



# TRIPLE CROWN

8,850M/29,035FT - 8,516M/27,939FT - 7,861M/25,790FT

**2024 EXPEDITION TRIP NOTES**







# TRIPLE CROWN EXPEDITION NOTES

## 2024 EXPEDITION DETAILS

**Dates:** 1 April to 2 June, 2024  
**Duration:** 63 days  
**Departure:** ex Kathmandu, Nepal  
**Price:** Price available on application

▲ Celebrating on the summit of Lhotse, Everest behind. Photo: Thomas Stromstedt

Revered by many, attempted by few, the elusive Triple Crown sits as the world's ultimate high-altitude mountaineering prize!

There are few mountaineering prizes greater than the Triple Crown, consecutive summits of three of Nepal's highest peaks—Nuptse, Everest and Lhotse in one expedition. It's not an adventure for the faint-hearted, it takes a huge amount of strength and determination, but if you think you have the courage to take on the Triple Crown, Adventure Consultants will take you there.

Our Triple Crown Expedition begins with a low-key acclimatisation climb on Lobuche East, a 6,119m/20,075ft peak close to the Everest Massif. Here you'll have the chance to solidify your acclimatisation, and eliminate the need for one rotation on Everest. Following our Lobuche ascent we move to Everest Base Camp and prepare in earnest for the Triple Crown.

Nuptse, the smallest of the 3 summits at 7,861m/25,790ft, is climbed first. Often overlooked by climbers for it's more popular neighbours, Nuptse is not a mountain to underestimate, it's a steep and arduous climb to the summit but the views from the top are spectacular. Following Nuptse you'll return to Base Camp for a period of rest before the next challenge, Everest (8,850m/29,035ft) then Lhotse (8,516m/27,939ft) the next day!

The Triple Crown is an elusive glory, as yet no one has ever managed to complete all three summits in one season. It's an epic undertaking, but it's not impossible and if you are seeking a challenge then talk to us about how we can make the Triple Crown your next big adventure!

## THE ADVENTURE CONSULTANTS TRIPLE CROWN TEAM

### LOGISTICS

The 2024 expedition is being organised by Guy Cotter, the director of Adventure Consultants and a veteran of 29 years of Everest expedition guiding and organisation. With technology constantly evolving, Adventure Consultants have kept abreast of all the new techniques and equipment advancements—encompassing the latest in weather forecasting facilities, equipment innovations and communications systems. Everest is not the place to be with an organisation that is 'learning the ropes', there is too much at stake for that. Adventure Consultants





AC CEO Guy Cotter, organising Everest Expeditions for close to 30 years.

expedition staff, along with the operations and logistics team at the head office in New Zealand, provide the highest level of backup and support to the climbing team to maximise your chances of success.

This is coupled with a very strong expedition guiding team and Sherpa contingent, who as you will come to see are second-to-none in the industry.

## EXPEDITION GUIDES

Our international guiding staff are the best in the business. You will find the Adventure Consultants Mountain Guides companionable and strong expedition leaders with considerable abilities and a strong desire to see you achieve your goals. The number of guides is determined by the team size with the maximum ratio of guides to members is 1:4. Our Triple Crown guiding team includes:

### Ang Dorjee Sherpa

Summitting Everest initially with us in 1992, Ang Dorjee has moved on to achieve 30 ascents of 8,000m peaks, including Everest 22 times! His skills as a climber are legendary. Ang Dorjee is originally from Pangboche Village in the Khumbu Valley of Nepal, but he now lives in the USA. He guides on Mount Rainier and leads Aconcagua and Kilimanjaro expeditions for Adventure

Consultants. He has guided on our successful Everest 2008, 2009, 2010, 2011, 2012, 2013, 2016, 2017, 2019 and 2023 expeditions.

### Rob Smith

Rob Smith has been guiding since 2000. He divides his time guiding between the Antarctic summer seasons and the greater ranges of the Himalaya. Originally from Omagh, Northern Ireland, Rob is now based in Fort William, Scotland. He has guided for Adventure Consultants for many years and his notable guided ascents include Everest, Lhotse, Vinson Massif, Cho Oyu, Carstensz and Elbrus amongst many others. Rob has summited Everest 7 times and has climbed both the North and South routes.

### Mark Austin

Mark started climbing in 1994 at age 20 and began guiding in 2007, reaching his IFMGA Mountain and Ski Guide status in early 2012. He has climbed extensively in Canada, France, Nepal and New Zealand. A ski patroller and self-proclaimed gear freak, Mark is never short of a conversational topic and enjoys sharing good times in the hills with those he's guiding. Mark guided on our Everest 2023 expedition.

## SHERPAS

Our Sherpa team has dozens of Everest summits between them. Da Jangbu Sherpa is the Expedition and Climbing Sirdar who has summited Everest an impressive 13 times and brings with him considerable knowledge and experience. Because of his leadership, we have a legendary group of Climbing Sherpas who operate in a harmonious atmosphere of cooperation and commitment to the expedition and its members. Our group of Climbing Sherpas is enthusiastic, motivated and regarded as the strongest and most cohesive group of Sherpas on Mount Everest. It is indicative of the reputation that our Sherpa team has earned that Sherpas from other expeditions enthusiastically pursue a future position with the AC team.



Everest Expedition guides Ang Dorjee Sherpa (left) and Rob Smith (right).





▲ Spectacular views from the summit of Everest. Photo: Mike Roberts

Our cooking staff are very well known for the quality of the cuisine they produce and are coveted by other team leaders due to the reputation they have established. We have been developing the personnel within our Sherpa team for close to 30 years and they are an integral part of the Adventure Consultants Team.

## WHAT IT TAKES TO COMPLETE THE TRIPLE CROWN

The Triple Crown routes are not especially technically difficult climbs—nor are they the “Yak Routes” which some non-Everest climbers have termed them. However, it is imperative that expedition members are well versed in the latest techniques and have experience in the high mountain environment.

What the photographs do not show are the difficulties of operating at these extreme altitudes. The Triple Crown is a series of physically demanding ascents, requiring enormous determination and stamina. This expedition is not the place for those who will give up when the going gets uncomfortable or strenuous. Days can be up to 15 hours long and although we have lightened the loads you personally carry by having enough Sherpa support to carry your equipment, the days are still arduous and taxing, especially over the extended expedition period.

The outcome of the expedition will be determined by three broad groups of factors. The first is environmental (weather and snow conditions, etc.). The second is the logistical approach taken by the expedition leaders and the strategies employed to embark on the summit bids. The third is your own

preparation in the years prior to the expedition and how you perform whilst the expedition is underway. We can help design a training programme that will both physically and mentally prepare you for the climbs, but you need to commit the time and energy to ensure you attain the correct conditioning.

We know that the success of an expedition is determined by factors that are planned well in advance of the outset of the actual climbing. During our 27 previous seasons on Mount Everest, we have observed many other groups attempting to climb the mountain. Many try to emulate our strategies without committing to the level of resources that we provide.

Every step of the way, our head office staff will be there to answer your questions. If they can't, they will be happy to put you in touch with one of our



▲ Some of AC's talented Sherpa team. Photo: Suze Kelly





▲The Lhotse Couloir. Photo: Guy Cotter



▲Looking across at the North Face of Nuptse from Camp 2. Photo: Guy Cotter



▲Looking up to the summit of Everest from the South Col. Photo: Suze Kelly

Senior International Guides who will have first-hand knowledge of the climbs.

We recognise that no amount of finely tuned organisation will guarantee anyone a summit. However, we do believe that our experience, combined with your enthusiasm and determination, will provide you with the best possible chance of claiming the Triple Crown. Our track record on Everest alone is unmatched with 360 summits to date!

## HOW DO I CHOOSE BETWEEN THE VARIOUS EXPEDITION PROVIDERS?

It is very important to us that the climbers who join our team have expectations that are compatible with the programme we offer and the style of expedition we run. We don't want to merely 'fill our expedition' but instead we want a team made up of companionable people who are focused on reaching the summit in good style with the highest level of support and safety standards, as can be provided by a guiding service on Mount Everest accompanied by the best standards of food and equipment that is attainable.

So, what is the difference between us and the rest? We could make a lot of claims about how much better we are than the rest, but it is our clients who are the best judge. We are happy to put you in touch with some of our past clients who are so impressed that they have offered testimonials, so please contact us for their contact details.

## THE CLIMBING ROUTES

### LOBUCHE (ACCLIMATISATION CLIMB)

Our expedition starts with a flight to Lukla where we begin our acclimatisation trek through the Khumbu Valley to Lobuche. Here we rest and acclimatise before moving up to a high camp at 5,400m/17,720ft, which lies on a small ledge of rock above some small lakes.

An early start (around 2.30am) sees us climbing the South East Ridge, which is a mixture of rock, snow and ice climbing. The climbing is protected by fixed rope that our guide and Sherpa team will have fixed prior to the ascent. On the upper mountain the angle increases and here we climb the icy slopes using crampons on our boots. About 6–8 hours of steady climbing will bring us to the eastern summit of Lobuche Peak. From the top, we are well rewarded with superb views across to Ama Dablam, Makalu, Changtse, Pumori, Gyachung Kang,



▲ Everest, Lhotse, Nuptse and the Khumbu Glacier. Photo: Guy Cotter

Cho Oyu and of course our ultimate goal, the Triple Crown peaks of Everest, Lhotse and Nuptse.

From the summit, we make our way back down to Lobuche Base Camp for the night. We pack our gear and the following morning make our way alongside the Khumbu Glacier to Everest Base Camp. It's a welcome sight and our first few days are spend here resting and preparing for the next stage of our challenge.

## NUPTSE

By the time we first arrive at Base Camp at the foot of the Khumbu Icefall, a route will already be established with ropes and ladders through to Camp 1. Our strong Sherpa team will be busily involved in ferrying loads of equipment up the mountain.

We do two forays into the lower Khumbu Icefall for ladder training and familiarisation before moving to Camp 1 (5,900m/19,500ft). After a night or two at Camp 1, we move to Camp 2 (6,400m/21,000ft) for several nights' acclimatisation with a trip to the base of the Lhotse Face and perhaps climbing a short way up the fixed ropes. Our Camp 2 is like an Advanced Base Camp and is set up along with cook tents, dedicated cooks, a heated dining tent with tables and chairs. We utilise shared sleeping tents on the mountain.

At the end of this phase, we return to Base Camp to rest up and await a weather window in which to make our summit bid. When we do so, we move up through to Camp 2 for a couple of nights before moving to Nuptse Camp 3 (6,800m/22,300ft). The camp is nestled under the north face of Nuptse on a large ice shelf and is the last possible camping location between the Western Cwm and the summit. From Camp 3, we cross the bergschrund to get onto the climb proper and from here the route becomes a lot steeper. We will prepare the route by placing fixed ropes through to the summit. The route ascends steep ice slopes interspersed by rock bands that we climb around and over. After several hours we arrive at a narrow arête that we follow until we enter a broad face on the summit ice fields. The climb to the summit takes around 10–13 hours from Camp 3 as it is a long climb of 1,000m/3,280ft through to the top. We descend to Camp 2 and then the following day return to Base Camp.

Once our summit climb of Nuptse is complete, we will have a period of rest prior to our Everest and Lhotse summit bids. Depending on the weather outlook and other factors such as team health, we will either elect to rest in our comfortable Base Camp facilities or descend the valley to a village at around 4,000m for a period of high-quality rest. Either way, this is a time of sleep, relaxation, lots of eating and a daily walking





▲ Celebrating on the summit. Photo: Adventure Consultants

programme. Experience tells us that this rest cycle is very therapeutic; both physically and psychologically, prior to the final summit push.

## EVEREST

We will climb through the established camps with lightweight packs and don our oxygen masks for the first time when we arrive and sleep at Camp 3 (7,300m/23,700ft), high on the Lhotse Face. We then climb to Camp 4 (7,950m/26,300ft) on the South Col. All climbers will be sleeping on bottled oxygen before setting out for the summit, carrying only very lightweight oxygen bottles and using Summit masks.

We ascend 900m/3,000ft from the South Col on summit day via moderate snow slopes with the occasional rock step to climb over. As we approach the South Summit, the dawn breaks to reveal astounding views from Kanchenjunga in the east to Shishapangma off to the west with all the peaks of the Khumbu well below us. The traverse along the summit ridge is exposed and exciting. When we make our way up the Hillary Step, we can look 2,400m/7,900m straight down onto our Camp 2 in the Western Cwm and 3,000m/10,000ft down the opposite side of the ridge into Tibet! The summit itself provides ample space for the obligatory summit photo and is a time to reflect on the journey thus far. For many,

it is one of the most poignant moments of a lifetime.

Having summited, we descend via the same route, losing height quickly and generally we arrive back at the South Col some 3–4 hours after leaving the summit. We return to our tents for some much needed rest and rehydration ahead of our third and final summit, Lhotse.

The most likely timing for our Everest/Lhotse phase will be 15–25 May. Previous summit dates have been:

10 May 1990	24 May 2008
12 May 1992	19 May 2009
10 May 1993	22 May 2010
09 May 1994	11,13,19 May 2011
10 May 1996	19,25 May 2012
23 May 1997	19,20,21 May 2013
15 May 2000	19,20 May 2016
16 May 2002	21,22,27 May 2017
18 May 2003	16,19 May 2018
27 May 2004	23 May 2019
19 May 2006	23,24 May 2023
21 May 2007	

## LHOTSE

After a few hours rest and re-hydration, it's back to the action as we head out again, this time for the summit of Lhotse. From the South Col, it's a two-hour traverse around the Geneva Spur to take you to Lhotse Camp 4 from where you will stage the Lhotse summit attempt. Depending on the weather conditions and your health and energy levels following the Everest summit climb, your guide may elect for you to sleep overnight at Lhotse Camp 4 or continue directly on to the summit. The camp is situated on the upper part of the Lhotse Face on steep snow slopes at the base of the couloir that leads directly to the summit. Tent platforms will be cut into the slope but there will be little room to move about.



▲ Warm up on Lobuche East. Photo: Charley Mace





▲ Climbing between the South Summit and the Hillary Step, Everest. Photo: Charley Mace

The climbing is very direct from Camp 4 with 200m/656ft of climbing snow slopes, before entering the narrow confines of the summit couloir that we ascend directly to the summit itself. The timing of the ascent will be dependent on the snow conditions and weather at the time, but in general this will take around 8–10 hours from top camp and around 3 hours to descend. We continue descending through to Camp 2 for the night, and returning to Base Camp the following day.

## PREREQUISITE EXPERIENCE

There is no definite measure for assessing the required skill level to climb the Triple Crown, so we like 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 five seasons and made ascents of peaks up to 5,500–6,000m/18–20,000ft. It is quite common for members to have previously climbed Denali in Alaska, Aconcagua in South America and various Mexican volcanoes as training for Everest.

You will be familiar with crevasse rescue and glacier travel techniques and have a high overall standard of fitness. There will ideally be a broad set of climbing skills from basic rock climbing to advanced cramponing on snow and ice, and strong rope skills such as rappelling and rope ascending.

Age itself is no barrier. To date, we have succeeded on Everest alone with members aged from 20 to 66 years of age. A fierce determination and a burning desire to achieve the goal are essential prerequisites for this expedition. The guides and other expedition staff will provide the leadership, tactics and overall decision-making required during the climbs, but you will still

have to physically put one foot in front of the other to make it to the top and back.

We strongly recommend that you undertake another expedition with us before attempting the Triple Crown. Your ability to reach the three summits may be dictated by your understanding of how your body responds to very high altitude and ascending other less demanding peaks at high altitude will increase your confidence and enhance your judgement during summit days. For example, Cho Oyu from Tibet is an excellent venue to learn about the problems of extreme high altitude, without the time or financial commitment that the Triple Crown requires.

## TEAM SIZE

Team size may vary depending on your groups needs. Our maximum guide to climber ratio is 1:4.

The Base Camp will be staffed by a medical doctor, Base Camp manager and Sherpa kitchen crew, usually totalling 7–10 people depending on overall group size. Private teams have the option of employing personal Base Camp Staff.

A team of between fifteen and twenty Climbing Sherpas will carry loads and support the summit climb. Adventure Consultants have a ratio of at least one Sherpa for each team member or guide on summit day.

Sherpa cooks will occupy Camp 2 in the Western Cwm for the duration of the expedition. Their role is not only to provide us with tasty meals but also to maintain the integrity of Camp 2 during inclement weather. Often our assistant cook will trek down to meet us enroute from Camp 1 with tea or juice!



▲ Climbing high above the Khumbu Glacier on Nuptse. Photo: Guy Cotter

## FAST TRACK

We also offer a 'Fast Track' programme for climbers who wish to maximise their time and are able to pre-acclimatise prior to arriving in Nepal with a system such as Hypoxico. The perfect option for those on a limited timeframe.

Under this programme you will fly directly from Kathmandu to Pheriche. From Pheriche, we will move on to our acclimatisation climb of Lobuche East (6,119m/20,075ft). Please enquire with our office for more details.

## ITINERARY

The following itinerary reflects our standard 63 day schedule, customised itineraries may vary:

Day 1	Arrive Kathmandu, Nepal
Day 2	Trip preparation and gear checks
Day 3	Fly to Lukla (2,860m/9,383ft), trek to Phakding (2,610m/8,563ft)
Day 4	Trek to Namche Bazaar (3,440m/11,286ft)

Day 5	Acclimatisation day and sightseeing Namche Bazaar
Day 6	Namche Bazaar to Phortse (3,950m/12,959ft) via the Mong La Pass (3,970m/13,025ft)
Day 7	Phortse to Pheriche (4,270m/14,009ft)
Day 8	Rest day in Pheriche and acclimatisation hike
Day 9	Trek to Chhukung (4,730m/15,518ft)
Day 10	Climb Chhukung Ri (5,550m/18,209ft)
Day 11	Trek over Kongma La (5,535m/18,159ft) to Lobuche (4,925m/16,204ft)
Day 12	Rest day and preparations
Day 13	Move to Lobuche High Camp (5,400m/17,720ft)
Day 14	Summit Lobuche East (6,119m/20,075ft). Return to Lobuche
Day 15	Trek to Everest Base Camp (5,300m/17,400ft)
Days 16–18	Rest and preparation at Base Camp
Days 19–26	Establish camps and acclimatise on Nuptse
Days 27–29	Rest days and preparation at Base Camp
Days 30–35	Nuptse summit climb
Days 36–39	Rest days at Base Camp





▲ Climbing through the Lhotse Couloir. Photo: Guy Cotter



▲ Climbers negotiate the Khumbu Glacier. Photo: Mike Roberts



▲ A break before the climb to Nuptse's summit continues. Photo: Guy Cotter

Days 40–48 Everest (8,850m/29,035ft) and Lhotse (8,516m/27,939ft) summit climbs

Days 49–56 Contingency days

Day 57 Pack up and depart Base Camp

Days 58–61 Trek to Lukla

Day 62 Fly from Lukla back to Kathmandu

Day 63 Depart Kathmandu

We strongly suggest that you keep your homeward flight open dated and flexible so that we can extend into the latter part of May for a summit attempt if need be.

## OXYGEN

AC provides a high flow oxygen package included in the expedition fee.

Many have found this critical to their success on Everest and Lhotse and we have seen our summit rate increase dramatically with its use. The response from our team members has also been phenomenally positive. Climbers have reported having better energy levels, a better appetite, more warmth, a higher degree of strength and greater enjoyment on summit day.

We also ensure we have enough oxygen to wait a day at the South Col and Camp 4, before attempting the summit.

Our recent experiences show that for those who really want to maximise their chance of success, then these high oxygen flow rates allow the best option for ensuring you only need to attempt the Triple Crown once!

For those seeking additional reassurance, we have options for extra-high flow oxygen supply, or oxygen from Camp 2.

## YOUR HEALTH

AC provides a dedicated doctor at Base Camp for all of our teams as standard. Most other teams use a generic medical provider, whilst our doctor is there primarily for our team members. The doctor will monitor your overall health throughout the expedition and our medical equipment and provisions are there to provide for your health care needs.

Ample resources will be on call to support every climber, not just the first team or fittest members. Should you have higher health needs or monitoring there is an option to employ a personal doctor, see below for detail.



▲ Enjoy modern and comfortable facilities at Basecamp. Photo: Rob Smith



▲ Upgrade to helicopter transport. Photo: Adventure Consultants



▲ The heart of Base Camp—the Kitchen Tent! Photo: Sarah Macnab



▲ Wide variety of food and fresh produce at Base Camp. Photo: Sarah Macnab

## OTHER SERVICES

### BASE CAMP SERVICES

#### Personal Base Camp Manager

Guarantee the smooth operation of your private expedition with your own Personal Base Camp Manager, who'll oversee all team logistics, communications and day-to-day management of your expedition. Ideal for those who anticipate a high level of business or personal communications requirements, recommended for larger groups and/or film crews.

#### Media Support

Take the pressure off your expedition communications by utilising one of our talented media support team. Ensuring immediate, effective communications to your target audience—including public relations, social media content, website and blog content.

#### Personal Assistant

Make the most of your time off the mountain, while still attending to your business commitments. Experienced office professionals who are also used to the rigours of

living and working at altitude, your Personal Assistant will filter your work communications to ensure you don't waste valuable time clearing your inbox.

#### Private Doctor

Take your health and fitness to another level by employing your own private team doctor. Ideal for larger private groups and those choosing to monitor their health to a higher level.

#### Physiotherapist

Don't let your expedition be derailed by a niggling injury! Bringing a physiotherapist onto your team will ensure that even the most minor muscle aches and twinges are treated before they become a problem.

#### Sports Coach

From pre-expedition training through to your final summit push our professional sports coaches can ensure you're in peak physical and mental condition to meet your goal.

#### Personal Base Camp Chef

Ensure your dietary tastes and requirements are met to a high standard with your own personal Base Camp Chef.





Teams begin their descent off the summit of Everest. Photo: Mike Roberts

## Personal Dispatch Page

Daily updates posted to the Adventure Consultants Latest News page allowing friends and family to follow your journey every step of the way.

## Private Dining/Lounge Tent

Choose to dine alongside our main expedition team members or enjoy a more personalised service in your own private dining/lounge tent.

## Pre-trip Equipment Consultation & Retail Service

Having the right gear and knowing how to use it is key to any successful expedition, so we recommend you utilise the services of our in-house equipment gurus to ensure that you arrive in Kathmandu ready to go! AC also provides a retail service for those wishing to purchase clothing and equipment at a discounted rate, check out our Gear Store for details.

## UPGRADES

### Luxury Trek

We offer the opportunity to trek to Base Camp in comparative luxury with our Luxury Trek Upgrade. This

option incorporates the best lodges available in the lower valley and our luxury tented camps in Dingboche and Lobuche, consisting of stand-up sleeping tents, shower tents and heated mess tents, allowing you to arrive at Base Camp rested and in the best possible condition and mindset for the challenges ahead.

### Helicopter Upgrade

We offer an upgrade to helicopter transport for your domestic flights between Kathmandu and Lukla, the entrance to the Khumbu Valley. Helicopters are a faster means of transport and less prone to weather delays than fixed-wing flights when you are eager to get going at the onset of the expedition or keen to return quickly back to loved ones at the end. We can also offer a return helicopter flight directly from Base Camp to Kathmandu if you require a speedy egress after your expedition to meet your personal or business commitments

## VISAS

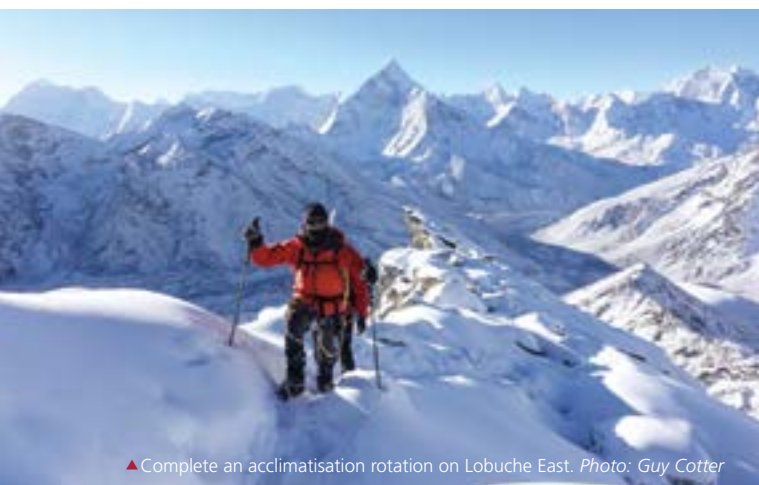
Expedition members will need to arrange their own entry visa into Nepal. This can be organised by a Nepalese Embassy or Consular office in your own country or at Kathmandu Airport on arrival in Nepal. Currently, the easiest and best place to obtain a visa is



▲ Trek through the Khumbu Valley enroute to Base Camp. Photo: Mike Roberts



▲ Nuptse, Everest and Lhotse beckon in the distance. Photo: Mike Roberts



▲ Complete an acclimatisation rotation on Lobuche East. Photo: Guy Cotter



▲ Enjoy the company & expertise of our highly trained guides. Photo: Leow Kah Shin

on arrival at Kathmandu Airport. Visa application forms can be completed online. You will need to get a 90-day visa which costs US\$125.

Once in Kathmandu, the expedition’s agent will provide the expedition permit to match. If you choose to get your visa at the Kathmandu Airport, you will need to have a passport photo handy.

## COMMUNICATIONS

The expedition will be equipped with Thuraya satellite phone systems for the duration of the expedition in order to provide reliable email and voice communication globally for business, media or personal use. Limited satellite phone time can be purchased at the rate of US\$3.00 per minute. Our broadband satellite Wi-Fi connectivity will be available once the expedition is underway and is included in the expedition fee on the basis of a fair use policy. Additional communications packages are available, including a personal satellite phone or data connection.

## EQUIPMENT LIST & REFERENCE NOTES

Expedition members will be sent a list detailing all the necessary clothing and equipment to be individually provided, contained within a set of Expedition Reference Notes with all the details for the trip. These notes provide extensive information on everything from suggestions of what type of camera to bring to training advice for your expedition preparation.

## MEDICAL EXAMINATION & INSURANCE

You will be provided with a medical questionnaire by the expedition doctor and asked to visit your family physician to receive a full medical examination. This information will be sighted only by the expedition doctor and Expedition Leader and treated with full confidentiality. Advice on immunisations will be provided at this time. We also require members to have rescue insurance and we will consult with you regarding your insurance needs and solutions for coverage.

## PASSPORT PHOTOGRAPHS

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



# THE EXPEDITION FEE

The cost of the expedition, ex Kathmandu, is available upon application.

Costs are inclusive cost and cover the following:

- 1:4 Western guide ratio and 1:1 Sherpa to climber ratio on summit days. Private Expedition 1:1 or 1:2 Western guide ratio also available.
- Bottled oxygen
- Personal equipment carried on the mountain
- Nepalese government royalty fees
- All expedition organisational requirements
- All climbing and trekking permits
- Helicopter air transport within Nepal
- All team equipment
- All expedition staff including Sherpa support
- All food whilst away from Kathmandu
- All supplies necessary to make a safe and strong bid for the summit
- Medical services from our Expedition Doctor
- Base Camp Wi-Fi (fair-use policy applies) and satellite phone facilities
- Internet dispatch page updated daily by guides and Base Camp staff, and semi-hourly on summit day
- dZi Foundation support for their "revitalize a village" programme—likely to include support for a Nepalese child's education for a year.

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

- Air travel to and from Nepal
- Hotel accommodation and meals in Kathmandu
- Nepalese airport entry visas
- Extras on the trek in/out such bottled drinks, showers and laundry
- Personal clothing and equipment
- Personal Insurance/Trip Cancellation Insurance/ Medical Evacuation Insurance
- Actual satellite phone calls
- Gratuities for guides and Sherpa staff.

**NOTE:** Actual inclusions for Triple Crown expeditions may vary depending on individual trip customisations.

## 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



▲ Climbing ladders in the Khumbu Icefall. Photo: Mike Roberts

**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 and Amex) plus a 3% card charge.

## DEPOSIT

A non-refundable deposit of US\$20,000 is payable to secure a place on the expedition.

## BALANCE

The balance is split into two installments. The first is payable on 20 October 2023 and the second on 20 January 2024.

## CANCELLATION & REFUND POLICY

An expedition member may cancel their participation on the following basis:

- a) Prior to 20 January 2024, then on the basis of a 50% refund of the 20 October 2023 balance payment.
- b) After 20 January 2024 but before departure to the mountain from Kathmandu then on the basis of no refund of any monies paid.



▲ Looking towards the Lhotse Face from Camp 2. Photo: Guy Cotter

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 the Triple Crown Expedition, please complete our online booking form and forward your deposit payment at [www.adventureconsultants.com/expeditions/seven-summits/triple-crown/book-now](http://www.adventureconsultants.com/expeditions/seven-summits/triple-crown/book-now).

## CONTACT US

If you require more information or assistance planning your trip, please contact us at:

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**Phone:** +64 3 443 8711

**Email:** [info@adventure.co.nz](mailto:info@adventure.co.nz)

**Website:** [www.adventureconsultants.com](http://www.adventureconsultants.com)







▲ Everest from the summit of Lhotse. Photo: Guy Cotter



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

