



Gokyo Ri 5360m - Island Peak 6189m – Ama Dablam 6856m

Vertical Resources

March / April 2011

Expedition Outline

General

In the Pre-Monsoon Season of 2010 Vertical Resources intends to run an expedition to Ama Dablam, Island Peak and Gokyo Ri located in the Solo-Khumbu valley, Nepal.



The expedition will include an acclimatization trek to Chukung Ri (5565m) and will also be able to cater for those climbers who wish to climb Island Peak only rather than attempting Ama Dablam with an addition of Lobuje East.

The expedition will start in Kathmandu where we will have the opportunity to check and obtain gear and equipment in Thamel before flying into Lukla (2840m). From Lukla our first objective will be Gokyo Ri (5300m). We will spend a week slowly approaching Gokyo Ri to acclimatize for our initial peak. A few days will be spent resting here.

From Gokyo we will cross the Cho La and make our way to Pheriche/ Dingboche. From Dingboche we are poised to make our final approach to Island Peak. Dingboche is a good base for rest after climbing Island Peak and a good springboard to Ama Dablam basecamp.

Our previous acclimatization will give us a good basis for climbing Ama Dablam, however our two week climbing period will give us plenty of time for all contingencies.

At the conclusion of the expedition we will travel back down the main trekking path to Lukla where we will fly back to the hustle and bustle of Kathmandu.





Expedition Specifics

In the pre-monsoon season 2011 we are heading to the Solo-Khumbu valley system to;

- Acclimatize on Gokyo Ri (5350m)
- Acclimatize on Chukung Ri (5750m)
- Acclimatize and train on Island Peak (6189m)
- Climb Lobuje East (Optional)
- Climb Ama Dablam (6856m)

Gokyo Ri (5350m)

This is a popular trekking peak with outstanding views of the Everest region. It rises above the township of Gokyo and the surrounding sacred Gokyo Lakes. Besides climbing Gokyo Ri, the region also offers lake walks and general good karma. Gokyo Ri is often a challenge as it is your first time above 5000m and can also be cold. The early start is good training and is well rewarded by a spectacular view of Everest.



Chukung Ri (5750)

This accessible peak is located directly above the village of Chukung in the Imja Valley on the trail to Island Peak (Imja Se) Basecamp and offers climbers and trekkers alike a good way to acclimatise. Chukung is situated at 4950m. A climb of Chukung Ri in conjunction with 2 nights at Chukung gives climbers a good chance at acclimatizing to about 5000m. From the summit the Nuptse/Lhotse wall rises directly above us and views of Island Peak, Ama Dablam and Makalu are possible



Island Peak (6189m)

This popular trekking peak is located under the imposing headwall of the Lhotse face. Island Peak offers moderate scrambling and crampon terrain with an exposed summit ridge. We have a high camp at 5600m, with the option of a second high camp at 6000m. From an icy plateau the summit ridge is gained by climbing a steep, icy face. The final summit ridge climbs another 120m on an exposed ridge. The use of fixed lines here allows us to move along it independently.





Lobje East

Lobje East has often been described as one of the most stunning trekking peaks to climb. Situated just above the township of Lobje on the road to Gorak Shep and Everest basecamp, the climb takes you up a series of rocky ledges before reaching high camp (about 5800m). The final 350m to the summit covers some steep terrain then a final narrow ridge to the summit.



Ama Dablam (6856m)

Ama Dablam dominates the skyline of the Solu-Khumbu valley from Namche to Lobuche. The meaning of Ama Dablam is 'Mothers Necklace' and refers to the hanging glacier on the south face. This is typically where Camp 3 is located. The summit offers outstanding views and a broad, flat platform (suitable for launching speedwings and paragliders). The climbing on Ama Dablam is technical and camps are tight. A summit day needs to be carefully planned and executed. Our acclimatization from the earlier stages of the trip will give us a larger window for summit attempts during our 12 days.

- Base camp (4750m)
- Advanced Base Camp (5400m)
- Camp 1 (5750m)
- Camp 2 (5940m)
- Camp 3 (6400m)
- Summit (6856m)





Expedition Services

Included:

- 4 nights' accommodation in Kathmandu – breakfast included.
- Flights to and from Lukla.
- Breakfast, lunch and dinner whilst on the trek and at BaseCamp
 - The Expedition will be using our own cook during the trek in and at basecamps
- Accommodation provided whilst on trek and at BaseCamp as either tent (twin share unless requested) or tea house.
- Park Entry Fees
- Peak Fees
- Yak / Porter Fees
- Sat Phone / email access (fee per use)
- Portable Altitude Chamber
- Emergency Medical Oxygen (at Basecamp and High Camps)
- Expedition Staff (Nepali) wages and insurance

Not included:

- Airfares to and from Nepal
- Nepal visa entry fee \$60US and International Departure tax of 1695NRS.
- Personal travel, accident and rescue insurance.
 - We recommend IHI Travel Insurance (www.ihicom.com)
- Personal climbing equipment and all other items of personal nature.





Guiding Team

Expedition Leader (s)

Mal Haskins

A professional mountain guide with previous experience in the Himalaya's and other high Mountain Ranges around the world. In Nepal, Mal's role is not as a formal guide, as can be expected in New Zealand or Europe, but more as a mentor and liaison between the Western team members and Nepali Staff. Mal will give advice, instruct, manage safety, etc. Mal has spent the last 5 seasons climbing in both the Nepalese and Indian Himalaya's. Notable guided ascents include;

- Lhotse 8516m, May 2008
- Meru Peak, India, 6664m

The expedition forged a new route up the western flanks of Meru Peak to allow Glen and Heather Singleman to make a world record basejump/wingsuit flight. See www.baseclimb.com for more information



Gavin Lang

Gavin is a professional Mountain Guide accredited with the NZMGA. He has organized climbing expeditions and guided trips in New Zealand, Peru, France and Switzerland. He can be expected to motivate and inspire you to perform to your best ability either through improvements in skills, nutrition or mental attitude. He has a keen eye for detail, a steadfast approach to mountaineering and will be keeping his feet on the mountain for the entire trip.

You can expect that your guide will give you feedback, advice and training on

- Health
- Technical skills
- Altitude related issues
- Acclimatization regime.



Your guide will also be with you on summit day as part of your team and will be responsible for

- Fixed ropes
- Weather calls
- Training days
- High Camp locations
- Overall mountain logistics and team management





Sherpa Support

We will have a team of Climbing Sherpas to assist us on the mountain. They will be responsible for carrying and ferrying the majority of the loads to camps and as such are the backbone of the expedition. Whilst you are making your way to C1, C2 etc the Sherpa's will have been up and down the mountain a number of times to establish and stock the camps with sufficient resources to allow us to make a summit attempt.

The Sherpas are not there for 1:1 support, however there is an option for this to occur at an added cost. Please ask if you are interested in this option.

Daily Routine

Trekking

You can expect a fairly leisurely intro in Nepal. You'll only need to carry a small daypack with enough personal equipment so that you can keep warm / drink water etc.

The day will typically start with cup of tea brought to your tent – breakfast and departing from our camp / tea house by about 9:30

Normally we will walk until about 11:30 when we sit down for lunch. The afternoon would typically be finished by about 3 pm when you'll have the opportunity to go and do some exploring, visit temples, read a book or simply just chill out.

Climbing Ama Dablam

Our initial trip up the mountain will be to establish Camp 1 and staying there for a few days. In this time we will have also climbed higher on the ridge to C2 – tagging it and returning to Basecamp. By now our previous acclimatization from trekking and Island Peak will allow us to make a concerted push up Ama Dablam with time to spare for bad weather days and illness. A relaxed - non rushed trekking approach and a good daily routine helps to prepare your body for being over 5000m. Over exertion or rushing will typically increase your risk of AMS.

Nepali Staff

The Expedition will be fully serviced; we will have a team of yaks, kitchen, and climbing staff . The Sirdar (Nepali leader and climbing Sherpa), Cook and head porter have been working with us for the last 3 years and are very easy to get on with as well as being extremely experienced.





Expectations and Responsibilities

Being a part of a guided expedition in the Himalaya’s isn’t about having everything done for you. There are many aspects of the trip that require a very high level of personal responsibility. An open and honest approach to how you are performing on the expedition in terms of fitness and health (AMS or otherwise) aids the overall successfulness of your climb. Over the course of the expedition your guide will ensure you have the skills necessary to feel confident and prepared to make a summit bid. It is up to you however to take full ownership of your trip.

Inclusions

- Tents
- Fixed lines
- Sherpa Support
- Group First Aid Kit
- All Mountain Food
- High camp Stoves / Fuel
- Group Climbing Equipment (Snow stakes, ice screws, climbing rope etc)

Exclusions

- Sleeping bag (s)
- Bed Rolls / thermarest
- Personal climbing equipment
- Personal Travel and climbing insurance

<p>Option 1 <i>Island Peak / Ama Dablam</i></p> <p>Start 15th March 2011 Finish 24th April 2011</p> <p>Cost</p> <p>Full Service : 6800 USD Deposit : 1000 USD</p>	<p>Option 2 <i>Island Peak / Lobuje East</i></p> <p>Start 15th March 2011 Finish 15th April 2011</p> <p>Cost</p> <p>Full Service : 5250 USD Deposit : 1000 USD</p>
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Conclusion

Essentially we love being in the mountains and sharing our experiences with other like-minded individuals. Being part of an expedition in Nepal is an all encompassing experience. If you are interested in this expedition or simply just want to ask a few questions – please don't hesitate to email / or call.

Regards

Mal Haskins
NZMGA / Mountain guide

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Appendix A

Expedition Details

Expedition Timing

We will meet in Kathmandu on the 15th of March 2011, and spend a few days sorting out equipment.

Option 1 - Island Peak / Ama Dablam

Expedition Schedule –Island Peak / Ama Dablam

1. Arrive Kathmandu
2. Preparation in Kathmandu
3. Fly to Lukla, Trek to Tok Tok
4. Trek to Namche
5. Rest Day / Acclimation in Namche
6. Trek to Mong La
7. Tek to Marcherma
8. Rest Day / Acclimation in Macherma
9. Trek to Gokyo
10. Acclimation Gokyo
11. Acclimation Gokyo
12. Cross Cho La
13. Dingboche
14. Dingboche Ri
15. Chukung
16. Island peak base camp
- 17. Island Peak**
- 18. Island Peak**
- 19. Island Peak**
- 20. Island Peak**
21. Trek to Dingboche
22. Rest Dingboche
23. Trek to Ama Dablam BC
- 24. Climbing Ama Dablam (12 days)**
- 36. Climbing Ama Dablam finishes**
37. Trek Namche
38. Trek Lukla
39. Fly Kathmandu
40. Depart Nepal





Option 2- Island Peak/ Lobuje East

Expedition Schedule – Island Peak / Lobuje East

1. Arrive Kathmandu
2. Preparation in Kathmandu
3. Fly to Lukla, Trek to Tok Tok
4. Trek to Namche
5. Rest Day / Acclimation in Namche
6. Trek to Mong La
7. Tek to Marcherma
8. Rest Day / Acclimation in Macherma
9. Trek to Gokyo
10. Acclimation Gokyo
11. Acclimation Gokyo
12. *Cross Cho La*
13. Dingboche
14. Dingboche Ri
15. Chukung
16. *Island peak base camp*
17. **Island Peak**
18. **Island Peak**
19. **Island Peak**
20. **Island Peak**
21. Trek Dingboche
22. Trek Lobuje Basecamp
23. **Climb Lobuje East**
24. **Climb Lobuje East**
25. **Climb Lobuje East**
26. Trek Ama Dablam Basecamp
27. Rest Ama Dablam Basecamp
28. Trek Namche
29. Trek Lukla
30. Fly Kathmandu
31. Depart Nepal

