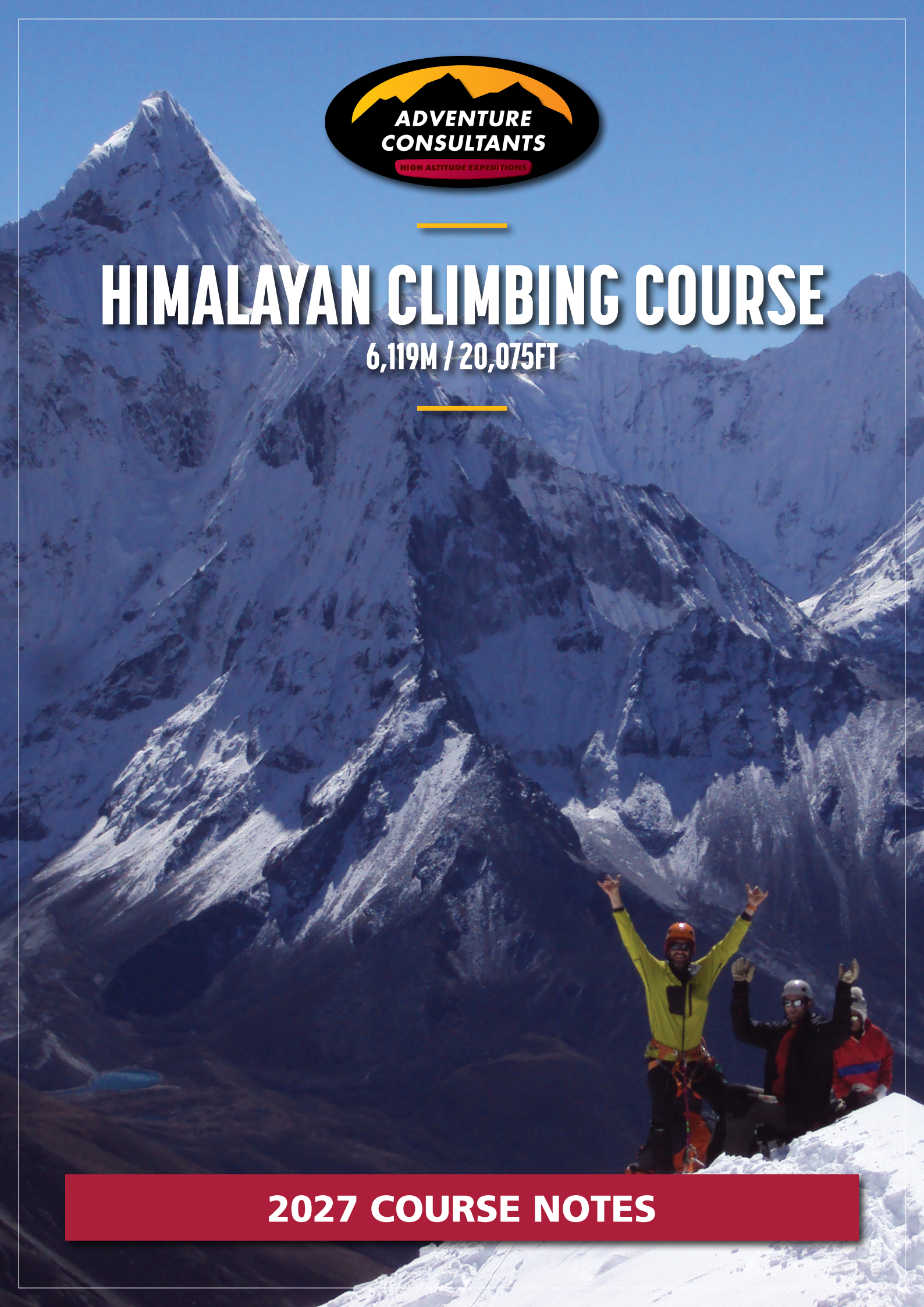
ADVENTURE CONSULTANTS

HIGH ALTITUDE EXPEDITIONS

HIMALAYAN CLIMBING COURSE

6,119M / 20,075FT



2027 COURSE NOTES



HIMALAYAN CLIMBING COURSE

2027 COURSE DETAILS

Dates: Trip 1: April 14 to May 9, 2027
Trip 2: October 4–29, 2027
Duration: 26 days
Departure: ex Kathmandu, Nepal
Price: US$10,900 per person

▲Hone your skills in the Himalaya. *Photo: Guy Cotter*

Cut your mountaineering teeth on the course that teaches big mountain skills in the home of big mountains—the Himalaya. Developed and led by our experienced IFMGA Mountain Guides, our Himalayan Climbing Course provides you with both a solid foundation in high altitude mountaineering and your first 6,000m summit!

Learn high-altitude mountaineering skills from experienced Himalayan mountain guides and how to look after yourself properly in this stunning, yet high consequence environment. Our Himalayan Climbing Course will help you on the pathway to becoming a mountaineer by introducing skills then immediately putting them into practice on climbs of increasing difficulty and elevation.

At the completion of the skills development phase, the course culminates in an ascent of Lobuche East at 6,119m/20,075ft high. In addition to the actual climbing skills and mountain movement you will develop your self-awareness and you can utilise the learning to springboard your high-altitude climbing career on an uphill trajectory!

COURSE OBECTIVE

Our objective is to pass on the skills, which have made us successful in our own climbing careers. The most important attributes being:

- Current techniques for high-altitude mountaineering
- A climbing standard appropriate to the objective
- Attuned mountain awareness
- Sound judgement of your own abilities
- Solid planning and preparation skills
- The basis of good decision making

SKILLS COVERED

We endeavour to cover the following skills during the course, however, factors such as weather and climbing conditions may dictate that some skills are not covered in full:

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▲ Learn high-altitude mountaineering rope skills. *Photo: Karyn Douglas*

- Fundamental snow and ice craft skills
- Rope skills applicable to high-altitude alpine climbing
- Glacier travel and self rescue skills
- Weather analysis
- High-altitude medicine
- Route finding and navigation
- Snow and expedition camping skills

At the end of the course, participants should have the skills and confidence to travel in glaciated terrain. You will have the technical ability and know-how to attempt major mountains by their easier routes, such as the trekking peaks in the Himalaya. The program will also set you up with sufficient prowess to be guided on some technically difficult ascents and expeditions.

2027 COURSE DATES

Trip 1: April 14 to May 9, 2027
Trip 2: October 4–29, 2027

COURSE OUTLINE

Day 1	Arrive Kathmandu, team meet and greet and welcome meal
Day 2	Introduction to Course—overview of program, lectures on expedition planning and processes, introduction to altitude illnesses and evacuation procedures
Day 3	Gear checks and trip preparation.
Day 4	Fly to Lukla (2,860m/9,383ft), trek to Phakding (2,610m/8,563ft). Expedition medicine lecture
Day 5	Trek to Namche Bazaar (3,440m/11,286ft). Meteorology lesson
Day 6	Climb Khunde Peak (4,200m/13,779ft)
Day 7	Training day—introductory rope skills, anchors, belaying, rappelling, prussiking. Overnight in Khumjung (3780m/12402ft)
Day 8	Rock climbing/training around Khumjung (3780m/12402ft), overnight in Khumjung
Day 9	Trek to Phortse (3,950m/12,959ft) via the Mong La Pass (3,970m/13,025ft). Visit Khumbu Climbing Centre
Day 10	Phortse to Pheriche (4,270m/14,009ft). High altitude medicine lecture
Day 11	Pheriche rest and acclimatisation day. Avalanche safety training
Day 12	Pheriche to Dzongla (4830m/15,846ft)
Day 13	Rest and training day in Dzongla
Day 14	Dzongla to Cho La (5,420m/17,782 ft). Snow camping skills



▲ Learn altitude emergency first aid. *Photo: Mike Roberts*

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▲Put skills into practice on a 6,000m peak. *Photo: Guy Cotter*



▲Summit celebrations! *Photo: Ang Dorjee Sherpa*



▲Learn fixed rope techniques! *Photo: Sandy Hazledine*

Day 15	Training day—glacier travel, crevasse rescue, snow and ice techniques
Day 16	Trek to Lobuche Base Camp (4,800m/15,750ft)
Day 17	Training day—alpine rock climbing techniques
Day 18	Training day—rope work training, fixed ropes, ascending and descending, ladder training, rope rescue techniques
Day 19	Climb to High Camp on Lobuche East (5,400m/17,720ft)
Day 20	Summit bid on Lobuche East (6119m), descend to Base Camp
Day 21	Lobuche Base Camp to Pangboche (3,985m/13,074ft). *Island Peak and Ama Dablam Add Ons commence. See below for details
Day 22	Pangboche to Namche Bazaar
Day 23	Namche Bazaar to Lukla
Day 24	Contingency day
Day 25	Fly Lukla to Kathmandu
Day 26	Trip ends, depart from Kathmandu

NOTE: The itinerary may change at any time and factors such as weather, team member health, logistics, etc., can create some change in the programme.

CLASS SIZE

For the Himalayan Climbing Course, we will take a minimum of 5 people and maximum of 12 people, hence spaces are limited.

HOW THE COURSE OPERATES

The course initiates in the city of Kathmandu, where we spend valuable time preparing for the course, covering introductory topics and checking equipment. We then fly into Lukla airport, gateway to the Khumbu Himal and home to many of the Sherpa team who will be assisting on the course.

The following days are spent gradually making our way through the mountains to higher altitude. We intersperse trekking with lectures and training sessions on a variety of topics. The pace is dictated by proper acclimatisation, allowing our bodies time to adjust to each increase in altitude.

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▲Climbers jumaring up fixed lines on Lobuche summit day. *Photo: Guy Cotter*

On what would be a typical expedition 'rest day' we busy ourselves by training. Experiential learning is a major factor in learning how to be a competent mountaineer. The emphasis of the course is on safe application of skill development. Initially, you will develop and reinforce your skills in a contained environment before moving on to more challenging terrain as the course progresses and eventually culminating with an ascent of Lobuche East.

You will visit the Khumbu Climbing Centre, where Climbing Sherpa hone their technical skills and visit the Himalayan Rescue Association in the high alpine village of Pheriche. At the Cho La you'll delve into snow and ice techniques including glacier travel and crevasse rescue.

Eventually we move to Lobuche East Base Camp and prepare for our ascent. The teaching continues throughout, and at High Camp you're introduced to high-altitude alpine camping skills before the climb.

High-altitude mountaineering can involve long days with early starts in order to gain a summit and descend before nightfall. There are times when the weather may be rough, you may feel pushed to your limit and as you gain altitude there can be periods of discomfort.

From time to time factors such as team health or adverse weather may impact on the planned program. Flexibility is key to any high-altitude adventure and whatever happens, your guides will use their considerable experience to ensure you get the best from the course that can be offered.

You should take the opportunity to develop additional skills before the course commences. Rope skills can be learned through local alpine clubs and indoor rock climbing centres. Any previous rock or alpine climbing experience will allow you to gain even more from the course.

LOBUCHE EAST ASCENT

The Lobuche East ascent offers course participants an opportunity to put into practice those skills they have learnt and developed over the course on a genuine 6,000m/19,685ft Himalayan peak.

To ascend Lobuche East, we climb steep pathways on the rocky flanks of the lower mountain to High Camp where we spend two nights on our way to the summit.

High Camp is dramatic, with exceptional views towards Cholatse, Taweche and Ama Dablam, especially at

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sunset when the peaks turn pink as the sun sets into Tibet. We climb to the far eastern summit on the summit ridge, a subsidiary of the high peak.

An early alpine start sees the group climbing rocky trails, with short steeper sections—some of these have a fixed rope that we clip onto to protect ourselves. During the pre-monsoon season the route from High Camp is often covered in snow. The climbing later involves snow and ice where the use of crampons and fixed ropes are necessary. From the summit the group rappels back down the steeper section and returns to Base Camp.

PREREQUISITE EXPERIENCE

Participants must have good fitness, balance and coordination. Previous snowcraft or rock climbing is not necessary, as these skills will be taught in the instruction part of the trip.

ISLAND PEAK ADD ON

Make the most of your acclimatisation with an additional ascent of Island Peak, an ideal challenging progression from Lobuche East. Easily climbed in a short six day itinerary following your Himalayan Climbing Course.

DATES & PRICES

Course #1 Extension: May 10–15, 2027
Course #2 Extension: October 30 to November 4, 2027

The cost of the Island Peak Extension ex Lobuche East Base Camp, Nepal is US$2,000.

The total cost for the Himalayan Climbing Course and the Island Peak Add On is US$12,900.

ITINERARY

Day 21	Rest day at Lobuche Base Camp
Day 22	Cross Kongma La (5,535m/18,159ft) to Chhukung (4,730m/15,518ft)
Day 23	Rest day, optional ascent of Chhukung Ri (5,550m/18,209ft)
Day 24	Chhukung to Island Peak Base Camp (4,970m/16,300ft)
Day 25	Summit Island Peak (6,189m/20,305ft), return to Base Camp
Day 26	Spare summit day
Day 27	Trek to Pangboche
Day 28	Trek to Namche Bazaar
Day 29	Trek to Lukla
Day 30	Contingency day
Day 31	Fly Lukla to Kathmandu
Day 32	Trip ends, depart from Kathmandu.



▲Test your new skills with a challenging Add On of Ama Dablam. *Photo: Lydia Bradey*



▲Learn under the watchful guidance of our experienced Sherpa Team *Photo:Guy Cotter*

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Lobuche East Base Camp. *Photo: Guy Cotter*

AMA DABLAM ADD ON

After something that will get the adrenaline pumping after your course? Challenge yourself and polish your new skills with a ten day Add On climb of Ama Dablam, one of Nepal's most exhilarating climbs!

DATES & PRICES

Available in the post-monsoon season only.
Course #2 Extension: October 30 to November 8, 2027

The cost of the Ama Dablam Extension ex Lobuche East Base Camp, Nepal is US$9,500

The total cost for the Himalayan Climbing Course and the Ama Dablam Add On is US$20,400.

ITINERARY

Day 21	Rest day at Lobuche Base Camp
Day 22	Lobuche Base Camp to Pheriche (4,270m/14,009ft)
Day 23	Pheriche to Ama Dablam Base Camp (4,529m/14,859ft)
Days 24–29	Ama Dablam (6,828m/22,401ft) summit bid
Day 30	Return to Ama Dablam Base Camp
Day 31	Contingency day
Day 32	Trek to Pangboche
Day 33	Trek to Namche Bazaar
Day 34	Trek to Lukla
Day 35	Fly Lukla to Kathmandu
Day 36	Trip ends, depart from Kathmandu.

THE ADVANTAGES OF CLIMBING WITH ADVENTURE CONSULTANTS

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

Our courses have been designed by Guy Cotter who has been climbing for over 35 years. Additional to his extensive record in New Zealand, his career has includes over 40 high altitude expeditions and polar journeys, including several ascents of Mount Everest and other 8,000m peaks.

As an IFMGA guide since 1991, Guy Cotter recognises the need for people to learn about 'climbing', and not just being taught the technical skills in isolation. This is not an easy task and cannot be achieved without experienced and highly skilled guides with good instructional skills. The guides and Sherpa staff at Adventure Consultants are recognised as amongst the best in the industry with the ability to help you get the most from your time with us.

The main points of difference on an Adventure Consultants Course are:

- More time to gain experience while practicing skills
- Highly experienced expedition guides and Sherpa instructing
- Gain valuable experience at altitude while learning essential expedition skills

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▲An acclimatisation climb of Khunde Peak. *Photo: Kunga Sherpa*

VISAS

Members will be required to obtain an entry visa into Nepal at the beginning of the expedition and this is easily procured at Kathmandu Airport on arrival. The trekking and climbing permits are a separate matter dealt with by the expedition agent.

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. We will dine at lodges in the Khumbu Valley, and at our Cho La Camp and Lobuche East Base Camp we will be catered for by our expedition cook and support crew. Our camp equipment and ample nutritious meals are always the envy of other groups along the way! We do recommend that you bring some of your personal favourite snacks like muesli bars, chocolate and/or candy to supplement the snacks that we provide.

EQUIPMENT LIST

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

MEDICAL EXAMINATION

Course members will be provided with pre-trip medical advice and a medical questionnaire and will be asked to visit their family physician to receive a full medical examination. This information will be sighted only by the Course Leader and our medical adviser and treated with full confidentiality.

DOCUMENTATION & PHOTOGRAPHS

Course members will need to provide a digital passport photograph for various climbing and trekking permits and a copy of their passport biodata page.

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Trek through the magical Khumbu Valley. *Photo: Caroline Ogle*

COURSE FEE

The cost of the Himalayan Climbing Course ex Kathmandu, Nepal is US$10,900 per person.

This is an inclusive cost and covers the following:

- Nepalese government royalty fees
- All course organisational requirements
- All trekking and climbing permits
- Airport transfers in Kathmandu
- Helicopter air transport within Nepal
- Accommodation in lodges or tents ex Kathmandu
- All group equipment (tents, ropes, kitchen, radios etc.) and emergency medical supplies
- All course staff, including Western guide(s) and Sherpa guides, cooks and porter support
- Transport of 20kg of personal equipment
- Breakfast, lunch and dinner ex Kathmandu
- Access to our satellite telephone for outgoing calls
- Dispatch web page updated throughout the trip
- dZi Foundation support for their "Revitalise a Village" programme—likely to include support for a Nepalese child's education for a year

The course fee does not include the following:

- Air travel to and from Nepal
- Hotel accommodation and meals in Kathmandu
- Purchases of bottled water, gifts and alcohol (boiled or treated water for drinking is supplied)
- Other charges at lodges/tea houses such as additional meals, showers, internet access or battery recharging
- Entry visas for Nepal (30-day tourist visa for Nepal available on arrival in Kathmandu)
- Personal clothing and equipment
- Personal travel/trip cancellation/rescue insurance
- Excess baggage charges for porterage and the flights to/from Lukla
- Cost of satellite telephone calls
- Any rescue costs or costs of early departure
- Gratuities

PAYMENT DETAILS

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

Bank of New Zealand
Offshore Branch
42 Willis Street
Spark Central
Wellington
New Zealand

for the account of Adventure Consultants Limited

Account Number: 1000-594771-0000
Account Type: US Dollars
Swift Address: BKNZNZ22

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

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

DEPOSIT

A deposit of US$1,000 is payable to secure a place on the course. An additional US$500 deposit is required if you are joining the Island Peak or Ama Dablam Add On options.

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▲Climbers at Lobuche High Camp. *Photo: Guy Cotter*

BALANCE

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

CANCELLATION & 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 course commencement date. An expedition team member may then cancel their participation on the following basis:

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

We strongly recommend you take out trip cancellation insurance via your travel agent if you wish to be covered against cancellation due to medical or personal reasons.

HOW TO JOIN THIS EXPEDITION

If you would like to join one of Adventure Consultants Himalayan Climbing Courses, please complete our online application at https://adventureconsultants.com/expeditions/himalayan-climbs/himalayan-climbing-course#DepartureBookingBlock and submit your trip deposit.

CONTACT US

Please also contact us if you'd like any further information or assistance in planning your trip:

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Rapelling off the summit of Lobuche East. *Photo: Charley Mace*

ADVENTURE CONSULTANTS
HIGH ALTITUDE EXPEDITIONS

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' programmes.

Adventure Consultants perform to IFMGA/UIAGM standards and are world leaders in high altitude guiding.

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