



Shishapangma Expedition

Trip code	
Package name	Shishapangma Expedition
Duration	39
Max. elevation	8027 m
Level	ADVANCE
Transportation	Flight (Kathmandu - Lhasa - kathmandu)
Accomodation	Standard hotel and camping twin sharing bed basis during the climbing session.
Starts at	Kathmandu
Ends at	Kathmandu
Trip route	Kathmandu - Lhasa - Shingatse - Shangar - Shisapangma Base Camp - 25 days Climbing time - Lhasa - Kathmandu
Cost	USD 31,500 per person

Highlights

Overview

Mount Shishapangma is the 14th of the 14 eight-thousanders, with an elevation of 8,027 meters above sea level. It is the only eight thousand meters mountain solely located in south-central Tibet. Due to its location, sometimes it can be problematic to operate the expedition at the last minute because of the sudden restrictions and rules imposed by authorities of the Government of China and Tibet Autonomous Region to foreign travellers.

The name Sishapangma explained by Geologist Toni Hagen means “crest above the grassy plains” in the local Tibetan dialect. The Tibetan-Chinese expedition team made the first summit of Mt. Sishapangma in 1964 and later opened for foreign climbers only in 1978. For this reason, we follow a different route than what was used by Chinese teams earlier: our climb follows the northwest ridge with a challenging knife-edge ridge that connects slightly to the lower central peak. We set up four camps: Advance Base Camp (ABC) at 3340m, Camp I at 6200m, Camp II at 6700m and Camp III at 7400 m for the summit (camp IV).

Climbing Route

The North West normal route to Shishapangma takes us up easy angled snow slopes up to 35 degrees with one steeper section. The necessary lines will be fixed and placed on the steeper or crevassed sections. Following our acclimatization in Zhangmu & Nyalam, we will arrive at base camp 5000m ready to do our final preparations and acclimatization walks. Yaks transport our expedition gear from Base camp to ABC at 6,300m.

Trip Itinerary

Day 1 : Arrival in Kathmandu – Transfer to Hotel, and getting to know Nature Trail (1350m)

You will be met at the arrival terminal and transferred to the group hotel. The Hotel locates within walking distance of Thamel in Kathmandu. The rest of the day is free to explore the city or can choose to relax.

Day 2 : Day 2-4 : Visa process and Shopping

We will set these two days aside for us to help you get some last-minute supplies, Tibet visa processing and finalize any official documentation needed for the expedition. Of course, you will be briefed about the program by our team members as well.

Day 5 : Flight to Lhasa

Depart on an early morning flight to Lhasa. Arrive at Lhasa Airport (3700m) after an hour and ten-minute flight, passing over the panoramic peaks of Everest, Kanchenjunga, Makalu and the southern Tibetan Plateau. Transfer and check in to your Hotel. After a short break, we'll roam around Lhasa's old quarter. First, we'll find Barkhor's exciting pilgrimage kora (circuit). Witness the pilgrims performing ritual prostration around the entire kora. Barkhor is also famous for its typical Tibetan open market where hundreds of merchants, traders and artisans set up shop to sell their wares to the people of Lhasa and the innumerable pilgrims. In the late afternoon, we'll visit the Jorkhang Temple, the spiritual centre of the region. Founded in the mid-7th century, today, it hums with pilgrims murmuring chants and spinning prayer wheels amidst the myriad flickering of yak butter lamps. We'll also attend the evening prayer recital in the temple.

Day 6 : Sightseeing to Lhasa

If you're picturing Tibet, chances are you're depicting the Potala Palace. It remains a symbol of Tibetan autonomy and the seat of the government in exile of the holy Dalai Lama. It's a treasure trove of traditional culture, a unique architectural marvel and a World Heritage Site. Stroll through its 13 storeys, housing 1000 rooms. Later, you'll have an opportunity to get an insight into the world of ancient Tibetan holistic healing at Metzekhang medicine centre.

Day 7 : Drive to Shingatse

You will start your tour at around 8 am from your Hotel and then drive towards Gyantse through 3 significant mountain passes, Gampa La, Karo La, and Simila, respectively. Karola is the highest pass among them, over 5000Mts with its most beautiful glaciers; beautiful Yamdrok Lake emerged as coral colour from the top of Gampala pass. Drive along the beautiful Yamdrok Lake and Karola glaciers. Arrival in Gyantse during your lunch time, visit Palchoe monastery and Kubum Pagoda stupa. Finally, continue your journey to Shigatse by passing one of Tibet's most significant farming lands, where people grow barley, wheat, and vegetables.

Day 8 : Drive to Shegar

Continuing our drive along the Friendship Highway, we climb to a pass which offers a first distant view of the main (Nepalese) Himalayan range, which we must eventually cross. Descending from the pass, we reach the small town of Lhatse, which feels like a frontier town in the Wild West. Apart from its hot springs, Lhatse's claim to fame is that the long road to western Tibet begins a short distance west of the town. Beyond Lhatse, we cross the highest pass on the Friendship Highway, the Gyamtso La (5220m). Then, rounding a bend on the descent from the pass, we are confronted by our first views of Everest, Lhotse and Cho Oyu. Next, we encounter wild Tibetan settlements, lonely monasteries and the encampments of nomadic herders on the next 50-kilometre stretch of road to Shegar. We overnight at one of the best hotels in Shegar, which offers basic but comfortable accommodations. From here, we will set off on our detour to the Rongbuk Valley and the north side of Everest.

Day 9 : Drive to Shisapangma Base Camp

Day 10 : Day 10-35 : Climbing duration

Today's a huge day as we'll finally set off for an expedition to Shisapangma Expedition. The climb to the mountain is quite difficult, with many steep glaciers and ice slopes. It has a rugged trail full of boulders and stones, so we'll start early.

The climb begins with a hard scale up the mountain. We'll follow in the footsteps of our trek guide and Sherpas, who'll assist throughout the expedition. They'll provide us necessary training and guidance for the technical ascent.

You'll ascend the steep snowy slopes and ice cliffs in the days to come. The trail will also take us over the mountain ridge and many semi-technical sections, which requires the help of fixed rope. After reaching the summit, you'll get a couple of minutes to enjoy the scenic view and stunning landscapes.

We'll quickly descend the trail and retrace the steps back to Shisapangma Base Camp. The trek

won't take as much time as previous, but we'll still have to be careful while climbing down. Tonight we'll stay in the tent.

Day 36 : Day 36-37 : drive continue to Lhasa

Continue drive to Lhasa after conquering summit.

Day 38 : Flight to Kathmandu

The flight from Lhasa takes 1 hour and 10 minutes to Kathmandu. Depending on your flight time, we provide a transfer from the airport to the Hotel. Back at the Hotel, you will take a proper shower and rest.

Day 39 : Departure to homeland

Today is the last day of the program; depending on your flight time, we will arrange the transfer to the airport, and your guide will go to see you off. The airport check-in time is 3 hours before flight departure, and the checkout time at the Hotel is noon. If your flight is later in the evening, you can request a late checkout at the hotel reception. Thank you. namsate

Inclusions

What is included?

Airport pick up drop by private vehicles and Transfer to Hotel.

4 nights hotel (3-stars) in Kathmandu, B/B plan

Expedition Royalty and permit from Tibet government to climb Mt. Shisapangma

25 kg weight per Sherpa climber is allowed for expedition

Necessary Sherpa porters or mules for carrying equipment & loads

Twin sharing accommodation in available lodge/teahouse while trekking

3 times meals per day, (Breakfast, Lunch, and dinner) teas & coffees in trekking & during the camping period.

Common climbing gears like necessary rope, ice bars, ice screws, etc

Twin sharing tent of North face brand or similar for Base Camp

Experienced and government licensed trekking and climbing Sherpa guide during the trekking and climbing period.

All food and fuel for base camp and higher camps during the climbing period.

Trekking Permit & Climbing permits .

Kitchen, Dining, Store tent, mattress and all camping facilities needed in Base Camp.

The experienced and professional Sherpa staff at Base Camp: Base camp manager, cook, kitchen Boy.

Government liaisons officer and his salary & accomodation

Equipment medical & life, allowance, wages, life, medical & rescue insurance for all Nepali members.

Emergency oxygen bottle, mask & regulator at ABC (Use and pay)

Garbage disposal and managemant fee.

Immediate Rescue co-ordination (covered by your personal travel insurance)

Generator or solar panel for charging & lighting in Shisapangma Base camp

Satellite phone on pay call basis (1 min: \$4).

Walkie - talkie per member and climbing Guide as required for communication.

Welcome Dinner at typical Nepali Restaurant in Kathmandu.

What isn't included?

International flight fare, taxes, and visas (visa charge USD 40 and 4 passport photographs for the visa).

Lunch and dinner in Kathmandu.

Your Personal trekking & climbing equipment

Excess baggage transport

All expenses of personal nature like Wifi, Hot Shower, bar bills, laundry, telephone, etc.

Travel insurance for accident, medical, emergency evacuation & lost baggage.

Tips for Base Camp Staff and Climbing guide.

Applicable permit fee & custom fee for satellite phone, filming camera, communications - equipment (if brought).

Complimentary