

# Lhotse Expedition



## Trip Overview

Mount Lhotse(8516 Mtr) is the fourth highest summit of the world which lies in the eastern part of Nepal in Solukhumbu district in Sagaramatha National Park in world heritage site with the border of Nepal and Tibet. Lhotse has 3 summits, main summit at 8,516m, Lhotse Middle (East) at 8,414m, and Lhotse Shar at 8,383m. Lhotse is however famous for its tremendous and dramatic south face. The primary route on Mt. Lhotse is via Everest's South Col. The Lhotse route follows the Everest route to above the yellow band, then heads up the couloirs. Lhotse Base Camp is located beside the Khumbu Glacier, the same as Everest Base Camp. The Lhotse South Face is also one of the largest mountain faces in the world.

## Trip Itinerary

- Day 1 - Arrival to Kathmandu & Transfer to the Hotel (1,400 Mtr/ 4592 Ft)
- Day 2 - Rest in Kathmandu, expedition briefing and Preparing
- Day 3 - Rest in Kathmandu, expedition briefing and Preparing
- Day 4 - Trek to Namche Bazaar (3,440 Mtr/11283 Ft)

- Day 5 - Acclimatization at Namche Bazaar (Rest day)
- Day 6 - Trek to Tyangboche (3,860 Mtr/12660 Ft)
- Day 7 - Trek to Dingboche (4,410 Mtr/14464 Ft)
- Day 8 - Acclimatization Day in Dingboche
- Day 9 - Trek to Lobuche(4910 Mtr/16105 Ft)
- Day 10 - Trek Base Camp (5,365 Mtr/17597 Ft) (Same basecamp of Everest)
- Day 11-50 - Climbing Period and Lhotse Summit (8,516 Mtr/27932 Ft)
- Day 51 - Cleaning Up Base Camp
- Day 52 - Trek to Pheriche (4,371Mtr/14336 Ft)
- Day 53 - Trek to Namche Bazaar
- Day 54 - Trek to Lukla
- Day 55 - Flight to Kathmandu & transfer to Hotel
- Day 56 - Leisure day in Kathmandu City
- Day 57 - Transfer to International Airport for final departure

## **Cost Includes & Excludes**

### **Includes**

- Airport pick and drop to/from Airport
- Welcome dinner in Kathmandu
- 4 Nights accommodation in Five star hotel in Kathmandu in BB basis
- Flight Fare to/from Lukla
- Lodging and Fooding all nights during the trek and climbing period.
- Group equipment for climb cooking gearss, fuel, stoves, ropes, all forms of rock, ice, and snow protection, radio communications, oxygen delivery system and oxygen cylinders, medical supplies, etc.
- High altitude sherpas,porters, liason officer,and all staffs
- All permit fees and government taxes.
- Sat phone available at Base Camp in paying service
- High altitude tents for all members and climbing Sherpas. All food and fuel for Base Camp and higher camps during expedition. Services of cook and kitchen boy at Base Camp and cook at Camp 2. All kitchen tent, stores tent, dining tents, toilet tents, tables and chairs, and cooking utensils for Base

Camp.

- Insurance for climbing Sherpas, cooks, Liaison Officer, and local porters. Equipment allowances and wages for climbing Sherpas, cooks, kitchen boys and Government Liaison Officer
- Base Camp single tent with mattress and pillow for each member, climbing Sherpa, BC staff and Liaison Officer.
- Solar panel at Base Camp for light and charging small electronics (eg. mobile phones, amateur digital cameras and handheld video cameras).
- Personal solar powered light at each tent per member at Base Camp.
- Transportation of food supply to Base Camp from Kathmandu (cargo to Lukla and then by porter to Base Camp).
- Khumbu Ice Fall route fixing fee (Khumbu Ice Fall route will be fixed by SPCC)

## **Excludes**

- International airfare and Nepal Visa fee (bring accurate USD cash and two passport photographs)
- Personal gears, clothing and sleeping equipment (see gear list).
- Insurance and Trip cancellation
- Alcoholic beverages and bottled drinks.
- Nepal entry visa Fee( can be obtained at the airport upon arrival)
- Lunch and dinner in Kathmandu.
- Personal insurance such as travel, accident, medical, emergency evacuation, and lost luggage.
- Personal solar pack for charging

## **Gears and equipment**

- Head Wear

Sun Hat

Warm Synthetic wool Hat

Head Band/buff/Face mask/balaclava

Head lamp and Spare Batteries

Nose guard

- Eye Wear

- Sun Glasses
  - Glacier glasses
  - Googles

- Hand Wear

- Lightweight Synthetic Gloves
  - Heavyweight Synthetic Gloves
  - Soft shell gloves
  - Disposable Hand Warmer
  - Mittens

- Body

- Fleece Jacket
  - Long Sleeved shirts
  - Short Sleeved Shirts
  - Wind Jacket
  - Down Suit
  - Down Jacket(Light Weight)
  - Down Jacket(Heavy Weight)
  - Soft shell Jacket
  - Hard shell Jacket

- Down Wear

- Trousers(Light Weight)
  - Trousers(Heavy Weight)
  - Wind Pants
  - Lightweight Underwear
  - Heavyweight Long underwear
  - Lightweight Nylon pants
  - Down Pants
  - Soft shell pants
  - Hard shell pants
  - Insulated synthetic pants

- Foot Wear

- Light weight synthetic socks
  - Climbing socks
  - Climbing boots

Trekking boots/Light hiking boots  
Running Shoes  
Insulated Camp boots(for Basecamp)  
Gaiters

- Accessories

Sunscreen and Lip Balms  
Personal First Aid Kit  
Dairy and Writing Material  
Camera with spare batteries  
Pocket knife  
Sun Glass  
Personal Toilet Equipment  
Water Bottles  
Hand sanitizers  
Small Towels/Soap/Shampoo

- Climbing Gear

Down Suits  
Helmet  
Harness  
Carabiners(Regular)  
Carabiners(Locker)  
Descender  
Ascender  
Ice Axe  
Crampons  
Helmet  
Water Bottle  
Duffol Bag  
Trekking Back Pack(40 Ltr)  
Climbing Back Pack (50 Ltr)  
Sleeping Bag(-40) for higher camps  
Sleeping Bag(-20) for Basecamp  
Thermarest  
Thermos  
Trekking Poles  
Pee Bottle