

Let's go to Mount Everest

(8,848 meters) Asia

More info about Asia Expeditions Tours: Mount Everest or Everest is the highest mountain on the surface of planet Earth, with an altitude of 8,849 meters above sea level. Summit the world's tallest peak from the North Side - without the crowds or the risk of the South Side and Khumbu Icefall. Climb Everest in almost half of the time of traditional expeditions, with the North Side's most professional team and best logistics. que fueran posibles.

THE MOUNT EVEREST, 7 SUMMITS CLUB AND BEYOND. Our expeditions are designed to take you climbing, skiing and trekking to locations you never dreamed possible.

Highlights and hidden gems

The highest peak in the world - The key to the "7 Summits Club" program. The guides and the sherpas are multiple climbers of Everest! Everest (8848 m or 8844 m) is the highest peak in the Asian part of the world, the Eurasia continent and the highest peak on planet Earth (if counted from ocean level), also the highest in the hemisphere north of our planet. Located on the border of Nepal and Tibet (China). Climbing it requires careful preparation, two or three months of living in expeditionary conditions and overcoming the problems associated with being in the so-called "death zone" at an altitude of over 8,000 meters. However, under modern conditions, it can be said that with the right organization and a sufficient degree of luck, every physically healthy person can climb Mount Everest.

Sustainable tourism

Peru Expeditions Tours: Travel Group genuinely cares for the well being of the local communities, indigenous groups and the environment. We practice sustainable tourism to not only protect the Earth now, but so that many generations to come may be able to enjoy our planet as we do now, while also creating a positive, inclusive and creative work environment for our employees.

We are certified by

Our efforts of sustainable practices related to social, cultural and environmental tourism have been recognized and rewarded by the ISO 9001: Quality management for customer satisfaction & CALTUR organization, who are recognized internationally as experts in responsible tourism. **Peru Expeditions Tours** is certified until 2023; the recertification process will be realized before the expiry date.

Contact us

On this page you find examples of what Peru has to offer, do not hesitate to [contact us](#) for more information about its destinations and activities. We offers an exceptional level of competency, safety, and comfort to Everest expeditions, with certified guides and the best Sherpa and cooks available . We offer you great adventures in Nepal.

Abramov Alexander

Manager

President of the 7 Summits Club

Master of Sports of the USSR in Mountaineering, Climbing instructor and mountain guide, mountain cameraman. 9th times Everest Summitter, 2 times Seven Summits and 1 – Seven Volcanoes.

Chairman of Trainers' Council of Moscow Climbing Federation. Chairman of Moscow Ice-Climbing Committee.

Chairman deputy of Russia Ice-Climbing Committee. Member of the Russian Geographic Society.

Organizer and leader of several famous projects, such as: "7 Summits", "Land-Rover on Elbrus summit".

Has been involved in climbing and organization of expeditions and competitions for over 30 years.

Korobeshko Lyudmila

Manager

First Russian woman to complete 7 Summits.

Third Russian woman to climb Everest.

3 times on top of Everest

Mountain guide. Guide-interpreter (English)

Organizes expedition professionally for over 10 years.

Made over 100 ascents.

Climbs and treks in the Caucasus (Russia), France, Peru, USA, Argentina, Ecuador, Tanzania, the Crimea (Ukraine), Australia, New Zealand, Japan, Turkey, Egypt, Patagonia (Chile), Arctic, Antarctica.

Over 25 winter and summer ascents of Elbrus.

Volodin Victor

Guide

Ascent of Manaslu Peak (8156m), Nepal, with a helicopter to/from Base Camp. Full service. High-altitude Sherpa - for each member. Climb Everest (8848m) from Nepal. Sport style.

Ascent of Khan Tengri (7010m)

[» Read more...](#)

Asia: Expedition to Mount Everest from Tibet (8848m), a trip with a Russian Mountain Guide 7 Summits Club Collection

Trip overview: Kathmandu - Lhasa - Xigatse- Xegar - Base Camp (BC) - Advanced Base Camp (ABC) - North Col (NC) - Summit - Dzangmu - Kathmandu.

Why go there?

We offer full service expedition, i.e. we provide members with:

- High-altitude sherpa - 1 for 1 member
- Guides (Everest summiters)
- 1 for 5 members
- Oxygen-cylinders "POISK" - 6 for one climber
- Doctor in BC-ABC-NC
- Stationary radios in all camps and a walkie-talkie for each member
- 4 fully equipped Camps 5100m, 5800m, 6400m and 7000m
- We provide sleeping bags and sleeping pads in Camps 5800m, 7000m, 7800m and 8300m
- 2 fully equipped Camps 7800m and 8300m: with tents, sleeping bags&pads, gas-stoves, pans, gas-cartridges, freeze-dried food, oxygen-cylinders. Everything is delivered to Camps by expedition Sherpas
- Free access to e-mail, TV set, DVD, sauna in BC 5100m

All our high-altitude Sherpas have Everest experience:

They bring all the team equipment and oxygen-cylinders to high camps and go with team all the way from ABC to the summit.

Our expedition starts in Katmandu: we are all meeting in the Yak&Yeti 5***** hotel. Members arriving by different flights are met at the airport and

brought to the hotel. The team will number 18-20 in all.

Three days later on April 4 we start for Tibet. From Katmandu we fly to Lhasa (3600m), drive to Xigatse (3900m) and Xegar(4200m). We have one day of rest in Xegar for acclimatization and the next day we drive to Everest BC (5200m). After 2-3 days in BC we start with yaks to IBC (5800m). The next day we proceed to ABC (6400m) where we pitch a camp similar to our BC.

A day later, after our Sherpas have pitched Camp 1 on the North Col (7000m), we move there and spend one night for acclimatization. Then we descend to BC and have 3-4 days' rest there. After that we start again for ABC - by this time our Sherpas will have established Camp 2 (7700m). So, we reach Camp 1 (North Col) and make an attempt to reach Camp 2. In case we cannot do this due to bad weather or the lack of acclimatization, we descend to ABC, have a short rest there, and try to reach 7700m again. After one night at 7700m we go down to BC and have a long rest there. So by that time we will make three acclimatization outings.

Meanwhile our Sherpas establish Camp 3 (8300m), after May 15-17 the whole team move to ABC and we wait there for a spell of good weather.

As a rule after a night at 8300m and a summit attempt you run out of strength and oxygen necessary for a second bid...

So the most important thing here is to assess as objectively as possible your stamina, both mental and physical... And here your personal high altitude Sherpa - if you have chosen to hire one - comes in very handy, for he will carry your oxygen to the top (and help you down if need be). The only drawback is he will cost quite a sum. But certainly you will get a very good value for your money - at the bad course of circumstance it might be your life's value.

The advantage of our expedition is that in terms of weather it uses the best time: late May - early June. So we should return to Kathmandu on June 7 or 8. We stay at the Yak&Yeti again and leave it for home bringing a piece of Everest in our hearts.

We plan to run this program every year, so, if you are interested, contact us for details.

Prices for friends, family and sponsors:

North Col program (30 days) - **14 900 USD**

If you want to bring your family, they can join all the way to North Col! or ABC/BC, the following prices are all inclusive from Kathmandu.

ABC program (1 month and less) - **7500 USD**

ABC program (1 month - 2 month) - **8500 USD**

BC program (15 days and less) - **5000 USD**

The 2 months' programs means your relatives (or our sponsors) join the team for the whole program, so we all arrive and leave together. Joining the 1 month programs, your people will have to leave earlier.

- 40 Days/39 Nights
- April to May
- Difficult - demanding

Difficulty Condition

[More Info](#)

Travel Program

Day 1: Arrival in Kathmandu. Accommodation at the hotel

Overnight

Hotel

Flight

Arrival to USA.

Driving

1 hour aprox.

Hiking

1 hour aprox

Meals

-/-

Day 2: Day in Kathmandu.

Overnight

Hotel

Driving

1 hour aprox.

Hiking

1 hour aprox

Meals

B/L/D

Day 3: Departure from Kathmandu to Lukla by a small plane (about 45 minutes flight). Arrival and trekking to the village Phakting (2,5 h) (2640m) or Monjo (4h) (2800m), it depends on the level of training of the group.

Overnight

Hotel

Driving

1 hour aprox.

Hiking

1 hour aprox

Flight

Go by plane.

Meals

B/L/-

Day 4: Hiking to Namche Bazaar (4 hours) (3400m).

Overnight

Hotel

Driving

3 hours aprox.

Hiking

4 hours aprox

Meals

B/L/-

Day 5: Hiking to Namche Bazaar (4 hours) (3400m).

Overnight

Hotel

Driving

4 hours aprox.

Hiking

4 hours aprox

Meals

B/L/-

[Day 6: Hiking to Tengboche. After descending to the river, a long ascent to the Tengboche high-mountain monastery \(4 hours\) \(3860m\).](#)

Overnight

Hotel

Driving

3 hours aprox.

Hiking

4 hours aprox

Meals

B/L/-

[Day 7: Ascent to the village Dingboche \(5 h\) \(4340m\) or Perice.](#)

Overnight

Hotel

Driving

3 hours aprox.

Hiking

5 hours aprox

Meals

B/L/-

[Day 8: Hiking to moraine of the Khumbu glacier. The final point of transition is the village Lobuche \(4940m\).](#)

Overnight

Camping

Driving

3 hours aprox.

Hiking

4 hours aprox

Meals

B/L/D

[Day 9: Hiking to the Everest base camp \(5350 m\).](#)

Overnight

Camping

Hiking

5 hours aprox

Meals

B/L/D

Day 10-11: Rest in the Everest base camp.**Overnight**

Camping

Hiking

1 hour aprox

Meals

B/L/D

Day 12: Climb to Camp 6100m. Night at the camp.**Overnight**

Camping

Hiking

5 hours aprox

Climbing

3 hours approx

Meals

B/L/D

Day 13: Climb to the Camp 6100m. Night in the Camp. Possible to use a helicopter.**Overnight**

Camping

Hiking

5 hours aprox

Climbing

3 hours approx

Flight

Go by helicopter

Meals

B/L/D

Day 14-17: Rest in the Everest Best Camp. Preparation for the second acclimatization.**Overnight**

Camping

Hiking

1 hours aprox

Climbing

1 hours approx

Meals

B/L/D

Day 18: Climb to camp 6100m. Night at the camp.**Overnight**

Camping

Hiking

5 hours aprox

Climbing

3 hours approx

Meals

B/L/D

Day 19: Climb to the Camp 6400m. Night in the Camp**Overnight**

Camping

Hiking

5 hours aprox

Climbing

6 hours approx

Meals

B/L/D

Day 20: Climb to the Camp 7300 and back to 6400m. Night in the Camp 6400.**Overnight**

Camping

Hiking

3 hours aprox

Climbing

7 hours approx

Meals

B/L/D

Day 21: Descent to the Base Camp 5100m

Overnight

Camping

Hiking

3 hours aprox

Climbing

7 hours approx

Meals

B/L/D

Day 22-24: Rest in the Base Camp or fly buy helicopter to Diboche or Namche for rest

Overnight

Camping

Hiking

3 hours aprox

Climbing

7 hours approx

Meals

B/L/D

Day 25: Return to the Base Camp 5350m

Overnight

Camping

Hiking

1 hour aprox

Climbing

1 hour approx

Meals

B/L/D

Day 26: Preparation day before climbing

Overnight

Camping

Hiking

1 hour aprox

Climbing

1 hour approx

Meals

B/L/D

Day 27: Climb to Camp 6100m. Night at the camp.

Overnight

Camping

Hiking

3 hours aprox

Climbing

7 hours approx

Meals

B/L/D

Day 28: Climb to the Camp 6400m. Night in the Camp.

Overnight

Camping

Hiking

3 hours aprox

Climbing

7 hours approx

Meals

B/L/D

Day 29 :Climb to the Camp 7300m. Night in the Camp

Overnight

Camping

Hiking

3 hours aprox

Climbing

7 hours approx

Meals

B/L/D

Day 30: Climb to the Camp 8000m. South Col. Night in the Camp

Overnight

Camping

Hiking

3 hours aprox

Climbing

7 hours approx

Meals

B/L/D

Day 31: Ascent to Everest. Night in Camp 6400m

Overnight

Camping

Hiking

5 hours aprox

Climbing

12 hours approx

Meals

B/L/D

Day 32: Descent to the Base Camp

Overnight

Camping

Hiking

8 hours aprox

Meals

B/L/D

Day 33-37: Reserve days

Overnight

Camping

Hiking

7 hours aprox

Meals

B/L/D

Day 38: Flight to the Base Camp - Kathmandu by helicopter

Overnight

Camping

Hiking

7 hours aprox

Flight

Go by helicopter.

Meals

B/L/D

Day 39: Departure from Kathmandu. The end of the trip

Overnight

Hotel

Driving

1 hours aprox.

Hiking

1 hours aprox

Flight

Go back home by plane.

Meals

B/-/-

Included meals: B=breakfast; **L**=lunch; **D**=dinner

Contact: [More information about the expedition.](#)

Glory Ivonin, Alexande Abramov and Mingma Gelu Sherpa 7 Summits Club managers

Manager-guide of 7 Summits Club for Tibet - Everest - Asia

www.klub7vershin.ru

www.7summits-club.com

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+7 (495) 642-88-66 Glory

What's Included

Services included in the prices:

- The leader of the expedition 7 Summits Club Alexander Abramov
- Guides of 7 Summits Club
- Personal high-altitude porter (Sherpa) (ascendant to Everest) - 1,5 Sherpas for each climber.
- Doctor at Base Camp
- Oxygen mask + gear: two sets for each climber (for use only)
- Oxygen cylinders (4 l.) "Poisk": 8 pcs for each climber (for use only)
- Full service in BC and high camps
- Flight members and all cargo Kathmandu-Lukla buy plane and back by helicopter
- Climbing permit
- Meeting - seeing off at the airport
- Transfers to Kathmandu
- Yaks and porters for carrying personal items and public equipment
- Hotel "Yak & Yeti" 5 * BB in Kathmandu, 2 nights at the beginning and 1 night at the end of the expedition, in double rooms
- All the lodges in Khumbu
- Breakfasts in Kathmandu
- Food in BC, ABC and for climbing
- Tents for members and staff in BC and ABC
- Kitchen in BC and ABC, tables and chairs
- Fuel for cooking in BC and ABC
- Kitchen equipment and utensils in BC and ABC
- Base Camp Generators
- Health Care Kit
- Nepalese Liaison Officer
- Nepalese cooks
- Kitchen Cook Assistants
- High-altitude porters - Sherpas: 1,5 per 1 expedition member
- Gas cylinders
- Tents for high camps
- Ropes
- Ice hooks
- Radio stations
- Team Branded Jacket - windblock
- Team T-shirt
- Exclusive Medal

Not included:

- Nepalese visa
- Medical insurance
- Extra nights in Kathmandu
- International flight to Kathmandu
- Personal climbing equipment
- Lunches and dinners in Kathmandu
- Meal during trekking

Would you like to customize this trip?

Build your tailor made trip in South America with our experts.

Our travel experts will help you plan the trip of your dreams. Customizing every aspect of your holidays in South America to your specific preferences.

[We Provide Satellite Internet access during Treks or Expeditions](#)

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- [Climb Huayna Potosi](#)
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- [Climb Volcano Sajama](#)
- [Climb Cotopaxi & Chimborazo:](#)
- [Climb Volcano Ojos del Salado](#)
- [Visit Torres del Paine](#)
- [Climb Mount Aconcagua](#)
- [Visit Iguazu Falls & Rio](#)
- [Climb Mount Orizaba](#)
- [Visit Rainforests and Volcanoes](#)
- [Climb Volcano Tolima](#)

Accordion #1

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Ut elit tellus, luctus nec ullamcorper mattis, pulvinar dapibus leo.

Accordion #2

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Ut elit tellus, luctus nec ullamcorper mattis, pulvinar dapibus leo.

What to Bring

What to Bring or take fo Day Hiking and Technical Equipment for Climbing Expedition

This equipment list is compiled to provide you with adequate help when choosing your equipment for a climb. Most items are required. Please consider each of them and make sure you understand the function and exclusive use for mountaineering, before substituting or removing items from this list. Please note that this list has been carefully annotated by the organizer. Remember that mountaineering, climbing or mountain expeditions tours is an extreme, risky sport, therefore everything related to it is of great attention.

Equipment Trekking

Hiking backpack for hiking 50 to 60 liters

Light gloves for hiking or (Optional Mittens waterproof)

Medium weight socks

Sleeping bag (-15° to 20°C)

Small daypack for one day hiking 30 liters

Weather-appropriate clothing (think moisture-wicking and layers)

Hiking boots or shoes

Medium weight parka with fibber fill or down

Rain poncho (or rain gear)

Long-sleeved shirts

Fleece or Wool sweater and/or trousers

Lightweight pants

Cotton short-sleeved shirts or t-shirts

Water bottle for hiking or trekking

Strong waterproof duffel bag

Flashlight with spare batteries and bulb

Towel for personal hygiene each participantFirst-aid kit

Regular and long underwear

Knife or multi-tool

Light cap and wool hat

Sunglasses with UV certification, Sun block, lips

The rest of the list Essentials as appropriate for your hike

Grooming and personal hygiene kit

One Hiking Buff per person

[See More](#)

Equipment Mountain

3 Locking carabiners, we recommended per person

We recommend 2 ice screws for each client

1 Daisy Chain (Life Line) per each person

2 Ice axes (per person) technical, we recommended GRIVEL company

1 ATC descender (Rappel), this is very necessary for technical mountains

2 Cords for prusik, very important (Size Cord 6 mm x 10 m. long)

Gloves(Good gloves) for expeditions over 6000meters

Harness for climbing

Sleeping pad / Mattress, we recommend with air or inflatable mattress

Crampons, we recommended GRIVEL company

Walking sticks - Trekking Poles (optional), a pair per person, we recommended GRIVEL company

Down Jacket for expedition

Very important to have personal clothing such as pants and jacket with GOROTEX certification

First aid kit, for high mountains, because we as guides cannot medicate clients

Backpack Capacity 60 liters, it is better to have a bigger backpack to go comfortably to the high camps, because here you have to carry all your personal things

Gaiters or Leggings, now modern boots already have built-in (Incorporated), but better to have an extra pair

[See More](#)

Dressing appropriately for the mountains can make the difference between a pleasant trip and a really uncomfortable one. Clothing must provide the right degree of temperature, perspiration and be well ventilated. Preferably cotton clothing should be avoided, as in humid conditions they absorb body heat.

In general, the weather conditions in in the Andes of South America can vary from day to day and even throughout the day. Therefore, clothing must be versatile.

Please do not hesitate to contact us with any questions you may have regarding the necessary equipment.

→ If you need to rent mountain equipment click here:

Prices & Dates

FROM/TO

PRICE (USD)

TRAVEL STATUS

15 APR 2026 / 29 MAY 2026

\$ 94900

[Join Now](#)

FROM/TO

PRICE (USD)

TRAVEL STATUS

25 APR 2027 / 29 APR 2027

\$ 94900

[Join Now](#)

FROM/TO

PRICE (USD)

TRAVEL STATUS

15 APR 2028 / 29 APR 2028

\$ 94900

[Join Now](#)

FROM/TO

PRICE (USD)

TRAVEL STATUS

15 APR 2029 / 29 APR 2029

\$ 94900

[Join Now](#)

- Single Supplement (I want my own room and tent) – \$000 on request.

Please note: Insurance for emergency evacuation is required for this trip. [Call for more details.](#)

» Additional dates available upon request

» Rates may vary from July 26th to 31th for the national holidays

Prices (per person):

1 PAX	2 PAX	4 PAX	6 PAX	8 PAX	10 PAX	12 PAX	14 PAX
— USD	— USD	— USD	94900 USD	94900 USD	94900 USD	94900 USD	94900 USD

Deposit for reservations: * 15.000,00 USD (912 822 RUBLES) ✓ Full payment 90 days before. No refund if you cancel less than 90 days!

Places: *Available

Trip-code: Number

Duration: 39 days

Participants: Minimal: 10 Maximal: 15

Country / Location: Tibet – ASIA

Mountain Guide: Alexande Abramov and Mingma Gelu Sherpa 7 Summits Club managers

Other dates / additional info: [Contact us!](#)

3% early bird discount when booking 6 months prior to departure 2026

Legend Booking-information:

EZZ Single room supplement

- ☐ On this trip, places are still available.
- ☐ On this trip, only a few places left.
- ☐ This trip is sold out / closed.

Korobeshko Ludmila

- **Phone:** +7 (495) 642-88-66

- Executive Director.
- The first Russian woman to complete the 7 Summits Project.
- Visited the North and South Poles.
- The third Russian woman to climb Everest
- World record in the speed of climbing 7 Peaks among women
- Mountain guide. Director of the 7 Summits Club.
- He has been climbing and organizing expeditions for 20 years.
- The last 15 years – professionally.
- He has about 100 ascents of varying degrees of difficulty in various countries of the world.
- In 2016, she climbed the summit of Everest three times. Leader of successful expeditions to Cho Oyu (8201) and Manaslu (8163)

[Read more](#)

Abramov Alexander

- **Phone:** +7 (495) 642-88-66

- President of the 7 Summits Club.
- Master of Sports of the USSR in mountaineering, 54 years old, professional mountaineer. Mountaineering instructor, mountain guide, high-altitude cameraman. Active member of the Russian Geographical Society.
- Initiator and leader of several well-known projects, such as: “7 Peaks”, “Land Rover on Elbrus”.
- He has been climbing and organizing expeditions and competitions for 28 years.
- The last 25 years – professionally.
- Has made more than 150 ascents of varying difficulty in dozens of countries.
- Organizer and participant of 11 Himalayan expeditions.

[Read more](#)

Good advice

Obligatory Summit Sherpas Bonus

- Obligatory Summit bonus for your 1,5 high-altitude Sherpas \$ 2,000 * 1,5 = \$ 3,000 (provided that you started moving up with them above the South Col Camp (7900m))
- The obligatory Summit bonus is given at the end of the expedition at base camp to Sirdar Mingma Gelu Sherpa and he distributes this money between high-altitude porters and sherpas.
- Tips for the kitchen and Base Camp staff is preferably \$ 500 per member, hand over to the base camp manager
Tips for Russian guides according to your desire, preferably \$ 500 per member, hand over to the

Chief Expedition Guide

- All tips are paid at your discretion, except for the Summit Bonus, which is mandatory for all Companies working on Everest.

Tips guidelines (important information!)

You entrust your life, health, your time and money to the guides. And the guides take this responsibility for you

and for the success of the whole trip. They are doing this 24 hours.

Necessary travel papers (documents)

- Passport valid at least 6 months after the end of the expedition
- 2 photos for visa climbing insurance
- Climbing Permit- special climbing permit for the ascent in Nepal

By air and by land

- Transportation up to BC
Meeting and seeing-off in KTM airport
- Necessary transfers in Katmandu
- Aircraft Kathmandu — Lukla and helicopter BC— Katmandu
- Transportation of the loads above BC
- Yaks carry loads from from
- Lukla to BC including members` personal gear.
- Yaks carry community and personal expedition equipment
- High altitude Sherpas carry all shared expedition equipment above BC. They establish high camps and take all tents, sleeping bags, foam pads, dehydrated food, gas cylinders, gas stoves, kitchen utensils, snow shovels and ropes there.
- Transportation of personal oxygen cylinders is carried out by our expedition Sherpas.

Accommodation

- Hotel i “Yak & Yeti” 5* BB in Katmandu for 3 nights in double rooms (2 nights before and 1 nights after expedition)
- All lodges on the trek in Khumbu
- In BC 1 tent for 1 member
- High camps - 1 tent for 2-3 people

Meals

- Breakfast in Katmandu (lunch and dinner are not included)
- We did not include food on the trek to BC, because lodges have their own restaurants and it is easy to oder according to tastes on the spot
- Food in BC and ABC - 3 times a day. The food is prepared by Nepalese cooks on gas stoves in special kitchen tents. You can also get here any amount of hot water for washing or boiled water for drinking. We eat in spacious dining tents equipped with tables and chairs.
- Food for the ascent - We provide special dehydrated western mountain food, which your will cook for you on the gas stoves. Water should be melted from snow.

Staff

- Experienced expedition leader (Everest Summitter) from “7 Summits Club”
- Doctor
- Guides (Everest Summiters) - 1 for 5 members
- Nepalese liaison officer
- Cooks from Nepal
- Kitchen boy from Nepal
- High-altitude Sherpas - 1,5 for 1 member

All our high-altitude Sherpas have Everest experience. They bring all shared equipment and oxygen cylinders to high-altitude camps and accompany team members all the way from ABC to the summit.

Health and medical insurance

We will have a Doctor in BC. We provide a big expedition first aid kit with all the necessary medicine, but we also recommend that you bring your own specific medicine.

Weather

In the Everest region the weather is very changeable.

Every day we get new weather forecasts by Internet and choose the best period for acclimatization and ascent.

Personal gear

Equipment needed for BC and ABC:

- Duffle bag
- Sleeping bag -40C better 2 pax
- Personal items for washing
- Your Notebook

Technical Equipment for the ascent:

- Crampons (e.g. Grivel G12)
- Backpack 45-50 liters
- Harness
- Self belay
- Carabiners with locks: 5 items
- Jumar (ascender)
- Ski/walking poles
- Thermosflask 1L
- Rappel device
- Ice Axe
- Head lamp with extra batteries
- Photo camera

Equipment for body and feet:

- Trekking shoes
- Boots rated for 8000m+ for example the “Everest” Millet type
- Down jacket + down trousers (or down suit/overall)
- Gore-tex jacket with wide hood
- Gore-tex trousers (better semi-overalls/bibs)
- Windblock jacket (we already supply one)
- Windblock trekking pants
- Fleece Jacket “Polartec - 100” - 2 items
- Warm underwear - 2-3 sets
- Personal underwear
- Polartec gloves - 2 pairs

- Thinsulate gloves
- Thinsulate mittens - 2 pairs
- Warm woolen socks - 4-5 pairs
- Balaclava
- Warm hat
- Windblock face mask
- UV glasses, UV-400
- Ski goggles, UV-400

Hans Honold | Certified Mountain and Ski Guide

For a trip with a Professional Certified Mountain Guide from abroad with your own language that you speak, please request us to get in touch. We have guides working for our company from all over the world who are members of IVBV/UIAGM/IFMGA Certified Guides.

- **Tel:** [+49\(0\)7344 929144-0](tel:+49(0)7344 929144-0)

[More information](#)

We are a Private Company with a Specialized Peruvian Andean Rescue Team “Socorro Andino Peruano”, offering expert High Mountain Rescue Services. Additionally, we provide satellite internet access during treks or expeditions, ensuring the safety and connectivity of our clients at all times. For more information, feel free to contact us via email or phone

- **Tel:** [+1 \(617\) 459-4200](tel:+1(617)459-4200)

[More information](#)

Frequently Asked Questions

What our travelers or clients always ask questions before joining our trips, tours & expeditions, read all the information provided here.

Suggested FAQs

[What experience and how fit do I need to be to climb this mountain? Is this program suitable for children or older people?](#)

For our mountain climbing trips: If they are easily accessible mountains: For easy-climb mountains, well, you don't need much experience, but if you already want to climb mountains above 6,000 meters and the conditions become more difficult, we recommend if you already want to go through mountains above 6,000 meters, have a basic or intermediate course for a good preparation. It is very important to be physically, technically and psychologically prepared.

Regarding the preparation of children: Everything will depend on which mountain you want to climb with your children, once you are clear on which of our tours or mountains you want to go with your children, we can give you some advice or see how to prepare them before going with them.

Regarding older people: It all depends on the condition of experience and how well the person is in health, on many occasions older people are the best to walk in the mountains because they have more experience, so it is always good to ask and find out about their experience of older participant. If you have

any other questions, please contact us. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

[Will I need to bring any technical equipment of my own? Is it possible to rent equipment, and if so, what would be the approximate cost of that?](#)

In all our trekking or mountaineering trips we do not include personal equipment in our prices, so you have to have your own equipment: Personal equipment (such as boots, ice ax, crampons, harness, sleeping bag, mat, Goretex, etc.) and also within each page of the trips that we sell is a small list so you can see it on our website.

Our company can also rent the materials that you would need for your trip, see the list here on our website: <https://peru-expeditions.org/equipment-rental/> . **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

[Are there any other special requirements such as permits/insurance/vaccines that I need to consider before the tour?](#)

Safe and effective vaccines are available that provide strong protection against serious illness, hospitalization and death from COVID-19. Billions of people have been vaccinated against COVID-19. Getting vaccinated is one of the most important things you can do to protect yourself against COVID-19, help end the pandemic and stop new variants emerging.

We also recommend having accident insurance, we always recommend. We are **Partners -Global Rescue**. If you have any other questions about the trip we can schedule a date for a calling via WhatsApp. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

[What experience do I need to have? How fit do I need to be? Is this program suitable for children or older people?](#)

To do long-distance hiking you need to at least train or do some tours such as visiting lagoons to get the experience and feel comfortable with what you do, it is always good before doing a long-distance hiking tour to test yourself so as not to be with the problems of altitude sickness during the trekking, and if you travel with children it is good to first train them before taking them, if they are accompanied by an adult of legal age, they must do a good acclimatization before going on the long-distance tour or with high altitude camps if you want to know or learn more advice, we can schedule a call via WhatsApp to clarify your doubts. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

[How far in advance should I start training and what kind of training do you suggest?](#)

The preparation is according to what type and what technical level you want to go and climb a trek or mountain, the preparation will always gain experience little by little.

For this type of demanding or technical climbing sports, it is recommended to do some summits above 5 thousand meters beforehand and have good knowledge of high mountain technical equipment such as the use of technical ice axes, ice screws, correct use of crampons, and of course all the technical material. For more information, we can schedule an appointment to be able to explain in more detail everything about the mountain equipment and the preparations prior to joining our outings. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

[What is the average distance and altitude gain that we will hike each day?](#)

Every day we have active walks around approximately 4, to 5 sometimes 6 hours of walking, everything is according to your pace and physical condition of each person, in each of our travel programs you will find more detailed information, and if you need more information about each day of the travel program, we can schedule a call via WhatsApp to clarify your doubts or questions, for this please contact us. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

[Will there be porters to help to carry group and personal equipment?](#)

In our trips, either hiking or mountaineering: Depending on the type or destination of the trip that you are going to book, in some parts of the treks you go with mules or donkeys or sometimes with horses, and within the mountain trips, the approach camps are also They go with mules or donkeys, but there are some stretches where pack animals can no longer reach. In this part, our logistics is fully supported by the porters.

Who are the porters? They are people from the area who were born and live in the heights of the towns, they are very strong and are very acclimatized, the reason is that after the tourist season ends they dedicate themselves to agriculture and livestock for that reason they are people They are used to the altitude and have lived in nature all their lives and they are happy to be in the mountains together with our expeditions. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

[How will accommodation and meals be handled during the trek?](#)

About accommodation or meals during the tour: Well, depending on the type of tour, when the tour is a classic cultural tour or a city tour, we eat during the route in tourist restaurants and sleep in category hotels that the client has requested.

If the tour is with camps and trekking: During the activity, logistics we include the service of Breakfast, Lunch, and Dinner with traditional and typical meals of the region where you are going to travel with us, during the night we stay in tents, and we have a special tent for the kitchen and another for the dining room.

If the trip is at altitude or in the mountains: We bring special high mountain food, It are quicker meals to cook and we provide complete logistics such as Breakfast, Lunch and Dinner, and we sleep in special 4-season high mountain tents, with the best tents. If you have any questions or concerns, we can schedule an appointment via Whatsapp to clarify all your doubts and give you better information so that your trip is an unforgettable tour.

[What is the guide-to-client ratio to climb this mountain?](#)

In mountains above 5000 meters: A local guide takes a maximum of 3 clients = Ratio 3pax = 1 local guide

In technical mountains: In large-big mountains we manage the travel policy, a guide and a maximum of 2 clients = Ratio 3pax = 1 local guide. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

[What is the best time of the year to climb this mountain?](#)

For all the trips that we offer within our main tourist destinations such as South America and Central America, also including the ascent of the 7 continents and the 7 highest peaks of each continent, on each page of our website for each trip we indicate that month or what season to travel, then please read the information you find in our travel offers for each tour. If you have any other questions you can contact us by WhatsApp with one of our travel experts. Thank you so much. **For calls or inquiries to this number: [+51 943 081 066](#)**

[Do I have what it takes to succeed on this expedition?](#)

In the interest of the team's enjoyment and success, we work with every single guest to ensure they are properly prepared and ready for this expedition. We pride ourselves on vetting every member to make sure that the team can bond and succeed together. It really sucks to be grouped with members that are much faster, or much slower, than you are. No one wants to be the weakest link on a trip like this. By setting expectations and a solid training plan, we work to insure maximum cohesive success. Use this trip as an exercise motivator, and we will succeed together with style.

[How can I get to the trailhead/meeting point?](#)

For the pick-ups of each trip, depending on the place or the trip that you are going to make with us, the meeting point is always at our office, in one of our trips we pick you up where you are staying or staying, or in some cases a representative of our company will pick you up and then ship you to your transport to continue with your destination of the tour or trip you have booked with us. If you wish to request more information, do not hesitate to contact us. **For calls or inquiries to this number: [+51 943 081 066](#)**

[What is the best time of the year for this hike?](#)

For all the trips that we offer within our main tourist destinations such as South America and Central America, also including the ascent of the 7 continents and the 7 highest peaks of each continent, on each page of our website for each trip we indicate that month or what season to travel, then please read the information you find in our travel offers for each tour. If you have any other questions you can contact us by WhatsApp with one of our travel experts. Thank you so much. **For calls or inquiries to this number: [+51 943 081 066](#)**

[What happens in the event of bad weather?](#)

About the meteorological conditions of the climate, we try to organize the trips of each tour in the best season to have the best views and enjoy the selected trip but sometimes even in good season we can have bad weather, in this case on hiking or treks trips the complications are minimal, but when this happens during high-altitude climbing expeditions, the complications can become very difficult, that is why the bosses or leaders of the local guides must always make the most correct decision for the safety of our passengers, so we always recommend listening to the best advice from the local guide assigned for each tour. If you have any other questions please contact us. **For calls or inquiries to this number: [+51 943 081 066](#)**

[Can I join a group?](#)

We as a local company and connoisseurs of tours have departures on different dates. The best thing to do is to join a travel group to take care of your budget, and of course you can join our groups, but on trips like mountaineering we recommend going in small groups. To join a group, ask us for the dates and we will send you the necessary information to be able to join any of our trips.

Why go in a private trip: For trips whether trekking or high mountains, going privately is the most recommended option, but the costs are more expensive. So, if one joins a group, the prices will be more reasonable. In the mountains, the only disadvantage is if you are in a wall with another partner and if one of the participants gets tired or gets sick. In this case, you have to abort or cancel the summit and return together. For more information, contact us. We can schedule a call via WhatsApp to clarify all your questions.

In a mountain, for example, if 3 people go and one of the participants falls ill on the route, for security reasons they have to cancel or abort the summit or return all together. The same in a technical mountain if the climbing partner gets sick they all have to return, for these reasons sometimes it is better to go private only because for a single person the costs are more expensive for the same reason that the trip would already be private .

For more information please contact us. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

Additional information

We help in the purchase of air tickets: we set up convenient flight options with each participant of the trip and book tickets such as international flights and domestic flights in each destination city of the countries that we offer our trips. We recommend you booking international flights tickets well in advance so we can find current flights offer prices from the airlines. In order for us to search for and book your flight, please contact us and we will be happy to help you!. → [More information click here](#)

About a Satellite Phone or inReach® Messenger - GARMIN: On each trip we recommend having a satellite phone at your disposal. The possibility of quick contact from anywhere on the mountain will guarantee your safety on the road. In case of need (for example, contact with the family or the travel company), for this service the participants have to request to rent a satellite phone, of course this service has an additional cost, contact us or ask our office for more information. A practical device is to have an inReach® Messenger - GARMIN also helps for any emergency. → [More information click here](#)

Many of the participants or clients of our adventures, hikes and expeditions in the mountains are people who sign up alone, but in some of our trips you will be able to find a travel partner companion to join a group. We have many options for you from day tours, short treks, long duration tours, and even the most extreme climbing high mountains on each country or South American continent and other destinations, as like the destinations you can see on our website. The mountains are a great place for rapid integration and a very healthy sport. → [More information click here](#)

Our mountain guides or tour leaders: All of our Tour Leaders are multiple conquerors of the peaks they lead the expeditions to. Each of our cultural guides, high mountain guides, mountainbike guides, among others are internationally recognized and certified guides, such as the certifications of **(UIMLA)** Union of International Mountain Leader Associations & **(IFMGA)** International Federation of Mountain Guides Associations. The mountaineering experience, skills and knowledge of your guides are a priority for us. → [More information click here](#)

VISA

CURRENCY

VACCINATIONS

FIRST AID KIT

WHY CHOOSE US?

JOIN A GROUP

VISA

VISA NEEDED

Citizens traveling for tourism purposes are exempt from the **visa requirement for up to 90 days**.

The passport must be valid for at least 6 months from the date of return to the country.

There are some countries that have some restrictions on the visa to be able to **visit some countries in the world**, for this important information request us to be able to give you more exact information, since the information changes every year and then to be able to provide you for more accurate updated information, [→ contact us!](#)

CURRENCY

CURRENCY EXCHANGE DEPENDING ON WHERE YOU ARE:

Local money | \$1 = 000 | EUR 1 = 000 = Let us to know which destination would you like to travel to so we can send you the current information of the day to your → [E-mail](#), or by [WhatsApp](#).

Local currency is exchanged on site. You can change both dollars and euros, the two currencies are the most used. We recommend taking bills of different denominations.

ATMs are available in the larger cities. Attention! We avoid dollars from the years 1996-2006 (some series from these years are not accepted at all). It is better to take dollars issued after 2006 to better the most recent of the current year.

VACCINATIONS

VACCINATIONS BEFORE YOU LEAVE

Compulsory vaccinations:

- They are not required

Recommended vaccinations:

- Hepatitis A and B (3 doses: 0/1/6 months, at least 2 doses administered at least 2 weeks before departure)

- Tetanus
- Diphtheria
- Typhoid fever
- Yellow fever (yellow fever)
- Antimalarial prophylaxis is recommended for traveling in the jungle area

In some destinations that you are going to visit, the information that is on our website may not be updated. To have more precise information, contact us by → [E-mail](#) or [WhatsApp](#) and we will provide you with more detailed information.

FIRST AID KIT

TRAVEL FIRST AID KIT

Everyone should have a personal first aid kit, and in it: medicines against diarrhea and stomach problems (sometimes appearing when the bacterial flora changes), painkillers and medicines for the throat. In addition, good creams with a UV filter or so-called blockers (sun radiation in the mountains is very high).

ATTENTION! Due to parasites and bacteria for drinking, we recommend using mineral water in the original bottle and boiled. To have more precise information, contact us by → [E-mail](#) or [WhatsApp](#) and we will provide you with more detailed information.

WHY CHOOSE US?

WHO ARE WE AND WHY CHOOSE US?

We are a travel agency that provides authentic and innovative experiences with a respectful relationship with the socio-cultural customs, the environment and the regulations of the countries we promote. We are characterized by the personalization of our tourist services, with empathy, attitude and professionalism; turning customer dreams into reality and exceeding their expectations. We are "Registered Travel and Tourism Agency". To know more about → [US click here please!](#)

The company Peru Expeditions Tours has the most experience in organizing commercial ascents and complex high-altitude expeditions.

We have the most **experienced and qualified guides** for cultural trip, climbing tours, MTB tours, Ski tours, including famous climbers.

We always give away team **jerseys-T-shirts, buffs, or a cap as a gift**

Good own **personal tents to live in height** and special big tents to dine inside the trekking or mountain.

The highest percentage of **successful ascents**.

We provide the best living and eating conditions. We take into account the peculiarities of nutrition (**you can order a vegetarian menu**).

Free conferences in the office with **own videos material and photographs**

JOIN A GROUP

ARE YOU LOOKING FOR A TRAVEL PARTNER?

Join a group with us: Trekking, hiking and expeditions. What is your profile? Are you planning to go on a trek or expedition in South America and you are not yet sure about the most suitable offer? If you are looking for a partner, we have the solution. **Peru Expeditions Tours** has some groups that you can join and share you experience with on an unforgettable journey. (« Upcoming Trips / Upcoming Departures / Open groups / Confirmed / Trips Guaranteed 100% ») WHERE **WOULD YOU LIKE TO CLIMB, WALK, HIKE, AND TREK?** For more information please click here! → [JOIN A TRIP WITH US!](#)

Why Travel with us

Your Safety is Our Priority

Expert Guides

Sustainable Tourism

Andean Chefs

Food on the Trail

Small Groups

- Recommended Tours
-

[Mount Everest 5](#)

[Asia 39 Days/38 Nights](#)

[Mount Kilimanjaro 5](#)

[Africa 09 Days/08 Nights](#)

[Recommended](#)

[Mount Vinson 5](#)

[Antartica 16 Days/15 Nights](#)
[Recommended](#)

[Mount McKinley 5](#)

[USA 23 Days/22 Nights](#)

Reviews

Leave a Reply

YOU ARE AN ADVENTURE LOVER and you want to experience something **extraordinary and extreme?**

You are an adventure lover and you dream of leaving with a thrill. **Peru Expeditions Tours** is also an option for you. Take advantage of our travel offer that we have for you!

“We don’t sell tours, we provide memorable lifetime experiences.”

We are a recognized tour operator **100% peruvian company** that specialists in adventure and traditional tours service.