



EVEREST SOUTH EXPEDITION 2016





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.

Prior to the Everest climb we will climb a practice peak, Lobuje east 6119m. This way you can learn 'missing skills' and start your acclimatisation, what will make crossing the Khumbu Icefall easier.

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.

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

The Approach Trek KEY to inclusions (H-hotel, T-teahouse, B-breakfast,L-lunch, D-dinner/evening meal)

08-04: International Flight

09-04: Arrive in Kathmandu usually early evening. Transfer to hotel close to the famous, bustling Thamel district of Kathmandu. Generally we spend two days in Kathmandu completing final preparation and gear checks before taking our flight to Lukla. (H,B)

10-04: Morning briefing after which the rest of the day is free for you to enjoy the wonders of Kathmandu. Sightseeing tours can be arranged and would include visiting the temples of Bodnath, Swayambhunath (The Monkey Temple), Pashupatinath and Durbar Square. Simply wandering around the huge array of shops, markets, cafes, bars and restaurants in Thamel is a fascinating experience. (H,B)

11-04: Early in the morning we transfer to the airport for a spectacular and breathtaking flight to the Sherpa village of Lukla (2800m).



After lunch we can do the short walk along the typically stony path that descends from the forested terraces of Lukla.

This takes us right into the Dudh Kosi ('river of milk') valley and the brightly painted lodges of Phakding (2610m). From here there are stunning views of Kusum Kanguru's North Face (6367m). Along the trail are mani stone walls, brightly decorated with coloured paints. Buddhists hold these sacred and you must, as a sign of respect, pass these in a clockwise direction (T,B,L,D).

12-04: Phakding to Namche Bazaar (3440m). We trek into the Sherpa capital and heart of the Khumbu. You will now be becoming familiar with local protocol for passing chortens, mani stones, yaks, spinning prayer wheels etc and enjoying the hustle and bustle of trekking and everyday life that exists on the 'Everest Trail'. At Monjo we enter Sagarmartha National Park and can visit the small visitor centre there.

Here the track starts to rise up the famous Namche Hill, the first big ascent and time to drop down a gear and take a slow and steady pace. 4-5 hrs duration. (T,B,L,D).

13-04: Acclimatisation/Rest Day in Namche Bazaar. It is important to have a couple of nights and a rest day in Namche before proceeding any higher. You can spend the day taking short walks up to Thami or Khumjung, visiting the Everest, Ama Dablam and Pumori viewpoints or just relaxing and exploring the narrow streets of this busy Sherpa capital. (T,B,L,D).

14-04: Namche Bazaar to Debouche (3800m). Heading north east up the side of the Dudh Kosi, we climb steeply out of Namche where the mountain views start to open up and become more dramatic, with superb views of Everest, Lhotse, and Nuptse. 5-6 hrs duration. (T,B,L,D).

15-04: Debouche to Dingboche (4358m). A good day walking through beautiful rhododendron trees that gradually takes us back to the river and into Pangboche, a great viewpoint for Ama Dablam. On leaving the village we turn up the Imja valley to reach the lovely and picturesque village of Dingboche. 6-7hrs duration. (T,B,L,D).



16-04: Acclimatisation/Rest day at Dingboche. An acclimatisation day spent absorbing the views around camp and relaxing. Optional short trek to Chhukung (4730m) where we will be rewarded of views of Island Peak and Baruntse. (T,B,L,D).

17-04: Dingboche Dzongla: (4,830m) Today we reach the start of the Cho La pass; close to our high camp of Lobuje. Good views of Cholatse (6335m) North Face (T,B,L,D).



18-04: Climb to Lobuche East high camp and practice climbing techniques.

19-04: Climb to the summit of Lobuche East (6119 metres/20,075 feet) and back down to the village of Lobuche.

20-04: A short day up the Khumbu glacier takes us to the rocky outpost of Gorak Shep, with three cosy teahouses at 5,160 metres. Optional trek up to Trek up Kala Patar (5,545 metres) with sunset, here we can have some great views on the route we are going to climb!

21-04: Walk to Everest Base Camp 5300m.



BASE CAMP

The time spent at base camp is important both for acclimatisation and preparations. You will be given training in the use of Oxygen, Gammo Bag and HAPE/HACE, Communication Equipment and movement on fixed lines. Our base camp setup is very comfortable; it's not a matter of over comfort you sometimes hear about in the press but a vital part of our provision. If you are rested and can recoup then you will be stronger for your summit bid. So smile please when you enter our heated mess tent, laugh when you watch a DVD on TV and enjoy the opportunity to speak or e-mail family and friends on our broadband satellite connection. We also have a power shower to maintain friendships!



Finally when it comes to food; our master cook, who always has a warming smile and can produce some of the best food on the mountain.

Each Member will have a spacious personal Base Camp tent with comfortable padding.

THE CLIMB

We establish four camps on the mountain:

Camp 1 Top of the Khumbu Icefall (6,000m/19,685ft)

Camp 2 Advanced Base Camp (6400m /21,000ft)

Camp 3 Half way up Lhotse Face (7300-7500m/24,500ft)

Camp 4 South Col (7,900m/26,000ft)



Apart from its height, Everest's other most recognised feature is from pictures of climbers teetering across ladders perched between giant blocks of ice in the 'Khumbu Icefall'. Each year there is one route fixed through the famous 'Khumbu Ice fall'. Many companies claim to know the best way through when in fact there is no real choice and thanks should be given to the dedicated. Icefall Doctors a team of Sherpas who do this dangerous job and make life easier and safer for all those who follow.

The danger comes because the ice is constantly moving and the giant blocks can collapse without warning, so speed of movement and timing is the best deterrent; here is where our prior acclimatisation on Lobuje peak pays off! We set off early before the sun rises and gradually make progress over successive sorties in which we gain vital acclimatisation and speed until the full journey can be made in the cool of the day to camp I and our entry to the Western Cwm. **Camp I** should be seen as a staging post used to reach camp II.



The **Western Cwm** is an impressive corridor of a



magnitude unimaginable. Walled in by Everest's West Ridge on the left and Nuptse on the right, it is an unforgettable and at times an incredibly hot journey that takes you into the upper Cwm and our **Advanced Base Camp (Camp II)** below the West Ridge.

The Lhotse Face provides some of the steepest and most impressive climbing that is again ascended with the use of fixed lines. Our **camp III**, like all others, will be cut into the face to create platforms for an airy and photographic existence but spending a night or two

here is also an essential part of our acclimatisation. During our stay we take a further short acclimatisation climb up the ropes from camp III before returning to base camp and down to Dingboche for a final rest before the summit attempt starts.

To the Summit: Once a final decision is made to move (based on the weather forecast) we head back up to Camp 3, overnight and then with oxygen and down suit continue up the steep Lhotse face towards camp IV. A short traverse towards Lhotse brings us to the start of the infamous Yellow Band, a Limestone rock band at 7500m. Ascending over the Yellow band will then bring us to the start of the Geneva Spur, a rocky scramble that eventually leads to the **South Col and camp IV**. Few days will provide more adrenalin and spectacular views; you will now have the sense of being unbelievably high, on the edge of the “death zone”, looking down on the great peaks of Pumori and Lingtren framed by Nuptse and Everest.



It's now time to rest, relax, eat and re-hydrate before our final summit push starts at around 10.00pm. Head torches breaking the darkness we climb to the Balcony (8500m/27,900ft) gain the South Summit and the first glimpses of the Hillary step will appear in the early dawn light. The Hillary Step, a near vertical climb of 12m is ascended on fixed lines and is the last obstacle to negotiate before the final summit slopes and the roof of the world!

We hope to be on the summit early in the morning giving an ample safety margin for the descent to the South Col. A further night is spent at camp 2 before we finally reach Base Camp.





Example of climbing itinerary:

- 22-04 Rest Day Everest Base Camp
- 23-04 Rest Day Everest Base Camp
- 24-04 Cross the Khumbu Glacier to Camp 1 5900 metres
- 25-04 Climb to camp 2 at 6400m, here we will have a full kitchen setup
- 26-04 Rest in Camp 2
- 27-04 walk to the bottom of the Lothse Face 6800m and return to Camp 2
- 28-04 Rest in Camp 2
- 29-04 Climb to camp 3 at 7200 metres and sleep
- 30-04 Descent to camp 2
- 01-05 Descent to Base Camp
- 02-05 Rest in Base Camp
- 03-05 Walk to Dingboche 4530m or fly with Helicopter (Optional) to Namche 3400m for final rest
- 04-05 Rest Dingboche 4530m or Namche 3400m
- 05-05 Rest Dingboche 4530m or Namche 3400m
- 06-05 Rest Dingboche 4530m or Namche 3400m
- 07-05 Rest Dingboche 4530m or Namche 3400m
- 08-05 Walk to Lobuche village or from Namche fly per Helicopter to Base Camp (optional)
- 09-05 Walk to Base Camp or spare day for flying
- 10-05 Rest in Base Camp; waiting for weather
- 11-05 Rest in Base Camp; waiting for weather
- 12-05 Climb to camp 2
- 13-05 Rest in Camp 2



- 14-05 Climb to camp 3 at 7200m in Lothse Face
- 15-05 Climb to South col 7950 Metres; if you early it's possible to start summit attempt same night.
- 16-05 Rest on the South Col or Attempt Everest if you arrived early previous day
- 17-05 Attempt summit of Everest 8848 Metres
- 18-05 Attempt summit of Everest 8848 Metres
- 19-05 Attempt summit of Everest 8848 Metres
- 20-05 Attempt summit of Everest 8848 Metres
- 21-05 Attempt summit of Everest 8848 Metres
- 22-05 Return South Col 7950 Metres
- 23-05 Return Camp 3 7200 Metres
- 24-05 Return Camp 2 6400 Metres
- 25-05 Rest in Camp 2
- 26-05 Return to Base Camp; if we are lucky we fly per Helicopter to Kathmandu same day.
- 27-05 Rest in Base Camp/Packing; fly per Helicopter to Kathmandu
- 28-05 Walk to Pangboche 4000m (Optional)
- 29-05 Walk to Namche 3400m (Optional)
- 30-05 Walk to Lukla 2840m (Optional)
- 31-05 Fly to Kathmandu in the morning and Relax at the pool side of a nice Hotel
- 01-06 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 FORCAST

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

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.



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 you should aim to carry a light rucksack (around 30L) 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. The rest of your gear can go in your kit bag to be carried by the yaks or porters.

I suggest a 50L sac to enable you to carry your personal equipment up to the higher camps on the mountain, also 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 will also help carrying personal equipment like; down suits, sleeping bags etc.

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 cook boy who all work alongside our own group leader giving employment beyond farming. We will have our power 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 for sports equipment, but this has to be obtained when you buy the ticket in advance. Some items can be left at the hotel for your return. Suitable kit bags must be bought and important items should also be packed in plastic bags. A 27-35 litre day sac is needed to carry a fleece, rain gear, gloves, water bottle, camera and guidebook, for the acclimatisation walks.

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.

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 1.5\$; Beer 4\$; Soft drink 1.5\$; Local lunch 10\$; 3-course dinner 20\$



CURRENCY

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.

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 \$1000-1500** for each Sherpa that summits with you!

MODE OF PAYMENT

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

Refundable Deposit payable with booking 2500\$

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 Nepal Government in connection with the expedition.
- All hotel and other accommodation up to and including two nights accommodation on our return to Kathmandu.
- 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.
- 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.
- Additional Helicopter flights.



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 from two different service levels:

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, HRA membership, weather report and communications with Base Camp
- 4 nights Shared 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 membership 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!

