



## SHISHAPANGMA

### Expedition Notes

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**During the spring climbing seasons Adventure Consultants is able to operate an expedition to Shishapangma via the normal route from Tibet for private groups. This would be the third expedition for Adventure Consultants to Shishapangma.**



Of the world's fourteen 8,000 metre peaks, Shishapangma is the second lowest. The beauty of this climb is the easy access, utilising land transport to the mountain, reducing the approach time.

We will attempt the normal route ( which is not a technically difficult climb ) and access to the Base Camp is made in a two-day trek from the road end at 4900m. It is important to recognise that Shishapangma at 8,046 metres is still one of the highest peaks on the planet and, as such, is a demanding undertaking in even the most ideal conditions.

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### Who is the Expedition Leader ?

The expedition will be led by Mike Roberts (NZ/USA).

Mike is an IFMGA International Guide from New Zealand and his experience is vast. Mike has summited Mount Everest twice and led expeditions to Aconcagua in South America, McKinley in Alaska, Vinson Massif in Antarctica, Gasherbrum I & II in Pakistan, Cho Oyu in Tibet and Muztagh Ata in Western China. He has also managed to fit in 14 seasons mountain and ski guiding in the Southern Alps of New Zealand, 9 seasons in Antarctica as a Field Leader / Guide to the USA Antarctic Program, has worked as a Professional Ski Patroller / Avalanche Forecaster and is a qualified Physiotherapist. Add Mike's calm and welcoming personality, and attention to detail to the picture and you have a very personable and experienced Guide.

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## **How the Expedition will operate**

The expedition commences from Kathmandu – Nepal. We then travel by bus to the Chinese border and meet the staff from the Tibetan Mountaineering Association.

We transfer to Chinese vehicles for the journey overland to the mountain, along the way we will stop for a few nights to assist acclimatisation and stretch the legs on some day hikes. The vehicles ultimately take us to 4,900 metres where the trek to base camp begins. From the road end, the trek to our base camp (5,500m) takes two days. We utilise yaks to transport the luggage and we are free to travel with just a daypack.

The base camp is home for the duration of the expedition and each member gets his or her own tent.

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## **The route**

The route to Camp One (6300m) follows the main glacier on easy angled terrain. We may use skis or snowshoes on the glacier if there is deep snow, which will also make for a quick descent to the luxurious trappings of base camp! From Camp One, the route follows the glacier to Camp Two at 6900m and on to camp 3 (7,300m), which will be set within reach of the summit.

The summit climb from Camp 3 will take around 12 hours return for most members and involves climbing steeper snow slopes through to the summit. We are intending to climb the true summit of Shishapangma, which is the East peak. The lower West (Central) summit is the most often climbed due to the access being easier and the fact that snow conditions do often exclude the higher peak

A small team of Sherpas will accompany the expedition to provide the real 'carrying power' and ensure the high camps are well stocked for the summit climb.

The climbing plan involves several trips up the mountain as far as Camp Two for acclimatisation, punctuated by some rest days at the base camp.

For those who wish to use oxygen, two bottles of oxygen will be available for each member for the summit climb and a sleeping part bottle will be shared at the high camp before the summit day. Guides and Sherpas will accompany all members during the summit day.

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## **The other Expedition members**

We get a wide range of experience levels on our trips and the expeditions are geared to accommodate this. People without a lot of high altitude experience often experience trepidation about their performance before a trip and the only way to find out how you will perform is by going to altitude. Increasingly we find that accomplished high altitude climbers are using our services so they can concentrate on their sponsorships rather than private expedition organising.

We recommend to aspiring high altitude climbers that the best approach is to climb gradually higher peaks throughout your career so you can adjust to the

requirements of altitude. However, anyone who is a strong and active mountaineer will most probably experience few problems at altitude under our supervision.

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### **The level of climbing skills required**

There is no definite measure for assessing the required skill level to climb Shishapangma so we prefer to discuss this on an individual basis. However, there are some broad guidelines that can be applied from the outset.

A successful team member will have been visiting the mountains for at least three seasons and made ascents of peaks up to 18-20,000 feet (5,500 - 6,000 metres). It is quite common for members to have previously climbed Mt McKinley in Alaska, Aconcagua in South America, or various Mexican volcanoes as training for Shishapangma.

He/she will be familiar with crevasse travel techniques and have a good overall standard of fitness. Age itself is no barrier. To date we have succeeded on Himalayan trips with members aged from 25 to 64 years of age.

A fierce determination and a burning desire to climb the mountain are essential prerequisites for this expedition. The guides and other expedition staff will provide the leadership, tactics and overall decision making required during the climb, but we encourage input from the climbing group to see a positive conclusion to the climb.

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### **Visas**

Expedition members will be required to obtain visas for both Nepal and China. A Nepalese multiple (double) entry visa is easily procured at Kathmandu Airport upon arrival. *Please note:* The Nepalese Embassy in your own country will often not issue double or multiple entry visas so they are best procured on arrival.

Chinese Embassies will not issue individual visas for Tibet without the proper paperwork from the Tibetan Mountaineering Association. For this reason it is easier to obtain your Chinese visa from the Chinese Embassy once you have arrived in Kathmandu. There is a one-day service available at the cost of US\$100. Our agent in Kathmandu will assist members with this task.

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### **Expedition itinerary**

#### **April 4 to May 14 (41 days)**

<b>Day</b>	<b>Date</b>	
1	April 4	Arrive Kathmandu
2	5	Sightseeing in Kathmandu, get Chinese Visas
3	6	Drive to Zangmu
4	7	Drive to Nylam
5	8	Rest day Nylam
6	9	Drive to Xegar
7	10	Rest day in Xegar

8	11	Drive to road end
9	12	Rest/acclimatisation at road end (4,800m)
10	13	Trek to valley camp
11	14	Trek to base camp
12	15	Rest at base camp/organise equipment
13-27	16 - 30	Establish high camps / acclimatise
28-35	May 1-8	Summit climb
36-37	10	Return to base camp
38	11	Trek back to road end
39	12	Drive to Nepalese border
40	13	Drive to Kathmandu
41	14	Depart from Kathmandu

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### The Expedition Fee

**Please contact us with your group size and preferred dates so that we can supply you with a customised quote for your private expedition.** This would be an inclusive cost and would usually cover the following:

- Chinese government royalty fees
- All expedition organisational requirements
- All climbing and trekking permits
- Land transport in Tibet and Nepal
- All team equipment & two bottles of oxygen
- All expedition staff, incl. Sherpa support
- All food after departing Kathmandu and before arriving back in Kathmandu
- All supplies necessary to make a safe and strong bid for the summit
- Medical services

The expedition fee **does not** normally include the following:

- Air travel to and from Nepal
  - Hotel accommodation and meals in Kathmandu
  - Entry visas for China and Nepal (suggest getting 60 day multiple entry into Nepal on arrival into Kathmandu & Chinese Visa in Kathmandu)
  - Personal clothing and equipment
  - Personal insurance
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### Food

Our Sherpa cooks ensure we receive high quality food throughout the expedition with the emphasis on nutrition and palatability. Members with special dietary requirements should let us know when booking.

Our base camp equipment and ample, nutritious meals are always the envy of other groups on the mountain!

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### Additional services

We can add-on services to assist you on your climb.

- We have provision for climbers to have their own Sherpa to assist with the carrying of personal gear on the mountain.
- We can arrange a special sightseeing trip to Lhasa flying ex Kathmandu for a tour of the monasteries. You would then travel overland to meet with the expedition in Shishapangma base camp.

Should you require any specific services please contact us to discuss these needs.

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### **Marketing**

While the official name of the expedition will remain the “Adventure Consultants’ Shishapangma Expedition”, you can for personal marketing purposes use another name if it will assist you in any way. You will also be completely free to enter into personal agreements with sponsors or supporters if you wish.

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### **Equipment List**

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

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### **Medical Examination**

Expedition members will be provided with a medical questionnaire and asked to visit their family physician and receive a full medical examination. This information will be sighted only by our medical adviser and treated with full confidentiality. Advice on immunisations will be provided at this time.

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### **Documentation and photographs**

Expedition members will need to provide 6 passport photographs for various climbing and trekking permits and a copy of their passport bio-data page.

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### **How to make this expedition happen**

Please e-mail, write or call us for more information.

#### **Adventure Consultants Ltd**

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