



Mt. Lhotse “South Peak”



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 rises 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 the Khumbu icefall) surrounded with crevasses. From Camp I, we will pass through lateral moraine to west ridge that welcome us with a 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 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 an extremely difficult climb and rarely attempted.

NOTE: Record set by Xtreme Climbers.

- Xtreme Climbers is the first company to organize the very first 100% successful First Ski Climbing Lhotse Expedition which was in 2018 Autumn without 0% problems.
- We are probably the first company to make a 100% successful Climbing Skiing record above 8500m.
- First 100% successful Ski Lhotse Duo record set by **Hilaree Nelson (Captain of The North-Face)** and **Jim Morrison USA** on 30.September.2018 Autumn.
- The first summit on Mt. Lhotse 8516m after 1991 during Autumn season.
- During The First Ski Lhotse expedition one of our Climbing Sherpa (**Ila Nuru Sherpa**) became the first youngest climber to scale Mt. Lhotse 8516m at the age of 21.

Lhotse South Col Route Camps:

Khumbu Icefall: The most difficult part of the climbing Lhotse. It is a steep glacier with obvious implication of large crevasses and treacherous unstable seracs making navigation complicated and riddled with high objective danger of falling ice. The route is not that technically challenging and is essentially a strenuous trekking route with a little objective danger once past the Khumbu icefall. There is an obvious danger of high altitude sickness complications and changeable, unpredictable mountain weather. The beginning of the climbing period, Icefall Doctors and Xtreme Climbers Climbing Sherpas Guides set the route through the icefall installing ladders across crevasses and along vertical serac ice walls for efficient and easy climbing. These arrangements make climbing of the Khumbu icefall possible, efficient and relatively safe especially early in the morning before sunrise, when the ice structure is well frozen. Khumbu icefall is very dangerous in the afternoon due to its unpredictable nature.

Base Camp: (5,200m/17,060ft.) Located on the Khumbu glacier at 5,200 meters above sea level surrounded by Pumori, Lola and Nuptse where you will spend 2 nights. Conditions in base camp will remain consistent during the climbing period and will consist of shifting and moving tents and platforms as the ice moves and melts.

Camp 1: (5900m/19,357ft.) Technical and the most difficult section of a south side climb since it crosses the Khumbu Icefall. During the climbing period we attempt to spend only 2 nights at Camp 1 for acclimation. The Icefall is 2,000 feet of moving ice with deep crevasses, towering ice seracs and avalanches off Everest west shoulder. Our plan calls for us to move up and down directly from camp 2 for safety once you have proper acclimation.

Camp 2: (6400m/20,998 ft.) Camp 2, Located in a lateral moraine at the bottom of West ridge Safe and sheltered with tremendous views of Lhotse. This is the station we will spend most time after base camp. All the companies set-up their main climbing camp for the duration of the climbing period here with tents for individual climbers along with required necessary kitchen and dining tents. Camp 2 is the main acclimatization camp and the base for camp 3 acclimatization climbing and the final summit attempt.

Camp III: (7100m/23,294 ft.) The effects of high altitude and are not yet using supplemental oxygen almost all climbers are feeling difficult climbing the Lhotse Face to camp 3. Lhotse Face is steep and the hard Ice, but the route is fixed with rope and the angles can range from 35 to 45 degrees. It is a long climbing distance to camp 3 which required for acclimatization prior to a summit bid. You will spend 2 nights at camp III for acclimatization and the summit push.

Camp IV: (7900m/25,918ft.) Camp 4 is the last camp, it is easily accessible by a majority of climbers without supplementary oxygen. A flat area covered with loose rock and surrounded by Lhotse in the South. There are two rock sections to navigate before camp 4, The rocky sections called "The Yellow Band" a layer of marble, phyllite and semi schist rock and the "Geneva Spur", an anvil shaped rib of black rock. Both of these areas are set-up with fixed ropes.

Summit: (8516m/27, 940ft.) The climbing Sherpa guide will set fixed ropes up the wall of ice. The last section of the climb from camp 3 to camp 4 takes 12-15 hours to navigate. There the Lhotse face raises at 40-45 degrees with the occasional 80 degree bulge. Climbers (Sherpa Climbing Guide/Foreigners) Both need to establish a good rhythm of foot placement and pulling themselves up the ropes using their Jumars. Two rocky sections called "The Yellow Band" and "The Geneva Spur" interrupt the icy ascent on the upper part of the face, before reaching the central summit. The route to the true summit is a moderate snow slope and while tired, adrenaline keeps most climbers moving at this point.

Facts

- Altitude: 8,516m<
- Duration: 41 days
- Grade: Strenuous High
- Group: 2-10
- Country: Nepal
- Best Season: Spring and Autumn
- Start/Ends: Kathmandu
- Accommodation: 5***** Hotel / Local Tea House /Tented Accommodation
- Transportation: Flight and Private vehicle
- Meals Includes: B/B plan in Kathmandu & B, L,D in during Driving and climbing period

Highlights

- Fourth Highest Peak in the world
- One of the steepest faces in the world: Rises 3.2 km in only 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] Arrive at any time, Xtreme Climbers will be present we'll pick you up from Tribhuvan International Airport and take you to the hotel. Your included activities are: airport transfers, refreshments, introduction to your guide, as well as an introduction on The Trek. Meal includes: Breakfast/Dinner
- **Day 2 :** In Kathmandu preparations for the expedition and optional tour. Included meals: Breakfast
- **Day 3 :** Fly to Lukla 2,830 m & trek to Phakding 2,640 m – 04 hrs. Included meals: Breakfast Lunch Dinner
- **Day 4 :** Trek to Namche Bazaar 3,440 m – 04 hrs. Included meals: Breakfast Lunch Dinner
- **Day 5 :** Rest day in Namche Bazaar for acclimatization and excursion. Included meals: Breakfast Lunch Dinner
- **Day 6 :** Trek to Tengboche 3,867 m – 05 hrs. Included meals: Breakfast Lunch Dinner
- **Day 7 :** Trek to Dingboche 4,260 m – 05 hrs. Included meals: Breakfast Lunch Dinner
- **Day 8 :** Trek to Lobuche 4,930 m – 05 hrs. Included meals: Breakfast Lunch Dinner
- **Day 9 :** Trek to Gorak Shep 5,170 m and climb to Kalapathar walk to Everest Base Camp 5,364 m – 06 hrs. Included meals: Breakfast Lunch Dinner
- **Day 10 :** At base camp acclimatization and preparations. Included meals: Breakfast Lunch Dinner
- **Day 11 :** (20 days) Ascent of Mt. Lhotse 8516m Ski down the Lhotse Couloir or Dream Line and withdraw to Base Camp. Included meals: Hot meals at C2 and High Food high above
- **Day 12 :** All team-members to re-group at Base Camp. Included meals: Breakfast Lunch Dinner
- **Day 13 :** Cleaning up the base camp and packing for the return journey. Included meals: Breakfast Lunch Dinner
- **Day 14 :** Trek to Pheriche 4,240m – 05 hrs. Included meals: Breakfast Lunch Dinner
- **Day 15 :** Trek to Phortse – 06 hrs. Included meals: Breakfast Lunch Dinner
- **Day 16 :** Trek to Monjo – 05 hrs. Included meals: Breakfast Lunch Dinner
- **Day 17 :** Trek to Lukla – 06 hrs. Included meals: Breakfast Lunch Dinner
- **Day 18 :** Fly back to Kathmandu and transfer to respective hotels. Included meals: Breakfast Dinner
- **Day 19 :** In Kathmandu to hand in reports to concern Government department. Included meals: Breakfast
- **Day 20 :** Final Departure, Your adventure in Nepal comes to an end today! There is nothing to do but trade emails with your travel companions and organize your photos. A representative from Xtreme Climbers will take you to the airport, approximately 3 hours before your scheduled flight. On your way home you'll have plenty of time to plan your

next adventure in the wonderful country of Nepal. 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

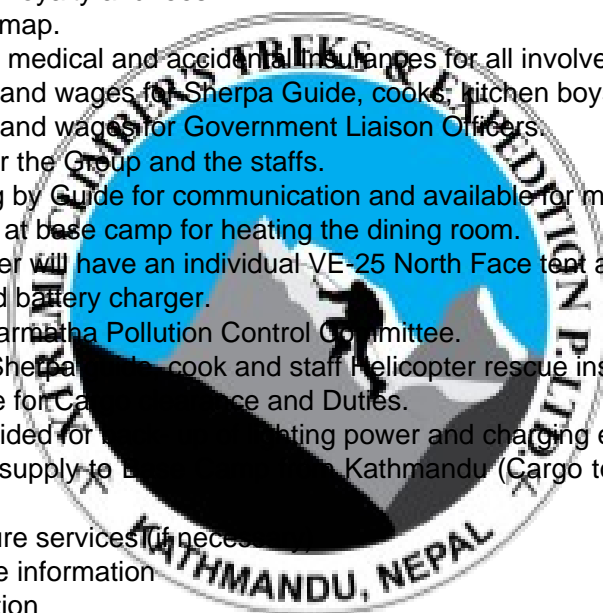
Full Board Service Includes

- 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****Hotel 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 members, 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 served at base camp, and camp two.
- All food and fuel for Base Camp and higher camps during the expedition for both members and crews.
- Per person 60.kg baggage allowance during trekking-up carrying by porter or Yak to climbing Mt. Lhotse.
- Daily Weather Report Services
- Trekking Permit (Everest National Park entry fee)
- TIMS card (Trekking Information Management System).
- Expedition Royalty and climbing, skiing 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, equipments, medical and travel 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 Sherpa's, cooks, kitchen boys.
- Equipment allowances and wages for Government Liaison Officers.
- 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 an individual tent available in the ABC.
- Solar panel for light and battery charger.
- Required necessary high quality VE-25 North Face tents for camp 1, 2, 3 and 4 for members and Sherpa's.
- Ice fall charges by Sagarmatha Pollution Control Committee.
- 5 Bottles (Summit Oxygen) will be provided to each member including the latest model of Summit or Top out system masks 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.
- Generators 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 summiting successfully.
- Farewell Dinner in a typical Nepali restaurant with a domestic culture show in Kathmandu.

Base Camp Service Includes

- 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 served at base camp, and camp two.
- All food and fuel for Base Camp during the expedition for both members and crews.
- Per person 60.kg baggage allowance during trekking-up carrying by porter or Yak to climbing 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 and skiing Mt. Lhotse (8,516m).
- Nepalese Government Royalty and fees.
- Trekking and Climbing map.
- All wages, equipments, 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 Officers.
- 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-25 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, cook and staff Helicopter rescue insurance.
- Free assistance service for Carriage and Duties.
- Generators will be provided for lighting 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.
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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.

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, please discuss with our client directly before offering the cost. So please feel free to drop your queries in info@xtremeclimbers.com or login to www.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 a 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 displayed in the 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 Included” section.

