

MT. LHOTSE EXPEDITION [8516 M.]

Mt. Lhotse is the fourth-highest mountain in the world at 8,516 m. above sea level, the main summit lies on the border between the Tibet Autonomous Region of China and the Khumbu region of Nepal.

TRIP FACTS:

PEAK NAME MT. LHOTSE	SERVICE FULL BOARD (1:1 SHERPA)	COUNTRY NEPAL
DURATION 60 DAYS	ROUTE S COL – W FACE	GRADE HARD DIFFICULT
RANGE MAHALANGUR	BEST SEASON SPRING	MAX ELEVATION 8516 M.
WALKING PER DAY 5-6 HOURS	NATURE HOTEL + LODGE + TENT	GROUP SIZE 2-10 PAX
ARRIVAL 7 APR 2023	DEPARTURE TO TREK 9 APR 2023	TRIP ENDS 05 JUN 2023



REQUIRED EXPERIENCE:

Experience in mountaineering (6000 m. /7000 m. /8000 m.) is recommended and required to sign up for this expedition.

CONSIDER CLIMBING LOBUCHE PEAK (6119 M.) FOR EXTRA ACCLIMATIZATION

For people with a sufficient time frame, an excursion to nearby Lobuche Peak, 6119m, is a great way to ensure you are well-acclimatized before you start the Lhotse Expedition.

OVERVIEW:

Lhotse stands at 8516 M, making it the fourth-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. Lhotse has three summits: **Lhotse Main 8516m**, **Lhotse Shar 8383m**, and **Lhotse Middle or East 8413m**.

Sometimes mistakenly Lhotse has been identified as the south peak of the Everest massif. No serious attention was given to climbing Lhotse until Everest had finally been ascended. Lhotse first climbed in 1956 as an alternative route toward the summit of Everest.

Ernst Reiss and Fritz Luchsinger who were part of a Swiss expedition first climbed Main Lhotse in 1956. Sepp Mayerl and Rolf Walter first climbed Lhotse Shar on December 5, 1979, by taking the SE-Ridge.

A deep scar, an icy gully known as the Lhotse Couloir, marks The West Face of Lhotse; the couloir is the crucial test to the Lhotse climb, mainly because the climbing conditions of the couloir are affected by weather and seasonal snowfall.

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 1, we will pass through the lateral moraine to the west ridge that greets us with a close-up view of Lhotse. This place is perfect for Camp 2. Leaving Camp 2, we will reach the Lhotse wall by crossing glaciers and ice cliffs where we will set Camp 3. Camp 4 is located near South Col. From Camp 4, we will proceed through steep rock sections to the summit.

" We await to serve you our service and share our experience with you "



ITINERARY:

DAYS	ITINERARY	DATE	MEALS	BOARD
1	Arrival in 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 Dibuche (3,870m)		B/L/D	Lodge
7	Trek from Dibuche (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	Tent
10-39	Rotation: [Basecamp – Rotation (Camp I, Camp II and Camp III) – Basecamp]			Full Board High Camp
40-53	Climbing Period [Base Camp – Lhotse Summit (8,516m) – Base Camp]			Full Board High Camp
54	Cleaning Up Base Camp		B/L/D	Tent
55	Trek from Base Camp to Pheriche (4,371m)		B/L/D	Lodge
56	Trek from Pheriche to Namche Bazaar		B/L/D	Lodge
57	Trek from Namche Bazaar to Lukla		B/L/D	Lodge
58	Fly from Lukla to Kathmandu & transfer to Hotel		B	Hotel
59	Leisure day in Kathmandu City		B	Hotel
60	Transfer to International Airport for final departure			Breakfast

B= Breakfast, L= Lunch and D=Dinner.



COST INCLUDES [FULL BOARD SERVICE]:

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 (4-star category) - single room on bed and breakfast plan.
3. **WELCOME DINNER:** One Welcome Dinner in a tourist standard restaurant in Kathmandu with Office 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. 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. **MAP:** Trekking and climbing map.
11. **DUFFLE BAG:** One Seven Summit Treks' Duffle Bag.
12. **MEMBER TRANSPORTATION:**
- (Domestic Flight) Fly from Kathmandu – Lukla and while returning Lukla - Kathmandu, as per itinerary.
13. **EXPEDITION STUFFS TRANSPORTATION:** All necessary expedition equipment transportation for all Members and Staff from Kathmandu to Lukla (by air cargo) and Base camp (by Porters / Yak) – While returning: Base camp to Lukla (by porters / Yak) and Lukla to Kathmandu (by air cargo). Based on the condition, different transportation variants may be adopted.
14. **MEMBER LUGGAGE:** Up to 70 Kg per member for personal baggage during the trek to be carried by porters or Yaks.
15. **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 regularly during the entire expedition using helicopter flights. Well-managed base camp set up for members & Staff.
16. **PORTER:** Porters per member up to the basecamp and from the basecamp (both ways).
17. **BASE CAMP STAFF:** Experienced and well-trained Base Camp Cook & kitchen Helpers as required.
18. **STAFF SALARY AND ALLOWANCE:** All Nepalese staff & porter's daily wages, salary, equipment, food & clothing.
19. **BASE CAMP TENT:** Each member will have an individual box tent in Base Camp.
20. **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 staff, Store tent, Tables & chairs & all necessary cooking gears.
21. **HEATER:** Heater at base camp in each Dining and other necessary camps.



22. **SOLAR/GENERATOR/LIGHT:** 1 Solar panel and Generator for lights at base camp, FOR battery charges, laptop, and other electronic devices.
23. **MEDICAL CHECKUP:** Twice Medical checkup of each climber at the base camp before the summit attempt.
24. **BAKERY AND BAR AT BASE CAMP:** Bakery and bar for the team members of Seven Summit Treks.
25. **TRAINING:** Oxygen, Mask Regulator, Ice wall, and Ladder training at basecamp by UIAGM Guide.
26. **HIGH ALTITUDE CLIMBING SHERPA:** 1 veteran and government-licensed climbing Sherpa per member (1 Member: 1 Sherpa), during the entire climb from Basecamp to the summit and back, and on each rotation.
27. **ASSISTANCE:** Climbing Sherpa to assist in carrying your gear to the high camps.
28. **CLIMBING SHERPA SALARY & ALLOWANCE:** Climbing Sherpa Salary, Equipment, Food, and Clothing.
29. **BONUS:** Carry Bonus of Sherpas and Route Fixing Charges.
30. **OXYGEN BOTTLE (O2):** Summit Oxygen cylinder: 3 oxygen bottles (4 Ltrs.) for each member and 2 oxygen bottles for each high-altitude Sherpa. **
31. **OXYGEN MASK & REGULATOR:** 1 Set of Summit Oxygen masks & regulator for each member and high-altitude Sherpa. **
32. **BACK UP OXYGEN:** BACK UP Oxygen Cylinder, mask, and regulator (SUBJECT TO A CHARGE).
33. **HIGH CAMP SERVICE (INFRASTRUCTURE AND LOGISTICS):** High Altitude Tent, Necessary cooking EPI 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.
34. **HIGH CAMP KITCHEN AND DINING:** SST will have one cook, kitchen, and dining tents in Camp I and Camp II.
35. **HIGH ALTITUDE TENT:** Members will share tents in high camps (2 members: 1 tent).
36. **ROPE FIXING TEAM:** The team of experienced Sherpas will fix the route to the summit of LHOTSE (no extra charge will be applied to members).
37. **SATELLITE PHONE:** Satellite Phone for emergency communication carried by Sherpa, also available for members (SUBJECT TO A CHARGE).
38. **WALKIE-TALKIE:** Walkie-Talkie for communicating from Base Camp to Mountain and Mountain to Base Camp.
39. **PERMITS:** Satellite Phone/walkie-talkie permit for all members and staff.
40. **INTERNET SERVICE:** Internet facility (1 Mbps) will be available at the Base Camp (subject to a charge).
41. **WEATHER FORECAST:** Weather forecast report regularly from Meteotest, Bern (Switzerland) during the entire expedition.
42. **MEDICAL KIT:** Comprehensive Medical kit for members and staff.
43. **CERTIFICATE:** LHOTSE climbing certificate issued by MoCTCA (after climbing Mt. LHOTSE successfully).

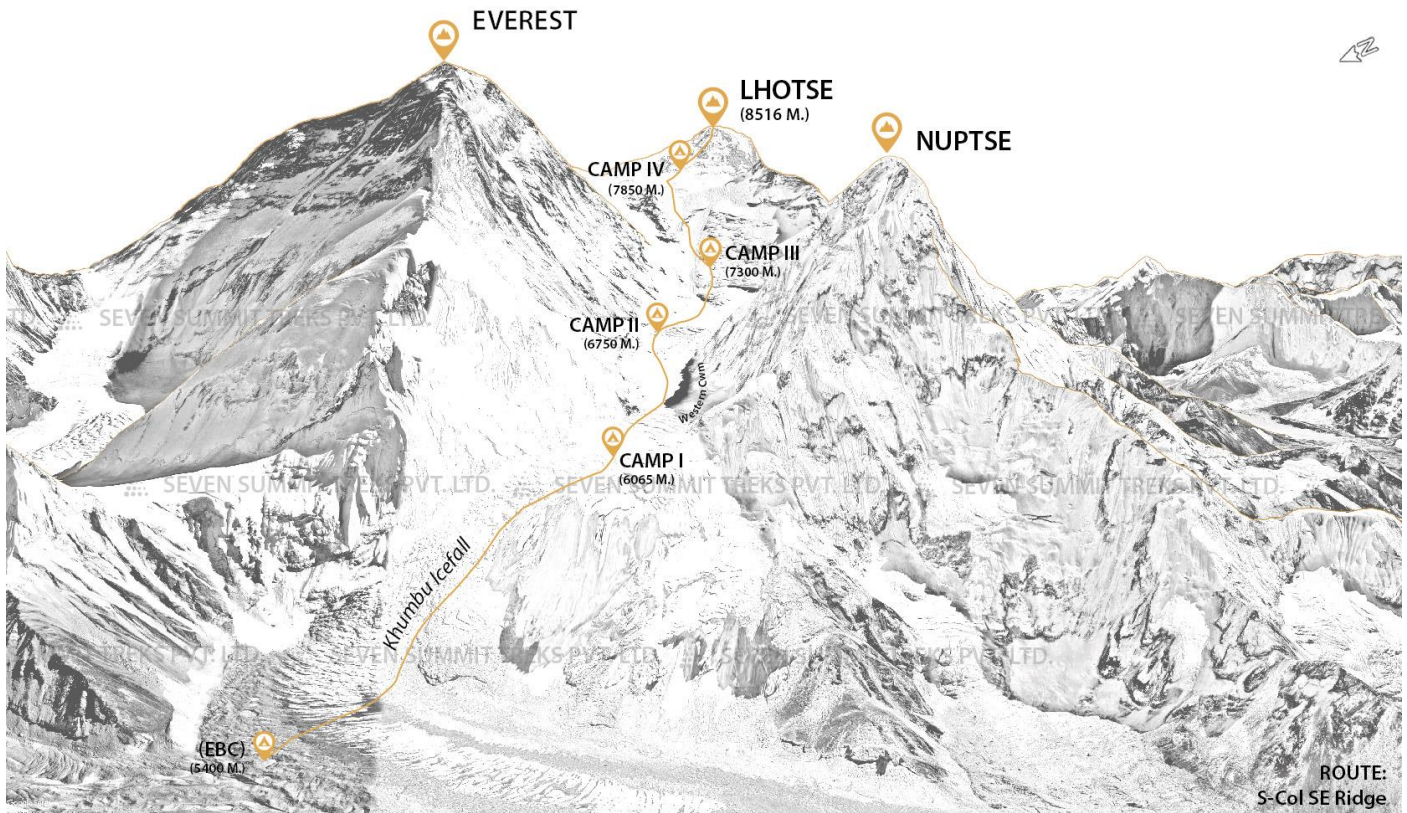
****Note: All expedition stuff and equipment have to be returned after the expedition.**



COST EXCLUDES:

1. **AIR FARE:** International flight airfare (from and to Kathmandu).
2. **NEPAL ENTRY VISA FEE:** Nepalese Visa fee is \$ 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, or 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 **400 USD**.
13. **EXTRA:** Any other services or activities, which are not mentioned in the itinerary and not listed in the **"Cost Includes"** section.

ROUTE MAP:



All Reserved @ Seven Summit Treks!!



EQUIPMENT LIST

[EQUIPMENT SHALL BE ARRANGED BY CLIENTS THEMSELVES, NOT INCLUDED IN THE PACKAGE COST]

TRAVEL DOCUMENTS

- VALID PASSPORT
- CREDIT/DEBIT CARD
- PP SIZE PHOTO (4 PIECES)
- INSURANCE PAPER AND CONTACT ADDRESS.
- FAMILY MEMBERS / COMPANY'S CONTACT ADDRESS

FOOT WEAR

- SUMMIT BOOT - 7000 M.
(KAILAS / LASPORTIVA / MILLET)
- NORMAL SOCKS (5-6 PAIRS)
- SUMMIT SOCKS (2 PAIRS)
- TREKKING SHOES (GORE-TEX)
- LIGHT TREKKING/SPORTS SHOES
- CAMP BOOTIES (1 PAIR)
- SLIPPER (1 PAIR)

UPPER BODY

- THERMAL TOP BASE LAYER (2-3 PCS)
- FLEECE JACKET (2 PCS)
- GORE-TEX JACKET (1 PCS)
- WARM JACKET (1-2 PCS)
- WIND-PROOF JACKET (1 PCS)
- DOWN JACKET (1 PCS)
- COTTON T-SHIRT (2-4 PCS)

LOWER BODY

- THERMAL BOTTOM BASE LAYER (2-3 PCS)
- FLEECE TROUSER (1PCS)
- GORE-TEX PANT (1 PCS)
- HEAVY WEIGHT PANTS (1-2 PCS)
- MID WEIGHT PANTS (1-2 PCS)
- LIGHT WEIGHT QUICK DRY TREKKING PANTS (2-3 PAIRS)
- GAITERS FOR TREKKING BOOTS
- DOWN PANTS (1PCS)
- UNDER WEAR (3-5 PCS)

HEAD

- SUN CAP
- DESERT CAP
- BALACLAVA
- FLEECE HAT/ WARM HAT (1-2 PCS)
- NECK GAITER (2-3 PCS)

HANDS

- THIN FLEECE GLOVES (2 PAIRS)
- WIND STOPPER / SCREEN TAP GLOVES
- HEAVY GLOVES (GUIDE GLOVES)
- SUMMIT GLOVES – 8000 M.

SLEEPING BAGS

- SLEEPING BAG -30°C TO -40°C
- THERMAREST MATTRESS (CELL FOAM)
- SLEEPING BAG LINER
- INFLATABLE PILLOW

CLIMBING EQUIPMENT

- CLIMBING HELMET
- SUMMIT DOWN SUIT – 8000 M.
(KAILAS/ MARMOT / MOUNTAIN HARDWARE / NORTH FACE/MILLET)
- CRAMPONS (FIT WITH BOOT)/PACKING COVER
- ICE AXE WITH SPIKE & AXE PROTECTOR
- HARNESS
- BELAY DEVICES/ FIGURE OF 8/ATC GUIDE
- JUMAR / ASCENDER
- LOCK CARABINER (3 PCS)
- UNLOCK CARABINER (2 PCS)
- TAPE SLINGS/240 CM
- HEAD LIGHT 400-500 LUMENS SPARE
- BATTERY (ENERGIZER ULTIMATE LITHIUM)

BAG PACKS

- RUCKSACKS 35 L – 50 L
- DUFFLE BAG 90 L -120 L (2 PCS)
- WATER PROOF STUFF SACKS/DRY BAG - SMALL/ MEDIUM/ LARGE (2-3 PCS)

SUN STUFFS

- SUN CREAM (-50 SPF)
- LIP GUARD -30 TO -50 (SPF)
- SUN GLASSES (UV PROTECTION)
- GLACIERS GLASSES (ANTI-FOG, POLARIZED, UV PROTECTION)
- MOISTURIZER / LOTION

TOILETRIES (PERSONAL)

- HAND DISINFECTANT
- TOILET PAPER / WET TISSUE
- TOOTHPASTE, TOOTHBRUSH
- SOAP, SHAMPOO
- TOWEL
- GARBAGE BAG

EATING & DRINKING

- 1 LTR. WATER BOTTLE
- 1/ 1.5 LTR. THERMOS
- MUG, SPOON, FORK, BOWL (OPT.)

MEDICAL/FIRST AID

- BRUFEN / IBUPROFEN
- ANTIBIOTIC
- DIAMOX
- PARACETAMOL
- HANDY PLASTER, CRACK BANDAGE
- TINCTURE IODINE
- ONDEM
- CETIRIZINE
- ELECTROLYTE
- MINIL 10MG (PALPITATION, ANXIETY)
- CODOPAR (HEADACHE & CHEST PAIN)
- SALBETOL 4MG (BREATHLESS)
- AZITHROMYCIN 500MG (CHRONIC TONSILLITIS, FEVER, NOSE, THROAT INFECTION-MUST TAKE 5 DAYS)
- FLUPEN 250MG (PREVENT WOUND INFECTION)
- ALLEGRA 120/180MG (ALLERGIC TONSIL)

MISCELLANEOUS

- WALKING STICK/ TREKKING POLE
- POCKET KNIFE (SWISS)
- NAIL CUTTER
- UMBRELLA / RAIN COAT
- HOT WATER BAG
- PEE BOTTLE
- TENACIOUS TAPE REPAIR (DOWN JACKET/SLEEPING BAG REPAIR KITS)
- ALTIMETER WATCH
- SATELLITE PHONE WITH CREDIT (OPT.)
- GPS TRACKER (RECOMMENDED)
- POWER BANK
- CAMERA

ADD. SERVICES:

Additional Per Sherpa	\$ 9000.00	We will provide you with One Personal Sherpa during the entire expedition period (1 Member :1 Sherpa), this is included in the program price. However, if you would like to have another extra personal climbing Sherpa (A private 1 Member: 2 Sherpas), you may add to your program.
Extra Oxygen Per Bottle	\$ 500.00	We allocate enough O ₂ bottles, however, if you want to purchase extra bottles for extra safety.
Personal Dining Tent	\$ 1000.00	To avoid the pandemic scenario or if you are looking for a quiet and silent time at the base camp, you may request a separate dining and resting tent.
Single Room on Trek	\$ 80.00	Single room (Upgraded) during the entire trekking days (both ways).
Helicopter		A helicopter ride saves your trekking days. If you would like to use the helicopter riding option (Kathmandu to Lukla, Lukla to Basecamp, Basecamp to Lukla or Namche, or direct to Kathmandu) during the expedition period, please let us know a few days earlier.
- Kathmandu-Lukla	\$ 2500.00	
- Basecamp - Lukla	\$ 1800.00	
- Basecamp - Kathmandu	\$ 4500.00	

INSURANCE:

There is a fine line between adventure and blatant risk. Mountaineering is an adventure trip that carries an intrinsic danger and the nature of travel implies things don't generally go according to the plan, which is the reason why we require every one of our clients to get acceptable and proper insurance.

Due to unanticipated reasons, for example, injury, family issues, work commitments, etc., clients may need to cancel their trip before the start or during the expedition. Considering these factors, it's better to be prepared for the possibilities.

As mentioned in the Terms and Conditions of Seven Summit Treks, the agency is exempt from being liable for different expenses that may occur in case of different emergencies or unforeseen situations. In addition to that, a foreigner isn't allowed to purchase insurance on Nepali soil. Both facts point out the

requirement of a client to purchase an elaborate travel insurance plan in their place of origin that protects their interest in case of trip cancellation, helicopter evacuation, medical emergencies, other illnesses, lost luggage, theft, disasters, death, and so on.

You are free to pick your insurer however look for an arrangement that covers trip postponement and cancellation, rescue, and covers medical as well. Guarantee it doesn't have limitations on the height you will climb, prohibitions on the exercises you are embracing, or the places you will be visiting. Protect yourself with the right insurance so you can go on your expedition with peace of mind and focus more on your climbing.

Please make sure to send us a copy of your insurance policy before you start your expedition so that we can assist you in any case of an emergency.

Please find the details about insurance before buying the policy [here](#).



BOOKING & PAYMENT PROCESS:

If you intend to embark on an adventure through Seven Summit Treks Pvt. Ltd. you are required to book a trip 3 months before the trip. A three months preparation period is necessary to ensure the maximum safety and satisfaction of the clients.

The client must dispense 30% of the total cost, at the time of booking. The advance amount will be used for the necessary booking of hotels, flights, guides, and porters and for receiving approval from governmental authorities. Another 30% of the total charge should be deposited one month before the flight to Nepal. The remaining 40% of the total charge should be paid after you arrive in Nepal, before the start of your adventure.

Name of the Bank	: HIMALAYAN BANK LTD.
Beneficiary Account Holder's Name	: Seven Summit Treks Pvt. Ltd
Beneficiary Account Number (USD \$)	: 01902853840022
Swift Code/BIC	: HIMANPKA
Address	: Thamel, Kathmandu, Nepal
Mobile	: +977 9851111187
Zip Code	: 44600
Email	: info@sevensummittreks.com

After depositing the booking amount to the company's account, we can confirm your registration for our expedition team. You can find all the information about gear lists, itineraries, travel routes, etc. that are required for your expedition on this website which will help you manage everything needed for your expedition.

Once you sign up for the expedition with SST - you will have a free consult with our [expert team](#). We will provide information about personalized strategy, customization, progression planning, expert guidance and coaching, insight, and advice on how to accomplish your adventure goals.

Following the initial application process, you will then:

- Send us your passport copy - during booking.
- Send us a copy of your insurance policy- before your arrival.
- Send us your arrival/departure travel details- before your arrival.
- Send us a copy of your physician's report (verified by your doctor stating you are fit to join and exercise yourself at a higher altitude) before your arrival.

Please find the details about our payments, cancellation, and refund policies [here](#).



EXPEDITION ON THE WEB:

For expedition dates, and all the latest information

[Mt Lhotse Expedition](#)

For all expedition inquiries and bookings

info@sevensummitstreks.com

FOLLOW US:

