Check Out This Guide Before Taking An Everest Tour

Check out this guide before taking an Everest tour to prepare you beforehand. After reaching the end of this blog, you will have enough knowledge about the equipment and gear you need for the Everest tour, the optimal time to go for an Everest tour, the Everest overview, permits required for the Everest tour, and how to prepare for an Everest tour.

A Brief Introduction To Everest Height

Table of Contents

- A Brief Introduction To Everest Height
- Who Climbs Mount Everest At First?
- Highlights Of The Everest Tour
- How To Get Ready For An Everest Tour?
- Equipment And Gears Needed For Everest Tour
- The Best Time To Go For The Everest Tour
- List Of Permits Required For The Everest Tour
- Conclusion

At the height of 8,848.86 meters or 29,029 feet, Mount Everest is the highest mountain in the world (29,031. 69 ft). It is situated in the Himalayas on the border between Nepal and Tibet. However, its highest peak lies in Nepal. In Nepal, it is known as “Sagarmatha,” which means “Goddess of the Sky,” while in Tibet, it is known as “Chomolungma,” which means “Mother Goddess of the World.” The recent report shows it is roughly 50-60 million years old.

This mountain was named Everest after George Everest, a former surveyor general for India, and was recognized as the highest peak in the world in 1856. Kangchenjunga was regarded as the tallest mountain before 1856.

In the 19th century, Sir George Everest, the British Surveyor General of India, took the first measurements of the mountain and determined its height to be 8840 meters. After that, in 1955, a more precise calculation was done by an Indian study and estimated that the height of Everest was 8,848 meters (29,029 ft). Everest was again measured in 2022 by a Chinese and Nepalese crew, and they determined its height to be 8,848.86 meters (29,031.69 feet).

Who Climbs Mount Everest At First?

In 1953, Sir Edmund Hillary of New Zealand and Tenzing Norgay, a Sherpa from Nepal, made the first successful ascent of Mount Everest. Since then, tens of thousands of climbers have made many efforts to reach the top, all of which have various degrees of success. Although improvements in gear and technology have made mountain climbing relatively safer than in the past, it is still a difficult task that calls for intensive exercise, planning, and preparation.

Each year, millions of tourists tour Mount Everest, which continues to be a desirable and famous site for mountain climbers and explorers worldwide. The mountain and its surroundings are sacred places for Nepali and Tibetan communities.

Highlights Of The Everest Tour

Trekking is frequently a part of an Everest tour, which may include a pause at the Everest Base

Camp. A tour to Everest may include the following highlights:
Trekking in the Himalayas: The Everest region offers some of the most breathtaking hiking trails worldwide. The trekking routes pass through lovely forests, traditional Sherpa communities, and gorgeous valleys.

1. **View of Mount Everest:** The breathtaking view of Mount Everest is the major attraction of an Everest tour. The peak can be seen during the climb from various vantage points, but the vista from the base camp is particularly striking.
2. **Sherpa Culture:** Mostly, Sherpas live in the Everest region. You may take an Everest tour to enjoy their hospitality, see their monasteries, and discover more about their daily lives.
3. **Sagarmatha National Park:** Sagarmatha National Park is a UNESCO World Heritage Site in the Everest area. Many species of flora and fauna, including endangered animals like the red panda, snow leopard, Himalayan monal, and musk deer, are found in this park. Additionally, there are glaciers, valleys, and walks in this park.
4. **Kala Patthar:** A summit close to Mount Everest called Kala Patthar provides one of the best panoramic views of the mountain. Both hikers and photographers love going there.
5. **Tengboche Monastery:** The most significant monastery in the area and one of the most stunning Everest sites is Tengboche. With breathtaking views of Mount Everest, a monastery is a significant place of worship and culture for the Sherpa people.
6. **Local cuisine:** You may taste authentic Nepalese cuisine on an Everest tour, including meals like momos (dumplings) and dal bhat (lentil soup and rice). The meal is an excellent way to learn about the culture of the local people.

How To Get Ready For An Everest Tour?

Planning and preparing are necessary for an Everest tour. These are some actions to think about:

1. **Visit a doctor:** Before attempting an Everest tour, it's crucial to ensure you are in excellent condition and capable of handling the challenges since the Everest tour is at a high altitude and requires physical demands. Your doctor might suggest medicine for altitude sickness or other safety measures.
2. **Train for the Everest tour:** Prepare for the expedition by hiking over difficult terrain for several days at a high altitude. It is physically challenging and requires strong stamina, cardiovascular fitness, and mental toughness. A training plan that includes weightlifting, running, trekking, and other aerobic exercises can prepare the body for the tour's physical demands.

3. **Get the required equipment:** Hiking in the Himalayas requires reliable hiking boots, warm clothing, a decent sleeping bag, a backpack, and a trekking pole. Researching and getting the appropriate equipment is crucial before the journey.
4. **Prepare for the weather:** The Everest region's weather can be irregular and severe. It would help if you were ready for cold weather and the potential for rain, snow, and strong winds. In addition, you also need to make sure you pack suitable clothing and equipment and be ready to change your plans.
5. **Prepare your travel paperwork:** You may require a visa or other travel documents to enter Nepal, depending on your nationality and trip objectives. Ensure you know the criteria and apply for relevant paperwork before your trip.
6. **Hire an experienced guide and tour operator:** Hiring a professional tour operator and guide is essential because trekking in the Himalayas may be difficult and risky. You can ensure your trip is successful and safe by partnering with an experienced tour operator and guide.

Equipment And Gears Needed For Everest Tour

A successful and safe Everest tour depends on having the right equipment. You will need the following basic tools and supplies:

1. **Equipment and gear:** Climbing equipment like crampons, ice axes, ropes, carabiners, harnesses, helmets, and ascenders are necessary for the Everest tour. Similarly, a travel map, trekking poles, a head torch with backup batteries, and other items are also necessary.
2. **Clothing:** You should wear clothing appropriate for Everest's extremely low temperatures, strong winds, and precipitation. Equipment includes eyeglasses, padded caps, gloves, fleece jackets, windproof and waterproof jackets, and thick trousers.
3. **Footwear:** To prevent frostbite on your feet, you must use mountaineering boots with solid bottoms and superior insulation.
4. **Sleeping bags and tents:** During the tour, camping will require using lightweight, reliable tents and sleeping bags.
5. **Oxygen cylinders and masks:** Oxygen cylinders and masks are necessary for successful climbing at high altitudes because the air's oxygen content is low.
6. **First aid kit:** A first aid kit contains essential medical items like bandages, analgesics, and antiseptics for illnesses or injuries.

Similarly, it’s crucial to remember that when planning an Everest excursion, you should always pay attention to the quality of the gear. Select dependable, high-quality equipment, and always ask experienced climbers or tour guides for advice on what to pack.

The Best Time To Go For The Everest Tour

March, April, May, September, October, and November are the ideal times to do an Everest tour. In those months, the weather is generally clear and stable, and the vistas of the mountains are breathtaking. It’s not too hot or cold during the day, but it may get slightly cold at night. Even if it is pleasant during the day, it can get chilly at night. For climbing and trekking, it is a fantastic time.

It is typically not favorable to take an Everest tour from June to August because it is a rainy season. During this season, there is a considerable risk of landslides and avalanches. In

addition, the winter months of December to February are cold and snowy. This increases the risk of frostbite and hypothermia.

List Of Permits Required For The Everest Tour

I. Khumbu Rural Municipality Permit: To visit the Khumbu region, home of Mount Everest, you need this permit. The permit costs Rs 2,000 per person and is available through the Khumbu Pasang Lhamu Rural Municipality Office in Lukla.

II. Sagarmatha National Park Entry Permit: You need this permit to enter Sagarmatha National Park, where Mount Everest is located. This permit is available at the park gate or via the Nepal Tourism Board. SAARC nationality must pay Rs 1,500, and other nationalities must pay Rs 1500. Likewise, Nepalis need to pay Rs 100 to obtain this permit.

Conclusion

The Everest tour is an adventure perfect for those seeking a challenging experience. It is an opportunity to climb Mount Everest's summit, the world's highest peak. We can achieve this success with the assistance of experienced guides and Sherpas. Climbers will see the breathtaking Himalayan mountain range and the distinctive Sherpa culture and traditions while on the journey. Trekkers will encounter many difficulties, challenges, and obstacles along the way. But, the feeling of accomplishment upon reaching the summit of Everest is second to none.

Ultimately, the Everest tour is an adventure that everyone who wants to test their physical limitations must try. It is an experience of the incredible beauty of the natural world.

Download PDF

Inclusions

Exclusions