

Custom Everest Base Camp Treks Autumn 2018

IMG's Everest programs 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 in the Himalayas.

The Autumn (October 1 – November 30) easily rivals the spring as the best season for trekking in the Himalayas. With the monsoon season comfortably behind you, you'll enjoy cool, crisp, clear days for trekking and taking photos of the majestic peaks Nepal has to offer.

For 2018 we're pleased to offer private/customized trek options to groups of 2 or more. Whether you're looking for a short, helicopter-supported 16-day Everest Base Camp Express program, or more extended trek exploring some of the more remote areas the Everest region has to offer, IMG has you covered.

So, drop us a line if our [Three Peaks/Three Passes Trek](#) doesn't quite line up with your availability. We are certain that we can work something out for you and your group.

Regards,

International Program Directors
Greg Vernovage (Everest@mountainguides.com)
Tye Chapman (Tye.Chapman@mountainguides.com)



Gorak Shep with Everest Base Camp in the distance. (Bhushan Kamik)

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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 4,000 climbers have climbed to the summit over 6800 times by various routes.

EVEREST BASE CAMP TREK HIGHLIGHTS & OPTIONS TO CONSIDER



The view from atop Kala Pattar. (Photo Tye Chapman)

Lukla Airport – Pound for pound the world's most famous airport!

Namche Bazaar – This large village is cut into the hillside and is the hub of the Khumbu Valley.

Namche Bazaar Market – Every Saturday Sherpas from the surrounding valleys converge on Namche to sell & trade goods with fellow Sherpas (and tourists). It's a great day to be in Namche!

Tengboche Monastery – One of the most famous monasteries in all of Nepal.

Ama Dablam (22,494ft.) – One of the most striking mountains in the world will be your backdrop on the trail for several days.

Chukkung – Small village in the less visited Imja Khola Valley

Chukkung Ri (18,238ft.) – Non-technical trekking peak with amazing views of Makalu, Ama Dablam and Nuptse.

Khongma La Pass (18,320ft.) – This pass connects the Imja Khola Valley with the Dudh Kosi Valley, Kala Pattar and Everest Base Camp.

Kala Pattar (18,192ft.) – This famous trekking peak gives phenomenal views of Everest, Lhotse, Everest Base Camp and the Khumbu Glacier.

Everest Base Camp (~17,500ft.) – EBC speaks for itself. It's the jumping off point for Everest climbers and the ultimate destination for trekkers.

Cho La Pass (17,485ft.) – This high-altitude pass connects the Dudh Khosi Valley with the picturesque Gokyo Region.

Gokyo – This small village rests alongside the world's highest alpine lake system. Cho Oyu (26,906ft. / 8201m), the world's 6th tallest peak, sits as a backdrop to this small village.

Gokyo Lakes – The world's highest alpine lake system. Exploring this area is well worth your time.

Gokyo Ri (17,570ft.) – This is another non-technical trekking peak offering views of Everest, Lhotse, Cho Oyu, and Makalu. Four of the world's 14 peaks above 8000.



Left: The runway at the Lukla Airport (Bhushan Kamik)
Center: Trekking through small villages en route to Phakding. (Tye Chapman)
Right: Phakding is just across the river. (Tye Chapman)



Left: One of the many suspension bridges along the way to Everest Base Camp (Bhushan Kamik)
Center: Namche Bazaar. (Tye Chapman)
Right: The Saturday marketing in Namche Bazaar. (Tye Chapman)



Left: Ama Dablam (Tye Chapman)
Center: Tengboche Monastery (Tye Chapman)
Right: Looking down at Pheriche (Tye Chapman)



Left: Chukkung village (Tye Chapman)



Center: Summit of Chukkung Ri (Tye Chapman)



Right: Looking down towards Lobuche village from Khongma La Pass. (Tye Chapman)



Left: Gorakshep village in the foreground and with Everest Base Camp in the distance. (Bhushan Kamik)



Center: Beautiful view of Everest, EBC and the Khumbu Glacier. (Bhushan Kamik)



Right: Khumbu Icefall at EBC (Bhushan Kamik)



Left: View from the summit of Kala Pattar. (Tye Chapman)



Center: Trekking towards Dzongla and Cho La Pass (Tye Chapman)



Right: Crossing Cho La Pass (Tye Chapman)



Left: Crossing the dry Ngozumpa glacier near Gokyo. (Tye Chapman)
Center: Gokyo with 8201m Cho Oyu in the background. (Tye Chapman)
Right: Gokyo from across the lake, (Tye Chapman)

Program Fees, Deposit and Payment Schedule

Custom Everest Base Camp Trek

Dates: TBD Landcost: \$TBA

NOTE ON DATES: Due to the significant altitude of Everest Base Camp, and the duration of time spent at altitude, we recommend at least 3 weeks for any Everest Base Camp Trek. Shorter treks are possible but require the use of helicopters. 16 days (Kathmandu to Everest Base Camp and back to Kathmandu) is the shortest trek we're comfortable with.

Costs included in trip fee: Transportation to and from airport in Kathmandu, hotels with breakfast in Kathmandu for stated itinerary at beginning of expedition, fixed wing round-trip flight to Lukla, teahouse lodging on trek, all meals while trekking, Park fees, Sherpa guides, camp staff, radio comms and satellite telephone equipment, yaks and porters, hyperbaric bag and emergency medical oxygen.

Costs not included in trip fee: International round-trip air fare and travel expenses to/from Nepal/KTM, helicopters, meals in Kathmandu, hotels in Kathmandu after the trek/climb, personal gear, excess baggage charges, airport taxes and Nepal entry visas, Sherpa tip pool (\$200 per person for trekkers), 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.).

Single Supplement: BC Trek-- \$500

Fee Payment Schedule for 2018 Custom Everest Base Camp Treks:

With Application	\$1,000
90 Day Prior To Departure	Balance is due

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. Our bank does not charge for incoming bank wires, however, please include wire fees charged by your bank or correspondent banks.

Fly By Helicopter?

People are busier than ever these days. Vacations are all too often squeezed into windows tighter than we'd all prefer, it's an unfortunate reality of the times. The good news is that we are often able to accommodate these tighter schedules by utilizing helicopters to gain more reliable and quicker access/egress to the Khumbu valley. Helicopters minimize the possibility of delays in Kathmandu or Lukla due to weather. Helicopters also create some much-needed flexibility within shortened itineraries. What can take 4 days to walk, can take as little as 30minutes by helicopter. Likewise, helicopters can shorten itineraries by not having to retrace your steps back, allowing you to maximize your time on the trail.



While helicopter flights aren't cheap, they are highly efficient and can be relatively economical when used strategically. We don't mark helicopter costs up and build them into the program. Instead, we'll arrange the flight, and have you pay the helicopter company directly.

Estimated Helicopter Costs (Est. 3-4 People Per flight + gear)		
From	To Lukla	To Kathmandu
Lukla	-	\$3000/flight
Namche	\$800/flight	\$3500/flight
Pangboche/Tengboche	\$1000/flight	\$4000/flight
Pheriche	\$1200/flight	\$4500/flight
LBC/Lobuche	\$1500/flight	\$5000/flight
Gorakshep/EBC	\$2200/flight	\$5500/flight

Expedition Organization and Leadership

International Mountain Guides (“IMG”)

IMG is the oldest and most respected high-altitude climbing service in the world and its three principals, Eric Simonson, Phil Ershler, and George Dunn, have led and organized hundreds of expeditions worldwide since 1975. 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, one of the world's premiere expedition organizers. Under his direction IMG has conducted over forty Himalayan expeditions. His teams include a group of professionals and



Sherpas who are the best in the business. Since 1990, over 600 IMG team members have summited the world's classic 8,000-meter peaks, including Everest, Cho Oyu and Shishapangma.

International Mountain Guides ♦ www.mountainguides.com ♦ email: office@mountainguides.com

Ang Jangbu and the IMG Sherpa Team

A veteran of dozens of expeditions and an Everest summitter, 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 Sherpa team do a great job!

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.

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.
- **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 and many of them have multiple Everest summits. 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.
- **IMG** treks are supported by satellite communications, allowing us to maintain excellent emergency contact capabilities and keep friends and family informed of our progress during the long weeks away from home.

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 for help with your plans.

You must have coverage for helicopter evacuation and repatriation. We recommend Trip Cancellation Insurance (provides financial relief should you be forced to withdraw from the program before it begins) and Travel (Trip Interruption) Insurance for coverage should you have a problem after the trip begins. For more information, please see our page on [Travel Insurance](#) or contact the IMG Office.

“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

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SAMPLE ITINERARY 1: EBC Trek and Gokyo Loop

Day	Date (Plug in your dates)	EBC Trek and Gokyo Loop
1		Arrive Kathmandu
2		In Kathmandu
3		Fly to Lukla, trek to Phakding
4		Trek to Namche
5	**Market is only on Saturdays	Namche acclimatization day – Market / Visit Sherpa Museum & relax.
6		Trek to Tengboche - Visit Monastery in the afternoon.
7		Trek to Pangboche – Visit Monastery
8		Trek to Pheriche – Visit Himalaya Rescue Association
9		Pheriche – Acclimatization hike.
10		Trek to Lobuche Village
11		Lobuche Village
12		Visit EBC and overnight in Gorakshep
13		Climb Kala Pattar
14		Trek to Dzongla
15		Trek over Cho La to Thagnak
16		Trek to Gokyo
17		Rest Day Gokyo
18		Hike to the 5th lake
19		Climb Gokyo Ri then Trek to Machhermo
20		Trek to Phortse
21		Trek to Namche
22		Trek to Lukla
23		Fly to Kathmandu

“I can't say enough good things about both the logistics and the staff. I had plenty of ideas about how the trip should go and what was possible. Your expedition service surpassed all my expectations, provided me with the best opportunity to summit, even compared to the super expensive guided trips, and as such, I was successful in fulfilling a dream of 20 years. I will recommend your service to anyone interested. It was simply the best on the mountain.”

—Dan G.

For more comments from IMG climbers, please see our website at: www.mountainguides.com/comments.shtml

SAMPLE ITINERARY 2: Express EBC Trek

Day	Date (Plug in your dates)	Express EBC Trek
1		Arrive Kathmandu
2		Kathmandu (get organized, repacked, errands, etc.)
3		Helicopter to Namche
4	**Market is only on Saturdays	Namche acclimatization day – Market / Visit Sherpa Museum & relax.
5		Namche acclimatization day - Visit Everest View Hotel & Khumjung
6		Trek to Tengboche - Visit Monastery in the afternoon.
7		Trek to Pangboche – Visit Monastery
8		Trek to Pheriche – Visit Himalaya Rescue Association
9		Pheriche – Acclimatization hike.
10		Trek to Lobuche
11		Lobuche rest day.
12		Trek to Gorakshap (afternoon option Kalapattar)
13		Everest BC or Kalapattar
14		Helicopter to Kathmandu
15		Contingency day – possible late evening flight departing Kathmandu
16		Depart Kathmandu



Phortse, the home of many IMG Sherpas (Tye Chapman)

Everest Trek 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.

Travel Items

- Duffel Bags: One duffel will accompany you on the trek to BC. Climbers will need a second duffel, which will be packed with the mountain equipment and which will go direct to BC. Duffels are carried by porters and yaks and should be sturdy and waterproof with name written on bag (in case tag is lost). 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. You will also store some travel clothes at the hotel in Kathmandu while trekking, so a smaller additional bag with a lock might be handy. Tip: Bring 5 large plastic garbage bags to pack gear inside duffels to protect gear from rain.
- 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 Nepal 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: Important 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). Get your Nepal visa on arrival in Kathmandu at the airport
- Additional passport photos -- at least two: one for Nepal visa, one for trek permit.
- Optional - cellphone with international roaming capability. Better yet, for cheapest calls, a phone with the capability of using a Nepal GSM sim card that you can purchase in Kathmandu.

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.
- Backpacks: The "day pack" is great for a travel carry-on and may be big enough for the trek (need room for your clothes, water, camera, food, etc during the day while hiking). For the international flights put your backpack into the duffel bags, but carry it on the plane for the Lukla flight.
- Pack Cover: Waterproof rain cover for your pack.
- Sleeping Bag: Rated to at least 0 degrees Fahrenheit. Synthetic or Down.

Camp Accessories

- Headlamp: With several sets of extra batteries. Climbers should bring a second "back up" headlamp.
- Water Bottles: 2 water bottles with foam insulation shells. Bring a Pee bottle too.
- Water Treatment: Iodine tablets (Potable Aqua or similar) or iodine crystals (Polar Pure).
- Camera: With spare batteries, and memory cards. Bring an extra USB drive to make it easy to share photos with your teammates.
- Pocket Knife.
- Pee bottle

Footwear

- Lightweight Shoes: Running/tennis shoes and sandals 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: At least 3 complete changes of socks, in a combination that you have used and know works for you. Boots must be enough for the sock combination; tight boots will make your feet cold.
- [Yaktrax Crampons](#) or [Kahtoola Microspikes](#) in case of snow for the passes and glacier crossings.

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/Trekking 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 and dries quickly. You can wear them over longjohns if it is cold.
- Warm Parka: Down or synthetic. This should be big enough to go over other garments.
- Trekking Clothes: Light hiking pants and / or hiking shorts for warm weather down low- 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 have pools (eg, in Bangkok).

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.
- A "Buff" or light balaclava to breathe through in the cold dry air. Good for preventing "Khumbu cough"

Personal Accessories

- Wrist Watch: With alarm and light for reading in the dark. 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 Nepal, bring enough.
- Skin Care: Maximum SPF sunscreen and lip balm.
- Basic First Aid and personal: Bring plenty of hand sanitizer (Purell). Also you'll want moleskin, tape, aspirin (many climbers take an 81mg aspirin every day to prevent stroke), ibuprofen / acetaminophen, Imodium and Pepto Bismol for diarrhea, Band-Aids, antacid, insect repellent, ear plugs, and several rolls of toilet paper (we will have a supply at Base Camp), small towel, soap/shampoo, a few disposable dust masks, hand cream (for chapped hands),
- Prescription Medications: 1) Two regimens of antibiotic for respiratory and GI problems (azithromycin / "Z-Pak"); 2) Diamox (acetazolamide) for acclimatization (125 mg tabs recommended, enough for a week); 3) a few Sleeping pills for the first few days of jet lag; 4) Malaria Chemoprophylaxis, (not needed unless you go to low areas in Nepal or Thailand, in which case we suggest Malarone); 5) Asthma medication, if any history (for example an Advair inhaler – many people find this VERY useful for "Khumbu Cough" bronchitis/irritation which can ruin your expedition and prevent you from climbing.) ; 6) nifedipine (for pulmonary edema, the 30 mg time release x 2 tablets) and 7) dexamethasone (for cerebral edema, 4 mg x 10 tablets).
- Cold medicine (Sudafed, etc), Chloroseptic or Tessalon Perles throat lozenges.
- Personal Snack Food: Lunches are included but you might like to bring a modest amount of personal snacks, also some drink mixes if you like these (add drink mix to your water bottle after giving iodine tablets 30 minutes of contact time).
- "Entertainment" --iPod, Kindle, music, lightweight book(s).
- Chemical hand warmers (6)

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. Kathmandu and Nepal have rabid animals.
- Malaria** – No problem in Kathmandu, since we are above the zone of malaria, but if you plan on traveling to lower elevations in Nepal, or to certain parts of Thailand before/after the trip then malaria chemoprophylaxis is highly recommended.

Consult your physician or check out the Center for Disease Control Website at www.cdc.gov.

“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... Thank you for everything.”

—Gary G.

“I can say without reservations that the trip to Everest was the most rewarding adventure that I have experienced in my entire life. Your team and your expertise was without question top notch. From the moment Phil and I landed in Kathmandu to the time we departed the excitement never ended. I have been looking at some of the other wonderful treks that you offer and hope that in the near future will be able to book another adventure.”

—Ray R.

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