



# LHOTSE

8,516M / 27,939FT

**2024 EXPEDITION TRIP NOTES**





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## 2024 EXPEDITION DETAILS

**Dates:** April 9 to June 3, 2024

**Duration:** 56 days

**Departure:** ex Kathmandu, Nepal

**Price:** US\$44,000 per person

▲ On the summit of Lhotse Photo: Guy Cotter

During the spring season of 2024, Adventure Consultants will operate an expedition to climb Lhotse, the world's 4th highest mountain.

Lhotse sits alongside and in the shadow of its more famous partner, Mount Everest, which is possibly why it receives a relatively low number of ascents. Lhotse's climbing route follows the same line of ascent as Everest to just below the South Col where we break right to continue up the Lhotse Face and into Lhotse's summit couloir. The narrow couloir snakes for 600m/2,000ft, all the way to the lofty summit.

The climb will be operated alongside the Adventure Consultants Everest team and therefore will enjoy the associated infrastructure and legendary Base Camp support.

Lhotse is a moderately difficult mountain due to its very high altitude; however, the climbing is sustained and never too complicated or difficult. It is a perfect peak for those who want to climb at over 8,000m in a premier location!

## THE ADVENTURE CONSULTANTS LHOTSE TEAM

### LOGISTICS

With technology constantly evolving, Adventure Consultants have kept abreast of all the new techniques and equipment advancements which encompass the latest in weather forecasting facilities, equipment innovations and communications systems.

Adventure Consultants expedition staff, along with the operations and logistics team at the head office in New Zealand, provide the highest level of backup and support to the climbing team in order to run a flawless expedition. This is coupled with a very strong expedition guiding team and Sherpa contingent who are the most competent and experienced in the industry.



▲ Views towards Lhotse from just above Camp 1. Photo: Guy Cotter

## EXPEDITION GUIDES

Lhotse is not the place to be with an organisation that is 'learning the ropes', there is too much at stake for that. Adventure Consultants expedition staff, along with the operations and logistics team at the head office in New Zealand, provide the highest level of backup and support to the climbing team in order to maximise your chances of success. Our strong and experienced expedition guiding team and Sherpa contingent, are, you will come to see, second-to-none in the industry.

Our international guiding staff are the best in the industry. You will find the Adventure Consultants mountain guides companionable and strong expedition leaders with considerable abilities and a willingness to see you achieve your goals. The number of guides is determined by the team size but the normal ratio of guides to members is 1:4.

## SHERPAS

Our Sherpa team has dozens of Everest summits between them. Da Jangbu Sherpa, our Expedition Sirdar, has summited Everest an impressive 13 times and brings with him considerable knowledge and experience. As a consequence of his leadership, we have a legendary group of Climbing Sherpas who operate in a harmonious atmosphere of cooperation and commitment to the expedition and its members. Our group of climbing Sherpas is enthusiastic, motivated and regarded as the strongest and most cohesive group of Sherpas on the mountain. It is indicative of the reputation that our Sherpa team has earned - that Sherpas from other expeditions enthusiastically pursue a future position with the Adventure Consultants team.

Our cooking staff are very well known for the quality of the cuisine they produce and as a consequence are coveted by other team leaders due to the reputation they have established. We have been developing the personnel within our Sherpa team for 20 years and they are an integral part of the Adventure Consultants Team.

## EXPEDITION OUTLINE

We congregate in Nepal's capital, Kathmandu, where we meet for a team briefing, gear checks and last-minute purchases before flying by helicopter into Lukla Airport in the Khumbu Valley. We trek the delightful approach through the Sherpa homelands via the Khumbu Valley, enjoying Sherpa hospitality in modern lodges with good food, and all the while being impressed by the spectacular scenery of the incredible peaks of the lower Khumbu.



▲ The Adventure Consultants Sherpa team.



▲ Climbing a ladder in the Khumbu Icefall. Photo: Guy Cotter



▲ Looking towards the Lhotse Face from Camp 2. Photo: Guy Cotter



▲ Oxygen masks hide elation at reaching the summit! Photo: Guy Cotter

On the way, we trek over the Kongma La, a high pass (5,535m/18,159ft) with exceptional views of Ama Dablam, Makalu and the hundreds of other amazing peaks in the region. This gives us a bit of an acclimatisation advantage heading to Base Camp where we arrive the next evening.

Our Base Camp is very well appointed with a high level of comfort including your own walk-in sleeping tents with comfortable beds, high quality food, a heated dining tent with chairs and couches. We provide a communications centre for email and web access, and we have our own dedicated doctor who is there to ensure your health and well-being on the expedition.

By the time we first arrive at Base Camp at the foot of the Khumbu Icefall, a route will already be established with ropes and ladders through to Camp 1. Our strong Sherpa team will be busily involved in ferrying loads of equipment up the mountain.

We do two forays into the Khumbu Icefall for ladder training and familiarisation before moving to Camp 1 (5,900m/19,500ft). After a couple of nights at Camp 1, we move to Camp 2 (6,400m/21,000ft) for several nights' acclimatisation with a foray to the Lhotse Face thrown in to push our acclimatisation. Our

Camp 2 base is set up with cook tents with dedicated cooks, a heated dining tent with tables and chairs. Mountain camps are shared sleeping.

After a rest in Base Camp, we move through Camps 1 and 2 and spend one night at Camp 3 to complete our acclimatisation program. We then descend to Base Camp to await a weather window in which to make our summit bid. When we do so, we move up through the camps and establish the last camp at the 'Turtle', a position close to the famous Geneva Spur that is within a couple of hundred metres of the summit couloir. The ascent should take 6–8 hours. All going well we will descend to Camp 2 after the summit, and then drop back to Base Camp the next morning.

## THE ROUTE

The Khumbu Icefall has a fearsome reputation and it is indeed a phenomenal section of terrain to climb through. Yet it is an integral characteristic of the south side of Everest/Lhotse and why this is considered to be a 'climbers route' that requires a mountaineer to be well skilled in the use of crampons, ice axe and well versed in rope skills. We cross ladders that are set across the large crevasses, a skill that is developed over time! There is



▲ Climbers make their way into the Lhotse Coulior. Photo: Dean Staples

continuous rope fixed through the icefall that takes us up and over and through the most amazing ice formations and eventually we climb out the top into the Western Cwm. The Western Cwm is a large open 'valley' that is dwarfed by Everest, Lhotse and Nuptse that drains the glaciers and snowfields off their flanks into the Khumbu Icefall. The travel up the Cwm between Camp 1 and the base of the Lhotse Face (a couple of hours past Camp 2) is low angled open glacier travel. The Cwm is renowned for its phenomenal views of Lhotse, Nuptse, Pumori and Cho Oyu, and our Camp 2 is situated directly beneath the imposing black hulk of the notorious Southwest face.

As one climbs higher up the route to South Col the views become even more outstanding with incredible vistas along the Himalayan chain and out towards the lowlands of Nepal. We leave the Western Cwm when we cross a large bergschrund at the head of the valley. Here we start up the icy slopes on the Lhotse Face that is protected by fixed ropes. The route is between 30–45 degrees with the odd steeper section just below Camp 3. About 6 hours from Camp 2 we come across Camp 3, set up on hacked out ledges on the side of the mountain. It's about 3 hours further up the Lhotse Face to the Turtle and site of Camp 4.

From here we climb snow slopes and enter the summit coulior which offers an atmospheric climbing environment that is in contrast to all the open slopes we have climbed until now. The gully narrows but ascends directly to the summit ridge. We will fix rope the entire route from Camp 4 to facilitate safe ascent and descent. In dry years there is a short rock section in the middle. Close to the summit we lead out left to attain the highest point on the mountain.

## OXYGEN & SHERPA SUPPORT

On our standard expedition package climbers are provided with 2–3 litres of oxygen per minute for the climbing days above Camp 3 and 0.5 litres per minute for sleeping. This is sufficient for an ascent of Lhotse although we can arrange for a Max Ox option should you want that option (4 litres per minute climbing and 1 litre per minute sleeping).

Another service we can offer is 'Additional Sherpa Support' or a 'Personal Sherpa'. Additional Sherpa support enables climbers to forego the carrying of heavy packs on camp carry days which is often very debilitating at high altitude. For some climbers, the long climb with a pack up to the top camp



▲ The Lhotse Coulior.

can leave them too exhausted for summit day and hence this service greatly enhances your summit opportunity. The Personal Sherpa option is for a personal Sherpa to climb with you throughout the expedition, starting from Base Camp, all the way to the summit and back again. Please enquire should you be interested in rates.

We are also able to offer Privately Guided Expeditions where you have the services of a top AC Western guide, as well as your own Sherpa support team to work exclusively with you on the expedition to ensure your needs are best met. Adventure Consultants have been fortunate to work with many privately guided groups over the years with exceptional results.

You may also like to talk to us about other options such as an Everest/Lhotse combo climb, personal communication systems, or the provision of a personal tent on the mountain. For more information, please contact our office for details.

## YOUR HEALTH

Adventure Consultants provides a dedicated doctor for the whole team as standard. Most other teams use a generic medical provider whilst our doctor is there primarily for you and your team mates. The doctor will monitor your overall health throughout the expedition and our medical equipment and provisions are there to provide for your health care needs.

Ample resources will be on call to support each and every climber, not just the first team or fittest members. Remember, this is an expedition led by guides whose job it is to look after your interests. This should not be confused with a “professionally led” expedition where often you may be buying a place in a team with fewer support services and led by climbers who are attempting the summit primarily for themselves. There are also “Sherpa led” expeditions where you are placed in the hands of a Sherpa for the climb. This can seem alluring, especially when some expedition operators will encourage completely inexperienced climbers to join so they can fill their available spaces, but too often these expeditions have over 20 members!

Most Sherpas are not trained in medical techniques and are often reluctant to act effectively in situations requiring urgency. This is where the skills and experience of your western guide become invaluable. Too often expedition members find out the deficiencies of their guides/operators when things begin to go wrong which is usually too late.

## PREREQUISITE SKILLS

No 8,000m peak is ‘easy’. We are operating in an extreme environment that we need to treat with respect and caution. However, to be successful, we must also know when to ‘push’, and when not to. Prospective members on this expedition must be robust and prepared for the rigours of altitude; essentially come prepared for hard work and physical output. However, we must also know not to push too hard but operate at the level just below our aerobic threshold, so we can save our energy for the summit attempt. In other words, we must ease our way up the route leaving our reserves for when we need them.



▲ Climbing through the Yellow Band. Photo: Guy Cotter



▲ Climbers negotiate fixed lines in the Lhotse Coulior. Photo: Guy Cotter

Appropriate prerequisites would be ascents of Denali, Aconcagua or even other 8k peaks. Strong technical climbers who are used to lugging big loads into remote locations would find the transition to 8,000m doable. Climbers must be confident on crampons and be conversant with snow and ice techniques. Rope skills such as rappelling, belaying and ascending ropes are imperative skills also.

On this climb, we carry our own personal gear between camps, with sleeping bags carried by our Sherpa team on camp move days. Additional Sherpa support is available for those who desire it but at all times we will carry our own kit for each day such as a jacket, water camera etc. On summit day we will climb with the support of our Sherpas and utilise bottled oxygen.

## TEAM SIZE

The team will have a maximum size of three guides and twelve members.

The Base Camp will be staffed by a medical doctor, Base Camp Manager and Sherpa kitchen crew, usually totalling seven to ten people depending on group size. A team of climbing Sherpas will carry loads and support the summit climb. Adventure Consultants have a ratio of at least one Sherpa for each team member or guide per person on summit day.

Sherpa cooks will occupy Camp 2 in the Western Cwm for the duration of the expedition. Their role is not only to provide us with tasty meals but also to maintain the integrity of Camp 2 during inclement weather. Often our assistant cook will trek down to meet us enroute from Camp 1 with tea or juice!

## ITINERARY

Following is an ideal itinerary for our Lhotse Expedition:

9 April	Arrive Kathmandu, Nepal
10 April	Kathmandu preparations
11 April	Fly to Lukla
12–21 April	Trek to Base Camp
22 April–13 May	Establish camps and acclimatise
14–16 May	Rest Period
17–26 May	Summit Climb Period
27–28 May	Clean up and depart Base Camp
28 May–2 June	Trek to Lukla
2 June	Fly from Lukla back to Kathmandu
3 June	Depart Kathmandu

Please arrive into Kathmandu by early afternoon of April 9 as we have our first team briefing that very evening. Our permit for climbing Lhotse allows us to stay on the mountain into June. We strongly suggest that you keep your homeward flight open dated and flexible so that we can extend into the latter part of May for a summit attempt if need be. We have June 3 as the probable finish date for departing from Kathmandu.

## COMMUNICATIONS

The expedition will be equipped with portable Thuraya satellite phone systems for the duration of the expedition in order to provide reliable email and voice communication globally for business, media or personal use. Limited satellite phone time can be purchased at the rate of US\$3.00 per minute. Our broadband satellite Wi-Fi connectivity will be





▲ Lhotse looms large at the top of the Western Cwm. Photo: Guy Cotter



▲ Climbers contemplate the route above Camp 3. Photo: Dean Staples



▲ Everest towers behind climbers in the early morning light. Photo: Guy Cotter

available once the expedition is underway and is included in the expedition fee on the basis of a fair use policy. Please contact our office for details.

## EQUIPMENT LIST & REFERENCE NOTES

Expedition members will be sent a list detailing all the necessary clothing and equipment to be individually provided, contained within a set of Expedition Reference Notes with all the details for the trip. These notes provide extensive information on everything from suggestions of what type of camera to bring to training advice for your expedition preparation.

## MEDICAL EXAMINATION & INSURANCE

Expedition members will be provided with a medical questionnaire by the expedition doctor and asked to visit their family physician to receive a full medical examination. This information will be sighted only by the expedition doctor and Expedition Leader and treated with full confidentiality. Advice on immunisations will be provided at this time. We also require members to have rescue insurance and we will consult with individual team members as to your insurance needs and solutions for coverage.

## VISAS

Expedition members will need to arrange their own entry visa into Nepal. This can be organised by a Nepalese Embassy or Consular office in your own country or at Kathmandu Airport on arrival in Nepal. Currently, the easiest and best place to obtain a visa is on arrival at Kathmandu Airport. Visa application forms can be downloaded off the web and we will also send you a copy prior to your departure. You will need to get a 90-day visa for this expedition. Once in Kathmandu, the expedition's agent will provide an expedition permit to match. If you choose to get your visa at the Kathmandu Airport, you will need to have 1 passport photo handy.

## PASSPORT PHOTOGRAPHS

Expedition members will need to provide a digital passport photograph for climbing and trekking permits and a copy of their passport biodata page.

## THE EXPEDITION FEE

The cost of the expedition, ex Kathmandu, is US\$44,000.



▲ Everest, Lhotse, Nuptse and the Khumbu Glacier. Photo: Guy Cotter

The Lhotse add-on cost to Everest is US\$24,000.

This is an inclusive cost and covers the following:

- 1:4 Western Guide ratio and 1:1 Sherpa/Guide to climber ratio on summit day
- Bottled oxygen
- Personal equipment carried on the mountain
- Nepalese Government royalty fees
- All expedition organisational requirements
- All climbing and trekking permits
- Helicopter air transport within Nepal
- Personal sleeping tent at Base Camp
- Sleeping bag carried on the mountain
- All team equipment
- All expedition staff including Sherpa support
- 3 meals per day whilst away from Kathmandu
- All supplies necessary to make a safe and strong bid for the summit
- Medical services from our Expedition Base Camp Doctor
- Base Camp Wi-Fi (fair-use policy applies) and satellite phone facilities
- Internet dispatch page that is updated daily by guides and Base Camp staff, and semi-hourly on summit day

- dZi Foundation support for their “revitalize a village” programme—likely to include support for a Nepalese child’s education for a year

The expedition fee **does not** include the following:

- Air travel to and from Nepal
- The ‘Additional Sherpa, ‘Personal Sherpa’, personal tent on the mountain, or ‘Max Ox’ options
- Hotel accommodation and meals in Kathmandu
- Nepalese airport entry visas
- Extras on the trek in/out such bottled drinks, showers and laundry
- Personal clothing and equipment
- Personal insurance/trip cancellation insurance/ medical evacuation insurance
- Actual satellite phone calls
- Gratuities for guides and Sherpa staff
- Costs that are outside the control of Adventure Consultants



▲ Everest dominates spectacular sunrise views. Photo: Dean Staples

## PAYMENT DETAILS

All payments should be made by bank transfer to the following bank and account:

Bank of New Zealand  
Offshore Branch  
42 Willis Street  
Spark Central  
Wellington  
New Zealand

for the account of Adventure Consultants Limited.

**Account Number:** 1000-594771-0000

**Account Type:** US Dollars

**Swift Address:** BKNZ222

**NOTE:** All bank transfer charges are for the remitter's account.

We can also accept your deposit and balance payment by credit card (Visa, Mastercard and Amex) plus a 3% card charge.

### DEPOSIT

A non-refundable deposit of US\$5,000 is payable to secure a place on the expedition.

### BALANCE

The balance is payable 90 days prior to the expedition start date.

### CANCELLATION & REFUND POLICY

An expedition member may cancel their participation on the following basis:

- Cancellations outside of 90 days will result in the loss of the trip deposit
- For cancellations made within 90 days of the trip commencement date we reserve the right to retain 50% of the balance payment fee.
- For cancellations within 60 days of the departure date a cancellation fee of 100% of the full fee applies.

We strongly recommend you take out trip cancellation insurance via your travel agent if you wish to be covered against cancellation due to medical or personal reasons.

## HOW TO JOIN THIS EXPEDITION

If you would like to join the Lhotse expedition, please complete our online booking form and forward your deposit payment at <https://www.adventureconsultants.com/expeditions/8000m-peaks/lhotse/book-now>.

## CONTACT US

If you require more information, please contact us at:

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▲ View of Lhotse from Nuptse. Photo: Guy Cotter



Adventure Consultants is affiliated to the New Zealand Mountain Guides Association (NZMGA), New Zealand Alpine Club (NZAC) and a corporate member of the American Alpine Club (AAC). Adventure Consultants is a supporter of the dZi Foundation in Nepal for their 'Revitalise a Village' programmes.

Adventure Consultants perform to IFMGA/UIAGM standards and are world leaders in high altitude guiding.

