

# Lhotse Expedition- 2026

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

## COUNTRY

**Nepal**

## ACTIVITY

**Mountaineering**

## ACCOMMODATION

**Hotel/Lodge/Tent**

## WALKING

**5-7 Hours**

## MAX ALTITUDE

**8,516**

m

## DURATION

**51**

Days

## DIFFICULTY

**Hard**

Difficult

## GROUP SIZE

**15**

People

## Expedition Overview

Lhotse stands at 8516 M, making it the 4th highest mountain in the world. It is situated at the border of Tibet and Nepal. Its long east-west crest is located immediately south of Mount Everest, and the South Col, a vertical ridge that never drops below 8,000m, connects the summits of the two mountains. The route progresses through Khumbu icefall. Moving further, we will reach Camp 1 which exists at the top of Khumbu icefall that is surrounded by crevasses.

From Camp I, we will pass through lateral moraine to the west ridge that greets us with a close-up view of Lhotse. This place is perfect for Camp-II. Leaving Camp-II, we will reach near to Lhotse wall by crossing glaciers and ice cliffs where we will set Camp-III. Camp-IV is located near South Col. From Camp -IV, we will proceed through steep rock sections to the summit.

## INCLUDES

- **1. ARRIVAL AND DEPARTURE:** – AIRPORT - hotel transfers – airport (pick up and drop), by private vehicle.
- **2. HOTEL ACCOMMODATION IN KATHMANDU:** – 4 nights' hotel in Kathmandu (5-star category) - single room on bed and breakfast plan.
- **3. WELCOME DINNER** – one welcome dinner in a tourist standard restaurant in Kathmandu with office's staff.
- **4. CARGO CLEARANCE** – Assistance for cargo clearance in Nepal's customs, clearance cost is subject to a charge.
- **5. PERMIT** – Expedition Royalty and Permit Fee of Nepal Government to Climb Mt. Mt. Lhotse, Sagarmatha National Park, And Pasang Lhamu Rural Municipality Entry Permit and Fee.
- **6. ICEFALL FEE** – khumbu icefall climbing charge to (spcc) Sagarmatha pollution control committee.
- **7. LIAISON OFFICER** – 1 government liaison officer with full equipment, salary, and accommodation.
- **8. GARBAGE MANAGEMENT** – Stool shipment transfer & garbage deposit fees.
- **9. INSURANCE** – Medical & emergency rescue insurance for all involved Nepalese staff during the trek and expedition.
- **10. DUFFLE BAG** – One 14 Peaks duffle bag
- **11. MEMBER TRANSPORTATION** – fly from Kathmandu – lukla and while returning Base camp to Kathmandu, as per itinerary
- **12. EXPEDITION-STUFFS TRANSPORTATION** – All necessary expedition equipment transportation for all members and staff from Kathmandu to lukla (by air cargo) and to base camp (by porters / yak/heli) – while returning: base camp to lukla (by porters / yak/heli) and lukla to Kathmandu (by air cargo). based upon the condition, different transportation variant may adopt.
- **13. MEMBER LUGGAGE** – up to 70 kg per member for personal baggage during the trek to be carried by porters or yaks.
- **14. FOOD AND LODGING** – 3 meals a day (breakfast, lunch, and dinner; including tea and coffee) along with accessible accommodation at hotel/lodge during the trek and at the basecamp. Hygienic and fresh green vegetables, fresh meat, fruits, soft drinks, and juice will be served on a regular basis during the entire expedition using helicopter flights. well-managed base camp set up for members & staff.
- **15. PORTER** – Porters per member up to the basecamp and from the basecamp (both way).
- **16. STAFF SALARY AND ALLOWANCE** – All Nepalese staff & porter's daily wages, salary, equipment, food & clothing.
- **17. BASE CAMP TENT** – Each member will have an individual box tent in base camp.

- **18. HEATER** – : Heater at base camp in each dining and in other necessary camps.
- **19. SOLAR/GENERATOR/LIGHT** – 1 solar panel and generator for lights at base camp, for battery charges, laptop and other electronic devices
- **20. PORTER** – Porters per member up to the basecamp and from the basecamp (both way).
- **21. BASE CAMP STAFF** – Experienced and well-trained base camp cook & kitchen helpers as required.
- **22. STAFF SALARY AND ALLOWANCE** – All Nepalese staff & porter's daily wages, salary, equipment, food & clothing.
- **23. BASE CAMP EQUIPMENT** – single tent, foam mattresses and pillow per member, 1 dining tent, 1 kitchen tent, 1 communication tent, 1 toilet & 1 shower tent, 1 staffs tent, 1 tent for Nepalese base camp staffs, store tents, tables & chairs & all necessary cooking gears.
- **24. HEATER:** – Heater at base camp in each dining and in other necessary camps.
- **25. SOLAR/GENERATOR/LIGHT:** – 1 solar panel and generator for lights at base camp, for battery charges, laptop and other electronic devices.
- **26. MEDICAL CHECKUP** – Twice medical checkup of each climber at the base camp before the summit attempt.
- **27. BAKERY AND BAR AT BASE CAMP:** – bakery and bar & cafe for the team members.
- **28. TRAINING** – oxygen, mask regulator, ice wall and ladder training at basecamp by UIAGM guide.
- **29. HIGH ALTITUDE CLIMBING SHERPA** – 01 Climbing Sherpa Per Member (1 Member: 1 Sherpa), One for during The Entire Climb from Basecamp to The Summit and Back, And On Each Rotation.
- **30. ASSISTANCE** – climbing Sherpa to assist in carrying your personal gear to the high camps
- **31. CLIMBING SHERPA SALARY & ALLOWANCE** – : Climbing Sherpa salary, equipment, food, and clothing.
- **32. OXYGEN BOTTLE (O2)** – summit oxygen cylinder: 05 oxygen bottles (4 ltrs.) For each member and 03 oxygen bottles for each high-altitude Sherpa.
- **33. OXYGEN MASK & REGULATOR** – : 1 set of summit oxygen mask & regulator for each member and high-altitude Sherpa.
- **34. BACK UP** – oxygen cylinder, mask, and regulator (subject to a charge).
- **35. HIGH CAMP SERVICE (INFRASTRUCTURE AND LOGISTICS)** – : High altitude tent, necessary cooking gas, cooking pot, high food for a member, Sherpa, and other crews at (c1) (c2) (c3) and (c4). group climbing gears, fixed and dynamic rope during the climbing period as required.
- **36. HIGH CAMP KITCHEN AND DINING:** – one cook, kitchen, and dining tents in Camp-I and camp-II
- **37. HIGH ALTITUDE TENT:** – members will share tents in high camps (2 members: 1 tent).
- **38. ROPE FIXING TEAM** – The Team of Experienced Sherpa's (from the Expedition Operators Association of Nepal) Will Fix the Route to The Summit of Everest +Lhotse (No Extra Charge Will Be Applied to Members).
- **39. SATELLITE PHONE** – for an emergency communication carried by sherpa, also available for members (subject to a charge).
- **40. WALKIE-TALKIE** – Walkie-Talkie for communicating from base camp to mountain and mountain to base camp
- **41. PERMIT** – satellite phone/walkie-talkie permit for all members and staff.
- **42. INTERNET SERVICE** – internet facility (1 mbps) will be available at the base camp (subject to a charge).
- **43. WEATHER FORECAST** – weather forecast report in regular basis from meteo-test, Bern (Switzerland) during the entire expedition.
- **44. MEDICAL KIT** – comprehensive medical kit for members and staff.
- **45. CERTIFICATE** – Everest and Lhotse peak climbing certificate issued by MOCTCA (after climbing Mt. Lhotse successfully)

## EXCLUDES

- **1. AIR FARE** – International flight airfare (from and to Kathmandu)
- **2. NEPAL ENTRY VISA FEE** – Nepalese visa fee \$ 125 USD for 90 days
- **3. LUNCH & DINNER** – Lunch & dinner during the stay in Kathmandu (also in case of early return from trekking / expedition than the scheduled itinerary).
- **4. EXTRA NIGHTS IN KATHMANDU** – Extra nights' accommodation in Kathmandu. In case of early arrival or late departure, early return from trekking / expedition, domestic flight cancellation (due to any other reason) than the scheduled itinerary
- **5. INSURANCE POLICY** – Insurance covering both medical and high-altitude evacuation costs (for the trip cancellation, interruption, high altitude rescue & air evacuation, medical treatment, repatriation, etc.) \*mandatory
- **6. PERSONAL EXPENSES** – Telephone calls, internet, toiletries, battery recharge, hot shower, laundry, soft drinks, beers, and any alcoholic beverages (during the trek and in Kathmandu but we will have soft drinks for members at base camp).
- **7. PERSONAL CLIMBING EQUIPMENT** – : Clothing, packing items, bags, personal medical kit, and all kinds of personal trekking / climbing gear
- **8. TOILETRIES** – soaps, shampoos, toilet and tissue papers, toothpaste, and other items used to keep yourself clean.
- **9. FILMING** – special filming, camera, and drone permit fee
- **10. INTERNET SERVICE** – : not included during the trek.
- **11. SUMMIT BONUS** – summit bonus for climbing sherpa- minimum 1500 USD.
- **12. TIPS** – calculate some tips for basecamp and high camp staff – minimum 500 USD.
- **13. EXTRA** – any other services or activities, which are not mentioned in the itinerary and not listed in the "cost includes" section.

# Trip Itinerary

Days	Program	Meals	Accommodation	Description
1	Arrival to Kathmandu & Transfer to the Hotel (1,400m)	-	Hotel	
2	Rest in Kathmandu, expedition briefing and Preparation	B/D	Hotel	
3	Fly from Kathmandu – Lukla and trek to Phakding (2,800m)	B/L/D	Lodge	
4	Trek from Phakding to Namche Bazaar (3,440m)	B/L/D	Lodge	
5	Acclimatization at Namche Bazaar (rest day)	B/L/D	Lodge	
6	Trek from Namche Bazaar to Debuche (3,870m)	B/L/D	Lodge	
7	Trek from debuche (3,870m) to Dingboche (4,243m)	B/L/D	Lodge	
8	Trek from Dingboche to Lobuche (4,930m)	B/L/D	Lodge	
9	Trek from Lobuche to Everest Base Camp (5,364m)	B/L/D	Lodge	
10-44	Climbing Period [Base Camp – Camp IV – Lhotse Summit (8,516m)– Base Camp]	B/L/D	Full Board High Camp	
45	Cleaning Up Base Camp	B/L/D	Tent	
46	Trek from Base Camp to Pheriche (4,371m)	B/L/D	Lodge	
47	Trek from Pheriche to Namche Bazaar	B/L/D	Lodge	
48	Trek from Namche Bazaar to Lukla	B/L/D	Lodge	
49	Fly from Lukla to Kathmandu and transfer to hotel	B/L	Hotel	
50	Leisure day in Kathmandu City	B/L/D	Hotel	
51	Transfer to International Airport for final departure	B	-	

## Trekking Gear List

### Travel Documents

Valid Passport Debit/Credit Card PP Size Photos(4 Pieces)

Insurance Paper/Certificate

### Medicine / First Aid Kits

Paracetamole

### Upper Body

Thermal Base Layer Fleece Jacket Gore Tex Jacket

Warm Jacket Wind Proof Jacket Down Jacket Cotton T-Shirt

### Lower Body

Trowser Bottom Base Layer Fleece Trousers Gore Tex Pant

Heavy Weight Pant Mid Weight Pant Trekking Pant

Under Wear Down Pant Gaiters for Trekking Boots

Climbing Boot -6000m Normal Socks Summit Socks

Trekking Shoes Thermal Bottom Base Layer Trekking Pants

### Foot Wear

Summit Boot - 8000m Sport Shoes

### Hand

Thin Fleece Gloves Wind Stopper Gloves Heavy Gloves(Guide)

Summit Gloves

### Head

Sun Cap Desert Cap Fleece Hat/Warm Hat Neck Gaiter

### Eating & Drinking

Water bottle Thermos

### Bag Packs

Rucksack 35L-50L Duffle Bag Dry Bags

### Miscellaneous

Trekking Pole 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