14 PEAKS EXPEDITION

EVEREST X LHOTSE - Double 8000M Expedition 2027

Explore, ascend, and reach new heights with our expert-guided mountaineering expeditions.

COUNTRY
Nepal

ACTIVITY
14 Peaks Exclusive

ACCOMMODATION
Hotel | Lodge | Tent

WALKING
5-7 Hours

MAX ALTITUDE
8,849
m

DURATION
50
Days

DIFFICULTY
Hard
Difficult

BEST SEASON
Spring

Overview

The **Everest (8,848.86m) × Lhotse (8,516m) Expedition** is an elite high-altitude mountaineering journey designed for experienced climbers seeking to summit two of the world's highest mountains in a single expedition. Located in the Khumbu region of Nepal, both peaks are approached from the southern side through the classic Everest route. The expedition begins with the trek from Lukla through the Sherpa villages of Namche Bazaar, Tengboche, Dingboche, and Lobuche before reaching Everest Base Camp, where climbers begin their acclimatization and preparation for the high-altitude ascent.

From Base Camp, the expedition follows the challenging Khumbu Icefall toward the higher camps on Everest. Climbers progressively acclimatize through rotations between Base Camp, Camp I, Camp II, Camp III, and the South Col, preparing for the final summit push. After reaching the summit of Everest, the expedition continues toward Lhotse, whose summit route shares much of the Everest climbing route before separating above the South Col. The steep Lhotse Face and final summit section demand strong technical skills, endurance, careful pacing, and sound decision-making at extreme altitude.

This expedition requires extensive preparation, previous high-altitude climbing experience, physical and mental resilience, and the ability to operate safely in the **Death Zone above 8,000m**. Weather, acclimatization, route conditions, oxygen strategy, and team coordination play a critical role throughout the climb. Successfully standing on both **Everest and Lhotse** represents an exceptional mountaineering achievement and a journey that combines technical climbing, endurance, and disciplined high-altitude decision-making.

Services

INCLUDES

- **1. Travel & Arrival** – Airport pickup and drop-off by private vehicle. Round-trip Kathmandu-Lukla helicopter flights and all other necessary domestic flights.
- **2. Kathmandu Accommodation & Services** – 4–6 nights in a 5-star hotel in Kathmandu on a Bed & Breakfast basis, single room. Welcome dinner in Kathmandu. Expedition briefing, medical assessment, and preparation. Cargo clearance assistance at Nepal Customs.
- **3. Trekking Logistics & Support** – Full trekking logistics management with Sherpa guide. Porter support for personal luggage. Three meals daily during the trek with tea, coffee, and hot water. High-quality hygienic food throughout the trek. Duffle bag and 14 Peaks Expedition merchandise. 60 kg baggage allowance per member.
- **4. Base Camp Setup & Equipment** – Single box tent with charging facility, mattress, and lighting. Shared dining, relaxation, kitchen, communication, and staff tents. Comfortable toilet, shower, and

store tents. Heater in dining and essential tents. Solar power and generator system for charging, lighting, and laptops. Unlimited bakery and café services. Cold beverages, including soft and hard drinks. Continental, Asian, European, and Chinese cuisine. Fresh vegetables, meat, fruits, and juices at Base Camp. Relaxation, yoga, and meditation space. Internet access at Base Camp.

- **5. Staff & Support Team** – One experienced 8,000m-summiteer Sherpa guide plus one assistant Sherpa. Expedition cook with multi-cuisine experience and kitchen helpers. Porter support team. Sherpa and expedition staff salaries, insurance, equipment allowances, and carry bonus. Rope-fixing team managed by EOA at no extra charge. Government-assigned Liaison Officer.
- **6. Climbing Support & Training** – Oxygen mask, regulator, and system training at Base Camp. Ice wall, ladder, and rope training. Lobuche Peak climbing expedition for acclimatization. High Camp infrastructure. Group climbing gear support, including tents, EPI gas, high-altitude food, and cooking equipment. Rescue team stationed at higher camps. Climbing Sherpa assistance for gear carrying. Special guidance by senior expedition directors.
- **7. Oxygen, Safety & Rescue** – Eleven bottles of oxygen per member. Oxygen masks and regulators, plus one extra set for emergencies. Backup oxygen systems at Base Camp and high camps. Weather forecasts from Meteotest, Switzerland. Emergency medical kit at Base Camp. On-site doctor at Base Camp. Medical checkups.
- **8. Communication & Technology** – Walkie-talkies for Base Camp–mountain communication. Internet access at Base Camp. Charging facilities.
- **9. Equipment & Permits** – Duffle bag and expedition merchandise. Necessary expedition permits, including Everest royalty, peak climbing fees, national park entry, and local municipality fees. Icefall/route fee, including SPCC. Garbage management and environmental fees. Cargo transportation from [Kathmandu – Lukla – Base Camp – return].
- **10. Certificates & Extras** – Summit certificate for Mt Everest, Mt. Lhotse and Lobuche Peak. Premium expedition gear package including duffle bag, jacket, cap, beanie, and buff.

EXCLUDES

- **1. Member Insurance** – Comprehensive insurance covering medical treatment, high-altitude evacuation, rescue, and air evacuation. Insurance copy is required before departure from Kathmandu.
- **2. Gratuities** – Sherpa summit bonus — minimum USD 2500. High-altitude and kitchen staff tips — minimum USD 500.
- **3. International Airfare** – Arrival and return international flights.
- **4. Filming** – Filming crew, permits, and related expenses.
- **5. Personal Climbing Gear** – Personal climbing equipment.
- **6. Meals in Kathmandu** – Lunch and dinner during the hotel stay.
- **7. Visa Fee** – Nepal entry visa — USD 125 for 90 days.
- **8. Extra Nights in Kathmandu** – Additional accommodation due to early arrival, late departure, early return, or flight cancellations.
- **9. Personal Drinks** – Soft drinks, beer, and alcoholic beverages during the trek and in Kathmandu.
- **10. Personal Expenses** – Phone calls, internet, toiletries, battery recharging, hot showers, laundry, and personal drinks during the trek.
- **11. Internet Service** – Internet service during the trek is not included; internet is provided only at Base Camp.

- **12. Extra Services** – Any service or activity not mentioned in the itinerary or under “Cost Includes.”

Itinerary

Days	Date	Program	Altitude	Meals	Accommodation	Description
1	12 Apr 2027	Arrive in Kathmandu & hotel transfer	1,400 m	B	Hotel	
2	13 Apr 2027	Gear check and trip preparation	1,400 m	B	Hotel	
3	14 Apr 2027	Expedition briefing and document preparation	1,400 m	B	Hotel	
4	15 Apr 2027	Helicopter fly-in to Lukla and Trek to Phakding	2,850 m	B\L\D	Lodge	
5	16 April 2027	Trek to Namche Bazaar	3,440 m	B\L\D	Lodge	
6	17 Apr 2027	Hike to Everest View Hotel (Overnight stay at Namche)	3,440 m	B\L\D	Lodge	
7	18 Apr 2027	Hike to Tengboche and Overnight at Deboche	3,800 m	B\L\D	Lodge	
8	19 Apr 2027	Hike from Deboche to Dingboche	4,410 m	B\L\D	Lodge	
9	20 Apr 2027	Rest day in Dingboche (Nangkartshang Peak Hike)	4,410 m	B\L\D	Lodge	
10	21 Apr 2027	Trek from Dingboche to Lobuche Village	4,940 m	B\L\D	Lodge	
11	22 Apr 2027	Rest and Preparation at Lobuche	4,940 m	B\L\D	Lodge	
12	23 Apr 2027	Lobuche to Lobuche High Camp	5,400 m	B\L\D	Tent	
13	24 Apr 2027	Summit Lobuche and back to Lobuche VIllage	4.940 m	B\L\D	Lodge	
14	25 Apr 2027	Trek from Lobuche to Everest Base Camp	5,364 m	B\L\D	Tent	
15–25	26 Apr – 06 May 2027	Rotations: Move between EBC and Camps I, II & III	5,364m to 7,100m+	High Camp	High Camp	
26–30	07–11 May 2027	Rest & Recovery: Fly to Namche then back to EBC	-	B\L\D	Lodge	
31–46	12–27 May 2027	SUMMIT WINDOW: Base Camp? Camp II ? Camp III ? Camp IV ? Everest Summit ? Camp IV ? Lhotse Summit ? Base Camp	8,844.86	High Camp	High Camp	
47	28 May 2027	Packing and cleaning up Base Camp	5,364 m	B\L\D	Tent	
48	29 May 2027	Fly via helicopter from EBC back to Kathmandu(Via Lukla)	5,364m ? 1,400m	B	Hotel	
49	30 May 2027	Leisure day in Kathmandu	1,400 m	B	Hotel	
50	31 May 2027	Final transfer to International Airport for departure	-	-	-	

Gear List

Use the interactive checklist at: **https://checklist-14peaks.pages.dev/14peaks_checklist**

Travel Documents

Valid Passport | Debit/Credit Card | PP Size Photos(4 Pieces) | Insurance Paper/Certificate | Emergency Contact Details

Medicine / First Aid Kits

Paracetamol 500 mg | Ibuprofen 400mg | Oral Rehydration Salts (ORS) | Loperamide | Electrolyte tablets | Cetirizine | Omeprazole | Antacid Tablets | Cough Lozenges | Lubricating Eye Drops | Antiseptic Wipes | Blister Plasters | Acetazolamide (Diamox) 250 mg | Dexamethasone 4 mg | Nifedipine 30mg | Aspirin 300mg | Ondansetron 4 mg

Upper Body

Thermal Base Layer | Fleece Jacket | Gore Tex Jacket | Warm Jacket | Wind Proof Jacket | Heavy Down Jacket | Cotton T-Shirt | Light Down Jacket | Dry-Fit Tshirt

Lower Body

Thermal Base Layer | Fleece Trouser | Gore Tex Pant | Heavy Weight Pant | Mid Weight Pant | Trekking Pant | Under Wear | Down Pant | Gaiters for Trekking Boots

Climbing Equipment

Climbing Boot -6000m | Trekking Pole | Ice Tool/AXE | Crampons | ATC GUIDE | Unlock Carabiner | Jumar/Ascender | Locking Carabiner | Head Light | Tape Sling | Summit Down Suit | Climbing Harness | Climbing Helmet

Foot Wear

Normal Socks | Summit Socks | Summit Boot - 8000m | Trekking Shoes | Sport Shoes | Camp Booties | Slippers | Warm Climbing Socks | Liner Socks

Hand

Thin Fleece Gloves | Wind Stopper Gloves | Heavy Gloves(Guide) | Summit Gloves

Head

Glacier Glasses (Polarized UV Protection) | Sun Cap | Desert Cap | Fleece Hat/Warm Hat | Neck Gaiter | Snow Goggles (UV Protection) | Balaclava

Sun Stuff

Sunscreen | Lip Guard (SPF) | Moisturizer

Eating & Drinking

Water bottle | Thermos

Toiletries

Toothbrush | Towel | Wet Wipes | Toothbrush | Shampoo | Body Lotion

Sleeping Stuffs

Sleeping Bag | Down Sleeping Bag | Therm-a-Rest Mattress | Sleeping Bag Liner | Inflatable Pillow

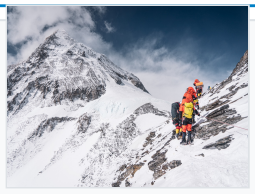
Bag Packs

Rucksack 35L-50L | Duffle Bag | Dry Bags

Miscellaneous

Pocket Knife | Nail Cutter | Umbrella/Rain Coat | Hot Water Bag | Pee Bottle | Tenacious Tape Repair | Altimeter Watch | Satellite Phone(Optional) | GPS Tracker | Power Bank | Camera

Gallery



FAQs

What is the Everest and Lhotse Expedition?

The Everest and Lhotse Expedition is a combined 8,000-meter mountaineering expedition designed for experienced climbers seeking to summit Mount Everest (8,849 m) and Mount Lhotse (8,516 m) during the same expedition. 14 Peaks Expedition provides professional Sherpa leadership, high-altitude logistics, acclimatization support, Base Camp services, and comprehensive expedition management throughout the journey.

How difficult is the Everest and Lhotse Expedition?

Climbing Everest and Lhotse is an extremely demanding high-altitude expedition requiring excellent physical fitness, strong mental endurance, technical climbing skills, and previous experience at high altitude. Climbers must be prepared for steep snow and ice, fixed ropes, extreme weather, low oxygen levels, and prolonged exposure above 8,000 meters.

Do I need previous 8,000-meter climbing experience?

Previous 8,000-meter mountaineering experience is strongly recommended for the Everest and Lhotse double summit. Climbers should have substantial experience on high-altitude peaks and be confident using crampons, ascenders, harnesses, fixed ropes, and other technical climbing equipment.

What route is used for the Everest and Lhotse Expedition?

The expedition follows the standard South Col route on Everest and the standard route on Lhotse, with both summits accessed from the shared Everest Base Camp and upper-camp system. The climbing strategy may be adjusted according to weather, route conditions, acclimatization, and the team's overall performance.

How does the acclimatization process work?

Acclimatization is a critical part of the Everest and Lhotse expedition. The program includes progressive rotations between Base Camp, Camp I, Camp II and higher elevations, allowing climbers to gradually adapt to decreasing oxygen levels. Rest and recovery periods are incorporated between rotations before the final summit push.

How are Everest and Lhotse climbed during the same expedition?

The exact summit sequence depends on weather, route conditions, acclimatization, and the official summit window. Climbers typically make a summit attempt on Everest before returning to the higher camps or Base Camp as appropriate, followed by the Lhotse summit attempt. The expedition team continuously evaluates conditions to determine the safest and most effective strategy.

What support does 14 Peaks Expedition provide on Everest and Lhotse?

14 Peaks Expedition provides comprehensive Everest and Lhotse expedition support, including experienced high-altitude Sherpas, Base Camp infrastructure, high-camp logistics, climbing equipment and rope support, expedition meals, weather forecasting, communication, medical support, and emergency coordination. The expedition is managed with a strong focus on safety, acclimatization, and reliable logistics.

Is supplemental oxygen included for the Everest and Lhotse climb?

Supplemental oxygen is an important part of the expedition strategy at extreme altitude. Oxygen provisions are planned according to the expedition package and individual requirements. Emergency oxygen carried by the climbing Sherpa is intended for emergency use and is chargeable if used, where applicable to the package.

What is the best season for an Everest and Lhotse Expedition?

The primary climbing season for Mount Everest and Mount Lhotse is spring, particularly April and May, when the expedition benefits from a generally favorable summit window between the winter and monsoon seasons. However, conditions on both mountains can change rapidly, and all summit decisions depend on actual mountain weather and route conditions.

Why choose 14 Peaks Expedition for the Everest & Lhotse Expedition?

14 Peaks Expedition combines experienced Sherpa leadership, professional expedition logistics, comprehensive Base Camp infrastructure, high-altitude support, and carefully planned acclimatization for climbers attempting two of the world's highest mountains. Our Everest and Lhotse expedition is designed for climbers who value safety, reliability, experienced mountain support, and a professionally managed 8,000-meter expedition experience.