



SHISHAPANGMA EXPEDITION 2019 TRIP NOTES



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Expedition Notes

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During the spring season of 2019, Adventure Consultants will operate an expedition to Shishapangma via the normal route from Tibet. Of the world's fourteen 8,000 metre peaks, Shishapangma is the lowest as 8,013m. The beauty of this climb is the short approach to Base Camp and gentle nature of the ascent, making for one of the most satisfying climbs within a reasonable timeframe.

We will attempt the normal route, which is not a technically difficult climb, and access to the Base Camp is made by a relatively short trek from the road end at 5,000m. It is important to recognise that Shishapangma is still one of the highest peaks on the planet and as such, is a demanding undertaking in even the most ideal conditions.

The Expedition Leader

The Expedition Leader will be scheduled approximately six months out from the trip start. All of our trip leaders to the 8,000m peaks have extensive experience at high altitude and a proven record of safety, success and compatibility.

The Route and How the Expedition Will Operate

The expedition commences from Kathmandu, Nepal. We then travel by bus to the Chinese border and meet the staff from the Tibetan Mountaineering Association. We transfer to Chinese vehicles for the journey overland to the mountain and along the way, we will stop for a few nights to assist acclimatisation and stretch the legs on some day hikes. The vehicles ultimately take us to 5,000m, where the trek to Advanced Base Camp begins. We utilise yaks to transport the luggage and we are free to travel with just a daypack.

The route to Camp One (6,300m) follows the main glacier on easy angled terrain. From Camp One, the route follows the glacier to Camp Two at 6,900m and on to Camp Three (7,300m), which will be set within reach of the summit.

The summit climb from Camp Three will take around 12 hours return for most members and involves climbing steeper snow slopes through to the summit. We are intending to climb the true summit of Shishapangma, which is the East peak. The lower West (Central) summit is the

most often climbed due to the access being easier and the fact that snow conditions do often exclude the higher peak

A small team of Sherpas will accompany the expedition to provide the real 'carrying power' and ensure the high camps are well stocked for the summit climb.

The climbing plan involves several trips up the mountain as far as Camp Two for acclimatisation, punctuated by some rest days at Advanced Base Camp.



Two bottles of oxygen will be available for each member for the summit climb. All members will be accompanied by guides and Sherpas during the summit day.

Expedition Members

We get a wide range of experience levels and nationalities on our trips and the expeditions are geared to accommodate this. People without a lot of high altitude experience often experience trepidation about their performance before a trip and the only way to find out how you will perform is by going to altitude. Increasingly we find that accomplished high altitude climbers are using our services so they can concentrate on their sponsorships rather than private expedition organising.

We recommend to aspiring high altitude climbers that the best approach is to climb gradually higher peaks throughout your career so you can adjust to the requirements of altitude. However, anyone who is a strong and active mountaineer will most probably experience few problems at altitude under our supervision.

Level of Climbing Skills Required

There is no definite measure for assessing the required skill level to climb Shishapangma, so we prefer to discuss this on an individual basis. However, there are some broad guidelines that can be applied from the outset.

A successful team member will have been visiting the mountains for at least three seasons and made ascents of peaks up to 5,500 - 6,000m (18-20,000ft). It is quite common for members to have previously climbed Denali in Alaska, Aconcagua in South America, or various Mexican volcanoes as training for Shishapangma.

They will be familiar with crevasse travel techniques and have a good overall standard of fitness.

Age itself is no barrier. To date, we have succeeded on Himalayan trips with members aged from 22 to 65 years of age.

A fierce determination and a burning desire to climb the mountain are essential prerequisites for this expedition. The guides and other expedition staff will provide the leadership, tactics and overall decision making required during the climb, but still, you will have to physically put one foot in front of the other to climb to the top and back.

Visas

Expedition members will be required to obtain visas for both Nepal and China. Nepal visas can be organised by a Nepalese Embassy or Consular Office in your own country, online or at Kathmandu Airport on arrival in Nepal. Currently, the easiest and best place to obtain a visa is on arrival at Kathmandu Airport. Visa application forms can be downloaded off the web and we will also send you a copy prior to your departure. If you choose to get your visa at the Kathmandu Airport, you will need to have one passport photo handy.

Chinese Embassies will not issue individual visas for Tibet without the proper paperwork from a Tibet based travel agency, in our case the Tibetan Mountaineering Association. For this reason, it is easier to obtain your Chinese visa from the Chinese Embassy, once you have arrived in Kathmandu. There is a one-day service available and we allocate a day in Kathmandu to arrange this with the assistance of our Kathmandu based agent.

Flight Information

Regular flights operate into Kathmandu via Bangkok, Hong Kong, Singapore, Doha and Delhi. Please note that delays can occur, therefore it is important to allow some flexibility with airline travel arrangements at the end of the expedition and ensure that the ticket you purchase can have changes made to it in case of delays. Tickets purchased over the internet and using air miles are often non-transferable so please be aware of this.

Itinerary

April 14 – May 26, 2018

April 14	Arrive Kathmandu
15-17	Gear check, sightseeing in Kathmandu, get Chinese Visas
18	Drive to Timure (1,750m)
19	Drive to and cross Tibetan Border, overnight in Kyirong (2,700m)
20	Drive to New Tingri (4,300m)
21	Acclimatisation day in New Tingri
22	Drive to Road End Base Camp
23	Rest and acclimatisation at road end (5,000m)
24	Rest and acclimatisation at road end
25	Trek to Advanced Base Camp (5,550m)
26	Rest at ABC / organise equipment
Apr 27-May 11	Establish high camps / acclimatise
12-21	Summit climb
22	Return to Base Camp
23	Trek back to road end
24	Drive to Nepalese border

25	Drive to Kathmandu
26	Depart from Kathmandu

Expedition Fee

The cost of the expedition ex Kathmandu is US\$29,950.

This is an inclusive cost and covers the following:

- Chinese government royalty fees
- All expedition organisational requirements
- All climbing and trekking permits
- Land transport in Tibet and Nepal
- All team equipment and two and a half bottles of oxygen
- All expedition staff, including western guides at 1:4 ratio and Sherpa support
- All food after departing Kathmandu and before arriving back in Kathmandu
- All supplies necessary to make a safe and strong bid for the summit
- Medical kit
- Regular written and photo internet dispatches for families and friends to follow your progress
- dZi Foundation support for their “revitalize a village” programme – likely to include support for a Nepalese child’s education for a year

The expedition fee **does not** include the following:

- Air travel to and from Nepal and airport taxes
 - Entry visa for Nepal and China
 - Hotel accommodation and meals in Kathmandu
 - Purchases of bottled water while on the approach trek, gifts, alcohol (we supply boiled water for drinking)
 - Any costs associated with early departure from the expedition
 - Personal clothing and equipment
 - Personal travel / trip cancellation / rescue insurance
 - Gratuities
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Deposit

A non-refundable deposit of US\$2,000 is payable to secure a place on the expedition.

Balance

The balance of funds is payable 90 days prior to the expedition start date.

Payments

All payments should be made by bank transfer to the following bank and account:

**Bank of New Zealand
Offshore Branch
1 Willis Street
Wellington
New Zealand**

for the account of **Adventure Consultants Limited**

Account # **1000-594771-0000**
Account Type: **US Dollars**
Swift Address: **BKNZ NZ22**

Note: All bank transfer charges are for the **remitter's account**.

We can also accept your deposit by credit card (Visa, Mastercard or Amex), and your balance payment by credit card plus a 3% credit card fee.

Cancellation and Refund Policy

Once you have paid your deposit your trip is confirmed, subject to payment of the balance of fees owing 90 days prior to your trip commencement date. An expedition member may then cancel his/her participation on the following basis:

- Cancellations outside of 90 days will result in the loss of the trip deposit.
- For cancellations made within 89 - 60 days of the trip commencement date we reserve the right to retain 50% of the balance payment fee.
- For cancellations within 59 days of the departure date a cancellation fee of 100% of the full fee applies.

Team members should take out private insurance if they wish to be covered against cancellation due to medical or personal reasons. This is called Trip Cancellation insurance and can be obtained from your normal travel agent.

Team Membership

The team will have a **maximum size of 12 members and 3 guides**. A team of between 3 and 6 climbing Sherpas will carry loads and support the summit climb and we will have a cook at Base Camp.

Food

Food will be of the highest standard possible, given the remoteness of the situation. Please inform us if you have any special dietary requirements.

Our Base Camp equipment and ample, nutritious meals are always the envy of other groups on the mountain!

Equipment List

Expedition members will be sent a list detailing all necessary clothing and equipment to be individually provided.

Medical Examination

Expedition members will be provided with a medical questionnaire and asked to visit their family physician and receive a full medical examination. This information will be sighted only by our medical adviser and treated with full confidentiality. Advice on immunisations will be provided at this time.

Documentation and Photographs

Expedition members will need to provide 6 passport photographs for various climbing and trekking permits and a copy of their passport biodata page.

The Advantages of Climbing With Us

Adventure Consultants is renowned for the quality of its service and strategy applied to high altitude expedition climbing. Our reputation is attributed to meticulous planning and experienced logistics coordination. We have a philosophy of investing in every expedition to offer our climbers the best possible chance of success.

We employ strong and specialised Expedition leaders and Sherpa staff, who are some of the most pre-eminent in the industry. We pride ourselves on operating with small teams, the best back-up and support available. This includes nutritious and ample quantities of food, comfortable Base Camp facilities, reliable communications systems and the necessary medical back up.

Many of our expedition members come to us because they have seen us in action on a previous trip and decide to opt for our level of service and proven experience. Others return because they know we do our very best to make expeditions safe and successful.

How to Join This Expedition

If you would like to join our Shishapangma Expedition, please complete our online form at <https://www.adventureconsultants.com/expeditions/8000m-peaks/shishapangma/book-now> and submit your trip deposit. Please also contact us if you'd like any further information or assistance in planning your trip:

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Adventure Consultants – is affiliated to the New Zealand Mountain Guides Association (NZMGA), New Zealand Alpine Club (NZAC) and a corporate member of the American Alpine Club (AAC). Adventure Consultants is a supporter of the dZi Foundation in Nepal for their 'Revitalise a Village' programs. Adventure Consultants perform to IFMGA/UIAGM standards and are world leaders in high altitude guiding.

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