



Lhakpa Ri Expedition

Lodge / Camping

No. of days: 28

Graded: Highly challenging

Tibet

For many travellers, Tibet is the ultimate destination. Inaccessible for years, the Himalayan Kingdom is today open to visitors. With an average altitude of over 4000 meters, Tibet can truly be described as the roof of the world and its capital, Lhasa, is the heart and soul of this fascinating place.

Tibet Autonomous Region lies in the southwest of China and in the Qinghai-Tibet Plateau. It is bounded to the north and east by other autonomous Chinese regions and to the south and west by Burma, India, Bhutan, Sikkim and Nepal. The region covers an area of around 1.22 million square kilometres, which accounts for 12.8% of the total of China.

The rich and beautiful land makes Tibet a world-known tourist destination with a unique cultural tradition. This is the land of contrast with snow-capped mountains offering beauty unsurpassed, deep tropical rainforests and vast open pastureland.

Moreover Tibet offers ancient ruins, palaces and monasteries, folkloric activities and religious ceremonies and more. Lhasa is the pilgrims' and travellers' final destination, with bustling markets, sacred temples, and ornate palaces - here you can soak up the atmosphere of the rich and mysterious Buddhist culture.

Tibet at a glance: Where: 29°39'11"N 91°07'53"O
Population: 2 740 000
Capitol: Lhasa
Area: 1 200 000 sq. km.

Everest

Mount Everest, named after George Everest, the Surveyor General of British India, lies in Tingri County in Tibet and in the neighbouring country Nepal. The first summit attempt on Everest was from the Nepal side by the British in 1921 and only after 32 years of intense exploration, Everest was finally scaled on May 29th, 1953, by Sir Edmund Hillary and Sherpa Tenzing Norgay under Lord Hunt's team. The first successful summit from the Tibetan side was made by Yin-hua Chu, Fuzhou Wang and Konbu 1960.

The Tibetan name for Everest is Chomolungma which means "Mother Goddess of the Earth" and the Nepalese name is Sagarmatha which means "Goddess of the Sky".

By whatever name you call her, she remains the tallest mountain in the world consecrated in midst of the gigantic mountains and glaciers as though they were her subjects. She truly looks like an Empress in her utmost beauty and glory and has attracted hundreds and thousands of mountain lovers over the years.

Himalayan Mountaineering

Ever since the Himalaya has been opened for climbing, it has attracted thousands of mountaineers. Thousands of people have challenged their minds and bodies to conquer these magnificent mountains.

Tibet Himalaya has numerous of mountains which are 7 000m and higher. Mount Everest, Lhotse, Cho Oyu, Makalu, Shishmapangma – all over 8000 meters are just to mention a few...



Your Adventure

This adventure gives you an experience of an epic journey into a centuries-old culture and a lifestyle that has changed little over time, in combination with a challenging climb of an 7000 meter mountain!

We have made sure that this journey takes in most of Tibets major attractions, starting with the spectacular flight across the Himalayas, giving you an opportunity to have an aerial view of Mt. Everest and other towering peaks (weather permitting). Travelling across the sweeping dramatic landscapes of the Tibetan Plateau, with its wide blue sky, passing scared cities and monasteries. Last but not least - unforgettable encounters with deep religious, extraordinary friendly, open and kindhearted people that will make your journey an experience of a lifetime. We end the adventure with a beautiful climb that will force you to perform better than you ever have done. This expedition will take you to new heights!

Grading: This expedition is extremely demanding and challenging. Participants should have knowledge of the use of ice axe and crampons and have summated at least one 5000 meter mountain. We strongly recommend you to undergo extensive physical training at least 6 months prior to the expedition.

Please note: Any ascent of a Himalayan peak must be taken seriously. The Group leader will take all factors concerning group fitness and acclimatization, weather and snow condition into consideration when making a decision. While recognizing that this ascent is important to the group, first priority will always be safety. The decision on whether or not you will be able to attempt Island Peak rest with the Group Leader. His/her decision is final and must be accepted.



Itinerary

Day 01	Arrive Kathmandu
Day 02	Administration of VISA and climbing permit
Day 03	Free day in Kathmandu
Day 04	Flight to Lhasa (3660m)
Day 05	Sightseeing in Lhasa (3660m)
Day 06	Sightseeing in Lhasa (3660m)
Day 07	Drive to Gyantse (3950m)
Day 08	Drive to Shigatse (3900m)
Day 09	Sightseeing in Shigatse (3900m)
Day 10	Drive to Shegar (4050m)
Day 11	Rest and acclimatization at Shegar
Day 12	Drive to Everest Base Camp (5200m)
Day 13	At Everest Base Camp
Day 14	At Everest Base Camp
Day 15	Trek to Camp 1 (5460m)
Day 16	Trek to Interim Camp (5760m)
Day 17	Rest day at Interim Camp (5760m)
Day 18	Trek to Camp 2 (5970m)
Day 19	Trek to Camp 3 – ABC (6400m)
Day 20	Rest day at ABC
Day 21	Rest day at ABC
Day 22	Climb Lhakpa Ri (7045m.), return to ABC
Day 23	Spare day for weather etc
Day 24	Trek to Base Camp
Day 25-26	Drive back to Kathmandu
Day 27	In Kathmandu (Farewell party)
Day 28	Departure

Please note that the above itinerary is only a guide and that it could change. A lot of things have to be taken into account like weather, general walking pace of the group, mountain safety etc. Your group leader can change the schedule if necessary with prior notice to you, keeping safety first in mind.



Your Activity

Day 1 - Arrival

Once you reach KTM airport and finish with the immigration and custom formalities be prepared to confront the confusion outside the airport which is common in most of the south Asian countries. As you walk out of the Exit door into the passenger “pick up area” you will see hundreds of people with different sign boards in their hands, taxi drivers looking for fares, hotel touts looking for customers and porters trying to help with the luggage for tips. Please remain calm and do not walk out of the restricted area into the crowd straight away. Remain there and try to find the Hi On Life sign board. Once you spot it, walk straight to the signboard and identify yourself. From here we will take care of you. When you arrive to your hotel you will be briefed about your activities and "do's and don'ts" while your stay in Kathmandu. We will also collect some documents from you. Please have the following things handy when arriving.

1. **Travel/ Medical Insurance** (photo copy)
2. **3 passport size photos**
3. **Photocopy of your passport.**

In the evening we will go for a traditional Nepali dinner at Kathmandu's finest Nepali restaurant to end the day.

Day 2 - Administration of VISA and climbing permit. Expedition briefing

A day of administration for the Chinese VISA and the climbing permit. We will also take time to go through a lot of practical things for the expedition; itinerary, gears, cloths etc.

Day 3 - Kathmandu – Free day for shopping or sightseeing

This day is an extra day for you all to get ready. It will give lost luggage and delayed flights a chance to arrive, and the last minute papers to come in order. It gives you some extra time to go through your equipment and do the last minute shopping in Kathmandu.

Day 4 – Flight to Lhasa

We begin with an hour-long spectacular flight from Kathmandu to Gonggar airport. During the flight we will see Mt. Everest (8848m) and many other towering Peaks (weather permitting). Upon arrival at the Gonggar airport our Tibetan driver will receive us and drive us to Lhasa. Upon arrival we will check in at our hotel and will be given some time to freshen up. We will start our sightseeing in the afternoon.

Day 5 and 6 - Sightseeing in Lhasa

While in Lhasa we will visit the following :

- The Potala palace, which is the former seat of the Dalai Lamas
- Norbulinka, which was once used by the Dalai Lamas as a summer treat
- Drepung Monastery, which is the largest monastery in Tibet
- Sera Manastery, another important center of Buddhist learning
- Jokhang Temple
- Bakhor marke

Day 7 - Drive to Gyantse (251 Km)

We drive out of Lhasa and cross the Brahmaputra river (“Tsangpo”). We continue to drive across the barren windswept valleys and cross the Yamdrok Tso, which is a beautiful turquoise lake as the name suggests. Before reaching Gyantse we will cross the pass Karo La (5010m) which climbs between two lofty mountains, Nozing Khang Sa (7223m) and Ralung (6236m). Then we descend down and continue to drive to Gyantse.

Gyantse is a small bustling town, which is situated on the northern banks of the Nyang Chu River. The main attraction of the town is the Kumbum Monastery. It was built around 1400 AD and later became the main center for trade with British India.

Day 8 - Drive to Shigatse (90 Km)

As we drive out of Gyantse we will clearly see the old fort that was captured by Young Husband during the 1904 British India raid into Tibet. After about 4 hours drive we reach Tibet’s second largest city, Shigatse. Here we will visit the Tashilhumpo Monastery, which is one of the most important monasteries in Tibet.

Day 9 - Sightseeing in Shigatse

Day 10 - Drive to Shegar (244 km)

We continue our journey through the barren windswept Tibetan Plateau to Lhatse. Lhatse is a small jumble of concrete blocks. This place truly makes one travel back in time.. From here we drive uphill to the top of Gyatso La Pass (5105m), the view from the top of this pass is truly magnificent. After a short break for taking pictures we drive down to Shegar which is the turn off point to Everest Base Camp. Here we have to show our permits and continue to drive to Thingri. From here breathtaking views of Mt. Everest (8848m) and Cho Oyu (8201m) can be seen. On a clear day, we can also see Makalu (8464m) and Lhotse (8510m). This afternoon can make you tired as you basically spend more than 6 hours on the rugged road driving, but the views will be worth it! Old Thingri, is the last stop before Everest Base Camp.



Day 11 - Rest and acclimatization at Shegar

Day 12 - Drive to Rongbuk / Everest Base Camp (75 km)

Although it's just 75km from Shegar to Base Camp(5200m), it takes about 4 hours since the cracked winding roads demand much caution. Shortly after we leave Thingri, we turn off the Friendship Highway and head south over the Pang La 5150m towards the main Himalayan range. The views are stupendous on a clear day, and feature a huge sweep of the Himalaya range including peaks over 8000, Makalu, Lhotse, Everest, Gyachung and Cho Oyu. When you finally get to Base Camp, the first sight of the mighty Everest simply leaves you speechless. All the hardship you bear along the way makes sense at this time.

At Rongbuk we enter the restricted area for "Expeditions only" and after another 9 km we reach Base Camp.

Day 13 - 24 Climbing period

Day 25 - Drive to Zhangmu

This is a remarkable road journey across the Tibetan plateau, with excellent views of Everest, Cho Oyu and Shishapangma. We drop down through a river gorge to Zhangmu. Overnight in hotel.

Day 26 - Drive to Kathmandu

We make an early start for the short drive to Tibet's border with Nepal. From here, a 6 hour journey takes us through Nepal's verdant valleys to Kathmandu and a warm welcome at the Hotel Tibet.

Day 27 - Free day in Kathmandu

Time for shopping and sightseeing. In the evening we enjoy a nice Farwell dinner together with all the members of the expedition.

Day 28 - Departure

Please note that on your trek, every evening, after dinner, your Group leader will describe in detail about your next day's trek and also advise you regarding which clothes and equipment you need to carry in your day pack for the next day.



High Altitude

On this expedition you will be going up to 7045 m, so it is very important to understand the affects of altitude.

The greatest provocation is going too high too fast. Hi On Life's itinerary has been carefully designed to minimize the effects of altitude. We ascend slowly and surely allowing enough time for safe acclimatization.

Headaches and breathlessness are common at altitude which in itself is nothing to worry about. In rare cases, this may worsen to Acute Mountain sickness (AMS), so a close watch is kept on all climbers by the group leader who is trained to recognize the symptoms of AMS which are severe headaches, nausea, lethargy, loss of appetite serious breathlessness even at rest.

If any climbers show such signs they will be descended to relatively lower and safer altitude. The Group Leader's decision on evacuating such person to a safe altitude is final. Do not medicate yourself without first informing your group leader. Going to altitude slowly with adequate rest and adequate intake of fluid (3 to 4 litres per day), you will most likely have no problems apart from breathlessness on hills which is completely normal as the percentage of Oxygen in the air is relatively lower to that at sea level. The most important thing is not to worry about altitude because our team is there to take care of you.



Staff

Group leader: your most important member of your staff. Our Group leaders are highly trained in all aspects of the expedition, conservation, first aid specializing on altitude sickness, emergency procedures and have extensive knowledge of the natural history of the area.

Sirdar: His job is to manage and organize staff duties. He is responsible for the actual operation of the expedition.

Sherpas: Their job is to lead your way and distribute equal loads to the porters.

Cook and kitchen helpers: Responsible for our food. Hygiene of a high standard is taken into consideration in preparing the food.

Porters: They are responsible to transport your duffle bags. Our porters are provided with Gore-Tex suits, trekking boots, gloves, hats, socks, snow gaiters and snow goggles. Most importantly, we regulate them on a 25 kg carrying which very few companies do. Our clients can therefore feel comfortable knowing that our porters are working in a good humane condition. During the trek you can see porters carrying 60-70 kg and sometimes even up to 100 kg!!



Weather

“The land of snow” - Is it really that cold in Tibet? In a year, Tibet has sunshine of over 3,000 hours, with snow only once in a while. In the low land, during the daytime, it is not too cold. With the bright sunshine it ranges from 10 degrees Celsius to 25 degrees Celsius. It will be below 10 degrees Celsius in the night and even below Zero degrees Celsius near to the lake or mountain without the sunshine.

The ideal time for traveling in Tibet is from May to June and from August to October. During this time of the year it is pleasantly warm during daytime and less windy. Summer is wet. The rainy season is from July to August and many of the rivers flood during this period, making them difficult to cross. But, thanks to the rain most of the valleys in Central Tibet becomes brilliantly green in colour with lush vegetation and harvesting crops and it is also the blooming time for thousands of varieties of wild flowers. November to March is fairly cold and exceedingly windy and sandstorms make travel extremely unpleasant. In the higher altitudes the temperature can get below -40C and the high mountain passes becomes impossible to cross.

During the climb, and in the camps at night time it can be really cold, especially if it is windy. Be prepared on temperatures down to -10C to -25C degrees!

Our Services

- Airfare Kathmandu – Lhasa. Jeep drive back from Tibet to Kathmandu
- Services of English or/and Swedish speaking guide
- Tourist class hotel on bed and breakfast basis while in Kathmandu and Lhasa
- Welcome dinner
- **Use of a personal trek pack consisting of:** 2 Duffle bags, down jacket and sleeping bag with an fleece inner-liner
- **Use of climbing equipments:** Ropes, carabineers, jumars, ice axe, harness etc
- Yak transportation of all equipment from the road to and from advanced Base Camp
- All camping and kitchen facilities
- All meals while on expedition
- Twin share accommodation in lodges with shared bath and toilet facilities
- Climbing permits and VISA fee to Tibet
- Porter's and Sherpa's assistance. Climbing sherpas, Liaison Officer
- Skillfull basecamp and advanced base camp cooks
- Staff insurance, tourist service fee and all taxes applicable as per state law
- Emergency equipment and supplies: Basecamp medical kit, high-altitude medical kits, medical oxygen and Gamow bag.

Cooks and Food: On our expedition, Hi On Life's skilful and hard working cooks prepare three hot meals each day with a very healthy diet of fresh vegetables, cheese, egg, fresh meat, tinned fruits, tinned meat and fish (all meat and fish are prepared separately out of respect for the vegetarians in our midst). They also serve a high dose of carbohydrates from breads, rice and pastas. They supply you with unlimited hot-drinks, the key to successful acclimatization. We have weatherproof kitchens and dining tents (Atlas from Hilleberg) with comfortable chairs and tables.

Group Equipments: Hilleberg Saivo 3-men tents for twin share, cooking tent, Hilleberg Atlas dining tent with comfortable tables and chairs, toilet tent, 4 two-way "walkie-talkie" radios, medical kit with medical oxygen.

Climbing Equipments: 300 meters of 10 millimetre static "fixing" line, 3 dynamic climbing ropes (8-10 mm, 30-60 meter), 10 meters 6mm rope for sling, locking and standard carabineers, snow stakes (snow-picket), ice axes, jumars, figure 8 descenders, harness, etc.

Please note: The only thing you need to bring for climbing is ice boot and crampons.

Not Included

- Personal accident and rescue insurance. You must provide your own rescue insurance
- Mineral water, beer, soft drinks and extra tea/coffee outside of normal meal times
- Private room accommodation unless a single supplement is paid
- Optional tips to guides and porters
- International airport departure taxes
- Visa costs to Nepal
- Helicopter evacuation in the unlikely situation, although we do arrange for it and make the necessary documents so that you can claim from your insurance

Recommendations for things you should bring:

- Water bottle 3 bottles minimum 1 litre each, should be able to hold hot water
- Day pack medium size 50-60 litres
- Sunglasses
- Duct tape small roll
- Stuff bags smaller bags to organize you duffle bag
- Toiletries we provide toilet papers
- Towel
- Torch Top quality Head lamp
- Penknife
- Sewing kit
- Medical kit as per your prescriptions. It should be noted that the group leader will be carrying a first aid kit.

Optional

- Walking sticks
- Cameras
- Knee guard for those with bad knees

Clothing

- Trousers: 1 lightweight for easy walking. 1 warmer for colder days preferable wind/water proof. 1 comfortable and warm for lodge/BC
- Shorts: Not too high cut revealing ones
- T-shirts: At least 4 or 5
- Hats: Sunhat and woollen ones for colder days
- Gloves: Woollen and Gore-Tex
- Buff: [What is a buff??](#)
- Woollen innerliner: Light weight tops and trousers, preferably wool, at least 3 pairs
- Socks: At least 4 pairs (both thin and thick woollen ones)
- Jackets: 1 fleece and 1 Gore-Tex wind/waterproof. Please note that we provide down jackets.
- Walking boots: Preferably waterproof
- Shoes Light gym shoes for camp, drive, Lhasa and Kathmandu.

Important gears for climbing

- Ice boots/crampons: For climbing 7000+ meter
- Jacket and Pants: Waterproof Gore-Tex
- Glacier goggles: For protection against snow blindness
- Gloves: 1 inner liner in wool and 1 down mitten to be worn as combination
- Thick Thermal: Vest and leggings – preferably woolterry
- Snow gaiters: If your Gore-Tex pants don't have snow-locks

Healthy and trouble free holiday

There are no compulsory vaccinations required for entering Nepal or Tibet. However please consult a doctor for vaccination against Typhoid, Meningitis, polio, and hepatitis. If you have special dietary requirements or allergies, please through your agent, give us a list of what you can and can't eat so that we can provide proper food for you.

If you are undergoing a course of prescription medicine, please ensure that you have sufficient supplies for the entire holiday. Some types of drugs including antimalarials have side affects at high altitude; therefore please consult your doctors regarding these drugs. The places you trek are mosquito free and there has been no report on malaria in Kathmandu for the past couple of decades.



Insure yourself

We highly recommend you to take a comprehensive Personal Travel Insurance before leaving home. This should cover for your loss of baggage, airline delays, sickness and accidents. And it should also cover you for Emergency Helicopter Evacuation.

Money Matters

The ideal currency to bring with you is USD.

In Kathmandu: Each meal will cost around 4 to 6 USD. Plus 10 to 20 USD for your taxis if you wish to go around the city.

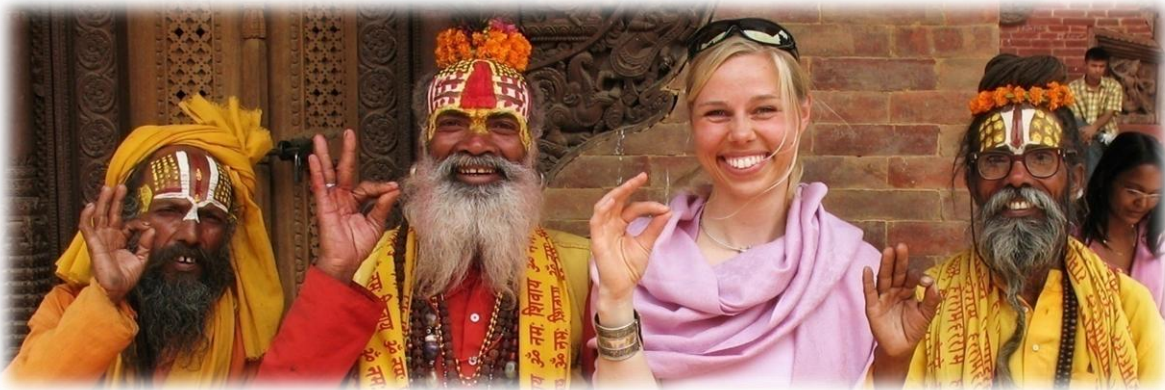
On expedition: You will need around 6 to 10 USD per day. This money is for your hot showers, chocolates, soft drinks and beers etc and also for small donations in the monasteries.

Tipping

Although tipping is entirely optional and personal matter the following is recommended as a guideline

In Kathmandu: For bellboys, waiters and porters 30 to 50 Nepali Rupees

On the trek: At the end of the trek it is a customary to tip the field staff. The recommended amount is 150-200 USD depending on group size. The Group leader will collect the tip and then split it between the staff and put it in envelopes so that the trekkers can give it to the staff during the “Farwell Ceremonies”



Some Do's and Don'ts

Nepalese and Tibetan people treat visitors as special guests. Although they will never rebuke you publicly for unknowingly offending them, we must consider their culture.

While in Tibet and Nepal please observe the following:

- Full or partial nudity is not accepted.
- Over display of affection between men and women, especially in temples and monasteries are discouraged.
- Please remove your shoes before entering monasteries and temples.
- Never point the soles of your feet at a person or shrine.
- Many Hindu temples are closed to non-Hindus. Please ask before entering.
- Locals walk around the Mani walls and Stupas in a clockwise direction as a respect and they expect you to do the same although it is not compulsory.

ENJOY!

