

Pumori

REGION	Khumbu · Everest region
DURATION	33 days
MAX ALTITUDE	7,161 m
GRADE	Expedition · AD+
SEASON	Apr-May · Sep-Oct
FROM	from \$25,000

Overview

Everest's elegant neighbour above Base Camp

Standing directly above Everest Base Camp, Pumori is a striking, committing 7,000 m expedition on snow and ice, with an unrivalled view straight down the Khumbu icefall to Everest, Lhotse and Nuptse.

The Pumori Expedition is a challenging climb above 7,000 meters. Mount Pumori (7,161 m / 23,494 ft) is one of the more demanding 7,000 m objectives in the Nepal Himalaya, sitting on the Nepal-China border in the Mahalangur Himal, about 8.5 km west of Everest and 4.5 km from Nuptse. The name Pumori means "unmarried daughter" in the Sherpa language, given by George Mallory.

The peak was first climbed by a German-Swiss expedition, reaching the summit via the Southeast Face on May 17, 1962. A new route on the South Face was climbed by two Czech climbers in 1996. An outlier of Pumori, Kala Patthar (5,643 m / 18,513 ft), appears as a large brown bump below the mountain's impressive south face.

Roughly 600 people have summited Pumori since 1962. The mountain offers treasured views of Mt. Everest and Tibet, including the Rongbuk Glacier. It has been climbed via both the Southeast and Southwest routes, with the Southeast considered the standard line. Both spring and autumn are suitable climbing seasons. Pumori suits climbers seeking a demanding 7,000 m objective within roughly a month, and the route calls for technical climbing skills, prior 8,000 m or comparable high-altitude experience, and a high level of physical fitness.

The western flank is a notably technical and challenging approach: climbers heading up the Southwest or East side must ascend roughly 1,000 m of glacial blue ice, rising at 50-55 degrees with occasional 70-degree bulges, with fixed ropes set along the way and a steady rhythm of foot placement and jumar use required to make progress. The more commonly used Southeast route runs through the Khumbu region up the Khumbu Glacier to Lobuche (4,750 m). After a scenic flight to Lukla, the trek continues through Namche Bazaar (3,400 m), Tengboche (3,800 m), Pheriche (4,200 m), Lobuche (4,710 m), and Gorak Shep (5,150 m) to Everest/Lhotse Base Camp (5,200 m) - typically an 8-9 day approach from Kathmandu to Advanced Base Camp. Highlights along the way include magnificent Himalayan views, the scenic flight to Lukla, the Sherpa and Hillary Museum, unforgettable views of Everest and the Tibetan plateau, abundant flora and fauna, and Tengboche Monastery.

The standard route follows the Southeast Ridge, a Grade 3 snow-and-ice climb requiring solid alpine technique and familiarity with the effects of high altitude. Camps I to III are typically set above base camp at 5,300 m / 17,388 ft. From base camp, the route crosses glaciers and a knife-edged ridge for 4-5 hours to reach Camp I at 5,700 m / 18,701 ft. From Camp I, a 40-60 degree face and a snow wall lead to

Camp II at 6,200 m / 20,341 ft. From Camp II, ice walls and crevasses lead to Camp III at 6,500 m / 21,325 ft, from where the route crosses further crevasses and the Pumori cliff en route to the summit.

Highlights

- Summit one of the world's most iconic 7,000-meter peaks (7,161 m / 23,494 ft) in the Everest region.
- Stand on the summit with breathtaking 360° panoramic views of Everest, Lhotse, Nuptse, Ama Dablam, and the Khumbu Glacier.
- Climb a technically challenging Himalayan peak, ideal for experienced mountaineers preparing for higher 8,000 m expeditions.
- Trek through the legendary Everest Base Camp trail and vibrant Sherpa villages.
- Acclimatize at the famous Everest Base Camp (5,364 m) before moving to Pumori Base Camp.
- Establish and climb through multiple high camps using fixed ropes on steep snow, ice, and mixed terrain.
- Experience exhilarating alpine climbing across snow ridges, ice faces, and exposed sections.
- Enjoy spectacular sunrise and sunset views over the highest mountains on Earth.
- Cross the dramatic Khumbu Glacier and explore one of the world's most renowned mountaineering landscapes.

Itinerary

Day 1 - Arrival in Kathmandu, Transfer to Hotel

On arrival at Tribhuvan International Airport, you will be met and transferred to your hotel in Kathmandu. The rest of the day is free to rest after your flight, settle in, and adjust to the time zone. Depending on your arrival time, you may wish to take a short stroll through the surrounding streets, with their mix of temples, shops, and street-side eateries. In the evening, a welcome dinner gives you the chance to meet your expedition team and ask any early questions about the weeks ahead.

- Max Altitude: 1,350 m (4,430 ft)
- Meals: Breakfast, Dinner
- Overnight: Hotel

Day 2 - Preparation and Briefings

This day is set aside for the practical groundwork of the expedition. You will visit the Department of Tourism for permit formalities and an official briefing, and your expedition leader will run through the itinerary, safety procedures, communication plans, and emergency protocols in detail. Afterward, there is time for last-minute shopping in Kathmandu's trekking gear shops, where you can pick up or rent any equipment you still need, exchange currency, and double-check your personal kit against the recommended equipment list.

- Max Altitude: 1,350 m
- Meals: Breakfast
- Overnight: Hotel

Day 3 - Trek to Phakding

The adventure proper begins today. Option I takes a short, scenic mountain flight from Kathmandu to Lukla (2,860 m), one of the more dramatic airstrips in the world, tucked into the hillside with Himalayan peaks on every side. Option II drives from Kathmandu to Ramechhap the previous day and flies the shorter Manthali-Lukla route, which is used seasonally to reduce congestion at Kathmandu airport. From Lukla, the trail drops gently through pine forest and past mani walls and

prayer flags, following the Dudh Koshi River down to the village of Phakding, where you settle into your first teahouse of the trek.

- Max Altitude: 2,650 m (8,694 ft)
- Duration: 4 hours
- Meals: Breakfast, Lunch, Dinner
- Overnight: Lodge

Day 4 - Trek from Phakding to Namche Bazaar

Today's trek follows the Dudh Koshi River upstream, crossing several suspension bridges strung high above the water, including the long bridge near Larja. The trail passes through the villages of Benkar, Monjo, and Jorsalle, where you will register at the entrance to Sagarmatha National Park. From Jorsalle, a steady, often steep climb leads up the valley wall to Namche Bazaar, the unofficial capital of the Khumbu and the main trading hub for the region - and on a clear day, this stretch offers the trek's first proper glimpse of Everest itself, framed between the ridgelines.

- Max Altitude: 3,440 m (11,286 ft)
- Duration: 6 hours
- Meals: Breakfast, Lunch, Dinner
- Overnight: Lodge

Day 5 - Acclimatization Day - Hike to a Viewpoint Above Namche

With the altitude gain of the past two days, today is built around acclimatization rather than distance - the guiding principle at this stage of the trek is to climb high and sleep low. A morning hike leads up to a well-known viewpoint high above Namche, where clear weather rewards you with sweeping views of Everest, Lhotse, and Ama Dablam. Namche itself is worth the afternoon: its terraced, horseshoe-shaped streets host a lively Saturday market, several bakeries and gear shops, and a local museum tracing Sherpa mountaineering history and culture, with an evening slideshow presentation on regional customs and past expeditions.

- Max Altitude: 3,800 m (12,487 ft)
- Duration: 3 hours
- Meals: Breakfast, Lunch, Dinner
- Overnight: Lodge

Day 6 - Trek from Namche Bazaar to Tengboche

Leaving Namche, the trail undulates along the hillside with fine views of Ama Dablam, Everest, and Thamserku before dropping to the river at Phunki Tenga for lunch. The afternoon is a long, steady climb through rhododendron and pine forest - often busy with mountain wildlife such as musk deer or Himalayan tahr - up to Tengboche, home to the largest and most significant Buddhist monastery in the Khumbu. If timing allows, you may be able to observe the monks' evening prayer ceremony, set against a backdrop of Ama Dablam and Everest that makes this one of the most photographed spots on the route.

- Max Altitude: 3,850 m (12,631 ft)
- Duration: 5-6 hours
- Meals: Breakfast, Lunch, Dinner
- Overnight: Lodge

Day 7 - Trek from Tengboche to Dingboche

The trail descends through juniper and birch forest to Deboche before crossing the Imja Khola and climbing toward Pangboche, one of the oldest villages in the Khumbu. Beyond Pangboche, the landscape opens up considerably as the vegetation thins toward the high alpine zone, with Ama Dablam looming directly overhead for much of the walk. The trail then splits toward Dingboche, a

summer settlement of stone-walled fields where the terrain and views begin to feel distinctly higher and more remote than the villages below.

- Max Altitude: 4,350 m (14,271 ft)
- Duration: 4-5 hours
- Meals: Breakfast, Lunch, Dinner
- Overnight: Lodge

Day 8 - Acclimatization in Dingboche - Hike to Chukung-Ri

A second dedicated acclimatization day, essential before pushing higher toward Lobuche and base camp. Many groups use the day for a hike toward Chukung and the ridge of Chukung-Ri, which gives a dramatic close-up perspective on the south face of Lhotse and the Nuptse-Lhotse wall, along with wide views back down the Imja Valley. The extra altitude gained during the day's hike, followed by a return to sleep at Dingboche, helps the body adjust more effectively than a full rest day at the same elevation.

- Max Altitude: 5,550 m (18,209 ft)
- Duration: 6 hours
- Meals: Breakfast, Lunch, Dinner
- Overnight: Lodge

Day 9 - Trek from Dingboche to Lobuche

The trail climbs steadily out of Dingboche onto more exposed, rocky terrain, passing the memorial chortens at Thukla (Dughla) that commemorate climbers and Sherpas who lost their lives on Everest and neighboring peaks - a quietly moving stop before continuing higher. Beyond Thukla, the path follows the edge of the Khumbu Glacier's lateral moraine, with the terrain becoming noticeably starker and more mountainous, before reaching the small settlement of Lobuche, sitting beneath the striking profile of Lobuche Peak.

- Max Altitude: 5,018 m (16,463 ft)
- Duration: 4-5 hours
- Meals: Breakfast, Lunch, Dinner
- Overnight: Lodge

Day 10 - Kala Patthar, Gorak Shep to Pumori Base Camp

An early start takes you from Lobuche across glacial moraine to Gorak Shep, and from there up to Kala Patthar (5,554 m), widely regarded as the best accessible viewpoint of Everest's summit pyramid in the entire region, along with Nuptse, Changtse, and the upper Khumbu Glacier. After descending to Gorak Shep for a rest and meal, the trek continues on to Pumori Base Camp (5,300 m), where camping equipment and expedition gear will already be in place, marking the transition from trekking to the climbing phase of the trip.

- Max Altitude: 5,554 m (18,220 ft)
- Duration: 7 hours
- Meals: Breakfast, Lunch, Dinner
- Overnight: Camping

Day 11 - Climbing Period

This extended window is reserved for the technical climb itself. Time is used to establish and stock Camps I, II, and III above base camp, rotate up and down to acclimatize at each new altitude, fix ropes across the glaciated and icy sections of the route, and wait for a stable weather window. The exact schedule within this period is flexible and depends heavily on snow and ice conditions, weather forecasts, and the team's acclimatization progress, culminating in a summit push to 7,161 m timed for the best available conditions.

- Max Altitude: 7,161 m (23,495 ft)
- Meals: Breakfast, Lunch, Dinner
- Overnight: Camping

Day 12 - Climbing Period

This extended window is reserved for the technical climb itself. Time is used to establish and stock Camps I, II, and III above base camp, rotate up and down to acclimatize at each new altitude, fix ropes across the glaciated and icy sections of the route, and wait for a stable weather window. The exact schedule within this period is flexible and depends heavily on snow and ice conditions, weather forecasts, and the team's acclimatization progress, culminating in a summit push to 7,161 m timed for the best available conditions.

- Max Altitude: 7,161 m (23,495 ft)
- Meals: Breakfast, Lunch, Dinner
- Overnight: Camping

Day 13 - Climbing Period

This extended window is reserved for the technical climb itself. Time is used to establish and stock Camps I, II, and III above base camp, rotate up and down to acclimatize at each new altitude, fix ropes across the glaciated and icy sections of the route, and wait for a stable weather window. The exact schedule within this period is flexible and depends heavily on snow and ice conditions, weather forecasts, and the team's acclimatization progress, culminating in a summit push to 7,161 m timed for the best available conditions.

- Max Altitude: 7,161 m (23,495 ft)
- Meals: Breakfast, Lunch, Dinner
- Overnight: Camping

Day 14 - Climbing Period

This extended window is reserved for the technical climb itself. Time is used to establish and stock Camps I, II, and III above base camp, rotate up and down to acclimatize at each new altitude, fix ropes across the glaciated and icy sections of the route, and wait for a stable weather window. The exact schedule within this period is flexible and depends heavily on snow and ice conditions, weather forecasts, and the team's acclimatization progress, culminating in a summit push to 7,161 m timed for the best available conditions.

- Max Altitude: 7,161 m (23,495 ft)
- Meals: Breakfast, Lunch, Dinner
- Overnight: Camping

Day 15 - Climbing Period

This extended window is reserved for the technical climb itself. Time is used to establish and stock Camps I, II, and III above base camp, rotate up and down to acclimatize at each new altitude, fix ropes across the glaciated and icy sections of the route, and wait for a stable weather window. The exact schedule within this period is flexible and depends heavily on snow and ice conditions, weather forecasts, and the team's acclimatization progress, culminating in a summit push to 7,161 m timed for the best available conditions.

- Max Altitude: 7,161 m (23,495 ft)
- Meals: Breakfast, Lunch, Dinner
- Overnight: Camping

Day 16 - Climbing Period

This extended window is reserved for the technical climb itself. Time is used to establish and stock Camps I, II, and III above base camp, rotate up and down to acclimatize at each new altitude, fix

ropes across the glaciated and icy sections of the route, and wait for a stable weather window. The exact schedule within this period is flexible and depends heavily on snow and ice conditions, weather forecasts, and the team's acclimatization progress, culminating in a summit push to 7,161 m timed for the best available conditions.

- Max Altitude: 7,161 m (23,495 ft)
- Meals: Breakfast, Lunch, Dinner
- Overnight: Camping

Day 17 - Climbing Period

This extended window is reserved for the technical climb itself. Time is used to establish and stock Camps I, II, and III above base camp, rotate up and down to acclimatize at each new altitude, fix ropes across the glaciated and icy sections of the route, and wait for a stable weather window. The exact schedule within this period is flexible and depends heavily on snow and ice conditions, weather forecasts, and the team's acclimatization progress, culminating in a summit push to 7,161 m timed for the best available conditions.

- Max Altitude: 7,161 m (23,495 ft)
- Meals: Breakfast, Lunch, Dinner
- Overnight: Camping

Day 18 - Climbing Period

This extended window is reserved for the technical climb itself. Time is used to establish and stock Camps I, II, and III above base camp, rotate up and down to acclimatize at each new altitude, fix ropes across the glaciated and icy sections of the route, and wait for a stable weather window. The exact schedule within this period is flexible and depends heavily on snow and ice conditions, weather forecasts, and the team's acclimatization progress, culminating in a summit push to 7,161 m timed for the best available conditions.

- Max Altitude: 7,161 m (23,495 ft)
- Meals: Breakfast, Lunch, Dinner
- Overnight: Camping

Day 19 - Climbing Period

This extended window is reserved for the technical climb itself. Time is used to establish and stock Camps I, II, and III above base camp, rotate up and down to acclimatize at each new altitude, fix ropes across the glaciated and icy sections of the route, and wait for a stable weather window. The exact schedule within this period is flexible and depends heavily on snow and ice conditions, weather forecasts, and the team's acclimatization progress, culminating in a summit push to 7,161 m timed for the best available conditions.

- Max Altitude: 7,161 m (23,495 ft)
- Meals: Breakfast, Lunch, Dinner
- Overnight: Camping

Day 20 - Climbing Period

This extended window is reserved for the technical climb itself. Time is used to establish and stock Camps I, II, and III above base camp, rotate up and down to acclimatize at each new altitude, fix ropes across the glaciated and icy sections of the route, and wait for a stable weather window. The exact schedule within this period is flexible and depends heavily on snow and ice conditions, weather forecasts, and the team's acclimatization progress, culminating in a summit push to 7,161 m timed for the best available conditions.

- Max Altitude: 7,161 m (23,495 ft)
- Meals: Breakfast, Lunch, Dinner

- Overnight: Camping

Day 21 - Climbing Period

This extended window is reserved for the technical climb itself. Time is used to establish and stock Camps I, II, and III above base camp, rotate up and down to acclimatize at each new altitude, fix ropes across the glaciated and icy sections of the route, and wait for a stable weather window. The exact schedule within this period is flexible and depends heavily on snow and ice conditions, weather forecasts, and the team's acclimatization progress, culminating in a summit push to 7,161 m timed for the best available conditions.

- Max Altitude: 7,161 m (23,495 ft)
- Meals: Breakfast, Lunch, Dinner
- Overnight: Camping

Day 22 - Climbing Period

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- Meals: Breakfast, Lunch, Dinner
- Overnight: Camping

Day 23 - Climbing Period

This extended window is reserved for the technical climb itself. Time is used to establish and stock Camps I, II, and III above base camp, rotate up and down to acclimatize at each new altitude, fix ropes across the glaciated and icy sections of the route, and wait for a stable weather window. The exact schedule within this period is flexible and depends heavily on snow and ice conditions, weather forecasts, and the team's acclimatization progress, culminating in a summit push to 7,161 m timed for the best available conditions.

- Max Altitude: 7,161 m (23,495 ft)
- Meals: Breakfast, Lunch, Dinner
- Overnight: Camping

Day 24 - Climbing Period

This extended window is reserved for the technical climb itself. Time is used to establish and stock Camps I, II, and III above base camp, rotate up and down to acclimatize at each new altitude, fix ropes across the glaciated and icy sections of the route, and wait for a stable weather window. The exact schedule within this period is flexible and depends heavily on snow and ice conditions, weather forecasts, and the team's acclimatization progress, culminating in a summit push to 7,161 m timed for the best available conditions.

- Max Altitude: 7,161 m (23,495 ft)
- Meals: Breakfast, Lunch, Dinner
- Overnight: Camping

Day 25 - Climbing Period

This extended window is reserved for the technical climb itself. Time is used to establish and stock Camps I, II, and III above base camp, rotate up and down to acclimatize at each new altitude, fix ropes across the glaciated and icy sections of the route, and wait for a stable weather window. The exact schedule within this period is flexible and depends heavily on snow and ice conditions, weather

forecasts, and the team's acclimatization progress, culminating in a summit push to 7,161 m timed for the best available conditions.

- Max Altitude: 7,161 m (23,495 ft)
- Meals: Breakfast, Lunch, Dinner
- Overnight: Camping

Day 26 - Climbing Period

This extended window is reserved for the technical climb itself. Time is used to establish and stock Camps I, II, and III above base camp, rotate up and down to acclimatize at each new altitude, fix ropes across the glaciated and icy sections of the route, and wait for a stable weather window. The exact schedule within this period is flexible and depends heavily on snow and ice conditions, weather forecasts, and the team's acclimatization progress, culminating in a summit push to 7,161 m timed for the best available conditions.

- Max Altitude: 7,161 m (23,495 ft)
- Meals: Breakfast, Lunch, Dinner
- Overnight: Camping

Day 27 - Preparation for Return - Trek to Dingboche

With the climb complete, base camp is broken down and equipment repacked for the journey out. The descent from Everest Base Camp back to Dingboche feels notably easier on the lungs as the altitude drops, and it is common to feel a real sense of relief and accomplishment on this stretch, retracing the trail past Lobuche and Thukla in the opposite direction.

- Max Altitude: 4,350 m (14,271 ft)
- Duration: 4 hours
- Meals: Breakfast, Lunch, Dinner
- Overnight: Lodge

Day 28 - Trek from Dingboche to Tengboche

The trail descends back through Pangboche and Deboche to Tengboche, passing once again beneath Ama Dablam. With the climbing behind you, there is often time to revisit the monastery or simply enjoy the forested surroundings at a more relaxed pace than on the way up.

- Max Altitude: 3,860 m (12,631 ft)
- Duration: 4 hours
- Meals: Breakfast, Lunch, Dinner
- Overnight: Lodge

Day 29 - Trek from Tengboche to Namche Bazaar

A pleasant, largely downhill walk back through Phunki Tenga and up the short climb to Namche Bazaar, where a warm shower, a wider choice of food, and the town's bakeries and cafés are a welcome change after weeks at altitude.

- Max Altitude: 3,440 m (11,286 ft)
- Duration: 4 hours
- Meals: Breakfast, Lunch, Dinner
- Overnight: Lodge

Day 30 - Trek from Namche Bazaar to Lukla

The final trekking day retraces the route down to the Dudh Koshi River and back through Jorsalle, Monjo, and Phakding to Lukla. It is a long day, but almost entirely descending, and the last chance to take in the forested Khumbu scenery before returning to the small mountain airstrip that marks the edge of the trail.

- Max Altitude: 2,840 m (9,317 ft)
- Duration: 7 hours
- Meals: Breakfast, Lunch, Dinner
- Overnight: Lodge

Day 31 - Fly from Lukla to Kathmandu

A short scenic flight retraces the route back to Kathmandu, offering a final aerial look at the foothills you have just spent weeks walking through. On arrival, you will be transferred to your hotel, with the rest of the day free to rest, do laundry, and begin decompressing after the expedition.

- Max Altitude: 1,350 m (4,430 ft)
- Duration: 35 mins
- Meals: Breakfast
- Overnight: Hotel

Day 32 - Leisure Day in Kathmandu

A free day in the capital for souvenir shopping, sightseeing, or simply relaxing after the trip. In the evening, a farewell dinner with a traditional Nepali cultural program brings the expedition to a close, giving the team a chance to celebrate the climb together before departures the next day.

- Max Altitude: 1,350 m
- Meals: Breakfast, Dinner
- Overnight: Hotel

Day 33 - Final Departure

Transfer to Tribhuvan International Airport for your onward flight, timed according to your individual flight schedule.

- Max Altitude: 1,350 m
- Meals: Breakfast

What's included

- Airport pick-up and drop-off, on arrival and departure, for international and domestic flights
- Representatives with placard and ID for easy airport identification
- Four nights' hotel accommodation in Kathmandu (tourist star to five-star category, as requested)
- Experienced, government-authorized high-altitude trekking/climbing guide (Expedition Leader)
- Chef, cook assistant, helper, and base camp manager at Pumori Advanced Base Camp
- One experienced, government-licensed, three-time Everest Summiteer climbing guide per client
- A professional lead guide for the expedition group
- All wages, equipment allowances, and load-carry bonuses for staff
- Medical, accidental, and helicopter evacuation insurance for all expedition staff and the liaison officer
- Surface transportation during trekking and city transfers, as per the itinerary
- Round-trip Kathmandu-Lukla-Kathmandu flights for members and guides
- Cargo transport from Kathmandu to Lukla, and porter/yak transport to base camp and back
- Tea house accommodation during trekking (except chain hotels)
- Fresh breakfast, lunch, and dinner with tea/coffee throughout the trek
- Camping accommodation at Advanced Base Camp and Camp 2
- All food and fuel for base camp and higher camps, for members and staff
- Clean, fresh, nutritious meals at Advanced Base Camp and Camp 2

- High-altitude package food and gas stoves for Camp 1, Camp 3, and South Col
- Kitchen, dining, storage, and toilet tents, plus tables, chairs, and cooking utensils
- Four-season tents with mattresses at Advanced Base Camp (1:1), and 2:1 tent sharing above ABC
- Dynamic and static rope, ice screws, snow bars, rock pitons, and locking/non-locking karabiners
- All tents for Camps 1, 2, 3, and 4 for members and staff
- Up to 60kg of personal climbing equipment carriage per person (flight and trekking)
- Mt. Pumori regular-route climbing royalty and permit (Department of Tourism)
- Sagarmatha National Park entry permit
- TIMS card (Trekking Information Management System)
- Khumbu Pasang Lhamu Rural Municipality permit (trek card)
- Summit rope-fixing cost (Expedition Operators Association)
- Himalayan Rescue Association medical insurance
- First aid medical kits for group and staff
- Satellite phones and walkie-talkies with the expedition leader and climbing guide (usage charged separately)
- Emergency oxygen, mask, and regulator for clients and staff (extra charge as needed)
- Solar panels and generators for lighting and device charging
- Heater for the dining tent at base camp
- Daily weather forecasts from the Kathmandu office
- Trekking and climbing maps
- Assistance with cargo clearance and duties
- Visa extension assistance, flight reconfirmation, and departure support
- Farewell gifts and a farewell Nepali cultural dinner in Kathmandu
- All government taxes, VAT, and official service charges

Not included

- Lunch and dinner in Kathmandu (except the farewell dinner)
- Packed food, snacks, soft drinks, energy drinks, alcohol, cigarettes, chocolates, and nutrition bars during trekking
- Personal trekking and climbing equipment
- Laundry, tips, and personal expenses
- Use of landlines, mobile phones, walkie-talkies, satellite phones, and internet services
- Travel insurance covering emergency rescue, medical treatment, and hospitalization
- Medical tests and any personal medical expenses
- International flight tickets
- Nepal tourist visa fee
- Extra expenses due to unforeseen circumstances (natural disasters, landslides, political issues, strikes, regulation changes)
- Additional staff, if required beyond the package
- Mandatory summit bonus for climbing guides (minimum USD 700 per guide)
- Tips for base camp staff (approx. USD 150 per person, excluding climbing guides)
- Any extra services not listed under Cost Includes

Available departures

- 15 Mar 2026
- 02 Apr 2026
- 21 Apr 2026
- 12 May 2026
- 18 Sep 2026
- 06 Oct 2026