

## Everest 2009 - Tibet Advanced Base Camp (21,400')

27 days, April 3 – April 29, 2009  
Program Fees: \$6,250.00

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IMG was one of the very first companies to run a commercial trek to Everest ABC in Tibet (back in 1991) and we have conducted this program successfully many times since then. Our experience from running this program, along with several dozen climbing expeditions to Cho Oyu, Everest, and Shishapangma makes us one of the very most experienced outfitters for taking customers to high altitude in Tibet. IMG's programs in Tibet are recognized worldwide as simply outstanding, with a reputation for our highly professional staff of leaders, climbers and Sherpas, first-rate logistics and our resulting safety and success record on the mountain.

For 2009 IMG will again run the Tibet ABC trek, this time under the under the leadership of IMG partner Phil Ershler. Phil was the first American to climb the North Face of Everest (1984) and this will be the 25<sup>th</sup> anniversary of his ascent! Joining Phil on the trek will be his wife Susan. Phil and Susan were the first couple to do the Seven Summits and this will make it a special trip!

### TIBET ABC TREK

This is the most physically challenging non-technical program that IMG offers. It is more strenuous than Kilimanjaro, Rainier, or Everest Base Camp (Nepal Side). Tibet ABC is arguably the highest point on earth that can be attained without mountaineering skills. To successfully reach this point requires some serious acclimatization. You will spend over two weeks in excess of 14,000 feet. It is important to be in good physical condition. This trip is "do-able" if you are in good shape, enjoy hiking and traveling, and don't have any underlying health issues that might be worsened by the amount of time spent up high.

Please contact me personally if I can be of further assistance.

Eric Simonson  
IMG Himalayan Programs director

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*"A lot of people have asked me about my trip and I've told them that if they ever want to go on a altitude oriented adventure, to connect with the guys at IMG. You run a great show..."*

—W.G.S.

For more comments from IMG climbers, please see our website at:  
[www.mountainguides.com/comments.shtml](http://www.mountainguides.com/comments.shtml)

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### Everest: Just The Facts

#### Summit:

29,035' • 8850m

#### Set Your GPS:

27° 59' N 86° 56' E

#### First Boot-Prints on Top:

In 1953, Edmund Hillary and Sherpa Tenzing Norgay became the first known summiters of Everest (neither saying who stepped on top first.) Some people speculate about the success of British climbers George Mallory and Andrew Irvine who perished on the north side of the mountain high on a summit attempt in 1924. In 1921, Mallory was part of the first ever expedition to Everest.

#### Size Does Matter:

The elevation of 29,035' (8850m) was determined using GPS satellite equipment on May 5, 1999. It was previously believed to be slightly lower (29,028'/8848m), as determined in 1954 by averaging measurements from various sites around the mountain.

#### As India Slides Under China:

GPS research suggests that plate tectonics is causing Everest to grow 3-5mm and move 27mm northeast annually. The mountain is 60 million years old and is believed to have once been a seabed. While seashells haven't been found on the summit, there are rocks that had once made up the Tethys ocean floor.

#### By Any Other Name:

The Tibetans call Mount Everest "Chomolungma" which means "mother goddess of the world." Once known to westerners as Peak XV, it was named in 1859 for Sir George Everest, the British surveyor-general of India. The Nepali name is Sagarmatha which translates to "churning stick in the sea of existence."

#### No Longer Just for Loners:

More than 1,500 climbers from about 30 countries have climbed to the summit by various routes.

# Program Fees and Payment Schedule

## EVEREST ABC TREK – TIBET

27 days, April 3 – April 29, 2009

Program Fees: \$6,250.00

**Costs included in trip fee:** *The team will meet in Kathmandu. Hotels and meals are covered from the time the team arrives in Kathmandu until returning to Kathmandu at the end of the trip. Also included are ground transportation, tours in Lhasa, all group camping supplies such as tents, stoves, etc., all meals while trekking / climbing, Park fees and trekking permit fees, liaison officers, Sherpas, camp staff, radio comms and satellite telephone equipment at Base Camp, yaks and porters.*

**Costs not included in trip fee:** *Flights from home to and from Lhasa (you must pay for the Lhasa ticket in Kathmandu, approx \$330). Travel expenses and hotels before or after the stated itinerary, personal gear, excess baggage charges, airport taxes and visas (we will procure the Tibet visa for the team), Sherpa tip pool (we suggest \$200 per person), satellite telephone air charges, personal sundries and beverages, costs incurred as a result of delays or events beyond the control of IMG, recommended insurance policies (medical, evacuation, trip cancellation, etc.), and customary but optional tips for IMG staff.*

Single supplement: \$350 (available for Kathmandu hotels and trekking only. Not for hotels in Tibet).

### Fee Payment Schedule for 2009 Tibet ABC Everest program:

Payment Due Date	ABC Trek
Application Fee	\$2,500
Dec 15, 2008	\$3,750

All IMG program fees are quoted in US dollars. All fees and payments are non-refundable and non-transferable. Payments must be received by IMG on or before the due dates noted above. Failure to submit payments on or before these due dates will result in forfeiture of fees paid and loss of program reservation. Payments made by wire transfer to IMG require inclusion of an additional \$30.00 wire transfer fee.

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*“I want to let you know that I am grateful that I got my money's worth. I worked so hard to be able to afford the trip, and it was worth every cent (and all of the 70-80 hour work weeks.) Thank you for everything...”*

—Gary G.

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For more comments from IMG climbers, please see our website at: [www.mountainguides.com/comments.shtml](http://www.mountainguides.com/comments.shtml)

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# Expedition Organization and Leadership

## International Mountain Guides (“IMG”)

IMG is the oldest and most respected high-altitude climbing service in the world, successfully operating since 1975. IMG’s three principals, Eric Simonson, Phil Ershler, and George Dunn, have led and organized over 500 expeditions worldwide. Each is an AMGA Certified Alpine Guide with Himalayan expedition experience including Everest, K2, Kangchenjunga, Shishapangma, and Cho Oyu. IMG’s Himalayan mountaineering programs are organized and directed by Eric Simonson. Eric has been a professional guide since 1973 and has conducted over 100 expeditions around the world, including over twenty-five to the Himalaya. His teams include a group of professionals and Sherpas who are the best in the business. Since 1990, over 300 IMG team members have summited the world’s classic 8,000-meter peaks, including Everest, Cho Oyu and Shishapangma.

## Ang Jangbu and the IMG Sherpa team

A veteran of dozens of expeditions and an Everest summiter, Ang Jangbu has worked with Eric Simonson on every IMG Himalayan program since 1991 and is a very popular leader. Ang Jangbu Sherpa and his staff put together one of the very best Sherpa teams for IMG. We are proud to have a group of Sherpas working for us who are among the best paid, best led, best equipped, and best trained in the business.

## Phil Ershler

Phil is one of the most experienced guides in the world. A founding partner of IMG, Phil was one of the first climbers to travel to Tibet in the early 1980’s and was the first to ascend the North Face of Everest in 1984. In his career he has led more than one hundred treks and expeditions to every continent and has done the Seven Summits twice (the second time with his wife Susan).

## References

Joining a high-altitude trek or expedition is a serious decision. You should be completely confident in the organization and leadership before you make that decision. Many of you have climbed with us before, and because your experience with us was good, you’re considering another climb with us. For those of you who haven’t climbed with us before, we strongly encourage you to interview us thoroughly and also talk to our past clients. When you’re ready to make the decision, we’ll be happy to provide you with a complete list of references.

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*“This trip was a 15 year dream in the making, and it was everything I had hoped for and more. The trip started out to be Everest ABC, but the Tibetan people and their culture soon became as exciting and interesting. Adam did a great job ensuring all went well and 'making a team of the team'. Our drivers, guides, and sherpas were as friendly and helpful as they could possibly be. Our accommodations were great (be it hotels or tents) and the food could not have been better.”*

—Dale M.

*“In a nutshell, IMG was the class of the mountain. I can't imagine climbing with any other group....”*

—Bruce D.

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## Things to Consider

We know we're not the cheapest deal around, and we don't want to be. We spend more providing the best personnel, equipment, logistics and safety measures – things that many lower-cost programs cannot afford and do not have. We don't cut corners. As you shop around, consider the following:

- **IMG** leaders are professionals and are great teachers as well as strong climbers. All have done numerous high-altitude expeditions, including the Himalaya. Our clients enjoy the immense benefit of a core group that has climbed together extensively, producing a team that knows how to work well together. We do not think you will find any other Everest climbing or trekking programs that will be led or staffed by persons of the caliber we will field for Everest 2009. We challenge you to try!
- **IMG** always complies with all local, state, federal, and international regulations for the countries in which we climb. This includes proper visas and climbing permits, full insurance and equipment for our employees and Sherpa support teams, and complete adherence to all environmental regulations. Our great safety record allows us to operate with full liability insurance. All client funds are deposited in a regulated trust account. We take our business seriously!
- **IMG** Sherpas are top-notch. We hire the same great Sherpas every year, we treat them with respect, we pay them well and they like working with our teams. Most of them have been on many climbs with us over the years. Our enthusiastic cooks do a great job and our menus are well considered. It makes a difference!
- **IMG** trek itineraries are longer than most others offered on the market. We know how to acclimatize properly and we don't rush. If you want to trek to Everest ABC, go with a team that actually gives you a real chance to fully experience it!
- **IMG** brings advanced technology to the mountain. We will have walkie talkies for communication within the trek team and a satellite phone available at Base Camp.

### Air Travel and Insurance Arrangements

International Mountain Guides has worked for many years with Ms. Pirjo Dehart and her staff at CTT Destinations to provide professional travel service for participants in our programs. We urge you to contact CTT Destinations at 800/909-6647 or [img@cttdestinations.com](mailto:img@cttdestinations.com) for help with your plans. The flights in and out of Lhasa can only be booked through our Chinese Travel agency. We will provide details regarding this segment. The price of the Kathmandu – Lhasa ticket has historically been about \$330. Travel to Tibet requires a special visa. We will procure the Tibet visa authorization on behalf of the team.

We invest in insurance coverage for commercial liability and medical and disability insurance for our employees and Sherpas while participating on our programs. We cannot insure you for your personal needs, but we do expect you to be as fiscally responsible as we are. We strongly recommend that you insure yourself against potentially expensive difficulties that may arise. First, trip cancellation insurance may provide financial relief should you be forced to withdraw from the climb before it even happens. Next, make sure you have adequate traveler's medical and evacuation insurance for coverage should you have a problem during the trip. Medical care and evacuation from Everest can be expensive.

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*“I had a fantastic time in Tibet. Your organization and leadership are just top class...”*

—David F.

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## Program Details and Itinerary: Tibet ABC Trek

<u>Day</u>	<u>Date</u>	<u>Itinerary</u>
1	Friday, April 03, 2009	Depart home
2	Saturday, April 04, 2009	Cross dateline, overnight Bangkok.
3	Sunday, April 05, 2009	Arrive Kathmandu, transfer to hotel (must arrive no later than this day).
4	Monday, April 06, 2009	Get Chinese visas. Tour Kathmandu—visit Swayambu, Baudanath, Pashpatinath, Durbar Square, Thamel.
5	Tuesday, April 07, 2009	Flight to historic Lhasa, Tibet (12,000'), a spectacular flight with views of the high peaks of eastern Tibet/China border area. Transfer to Hotel, easy afternoon stroll for acclimatization.
6	Wednesday, April 08, 2009	Full tour of Lhasa, including visits to the Potala Palace, former residence of the Dalai Lama; the Jokhang Temple, holiest of Tibetan religious places; and the Barkhor, Lhasa's ancient trading bazaar
7	Thursday, April 09, 2009	Jeep travel to Gyantse via the Yamdrok Lake Road and Karo La (16,564').
8	Friday, April 10, 2009	Short drive (arrive for lunch) to Xegatse (12,800'), with a visit to the sacred 1,000-yr-old Tashilumpo Monastery, home of the Panchen Lama; transfer to hotel.
9	Saturday, April 11, 2009	Jeep travel to Tingri (14,500'); meet Sherpa team, rest and stretch our legs around the campsite.
10	Sunday, April 12, 2009	Acclimatization day in Tingri with a four hour acclimatization hike to 15,200. Visit the ancient dzong fortress; pack and prepare yak loads
11	Monday, April 13, 2009	Trek up Ra Chhu Valley past villages of Chholling and then Lungjhang (14,800') to our campsite at 15,200 feet. Seven hours trekking.
12	Tuesday, April 14, 2009	6 hours trek to campsite near Drokpa encampment below Lamna La (15,600').
13	Wednesday, April 15, 2009	Trek over the foot trail variant of the Lamna La known as the Pang La (16,900'), then down past the village of Zommug into the Rongbuk valley; these are real Tibetan villages rarely visited by tourists; camp overnight at the famous Rongbuk Monastery (15,500'). About 5 hours of trekking.
14	Thursday, April 16, 2009	Trek to Everest Base Camp (17,000') via the famous Rongbuk Valley. 3 hours.
15	Friday, April 17, 2009	Acclimatization and rest days at Base Camp with short day hikes; repack personal gear and prepare to continue upward
16	Saturday, April 18, 2009	Acclimatization and rest days at Base Camp with short day hikes; repack personal gear and prepare to continue upward
17	Sunday, April 19, 2009	Climb past the mud pinnacles and spectacular views of Pumori en route to Camp 1 (18,300'). 4.5 hours.
	Monday, April 20, 2009	Acclimatization day. Two hour day hike to over 19,000 feet.
19	Tuesday, April 21, 2009	Climb to Camp 2 (20,000') amid ice seracs and sky-blue glacial ponds,
20	Wednesday, April 22, 2009	Extra acclimatization/rest day spent at Camp 2.
21	Thursday, April 23, 2009	Climb to Advanced Base Camp (21,500'), with an afternoon descent to Camp 2. 4.5 hours up and 2 hours down.
22	Friday, April 24, 2009	Descend to Base Camp; rest, pack and prepare for departure from Base Camp.
23	Saturday, April 25, 2009	Drive to Zhangmu. Overnight
24	Sunday, April 26, 2009	Drive to Kathmandu
25	Monday, April 27, 2009	Free Day
26	Tuesday, April 28, 2009	Depart Kathmandu, overnight Bangkok
27	Wednesday, April 29, 2009	Arrive home (cross dateline)

# Personal Equipment Checklist

This equipment list is meant to help you compile your personal gear for a high altitude trekking trip. Most items are required. Please consider each item carefully and be sure you understand the function of each piece of equipment before you substitute or delete items from your duffel. Keep in mind that this list has been carefully compiled by Eric Simonson, the expedition organizer. Don't cut corners on the quality of your gear. In order to assist our clients in understanding and selecting the appropriate equipment for this program, IMG has worked with online outdoor retailer Mountain Gear. Mountain Gear offers a 5% discount on all products to IMG customers coming from the IMG site [www.MountainGuides.com](http://www.MountainGuides.com).

## Travel Items

- Duffel Bags: Two duffel bags with name tags. They go on the trek/climb with you and will be carried by the porters and yaks. Expect for them to get wet and muddy, so rugged, waterproof duffles are good. Bags with wheels are nice for the airport, but the porters and yaks don't like to carry them, so don't bring wheeled bags (or at least not two of them).
- Daypack: Large daypack or bag with a shoulder strap, so you don't have to set it down while doing the duffel shuffle or handling travel documents while going through passport control and customs at the airport. It needs to be big enough to hold everything you'll need for an overnight stop.
- Locks: You'll want padlocks in China and Tibet, but for flying out of the USA, it might be better to use plastic zip ties which can be cut by TSA staff if necessary (bring extra zip ties).
- Travel Wallet: A secure travel wallet is a must for carrying your important documents including passport, extra photos, duffel inventory list, and money. We suggest that you use a travel wallet that you can hang around your neck and place inside your shirt, or around your waist tucked under your shirt or trousers.
- Passport (valid for at least 6 months after the trip ends with sufficient extra pages for visa stamps and in same name as airline ticket (or with endorsement-for women who changed name w/ marriage). We will arrange for the Chinese and Tibet visas.

## Trekking Gear

- Trekking Poles: Poles come in handy for balance and easing impact to your knees. Get collapsible poles that can attach to your backpack.
- Backpack: Medium size backpack, approx 50 liter / 3000 ci size, big enough for your clothes, water, camera, food, etc during the day. This should be packed into one of the duffel bags for the flights.
- Pack Cover: Waterproof rain cover for your pack.
- Sleeping Bag: Rated to at least 10 degrees Fahrenheit. Rain is unlikely, down or synthetic is fine.
- Sleeping Pad or Thermarest NOT required, unless you want to bring a small light one...you will be provided a thick open cell foam "trekking mattress".
- Tip: Bring 5 large plastic garbage bags to pack gear inside duffels to protect gear from dirt/dust/rain

## Footwear

- Lightweight Shoes: Running/tennis shoes for camp, around town, etc.
- Hiking Boots: Medium-weight hiking boots, waterproofed and broken-in.
- Gaiters: To keep snow, mud, and scree out of your hiking boots.
- Socks: 3 complete changes of socks, in a combination that you have used and know works for you. Make sure your boots are roomy enough for the sock combination you intend to use. Tight boots will make your feet cold.

## Clothing

- Base Layer: 2 pair synthetic long johns: one midweight set and one expedition weight set.
- Mid Layers: One additional warm layer (wool sweater, another fleece jacket, shelled vest, etc, that can be worn in conjunction to the other layers).

- Shell Jacket: Waterproof/breathable jacket with hood.
- Shell Pants: Waterproof/breathable pants (full side zips are best).
- Climbing Pants: Look for construction that provides freedom of movement and/or stretch materials. Fabric should be a breathable synthetic that preferably holds up to abrasion.
- Parka: REQUIRED. Down or synthetic. This should be big enough to go over other garments.
- Trekking Clothes: Light hiking pants and / or hiking shorts - NOT cotton. Shirts for hiking on nice days (t-shirts OK, quick-drying synthetic fabric far better.)
- Casual Clothes: For travel/meals in dining rooms. You'll want a shirt or two with a collar to wear on flights and for restaurants. A sweatshirt or light jacket might be nice in the evening.
- Bathing Suit: Some of the hotels may have pools

### **Clothing Accessories**

- Gloves: Light gloves for hiking and warm ski gloves. Bring mittens too if your hands tend to get cold.
- Hats: Warm wool or heavy fleece hat, sun hat and bandana.

### **Camp Accessories**

- Headlamp: With several sets of extra batteries and bulbs. The new LED headlamps are great. The Petzl Myo and the Black Diamond Gemini lamps are good options that use AA batteries.
- Water Bottles: 2 water bottles with foam insulation shells.
- Water Treatment: Iodine tablets (Potable Aqua or similar) or iodine crystals (Polar Pure).
- Camera: With spare batteries, and film or memory cards.
- Pocket Knife.

### **Personal Accessories**

- Wrist Watch: With alarm. We like the Suunto ones.
- Eyewear: Bring good sunglasses. For contact lens wearers, ski goggles with light color lenses (for use at night) might be useful in windy conditions that cause blowing dust.
- Vision correction: Bring extra prescription eyeglasses or contact lenses if you wear them. Lens solutions are not widely available in China, bring enough.
- Skin Care: Maximum SPF sunscreen and lip balm.
- First Aid: Hand sanitizer (Purell), moleskin, tape, aspirin / ibuprofen / acetaminophen, Imodium for diarrhea, Band-Aids, small towel, antacid, insect repellent, ear plugs, and several rolls of toilet paper.
- Prescription Medications: 1) Antibiotic for upper respiratory problems; 2) Antibiotic for GI problems; 3) Diamox for acclimatization (125 mg tabs recommended, enough for a week); 4) Sleeping pills for jet lag; 5) Tylenol 3 or similar for severe headaches; 6) Malaria Chemoprophylaxis, if needed based on travel plans; 7) Asthma medication, if any history. For serious illness on high altitude expeditions standard treatment protocol is 8) nifedipine (for pulmonary edema) and 9) dexamethasone (for cerebral edema) in association with immediate descent.
- Personal Snack Food: The food is great on the trek but you might enjoy a few snacks from home and also some drink mixes if you like these to add to your water bottle (let the iodine have 30 minutes contact time before adding). Summit climbers should bring some high altitude snacks they like to eat.
- Books/ tapes/CD's. Plan on sharing among your team members. You can also borrow from and add to the Base Camp Library we establish every year.

## Immunizations Checklist

- Tetanus-Diphtheria** - You should already have. Do you need a booster?
- Polio** -You should already have. Do you need a booster?
- MMR** -You should already have. Do you need a booster?
- Meningitis** - Recommended. Consult your physician.
- Hepatitis A** - Recommended. Consult your physician.
- Hepatitis B** - Not a bad idea. Ask your physician.
- Cholera** - Ask your physician. Not usually recommended any more.
- Typhoid** - Not a bad idea to be safe. The tablet form, Vivotif Berna, is good for five years.
- Rabies** - The new vaccine is easy. Rabid animals are occasionally encountered in China.
- Malaria** – Not necessary unless you plan on traveling, for example, to certain parts of Thailand before/after the trip...then malaria chemoprophylaxis is recommended.

Consult your physician and visit the travel clinic at a major University Hospital or your local Public Health Department for the most up to date info on travel requirements, or check out the Center for Disease Control Website at [www.cdc.gov](http://www.cdc.gov).

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*“A special thanks for everything you and your people did to make my experience so memorable... I've traveled all over the world, and I frequently get asked which trip was my favorite. I usually say it's about a 20-way tie for first. I think the ABC Trek just broke the tie. I had a great time. I'm still gushing about the scenery, especially along the route from Camp 2 to ABC. I can't say enough good things about Heather. She took great care of us, and in addition to being an expert guide, she was a wonderful travel companion. The same was true of the Sherpas. I could go on and on, but the bottom line is that your organization is first-rate in every respect. Thanks for everything.... I hope to make use of your services again...”*

—Tom G.

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