



LHAKPA RI

RAPID ASCENT™ EXPEDITION

DURATION: 17 DAYS	LOCATION: TIBET	SKILL LEVEL: ADVANCED
-------------------	-----------------	-----------------------

ALPENGLOW



LHAKPA RI RAPID ASCENT™ EXPEDITION

Expedition Details

DURATION: 17 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 experience at or above 18,000'/5,000m and must be able to climb moderate rock, ice, and snow terrain with an alpine pack.



VIEW UPCOMING TRIPS AT
[ALPENGLowEXPEDITIONS.COM](https://alpenglowexpeditions.com)

Expedition Introduction

Why Climb Lhakpa Ri?

***Get ready for Mt. Everest, next to
Mt. Everest.***

With the North Side of Everest offering increasing stability and fewer crowds, climbing Lhakpa Ri—just next door—is the smart way to prepare for Everest. Our Lhakpa Ri Rapid Ascent expedition follows the exact same route as Everest all the way to Advanced Base Camp at 21,000 feet. You'll train, acclimatize, and climb on the actual Everest approach. Paired with another 7,000m peak, Lhakpa Ri is a perfect addition to your Everest résumé.

Our Sherpa, guides, and logistics team have decades of experience on the North Side. From our chef team to our base camp doctor, Lhakpa Ri climbers get the same crew that supports our Everest expeditions. You'll get the full Everest experience up to Advanced Base Camp while gaining the altitude and confidence to come back and climb Everest the right way.



ROUTE CHOICE

The route on Lhakpa Ri begins on the North Side of Everest, following the same approach as our Everest expeditions all the way to Advanced Base Camp at 21,000 feet. From there, the route branches east, ascending a glaciated ridge that offers direct views of Everest's North Face. Climbers follow low-angle snow slopes and a broad summit ridge to the top at 23,100 feet (7,045m). It's a straightforward climb with few technical sections, but the altitude is real—making it an ideal objective for gaining experience at over 7,000 meters while moving and sleeping at Everest altitudes.



HISTORICAL OVERVIEW

Lhakpa Ri was first climbed in 1921 by George Mallory and his team during the British reconnaissance expedition of Everest. The peak offered a vantage point to scout possible routes to Everest's summit, and Mallory's ascent marked one of the earliest forays into high-altitude Himalayan climbing. Despite its proximity to Everest, Lhakpa Ri remained relatively quiet in the decades that followed, with few ascents compared to its 8,000-meter neighbor. In recent years, it has gained popularity as a non-technical 7,000-meter peak that shares much of the Everest North Side approach, making it a valuable objective for climbers training for Everest or seeking a high-altitude Himalayan experience without the intense commitment of an 8,000er.



17 Day Itinerary

Historically, we have seen that over 30% of climbers on other teams depart before their summit push on 7,000 and 8,000-meter peaks. 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 17-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 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 Dablamor Makalu in Nepal.

See more trips at [ALPENGLOWEXPEDITIONS.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).



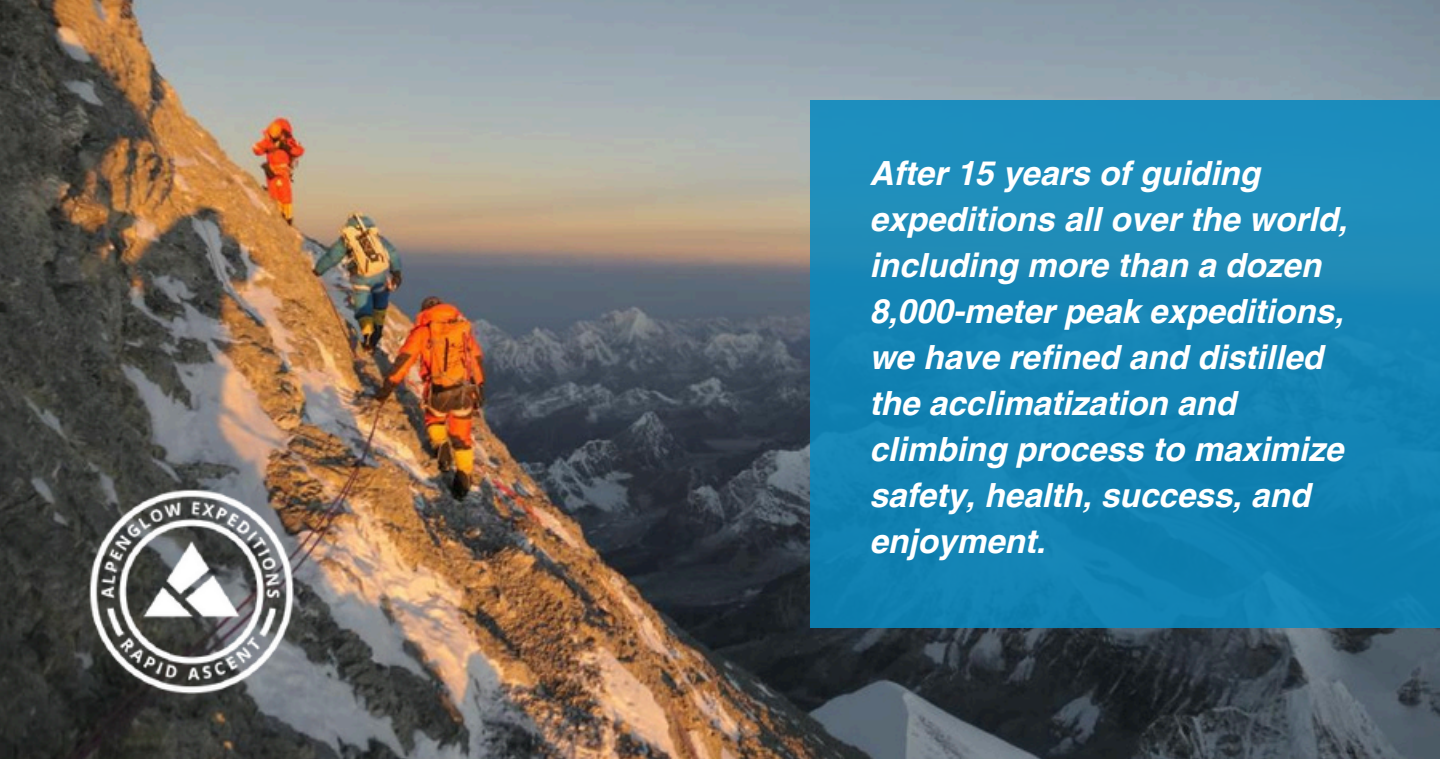
Partner / Chief Guide — Logan Talbott

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 4 weeks at home, we're able to reduce the overall expedition time to 17 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.

Sherpa Assistance from Camp to Summit and Back

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 have worked with us on many expeditions.

The Alpenglow Difference

EXPEDITION DOCTOR ON CALL

Dr. Monica Piris, has been on more than fifteen 7,000 and 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 Lhakpa Ri maximizes both our safety and our summit success. These weather forecasts were originally developed for aircraft traveling at the altitudes that we climb at.

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.





The Alpenglow Expeditions Team

Team Member Requirements: Alpenglow requires that climbers have prior experience at altitudes of 18,000'/5500 meters with rope team and cramponing skills. We offer many great options for gaining this experience, including opportunities in Ecuador, Peru, Mexico, Argentina, and Bolivia.

Alpenglow's Guides

Our Himalaya guides are some of the best in the business, and have a long history of experience in the high mountains across the world. All expeditions are led by an IFMGA certified guide, with all others working towards their final certification. These guides are deeply familiar with the Rapid Ascent approach and can take advantage of the advantages this creates while on the mountain.

Local Logistics Team

Our logistics provider in Tibet is a fine tuned machine, proven through years of successfully executing the detailed and well timed logistics that our Rapid Ascent™ expedition requires. The food they provide in base camp is second to none, and the infrastructure all the way to high camp is clean and comfortable (if you can call sleeping at 21,000' comfortable). This team of high altitude workers, cooks, porters and assistant guides is the backbone of each and every one of our expeditions to Tibet.



Route Description + Itinerary

Thanks to our Rapid Ascent® pre-acclimatization at home, we're able to move efficiently along the route to Advanced Base Camp on the North Side of Everest—Lhakpa Ri's launchpad. But before we get to the mountains, we take time to explore the rich culture and history of Tibet. We spend two nights in Lhasa and one night in Shigatse, visiting monasteries and immersing ourselves in the high-altitude landscape of the Tibetan Plateau.

From there, we drive to Everest Base Camp and continue our journey up to Interim Camp before arriving at Advanced Base Camp (ABC), which sits at 21,000 feet. While the elevation is significant, our pre-acclimatization and slow progression allow us to adjust comfortably. Our ABC is built with the same infrastructure we use for our 8,000-meter climbs—heated dining tents, a full kitchen, private sleeping tents, communications and WiFi access, and experienced staff supporting every aspect of camp life.

We spend several days at ABC to rest, train, and prepare for our summit bid. During this time, we'll review fixed line travel, glacier movement, and efficient climbing at altitude. We'll also do acclimatization hikes to reinforce our readiness and keep our bodies moving in the thin air.

The climb itself begins with a steady ascent along a broad glaciated ridge, offering direct views of Everest's North Face. The route is non-technical but demanding due to the altitude, topping out at 23,100 feet (7,045m). We climb at a steady pace and, depending on weather, aim for a single push to the summit and back to ABC. Our strategy avoids multiple nights at high camp and minimizes time spent above 6,500 meters.

Summitting Lhakpa Ri gives you real time above 7,000 meters, experience with expedition infrastructure, and the opportunity to see Everest up close from the North Side. It's the perfect objective for serious climbers preparing for 8,000-meter peaks or anyone wanting a full Himalayan expedition experience—with a shorter timeline and less commitment than Everest itself.

To learn more about our team, infrastructure, and the full Lhakpa Ri experience, reach out anytime.





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

Daily Itinerary Overview

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

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 at Base Camp, you're ready to move higher. Today we make the push to Interim Camp, gaining altitude and covering roughly 6 miles of glacial moraine. It's a longer day, but the effort pays off—this move is a key step in acclimatization and positions us one stage closer to Advanced Base Camp.

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

Daily Itinerary Overview

DAY 10 — Today we continue our move to Advanced Base Camp with a 6-mile hike along the East Rongbuk Glacier. The route is gradual but gains altitude steadily, bringing us to ABC at 21,000 feet.

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

DAY 11 — We spend the day actively acclimatizing with a hike on the lower slopes of Lhakpa Ri. This is a chance to preview part of the climbing route, practice fixed rope techniques, and take in incredible views of Everest's North Face.

Activity. Acclimatize from ABC
Sleeping Elevation. 19,000'
Lodging. Interim Camp
Meals. Breakfast, Lunch & Dinner

DAY 12 — A full rest day at ABC allows our bodies to recover and prepare for the summit push. We stay well-fed, hydrated, and focused, using the time to finalize gear and go over the summit plan with guides.

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

DAYS 13-14 — An early start gets us climbing before sunrise. The route follows a broad glaciated ridge with moderate snow slopes all the way to the summit at 23,100 feet (7,045m). Views from the top include Everest, the North Col, and the vast Tibetan Plateau. We return to ABC the same day. Day 14 is a built-in weather day.

Activity. Summit Day
Distance Covered. 4.6. miles
Moving Hours. 6-8 hours
Elevation Gain/Loss. +/- 2,000'
Sleeping Elevation. 21,300'
Lodging. Advanced Base Camp
Meals. Breakfast, Lunch & Dinner

DAY 15 — We make our way down from ABC, stopping briefly at Interim Camp before continuing to Base Camp. The descent is long but steady, and a warm meal at BC is a welcome reward.

Activity. Descend to EBC
Distance Covered. 12 miles
Moving Hours. 6-9 hours
Elevation Gain/Loss. - 4,300'
Sleeping Elevation. 17,000'
Lodging. Everest Base Camp
Meals. Breakfast, Lunch & Dinner

DAYS 16-17 — We pack up camp and begin the overland journey back across the Tibetan Plateau, arriving in Shigatse by evening. After weeks in the mountains, a hotel bed is a treat. After an early drive to Lhasa and a flight to Chengdu, the team says goodbye and begins the journey home—acclimatized, accomplished, and one step closer to Everest.

Activity. Depart

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
- 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.

ALPENGLOW
expeditions

ALPENGLOWEXPEDITIONS.COM

BOOKING + INQUIRIES

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

1 (877)873-5376

info@alpenglowexpeditions.com



ALPENGLOW

Alpenglow Expeditions

PO Box 3122

Olympic Valley, CA 96146 USA

1 (877) 873-5376

info@alpenglowexpeditions.com

ALPENGLOWEXPEDITIONS.COM

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

© 2020 Alpenglow Expeditions. All rights reserved.