

## **Team Ascent Ltd**

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Sandy Allan IFMGA Mountain Guide:*

### **Mt Everest, Nepal side: South East Ridge Itinerary**

#### Day

- 01: Arrival in Kathmandu and transfer to hotel
- 02: half day sight-seeing and equipment preparations
- 03: Kathmandu: final preparations
- 05: Fly to Lukla and trek to Phakding.
- 06: Trek to Namche Bazaar
- 07: Trek to Thangboche or Douboche
- 08: Trek to Dingbouché
- 09: Dingbouché rest day and short acclimatisation walk
- 10: Trek to Lobouché
- 11: Trek to Gorekshep
- 12: Trek to Everest base Camp
- 13to 58: Mt Everest climbing period
- 59: Trek to Pheriche
- 60: Trek to Tengboche
- 61: Trek to Monjo
- 62: Trek to Lukla
- 63: Fly back to Kathmandu
- 64: Spare free day in Kathmandu
- 65: Transfer to Airport and International flight.

#### Notes:

- 1.
2. The trek out from base camp back to Lukla can vary in time and overnight locations depending on client's wishes. We have included 4 days for the walk out back to Lukla.
2. We offer a support trekker arrangement for family and friends who may wish to join you on the trekking part of the trip.
3. This expedition is open to experienced mountaineers only, for whom Everest is a logical step in their climbing careers. We ask that you have participated in other climbs of such a nature and that you must have experience and knowledge about mountaineering expeditions, including mountaineering skills developed to an advanced standard including being able to use the broad range of mountaineering equipment for such an expedition which includes, various types of clothing and gloves, mittens and face protection, crampons, ice axes, ascenders, abseiling devices, karabiners, moving past knots, other obstructions and anchors on fixed ropes. Good walking, climbing and camping skills are essential. It is important that as a team member you are able to work well with people and be willing to commit to a group effort which will last for several weeks. You will be exposed to many dangers and extremes in weather and underfoot conditions, glacier and snow pack instability and different cultures. As a team member we expect you to treat the peoples and their environment with consideration and respect. This ability is as important as your climbing skills. Our objective is a successful and safe summit attempt and there will be some very tough days and you will be away from home for an extended period of time. These are important elements that require careful consideration before joining any of our trips. You are advised to be determined to finish what you begin, and balance this with prudence; you should be well trained and understand the goal. Mountains are beautiful places but they are also incredibly dangerous and you should realise that every day may not be sunshine and roses! All our staffs from our kitchen boys to cooks and sherpas and guides will look after your requests as best as is reasonably practical, however you have to be honest, considerate and realistic with yourself and to all our team.