

21-Day Grand Expedition

A three-week major expedition with approach trek, base camp establishment, acclimatization rotations, multiple summit attempts, and extraction. The ultimate expedition template for planning extended high-altitude mountaineering campaigns.

Day 1 — International Arrival

International Flight Arrival Transport

Description:	Arrive at the regional capital. Immigration, luggage collection, meet the expedition logistics coordinator. Transfer to the expedition hotel.
Duration:	1h 0min
Price:	40 €

Expedition Hotel Accommodation

Description:	Hotel in the regional capital. Team assembles here. Equipment room for sorting and packing. Last comfortable beds for 3 weeks.
Price:	60 €
Address:	Expedition Hotel, Capital City
Check-in:	Invalid Date

Permit & Logistics Check Info

Description:	Verify: climbing permit issued, liaison officer assigned, porter roster confirmed, insurance certificates for all team members. Check satellite phone credit, PLB registration, weather service subscription active.
Group Size:	6–10 climbers, 3 guides, porter team
Fitness Requirement:	Very high — 21 days at altitude, summit above 6,000 m

Team Dinner & Briefing Meal

Description:	Full expedition briefing over dinner. 21-day overview, acclimatization strategy, summit window forecast, roles and responsibilities.
Price:	20 €

Day 2 — Staging & Gear Sort

Equipment Sort & Distribution ●●●●● Easy Activity

Description:	Full day of logistics: sort all expedition equipment, weigh loads for porters, pack food into day-bags (21 days x team size), test all technical equipment.
Duration:	6h 0min

Approach Flight to Staging Village Transport

Description:	Domestic flight to the staging village near the trek start. Small aircraft — weight limits strict. Equipment follows by truck.
Duration:	1h 30min
Price:	120 €

Staging Village Lodge Accommodation

Description:	Lodge in the staging village. Meet the porter team. Final supplies from the local market. Last phone signal for weeks.
Price:	30 €

Dinner Meal

Description:	Dinner at the lodge. Tomorrow the approach trek begins.
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Day 3 — Approach Trek Begins

Trek Through Foothills ●●●● Moderate Activity

Description:	First trekking day through terraced foothills and villages. Cultural landscape — wave to farmers, pass through prayer-flag-draped passes. Gentle acclimatization pace.
Distance:	16.0 km
Elevation Gain:	600 m
Hiking Time:	6h
Start Time:	07:00

Village Teahouse Accommodation

Description:	Teahouse in a hilltop village. Basic rooms, warm hospitality, mountain views.
Price:	25 €

Teahouse Dinner Meal

Description:	Dal bhat — the fuel of mountain treks. Eat two plates. You'll need the energy.
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Day 4 — Approach Trek Continues

Valley to Higher Village ●●●● Moderate Activity

Description:	Ascend through increasingly dramatic landscape. Forest gives way to scrub. Villages become smaller and more remote.
Distance:	14.0 km
Elevation Gain:	700 m
Hiking Time:	5h 30min
Start Time:	07:00

High Village Lodge

Accommodation

Description: Lodge at 3,500 m. The last village on the route. Stove-heated common room. Extra blankets available.

Price: 30 €

Dinner

Meal

Description: Dinner at the lodge. Altitude beginning to be felt. Drink extra water.

Acclimatization Check

Info

Description: Individual health check at 3,500 m. Note any headaches, sleep quality, appetite changes. Everyone should be drinking 3+ liters daily.

Day 5 — Approach to Base Camp Area

Trek Above Treeline



Challenging

Activity

Description: Leave the last village and enter uninhabited terrain. Moraine, scree, and glacial valleys. The objective mountain visible ahead. Porters cache supplies along the route.

Distance: 12.0 km

Elevation Gain: 500 m

Hiking Time: 5h

Start Time: 07:00

Pre-Base Camp

Accommodation

Description: Camp at 4,200 m in a glacial valley. Tomorrow: establish base camp. Rest well.

Camp Dinner

Meal

Description: Hot dinner. Appetite decreasing at altitude — eat anyway. Calories are critical from here on.

Day 6 — Establish Base Camp

Move to Base Camp



Moderate

Activity

Description: Short move to the base camp location at 4,800 m. Site selection critical: flat, wind-protected, water access, safe from avalanche runout.

Distance: 5.0 km

Elevation Gain: 600 m

Hiking Time: 3h

Start Time: 07:00

Base Camp Infrastructure

Info

Description: Camp layout: mess tent (central), sleeping tents (ring formation, 10 m apart), kitchen tent (downwind), toilet tent (50 m from water source). Communication tent with satellite phone and solar charger. Weather station if available. Emergency equipment cached in marked barrel at camp entrance.

Base Camp

Accommodation

Description: Base camp at 4,800 m. This is home for the next 2 weeks. Expedition tents with foam mats. Mess tent for meals and briefings.

Camp Setup & Rest

Free Time

Description: Settle into base camp. Arrange personal tent. Familiarize with camp layout. Rest — tomorrow begins acclimatization rotations.

Duration: 3h 0min

First Base Camp Dinner

Meal

Description: Cook team prepares first proper base camp meal. Celebrate the establishment of base camp.

Day 7 — Acclimatization Rotation 1: Up

Climb to Camp 1



Challenging

Activity

Description: First acclimatization rotation: climb from base camp to Camp 1 at 5,400 m. Establish the camp — tents, food cache, and fixed ropes on the steeper sections. Return to base camp tonight (climb high, sleep low).

Distance: 4.0 km

Elevation Gain: 600 m

Hiking Time: 4h

Start Time: 06:00

Acclimatization Strategy

Info

Description: Climb high, sleep low: ascend to 5,400 m, cache supplies, return to sleep at 4,800 m. This exposes the body to altitude while recovering at lower elevation. Repeat with Camp 2 on Day 10-11. Rest days between rotations are essential. Hydration target: 4 liters daily above 5,000 m.

Descent to Base Camp



Moderate

Activity

Description: Descend to base camp after establishing Camp 1. The descent feels easy — a reward for the effort.

Elevation Loss: 600 m

Hiking Time: 2h

Base Camp Dinner

Meal

Description: Dinner at base camp. Good appetite at 4,800 m after exerting at 5,400 m is a positive sign.

Day 8 — Acclimatization: Camp 1 Night

Climb to Camp 1 — Overnight ●●●●● Challenging Activity

Description:	Second rotation to Camp 1. This time, sleep at 5,400 m. Carry sleeping bags and personal overnight gear. Fixed ropes from yesterday make the ascent faster.
Elevation Gain:	600 m
Hiking Time:	3h 30min
Start Time:	07:00

Camp 1 — 5,400 m Accommodation

Description:	First night at Camp 1. Sleeping at altitude is uncomfortable — expect disturbed sleep, periodic breathing, and headaches. This is normal acclimatization.
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Camp 1 Dinner Meal

Description:	Simple hot meal at Camp 1. Appetite is low — force yourself to eat. Hydrate constantly.
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Night at Altitude Info

Description:	Sleep quality at 5,400 m: poor to moderate is normal. Cheyne-Stokes breathing (stop-start) is common and not dangerous. If headache worsens or nausea persists, descend at first light.
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Day 9 — Rest at Base Camp

Descent to Base Camp ●●●●● Easy Activity

Description:	Descend from Camp 1 to base camp early morning. Rest all day. Eat, drink, sleep. Recovery is as important as climbing.
Elevation Loss:	600 m
Hiking Time:	2h
Start Time:	07:00

Full Rest Day Free Time

Description:	Complete rest at base camp. Read, play cards, wash clothes if sunny. Check weather forecasts for the summit window.
Duration:	6h 0min

Base Camp Meals Meal

Description:	Three meals at base camp. Eat as much as possible — calorie deficit accumulates at altitude.
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Day 10 — Push to Camp 2

Climb to Camp 2 — 5,900 m ●●●●● Challenging Activity

Description:	Push higher: Camp 1 to Camp 2. Establish the high camp at 5,900 m. Steeper terrain, fixed ropes on the headwall. Carry tents, food, and fuel for the summit push.
Elevation Gain:	1100 m
Hiking Time:	6h
Start Time:	05:00

Camp 2 — 5,900 m Accommodation

Description:	Camp 2 on a narrow platform at 5,900 m. Tents anchored with snow stakes and rock deadmen. Exposed to wind. The summit looms 600 m above.
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Camp 2 Dinner Meal

Description:	Simple hot food. Melting snow for water takes time at this altitude. Every calorie matters.
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Day 11 — Camp 2 Acclimatization

Acclimatization Climb Above Camp 2 ●●●●● Challenging Activity

Description:	Short climb 200 m above Camp 2 and return. Touch 6,100 m to prepare the body for the summit push. Fix ropes on the route above camp.
Elevation Gain:	200 m
Hiking Time:	2h
Start Time:	08:00

Rest at Camp 2 Free Time

Description:	Afternoon rest. Melt water, eat, prepare for descent tomorrow. Check weather for summit window.
Duration:	3h 0min

Dinner Meal

Description:	Dinner at Camp 2. Discuss summit strategy. Decision: summit attempt on Day 13 or 14 depending on weather.
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Day 12 — Descent & Rest

Descent to Base Camp ●●●●● Moderate Activity

Description:	Descend all the way from Camp 2 to base camp. Long descent but gravity helps. Rest at base camp, eat well, and prepare for the summit push in 2 days.
Elevation Loss:	1100 m
Hiking Time:	4h
Start Time:	07:00

Recovery at Base Camp Free Time

Description:	Crucial recovery day. Eat, sleep, hydrate. Check all summit equipment. Pack summit bags. Monitor weather hourly.
Duration:	5h 0min

Summit Window Assessment Info

Description:	Analyze weather forecasts from multiple sources. Summit window criteria: wind below 30 km/h at summit altitude, no precipitation, visibility above 200 m. Ideal: high pressure system for 3+ days. Decision: go/no-go announced at dinner.
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Day 13 — Summit Push: To High Camp

Base Camp to Camp 2 ●●●●● Challenging Activity

Description:	Summit push begins. Climb from base camp directly to Camp 2 in one push. Everything cached from earlier rotations is waiting. Settle in early, hot food, and sleep by 17:00.
Elevation Gain:	1100 m
Hiking Time:	5h
Start Time:	05:00

Camp 2 — Summit Eve Accommodation

Description:	Camp 2 the night before the summit. Everything prepared: crampons on boots, harness fitted, summit pack ready. Alarm set for 01:00.
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Pre-Summit Dinner Meal

Description:	Eat as much as possible. Drink 2 liters before sleep. Tomorrow is the day you've trained for.
Start Time:	16:00

Final Summit Plan Info

Description:	Departure: 02:00. Route: fixed ropes above camp, traverse the snowfield, summit ridge, summit. Turnaround: 10:00 latest. Expected summit time: 06:00-08:00 if all goes well. Descent: same route, aim for Camp 2 by 14:00.
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Day 14 — Summit Day

Summit Attempt ●●●●● Extreme Activity

Description:	The summit push. Depart Camp 2 at 02:00 by headlamp. Climb the headwall on fixed ropes, cross the upper snowfield, and gain the summit ridge. The final approach is exposed — rope teams move together. The summit is the size of a table. You made it.
Elevation Gain:	600 m
Hiking Time:	6h
Start Time:	02:00

Summit Window Protocol Info

Description:	Turnaround: 10:00, no exceptions. Weather abort: any deterioration in visibility or sudden wind increase. Stay roped on the summit ridge. Summit stop maximum 15 minutes — photos, flag, radio call. Begin descent immediately. The summit is only halfway — you must get back down safely.
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Descent to Camp 2 ●●●●● Hard Activity

Description:	Descend the same route. Concentration and energy are critical — most mountaineering accidents happen on descent. Rope discipline, clip fixed lines, take care on the headwall. Camp 2 by early afternoon.
Elevation Loss:	600 m
Hiking Time:	4h

Camp 2 — Post-Summit Accommodation

Description:	Collapse into Camp 2. You've summited. Rest, eat, hydrate. The emotional and physical exhaustion is overwhelming. Let it wash over you.
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Summit Dinner Meal

Description:	The sweetest meal of the expedition. Every calorie tastes like victory.
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Day 15 — Reserve/Weather Day

Reserve Summit Day Info

Description:	If the summit was achieved yesterday, rest at Camp 2 and begin descent. If weather prevented the attempt, today is the backup summit day. Flexibility is essential in high-altitude mountaineering.
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Backup Summit or Begin Descent ●●●●● Challenging Activity

Description:	Either: summit attempt (same protocol as Day 14) or begin descent from Camp 2 to Camp 1 or base camp.
Hiking Time:	4h

Camp 1 or Base Camp Accommodation

Description: Descend as far as energy allows. Camp 1 at minimum, base camp if strong.

Dinner Meal

Description: Hot meal wherever you sleep. The pressure is off. The mountain is behind you.

Day 16 — Descent to Base Camp

Full Descent to Base Camp ●●●● Moderate Activity

Description: Descend all remaining altitude to base camp. Strip camps as you go — carry down tents, food, and equipment. Leave the mountain clean.

Hiking Time: 4h

Start Time: 07:00

Base Camp Celebration Free Time

Description: Back at base camp. The expedition's climbing phase is complete. Rest, celebrate, begin packing for extraction.

Duration: 4h 0min

Celebration Dinner Meal

Description: The cook prepares a special celebration meal. Break out the hidden treats. Toast to the mountain, the team, and the summit.

Day 17 — Break Camp & Rest

Break Base Camp ●●●● Easy Activity

Description: Dismantle base camp. Sort equipment: personal gear, group gear, porter loads. Clean the camp site — leave no trace. Begin sorting what goes home and what stays with the logistics company.

Duration: 4h 0min

Final Base Camp Hours Free Time

Description: Last hours at base camp. Take final photos of the mountain from camp. Write in the expedition journal. Say goodbye to this place that was home.

Last Base Camp Meal Meal

Description: Final camp meal. Tomorrow the trek out begins.

Day 18 — Extraction Trek Day 1

Trek to High Village Moderate Activity

Description:	Begin the trek out. Descend rapidly from base camp altitude. The approach trek in reverse — faster now with lighter loads and fitter bodies.
Distance:	18.0 km
Elevation Loss:	1200 m
Hiking Time:	6h
Start Time:	07:00

Village Lodge Accommodation

Description:	Lodge in the high village. Hot food, warm room, and the sounds of village life — a world away from high camp.
Price:	30 €

Dinner Meal

Description:	First proper cooked meal in a building for weeks. Flavors explode.
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Day 19 — Extraction Trek Day 2

Trek to Staging Village Easy Activity

Description:	Continue descent through villages and terraced hillsides. The air is thick and warm at lower altitude. Lungs rejoice.
Distance:	20.0 km
Elevation Loss:	1000 m
Hiking Time:	6h
Start Time:	07:00

Staging Village Lodge Accommodation

Description:	Return to the staging village from Day 2. The lodge owners remember you. Cold beer available.
Price:	30 €

Dinner Meal

Description:	Dinner at the lodge. Pay and tip the porter team — this is the traditional farewell.
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Day 20 — Return to Capital

Flight to Capital City Transport

Description:	Domestic flight back to the regional capital. The mountains recede through the aircraft window.
Duration:	1h 30min
Price:	120 €

Capital City Hotel Accommodation

Description:	Return to the expedition hotel. Hot shower, clean clothes, room service. The transition from mountain to city is jarring and wonderful.
Price:	60 €

Equipment Return & Debrief ●●●●● Easy Activity

Description:	Return group equipment to the logistics company. Formal expedition debrief: timeline review, lessons learned, equipment failures, and recommendations.
Duration:	3h 0min

Celebration Dinner Meal

Description:	Grand celebration dinner. The expedition is officially complete. Speeches, toasts, and the presentation of summit certificates.
Price:	35 €

Day 21 — Departure

Farewell Breakfast Meal

Description:	Final meal together. 21 days as a team. Bonds forged in the mountains last a lifetime.
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Airport Transfer Transport

Description:	Transfer to the international airport. Check excess baggage allowance for expedition equipment.
Duration:	1h 0min
Price:	40 €

Expedition Summary Info

Description:	Grand expedition complete: 21 days, base camp to summit, approach trek, and extraction. One of the most significant mountaineering achievements possible. Rest for 2 weeks before any strenuous activity. The mountain will stay in your memories forever.
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Journey Home Free Time

Description:	Fly home. The expedition is over. But you're already thinking about the next one.
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What's Included

Info

Description:

Three guides and the full porter team for twenty-one days, the climbing permit and liaison officer, all internal transfers and the return flight to the capital, hotel nights at both ends including the contingency nights, every camp from staging to high camp with all group climbing hardware and fixed rope, all meals throughout, porter wages, equipment and insurance, and expedition safety equipment including satellite communication, oxygen at high camp, pulse oximetry and a comprehensive medical kit.

What's Not Included

Info

Description:

Personal climbing equipment and clothing — boots, harness, axe, crampons, down suit and sleeping bag rated for high camp; a full list with temperature ratings is issued on booking. Also excluded: international flights, visa, travel and high-altitude evacuation insurance, personal oxygen beyond the group supply, laundry and drinks in the capital, and gratuities for guides, porters and the liaison officer. Summit success is not included in any sense: the weather decides, and the reserve day is the only contingency built in.