

EVEREST SUMMIT



Altitude 8,850m (29,035ft) / 61 Days / Grade 4E



INTRODUCTION

The following information provides you with details of how our Everest expedition will be organised and the level of support you can expect to receive.

"I had the pleasure of climbing with Pem on Everest in 2022. Not only is he incredibly experienced (IFMGA guide, 16 summits of both Everest and Ama Dablam, 29 summits of 8000ers including the first ascent of K2 in Winter), he took incredible care of both myself and the wider team throughout our expedition. Despite his legendary status as a high altitude mountaineer, he remains one of the humblest and most gracious guys you could ever meet. If you want a safe pair of hands to lead you in Nepal, there is no one better than Pemchirri Sherpa. I would not hesitate to climb with him again." David Brock, Summiteer 15 May 2022

"I'm very happy that I could be part of your team, everything was beyond my expectations. Hopefully I can join you on another trip." Mario Villagran, Summiteer 15 May 2022

"I'm so happy I chose Jagged Globe for my attempt on Everest. I really wouldn't have got up the mountain without our fantastic guide David's experience and patience and the help of the wonderful Sherpa team. They really are the best on

MORE INFO

If you wish to discuss any aspect of the expedition or your suitability for it, please contact us:

+44 (0) 114 276 3322

Alternatively, please email us via our website:

Contact Us



the mountain. It isn't easy but it is an incredible experience." Mary Broster, Summiteer 22 May 2019



"The Jagged Globe method 'works'. With multiple rotations of the mountain before our summit attempt, the team was ready to tackle camp 3 without oxygen and then climb higher to camp 4 in some comfort. We had to remain there for an extra day to wait for better conditions, but again we were able to cope with this and still have 100% success the next night, with the whole team topping out after dawn and before the crowds arrived." Roland Thomas, Summiteer 22 May 2019

"Some people say "because it's there", I say "you have to be there". There are no words that can possibly describe the feelings, the sensations, the joy of standing on top of the World, the culmination of a dream that started 3 years ago for me. I left part of me on that mountain and a little bit of Everest will always be part of me. Call her Sagarmatha or Chomolungma, I'm grateful that she provided me a safe climb and I'm grateful for being part of a great group of people (climbers, sherpas, staff), brilliantly led by David Hamilton who achieved his 10th summit." Rui Silva, Summiteer 22 May 2019

LHOTSE EXTENSION

Why not try Lhotse and Everest? For very fit climbers, it is possible to climb the world's 4th highest mountain after your ascent of Everest. Please get in touch if you're interested in this option.

Cost – please see Everest page on our website (scroll down):

<https://www.jagged-globe.co.uk/climb/exp/i/everest.html#itinerary>

WHAT THE PRICE INCLUDES



- » Economy class return airfares from the UK (unless Land Only).
- » UK airline taxes.
- » 4 nights' bed and breakfast accommodation in Kathmandu on a single-room basis.
- » 13 nights' full board accommodation in lodges ("Tea Houses") on trek, twin-sharing.
- » 43 nights' full board accommodation in tents (one tent per person in base camp, on a shared basis above base camp).
- » 02 Max (up to 4 litres per minute for summit day + use of Summit mask).
- » One in-country, return flight between Ramechhap and Lukla by scheduled, fixed-wing aircraft.
- » Return transfers between Kathmandu airport and the hotel (one on arrival and one on departure of your international flight).
- » Return transfers between the hotel and Ramechhap Airport.
- » Emergency equipment (oxygen for therapeutic use, Portable Hyperbaric Chamber (PAC), Satellite Communicator (either phone or InReach)).
- » All costs for portage to Everest base camp.
- » All costs for leaders, guides and Sherpas.
- » Jagged Globe kitbag or fleece.

WHAT THE PRICE DOES NOT INCLUDE

- » Visa fees.
- » Overseas airports taxes not paid in advance through the international airline ticket.
- » Any costs associated with you leaving the expedition early.
- » Any costs associated with arriving back in Kathmandu early, for example, having climbed the mountain ahead of schedule.
- » Bar bills and laundry.
- » Travel insurance.
- » Lunch and evening meals in Kathmandu.
- » Optional trips and sightseeing tours.
- » Tips.
- » Summit bonus. Set at US\$2,000.

AM I FINANCIALLY PROTECTED?



Jagged Globe (CLIMB TREK SKI) Ltd is a fully licensed and bonded tour operator. Our ATOL number is 10241. All the flights and flight-inclusive holidays on this website are financially protected by the ATOL scheme. When you pay you will be supplied with an ATOL Certificate. Please ask for it and check to ensure that everything you booked (flights, hotels and other services) is listed on it. Please see our booking conditions for further information or for more information about financial protection and the ATOL Certificate go to

www.atol.org.uk/ATOLCertificate »



The Association of Bonded Travel Organisers Trust Limited (ABTOT) provides financial protection under The Package Travel and Linked Travel Arrangements Regulations 2018 for Jagged Globe (CLIMB TREK SKI) Ltd (ABTOT Member 5174), and in the event of their insolvency, protection is

provided for the following:

1. non-flight packages and
2. flight inclusive packages that commence outside of the EEA, which are sold to customers outside of the EEA.

ABTOT cover provides for a refund in the event you have not yet travelled or repatriation if you are abroad. Please note that bookings made outside the EEA are only protected by ABTOT when purchased directly with Jagged Globe (CLIMB TREK SKI) Ltd.

In the unlikely event that you require assistance whilst abroad due to our financial failure, please call our 24/7 helpline on 01702 811397 and advise you are a customer of an ABTOT protected travel company.

You can access The Package Travel and Linked Travel Arrangements Regulations 2018 <https://www.legislation.gov.uk/uksi/2018/634/contents/made>

Our membership of these organisations means that you can book with Jagged Globe (CLIMB TREK SKI) Ltd in complete confidence that all monies paid to us for trips (not for insurance premiums) are protected.



LEADERSHIP & ONE TEAM ETHOS



We have a "One Team" ethos - that is, one team on the mountain with one aim - to get all team members to the summit.



Central to this aim is leadership. Our expedition leaders are decision-makers on the mountain. They will be at the front and their brief is to try and get everyone to the top. They lead you every step of the way from base camp to the summit. We appoint them for their considerable experience, gained not just on Everest, but also on other 8,000m peaks and mountains worldwide.

PEM CHIRRI SHERPA



Pem Chirri Sherpa (IFMGA Mountain Guide) is our Lead Climbing Guide on Everest. He has been working for Jagged Globe for nearly two decades. To date (2022), Pem has led Jagged Globe climbers to the summit on 16 separate occasions.

Pem's experience extends beyond Nepal and Everest and in January 2021 he was one of 10 Sherpas who became the first climbers to summit K2 in Pakistan, in winter.

SHERPA TEAM



In addition to Pem Chirri, we employ some of the strongest Sherpas working on Everest.

During the expedition the Sherpas will do all of the load carrying. This will extend to helping you with your personal loads and taking your high-altitude sleeping bag and down suit to the high camps, ready for you when you arrive.

On summit day, a Sherpa will accompany you to the top and back to the South Col.

The number and quality of the Sherpas provided to you on a Jagged Globe Everest expedition is reflected in the cost. One trick that cheaper operators use is to split their team, meaning one half of the group is waiting to summit whilst the Sherpas are being employed going to the top with the first half of the team.

This can work unless there is a narrow weather window or something else happens, meaning the 2nd half of the team have their summit attempt thwarted. Do you want to risk this for the sake of a few thousand dollars?

RESOURCES & FLEXIBILITY

In addition to providing a good number of Sherpas, flexibility is built into other areas of the expedition by the way we resource it.



We always have sufficient resources on the mountain (tents, food, fuel, oxygen) to enable the entire team to move together and make a single summit bid if this is advantageous. For example, we do not need to split the team for separate rotations through camps because of a limited number of tents at each camp.

For example, in spring 2019 our team spent 36hrs on the South Col waiting for an improvement in the weather. This enabled them to depart in the early evening of 22 May before other teams who had moved up from Camp 3 that day were able to leave for the summit, thus putting them ahead of others. They had enough oxygen to do this.

OXYGEN – "O2 MAX"

We provide enough oxygen for every member to sleep on it from 7,200m (Camp 3 upwards) and to use it to climb from there to Camp 4 and onwards to the summit and back again. We generally use a flow rate of 0.5 / 1.0 litres per minute for resting and sleeping in camps 3 and 4 and a flow rate of 2 litres per minute between camps 3 and 4 (ascent and descent). On summit day 3 bottles are carried (you will carry one, your Sherpa will carry two spare ones) and climbers use a flow rate of 3 or 4 litres per minute. Under normal conditions and situations based on our experience our climbers go to the top and back on these flow rates.

We mainly use 4-litre Armatec cylinders, which are filled to a pressure of 280 – 300 bar. The following flow rates give you an indication of how long an Armatec cylinder will last:

Flow rate	Duration of 4-litre Armatec cylinder
1 litre per minute	20 hours
2 litres per minute	10 hours
3 litres per minute	6 hours 40 minutes

4 litres per minute	5 hours
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So, on a flow rate of 3 litres per minute, you have approximately 20 hours of oxygen, on 4 litres per minute, 15 hours.

Masks and Regulators

You will be loaned a Summit Oxygen mask (cleaned and serviced) and regulator for your own personal use.

You must know that no oxygen system is entirely reliable and that all suffer from being in an extremely hostile environment (grit was never a problem in the Russian Soyuz programme!) In Nepal, in the higher reaches of the breathable atmosphere, grit and ice can cause seals to fail and valves seats to erode. This is unavoidable and some cylinders and regulators will be affected, if even to a modest degree. Beyond keeping all seals and valves clean and dry, the problem is countered by our supplying more masks and regulators than there are team members, as well as additional oxygen bottles beyond those required just for summit ascents.

EXPEDITION DURATION AND ACCLIMATISATION

Our expedition start date is scheduled so that we arrive in Everest Base Camp in mid-April. We don't rush there, instead we follow a careful acclimatisation schedule following a tried and tested programme, within country.

We'll move up from base camp when everyone is well acclimatised, and onwards from each successive camp accordingly.

We do not arrive in base camp late in April, which could potentially compromise our ability to take advantage of an early weather window in May. Our Sherpas need time and settled weather to stock the high camps, as well as the team having completed their acclimatisation rotations.

Whilst Everest has been climbed in much shorter timeframes, ultimately the weather dictates the best time to summit. The less time you have to play with, the lower your chances of hitting the best window.

EVEREST - OUR RECORD



On our first expedition to Everest, in 1993, there were sixteen summiteers: seven climbers, seven Sherpas and two leaders.

At the time, this was the most successful Everest expedition ever. Since then, we have been successful on many other occasions:

- 1993: South Col - summit (post monsoon).
- 1994: North Ridge - stopped by deep snow.
- 1996: North Ridge - summit.
- 1998: South Col - summit.
- 1999: South Col - summit.
- 2000: South Col - summit.
- 2003: South Col - summit.
- 2004: South Col - summit.
- 2005: South Col - summit.
- 2005: North Ridge - summit.
- 2006: South Col - summit.
- 2007: South Col - summit.
- 2008: South Col - summit.
- 2009: South Col - summit.
- 2010: South Col - summit.
- 2011: South Col - summit (100%).
- 2012: South Col - summit.
- 2013: South Col - summit (100%).
- 2014: South Col – expedition abandoned.
- 2015: South Col – expedition abandoned (earthquake).
- 2016: South Col – summit.
- 2018: South Col – summit.
- 2019: South Col – summit.
- 2020: Expedition postponed due to COVID-19
- 2021: Due to COVID-19 decision made not to go to Everest.
- 2022: South Col – summit.

In addition to our Jagged Globe expeditions each spring, we also organise expeditions to Everest and other 8,000 metre peaks for private teams. Below are some of the teams we have organised an expedition for:

- 2022 British Services Broad Peak
- 2017 Gurkha 200
- 2015 Gurkha 200
- 2007 Xtreme Everest
- 2007 AMA Shishapangma (British Army)
- 2006 British Army Everest West Ridge (EWR)
- 2006 Xtreme Cho Oyu
- 2005 EWR Tibetan Reconnaissance
- 2004 British Services Makalu (Makalu and Baruntse)
- 2000 British Services Kangchenjunga
- 1996 British Services Gasherbrum II

We have also supported expeditions to base camp for the following organisations:

- To film Caudwell Xtreme Everest
- McGilliveray Freeman Films (IMAX)
- BBC Horizon
- BBC World Service (a documentary on the working lives of commercial porters)
- The Sunday Times (to follow Sir Ranulph Fiennes OBE attempt in 2005)
- Independent Television News (ITN)
- British Sky Broadcasting
- PCI Fitch Film Production for EWR 2006

RECORDS ACHIEVED ON OUR EXPEDITIONS



- » **1993** The Jagged Globe South Col expedition places 16 people on top, to become the most successful of all Everest expeditions at that time.
- » **1996:** North Ridge: Jagged Globe becomes the first team organiser to climb the mountain from both sides.
- » **2003 South Col:** Sibusiso Vilane becomes the first black African to climb Everest. Two years later, on the North Ridge, Sibulele becomes the first black African to climb Everest twice, and by both routes.
- » **2005 North Ridge:** Jens Bojen becomes the oldest Brit at the time to reach the summit, aged 61.
- » **2005 North and South:** Jagged Globe becomes the only team organiser to lead climbers to the top from both sides in the same season. Taken together, the number of people reaching the top (21) re-establishes Jagged Globe as the most successful team organisers for ascents of Everest in any one season.
- » **2006:** Rhys Jones becomes the youngest person in the world to climb the Seven Summits by reaching the top of Everest on his 20th birthday.
- » **2007:** Jagged Globe organises the Caudwell Xtreme Everest expedition, which takes the title of the most successful British Everest expedition (until 2013), with 25 summiteers (*please note as this was a private expedition, it is not contained in our list of summiteers on page 8*).
- » **2007:** The Caudwell Xtreme Everest expedition undertakes medical research at unprecedented altitudes; needles plunging deep into legs to take arterial blood at the Balcony on their way back down from the top, for example. Jagged Globe Sherpas also put an exercise bike on the South Col, for research.
- » **2008:** Jagged Globe expedition puts 11 members (4 x climbers, 2 x leaders and 5 x Sherpas) on the summit on 23 May.
- » **2009:** 18 members (6 x climbers, 3 x leaders and 9 x Sherpas) summit over two nights - 19 and 20 May. Adele Pennington becomes the only British woman to summit twice (in consecutive years) and Amanda Richmond becomes the oldest British woman to summit, at 54.
- » **2010:** 14 members (5 x climbers, 2 x leaders and 7 x Sherpas (1 Sherpa summited twice)) on 17 May and 23 May. 71% success. 5 of the 7 climbers who arrived in Kathmandu at the start of the expedition summited. Assistant expedition leader, Tore Rasmussen becomes the only Norwegian to climb Everest via both the South and North sides of the mountain. Leader, Robert Anderson summits for the second time for Jagged Globe.
- » **2011:** 20 members (10 x climbers, 2 x leaders and 8 x Sherpas (3 Sherpas summited twice)). 100% success. All ten climbers who arrived in Kathmandu at the start of the expedition reached the summit of Everest. Six members summited with leaders, David Hamilton and Andy Chapman, plus eight Sherpas on 16 May and four members, plus four Sherpas on 25 May.
- » **2012:** 11 members (5 x climbers, 1 x leader and 5 x Sherpas) summit on 25 May. 71% success. 5 of the 7 climbers who arrived in Kathmandu at the start of the expedition summited. Two climbers reach 8,000m and 8,500m respectively. Warner Rojas Chinchilla becomes the first Costa Rican summiteer.
- » **2013:** 24 members (10 x climbers, 3 x leaders and 11 x Sherpas) summit on 19 and 20 May. 100% success. All ten climbers who arrived in Kathmandu at the



start of the expedition reached the summit of Everest. On 19 May 7 climbers summit between 0530 and 0830 on a warm, perfect summit night. 3 more climbers opt to spend an extra 24 hours on the South Col, then rocket to the summit the following morning in very quick time with their 3 Sherpas. Nacer Ibnabdeljalil becomes the first Moroccan Everest summiteer. Christian Eide (Norway), Trond Eilertsen (Norway), Dean Carriere (Canada) and James Wells (UK) complete their Seven Summits.

- » **2014:** Expedition abandoned.
- » **2015:** Expedition abandoned due to earthquake.
- » **2016:** 9 members (3 x climbers, 1 x leader and 5 x Sherpas) summit on 13 May. This was one of the earliest summits of the season, ropes having been fixed to the top on 11 May. Nick Talbot becomes the first person suffering from Cystic Fibrosis to climb Everest, Mary Scannell completes her Seven Summits with her ascent.
- » **2017:** Planned and organised the Gurkha 200 Everest expedition. 20 team members summit, including 10 Jagged Globe Sherpas in a narrow weather window during 15-16 May. The Gurkha team opened the route to the summit for other teams that season.
- » **2018:** 8 members (3 x climbers, 1 x leader and 4 x Sherpas) summited on 16 May. The team were delayed for a second night at Camp 3, due to bad weather that prevented them moving up to the South Col on 14 May as planned. This meant they left for the summit on what turned out to be the busiest summit day in Everest history.
- » **2019:** 12 members (5 x climbers, 1 x leader and 6 x HA Sherpas) summited on 22 May having moved up to the South Col on the afternoon of 20 May. The team spent 36hrs on the South Col before setting off at 1930 for the top, ahead of the infamous 'queue'. Everyone who had left base camp on the summit push reached the summit.

LIST OF EVEREST SUMMITTEERS ON JAGGED GLOBE ORGANISED EXPEDITIONS 1993 – 2019*



**Statistics compiled from the Himalayan Database.*

1993

Martin Clive (Barney) Barnicott (S) UK 09/10/1993
Stephen J. (Steve) Bell (S) UK 07/10/1993
Ramon Blanco Suarez (S) Spain 07/10/1993
Ginette Lesley Harrison (S) UK 07/10/1993
David Kim Hempleman-Adams (S) UK 09/10/1993
Graham F. Hoyland (S) UK 07/10/1993
Scott McIvor (S) UK 07/10/1993
Lee Perry Nobmann (S) USA 09/10/1993
Gary Scott Pfisterer (S) USA 07/10/1993
Ang Pasang Sherpa (S) Nepal 09/10/1993
Dorje (Dorje Lambu, Big Dorje) Sherpa Nepal 07/10/1993
Lhakpa Gelu Sherpa (S) Nepal 09/10/1993
Nga Temba Sherpa (S) Nepal 09/10/1993
Ngatamba (Nga Temba) Sherpa (S) Nepal 07/10/1993
Pasang Kami Sherpa (S) Nepal 07/10/1993
Tenzing (Tenzen, Tenzi) Sherpa (S) Nepal 09/10/1993

1996

Matthew (Matt) Dickinson (S) UK 19/05/1996
Alan Charles Hinkes OBE (S) UK 19/05/1996
Fur Geljen Sherpa (S) Nepal 19/05/1996
Lhakpa Gelu Sherpa (S) Nepal 19/05/1996
Mingma Dorje Sherpa (S) Nepal 19/05/1996

1998

Sundeep Dhillon (S) UK 25/05/1998
Kusang Dorjee Sherpa (S) India 25/05/1998
Nima Dorje (Boka Lama) Sherpa (S) Nepal 25/05/1998
Nima Gombu (Gombu) Sherpa (S) Nepal 25/05/1998
David (Dave) Walsh (S) UK 25/05/1998

1999

Joby David Ogwyn (S) USA 12/05/1999
Nima Gombu (Gombu) Sherpa (S) Nepal 12/05/1999
Tenzing (Tenzen, Tenzi) Sherpa (S) Nepal 12/05/1999

2000

Paul Frank Giorgio (S) USA 24/05/2000
Andrew James Lock (S) Australia 24/05/2000
Nima Gombu (Gombu) Sherpa (S) Nepal 24/05/2000

2003

Robert Mads Anderson (S) USA 26/05/2003
David William Hamilton (S) UK 26/05/2003
Alejandro Minakata Garibay (S) Mexico 26/05/2003
Rodrigo Ponce Limon (S) Mexico 26/05/2003
Dawa Tenzin (Dawa Tenji) Sherpa (S) Nepal 26/05/2003
Nima Tenji/Tenzi Sherpa (S) Nepal 26/05/2003

Pasang Tenzing Sherpa (S) Nepal 26/05/2003
Pema Tshering Sherpa (S) Nepal 26/05/2003
Thundu Sherpa (S) Nepal 26/05/2003
Sibusiso Emmanuel Vilane (S) S Africa 26/05/2003



2004

Charles Nicholas Malcolm (Nick) Brook UK 24/05/2004
Kenton Edward Cool (S) UK 15/05/2004
Clive Bruce Jones (S) New Zealand 15/05/2004
Pema Chhiring/Chhiri Sherpa (S) Nepal 15/05/2004
Pemba Nuru Sherpa (S) Nepal 15/05/2004

2005

Jens Erik Bojen (S) UK 04/06/2005
Mark Andrew Campbell (S) S Africa 04/06/2005
Kenton Edward Cool (S) UK 31/05/2005
Nicholas Philip (Nick) Farr (S) Australia 31/05/2005
David William Hamilton (S) UK 03/06/2005
Alexander Manuel (Alex) Harris (S) S Africa 03/06/2005
Gregory Martin (Greg) Linsdell (S) Australia 31/05/2005
Ian Parnell (S) UK 04/06/2005
Ang Dawa Sherpa (S) Nepal 04/06/2005
Mingma Tshering/Tsiri Sherpa (S) Nepal 03/06/2005
Nawang Pasang Sherpa (S) Nepal 04/06/2005
Nima Gombu (Gombu) Sherpa (S) Nepal 04/06/2005
Nima Tenji/Tenzi Sherpa (S) Nepal 04/06/2005
Pasang Tenzing Sherpa (S) Nepal 04/06/2005
Pema Chhiring/Chhiri Sherpa (S) Nepal 31/05/2005
Pema Tshering (Pem Chhiri) Sherpa (S) Nepal 31/05/2005
Pemba Nuru Sherpa (S) Nepal 31/05/2005
Neal James Short (S) UK 04/06/2005
Tore Sunde-Rasmussen (S) Norway 03/06/2005
John Thomas Taylor (S) Australia 31/05/2005
Sibusiso Emmanuel Vilane (S) S Africa 03/06/2005

2006

Kenton Edward Cool (S) UK 17/05/2006
Carlos Escobar Aguilar (S) Bolivia 17/05/2006
Rhys Miles Jones (S) UK 17/05/2006
Pasang Tenzing Sherpa (S) Nepal 17/05/2006
Pema Chhiring/Chhiri Sherpa (S) Nepal 17/05/2006
Thundu Sherpa (S) Nepal 17/05/2006
Barry Gordon Welsh (S) UK 17/05/2006

2007

Thomas M. (Tom) Lehane (S) Ireland 17/05/2007
Iain Miller Glover Peter (S) UK 17/05/2007
Dawa Gelji (Dawa Gyalzen) Sherpa (S) Nepal 17/05/2007
Pema Tshering (Pem Chhiri) Sherpa (S) Nepal 17/05/2007
Pemba Rita Sherpa (S) Nepal 17/05/2007
Wangchu Sherpa (S) Nepal 17/05/2007

2007 Caudwell Xtreme Everest (organised by Jagged Globe)

Lila Bahadur Basnet (S) Nepal 24/05/2007
Charles Michael Brown (S) USA 24/05/2007
Sundeep Dhillon (S) UK 23/05/2007
Michael Patrick William (Mike) Grocott UK 23/05/2007
Nigel David Hart (S) UK 23/05/2007
Christopher H. E. Imray (S) UK 23/05/2007



Daniel Stuart (Dan) Martin (S) UK 23/05/2007
Roger C. Nizel McMorrow (S) Ireland 24/05/2007
Michael Joseph O'Dwyer (S) Ireland 24/05/2007
David Mark Rasmussen (S) USA 23/05/2007
Ang Kazi (Ang Kaji) Sherpa (S) Nepal 24/05/2007
Dawa Tenzin (Dawa Tenji) Sherpa (S) Nepal 24/05/2007
Dendi Sherpa (S) Nepal 23/05/2007
Mingma Tshering/Tsiri Sherpa (S) Nepal 23/05/2007
Ongda Gyalzen Sherpa (S) India 23/05/2007
Pasang Nuru Sherpa (S) Nepal 23/05/2007
Pasang Tenzing Sherpa (S) Nepal 23/05/2007
Pema Tharke Sherpa (S) Nepal 23/05/2007
Pema Tshering Sherpa (S) Nepal 23/05/2007
Pemba Nuru Sherpa (S) Nepal 24/05/2007
Phura Gyalzen (Phurba Gyalzen) Sherpa Nepal 24/05/2007
Tashi Sherpa (S) Nepal 23/05/2007
Thundu Sherpa (S) Nepal 23/05/2007
Tshering Pemba Sherpa (S) Nepal 23/05/2007
Jeremy Scott Windsor (S) UK 24/05/2007

2008

James M. Balfour (S) UK 23/05/2008
Lila Bahadur Basnet (S) Nepal 23/05/2008
David William Hamilton (S) UK 23/05/2008
Adele Marie Pennington (S) UK 23/05/2008
Janet A. Pickett (S) UK 23/05/2008
Mingma Tshering/Tsiri Sherpa (S) Nepal 23/05/2008
Nima Gyalzen Sherpa (S) Nepal 23/05/2008
Pasang Tenzing Sherpa (S) Nepal 23/05/2008
Pema Chhiring/Chhiri Sherpa (S) Nepal 23/05/2008
Wangchu Sherpa (S) Nepal 23/05/2008
Ian Ronald Taylor (S) Ireland 23/05/2008

2009

Lila Bahadur Basnet (S) Nepal 20/05/2009
Guillermo (Willie) Benegas (S) USA 19/05/2009
William Royse (Bill) Goodland (S) UK 19/05/2009
Christopher Thomas Grubb (S) USA 20/05/2009
Tomaz Jakofcic (S) Slovenia 20/05/2009
Kevin Roger Moses (S) UK 20/05/2009
Adele Marie Pennington (S) UK 20/05/2009
Amanda Mary Richmond (S) UK 20/05/2009
Nicolas John (Nick) Robertson (S) UK 19/05/2009
Mingma Tshering/Tsiri Sherpa (S) Nepal 20/05/2009
Nima Gyalzen Sherpa (S) Nepal 19/05/2009
Pema Chhiring/Chhiri Sherpa (S) Nepal 19/05/2009
Pema Tshering (Pem Chhiri) Sherpa (S) Nepal 20/05/2009
Phurba Namgyal Sherpa (S) Nepal 19/05/2009
Tashi Sherpa (S) Nepal 20/05/2009
Thundu Sherpa (S) Nepal 19/05/2009
Tshering Pemba Sherpa (S) Nepal 20/05/2009
Douglas Hugh Richard (Doug) Waymark UK 19/05/2009

2010

Robert Mads Anderson (S) USA 23/05/2010
Fionnlagh Finlayson (S) UK 17/05/2010
Ruairidh Burns Finlayson (S) UK 17/05/2010
Michael Edward Phethean (S) UK 23/05/2010
Timothy William (Tim) Ralph (S) UK 23/05/2010
Angus Coleridge Ruddle (S) UK 17/05/2010
Dawa Gyalje (Dawa Gyalzen) Sherpa (S) Nepal 23/05/2010



Dawa Tashi Sherpa (S) Nepal 17/05/2010
Mingma Tshering Sherpa (S) Nepal 23/05/2010
Mingma Tshering/Tsiri Sherpa (S) Nepal 17/05/2010
Pema Chhiring/Chhiri Sherpa (S) Nepal 23/05/2010
Pema Tshering (Pem Chhiri) Sherpa (S) Nepal 17/05/2010
Serap/Sherap Sherpa (S) Nepal 17/05/2010
Tore Sunde-Rasmussen (S) Norway 17/05/2010

2011

Geoffrey Douglas Chambers (S) UK 16/05/2011
Andrew Stuart (Andy) Chapman (S) UK 16/05/2011
Dave Gott (S) UK 16/05/2011
David William Hamilton (S) UK 16/05/2011
Andras Kaasik (S) Estonia 16/05/2011
Richard David Parks (S) UK 25/05/2011
Mark Anthony Pinnock (S) UK 25/05/2011
Adam Robert Potter (S) UK 25/05/2011
Mingma Tshering/Tsiri Sherpa (S) Nepal 16/05/2011
Pasang Tenzing Sherpa (S) Nepal 16/05/2011
Pema Chhiring/Chhiri Sherpa (S) Nepal 16/05/2011
Pema Tshering (Pem Chhiri) Sherpa (S) Nepal 16/05/2011
Pemba Chhombi Sherpa (S) Nepal 25/05/2011
Thundu Sherpa (S) Nepal 16/05/2011
Tshering Pemba Sherpa (S) Nepal 16/05/2011
Wangdi Sherpa (S) Nepal 16/05/2011
Martin Howard Smith (S) UK 16/05/2011
Tanel Tuuleveski (S) Estonia 16/05/2011
Alan Victor Wade (S) UK 16/05/2011
Stephen David (Steve) Williams (S) UK 25/05/2011

2012

Nicolas James (Nick) Bailey (S) UK 25/05/2012
David William Hamilton (S) UK 25/05/2012
Cian O'Brolchain (S) Ireland 25/05/2012
Philip Ian Purdy (S) UK 25/05/2012
Ian Ridley (S) UK 25/05/2012
Warner Rojas Chinchilla (S) Costa Rica 25/05/2012
Mingma Tshering/Tsiri Sherpa (S) Nepal 25/05/2012
Phurba Namgyal Sherpa (S) Nepal 25/05/2012
Thundu Sherpa (S) Nepal 25/05/2012
Tshering Pemba Sherpa (S) Nepal 25/05/2012
Wangdi Sherpa (S) Nepal 25/05/2012

2013

Dean Christopher Carriere (S) Canada 19/05/2013
Christian Eide (S) Norway 19/05/2013
Trond Eilertsen (S) Norway 19/05/2013
David William Hamilton (S) UK 19/05/2013
Daniel Thomas Hughes (S) UK 19/05/2013
Nacer Ibnabdeljalil (S) Morocco 20/05/2013
Jonathan Guy Manning (S) UK 20/05/2013
Andrew Colin May (S) UK 19/05/2013
John Michael P. Moorhouse (S) UK 19/05/2013
Gavin Russell C. (Guy) Munnoch (S) UK 20/05/2013
Matthew Citizen (Matt) Parkes (S) UK 19/05/2013
Dawa Gyalje (Dawa Gyalzen) Sherpa (S) Nepal 20/05/2013
Dawa Tashi Sherpa (S) Nepal 19/05/2013
Jangbu Sherpa (S) Nepal 19/05/2013
Kili Pemba (Kilu Pemba) Sherpa (S) Nepal 19/05/2013
Pasang Karma Sherpa (S) Nepal 20/05/2013
Pasang Tenzing Sherpa (S) Nepal 19/05/2013

Pema Chhiring/Chhiri Sherpa (S) Nepal 19/05/2013
Pemba Chhongbi Sherpa (S) Nepal 19/05/2013
Tashi Sherpa (S) Nepal 20/05/2013
Thundu Sherpa (S) Nepal 19/05/2013
Tshering Pemba Sherpa (S) Nepal 19/05/2013
Wangdi Sherpa (S) Nepal 19/05/2013
James Albert W. A. Wells (S) UK 19/05/2013



2016

Chhimi Lhenduk Gurung (S) Nepal 13/05/2016
David William Hamilton (S) UK 13/05/2016
Mary Theresa Scannell (S) Ireland/UK 13/05/2016
Ang Ringi Sherpa (S) Nepal 13/05/2016
Nima Gyalzen Sherpa (S) Nepal 13/05/2016
Pem Chhiri Sherpa (S) Nepal 13/05/2016
Tamtin (Thomting, Tamding) Sherpa (S) Nepal 13/05/2016
Nicholas (Nick) Talbot (S) UK 13/05/2016
Stephen Paul Waterman (S) UK 13/05/2016

2017 Gurkha 200 expedition (organised by Jagged Globe)

Christopher Robert Boote (S) UK 16/05/2017
Richard Howard (Dick) Gale (S) UK 16/05/2017
Dhan Prasad Ghale (S) Nepal 16/05/2017
Chhimi Lhenduk Gurung (S) Nepal 15/05/2017
Subarna Gurung (S) Nepal 16/05/2017
Umesh Gurung (S) Nepal 16/05/2017
Yam Bahadur Gurung (S) Nepal 16/05/2017
Nirmal Purja Pun Magar (S) Nepal 15/05/2017
Dhaniram (Dhani) Rai (S) Nepal 15/05/2017
Milan Kumar Rai (S) UK/Nepal 16/05/2017
Timothy James Rice (S) UK 16/05/2017
Ang Ringi Sherpa (S) Nepal 16/05/2017
Da Rinji Sherpa (S) Nepal 16/05/2017
Ila Nuru Sherpa (S) Nepal 16/05/2017
Kanchha Nuru Sherpa (S) Nepal 15/05/2017
Lhakpa Gelu (Lhakpa Gelbu) Sherpa (S) Nepal 15/05/2017
Pasang Sherpa (S) Nepal 15/05/2017
Pema Chhiring/Chhiri Sherpa (S) Nepal 15/05/2017
Pema Tshering (Pem Chhiri) Sherpa (S) Nepal 15/05/2017
Phura Temba Sherpa (S) Nepal 16/05/2017
Sonam Jangbu Sherpa (S) Nepal 15/05/2017
Liam Patrick Smith (S) UK 16/05/2017
Rakesh Sunuwar (S) Nepal 16/05/2017
Lhakpa Tamang (S) Nepal 16/05/2017
Mitra Bahadur (Rakesh) Tamang (S) Nepal 16/05/2017
Krishna (Krish) Thapa Magar (S) Nepal 15/05/2017

2018

Oliver Rantoul Perven Ames (S) USA 16/05/2018
Steven Douglas Graham (S) UK 16/05/2018
David William Hamilton (S) UK 16/05/2018
Kjetil Moen (S) Norway 16/05/2018
Ong Di (S) Nepal 16/05/2018
Ang Ringi Sherpa (S) Nepal 16/05/2018
Rakesh Sunuwar (S) Nepal 16/05/2018
Pema Tshering (Pem Chhiri) Sherpa (S) Nepal 16/05/2018

2019



Mary Broster (S) UK 22/05/2019
David William Hamilton (S) UK 22/05/2019
Roxanne Litynska (S) UK 22/05/2019
Rui Moreira Da Silva (S) Portugal 22/05/2019
Sean Sutton (S) UK 22/05/2019
Roland Thomas (S) UK 22/05/2019
Pema Tshering (Pem Chhiri) Sherpa (S) Nepal 22/05/2019
Chhimi Lhenduk Gurung (S) Nepal 22/05/2019
Man Bahadur Tamang (S) Nepal 22/05/2019
Yula Sherpa (S) Nepal 22/05/2019
Rakesh Sunuwar (S) Nepal 22/05/2019
Nima Rinji Sherpa (S) Nepal 22/05/2019

2022

David Brock (S) UK 15/02/2022
Mario Villagran (S) Ecuador 15/05/2022
Pema Tshering (Pem Chhiri) Sherpa (S) Nepal 15/05/2022
Man Bahadur Tamang (S) Nepal 15/05/2022

TOTAL SUMMITEERS 263

HOW EXPERIENCED DO I NEED TO BE?



To join the Everest team, you will need to have extensive mountaineering experience.

This should include previous high-altitude experience of at least 6,000m, mixed with a multitude of Alpine mountaineering and, preferably, you will have taken part in a previous 8,000m expedition. Mountaineers who have not had the chance of climbing an 8,000m peak may consider Everest if they have a compensating depth of experience. This might include many alternative expeditions such as Denali, Himlung Himal, Peak Lenin or Spantik. We do not consider an ascent of Aconcagua, by itself, to be suitable preparation for Everest and would not accept a booking on this basis.

Although fixed ropes will be used where appropriate, expedition members must have the ability to climb Alpine routes graded AD/Scottish III, or equivalent. All team members must be competent mountaineers and self-sufficient with the ability to move between and to live in high mountain camps un-aided or supervised.

In the extreme, we will be looking for some assurance that climbers would be able to survive being storm-bound in a tent at 8,000m for as long as five days, without significant detriment to their health and well-being such that at the end of such a storm, they return safely.

Jagged Globe Everest expeditions are professionally-led teams of competent mountaineers who each have enough experience to climb the world's highest mountain, under the supervision and leadership of an accomplished and experienced high-altitude leader. Our Everest expeditions are not "guided" because this is not a realistic proposition in the high-altitude realm of 8,000m and above. "Guiding" and being "guided" implies the intimate supervision and care of a "client" by a "Guide" who can be responsible for the direct and immediate control of safety, as is normally and traditionally practised in the Alps. On Everest, such a direct duty-of-care, implicit in the traditional guide-client relationship, is not possible. Instead, Jagged Globe accepts team members that, with a combination of their past experience, balanced with a strong team around them and highly experienced leaders, are empowered to reach the top of the world. This ensures you have the support that you need dependent on your own abilities. You can leverage your current experience and how you feel on the mountain, with the independence to move between camps and optimise your schedule on a day-by-day basis. When you need additional support and advice, Leaders and Sherpas are there to assist and advise you on your ascent.

In summary, your experience is your gateway to the mountain, not your money. We only sell Everest to climbers who, like you, meet our minimum requirements. We set out the experience criteria above as we understand what you need to have done to have a reasonable chance of summiting and descending safely. We are not interested in seeing climbers go as far as Camp 1 only to realise that they are not psychologically prepared for Everest. Your own summit success will not be jeopardised by the probable failure of others around you (an outcome that other operators rely upon and without which they cannot cover their costs).

HOW WILL YOU REACH THE TOP?



The Trek

After the team convenes in Kathmandu, you fly to Lukla, the gateway to the Khumbu Valley. You then take a long leisurely trek to Base Camp during which time you spend two nights in Namche Bazaar then four nights, (three full days) in Dingboche (4,300m) to acclimatise. Each day, we take a walk from our lodge and increase the altitude of our daily objectives, until everyone can cruise to heights of about 5,400m without undue difficulty. When everyone feels well adjusted, then we finish the walk to Base Camp.

We offer an "Everest Team Trek to Base Camp" that runs alongside the main team's trek to base camp. This allows family and friends to join you on the trek to Base Camp. It has proved very popular in recent years and has several benefits for both climbers and trekkers. It significantly reduces the time spent apart from loved ones, which many find to be one of the hardest aspects of such a long expedition. Family members can also get to know all the members of the expedition team (climbers, leaders, sherpas) and see the professionalism of the expedition organisation. This first-hand experience of the approach trek and expedition set up enables family and friends of the climbers to gain a unique insight into how an Everest expedition works.

Base Camp Training and Preparations

Once in Base Camp, we set about acclimatising and learning the specialist skills needed for the mountain, such as how to use the oxygen and the radios. We will also hone our equipment and clothing requirements for the mountain, and set aside the food we want to eat in the upper camps (as this will be pre-placed for us by the Sherpas.)

In between times, we rest and get used to the altitude without undue exertion, as experience has shown this is the best way to prepare. We aim to make Base Camp as comfortable as is reasonably possible, with a heated, triple-skin mess tent, individual tents for each climber to sleep in, broadband internet connection and satellite telephones. Unfortunately, the potential for espionage means I can't reveal all of our "secrets" here!

Before venturing into the Khumbu Icefall, we will practice secure movement through complex ice terrain including the use of the ladders and fixed rope. We do this locally, in Base Camp and on the ice columns found at the lower edge of the Icefall. As soon as the route through the Icefall is prepared and after the training in Base Camp, we will have our first go at the Icefall, with the aim of getting halfway through and back in time for mid-morning in base camp. Then, we will progress higher until we know we can get through the Icefall and all the way to Camp 1 in a reasonable time. It is important to become familiar with the Icefall, so that you are psychologically prepared for the climb through it and also to improve your speed through the maze of fixed ropes and ladders. By late April, when it can be oppressively hot in the Western Cwm, you need to move through the Icefall quickly and efficiently to reach Camp 2 in the relative cool of the morning.

Whilst we are getting accustomed to the ropes, ladders and altitude, the Sherpas will be running loads through the icefall, into the Western Cwm and beyond.

The Climb

From base camp, the route to the summit can be divided into four separate sections:

- » The Khumbu Icefall
- » The Western Cwm
- » The Lhotse Face
- » The Summit (South East) Ridge

These distinct sections give the climb tremendous variety, although they do have their individual challenges and hazards. Being able to divide the mountain into four parts also has psychological benefits, enabling climbers to focus on each section and to measure their progress up the mountain more easily.



The Khumbu Icefall

The Khumbu Icefall, the highest ice-bouldering obstacle course in the world, deserves respect.



The Icefall is a jumbled morass of ice-blocks, ice towers, and centuries old ice, riven by crevasses, all moving inexorably downwards from the Western Cwm to the Khumbu Valley below. It's dangerous, as the ice is constantly moving and ice towers can collapse without warning. It is not a place for the uninitiated, except in the company of experienced leaders and Sherpas, who have negotiated its labyrinth many times before. Even then, safety is far from absolute and speed is

important, as is an intricate knowledge of the ways of the Icefall that can only have been gained by many passages up and down. Although the exact route changes each year, and throughout the season as we move from hard winter to softer spring, it retains the same essential features and direction from bottom to top.

Climbing in the Icefall, or entering the Western Cwm in the heat of the day, is akin to being in a blast-furnace, so our rate of ascent slows a great deal after the sun rises. So whenever we do go through the Icefall, we will do it as early as is practicable in the morning and aim to get to Camp 1 just as the sun reaches us.

The Western Cwm

A walk into the Western Cwm is to walk into the hall of the mountain gods.



It is an awesomely impressive and inspiring place. Gigantic walls tower over you as you move from Camp 1 towards the full expanse of the Cwm above, with the West Ridge of Everest to the left, and the North Face of Nuptse to the right. Here, the Cwm is at its narrowest and the ground reasonably flat. You will find some gaping crevasses across the floor. They are big enough to be measured in terms of double decker buses! This means the crevasses need to have ladders stretched across them, which gives easy access

(if not goggled-eyed) to their upper sides, or they have to be walked around. Either way, they add to the sense that having passed through the labyrinth of the Icefall, the gods have set one more task for you to pass before they let you into their inner sanctum. This final test usually includes at least one steep wall of ice, rising straight from the floor to give a vertical step of about 30m/100ft and so to the hallowed ground of the upper Western Cwm.

From here, with the gods gazing down from the mountain's upper ramparts, easy (but perhaps exhausting) progress is made to reach Camp 2, nestled below the West Ridge, just short of the foot of the South West Face.

The Lhotse Face

An early start from Camp 2 will see you crossing the upper Cwm to the base of Everest's most impressive wall, the Lhotse Face.



Early in the season, when the face is still unfettered by human steps, this steep section makes for the most grueling and technically intricate day on the mountain. Gusting winds, snow plumes, and the sight of the steep face above greet you at the base of Lhotse after a steady morning walk to the very end of the Cwm, above Camp 2. Careful footwork will have you ascending this section confidently where the laser-straight ascent, which rises on a slope that seems to touch your nose is in stark contrast to the

zigzag maze of the Icefall below.

Arrival in Camp 3, halfway up the Lhotse Face, gives you a truly rugged, high mountain experience. Platforms, cut just wide enough for the tents, will have been hewn out of the bullet-hard ice by the Sherpas ahead of your arrival. But once that work has been done, it's a mass exodus of our Sherpas back down to the comforts below. The Sherpas play by Sagarmatha's rules and for them, a night on these exposed ledges is frowned upon by the mountain gods. Well that's what they say, but if it only takes an hour or so to get back here, and if you can be ready for work before the team's climbers have even risen for breakfast, why wouldn't you take your rest lower down? For those with slower legs (but seemingly normal hearts and lungs), we settle here on our ledge for one of the most glorious sunsets seen by any human in all time (save the Apollo Astronauts, perhaps!)

Typically, our camp is pitched in the lower neighbourhood of Camp 3 (which can sprawl over several hundred metres up the slope) affording us better shelter from the wind than some of the tents perched above. And, after a night of re-hydration and an initial round of oxygen-rich sleep, it's a return to base camp before you return here just once more, on the way to the top.

Next time, when we leave Camp 3 at 7,300 meters, you will be gripped by the first flush of true summit fever; down-suits donned, oxygen masks fitted, the first hiss of oxygen spreads from tent to tent as valves are cracked open. This marks the first day of climbing on "gas" and the first stage of your ascent into the "death zone".

The view does not disappoint either. The Nuptse Wall forms one half of the crescent bowl surrounding us, and the West Shoulder of Everest the other. Down the valley, the towering peaks of Pumori and Lingtren, which stand with grand presence above Base Camp, now look like anonymous ridges in the vast sea of Himalayan Giants stretching as far away as the eye can see. The village of Base Camp is long out of sight and registers now only by crackling radio transmissions during early morning calls.



The climb from Camp 3 launches another adrenaline-pumping attack on your senses as you inch-up the steep Lhotse Face. Using an ascender on fixed line, you grind up slowly and steadily. After a hard, enduring early morning, the effort is rewarded by a left-hand turn and a traverse across Lhotse toward the famous landmark of the Yellow Band. It's no small relief at this point, as you will have ascended some 1,200-m/3,700-ft from Camp

2. When you look down the sweep of the Lhotse Face, our tents will appear as tiny dots, like peppercorns scattered at your feet.

A second section rears up and onto the rocky Geneva Spur adding exciting scrambling to the mix. The exhilaration of scrambling in such a sensational setting, combined with the apprehension of approaching 8,000-metres and the anxiety of catching your breath on top of the Spur, drawing heavily through the mask, needs first-hand experience to



comprehend. Turning the corner here, you will be heading across the home stretch to our highest camp at the South Col on what seems to be flat ground. Now the fixed-line disappears briefly, which lends an enticing sense of freedom, even though the wind usually picks up speed here to whisper caution. The last few metres of walking to the South Col inevitably brings with it a whole flood of emotions, since you've made all but the very last leap en route to the highest point on earth.

After a few moments of contemplation, it's down to business. Navigating to the relative shelter of our tents it is then an immediate dash to remove damp socks, arrange boots to dry, tying down crampons and ice axes outside, and diving into warm sleeping bags while setting to work on sparking up the stoves.

Rest on the South Col

Once in Camp 4 on the South Col, the plan is to spend rest of the day there and most of the next day (approximately 30 hours) before setting off for the summit. This allows you time to rest and re-hydrate and means the team has the flexibility to be amongst the first groups leaving the South Col for the summit. Our expedition is planned on this basis (i.e. enough bottled oxygen and resources are provided to do this), but there cannot be a guarantee that it will work out this way. As with any high-altitude expedition, you must be flexible. Factors such as weather, the health of Sherpas and team members may mean you follow a more traditional itinerary and leave the South Col the evening of the same day you arrive. Ultimately, our expedition leaders are decision makers on the mountain and will decide on the best strategy for the team.

South Col to Summit

The summit push typically begins between 7.30pm and 9.30pm.



Typically, the howling winds which will accompany the team in the first hours of climbing die down as the night continues.

At 8,443m (27,700 feet) we arrive at the small platform of snow known as the Balcony. Here, we change over oxygen bottles, steal a few minutes rest and make contact with base camp, who are on stand-by, maintaining a watchful vigil whilst we reach out for the top.



The route then turns to a sustained 300m/1,000ft climb up the South-East Ridge towards the South Summit. The climbing remains similar to the earlier sections: step, pause, breathe, repeat. Across some rocky steps at the top of the ridge, we reach the South Summit and from here the view opens up to the Hilary Step and all the way up to the top. Depending on whether we have changed oxygen bottles at the Balcony, we may switch again here.



Above the tangle of fixed lines on the 40 foot Hilary Step, it's about 100-m/330 vertical feet between here and the summit. But the sheer drop down the Kangshung Face on one side and the South West Face on the other makes this a section of breathtaking climbing both physically and emotionally hard. The reward, of course, opens up at 8,850m/29,028 feet where there's no higher step in the world.



We hope to be on the summit in the early morning, with plenty of time to make the long descent to the South Col. Before starting out for the top, you will have agreed a turn-around time with your leader, who will ensure that should you not have reached the top by this time, you will go down to the relative safety of Camp 4. After spending another night sleeping with oxygen, the team will descend from Camp 4, on the South Col, directly to Camp 2 and then, the next day, to

Base Camp.

THE CONDUCT OF THE CLIMB

Everest and its potential dangers deserve respect by all those attempting it and this expedition remains a dangerous undertaking.

Reaching the summit late in the day would be a serious mistake and the leader will ensure that sensible timings are adhered to. The aim of our expedition will be to get as many team members as possible to the summit. However, this will not be to the detriment of safety. Safety will govern all decisions made on the mountain and will be based on the sound and highly experienced judgement of the leader. To support the leader on the mountain, we at Jagged Globe will plan the expedition as thoroughly and carefully as possible. Ultimately, the leader will have sole discretion on the implementation of any plan to climb the mountain and he will ensure that safety remains the prime consideration. However, absolute safety cannot be provided, and you must be prepared to accept this if you are to take part.

The high mountains of the Himalaya are there for us to climb and to enjoy. Our priority will be to enable all team members to fulfill their potential on the mountain and to come home safely having had a life enhancing experience. Whether or not expedition members reach the top, the expedition should be an enjoyable and rewarding achievement that will form the basis of many long cherished memories and friendships.

ITINERARY



Day 1 - 2

Fly to Kathmandu

For those who have booked with a flight from the UK, you will depart London Heathrow* on Day 1 and arrive in Kathmandu on Day 2. For those joining without an international flight, please plan to arrive in Kathmandu on Day 2. An airport transfer is included. Overnight hotel. The twin rooms are en-suite. Single rooms are available on request for a supplementary fee - please contact us.

*Please contact us for a quote from Manchester or Edinburgh.

Day 3

At leisure in Kathmandu

While the leader attends a formal briefing in the Ministry of Tourism, you will be able to explore this fascinating city. There will be time for you to visit the bazaars, shops and monasteries. The expedition leader will also examine everyone's climbing equipment so that any shortfalls can be purchased in Kathmandu prior to flying into the Khumbu Valley.

Day 4

Drive to Ramechhap, fly to Lukla and trek to Phakding (2,610)

You will leave Kathmandu at around 03:30 for the 4 – 5-hour drive to Ramechhap. From here you will take a morning flight to the airstrip at Lukla, the gateway to Nepal's famous Khumbu region. It's an exciting flight - and landing! If the sky is clear, you will get your first sight of Everest from the left-hand side of the aircraft. Once in Lukla, you will meet your trek staff and then set-off for Phakding where you stay in a lodge for the night.

Day 5

Trek to the famous Sherpa capital, Namche Bazaar (3,400m)

You'll follow the Dudh Kosi river today, crossing it twice on airy suspension bridges to reach the Khumbu National Park entrance. A high suspension bridge over the confluence of the Dudh Kosi and the Bhote Kosi rivers leads to a steep hill climb. Your reward is Namche Bazaar, the prosperous capital town of the Khumbu Region, with its bakery, fresh coffee and internet access! Overnight lodge.

Day 6

Local hike, markets and culture in Namche Bazaar

In the morning, you can walk up to Khumjung to see the school and visit the Everest View Hotel (3,900m) before returning to Namche for the afternoon. Many Tibetans cross the nearby border to trade traditional goods in this ancient settlement, making the local market a fascinating spectacle and chance to shop. Across the valley stand the impressive peaks Thamsferku and Kangtega. Overnight lodge.

Day 7

Trek via Thyangboche Monastery to Deboche (3,700m)

The main Everest trail contours around the valley high above the Dudh Kosi. There are spectacular views of the Khumbu's great peaks today: Everest, Lhotse, Nuptse and Ama Dablam. Passing several villages and numerous tea shops, you'll climb to the impressive monastery at Thyangboche, and perhaps get a cake from the bakery before dropping down to Deboche village. Overnight lodge.

Day 8**Trek to the picturesque farming village of Dingboche (4,410m)**

Beyond Deboche the trail leads to an airy suspension bridge. Pangboche, an excellent viewpoint for Ama Dablam ('Mother's Charm Box'), is an hour's walk from here. It's home for the Sherpas who work on this imposing mountain each post-monsoon season. From here, you'll re-cross the river and head up the Imja Valley to Dingboche, where you'll stay. Overnight lodge.

**Day 9 - 11****Acclimatisation around Dingboche**

This is an important phase of the expedition. You'll be based in Dingboche, which is a good location for acclimatisation. The expedition leader will organise daily outings to the adjacent hills with the aim of providing a gradual and beneficial programme of acclimatisation. In recent years, our expedition teams have chosen to spend two of these 'acclimatisation nights' at Chukkung (4,730m), ascending Chukung Ri (5,550m) and then crossing the Kongma Pass (5,535m) to reach Lobuje the following day. While in Dingboche, you can also attend a seminar about high altitude acclimatisation at the hospital in nearby Pheriche, run by the Himalayan Rescue Association. Overnight lodges.

Day 12**Trek to Lobuje (4,940m), views of Ama Dablam, Cholatse and Taweche**

Continuing along the trail up the broad valley bottom, you'll see the trekking peak of Lobuje East (6,119m). Further left lies the formidable north face of Taweche, the scene of many cutting-edge Himalayan ascents of the 1980s and 1990s. After three hours you'll reach Dugla (4,620m) where Sherpa memorials overlook outstanding views of Ama Dablam, Cholatse and Taweche. The trail now climbs steeply up beside the glacier moraine, leading to a small cluster of tea houses at pretty Lobuje. Overnight lodge.

Day 13**Trek to Everest base camp (5,350m)**

Contouring along the valley side, the trail leads on to the moraine of the Khumbu Glacier and becomes quite vague, weaving between mounds of rubble. After about 3 hours you'll eventually reach base camp near the foot of the Khumbu Icefall. This will be your home for the next six weeks. After lunch you'll say farewell to the trekkers who have accompanied the team to base camp. Overnight in tents.

Day 14 - 16**Rest and preparation****Day 17 - 54****Ascent of Everest**

You will climb through the Icefall as infrequently as possible, but this will mean at least 4 planned trips during the expedition. The outline climbing programme will be as follows:

Climb One - aim to reach Camp 1 and sleep for one night before descending to Base Camp.

Climb Two - aim to sleep at Camp 1 for one night and to sleep at Camp 2 for two or three nights, including an acclimatisation hike to the foot of the Lhotse Face.



Climb Three - aim to sleep at Camp 2 or above for four or five nights. During this time, you will climb to Camp 3 and spend a full night, using oxygen for sleeping.

Day 1 - Climb to Camp 1 or to Camp 2.

Day 2 - Climb from Camp 1 to Camp 2. Or rest in Camp 2.

Day 3 - Rest and Acclimatisation in Camp 2.

Day 4 - Climb to Camp 3. Sleep at Camp 3.

Day 5 - Descend to Camp 2.

Day 6 - Descend to Base Camp.

R&R - now well acclimatised with strong legs and lungs, you stock up on calories and to have a thorough rest.

Climb Four - you go up, to reach the Summit. This usually requires a 6 - 8 day round trip from base camp.

Day 55 - 58

Return trek to Lukla

Day 59

Fly to Kathmandu via Ramechhap

Fly back to Kathmandu. The afternoon is free to shower and relax before an evening barbecue to celebrate the expedition and as a farewell party to thank the Sherpas for their support and friendship. Overnight hotel.

Day 60

Kathmandu, sightseeing and farewell meal

You can take in the sights of Kathmandu. We recommend an early start to visit the temples of Pashupatinath and Swayambhunath and districts of Bhaktapur and Patan. Durbar Square is also on the essential list, as is the shopping area of Thamel.

Day 61

Fly home

Airport transfer. For those joining "land-only", you should book your flight home today.

PLEASE NOTE: *Every effort will be made to keep to the above itinerary, but as this is Adventure Travel in a remote mountain region, we cannot guarantee it. Weather conditions, road conditions, vehicle breakdowns and the health of climbers can all contribute to changes. The Expedition Leader and our local agent will try to ensure that the trip runs according to plan, but an easy going nature will be an asset!*

MEDICAL COVER



All of our leaders are trained in first-aid and have a good knowledge of high altitude medical problems. We pay per team member to have access to medical assistance from the HRA Clinic, which is based in Everest Base Camp each season and staffed by doctors. The expedition will also be equipped with the following:

- » A well-stocked first aid and medical kit sufficient to counter any possible mountaineering ailments, from headache to serious injury.
- » Oxygen for therapeutic use.
- » A portable hyperbaric chamber (PAC or “Gamow bag”)
- » Emergency communications on the mountain and satellite communications link for helicopter evacuation (see below).



COMMUNICATIONS

Experience has shown how important it is on Everest to be able to talk to every team member, at all times. If you join Jagged Globe on Everest, you will have a dedicated VHF radio, with lapel mic. Each Sherpa will also have his own VHF radio, so that at all times we can keep in touch with everyone, and everyone can keep in touch with each other.

Base camp and Camp 2 will be equipped with high-power VHF base stations along with high-gain antennas.

Each team will have two means of communicating with the outside world. All teams will carry a Garmin “in-Reach” Satellite Communicator. The secondary means will either be Satphone or mobile/ cell phone depending on the extent and reliability of local networks.

BASE CAMP EQUIPMENT

We aim to make base camp as comfortable as possible, commensurate with the location and the nature of the expedition. This is to ensure that between climbs on the mountain it is as restful as possible to allow relaxation and preparation for the summit attempt. We provide:

- » In base camp, each team member will have his or her own sleeping tent and mat.
- » Electricity will be available for recharging batteries for digital cameras, video cameras and other electrical devices.
- » Hot showers, on demand.
- » Spacious dining tent, with high-backed chairs and tables.

Nowadays 3rd party providers offer internet access in base camp, which team members can pay for directly.

WEATHER FORECASTING

We contract a mountain weather forecasting service to provide weather reports as required by the expedition leader.



PERSONAL EQUIPMENT & CLOTHING

All team mountaineering equipment, including ropes, fixings, tents, stoves and fuel is supplied from the UK. Climbers will need to provide their own personal equipment. We can supply the following specialist "8,000m" equipment:

To Buy:

- » Mountain Equipment Gasherbrum Jacket.
- » Mountain Equipment Lightline Pant.
- » Mountain Equipment Redline Sleeping bag.
- » RAB Expedition sleeping bag.
- » RAB Expedition Down Jacket.
- » RAB Expedition Down Salopettes.
- » RAB Expedition 8000 Suit.

To Buy:

- » 8,000 metre mountaineering boots, choose from:
 - La Sportiva Olympus Mons Evo.
 - Scarpa Phantom 8,000.

If you have a booking with Jagged Globe, you are eligible for 15% off RRP prices at leading specialist climbing retailer, Outside <https://www.outside.co.uk/>

Jagged Globe climbers also get a 15% discount off RRP from Mountain Equipment.

<https://www.mountain-equipment.co.uk/>

TRAINING

Having a solid base of fitness prior to departing on the expedition will give you the best chance of reaching the summit and enjoying it along the way. There are many different ways to train the body and it is important to choose the correct method.



Climbing Everest requires that you to have a high level of endurance, as well as the upper body and core strength to carry a pack. Training for endurance means developing the aerobic energy system in your body. Essentially your objective is to train the energy production systems to meet the demands of the activity for as long as required. For Everest this means consecutive tough days whilst acclimatising/load carrying before an even tougher

summit push.

In order to better advise you, we asked Steve House and Scott Johnston, authors of the authoritative book, *Training for the New Alpinism*, for their advice.

Our Kit List and Trip Information document, which you receive once you have booked, has some general training advice in it from Steve and Scott. Additionally you can purchase an 8 week, 16 week or 24 week training programme via the website, Training Peaks <http://www.trainingpeaks.com>

PRE-EXPEDITION WEEKEND



Jagged Globe offers pre-trip weekends for all expeditions and treks. The pre-trip weekend is a key element of your trek or expedition. You do not have to be booked onto a trip to attend a weekend, so it's the perfect opportunity to meet us and find out more about Jagged Globe.



The pre-trip weekend provides team members with important information and skills that will enhance your experience of the trip. It is a chance to meet other team members, should they be attending, as well as giving you the opportunity to meet our office team and try on any hire equipment you may need. Normally a number of different teams meet over the weekend.

The Saturday is based in and around Sheffield with presentations on personal equipment, dealing with altitude, expedition safety and staying healthy. In the evening there will be a meal and social gathering to get to know others on your trip. On Sunday we will go outdoors to the nearby Peak District. The activity will be focused on your trip. This will be a walk, scramble or rock climbing sessions using fixed rope and abseiling, if appropriate, at a nearby crag.

The weekends are free to attend and are normally scheduled 6–8 weeks prior to your trip departure date. If you are booked onto a trip confirmed dates will be enclosed with your Booking Confirmation email. If you have yet to book a place on a trip, please email us to enquire about a suitable pre-trip weekend date. To book a place we will need to know at least 10 days beforehand. We look forward to meeting you at the weekend.

Programme

Day	Time	Activity
Saturday	9.30am	Meet at Jagged Globe (tea/coffee on arrival). After a quick introduction, we will cover: <ul style="list-style-type: none"> • Illustrated talk about your trip. • Clothing and Equipment. • Altitude Illness. • Health, hygiene and physical preparation.
	12.30pm	Lunch.
	1pm	Drive to the Peak District for a short walk and to socialise with other expedition team members.
	4pm	Return to Jagged Globe in Sheffield.



	7pm	Dinner.
Sunday	9am	Meet at a designated car park in the Peak District. This is mainly a social day to talk to your team members and expedition leaders.
	4pm	Practical session finishes.

Sunday is a practical day that will be focused on your trip. Depending on your expedition or trek, you will need normal UK hill-walking equipment including packed-lunch, boots, waterproofs and warm layers. Some options for the day may include:

Trekking Trips (Everest Base Camp, Huayhuash Circuit etc) Hathersage to Higgart Tor via Stanage Edge. 500m ascent and descent. 8km walk over heather moorland, stony footpaths and wooded trails.

Non-Technical Peak (Kilimanjaro, Aconcagua etc) Kinder Scout from Edale. 750m of ascent and descent. 10km walk over paths and rough moorland and rocky paths.

Technical Trekking Peak (Mera Peak, Island Peak etc) Either a hill walk taking in steep and rocky paths or a technical rope session including abseiling and using fixed lines.

Technical Expedition (Alpamayo, Ama Dablam, 8000m peaks etc) Rock-climbing, looking at movement skills, abseiling, using fixed lines and crevasse rescue.

GETTING HERE

Set S3 8EN into your GPS/phone.

Jagged Globe is located close to Sheffield city centre at: 45 Mowbray Street, Sheffield, S3 8EN. We are around 15 -20 mins walk from Sheffield train and coach stations. You can find us next to The Foundry Climbing Centre in the Kelham Island area of the city. There is free car parking within the Foundry Climbing Centre car park and nearby on-street parking.

ACCOMMODATION

Hotels within walking distance of Jagged Globe include:

- **Holiday Inn.** 4 Star, Victoria Station Rd, Sheffield, S4 7YE.
- **Hampton by Hilton.** 3 Star, West Bar Green, Sheffield, S1 2DA.
- **Easy Hotel.** 2 star, 71 High Street, Sheffield, S1 2GD.

ADDITIONAL SERVICES

The Jagged Globe Everest expedition services have been developed and refined since our first expedition, in 1993. We believe that this service offers excellent value for money. Our success statistics show that the majority of climbers who meet our experience requirements have a very good chance of reaching the summit. We are also able to offer additional services to climbers who believe that this will be beneficial to them, including:

- » Private (western) Mountaineering Guide (US\$50,000)
- » Private Sherpa for the duration of the expedition (US\$16,000)

BOOKING



If you would like to book a place on this expedition, you can do so securely on our website, over the phone or by sending in a booking form by post. A US\$2,000 deposit secures a place on your chosen departure. You will initially receive an automated email acknowledging that your booking has been received. We will then confirm your booking in writing and send you a receipt for the deposit, an invoice for the final balance, ATOL certificate and equipment list. You will be given an account on a secure area of the Jagged Globe website, where you can complete other essential administration relating to the trip.

Book Now:

<http://www.jagged-globe.co.uk/climb/exp/i/everest.html>