

EVEREST NORTH COL, TIBET



Mount Everest seen from Northside Base Camp in Tibet



HIGHLIGHTS

- Visiting the Potala Palace in Lhasa and Buddhist monasteries on the drive across the Tibet plateau; exploring vibrant Kathmandu; seeing the incredible views of Everest; and the high altitude trek to Advanced Base Camp all topped off with climbing to the North Col of Everest at 7,000m.
- The Everest Advanced Base Camp and North Col expedition would be a suitable trip for a strong walker with winter experience who is interested in venturing high on to the slopes of Everest.
- This trip could be used as a reconnaissance for a full expedition at a later date or a fantastic opportunity to climb on Everest and follow in the footsteps of the legendary climbers Mallory and Irvine.

REASONS TO CHOOSE THE MOUNTAIN COMPANY FOR EVEREST NORTH COL

- We have designed an itinerary based on this first hand experience which is the best in terms of acclimatisation, safety and enjoyment. Roland climbed to the summit of Everest on this route in 2001 and went back again in 2006 to lead a North Col expedition for The Mountain Company.
- 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.



“An awesome trip! The Mountain Company’s expedition to the North Col of Mt Everest surpassed all expectations. The organisation, local and technical knowledge, and leadership is of paramount importance to the success of such a high altitude expedition.

Roland’s dedication, attention to detail and extensive experience catapulted us up that mountain and, by doing so, provided us with an experience of a life time. Thank you.”

Chris Barnes, Everest North Col (April & May 2006).



EVEREST NORTH COL

Total number of days	26 days
Grade & days trekking	Strenuous (Mountaineering), 15 trekking days
Accommodation	10 nights hotel, 15 nights camping
2011 price ex Kathmandu	US\$TBC
Minimum group size	5
Dates	April 12 th to May 11 th 2011 April 10 th to May 9 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.
- Nepal visa for 30 days at US\$40 (approx £25).
- Kathmandu airport departure tax (1,695 Nepalese rupees, approx £14).
- Lunch and evening meals in Kathmandu and Lhasa.
- Personal clothing & equipment please see the Appendix for suggested kit list.
- Tips (guidance on amounts included in “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

An expedition in Tibet to climb up to North Col on Mt Everest the highest mountain in the world.

This is an opportunity to climb up to 7,000m on Mt Everest the highest mountain in the world. This expedition will be led by Roland Hunter who summited Everest via the North East ridge in 2001. This trip would be a suitable objective for someone who has previous mountaineering experience using crampons and ice axe.

Not only is this a fantastic experience in itself but could also be used as a good reconnaissance for someone with ambitions to climb to the summit of Everest at a later date, climbing to the North Col is a perfect opportunity to see how you perform at an extreme altitude.

We have designed the itinerary to give you sufficient time for your body to adjust to the lack of oxygen at this altitude. After taking the spectacular flight to Lhasa we



spend three days in the city to help your acclimatisation before driving across the Tibetan plateau to Everest Base Camp. We spend several days at Base Camp then start the walk to Advanced Base Camp followed by the climb to the North Col.

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 and preparation day (visas etc).

Today we explore Kathmandu with a good local guide.

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

Day 4. Sightseeing in Lhasa.

Day 5. Sightseeing in Lhasa.

Day 6. Drive to Shigatse (3,900m)- 250km.

Day 7. Drive to Shegar (4,350m)- 244km.

Day 8. Acclimatisation day.

Day 9. Drive to Rongbuk (5,000m)- 68km.

Day 10. Trek to Everest Base Camp (5,090m).



Day 11 & 12. Acclimatisation days at Everest Base Camp (5,090m).

Relax and acclimatise to the altitude at Base Camp.

Day 13. Day hike around Base Camp.

Today we can explore the side valleys around Base Camp- this is great for acclimatisation as we follow the idea of “climbing high, sleeping low”.

Day 14. Trek to Camp 1 (5,450m).

We leave Base Camp along with the yaks are carrying our bags and equipment. Overnight at Camp 1.

Day 15. Trek to intermediate camp (5,800m).

We leave Base Camp along with the yaks, who are carrying our bags and equipment, and spend the night at the intermediate camp.

Day 16. Trek to Camp 2 (5,970m).

Day 17. Trek to Everest Advanced Base Camp (6,200m).

A challenging day as we continue up the moraine of the East Rongbuk glacier towards Everest Advanced Base Camp (ABC). Along the way we will pass many of ice pinnacles known as penitentes carved out by the wind.

Day 18. Rest and acclimatisation day at ABC.

Day 19. Trek to the base of the North Col.

Today we trek above ABC starting on lateral moraine and later crossing on to the glacier which runs to the base of the North Col. This is a good chance to see the North Col route close up before our climb tomorrow.

Day 20. Climb up the North Col (7000m) and descend to ABC.

We have an early start as we begin our ascent of the North Col of Everest. The climbing is on snow and ice slopes up to 55 degrees following the fixed rope in place.

Day 21. Spare day at ABC.

Day 22. Walk down to Base Camp.

Day 23. Drive to Nyelam.

Day 24. Drive to Kathmandu.



Day 25. At leisure in Kathmandu.

Day 26. Fly home

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.



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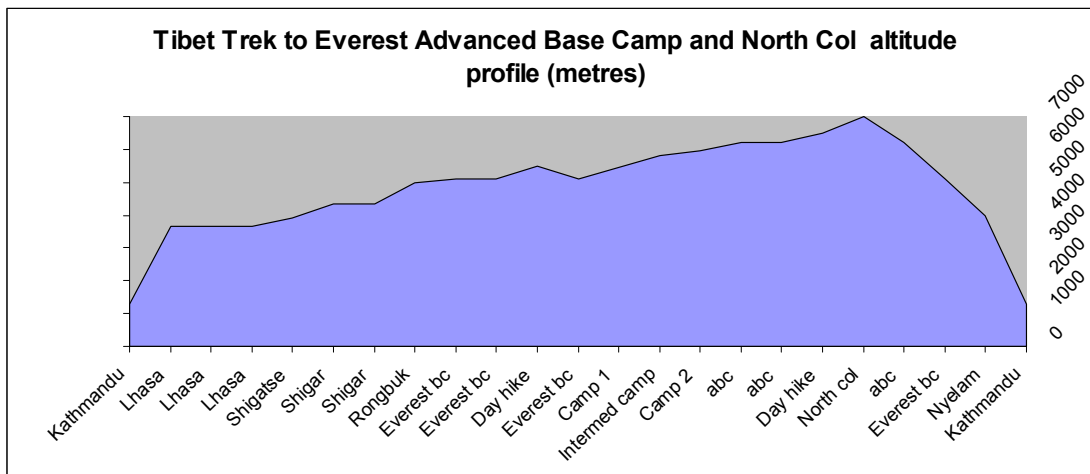
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PRACTICAL INFORMATION

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>

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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 climbing season in Tibet is similar to Nepal where there is pre and post monsoon window. We organise this expedition in the month of May which is the most popular time for Everest expeditions.

This trek is likely to have a wide range of temperatures depending on the altitude and the time of day. In the mountains between 1,000m and 3,500m the nights will be cool, normally around 5°C, and during the day temperatures sometimes rise to 30°C. At higher altitudes temperatures range from about 20°C to -15°C.

CLOTHING AND EQUIPMENT

A list of suggested clothing and equipment for the Everest North Col has been included in the 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 although you can arrange to rent one in Kathmandu.



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 (or backpack) 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 (and crampons and ice axe on the North Col day).

The rest of your personal equipment, contained in your duffel bag, will be carried by a yak. **The maximum weight allowance is 20kgs.** 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

Snowcard activity level for Dhaulagiri Circuit trek is 4 and prices start from £88.



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:

- Plastic mountaineering boots.
- 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.

Climbing equipment:

- Climbing harness with 1m sling, 3 screw gate karabiners and 3m of 5 or 6mm prussic cord.
- Crampons (10 or 12 point general mountaineering type are the best).
- Mountaineering ice axe.

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.
- Warm 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.
- 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.