



Nuptse Expedition

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

COUNTRY

Nepal

ACTIVITY

Mountaineering

ACCOMMODATION

Hotel|Lodge|Tent

WALKING

5-7 hrs

MAX ALTITUDE

7,861
m

DURATION

35
Days

DIFFICULTY

Challenging
Difficult

BEST SEASON

Spring, Autumn

Overview

The **Nuptse Expedition** is one of Nepal's most technically demanding climbing adventures, taking mountaineers to the summit of **Nuptse (7,861m)**, an impressive peak that forms the western ridge of Mount Everest. The expedition follows the classic Everest trekking route through vibrant Sherpa villages, ancient monasteries, and the breathtaking landscapes of **Sagarmatha National Park** before reaching **Everest Base Camp**, where climbers establish their base for the ascent. A carefully planned acclimatization schedule and multiple climbing rotations prepare the team for the demanding summit push.

The climb involves steep ice walls, mixed rock and snow terrain, exposed ridges, and highly technical sections that require advanced mountaineering skills and extensive high-altitude experience. From the summit, climbers are rewarded with unparalleled views of **Mount Everest, Lhotse, Ama Dablam, Pumori, Makalu, Cho Oyu, and countless Himalayan peaks**. Combining world-class technical climbing with extraordinary Himalayan scenery, the Nuptse Expedition is a prestigious challenge reserved for highly experienced alpinists seeking one of Nepal's finest mountaineering achievements.

Services

INCLUDES

- **1. Airport Transfers** – Private airport transfers Meet & assist service on arrival and departure
- **2. Accommodation & Meals** – 4 nights in a 5-star hotel in Kathmandu (B&B) Welcome dinner Three meals daily during the trek & expedition Tea or coffee with meals Lodge accommodation during the trek Fully serviced Base Camp with fresh meals, fruits, vegetables, bakery items & soft drinks
- **3. Transportation & Logistics** – Domestic flights (where applicable) Airport transfers Expedition cargo transportation Personal baggage allowance (up to 60 kg) Porter & yak transportation Expedition freight management
- **4. Permits & Government Fees** – Climbing Permit National Park Permit Conservation Area Permit Municipality Permit Government Liaison Officer (where applicable) Garbage deposit & human waste management fees
- **5. Base Camp Facilities** – Personal sleeping tent Dining, kitchen & communication tents Toilet & shower tents Staff accommodation Solar power & generator backup Battery charging Heated dining tent

- **6. Expedition Team** – Expedition Leader (where applicable) Base Camp Manager Base Camp Cook & kitchen crew Experienced porters & yak support Fully insured Nepalese expedition staff
- **7. High Altitude Support** – One experienced Climbing Sherpa per member Shared High Camp tents High-altitude meals & cooking fuel Fixed rope installation Dynamic ropes Shared climbing equipment Professional rope-fixing team
- **8. Safety & Emergency** – Base Camp medical facilities Sherpa first aid kit Rescue coordination Staff insurance Emergency oxygen at Base Camp (emergency use only)
- **9. Communication** – Walkie-talkies Emergency satellite phone (usage charges apply) Professional weather forecasts Daily expedition communication n
- **10. Documentation & Gear** – Government Summit Certificate Official Expedition Certificate 14 Peaks Expedition duffle bag Route map

EXCLUDES

- **1. Travel & Visa** – International airfare Nepal entry visa
- **2. Meals in Kathmandu** – Lunch and dinner in Kathmandu
- **3. Insurance & Rescue** – Personal travel insurance (including high-altitude rescue) Emergency helicopter evacuation
- **4. Climbing Equipment** – Personal climbing equipment Equipment rental Personal supplemental oxygen Personal oxygen mask & regulator
- **5. Personal Expenses** – Internet & communication charges Laundry services Alcoholic beverages Personal medical expenses Other personal expenses
- **6. Tips & Permits** – Summit bonus for Climbing Sherpa Staff gratuities Photography & drone permits
- **7. Additional Costs** – Extra accommodation due to delays Any services not listed under Cost Includes

Itinerary

Days	Date	Program	Altitude	Meals	Accommodation	Description
1	12 Apr, 2027	Arrival in Kathmandu (1,400m) & Transfer to Hotel	1,400m	B	Hotel	
2	13 Apr, 2027	Permit processing, gear check, and final expedition preparation in Kathmandu.	1,400m	B	Hotel	
3	14 Apr, 2027	Fly to Lukla (2,860m) and trek to Phakding (2,610m).	2,610m	B L D	Lodge	
4	15 Apr, 2027	Trek from Phakding to Namche Bazaar (3,440m).	3,440m	B L D	Lodge	
5	16 Apr, 2027	Acclimatization day at Namche Bazaar with a hike to Everest View Hotel.	3,440m	B L D	Lodge	
6	17 Apr, 2027	Trek from Namche Bazaar to Tengboche (3,860m).	3,860m	B L D	Lodge	
7	18 Apr, 2027	Trek from Tengboche to Dingboche (4,410m).	4,410m	B L D	Lodge	
8	19 Apr, 2027	Acclimatization day at Dingboche with a hike to Nangkartshang Peak.	4,410m	B L D	Lodge	
9	20 Apr, 2027	Trek from Dingboche to Lobuche (4,940m).	4,940m	B L D	Lodge	

Days	Date	Program	Altitude	Meals	Accommodation	Description
10	22 Apr, 2027	Trek from Lobuche to Nuptse Base Camp (5,200m).	5,200m	B L D	Tent	
11	23 Apr, 2027	Rest and technical climbing training at Base Camp.	5,200m	B L D	Tent	
12	24 Apr, 2027	Establish Nuptse Camp I (5,900m).	5,900m	B L D	Tent	
13	25 Apr, 2027	Return to Base Camp for recovery and acclimatization.	5,200 m	B L D	Tent	
14	26 Apr, 2027	Climb to Camp I and establish Nuptse Camp II (6,400m).	6,400m	B L D	Tent	
15	27 Apr, 2027	Return to Base Camp for recovery.	5,200m	B L D	Tent	
16	28 Apr, 2027	Rest day at Base Camp.	5,200m	B L D	Tent	
17	29 Apr, 2027	Move to Camp I.	5,900m	B L D	Tent	
18	30 Apr, 2027	Move to Camp II.	6,400m	B L D	Tent	
19	01 May, 2027	Establish Nuptse Camp III (7,000m).	7,000m	B L D	Tent	
20	02 May, 2027	Descend to Base Camp for recovery.	5,200m	B L D	Tent	
21	03 May, 2027	Rest day at Base Camp.	5,200m	B L D	Tent	
22	04 May, 2027	Move to Camp I.	5,900m	B L D	Tent	
23	05 May, 2027	Move to Camp II.	6,400m	B L D	Tent	
24	06 May, 2027	Move to Camp III and prepare for summit push.	7,000m	B L D	Tent	
25	07 May, 2027	Summit Day:Climb Nuptse (7,861m) and descend to Camp II or III.	7,861m	B L D	Tent	
26	08 May, 2027	Reserve summit day for adverse weather conditions.	6,400m–7,000m	B L D	Tent	
27	09 May, 2027	Additional reserve summit day.	6,400m–7,000m	B L D	Tent	
28	10 May, 2027	Descend to Base Camp.	5,200m	B L D	Tent	
29	11 May, 2027	Rest day at Base Camp.	5,200m	B L D	Tent	
30	12 May, 2027	Trek from Base Camp to Pheriche (4,240m).	4,240m	B L D	Lodge	
31	13 May, 2027	Trek from Pheriche to Namche Bazaar.	3,440m	B L D	Lodge	
32	14 May, 2027	Trek from Namche Bazaar to Lukla.	2,860m	B L D	Lodge	
33	15 May, 2027	Fly from Lukla to Kathmandu.	1,400 m	B	Hotel	
34	16 May, 2027	Free day in Kathmandu for rest.	1.400m	B	Hotel	
35	17 May, 2027	Final departure from Kathmandu.	-	-	-	

Gear List

Use the interactive checklist at: https://checklist-14peaks.pages.dev/7000m_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

Omeprazole

Cetirizine

Antacid Tablets

Cough Lozenges

Lubricating Eye Drops

Ondansetron 4 mg

Aspirin 300mg

Nifedipine 30mg

Dexamethasone 4 mg

Acetazolamide (Diamox) 250 mg

Antiseptic Wipes

Blister Plasters

Upper Body

Thermal Base Layer

Fleece Jacket

Gore Tex Jacket

Warm Jacket

Wind Proof Jacket

Heavy Down Jacket

Cotton T-Shirt

Dry-Fit Tshirt

Head

Glacier Glasses (Polarized UV Protection)

Snow Goggles (UV Protection)

Balaclava

Sun Cap

Desert Cap

Fleece Hat/Warm Hat

Neck Gaiter

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

Climbing Helmet

Tape Sling

Head Light

Locking Carabiner

Jumar/Ascender

Unlock Carabiner

Ice Tool/AXE

Crampons

ATC GUIDE

Summit Down Suit

Climbing Harness

Foot Wear

Normal Socks

Summit Socks

Trekking Shoes

Sport Shoes

Camp Booties

Slippers

Summit Boot - 8000m

Warm Climbing Socks

Liner Socks

Hand

Thin Fleece Gloves

Wind Stopper Gloves

Heavy Gloves(Guide)

Summit Gloves

Eating & Drinking

Water bottle

Thermos

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

Sun Stuff

Sunscreen

Lip Guard (SPF)

Moisturizer

Toiletries

Toothbrush

Towel

Wet Wipes

Toothbrush

Shampoo

Body Lotion

Sleeping Stuffs

Sleeping Bag

Therm-a-Rest Mattress

Sleeping Bag Liner

Inflatable Pillow

Down Sleeping Bag

FAQs

Why climb Nuptse with 14 Peaks Expedition?

Because Nuptse demands experience, precision, and disciplined decision-making. We combine professional expedition leadership, careful acclimatization, strong mountain logistics, and personalized climber support.

What makes the Nuptse Expedition unique?

Nuptse offers the rare combination of serious technical climbing, extreme altitude, and an intimate Himalayan experience. Standing at 7,861 m beside Everest and Lhotse, it is a prestigious objective for experienced climbers.

How difficult is the Nuptse Expedition?

Nuptse is a highly technical and demanding 7,000 m climb. The upper route involves steep snow and ice, exposed terrain, and challenging climbing at extreme altitude.

What experience do I need?

Strong high-altitude and technical mountaineering experience is essential. Previous experience on 6,000–7,000 m peaks and technical climbing routes is highly recommended.

How is acclimatization managed?

We follow a progressive acclimatization strategy, combining rotations to higher camps with planned rest and recovery. The goal is to build strength and adaptation before the final summit push.

What level of support can I expect?

Our expedition is built around professional mountain leadership, high-altitude climbing support, organized Base Camp logistics, and personalized attention throughout the journey.

Will comfort be part of the expedition?

Yes. While Nuptse remains a serious mountain, we provide thoughtful comfort wherever the environment allows—from quality Kathmandu accommodation to organized Base Camp facilities and nutritious expedition meals.

What happens if I cannot summit?

Summit success is never placed above safety. If conditions become unsafe or your physical condition does not allow you to continue, our experienced team will make a responsible decision.

What makes 14 Peaks different from other operators?

We don't simply organize a climb. We create a complete expedition experience—combining high-altitude expertise, refined logistics, personal attention, and safety-focused leadership.

How can I reserve my place?

Contact 14 Peaks Expedition with your climbing background and preferred expedition dates. Our team will review your experience and guide you through the booking, preparation, documentation, and pre-expedition process.