



Lhotse Expedition

Trip Facts

Trekking Days	45 Days
Maximum Altitude	8516 m
Group Size	2 to 14 People
Transportation	Flight & Private Transport
Accommodation	Best Available
Best Season	Spring & Autumn
Meals	Breakfast/Lunch/Dinner
Tour Type	Expedition

Overview

The 8516m high mountain lies on the border of Tibet and Nepal. The route progresses from Base Camp of Everest to Khumbu Icefall following the trail from Camp I to Camp 4. As Lhotse is a part of the Everest Massif, the route of the Lhotse Expedition is pretty much the same as Everest Expedition. And we reach Camp II at the altitude of 6400m which allows a great view of Lhotse. The journey to the Lhotse expedition advances through The Khumbu Icefall. After crossing the ice cliffs and glaciers, we will reach the site of Camp III. Camp 1, located at the top of Khumbu Icefall, will have an altitude of 5900m. South Face of Lhotse has one of the largest, dramatic, and steepest mountain faces in the globe. Mt. Khumbu Icefall, a part of the Lhotse Expedition climbing, has been acknowledged as the most dangerous due to the constant change of the structure of the glacier.



And finally, we set our camp 4 at the altitude of 7900m and follow the steep trail to the summit. Mt Lhotse is a part of Everest Massif separated by the South Col and consists of 3 peaks Lhotse (8516 m), Lhotse East (8414 m), and Lhotse Shar (8383 m). In 1956, a Swiss expedition successfully ascended Mt Lhotse for the first time. Camp 3 is located at an altitude of 7,300 m. Lhotse Expedition is 45 days long expedition where we climb Mount Lhotse, an altitude of 8,516 m /27,940 ft, via the normal route. Mount Lhotse, being the fourth highest peak in the world, lies 3km to the south of Everest.

Details Day Itinerary

Day 1

Arrival Tribuwan International airport Kathmandu (1,350m). and transfer at hotel.

Once you arrive at Tribhuwan Airport, our team from Unique Sherpa Trek & Expedition will Pick up you to our hotel. You can relax there or explore the city. Our guide will arrive in the evening to discuss and prepare you for your trip to Mt. Lhotse Expedition.

Day 2

All equipment prepare for Lhotse expedition and over night at hotel.

In these 2 days, we will make the final preparations and arrangements for your journey. You will meet your team, guides, and Sherpa



Day 3

Sightseeing and important things you should have to buy for expedition.

On the Second day of Preparation, we will complete the government formalities like Expedition Permit, National Park permits, and related documentation. Our team will brief you about the climb to Mt. Lhotse via the normal route. expedition in Kathmandu

Day 4

Early morning fly to Lukla (2,840m) and trek to Phakding (2,680m).

We start our Lhotse Expedition with a domestic flight to Lukla of about 35 mins. Established between a cliff and a hill with a short landing strip, Lukla Airport is known as one of the most dangerous airports in the world. We will then trek to Phakding (8km) which will take 3-4 hours. There are many cultural villages and you can view gorgeous Mount Khumbila and Mount Kusum Kangraru along the way. We will stay overnight at Phakding.

Day 5

Trek to Namche bazar (3,440m) from Phakding.

On the 5th day of our Expedition, we will trek up to Namche Bazaar along the Dudh Koshi River. There are pine forests and several suspension bridges in the path we cross. We will also get to see the gateway of Sagarmatha National Park in Monjo. We will get our permits, there climb to Namche Bazaar and stay there overnight. This trek will be 10 km and will take up to 5 hours.



Day 6

Acclimatization over namche to everest view point hotel. and back to namche for sleep.

Acclimatization day is a day to rest and to let our bodies adapt to the surrounding. Namche Bazar is the main trading center for the high Himalayas. There are a lot of cafes and restaurants there and the market is very lively and has a harmonious atmosphere. There is internet access and also has facilities of the hospital, post office, and a health post. There will be a short hike to explore the nearby villages as well.

Day 7

Trek to Tyangboche (3,870m) from Namche bazar.

On day 7, we will head to Deboche. This trail will go along the glacial of the Dudh Koshi River extends to 11 km and will take 5/6 hrs. However, it gives a spectacular view of Mount Everest, Mt Ama Dablam, Mt Nuptse, and numerous other mountains. The path goes along the forest of beautiful blooming Rhododendron to Sanasa. When we arrive in Sanasa we will reach a junction point that leads us to either Gokyo Valley or the Everest Base Camp. We take the second route climb up the Tengboche Monastery and visit. This Monastery celebrates a 19 days colorful festival called Mani Rimdu in October or November. Witnessing this celebration will be an amazing experience. We will reach Deboche and spend the night there in a lodge.

Day 8

Tyangboche to Dingboche (4,410m).

Day 8 of our Lhotse Expedition will be a trek of 11 km which takes up to 6 hours. We descend to Imja River and then trek uphill to dense forest to the village of Pangboche. And walking past the



steep Pheriche to the Lobuche River, we climb a steep hill and finally reach Dingboche also known as the Summer Valley in the Khumbu region. We can see exotic views of Mt Makalu, Imja River, and open savannahs. Not to mention the fields of buckwheat, barley, and potatoes. We will rest the night in Dingboche.

Day 9

Acclimatization over nagarjum hill (4,910m) above Dingboche.

Day 9 is to rest and let your body adapt to the weather and surrounding. There are local villages that you can visit and get deeper insights into the culture and the lifestyles of the Sherpas. We will also go on a hike to Chukung village and even climb Chukung Ri if you want. It has a phenomenal view of natural beauty and the Himalayas like Mt Cho Oyu, Mt Pumori, and the Lhotse wall

Day 10

Trek to Chukung (4,730m) from Dingboche.

On day 10 of the Lhotse Expedition, we will take a trek from Dingboche to Chukung which is located close to Island Peak. The route to Chukung has beautiful sceneries of the Himalayas. We will stay in a lodge for the night

Day 11

Chukung to Island Peak base camp(5,230m).

Day 11 of the Lhotse Expedition gets rougher as the trail has boulders and glaciated rivers. We progress across through the Lhotse Glacier and arrive at the Base Camp for Island Peak, which has a magnificent view of the Island Peak. We will spend the night and rest at the Base Camp.



Day 12

Island peak base camp to high camp (5,370m).

Day 12 will be for giving you training for pre climbing by our team. Mountain climbing techniques, using climbing tools and gears like ascender, harness, etc properly. You will also receive training on how to use ropes during our climb and what safety measures to take. For practice sessions, you can climb up to High camp and then back to base Camp. We will rest the night in the Island peak base camp

Day 13

Island peak summit (6,160m). and back to chhukung.

Our Day 13 target of the Lhotse Expedition is to climb the top of Island Peak. We will start the journey early in the morning. The route is moderate at first but has a steep hillside as you reach near the peak. The surrounding of the trail frequently changes and the views are amazing but the scenery from the peak is something you will experience as breathtaking. As you advance through the glaciers with the help of ropes, the temperature drops. The weather during the afternoon can be risky so we advance to reach the summit before noon. Once you reach the top, you will be able to see an astounding view of the gracious white snow-capped mountains like Mt Nuptse, Mt Lhotse, Makalu, Ama Dablam, and Mt Baruntse.

Day 14

Chhukung to Labuche (4,940m).

We will advance our journey by heading east and following the dangerous region of this climb, the Khumbu Icefall via Kongma La. Though there are no settlements in this area, we can still find amazing and beautiful views of the Island Peak and Amphu Lapcha Pass. We will proceed to the path along the river to reach our destination and stay overnight at Lobuche



Day 15

Labuche to Gorakshep (5,160m).

We pass through Khumbu Glacier where we can find memorials of many climbers ourselves. Amongst them are the memorials of 6 Sherpas who had died in an avalanche. Across the Khumbu Glacier, we will reach the Changri Nup glacier and then to Gorekshep. This trail will be 11 km and will take about 5-6 hours.

Day 16

Gorakshep to Lhotse base camp (5,380m). it's together everest base camp.

We will start our day early on day 16 for trekking to Everest Base camp. Our journey today will take about 3/4 hours. The path gets harder and more challenging as we ascend the altitude. But the snow-covered surroundings and view of the majestic mountains make it worthwhile. We walk through the rocky dunes to finally reach The Base Camp where we meet up with the rest of the team.

Day 17

20 days Lhotse expedition period (8,520m) on top.

During these days, our first target is well Acclimatization at Lhotse Base Camp/ Everest base camp and you can see the views of snow surrounding you everywhere as well as mount Pumori, Nuptse, and Lola. Lhotse Base Camp/Everest BC is located 5,36 m from sea level. We will be staying at the Lhotse Base camp for 05 days. These 05 days will be for your training and acclimatization. You will be given training by our staff on how to climb and use tools and gears like an ascender, harness, etc. Training on how to use ropes, and safety gear will be given along and you can also have practice.



DAY: 21-22 "Trek to Camp I" (5,900m)

Base Camp to Camp I is a mixed climb of about 750 meters climbing route with few steep covered with snow, ice, and rocky walls. On day 21 of the Lhotse Expedition, we will trek and cross the famous Khumbu Glacier by ladder up to Camp I. Climbing up to Camp I can be hard because of your first-day climbing experience and walking on the ladder. So the ascend will take place early. This will be just an attempt to make you familiar with the routes and the difficulties so that you are well prepared for the final time. We will stay overnight at Camp

DAY: 23 "Stay at Base Camp."

On Day 23, we will stay at the base camp. This day will be your rest period as well as training. We will also prepare for the trek to Camp I once again.

DAY: 24-25 "Trek to Camp I" (5,900m)

We will start our trek early in the morning and head for Camp I. This time the path will be more familiar and it will be easier. After about 7 hours you will reach Camp I once again. We will stay there for 2 days. These days are for your rest and acclimatization and from the camp one you will get to enjoy a beautiful view of the surroundings and the mountains as you prepare to ascend Camp

DAY: 26-27 "Trek to Camp II" (6,400m)

On day 26, we will climb up to Camp II which is located at the bottom of West ridge. You pass the gorge and reach Lhotse Camp II after climbing about 1300m in 9-10 hours. You will get to see a



magnificent view of the Lhotse and Everest. We will stay here for 2 days for letting your body adapt to the surroundings and get rest before climbing up to Camp III. Most climbers feel most interesting climbing to Camp II with the route accompanied by the big steep faces on Ice climbing and by ladder climbing.

DAY: 28-29 "Trek to Base Camp III" (7100m)

We start our Day 28 with a climb to Camp III, which may be difficult for some climbers because of the effects of high altitude. The climb to Camp III mostly uses ropes as the steeps have ranged from 30 to 45 degrees. We will rest there for the night and the following day. This climb was an attempted climb so that your body adapts to the surroundings and be more familiar with the route.

DAY: 30 "Back to Camp II"

On day 30, we climb down back to Camp II and rest there for the night.

DAY: 31-36 "Camp II" (6400 m)

We will stay in base camp II for 2 days at rest. Camp II will be your second base camp and you will stay many days here to avoid crossing the Great Khumbu Glacier and ladder walking. We will rest there for several days for better acclimatization.



DAY 37-38 "From Camp II to Camp III (7100 m)"

Our target on day 37 will be to climb up to Camp III, those climbers who felt uneasy the first time may feel better now as their bodies will have adapted. After a difficult climb up to Camp III, we will rest. We spend the next day there too for rest.

DAY: 39 "Camp IV" (7900 m, 8 hrs)

On day 39 of the Lhotse Expedition, we will ascend to Camp IV, which is located at 7900 m. The face raises at 40-45 degrees and will take about an 8-hour climb. This is the last camp and closer to our destination. We will rest there and prepare for the final ascent.

DAY: 40 "Camp IV to Summit." (8,516 m, 10 Hours)

Our final ascent of the Lhotse Expedition will take place on day 40. It is a 12-hour climb. Since the weather is not constant in the afternoon, we start our climb at 12:00 is. The climb will be very difficult and our climbing Sherpa and climbing guides will take you through safe routes. While climbing up to the summit, we will come across steep slopes that range from 40-45 degrees and sometimes an 80-degree bulge. So you need to be very careful. The climb is difficult and tiring but once you reach the top, it will be worth the hard work. You will get to see the panoramic view of Mount Everest (8848 m), Ama Dablam (6856 m), Nuptse (7879m), the South Col, Khumbu glacier, and the snow-covered region for as far as you can see. After resting a while we will start to descend back to Camp II as soon as possible. The wind and weather can be very rough and unpredictable in the afternoon. We will stay at Camp II and rest there for the night.



DAY: 41 "Camp II to Base camp"

On day 41 of the Lhotse Expedition, our goal for the day is to climb back down to Base camp early morning. We will stay at the Base Camp.

DAY: 42-43 "Rest at Base Camp"

After the tiring ascent and descents, we will rest in the base camp for 2 days. We will spend the day, mostly resting and packing and cleaning the campsite. You can also explore the nearby regions.

DAY: 44 "Trek base camp to Pheriche"

After conquering Lhotse, we begin to descend from Lhotse Base Camp to Pheriche. The trek will cover 14 km and take 7 hours to reach Pheriche. We stay overnight at Pheriche.

DAY: 45 "Trek Pheriche to Namche bazaar"

On day 45 of the Lhotse Expedition, we trek back to Namche Bazar. We can enjoy the view as we descend down. The trail will be a 7-hour long journey and will cover up to 15 km. We will rest there for the night

DAY: 46 "Trek Namche bazaar to Lukla"



From Namche Bazaar to Lukla, we walk down the Namche Bazaar to follow the same downward steps. And we will also cross the checkpoint of Sagarmatha National Park to reach Lukla. It is a 7-8-hour journey of 18 km which is not a hard path. We rest at a local lodge and prepare for the flight tomorrow.

DAY: 47 "Fly to Kathmandu airport"

There will be an early flight to Kathmandu which will take about 35 mins. We will book you a hotel for your day off from the long and tiring climb

DAY: 48-49 "Free days Kathmandu"

You can take these days to explore Kathmandu and the nearby cities like Patan and Bhaktapur. Take a tour of Durbar Square, visit museums and cultural sites. There are many pubs, restaurants, cafes, and spas that you might enjoy as well. You can also visit the temples and heritage sites to explore our culture.

DAY: 50 "Transfer to airport from Hotel for departure"

This is your departure day. One of our staff will take you to the airport for your flight. We hope you enjoyed this journey and took in memories that will be exciting and thrilling to remember and share with your loved ones.



Gallery





Trip Cost Includes

- ❖ Airport pick-up and drop Transportation.
- ❖ 3-Night Hotel at Kathmandu (3 Start) Hotel.
- ❖ Domestic flight tickets (Kathmandu – Lukla – Kathmandu) and airport departure taxes.
- ❖ (100% Waterproof) Duffle bag to keep your personal belongings and things to be carried by the porter.
- ❖ 3 Time Meals with Tea/Coffee During Trek.
- ❖ Professional English-speaking Guide, Assistance Guide, and Potters (Size of the Groups) During the Trek.
- ❖ Permit, "Tims", National Parks Entry Fee.
- ❖ All wages and medical, Insurance, for the Guide and potters.
- ❖ First-aid Medical Kits for the Group and Staff.
- ❖ Fare-Well dinner in Kathmandu Before Departure.
- ❖ Helicopter stands by for rescue (nominally charge applies).
- ❖ Unique Sherpa trek & Expedition Appreciation Certificate after the successful trek.
- ❖ All taxes are imposed by the government of Nepal.

Trip Cost Excludes

- ❖ Nepal entry visa fee.
- ❖ Lunch and dinner in Kathmandu and also in case of early return than the scheduled itinerary.
- ❖ Extra baggage check-in during the flight (Kathmandu-Lukla-Kathmandu) if more than 15 KG, extra, can pay directly to the airline.
- ❖ Tips for guides, porters, and divers.
- ❖ Any kind of meal During Your Stay in Kathmandu (Except Farewell Dinner).



- ❖ Extra night accommodation in Kathmandu due to early arrival or late departure, or early return from the trek.
- ❖ Rescue, Medicine, Medical Test, Repatriation, Hospitalization Expenses for Climbs.
- ❖ Any Internet, Hot shower, Drinking Water, Alcohol, cold Drinks, Laundry.
- ❖ Additional costs suffered due to causes beyond our control, such as natural disasters, weather conditions, itinerary modifications due to safety concerns, emergency evacuation, changes in government policies, strikes, and so forth.
- ❖ Insurance for Clients.
- ❖ International flight Tickets.
- ❖ Clothing, Packing Items or bag, personal, Medical Kits, and Personal Trekking Gear.
- ❖ any other items, not Included in the Above (Cost Includes) Section.

Terms & Conditions

Unique Sherpa Trek And Expedition :Company is a trustworthy and registered Company under the laws of Nepal Tourism Industry and accepts your bookings under the following terms and conditions.

Booking Terms: Booking your trip with Unique Sherpa Trek And Expedition accept with terms and conditions of sale. Every trekker is required to complete the form of registrations. At the time of registration, Trekker's are expected to pay a deposit 30% of total cost to complete your booking. Please note the trip cost is required to make in advance as per the company policy, this deposit help us to make confirm reservation of Hotels in City, domestic flights and all other trip arrangements for final trip booking. Along with deposit we need detailed name lists of participants, same as passport, Gender, Nationality, Date of birth, passport number, passport issue/ Expiry dates &



profession. You need to send us passport copy, photo identity and e-ticket by e-mail for all trips in Nepal.

Cancellation Policy: If any reason you have to cancel your trip, we Unique Sherpa Trek and expedition require written confirmation of your decision. The amount you have paid to us will be refunded according to the following terms:

- Cancellation more than 35 days before your departure date: \$60 will charged.
- Cancellation more than 35 to 19 days before your departure date: your deposit, 25% will charged.
- Cancellation more than 18 to 10 days before your departure date: 50% will charged.
- Cancellation more than 9 to 05 days before your departure date: 75% will charged.
- Cancellation less than 4 days before your departure date: 100% of the total will charged.

I reserve the right to revise pricing rates declared under any circumstances, or on the pressure of various external factors that are further than our control, for instance changes in exchange rate, government action etc. But, I declared forth effort to keep on the present rate. In case of minor increase in flights fares, hotels or other related factors, we don't revise the cost of the trip which was already confirmed & booked by deposit.

Physical Condition Requirement: Unique Sherpa Trek & Expedition can offer advice and recommendations about health requirements but it is the individual responsibility of each trekker to acquire any necessary documents and medical care. The information on the technical sheet provided is indicative, it is your responsibility to check with the authorities concerned for the exact requirements for your chosen destination at the time of travel. If you do not obtain any necessary medical consultations or travel documents and are not allowed to enter a country, or suffer personal injury or death as a result, we have no liability to you for any cost, loss or damage which you suffer nor will we refund you the cost of any unused portion of your travel arrangements. It is your responsibility to comply with the regulations and procedures of police, customs and health at all times throughout your trip.



Risk & Responsibility: Your safety and enjoyment is my prime concern. I therefore carry out my responsibility honestly & sincerely to ensure your holiday trouble – free as well as you have desired. Nevertheless, unless stated otherwise, trip may be change under uncertain and inherent circumstances such as land-slides, road blockage, flood, snow political unrest, cancellation of flight, delay arrival, sickness or accidents etc. Any extra cost incurring there is your personal responsibility and should be borne on the spot.

Travel Insurance: You must purchase comprehensive travel insurance package against medical, natural calamity, helicopter evacuation, personal accident, trip cancellation etc with worth of USD 100,000.00 minimum. However travel insurance is not mandatory for those travelers (s) who is intend cultural/city tours or short hike bellow 2500 meters of altitude.. This is strongly suggested to all our esteemed clients, which will greatly help you when there is a need for high altitude sickness or any other. If you have no idea we will help you to find this good one contact us.

Domestic flight Cancellation, delays and changes in the itinerary: The weather conditions especially in Nepal cannot predict perfectly, therefore, develop an alternative mentality in case of flight cancels and delays. Generally, all trekking route in Nepal are lies on remote areas so, we, Unique Sherpa Treks and Expedition advised you to make an extra reservation day to prepare with some delays and avoid frustrating consequences. In case of cancellation before trip or after trip the accommodation and food cost need to bear by yourself.

In case of incomplete treks or tour: No refund will be made to clients who drop out from the journey regardless of whatever portions remain unused in the itinerary. First of all, we never broke the trekking team in between until our last destination as per our itinerary given to you. If any Clients wants to make single trip or wants to depart with team or wants to make the trek by making own itinerary, on those condition we, Unique Sherpa Treks and Expedition do not accept the condition. In such case, the Clients him/her self-need to bear all the expenses during trek made by yourself and need to make your own risk.



Payment System Advance booking: You can directly transfer or deposit your amount to our company's official bank account number. We will be not responsible if you send your money in any private name like (people account) We will only response when you send your advance payment we will clear you with bank statement.

This is the bank detail:

Bank name: Nepal investment MEGA Bank Limited.

Account no: 13201050044295

SWIFT CODE: NIBLNPKT

Branch: Thamel: Kathmandu Nepal

Account name: Unique Sherpa Trek & Expedition Pvt. Ltd.



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Lhotse Expedition

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