

# EVEREST NORTH

Tibet - Spring Exped 2027

**12th April, 2027**  
Fixed Arrival in Kathmandu

**8848.86M**  
Max. Elevation

**51 DAYS**  
Exped. Duration



# *Expedition* **OVERVIEW**

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 nearvertical 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.

Full Service: **\$ 55,000 USD**

# Highlights

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- 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



# ARNOLD COSTER



EXPED

**LEADER**

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**Known for his calm,  
approachable leadership style  
& has led over 100 successful  
expeditions**

with proven records on expeditions to  
the North as to the South and knows  
the differences well.

# 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.

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Trip

# ITINERARY

## Phase 1

Arrival &  
Preparation

### Day 01

Arrival in Kathmandu and transfer to the Hotel (1,400m)

### Day 02

Official procedures and preparations. Apply for our Tibet VISA what can only be done as a group with original passports .

### Day 03

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

## Phase 2

Departure to  
Trek

### Day 04

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

### Day 05

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

### Day 06

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

### Day 07

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

### Day 08

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

### Day 09

At Khare: Preparations for the climbing

### Phase 3

Acclimatization &  
Climbing

#### Day 10

High camp (5800m-19024ft). Camp

#### Day 11-12

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

#### Day 11

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

#### Day 12

Contingency day for climbing.

#### Day 13

Trek from Khare to Khote

#### Day 14-15

Heli flight : Khote-Lukla-Ktm. Rest & relax  
in Kathmandu

#### Day 16

Fly Kathmandu-Gonggor airport and drive  
to Lhasa (3650m11680ft). O/N hotel

### Phase 4

Departure to  
Tibet

#### Day 17

In Lhasa : sightseeing

#### Day 18

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

#### Day 19

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

#### Day 20

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

#### Day 21-22

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

## Phase 5

Rotation &  
Acclimatization

### Day 23

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

### Day 24-25

Arrive at advance base camp (6400m).  
Rest & acclimatization in ABC

### Day 26

Hike to the start of the fixed ropes  
approx. 6700m

### Day 27-30

Climb to the North Col; camp 1 (7000m) -  
sleep - descent to Chinese base camp.

### Day 31-35

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

## Phase 6

Summit Push

### Day 36-46

Trek towards Intermediate Camp and  
unwards for summit push.

### Day 47-48

Descent back to base camp from  
summit.

### Day 49

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

### Day 50

Cross border to Nepal and drive to  
Kathmandu

### Day 51

Prepare for Departure

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.

*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.

**Safety, Quality, Enjoyment and Success are his aim.**





# Acclimatization on **MERA PEAK**

**6476M**

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.

# Lhasa Flight & 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 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. Transportation will be in a small van as roads are generally 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, Lunch and Dinners are served healthy and generously followed by desserts.

Although our food is more than sufficient your personal taste might be different, therefore we advise 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 there is a limited selection of food available in the shops.

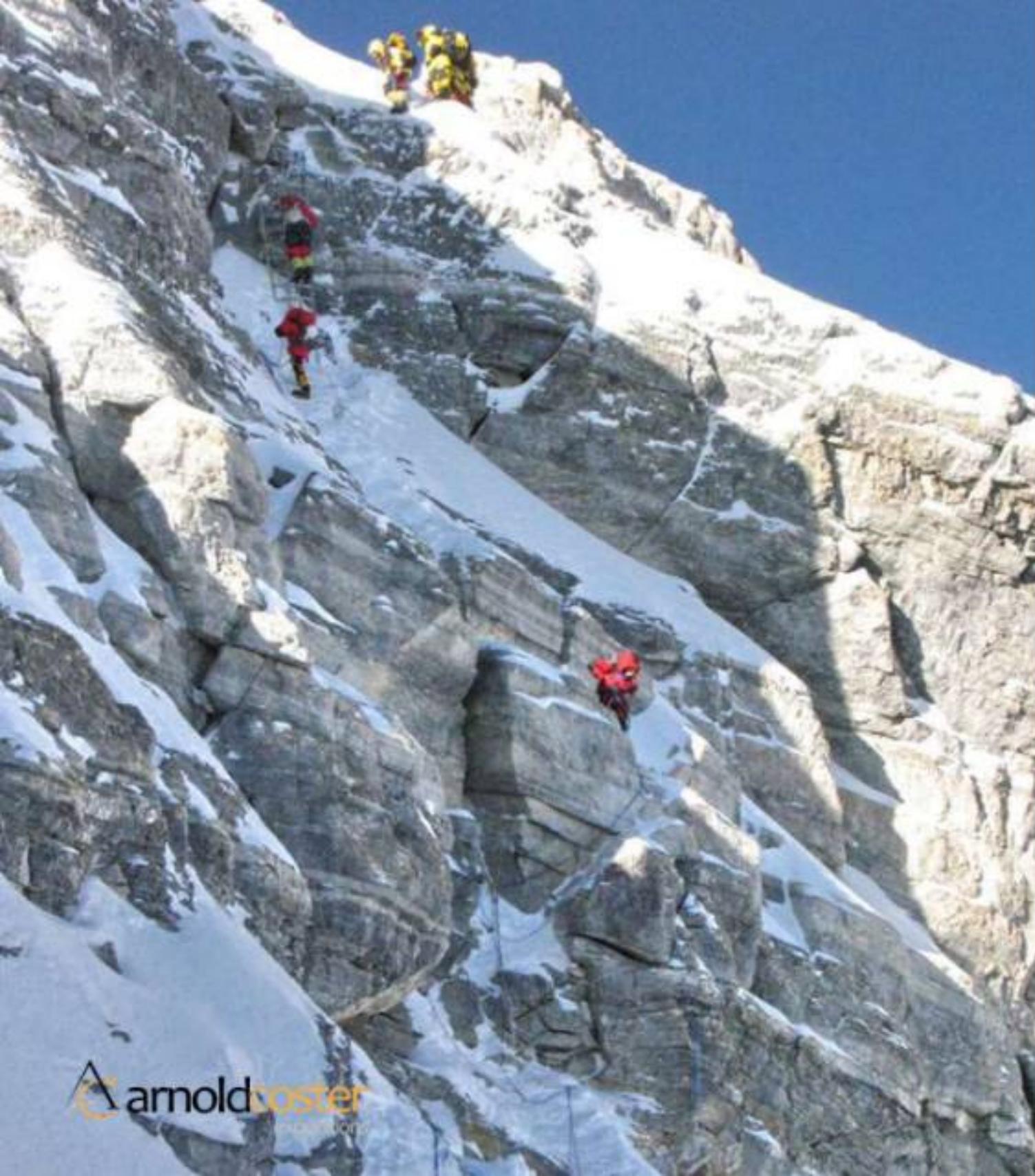
# Base camp, ABC & Mountain Setup

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!





## What to Carry Yourself?

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.

# ESSENTIALS

## WEATHER FORCAST

We get regular weather forecasts direct to our laptop at base camp, which can be relayed up the mountain and further ones as a back up to our Satellite phone.

## COMMUNICATION

Arnold Coster issues every member and Sherpas 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. We advise you to use VPN, 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.

## CHANGE OF INTERNATIONAL FLIGHTS & BAGGAGE

For your own comfort, travel light. The limitation of baggage vary airlines to airlines and they are mostly costly for excess weight. 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.

## 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.

## ALTITUDE

You should already be familiar with the effects of altitude from your previous experience. However, if you are new to extreme altitude you may still have concerns about the effects. Don't worry; our itinerary allows sufficient time to acclimatise. The best way to avoid such symptoms is to do everything slowly, walk at a steady pace and drink plenty of fluid.

## LOCAL COST

Individuals are responsible for drinks and hotel meals throughout 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.

## INSURANCE

Insurance which covers mountain rescue and medical expenses is essential. You should note there are no official mountain rescue services in Nepal 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. Please contact me if you need an insurance advice.

## 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).

## VISA & PERMIT

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.

## TIPPING

It is traditional to tip the local staff including the porters and cook staff. You will probably want to make a reasonably generous tip at the end of the trek and we recommend allowing about \$4000 with additional mandatory 'Summit Bonus' of \$1800 USD for you Sherpa.

## What is Included

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

# What is Not Included

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- 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.

# BOOKING

At Arnold Coster, we would like to talk to the climber personally before we finalize any applications for the expeditions. We want to make sure that we understand each other completely before we ask for any commitments.

If you would like to book a place on this expedition, you can do so securely by requesting our application form, over the phone or by sending an email on

**[info@arnoldcoster.com](mailto:info@arnoldcoster.com)**



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