



We like...

- The beautiful couloir leading to the summit
- The amazing view on Everest (arrive early before it gets clouded...)
- Climbing an 8,000 m peak is always exceptional (Lhotse is the 4th highest peak in the world)
- The life at Base Camp shared with Everest climbers
- The acclimatization on a beautiful 6,000 m peak (Lobuche East Peak) close to Everest

Trip Facts

Elevation:	8,516 m / 27,940 ft
Location:	Nepal Khumbu Valley region
Climbing technique:	Fixed line
Group Size:	3 – 10 people
Route:	West Face
Type of climb:	Snow / Ice, occasionally rock

Rating

Steepness	▲▲▲▲△
Fitness	▲▲▲▲▲
Risk	▲▲▲▲△



Some rest at the Lhotse summit

Why climbing Lhotse with World Sherpas?

- The combined experience of clients and leading mountain guides into a single company
- A priority given to safety: procedures, training, equipment (avalanche beacon, radio, Garmin In Reach)
- A very comfortable set-up at Base Camp
- A real sharing of experience with our Sherpas throughout the expedition on climbing technique, physiology and effort management
- The use of Garmin InReach satellite systems for your family and friends to follow your progression every 10 minutes
- The production of beautiful photos and videos of your climb to always remember an extraordinary expedition
- An exceptional quality of services at the best price



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LHOTSE EXPEDITION - West Face

Price

US\$24,500

- Deposit: 30% at booking
- Balance: 70% one month before the departure date

<i>Included</i>	<i>Excluded</i>
<ul style="list-style-type: none"> ● All arrival and departure transfer services to and from airport (both domestic and international) ● Return domestic flight tickets Kathmandu / Lukla ● Transport of up to 2 duffle bags of a maximum total weight of 40 kgs during the trek to Base Camp and on domestic flights ● 4 nights' accommodation at a good quality hotel in Kathmandu on B/B basis on a double basis (single option at extra cost) ● Accommodation in lodges during the trek ● Accommodation in spacious individual tents at Base Camp with foam mattress, carpets, light and storage space ● On High Camps, accommodation in shared expedition tents ● Necessary staff including experienced guides, cook, kitchen staff and porters during trekking and climbing ● Three meals a day (breakfast, lunch and dinner with tea or coffee) during trek and climbing ● Climbing permit and all fees required by the local regulations ● 1:1 Experienced climbing Sherpa per client on summit day (IFMGA Guide/Aspirant Guide) ● 8 oxygen bottles with a Summit mask and regulator (Climbing guides will also be on oxygen to ensure a maximum safety) ● First aid medical kit ● Registration and fee paid to the Everest Base Camp Medical Clinic ● Satellite phone at Base Camp (available to members as a paying service) ● Radio set for communication with Base Camp during climbing, carried by Sherpa 	<ul style="list-style-type: none"> ● A summit bonus, or rather safety bonus, is expected by your climbing sherpa (US\$1,500) as well as tips to the kitchen staff and porters (US\$400) whatever happens on the mountain. This is now a practice well established in Nepal. The total amount of US\$1,900 should be deposited in cash to the Sherpa leader in Kathmandu at the beginning of the trip. If you want to add to the standard amount at the end of the trip, it is up to you but there is no obligation. ● Lunch and dinner in Kathmandu (except welcome dinner) ● Extras hotel charge at Kathmandu (bar bills, laundry, additional nights) ● Personal expenses in lodges during the trek such as battery charging (cameras, phone, laptops), showers, laundry, beverages, bottled water and snacks in lodges ● Additional nights in lodges during the trek not planned by us ● Internet access during the trek and at Base Camp (we can arrange a Nepalese SIM card and top-up card for you at Kathmandu for calls and internet) ● Personal trekking and climbing equipment (see gear list), Avalanche beacon ● Personal medical, travel & evacuation insurance (mandatory) ● International airfare ● Nepal entry visa fee

- **Garmin OutReach two-way satellite messaging system with satellite subscription**
- Required fixed and dynamic ropes
- Solar panel/generator for light and battery charger at Base Camp
- Emergency oxygen with mask and regulator at Base Camp
- Welcome dinner in Kathmandu
- 2 x World Sherpas Duffle bags
- World Sherpas T-Shirt
- Set of quality photos taken by our guides



On the way to Lhotse



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LHOTSE EXPEDITION - West Face

Expedition Itinerary

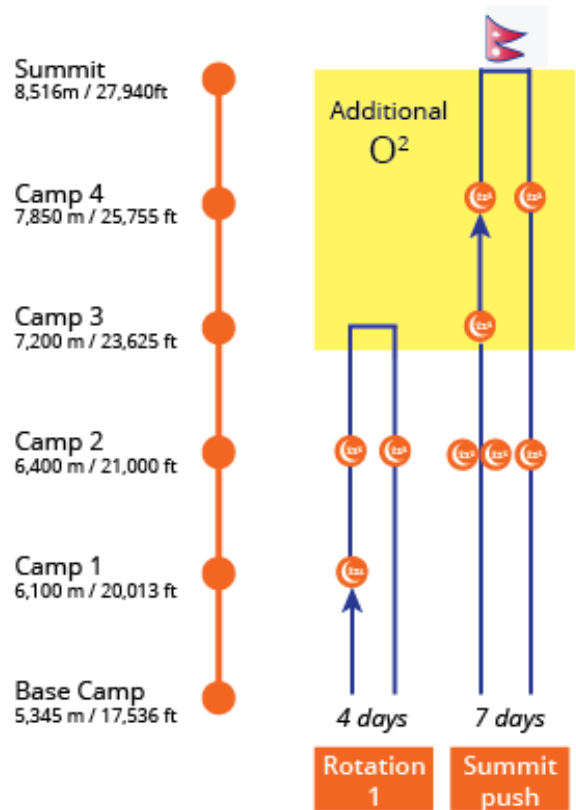
Day	Program
1	Arrival to Kathmandu and transfer to hotel (1,350 m / 4,430 ft)
2	Preparation day for expedition in Kathmandu
3	Fly to Lukla (2,860 m / 9,317 ft) and trek to Phakding (2,610 m / 8,562 ft)
4	Trek to Namche Bazaar (3,340 m / 11,155 ft)
5	Acclimatization day in Namche Bazaar
6	Trek to Pangboche (3,930 m / 12,893 ft)
7	Trek to Dingboche (4,410 m / 14,470 ft)
8	Acclimatization day in Dingboche
9	Trek to Lobuche village (4,940 m / 16,210 ft)
10	Trek to Lobuche Peak Base Camp (4,800 m / 15,750 ft) – Training session on fixed line
11	Climb Lobuche Peak (6,119 m / 20,075 ft) - and trek to Lobuche village
12	Trek to Everest Base Camp (5,345 m / 17,536 ft)
13-45	Climbing period on Lhotse (see detail next page)
46	Trek to Pheriche (4,371 m / 14,340 ft)
47	Trek to Namche Bazaar (3,340 m / 11,155 ft)
48	Trek to Lukla (2,860 m / 9,317 ft)
49	Scheduled flight Lukla/Kathmandu & transfer to hotel
50	Reserve day at Kathmandu
51	Transfer to airport for departure

The itinerary is indicative and is subject to changes according to weather and mountain conditions as well as other circumstances that the climbing guide will deem necessary for the safety and / or success of the expedition.



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 LHOTSE EXPEDITION - West Face

Rotations provisional plan





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LHOTSE EXPEDITION - West Face

Lhotse Climbing Route

<p>Base Camp 5,335 m / 17,500 ft</p> <p>▼</p> <p>Camp 1 6,100 m / 20,013 ft</p> <p>5 hours</p>	<p>Base Camp is at the bottom of the Khumbu ice-fall. The ice-fall is the first section of the Nepal route to Everest and is a spectacular part of the climb. We travel through this maze of ice-blocks and crevasses during the night as it is colder and more stable. There are some steep sections and crevasse crossings that will require ladders. Usually, the route will change on each rotation due to movement of the glacier. Half way between base camp and camp 1, there is the football field, a nice flat area where we will rest, drink and prepare to climb the upper sections of the ice-fall. Once we finish negotiating our way through the upper sections of the ice-fall, we enter the Western Cwm and are treated to amazing views of Lhotse, Nuptse and Pumori. It is a relatively easy walk to camp 1 from the top of the ice-fall.</p>
<p>Camp 1 6,100 m / 20,013 ft</p> <p>▼</p> <p>Camp 2 6,400 m / 21,000 ft</p> <p>4 hours</p>	<p>We leave camp 1 early and start making our way up the Western Cwm. The Western Cwm is a flat, gently rising glacial valley. We cross some crevasses using ladders, lower down close to the base of Nuptse. There are also some crevasses in the central sections of the Cwm. We use fixed line in the lower sections above camp 1. There is not much wind in the valley as it is cut off from the mountains around us. This is one of the reasons why the valley heats up very quickly. There are spectacular views of Pumori, Nuptse, Lhotse and Everest.</p>
<p>Camp 2 6,400 m / 21,000 ft</p> <p>▼</p> <p>Camp 3 7,200 m / 23,625 ft</p> <p>5 hours</p>	<p>We leave camp 2, negotiating some small crevasses until we get back onto the Western Cwm snowfields. Once here, we make our way towards the large Bergschrund at the bottom of the Lhotse face. The normal route is direct up the Lhotse face, using fixed line. The Lhotse face can be thick blue ice and is steep in parts. The average slope is 40/45°. On summit push, there are some good steps kicked in, making the climb to camp 3 less strenuous.</p>
<p>Camp 3 7,200 m / 23,625 ft</p>	<p>Camp 3 rests on platforms dug out of the Lhotse face. We leave Camp 3 early to climb the fixed ropes towards the Yellow band. Fixed ropes assist us across this snow-covered rock band. We traverse the Lhotse face,</p>



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LHOTSE EXPEDITION - West Face

<p>▼ ▲ Camp 4 7,900 m / 26,086 ft</p> <p>6 hours</p>	<p>moving below Lhotse camp 4 before reaching the bottom on the Geneva Spur. The Geneva Spur is between 7,620 m / 25,000 ft and 7,924 m / 26,000 ft. It is a mixture of snow and rock scrambling. From the top of the Geneva Spur, the South Col can be seen and it is a short walk into camp 4.</p>
<p>Camp 4 7,850 m / 26,086 ft</p> <p>▼ ▲ Summit 8,516 m / 27,940 ft</p> <p>8-12 hours</p>	<p>A short climb up towards a rock section above camp 4, we turn right and scramble over rock, snow and ice before making our way to the upper sections of the Lhotse face. As we traverse across the huge snow slope, there are amazing views of Everest, the Western Cwm, and Nuptse. Once in line with the entrance to the Couloir, we start to climb a direct line upwards towards it. The slope is approximately 40 degrees until we enter the Couloir. As we start climbing into the Couloir, you are surrounded by huge rock pillars on either side of you and the terrain becomes a bit more difficult. There is mixed climbing up through the Couloir and on a 50 to 60 degree angled slope. There are some very narrow sections throughout the summit push. The Couloir opens up towards the upper sections and the summit pyramid can be seen on the left side. A small traverse across to the summit pyramid and we begin the scramble on rock, ice and snow to the summit. The summit is narrow and usually only one person can stand on it at one time. Amazing views of Everest, Lhotse South face, Makalu, and many more great Himalayan peaks. It is a short descent back down to camp 4 and if feeling strong enough, the descent can continue down to camp 2.</p>



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Gear List

The gear list can be adapted to your experience and preferences. If you have a doubt, please have a chat with us.

Clothing	Head	<ul style="list-style-type: none"> ● Neck warmer ● Warm hat ● Thermal balaclava ● Face mask ● Cap or sun hat
	Hands	<ul style="list-style-type: none"> ● Light gloves ● Insulated gloves (warmest possible gloves for summit day) ● Primaloft or down mitts ● Finger gloves ● Liner gloves
	Torso Legs	<ul style="list-style-type: none"> ● Down suit or combination of down jacket and down trousers ● Down jacket and down trousers for Base Camp ● Thermal underwear top x3 ● Thermal underwear bottom x2 ● Weatherproof jacket (light Goretex) ● Weatherproof trousers (Goretex) ● Soft shell jacket ● Light down jacket or lightweight warm fleece ● Trekking pants x2 ● Trekking Tee Shirts (can be used for climbing too) ● Short ● Underwear x3
	Feet	<ul style="list-style-type: none"> ● Trekking shoes ● 8,000 m double boots for climbing ● Trekking socks x3 ● Warm socks x4 ● Base camp footwear



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LHOTSE EXPEDITION - West Face

Gear	Camp	<ul style="list-style-type: none"> ● At least minus 20° C sleeping bag ● Sleeping bag liner ● Inflatable mat for altitude camps ● Pillow case and down pillow ● Sewing and repair kit
Gear	Climbing	<ul style="list-style-type: none"> ● Rucksack 60 l to 75 l ● 2nd Sleeping bag at least minus 35° C ● Crampons (not aluminum) ● Mountaineering simple harness ● Climbing helmet ● Glacier sun glasses x2 ● Snow / ski goggles ● Ice axe ● Ascender ● Belay/Rappel device (figure of eight) ● Retractable trekking poles x 2 ● Ice screws at least 16 cm long (x2) ● Quickdraws x3 ● Prussic loops x2 ● Slings 60 cm x2 ● Karabiners snap links x3 ● Karabiners screwgate x3 ● 3 meters of 8 mm climbing cord ● Bowl ● Plastic Mug ● Plastic spoon titanium or spork (spoon+fork) ● Penknife ● Head torch x2 ● Spare batteries for head torch ● Lighters x2 or matches boxes x2 ● Water bottle Nalgene 1 litre x2 ● Thermal insulation for water bottle x 2 ● Repair set (ties, duct tape) ● Vacuum flask (1 litre)



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LHOTSE EXPEDITION - West Face

Personal Gear		<ul style="list-style-type: none"> ● Sun screen protection 50+ x2 ● Lip block protection 50+ x2 ● Toilet paper for the trek x 3 (no paper in the lodges) ● Pee bottle (Nalgene Cantene strongly recommended) ● Toiletries bag ● Personal first aid kit ● Cleaning wipes (for altitude camps) ● Shower / shampoo gel ● Foot powder
Energy bars		<ul style="list-style-type: none"> ● Dry fruits ● Energy bars / Glucose tablets
Transport		<ul style="list-style-type: none"> ● Expedition bags 100 L x2 ● Waterproof stuff sacks to store clothing ● Set of bin bags
Personal items		<ul style="list-style-type: none"> ● Camera with memory cards, several batteries (batteries life time is much shorter with the cold) and a battery charger ● Phone (we can provide you at cost with a Nepalese SIM card with cheap international call rate) ● Ear plugs (wind, snoring partner in the tent can prevent you to sleep...) ● Battery charger / Solar panel ● Portable light computer ● USB key ● Books / Kindle ● Earphones for music lovers or small loudspeakers if you want to become a base camp DJ ● Playing cards

Please look at our gear guide (separate document) for more information and recommendation.

Base Camp set-up

- Individual spacious tents with mattress, pillow, and light
- Toilet tent
- Shower tent (with hot water available on request)
- Mess tent for meals with table, chairs and cutlery
- Snacks / tea / coffee available during the day
- Heating of mess tent during dinner

Communications

- Cell phone network is usually available at Base Camp (Ncell as a service provider) but the service is patchy
- Internet is also available (Wifi for \$200 in 2023) and more or less reliable depending on the day
- Company satellite phone is for emergency situations but is available for fee at Base Camp



View of the Western Cwm (valley) from the Lhotse couloir, well above the Nuptse on the left and Cho Oyu in the background