



EVEREST

NORTH SIDE RAPID ASCENT™ EXPEDITION

DURATION: 36 DAYS

LOCATION: TIBET

SKILL LEVEL: ADVANCED

ALPENGLOW



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Expedition Details

DURATION: 36 DAYS

LOCATION: TIBET

SKILL LEVEL: ADVANCED

SEASON: SPRING

DIFFICULTY LEVEL DESCRIPTION:

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.

PREREQUISITES:

Team members must have attempted at least one prior 8000m peak or climb in a private setting, or multiple successes on 6000 and 7000m peaks.



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Expedition Introduction

Why Climb the North Side?

Since 2015 Alpenglow Expeditions has been exclusively 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.

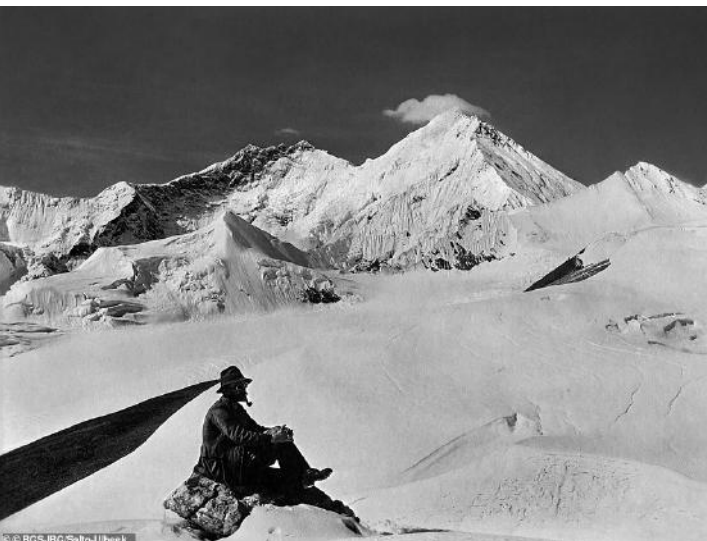
Our Sherpa, guides, and support staff are unanimous that responsible climbing teams must avoid the increasingly unpredictable icefall and politics found on Everest's South Side.

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.



ROUTE CHOICE

The Northeast Ridge route is our path to the top of Everest. Protected by one short ice fall between ABC and the North Col, the other main difficulties are found in the rock steps that lead to the summit. While this route is barely more technical than the south side, the objective hazards faced are exponentially smaller.



HISTORICAL OVERVIEW

The first attempt was in 1921 by a British team led by the legendary George Mallory. This small team made it to the North Col before turning around.

The first ascent of the North Side of Mt Everest was claimed by a Chinese team on May 25, 1960. Unfortunately, they didn't manage to get a photo of the summit and some debate has occurred as to whether or not they actually made it.



36 Day Itinerary

Historically, we have seen that over 30% of climbers on other team's 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.
- A family or work issue at home takes priority.

Our goal with a 36-day itinerary is to keep all the necessary acclimatization, training, and mountain preparation while minimizing the unnecessary waiting and downtime of traditional expeditions.

Use of the best technology available (*including weather forecasting, efficient oxygen systems, and pre-acclimatization in hypoxic tents*), 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.



Everest is the culmination of a full climbing career, but it doesn’t have to stop there. After Everest, many climbers set their sights on more technical peaks like Ama Dablam or Makalu in Nepal.

See more trips at [ALPENGLLOWEXPEDITIONS.COM](https://alpenglowexpeditions.com)



About Alpenglow Expeditions

Alpenglow creates and fosters a community of climbers prepared to achieve their dreams in the world's greatest mountain ranges.



About the Company

Alpenglow Expeditions is an AMGA accredited business, and prides itself on working with guides who uphold and exemplify the highest standard in the profession of mountain guiding.

Led by IFMGA mountain guide Adrian Ballinger, Alpenglow focuses on creating expeditions that reflect our high standards in mountain guiding by providing precision logistics, cutting edge technology, and thoughtful itineraries that combine for successful climbs.

History of Alpenglow Expeditions

Founded in 2004 by IFGMA mountain guide Adrian Ballinger, Alpenglow Expeditions began as a boutique guide service that focused on high altitude climbing. In those 15 years we've expanded our offerings, both internationally and in the United States. We are now proud to offer courses and expeditions ranging from a climbers first experience on the Tahoe Via Ferrata, to basic backcountry education for those interested in exploring winter landscapes, to climbing the world's highest mountain for those on the Road to Everest.

About Alpenglow Expeditions



Founder — Adrian Ballinger

Adrian Ballinger founded Alpenglow Expeditions in 2004 envisioning a more holistic climbing experience for his clients than the status quo.

Adrian is the only American who has skied two 8,000 meter peaks, was the first person to ski Manaslu, the 8th tallest mountain in the world, and in 2011 became the first person to summit three 8,000 meter peaks in only 3 weeks (Everest twice and Lhotse once).

Adrian holds both an AMGA and IFMGA guide's certifications and has achieved more than 10 summits of 8,000 meter peaks (including 6 summits of Mt. Everest).



Partner / Chief Guide — Logan Talbott

Logan has been guiding professionally for over a decade in the disciplines of Rock, Alpine and Ski Mountaineering. When not out guiding, Logan spends time in the office helping the team with the day-to-day operations of the business. From one day ascents of El Capitan to big Alpine climbs in the Himalaya, or from ski descents on Denali to backyard ski tours in Lake Tahoe, he can't help but smile when out running around the hills.

Logan is an AMGA/IFMGA mountain guide, an Avalanche course leader with AIARE, as well as a wilderness EMT. In addition to guiding, Logan has extensive experience in mountain rescue, having worked for rescue teams in both Yosemite and Denali National Parks, and volunteering locally for Tahoe Nordic SAR.

LOCAL KNOWLEDGE, LOCAL PARTNERS

We partner with local logistics companies in each country and region that we operate in. Often we have partnerships that have been with us since the beginning of Alpenglow. Whenever we bring on a new operator we have vetted them thoroughly to insure their reliability and quality. Our local and regional logistics partners are the backbone of our in-country logistics and help us achieve the success that we're known for.



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.

The Alpenglow Difference

Alpenglow Expeditions' Rapid Ascent™ climbs are an entirely new way to approach big-mountain expeditions.

Rapid Ascent™ Strategy

First developed by Adrian Ballinger, Rapid Ascent™ is a unique approach to climbing big mountains across the world. This innovative program combines hypoxic training at home with precise logistics and small team sizes to reduce the overall time spent away from home, all while greatly increasing the chance of success on your international climbing expedition.

By pre-acclimatizing for 8 weeks at home, we're able to reduce the overall expedition time to 35 days. It is due to this pre-acclimatization that we are able to move relatively quickly across the Tibetan plateau to base camp with no ill effects.

1:4 Maximum Guide to Climber Ratio

All guides are IFMGA licensed 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.

The Alpenglow Difference

EXPEDITION DOCTOR ON CALL

Dr. Monica Piris, has been on fourteen 8,000-meter peak expeditions. She is in daily communication with our teams during the entirety of the expedition and is available for client consultation at any time.

SWISS WEATHER FORECASTS

Having a quality forecast for Mount Everest maximizes both our safety and our summit success. These weather forecasts were originally developed for aircraft traveling at the altitudes that we climb at.

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.

HIGH-QUALITY FOOD

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.

WIFI ACCESS IN BASE CAMP & ABC

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. In addition, base camp and ABC now boast cell phone service due to a new cell tower in the vicinity.





Alpenglow's Everest Team

Everest Expedition Leader — Adrian Ballinger

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.

TEAM MEMBER REQUIREMENTS

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.

Most clients will have climbed many other peaks in the 6000m – 7000m range. We strongly recommend that members attempt at least one prior 8000m peak. We recommend Cho Oyu as the "entry" level 8000m peak. Every team member's climbing resumes are reviewed and hand-picked by expedition leaders Adrian Ballinger and Esteban "Topo" Mena to ensure both our team as a whole and each individual member is set up for success.

Alpenglow's Guides, Sherpa + Climbers

Alpenglow offers an exceptional level of competency, safety, and comfort on Everest expeditions. Our team will be limited to 12 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 decade that they have become difficult to manage. Our member to Sherpa (**3:2**) and member to guide ratios (**4:1**), 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.

Local Logistics Team

For our Everest expedition, Alpenglow has partnered with the premier logistics operator to provide base camp infrastructure, food and base camp staff.



Route Description + Itinerary

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, ensure 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 campsite, 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 Base Camp or ABC to rest (depending on early or late summit window) to prepare for our summit bid.

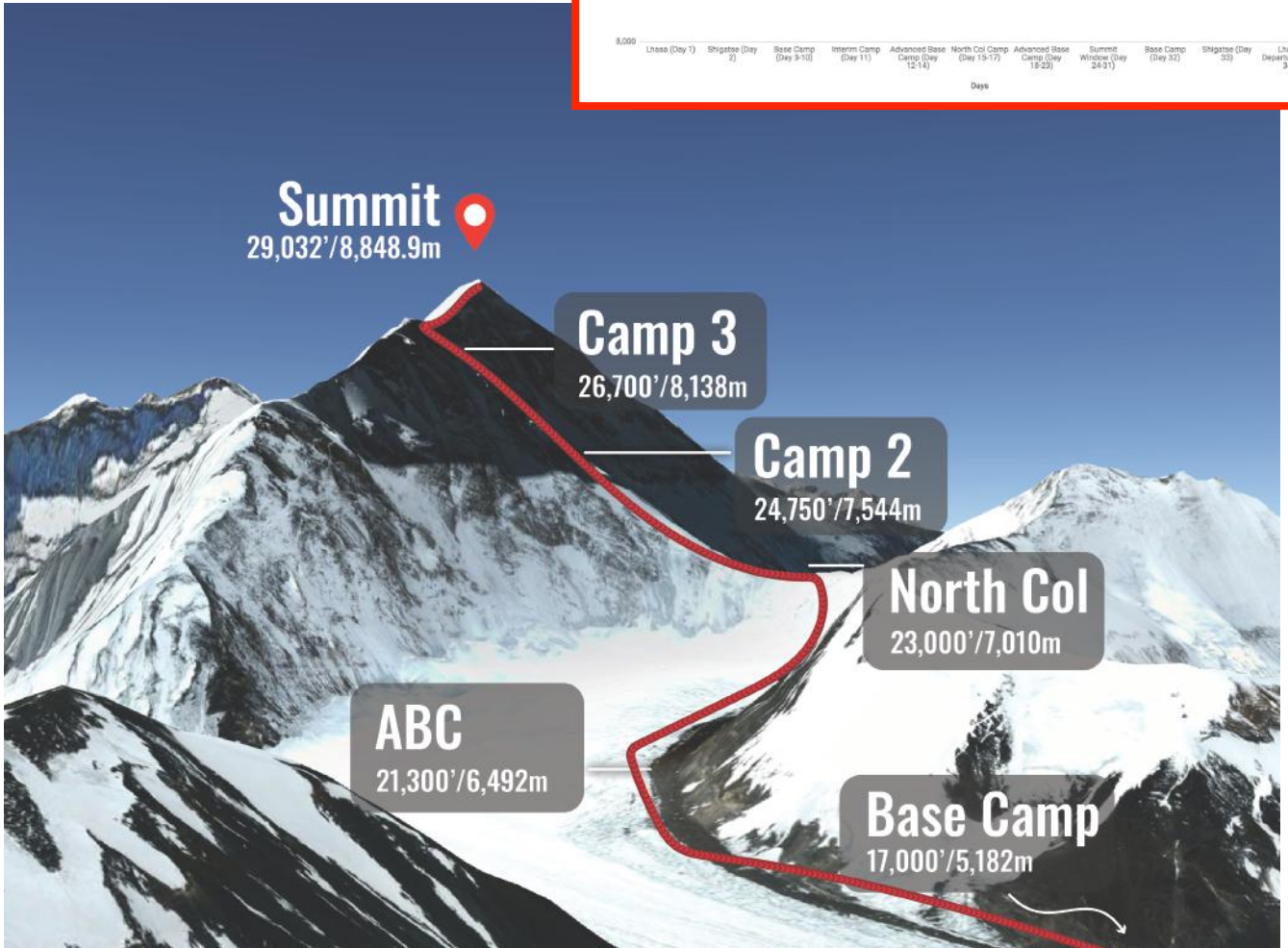
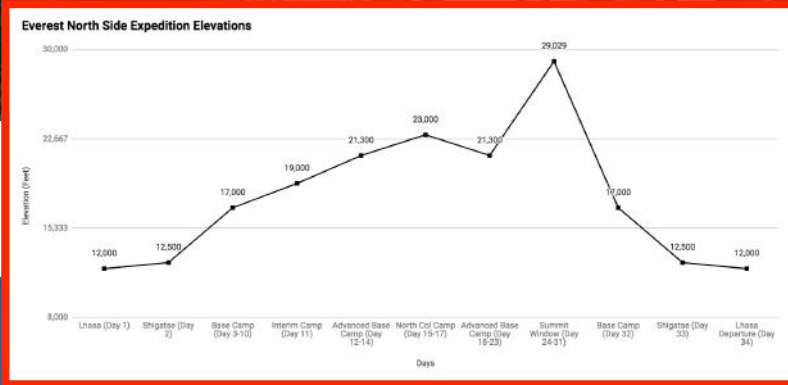
Our summit ascent schedule will depend on weather, route conditions, and managing other teams on the mountain. On our summit bid, we utilize supplemental oxygen above the North Col for both climbing and sleeping. Climbing at 4L (*max flow, double the normal rate*) and sleeping at 1L (*also double the 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.

Summitting 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.



Map Overview





Depending on whether we have an early or late summit window, two different itineraries are possible.

Daily Itinerary Overview

EARLY & LATE SUMMIT WINDOWS

DAY 1 — Arriving into Chengdu by the afternoon/evening. We'll get ready to fly as a team to Lhasa the next day.

Activity. Arrive in Chengdu, China
Sleeping Elevation. 1,600'
Lodging. St. Regis Chengdu
Meals. None

DAY 2 — Welcome to Tibet! The short flight from Chengdu arrives in the ancient city of Lhasa around midday. From the airport it is an hour drive into Lhasa, where you will have a bit of time to walk around the old city, and enjoy a traditional Tibetan dinner.

Activity. Fly to Lhasa, Tibet
Sleeping Elevation. 12,000'
Lodging. St. Regis
Meals. Breakfast

DAY 3 — 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 your local guide, you will head out across the Tibetan Plateau along the now paved road to Everest, stopping for the night in Shigatse, and our simple but clean hotel.

Activity. Explore Lhasa, drive to Shigatse
Distance Covered. 180 mile drive
Moving Hours. 5-6 hours
Elevation Gain/Loss. +600'
Sleeping Elevation. 12,000'
Lodging. Hotel in Shigatse
Meals. Breakfast

DAY 4 — From Shigatse, the drive takes you closer and closer to the massive mountains rising ahead. To aid in our acclimatization, the team will spend the night in Shegar. This small town is only a few hours from base camp and gives our bodies needed time to further acclimatize for the days and weeks ahead.

Activity. Drive to Shegar
Distance Covered. 160 mile drive
Moving Hours. 5-6 hours
Elevation Gain/Loss. +1,600'
Sleeping Elevation. 14,200'
Lodging. Hotel in Shegar
Meals. Breakfast

Daily Itinerary Overview - Early & Late Summit Windows

DAY 5 — We will continue along the Tibetan Plateau until you begin to see views of Everest itself. From there you leave the main road and follow the valley to the Rongbuk Monastery. Built around numerous ancient meditation caves, the monastery serves as a sacred threshold to Mt Everest, and gives you the first head-on views of the peak. After exploring the monastery and lunch, you continue driving into our base camp, where we settle in.

Activity. Drive to Everest Base Camp
Distance Covered. 70 mile drive
Moving Hours. 3 hours
Elevation Gain/Loss. +2,800'
Sleeping Elevation. 17,000'
Lodging. Base Camp
Meals. Breakfast, Lunch & Dinner

DAY 6 — Situated in the center of the massive valley below the Rongbuk glacier, our camp offers excellent food, comfortable tents, and important amenities (heated dining tents, electricity, etc.). Allowing our bodies to continue the process of acclimatization, you will spend the day resting, gazing at the out-of-this-world views and settling into mountain life.

Activity. Rest Day
Sleeping Elevation. 17,000'
Lodging. Base Camp
Meals. Breakfast, Lunch & Dinner

DAY 7 — Today we do an acclimatization hike above camp, returning in time for lunch and a restful afternoon around camp.

Activity. Rest Day
Distance Covered. 1-2 miles
Moving Hours. 1-2 hours
Elevation Gain/Loss. +400'
Sleeping Elevation. 17,000'
Lodging. Base Camp
Meals. Breakfast, Lunch & Dinner

DAY 8 — Today you will review the equipment and skills needed for moving over the technical ground that will be found higher on the mountain. This fixed line training day is an important step on your journey, and is great for getting to know your guides and teammates.

Activity. Fixed Rope Practice
Distance Covered. Varies
Moving Hours. Varies
Elevation Gain/Loss. Varies
Sleeping Elevation. 17,000'
Lodging. Base Camp
Meals. Breakfast, Lunch & Dinner

DAY 9 — After several days in BC, you are ready to push a little higher and longer out of camp. Acclimatization hikes vary, but a solid half-day and a couple thousand vertical feet under your belt does wonders for acclimatization.

Activity. Acclimatization hike
Distance Covered. 4-6 miles
Moving Hours. 4-6 hours
Elevation Gain/Loss. +/- 2,000'
Sleeping Elevation. 17,000'
Lodging. Base Camp
Meals. Breakfast, Lunch & Dinner

Daily Itinerary Overview - Early & Late Summit Windows

DAY 10 — One final rest day will complete your initial acclimatization in base camp.

Activity. Rest Day
Sleeping Elevation. 17,000'
Lodging. Base Camp
Meals. Breakfast, Lunch & Dinner

DAY 11 — We split the move to Advanced Base Camp in two, today moving 6 miles to Interim Camp. While this camp is simple, you will still enjoy comfortable sleeping, dining, and excellent food. The location is incredible, surrounded by penitentes (ice towers) and moraines.

Activity. BC to Interim
Distance Covered. 6 miles
Moving Hours. 4-5 hours
Elevation Gain/Loss. +2,000'
Sleeping Elevation. 19,000'
Lodging. Interim Camp
Meals. Breakfast, Lunch & Dinner

DAY 12 — Six miles of hiking along the moraine and glacier bring you to Advanced Base Camp, our home on the side of the East Rongbuk Glacier. This camp, our primary home for the duration of the expedition, is established with as much comfort as possible to balance life in the harsh environment. From ABC the entire North Ridge is visible, rising from the East Rongbuk all the way to the lofty summit, almost eight thousand feet above.

Activity. Interim to ABC
Distance Covered. 6 miles
Moving Hours. 5-6
Elevation Gain/Loss. +2,300'
Sleeping Elevation. 21,300'
Lodging. Advanced Base Camp
Meals. Breakfast, Lunch & Dinner

DAYS 13-14 — 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.

Activity. Rest Day
Sleeping Elevation. 21,300'
Lodging. Advanced Base Camp
Meals. Breakfast, Lunch & Dinner

DAY 15 — Today you will push up to the head of the East Rongbuk glacier and the start of the technical climbing. This acclimatization hike delivers absolutely stunning views of the Northeast Face of Everest and across to the beautiful Lhakpa Ri.

Activity. Acclimatization hike
Distance Covered. 2.5 miles
Moving Hours. 3-5 hours
Elevation Gain/Loss. +/- 1,000'
Sleeping Elevation. 21,300'
Lodging. Advanced Base Camp
Meals. Breakfast, Lunch & Dinner

DAY 16 — Again, a day of rest aids our body in acclimatization.

Activity. Rest Day
Sleeping Elevation. 21,300'
Lodging. Advanced Base Camp
Meals. Breakfast, Lunch & Dinner

Daily Itinerary Overview - Early & Late Summit Windows

DAY 17 — A 4-6 hour climb takes us from the edge of the East Rongbuk Glacier up progressively steepening snow slopes. The 1,800 foot climb is an excellent time to focus on crampon efficiency and fixed rope technique, and arriving at the North Col is hard-earned. For the first time you will see the entire breadth of the North Face of Mt Everest, a sweeping alpine wall that cascades from the summit all the way down to the Rongbuk glacier.

Activity. Climb to North Col
Distance Covered. 1.8 miles
Moving Hours. 4-6 hours
Elevation Gain/Loss. +1,700'
Sleeping Elevation. 23,000'
Lodging. North Col Camp
Meals. Breakfast, Lunch & Dinner

DAY 18 — 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.

Activity. Descend to ABC
Distance Covered. 1.8 miles
Moving Hours. 1.5-2 hours
Elevation Gain/Loss. -1,700'
Sleeping Elevation. 21,300'
Lodging. Advanced Base Camp
Meals. Breakfast, Lunch & Dinner

Depending on whether we have an early or late summit window, two different itineraries are possible.

Early Summit Window

DAYS 19-20 — Now that you have spent a significant amount of time acclimatizing, it's possible to actually rest and recover at the altitudes of ABC. You and your team will spend 2 days resting, eating, hydrating and prepping for the summit push.

Activity. Rest in ABC
Sleeping Elevation. 21,300'
Lodging. Advanced Base Camp
Meals. Breakfast, Lunch & Dinner

DAY 21 — Today you start your summit push. Weeks of work have prepared your mind and body for the extreme environment found above, it's time to put yourself to the test. Retracing your steps from the previous days, you hike along the East Rongbuk and up the snow and ice slopes to the North Col. You will use supplementary oxygen for the first time at the North Col, .5 liter flow will help you sleep and wake up ready to move higher.

Activity. Climb to North Col
Distance Covered. 1.8 miles
Moving Hours. 4-5 hours
Elevation Gain/Loss. +1,700'
Sleeping Elevation. 23,000'
Lodging. North Col Camp
Meals. Breakfast, Lunch & Dinner

DAY 22 — The climb to Camp 2 follows a wide ribbon of snow along the ridge, with the massive North and Northeast faces flanking you on either side. The path to the summit now seems tantalizingly close, but you must move slowly and take your time. We are now entering the world of extreme altitude.

Activity. Climb to C2
Distance Covered. 1 mile
Moving Hours. 3-4 hours
Elevation Gain/Loss. +1,750'
Sleeping Elevation. 24,750'
Lodging. Camp 2
Meals. Breakfast, Lunch & Dinner

Daily Itinerary Overview - Early Summit Window

DAY 23 — Passing through the mythical line marking 8,000m/26,200 feet, you climb higher still. Now predominantly climbing through rock, C3 is perched on a feature directly below the “exit cracks”, which guard access to the upper North Ridge. C3 is located higher than most mountains on earth, the views are both beautiful and far-reaching. Tomorrow is “the big day”, you will get into your tent early and eat, rest and hydrate in preparation for the arduous task ahead.

Activity. Climb to C3
Distance Covered. .75 miles
Moving Hours. 3-4 hours
Elevation Gain/Loss. +1,950'
Sleeping Elevation. 26,700'
Lodging. Camp 3
Meals. Breakfast, Lunch & Dinner

DAY 24 / SUMMIT DAY — Today is the day that you will put your years of training and preparation to the ultimate test. Waking in the middle of the night, your route finds you winding up through the exit cracks and onto the upper North Ridge. There are 3 steep rock steps to negotiate, and the exposure builds and there is now ten thousand feet of relief on either side of the narrow summit ridge. After passing the difficulties of the third step, the summit prayer flags are visible and the path is straightforward.

Activity. Summit Day
Distance Covered. 4.2 miles
Moving Hours. 12-14 hours
Elevation Gain/Loss. +2,329'/-6,029'
Sleeping Elevation. 23,000'
Lodging. North Col Camp
Meals. Breakfast, Lunch & Dinner

While the experience of summiting Everest is different for every climber lucky enough to attain that rarified air, one thing is certain: You will never forget those few moments spent standing on the roof of the world. The way down is long and challenging, you will descend all the way down to the North Col, reversing the difficulties of the steps and slowly drifting into the thicker and thicker air of the lower mountain. If you and your team are particularly motivated, it is possible to descend all the way to ABC.

DAY 25 — Finishing the descent of the mountain proper, the ABC team will welcome you with hot food, drinks and showers.

Activity. Descend to ABC
Distance Covered. 1.8 miles
Moving Hours. 1.5-2 hours
Elevation Gain/Loss. -1,700'
Sleeping Elevation. 21,300'
Lodging. Advanced Base Camp
Meals. Breakfast, Lunch & Dinner

DAYS 26-32 — These extra days can be used in case the team, the weather or other variables require additional time to make a summit push. We've seen early and late weather windows that are suitable for a summit push, these extra days gives us flexibility in the planning of our summit push.

Activity. Extra Summit Days
Meals. Breakfast, Lunch & Dinner

Daily Itinerary Overview - Early Summit Window

DAY 33 — Today you will say goodbye to much of the mountain staff and make the long walk down to base camp. Leaving behind the world of ice and glaciers, the thick air of base camp will feel like a luxury!

Activity. Descend to BC
Distance Covered. 12 miles
Moving Hours. 4-8 hours
Elevation Gain/Loss. - 4,300'
Sleeping Elevation. 17,000'
Lodging. Base Camp
Meals. Breakfast, Lunch & Dinner

DAY 34 — A relaxed morning will give way to a busy day celebrating, packing and getting ready for your journey home. Tonight marks the end of the expedition, you and your team will gather around the dinner table and hold a final celebration meal to close out your time spent in Tibet.

Activity. Rest and Celebrate
Sleeping Elevation. 17,000'
Lodging. Base Camp
Meals. Breakfast, Lunch & Dinner

DAY 35 — Waking early, it's time to leave the mountain. An all day drive will bring you back to Shigatse, the massive form of Everest and the other Himalayan giants slowly fading in your rear view mirror.

Activity. Drive to Shigatse
Distance Covered. Drive 230 miles
Moving Hours. 8-9 hours
Elevation Gain/Loss. -4,400'
Sleeping Elevation. 12,600'
Lodging. Base Camp
Meals. Breakfast, Lunch & Dinner

DAYS 36 — Your morning flight to Chengdu arrives midday, most team members will choose to catch their international flights home that evening. You can also stay another night in Chengdu and fly home the next morning.

Activity. Fly to Chengdu
Moving Hours. 3.5 flight
Elevation Gain/Loss. -11,000'
Sleeping Elevation. 1,600'
Lodging. Hotel or fly home
Meals. Breakfast



Daily Itinerary Overview - Late Summit Window

Depending on whether we have an early or late summit window, two different itineraries are possible. The early & late summit window itineraries are the same up until Day 17. The following itinerary is for the possibility of a late summit window.

DAY 19 — There are a variety of reasons that we might want to delay our summit bid, be it that our climbers need additional rest or we're waiting for a better weather window. If we decide to opt for the "Late Summit Window" itinerary, today we'll cover a lot of ground descending from ABC back to Everest Base Camp to recharge at lower altitude for a few days.

Activity. Descend to EBC
Distance Covered. 12 miles
Moving Hours. 5-6 hours
Elevation Gain/Loss. -4,300'
Sleeping Elevation. 17,000'
Lodging. Everest Base Camp
Meals. Breakfast, Lunch & Dinner

DAYS 20-22 — We'll spend a few days resting and recuperating down at the "low" altitude of 17,000.' Sleeping will be easier and we'll have access to excellent food down at Base Camp.

Activity. Rest in Base Camp
Sleeping Elevation. 17,000'
Lodging. Everest Base Camp
Meals. Breakfast, Lunch & Dinner

DAY 23 — After a few days of fantastic rest at base camp, hopefully we have an opportunity for a better summit window. Today it's time to start moving up again. We split the move to Advanced Base Camp in two, moving 6 miles to Interim Camp. While this camp is simple, you will still enjoy comfortable sleeping, dining, and excellent food. The location is incredible, surrounded by penitentes (ice towers) and moraines.

Activity. Climb to Interim Camp
Distance Covered. 6 miles
Moving Hours. 3-5 hours
Elevation Gain/Loss. +2,000'
Sleeping Elevation. 19,000'
Lodging. Interim Camp
Meals. Breakfast, Lunch & Dinner

DAY 24 — Six miles of hiking along the moraine and glacier bring you to back to Advanced Base Camp, our familiar "home" for the duration of the expedition. It's nice to be back at elevation with an expansive view of the entire North Ridge, rising from the East Rongbuk all the way to the lofty summit, almost eight thousand feet above.

Activity. Climb to ABC
Distance Covered. 6 miles
Moving Hours. 3-5 hours
Elevation Gain/Loss. +2,300'
Sleeping Elevation. 21,300'
Lodging. ABC
Meals. Breakfast, Lunch & Dinner

DAY 25 — Now that you have acclimatized thoroughly, it's possible to actually rest and recover at the altitudes of ABC. Today you and your team will spend the day resting, eating, hydrating and prepping for the summit push.

Activity. Rest in ABC
Sleeping Elevation. 21,300'
Lodging. Advanced Base Camp
Meals. Breakfast, Lunch & Dinner

Daily Itinerary Overview - Late Summit Window

DAY 26 — Today you start your summit push. Weeks of work have prepared your mind and body for the extreme environment found above, it's time to put yourself to the test. Retracing your steps from the previous days, you hike along the East Rongbuk and up the snow and ice slopes to the North Col. You will use supplementary oxygen for the first time at the North Col, .5 liter flow will help you sleep and wake up ready to move higher.

Activity. Climb to North Col
Distance Covered. 1.8 miles
Moving Hours. 4-5 hours
Elevation Gain/Loss. +1,700'
Sleeping Elevation. 23,000'
Lodging. North Col Camp
Meals. Breakfast, Lunch & Dinner

DAY 27 — The climb to Camp 2 follows a wide ribbon of snow along the ridge, with the massive North and Northeast faces flanking you on either side. The path to the summit now seems tantalizingly close, but you must move slowly and take your time. We are now entering the world of extreme altitude.

Activity. Climb to C2
Distance Covered. 1 mile
Moving Hours. 3-4 hours
Elevation Gain/Loss. +1,750'
Sleeping Elevation. 24,750'
Lodging. Camp 2
Meals. Breakfast, Lunch & Dinner

DAY 28 — Passing through the mythical line marking 8,000m/ 26,200 feet, you climb higher still. Now predominantly climbing through rock, C3 is perched on a feature directly below the “exit cracks”, which guard access to the upper North Ridge. C3 is located higher than most mountains on earth, the views are both beautiful and far-reaching. Tomorrow is “the big day”, you will get into your tent early and eat, rest and hydrate in preparation for the arduous task ahead.

Activity. Climb to C3
Distance Covered. .75 miles
Moving Hours. 3-4 hours
Elevation Gain/Loss. +1,950'
Sleeping Elevation. 26,700'
Lodging. Camp 3
Meals. Breakfast, Lunch & Dinner



Daily Itinerary Overview - Late Summit Window

DAY 29 — Today is the day that you will put your years of training and preparation to the ultimate test. Waking in the middle of the night, your route finds you winding up through the exit cracks and onto the upper North Ridge. There are 3 steep rock steps to negotiate, and the exposure builds and there is now ten thousand feet of relief on either side of the narrow summit ridge. After passing the difficulties of the third step, the summit prayer flags are visible and the path is straightforward.

While the experience of summiting Everest is different for every climber lucky enough to attain that rarified air, one thing is certain: You will never forget those few moments spent standing on the roof of the world. The way down is long and challenging, you will descend all the way down to the North Col, reversing the difficulties of the steps and slowly drifting into the thicker and thicker air of the lower mountain. If you and your team are particularly motivated, it is possible to descend all the way to ABC.

Activity. Summit Day
Distance Covered. 4.2 miles
Moving Hours. 12-14 hours
Elevation Gain/Loss. +2,329’/-6,029’
Sleeping Elevation. 23,000’
Lodging. North Col Camp
Meals. Breakfast, Lunch & Dinner

DAY 30 — Finishing the descent of the mountain proper, the ABC team will welcome you with hot food, drinks and showers.

Activity. Descend to ABC
Distance Covered. 1.8 miles
Moving Hours. 1.5-2 hours
Elevation Gain/Loss. -1,700’
Sleeping Elevation. 21,300’
Lodging. Advanced Base Camp
Meals. Breakfast, Lunch & Dinner

DAY 31-32 — These extra days can be used in case the team, the weather or other variables require additional time to make a summit push. We’ve seen early and late weather windows that are suitable for a summit push, these extra days gives us flexibility in the planning of our summit push.

Activity. Extra Summit Days
Meals. Breakfast, Lunch & Dinner

DAY 33 — Today you will say goodbye to much of the mountain staff and make the long walk down to base camp. Leaving behind the world of ice and glaciers, the thick air of base camp will feel like a luxury!

Activity. Descend to BC
Distance Covered. 12 miles
Moving Hours. 4-8 hours
Elevation Gain/Loss. - 4,300’
Sleeping Elevation. 17,000’
Lodging. Base Camp
Meals. Breakfast, Lunch & Dinner

Daily Itinerary Overview - Late Summit Window

DAY 34 — A relaxed morning will give way to a busy day celebrating, packing and getting ready for your journey home. Tonight marks the end of the expedition, you and your team will gather around the dinner table and hold a final celebration meal to close out your time spent in Tibet.

Activity. Rest and Celebrate
Sleeping Elevation. 17,000'
Lodging. Base Camp
Meals. Breakfast, Lunch & Dinner

DAY 35 — Waking early, it's time to leave the mountain. An all day drive will bring you back to Shigatse, the massive form of Everest and the other Himalayan giants slowly fading in your rear view mirror.

Activity. Drive to Shigatse
Distance Covered. Drive 230 miles
Moving Hours. 8-9 hours
Elevation Gain/Loss. -4,400'
Sleeping Elevation. 12,600'
Lodging. Base Camp
Meals. Breakfast, Lunch & Dinner

DAYS 36 — Your morning flight to Chengdu arrives midday, most team members will choose to catch their international flights home that evening. You can also stay another night in Chengdu and fly home the next morning.

Activity. Fly to Chengdu
Moving Hours. 3.5 flight
Elevation Gain/Loss. -11,000'
Sleeping Elevation. 1,600'
Lodging. Hotel or fly home
Meals. Breakfast



Travel Details

FLIGHTS

Climbers should schedule flights to land in Chengdu, China on day 1 of the itinerary. Climbers will meet their guides and transport to our first hotel will be arranged. Flights into Lhasa are handled by the Alpenglow logistics team and are included in pricing to ensure a smooth transition into Tibet.

If you do not have a travel agent, we recommend using kayak.com as a primary source for finding low-fare airfares.

VISAS

Chinese visas are required and must be arranged in advance. We recommend applying for a 10-year visa if you plan on visiting China or Tibet in the future. Contact our team for recommendations. We recommend CIBT for your visa needs.

SHUTTLE TO BASE CAMP

From Lhasa, we'll board a private shuttle that will carry our team and gear all the way to Base Camp over a multi-day period.

Please confirm your itinerary with Alpenglow Expeditions before purchasing.





Accommodations

All expeditions include double occupancy lodging in town and double occupancy tents on the mountain. No matter where we travel, Alpenglow strives to stay in safe, clean and comfortable accommodations. Our tents are always in good shape and are replaced regularly.

IN-TOWN

For our two nights in Lhasa, we stay in a luxury hotel called the St. Regis. We utilize this time to recharge our batteries from the lengthy international travel. While on the road to base camp we stay in the best hotels available in Shegar and Shigatse. Unfortunately, there aren't luxury options but we stay in the best hotels available.

SINGLE SUPPLEMENT

All climbers will have single rooms in town (except for Shigatse and Tingri) and in base camp. Double occupancy tents are used for all camps on the mountain above base camp.

ON-MOUNTAIN ACCOMMODATIONS

Base camp life includes a 3 person personal tent for you and another team member. Alpenglow's base camp infrastructure includes a dining tent complete with a lounge area that is made as comfortable as possible with heaters, plush chairs, and cushy rugs.

Advanced base camp includes 3 person tents for sleeping and personal items, and is complete with a dining tent.

Above base camp, we move to the traditional style mountain camps. These will all be pre-built by our sherpa team ready to go for your arrival each afternoon.



General Trip Information

FOOD

Fresh, healthy and nutritious food is both imported from the U.S. and purchased from local markets in Lhasa to provide the best options to our team. Our western trained base camp cooks work around the clock to provide hearty meals that are both pleasing to the palate and filled with calories to replenish our depleted bodies.

MOUNTAIN TRAINING

Everest is obviously a large physical undertaking, and climbers who are joining our teams should have a deep understanding of what it takes to train for a mountain like this. For a personalized training schedule, please reach out to Lynette at Billy Goat Swift: lynette@billygoatswift.com.

ACCLIMATIZATION FOR NON-RAPID ASCENT CLIMBERS

While our daily itinerary doesn't change, there is an option for climbers who wish to acclimatize in-country prior to day 1 of the itinerary. Please contact the office to discuss options.

MEDICAL REQUIREMENTS

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.

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.

ON MOUNTAIN MEDICINE

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.

INCLUSIONS

The cost of your trip includes your land costs (excluding in-town meals). This includes:

- All lodging according to the itinerary, including single occupancy lodging while in Chengdu and Lhasa, and double occupancy in Shigatse and Tingri
- Meals on the mountain
- Group camping and climbing equipment
- Base camp and mountain infrastructure
- Scheduled transportation while in the countries we are visiting
- Certified guides

CANCELLATION POLICY

View our cancellation policy online at alpenglowexpeditions.com/cancellation-policy-international-expeditions/.

INSURANCE

We require that all participants carry rescue insurance and health insurance. Travel insurance is strongly recommended. Your policy numbers must be provided to us prior to leaving the USA.

EXCLUSIONS

The cost of your trip does not include:

- Flights to/from the city where the expedition begins
- Additional nights in hotel outside of the itinerary, this includes but is not limited to extra hotel nights due to an early summit bid and early departure from the mountain.
- 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
- Excess baggage charges
- Alcohol
- Antigen/PCR Covid test cost
- Other personal expenses
- Airport transportation for early arrival/late departures outside of scheduled itinerary

*** The costs of delays or changes to itinerary that are beyond the control of Alpenglow Expeditions or its agents are not included.*





Expedition of a Lifetime

Summit success is only achievable with your hard work and perseverance, and of course the right team of people around you.

We think of ourselves as your partner in dreaming, planning, climbing and celebrating. Our entire team from Adrian, guides, support personnel and logistics partners are excited to have you along for the expedition of a lifetime.

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expeditions

ALPENGLOWEXPEDITIONS.COM

BOOKING + INQUIRIES

For booking details, questions, or more information please call or email us:

1 (877) 873-5376

info@alpenglowexpeditions.com



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This expedition is operated by Adrian Ballinger, IFMGA Mountain Guide.

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