

Lhotse

8516M | Expedition 2027

STEEP AND CHALLENGING CLIMB RIGHT NEXT TO EVEREST!

USD 26,500

Price per person

11 APRIL, 2027

Arrival in Kathmandu

Overview

Lhotse is a steep and consistent climb, and in the spring, season has excellent snow coverage and low hazards like icefalls, rock falling, and avalanche.

Climbing Lhotse is a demanding high-altitude expedition. Climbers ascend through the Khumbu Icefall, endure thin air, severe cold, and exposure on steep couloirs. Sharing much of the route to Everest, the ascent requires technical skill, acclimatization, teamwork, and resilience before reaching the world's fourth-highest summit safely in favourable weather conditions.

To climb Lhotse is to engage in a raw, uncompromising fight with one of the planet's most magnificent and demanding natural structures. It is not a guided tourist ascent; it is a full-value alpine expedition that tests the very limits of human endurance, skill, and spirit. It is a climb that demands respect, and offers, in return, not just a summit, but a transformation forged in ice and thin air.

- Lhotse is quieter than Everest and offers the same rewards
- Beautiful steep direct couloir going straight to the summit
- More technical and steep as Everest with a small summit that only fits few people



Lhotse
PEAK NAME



8516 M
MAX. ELEVATION



45 DAYS
DURATION



NEPAL
COUNTRY



Arnold Coster

Expedition Leader



His experience, combined with a very high success rate, is amongst the best in the world. Where there is a will, I will aim to provide a way! With over 2 decades of experience and close to 100 Himalayan expeditions is Arnold Coster the most experienced leader on the mountain. Our itinerary allows a slow acclimatisation during the trek to BC, not only for acclimatisation to altitude, but also acclimatisation to our new environment where we will be living in for the next 50 days.

Arnold Coster recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

Participation Statement

Mera Peak

6476M | Acclimatization Climb



We will fly by helicopter to Lukla (2866m-9400ft) from where we will trek to Kahre (4800m-15744ft); the last village before Mera peak. The climb on Mera peak is basically 2-3 days; first we will climb to high camp (5800m-19024ft) and sleep for the night. Early morning we will set off for the summit of Mera (6,476 metres-21,247 ft). Mera peak is an easy climb, but don't underestimate the altitude! Sometimes the last part before the summit is a little steeper and has some fixed ropes. The view from the summit is stunning and one of the best views of the Himalaya!

Climbing Mera peak gives us a huge acclimatisation advantage before we enter Tibet. Also it gives us a chance to use all our equipment we also use on Everest. This way we will reach Chinese Base Camp well prepared and there is time for last minute adjustments. Arnold Coster believes that the best way to train for climbing mountains is by climbing mountains and being able to do a small peak as acclimatisation is a huge advantage.

During the trek we will stay in basic lodges and in the high camp we camp. Accommodation is based on sharing. Single rooms are available on request, but sometimes not possible because limited rooms in lodges.

Acclimatization: The Crucial Dance with Altitude

"Rotating"—climbing up to higher camps to force the body to produce more red blood cells, then descending to ABC to recover. This process is exhausting but non-negotiable. Altitude is relentless and a good acclimatization is the only way possible to climb a 8000m peak safely.

The Climbing Camps:

The climb from Lhotse Base Camp to Camp 1-2 is one of the most hazardous sections of the expedition. Climbers leave the rocky glacier camp before dawn and navigate the constantly shifting Khumbu Icefall, crossing deep crevasses on aluminium ladders and passing beneath towering ice seracs. The route demands concentration, balance, and speed, as warming temperatures increase icefall instability. After several strenuous hours, climbers emerge onto the Western Cwm and reach Camp 1 at about 6,000 meters & Camp 2 6500m, surrounded by immense walls of snow and ice.



From Camp 2 to Camp 4 on Lhotse, climbers ascend the steep Lhotse Face, a vast wall of hard blue ice rising toward the upper mountain. Fixed ropes aid progress as the route climbs to Camp 3, perched on narrow ledges at around 7,200 meters. Above, the air grows noticeably thinner and every step requires effort. The climb continues through the Yellow Band and Geneva Spur before reaching Camp 4 near the South Col, a windswept high-altitude camp at about 7,900 meters. Surrounded by barren rock, ice, and extreme cold, Camp 4 serves as the final staging point before the summit push.



From Camp 4 on Lhotse, climbers typically begin their summit push before midnight, moving slowly through the “death zone” above 8,000 meters where oxygen levels are critically low. Headlamps trace a line of light up steep snow and mixed terrain as climbers battle intense cold, fatigue, and wind. The route follows the upper mountain before turning toward the narrow Lhotse Couloir, a steep gully of snow, ice, and rock just below the summit. This section is technically demanding and often the crux of the climb. Emerging from the couloir, climbers make a final ascent along an exposed ridge to reach Lhotse’s 8,516-meter summit, rewarded with sweeping views of Everest, Makalu, and the Himalayas stretching to the horizon. The descent begins almost immediately, as the greatest challenge is often returning safely to camp.

PREVIOUS EXPERIENCE

The most successful climbers tend to be those who have previously been successful on climbs to 7000m+ or 8000m+, are technically capable and have a good level of fitness. Makalu is a more technical demanding 8000m peak. Makalu has steep sections of rock & snow and members should be confident on crampons, ascending (steep) fixed ropes and rappelling.

Makalu is an enormous undertaking with many obstacles, but Arnold Coster believes his experience and infrastructure matched with your enthusiasm can help you achieve your dream.

If you are unsure or wish to be provided with a preparation program, please drop Arnold Coster an email to discuss the options. Arnold Coster has a great success rate in helping people develop the appropriate skills and experience. All past members of his expeditions (successful or not) have been extremely pleased with the organisation and services provided and particularly liked the team philosophy he established.

Detanked Itinerary

DAY 1:

Arrive Kathmandu and transfer to hotel.

Day 2:

Expedition Briefing in the morning. Free in the afternoon for last minute shopping, sightseeing, relax etc.

Day 3:

Heli flight: Kathmandu to Lukla (2866m-9400ft) and trek to Paiya (2730m-8954ft).O/N Lodge

Day 4:

Trek to Pangokma (2846m-9334ft).O/N Lodge.

Day 5:

Trek to Chatra khola (3150m-10332ft) via Ramailo danda. O/N Lodge.

Day 6:

Trek to Kothe (3550m-11644ft). O/N Lodge.

Day 7:

Trek to Thagnak (4350m-14268 ft). O/N Lodge.

Day 8:

Acclimatisation around Tagnak.

Day 9:

Trek to Khare (4800m-15744ft). O/N Lodge

Day 10:

At Khare: Preparations for the climbing

DAY 11:

High camp (5800m-19024ft). Camp

Day 12:

Summit Mera Peak (6654m-21825ft) and back to Khare. O/N Lodge.

Day 13:

Contingency day for climbing.

Day 14:

Trek to Tagnag.

Day 15:

Heli flight : Tagnag 4350m to Lukla

Day 16:

Heliflight Lukla to Lobuche 4950m

Day 17:

Trek to Everest Basecamp 5364m

Day 18:

Relax, organize, getting settled in BC

Day 19:

Rope & ladder practice in the icfall nearby

Day 20:

Puja ceremony to get permission from the mountain god to enter the mountain.

Day 21:

First time through the icfall to camp 1 6065m; sleep

DAY 22:

We continue through the western CWM to Cap 2 at 6400m; sleep

Day 23:

Acclimatization day in C2, walk around if we feel good.

Day 24:

Walk to to the start of the fixed ropes at 6800m

Day 25:

Climb to Camp 3 at 7000m and return to C2

Day 26:

Descent to Base camp

Day 27:

Recover at Base Camp: Going down by helicopter to Namche 3440m

Day 28:

Recover in Namche 3440m

Day 29:

Recover in Namche 3440m

Day 30:

Recover in Namche 3440m

Day 31:

Return to Base Camp

DAY 32:

Climb to C1 6065m

Day 33:

Climb to C2 6400m

Day 34:

Climb to C3 7000m

Day 35:

Climb to Lhotse C4; 7800 m

Day 36:

Rest in C4 (optional)

Day 37:

Summit Everest 8516m and descent to C3-2

Day 38:

Continue down to C2 and rest

Day 39:

Early morning Descent to Basecamp

Day 40-46:

Celebrate you summit success.

6 spare days for any kind of issues: Bad health, Bad weather, crowdy days. Only in theory we could have climbed Everest by now, but during an expedition there are always setbacks.

Day 47:

Return & Departure

**Proposed exp. schedule: please note that this is a theoretical schedule and actual dates and locations might be different according to the circumstances.*

CATERING ARRANGEMENTS IN BASE CAMP

Base Camp food is excellent and designed to stimulate your appetite and keep you going despite frequent altitude induced loss of appetite. Breakfast includes porridge and cereal followed by eggs (fried, boiled, poached or omelettes) and bacon along with either bread or chapattis with jam, honey, peanut butter etc. Lunch starts with juice followed by a hot meal which may include some of the following: chips, rice, lentils, vegetables, salad, sandwiches, beans, tinned fish and tinned meat. Dessert is usually fresh or tinned fruit and tea. The evening meal always starts with soup (often with a healthy dose of garlic to aid acclimatisation) accompanied by pompadours, popcorn or prawn crackers. The main meal varies from local style – Dal Bhat (rice and lentils with an onion and vegetable sauce), yak stew, momo's etc. to western style – yak burgers, chips, pasta, even pizza! Desserts are equally appealing and include apple pie, cake, custard etc. You will not be hungry!



Snack food for the hill will be plentiful and consist of such things as: chocolate, cereal bars, jelly, dried fruit, nuts, cheese and salami (you help yourself from tubs, so there is no limit!). Cooked food higher on the hill will be a combination of freeze dried food, soup and supplemented by snacks. Most people experience some kind of appetite loss and we mainly aim to keep as hydrated as possible with fruit teas, soup and powdered fruit drinks.

Although our food is more than sufficient your personal taste might be different, therefore we advise everyone to bring approx. 3-5kg of snack-food and 3-5 freeze dried meals you know you really like. Make sure we are up to date for any dietary restrictions since we pack our expeditions way in advance and once we are in Tibet there is a limited selection of food available in the shops.

BASECAMP & MOUNTAIN SETUP

Our base camp is comfortable and luxurious with a "roomy" and heated communal dining tent, well equipped kitchen, charging facilities, Electric lights, hot showers etc. and even a projector for entertainment. Basically everything we need for a comfortable life! Each members will have a spacious private tent with comfortable mattress. BC is where we live & recover, a good comfortable BC helps to stay healthy and fit!

High camps are high altitude camps and I wouldn't call this camping anymore. For safety reasons and warmth we will share tents, so everybody can keep an eye out for each other. The Sherpa's will cook simple meals, make water and assist the team with anything possible. We try to spent enough time at altitude for a proper acclimatization, but at the same time try to limit our deterioration from altitude. Living at these altitudes is a fine balance between "Gain" and "loss"



WHAT DO I NEED TO CARRY MYSELF

On the trek to BC & ABC you should aim to carry a light rucksack containing 2L of water, waterproofs, a spare warm layer, camera, mini first aid kit, sun hat, sun cream, sun glasses and a warm hat and gloves etc. The rest of your gear can go in your kit bag witch is transported by porter to BC: you will see this duffle in the evening once we are in the next village

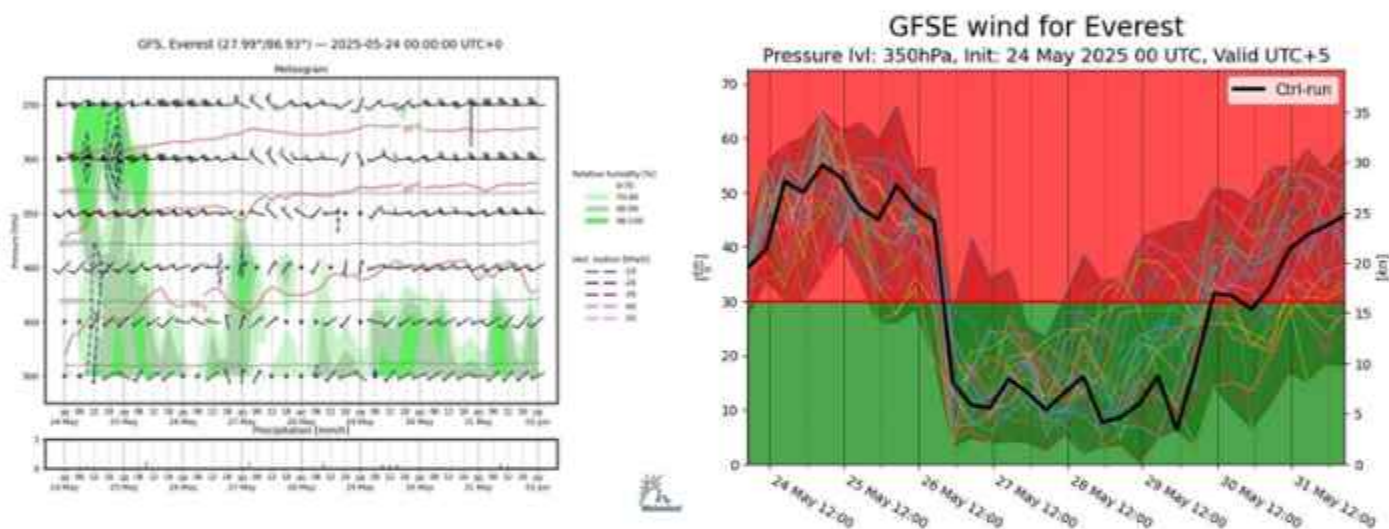
I suggest a 55L+ climbing backpack to enable you to carry your personal equipment up to the higher camps on the mountain a smaller pack will be to short for the 4l oxygen bottles. The Sherpa's will establish & stock the camps as well as porter the oxygen to camp ready for the summit attempt. Sherpa's can also help carrying bulky personal equipment like; down suits, sleeping bags etc. In case you are having a bad day the Sherpa will help more, but the intention should be that you are able to carry some of your own personal gear.

EQUIPMENT

A detailed equipment list is provided on booking. Specialist items such as sleeping bags and down jackets/suits can be hired also (limited availability).

WEATHER FORECAST

We get regular paid weather forecasts, which can be relayed up the mountain. We don't rely on "free" weather forecast that can be found online and are often inaccurate. Our weather forecast comes from a trusty source I have been using for 20 years already and is proven often to be the best.



COMMUNICATIONS

Arnold Coster issues every member and Sherpa's with a handheld VHF radio, supported by high powered base sets at BC and ABC. In ABC there will be WIFI at additional cost, but understand we are in the remote mountains. WIFI doesn't work as fast as at home and because its satellite internet it might be weather dependant. Snowfall, heavy rain, our position etc. can affect internet speeds!

Expect to be able to send a message, email, pictures, compressed video etc. on regular basis, but don't expect to be online 24/7. This is technically simply impossible; for electricity we rely on generators or solar energy.

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OXYGEN

Our full service expedition is supported with a 1:1 Sherpa ratio. This is enough to carry a normal amount of oxygen; 5 bottles for Members and 3 for Sherpa. Additional oxygen is available at extra cost and should be pre-ordered, so we know how much oxygen has to be carried to the high-camp.

CHANGE OF INTERNATIONAL FLIGHTS AND BAGGAGE

We allow extra days in the itinerary for bad weather. If you do summit or come back early additional costs may be incurred changing your flights. When obtaining your flights, be sure to book alterable, refundable flights or just book your return ticket once you are back in Kathmandu.

For your own comfort, travel light. For such a long trip it's amazing how quickly the weight adds up. Some European airlines only allow 20kg on economy flights and charge huge money for excess baggage (specially the cheapest flights). Most airlines offer a 30kg allowance nowadays and offer additional baggage options, but this has to be obtained when you buy the ticket in advance. Make sure all equipment fits in your duffle bags easy. On the expedition there is no limitation on the amount of equipment you can bring. Some items can be left at the hotel for your return. Make sure all your kit bags are locked and packet waterproof.

INSURANCE

Insurance which covers mountain rescue and medical expenses is essential. You should note there are no official mountain rescue services in Tibet and any evacuation in the event of a serious medical emergency to the nearest hospital will be by land or military helicopter. We will require a copy of your insurance prior to departure. In Europe most Mountaineering associations sell adequate insurance for their members and often becoming a member is the best deal. Read the small print well, because many insurance have a altitude or time limitation. For all other countries Global Rescue is a good option since they take any nationality: <https://www.globalrescue.com>

VISAS AND PERMITS

US, UK citizens, EU nationals and most other nations can get the Nepal Visas on arrival. Passports must be valid for at least six months after the end date of the trip and make sure to apply for a 90 day multiple entry visa.

LOCAL COSTS

Most meals are inclusive once we leave Kathmandu. Individuals are responsible for drinks and hotel meals whilst in Kathmandu which gives the flexibility to choose where you eat. The following approximate costs (mid range) may vary:

Tea/coffee 1.5\$; Beer 4\$; Soft drink 1.5\$; Local lunch 15\$; 2-course dinner 25\$

Expect to pay 50-75\$ per day for your food expenses in Kathmandu.

CURRENCY

In Nepal you need Nepalese Rupee for all daily expenses; Euros, UK Sterling, and US Dollars can easily be changed in Kathmandu. ATM (cash machines) are available in Kathmandu but are often out of order, but usually you can find one that works within the same area. However, you can withdraw only 30000 Rupee per 24hr (approx. 220\$) and you pay a fee each time. Except luxury places most places don't accept any Credit Cards and often an extra 5% "transaction commission" is charged when you pay by Credit Card. Cash is still king in Nepal!

TIPPING

Tipping is generally expected and part of everyday life working in the tourism sector. We tend to tip our own local staff as a whole and would recommend around \$500 per person as a group tip for Kitchen boys, Cook, Mera peak Sherpa etc. with an additional summit bonus of \$1800 for your Sherpa you pay individually to him.

The summit bonus is an hidden cost in all expeditions with all companies but see this as a "life insurance". The summit bonus ensures the Sherpa brings you up & down the mountain in safety and is a huge economical incentive for him to do this right. However, plans don't always work out as planned; expect to pay the summit bonus once you do a serious summit attempt, also when this fails, unless the Sherpa did something seriously wrong. Just think about the immense work the Sherpa already done carrying all Oxygen, food, tent & fuel up & down the mountain. The Sherpa is carrying literally a "mountain on his back". Please bring all tips in cash to BC, not all staff will travel back with us to Kathmandu, and you might not see them anymore once we leave.

What is **Included**

- All permits, charges, importation taxes and levies payable to the Nepal Government in connection with the expedition.
- All hotel accommodation in Kathmandu Single room with Breakfast according proposed itinerary
- Breakfast, Lunch & dinner during the trekking days including hot drinks; lodges are on Sharing basis.
- 50kg of baggage allowance to Everest BC (approx.. 20kg to Mera peak & 30kg direct to EBC)
- All Helicopter flights mentioned in the itinerary based on sharing Helicopter: Tagnag, Lukla, Namche, Kathmandu etc.
- All necessary staff for the Mera peak climb: Porters, Guides, climbing assistance 2:1
- All tents, ropes and other communal equipment necessary for the climb on Lhotse & Mera peak
- Medical safety equipment and supplies.
- All food, fuel and cooking equipment in EBC and on the mountain(s)
- All trucks, jeeps, yaks, base camp workers.
- Base Camp and Advance Base Camp services, cooks, cook boys, tents, seating etc.
- Single member tents in EBC, Sharing tents on the mountain in the high camps.
- Climbing Sherpa support on Lhotse 1;1, each member has 1 Sherpa's once arrived in EBC.
- Oxygen (6*4ltrs) and Top Out or Summit oxygen mask.
- Arnold Coster as expedition leader

What is **Not Included**

- Air travel to Kathmandu.
- Personal climbing clothes and equipment.
- Personal insurance, visas and inoculations.
- Food whilst the team is in Kathmandu.
- Extra's in lodges during the trek & Mera peak: Barista coffee's, Alcoholic beverages, Soft drinks, Mineral water, hot water bottles, charging, laundry service, snack & food bought outside meals etc.
- Importation taxes incurred by your personal equipment (e.g. satellite telephone and other high-tech equipment).
- Cost for WIFI in BC and in lodges during the trek.
- Tips and Sherpa Bonus; expect to pay 500\$ totally as a "group tip" toward all support staff and 1800\$ individually as a summit bonus to your Sherpa
- Additional Helicopter flights not mentioned on itinerary
- Extra cost due to an early or "solo" departure.
- Helicopter from C2 to EBC; approx. 4500\$

Booking & Payment Process

At Arnold Coster, we would like to talk to the climber personally before we finalize any applications for the expeditions. We want to make sure that we understand each other completely before we ask for any commitments.

info@arnoldcoster.com

If you would like to book a place on this expedition, you can do so securely by requesting our application form, over the phone or by sending an email on

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WEB

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ADDRESS

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