

# Lhotse Expedition in Nepal

## Quick Facts

<b>Duration:</b>	60
<b>Max Altitude:</b>	8516
<b>Best Season:</b>	Sept - Nov & March - May
<b>Group Size:</b>	25
<b>Accommodation:</b>	4 Star/ Star Hotel, Tent and Tea House
<b>Route:</b>	Kathmandu to Kathmandu
<b>Difficulty:</b>	Strenuous

## Trip Overview

Lhotse, the fourth highest mountain in the world at 8,516 meters (27,940 feet), stands as a formidable neighbor to Everest, connected by the South Col. Despite its proximity to the world's most famous peak, Lhotse offers a distinctly different and arguably more technical climbing challenge that attracts experienced mountaineers seeking to test themselves on one of the Himalayas' most demanding faces.

Named after the Tibetan word for "South Peak," Lhotse presents climbers with its infamous Lhotse Face a massive wall of blue glacial ice rising at angles between 40 and 80 degrees, which must be ascended using fixed ropes and demanding all of a climber's technical skill and physical endurance.

The mountain's dramatic profile, particularly when viewed from the Khumbu Valley, reveals a steep, imposing pyramid that has captured the imagination of alpinists since its first ascent by a Swiss team in 1956.

Lhotse expeditions typically share the same approach route as Everest climbers, trekking through Sherpa villages like Namche Bazaar and Tengboche before establishing Base Camp at approximately 5,300 meters.

However, the climbing route diverges above Camp 3, where Lhotse climbers face the mountain's signature challenge rather than continuing toward Everest's South Col. The ascent requires excellent physical conditioning, previous high-altitude experience, and proficiency in technical ice climbing.

What draws climbers to Lhotse is often the combination of its relative exclusivity compared to Everest, its technical demands, and its status as one of the 8,000-meter peaks.



With significantly fewer summit attempts each year than its famous neighbor, Lhotse offers a more intimate high-altitude experience while still providing the infrastructure benefits of the popular Everest route for the lower sections of the climb. The expedition typically spans 60-65 days, allowing for proper acclimatization through multiple rotations to higher camps before the summit push.

## Neighbour of Everest - Same Base Camp, Unique Challenge

Lhotse, the world's fourth-highest peak at 8,516 meters, shares part of its route with the iconic Everest Base Camp, yet offers a distinct and exhilarating climbing experience. While many climbers flock to Everest, Lhotse presents a unique challenge with its steep faces, technical sections, and demanding high-altitude conditions.

This gives mountaineers the opportunity to test their skills on one of the world's highest peaks while enjoying the same legendary Himalayan scenery, including glaciers, icefalls, and panoramic mountain vistas, without the crowded trails of Everest.

## Comprehensive Logistics & Base Camp Facilities

Expeditions to Lhotse are fully supported with meticulously planned logistics, ensuring climbers can focus entirely on the ascent. From high-quality tents and base camp facilities to meals, oxygen supply, and equipment handling, every detail is professionally managed.

Experienced expedition leaders and Sherpas oversee acclimatization, safety, and route preparation, providing climbers with peace of mind at every stage. With this level of support, Lhotse climbers can maximize their summit potential while enjoying a safe, comfortable, and well-organized high-altitude adventure.

## Detailed Itinerary

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### Day 1: Arrival in Kathmandu (1,400 m)

Arrive at Tribhuvan International Airport in Kathmandu, the gateway to the Himalayas. Our team will welcome you and transfer you to your hotel. Take this day to rest after your international flight, recover from travel fatigue, and prepare for the expedition. In the evening, enjoy a briefing covering expedition details, route plans, permits, and essential equipment checks. Overnight stay in Kathmandu.

Accommodation: 4 Star Hotel

Meals: Welcome Dinner

### Day 2: Rest and Expedition Briefing in Kathmandu

Spend the day in Kathmandu resting and preparing for the expedition. Participate in a detailed briefing with your expedition leader covering acclimatization schedules, high-altitude safety, equipment usage, and emergency protocols. This is also the day to make final adjustments to your gear and review the climbing plan. Overnight in Kathmandu.



Accommodation: 4 Star Hotel

Meals: Breakfast

### **Day 3: Fly to Lukla and Trek to Phakding (2,800 m)**

Take an early morning scenic flight from Kathmandu to Lukla, considered one of the most thrilling airports in the world. Begin trekking along the Dudh Koshi River, passing traditional Sherpa villages, prayer flags, and suspension bridges. The trail is gentle, helping your body adjust to altitude while enjoying views of pine forests and the surrounding hills. Overnight stay in a lodge at Phakding.

Accommodation: Tea House

Meals: Breakfast and Dinner

### **Day 4: Trek from Phakding to Namche Bazaar (3,440 m)**

The trail steadily ascends through pine and rhododendron forests, with several river crossings and suspension bridges. Arrive at Namche Bazaar, the cultural and commercial hub of the Khumbu region. Take time to explore the local market, visit small monasteries, and enjoy panoramic views of mountains including Kongde Ri and Thamserku. Overnight in Namche Bazaar.

Accommodation: Tea House

Meals: B, L, & D

### **Day 5: Acclimatization Day at Namche Bazaar**

A full day at Namche Bazaar to acclimatize to higher altitudes. Optional hikes include a trek to Everest View Hotel or nearby ridges to enjoy spectacular views of Everest, Lhotse, and Ama Dablam. This day reduces the risk of altitude sickness and prepares climbers for the challenging trek ahead. Overnight in Namche Bazaar.

Accommodation: Tea House

Meals: B, L, & D

### **Day 6: Trek from Namche Bazaar to Dibuche (3,870 m)**

The trail passes through dense forests and highland meadows, gradually gaining altitude. Cross the Dudh Koshi River and trek past traditional Sherpa villages. Dibuche offers serene mountain views and a chance to rest and acclimatize before heading into higher terrain. Overnight at Dibuche lodge.

Accommodation: Tea House

Meals: B, L, & D

### **Day 7: Trek from Dibuche to Dingboche (4,243 m)**

The trek moves through alpine terrain with moraines and scattered villages. Dingboche, a key acclimatization stop, provides sweeping views of Lhotse, Island Peak, and Ama Dablam. Trekkers are encouraged to hike nearby ridges for additional acclimatization. Overnight in Dingboche.

Accommodation: Tea House



Meals: B, L, & D

**Day 8: Trek from Dingboche to Lobuche (4,930 m)**

The trail becomes more rugged, passing through high-altitude moraine fields and glacial streams. Lobuche, a small settlement near the Khumbu Glacier, serves as the final stop before the approach to Everest and Lhotse Base Camps. Overnight in a lodge at Lobuche.

Accommodation: Tea House

Meals: B, L, & D

**Day 9: Trek from Lobuche to Everest Base Camp (5,364 m)**

Reach the legendary Everest Base Camp, the launching point for Everest and Lhotse expeditions. Witness the Khumbu Icefall, glaciers, and towering peaks of Lhotse, Nuptse, and Everest. Set up camp in tents and begin final preparations for the high-altitude rotations. Overnight at Base Camp.

Accommodation: Tea House

Meals: B, L, & D

**Day 10 to 39: Rotation Between Base Camp and High Camps (Camp I, II, III)**

Climbers follow a rotation schedule between Base Camp and higher camps (Camp I, II, and III) for acclimatization and technical preparation. These rotations involve carrying loads, setting up camps, and familiarizing with climbing routes while gradually increasing altitude. This period is critical for ensuring a safe summit attempt. Full board meals and tents are provided during these rotations.

Accommodation: Tent

Meals: B, L, & D

**Day 40 to 53: Summit Period - Base Camp to Lhotse Summit (8,516 m) and Return**

The summit push begins from Base Camp, progressing through the high camps to reach Lhotse's summit at 8,516 meters. Climbers follow carefully planned schedules with expert guidance and Sherpa support. After summiting, climbers descend safely back to Base Camp. This period focuses on summit success while managing high-altitude risks. Full board meals and tents are provided.

Accommodation: Tent

Meals: B, L, & D

**Day 54: Cleaning Up Base Camp**

Spend the day cleaning up Base Camp and organizing equipment for the descent. This ensures minimal environmental impact and proper preparation for the trek down. Overnight at Base Camp tents.

Accommodation: Tent

Meals: B, L, & D

**Day 55: Trek from Base Camp to Pheriche (4,371 m)**



Begin the descent through Lobuche and Thukla, retracing the trail with stunning Himalayan views. Overnight stay in Pheriche, a peaceful village perfect for resting after the high-altitude climb.

Accommodation: Tent

Meals: B, L, & D

#### **Day 56: Trek from Pheriche to Namche Bazaar (3,440 m)**

Continue descending through alpine landscapes and traditional villages. This day allows climbers to reflect on their expedition achievements. Overnight in Namche Bazaar.

Accommodation: Tent

Meals: B, L, & D

#### **Day 57: Trek from Namche Bazaar to Lukla (2,860 m)**

Complete the trek back to Lukla, passing forests, rivers, and local settlements. Celebrate the successful completion of the expedition before preparing for the flight to Kathmandu. Overnight in a lodge at Lukla.

Accommodation: Tent

Meals: B, L, & D

#### **Day 58: Fly from Lukla to Kathmandu & Transfer to Hotel**

Take a scenic flight back to Kathmandu. Transfer to your hotel and spend the evening at leisure, resting and enjoying Kathmandu's vibrant atmosphere. Overnight in Kathmandu.

Accommodation: 4 Star Hotel

Meals: Breakfast

#### **Day 59: Leisure Day in Kathmandu**

Enjoy a free day in Kathmandu for sightseeing, shopping, or cultural exploration. This is the perfect opportunity to visit temples, markets, or relax before your departure. Overnight in Kathmandu.

Accommodation: 4 Star Hotel

Meals: Breakfast

#### **Day 60: Departure from Kathmandu**

After breakfast, transfer to Tribhuvan International Airport for your onward flight. Depart with memories of an extraordinary expedition, having conquered Lhotse and experienced the remote beauty of the Himalayas.

Accommodation: 4 Star Hotel

Meals: Breakfast

## **Gears Lists**

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## Clothing

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- Down expedition suit
- Insulated down jacket
- Waterproof shell jacket & pants
- Fleece jacket and thermal layers
- Trekking shirts and pants
- Warm hat and balaclava
- Buff / neck gaiter
- Liner gloves and insulated summit gloves
- Thermal socks and trekking socks

## Footwear

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- High-altitude double or triple boots
- Trekking boots
- Camp shoes or sandals
- Gaiters

## Climbing Gear

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- Climbing harness
- Ice axe
- Crampons
- Carabiners and ascender/jumar
- Belay device
- Helmet
- Headlamp with extra batteries

## Personal Equipment

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- Sleeping bag (-40°C rated)
- Sleeping pad
- Trekking poles



- Duffel bag and daypack
- Water bottles / thermos
- Sunglasses and ski goggles

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## Personal & Medical

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- First aid kit
- Personal medications
- Sunscreen and lip balm (SPF 50+)
- Wet wipes and toiletries
- Energy snacks

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## Cost Includes

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1. Lhotse climbing permit and fees
2. Sagarmatha National Park entry permit
3. TIMS (Trekking Information Management System) card
4. All necessary local taxes
5. Airport pickup and drop-off in Kathmandu
6. Domestic flights: Kathmandu ↔ Lukla
7. Road transfers as per the itinerary
8. 4-star hotels in Kathmandu (twin-sharing)
9. Tea-house/lodge accommodations during the trek
10. High-altitude tents at Base Camp and higher camps during rotations and the summit period
11. Full board (breakfast, lunch, and dinner) during the trek and high-altitude rotations
12. Meals at Kathmandu hotels as specified
13. Tea, coffee, and local beverages during trekking days
14. Experienced expedition leader and certified climbing Sherpa guides
15. Support staff and high-altitude porters for carrying loads
16. Camp setup and technical assistance at Base Camp and high camps
17. Shared high-altitude tents, cooking gear, dining tents
18. Oxygen supply for high camps (if required)
19. Medical kit and emergency equipment
20. Safety briefings and monitoring throughout the expedition
21. Expedition briefing and preparation in Kathmandu
22. Coordination and logistical support for the entire 60-day period

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## Cost Excludes

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1. Flight from your home country to Kathmandu and return.



- 2.** Snacks, bottled drinks, and meals are not included in the itinerary
- 3.** Personal trekking and climbing gear (sleeping bags, down jackets, etc.)
- 4.** Laundry, phone calls, internet, or other personal services
- 5.** Mandatory travel insurance covering medical emergencies, high-altitude trekking, and mountaineering/climbing
- 6.** Emergency evacuation or helicopter rescue (if required)
- 7.** Tips for guides, porters, and support staff (recommended but optional)
- 8.** Sightseeing tours in Kathmandu or nearby regions
- 9.** Cultural programs or excursions not mentioned in the itinerary.
- 10.** Nepal tourist visa (issued on arrival or online)

