

**Shishapangma 8 013 m - Pass 8000m****[8013 M]****Climb the youngest of the Himalayan giants****SHISHAPANGMA - 8013 m.... My first 8000 !?**

The Shisha Pangma is the 14th highest peak of the world, and is considered by many as one of the easiest 8000m mountains to climb. Shisha Pangma is the highest peak in the Langtang Himal and is located almost straight north of Kathmandu entirely on the Tibetan side of the Himalaya. The peak is characterized by its long, steep, craggy southern face rising over 2000m, making it an imposing sight to all would be climbers. The Indian-Nepalese name for the peak is Gosaitan, which denotes "The Holy Place". The Tibetan name for the mountain is Xixapangma. . Its name literally translates to "The mountain overlooking the grassy plains". Shisha Pangma was the last of the 8000m peaks to be climbed... Why not your first 8000m !!?

Your personal "turn key" climb

This original formula, will give you all the flexibility you need to climb the Shishapangma; based on your own physical fitness, your personal approach regarding the acclimatization process and your personal climbing strategy. You will benefit from Trek Online's logistics; starting from Kathmandu with the visa, climbing permit, liaison officer, road transportation to the Chinese border and further on to the Chinese base camp and advanced base camp. Pack animals and full service at base camp with electricity and hot shower, altitude tents, weather forecast bulletin, etc... Join other mountaineers from all over the world to conquer this

summit... We take care of everything... Well almost everything !!! Multiple options also available on request...

DAILY PROGRAM SCHEDULE

Day 1 : Flight to Kathmandu

Flight to Kathmandu.

Day 2 : Kathmandu

Arrival, meet & greet then transfer to your hotel.

Meet with team members, visa and permit formalities with our staff. Rest of day free.

Day 3 : Zhangmu (2 300 m)

Early drive to the Tibetan border. Drive to Zhangmu. Night in lodge.

Day 4 : Zhangmu (2 300 m)

Rest and acclimatisation day.

Day 5 & 6 : Nyalam (3 800 m)

Drive to Nyalam. Check in at lodge in Nyalam. Rest and acclimatise.

Day 7 : Thingri (4 350 m)

Early departure to drive to Thingri à 4 350 m. Looking up southward, in front of us the, Cho Oyu , not far from its elder brother the Everest, rotating eastward, in the background you can catch a glimpse of an imposing silhouette... our objective: the SHISHAPANGMA. Not far away lies the Makalu and the Lhotse. Thingri reflects perfectly the nature of Tibetan high plateaus; the sun burns and the wind whistles, but at dusk, an icy coat covers the mineral landscape. Night in lodge.

Day 8 : Base camp (5 000 m)

After breakfast, we leave Thingri to join the base camp at 5 000 m, which offers a spectacular view of the mountain. We set up our first camp. Là aussi, First night at camp at 5 000m.

Day 9 : Acclimatisation at Base Camp (5 000 m)

Full day dedicated to rest and acclimatisation. During the day, we will start to prepare and pack the loads for the yaks bound for the advanced base camp. Do not under estimate the importance of this acclimatisation day at 5000m. Night at camp.

Day 10 : Intermediary Camp (5 200 m)

Trek to our intermediary camp and rest. Night at camp.

Day 11 : Shishapangma advanced base camp (5 400m)

Trek to advanced base camp. Set up of camp. From this point, we will draw up our climbing strategy to camp 1, 2 et 3. and summit; depending on our level of acclimatisation and the weather conditions. We will have 13 days to reach our objective. One of the options considered; to avoid staying too long above 6000m; is a quick climb in 2 days from camp 1, located at 6 730m.

Day 12 à 31 : SUGGESTED CLIMBING PERIOD - 8 013 m

Climb from the north-western normal route, with mild slopes at 35°, with one steeper section. Your sherpas will fix ropes and equipment on steeper section and over cracks.



Camp 1 (6 730m)
Camp 2 (7 045m)
Camp 3 (7 400m)
SUMMIT (8 013m)

Day 32 : Base camp

Return to base camp and pack up for return trip. Night at base camp.

Day 33 : Nyalam

Drive to Nyalam.

Day 34 : Kathmandu

We cross the border at Zhangmu and continue our drive to Kathmandu. Night at your hotel.

Day 35 : Kathmandu

Rest day.

Day 36 : Airport transfer

Airport transfer for return flight.

Day 37 : Arrivée

Home.



TECHNICAL LEVEL 7

EXTREME

As the name indicates.. Those trips are intended only to people in excellent physical condition with excellent technical skills, a recognized team spirit, an excellent mental. Intense cold, very high altitudes, remote areas, extreme climate. Health check and acclimatization seminars are compulsory.

Dates and Prices

For dates and prices, please go online at www.trekonline.com www.trekonline.com
or contact our customer service department

☎ by phone : +33 (0)1 43 25 27 74 ☎ by fax : +33 (0)1 46 33 24 77

✉ or by mail : contact@trekonline.com

SERVICES INCLUDED

Accommodation Shishapangma	5* hotel in Kathmandu on double room and breakfast basis only. Lodge in Tingri and Nyalam. Tents during expedition.
Air transport	Price includes international flight and domestic flights.
Camping equipment Shishapangma	VE25 North Face or Mountain Hardware tent per participant with foam mattress. heated mess tent, kitchen tent, hot shower tent & WC tent. Tables, chairs, cutlery, plates, gas stove, solar panel.
Cargo Shishapangma	Expedition cargo transportation Kathmandu-border-Kathmandu.
Climbing permit Shishapangma	Permit fees are included in the package.
Hauling Shishapangma	4 yaks per participant from base camp to advanced base camp and 2 for return, on the basis of 45kgs per participant.
Liaison Officer	A liaison officer & interpreter from the "Tibet Mountaineering Association" escorts every expedition. Cost is included in the package.
Meals Shishapangma	Breakfast only in Kathmandu. Welcome and farewell dinners in Kathmandu. Full meals during expedition. High altitude meals for participants and escort team. Guide will prepare meals in altitude camps. If you follow a specific diet, please advise when booking.

Service team Shishapangma	At base camp: Nepalese cook, 1 Tibetan assistant. Staff's insurance, daily allowance and Chinese visa are included.
Transfers Shishapangma	All airport-hotel-airport in Kathmandu. Land transfer Kathmandu- Chinese base camp-Kathmandu.
Weather forecast Shishapangma	10 weather forecast bulletins (1 per day) starting from advanced base camp.

SERVICES NOT INCLUDED

Beverages & other personal expenses	Alcoholic drinks, soft drinks and all other personal expenses are not included.
Bonus - Shishapangma	Summit bonus: \$ 1000 par Sherpa. Climbing bonus: \$ 800 par Sherpa.
Cargo clearance Shishapangma	Cargo clearance and taxes; 150€.
Communication Shishapangma	Satellite phones available for rental (contact us). Calling fee +/- per mn.
Insurance	Insurance coverage is not included. Make sure you are properly covered when booking your program.
Oxygen - Shishapangma	One oxygen bottle, mask and regulator. Additional cost of 1000€.
Sleeping bag & personal equipment	Nor the technical equipment, nor the sleeping bag or high mountain gear are included. You may rent some of the equipment locally.
Tax Nepal	Departure tax to be paid at the airport upon departure from Nepal. Around 2150 Roupies (25€).

Tips

Are highly appreciated by the team that assisted you.

**Visa
Shishapangma**

Nepalese visa paid upon arrival at airport.
Tibet visa to be paid in Kathmandu. Formalities for Tibet will be processed upon arrival in Kathmandu.

CHECKLIST PHARMACY

- Antibiotics
- Antiseptic - Mercurochrome, dry spray, antibiotic powder
- Aspirin or Panadol - for pain or fever
- Bandages and plasters - for minor injuries and wounds as well as special plasters for blisters.
- Imodium or Lomotil - for diarrhea, stomach aches, dehydration
- Rehydration mixture - for treatment of severe diarrhea and dehydration
- Your usual medicine

CHECKLIST GEARS**Clothes**

- Bottle neck jumper
- Down jacket (quilted) with hood
- Fleece jacket (Polartec 300, full zip)
- Fleece trousers or salopettes (eg Polartec 100 or 200)
- Gore-Tex jacket (with hood)
- Gore-Tex trousers
- Overall duveted for 8000m (Himalayan Combi, Combi 600)
- Pants with polartec padding
- Thermal underwear (top & bottom)
- Trekking wear
- Warm shirts

Head

- Balaclava, scarf

- Face mask
- Sun hat
- Sunglasses (glacier sunglasses 100% UV)
- Wool or fleece hat

Hands

- Gloves (inner thin gloves)
- Gloves (Polartec & windstopper)
- Mitts with Gore-Tex shells

Foot

- Gaiters
- Socks (heavy woolen & thin nylon ou polypropyleen)
- Trekking boots

At camp

- Headlamp (spare bulbs & batteries)
- Rucksack 30L
- Rucksack 90-120L
- Sleeping bag (-30°C comfort zone)
- Swiss knife & cutlery

Travelling

- Camera & binoculars
- Sponge bag

Hiking

- Sunscreen and lipbalm

Climbing

- Crampons + ABS plates
- Descender "8"
- Harness
- Ice axe w/leash
- Plastic boots, type Everest (Millet) or similar



Geographic Information

Tibet

Capital : Lhasa

Highest peak: Mt 'Everest (8 850m)

Location : Tibet is located in central asia, covering an area of 2,5 millions Km², considered as the "roof of the world" with the highest mountain ranges, wide barren plateaux and deep valleys

Population : Approx. 6 millions Tibetans and 7,5 millions Chinese (mainly in the Kham and Amdo regions).

Administrative Requirements

You must have a valid passport of 6 months after return date. Your travel agency will obtain for you the special travel permit for Tibet (TTB) which will enable you to get your visa from the Chinese consular representation .

Travelling hints

No vaccinations required. In order to avoid any food poisoning, you are advised to drink bottled mineral water, cooked food, avoid fresh fruits and salads.

Recommended vaccinations: DTP (diphtheria, tetanus, polio), meningitis A/C, typhoid, hepatitis A/B, tuberculosis. In any case, for your safety, we advise you to refer back to your doctor and local sanitary authorities.

Useful Information

Gastronomy:

During your journey you will notice that Tibetans appreciate to gather to have their meals . The traditional cuisine is largely based on spices:

The « Momos » (sruffed raviolis, fried or steamed then dipped in soja or spicy sauce).

« Tsel » (stewed vegetables).

Stewed meat, thinly sliced meat with vegetables, mushrooms and Tibetan tofu in a spiced bouillon.

- « Dresi » (sweet rice with dried fruits topped with yogurt).
- « Djia tu » (salted black tea with melted yak butter).
- « Chang » (malt beer).

Crafts :

Statues of Buddha, Tibetan jewellery, garments and brodered thang-kas representing divinities.

Language :

Tibetan is the national language, but Chinese "Mandarin" is also spoken by the population.

Currency :

The national currency is the « Renmimbi Yuan» (1 euro for 10 05531 chinese yuan renmimbi 19 august 2008). Payments in USDollars are accepted in Lhasa only. We advise you to carry USDollars in small notes. You can exchange Dollars and Euros in the banks and hotels.

Credit cards :

Are not widely used in Tibet, only hotels and some stores accept credit cards, but you will pay a commission. You will find a few ATM machines in the cities.

Climate :

Tibet has a varied climate and temperature differences could be quite significant. During the monsoon season, temperatures can fall below 0°C in the day. So be prepared and always have warm clothes handy.

Altitude sickness :

Knowing that Lhasa is located at an altitude of 3 700m, your journey in Tibet will take place at high altitudes. you will be faced with the high altitude factor. Difficulty to breathe, to sleep, headaches, loss of appetite, and sometimes nausea are apparent symptoms of altitude sickness.

We suggest to acclimatize progressively. Refrain from physical effort and rest first day in altitude.

Time difference :

There is a time difference of + 7h in summer and + 8h in winter between the UK & Tibet.

Electricity :

The voltage is 220 volts, but only in the hotels. Do not forget a universal adaptor and a flashlight.

Clothes :

Warm clothes (coat, mittens, woollen scarf & cap). For more details refer to the equipment list included in the detailed program you selected.

Telephone :

Country code: 00 + 86 + city code without the 0 + n°

From Tibet: 00 + 44 + n°

Numerous Cybercafés in Lhasa, Shigatsé, Gyantse, Nyalam et Zhangm, for internet access

Working hours :

Banks in Lhasa : 9h to 12h from monday to friday

Insurance :

It's very important that you are properly covered, especially if you are participating in a trek or expedition.

Useful words :

Good bye : Galé péh, galé chouk

Sorry : Gônda

Thank you : Tou – djè – tché

How are you ? : Koussou dépoyin pé ?

Please : Koutchiv

Good morning : Ngadro déték

 

Key addresses

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Office hours, Monday-Friday ;08:30-12:00 / 13:30-17:00 (Local time) ;00:30-04:00 / 05:30-09:00 (GMT)

Center for disease control and prevention :

www.cdc.gov/travel/destinationList.aspx