

EVEREST KANGSHUNG FACE



Mount Everest seen from Northside Base Camp in Tibet



HIGHLIGHTS

- The trek visits the impressive and less explored East face of Mt Everest in Tibet.
- East face of Everest, or the Kangshung Face, is one of the most spectacular in the world with pristine, untouched valleys and lakes overlooked by the dramatic ice face over 3kms high.
- The trek through the Kharta Valley is characterized by magnificent alpine scenery and rich flora with views of the world's highest peaks Everest (8,848m), Lhotse (8,501m), Lhotse Shar (8,382m) and Makalu (8,463m).
- There are several days to explore Lhasa while acclimatising to the high altitude of the Tibetan plateau.

REASONS TO CHOOSE THE MOUNTAIN COMPANY FOR KANGSHUNG FACE

- Roland Hunter, founder of The Mountain Company, will lead our Kangshung Face trek in September 2011.
- We bring a satellite phone for logistical, safety and personal use.
- There will be a range of tasty meals for breakfast, lunch and supper. We also bring along a supply of chocolate, Pringles, biscuits and nuts.
- We bring a comprehensive first aid kit from UK (Life Systems Mountain Leader) plus high altitude medicine, antibiotics and other medicines.
- Everyone's blood oxygen saturation and heart rate is measured twice daily using a pulse oximeter in order to monitor how the group is adjusting to the altitude.
- Pre trip support will be given by Roland via email, phone or face to face meetings. In the past members have arranged to meet up prior to the trek.



EVEREST KANGSHUNG FACE

Total number of days	25 days
Grade & days trekking	Strenuous, 11 trekking days
Accommodation	10 nights hotel, 14 nights camping
2011 price ex Kathmandu	£2,895 (US\$4,695)
Minimum group size	5
Dates	September 15 th to October 9 th 2011 May 3 rd to 27 th 2012



THE FOLLOWING IS INCLUDED IN THE PRICE OF THE TRIP

- Flight from Kathmandu to Lhasa.
- All transfers including airport collections.
- One day sightseeing in Kathmandu with Nepalese cultural guide and private vehicle.
- Twin share rooms at all hotels.
- Breakfast only at hotels in Kathmandu and in Lhasa, all meals included elsewhere.
- Twin share tents while on trek.
- All trekking arrangements including permits and fees, tents, Western and Sherpa guides, yak transport and cook.
- Complimentary Everest trekking map.
- Financial protection insurance with International Passenger Protection.
- Pre departure support and advice from The Mountain Company by email, phone or face to face meetings in London. After booking with us we will send our comprehensive “Tibet Trek Information” notes.

THE FOLLOWING SINGLE SUPPLEMENT IS AVAILABLE:

Single room supplement	£POA
Single tent supplement	£POA

Please note that if you are a single person booking on one of our trips you do not have to pay the single room supplement, this is only payable if you specifically request to have a room or tent to yourself. You will not have to pay this for this option if you happen to end up with a single room or tent due to odd numbers on the trip.



THE FOLLOWING IS NOT INCLUDED IN THE PRICE OF THE TRIP

- International flight to/from Kathmandu (London from £550).
- Travel & trekking insurance (eg. Snowcard).
- Nepal visa for 30 days at US\$40 (approx £25).
- Lunch and evening meals in Kathmandu and Lhasa.
- Personal clothing & equipment please see Appendix for suggested kit list.
- Tips (guidance on amounts included in our “Tibet Trek Information” notes).
- Other items not listed in “What is included”.

YOUR COMPLETE FINANCIAL PROTECTION

In accordance with "The Package Travel, Package Holidays and Package Tours Regulations 1992" all passengers booking with The Mountain Trekking Company Ltd (“The Mountain Company”) are fully protected for the initial deposit and subsequently the balance of all monies paid to us, including repatriation if required, arising from cancellation or curtailment of your travel arrangements due to the insolvency of The Mountain Company.



For further information about our financial protection insurance with International Passenger Protection please see Appendix 2.

PARTICIPATION STATEMENT

Participants should be aware trekking, mountaineering and travelling in a developing country are activities that involve a risk of personal injury or death. As a



condition of booking you must accept these risks and be responsible for your own actions and involvement.

Adventure travel requires an open and flexible attitude. You may experience extreme conditions, unpredictable weather and last minute changes to the itinerary beyond our control. Lack of acclimatisation to high altitudes could also be a risk factor. Our itineraries allow optimum time for acclimatising although it is possible that some individuals might be slow acclimatisers.

The majority of our trips visit remote areas where you are away from normal emergency services and medical facilities. In case of a serious injury requiring hospitalisation, it has to be accepted by you, evacuation could take up to several days and may impede your ensuing recovery. Helicopters are the most usual means of evacuation, however they are not always available or they may be hindered by poor weather and flying conditions.

INTRODUCTION

Trek to the spectacular East face of Everest in Tibet visited by small number of trekkers followed by North Base Camp.

The trek to the East face of Everest, or the Kangshung Face, is one of the most spectacular in the world. This trek is relatively unknown and it passes through pristine, untouched valleys and lakes. Kharta and the Kama Valley are characterised by magnificent alpine scenery and rich flora containing the highest known forests in the world. Three of the world's highest peaks Everest (8,848m), Lhotse Shar (8,382m) and Makalu (8,463m) overlook the valley.

We begin our trip by exploring Kathmandu and then fly to the fabled city of Lhasa for two days sightseeing while acclimatizing to the high altitude. We have a spectacular drive across the Tibetan plateau before meeting our trek crew at Kharta village for the start of the trek to the Kangshung face of Everest. After the trek we drive to the Rongbuk monastery and then walk up to the Everest North Base Camp. The trip ends with the drive along the Friendship Highway crossing the border from Tibet to Nepal and onto Kathmandu.



DETAILED ITINERARY

It is our intention to keep to the day by day itinerary detailed below, although there might be some flexibility due to local conditions or other factors beyond our control. If this is the case the trek leader will do everything possible to work out the changes to the itinerary in order to minimise your inconvenience.

Day 1. Arrive Kathmandu and join the tour at the hotel.

A driver will be sent to collect you on arrival at Kathmandu airport and to bring you back to the hotel. Please provide travel plans on booking and we will arrange the pick up and transfer.

Day 2. Sightseeing in Kathmandu (1,300m).

Today we explore Kathmandu with a good local guide, the day is flexible depending on what you would like to see but the most popular places generally are:

- Pashupatinath is a Hindu temple with burning ghats on the banks of the Bagmati river.
- Swayambhunath, also known as the monkey temple, is climbed by a long set of steps and has great views of Kathmandu.
- Boudhanath stupa has many traditional gompas hung with strings of multi coloured prayer flags, it attracts many Sherpas and Tibetans for the circumambulations of the stupa (koras).
- Durbar square, which is one of the old capitals of the Kathmandu valley, has a blend of Hindu and Buddhist temples.
- Thamel, the main tourist area of Kathmandu, where you can wander through the bustling streets packed with restaurants, bars, hotels, bakeries, internet cafes and shops. This is also a good place to buy last minute supplies for the trek.

Day 3. Fly to Lhasa (3,650m).

Transfer to Kathmandu airport for the Lhasa flight. Upon arrival you will get a transfer to the hotel.



Day 4. Acclimatisation & sightseeing in Lhasa.

We spend a couple of days in Lhasa to help acclimatise and to explore the city. There will be an organised tour where you can see the sights, the most popular being the Potala Palace, Norbulingka Palaces, Jokhang temple and Barkhor Bazaar.

Day 5. Acclimatisation & sightseeing in Lhasa.

Day 6. Drive to Gyantse (4,000m).

Day 7. Drive to Shigatse (3,800m).

Drive to Shigatse and visit the Tashilhunpo Monastery, the seat of Panchen Lama who is the second in the Buddhist religious hierarchy, and Shigatse Market.

Day 8. Drive to Shegar (4,350m).

Drive to Shegar across Tsoula pass (4,500 M) and Gyatso la pass (5,220 M) en route we pass Sakya Monastery.

Day 9. Drive to Kharta (3,690m).

Drive to Kharta which typically takes around 7 hours, enjoying beautiful views from the Pang La on a clear day to Makalu, Lhotse, Everest, and Shishapangma. The road continues down the Dzakaa Chu and then the Phung Chu valley towards Kharta. The campsite on the banks of the Kharta Tsangpo river, the headwaters of Nepal's Arun River.

Day 10. Trek to Dambu (above Landrubling) (approx 4,260m).

Hike up the Kharta Tsangpo valley past several villages. The trail to the Shao La leaves the Kharta valley and climbs steadily up a side valley to the south. The camp is either at the beginning of this climb on a ledge overlooking the valley (at approximately 3,900m) or two hours further up a side valley to a camp in meadows.

Day 11. Trek to Sha-u Tsho (4,560m).

The trail ascends steadily over rocky ground to reach the Shao La (16,300') in around two hours. The views from here toward Makalu, Lhotse, and Everest are stunning, once at the top of the pass we descend steeply to the valley below where the scene changes from barren rock to lush rhododendrons, birch, and willow trees.



A further hour down this valley, following a stream through thick fir and juniper forests, we arrive at Sha-u Tsho.

Day 12. Trek to Joksam (4,000m).

The trail climbs steeply through juniper and rhododendron forests to reach the high pastures above the Kama River- the ridges south of the Kama River have huge hanging glaciers and you might hear the occasional rumble of avalanches. We continue to traverse alpine meadows and pass yak herders' camps and a green lake to the campsite on a large meadow with great views of the Kangshung Valley.

Day 13. Trek to Penthang (4,300m)- 5 hours walking.

The trail climbs to a ridge with spectacular views right up the Kangshung Valley and a host of mountains including Everest, Lhotse, Lhotse Shar, Tshertse, Petangtse, Chomolongo and Makalu. From this ridge we descend rather steeply down to the Kama River coming from the Langma La.

After wading across the river we enter the Kangshung Valley, a wide valley where the receding glacier has left behind undulating hillocks now covered by a thick growth of willow, rhododendron, juniper, and other shrubs. The camp is at the meadow called Pethang, about an hour walk uphill from the stream crossing.

Day 14. Trek to Penthang Ringmo (4,900m)- 4 to 5 hours walking.

The trail climbs up a large rockslide then traverses around the mountainside to reach a beautiful glade, locally called Okpa. Continue hiking up meadows on the lateral moraine to reach the camp on the grassy knolls of Penthang Ringmo.

Day 15. Rest day at Penthang Ringmo (4,900m) or hike to basecamp (5,100m).

Today you can either rest and enjoy the views at Penthang Ringmo or hike up the Kangshung Valley to the Base Camp used by expeditions attempting the east face of Everest.

Day 16. Trek to Basecamp/Karbus (5,270m).

Day 17. Trek to Bridge Rakpa Chu.

Day 18. Trek to Base Langma La (4,800m).

Day 19. Trek to Shomare - above Landrubling (4,220m).



Day 20. Trek to Kharta (3 hours).

Day 21. Drive to Rongbok monastery.

Day 22. Explore Everest North Base Camp.

Day 23. Drive to Nyelam.

Day 24. Drive to Kathmandu.

Day 25. Fly back home.

Transfer to Kathmandu airport for the flight back home. End of trip.



ETHICAL AND ENVIRONMENTAL CONSIDERATIONS

The Mountain Company is committed to adopting a responsible attitude to the areas we visit. We are guests of the communities visited and with some thought and care we can ensure that everyone benefits from the experience.

We work closely with the International Porter Protection Group (www.ippg.net) who we support as a Camp 1 sponsor- we abide by their 5 guidelines for porter protection.

We also work with other organisations such as Climate Care (www.climatecare.org), Tourism Concern (www.tourismconcern.org.uk), Friends of Conservation (www.foc-uk.com) and Kathmandu Environmental Education Project (www.keepnepal.org).

We have developed a Responsible Tourism policy which aims to ensure that The Mountain Company and its clients act in a way that is socially, environmentally and culturally sound.

The Mountain Company has joined the UK Foreign and Commonwealth Office (FCO) Know Before You Go campaign. The aim is to make sure travellers are properly prepared before travelling overseas. The best way to get the FCO latest advice is to visit their website at: www.fco.gov.uk/travel.

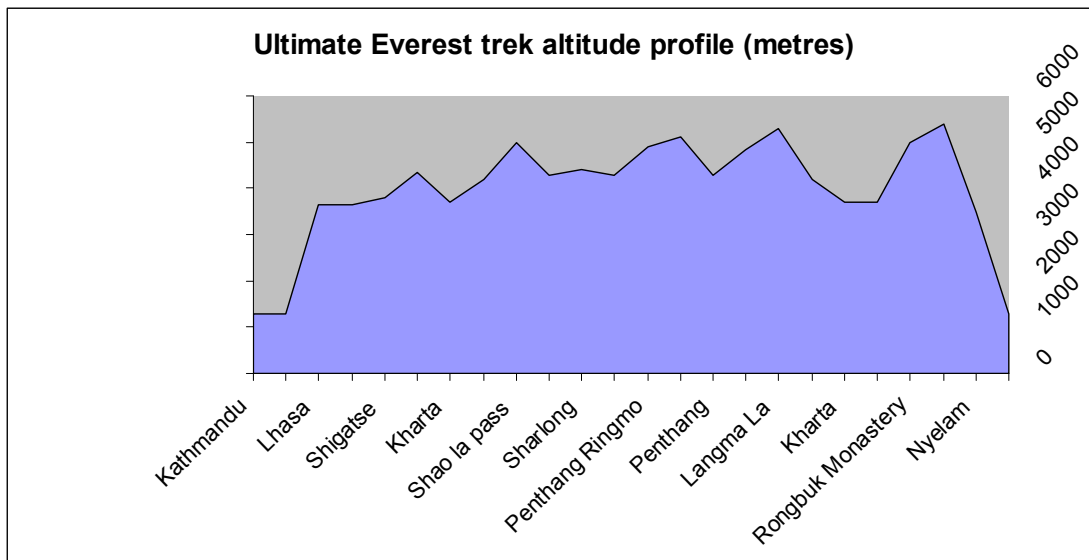




PRACTICAL INFORMATION

ALTITUDE AND ACCLIMATISATION

Our Everest North Col itinerary has been designed for gradual acclimatisation to take place, take a look at the altitude profile for the itinerary below:



There are ways of helping the acclimatisation process, as described below:

- Walk slowly: there is plenty of time included in the itinerary so there is no need to rush, go at your own pace and enjoy the incredible views!
- Drink lots of water: it is easier for your body to acclimatise when hydrated so drink water and avoid coffee, tea and alcohol.
- Consider taking diamox (acetazolamide): before using this drug we recommend consulting a doctor and thoroughly researching the pros and cons.



For further information we suggest you take a look at the following websites:

Base Camp MD website:

<http://www.BaseCampmd.com/expguide/highalt.shtml>

High Altitude medicine website:

<http://www.high-altitude-medicine.com>

Medex Travel at High Altitude:

<http://www.medex.org.uk/v26%20booklet.pdf>

BMC website:

<http://www.thebmc.co.uk/Feature.aspx?id=1746>

COMMUNICATIONS

We bring a Thuraya satellite phone for logistical, safety and personal use. Personal calls charged at £3 per minute and £2 to send and receive SMS text.

ACCOMMODATION IN KATHMANDU

In Kathmandu we use Hotel Tibet (three star). The hotel is located close to the British Embassy near to the centre of Kathmandu. It is within walking distance of the Royal Palace and the tourist hub of Thamel.

A TYPICAL DAY ON TREK

The day starts with an early morning mug of tea brought to your tent by one of the cook's helpers. Before heading over to the mess tent for breakfast it is best to pack your overnight gear into your duffel bag. During breakfast the tents will be packed away and, after the porters have arranged their loads, they will set off on the trail in the cool of the morning.

After breakfast, probably between 7am and 8am, we start walking. The pace of the trek is leisurely with plenty of time to enjoy the scenery, take photos and explore the



local villages. Lunch will be around 11am at a spot by the side of the trail and is prepared for us by the cooks.

There is more walking after lunch and normally you will get into camp by mid afternoon with the tents already put up by the local staff. In the evening a three course meal is served in the mess tent around 7pm. After supper the western leader will discuss the plan for the next day with the group. People might stay in the mess tent chatting about the day's events for a while before retiring to their tent for the night.

FOOD

In Kathmandu there is a wide range of excellent restaurants to try out, some of the more popular ones are: K Too Steak House, Everest Steak House, Rumdoodles, Fire and Ice, La Dolce Vita, Mike's Breakfast and New Orleans. Breakfast is provided each morning by the hotel.

While on the trek, the cook will provide good quality food in sufficient quantities. For breakfast you are likely to get porridge or cereal, toast or chapattis, omelettes and a range of hot drinks. On arrival to camp in the afternoon you will be given tea and biscuits and a three course meal will follow later in the evening.

CLIMATE

The traditional trekking season in Tibet is April and May and late August to October. The weather is typically quite mild with warm days and cool to chilly nights in the mountains.

One of the advantages of travelling in Tibet during late August and into September is that the monsoon will have left the hills with a green coating of grass and the valleys with wildflowers and blooming shrubs.



CLOTHING AND EQUIPMENT

A list of suggested clothing and equipment for the Everest Kangshung face trek has been included in Appendix below. This is a comprehensive list and experienced trekkers will often take only a selection of these items based on what has worked in the past. It is worth pointing out that you will need a sleeping bag for this trip.

If you do not have the clothing and equipment contained in this list then a good option might be to rent from the UK. Trek Hire is a company that rents out high quality items at competitive prices which would save you the expense of buying. The link to their website is <http://www.trekhireuk.com/>

Alternatively if you are going to buy then please contact the office for the Cotswold Outdoor promo code that entitles you, as a client of The Mountain Company, to 15% reduction in their stores and online.

Trekkers should bring all their gear in one large duffel bag and a small backpack (40 to 50 litres). Each day you will carry the small pack containing items that you might need while trekking such as warm clothes, jacket, camera, water bottle, personal first aid kit and some snacks.

The rest of your personal equipment, contained in your duffel bag, will be carried by a yak. **The maximum weight allowance is 15kgs.** Please ensure that your bag is marked clearly on the outside for easy identification.

VISA REQUIREMENTS

We will apply for the Tibet permit on your behalf when you arrive to Kathmandu. We will need a scanned copy of your passport before departure.

All foreigners (except Indians) require a visa for entry into Nepal, it is your responsibility to obtain the entry visa. You can get your visa either from a Nepalese embassy overseas or on arrival in Nepal. If you stay in Nepal longer than the duration of the initial 60 day visa you will require a visa extension.

You will need one passport photo and the following fees dependent upon the duration of the multiple entry visa:



*15 days USD\$25 or equivalent convertible currency
30 days USD\$40 or equivalent convertible currency
90 days USD\$100 or equivalent convertible currency*

VACCINATIONS AND MEDICAL

You should obtain professional advice from a travel clinic or your local GP about which vaccinations to have before you arrive in Nepal. A dental check-up is a good idea as there will be no dental facilities while on the trek.

We bring a comprehensive first aid kit from UK (Life Systems Mountain Leader) plus high altitude medicine, antibiotics and other medicines.

FLIGHTS

We recommend Max Travel (ATOL bonded license# 4705) for booking international flights and other travel arrangements. Please take a look at their website at <http://www.maxtravel.co.uk/> or give them a call on 020 7095 0920.

There are a number of good online agents that we also recommend, they are:

Kayak: *an excellent flight cost comparison website* <http://www.kayak.co.uk/>

Traveljungle: *another good flight cost comparison website*
<http://www.traveljungle.co.uk/>

Cheap Tickets: this site quotes airfares in USD\$ & often is very competitive when translated back to GBP£ <http://www.cheaptickets.com/>

Southall Travel: very competitive prices for India, Pakistan and Nepal both online and telephone support <http://www.southalltravel.co.uk/>

INSURANCE

Travel insurance for any Mountain Company itinerary is a condition of booking a holiday. At the very least you should have emergency medical and repatriation



insurance which must include the cost of mountain rescue. Cancellation insurance is strongly recommended as all deposits paid to The Mountain Company are non-refundable.

To get an online quote for your personal travel and trekking insurance (UK residents only), take a look at Snowcard's website at

http://www.snowcard.co.uk/pages/d_select1.asp?referrer_id=MC



Please note that The Mountain Company do not act as an agent of Snowcard Insurance and any policy bought via this web link is effected directly with Snowcard Insurance Services Limited.

CULTURAL CONSIDERATIONS

For those of you who are visiting Nepal for the first time we have provided some cultural information to help you fit in and feel at ease:

- The dress code is important for both men and women. Men and women should wear trousers rather than shorts while trekking.
- There are many hot springs, rivers and lakes where it is pleasant to take a dip, it is fine for men to go bare-chested while bathing but they should not go nude. Women should try and be as modest as possible in these situations.
- Hindus are concerned about the ritual pollution of food when it is touched by someone outside their caste or religion. Therefore, do not touch any cooked foods on display and when drinking from a container used by others avoid touching your lips to it. Do not eat food with your left hand and make sure you only give or receive food with your right hand.
- Shoes are considered degrading so keep them on the ground and remove them before putting your feet on anything. If you enter a Nepali house follow the

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example of your host in deciding whether to remove your shoes but on entering a temple or monastery you should definitely remove them.

- You will pass Buddhist mani walls, chortens, and stupas along the trek and to follow local traditions you should pass them on your right.
- When visiting a monastery or gompa it is customary to give a donation for its upkeep.

SUGGESTED READING

Please take a look at The Mountain Company's bookstore for a wide selection of books and maps to Nepal, the link is at: <http://astore.amazon.co.uk/themountainco-21>

- The Death Zone: Climbing Everest Through the Killer Storm by Matt Dickinson
- Everest- 50 years on top of the world by George Band
- Mallory and Irvine by Peter Firstbrook
- Demystifying Tibet by Lee Feigon
- Into Thin Air by John Krakauer
- The Ascent of Rum Doodle by WE Bowman

MAPS

- Mount Everest Schweizerische Stiftung fur Alpine Forschung (Swiss Foundation For Alpine Research) 1:50,000



APPENDIX 1

SUGGESTED CLOTHING AND EQUIPMENT LIST

Footwear:

- Walking boots.
- Trail shoes and/or sandals. To be used in camp in the evenings or for lighter walking days.
- Gaiters. A pair used to keep boots dry if walking through deep snow or on wet ground.
- Wool and liner socks.

Clothing:

- Waterproof jacket and trousers (goretex or similar).
- Trekking trousers.
- Long sleeve shirts (not cotton).
- Micro fleece.
- Mid to heavyweight fleece.
- Sleeveless or body warmer type fleece.
- Thermals or base layer for top & bottom (merino wool or synthetic).
- Fleece pants.
- Medium weight down jacket (eg. Nuptse jacket by The North Face).

Handwear:

- Fleece gloves.
- Warms mittens and/or gloves.

**Headwear:**

- Wool or fleece hat.
- Sun hat.
- Bandana or scarf.
- Headtorch. Bring extra batteries.
- Sunglasses.

Climbing equipment:

- Mountaineering ice axe and leash.
- Mountaineering crampons.

Personal Equipment:

- Sleeping bag.
- Sleeping mat (eg. Thermarest).
- Backpack large enough to carry water bottles, camera, lunch and extra clothing.
- Stuff sacks for keeping your gear dry and organised.
- Two water bottles (Nalgene wide mouth bottles are the best).
- Sunscreen and lipsalve with a high SPF.
- Insect repellent.
- Water purification tablets (Pristine, Biox Acqua or Acqa Mira).
- Favourite snack food.
- Books, ipod and cards etc.
- Trekking poles.
- Camera with spare batteries and memory cards.
- Insurance certificate.
- Earplugs (optional).



- Baby wipes (optional).
- Hand sanitizer (optional).

Travelling:

- Duffle bag or large backpack for your personal gear on the trek (carried by a porter). Bring a small combination padlock to secure the bag.
- Travel clothes. You will need casual clothing for air travel days and time spent in Kathmandu.
- Toiletry bag include toilet paper, soap, towel, toothbrush, etc.

Personal first aid kit:

Note: we provide a comprehensive group first aid kit but please bring personal medications and other items you might use regularly such as:

- Any personal medications.
- Blister treatment (Compeed patches are the best).
- Rehydration powder eg Dioralyte.
- Analgesics (paracetamol, ibuprofen and aspirin).
- Plasters and zinc oxide tape.
- Throat lozenges.
- Diamox (helps with acclimatisation).



APPENDIX 2

INTERNATIONAL PASSENGER PROTECTION

In accordance with "The Package Travel, Package Holidays and Package Tours Regulations 1992" all passengers booking with The Mountain Trekking Company Ltd ("The Mountain Company") are fully protected for the initial deposit and subsequently the balance of all monies paid to us, including repatriation if required, arising from cancellation or curtailment of your travel arrangements due to the insolvency of The Mountain Company.

There is no requirement for Financial Protection of day trips, and none is provided. This insurance is only valid for packages booked that DO NOT include flights.

Consumer aware: Your booking is insured by IPP Ltd and its panel of insurers. This insurance is only valid for passengers who book and pay directly with/to The Mountain Company. If you have booked and/ or paid direct to a Travel Agent for a holiday with The Mountain Company please request proof of how the booking is secured as this will not be covered by IPP Ltd in this instance. For further information please go to www.ipplondon.co.uk

This Insurance has been arranged by International Passenger Protection Limited and underwritten by Insurers who are members of the Association of British Insurers & Lloyds Syndicates.

Claim procedures: download claim form from www.ipplondon.co.uk, any occurrence which may give rise to a claim should be advised within 14 days to: International Passenger Protection Limited, Claims Office, IPP House, 22-26 Station Road, West Wickham, Kent BR4 0PR, United Kingdom. Telephone: +44 (0) 208 7763752. Fax: +44 (0) 208 7763751.

In order to deal promptly with any claims hereunder it is essential that you retain all bills, receipts and other documents relating to your travel arrangements. Claims forms must be submitted to IPP within six months of date of insolvency they cannot consider or pay claims received after this date.