

Everest Base Camp via the 3 Peaks and 3 Passes Trek with Lobuche Peak climb option

IMG's Himalayan programs are recognized worldwide as simply outstanding, with a reputation of highly professional staff, first-rate logistics and our resulting safety and success record in the mountains.

For Autumn 2019, we have updated our popular Everest Trek with a unique itinerary designed for the adventurous trekkers who wants to do the Classic EBC Trek via a more challenging loop route with very little backtracking. Along the way we climb three trekking peaks and cross three high passes!

This is classic high-altitude trekking. We start our trip with the famous flight to Lukla and trek to Namche Bazaar. Then, on to Tengboche, Pangboche, Pheriche, and a nice acclimatization hike onto the ridge to see the North Ridge of Ama Dablam. We continue up the Imja Khola Valley to Chukkung, from where we make a spectacular (non-technical) climb of 18,238ft Chukkung Ri. Then, we cross over into the Dudh Kosi Valley to Lobuche via the Khongma La (18,320ft pass) and cross the famous Khumbu Glacier (rubble covered, no ropes needed). From here we head up to Gorak Shep, climb the famous trekking peak, Kala Pattar, (18,192ft) and visit Everest Base Camp (about 17,500ft).

For climbers looking for more altitude climbing, we have the Lobuche Peak option. On the way down from Everest BC, Lobuche climbers turn right and head up to the Lobuche Peak Base Camp. From there, after some training and prep, they climb the gorgeous 6000m peak, with a world class Everest view from the summit! This is a great climb for people with Mt. Rainier skills, seeking to hit 20,000 feet.

After departing the upper Dudh Kosi Valley the trekkers will turn west over to the Cho La (17,485ft pass) which leads to the spectacular Gokyo, with incredible views of the south face of Cho Oyu and the surrounding peaks. From here we explore the glacial lakes and climb to the summit of our third trekking peak, Gokyo Ri (17,570ft). Then, we ascend the Renjo La (17,515ft pass) which takes us to the famous Thame valley and the old trade route from Tingri (Tibet) to Namche. After a visit to the famous Thame monastery, we descend back to Namche and Lukla, having completed the perfect Everest loop trek!

Please [contact us](#) personally if you have further questions or would like to discuss different options.

Hope you can join us!

Eric Simonson and Greg Vernovage
International Program Directors

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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.

Program Fees and Payment Schedule

3 PEAKS & 3 PASSES TREK (The 3x3)
October 13 – November 06, 2019

Landcost: \$5,000

3 PEAKS & 2 PASSES TREK WITH LOBUCHE CLIMB
October 13 – November 06, 2019

Landcost: \$5,900

NOTE ON DATES: These dates begin the day you arrive in Kathmandu (October 14) and end on the day you are scheduled to return back to Kathmandu from the Khumbu (November 7). To be on the safe side, please schedule your international departure from Kathmandu on November 8th or late in the day on the 7th (in case there is a delay on the Lukla flight on the 6th).

Costs included in trip fee:

- Transportation to and from airport in Kathmandu
- Double occupancy hotels with breakfast in Kathmandu for stated itinerary at beginning of expedition
- Fixed wing round-trip flight to Lukla
- All group camping supplies such as tents, stoves, etc.,
- Breakfast, lunch and dinner while trekking
- Park fees
- Sherpas
- 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
- Helicopter
- Single occupancy accommodations
- Meals in Kathmandu
- Hotels in Kathmandu after the trek/climb
- Personal gear
- Excess baggage charges
- Airport taxes and Nepal entry visas
- Sherpa tip pool (we suggest \$200 per person for trekkers and \$300 per person for Lobuche Peak climbers)
- Satellite telephone air charges
- Personal sundries and beverages
- Costs incurred as a result of delays or events beyond the control of IMG
- *required Travel Insurance (medical, evacuation, trip cancellation, etc.)
- Customary but optional tips for IMG staff.

Single Supplement \$500: Includes single room in the hotel in Kathmandu and lodges on the trek.

REQUIRED Travel Insurance: IMG requires that all participants on Himalayan programs purchase Travel Insurance that includes coverage for medical evacuation, repatriation and medical expenses for the duration of their IMG program. We strongly recommend that you add Trip Cancellation coverage to your policy to cover cancellation (before trip starts) or interruption (after trip starts). More info: <https://www.mountainguides.com/travel-insurance.shtml>. If you need assistance with the various insurance options, give Becky Kjørvestad a call in the IMG Office (360 569 2609) or email becky.kjorvestad@mountainguides.com. **Note on end dates for insurance:** Please ensure that your required Travel Insurance policy covers the duration of your IMG program itinerary (including contingency days) plus travel days to/from your home country.

Tips: We will collect for a tip pool, and ask the members to please contribute \$300 for Lobuche Climbers and \$200 for 3X3 Trekkers. We will collect this in Kathmandu and distribute this after the trip on behalf of the team as a thank you gift to the many unsung people that make the whole operation run smoothly including the porters, trek staff, cooks, helpers, hotel staff, Kathmandu staff, climbing Sherpas, and others. You may **also** wish to provide additional tip to your Sherpas and IMG staff (figure 5% if you are looking for a generous number).

Fee Payment Schedule

With Application	\$1,000
July 06, 2019	Balance

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.

Air Travel

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.

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. IMG’s Himalayan mountaineering programs are organized and directed by Eric Simonson and Greg Vernovage. Their teams include a group of professionals and Sherpas who are the best in the business. Since 1990, we have conducted over 60 Himalayan 8000 meter expeditions and over 600 IMG team members have summited the world’s classic 8,000-meter peaks, including Everest, Lhotse, 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 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.

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 or trekked 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 encourage you to interview us thoroughly. We are here to answer your questions, so please do not hesitate to get in contact.

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 works 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.

IMG Autumn 3 Peak 3 Pass Trek Itinerary

Day	Date	3 Peak 3 Pass Trek
1	Sunday, October 13, 2019	Arrive Kathmandu
2	Monday, October 14, 2019	In Kathmandu
3	Tuesday, October 15, 2019	Fly to Lukla, trek to Phakding
4	Wednesday, October 16, 2019	Trek to Namche
5	Thursday, October 17, 2019	Namche
6	Friday, October 18, 2019	Tengboche
7	Saturday, October 19, 2019	Pangboche
8	Sunday, October 20, 2019	Pheriche
9	Monday, October 21, 2019	Pheriche
10	Tuesday, October 22, 2019	Chukkung
11	Wednesday, October 23, 2019	Climb Chukkung Ri
12	Thursday, October 24, 2019	Rest Day
13	Friday, October 25, 2019	Trek over Khongma La to Lobuche
14	Saturday, October 26, 2019	Kala Pattar and Gorakshep
15	Sunday, October 27, 2019	Visit EBC and Lobuche
16	Monday, October 28, 2019	Trek to Dzongla
17	Tuesday, October 29, 2019	Trek over Cho La to Thagnak
18	Wednesday, October 30, 2019	Trek to Gokyo
19	Thursday, October 31, 2019	Rest Day / Hike to the 5th lake
20	Friday, November 1, 2019	Climb Gokyo Ri
21	Saturday, November 2, 2019	Trek over Renjo La to Lungden
22	Sunday, November 3, 2019	Trek to Thame
23	Monday, November 4, 2019	Trek to Namche
24	Tuesday, November 5, 2019	Return trek to Lukla
25	Wednesday, November 6, 2019	Fly Lukla to Kathmandu

IMG Autumn 3 x 2 Trek with LOBUCHE PEAK

Day	Date	3 Peak 2 Pass Trek WITH LOBUCHE
1	Sunday, October 13, 2019	Arrive Kathmandu
2	Monday, October 14, 2019	In Kathmandu
3	Tuesday, October 15, 2019	Fly to Lukla, trek to Phakding
4	Wednesday, October 16, 2019	Trek to Namche
5	Thursday, October 17, 2019	Namche
6	Friday, October 18, 2019	Tengboche
7	Saturday, October 19, 2019	Pangboche
8	Sunday, October 20, 2019	Pheriche
9	Monday, October 21, 2019	Pheriche
10	Tuesday, October 22, 2019	Chukkung
11	Wednesday, October 23, 2019	Climb Chukkung Ri
12	Thursday, October 24, 2019	Rest Day
13	Friday, October 25, 2019	Trek over Khongma La to Lobuche
14	Saturday, October 26, 2019	Kala Pattar and Gorakshep
15	Sunday, October 27, 2019	Visit EBC and trek to Lobuche base camp
16	Monday, October 28, 2019	Rest, preparation, training day
17	Tuesday, October 29, 2019	High camp
18	Wednesday, October 30, 2019	Summit & return to Lobuche base camp
19	Thursday, October 31, 2019	Contingency day
20	Friday, November 1, 2019	Trek past Dzongla over Cho La to Thagnak
21	Saturday, November 2, 2019	Trek to Gokyo
22	Sunday, November 3, 2019	Gokyo Ri and return to Machermo
23	Monday, November 4, 2019	Namche
24	Tuesday, November 5, 2019	Lukla
25	Wednesday, November 6, 2019	Fly Lukla 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: mountainguides.com/comments.shtml

Everest Trek Personal Equipment Checklist

This equipment list is meant to help you compile your personal gear for a high-altitude trek or climb. 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. Don't cut corners on the quality of your gear.

Travel Items

- Duffel Bags: One duffel will accompany you on the trek to BC. Lobuche Climbers will need a second duffel, which will be packed with the mountain equipment and will go direct to Lobuche Base Camp. 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). We suggest 40-50L. Climbers will need a larger pack (50-60-liter size is popular) and this will also be fine for the trek. For the international flights put your backpack in your 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.

Teahouse/Camp Accessories

- Headlamp: With several sets of extra batteries. Climbers should bring a second back-up headlamp.
- Water Bottles: 2 wide mouth 32oz water bottles. Lobuche climbers add foam insulation shells.
- Water Treatment: Iodine tablets (Potable Aqua or similar) or iodine crystals (Polar Pure).
- 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.

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, dark, polarized 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).
- Camera: With spare batteries, and memory cards.
- Chemical hand warmers (6)

Lobuche Peak Climbers Add

- [] Ice axe: We like a general-purpose axe in the 60-70 cm range, depending upon your height and the type of climbing you anticipate. A wrist leash is useful for wearing while crossing snow bridges or on steep slopes where losing an axe would be a big problem. A spike with a point is preferable to a tubular shape (which can glance off the ice at certain angles).

- [] Crampons: The number one rule with crampons is that they need to stay on your boots no matter what. Make sure your boots are compatible with your crampons. Avoid "cookie cutter" crampons with a vertical side rail. They tend to ball up in soft snow. Mono points, heel hooks, and various technical ice paraphernalia may be great for an icicle, but are unnecessary for mountaineering.
- [] Helmet
- [] Climbing Harness: We prefer a harness with a minimum of padding that can be adjusted to fit over bulky clothing. It's also nice to have a harness with leg loops that open so you don't have to step into the harness.
- [] Ascenders and Hardware: One large locking carabiner, mechanical ascenders with slings, rappel device (figure 8 or similar that will work on a variety of rope diameters from 6mm to half inch braided rope), 3 extra shoulder slings with 'biners. Bring 30 feet of 7mm accessory cord to rig your ascender and safety sling (we will show you a good way to do this).
- [] Warm shelled mittens
- [] Plastic double boots (recommended) or equivalent.
- [] 1 pair of Glacier glasses, with a spare pair as backup.
- [] Small repair kit. We'll have a large repair kit at Base Camp with tools, etc.

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 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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