



Mt. Lhotse (8516m)



Introduction

Mt. Lhotse or “South Peak” in Tibetan. The fourth highest mountain in the world at 8,516 metres, after Mount Everest, K2, and Kangchenjunga. Part of the Everest massif. 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. The Lhotse South Face is also known as one of the largest mountain faces in the world.

Lhotse has 3 summits, main summit at 8,516m, Lhotse Middle (East) at 8,414m and Lhotse Shar at 8,383m. Lhotse is best known for its proximity to Mt. Everest and the fact that climbers ascending the standard route on that peak spend some time on its northwest face. It is the smallest prominence, only 610m, of all 8000m peaks. Lhotse is famous for its tremendous and dramatic south face which raises 3.2km within 2.25km horizontal distance making it the steepest face of this size in the world. The route progresses through Khumbu icefall. Moving further, we will reach Camp I (exists at the top of Khumbu icefall) surrounded with crevasses. From Camp I, we will pass through lateral moraine to west ridge that welcome us with close-up view of Lhotse which is the perfect place for Camp II. Leaving Camp II, we will reach near to Lhotse wall by crossing glacier and ice cliffs where we will set Camp III. Camp IV is located near to South Col. From Camp IV, we will proceed through steep rock sections to the summit. The climbing route for the Lhotse follows the same route as the climb on Everest, including the aptly named Lhotse face almost all the way till Everest's Geneva Spur from where it follows a steep climb through a long couloir to the summit. It is extremely difficult climb and rarely attempted.

Facts

- Altitude: 8516m<
- Duration: 40 days
- Grade: Moderate to Adventurous
- Group: 2 - 15
- Country: Nepal
- Best Season: Spring and Autumn
- Start/Ends: Kathmandu (Capital of Nepal)
- Accommodation: Hotel in Kathmandu on BB plan / Mountain lodge (tea house) in Trekking.
- Transportation: Domestic airplane and tourist vehicles
- Meals Includes: Breakfast and welcome or farewell dinner in Kathmandu / Full board in Trekking (Breakfast, Lunch & Dinner).

Highlights

- Fourth Highest Peak in the world
- One of the steepest faces in the world: Rises 3.2 km in just 2.25 km of horizontal distance
- Climbing Summits Faces : Lhotse Main (8,516 meters), Lhotse Shar (8,383 meters), and Lhotse East (8,413 meters)
- A striking peak with a tremendous south face
- First ascenders: Fritz Luchsinger, Ernst Reiss
- First Climbed: Mount Lhotse was first climbed on May 18, 1956 by Fritz Luchsinger and Ernst Reiss from Switzerland.

Itinerary

- **Day 1** : Arrive at Tribhuvan International Airport (KTM) Kathmandu. Arrival in Kathmandu [1300 m/4264 ft]
- **Day 2 - 3** : In Kathmandu preparations for Mt. Everest expeditions and optional tour. Included meals: Breakfast
- **Day 4** : Fly to Lukla 2,830 m & trek to Phakding 2,640 m – 04 hrs. Included meals: Breakfast Lunch Dinner
- **Day 5** : Trek to Namche Bazaar 3,440 m – 05 hrs. Included meals: Breakfast Lunch Dinner
- **Day 6** : Rest day at Namche Bazaar for acclimatization and excursion. Included meals: Breakfast Lunch Dinner
- **Day 7** : Trek to Tengboche 3,867 m – 05 hrs. Included meals: Breakfast Lunch Dinner
- **Day 8** : Trek to Dingboche 4,410 m – 05 hrs. Included meals: Breakfast Lunch Dinner
- **Day 9** : Trek to Lobuche 4,930 m – 05 hrs. Included meals: Breakfast Lunch Dinner
- **Day 10** : Trek to Gorak Shep 5,260 m and climb to Kalapather walk to Everest Base Camp 5,364 m – 06 hrs. Included meals: Breakfast Lunch Dinner
- **Day 11** : At base camp acclimatization and rest. Included meals: Breakfast Lunch Dinner
- **Day 12 - 31** : Ascent of Mount Everest and withdrawal to Base Camp. Included meals: Hot meals at C2 and High Food high above.
- **Day 32** : All team-members to re-group at Base Camp. Included meals: Breakfast Lunch Dinner
- **Day 33** : Cleaning up the base camp and packing for return journey. Included meals: Breakfast Lunch Dinner
- **Day 34** : Trek to Pheriche 4,240m – 05 hrs. Included meals: Breakfast Lunch Dinner
- **Day 35** : Trek to Phortse – 06 hrs. Included meals: Breakfast Lunch Dinner
- **Day 36** : Trek to Monjo – 05 hrs. Included meals: Breakfast Lunch Dinner
- **Day 37** : Trek to Lukla – 06 hrs. Included meals: Breakfast Lunch Dinner
- **Day 38** : Fly back to Kathmandu and transfer to respective hotels. Included meals: Breakfast Dinner
- **Day 39 - 40** : In Kathmandu with to hand in reports to concern Government department. Included meals: Breakfast
- **Day 41** : Final Departure. Included meals: Breakfast

Note: The above itinerary can be tailor made as per client's request, we can make the itinerary shorter/Longer by cutting or adding days, People who have longer time can add the White Water Rafting, Jungle safari tour in Chitwan National park, Paragliding and Zeep Flyer in Pokhara and other extra activities so feel free to write us on info@xtremeclimbers.com for further details.

Cost Includes

Full Board Service Includes

- Required necessary arrival and departure transfer services to and from both Domestic and International flight as per

itinerary.

- Assistance at the International airport by Satori adventures while arriving and departing in Kathmandu.
- 4 Nights 5*****Hotels accommodation in Kathmandu on B/B basis.
- Experienced and government licensed high altitude trekking guide during the trekking and climbing period.
- Schedule Flight Tickets for Kathmandu-Lukla-Kathmandu sector to all climbing member, Sherpa guide, liaison officer and kitchen staff.
- All trekking and mountaineering equipment like; kitchen tent, stores tent, dining tents, toilet tents, tables, chairs, and cooking utensils for advance Base Camp and camp 2.
- Common climbing equipment (necessary fixed and main rope, ice bars, ice screws, snow bar etc)
- Services of cook and kitchen boy at Base Camp and cook at Camp 2
- 3 meals a day (Breakfasts, Lunch and Dinners with tea/ coffee) in available tea house/hotel/lodge during the trekking
- 3 fresh meals a day (Breakfasts, Lunch and Dinners) will be serve at base camp, and camp two.
- All food and fuel for Base Camp and higher camps during expedition for both members and crews.
- Per person 60.kg baggage allowance during trekking-up carrying by porter or Yak to climbing the Mt. Everest.
- Daily Weather Report Services
- Trekking Permit (Everest National Park entry fee)
- TIMS card (Trekking Information Management System).
- Expedition Royalty and climbing permit of Nepal Government to climb Mt. Lhotse (8,516m).
- Nepalese Government Royalty and fees.
- Trekking and Climbing map of the Mount Lhotse.
- One highly experienced, Trained, Government Licensed, many times Everest/Lhotse Summiteers Climbing/Expedition Guide (Sherpa) per client.
- All wages, equipment, medical and accidental Insurances for all involved staffs in trekking and expedition.
- Medical consultation services at the base camp with the HRA clinic at the base camp.
- Equipment allowances and wages for Climbing Sherpa's, cooks, kitchen boys.
- Equipment allowances and wages for Government Liaison Officer.
- First Aid medical kits for the Group and the staffs.
- Satellite phone carrying by Guide for communication and available for members with the cost of US\$ 4 per minute call.
- Appropriate food for high altitude and all climbing crew at base camp and above as required.
- Required fixed and dynamic rope during climbing period.
- Heater will be provided at base camp for heating the dining room.
- Emergency Oxygen, mask and regulator provided on requirement of guest with appropriate charge
- Each expedition member will have individual tent available in the ABC.
- Solar panel for light and battery.
- Required necessary high quality Face tents for camp 1, 2, 3 and 4 for members and Sherpa's.
- Ice fall charges by Sagarmatha Peak Committee.
- 5 Bottles (Summit Oxygen) will be provided for members including the latest model of Summit or Top out system mask and regulators.
- Climbing Sherpa's tents, High food during climbing and their insurance.
- High altitude climbing Sherpa guide, cook and staff Helicopter rescue insurance.
- Free assistance service for Cargo clearance and Duties.
- Hot and Freshly cooked food and kitchen will be provided at camp II.
- EPI Cooking gas, stove will be provided in camp one, three and south col for cooking food, boiling water.
- Generator will be providing for back- up of lighting power and charging electronic tools.
- Transportation of food supply to Base Camp from Kathmandu (Cargo to Lukla and then by porter/Yaks to base camp and back to Lukla)
- Visa extension procedure services (if necessary)
- Complete pre-departure information
- Flight ticket reconfirmation
- Our service charge and Government Taxes levied in Nepal.
- Lhotse Summit Certificate after summitting successfully.
- Farewell Dinner in a typical Nepali restaurant with domestic culture show in Kathmandu.

Base Camp Service Includes

We Xtreme Climbers provides very professional, helpful and friendly service from Kathmandu to the ABC as well as during the climb. Our objective is to provide a good quality, helpful, safe, friendly, stress free and comprehensive service to maximize summit opportunity. In the Base camp our cooks and helpers will prepare and serve three delicious freshly cooked and plentiful meals a day and will ensure that hot and cold drinks are available 24 hrs a day. In the Base Camp we provide spacious expedition quality personal tents for all our clients both with full board or base-camp service only. In

base camp we also provide dining tent, kitchen tent, toilet facilities and portable shower facilities and tent accommodation for our staff. In base camp we provide access to communication including satellite telephone and internet access, solar panels to charge your batteries and UHF/VHF handheld radios on the mountain to maintain communications between ABC and high camps. Our camp manager as well as guides and climbing Sherpa's have an extensive experience on multiple Everest/Lhotse climbs. They will ensure cooperation with other companies and Base Camp organization. In base camp our guides will work with other teams to ensure contribution from all operators for tasks such as route fixing and to ensure the safety of climbers from ABC to the summit.

- Arrival and departure transfer services to and from both Domestic and International flight as per itinerary.
- 4 Nights 5****Hotels accommodation in Kathmandu on B/B basis.
- Experienced and government licensed high altitude trekking guide during the trekking and climbing period.
- Schedule Flight Tickets for Kathmandu-Lukla-Kathmandu sector to all climbing member, Sherpa guide, liaison officer and kitchen staff.
- All trekking and mountaineering equipment like, kitchen tent, stores tent, dining tents, toilet tents, tables, chairs, and Required necessary Cooking utensils Cook and kitchen boy at Base Camp
- 3 meals a day (Breakfasts, Lunch and Dinners with tea/ coffee) in available tea house/hotel/lodge during the trekking
- 3 fresh meals a day (Breakfasts, Lunch and Dinners) will be serve at base camp, and camp two.
- All food and fuel for Base Camp during expedition for both members and crews.
- Per person 60.kg baggage allowance during trekking-up carrying by porter or Yak to climbing the Mt. Everest.
- Trekking Permit (Everest National Park entry fee)
- TIMS card (Trekking Information Management System).
- Expedition Royalty and climbing permit of Nepal Government to climb Mt. Lhotse (8,516m).
- Nepalese Government Royalty and fees.
- Trekking and Climbing map of the Mount Everest.
- All wages, equipment, medical and accidental Insurances for all involved staffs in trekking and expedition.
- Equipment allowances and wages for Sherpa Guide, cooks, kitchen boys.
- Equipment allowances and wages for Government Liaison Officer.
- First Aid medical kits for the Group and the staffs.
- Satellite phone carrying by Guide for communication and available for members with the cost of US\$ 4 per minute call.
- Heater will be provided at base camp for heating the dining room.
- Each expedition member will have an individual VE-15 North Face tent available in the ABC.
- Solar panel for light and battery charger.
- Ice fall charges by Sagarmatha Pollution Control Committee.
- High altitude climbing Sherpa and staff Helicopter rescue insurance.
- Free assistance service for Cargo and Duties.
- Generator will be providing for battery power and charging electronic tools.
- Transportation of food supply to Base Camp in Kathmandu (Cargo to Lukla and then by porter/Yaks to base camp and back to Lukla)
- Visa extension procedure services (if necessary)
- Complete pre-departure information
- Flight ticket reconfirmation
- Our service charge and Government Taxes levied in Nepal.
- Lhotse Summit Certificate after summiting successfully.
- Farewell Dinner in a typical Nepali restaurant with domestic culture show in Kathmandu.

Cost and payment details

The cost is depending on group size, affected due to the requirement of number of guides and porters, requisite of Hotel in Kathmandu, method of land/air transport. The itinerary is changeable and modifiable as per needs and time frame of trekkers. Cost will be re calculated if the itinerary is changed or modified. Additional activities may be added as per trekkers request with appropriate additional cost. For Total Tour cost **EMAIL US**, we will send you within 24 hours as your requirements.

Why we don't include cost in our website?

NOTE: To provide you service in reasonable cost and attempt to address your each requirement **Xtreme Climbers** desired to provide you with some information which directly affects the cost and also helps us breakdown the cost. That is why we have decided to clarify our customers that due to the following reasons mentioned below we have not included the cost of each package in the company website.

1. Climbing season: The climbing permit royalty cost for mountain will be different during Spring and Autumn season. Normally most of the climbers climb Himalayas in the Spring season. Climbing permit during Autumn will be 50% less than the spring season.
2. The cost of the trip depends on Number of persons joining in group for High expedition or Mountain Climbing including number of climbers, non-climber, base camp supporters, medical doctors, The number of climbing Sherpa guides, high altitude porters, kitchen crew, mode of transport you prefer and many other factors can affect the cost of the trip. Alpine climbing guide as well as the category of the hotel accommodation and the facilities that you aspire in the mountains affect the cost.
3. We operate the High Expeditions, Peak Climbing in full arrangement package and basic arrangement service (full board or base camp service) which directly affects the expedition cost.
4. Request numbers of oxygen, mask regulators and the brands the clients require
5. The itinerary may be changed after reaching an understanding between the agency and the client. Other activities could be added or reduced as per the client's request before processing the trip. Price for reduced activities could be deducted and additional activities could be added in mutual understanding.
6. Either you want to operate this expedition as international group joining basics of Xtreme Climbers or individual (private arrangement) expedition
7. Type of high camp food that clients require. Any specialized food that has to be ordered from foreign countries will be costlier compared to the one available here.
8. Either any of the climbers intend to attempt any world records? If so, do they require special services or equipment?



Due to the reasons mentioned above, we discuss with our client directly before offering the cost. So please feel free to drop your queries in xtremeclimbers.com or login to xtremeclimbers.com for any information about your selected package.

Cost Excludes

Full Board Service Excludes

- Airfare of international flights.
- Nepal entry visa fee (Visa issuance on arrival in Kathmandu)
- Lunch and Dinner during your stay in Kathmandu (except for the Welcome and Farewell dinner)
- Items of personal nature, Laundry Expenses, Tips.
- Any packed food/snacks, aerated drinks, energy drinks, mineral water, alcohol, cigarettes, chocolates, nutria-bars during the trekking.
- Extra transportation then display in itinerary program.
- Any additional staff other than specified.
- Any extra expenses arising out of various/unforeseen situations like natural calamities, landslides, political disturbances, strikes, changes in Government regulations, etc.
- Rescue, Repatriation, Medicines, Medical Tests and Hospitalization expenses.
- Medical Insurance and emergency rescue evacuation if required.
- Travel Insurance and helicopter rescue.
- Personal climbing gears.
- Walkie-talkies & Filming permit (if special camera or walkies-talkies).
- Expenses incurred towards usage of landlines, mobiles, walkies-talkies or satellite phone And Internet expenses
- Clothing, Packing Items or Bags, Personal Medical Kit, Camera/Video Fees or Trekking Gears

- Nepal custom duty for import of expedition goods.
- Summit bonus for climbing Sherpa Guides as per Mountaineering Association rules. Minimum US\$ 1500.00 per climbing Sherpa guide.
- Tips and gifts for base camp and high altitude trekking and climbing staff.
- Any extra services or products or offers or activities which are not mentioned in the itinerary or any other item not included in “Cost Includes” section

