

EVEREST

Spring Exped 2027

8848.86M

Max. Elevation

51 DAYS

Exped. Duration

11 APRIL, 2027

Fixed Arrival in Kathmandu



Expedition **OVERVIEW**

Climbing Mount Everest from the south side in Nepal is the most popular route used by mountaineers. The expedition begins with a helicopter flight to Lukla followed by a trek through the Khumbu Valley to reach Everest Base Camp at 5,364 meters. From base camp, climbers gradually ascend through several high camps across the Khumbu Icefall, Western Cwm, Lhotse Face, and South Col before making the final summit push to the top of the world at 8,848.86 meters.

A typical south-side Everest expedition usually takes about 50-52 days in total. This time includes trekking to base camp, acclimatization rotations between camps, rest days, and waiting for a suitable weather window for the summit attempt.

Full Service: **\$ 47,500 USD**

ARNOLD COSTER

EXPED

LEADER



“

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.

Join Arnold Coster on his 23rd Mt
Everest Expedition

Hylke Knippenberg

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.



Acclimatization
CLIMB

Prior to the Everest climb we will climb a practice peak, Mera peak 6476m. This way you can learn 'missing skills' and start your acclimatisation, what will make crossing the Khumbu Icefall easier.





What to Carry Yourself?

On the trek to 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.

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.

Trip ITINERARY

Phase 1

Arrival &
Departure to Trek

Day 01

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

Day 02

Expedition Briefing in the morning. Free in the afternoon for last minute shopping, sightseeing, relax etc.

Day 03

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

Phase 2

Trekking &
Acclimitization

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 07-08

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

Day 09

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

Day 10

At Khare: Preparations for the climbing

Phase 3

Acclimatization
& Climbing

Day 11

High camp (5800m-19024ft). Camp

Day 12

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

Day 13

Contingency day for climbing.

Day 14

Trek Tagnak

Day 15

Heli flight : Tagnag 4350m to Lukla

Day 16

Heliflight Lukla to Lobuche 4950m

Day 17

Trek to Everest Basecamp 5364m

Phase 4

Acclimatization
& Rotation

Day 18

Relax, organize, getting settled in BC

Day 19

Rope & ladder practice in the icefall
nearby

Day 20

First time through the icefall to camp 1
6065m; sleep

Day 22-23

We continue through the western CWM to
Cap 2 at 6400m; sleep and acclimatization

Day 24

Walk to to the start of the fixed ropes at
6800m

Day 25-26

Climb to Camp 3 at 7000m and return to
C2 and descent to base camp

Phase 5

Summit Push

Day 27

Recover at Base Camp: Going down by helicopter to Namche 3440m (optional on your own cost)

Day 28-30

Recover in Namche 3440m

Day 31

Return to Base Camp

Day 31

Return to Base Camp

Day 32-37

Gradually start towards C1 (6065m) - C2 (6400m) - C3 (7000m) - C4 (7950m) - Rest - Summit (8848.86m) and descent to C3/C2

Day 38

Continue down to C2 and rest

Day 39-40

Early morning Descent to Basecamp and Celebrate your summit.

Phase 6

Summit Push

Day 41-46

Spare days for any kind of issues: Bad health, Bad weather, crowded days. Only in theory we could have climbed Everest by now, but during an expedition there are always setbacks.

Day 47

Trek to Pheriche 4371m

Day 48

Trek to Namche 3440m

Day 49

Trek to Lukla 2860m

Day 50-51

Fly Lukla to Kathmandu by Helicopter. Spare day for Lukla-Kathmandu flight

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.

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.

Essentials

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.

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).

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.

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.





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.

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 \$400 with additional mandatory 'Summit Bonus' of \$1800 USD for you Sherpa.

What is Included

- All permits, charges, importation taxes and levies payable to the Nepal Government in connection with the expedition.
- All hotel accommodation in Kathmandu Single room with Breakfast according proposed itinerary
- Breakfast, Lunch & dinner during the trekking days including hot drinks; lodges are on Sharing basis.
- 50kg of baggage allowance to Everest BC (approx.. 20kg to Mera peak & 30kg direct to EBC)
- All Helicopter flights to Lukla and from Mera peak as mentioned in the itinerary
- All necessary staff for the Mera peak climb: Porters, Guides, climbing assistance 2:1
- All tents, ropes and other communal equipment necessary for the climb on Lhotse & Mera peak
- Medical safety equipment and supplies.
- All food, fuel and cooking equipment in EBC and on the mountain(s)
- All trucks, jeeps, yaks, base camp workers.
- Base Camp and Advance Base Camp services, cooks, cook boys, tents, seating etc.
- Single member tents in EBC, Sharing tents on the mountain in the high camps.
- Climbing Sherpa support on Mera peak 1:1, each member has 1 Sherpa's once arrived in EBC.
- Oxygen (6*4ltrs) and Top Out or Summit oxygen mask.
- Arnold Coster as expedition 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.
- Extra's in lodges during the trek & Mera peak: Barista coffee's, Alcoholic beverages, Soft drinks, Mineral water, hot water bottles, charging, laundry service, snack & food bought outside meals etc.
- Importation taxes incurred by your personal equipment (e.g. satellite telephone and other high-tech equipment).
- Cost for WIFI in BC and in lodges during the trek.
- Tips and Sherpa Bonus; expect to pay 400\$ totally as a "group tip" toward all support staff and 1800\$ individually as a summit bonus to your Sherpa
- Additional Helicopter flights not mentioned on itinerary
- Extra cost due to an early or "solo" departure.



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