have prior glacier travel experience and have been to altitudes of 18,000' or higher.

The entire expedition begins at home as you pre-acclimatize for 4 weeks in conjunction with your other team members using Hypoxico altitude tents. Your goal during this phase is to get your body adapted to altitudes up to 16,500'. You'll be sending us daily stats on your progress and our expedition doctor checks these on a weekly basis to ensure that everything is going well.

Following the 4 weeks of pre-acclimatizing you'll fly to Lhasa, Tibet, where you will meet your guide and fellow climbing team. After a day of visiting Lhasa and it's cultural sites, you'll be on your way to Everest Base Camp. Driving through the Tibetan plateau is a truly unique experience.

After a few days of acclimatizing in base camp, you'll begin moving with your team towards advance base camp. This is the highest camp you'll sleep at and will give you an insider's view to how an Everest climbing team operates before making their summit push.

Your summit push leaves advance base camp in the middle of the night, crossing the East Rungbuk glacier towards your objective. Gently angled slopes will be a pleasure to climb as you are constantly reminded of the large peak opposite of your route. Summit day will be about 6-8 hours to the top, with a round trip time of about 12 hours. Not bad for a 7000m peak in the Himalaya.

Our Lhakpa Ri climb is guided by one or more of Alpenglow's AMGA/IFMGA certified lead guides. This certification is the highest possible training available to guides, and only the most experienced and dedicated attain it. We combine our guides' experience with our top tier logistics operator to create an amazing experience in the mountains. Our small team size and low ratio of climbers to guides (4:1) ensures that you stay healthy and strong, and are able to enjoy each component of your experience.

Alpenglow's combination of pre-acclimatization at home with the best guiding and in-country logistics has revolutionized Himalayan expeditions. The same system has reduced expedition length on peaks like the Seven Summits by 30-50%. On this Himalayan expedition, we utilize the same pre-acclimatization, quality of logistics, and guiding team. We work with you not only on the mountain, but also throughout your pre-acclimatization and preparation. Our goal is for each climber to be healthy, strong, and prepared for their summit climb of Lhakpa Ri. Join Us.

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Lhakpa Ri Rapid Ascent Itinerary

Day 0	**Climbers fly into Chengdu, China, arriving by the evening.** Team members must stay at least 4 hours in Chengdu in order to pick up their paperwork that allows travel in Tibet. Alpenglow arranges for these documents to be sent to the hotel of choice. This is considered a travel day and is not part of the Alpenglow program.
Day 1	**Fly by plane to Lhasa (12,000 feet/3,650 meters).** These flights are usually in the morning, getting climbers to Lhasa mid-day. 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. Climbers are responsible for all flights.
Day 2	**Visit the Potala Palace and Jokhang Monastary, drive to Shigatse (12,500' / 3800m).** The Potala Palace, former home of the Dalai Lama is one 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 3	**Drive Shigatse to Shegar (14,206' / 4330m).** We continue along the Tibetan Plateau to Shegar where we spend one more night before heading all the way to base camp.
Day 4	**Drive Shegar to Everest Base Camp (17,000' / 5200m).** 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 5	**Rest in Everest Base Camp.** 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 6	**Rest in Everest Base Camp.** Today we do an acclimatization hike above camp, returning in time for lunch.
Day 7	**Acclimatization at Everest Base Camp (17,000' /5200m)** Final day in base camp. We spend this day resting up and making final preparations for our move to ABC.
Day 8	**Everest Base Camp (17,000' / 5200m) to Interim Camp (19,000' / 5800m).** 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	**Interim Camp (19,000' / 5800m) to Advanced Base Camp (21,300' / 6400m).** 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.
Day 10	**Acclimatize in Advanced Base Camp (21,300' / 6400m).** 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.

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Day 11	**Acclimatize in Advanced Base Camp (21,300' / 6400m).** One more day of acclimatizing before we make our push up Lhakpa Ri.
Day 12	**Advanced Base Camp (21,300' / 6400m) to Lhakpa Ri (23,114' / 7045m).** A 6-8 hour climb takes us from the edge of the East Rongbuk Glacier up progressively steepening snow slopes. On the way we're greeted with astounding views of the north face of Everest. Round trip we should be in the 12 hour time range and back to ABC for celebratory food and alcohol.
Day 13	**Rest in ABC.** Today we can relax and rest in ABC, taking in the sights of the North Col. We can also use this day as a weather day if needed.
Day 14	**Descend to Base Camp (17,000'/5200m)**. We say goodbye to our mountain staff and hike the 12 miles back to Everest BC.
Day 15	**Drive Base Camp to Shigatse (6hrs) or Lhasa (10hrs).** We load our personal gear and selves into jeeps for the ride to the town of Shigatse or if we're feeling up for it we can go all the way to Lhasa. A long day of travel takes us across the Tibetan Plateau.
Day 16	**Depart for Home** Flights preferably after 2pm.
	*Please note the above schedule is only one possible scenario. A mountain like Lhakpa Ri requires flexibility, and every year our climb is different.

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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.
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.

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. Click here to find links to each.

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General Trip Information

Payment

1. A deposit of 20% is required for private 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.

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

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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 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.

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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

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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.