



THREE PEAKS NEPAL EXPEDITION



2018 TRIP NOTES



Three Peaks Nepal Expedition

November 10 - December 5, 2018

Trip Notes

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During the post-monsoon season of 2018, Adventure Consultants will operate an expedition to climb three of Nepal's most popular trekking peaks; Island Peak (6,189m/20,305ft), Pokalde (5,806m/19,049ft) and Lobuche East (6,119m/20,075ft). The Three Peaks Nepal expedition crosses the high Kongma La Pass between peaks and completes a fabulous circuit of the upper Khumbu tributaries, before returning to Namche Bazaar and back to Lukla.

About the Expedition

The Three Peaks Expedition offers an opportunity to partake in a journey that covers a lot of terrain and enables you to make multiple ascents on peaks of moderate elevation. Participants should have a background in basic mountaineering or a history of physical exercise that can be applied to energetic trekking, and the moderate altitude mountaineering that defines this expedition. Instruction in mountaineering will be provided to ensure the requisite skills are gained prior to the climbing commencing. Each ascent involves a modicum of technical climbing at times where the use of crampons, ice axe and fixed ropes will be encountered.

This journey has many visual highlights with stunning views of the surrounding Himalayan peaks of Everest, Cho Oyu, Nuptse, Lhotse, Makalu, Ama Dablam and many, many more. Island Peak, the highest of the Three Peaks, is referred to by the local Sherpa people as Imja Tse – an 'Island in a glacial sea' is an exciting and popular peak involving climbing on snow and ice on the upper sections. The view from the summit towards Ama Dablam and the south wall of Nuptse / Lhotse is awe-inspiring.



Contemplating the view. Photo Steve Moffat.

Energised from the ascent of Island Peak, we turn next to Pokalde. A pretty hike takes the team to a spectacular high camp near some alpine lakes, high on the Kongma La Pass and one of the most picturesque locations in the entire Himalaya. Directly across the valley lies Ama Dablam, the jewel of the Khumbu Valley and one of the wonders of Nepal. The climb to the top of Pokalde from this camp is not so far as for Island Peak, but on cresting the 5,806m (19,049ft) summit you are blessed with eye-boggling panoramic views around the upper reaches of the Khumbu and Imja Khola Valley systems.

Lobuche East is an ideal progression albeit a little more technical, involving the ascent of long snow/ice slopes of moderate angle. The climbing is protected by fixed rope that our guide and Sherpa team will fix prior to the ascent. This mountain is a little more alpine in nature and involves slightly more exposure than the previous two climbs, making it a great peak on which to finish the trilogy. The high camp is dramatic with exceptional views towards Cholatse, Taweche and Ama Dablam, especially at sunset when the peaks turn pink as the sun sets into Tibet. We climb to the far eastern summit on the summit ridge, a subsidiary of the high peak. These are very do-able climbs for anyone in good shape and with a desire for high adventure.

Trip Outline

This twenty-six-day expedition commences when you arrive in Kathmandu, Nepal on the November 10. We will spend the next day sorting equipment and holding a team briefing about the journey ahead and making our final preparations. On day three, we fly to Lukla at the gateway to the Khumbu Valley.

The expedition will stay at Sherpa lodges whilst we are trekking in the valleys on the way to each of the climbing objectives. On each of the peaks, we will establish our Base Camp, where our talented kitchen crew will cater for us. On our trek up the famous Khumbu Valley, we will visit monasteries and small villages on the same route that Everest climbers have taken for over 50 years.



Near the head of the Imja Tse Valley, Island Peak enjoys spectacular views of the North side of Ama Dablam and the sweeping flanks of Nuptse along with the world's fourth highest peak, Lhotse. In preparation for Island Peak, we first climb Chhukung Ri which in itself is a fair hike to altitude at 5,550m on a day trip from the township of Chhukung. We then cross the glacier via a trail to Island Peak Base Camp. The climb of Island Peak involves some scrambling up rocky terrain to reach low angled glaciers that we walk up until the angle increases. From here we ascend via 40-degree slopes on fixed ropes. After a time, we reach the exposed summit ridge and we enjoy the security of the ropes all the way to the summit. We will start the climb from Base Camp in the early hours of the morning. Preceding the summit attempt will be

Climbing to the summit of Island Peak. Photo Guy Cotter.

coaching on fixed rope techniques and enjoying acclimatisation hikes on nearby peaks.

From Island Peak Base Camp, we will drop back below Chhukung and then up to our camp below Pokalde and the Kongma La. Watch the sun dip below the horizon and feel the allure of a down jacket and warm sleeping bag! In the morning you will pack up and head off to climb Pokalde just on sunrise.

Following our descent down the Western slopes of the Kongma La, we establish our Lobuche Base Camp. Depending on weather conditions, we elect to either have a rest day or move up to a high camp on Lobuche East, which lies on a small expanse of grass and rock above a deep blue lake. Then it's early to bed for another alpine start the following morning.

Our early start (around 2.30am) sees us climbing the South East Ridge, which is a mixture of snow and ice. Where necessary, we fix ropes along the route and steady climbing will bring us to the far eastern summit.



Trekking between peaks. Photo Steve Moffat.

From the top, we are well rewarded with superb views across to Ama Dablam, Makalu, Lhotse, Everest, Nuptse, Changtse, Pumori, Gyachung Kang and Cho Oyu. Then it's time for our descent, all the way back to our Base Camp to celebrate!

After the ascent of Lobuche East, we have an easy walk back down to the tree-line and the village of Pangboche.

From here it's a descent to Tyangboche and its famous bakery and monastery, before returning to familiar territory once we pass Namche Bazaar on the way down the valley towards Phakding. The thicker oxygen enriched air makes for easy travel with time to stop to enjoy the views or chat to the locals, and there's also the opportunity to enjoy Namche Bazaar and perhaps even shop around for some of the thousands of items on display, such as the Tibetan rugs, jewellery and gemstones. The next day it's onwards to Lukla for our final night in the Khumbu, before the flight back to Kathmandu.

This expedition is designed to offer you the best of Nepal at the most reasonable price. Our many years of Himalayan experience allows us to introduce you to the best food, accommodation, destinations and experiences that are available. It's the small details that make all the difference, and this is where we excel. We provide the most affable and experienced western guides working in conjunction with our excellent Sherpa friends, to promise you an experience of a lifetime!

Itinerary

Dates: November 10 to December 5, 2018

- Day 1 Arrive Kathmandu
- 2 Gear checks and sightseeing (if time permits)

- 3 Fly to Lukla, trek to Phakding (2,610m)
- 4 Trek to Namche Bazaar (3,440m)
- 5 Acclimatisation day and sightseeing Namche Bazaar
- 6 Short trek to Khumjung and make an ascent of Khunde Peak (4,200m). Overnight in Khumjung (3,780m)
- 7 Khumjung to Pangboche (3,985m) via the Mong La Pass (3,970m)
- 8 Pangboche to Dingboche (4,410m)
- 9 Acclimatisation / Rest Day in Dingboche
- 10 Dingboche to Chhukung (4,730m)
- 11 Climb Chhukung Ri (5,550m)
- 12 Chhukung to Island Peak Base Camp (4,970m)
- 13 Summit bid on Island Peak (6,189m)
- 14 Rest Day / Contingency Day and or move to Chhukung
- 15 Chhukung to Pokalde High Camp (5,500m)
- 16 Climb Pokalde (5,806m) descend to Pokalde High Camp
- 17 To Lobuche Base Camp
- 18 Lobuche Base Camp to High Camp
- 19 Summit bid on Lobuche East (6,119m) return to Base Camp
- 20 Rest Day / Contingency Day
- 21 Lobuche BC to Pangboche
- 22 Pangboche to Namche Bazaar
- 23 Namche Bazaar to Lukla
- 24 Lukla to Kathmandu flight
- 25 Contingency Lukla flight day
- 26 Depart from Kathmandu - trip ends

Please note that the itinerary may change at any time and that factors such as weather, team member health, logistics etc. will no doubt create some change in the actual dates of the programme.

To enhance your 'Nepal Experience' and to explore more of the region we also offer the additional trekking options after the ascents:

- Visit Everest Base Camp and climb Kala Patar (add 3 days).
- Cross the Cho La Pass and explore the impressive Gokyo Valley (add 4 days).

For further information on these options please contact the Adventure Consultants office.

Expedition Fee

The cost of the expedition ex Kathmandu, Nepal is **US\$7,100 per person**.

This is an inclusive cost and covers the following:

- Nepalese Government Peak Royalty Fees
- All trek organisational requirements
- All trekking permits
- Airport transfers in Kathmandu
- Air transport and accommodation in lodges or tents ex Kathmandu
- All group equipment (tents, ropes, kitchen, radios etc.) and emergency
- Medical supplies

- All trek staff, including Western Guide(s) and Sherpa guides, cooks & porter support
- Transport of 20kg of personal equipment
- Breakfast, lunch and dinner ex Kathmandu
- Access to our satellite telephone for outgoing calls
- Dispatch web page updated throughout the trip for friends & family to follow
- dZi Foundation support for their “revitalise a village” programme – likely to include support for a Nepalese child’s education for a year

The expedition fee does not include the following:

- Air travel to and from Nepal
- Hotel accommodation and meals in Kathmandu
- Purchases of bottled water while on the trek, gifts and alcohol (boiled or treated water for drinking is supplied)
- Other charges at lodges/tea houses such as additional meals, showers, internet access or battery re-charging
- Entry visas for Nepal (30-day tourist visa for Nepal available on arrival in Kathmandu)
- Personal clothing and equipment
- Personal travel insurance/trip cancellation insurance/rescue insurance
- Excess baggage charges for portage and the flights to/from Lukla
- Cost of satellite telephone calls
- Any rescue costs or costs of early departure from the expedition
- Gratuities

Deposit

A deposit of US\$500 is payable to secure a place on the expedition.

Balance

The balance of **US\$6,600** is payable **by 10 August 2018**.

Payments

All payments should be made by bank transfer to the following bank and account:

**Bank of New Zealand
Offshore Branch
1 Willis Street
Wellington
New Zealand**

for the account of **Adventure Consultants Limited**

Account # **1000-594771-0000**
Account Type: **US Dollars**
Swift Address: **BKNZNZ22**

Note: All bank transfer charges are for the **remitter's account**.

We can also accept your deposit by credit card (Visa, Mastercard, Amex), and your balance payment by credit card plus a 3% credit card fee.

Cancellation and Refund Policy

Once you have paid your deposit your trip is confirmed, subject to payment of the balance of fees owing 90 days prior to your trip commencement date. An expedition team member may then cancel his/her participation on the following basis:

- Cancellations outside of 90 days will result in the loss of the trip deposit.
- For cancellations made within 89-60 days of the trip commencement date, we reserve the right to retain 50% of the balance payment.
- For cancellations within 59 days of the departure date a cancellation fee of 100% of the full fee applies.

We strongly recommend you take out **trip cancellation insurance** via your travel agent.

Group Size

For the **Three Peaks Expedition**, we will take a maximum of 12 people hence spaces are limited.

Level of Experience Required

To climb Island Peak one needs to be fit and energetic, however extensive previous climbing experience whilst recommended is not compulsory. Your trip leaders made up of both experienced Western and Sherpa guides will provide some training that will allow you to gain or consolidate skills, ensuring a safe passage on the journey with the highest degree of safety.

Visas

Members will be required to obtain an entry visa into Nepal at the beginning of the expedition. Currently, a 30-day visa costs US\$40 and this is easily procured at Kathmandu Airport on arrival. The trekking and climbing permits are a separate matter dealt with by the expedition agent.

Food

Food will be of the highest standard possible, given the remoteness of the situation. Please inform us, if you have any special dietary requirements. In the Khumbu Valley, we will be

dining in lodges and at the tent camps, where we will be eating in the dining tent and being cooked for by our expedition cook and support crew. Our camp equipment and ample nutritious meals are always the envy of other groups along the way! We do recommend that you bring some of your personal favourite snacks like muesli bars, chocolate and/or candy to supplement the snacks that we provide.

Equipment List

Expedition members will be sent a list detailing all necessary clothing and equipment to be individually provided.

Medical Examination

Expedition members will be provided with pre-trip medical advice and a medical questionnaire and asked to visit their family physician and receive a full medical examination. This information will be sighted only by the expedition leader and our medical adviser and treated with full confidentiality.

Documentation and Photographs

Expedition members will need to provide 3 passport photographs for trekking permits and a copy of their passport biodata page.

The Advantages of Trekking and Climbing With Us

Adventure Consultants is renowned for the quality of its service and strategy applied to their expeditions. Our reputation is attributed to meticulous planning and experienced logistics coordination. We have a philosophy of investing in every expedition to offer our trekkers the best possible experience.

We employ strong and specialised Expedition leaders and Sherpa staff, who are some of the most pre-eminent in the industry. We pride ourselves on operating with small teams, the best back-up and support available. This includes nutritious and ample quantities of food, comfortable Base Camp facilities, reliable emergency communications systems and the necessary medical back up.

Many of our expedition members come to us because they have seen us in action on a previous trip and decide to opt for our level of service and proven experience. Others return because they know we do our very best to make expeditions safe and successful.

How to Join this Expedition

If you would like to join the Three Peaks Nepal Expedition please request an Expedition Application Form or use our online booking form at <http://www.adventureconsultants.com/adventure/BookingForm/> and forward along with a deposit for the trip.

If you require more information please contact us at:

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Adventure Consultants – is affiliated to the New Zealand Mountain Guides Association (NZMGA), New Zealand Alpine Club (NZAC) and a corporate member of the American Alpine Club (AAC). Adventure Consultants perform to IFMGA/UIAGM standards and are world leaders in high altitude guiding.

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