

SAMPLE ITINERARY

MT. EVEREST BASE CAMP TREK (17,600 ft.)
KALLA PATTHAR (18,519 ft.)

(PERFORMANCE PEAK BAGGING OPTION)

POKHALDE (19,049 ft.)
CHUKHUNG RI (18,209 ft.)

DATES: October 11 – 26, ____ (16 Day Itinerary)

This is a fully supported expedition being planned by S2Mountaineering, an experienced group of mountaineers who think everyone should enjoy the high country. S2Mountaineering has organized expeditions to the world's highest peaks on every continent with great success. If you join us on the trek to Everest Base Camp (EBC), you'll have the benefit of seeing some of the world's highest and most beautiful mountains in the company of highly experienced western guides and local Sherpa who have a deep attachment to this wonderful place. You'll be in excellent hands. For most, this unique spiritual and cultural experience under the canopy of the highest mountains in the world is the highlight of a lifetime.



View of surrounding mountains from Kalla Patthar (Reynolds/2012). Yes, this is on your itinerary!

Cost and What's Included. This is a fully supported expedition with an individual cost of \$TBD. If you're hungry for more altitude, join us on Pokhalde and Chukhung Ri for an additional \$TBD (details below). Members will be expected to make a \$500 non-refundable deposit to reserve your place on the team. The remaining amount will be due by TBD.

What's Included? Logistics are provided by western mountain guides and local Sherpa who have been supporting successful expeditions to EBC for more than twenty-five years. The cost includes advance assistance with conditioning, preparation and planning, airport ground transfers from Kathmandu International Airport, in-country domestic flights, double occupancy accommodation, meals on the trail, back-country permits and registrations, national park entry fees, yak team and porter support, rescue service, professional guide service, team radio communication, and a professional expedition medical kit.

What's Not Included? Personal equipment (please see our trip gear list), international flights, travel insurance, tips for Sherpa staff (\$200-\$250), meals in Kathmandu, and airport fees.

What Should I Expect? You'll witness the grace of the world's highest mountains towering above 8,000m. Members will also benefit from a close cultural experience with the many Sherpa communities we'll visit. Trekkers

will be on the trail for 12 days (9 days ascent / 3 days descent), and trekking between 4-6 hours over moderately steep gradient and terrain. The days are best characterized as moderately strenuous for a fit individual. The trail is well traveled by the Sherpa that live in the Khumbu Valley, passing by the many tea houses and monasteries where we will break and have rest days. The pace will be leisurely to enjoy the people and our surroundings. You will be required to carry a small backpack with the personal items you need throughout the day. The rest of your gear will be carried by porters and yak teams.

Our experience suggests conditioning before any lengthy trek is a good thing – remember, base camp is at 17,600 ft!! Altitude is a concern for some people. Our schedule allows for short trekking days and two full rest days on the ascent to properly acclimatize for EBC and Kalla Patthar at 18,519 ft. You will also be in the company of S2 staff who can assist you with your acclimatization schedule. We are trained in the early identification of high altitude health conditions and management to maximize your safety. Experience has shown us that good hydration, slow and steady progress, and rest help to avoid many problems associated with altitude.

In an effort to help our trekkers prepare, we schedule a series of team conference calls to assist with physical conditioning, personal gear selection and individual logistics. Trekkers are also invited to join us for weekend conditioning hikes in the Blue Ridge Mountains (Virginia) for personal assessments. Finally, we are available to our team members on an individual basis to assist in their personal preparation and planning – we want you to succeed!

General Trip Description. Members will be met by an S2Mountaineering representative at the airport in Kathmandu, the capital of the Kingdom of Nepal. Once the entire team arrives, you will be briefed by expedition leadership on our route through the Khumbu Valley, schedule, status of logistics, health, and safety. We will also conduct a “gear shakedown” upon arrival to ensure the gear you have is the appropriate gear. Comfort translates into enjoyment!!

We fly to the village of Lukla the next day (9,000 ft.) where our 12-day trek begins. From Lukla, the trail winds through the lower Khumbu Valley to Phakding, Namche Bazar, and Tyangboche Monastery to high ridges near Lobuche and Gorak Shep, giving views of Mt. Everest, Nuptse, Lhotse, and Ama Dablam.

We use the best accommodation available in the Khumbu Valley. Our quarters will typically be in the simple but comfortable ambiance of Nepali teahouses and family lodges. At the end of a good day of trekking, you may find that the chill of the air, a setting sun on the slope of an 8,000m peak, a cup of hot chai, the warmth of a stone fireplace, and the company of new friends are the memories you cherish most.

After advancing to the high village of Gorak Shep, we depart for EBC where we are surrounded by the high walls of the Khumbu Ice Fall, Mt. Everest, Lhotse, and stunning glaciers. The trekking team can enjoy the lower reaches of the ice fall and the surrounding glaciers. The guides on your team have climbed the mountains around you, including Everest. Interested trekkers are invited to learn about the inner workings of major climbing expeditions, including weather, navigation, glacier travel, safety, food and water supply, summit strategy and, of course, the politics of climbing.

Interested trekkers will have the opportunity to climb sub-peaks in the local area, including the summit of Kalla Patthar. This is a particularly beautiful place to be at sunrise and sunset for an incredible view of Everest and the surrounding mountains. Trekkers seeking a high performance challenge have the option to join us on two additional peaks, Pokhalde and Chukhung Ri over a 3-day push before joining up with the main group in Namche. This is a strenuous, high endurance endeavor with great personal rewards. If you are up for the challenge, please review the itinerary and consult with S2 staff.

Gear – What Should I Bring? Team members will be provided a gear list detailing all necessary clothing and equipment.

Come Join Us! If you want to be a part of this great opportunity, you can contact Jeff Reynolds at (505)670-1441 (e-mail S2Mountaineering@live.com) We’re looking forward to hearing from you.

PRE-TRIP PLANNING

- October 15th, ____** Deposits Due in the amount of \$500 for trip reservation.
- October 24th, ____** Conditioning Trek in the Blue Ridge Mountains. Details are available at <http://s2kilimanjaro.com/registration-and-payment/> on the bottom of the Schedule page. Meet in the parking lot of the Holiday Inn Express at the corner of Gaskins and Hwy 64 in Richmond at 6:00a (9933 Mayland Drive, Richmond VA 23233).
- December 5th, ____** Conditioning Trek in the Blue Ridge Mountains. Details are available at <http://s2kilimanjaro.com/registration-and-payment/> on the bottom of the Schedule page. Meet in the parking lot of the Holiday Inn Express at the corner of Gaskins and Hwy 64 in Richmond at 6:00a (9933 Mayland Drive, Richmond VA 23233).
- December 17th, ____** Informational Conference Call to make introductions and discuss dates, registration, early planning, and preparation. Calls are at 7:00p EST and can be accessed by calling ____ / Pass Code ____.
- January 9th, ____** Conditioning Trek in the Blue Ridge Mountains. Details are available at <http://s2kilimanjaro.com/registration-and-payment/> on the bottom of the Schedule page. Meet in the parking lot of the Holiday Inn Express at the corner of Gaskins and Hwy 64 in Richmond at 6:00a (9933 Mayland Drive, Richmond VA 23233).
- February 13th, ____** Conditioning Trek in the Blue Ridge Mountains. Details are available at <http://s2kilimanjaro.com/registration-and-payment/> on the bottom of the Schedule page. Meet in the parking lot of the Holiday Inn Express at the corner of Gaskins and Hwy 64 in Richmond at 6:00a (9933 Mayland Drive, Richmond VA 23233).
- March 20th, ____** Conditioning Trek in the Blue Ridge Mountains. Details are available at <http://s2kilimanjaro.com/registration-and-payment/> on the bottom of the Schedule page. Meet in the parking lot of the Holiday Inn Express at the corner of Gaskins and Hwy 64 in Richmond at 6:00a (9933 Mayland Drive, Richmond VA 23233).
- April 25th, ____** Team Conference Call to discuss gear, planning and preparation. Calls are at 7:00p EST and can be accessed by calling ____ / Pass Code ____.
- June 13th, ____** Team Conference Call to discuss gear, planning and preparation. Calls are at 7:00p EST and can be accessed by calling ____ / Pass Code ____.
- August 1st, ____** Final Payments in the amount of \$TBD (Trek) and \$TBD (Chukhung Ri add-on). All registration material complete.
- August 22nd, ____** Team Conference Call to discuss gear, planning and preparation. Calls are at 7:00p EST and can be accessed by calling ____ / Pass Code ____.
- September 1st, ____** Flight Itineraries due for development of final arrival/departure schedule.
- October 10th, ____** Weather and Security Checks / Advance Protocols Complete

IN-COUNTRY ITINERARY

October 11th Monday: Team member arrivals in Kathmandu. Airport transfers and hotel check-in. Early arrivals can be accommodated at a rate of \$TBD double / \$TBD single occupancy per night.

October 12th Tuesday: In-country briefings and gear check at the hotel, last minute gear purchases and preparation. Breakfast will be provided at the hotel. Lunch and dinner on your own. Enjoy the wonderful shopping in Kathmandu!

October 13th Wednesday: Fly to Lukla (2,850m/9,350ft), group assembles and prepares for trek to Phakding (2,640m/8,661ft). Trek length is 7km/4.4mi with elevation gain of 210m/689ft. Trekking time is approximately 1.5 - 2.5 hours. End of day meeting point TBD by 1700. Breakfast at the hotel, lunch in Lukla and dinner provided in Phakding at 1900.

October 14th Thursday: Team departs at 0800. Trek to Namche Bazar (3,450m/11,319ft). Trek 9km/5.6mi with elevation gain of 810m/2658ft. Trekking time is approximately 2.75 - 5 hours. End of day meeting point by 1700 TBD. Meals provided at 0700, 1230 and 1900.

October 15th Friday: Rest and acclimatization day; sightseeing in Namche Bazar. Meals provided at 0700, 1230 and 1900.

October 16th Saturday: Team departs at 0800. Trek to Tyangboche Monastery (3,860m/12,664ft) and Deboche (3770m/12,369ft). Trek length is 14.5km/9mi with elevation gain of 320m/1,050ft. Trekking time is approximately 3 - 5 hours. End of day meeting point by 1700 TBD. Meals provided at 0700, 1230 and 1900.

October 17th Sunday: Team departs from at 0800. Trek to Pheriche (4,280m/14,042ft). Trek length is 9.7km/6mi with elevation gain of 510m/1,673ft. Trekking time is approximately 3 - 5 hours. End of day meeting point by 1700 TBD. Meals provided at 0700, 1230 and 1900.

October 18th Monday: Rest and acclimatization day in Pheriche. Meals provided at 0700, 1230 and 1900.

October 19th Tuesday: Team departs at 0800. Trek to Lobuche (4,940m/16,207ft). Trek length is 9.7km/6mi with an elevation gain of 660m/2,165ft. Trekking time is approximately 2.5 - 4.5 hours. End of day meeting point by 1700 TBD. Meals provided at 0700, 1230 and 1900.

October 20th Wednesday: Team departs at 0800. Trek to Gorak Shep (5,170m/16,962ft) and EBC in the afternoon (5,300m / 17,600 ft). Trek length to Gorak Shep is 7.2km/4.5mi with an elevation gain of 230m/755ft. Trekking time is approximately 1 - 3 hours. Trek length to EPB is 8km/5 mi RT with an elevation gain of 130m / 426 ft. Trekking time is approximately 2-3 hours. End of day meeting point in Gorak Shep by 1800 TBD. Meals provided at 0700, 1230 and 1900.

October 21st Thursday: Team departs at 0800. Trek to Kalla Patthar (optional/ 5,500 m /18,204 ft.) and then descends to Lobuche. Trek length to Lobuche is 7.2km/4.5m with an approximate trekking time of 1-3 hrs. End of day meeting point by 1700 TBD. Meals provided at 0700, 1230 and 1900. Optional early morning trek to the summit of Kalla Patthar is characterized as strenuous (5500m/18204ft). Trekking time is approximately 3-4 hours. Departure time for Kalla Patthar will be determined the evening before our ascent.

****Performance Team: After ascending Kalla Patthar and returning to Lobuche, the team will traverse the primary branch of the Khumbu Glacier and continue on to Kongma La Pass (18,192 ft.) for an overnight camp at Pokhalde BC (5.3 k / 3.3 miles). This is a strenuous day requiring experience and endurance at altitude. Our day will be 9-12 hours of high alpine glory with an additional 2,000 ft. elevation gain from Lobuche to the pass.*

October 22nd Friday: Team departs at 0800. Trek to Dingboche and Pangboche for monastery visit. Trekking time is approximately 3-5 hrs. End of day meeting point by 1700 TBD. Meals provided at 0700, 1230 and 1900.

****Performance Team: Trek to Pokhalde (19,049 ft.) and then descend to Chukhung (15,518 ft.). Ascent from Pokhalde summit is approximately 1,400 ft. Estimated time for trek is 6-8 hours (10.4 k / 6.5 miles).*

October 23rd Saturday: Team departs at 0800. Trek to Namche Bazar. Trekking time is approximately 3-4 hrs. End of day meeting point by 1700 TBD. Meals provided at 0700, 1230 and 1900.

****Performance Team: Trek from Chukhung (15,518 ft.) to Chukhung Ri (18,209 ft.) and then descend to Namche to meet main group. Trekking time to Chukhung Ri summit is approximately 4-5 hours (2,691 ft. elevation gain). Estimated trekking time descending to Namche is approximately 4-5 hours (19 k / 11.8 miles).*

October 24th Sunday: Team departs at 0800. Descend to Lukla with a trekking time of approximately 3-4 hrs. End of day meeting point by 1700 TBD.

October 25th Monday: Breakfast at 0700. Team air departures from Lukla TBD. Fly to Kathmandu and check in at hotel. Celebratory dinner sponsored by S2Mountaineering!

October 26th Tuesday: Members depart from Kathmandu and airport transfers. Delayed departures can be accommodated at a rate of \$TBD single / \$TBD double occupancy per night.



Everest Base Camp (Reynolds / 2012)