

North Everest Express Expedition - 2026

Explore, ascend, and reach new heights with our expert-guided mountaineering expeditions.

COUNTRY

Tibet

ACTIVITY

14 Peaks Exclusive

ACCOMMODATION

Hotel/Lodges/Tent

WALKING

4-6 hrs

MAX ALTITUDE

8,849

m

DURATION

23

Days

DIFFICULTY

Moderate

Difficult

GROUP SIZE

10

People

Expedition Overview

Why the North Side?

The North Side offers a rich history, from early British expeditions to the first Chinese summit in 1960. Our chosen route follows the Northeast Ridge, which presents fewer hazards compared to the South, avoiding the dangers and the crowd of Khumbu Icefall, with the primary challenges found in the rocksteps leading to the summit.

Express Expedition

The 23 days tinerary balances necessary acclimatization, training, and summit preparation while minimizing downtime through advanced planning. Our use of cutting-edge technology such as guidance for pre-acclimatization systems, efficient oxygen use, and pre-set mountain camps enhances summit success and reduces risks. With the majority of climbers from other teams oftengoing home before their summit attempt due to fatigue or extended acclimatization, our streamlined approach keeps climbers strong and prepared for the summit push.

Difficulty

Participants must be experienced in technical climbing and prepared for the challenges of high-altitude camp life. A high level of fitness and the ability to perform over several days at altitude are essential. Previous experience on 8,000m peaks or multiple successful climbs of 6,000-7,000m peaks is required.

At 14 Peaks Expeditions, we pride ourselves on having the most experienced support team in the industry. Our Sherpas, guides, and staff are comprised of multiple-time Everest summiters with extensive knowledge of the North Side. Their unparalleled expertise ensures that climbers can tackle this challenge safely and successfully. With our dedicated crew who have summited Everest several times and excel in operating in this demanding environment—our North Side ascents provide a safer and more focused approach for achieving summit success.

INCLUDES

- **1. Accommodation** – Luxury Hotel Stays: Stay 7-8 nights in 5-star hotels in Kathmandu, with accommodations offered in single or shared occupancy based on availability. Standard accommodations will be provided along the trekking route to Everest Base Camp. Tents at Base Camp: Comfortable tents at Base Camp and shared accommodations at higher camps.
- **2. Transport** – Pickup and Drop: Pickup and drop-off services for international and domestic airports. Gear Transport: Porters and yaks will carry all necessary equipment and personal luggage during the trek.
- **3. Meals** – Full-Board Meals: Enjoy three nutritious meals daily, including fresh vegetables, fruits, snacks, and juices, throughout the trek and expedition.
- **4. Permits** – Expedition Permits: All required permits, including Everest climbing permits and national park entry fees, are arranged.
- **5. Guides and Sherpa Support** – Expert Sherpa Guides: Each climber and will be accompanied by one highly experienced Sherpa guide, who is a multiple- time Everest summitter, along with two additional Sherpa guides to handle equipment and provide support through
- **6. Summit Support:** – High-altitude Sherpas provide essential support during the summit push.
- **7. Technical Training** – Receive training on oxygen use, ice wall climbing, and ladder practice from certified guides at Base Camp.
- **8. Oxygen Supply** – Oxygen Cylinders: Ensure there is an unlimited supply of oxygen bottles, as well as extra masks and regulators for emergencies in case of any breakage or damage, since this is a vital factor in climbing.
- **9. Equipment and Logistics** – Base Camp Setup: Heated dining tents, communication tents, and solar-powered charging stations at Base Camp. High-Altitude Camps: Fully equipped high-altitude tents at all camps above Base Camp. Rope Fixing and Weather Reports: Experienced Sherpas will fix the climbing ropes, with regular weather updates provided by Meteotest.
- **10. Medical Support** – Consultation: One of the top high-altitude medicine specialists available for online consultations and medical camps at Base Camp and Advanced Base Camp, collaborating with the 14 Peaks and Seven Summit groups. Staff Insurance: Emergency evacuation and rescue insurance for all sherpa climbing and support staff.
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- **15. Additional Services** – Communication: Satellite phone and walkie-talkies will be available for reliable communication. Emergency Kit: A comprehensive medical kit and emergency services will be available at Base Camp.

EXCLUDES

- **1. International Flight Tickets** – The cost of flights to and from the destination is not included.
- **2. Personal Trekking and Climbing Gear** – Participants are responsible for their own trekking and climbing equipment.
- **3. Staff and Porters Tips** – Gratuities for staff and porters are not covered in the package.
- **4. Sherpa Guide Bonus** – A bonus of \$2000 is required for each Sherpa guide.
- **5. Meals in Kathmandu** – Lunch and dinner during your hotel stay in Kathmandu are not included.
- **6. Mountaineering Insurance** – A mountaineering insurance policy that includes emergency medical evacuation is mandatory.
- **7. WiFi Access** – WiFi service during trekking and at Base Camp is not included.

Trip Itinerary

Days	Program	Meals	Accommodation	Description
1	Arrival in Kathmandu (04 May 2025)	B/L/D	Hotel	Upon arrival at Tribhuvan International Airport, you will be picked up and transferred to Hotel Aloft, a luxurious 5-star hotel in Kathmandu. The rest of the day is reserved for rest and preparation for the exciting journey ahead. Meals include breakfast, lunch, and dinner, and the sleeping elevation is 1,400 feet (427 meters).

Days	Program	Meals	Accommodation	Description
2-5	Tibet Visa Processing and Shopping in Kathmandu (05–08 May 2025)	B/L/D	Hotel	These days are dedicated to obtaining your Tibet visa and purchasing any additional supplies needed for the expedition. During this time, you will have the opportunity to explore the vibrant streets of Kathmandu at your leisure. You will continue to stay at Hotel Aloft, enjoying the comforts of this top-tier accommodation. Meals include breakfast, lunch, and dinner, with a sleeping elevation of 1,400 feet (427 meters).
6	Fly to Lhasa, Tibet (09 May 2025)	B/L/D	Hotel	You will take a scenic flight from Kathmandu to Lhasa, the spiritual and administrative capital of Tibet. Upon arrival, you'll check into your hotel and relax, giving your body time to adjust to the higher altitude of 12,000 feet (3,658 meters). Meals for the day include breakfast, lunch, and dinner.
7	Drive to Shigatse (10 May 2025)	B/L/D	Hotel	From Lhasa, you'll embark on a picturesque drive to Shigatse, Tibet's second-largest city. The gradual ascent provides an excellent opportunity to acclimatize further as you travel through stunning landscapes. You'll spend the night in a hotel at Shigatse, with a sleeping elevation of 12,800 feet (3,900 meters). Meals include breakfast, lunch, and dinner.
8	Drive to Chinese Base Camp (11 May 2025)	B/L/D	Tent	The journey continues as you drive to Chinese Base Camp at 17,000 feet (5,181 meters). Upon arrival, you'll settle in and spend the rest of the day resting and preparing for the upcoming climb. Meals include breakfast, lunch, and dinner, with accommodations at the Base Camp.
9	Day 9: Rest Day at Chinese Base Camp (12 May 2025)	B/L/D	Tent	This day is reserved for rest and acclimatization at Chinese Base Camp. You'll use this time to allow your body to adjust to the altitude and mentally prepare for the expedition ahead. Meals include breakfast, lunch, and dinner.
10	Hike to Advanced Base Camp (13 May 2025)	B/L/D	Tent	The trek begins as you hike from Chinese Base Camp to Advanced Base Camp (ABC), crossing rocky and icy terrain. At an elevation of 21,300 feet (6,490 meters), you'll continue acclimatizing to the challenging altitude. Meals include breakfast, lunch, and dinner, with accommodations at ABC.
11-12	Climbing Training and Acclimatization at ABC (14–15 May 2025)	B/L/D	Tent	Over two days, you'll engage in technical climbing training under the guidance of experienced Sherpa guides. These sessions, combined with rest, will help you acclimatize and prepare for the demanding climb ahead. Meals include breakfast, lunch, and dinner, with accommodations at ABC.

Days	Program	Meals	Accommodation	Description
13	Climb to North Col (16 May 2025)	B/L/D	Tent	The climb to North Col at 23,000 feet (7,000 meters) begins. Using fixed ropes and supplemental oxygen, you'll navigate this crucial acclimatization step while experiencing the first significant test of altitude and endurance. Meals include breakfast, lunch, and dinner, with accommodations at North Col Camp.
14	Climb to Camp-II (17 May 2025)	B/L/D	Tent	Ascending to Camp-II at 24,750 feet (7,545 meters), you'll tackle steep snow ridges that offer spectacular views of the surrounding peaks. Meals include breakfast, lunch, and dinner, with accommodations at Camp 2
15	Climb to Camp- III(8300m)	B/L/D	Tent	
16	Summit Day	B/L/D	Tent	
17	Return to Base Camp	B/L/D	Tent	
18	Contingency Day	B/L/D	Tent	
19	Descend to Chinese Base Camp	B/L/D	Tent	
20	Drive to Shigatse	B/L/D	Hotel	
21	Drive to Lhasa	B/L/D	Hotel	
22	Fly to Kathmandu	B/L/D	Hotel	
23	Departure from Kathmandu	B/L/D	-	

Trekking Gear List

Travel Documents

Valid Passport Debit/Credit Card PP Size Photos(4 Pieces)
Insurance Paper/Certificate Summit Down Suit – 8000M

Medicine / First Aid Kits

Paracetamol

Upper Body

Thermal Base Layer Fleece Jacket Gore Tex Jacket
Warm Jacket Wind Proof Jacket Down Jacket Cotton T-Shirt

Lower Body

Trouser Bottom Base Layer Fleece Trouser Gore Tex Pant
Heavy Weight Pant Mid Weight Pant Trekking Pant
Under Wear Down Pant Gaiters for Trekking Boots
Climbing Boot -6000m Normal Socks Summit Socks
Trekking Shoes Thermal Bottom Base Layer Trekking Pants

Foot Wear

Summit Boot - 8000m Sport Shoes

Hand

Thin Fleece Gloves Wind Stopper Gloves Heavy Gloves(Guide)
Summit Gloves

Head

Sun Cap Desert Cap Fleece Hat/Warm Hat Neck Gaiter
Snow Goggles Balaclava

Eating & Drinking

Water bottle Thermos

Bag Packs

Rucksack 35L-50L Duffle Bag Dry Bags

Miscellaneous

Trekking Pole Pocket Knife Nail Cutter Umbrella/Rain Coat
Hot Water Bag Pee Bottle Tenacious Tape Repair
Altimeter Watch Satellite Phone(Optional) GPS Tracker
Power Bank Camera GPS Tracker