Lama Adventures Pvt. Ltd.

Lhotse Expedition

Difficulty	Duration	Region	Max. Altitude	Type	Group Size
Extreme	**60 Days**	**Khumbu**	**8516m**	**Expedition**	**2-14 pax**

Overview

The fourth highest mountain in the world, Lhotse is best known for its proximity to Mount Everest. The climb to Lhotse is an exhilarating one which follows the Everest climbing route up the Lhotse Face till Everest's Geneva Spur, before the trail steepens to follow an icy long couloir to the summit. Lhotse has three summits, of which the lowest is Lhotse Shar at 8383 m and the highest is Lhotse Main at 8516 m. The third one is Lhotse East, also known as Middle standing at 8413 m. The Lhotse Main was first summited in 1956 whereas the first ascent on Lhotse Middle was only in 2001.

Leading on the way to the pinnacle is the Lhotse Couloir. Located on the west face of the mountain or commonly known as Lhotse Face. The couloir is a gigantic gully of ice and is the most challenging part of the climb. At certain places, the rise of the couloir is as steep as 80 degrees. The climb features two rocky areas – the Yellow Band and the Geneva Spur. Apart from the tough terrain, the climbers have to be wary of the periodic snowfall. Expedition to Lhotse could be an excellent alternative to climbing Everest and also being much more affordable in terms of permit fees. The climb to Lhotse and Everest is similar also. Although Lhotse is viewed as an easy mountain peak to scale, it is a remarkable peak due to the gigantic south face which rises 3.2 km in only 2.25 km of horizontal distance making it the steepest face of this size in the world.

Lama Adventures has been helping clients follow their dreams of climbing mountain peaks for more than 28 years now. You will be supported by experienced Sherpas while you ascent and having the Sherpas with you guarantee the finest assistance and guidance. Moreover, safety is the utmost importance to us and nothing is compromised when it comes to risks. You will definitely have an unforgettable adventure and witness breathtaking views in Lhotse expedition.

Itinerary

Days 1: Arrival in Kathmandu

On your arrival in Kathmandu, Tribhuwan International Airport, our representative will welcome you & drive you to the hotel. It's a free day/evening. You can walk around Thamel for shopping.

Days 2-3: Sightseeing around Kathmandu

Kathmandu is the historical and cultural heart of Nepal and has been a popular destination for tourists ever since Nepal opened its doors to visitors. The city presents a wonderful mix of Hinduism, Tibetan Buddhism and Western influence. There will be a guided tour to the largest Buddhist stupa in Nepal Boudhanath and after that to the most popular Hindu shrine dedicated to Lord Shiva- Pashupatinath. We take a tour to Patan or Lalitpur (the City of Artisans), which is 5km away from Kathmandu. We walk through Patan Durbar Square, and delight in the architectural wonders of the Malla era. Mahaboudha Temple, Kumbeshwor Temple, Krishna Temple and Golden Temple are the major attractions at the square.

Day 04: Fly to Lukla

Our trip begins early morning with a picturesque flight to Lukla. The trekking guide will see you at the hotel and you drive to the airport and take a 30 min flight to Lukla, which flies over endless rolling hills covered with green terraces. Once we reach Lukla, we wil have a short break to organise porters and gear before starting our day's trek. We will trek for about 5 hrs to Phakding.

Day 05: Trek to Namche

From Phakding, we cross and re-cross the river on high suspension bridges. Beyond Monjo is the entrance to the Sagarmatha National Park which was set-up in order to protect and preserve the fragile mountain environment. We then take a steep hike to Namche. If the weather is clear, we get the first glimpse of Mt Everest. Namche is the main trading village in the Khumbu and has a busy Saturday market - a meeting place for the Hindu traders from the lowlands and the Tibetan yak caravans that have crossed the glaciated Nangpa La.

Day 06: Rest day in Namche

We will spend an extra day in Namche before trekking higher to allow our bodies to adjust to the lower levels of oxygen in the air. In the morning, we will walk up to the Everest View Hotel to enjoy a panoramic view of Everest, Ama Dablam, Thamserku and may other majestic mountain peaks.

Day 07: Trek to Deboche

We will walk to Tengboche Monastery which is the most important monastery for the Sherpas of the Khumbu region. It is the tradition that every climbing expedition to Mt. Everest should be blessed by the head Lama of this monastery. You will enjoy the most spectacular mountain scenery on the face of the Earth on this day. Descending 200 m from the Tengboche Monastery will take you to Deboche. Overnight in Deboche.

Day 08: Trek to Dingboche

We will walk via Pangboche (3930m), take a moment to look back and enjoy the classic view of Tengboche. It is also the last village before heading right to Ama Dablam base camp, which dominates the scenery from now to Lobuche. We again gradually traverse up the valley, cross the Imja river and briefly walk upwards to Dingboche. The mountains appear distinctly more reachable and glorious.

Day 09: Trek to Labuche

Walking out of Dingboche to Lobuche, we can feel that you can almost touch the mountains and sense that Everest must be close. The trail gradually leads upwards to a small river crossing at the foot of Thukla. The rocky path passes the trekking peak of Lobuche on the left before we reach Lobuche.

Day 10: Trek to Everest Base Camp

Gorakshep is the last settlement before reaching Everest base camp. From Lobuche, it’s a short walk. We will walk further along the rocky terrain alongside the Khumbu glacier to reach Everest Base Camp (EBC). We set up our camp at EBC, which is going to be our base for the expedition. Overnight in tent in EBC.

Day 11-52: Lhotse Climbing Period

The climbing route to Lhotse is the same as that of Everest. We will go till the starting point of the infamous Yellow Band, a limestone rock band at 7500m. We climb across ladders perched between giant blocks of ice in the ‘Khumbu Ice fall’. Each year there is one route fixed through the famous ‘Khumbu Ice fall’. Many companies claim to know the best way through when in fact there is no real choice and thanks should be given to the dedicated Icefall Doctors a team of Sherpa who do this dangerous job and make life easier and safer for all those who follow. The danger comes because the ice is constantly moving and the giant blocks can collapse without warning, so speed of movement and timing is the best deterrent. We set off early before the sun rises and gradually make progress over successive sorties in which we gain vital acclimatization and speed until the full journey can be made in the cool of the day to Camp I and our entry to the Western

Cwm. Camp I should be seen as a staging post used to reach Camp II.

Once a final decision is made to move (based on the weather forecast) we head back up to Camp IV. Then, it is a short traverse to Lhotse summit after leaving Camp IV. Enjoy the stunning views from atop the Lhotse summit. Descend down and camp at EBC.

Day 53: Trek to Pheriche

Descending down from EBC, we retrace our way back to Gorakh Shep and then Lobuche. We take rest at Lobuche. After Lobuche, we descend down to Pheriche. Overnight in Pheriche.

Day 54: Trek to Phortse

Today we head down to Namche after having breakfast at Pheriche. From Pheriche, we will descend down to Pangboche. The descent is pretty easy and interesting. As you walk downhill from the Base Camp, you will head down retracing your steps into the settlement of Pheriche. Walking downhill from Pheriche, you will slowly start to notice the dense forests of rhododendron and birch. Continuing the trail will lead you to Tengboche. Retracing our steps, we shallow head downhill to the popular Namche Bazaar. Overnight in Namche.

Day 55: Trek to Namche

From Namche, we continue to follow the river and, after crossing it, climb back up through birch and rhododendron forest. From there we descend to Monjo. After Monjo, we will climb up a small hill to reach Lukla. You will probably reach Lukla soon so explore and look around the place and the famous airport in Lukla.

Day 56: Trek to Lukla

We pack up early and head for the airstrip to hop a flight back to Kathmandu On touchdown, the rest of your day is free to do your own things. You could do some last-minute shopping and packing, or send a few postcards home or even go down for a stroll to Thamel, an internationally known hub for tourists in Asia.

Day 57: Back to Kathmandu

Fly to Kathmandu and Drive to Hotel.

Hotel - Bed / Breakfast.

Day 58-59: Free Day

Just relax at your hotel room and travel around the beautiful cultural city of Kathmandu, Patan and Bhaktapur. You have the day to your own, so enjoy your last day in Nepal.

Day 60: Final Departure

It’s time to leave Nepal, of course with smiles and many memories to cherish. Depending on your flight time we will drop you at Tribhuwan International airport for your final departure to your destination.

Inclusion / Exclusion

Cost Includes

Arrival in International Airport and Departure.
4 Night's 3 star hotel in Kathmandu with Bed & Breakfast.
Kathmandu Sightseeing with Tour Guide.
Entrance fee
Climbing Permit
Professional Mountain Guide between 2 client 1 Guide Climbing Period,
Round Domestic Air Ticket
Domestic airport departure taxes.
Tea House Accomodetion, brekfast lunchand dinner.
All camping Equipment, two men tents, Dining tent, Kitchen Tent, ToiletTent, Table & chairs.
Breakfast, lunch, dinner climbing period.
Guide, Cook, Kitchen staffs and porters/mules.
High food and Tent
Accident and emergency rescue Insurance and Equipment for Climbing Guide, cook, and staff.
Group Climbing Equipment
Base camp Charge
Liaison officer

Cost Excludes

Personal Climbing Gear and equipment
International roundtrip airfare to and from Kathmandu
Nepal Visa fee
Lunch and Dinner in Kathmandu
Extra night accommodation in Kathmandu because of late departure, early return from mountain(due to any reason) than the scheduled itinerary
Excess baggage charges if you have more than 30KG luggage
Personal Bill/Expenses
Bar Bill and Drinking water during the Tea House Period
Personal communications (Satellite phone, phone, fax, email)
Personal Climbing Sherpa (must be arranged before the expedition)
Sleeping bag -30
Travel/rescue insurance
Summit Bonus for climbing guide
Any rescue costs or costs of early departure from the expedition
Helicopter or charter flight
Tiping for staff and guide