



EVEREST NORTH EXPEDITION



"What we get from this adventure is just sheer joy. And joy is, after all, the end of life. We do not live to eat and make money. We eat and make money to be able to live. That is what life means and what life is for." George Mallory on his attempt to climb Everest

Everest from the north (Tibet, north col)

So much has already been written and continues to be written about it. Good and bad, fascinating, cautionary, electrifying, odd, disturbing, and interesting. You can think what you want, but it is and remains the mother of all mountains. It's the mountain whose history of ascents is unsurpassed,



bursting with drama, madness and heroics. The playground for the top climbers of our time and the life-long dream of so many climbers from around the world. It's not just a mountain. The Everest is a myth. And it makes you a hero.

EXPEDITION OVERVIEW

Join Arnold Coster on his tenth Mt Everest Expedition to the world's highest mountain at 8848m (29,035ft). His experience is amongst the best in the world, combined with a very high success rate. An ultimate objective in many climber's minds, the allure of the world's highest summit provides a most compelling and challenging adventure. Where there is a will, I will aim to provide a way.

This is what other people said about Arnold Coster: "He is a relaxed, considerate and thoughtful person; an expert leader and a highly-skilled professional who specializes in getting people to the summit and



back down in 100 percent safety. He is a good communicator, a great motivator, and has a positive attitude. Arnold is at home in any terrain, with any kind of group. He is an expert technical rock and ice climber"

Arnold Coster, has a decade of experience on Everest and his Sherpa's are some of the strongest in Nepal. He will help you step by step to reach your ultimate goal. Because of the high member to Sherpa ratio there will always be somebody to assist you.

Participation Statement

Arnold Coster recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

Adventure Travel, Accuracy of Itinerary

Although it is our intention to operate this itinerary as printed, it may be necessary to make some changes as a result of flight schedules, climatic conditions, limitations of infrastructure or other operational factors. As a consequence, the order or location of overnight stops and the duration of the day may vary from those outlined. You should be aware that some events are beyond our control and we would ask for your patience.

North vs. South

The two "normal ascents" on Mount Everest each offer certain advantages, but also pose their own risks and challenges. Ultimately it should be a well-informed decision on the part of aspirants whether to climb from Tibet in the north via the North Col and Northeast ridge, or from Nepal in the south over the Khumbu Icefall, Lhotse face and the Southeast ridge. In many cases, a decision in favour of one or the other side will be a result of several factors including the experience of the participant, his personality, and his exact plan for ascent, Perhaps one side is more appealing to you, it exerts more attraction or



catches your eye with a beautiful line. Listen to your intuition, which usually provides the best advice in such cases, or seek personal advice from me!

North

- + objectively the safer ascent route
- + the last camp is higher (8300m) resulting in a shorter summit stage
- + currently cheaper due to a lower permit prices in Tibet
- longer exposure to wind and cold during ascent
- technically more challenging during the last third, more cliffs
- descending from the summit is more difficult
- no Helicopter rescue services within the whole of Tibet

South

- + technically the easier and longer ascent, sheltered from the wind
- + statistically a higher chance of reaching the summit
- + lower altitude base camp, resulting in better regeneration
- ice fall and avalanche hazard at the Khumbu icefall and the Lhotse slope
- last camp is at 8000m, resulting in a longer, more strenuous summit day
- Overall ascent from the base camp is somewhat longer and requires more stamina

OUTLINE ITINERARY

This is a suggested ideal itinerary, changes may well be necessary according to weather, client fitness and rate of acclimatisation as well as difficulties with transportation. A number of rest days are programmed and these are an important part of our structured acclimatisation programme

Day 01 Arrive Kathmandu (1,300 meters/4,200 feet); give passport to our office representative who will obtain visa at Chinese embassy.

Day 02 In Kathmandu - our agent will pick up passport from chinese embassy. Logistics, orientation, purchasing, packing, training, visit temples, city tour, shopping. Hotel.

Day 03 Fly from Kathmandu to Lhasa (Tuesday, Thursday, or Saturday, but this could change)

Day 04 Rest in Lhasa, tour Potala Palace and Jokhang Temple, the most sacred building in all of Tibet.

Day 05 Drive to Shigatse. Rest and acclimate, tour the surrounding area. Visit the 15th century Tashilunpo Monastery, the largest active monastic institution in Tibet.

Day 06 Drive to Lhaze. Rest and acclimate, tour the surrounding area. Visit the Changmoche Monastery.

Day 07 Drive to Tingri. Rest and acclimate, tour the surrounding area.



Day 08 Drive to Chinese basecamp (5,200 meters/17,000 feet). Camp.

Day 09 Rest & acclimatization in Chinese base. Organize equipment and supplies. Camp.

Day 10 Walk gently in the hills surrounding Chinese base. Chance to hike to the Rongbuk Monastery, the highest monastery in the world. Meet the Lama and participate in a Puja ceremony.

Day 11 Rest & acclimatization in Chinese base. Organize equipment and supplies. Our camp is comfortable for the few days we spend there, with a full kitchen and dining tent, where our cooks prepare 3 hot delicious meals a day. There is plenty to explore in the surrounding hills, as well as many international climbing teams to meet).

Day 12 Walk with the yaks halfway to advanced base to interim camp (5,800 meters/19,000 feet). Camp.

Day 13 Rest & acclimatization in interim camp. View and explore in the surrounding valley, laced with massive "ice-pilgrims" (large penitentes).

Day 14 Rest & acclimatization in interim camp.

Day 15 Walk with the yaks to advanced base (ABC) at 6,400 metres/21,000 feet. Camp.

Day 16 Rest & acclimatization in advanced base.





Extensive training. Organize supplies.

Day 17 Rest & acclimatization in advanced base. Extensive training. Organize supplies

Day 18 Walk to camp 1 North Col (7,000 metres/23,000 feet). Return to ABC.

Day 19 Rest in ABC.

Day 20 Rest in ABC.



Day 21 Walk to camp 1. Sleep there.

Day 22 Explore route to camp 2 (7,500 metres/24,600 feet), return to ABC

Day 23 Walk back down to Chinese base.

Day 24 Rest in Chinese base. Explore surrounding hillsides.

Day 25 Rest in Chinese base. Light hiking and time for meeting other international climbing teams.

Day 26 Rest in Chinese base.

Day 27 Walk up to interim camp.

Day 28 Walk up to ABC.

Day 29 Walk to camp 1, sleep there.

Day 30 Walk to camp 2, sleep there.

Day 31 Explore route to camp 3 (8,300 metres/27,200 feet), return to camp 2, sleep there.

Day 32 Walk down to ABC.

Day 33 Walk back down to Chinese base.

Day 34 Rest in Chinese base or drive to a lower village (optional, on own expenses)

Day 35 Lower village; Explore historical temples and light hiking or rest in CBC





Day 36 Rest in lower village or rest in CBC

Day 37 Lower village; Explore historical temples and light hiking or rest in CBC

Day 38 Go back to Chinese base and rest.

Day 39 Walk up to interim camp. back to top

Day 40 Walk up to ABC.

Day 41 Walk to camp 1. Sleep there.

Day 42 Walk to camp 2, sleep there.

Day 43 Walk to camp 3, sleep there.

Day 44 Attempt summit if conditions allow.

Day 45 Descend to ABC.

Day 46 Rest in Chinese base.



Day 47 Walk back up to ABC.

Day 48 Walk to camp 1. Sleep there

Day 49 Walk to camp 2, sleep there.

Day 51 Attempt summit if conditions allow.

Day 52 Extra days for summiting



Day 53 Descend to camp 1.

Day 54 Packing in camp 1, descend to ABC.

Day 55 Packing in ABC.

Day 56 Yaks transport equipment, supplies and rubbish to Chinese base. Members walk down.

Day 57 Drive to Shigatze.

Day 58 Drive to Lhasa

Day 59 Fly to Kathmandu

Day 60 Fly home

PREVIOUS EXPERIENCE

The most successful climbers tend to be those who have previously been successful on climbs to 7000m or above, are technically capable and have a good level of fitness. Everest is not the hardest mountain however; Arnold Coster believes that with a good preparation and skill training during the expedition also members with lesser experience can have a fair chance.

Everest is an enormous undertaking with many obstacles but Arnold Coster believes his experience and infrastructure matched with your enthusiasm can help you achieve your dream.

If you are unsure or wish to be provided with a preparation program, please drop Arnold Coster an email to discuss the options. Arnold Coster has a great success rate in helping people develop the appropriate skills and experience. All past members of his expeditions (successful or not) have been extremely pleased with the organisation and services provided and particularly liked the team philosophy he established.

Many members returned for other expeditions with Arnold including Makalu, Gasherbrum I&II etc.

Safety, Quality, enjoyment and success are his aim.



WEATHER FORECAST

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



COMMUNICATIONS

Arnold Coster issues every member and Sherpa's with a handheld VHF radio, supported by high powered base sets at BC and Advanced BC. Base Camp is equipped with a Laptop and a High speed Satellite Data Connection. Internet can be used at additional cost.



Arnold Coster expeditions communications are supplied by:



www.xtra-link.com

OXYGEN

Our full service expedition is supported with a 1:1 Sherpa ratio. This is enough to carry a normal amount of oxygen; 5 bottles for Members and 3 for Sherpa.

WHAT TO CARRY

On the trek to ABC you should aim to carry a light rucksack containing 1-2L of water, waterproofs, a spare warm layer, camera, mini first aid kit, sun hat, sun cream, sun glasses and a warm hat and gloves. You can use this same backpack when we drive from Lhasa to Base Camp for you clothes always the way. The rest of your gear can go in your kit bag witch is transported by a truck to BC. To ABC all gear is transported by Yaks, so make sure your duffles are "Yak Proof"



I suggest a 50L+ sac to enable you to carry your personal equipment up to the higher camps on the mountain a smaller pack will be too short for the 4l oxygen bottles. The Sherpa's will establish & stock the camps as well as porter the oxygen to camp ready for the summit attempt. Sherpa's can also help carrying personal equipment like; down suits, sleeping bags etc. in case you are having a bad day, but the intention should be that you are able to carry your own personal gear.

CATERING ARRANGEMENTS



Base Camp food is excellent and designed to stimulate your appetite and keep you going despite frequent altitude induced loss of appetite. Breakfast includes porridge and cereal followed by eggs (fried, boiled, poached or omelettes) and bacon along with either bread or chapattis with jam, honey, peanut butter etc. Lunch starts with juice followed by a hot meal which may include some of the following: chips, rice, lentils, vegetables, salad, sandwiches, beans, tinned fish and tinned meat. Dessert is usually fresh or tinned fruit and tea. The evening meal always starts with soup (often with a healthy dose of garlic to aid acclimatisation) accompanied by pompadours, popcorn or prawn crackers. The main meal varies from local style – Dal Bhat (rice and lentils with an onion and vegetable sauce), yak stew, momos etc. to western style – yak burgers, chips, pasta, even pizza! Desserts are equally appealing and include apple pie, cake, custard etc. You will not be hungry!

Snack food for the hill will be plentiful and consist of such things as: chocolate, cereal bars, jelly, dried fruit, nuts, cheese and salami (you help yourself from tubs, so there is no limit!). Cooked food higher on the hill will be a combination of freeze dried food, soup and supplemented by snacks. Most people experience some kind of appetite loss and we mainly aim to keep as hydrated as possible with fruit teas, soup and powdered fruit drinks. For special interest and to keep the taste buds going we ask each member to bring a small 'luxury' item of desire to share at some point with the rest of the group.

IMPORTANT–The small print

Please note, if for any reason you need to return to Kathmandu separate from the whole group, there will be costs incurred which you will need to pay. In this situation you should claim back any cost through your insurance



CHANGE OF INTERNATIONAL FLIGHTS

We allow extra days in the itinerary for bad weather. If you do summit or come back early additional costs may be incurred. When obtaining your flights, be sure to book alterable, refundable flights.

INSURANCE

Insurance which covers mountain rescue and medical expenses is essential. You should note there are no official mountain rescue services in Nepal and any evacuation in the event of a serious medical emergency to the nearest hospital will be by land or military helicopter. We will require a copy of your insurance prior to departure. Please contact me if you need an insurance advice.

RESPONSIBLE TOURISM

We employ Nepalese Sherpa's and cooks as well as a local Tibetan cook boys who all work alongside our own group leader giving employment beyond farming. We will have a shower setup at BC, but if you would like a bowl of hot water to wash in, then just ask the cook. Wet wipes also work really well as an alternative. We recommend you take items such as batteries back to Kathmandu for recycling.

ALTITUDE

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

USEFUL TIPS

Just in case your main luggage goes missing en route, it is a good idea to wear your boots on the plane. Most other things can be replaced but comfortable, well worn-in boots are impossible to replace.



EQUIPMENT

A detailed equipment list is provided on booking. Specialist items such as sleeping bags and down jackets/suits can be hired also (limited availability).

BAGGAGE

For your own comfort, travel light. For such a long trip it's amazing how quickly the weight adds up. Some European airlines only allow 20kg on economy flights and charge huge money for excess baggage (specially the cheapest flights). Most airlines offer a 30kg allowance nowadays and offer additional baggage options, but this has to be obtained when you buy the ticket in advance. Make sure all equipment fits in your duffle bags easy. On the expedition there is no limitation on the amount of equipment you can bring. Some items can be left at the hotel for your return. Make sure all your kit bags are locked and packet waterproof.

VISAS AND PERMITS

US, UK citizens and most EU nationals can get the Nepal Visas on arrival. All other nationals should check with their local embassy and/or www.immi.gov.np. Passports must be valid for at least six months after the end date of the trip. You can only obtain an Tibet group-visa once you are in Kathmandu; Normal Chinese tourist Visa's are not Valid in Tibet

LOCAL COSTS

Most meals are inclusive, please see the key above. Individuals are responsible for drinks and hotel meals throughout whilst in Kathmandu which gives the flexibility to choose where you eat. The following approximate costs (mid range) may vary:

Tea/coffee 1\$; Beer 1.5\$; Soft drink 1.5\$; Local lunch 10\$; 3-course dinner 20\$



CURRENCY

In Nepal Nepalese Rupee; Euros, UK Sterling, and US Dollars can easily be changed in Kathmandu. ATM (cash machines) are available in Kathmandu but are often out of order, but usually you can find one that works within the same area.

For Tibet RMB or Yuan. In Lhasa there are various money changers and ATM. Once we leave Lhasa it's difficult to change money.

TIPPING

Tipping is generally expected and part of everyday life. We tend to tip our own local staff as a whole and would recommend around \$250 with an additional **summit bonus of \$1000** for each Sherpa that summits with you!

MODE OF PAYMENT

The mode of payment below is suggested, however it may be possible through discussion to agree an alternative arrangement.

Refundable Deposit payable with booking 4000\$

Final payment 2 months before departure

Please note – The final Payment is non-refundable and you are advised, therefore to take out adequate cancellation insurance when you book

What is Included

- All permits, charges, importation taxes and levies payable to the Chinese Government in connection with the expedition.
- All hotel and other accommodation up to and including two nights accommodation on our return to Kathmandu.
- Kathmandu-Lhasa flight an additional cost for the Lhasa entry



- All tents, ropes and other communal equipment necessary for the climb.
- Medical safety equipment and supplies.
- Communication equipment (each member will have a radio on the hill), satellite telephone and e-mail facilities, website, weather forecasts.
- All food, fuel and cooking equipment.
- All trucks, jeeps, yaks, base camp workers.
- Base Camp and Advance Base Camp services, cooks, cook boys, tents, seating etc.
- Climbing Sherpa support on the mountain each member has 1 Sherpa's.
- Oxygen (5*4ltrs) and Top Out or Summit oxygen mask.

What is not included

- Air travel to Kathmandu.
- Personal climbing clothes and equipment.
- Personal insurance, visas and inoculations.
- Food whilst the team is in Kathmandu and "extra's" that are bought besides the group meals.
- Importation taxes incurred by your personal equipment (e.g. satellite telephone and other high-tec equipment).
- Personal medical supplies and personal use of communication equipment.
- Tips and Sherpa Bonus.

WHY BOOK WITH ARNOLD COSTER?

Our price is not the cheapest available but we are exceptionally competitive and provide a very high level of service for a little extra cost. Until you have been to these altitudes it is difficult to fully appreciate that extra value. We provide: Strong Leadership and Support. The expedition will be lead by Arnold Coster himself, who let nineteen 8000m expeditions and as many 7000m. He will be supported



by our strong team of Sherpa's, who have also been to the summit many times. Dawa and Mingma our senior Sherpa's climbed all fourteen 8000m peaks!

To cater every climbers need you can choose for Basic service only, please contact us for more information. This service is only available if members sign up with a partner(s)

Basic Service: This includes all cost to, from and in Base Camp. Only for members who join as a group of 2 or more. If you need additional services; these can be added for additional cost.

- All logistical cost during the trek to and from base camp are included, also all accommodation and food during the trek.
- Comfortable base camp setup with all facilities.
- Fixed rope, weather report and communications with Base Camp
- 4 nights Single room in midrange Hotel in Kathmandu

Full Service: Basically this includes everything for an experienced climber.

- All high altitude equipment; tents, fuel, stoves, food and snacks are provided.
- Each member will have five 4L oxygen bottles for the climb.
- There will be one Sherpa for each member to assist during summit days.
- 4 Nights Single room in Midrange Hotel in Kathmandu
- Training climb on Lobuje peak 6119m, so you are already acclimated when you go true the icefall and to "shave up" missing skills.

Very strong communication equipment

All members and Sherpa's are given a radio for the duration of the expedition and we have quality base sets at BC and ABC. Satellite telephone backup. Satellite telephones at Base Camp and Advance Base Camp; essential for weather forecasts. You can take the phone to use in the privacy of your own tent.



E-mail facilities

We receive our own weather forecast direct to our own e-mail on a regular basis and do not rely on a third party.

Quality Mountain Equipment

We use expedition tested equipment, a good supply of stoves, shovels etc Quality Base Camp & Advance Base Camp. We do not use agency tents and equipment and as a result we can guarantee the quality. Our Mess tents and base camp facilities are among the most comfortable ones in Base Camp!

Although the following may appear to be a luxury we have found they add to your overall comfort and relaxation allowing you to be physically more able at critical times. Only those who have been to these altitudes for long periods will fully appreciate the subtle differences. We have not added this to your expedition cost. The extra costs we absorb are for: Sherpas, Weather and quality equipment. BC Shower tent, Gas Heaters for your comfort, Comfortable seating, movie projector, Laptop Computer

Staffing

We have good cooks and Sherpa; staff who regularly work for us. We have a cook and cook assistant at both BC and ABC to ensure you are well looked after wherever you are. At least 1 climbing Sherpa to every 1 client. This is a higher ratio than many other companies and allows for illness, accident or to give the resources needed to get logistics in place after a bad spell of weather etc.

Medical

We normally manage to have a Doctor on the team but this is not guaranteed.

Our Leader is trained and has a lot of experience in treating and recognizing High Altitude Sickness. The expedition has his own: Medical supplies, Gammo Bag Emergency equipment, spare oxygen, stretcher etc

We pay the Membership of the HRA Hospital in Base Camp for all members. With this member ship you can go for unlimited checkups by a western doctor in their field hospital



All those Little Luxuries; Showers, mess tent heaters, high quality tents and comfortable seating don't add to the cost of your expedition but can add to your potential summit success. You will be more relaxed and rested which in turn allows you to retain your strength or regain it if you suffer a bout of illness.

Arnold Coster wants to thank his sponsors for all their years off support!

