

Everest via the North Col

Asia | 8,848m



360 
EXPEDITIONS

www.360-expeditions.com

Everest

via the North Col | Asia | 8,848m



360 Expeditions has enjoyed considerable **success** in **climbing 8,000m mountains**. Our teams have summited Manaslu (8,156m), Cho Oyu (8,201m) (3 ascents) and Mount Everest (8,848m) multiple times.

We have been on Everest South and Everest North and our preferred route, having tried both, is an expedition to the **North East ridge of Everest**.

Our high level of summit achievement, not only on the 8,000m mountains but also on many 6,000 and 7,000m peaks is largely due to our extremely experienced team of high altitude Sherpas, expert leadership from our guides, seamless office back-up and the state of the art facilities at the disposal to our climbing teams.

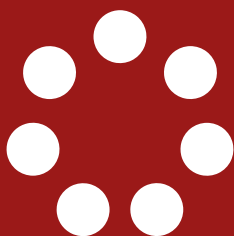
360 Expeditions offers a modern way to ascend the mountain. Our **comprehensive itinerary** has more inclusions and fewer extra costs. In order to thoroughly prepare for this expedition, our climbers will receive continuous advice on training, medical and equipment ideas from our dedicated guide and office staff prior to leaving for **Tibet**.

On the mountain, climbers will work closely with the expedition leader in forming an individualised ascent and acclimatisation strategy. Further chances of success are increased by the high standard of living facilities in BC and ABC, our innovative kitchen serving great tasting meals, new camping equipment above ABC, access to modern communication systems and our up to date weather forecasting services.

Everest

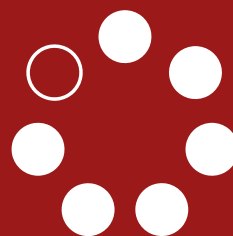
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Physical – P7

You will be pushed physically to the limit and then beyond. Long and arduous preparation is required before this expedition. Expect to be carrying pack weights up to 25kg. Be prepared for very long, sustained days with hours well into double figures on a regular basis. Discomfort to achieve your goal is to be expected.



Technical – T6

Expect punchy sections of more technical rock climbing or prolonged Alpine climbing at Scottish Winter III or Alpine AD. Good skills on rock or ice are paramount.

Please note that the grading system used is a rough guide only.



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ITINERARY

DAY 1 : Depart UK

Our journey to the great mountain begins with a flight to the capital city of Nepal, Kathmandu. Airport transfer. Night spent at Hotel.

DAY 2 and 3 : Expedition preparation and Tibet

We will spend a few days in Kathmandu for thorough expedition briefings, equipment checks, getting re-acquainted as a team and sorting out last minute logistical details before crossing the border to Tibet. Night spent at Hotel.

DAY 4 : Lhasa (3,650m)

Today we will fly into Lhasa. Transfer to hotel.

*There is a possibility we will be driving to Base Camp in lieu of flying, as dictated by the Chinese Authorities. Therefore a variation for days 4-9 will apply.

DAY 5 : Lhasa

Today we will spend the day in Lhasa. Lhasa is situated at 3,500m. A significant jump from Kathmandu at 1,300m. Today we will start our acclimatization regime and have an enjoyable day sight-seeing in the legendary Tibetan capital. Night spent at hotel.

DAY 6 : Drive to Shigatse (3,840m)

Following our sensible acclimatization plan we only gain 300m in altitude on today's drive to Shigatse. The drive takes us over the Tibetan plateau and offers a great insight this ancient land. Night spent at hotel.

DAY 7 : Drive Tingri (4,350m)

We continue our journey across the Tibetan plateau. Night in hotel.

DAY 8 : Acclimatization day in Tingri

This bustling town is the cross roads for travelers and expeditions coming from Nepal and going to the giant mountains of Tibet.

Our day will be spent climbing to the top of a local hill (4,900m) from where we can get spectacular views of the town, it's monasteries, Mount Everest and Cho Oyu. Night spent at hotel.

DAY 9 : Drive to Everest Base Camp (5,150m)

Today we will drive to Everest Base Camp. Night spent camping.

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ITINERARY

DAY 10 – 56 : Everest Base Camp

We will stay at our comfortable Base Camp (BC) for several days to allow our bodies to adjust to this altitude and to get a feel for the surroundings. From BC we will conduct several acclimatisation walks to the north-face of Mount Everest and up the spectacular East Rongbuk Glacier to explore the route to Advanced Base Camp (ABC). During this period, we shall return each night to BC.

Once we are fully acclimatised to the altitude of BC we begin to venture higher up the mountain and begin our first of two long rotations (5 to 7 days each). The aim of the first rotation is to trek to ABC at 6,492 metres, stay there for a few days and then climb to the North Col at 7,100 metres. For the first rotation we only “touch” the North col before descending back to BC for a rest and for the second rotation we aim to spend a night here.

After both rotations we will be descending down to our comfortable BC to recuperate from these long periods of altitude and to prepare for our summit push. Our BC becomes not only a comfortable environment to relax but a great restaurant to eat in and a classroom to learn in. Additionally the chilled social ambiance at basecamp provides a great atmosphere to get to know other teams and to make friends over a beer at the Russian bar.

Trek to Everest Advanced Base Camp (ABC)

ABC is situated at 6,492m and is 22km distance from BC. With yak support it takes two days to reach ABC with a night at intermediate camp (5,700) for the first rotation. For the second rotation we aim to trek from BC to ABC in one long day and then rest at ABC for several days before ascending for a night at the North Col.

ABC will be our home for a total of 8-10 nights (two rotations) and we aim to make your stay a comfortable one. By assuring individual sleeping tents, high standard of living facilities, and an innovative kitchen serving fresh and great tasting meals, access to modern communication systems and our up to date weather forecasting services we significantly improve your chances of success.

ABC to North-Col (Camp 1, 7100 meters)

DAY 57 : Base Camp

If the weather and mountain conditions favour us and the team acclimatises adequately it is possible that we will have summited Mount Everest and returned to BC well before this day. We have allowed ample time for our teams to not only physically acclimatise to the mountain but also to adapt to expedition life in order to maximise their chance to summit Mount Everest. The day reflected here is the last day our climbing permit allows us to be on the mountain. However an overall time of 47 days at BC and above allows for a very generous ascent period.

DAY 58 : Drive to Lhasa

Today we'll drive to Lhasa. Night spent in hotel.

DAY 59 : Fly to Kathmandu

Today we will fly back to Kathmandu and spend the night in a luxury hotel.

DAY 60 : Kathmandu

A much-needed day to un-wind in the tropical hotel gardens or to experience the bustle of the Nepali capital. And of-course a great final night to celebrate our team and expedition success with a 3-course celebration meal at the Roadhouse. Night spent in hotel.

DAY 61 : Fly home

Today we will depart Kathmandu and fly back home.

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KIT LIST

Bags & Packs

Duffel bag 120ltr-140ltr x 2

We normally pack all our equipment in two large duffel bags. (90-120L capacity) Make sure they are well labeled with indelible ink as well as a travel tag. The duffels go on the trek/climb with you and will be carried by porters and yaks. Expect for them to get wet and muddy, so rugged, waterproof tarpaulin duffels are good. Bags with wheels are nice for the airport, but the porters and yaks don't like to carry them, so don't bring wheeled bags (or at least not two of them)

Climbing Backpack

Medium size internal frame pack (60 – 80L capacity). Look for a pack that is comfortable to carry, very durable, as light as is reasonable and one which has a minimum number of gadgets and fripperies to break

Daysack

A smaller rucksack makes a great carry-on bag for your flight and is useful during the trek for smaller walks on acclimatisation days, or once back in town

Drybags

Nylon rolltop bags that keep fresh clothing and other important items like passports and iPods dry in the event of a total downpour that seeps into your kitbag. Good for quarantining old socks. Please note that many countries are now banning plastic bags. We would always advise buying re-usable nylon rolltop bags for keeping your kit dry (and sustainability).

Small kit bag or light bag

This is for any kit you intend to leave at the hotel and could even simply be a heavy duty plastic bag

Padlocks x 2

For use on your kit bag for travel and on the expedition plus your hotel bag

Sleeping Gear

5 Season sleeping bag

5-season sleeping bag with a comfort rating of -40C is essential. Down is lighter but more expensive than synthetic and ratings vary between manufacturers

Lighter rated sleeping bag

A lighter rated sleeping bag (-15C) for BC

Sleeping mat

A full length rather than $\frac{3}{4}$ length 'self-inflating' Thermarest or Mammut

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KIT LIST

Sleeping bag liner

These liners can be fleece or silk. They can increase the warmth of the sleeping bag and help to keep it clean

Headwear

Warm headgear x 2

This can be a warm hat, beanie, balaclava, anything to reduce the heat loss from your head

Wide brimmed hat

Keeps the sun off exposed areas like ears and the nape of the neck

Sunglasses

Category 4 wrap around style is highly recommended. These sunglasses allow for the highest available protection against harmful UV light found at altitude and from glare from snow and sand surfaces. Worth spending money on good UV filters. Julbo is our preferred supplier

Ski goggles

For contact lens wearers, ski goggles with light color lenses (for use at night) might be useful in windy conditions. Ski goggles are essential for all climbers in really stormy conditions and can serve as an emergency back up for broken or lost sunglasses

Buff/Scarf

Essential for protection from the sun and dust

Sunblock

Buy the highest SPF you can find as altitude intensifies the UV. Use tubes small enough to fit in your pocket for regular reapplication or consider high factor single application

Lip salve

Sunscreen generally doesn't work on your lips so it's important to also have high factor lipsalve

Upper Body

Base layer x 3

This is the layer closest to the skin and its principal function is to draw (wick) moisture and sweat away from the skin. You can also get thermal base layers for use at higher altitudes that provide an additional insulative layer while still drawing sweat during times of high exertion

Mid layer x 3

These are typically lightweight microfleece or similar technology that provide varying degrees of warmth and insulation without being overly bulky or heavy to pack

Gilet (optional)

Optional - A great low volume additional layer to keep your core warm, whether down, primaloft or fleece

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KIT LIST

Waterproof top

A good Goretex Hardshell jacket with sealed seams provides effective defence against wind and rain as your outermost layer. This should be big enough to fit over your other layers

Light insulated jacket

A lighter jacket such as a Primaloft or lightweight down which can be worn at lower to mid altitudes is a great addition to your kit offering greater flexibility with layering

Down jacket

These provide the best insulation and are worth every penny. Ask advice in the shop (or from us) when buying the jacket and mention you want it rated to -25C and the assistant will recommend the correct fill for you

Soft Shell

These should be windproof (not all are) and insulative. They are mostly made of soft polyester and sometimes resemble a neoprene finish which makes them very mobile and comfortable to wear. While offering a degree of weather repellence, they are not waterproof

Light gloves

Polartec or windproof fleece. Leather or abrasion resistant palms handle the fixed lines better. Leather gloves or good abrasion resistant climbing glove for the rock sections

Ski or climbing gloves

A warm insulated glove with leather palm will be worn a lot

Waterproof mitts

A great addition to fit over your down mitts high up or gloves lower down for an added windproof or waterproof layer, especially as down ceases to work when it gets wet and takes a long time to dry. Synthetic fill

High altitude down mitts

Worn over liners for summit days on all 6,000m plus expeditions. Mitts provide more warmth than finger gloves. For extreme cold down or prima loft fill is recommended

Down suit

It is highly recommended to wear a full down suit, rather than a combination of a down jacket and trousers for summit day

Lower Body

Trekking trousers

These tend to be polyester so they dry quickly after a shower and weigh little in your pack. Consider perhaps a pair with detachable lower legs as an alternative to shorts

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KIT LIST

Midweight trousers

Softshell windproof or thermal lined mid weight trekking trousers can be worn with thermal leggings OR Primaloft over a pair of thermal leggings are both good options for higher altitudes. All depends on your budget

Waterproof overtrousers

Waterproof overtrousers or salopettes. Like the jacket, an essential piece of kit to stay dry and should also be Goretex or breathable, to fit over your summit trousers if needed

Down overtrouser

For summit day – or a full down suit

Long Johns x 2

To be worn underneath trekking trousers or thicker trousers for high up

Underwear

Merino or wicking material, not cotton. How many pairs you take is entirely up to you

Feet

High altitude boots

Essential on all our high altitude expeditions as they are the only way to avoid frostbite. Commonly known as 'plastics' these boots are double or triple layered to offer the best insulation and the warmest feet up high. Ranging from Scarpa Phantom 8000 to Millet Everest to La Sportiva Olympus Mons depending on your budget. Make sure that your boots fit with 2 pairs of socks for added warmth and with room to wiggle your toes. Avoid trying to break in the boots by training in them, they will break you! Wear them around the house to get used to the weight and feel instead

Gaiters

To go over your plastics if they are not integrated

3-4 season walking boots

To use for your trek at lower altitudes. 3-4 season waterproof boots with mid to high ankle support and should be well worn in before the expedition

Trekking socks x 4

Single layer or wearing 2 pairs is a personal choice and lighter weight merino wool is a good option

High altitude socks x 3

These socks are a grade heavier than mountaineering socks and can be thick wool or the modern trend is to build in primaloft barriers around the toes etc. Save a clean pair for summit day

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KIT LIST

High altitude inner socks x 3

Lighter weight inner socks, Merino wool is advisable

Spare laces

Just in case

Technical Equipment

Climbing helmet

A plastic helmet is more suitable rather than the expanded foam helmets available. Make sure you try it on in the shop with a woolly hat underneath

Climbing harness

Make sure the buckle is easy for you to thread in cold conditions! Gear loops will be useful for this trip as well as adjustable leg

HMS Locking karabiners x 4

Large locking HMS pear shaped carabiners

Jumars

Left or right handed, your choice

Figure of 8

Figure of 8 descender

Belay plate

Back up descending device

Prusiks

1.5m of 5mm cord – to be used as a prusik loop

Sling (100cm)

Crampons

12 point mountaineering crampons with anti-balling plates that fit your specific plastic boots (not ice climbing crampons)

Ice axe

A walking ice axe between 55cm and 65cm. Go to an outdoor shop and try different ones for weight and size so that you get one that feels good to you

Trekking poles

Essential for high up the mountain when we are load carrying as well as descending

Hydration

Water bottles/bladder

3L equivalent – a good combination is a Platypus/Camelbak plus 2 x 1L Nalgene bottles. Platypus for use before the water starts to freeze at higher camps!

Water purification

Although generally all water is boiled some prefer to double up and add purification tabs as well. Always good to have in your bag

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KIT LIST

Toiletries

Travel towel

Travel towels from the likes of Lifesystems are perfect

Wet wipes

Preferably biodegradable, these are great for washing when modern shower facilities become a thing of the past

Alcohol gel

A must have for good camp hygiene

Toilet paper

Provided on the mountain but a spare in your daysack may be useful if you need to hide behind a rock between camps

Nappy sacks or dog poo bags

Only needed to bag your toilet paper if you are caught short in between camps and for keeping your rubbish tidy in your tent

Insect repellent

For early stages and once back down

Wash kit

Keep it simple on the mountain. Essentials are toothbrush, toothpaste and deodorant. Moisturiser is advisable, everything else is a luxury!

Medications

Personal medication

Keep this in your daypack

Personal first aid kit

The 360 med kits are designed to be used in emergencies and akin to an A&E rather than a pharmacy on Expeditions so please come prepared with useful meds for yourself such as painkillers (Ibuprofen if you can take it and a Paracetamol) plus blister plasters, plasters, antiseptic, rehydration sachets and any muscle rubs you wish to use.

Miscellaneous

Insulated mug

A great addition for hot drinks at the higher camps

Small thermal flask

May be nice on summit night when it's cold

Pee bottle (+ optional Shewee for the girls!)

A good idea if you are storm bound at higher camps. A 1ltr Nalgene bottle is a good option but do make sure you label it appropriately!

Camera

Bring plenty of spare batteries and memory cards. The mountain can be dusty to some sort of camera protective bag is advisable

Penknife (optional)

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KIT LIST

Head torch

We recommend Petzl head torches. Bring spare batteries.

Snacks

You will be fed very well and given snacks each day however we advise bringing a small selection as a little bit of comfort. For summit night it's always good to have a few extra chunky bars for that extra boost. Energy gels and protein bars are not suitable

Hand and foot warmers

For summit day

Documentation

Passport

Don't forget this! Your passport should have at least 6 months validity. With your passport expiry date at least six months after the final day of travel.

Copy of passport

Scan of passport picture page sent to 360 prior to departure

Passport photos x 4

We need these to obtain your climbing and trekking permits

Visa

Obtained in UK or at Kathmandu airport on arrival

Dental check up

We recommend you have a dental check-up before your trip. New fillings can be an issue at altitude if there is an air pocket left in the gap

Money

Money for tipping (see FAQ's)

Travel insurance

Copy of own travel insurance details. And relevant contact numbers. We recommend looking into deals offered by the BMC, the Austrian Alpine Club or similar insurers. Team members should take out private insurance that covers you against cancellation due to medical or personal reasons and it is important that the insurance contains coverage for medical evacuations. Many other insurance providers are available and we do recommend that you shop around to get the best cover for you on the expedition you are undertaking. It is your responsibility to ensure that you have the appropriate insurance for your intended trip. To include: medical evacuation and coverage up to the maximum altitude of this trip. Please contact the office if you have any queries on insurance for this expedition. We are happy to help.

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FAQ'S

Guides and Sherpa team

Who is the guiding team composed of?

The company directors assigned to join you on our high-altitude expeditions have a world class background in leading expeditions of this nature.

[Rolfe](#), who is leading the 360 Everest via the North Col expedition has lead expeditions to four of the 8,000m peaks. **Mount Everest:** 2007 (North Col), 2015, 2016 and 2019. **Manaslu:** 2013, **Cho Oyu:** 2016 (two summits in 24 hours), 2018 and **Lhotse** (unsuccessful) 2016. Furthermore, he was an Expedition Leader on 5 unsupported, technically difficult 7,000m peaks and has guided more than seventy expeditions to 6,000m peaks. The key word here is guided.

Leading an expedition of this calibre demands a thorough familiarity not only with the mountains unique complexities but also a complete understanding of a client's individual requirements. With almost 30 years' experience in this leadership role it is safe to say that Rolfe has what it takes to confidently deal with the demands this career entails.

Raj, supporting as an expert high-altitude medical professional from the UK, has summited Cho Oyo and Mount Everest with his own self-sufficient expeditions and has completed the coveted 7 Summits also completely unsupported. On six out of these seven he has worked in a leadership capacity and on Mount Everest he acted as the expedition medical officer. Raj will be on hand to discuss any of your medical queries or concerns before the expedition heads out.

Who are the 360 Climbing Sherpa team?

One of many reasons to choose 360 is that we work closely with a Sherpa and Nepali team with whom we have enjoyed several decades of climbing success. These guys are quite simply the best in the business. The people looking after you will not only have climbed the mountain before but will have an experience of 8,000m expeditions that is unsurpassed. The Sirdar (head Sherpa guide) and our climbing Sherpas typically have multiple Everest ascents under their belts.

Is there a Base Camp manager?

We employ the services of a professional Base Camp manager whose sole purpose is to assure the seamless running of the camp facilities and the logistics on the mountain. He does not participate in the ascent but is on 24-hour standby via VHS radio to facilitate the safe running of the expedition and throughout the ascent period. He is in daily communication with our office in Kathmandu to source weather forecasting, pass on messages and to update the progress of the expedition.

Everest

via the North Col | Asia | 8,848m

FAQ'S

5 Reasons to choose 360 Expeditions for this 8,000m expedition

1. Rolfe Oostru, a highly experienced expedition guide will be joining the and managing the expedition on the mountain with you.
2. Continual support right from the word go from a seamless, professional and hugely dedicated office crew means that you can concentrate on the climb without distraction and loss of time.
3. We offer an Everest expedition package. This means 1:1 Sherpa guiding and all your oxygen is included with comfortable extras such as walk-in tent at Base Camp, mattress and personal electricity feed to each tent. It is important to look beyond the price considering the inclusions, and we don't compromise on the quality of our service.
4. As standard we provide an experienced and qualified western guide, a dedicated world-class Sherpa team, seamless logistical management both in country and prior to departure, small group sizes, modern climbing equipment and safe client-to guide ratios.
5. Last but importantly, we Individualise the ascent strategy which makes this Everest expedition truly a life changing experience.

Why climb with the directors of 360 Expeditions?

Our directors are keen to pass on their hard-earned knowledge to you, allowing you to come back from this expedition with not just a summit "tick" but more importantly return with a huge amount of mountain know-how learnt and practiced. Our 360 team's experience and knowledge is based on three decades worth of high altitude climbing experience. Logistical planning, assessing the weather forecast to developing a climbing strategy, gaining an insider's view of the daily running of an expedition on every level is valued by most expedition members. They will involve you every step of the way. Their job is to oversee the entire expedition from start to finish and to actively be there for you on the summit bid. We do not run a "facilitated" expedition where our climbers are provided with oxygen and Sherpas and left to their own devices.

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FAQ'S

The Climb

What is the Climber to Sherpa ratio?

The Expedition leader runs the expedition in close consultation with the local experts, the 360 Nepali team. Together they will formulate the safest and best strategy of producing a successful expedition. This expedition has a 2:1 ratio – for the actual mountain phase to the high camp (2 clients per 1 climbing Sherpa). **For the summit bid this ratio increases to 1:1.** The 360 leader is not part of the ratio, he will be with you in addition to your climbing Sherpas for the entire mountain phase and summit bid. The additional Sherpa support and their huge level of experience means that you will be safe, and that at no point on the mountain will you ever have to carry more than what you need for that day. All your camping and incidental equipment is transported between camps by our Sherpa team.

What is your individualised ascent strategy?

Every team member is unique. They come from different backgrounds and have different life experiences. Equally their training and climbing resumés may differ and therefore an individual ascent strategy for the duration of the entire expedition has to be devised. Our team members benefit hugely from our small group policy as our guides can dedicate a huge amount of time devising an individualised plan which will maximise their chances of standing on the summit. Based upon pre-existing factors and an individual's expedition progress our guides will be able to fine tune every client's individual performance and enjoyment of the expedition. By creating an open and honest two-way communication between client and the guide from the onset of the expedition, your guide will be able to dramatically enhance your experience and improve your chances of standing on top. Details such as pairing you up with a climbing Sherpa you work well with on summit night, working out your ideal tent buddy, closely watching your diet and hydration, making sure you are adequately rested, teaching you the correct dosage and use of altitude related medicine, taking the time to retrain you on techniques you may not be familiar with, re-teaching you the use of climbing kit you haven't used for a while and determining when is the optimum time for you to summit, all form but a small part of our individualised ascent strategy.

Everest

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FAQ'S

What route will we be taking?

As noted on the itinerary page this route to Everest that goes from the Tibetan side of the mountain is known as the North-east ridge route. It is the standard route to ascend the mountain from the north.

For a detailed run down of the route and what's in store on this expedition, read our blog [here](#)

How long is a typical day on the mountain?

The lengths of the days during the climbing phase of the expedition vary. Some camps are closer together or the conditions may be slower going. At the beginning of the expedition, the days will seem longer but as you get more acclimatised and adjusted to the regime, the days go quicker. Average days can be 6–10 hours long. Summit day can be up to 20 hours long. A good break will be had after every big day out to allow you to adjust to the altitude, rest, eat and to rehydrate properly.

How long is summit day?

A typical summit day is 8 to 10 hours for the ascent from C3 to the summit and about 6 to 8 hours to return. These times vary enormously from team to team and between team members and varies according to individual fitness and progress made to get to C3. The summit departure time will be determined by the team leader and climbing Sherpas based on these factors as well as movements of other teams on the mountain.

What is a typical ascent profile of a mountain of this calibre?

We work closely with each individual team member to determine their own unique ascent profile. Generally speaking though a typical ascent profile is as follows:

- Arrive at base camp, rest for a few days, followed by days of short acclimatisation walks to intermediate camp (5,700metres) and the glacier nearby.
- **First rotation:** Climb to ABC (6,400 metres) with a night at intermediate camp and remain at this altitude for several days to rest and acclimatise.
- Climb to Camp 1(7,100 metres) and return to ABC in one day.
- Descend to BC. Rest days at BC.
- **Second rotation:** repeat ascent profile as rotation one but do not spend night at intermediate camp.
- Climb to Camp 1 and sleep here, continue to Camp 2 (7,700 metres) next day before descending to ABC and then down to BC.
- Several rest days at BC.
- **Summit phase:**
- By now you will be fit, well rested, well fed, fully hydrated, properly acclimatised and have developed a good mountain sense. You are ready for the climb of your life!

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FAQ'S

What is the ascent profile for climbing Mount Everest from the north? Part 1.

The route to ABC is described on the itinerary page. The following are in-depth details of what to expect on the climb to the North Col (NC) and above.

The first two climbs to the NC are to get acclimatised to 7,100+ meters and the last time for the summit bid itself. For acclimatisation purposes it is important to climb to the North Col on the two rotations without the use of supplemented oxygen. Climbers make the decision to use oxygen for their ascent to the NC from ABC on the summit push when that day comes but will be sleeping on oxygen for the night on the NC during this phase. Climbers will be using oxygen continuously from that point to the summit until their return to the NC a few days later.

From ABC climbers follow an obvious path through the moraine on the edge of the east Rongbuk glacier until they meet the ice at the appropriately named crampon point. Here the glacier has few crevasses and is flat and broad. Clear views of the imposing head wall of the NC, the bulk of Changtse and the massive east face of Mount Everest lend an incredible big mountain feel to this section of the climb. This last portion of the east Rongbuk glacier takes about an hour to cross before you meet the final 450 metre high headwall of the NC. Here almost immediately the climb steepens up to around 40 degrees. Towards the end of the climb several sections of up to 70 degrees are encountered but they are each relatively short and generally don't take very long to climb. The entire climb up to the NC is fixed with security rope. Climbers ascend the ropes using ascenders and rappel down on the descent. Generally, climbers take 5-7 hours to reach the col on their first rotation

What is the ascent profile for climbing Mount Everest from the north? Part 2.

The climb to Camp 2 at 7,700m is relatively straight forward along a broad easy angled snow covered ridge and a short rocky section above this. This day can be extremely windy as we are by now well above the relatively sheltered amphitheatre of the east Ronbuk glacier and the NC. Our climbing efforts are rewarded by stupendous views of the north face of Everest and the peaks of the Khumbu valley in Nepal. The entire climb is fixed with security line. It takes generally 4-6 hours to reach Camp 2 from the North Col.

Camp 3 is the highest campsite in the world and is located at 8,300m. It serves as the launching off point for our summit bid. To reach it we follow the fixed line up the rocky ridge from camp two and then a snow-filled gully which is part of a rock barrier known as the yellow band. Through this we take a small ramp to reach the North-East ridge proper. Camp 3 has limited space and is pitched on small rock ledges but is relatively sheltered from the wind by the prominent North-East ridge above. An early start allows for adequate time to rest and hydrate at Camp 3 before the summit bid. Climbers generally take 6-7 hours to reach this camp from Camp 2 on summit day.

Everest

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FAQ'S

What is the ascent profile for climbing Mount Everest from the north? Part 3.

Above Camp 3 the route follows a well-defined path up a low angled snow slope and over several rocky steps before crossing a rocky slab area known as the first step. Above this it climbs into a short gully to join the ridge at a prominent rock feature known as mushroom rock. Here we switch to a fresh cylinder of oxygen to last us to the summit. From here we follow the fixed line along the ridge until we meet the crux of the route, the 2nd step. This step initially begins with a 3m rock slab followed by 10 meters of near vertical rock where the Chinese have fixed a solid ladder. Once we have climbed this demanding section we continue along the ridge to the 3rd step which is much more straightforward to climb. From here the summit will begin to call properly but we are still several hours away. Above the third step we climb steep snow slopes towards a feature known as the Pyramid, here the route will feel exposed as we navigate our way around a large rocky buttress and a few scrambly rock sections on a ramp which brings us to the final ridge and the last few steps to the summit.

You are now standing on the top of the world. No words can adequately describe the overpowering feeling of elation and sense of achievement which you are feeling. You will take a few summit photos perhaps use the Expedition leaders Sat phone to call home and then take that first step down to a life that will never be the same again. Climbers generally take around 8-10 hours to reach the top of the world from C3. The descent back to C3 from the summit takes around 7-8 hours but climbers are encouraged to descend back to the North Col which takes a further 4-6 hours.

Our climbers enjoy one to one Sherpa support

Why attempt Mount Everest from the Tibetan side (North-East ridge)?

The two most common ways to climb Mount Everest are via the Nepali South-East ridge and the Tibetan North-East ridge. For the 2019 spring season we will be conducting our Everest ascent on the Tibetan side of the mountain. Having gained valuable experience on the Nepali side (summit success in 2007, an unsuccessful attempt due to an earthquake in 2015 and a successful summit in 2016) we as a company have decided to switch to the Tibetan side of the mountain. Although technically more difficult this side is safer as it does not have ice-fall danger and now enjoys a more stable political atmosphere. In the last few years the Tibetan Mountaineering Council has taken it upon themselves to employ their own teams dedicated solely to fixing rope whereas on the Nepali side every International team is required to lend one or more of their team's Sherpas to do this task. Freeing up our Sherpas from this time-consuming work allows them to dedicate themselves 100% to our team's success. We are not unfamiliar with the Tibetan side of the mountain as we have lead two expeditions to ABC and the North Col (7,000 m) in the past.

Everest

via the North Col | Asia | 8,848m

FAQ'S

What are the pros and cons of the Tibetan climbing route on Mount Everest?

North East Ridge – North Col Route

Pros:

- Fewer crowds
- Can drive to Base Camp
- Easier climbing to mid-level camps
- Slightly shorter summit night
- In the past no helicopter rescue available. In 2019 this will be available

Cons:

- Colder temps and harsher winds
- Camps at higher elevations
- A bit more difficult with smooth or loose rocks

What are the pros and cons of the Nepali climbing route on Mount Everest?

South East Ridge – South Col Route

Pros:

- Beautiful trek to Base Camp in the Khumbu
- Easy access to villages for pre-summit recovery
- Helicopter rescue from as high as Camp 2 at 6,400m if necessary
- Slightly warmer sometimes with fewer winds

Cons:

- Khumbu Icefall instability
- Crowds, especially on summit night
- Cornice Traverse exposure
- Slightly longer summit night

What experience should I have before I attempt this climb?

You will need to be thoroughly familiar with all the necessary skills needed to climb a mountain of this magnitude. Appropriate time spent on high altitude mountains as well as several technical alpine routes prior to coming to Everest are a basic requirement to join the expedition. Alpine climbing techniques should not be learned for the first time on the mountain.

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FAQ'S

How fit do I need to be for this expedition?

To climb Mount Everest you will need to be in the best physical shape of your life. By the time you book and are accepted onto an Everest expedition you will have a good understanding of your level of fitness and how you cope with altitude and with the discomforts of an expedition of this nature as a whole. This expedition is gruelling and will be physically demanding. We have rated it as P7, T6 for level of fitness needed. Please check our fitness chart.

How many climbers are on this expedition?

The price for this expedition is based on a group of 4. However, the price is variable and the expedition can be run with 1, 2 or 6 clients comfortably. We keep our groups small as we feel that our teams benefit enormously from the tight-knit bonding and enhanced team spirit which develops on an expedition of around 10-12 members (including guides and Sherpas). Getting to know each other personally and climbing together during the course of an expedition helps team members understand each other better and allows a measure of internal support for each other to develop. This coupled with receiving a much closer level of support from the guides and Sherpas significantly enhances the expedition experience and hence increases an individual climber's chances of standing on the summit.

Who will be my other team members?

Your fellow team members will have similar experience and ambitions to you. Our criteria for joining this expedition is that you have been to altitude before and have sufficient technical ability to cope with the terrain encountered on the mountain. Your teammates may come from a wide variety of backgrounds and will have different interests but the common ground is that you have all got what it takes to be on this expedition. In the past a great cast of characters have led to our expeditions being made all the more enjoyable. Life-long friendships have always developed by this shared experience.

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FAQ'S

Is there a possibility for family or friends to come along on the road trip and trek to ABC?

The journey from Kathmandu to BC and then the trek to ABC offers a glimpse into quintessential Tibet. It encompasses a fantastic blend of culture, amazing views and provides a good insight into traditional Tibetan and Chinese life as well as what a true Himalayan expedition is all about. Of course, it would be great to share this experience with your family and friends and we are able to arrange this.

Although it is all possible and sounds exciting having family and friends come along, we actually discourage this as we feel it is less ideal for our climbers on the team.

The time spent in Kathmandu and the journey to Base Camp gives the team valuable time to bond without distractions. If family and friends join, this process is jeopardised and the focus is very different. Subsequently, when family and friends depart and the team are left to climb, it can leave a bit of a hole that is needed to be readdressed. Focus then needs to be formed.

So in short yes its possible but we discourage it as we are keen to focus on the task at hand. This is of course reaching the top of the world.

What is a Summit Bonus?

This is the bonus tip that the client gives to his 1:1 Sherpa guide for reaching the summit. It is set at \$1000. You will need to have this money with you in cash to give to your Sherpa after your climb.

What is included whilst in Kathmandu?

Four nights' accommodation in Kathmandu including breakfast. Dinner will be included on the first night. Dinners are as per the itinerary above. Once the expedition departs Kathmandu **all** accommodation and meal costs are included in this itinerary.

Health and Safety

What is the risk in climbing this peak?

The very nature of climbing an 8,000m peak is risky. Although there are risks associated with climbing any mountain whether it is Kilimanjaro, Mont Blanc or Aconcagua, the risks on an 8,000m peak are considerably greater primarily due to extreme altitude and weather conditions. Physical, mental and technical preparation will go a long way towards a safe ascent. Furthermore, our Western guides and climbing Sherpas are trained in the use of medical oxygen, Gamow bags and specialized wilderness first aid equipment and medicine which we take on all our itineraries. We also carry satellite phones and radios to ensure proper communications with the outside world and between camps. In fact, we are often the first port of call when other teams have an emergency on the mountain!

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FAQ'S

What happens if there is a problem on the mountain?

All our leaders are in communication with each other by phone and radio. (VHS and/or Motorola) In the majority of cases of emergency rescue the problems can be attributed to slow acclimatisation or altitude and if so the solution is immediate descent to lower altitudes. Our 360 Nepal crew is very experienced in dealing with any problems that may arise. Our leaders have the highest standard of wilderness first aid qualifications and can handle emergencies to the highest level of competency.

Is there Helicopter rescue on the North-side of Everest?

There has been frequent talk from the Tibetan Mountaineering Association about making Helicopters available for rescue work on the north side of Mount Everest and as we understand this will be a service that is offered in 2019 making this side of the mountain on par with safety evac as the South. In 2018 helicopters were used in Tibet on other 8,000m peaks and we have been greatly encouraged by this move.

We will always plan to be ready to perform all rescues and evacuation which might be needed will be carried out. We plan to use our Guides and Sherpas on the mountain before transferring to the yaks. From BC the nearest modern medical facilities are a 6 hour drive away. If weather and logistics permits, the helicopters will take over making the rescues and evacs far quicker and seamless but we always plan and continue to plan to be self-sufficient if outside help is unavailable due to logistics and bad weather.

We take state of the art medical and rescue equipment with us and ensure all our staff on the mountain have current first aid and/or medical qualifications and have our own expedition medical specialist on standby for the duration of this expedition.

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FAQ'S

What medical/emergency equipment do you bring on this expedition?

All our Guides, Expedition leaders and Climbing Sherpas have attained the highest necessary qualifications and training needed to deal with not only emergencies but also to maintain a healthy expedition from day one. For this expedition we will be bringing comprehensively supplied medical kits, emergency oxygen and Gamow bags as well as state of the art communication equipment. On the mountain our Expedition leaders carry sufficient medical equipment to deal with localised first aid scenarios and at the basecamp we have sufficient supplies to deal with longer lasting medical problems such as anti-biotics to treat infections.

You advocate taking a small first aid kit, what should it have in it?

We advocate a little bit of self-help on the trek part of this expedition. If you have a blister developing for example then please stop, take off your boot and treat it before it becomes a problem. Your own first aid kit should contain: a dose of Diamox (your expedition leader will give this to you at ABC if you haven't already sourced them before the expedition), a basic blister kit, plasters, antiseptic, sun-protection, your own personal medication (sometimes your luggage might not get to camp before you and you may not be able to take your medicine according to the regime you are used to), basic pain relief (paracetamol /aspirin/ibuprofen,) a personal course of antibiotics if prone to illness etc. Generally, the best approach to take when packing your first aid kit is to include such basic medications as if you would on a family or personal holiday.

Your 360 Leader and/or Climbing Sherpa carries a very comprehensive first aid kit that contains a wide range of supplies and medications. They are fully trained to use whatever is needed for any emergency that may arise. We advocate keeping this in mind when packing your own first aid supplies and keeping your own first aid kit as compact and light as possible.

For the mountain phase, it is highly recommended to carry your own treatment dose of high altitude drugs such as Nifedipine, Dexamethasone and Diamox which we will give to you at ABC. We advocate that each team member carries these drugs in the same place (i.e. top LH pocket of your down-suit) so that if an emergency should arise the Expedition leader, climbing Sherpa or fellow team member can locate them easily.

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FAQ'S

Am I likely to suffer from altitude sickness on this expedition? Part 1.

The likelihood of getting altitude related problems are dramatically reduced on this expedition due to our carefully designed acclimatisation strategy. We have years of experience in dealing with altitude and its related problems and have devised an ascent strategy which caters for a broad spectrum of individual altitude adaptation. Still it is important to understand there are different types of altitude sickness and that at times altitude related problems can happen and to recognise the symptoms if they occur.

The most common of these is high altitude sickness (AMS – Acute Mountain Sickness). If you have a mild case, you may experience: dizziness, headache, muscle aches, insomnia, nausea and vomiting, irritability, loss of appetite, swelling of the hands, feet, and face, rapid heartbeat and shortness of breath with physical exertion.

Am I likely to suffer from altitude sickness on this expedition? Part 2.

Symptoms of severe altitude sickness may include: coughing, chest congestion, pale complexion and skin discoloration, inability to walk or lack of balance and social withdrawal. Our leaders assess each client's personal situation carefully. By carefully observing the client during the course of the day our leaders are able to quickly determine the probable cause of their clients discomfort. Apart from a gain in altitude further factors which contribute to the development of AMS symptoms are an insufficient intake of water or ascending too quickly. Further our leaders understand the compounding effects of dehydration brought on by excessive vomiting and loss of appetite and how to best allow a client to recover from exhaustion.

AMS might sound frightening but our leaders are fully trained (and highly experienced) in helping to relieve your personal symptoms and provide advice on how to best proceed.

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FAQ'S

What can I do to help prevent AMS?

To help avoid AMS, following the below rules can be simple but effective:

- Pay attention to the advice given to you by your expedition leader
- Drink lots of water
- Walk slowly
- Stay warm
- Eat well

We recommend that you familiarise yourself with the various affects that altitude can cause. During your pre-climb briefing, we describe altitude sickness to you in detail, and advise you how to cope with it. The most important thing is not to fear it, but to respect it and to know how to deal with it and more importantly tell your leaders how you feel.

Is there a risk of getting HACE (High Altitude Cerebral Oedema) and HAPE (High Altitude Pulmonary Oedema) on the mountain?

The severe forms of altitude sickness, HACE and high altitude pulmonary HAPE are extremely unlikely to occur on this expedition. Our leaders and Sherpa team are fully trained in recognition of the onset of these problems and will deal with them at the first sign of their development and will not let them develop to a dangerous level.

What type of communication is available on the expedition?

Telephone and internet coverage is available from Kathmandu to BC. Above this the Expedition leader will have a satellite phone and this is kept charged using solar power. For a small fee you can use them for calls home.

On the mountain all team members will be provided with a small lightweight Motorola radio to stay in communication with other team members. Mobile phones will only work for a small period of time on the beginning of the trek in.

Additionally, our Expedition and Sherpa crew carry VHS radios to communicate with each other and the Basecamps.

What happens if I need to leave the expedition early?

If a climber needs to leave early for whichever reason, medical or personal the Expedition leader and Sherpa team will deal with the matter with utmost competency and discretion. Further arrangements will be made with the assistance of our 360 team in Kathmandu and Europe to arrange every detail of the journey back of the mountain. Additional costs (transport, hotels, flights etc.) might be incurred by the climber but our 360 team will be able to assist in every detail of your departure.

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FAQ'S

Do you provide oxygen? And what type of delivery system?

We provide 6 cylinders of oxygen for every team member which is above the average needed for the ascent. The delivery regulator system we use is MAX OX simply the best delivery system currently on the market.

Do I need to take Malarial drugs?

Our leaders don't take anti-malarials with them as they don't perceive there to be a risk. The Malaria protozoa generally do not survive over an altitude of 1,500m so once we have started the trek malaria poses no threat. When visiting the lowland regions of Nepal or going to India after this expedition it may be advisable to seek advice about if and when to take the malarial prophylactics. When visiting these places, the chances of contracting malaria can be reduced by standard precautions such as sleeping under mosquito nets, applying insect repellent and wearing long sleeve shirts and trousers.

We recommend that you visit your local doctor before departure to get the latest advice. Alternatively visit MASTA Travel Health clinics or any of the other larger local hospitals have travel clinics.

Accommodation

What hotels do we stay at in Kathmandu?

We stay at a centrally located hotel such as the Kathmandu Guest House. This modern, comfortable hotel offers, classy on site restaurants and quiet tropical gardens just a stone throw away from the bustle of the exotic Thamel market and many of the cultural sites which feature on any visitor's list of things to see list.

What if I arrive early or depart late? Can you arrange extra night lodging? Is there a single room option for this expedition?

We are happy to make any arrangements scheduled outside of the trek dates; these might include personalised tours, extra hotel rooms, private airport pick-ups or arranging private rooms. Please indicate your requirements on your booking form and we will contact you with the relevant arrangements.

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FAQ'S

Can you describe Base Camp and Advanced Base Camp facilities? Part 1.

Base Camp (BC) and Advanced Base Camp (ABC) will be your home away from home. The Expedition leader and Sherpa team strive to make you as comfortable as possible whilst we are here during the acclimatising process or waiting for conditions to become safe. Our spacious double walled mess tents are heated with gas heaters and a small generator or solar panels provides power for light and recharging electrical appliances. The chairs are comfortable and you will find everything you need to snack or to make unlimited hot-drinks on the large central table.

Further camp facilities include a private, hygienic toilet tent and a hot shower tent. You are invited to pop into the large kitchen tent at any time should you wish to have a hot-drink, meal or to chat with our kitchen team. Our kitchen tent is provided with all the modern necessities to cook delicious, fresh and varied meals and our chef is a world class expedition chef. Further our Basecamps are equipped with VHS radio communication systems and satellite phones to receive regular weather and condition updates.

Our central dining tent is not only used for meals but also as a space for relaxation and entertainment. We encourage you to take along books, personal music systems, and games. There are other teams sharing the BC and route with us and great friendships can be made by hosting them for a meal in our tent.

Can you describe Base Camp and Advanced Base Camp facilities? Part 2.

The dining tent also doubles up as a classroom; we'll further your expedition knowledge by showing you how to use the oxygen systems and for informal lectures on acclimatisation, expedition health and to keep everyone abreast of the day to day logistical decisions and weather forecast.

The area around the Base Camp also becomes a classroom as your Expedition leader will find an appropriate area to refresh your knowledge on how to climb fixed rope, cross ladders, abseil, how to use the stoves (easy) and avalanche transceivers.

And of course, as a member of team 360 you will be intimately involved in all the planning and strategy of climbing this incredible mountain.

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FAQ'S

Will I have to share a tent on this expedition?

At Base Camp and ABC each expedition member will have their own tent so they can enjoy a bit of their own space, store their own equipment and relax.

Tent sharing will become necessary from Camp 1 and above. You will be sharing a tent with one of your team members. The primary reason for this is that most altitude related symptoms manifest themselves at night, therefore having a tent buddy to keep an eye on you is hugely reassuring. Tent share is always organised according to similar sex and where possible age groups. Obviously if climbing this mountain with a friend or partner then you will be able to share tents, and if you're a group we'll ask you your preference. If you have joined the team by yourself then it is highly likely that you will be sharing a tent with your preassigned hotel room buddy unless prior arrangements have been made. We use high quality 3-man tents to be shared between 2 people to provide extra space for your comfort.

What about showers?

There are hot showers at Base Camp and ABC. Our Sherpa team set up a permanent private shower tent nearby our collective campsite. Although there is no running water our kitchen crew will be able to heat sufficient water for you to enjoy a 5 minute shower.

Will my kit be safe in BC when I climb?

Yes, your kit is safe in your tent but we do advise to bring locks for your kit bags when flying which can be used on your bags in your tents to be doubly sure.

What happens to toilet waste?

Sanitary toilet facilities will be provided at both BC and ABC. The waste is carried out on yaks or porters and disposed of according to current sanitation and health regulations.

Above ABC basic toilet facilities are provided. Fortunately, your need to use the toilet will be less frequent at altitude. You will need to bring up sufficient toilet paper from ABC to cater for your individual requirements.

What weather report service do you use?

Our team has access to sophisticated weather forecasting services. We use Bracknell and Swiss forecasts for daily forecasts received from HQ in Europe. Our summit bid is aided enormously by totally up to date reliable forecasts.

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FAQ'S

Food and Water

What food is available at the base camps and once on the mountain? How about snacks? Part 1.

All meals on the mountain are of the highest possible standards. Considering that our cooks have to produce the best possible meals in a wilderness setting the meals they produce are nothing short of miracle. The meals are always delicious, fresh, nutritious and varied. We ensure that dietary preferences are always met and that the best local ingredients are used. We aim to provide a variety of western foods including many of the food items which you are familiar with to keep up your appetites. We pride ourselves in having base camp cooks that provide restaurant quality meals for every meal.

Snacks such as chocolate, fruit or biscuits are available throughout the day when in camp and are usually found on the dining table. If you can't find what you're looking for pop your head into the kitchen tent and our kitchen staff will be happy to help.

On the mountain we usually have a wide variety of MRE meals, these are significantly tastier than freeze dried, as they are real food vacuum-sealed and ready to heat and eat. The underlying aim is to provide balanced nutritional meals packed with carbohydrates to refuel hungry bodies and to replenish stores for the next day of activity.

What food is available at the base camps and once on the mountain? How about snacks? Part 2.

When setting out from the camp for a day's activity your Kitchen crew will provide you with a snack pack containing sweets, chocolate bars, cake, boiled egg, cheese and biscuits or a local bread known as chapati.

Often your Expedition leader or Climbing Sherpa will get to camp before you and get the stoves roaring to welcome you into camp with coffee, tea and snacks upon arrival from a day's climb or acclimatisation trek.

Clients are invited to bring along any of their favourite snacks and goodie bags from home as they are expensive to buy once on the trek. Concentrate on high energy foodstuff such as Jelly Babies etc. to give you that little boost on an arduous day.

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FAQ'S

How often is fresh water available for refilling during a typical trekking and climbing day?

Ample water is continuously available at BC and ABC as are hot-drinks, soups and the occasional canned beverage. You will be able to refill at any time from the water supply provided in both the kitchen tent and the dining tent (hot water flasks- 24 hours per day.)

Once at camp one and above for the rotations or summit bid you will begin the re-hydration process immediately upon arrival into camp. Your Guide and Sherpa team will assist you with this. Equally you will begin to make (from ice) all the water you will need for the following days activity before you leave the tent that day. On summit day your Guide and Sherpa team will carry extra flasks of hot tea in addition to your own water supply. The use of stoves and cooking equipment will be demonstrated to you by your Guide and Sherpa team.

Where does the drinking water come from? On the trek and in camps?

For your stay in towns and cities and for the road journey to Basecamp bottled water will be used. At the higher camps we will use locally sourced drinking water from streams, springs or nearby glacier. These are usually fresh being topped up from meltwater above or by rainfall but we also increase their purity by treating the water with purification chemicals or by boiling it. We ensure the water is as pure as possible.

At the camps there is a continuous supply of hot water for you to make hot-drinks and lunches and dinners usually commence with a soup. Further on the road trips ample soft drinks are available at hotels and restaurants.

What meals are provided above ABC?

We have a great cook and modern kitchen facilities at BC and ABC. Above this camp C1 you will be expected to use gas stoves to boil water to cook the "boil in the bag" meals and melt sufficient ice to serve as drinking water for the following day. The ready meals are of the highest standard and come in a huge variety of flavours. Appetite is likely to be reduced as we ascend higher but we aim to cater for every personal taste with a variety of meals to encourage essential fuel loading!

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FAQ'S

Will alcohol be available at Base Camp?

Alcohol is available at Base Camp and we will stock up on beer at the last town before Base Camp to ensure we have sufficient supplies for Puja, summit celebration and for the odd evening of drinks.

The Russian camp at Base Camp also has daily happy hour, offering free alcohol.

Please see the finance section for recommended spending money.

Will there be any food luxuries available?

We'll take supplies of western luxuries such as Marmite, special chocolate, coca cola and savouries to ensure we have a little taste of home whilst on the mountain. Any additional supplies can be bought in Kathmandu.

Training

Any tips on how a climber can maximise their chances of success?

The 360 expedition training programs have been devised to be expedition specific. Use these as a guide but also feel free to contact us for individual advice on how to incorporate the best fitness program with your own lifestyle. Additionally, ask our team about pre-acclimatisation on smaller mountains prior to your departure for Mount Everest.

Further several excellent training plans can be found online to prepare you for this ascent. Check the thorough advice offered by high altitude specialists Steve House and Scott Johnston on their website: [Uphill Athlete](#)

Everest

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FAQ'S

Tips on how a climber can maximise their chances of success – Part 1.

The 360 expedition training programs have been devised to be expedition specific. Use these as a guide but also feel free to contact us for individual advice on how to incorporate the best fitness program with your own lifestyle.

High altitude mountaineering is about slack days of low activity followed by long days where every grain of stamina you have is called upon and every ounce of determination you possess is necessary to reach your goal.

The essential idea in order to prepare for a mountain such as Mount Everest is to increase the intensity of the exercise you do by small increments over 8 – 12 months before you leave for the expedition. Concentrate on cardiovascular workouts during the initial weeks by taking short runs when time allows and try to spend at least 2 weekends a month going on long duration walks (longer than 8 hrs) carrying a rucksack of around 15kg and aiming for 800-1000 meters of ascent. As you get stronger increase this rate of exercise and the duration by walking every weekend and running 5km every second day, for example.

Since this is a mountaineering expedition we further encourage you to increase your climbing efficiency and use of climbing equipment (crampons, ice-axes) by undertaking winter walks / climbs in the Scottish Highlands, Pyrenees or Alps. This will increase your body's ability to cope with the extra demands of these activities and also allows you to get familiar with the equipment you will be using on the mountain.

Tips on how a climber can maximise their chances of success – Part 2.

A focused regime will not only prepare your body for carrying minor loads but will harden your body against the big days on the mountain itself. In addition, the weekend walks will help break in your boots and get you used to your equipment for the trekking stage of the expedition. In combination this will pay dividends when you reach base camp because even though you can't train for altitude your body will be ready for arduous days and you will be familiar with how to best use your equipment, both adding to you being able to enjoy and appreciate the mountain all the more.

Furthermore, being familiar with moving over ice and glaciated ground will be beneficial when joining this expedition. Contact the office for further details and to discuss your individual background. This helps us to formulate a training strategy that best suits the demands of your daily life.

Kit

What gear will I need?

Please review the equipment list. While all items are required there may be times when some of the items on the gear list may not be used (such as warm weather or changing conditions). The gear lists are created by the guides so that climbers are prepared to summit in any conditions.

Everest

via the North Col | Asia | 8,848m

FAQ'S

Can I rent equipment for this expedition?

The cost of equipment, particularly at this level, can be a major deterrent for people coming onto trips in the first place. However, we advocate the use of personal equipment whenever possible. This is particularly important for the use of boots and high-altitude clothing.

Alternatively, things you don't currently have can be hired cost effectively from our partners at [Outdoor Hire](#) or sourced cheaply through our reliable contacts in Kathmandu.

What clothing should I wear on at the start of the expedition?

Our leaders usually start the trek wearing long, lightweight trekking trousers and wicking (non-cotton) shirts. Long trousers are recommended to act as sun protection. Shorts can also be worn on the initial few days of the road trip and for walks around BC and to ABC as the temperature can be warm. Ensure that you apply sun protection frequently. Sunglasses are worn for most of the trek into ABC as well as sunhats.

The prevailing conditions on the trek will dictate what you will wear: if it is cold when you leave the camp in the morning for a trek around BC or when setting off for ABC then wear your base layer plus soft-shell. As things warm up take advantage of the zipper system which most trekking clothing have and open and/or close the zips to adjust to your own preferred temperature. If you get too warm then take a layer off.

Waterproofs are needed on hand especially during the acclimatisation phase of the expedition. Mount Everest creates its own weather system. It is not unusual to be caught out in an afternoon snowstorm low down on the mountain. Waterproofs should be Gortex material or similar and be carried with you at all times below ABC.

Everest

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FAQ'S

What do your guides and climbing Sherpa wear on summit day?

On summit day it gets cold and temperatures of -30C are not unusual. Typically, our guides wear 2 sets of base layers (long johns), a fleece mid layer (top and bottom) and thin down jacket on the torso. Over the top of this they wear a one piece down suit. To further ward of the wind chill a wind suit (thin Gortex shell) could be considered.

On their hands they'll wear a thin layer of fleece or silk gloves over which a thicker set of gloves are worn. Over the top of these two layers a large set of mittens (down recommended) is worn. Hand warmers inside the mittens are also recommended.

Their heads are covered by a thermal "beanie" hat or a thick balaclava and the hood of their down jackets. On their feet the guides wear one thin sock and one thick sock. Foot warmers recommended.

Over the top of your clothing you will wear a climbing harness and you will be attached to a rope for high passes/summit day.

On summit day your guides will also wear snow goggles.

What is the best type of footwear that I can use for the various phases on this expedition?

There are two distinct types of footwear on this trek. The boots used for the trekking phase to ABC should be sturdy, waterproof, insulated against cold temperatures and offer adequate ankle support. (Crampon compatible B2 boots.) In addition, it is highly recommended that your boots are well worn in to prevent the formation of blisters. A range of suitable boots are on the market and further advice as to which brand names are available and their relative pros and cons can be found online or at your local gear store. If still stuck then please don't hesitate to get in touch with our 360 office for advice.

Double boots are essential for climbing 8,000m peaks. You will only be using your double boots for the entire mountain phase on this expedition. These boots should have a soft insulating inner bootie and a hard plastic exterior outer boot with a high insulated exterior gaiter covering both. The standard model would be Scarpa Phantom 8000, La Sportiva Mont or the Millet Everest equivalent. Temperatures high on the mountain are usually well below -30C and only double boots can withstand such conditions. Ensure that you have tried the boots on before you leave home and that you can wear a thin and a thick pair of socks in them and still be able to freely move your toes.

Crampons are worn for the majority of the time you spend above ABC and for the actual summit day itself. Your crampons should preferably be of the easy "heel clip" variety (rather than the strap systems which are fiddly). It is not necessary to use specialist technical climbing crampons as standard 12 point all round crampons such as those from Grivel will do the job very well.

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FAQ'S

What specialised kit is needed?

Please see our comprehensive kit list for the equipment and clothing systems you will need for this ascent. You might be familiar with some of the high altitude clothing and equipment needed for climbing Mount Everest from having previously been to high altitude on other mountains.

The use of specialised equipment such as oxygen delivery systems, climbing and cooking equipment will be demonstrated and retaught to you at ABC should you be in need of a refreshment course or want to be updated on current techniques.

If you have specific questions about equipment or clothing than don't hesitate to contact the office prior to leaving on the expedition, our dedicated team of professionals are always on hand to give you specific advice on any of the specialised equipment you will need for this ascent.

What type of rucksack should I use for this expedition? Part 1.

A rucksack is worn by the climber at all times during both the trek-in phase to ABC and on the mountain itself above ABC. A good all round size to accommodate both phases of this expedition is around 70 litres capacity. An enormous array of rucksack types and models exist on the market today. It is worth considering expedition specific rucksacks rather than travel rucksacks. Expedition rucksacks tend to have fewer frills and are of more durable construction and are lighter in weight. It is important that your ruck sack has an adjustable waist belt to transfer the weight of your daily load onto your hips and from here onto your legs so that the strongest muscles do most of the carrying and that the shoulder straps are sufficiently padded for extra comfort. Another handy feature would be a compartment in which to fit a Camelbak or water bladder.

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FAQ'S

What type of rucksack should I use for this expedition? Part 2.

For the road journey to BC and for the trek to ABC a smaller (around 40 litre capacity) rucksack can be used. The content of the rucksack for the trekking phase should include: a fleece or light down jacket (for when taking breaks or weather changes) a full set (top and bottom) of waterproofs, sufficient water for the day, snacks, camera equipment, personal medication and a head torch. Your day-to-day rucksack will weigh no more than 4 – 6 kg.

For the mountain phase the basic content of the rucksack is rearranged to be compatible with the demands of the next phase. It will include additional items such as sleeping bags, down clothing and personal climbing equipment which are to be carried between camps both on the ascent and descent. By this stage your rucksack will weigh around the 8-10 kg mark. Our climbing Sherpa will assist you in carrying some items to the higher camps.

Your rucksack can be filled to the brim with extra stuff (socks, down jackets etc.) before checking in at the airport to save weight and space in your hold luggage.

Our main expedition luggage will be carried to ABC by porters and yaks.

How heavy will my backpack be on the mountain?

The weight of your pack will usually not exceed 10 kg. We carefully scrutinise every item carried on "carry days" between camps and encourage a minimalist approach. Our yaks, porters and climbing Sherpa's will be moving camping, kitchen and group equipment between camps.

What day to day stuff should I carry in my rucksack on the trek to ABC and the acclimatisation treks around BC?

Your daysack must contain the following items at all times. Waterproof top and bottoms, warm layer (thick fleece or light down jacket) gloves, beanie hat, head torch, personal first aid kit, sufficient water and snacks and of course a camera.

What will happen to my mountain equipment before the climb?

We will pack this stuff separately from our trekking equipment and day to day necessities for the road trip in Kathmandu and will not see this equipment again until we reach the base camp. All the mountain hardware (plastics, crampons, ice axes, ropes and snow stakes etc.) are brought directly to Base Camp and placed in secure storage.

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FAQ'S

What luxuries should I take with me?

Most modern luxuries can be found in Kathmandu. Bring books as well as a Kindle as these can be shared more easily with the group once you finished reading them. (Kathmandu has a great selection of books to save plane weight). Furthermore, bring your iPads stuffed with as much variety of music and films as you can handle.

Will my kit be safe in BC and ABC when I climb?

Yes, your kit is safe in your tent but we do advise to bring locks for your kit bags when flying which can be used on your bags in your tents to be doubly sure.

How is equipment moved to BC or carried between camps?

All expedition equipment is brought to BC either by you in your travel bag from Kathmandu or (as is the case with the bulk of the expedition equipment) by a large two tonne truck. Road transport can get as far as BC. Above this yaks are used to transport all equipment to ABC. Above ABC the climbing Sherpa will be carrying the bulk of the necessary camping and climbing equipment and team members will carry their personal climbing luggage necessary for the ascent.

Your Yak bags should be of a soft material "duffel bag" or rucksack variety and should not be a suitcase or hard bodied metal case. It is important to try to limit your equipment at this stage to around 35-40kg. This is plenty to keep you going!

Bear in mind that most of your mountain hardware which is not needed before ABC will already have been brought up to ABC and is stored there in a safe place.

There will be an overnight camp on the East Rongbuk glacier between BC and ABC. Yaks will bring all necessary camping equipment and the bulk of your personal camping equipment to this camp. You will only need to bring your own personal rucksack containing the day to day trekking essentials.

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FAQ'S

How warm does my sleeping bag need to be?

Sleeping bags should be rated within the -40 C comfort rating. From around Base Camp upwards it is not unusual to experience frosty nights. A good night's sleep is important to giving you the best chance to climb this mountain. Ensure you get a sleeping bag that has this temperature rating at this comfort rating rather than its extreme rating.

Our leaders take sleeping bags rated to well below -40C to ensure that they are warm at night. A 5-season sleeping bag can be enhanced by using an inner silk or fleece liner (or similar). The idea is to be as comfortable and warm as possible for the night and henceforth to ensure plenty of sleep for the arduous days ahead. Some clients have found the use of a "Bivouac bag" to increase the warmth of their bag.

For this expedition it is worthwhile to consider bringing two sleeping bags. One to leave at ABC and one to leave at the higher camps. This method is used by some to minimise the need to carry their sleeping bags back down to ABC after an acclimatisation rotation to the higher camps.

It is important to remember that down sleeping bags work by your own body heating the down that's inside the bag. Once you have warmed up the bag the down will retain the heat and ensure that you sleep at a temperature that's your own body temperature.

What clothing is suitable for when we come back from the mountain?

Casual dress is recommended for Kathmandu. Daytime temperatures are usually warm and shorts and t-shirts are fine. Evenings are generally cooler and a light fleece is recommended. A bag containing fresh clothes can be left in the hotel storage ready for your return.

The Weather

What is the best time of year to climb in Tibet and the Himalayas?

The best time to climb in the Himalayas is March to May and September to November. The later time frame is generally clear but colder with snowy conditions that are more stable. The usual weather patterns that previously occurred with great predictability are now changing and it is not unusual to experience short spells of weather that is unprecedented.

What weather report service do you use?

Our team has access to sophisticated weather forecasting services. We use Bracknell and Swiss forecasts for daily forecasts received from HQ in Europe. Our summit bid is aided enormously by totally up-to-date reliable forecasts.

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FAQ'S

Travel

Where do I meet my leader?

Your expedition leader will most likely be in Kathmandu before you arrive. But he will be waiting for you at arrivals at Kathmandu airport and be with you for the entire expedition from there. Most will have been on an expedition with our leaders before. Their professionalism as well as personality seem to be the reason why we have such a high return rate. For an expedition of this nature we will be holding a pre-expedition meeting where you will not only get a chance to meet your fellow team members but also your leaders. This meeting is usually held over a weekend and will be an informal way to ask questions and sort out expedition equipment details. Naturally, you'll be having a beer or two with your expedition team.

What is the best air route to my destination?

Flights are not included on our Everest expeditions but we more than willing to assist you with every detail of the journey to Nepal. We will for example be able to advise you of the weight restrictions imposed by various airlines and recommend quality airlines.

Booking your own airline allows you to have the flexibility to use frequent flyer miles as well as manage your luggage weight. For example, it can be more cost effective booking a business class flight than paying excess baggage.

What if I arrive early or depart late? Can you arrange extra night lodging? Is there a single room option for this expedition?

We are happy to make any arrangements scheduled outside of the trek dates: these might include personalised tours, extra hotels rooms, private airport pickups or arranging private rooms. Please indicate your requirements on your booking form and we will contact you with the relevant arrangements.

What happens if the expedition overruns?

Your permit and costs cover 75 days therefore you will have ample leeway regarding the mountain logistic costs.

If the expedition overruns and you choose to stay out on the expedition your flights will be changed accordingly. The 360 office will help with this. There could be a charge imposed by the airline, we will invoice you for this on return to the UK. You have two scheduled nights in Kathmandu on your return after the expedition.

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FAQ'S

Insurance

What travel insurance should I take for an expedition of this nature?

Copy of own travel insurance details. And relevant contact numbers are required. Comprehensive expedition insurance is now available from various insurers. We recommend looking into deals offered by [True Traveller](#), the BMC (although the BMC will only cover you for the summit phase if you have a history with them), Austrian Alpine Club or similar insurers.

Team members should take out private insurance that covers you against cancellation due to medical or personal reasons and it is important that the insurance contains coverage for medical evacuations.

Many other insurance providers are available and we do recommend that you shop around to get the best cover for you on the expedition you are undertaking.

It is your responsibility to ensure that you have the appropriate insurance for your intended trip. To include medical evacuation and coverage up to the maximum altitude of this trip. Please contact the office if you have any queries regarding insurance for this expedition. We will be happy to help.

Past climbers have often used a combination of insurances, one of which covers you for the trip into Base Camp and another for the climbing phase.

Entry into Country

Are there any entry or Visa requirements?

All foreign nationals need visas. They are easily obtained at the border (airport) and cost \$100 for a three month visa, however we recommend that you contact your nearest Nepali embassy (call 360 for details) to avoid queuing, unnecessary delays and potential clearance problems.

Alternatively, you can print the forms from [here](#) and complete them before your arrival to Kathmandu. Be sure to have the suggested USD amount in cash for your visa application and have a passport photo for your arrival in Kathmandu.

Visa requirements for entry into Tibet are different for tourists and climbing expedition members. Our Visa paper work is handled by our 360 Nepali office. Specific requirements to aid this application will be sent to you 3 months prior to departure as details are prone to change and cost.

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FAQ'S

Finance

When is the money due for this expedition?

The deposit of USD 8,000 is due on booking as we need to book the international flights and permits well in advance. The full amount should be paid four months prior to departure. However, having said that, our aim is to get you to the top of this mountain and we understand that personal financial situations can vary. Please contact our friendly office crew to discuss a suitable payment plan that can see you paying the final amount up to two months before departure however our terms and conditions will apply. We have been in your shoes after all and go by the motto of where there's a will there's a way.

What is your cancellation policy? What is your refund policy?

Please read 360 Expeditions [terms and conditions, section 1.51 lays out our cancellation terms and conditions](#), before you depart. 360 Expeditions highly recommends trip cancellation insurance for all expeditions. Due to the nature and heavy costs of government and operator permits 360 Expeditions must adhere to a stringent refund policy.

How much do we tip our local crew?

Our local crew work extremely hard to ensure that your expedition runs well. While tipping is not compulsory once someone sees the hard work the crew provides and realises the small amount of money they get paid relative to our own salaries, tipping will seem the least they can do to say thank you. As a general rule we suggest around \$400 – \$500 per client for the entire local crew to be shared amongst them.

Alongside this tip for the local crew you will also need to give a summit bonus tip. This tip is for your personal for reaching the summit. It is set at a minimum of \$1000. You will need to have this money with you in cash to give to your Sherpa after your climb.

Tipping the 360 Leader is entirely at your discretion.

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FAQ'S

Money - am I correct in thinking we only need to take American dollars with us?

American dollars are readily recognised and are easily converted to the local currency. Upon arrival there will always be a bureau de change at the airport or land border. Generally, these provide a better rate of exchange than your hotel. For most situations when buying gifts or small goods such as drinks or snacks etc. the use of small denomination US dollars is not a problem. Getting change for a \$20 bill when buying a \$1 coke will be a problem. Larger bills are good for tipping your 360 team at the end of the expedition and a sufficient amount should be carried with you. Your 360 leader will advise you in the pre-expedition brief as to what is the correct amount to take on the trip with you.

What additional spending money will we need?

Please note that some additional spending money is required in Kathmandu to cover meals not included in the itinerary.

To conservatively cover all additional expenditure (to, from and whilst at Base Camp), we would recommend bringing a minimum of \$250. This will cover soft drinks, additional meals in Kathmandu and some Base Camp treats.

On some occasions whilst on the mountain, teams decide to drop down from Base Camp to Xegar (New Tingri) for some R&R. If the team decides to do this collectively, this would be for 2-3 nights (at \$100 per night for a twin room), plus transportation. And some money in the back pocket for fast food and beer! Expect to pay \$10-\$20 per meal.

You may also wish to bring extra money for gifts and souvenirs. Nepal and Tibet are relatively cheap places and when indulging in the local custom of haggling, goods can be bought at excellent value for money. Your 360 leader will be happy to point out the relative bargains, suitable prices and where to get the best value for money. The only other cash you'll need to take with you on this expedition is the local crew tips.

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FAQ'S

Communications and Electronics

Can I contact the others on the climb? How about the leader?

You can always call our offices and one of the leaders will contact you as soon as they get off the hill. For this expedition we will be holding a pre-expedition meeting in plenty of time before the expedition is due to take place. This is to aid you with any questions you may have and to meet your team members. We feel it is important that you have already struck up a friendship with your team before leaving rather than setting off from the airport as total strangers.

Is there electricity at Base Camp?

Electricity is generated by small generators and solar panels. A ready power supply is available in both the kitchen and dining tent to keep cameras, iPod, Kindles and suchlike charged. However, charging laptops can be a problem to charge so to keep your personal equipment simple.

What is phone coverage like?

Base Camp normally benefits from Chinese mobile coverage. Beyond that we rely on satellite phones which will be available for your use, but will have a charge attached to them.

Long shot but is there internet access at Base Camp?

Wifi is provided by a couple of Chinese companies but it can be intermittent. You can get 3G in certain areas of Base Camp too.

What type of communication is available on the expedition?

Telephone and internet coverage is available from Kathmandu to BC. Above this the Expedition leader will have a satellite phone and this is kept charged using solar power. For a small fee you can use them for calls home.

On the mountain all team members will be provided with a small lightweight Motorola radio to stay in communication with other team members. Mobile phones will only work for a small period of time on the beginning of the trek in.

Additionally, our Expedition and Sherpa crew carry VHS radios to communicate with each other and the Basecamps.

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FAQ'S

What is your point of contact? How can my family follow my progress?

Your 360 Leader will be sending regular updates to the 360 offices to allow your family and friends to track your progress on social media.

The best place to reach a loved one is through our main 360 office. We try to organise a daily satellite call with the 360 Leader on the mountain to allow communication between the outside world and to keep our team updated with important developments occurring at home.

Do we need a travel adaptor for the plug sockets in the hotel or are they the same as UK?

The round three pin plugs are used in Nepal. The hotels used on this expedition will have modern European plug fittings. An adaptor can be purchased at the airport if you've forgotten it.

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TRAINING PROGRAM

To begin 6 months prior to the expedition where possible.

1. CVS: Cardiovascular exercise which is low impact such as swimming, cycling, cross trainer, rowing.

2. Weekend walk should be done over undulating terrain. Only a light rucksack needs to be carried.

3. For specific exercises it is worth doing static squats and heel raises on a regular basis to improve leg muscles prior to the trip. Static squats are especially useful to help protect the knees. Please remember that it is still important to have a well balanced workout using a variety of muscle groups.

4. It is worth winding down and resting in the week leading up to the trip, doing several light walks to keep things going.

5. When walking going at a pace of a brisk walk with a light sweat and enough to feel breathless is recommended

6. During the program, rather than step up suddenly each month (example, going for 3 one hour walks each week during the weekdays in April to 3 one and half hour walks suddenly in May) it is better to build up gradually each week so there isn't a large transition (example, going for 3 one hour walks during week 1 in April, going for 3 one hour and ten minute walks during week 2 in April, going for 3 one hour and fifteen minute walks during week 3 in April, going for 3 one hour and twenty minute walks during week 4 in April)

6. It is important you seek medical advice prior to starting any training program, especially if you are not used to regular physical exertion

All the best with your training!

MONTH 1

OPT 1

2 x 30 mins weekday walk
1 x 1 hour weekend walk
1 x 10 mins CVS

OPT 2

1 x 30 mins weekday walk
2 x 1 hour weekend walk
1 x 10 mins CVS

MONTH 2

OPT 1

2 x 45 mins weekday walk
1 x 2 hours weekend walk
2 x 10 mins CVS

OPT 2

1 x 45 mins weekday walk
2 x 2 hours weekend walk
2 x 10 mins CVS

MONTH 3

OPT 1

2 x 45 mins weekday walk
1 x 2 hours weekend walk
2 x 10 mins CVS

OPT 2

1 x 45 mins weekday walk
2 x 2 hours weekend walk
2 x 10 mins CVS

MONTH 4

OPT 1

3 x 1 hour weekday walk
1 x 4 hours weekend walk
3 x 15 mins CVS

OPT 2

2 x 1 hour weekday walk
2 x 4 hours weekend walk
3 x 15 mins CVS

MONTH 5

OPT 1

3 x 1.5 hours weekday walk
1 x 5 hours weekend walk
3 x 20 - 25 mins CVS

OPT 2

2 x 1.5 hours weekday walk
2 x 5 hours weekend walk
3 x 20 - 25 mins CVS

MONTH 6

OPT 1

3 x 2 hours weekday walk
1 x 6 hours weekend walk
3 x 30 mins CVS

OPT 2

2 x 3 hours weekday walk
2 x 6 hours weekend walk
3 x 30 mins CVS



"Life should not be a journey to the grave with the intention of arriving safely in a pretty & well preserved body, but rather to skid in broadside in a cloud of smoke, thoroughly used up, totally worn out & loudly proclaiming 'Wow! What a Ride!' "

Dream it. Plan it. Live it.