



## **Art Nepal Treks & Expedition Pvt. Ltd.**

### **Everest Expedition (South Col) – 63-Day Day-by-Day Plan**

#### **Itinerary – Everest Expedition (South Col) – 63-Day**

##### **Day 1: Arrival in Kathmandu (1400m)**

Upon arrival at Tribhuvan International Airport, you will be welcomed by our expedition team and transferred to your hotel in Kathmandu. The day is reserved for rest and recovery after your international flight, allowing you to adjust to the local environment and prepare for the journey ahead. Depending on your arrival time, you may explore nearby areas or simply relax at the hotel.

In the evening, a short orientation meeting will be conducted with the expedition leader and team members. During this session, you will receive an overview of the expedition schedule, safety procedures, and important logistical information. This initial gathering also provides an opportunity to meet fellow climbers and begin preparing mentally for the adventure ahead.

##### **Facts:**

- Duration: Flexible
- Trek Distance: N/A
- Altitude: 1400 m
- Meal: Welcome Dinner
- Accommodation: Hotel

##### **Day 2: Official Preparation in Kathmandu (1400m)**

Today is dedicated to final expedition preparations and administrative procedures. Climbers will complete permit verification, insurance documentation checks, and equipment inspections to ensure all required gear meets expedition standards. This day is also an opportunity to purchase any missing personal items or mountaineering equipment from Kathmandu's specialized outdoor stores.

Throughout the day, guides and expedition staff assist participants with organizing equipment and packing expedition duffel bags. Proper preparation at this stage is essential for a smooth and efficient expedition, particularly when operating in extreme high-altitude environments where equipment reliability becomes critical.

Facts:

- Duration: Full Day
- Trek Distance: N/A
- Altitude: 1400 m
- Meal: Breakfast
- Accommodation: Hotel

### **Day 3: Final Briefing and Team Preparation (1400m)**

The final preparation day focuses on weather updates, route discussions, emergency protocols, and detailed expedition planning. Climbers participate in a comprehensive briefing covering the South Col route, acclimatization strategy, summit plans, and communication procedures. The session ensures that all participants fully understand the challenges and expectations of the expedition.

Later in the day, expedition bags are finalized and separated for transportation by porters and yaks. The evening concludes with a team dinner where climbers, Sherpas, and guides gather before departing for the Everest region. This final gathering strengthens team spirit and marks the official beginning of the expedition.

Facts:

- Duration: Full Day
- Trek Distance: N/A
- Altitude: 1400 m
- Meal: Breakfast, Dinner
- Accommodation: Hotel

### **Day 4: Fly to Lukla – Trek to Phakding (2610m)**

The expedition begins with an exciting mountain flight from Kathmandu to Lukla, one of the most famous airports in the world. The short flight offers spectacular aerial views of the Himalayas before landing in the heart of the Everest region. Upon arrival, trekking preparations are completed before starting the first walk of the journey.

The trail follows the Dudh Koshi River through traditional Sherpa villages and beautiful forested landscapes. The trek to Phakding is relatively gentle, allowing climbers to begin acclimatizing while enjoying the stunning surroundings. The peaceful riverside setting provides an excellent introduction to the Everest region.

Facts:

- Duration: 30–45 min flight + 3–4 hours trek
- Trek Distance: Not specified
- Altitude: 2610 m

- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Teahouse

### **Day 5: Phakding – Namche Bazaar (3440m)**

Today's trek follows the Dudh Koshi River through pine forests and across several suspension bridges decorated with colorful prayer flags. The trail gradually gains elevation while passing through traditional Sherpa settlements and scenic mountain landscapes. As the journey progresses, the views become increasingly impressive with glimpses of snow-covered Himalayan peaks.

The final section involves a steep climb to Namche Bazaar, the main trading center of the Khumbu region. Located on a mountainside amphitheater, Namche offers excellent facilities, vibrant local culture, and the first significant acclimatization opportunity of the expedition. The town provides a fascinating blend of traditional Sherpa life and modern trekking infrastructure.

Facts:

- Duration: 5–6 hours
- Trek Distance: Not specified
- Altitude: 3440 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Teahouse

### **Day 6: Acclimatization Day in Namche Bazaar (3440m)**

This important acclimatization day helps the body adjust to increasing altitude before continuing higher into the Khumbu region. A short hike is undertaken to the Everest View Hotel, which provides spectacular views of Mount Everest, Ama Dablam, Lhotse, and surrounding Himalayan peaks. The climb follows the principle of "climb high, sleep low," an essential strategy for safe acclimatization.

After returning to Namche Bazaar, the remainder of the day is spent resting, hydrating, and exploring the local market area. The town offers opportunities to visit museums, bakeries, and cultural centers while enjoying the unique atmosphere of the Sherpa capital.

Facts:

- Duration: 4–5 hours
- Trek Distance: Not specified
- Altitude: 3440 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Teahouse

### **Day 7: Namche Bazaar – Tengboche (3860m)**

Leaving Namche Bazaar, the trail follows scenic ridges that provide some of the finest mountain views in the Everest region. The route passes through forests of rhododendron and pine while offering continuous panoramas of Everest, Nuptse, Lhotse, and Ama Dablam. The

gradual ascent allows trekkers to continue acclimatizing while enjoying the dramatic Himalayan scenery.

Upon reaching Tengboche, climbers visit the famous Tengboche Monastery, the spiritual center of the Khumbu region. Surrounded by towering peaks, the monastery provides a peaceful atmosphere and a unique cultural experience before continuing higher into the mountains.

Facts:

- Duration: 5–6 hours
- Trek Distance: Not specified
- Altitude: 3860 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Teahouse

### **Day 8: Tengboche – Dingboche (4410m)**

The trail descends briefly through forested terrain before crossing rivers and climbing steadily toward Dingboche. As elevation increases, vegetation becomes noticeably thinner and the landscape transitions into an alpine environment dominated by rugged mountain terrain and expansive valleys.

The route offers impressive views of Ama Dablam and surrounding Himalayan giants while providing gradual exposure to higher altitude. Dingboche serves as an important acclimatization stop and provides excellent mountain scenery in a wide open valley setting.

Facts:

- Duration: 5–6 hours
- Trek Distance: Not specified
- Altitude: 4410 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Teahouse

### **Day 9: Acclimatization Day in Dingboche (4410m)**

A second acclimatization day is essential before moving above 5,000 meters. Climbers undertake a hike toward Nagarjun Hill, gaining additional elevation while allowing the body to adapt gradually to reduced oxygen levels. The route provides panoramic views of Makalu, Lhotse, Ama Dablam, and numerous surrounding peaks.

After the hike, the team returns to Dingboche for rest and recovery. Hydration, nutrition, and proper acclimatization practices remain the primary focus as climbers prepare for the higher sections of the expedition.

Facts:

- Duration: 5–6 hours
- Trek Distance: Not specified
- Altitude: 4410 m

- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Teahouse

### **Day 10: Dingboche – Lobuche (4940m)**

The trail gradually ascends through glacial terrain and rocky landscapes while providing increasingly dramatic views of the surrounding Himalayan peaks. Along the route, climbers pass memorials dedicated to mountaineers who lost their lives on Everest, serving as a reminder of the mountain's challenges and history.

As the trek continues, the environment becomes more barren and alpine, with cold winds and thinner air becoming increasingly noticeable. Lobuche is situated beneath towering mountain walls and offers a strategic overnight stop before reaching Everest Base Camp.

Facts:

- Duration: 5 hours
- Trek Distance: Not specified
- Altitude: 4940 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Teahouse

### **Day 11: Lobuche – Gorakshep – Everest Base Camp (5364m)**

Today's journey takes climbers through rocky glacial terrain toward Gorakshep before continuing to the legendary Everest Base Camp. The route follows moraine ridges and rugged pathways with spectacular views of surrounding glaciers and mountain peaks. The excitement builds as climbers approach one of the most famous destinations in the mountaineering world.

Upon reaching Everest Base Camp, expedition tents are assigned and equipment is organized for the climbing phase. The colorful camp sits beneath the Khumbu Icefall and becomes home for the next several weeks as climbers prepare for higher elevations.

Facts:

- Duration: 4–5 hours
- Trek Distance: Not specified
- Altitude: 5364 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

### **Day 12: Rest and Base Camp Setup (5364m)**

The first full day at Everest Base Camp is dedicated to settling into the expedition environment. Climbers organize personal equipment, inspect climbing gear, and become familiar with camp facilities. Proper acclimatization remains important as the body continues adapting to the altitude.

Throughout the day, team briefings are conducted regarding camp operations, safety procedures, and upcoming training sessions. The atmosphere at Base Camp is busy and energetic as multiple expedition teams prepare for the climbing season.

Facts:

- Duration: Full Day
- Trek Distance: None
- Altitude: 5364 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

### **Day 13: Base Camp Organization (5364m)**

Today focuses on expedition logistics and technical preparation. Climbers work closely with guides and Sherpas to organize loads, inspect oxygen systems, and ensure all climbing equipment is functioning correctly. Proper planning at this stage is essential for a successful expedition.

The remainder of the day is spent familiarizing participants with Base Camp routines and expedition procedures. Short walks around camp help maintain activity levels while continuing acclimatization.

Facts:

- Duration: Full Day
- Trek Distance: None
- Altitude: 5364 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

### **Day 14: Icefall Training Begins (5364m)**

Training begins with instruction on ladder crossings, fixed-rope techniques, and safe movement through glacier terrain. Climbers practice using ascenders, descenders, crampons, and other technical equipment required for the Everest route.

The training environment simulates conditions found in the Khumbu Icefall, allowing participants to develop confidence and efficiency before entering more challenging terrain.

Facts:

- Duration: Full Day
- Trek Distance: Not specified
- Altitude: 5364 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

## **Day 15: Advanced Technical Training (5364m)**

Technical instruction continues with emphasis on crevasse rescue procedures, rope systems, and emergency response techniques. Climbers gain valuable experience handling equipment in realistic mountain conditions.

The day's activities are designed to improve safety, efficiency, and confidence while operating on steep ice and glaciated terrain. Team coordination also becomes an important focus during training exercises.

Facts:

- Duration: Full Day
- Trek Distance: Not specified
- Altitude: 5364 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

## **Day 16: Final Preparation for Rotation 1 (5364m)**

The final training day allows climbers to review techniques and conduct final equipment checks before beginning the first acclimatization rotation. Guides provide detailed briefings regarding the route through the Khumbu Icefall and Camp I.

The remainder of the day is spent resting, hydrating, and preparing mentally for the first major climbing phase of the expedition.

Facts:

- Duration: Full Day
- Trek Distance: None
- Altitude: 5364 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

## **Day 17: Everest Base Camp – Camp I (6065m)**

The first acclimatization rotation begins with an early morning departure from Everest Base Camp. Climbers enter the Khumbu Icefall before sunrise, navigating a constantly shifting glacier filled with deep crevasses, ice towers, and ladder crossings. The route requires focus, patience, and careful movement while following fixed ropes installed by specialized Icefall Doctors.

As the climb progresses, the dramatic landscape of the Khumbu Icefall reveals the true challenges of Everest mountaineering. After several hours of technical glacier travel, climbers arrive at Camp I, located in the upper section of the icefall. The camp sits on a relatively flat glacial surface surrounded by towering ice formations and massive Himalayan peaks.

Facts:

- Duration: 6–8 hours

- Trek Distance: Not specified
- Altitude: 6065 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

### **Day 18: Camp I – Camp II (6400m)**

Leaving Camp I, the route enters the Western Cwm, a broad glacial valley often referred to as the "Valley of Silence." Although technically easier than the Icefall, the terrain can be physically demanding due to intense solar reflection from surrounding snow and ice surfaces.

The gradual ascent toward Camp II provides spectacular views of Everest, Lhotse, and Nuptse. Camp II serves as the Advanced Base Camp for many expeditions and functions as a critical staging point for higher climbs on the mountain.

Facts:

- Duration: 4–5 hours
- Trek Distance: Not specified
- Altitude: 6400 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

### **Day 19: Acclimatization at Camp II (6400m)**

This acclimatization day allows climbers to adjust to the significantly reduced oxygen levels at Camp II. Short walks around camp help maintain activity while minimizing physical stress. Hydration and nutrition become increasingly important at this altitude.

Throughout the day, guides monitor participants for any signs of altitude-related illness while discussing upcoming climbing objectives. Camp II offers dramatic views of the Lhotse Face and serves as a valuable learning environment for the expedition.

Facts:

- Duration: Acclimatization Day
- Trek Distance: None
- Altitude: 6400 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

### **Day 20: Camp II – Everest Base Camp (5364m)**

After completing the first rotation, climbers descend through the Western Cwm and Khumbu Icefall back to Everest Base Camp. Descending to a lower altitude allows the body to recover while retaining the benefits gained through acclimatization.

The return journey requires careful attention, particularly while crossing ladders and navigating ice formations. Upon arrival at Base Camp, climbers focus on rest, nutrition, and recovery before the next rotation.

Facts:

- Duration: 6–8 hours
- Trek Distance: Not specified
- Altitude: 5364 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

### **Day 21: Recovery Day at Everest Base Camp (5364m)**

Following the first rotation, the team remains at Base Camp to recover from the physical demands of climbing above 6,000 meters. Climbers focus on eating well, staying hydrated, and regaining strength.

The lower altitude compared to the upper camps allows for improved sleep quality and faster recovery. Expedition leaders evaluate each participant's adaptation to altitude and overall condition.

Facts:

- Duration: Rest Day
- Trek Distance: None
- Altitude: 5364 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

### **Day 22: Rest and Expedition Review (5364m)**

Another recovery day provides additional time for physical and mental restoration. Guides conduct equipment inspections and discuss lessons learned from the first rotation.

Climbers spend time relaxing around camp, maintaining hydration, and preparing for the next phase of acclimatization. The atmosphere remains focused as the team continues progressing toward summit readiness.

Facts:

- Duration: Rest Day
- Trek Distance: None
- Altitude: 5364 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

### **Day 23: Preparation for Rotation 2 (5364m)**

The final recovery day before the second rotation focuses on equipment preparation and weather assessment. Climbers review technical systems and ensure that all personal gear is ready for higher elevations.

Team meetings discuss objectives for Camp III and the Lhotse Face. The day's preparations play a crucial role in ensuring a safe and effective acclimatization process.

Facts:

- Duration: Full Day
- Trek Distance: None
- Altitude: 5364 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

### **Day 24: Base Camp – Camp I – Camp II (6400m)**

The second acclimatization rotation begins with another early crossing of the Khumbu Icefall. Climbers move efficiently through familiar terrain, benefiting from experience gained during the first rotation.

After reaching Camp I, the ascent continues through the Western Cwm toward Camp II. The team arrives stronger and better acclimatized, allowing for improved performance at altitude.

Facts:

- Duration: 8–10 hours
- Trek Distance: Not specified
- Altitude: 6400 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

### **Day 25: Acclimatization at Camp II (6400m)**

Climbers remain at Camp II to continue adapting to high altitude. Short hikes and active recovery sessions help stimulate acclimatization without excessive physical strain.

The camp environment provides an excellent opportunity to observe weather conditions and familiarize participants with higher-elevation living. Recovery remains the priority throughout the day.

Facts:

- Duration: Acclimatization Day
- Trek Distance: None
- Altitude: 6400 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

### **Day 26: Camp II Acclimatization and Preparation (6400m)**

Another day at Camp II allows climbers to strengthen altitude adaptation before moving toward Camp III. Guides review climbing procedures for the steep Lhotse Face and discuss safety protocols.

Participants continue focusing on hydration, nutrition, and conserving energy for the upcoming climb. The surrounding mountain environment provides a dramatic backdrop to the expedition.

Facts:

- Duration: Acclimatization Day
- Trek Distance: None
- Altitude: 6400 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

### **Day 27: Camp II Rest and Recovery (6400m)**

The final day at Camp II is spent resting and preparing for the climb to Camp III. Physical activity is kept minimal to conserve strength while maintaining acclimatization benefits.

Expedition leaders monitor health conditions and assess readiness for higher altitude exposure. Proper rest today contributes significantly to success during the next stage.

Facts:

- Duration: Rest Day
- Trek Distance: None
- Altitude: 6400 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

### **Day 28: Camp II – Camp III Touch – Camp II (7200m)**

Today's climb follows fixed ropes up the steep Lhotse Face, one of the most demanding sections of the South Col route. The terrain consists of hard ice and snow slopes requiring efficient use of crampons and ascenders.

After reaching approximately Camp III altitude, climbers spend a short period at higher elevation before descending back to Camp II. This "touch and descend" strategy significantly improves acclimatization while reducing prolonged exposure to extreme altitude.

Facts:

- Duration: 7–9 hours
- Trek Distance: Not specified
- Altitude: 7200 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

### **Day 29: Camp II – Everest Base Camp (5364m)**

Having successfully completed the second rotation, climbers descend to Everest Base Camp. The route retraces the Western Cwm and Khumbu Icefall before returning to the relative comfort of Base Camp.

The descent marks a major milestone in the acclimatization process and prepares climbers for the eventual summit attempt. Recovery becomes the primary focus upon arrival.

Facts:

- Duration: 7–9 hours
- Trek Distance: Not specified
- Altitude: 5364 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

### **Days 30–34: Long Recovery Period at Everest Base Camp (5364m)**

These recovery days allow climbers to fully recover after multiple weeks of acclimatization rotations. The body benefits from improved oxygen availability while maintaining adaptation gained during previous climbs. Rest, nutrition, hydration, and medical monitoring remain the primary focus.

During this period, expedition leaders closely monitor weather forecasts and begin identifying potential summit windows. Equipment is serviced, oxygen systems are inspected, and climbers maintain readiness for the final phase of the expedition.

Facts:

- Duration: Recovery Days
- Trek Distance: None
- Altitude: 5364 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

### **Day 35: Optional Rotation to Camp II (6400m)**

If weather delays are expected, climbers may conduct an optional acclimatization rotation to Camp II. This helps maintain high-altitude adaptation while awaiting favorable summit conditions.

The climb follows familiar sections of the Khumbu Icefall and Western Cwm. Depending on weather forecasts and team condition, the duration of this rotation may vary.

Facts:

- Duration: 8–10 hours
- Trek Distance: Not specified
- Altitude: 6400 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

### **Day 36: Camp II Recovery and Acclimatization (6400m)**

If the optional acclimatization rotation is conducted, climbers spend the day at Camp II continuing altitude adaptation and maintaining physical readiness. The environment at Camp II allows participants to remain acclimatized while minimizing exposure to the more demanding elevations above the Lhotse Face.

Throughout the day, climbers monitor weather updates and maintain hydration while conserving energy. The focus remains on preserving strength for the upcoming summit push while staying prepared for changing mountain conditions.

Facts:

- Duration: Acclimatization Day
- Trek Distance: None
- Altitude: 6400 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

### **Day 37: Camp II – Everest Base Camp (5364m)**

Following the optional rotation, climbers descend back to Everest Base Camp for final recovery. The familiar route through the Western Cwm provides another opportunity to observe conditions on the mountain while descending to a more comfortable altitude.

Upon arrival, the team begins preparing for the summit phase. Equipment is checked, oxygen systems are reviewed, and climbers focus on maximizing recovery before the final ascent.

Facts:

- Duration: 6–8 hours
- Trek Distance: Not specified
- Altitude: 5364 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

### **Day 38: Final Recovery at Everest Base Camp (5364m)**

The final recovery day allows climbers to rest physically and mentally before entering the summit phase. The body benefits from lower altitude while retaining acclimatization gained through previous rotations.

Guides provide updated weather forecasts and discuss summit strategies. Excitement and anticipation increase throughout camp as teams prepare for their summit window.

Facts:

- Duration: Rest Day
- Trek Distance: None
- Altitude: 5364 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

### **Day 39: Summit Window Monitoring (5364m)**

The expedition enters a waiting period while weather forecasts are carefully monitored. Strong winds, jet stream activity, and snowfall patterns are analyzed to identify the safest and most favorable summit opportunity.

Climbers spend the day resting and maintaining readiness. Proper nutrition and hydration remain essential while conserving energy for the demanding summit push ahead.

Facts:

- Duration: Full Day
- Trek Distance: None
- Altitude: 5364 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

### **Day 40: Base Camp Preparation (5364m)**

Weather monitoring continues while climbers finalize personal equipment and summit gear. Oxygen systems, communication devices, and emergency equipment are inspected and prepared for deployment.

The atmosphere at Base Camp becomes increasingly focused as summit plans are refined. Team briefings ensure everyone understands the timeline and objectives for the upcoming ascent.

Facts:

- Duration: Full Day
- Trek Distance: None
- Altitude: 5364 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

### **Day 41: Final Equipment Checks (5364m)**

The expedition team conducts comprehensive inspections of all climbing equipment. Every item is carefully reviewed to minimize risk during the summit push.

Climbers continue resting while maintaining hydration and energy reserves. Mental preparation becomes increasingly important as the summit attempt approaches.

Facts:

- Duration: Full Day
- Trek Distance: None
- Altitude: 5364 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

### **Day 42: Weather Observation and Rest (5364m)**

Another waiting day allows the team to remain flexible while monitoring mountain conditions. Patience is a critical component of Everest expeditions, and summit success often depends on choosing the correct weather window.

Climbers use the time to relax, organize equipment, and maintain physical readiness. The goal is to begin the summit push only when conditions are favorable.

Facts:

- Duration: Full Day
- Trek Distance: None
- Altitude: 5364 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

### **Day 43: Summit Strategy Briefing (5364m)**

Guides present the latest weather information and finalize summit strategies. Oxygen usage plans, climbing schedules, and emergency procedures are reviewed in detail.

The team remains focused and disciplined while preparing for departure. Every aspect of the climb is carefully coordinated to maximize safety and efficiency.

Facts:

- Duration: Full Day
- Trek Distance: None
- Altitude: 5364 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

### **Day 44: Final Summit Preparation (5364m)**

This final day at Base Camp is dedicated to rest and preparation. Climbers organize summit clothing, climbing hardware, and personal supplies while ensuring all systems are ready.

A final briefing is conducted before departure. The team aims to begin the summit push fully rested and mentally prepared for the challenges ahead.

Facts:

- Duration: Full Day
- Trek Distance: None
- Altitude: 5364 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

### **Day 45: Everest Base Camp – Camp II (6400m)**

The summit push officially begins with an early departure from Base Camp. Climbers cross the Khumbu Icefall and continue through the Western Cwm toward Camp II.

The team moves efficiently while conserving energy for the higher sections of the mountain. Camp II serves as the first overnight stop of the summit attempt.

Facts:

- Duration: 8–10 hours
- Trek Distance: Not specified
- Altitude: 6400 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

### **Day 46: Camp II – Camp III (7200m)**

Today's route follows fixed ropes up the steep Lhotse Face. The climb is physically demanding due to the combination of altitude, steep terrain, and extended periods of exertion.

Upon reaching Camp III, climbers begin using supplemental oxygen and prepare for even higher elevations. The camp sits on narrow platforms carved into the mountainside.

Facts:

- Duration: 5–7 hours
- Trek Distance: Not specified
- Altitude: 7200 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

### **Day 47: Camp III – Camp IV (South Col) (7950m)**

The ascent continues through increasingly extreme terrain as climbers move toward the South Col. The route traverses exposed sections and enters the Death Zone above 8,000 meters.

Camp IV is located at the South Col between Everest and Lhotse. Here, climbers rest briefly, hydrate, and make final preparations before the summit attempt.

Facts:

- Duration: 5–7 hours
- Trek Distance: Not specified
- Altitude: 7950 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

### **Day 48: Summit Day – Mount Everest (8848.86m)**

The summit push begins late in the evening or around midnight. Climbers ascend slowly through darkness using headlamps while following fixed ropes toward the Balcony, South Summit, and Hillary Step. Every step requires immense effort due to the extreme altitude and low oxygen levels.

Reaching the summit of Mount Everest is the culmination of weeks of preparation, acclimatization, and determination. After spending a brief period on the summit, climbers begin the long and demanding descent back to Camp IV for safety and recovery.

Facts:

- Duration: 10–16 hours
- Trek Distance: Not specified
- Altitude: 8848.86 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

### **Day 49: Camp IV – Camp II (6400m)**

After the summit attempt, climbers descend through the South Col route and down the Lhotse Face toward Camp II. Although descending, the day remains physically exhausting due to accumulated fatigue and prolonged exposure to high altitude.

Reaching Camp II provides significant relief as oxygen levels increase. Hydration, food, and rest become the immediate priorities after one of the most demanding days of the expedition.

Facts:

- Duration: 8–10 hours
- Trek Distance: Not specified
- Altitude: 6400 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

### **Day 50: Camp II – Everest Base Camp (5364m)**

The final descent from Camp II marks the completion of the climbing phase. Climbers once again cross the Western Cwm and Khumbu Icefall before returning to Everest Base Camp.

Upon arrival, the team celebrates the successful completion of the expedition's most challenging objective. The atmosphere is filled with relief, accomplishment, and appreciation for the journey.

Facts:

- Duration: 5–7 hours
- Trek Distance: Not specified
- Altitude: 5364 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

### **Day 51: Backup Summit Day (5364m)**

This day is reserved as a backup summit opportunity in case unfavorable weather conditions prevented a summit attempt on the planned date. Everest expeditions require flexibility, as strong winds, snowfall, and changing mountain conditions can significantly affect climbing schedules.

If the summit has already been completed, climbers remain at Base Camp resting and celebrating their achievement. The additional day provides valuable flexibility and increases the overall chances of expedition success.

Facts:

- Duration: Flexible
- Trek Distance: None
- Altitude: 5364 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

### **Day 52: Backup Summit Day (5364m)**

A second reserve day remains available for weather-related delays. The expedition team continues monitoring forecasts and mountain conditions while remaining prepared to move if necessary.

For teams that have already completed their summit attempt, the day is spent resting, organizing equipment, and preparing for departure from Base Camp.

Facts:

- Duration: Flexible
- Trek Distance: None
- Altitude: 5364 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

### **Day 53: Final Backup Day (5364m)**

The final contingency day provides additional flexibility for summit attempts and safe mountain operations. Weather conditions on Everest can change rapidly, making reserve days an essential component of every expedition schedule.

If no further climbing activities are required, climbers spend the day relaxing and reflecting on their accomplishments while preparing for the return journey.

Facts:

- Duration: Flexible
- Trek Distance: None
- Altitude: 5364 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

### **Day 54: Leave Everest Base Camp (5364m)**

After weeks spent living beneath the world's highest mountain, the expedition begins its return journey. Camps are dismantled, equipment is packed, and final farewells are exchanged with Base Camp staff and fellow climbers.

The departure from Everest Base Camp marks the conclusion of the mountaineering phase and the beginning of the trek back toward lower elevations.

Facts:

- Duration: Flexible
- Trek Distance: Not specified
- Altitude: 5364 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

### **Day 55: Everest Base Camp – Pheriche (4371m)**

The trail descends steadily through Gorakshep and Lobuche before continuing toward Pheriche. The lower altitude provides noticeable relief, making breathing easier and allowing the body to recover from prolonged exposure to extreme elevations.

As the journey continues, familiar mountain landscapes accompany the descent. Pheriche offers comfortable accommodation and a peaceful atmosphere, making it an excellent location for rest and recovery.

Facts:

- Duration: 5–6 hours
- Trek Distance: Not specified
- Altitude: 4371 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Teahouse

### **Day 56: Pheriche – Namche Bazaar (3440m)**

Today's trek follows descending trails through Pangboche, Tengboche, and forested sections of the Khumbu region. As altitude decreases, vegetation becomes denser and temperatures gradually become more comfortable.

Returning to Namche Bazaar feels significantly different after spending weeks at high altitude. The town's facilities, cafés, and lively atmosphere provide a welcome contrast to the remote mountain environment.

Facts:

- Duration: 6 hours
- Trek Distance: Not specified
- Altitude: 3440 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Teahouse

### **Day 57: Namche Bazaar – Lukla (2860m)**

The final trekking day follows the Dudh Koshi River through familiar Sherpa villages and suspension bridges. The trail gradually descends toward Lukla, allowing climbers to enjoy their final day in the Everest region.

Upon reaching Lukla, the team celebrates the completion of the trekking portion of the expedition. The evening is often spent sharing memories and reflecting on the extraordinary journey.

Facts:

- Duration: 6–7 hours
- Trek Distance: Not specified
- Altitude: 2860 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Teahouse

### **Day 58: Fly Lukla – Kathmandu (1400m)**

An early morning flight returns the team from Lukla to Kathmandu. The scenic journey provides one final opportunity to admire the Himalayan landscape from above before returning to the capital city.

After arriving in Kathmandu, climbers transfer to their hotel and enjoy well-deserved comfort after many weeks in the mountains. The remainder of the day is free for relaxation and celebration.

Facts:

- Duration: 30–45 min flight
- Trek Distance: N/A
- Altitude: 1400 m
- Meal: Breakfast
- Accommodation: Hotel

### **Day 59: Buffer Day in Kathmandu (1400m)**

This reserve day allows flexibility for potential flight delays caused by mountain weather. Flights to and from Lukla are highly dependent on weather conditions, making additional buffer days essential for expedition planning.

If no delays occur, participants can use the time to explore Kathmandu, visit cultural sites, or simply relax after the expedition.

Facts:

- Duration: Flexible
- Trek Distance: N/A
- Altitude: 1400 m
- Meal: Breakfast
- Accommodation: Hotel

### **Day 60: Recovery and Leisure Day (1400m)**

The day is reserved for rest and personal activities in Kathmandu. Climbers often spend time shopping for souvenirs, visiting heritage sites, or enjoying local cuisine after returning from the mountains.

The relaxed schedule provides an opportunity to recover physically while reflecting on the achievements and experiences gained throughout the expedition.

Facts:

- Duration: Flexible
- Trek Distance: N/A
- Altitude: 1400 m
- Meal: Breakfast
- Accommodation: Hotel

### **Day 61: Expedition Celebration Day (1400m)**

A formal expedition celebration is often organized to recognize the efforts of climbers, Sherpas, guides, and support staff. Certificates, photographs, and expedition memories are shared among team members.

The gathering provides an opportunity to celebrate achievements and acknowledge the teamwork required to complete such a demanding adventure.

Facts:

- Duration: Flexible
- Trek Distance: N/A
- Altitude: 1400 m
- Meal: Breakfast
- Accommodation: Hotel

### **Day 62: Free Day in Kathmandu (1400m)**

This additional buffer day provides flexibility for travel arrangements while allowing participants to enjoy Kathmandu at their own pace. Optional sightseeing, cultural exploration, and shopping opportunities are available throughout the city.

The relaxed schedule ensures that any unforeseen delays during the expedition can be accommodated without affecting international travel plans.

Facts:

- Duration: Flexible
- Trek Distance: N/A
- Altitude: 1400 m
- Meal: Breakfast
- Accommodation: Hotel

### **Day 63: Final Departure**

The Everest Expedition officially concludes today. Depending on flight schedules, participants are transferred to Tribhuvan International Airport for their onward journeys home.

As climbers depart Nepal, they leave with unforgettable memories of standing beneath—and possibly on top of—the world's highest mountain. The expedition concludes with a remarkable sense of accomplishment and lifelong achievement.

Facts:

- Duration: Airport Transfer
- Trek Distance: N/A
- Altitude: 1400 m
- Meal: Breakfast
- Accommodation: N/A

