

EVEREST NORTH SIDE EXPEDITION (TIBET)

Duration: 51 Days



Expedition start:

Arrival in Kathmandu 12 April 2026

Departure from Kathmandu 1 June 2026

Full service cost 55000USD

Signup deadline:

31 Januari 2026



Join Arnold Coster on his 23th mt Everest Expedition to the world's highest mountain at 8848m (29,035ft). His experience is amongst the best in the world, combined with a very high success rate. An ultimate objective in many climber's minds, the allure of the world's highest summit provides a most compelling and challenging adventure. Where there is a will, I will aim to provide a way!

Climbing Mount Everest from the North Side (Tibet) begins with a rugged approach to Advanced Base Camp (6,400m) via the barren Rongbuk Glacier. From there, climbers ascend the steep, icy North Col (7,010m), then navigate the exposed Northeast Ridge, tackling the infamous Second Step—a near-

vertical rock wall aided by a ladder. Higher camps (7,500m and 8,300m) provide staging points for the challenging summit push, where thin air, hurricane-force winds, and freezing temperatures test endurance. While avoiding the Khumbu Icefall's dangers, the North Side's technical rock sections on summit day and harsh climate make it not a lesser challenge. The North side gets fewer climbers than the South Side due to strict regulations from the Chinese government and a slightly higher cost. Success demands expert acclimatization, meticulous planning, and sheer resilience against Everest's extremes.

Arnold Coster led as many expeditions to the North as to the South and knows the differences well. With over 2 decades of experience and close to 100 Himalayan expeditions is Arnold Coster the most experienced leader on the mountain. Our itinerary has a pre-acclimatisation climb on Mera Peak 6,476 meters (21,247 feet) before heading up on the Tibetan plateau. This will give us a huge advantage to other teams who head straight up. Also this gives us extra time in case of permit delays, which happen often in Tibet and we can spend our valued time at altitude "acclimatising" instead of waiting in the city.

- + objectively the safer ascent route
- + the last camp is higher (8300m) resulting in a shorter summit stage
- + lesser crowds due to control of Chinese government, so less chance for traffic jams
- + Mera peak acclimatisation climb gives us an acclimatisation advantage and compensates delays if permit is delayed.
- longer exposure to wind and cold during ascent. Especially early in the season
- technically more challenging during the last third, more cliffs
- descending from the summit is more difficult in case of emergency

***Participation Statement**

Arnold Coster recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

Proposed Itinerary:

This is a suggested ideal itinerary, changes may well be necessary according to weather, client fitness and rate of acclimatisation as well as difficulties with transportation. A number of rest days are programmed and these are an important part of our structured acclimatisation programme.

Day 01-12 April:

Arrive Kathmandu and transfer to hotel.

Day 02-13 April:

In Kathmandu for official procedures and preparations.
Today we also apply for our Tibet VISA what can only be done as a group with original passports

Day 03-14 April:

Heli flight: Kathmandu to Lukla (2866m-9400ft) and trek to Paiya (2730m-8954ft).O/N Lodge

Day 04-15 April:

Trek to Pangokma (2846m-9334ft).O/N Lodge

Day 05-16 April:

Trek to Chatra khola (3150m-10332ft) via Ramailo danda.
O/N Lodge

Day 06-17 April:

Trek to Kothe (3550m-11644ft). O/N Lodge

Day 07-18 April:

Trek to Thagnak (4350m-14268 ft). O/N Lodge

Day 08-19 April:

Trek to Khare (4800m-15744ft). O/N Lodge

Day 09-20 April:

At Khare: Preparations for the climbing

Day 10-21 April:

High camp (5800m-19024ft). Camp

Day 11-22 April:

Summit Mera Peak (6654m-21825ft) and back to Khare. O/N Lodge

Day 12-23 April:

Contingency day for climbing.

Day 13-24 April:

Trek from Khare to Khote

Day 14-25 April:

Heli flight : Khote-Lukla-Ktm

Day 15-26 April:

Rest & relax in Kathmandu, last minute shopping etc.

Day 16-27 April:

Fly Kathmandu-Gonggor airport and drive to Lhasa (3650m-11680ft). O/N hotel

Day 17-28 April:

In Lhasa : sightseeing

Day 18-29 April:

Drive to Shigatse (3900m-12480ft)- O/N Hotel

Day 19-30 April:

Drive to Thingri (4350m-14,268ft)- O/N Guest House

Day 20-01 May:

Drive to Everest base camp (5200m-17,056ft)

Day 21 & 22- 02-03 May:

At the base camp to acclimatize and preparing loads for advance base camp

Day 23-04 May:

Trek to Intermediate Camp (5800 meters-19,029 feet)

Day 24-05 May:

Arrive at advance base camp (6400m-20,992ft)

Day 25-06 May:

Rest & Acclimatisation in ABC

Day 26-07 May:

Day hike to the start of the fixed ropes approx. 6700m

Day 27-08 May:

Climb to the North Col; camp 1 (7,000 meters-22,966 feet) - sleep

Day 28-09 May:

If feeling good climb to 7500m and return to North col- sleep

Day 29-10 May:

Decent to ABC

Day 30-11 May:

Descent to Chinese Base Camp

Day 31 to 35-12-15 May:

Rest and recovery in Chinese Base camp; prepare for the summit push

Day 36-16 May:

Trek to Intermediate Camp (6200m-20,336ft)

Day 37-17 May:

Trek to ABC

Day 38-18 May:

Rest in ABC

Day 39-19 May:

Climb to North col- sleep

Day 40-20 May:

Climb to C2; 7700-7800m-sleep

Day 41-21 May:

Climb to C3; 8300m and leave for summit push in the night

Day 42-22 May:

Summit Everest and descent as low as possible

Day 43 to 46-23 – 26 May:

Spare days for summit

Day 47-27 May:

Descent to ABC

Day 48-28 May:

Advance base camp to base camp

Day 49-29 May:

Drive to Kyirong (2700m-8,856ft) O/N hotel

Day 50-30 May:

Cross border to Nepal and drive to Kathmandu

Day 51-31 May:

In Kathmandu

Day 52-01 June:

Departure

***Adventure Travel, Accuracy of Itinerary**

Although it is our intention to operate this itinerary as printed, it may be necessary to make some changes as a result of flight schedules, climatic conditions, limitations of infrastructure or other operational factors. As a consequence, the order or location of overnight stops and the duration of the day may vary from those outlined. You should be aware that some events are beyond our control and we would ask for your patience.

***IMPORTANT–The small print:** Please note, if for any reason you need to return to Kathmandu separate from the whole group, there will be costs incurred which you will need to pay. In an emergency most insurance will cover this.

PREVIOUS EXPERIENCE

The most successful climbers tend to be those who have previously been successful on climbs to 7000m+ or 8000m+, are technically capable and have a good level of fitness. Everest is not the hardest mountain, but it's definitely not a walk. Everest has steep sections of rock & snow and members should be confident on crampons, ascending (steep) fixed ropes and rappelling. During our Mera peak climb and in ABC we will review all ropes techniques.

Everest is an enormous undertaking with many obstacles but Arnold Coster believes his experience and infrastructure matched with your enthusiasm can help you achieve your dream.



If you are unsure or wish to be provided with a preparation program, please drop Arnold Coster an email to discuss the options. Arnold Coster has a great success rate in helping people develop the appropriate skills and experience. All past members of his expeditions (successful or not) have been extremely pleased with the organisation and services provided and particularly liked the team philosophy he established.

Safety, Quality, Enjoyment and Success are his aim.



MERA PEAK ACCLIMATISATION CLIMB

Due to the high altitude of the Tibetan plateau and the complexity of our permit application we start our acclimatisation in Nepal. We will fly by helicopter to Lukla (2866m-9400ft) from where we will trek to Kahre (4800m-15744ft); the last village before Mera peak. The climb on Mera peak is basically 2-3 days; first we will climb to high camp (5800m-19024ft) and sleep for the night. Early morning we will set off for the summit of Mera (6,476 metres-21,247 ft). Mera peak is an easy climb, but don't underestimate the altitude! Sometimes the last part before the summit is a little steeper and has some fixed ropes. The view from the summit is stunning and one of the best views of the Himalaya!

Climbing Mera peak gives us a huge acclimatisation advantage before we enter Tibet. Also it gives us a chance to use all our equipment we also use on Everest. This way we will reach Chinese Base Camp well prepared and there is time for last minute adjustments. Arnold Coster believes that the best way to train for climbing mountains is by climbing mountains and being able to do a small peak as acclimatisation is a huge advantage.

During the trek we will stay in basic lodges and in the high camp we camp. Accommodation is based on sharing. Single rooms are available on request, but sometimes not possible because limited rooms in lodges.

LHASA FLIGHT AND OVERLAND TRAVEL TO CHINESE BASE CAMP

We will fly from Kathmandu to Lhasa by regular flight, sometimes this flight requires a transit in Chengdu. Flight schedules change every season, but we try our best to book a direct flight. Due to the high altitude of Lhasa Airport baggage allowance is restricted to 15kg. Don't worry; all your excess baggage we can



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send “overland” with our staff from Kathmandu. Once we arrived in China we are “guest” of the Chinese Mountaineering Association (CMA). They will control our approach schedule and are responsible of bringing us to Chinese Basecamp, take care all accommodation, meals etc.

In general all accommodation in China is good, but there is no “free” marked for tourist. We are only allowed to stay in “certified tourist hotels” under supervision of the CMA. Rooms will be on sharing basis, single rooms can be requested at extra cost.

Transportation will be in a small van and roads are generally very good in Tibet nowadays. In Lhasa & Shigatse we have time for sightseeing, but we need to go as a group with our CMA guide.



CATERING ARRANGEMENTS IN BASE CAMP

Base Camp food is excellent and designed to stimulate your appetite and keep you going despite frequent altitude induced loss of appetite. Breakfast includes porridge and cereal followed by eggs (fried, boiled, poached or omelettes) and bacon along with either bread or chapattis with jam, honey, peanut butter etc. Lunch starts with juice followed by a hot meal which may include some of the following: chips, rice, lentils, vegetables, salad, sandwiches, beans, tinned fish and tinned meat. Dessert is usually fresh or tinned fruit and tea. The evening meal always starts with soup (often with a healthy dose of garlic to aid acclimatisation) accompanied by pompadours, popcorn or prawn crackers. The main meal varies from local style – Dal Bhat (rice and lentils with an onion and vegetable sauce), yak stew, momo’s etc. to western style – yak burgers, chips, pasta, even pizza! Desserts are equally appealing and include apple pie, cake, custard etc. You will not be hungry!



Snack food for the hill will be plentiful and consist of such things as: chocolate, cereal bars, jelly, dried fruit, nuts, cheese and salami (you help yourself from tubs, so there is no limit!). Cooked food higher on the hill will be a combination of freeze dried food, soup and supplemented by snacks. Most people experience some kind of appetite loss and we mainly aim to keep as hydrated as possible with fruit teas, soup and powdered fruit drinks.

Although our food is more than sufficient your personal taste might be different, therefore we advice everyone to bring approx. 3-5kg of snack-food and 3-5 freeze dried meals you know you really like. Make sure we are up to date for any dietary restrictions since we pack our expeditions way in advance and once we are in Tibet the is a limited selection of food available in the shops.



BASECAMP, ABC & MOUNTAIN SETUP

Our base camp is comfortable and luxurious with a “roomy” and heated communal dining tent, well equipped kitchen, charging facilities, Electric lights, hot showers etc. and even a projector for entertainment. Basically everything we need for a comfortable life! Each members will have a spacious private tent with comfortable mattress.

ABC is a stripped version of Base Camp, but we still have a heated dining and well equipped kitchen, charging facilities etc. Each member has a mountaineering tent with mattress for personal space.

Intrim & high camps are high altitude camps. We share mountaineering tents, also for safety reasons and warmth and the Sherpa will cook basic meals for us. This is where the real mountain life takes place!



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WHAT DO I NEED TO CARRY MYSELF

On the trek to ABC (and Mera peak) you should aim to carry a light rucksack containing 2L of water, waterproofs, a spare warm layer, camera, mini first aid kit, sun hat, sun cream, sun glasses and a warm hat and gloves etc. You can use this same backpack when we drive from Lhasa to Base Camp for your clothes on the way. The rest of your gear can go in your kit bag which is transported by a truck to BC. To ABC all gear is transported by Yaks, so make sure your duffles are sturdy and “Yak Proof”.

I suggest a 55L+ climbing backpack to enable you to carry your personal equipment up to the higher camps on the mountain a smaller pack will be too short for the 4l oxygen bottles. The Sherpa's will establish & stock the camps as well as porter the oxygen to camp ready for the summit attempt. Sherpa's can also help carrying bulky personal equipment like; down suits, sleeping bags etc. In case you are having a bad day the Sherpa will help more, but the intention should be that you are able to carry some of your own personal gear.



EQUIPMENT

A detailed equipment list is provided on booking. Specialist items such as sleeping bags and down jackets/suits can be hired also (limited availability).

WEATHER FORECAST

We get regular paid weather forecasts, which can be relayed up the mountain. We don't rely on "free" weather forecast that can be found online and are often inaccurate. Our weather forecast comes from a trusty source I have been using for 20 years already and is proven often to be the best.

COMMUNICATIONS



Arnold Coster issues every member and Sherpa's with a handheld VHF radio, supported by high powered base sets at BC and Advanced BC. In Chinese Base Camp & ABC there will be a 5G signal from China mobile. Make sure you will be able to connect to China Mobile; either buy a "roaming package" from your provider at home or buy a Chinese Mobile simcard when you enter China. Beware that this process can be a little time consuming, but its by far the more economical option.

VPN: Just beware that most western social media (Intsagram, WhatsApp, Facebook etc.) and all Google services are blocked in China; so also gmail! The only way to access these are by installing a VPN prior to arrival in China on your device. Good VPN's are: Nord VPN, Astril

VPN, Total VPN etc., but require a monthly fee. If you already have a VPN make sure yours work in China, once you entered China its not possible to download a VPN since all these downloads are blocked.

OXYGEN

Our full service expedition is supported with a 1:1 Sherpa ratio. This is enough to carry a normal amount of oxygen; 6 bottles for Members and 3 for Sherpa. Additional oxygen is available at extra cost and should be pre-ordered, so we know how much oxygen has to be carried to the high-camp.

CHANGE OF INTERNATIONAL FLIGHTS AND BAGGAGE

We allow extra days in the itinerary for bad weather. If you do summit or come back early additional costs may be incurred changing your flights. When obtaining your flights, be sure to book alterable, refundable flights.

For your own comfort, travel light. For such a long trip it's amazing how quickly the weight adds up. Some European airlines only allow 20kg on economy flights and charge huge money for excess baggage (specially the cheapest flights). Most airlines offer a 30kg allowance nowadays and offer additional baggage options, but this has to be obtained when you buy the ticket in advance. Make sure all equipment fits in your duffle bags easy. On the expedition there is no limitation on the amount of equipment you can



bring. Some items can be left at the hotel for your return. Make sure all your kit bags are locked and packet waterproof.

INSURANCE

Insurance which covers mountain rescue and medical expenses is essential. You should note there are no official mountain rescue services in Tibet and any evacuation in the event of a serious medical emergency to the nearest hospital will be by land or military helicopter. We will require a copy of your insurance prior to departure. In Europe most Mountaineering associations sell adequate insurance for their members and often becoming a member is the best deal. Read the small print well, because many insurance have a altitude or time limitation. For all other countries Global Rescue is a good option since they take any nationality: <https://www.globalrescue.com>

VISAS AND PERMITS

US, UK citizens, EU nationals and most other nations can get the Nepal Visas on arrival. Passports must be valid for at least six months after the end date of the trip and make sure to apply for a 90 day multiple entry visa. We can only obtain an Tibet group-visa once you are in Kathmandu as a group at the Chinese embassy. Normal Chinese tourist Visa's are not Valid in Tibet, so its not necessary to obtain a Chinese visa in advance.

LOCAL COSTS

Most meals are inclusive once we leave Kathmandu. Individuals are responsible for drinks and hotel meals whilst in Kathmandu which gives the flexibility to choose where you eat. The following approximate costs (mid range) may vary:

Tea/coffee 1.5\$; Beer 4\$; Soft drink 1.5\$; Local lunch 15\$; 2-course dinner 25\$; expect to pay 50-75\$ per day for your food expenses in Kathmandu.

CURRENCY

In Nepal you need Nepalese Rupee for all daily expenses; Euros, UK Sterling, and US Dollars can easily be changed in Kathmandu. ATM (cash machines) are available in Kathmandu but are often out of order, but usually you can find one that works within the same area. However you can withdraw only 30000 Rupee per 24hr (approx. 220\$) and you pay a fee each time. Except luxury places most places don't accept any Credit Cards and often an extra 5% "transaction commission" is charged when you pay by Credit Card. Cash is still king in Nepal!

For Tibet RMB (Yuan) for personal expenses. USD, Euro, GBP can easily be changed in Lhasa or you can find ATM's in the city. Digital payment options like "Alipay" or "WeChat" are widely used in China, with those you actually don't need any cash. Its possible to link most international credit cards to an Alipay or WeChat account.



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TIPPING

Tipping is generally expected and part of everyday life working in the tourism sector. We tend to tip our own local staff as a whole and would recommend around \$400 per person as a group tip. BC cook, BC & ABC Kitchen boys, ABC Cook, Interim Cook etc. with an additional summit bonus of \$1800 for your Sherpa you pay individually to him.

The summit bonus is an hidden cost in all expeditions with all companies, but see this as a “life insurance”. The summit bonus ensures the Sherpa brings you up & down the mountain in safety and is a huge economical incentive for him to do this right. However plans don’t always work out as planned; expect to pay the summit bonus once you do a serious summit attempt, also when this fails, unless the Sherpa did something seriously wrong. Just think about the immense work the Sherpa already done carrying all Oxygen, food, tent & fuel up & down the mountain. The Sherpa is carrying literally a “mountain on his back”. Please bring all tips in cash to BC, not all staff will travel back with us to Kathmandu and you might not see them anymore once we leave.

What is Included

- All permits, charges, importation taxes and levies payable to the Chinese Government in connection with the expedition.
- Chinese Tibet group Visa
- All hotel and other accommodation: two nights prior to departure and two nights accommodation on our return to Kathmandu.
- Mera peak acclimatisation climb.
- Kathmandu-Lhasa flight + 15kg baggage allowance an additional cost for the Lhasa entry
- All tents, ropes and other communal equipment necessary for the climb.
- Medical safety equipment and supplies.
- Communication equipment (each member will have a radio on the hill), satellite telephone and e-mail facilities, weather forecasts.
- All meals once we left Kathmandu; 3 meals per day + hot drinks during Mera peak; 3 meals per day + drinks during meals on our drive to Chinese Base camp.
- All food & drinks on the mountain and in Base Camp
- All trucks, jeeps, yaks, base camp workers.
- Base Camp and Advance Base Camp services, cooks, cook boys, tents, seating etc.
- Unlimited baggage allowance to Chinese Base camp and 25kg baggage allowance to ABC
- Climbing Sherpa support on the mountain each member has 1 Sherpa’s.



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- Oxygen (6*4ltrs) and Top Out or Summit oxygen mask.
- Arnold Coster as expert leader.

What is not included

- Air travel to Kathmandu.
- Personal climbing clothes and equipment.
- Personal insurance, visas and inoculations.
- Food whilst the team is in Kathmandu and “extra’s” that are bought besides the group meals during travel.
- Soft drinks, Alcoholic beverages, mineral water, Barista coffee etc. during the Mera peak trekking.
- Hot Showers, Battery charging, warm water bottles, WIFI etc. during the Mera peak trekking.
- Personal expenses like: laundry service, room service, private sightseeing, UNESCO entrance fee
- Importation taxes incurred by your personal equipment (e.g. Drones & satellite telephone and other high-tec equipment). **Please beware that Drones require special permits** in Nepal & Tibet and this can be expensive to obtain.
- Cost for using 4/5G or WIFI on the way, China Mobile sim card etc.
- Personal medical supplies and personal use of communication equipment.
- Extra cost due to an early departure from the expedition
- Tips and Sherpa Bonus.



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