THE HIGHEST MOUNTAIN ON EARTH
This yearbook is a portal into Alpine Ascents 2018. While so much of the Everest work is behind the scenes and not captured, we’ve compiled a series of webcasts, climber photos and social media posts that will tell their story. Most of the camera work can be accredited to the lead guide Ben Jones. Enjoy!

CONGRATULATIONS 2018 CLIMBERS
Our guides Ben Jones, Eric Murphy and Jangbu Sherpa made the summit with Ian Swift, Jose L Fernandez, Luke Timmerman, Jason Patry, Slav Tokarev, Milka Raulin, Geneva Keaton, Brian Cheripko, Fur Kancha Sherpa, Karma Sarki Sherpa, Ang Passang Sherpa, Ang Norbu Sherpa, Nima Tenzing Sherpa, Raj Khumar Thapa Magar, Thukten Dorjee Sherpa and Kami Temba Sherpa. The following climbers also climbed Lhotse less than 24 hours after sumitting Everest: Jangbu Sherpa, Jose L Fernandez, Jason Patry, Karma Sarki Sherpa and Kami Gelgen. Many thanks to Lakpa Rita and his amazing crew at base camp. Special thanks to Jiban Ghimire in Kathmandu. The group left the South Col at 11pm, reaching the highest point on Earth at 7:28am on May 22nd, 2018.

FOLLOW THE JOURNEY WITH TIME STAMPED ENTRIES FROM THEIR CYBERCAST!
MEET THE 2018 EXPEDITION CREW
Raj Kumar Magar
Climbing Sherpa

Nawang Jangbu Sherpa
Climbing Sherpa

Nawang Tenzing Sherpa
Climbing Sherpa

Kami Temba Sherpa
Climbing Sherpa

Lakpa Sherpa
Climbing Sherpa

Mingma Tshering Sherpa
Climbing Sherpa

Chiring Sherpa
Climbing Sherpa

Ang Nuru Sherpa
Climbing Sherpa

Nima Nuru Sherpa
Sherpa Cook

Nawang Thundu Sherpa
Sherpa Cook

Chuldin Sherpa
Sherpa Cook

Gopal Dhi Bahador Thapa Magar
Member Chauf

Subash Magar
Member Assistant Cook

Kumar Rai
Member Assistant Cook

© Ben Jones
After reaching Base Camp (17,598ft/5364m) we established four camps on the mountain.

**CAMP 1: 19,500FT / 5943M**  
Situated at the top of the ice fall, this camp functioned as an intermediate camp until Camp 2 was established.

**CAMP 2: 21,000FT / 6400M**  
Our advanced base camp was in the Western Cwm, a flat glacial valley basin. This camp consisted of large tents for cooking and dining, as well as several smaller tents for sleeping. It was our base during the placements of Camp 3 and 4.

**CAMP 3: 23,500FT / 7162M**  
Standing at the head of the cirque on the Lhotse face, this camp consisted of three and four man tents. This intermediate camp helped us to reach Camp 4.

**CAMP 4: 26,300FT / 8016M**  
High camp on the South Col was the final stop before the summit.
The trek to Everest Base Camp took approximately 9 days and went from the Dudh Kosi valley up through the Imja Drangka and onto the Khumbu Glacier. Along the way, we visited the villages of Thame, Namche, Tengboche, Pheriche and Lobuche, which are richly cultured villages with spectacular views of the Himalayas.
MARCH 30, 2018 \ NEPAL
Great day today here in Nepal with our Everest/Lhotse/Camp 2 team. We had our orientation of the climb, a short film on the climb and a gear check to get everyone ready for this once in a lifetime expedition! We are all in great spirits and ready to head out tomorrow morning to Lukla! Tonight we are heading out to dinner before heading to the mountains tomorrow.

MARCH 31, 2018 \ LUKLA TO PHAKDING
After waking up very early we went to the airport and got on a plane to Lukla almost immediately with the help of our local agent Jiban. It’s about a 30 minute flight to Lukla, so we had a second breakfast once we arrived before getting on the trail for our first hike. It was a beautiful day today, a little cooler than normal but dry. We are now settled into our first lodge of the trek and relaxing before dinner. Everyone did great today and are all really excited to be on the trail heading to Everest!

APRIL 2, 2018 \ NAMCHE
We had a great day and hike from Phakding to Namche [yesterday]. Our new altitude is 11,300ft and it feels good to be getting higher in the Khumbu valley! Today we had an active rest day in Namche. After breakfast we hiked up to the Everest view hotel to get some views of the big peaks. We made it just in time to see Everest, Lhotse, Ama Dablam and many others in the distance before the clouds starting rolling in. It was a great day and everyone is doing very well! Tomorrow we head to Thame.
APRIL 3, 2018 | TIME WITH FAMILY IN THAME
We gained about 1,200ft walking in and out of pine forest above the river and off the regular trekking route. It was pretty quiet on the trail today and we took our time soaking in the beautiful views up and down the valley. Most of our Sherpa team is from and around Thame so we saw many friends and families along the way stopping for tea and saying hello.

APRIL 4, 2018 | TAME TO KHUMJUNG
Today we had the great pleasure of having tea in Lakpa Rita’s parents home before leaving Thame. It’s one of the unique experiences we have with our expedition team. After tea and photos we headed back out of the quiet town of Thame and headed to Khumjung. We are now at around 12,400ft for the night. So far our weather has been great, we have beautiful clear skies in the morning and then the clouds start to build in the afternoon and has been pleasantly cool.

APRIL 6, 2018 | DEBOCHE-TENGBOCHE-PHERICHE
Yesterday we had a great hike from Khumjung to Deboche. We stayed at a similar altitude overall but dropped a couple thousand feet before climbing back up to Tengboche. It was cloudy so we didn’t get any great views of the peaks so we dropped down 15 minutes to our lodge in Deboche for lunch. After lunch we headed back up to Tengboche for an afternoon ceremony in the monastery and then were lucky enough to have a short blessing ceremony (Puja) for safe passage on our expedition. We had a pleasant night in Deboche and woke up to some great views of Everest, Lhotse, and Ama Dablam. We left Deboche in clear skies and hiked through the last trees we will see for a while before arriving in Pheriche at about 14,300ft. We are now relaxing in the lodge and enjoying the warm dining room as a light snow is falling outside.
APRIL 7, 2018 \ REST DAY IN PHERICHE
Today we had a well deserved rest day in Pheriche. After breakfast we did an acclimatization hike up on the moraine ridge behind Pheriche and gained about 800ft making for a new record on the trip to just over 15,000ft. We are all doing well with the altitude and just have a few sniffles and the usual stomach adjustments happening with a new diet and new environment. Overall the team is doing great and looking forward to moving higher tomorrow to our next destination: Lobuche.

APRIL 8, 2018 \ PHERICHE TO LOBUCHE
It was good to get back on the trail today and get higher! We are now just above 16,000ft and doing well in Lobuche. Tomorrow will be a rest day here in Lobuche but not completely as we will also go on a short hike to help with our acclimatization. We saw some incredible views and new peaks in the distance today including Pumori, Lingtren, Khumbutse, Lobuche, and many other peaks down valley as the clouds cleared. We are now out of the vegetation, above tree line, and now mostly walking on rock and

APRIL 9, 2018 \ REST DAY IN LOBUCHE
Yesterday we had a great hike from Khumjung to Deboche. We stayed at a similar altitude overall but dropped a couple Today was our last rest day before arriving to Basecamp. We did an acclimatization hike up behind Lobuche gaining close to 1,000ft and back down for lunch. The afternoon was spent playing cards, reading, and just hanging out. The team is still doing very well and having a great time but we are all ready for the transition from trekking to the beginning of the climb! It will still be a few days before we climb on Everest but we will be busy in Basecamp getting moved in, acclimatizing and doing some training over the next week.
APRIL 11, 2018 \ ARRIVAL AT BASECAMP
We have made it to our home at Basecamp for the next 6 weeks! We made great time and had good weather getting into Basecamp at 17,500ft. We had a great welcome dinner prepared by our head Chef Gopal and a great rest. We will be organizing gear and resting the next couple of days.

APRIL 13, 2018 \ GETTING SETTLED INTO BASECAMP
We got the horseshoe pits ready today after breakfast! A lot is going on in our bodies as we acclimatize to 17,500ft. We are building more red blood cells and getting more oxygen pumping by taking it easy, which will eventually lower our heart rates and respiratory rates making it feel like a little closer to our home elevations. We’ve had some afternoon snow here at Basecamp and a little wind today, but for the most part the weather is pleasant. Everyone has now taken a shower and are feeling clean. We are enjoying Gopal’s fantastic cooking and having a movie night each night in our big dome tent! Soon the work will begin.
APRIL 16, 2018 \ PRACTICING TECHNIQUES + HONING SKILLS

Today we did some training in the lower Khumbu glacier. Our team did an outstanding job getting through the obstacle course that Eric and Jangbu set up. We had one horizontal ladder, a vertical ladder, and many ups and downs over ice fins to simulate what the icefall will be like. Our climbers have come prepared and skilled in moving through this terrain. We will continue our training tomorrow and then see what else we need to review before heading up on the mountain.
APRIL 16, 2018 | EVEREST CLIMBERS PUJA DAY

We had an excellent day for our Puja today! Puja is a worship ceremony asking for good will on the climb. So great to have the entire team together for this ceremony, asking for safe passage on Everest this season. We have a great staff and team of climbers this year, as always! Thankful that Alpine Ascents provided us all with jackets, especially for our Nepali staff. We had perfect weather for our Puja, including a little snow at the very end, which is an auspicious and good sign for our climb!
We left Basecamp at 3:15am for our first rotation and first night at Camp 1. Everyone did a great job getting up here today with what is a tough climb the first time through the icefall. We had a couple different groups with guides arriving between 6-8 hours, which is pretty normal on the first trip. The icefall is still in great shape but will be changing as things warm up during the season.

After arriving at Camp 1, we rehydrated, ate quesadillas and relaxed while the temperatures were pretty warm with all of the sun’s reflection off of the snow and ice. It’s amazing how warm it can feel here when it’s sunny! We are now off to bed after a great mac & cheese dinner cooked by Jangbu, and hoping to get a good night’s rest for our first time sleeping at 19,500ft. Tomorrow is a rest day, but we will do a little hike up into the Western Cwm and then return to Camp 1.
APRIL 27, 2018 | CLIMB TO CAMP 2
Yesterday we had a great climb and hike to Camp 2 with great weather! The team made it to Camp 2 in just over 5 hours. The Western Cwm can be a very hot place to be hiking, but we were lucky for most of the day with welcomed clouds to keep the heat down! We’ve had some normal afternoon snow showers but zero wind on most of our first rotation. Today after breakfast we headed out towards the Lhotse face on a short acclimatization hike and will rest back in Camp 2 for the rest of the day. Tomorrow morning very early we will head all the way back down to Basecamp for some rest and recovery before starting our 2nd rotation in 5 or 6 days.

MAY 29, 2018 | BACK TO BASECAMP
We have now made it back to Basecamp completing a very successful first rotation up the mountain. In all we spent 5 nights at and above 19,500ft. It’s amazing how good 17,500ft at Basecamp now feels after being higher up. Our team is doing great and acclimatizing very well. The next several days will be spent resting and letting our bodies do the job of further acclimatization as we prepare for our second rotation.
THE SECOND ROTATION

MAY 3, 2018 \ CLIMB TO CAMP 1
At 3am we started off from Basecamp on our 2nd rotation up the mountain. We purposely held back a few days to begin our first rotation to avoid being on the same schedule as most other teams, and it looks like it has payed off again for our second rotation. We had a fair number of Sherpa going up with us this morning, but did not see any teams going up today. So we made good time and the team was very efficient getting to Camp 1. We cut an hour and a half of time off of our first rotation!

MAY 4, 2018 \ BACK TO BASECAMP
Today we moved up to Camp 2 in great weather through the Western Cwm. It was a little too hot at times, but the usual afternoon clouds and snow showers came just in time to cool us down. The entire team did great and are now settling into their tents for a good 12 hour sleep! Tomorrow will be a rest day as we prepare to head up to Camp 3 to touch and come back down to Camp 2, and finish our second rotation on the mountain. It is supposed to be windy the next several days but good preparation for our summit attempt in a couple weeks.
Today with perfect weather and a strong team all 8 climbers and 3 guides made it our Camp 3 at just over 23,000 ft. We made good time up and back down to Camp 2 after spending some time enjoying the views at Camp 3. The winds are roaring on the upper mountain, but from some reports from Sherpa coming back from the South Col there were not much winds there, and we also hardly had any winds on our climb to Camp 3 today. We are excited to be finishing up our second rotation tomorrow as we head back down to Basecamp. So far we have avoided most teams on our rotations which has made for an incredible experience here! We hope that will continue on our summit push in the next couple of weeks! We will do a “drop back” to Namche the day after tomorrow for 3 nights for rest and recovery at low altitude (11,300 ft) and then fly back to Basecamp as we patiently await the right weather window for our team.
MAY 12, 2018 \ LOOKING FOR SUMMIT PUSH
We have been resting and studying the weather looking for the right summit window. Our Sherpas carried loads to the South Col today and will be for a couple more days before we can head up on our summit rotation. That's ok because the lines to the summit haven't been fixed yet, and we want to wait for the first group of teams to head for the summit before we do. This is a time of patience for our team, but will be worth the wait. A lot of things have to align before we head up on the mountain, but it is starting to look good in the near future. Stay tuned!

MAY 17, 2018 \ SUMMIT ROTATION BEGINS TOMORROW
Tomorrow morning at 3am we will be heading to Camp 2 to begin our summit rotation. We are well rested and excited to begin our final rotation hopefully reaching the summit of the World in a few days. We are keeping a close on on the weather and that will dictate when we ultimately attempt the summit. I will continue updating as much as possible here and Lakpa Rita will be posting here as we begin our summit climb through the night. Stay tuned as we head towards the Summit!

ALMOST THERE!
MAY 18, 2018 \ ALL THE WAY UP TO CAMP 2
Today we had a great climb through the icefall, Camp 1 and all the way to Camp 2. It’s a long day but we made good time and everyone did an excellent job getting to Camp 2 today. Based on the weather and a strong group we are heading to Camp 3 tomorrow for one night and then we will head to the South Col (Camp 4) the following day. We will spend a rest day at Camp 4 and then head for the summit on the morning of the 22nd. Our two Lhotse climbers will then try an attempt on Lhotse the following day on the 23rd.

MAY 19, 2018 \ THE LHOTSE FACE
Today we left Camp 2 for Camp 3 at 6:15am and made great time, getting to Camp 3 in 4 hours up the Lhotse face. It’s been a beautiful day and we are all resting in our tents drinking water, eating, and breathing bottled oxygen. Camp 3 is positioned on the Lhotse face at just over 7,000m or 23,000ft. The entire team is doing excellent and looking forward to heading to the South Col tomorrow if the forecast still looks good for us! I’ll send some photos tomorrow and let you know if we decided to head to the South Col (Camp 4) at almost 8,000m.
MAY 20, 2018 | CHECKING IN FROM SOUTH COL, DOING WELL
What a great day today for our team, making great time and in perfect weather (maybe a little too warm) making it to the South Col. We are resting in our tents now after dinner and looking forward to quite a bit of rest tonight and tomorrow before we head to the summit on the morning of the 22nd!

MAY 21, 2018 | LEAVING THE SOUTH COL FOR THE SUMMIT
Tonight, around 11pm Nepal time we will head up the triangular face from the South Col to the Balcony, then turn left on the Southeast ridge to the South Summit before heading across the knife edge ridge (in places) to the North Summit (true summit). We have been resting all day at the South Col in beautiful weather and getting prepared for the summit attempt. Our team is excited, strong, and ready!
THE TOP OF THE WORLD

29,035ft / 8850m

© Lakpa Rita Sherpa

© Ben Jones

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250+ SUMMITS

2018
100% success rate for climbers reaching the summit of Everest and Lhotse.

2017
11 climbers reach the summit, and another reaches the Everest-Lhotse traverse summit.

2016
100% success rate for climbers reaching the summit of Everest.

EVEREST IN 2019
Next year, we look forward to equally skilled staff and continued success by offering the highest quality trip available. Our trips include:

- Low climber to guide ratio
- Scheduled 2019 lead guide: Ben Jones with Jangbu Sherpa and Eric Murphy
- Lakpa Rita Sherpa is our 2019 Everest Expedition Manager
- As in past years we offer 1:1 Sherpa to climber ratio (summit day)
- Our climber to guide ratio is 4:1 or less
- Wi-Fi available at Base Camp
- We provide Oxygen above Camp 2 and a 4-liter flow from high camp onward.
- We are committed to small team size, operating one fully-guided expedition for increased safety, climber care and environmental concerns at base camp
- We are offering the Everest-Lhotse Combo climb
- Consistent with past years, we are committed to wages on the high end of the pay scale for Sherpa team and staff, often setting industry standards


THE ALPINE ASCENTS FOUNDATION
Established in 1999, The Alpine Ascents Foundation and its offspring the Sherpa Education Fund has been assisting children in Nepal to attend high-level, private schools through scholarship sponsorship. This program has proved highly successful with some of our students now attending college, and being the first in their family to receive high levels of education. More recently Alpine Ascents Foundation has built a nursery school in the village of Namche and was able to provide financial support to the rebuilding of Thame Village. Please consider a donation or child sponsorship to help these worthy endeavors!
http://www.alpineascentsfoundation.org

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