Everest Expedition

Trip information · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**50 Days**
DIFFICULTY	**Challenging**
MAX ALTITUDE	**8848.86m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 45,000 per person**

Trip overview

The Everest South Expedition is the most established and widely used route to the summit of Mount Everest, the highest peak on Earth. Located in the Everest region of Nepal, this legendary expedition represents the ultimate achievement in high-altitude mountaineering. It combines technical climbing, extreme altitude exposure, and a fully supported expedition system in one of the most dramatic mountain environments in the world.

The journey begins with a scenic flight from Kathmandu to Lukla, followed by a trek through the famous Khumbu Valley. The route passes through iconic Sherpa settlements such as Phakding, Namche Bazaar, Tengboche, Dingboche, and Lobuche before reaching Everest Base Camp. This trekking phase is essential for gradual acclimatization and cultural immersion in the Himalayan lifestyle.

From Base Camp, climbers enter the true expedition phase with multiple rotations between higher camps. The South Col route includes the Khumbu Icefall, Western Cwm, Lhotse Face, and South Col before the final summit push. Each section presents increasing altitude, technical difficulty, and extreme environmental conditions. The Everest South Expedition is suitable only for highly experienced climbers with prior 7,000m–8,000m expedition experience, strong physical fitness, and high mental endurance.

Geography and Landscape

Mount Everest lies within the protected area of Sagarmatha National Park, a UNESCO World Heritage Site known for its exceptional alpine landscapes and cultural significance.

The lower Khumbu region features deep valleys, glacial rivers, alpine forests, and traditional Sherpa villages surrounded by towering Himalayan peaks. As the trail ascends toward Base Camp, the terrain becomes increasingly rugged and glacial, dominated by moraine fields and massive ice formations.

Above Base Camp, the environment transitions into a harsh high-altitude world of ice, snow, and extreme weather. The Khumbu Icefall is one of the most dangerous sections, with constantly shifting seracs and deep crevasses. Above this, climbers enter the Western Cwm, a vast glacial basin surrounded by Everest, Lhotse, and Nuptse. The Lhotse Face is a steep, icy wall that leads to the South Col, the final staging point before the summit.

The upper mountain is exposed to severe cold, high winds, and very low oxygen levels. Despite these

extreme conditions, the summit ridge offers an unmatched panoramic view of the Himalayas, including Makalu, Cho Oyu, and other distant peaks, making it one of the most visually rewarding environments on Earth.

Sherpa Guide & Support

The Everest South Expedition is supported by world-class Sherpa climbing guides who play a critical role in safety, logistics, and summit success. Their experience is essential for navigating the complex and dangerous terrain of the highest mountain in the world.

Sherpa teams are responsible for fixing ropes across all technical sections, including the Khumbu Icefall, Lhotse Face, and summit ridge. They manage ladder crossings over crevasses, establish safe climbing routes, and assist climbers with technical movement at extreme altitude.

Guides also provide continuous instruction and support in the use of supplemental oxygen systems, crampons, ice axes, harnesses, and ascenders. Daily monitoring of climbers' health, oxygen levels, and acclimatization status ensures safety throughout the expedition.

At Base Camp and higher camps, professional logistics teams manage food, communication systems, weather forecasting, and medical support. These systems are essential for maintaining safety and operational efficiency in a highly unpredictable environment.

Emergency response systems, including helicopter evacuation from lower sections of the route, are also in place. The Sherpa support structure is the foundation of modern Everest expeditions, ensuring climbers have the highest possible level of safety and guidance.

Highlights

- Summit Mount Everest (8,848.86m) via the classic South Route.
- Full Himalayan expedition with trekking, glacier travel, and technical climbing.
- Expert Sherpa support for safety, route fixing, and oxygen management.
- Strategic acclimatization rotations through multiple high camps.
- Cross iconic sections including the Khumbu Icefall, Western Cwm, and Lhotse Face.
- Spectacular panoramic views from the roof of the world.
- One of the most prestigious achievements in mountaineering.

Day-by-day itinerary

Day 1 : Arrival in Kathmandu (1,400m)

Altitude: 1,400m

Walk: Arrival Day / 1–2 Hours Transfer · Stay: Hotel · Visit: Nepal · Meals: Dinner

Arrival at Tribhuvan International Airport. Meet expedition representative and transfer to hotel. Rest after long international travel. Evening briefing introduces the Everest South route, summit strategy, oxygen system basics, and safety protocols for extreme altitude climbing.

Day 2 : Expedition Briefing & Gear Check (1,400m)

Altitude: 1,400m

Walk: 6–8 Hours · Stay: Hotel · Visit: Nepal · Meals: Breakfast

Full technical inspection of all climbing equipment including boots, crampons, harness, helmet, ice axe,

down suit, sleeping bag, and oxygen system. Missing gear is arranged in Kathmandu. Permit processing begins and emergency evacuation procedures are explained in detail.

Day 3 : Final Preparation in Kathmandu (1,400m)

Altitude: 1,400m

Walk: 5–7 Hours · Stay: Hotel · Visit: Nepal · Meals: Breakfast

Final team coordination, medical readiness check, insurance verification, and packing preparation. Expedition leader finalizes logistics for flight and trekking phase.

Day 4 : Flight to Lukla (2,860m) – Trek to Phakding (2,610m)

Altitude: 1,400m – 2,860m – 2,610m

Walk: 3–4 Hours Trek + 35-Minute Flight · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Scenic mountain flight to Lukla followed by a gentle trek through Sherpa villages, forests, and suspension bridges. First overnight stay in Everest region begins acclimatization.

Day 5 : Trek to Namche Bazaar (3,440m)

Altitude: 2,610m – 3,440m

Walk: 6–7 Hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Trail ascends through Sagarmatha National Park with steep climbs and river crossings. Arrival at Namche Bazaar, the main Sherpa trading hub and acclimatization center.

Day 6 : Acclimatization in Namche Bazaar (3,440m)

Altitude: 3,440m – 3,880m

Walk: 3–5 Hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Short hike to Everest View Hotel (3,880m) for first views of Everest, Lhotse, and Ama Dablam. Rest and oxygen adaptation.

Day 7 : Trek to Tengboche (3,860m)

Altitude: 3,440m – 3,860m

Walk: 5–6 Hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Trek through rhododendron forests and alpine ridges. Visit Tengboche Monastery, a spiritual highlight of the Khumbu region.

Day 8 : Trek to Dingboche (4,410m)

Altitude: 3,860m – 4,410m

Walk: 5–6 Hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Gradual ascent into high alpine terrain. Vegetation decreases and altitude effects become more noticeable.

Day 9 : Acclimatization in Dingboche (4,410m)

Altitude: 4,410m – 5,100m

Walk: 4–5 Hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Hike to Nangkartshang Peak (5,100m) for altitude adaptation. Body adjusts to low oxygen levels.

Day 10 : Trek to Lobuche (4,940m)

Altitude: 4,410m – 4,940m

Walk: 5–6 Hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Trail becomes rocky and glacial. Climbers enter Everest glacier system environment.

Day 11 : Trek to Everest Base Camp (5,364m)

Altitude: 4,940m – 5,364m

Walk: 7–8 Hours · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Arrival at Base Camp. Expedition setup begins including tents, kitchen, communication systems, and medical station.

Day 12–14 : Base Camp Establishment (5,364m)

Altitude: 5,364m

Walk: 3 Days · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Full Base Camp operations established. Climbers undergo medical checks, oxygen baseline testing, and route preparation for Khumbu Icefall.

Day 15–16 : Icefall Training (5,364m)

Altitude: 5,364m – 5,800m

Walk: 2 Days · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Technical training in Khumbu Icefall including ladder crossing, fixed rope climbing, and crevasse safety procedures under Sherpa guidance.

Day 17–19 : Rotation 1 – Camp I (6,065m)

Altitude: 5,364m – 6,065m

Walk: 3 Days · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Climbers cross Khumbu Icefall into Western Cwm and establish Camp I. Short acclimatization stay followed by controlled descent to Base Camp for recovery.

Day 20–22 : Rotation 2 – Camp II (6,400m)

Altitude: 5,364m – 6,400m

Walk: 3 Days · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Second rotation to Camp II in Western Cwm. Climbers experience extreme cold and altitude exposure before returning to Base Camp for rest.

Day 23–27 : Base Camp Rest & Recovery (5,364m)

Altitude: 5,364m

Walk: 5 Days · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Critical recovery phase with medical monitoring, oxygen saturation checks, weather analysis, and equipment adjustments.

Day 28–32 : Rotation 3 – Camp III (7,200m)

Altitude: 5,364m – 7,200m

Walk: 5 Days · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Final acclimatization climb through Lhotse Face using fixed ropes. Camp III established. Climbers test oxygen systems before descending back to Base Camp.

Day 33–35 : Summit Preparation Phase (5,364m)

Altitude: 5,364m

Walk: 3 Days · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Weather window monitoring begins. Final gear sorting, oxygen preparation, and summit strategy briefing conducted by expedition leader and Sherpa team.

Day 36–39 : Summit Push (Everest Summit – 8,849m)

Altitude: 5,364m – 6,400m – 7,200m – 7,900m – 8,849m

Walk: 4 Days · Stay: Tent · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Climbers ascend to Camp II, then Camp III, and finally South Col (7,900m). From midnight summit push begins through Balcony, South Summit, and Hillary Step to reach Everest Summit (8,849m). After a short stay, descent begins immediately.

Day 40–42 : Descent to Base Camp (5,364m)

Altitude: 8,849m – 5,364m

Walk: 3 Days · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Careful descent through high camps back to Base Camp. Recovery begins immediately upon arrival.

Day 43–45 : Trek Back to Namche Bazaar (3,440m)

Altitude: 5,364m – 3,440m

Walk: 3 Days · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Gradual descent through Pheriche and Tengboche villages back to Namche Bazaar.

Day 46 : Trek to Lukla (2,860m)

Altitude: 3,440m – 2,860m

Walk: 6–7 Hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Final trekking day through the Khumbu valley.

Day 47 : Flight Lukla – Kathmandu (1,400m)

Altitude: 2,860m – 1,400m

Walk: 35-Minute Flight + Transfers · Stay: Hotel · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Return flight to Kathmandu. Transfer to hotel.

Day 48–49 : Rest in Kathmandu (1,400m)

Altitude: 1,400m

Walk: 2 Days · Stay: Hotel · Visit: Nepal · Meals: Breakfast

Full recovery, gear return, and celebration dinner.

Day 50 : Departure from Kathmandu (1,400m)

Visit: Nepal · Meals: Breakfast

Transfer to Tribhuvan International Airport for international flight.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrival in Kathmandu · 1,400 m · day 21°C / night 11°C
- Day 2 · Expedition Briefing & Gear Check · 1,400 m · day 21°C / night 11°C
- Day 3 · Final Preparation in Kathmandu · 1,400 m · day 21°C / night 11°C
- Day 4 · Flight to Lukla – Trek to Phakding · 1,400 m · day 21°C / night 11°C
- Day 5 · Trek to Namche Bazaar · 2,610 m · day 15°C / night 3°C
- Day 6 · Acclimatization in Namche Bazaar · 3,440 m · day 11°C / night -2°C
- Day 7 · Trek to Tengboche · 3,440 m · day 11°C / night -2°C
- Day 8 · Trek to Dingboche · 3,860 m · day 8°C / night -5°C
- Day 9 · Acclimatization in Dingboche · 4,410 m · day 6°C / night -8°C
- Day 10 · Trek to Lobuche · 4,410 m · day 6°C / night -8°C
- Day 11 · Trek to Everest Base Camp · 4,940 m · day 3°C / night -12°C
- Day 12 · Base Camp Establishment · 5,364 m · day 1°C / night -15°C
- Day 15 · Icefall Training · 5,364 m · day 1°C / night -15°C
- Day 17 · Rotation 1 – Camp I · 5,364 m · day 1°C / night -15°C
- Day 20 · Rotation 2 – Camp II · 5,364 m · day 1°C / night -15°C
- Day 23 · Base Camp Rest & Recovery · 5,364 m · day 1°C / night -15°C
- Day 28 · Rotation 3 – Camp III · 5,364 m · day 1°C / night -15°C
- Day 33 · Summit Preparation Phase · 5,364 m · day 1°C / night -15°C
- Day 36 · Summit Push · 5,364 m · day 1°C / night -15°C
- Day 40 · Descent to Base Camp · 8,849 m · day -17°C / night -37°C
- Day 43 · Trek Back to Namche Bazaar · 5,364 m · day 1°C / night -15°C
- Day 46 · Trek to Lukla · 3,440 m · day 11°C / night -2°C
- Day 47 · Flight Lukla – Kathmandu · 2,860 m · day 13°C / night 2°C
- Day 48 · Rest in Kathmandu · 1,400 m · day 21°C / night 11°C
- Day 50 · Departure from Kathmandu · 1,400 m · day 21°C / night 11°C

What’s included

Accommodation

- 3–4 nights hotel accommodation in Kathmandu (3-star or similar category)
- Teahouse/lodge accommodation during Everest Base Camp approach trek (twin-sharing basis)
- Fully supported tented accommodation at Everest Base Camp and higher camps (Camp I, II, III, IV)
- High-altitude expedition tents with mattresses and sleeping system at all camps

Meals

- Full-board meals (Breakfast, Lunch, Dinner) during trekking and climbing period
- High-calorie, carefully planned expedition meals prepared by experienced Base Camp kitchen team
- Hot drinks (tea/coffee/soup) during meal times at Base Camp
- Packed meals and high-energy summit food during rotation and summit push

Transportation

- Airport pick-up and drop-off in Kathmandu
- Domestic flight: Kathmandu – Lukla – Kathmandu
- All ground transportation as per itinerary
- Cargo transport of expedition equipment and logistics support to Base Camp

Permits & Fees

- Everest Climbing Permit (Government of Nepal)
- Sagarmatha National Park Entry Permit
- Khumbu Rural Municipality Permit
- Expedition liaison officer fee and related government charges

Guide & Staff

- Highly experienced Everest Climbing Sherpa guides (8,000m certified)
- Trekking guide for approach phase
- Required porters for trekking section
- Base Camp cook and kitchen crew
- Climbing Sherpa support for rotation, rope fixing, and summit push
- Staff insurance, wages, food, and accommodation

Climbing Support & Safety

- Full fixed rope system installation and maintenance on Everest route
- Technical training for Khumbu Icefall and high-altitude sections
- Group safety equipment (ropes, ladders, anchors, rescue gear)
- Oxygen system management support (bottles & regulators coordination)
- First aid kit and continuous health monitoring at Base Camp
- Emergency rescue coordination support

Base Camp Services

- Fully equipped Everest Base Camp setup (tents, dining hall, kitchen, communication hub)
- Satellite communication system and radio network
- Weather forecasting support and daily updates
- High-altitude medical support and oxygen monitoring
- Comfortable sleeping arrangements at Base Camp

Expedition Logistics

- Full expedition management and coordination team
- Summit window planning and rotation scheduling
- Weather analysis and risk assessment support
- Acclimatization strategy and oxygen usage planning
- Liaison officer coordination and official reporting

Not included

International Travel

- International flights to/from Nepal
- Nepal visa fee (USD 30–125 depending on duration)

Personal Climbing Equipment

- Mountaineering boots (double insulated high-altitude boots)
- Crampons, ice axe, helmet, harness, ascender
- Down suit (-30°C to -40°C required)
- Sleeping bag suitable for extreme altitude (-40°C recommended)
- Personal oxygen mask and regulator (if not provided in package)
- Personal clothing layers, gloves, goggles, and trekking gear
- Backpack and personal technical climbing equipment

Insurance (Mandatory)

- High-altitude travel insurance covering up to 9,000m
- Must include helicopter evacuation from Everest region
- Emergency medical treatment, accident, and repatriation coverage

Personal Expenses

- Drinks (soft drinks, bottled water, alcohol)
- Wi-Fi, hot showers, and charging fees during trek
- Snacks, chocolates, and personal food items
- Laundry and personal hygiene items

Kathmandu Expenses

- Extra hotel nights due to delays or early arrival
- Meals in Kathmandu (unless included in package)
- Personal shopping or equipment rental/purchase costs

Emergency & Unexpected Costs

- Helicopter evacuation (if required)
- Medical treatment or hospitalization costs
- Additional accommodation due to weather delays
- Extra logistics costs due to route or schedule changes

Tips & Miscellaneous

- Tips for guides, Sherpas, cooks, and porters
- Personal equipment damage or loss
- Any service not clearly mentioned in "Cost Includes" section

Dates & prices

- 06 Apr, 2027 – 25 May, 2027 · USD 45,000 · Available

Best time to visit

Best months: March–April and October–November. Autumn (October–November) brings the clearest mountain views and stable weather; spring (March–May) is warmer, with rhododendrons in bloom and the Everest climbing season at base camp. Winter is quiet and very cold at night, while the June–August monsoon brings cloud, rain and frequent Lukla flight delays.

What to bring — packing checklist

Climbing gear

- [ ] Mountaineering boots (double or insulated, crampon-compatible)
- [ ] Crampons, climbing harness, helmet
- [ ] Ice axe, jumar (ascender), descender / figure-8
- [ ] 2 locking and 2 non-locking carabiners, tape slings and prusik
- [ ] Glacier glasses (category 4) and ski goggles

Clothing

- [ ] Thermal base layers
- [ ] Fleece and softshell mid-layers
- [ ] Expedition down jacket and down or insulated trousers
- [ ] Hard-shell (Gore-Tex) jacket and trousers
- [ ] Liner, insulated and summit mittens
- [ ] Balaclava, warm hat, buff and sun hat

Trekking & camp

- [ ] Trekking boots and camp shoes
- [ ] Sleeping bag rated to –20 °C
- [ ] Daypack 35–45 L and a large duffel bag
- [ ] Trekking poles, thermos flask, pee bottle

Health & personal

- [ ] Personal medication and a small first-aid kit
- [ ] Altitude medicine (Diamox) after consulting your doctor
- [ ] Water bottles or a 2–3 L hydration bladder, purification tablets or filter
- [ ] Sunscreen SPF 50, lip balm with SPF
- [ ] Hand sanitiser, wet wipes, quick-dry towel
- [ ] Headlamp with spare batteries, power bank

Documents & money

- [ ] Passport valid for 6+ months, plus copies
- [ ] Travel insurance policy (covering helicopter evacuation)
- [ ] 4 passport photos for permits
- [ ] Cash in USD / Nepali rupees for tips, snacks and extras
- [ ] Credit or debit card

Down jackets and sleeping bags can also be rented in Kathmandu.

Essential information

Accommodation

Accommodation during the Everest South Expedition is divided into hotel, lodge, and fully supported

tented camp systems.

In Kathmandu, climbers stay in a comfortable 3–5 star hotel for preparation, briefing, and rest. During the trekking phase, accommodation is provided in well-managed teahouses along the Everest Base Camp route, including Namche Bazaar, Tengboche, Dingboche, and Lobuche.

From Base Camp onwards, climbers stay in fully equipped expedition tents. Everest Base Camp includes a complete logistical setup with dining tents, communication tents, medical support, kitchen teams, and personal sleeping tents. Higher camps (Camp I, Camp II, Camp III, and Camp IV – South Col) are established and supported with oxygen systems, fixed ropes, and high-altitude logistics.

Meals

The expedition includes full-board meals throughout the journey. In Kathmandu and lower trekking regions, meals are provided in hotels and teahouses. At Base Camp and higher camps, a professional expedition cook team prepares high-calorie, nutritious meals designed for extreme altitude performance.

Meals include soups, rice, pasta, vegetables, energy-rich carbohydrate dishes, dehydrated meals at higher camps, and hot drinks such as tea, coffee, and electrolyte solutions. During summit rotation, climbers rely on packed high-energy food and supplemental oxygen support.

Difficulty and Fitness

The Everest South Route is the highest and most demanding mountaineering expedition in the world. It is suitable only for highly experienced climbers with previous 6,000m–7,000m peak experience.

The climb involves:

- Long-duration high-altitude exposure above 8,000m
- Technical sections such as the Khumbu Icefall, Lhotse Face, and Hillary Step area
- Fixed rope climbing in extreme conditions
- Severe cold temperatures and strong winds
- Use of supplemental oxygen above Camp III

Excellent cardiovascular fitness, mental resilience, and prior expedition experience are essential for summit success.

Permits

The following permits are required:

- Everest Climbing Permit (South Route – Nepal Government)
- Sagarmatha National Park Entry Permit
- Khumbu Rural Municipality Permit
- Icefall Route Fees and Climbing Documentation

All permits and official arrangements are managed by the expedition operator.

Best Time to Climb

The best climbing seasons for Everest are:

Spring (April–May)

- Most popular and stable summit window

- Favorable weather conditions
- Higher summit success rates

Autumn (September–October)

- Clear skies and stable post-monsoon weather
- Less crowded than spring season
- Strong visibility and safer climbing conditions
- Winter and monsoon seasons are not suitable due to extreme weather conditions.

Transportation

The expedition begins with a scenic flight from Kathmandu to Lukla, followed by a trek through the Everest Base Camp route via Namche Bazaar and surrounding villages.

All expedition logistics, including transportation, cargo, and fixed rope setup above Base Camp, are professionally managed. Weather conditions in Lukla may affect flight schedules.

Safety and Altitude

Everest Expedition requires the highest level of safety management in mountaineering. The itinerary includes multiple acclimatization rotations between Base Camp and higher camps.

Key safety systems include:

- Fixed rope routes throughout the mountain
- Sherpa-led climbing support on all sections
- Continuous oxygen monitoring systems
- Weather forecasting and summit window planning
- Medical support at Base Camp
- Emergency helicopter evacuation plans

Climbers are closely monitored for altitude sickness and fatigue throughout the expedition.

Travel and High Altitude Insurance

Comprehensive insurance is mandatory and must include:

- High-altitude climbing coverage up to 9,000m
- Emergency helicopter rescue and evacuation
- Medical treatment and hospitalization
- Trip cancellation and emergency return coverage

Additional information

Extra Information

Climbing Training and Preparation

Before summit rotations, climbers undergo intensive training and preparation, including:

- Use of supplemental oxygen systems
- Fixed rope climbing techniques

- Ice climbing and ladder crossing (Khumbu Icefall)
- Ascender (Jumar) and descender techniques
- High-altitude survival skills
- Emergency rescue procedures

Climbing Equipment

Required expedition-grade equipment includes:

- High-altitude down suit
- Double-layer mountaineering boots
- Crampons, ice axe, and climbing harness
- Ascender, carabiners, slings, and rope systems
- Oxygen mask and regulator system
- Sleeping bag rated to -40°C
- Goggles, glacier sunglasses, and headlamp
- High-altitude gloves and layered clothing system

Why Choose Everest Expedition?

- The world’s highest and most iconic mountain
- Most established and safest climbing route to the summit
- Strong Sherpa expedition support system
- Fully equipped Base Camp infrastructure
- Proven summit route with fixed ropes and oxygen support
- Life-changing mountaineering achievement
- Ultimate goal for professional climbers worldwide

The Everest South Expedition is the pinnacle of Himalayan mountaineering, offering an unmatched combination of challenge, prestige, and adventure in the highest environment on Earth.

Frequently asked questions

How difficult is the Everest Expedition?

The Everest Expedition is graded Moderate — suitable for most active travellers. You should be comfortable with long days at altitude; previous use of crampons and ropes helps, and our climbing Sherpas run pre-climb training at base camp. Regular cardio training — hiking, running, cycling or stair climbing — for 6–8 weeks before departure makes the trip far more enjoyable.

What is the best time for the Everest Expedition?

For the Everest & Khumbu region the best months are March–April and October–November. Autumn (October–November) brings the clearest mountain views and stable weather; spring (March–May) is warmer, with rhododendrons in bloom and the Everest climbing season at base camp. Winter is quiet and very cold at night, while the June–August monsoon brings cloud, rain and frequent Lukla flight delays.

What permits do I need for the Everest Expedition?

You need the Sagarmatha National Park entry permit and the Khumbu Pasang Lhamu Rural Municipality permit, plus the Department of Tourism expedition permit and royalty. Nord Extreme arranges every permit for you before the trip starts — check the "Includes" section above for exactly what is covered in the price.

Just bring your passport and a few passport-size photos.

What is the accommodation like on the Everest Expedition?

Hotels in Kathmandu, teahouses on the approach and a fully equipped base camp with individual tents, dining and shower tents, heating, solar power and satellite communication. High camps use mountain tents set up by our climbing Sherpas.

Can I book the Everest Expedition as a private trip or join a group?

Both. You can join one of the fixed departures listed under "Dates & Prices", or book a private trip for just you, your family or friends on any date. Solo travellers are welcome — you will always have your own licensed guide.

Do I need travel insurance for the Everest Expedition?

Yes, travel insurance is compulsory. It must cover medical treatment and emergency helicopter evacuation up to the trip's highest altitude, plus trip cancellation. Please send us your policy details before departure.

What should I pack for the Everest Expedition?

See the "What to bring" checklist on this page for the full list. The essentials are broken-in boots, warm layers, a down jacket, a waterproof shell, sun protection and a daypack. Down jackets and sleeping bags can be rented cheaply in Kathmandu, and a porter carries your main bag (up to 10–12 kg).

Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/everest-expedition/

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