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**8000ER**

## EVEREST & LHOTSE DOUBLE 8000ER'S

Conquering Everest and Lhotse in one season is a remarkable achievement that demands peak physical fitness, expert climbing skills, and unwavering determination

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### OVERVIEW

<b>COUNTRY</b>	<b>PEAK NAME</b>	<b>DURATION</b>
NEPAL	MT. EVEREST & Lhotse (8848.86M/8516 M)	60 DAYS
<b>COORDINATES</b>	<b>ROUTE</b>	<b>Trip Code</b>
<a href="#">27°59'17.0"N 86°55'31.0"E</a>	S-COL; SE- RIDGE/S-COL;W-FACE	RE-EVR-LHOT
<b>RANGE</b>	MAHALANGUR RANGE	

The Everest & Lhotse Expedition is a once-in-a-lifetime opportunity for climbers aiming to conquer two of the world's highest peaks in a single season. This challenging adventure combines the allure of Mount Everest (8,848.86 meters / 29,032 feet), the highest mountain on Earth, with the thrill of scaling Mount Lhotse (8,516 meters / 27,940 feet), the fourth-highest peak.

### Mount Everest

Known as the "Roof of the World," Mount Everest is a legendary summit that straddles the border of Nepal and Tibet. Part of the Mahalangur Range, it is revered for its breathtaking views and immense significance. The mountain is locally called Sagarmatha in Nepali, meaning "Peak of Heaven," and

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Chomolungma in Tibetan, which translates to “Goddess Mother of the World.”

### **Mount Lhotse**

Located just south of Everest, Lhotse shares much of the same climbing route, making it a natural pairing for experienced mountaineers.

The two peaks are connected via the South Col at an elevation of 7,890 meters (25,000 feet). Lhotse, often overshadowed by its towering neighbor, offers its own unique challenges, with a steep ascent and mesmerizing views of the Himalayas.

### **Shared Route and Experience**

The expedition begins in the Khumbu Icefall, a dynamic and technical section climbers navigate to reach higher camps. The shared route extends up to the South Col. After summiting Everest, climbers have the rare chance to push forward and ascend Lhotse, completing the ultimate double-8000er feat. This combination of climbs demands exceptional physical fitness, mental resilience, and determination. Very few climbers have achieved this milestone, making it one of the most prestigious accomplishments in mountaineering.

### **Why Climb Both Peaks?**

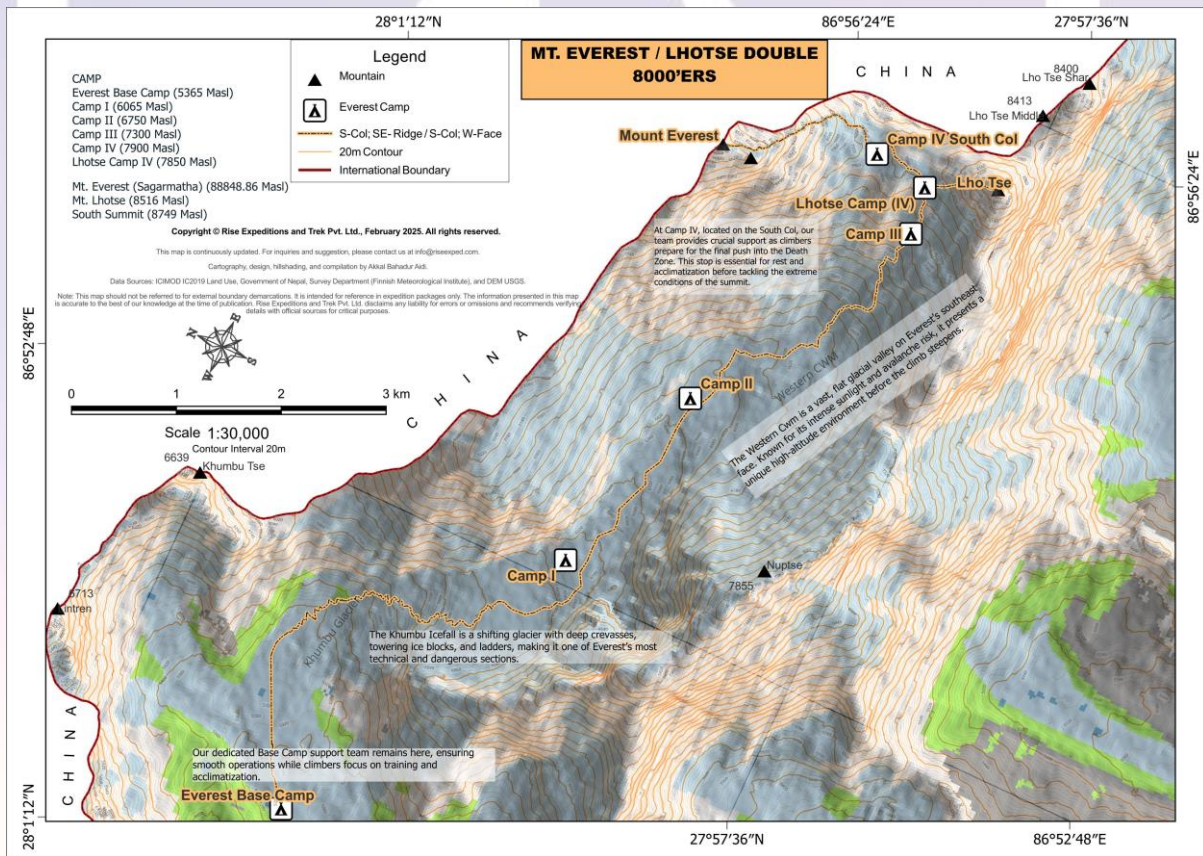
Climbing Everest and Lhotse together offers the ultimate high-altitude adventure. Beyond the challenge, climbers can experience the stunning beauty of the Sagarmatha National Park, a UNESCO World Heritage Site. From towering glaciers to rare wildlife like the snow leopard and red panda, this expedition is as enriching as it is exhilarating. This expedition is a once-in-a-lifetime experience, allowing you to conquer two of the world’s highest peaks in one journey.

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With expert guidance from PK Sherpa and the Rise Expeditions team, you'll be in safe hands every step of the way.

**Climb with us, and achieve what few dare even to dream. The summits of Everest and Lhotse are waiting for you!**

MAP



DETAIL ITINERARY

**Day 01 Arrive Kathmandu (1,330 m/ 4,634 ft)**

Our representative will welcome you upon your arrival at Tribhuvan International Airport. They will help you with your luggage and transfer you to your hotel. Once you reach the hotel, your rooms will be allocated, and you can rest in your rooms.



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**Day 02-03 Trip Preparation Days**

You'll spend the next two days preparing for your adventure. You'll meet with your guide to obtain essential expedition information and permits. You may also visit Kathmandu's attractions such as Swayambhunath Stupa, Boudhanath Stupa, Pashupatinath Temple, and Kathmandu Durbar Square.

**Day 04 Fly to Lukla and trek to Phakding (2,620 m/ 8,594 ft)**

Today, you'll take a 30-35-minute flight from Kathmandu to Lukla. This scenic flight offers an amazing view of mountain scenery and settlements. You'll start your trek towards Phakding from Lukla. On your way to Phakding, you'll pass through several sherpa villages and follow the DudhKoshi River. After 3 hours of trekking, you'll arrive in Phakding, where you'll spend the night.

**Day 05 Trek to Namche Bazaar (3,420 m/ 11,218 ft)**

Today's trek will take you along the Dudh Koshi River, where you'll cross multiple suspension bridges, including the iconic Hillary Bridge. After around three hours of hiking, you'll arrive at Monjo, the entrance point to Sagarmatha National Park. A brief stop will be made here for permission verification. Following that, you'll head towards Namche, which offers amazing views of Kongde Ri. After 5 to 6 hours, you'll arrive in Namche Bazaar, a bustling Sherpa village known as the "Gateway to the Khumbu."

**Day 06 Rest/acclimatization/exploration day at Namche Bazaar**

On the sixth day, an extra day will be spent in Namche to relax and adjust to the higher altitude. This leisure day can be spent exploring Namche's colorful streets, visiting the Sherpa Cultural Museum, or taking a short acclimatization climb up to Hotel Everest View. This ascent to Hotel Everest View offers stunning views of the surrounding Himalayan peaks, including Mt. Everest, Lhotse, and Ama Dablam.

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**Day 07 Trek to Tengboche (3,860 m/ 12,661 ft)**

Today, you'll head towards Tengboche, passing through magnificent Rhododendron forests. You'll be rewarded with breathtaking views of Everest, Lhotse, Nuptse, Ama Dablam, and other neighboring peaks along the way. After a full day of hiking, you'll arrive in Tengboche, a charming Sherpa community known for its Monastery. In the evening, you can explore the famed Tengboche Monastery; the largest monastery in the entire Khumbu region, and take in the breathtaking views of Lhotse and Ama Dablam.

**Day 08 Trek to Dingboche (4,360 m/ 14,301 ft)**

Today, you'll leave Tengboche and head towards Dingboche, passing through lush forests and the Pangboche village.

After about four to five hours of hiking, you'll arrive at Dingboche, a charming Sherpa settlement situated among barley fields and surrounded by high hills and mountains.

**Day 09 Acclimatization Day at Dingboche**

Today, you'll take a well-deserved rest day in Dingboche to acclimatize to the higher altitude. Following breakfast, a short hike to Nakarshang Peak, which stands at 5,083 meters, is planned. This peak offers breathtaking views of the surrounding mountains, including Mt. Everest, Lhotse, and Ama Dablam. After taking in these breathtaking views, you'll return to Dingboche.

**Day 10 Trek to Lobuche (4,940 m/ 16,203 ft)**

From Dingboche, you'll trek to Lobuche. The trail steadily ascends, providing you with breathtaking views of the Himalayas. Along the way, you'll see shrines to Everest climbers who died. After a 5-6hour journey, you'll arrive at Lobuche, where you'll spend the night.

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**Day 11 Trek to Everest Base Camp (5,365 m/ 17,597ft)**

Today, you'll head towards the base of the magnificent Mt. Everest, which is situated at an elevation of 5,365 meters. As you follow the Khumbu Glacier, your path will take you through rocky terrain and glacier moraines. After a rewarding 6-7-hour climb, you'll arrive at the renowned Everest Base Camp, which will serve as your home for the next several days.

**Day 12-54 Climbing Period [Base Camp – Everest Summit (8,848.86m) – Descend back to Camp IV – Lhotse Summit (8,516m)– Base Camp]**

Your double-peak expedition begins at Everest Base Camp (5,365 m / 17,597 ft) with acclimatization and participation in a traditional puja ceremony, a cultural blessing for safe and successful ascents.

**Rotation Phase:**

To prepare for the summit attempts, you will undertake rotations between Camp I, Camp II,

Camp III, and Camp IV (South Col) along the shared route. This phase involves:

- Climbing challenging terrain, including the Khumbu Icefall and steep ridges.
- Gradual acclimatization to extreme altitudes.
- Familiarization with the ascent and descent routes.

**Summit Phase:**

Once acclimatization is complete and weather conditions are favorable, the team will initiate the Everest summit push from Camp IV (South Col):

1. Everest Summit (8,848.86 m): Climb to the top of the world, achieving one of mountaineering's greatest feats.

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2. **Descend to Camp IV:** After reaching Everest's summit, climbers return to Camp IV for rest and preparation for the next ascent.

### **Lhotse Summit:**

Following a brief rest at Camp IV, the expedition continues to the summit of Lhotse (8,516 m), the fourth-highest mountain in the world, utilizing the same route to Camp IV.

### **Return to Base Camp:**

After submitting both peaks, you will safely descend from Camp IV to Base Camp, concluding an extraordinary double-peak expedition.

### **Day 55 Trek to Pheriche (4,371 m/ 14,340 ft)**

On the 55th day, you'll descend from Everest Base camp to Pheriche. En route to Pheriche, you will be surrounded by the majestic presence of towering peaks and lush greenery.

After a day of trekking, you'll arrive at Pheriche, a charming Sherpa village, where you'll end your day's trek.

### **Day 56 Trek to Namche Bazaar (3,420 m/ 11,218 ft)**

On Day 56, you'll begin your trek back to Namche Bazaar from Pheriche. You'll follow the same path you took during your ascent. After a day of trekking, you'll arrive in Namche, the lively Sherpa town for an overnight stay.

### **Day 57 Trek to Lukla (2,860 m/ 9,383 ft)**

Leaving Namche Bazaar, you'll return to Lukla, the starting point of your journey. After a 7-8-hour trek, you'll arrive at Lukla, where your wonderful adventure began. This concludes your adventure in the Everest region.

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**Day 58 Fly to Kathmandu (1,330 m/ 4,634 ft)**

Today, you'll bid farewell to the Everest region and fly back to Kathmandu from Lukla. During the flight, you will be able to see the stunning Himalayan landscapes and small settlements below. When you arrive in Kathmandu, a shuttle will be waiting to transport you to your hotel, where you can rest and relax.

**Day 59 Rest/Exploration day**

Following your fantastic tour in the Khumbu region, you will spend this day in Kathmandu. today can be spent exploring World Heritage Sites in Kathmandu; Pashupatinath Temple, Boudhanath Stupa, Swayambhunath, and Kathmandu Durbar Square, shopping for souvenirs to take home, getting a massage, or simply relaxing at the hotel.

**Day 60 Final Departure**

It's time to say your final goodbyes to Kathmandu.

A representative from our company will meet you at your hotel and assist you with your international departure.

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**WHAT'S INCLUDED**

At Rise Expeditions, we ensure that every aspect of your journey is meticulously planned for a safe and successful experience. Our team focuses on providing you with the highest quality services and equipment to help you achieve the ultimate mountaineering goal: summiting both Mount Everest and Mount Lhotse. We carefully select our partners for hotels, travel, and accommodation, ensuring that only the best services are offered. We also provide top-of-the-line mountaineering equipment and adhere to strict safety standards, guaranteeing your security every step of the way. The following is included in your booking:



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## INCLUDED

- Departure and arrival shuttle to and from the airport and hotels
- Bed and Breakfast for 4 Nights, Accommodation at Standard Hotel in Kathmandu(Twin sharing/BB basis)
- Climbing Permit, National Park Permit, and all costs related to the permit
- Applicable local and government taxes
- All road transfers for all members and staff as per itinerary
- Accommodation in tea houses on full board (breakfast, lunch, and dinner) during the trek
- Base camp service (shared with the group) includes a cooking tent with a chef and a kitchen boy, a dining tent with tables and chairs, a shower tent, a toilet tent, a storage tent, a gas heater, and solar electricity for battery charging
- Nutrients rich food at the Base Camp during the rotation period
- All camping equipment required during the trip, individual tents for basecamp
- Twin sleeping tent for higher camp accommodation
- IFMGA and climbing guide for an expedition
- Medical oxygen for emergency
- High-altitude foods during the climb that have high calories
- Medical Kit carried by the Guide/ Sardar

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- Walkie-Talkie as required for the communication
  - Satellite Phone (Charges Per Call)
  - Guide remuneration and load-bearing bonus (this bonus does not include the summit bonus)
  - Required number of porters to base camp and return
  - Climbing equipment, transportation, lodging, food, salary, and insurance for the climbing guide and other staff are all provided
  - Climbing certificates issued by the Nepal Government's respective body

#### EXCLUDED

- International airfare to and from Kathmandu
- Nepal Entry Visa fee
- Travel and medical insurance, including emergency rescue and evacuation coverage
- Meals in Kathmandu
- Personal expenses such as telephone, laundry, bottled water, bar bills, etc.
- Trekking/climbing equipment (also available for rent)
- Summit Bonus for climbing guide (\$900 per climbing guide when you cross Camp II) Tips for the staff as a gratitude
- Tips for Base Camp staff (350\$ for each member)
- Tips for local staff are for those persons who support during the treks, such as load carrying and heating water.  
They are not with us for the entire expedition and return based on mutual agreement on what you want to pay.
- Cost of any additional days in Kathmandu due to any reasons
- Any additional cost arising out of natural disasters or program cancellation
- All other items not mentioned in the 'Inclusions' list

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## EQUIPMENT

Reaching the summit of Mount Everest/Lhotse demands specialized gear. With PK Sherpa's expert leadership, we'll provide you with a detailed equipment list when you book your expedition.

### CHECKLIST

#### Climbing Gear

- |   |   |
|---|---|
| <input type="checkbox"/> Alpine Ice Axe with Leash (65-70 CM)       | <input type="checkbox"/> Crampons       |
| <input type="checkbox"/> Climbing Harness with Adjustable Leg Loops | <input type="checkbox"/> Trekking Poles |
| <input type="checkbox"/> Carabiners (3 locking and 3 regular)       | <input type="checkbox"/> Helmet         |
| <input type="checkbox"/> Belay Device (ATC or Figure 8)             |   |
| <input type="checkbox"/> Ascender (Jumar, right or left hand)       |   |

#### Headwear

- |   |                                     |
|---|-------------------------------------|
| <input type="checkbox"/> Headlamp (minimum 200 lumens) with spare batteries |                                     |
| <input type="checkbox"/> Glacier Glasses (up to cat 3)                      |                                     |
| <input type="checkbox"/> Ski Goggles (for summit day)                       | <input type="checkbox"/> Woolen Cap |
| <input type="checkbox"/> Sunhat (to shade your face)                        | <input type="checkbox"/> Buff Scarf |

#### Bodywear (Clothing/Layering)

- |   |  |
|---|--|
| <input type="checkbox"/> Down Suit (for extreme cold) | <input type="checkbox"/> Down Jacket with Hood |
| <input type="checkbox"/> Down Pants                   | <input type="checkbox"/> Fleece Jacket         |

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- Gore-Tex Hardshell Jacket with Hood
  - Gore-Tex Hardshell Pants
  - Insulated Mid Layer (synthetic or fleece)
  - Thermal Base Layers (2 tops and 2 bottoms)
  - Quick-Dry T-Shirts (half and full-sleeved)
  - Softshell Pants
  - 2-Trekking Trousers
  - Lightweight Nylon Pants
  - Softshell Jacket with Hood
  - Insulated Synthetic Pants

#### Handwear

- Lightweight Synthetic Liner Gloves (2 pairs)
- Fleece Gloves
- Gore-Tex Expedition Gloves (heavy duty, with insulated liners)
- Expedition Mittens (for summit day)

#### Footwear

- Trekking Shoes (for approach to basecamp)
- Slippers
- Expedition Climbing Boots (8000er)
- Camp Shoes
- Gaiters (to keep snow out)
- Liner Socks (3 pairs)
- Woolen/Trekking Socks (6 pairs)
- Summit Socks (3 Pairs Merino)



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**Personal Kit**

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|--|--|
| <input type="checkbox"/> Trekking Backpack (45+)               | <input type="checkbox"/> Expedition backpack (120+)        |
| <input type="checkbox"/> Sleeping Bag (-30°C for basecamp)     | <input type="checkbox"/> Sleeping Bag (-40°C for climbing) |
| <input type="checkbox"/> Thermarest                            | <input type="checkbox"/> Camel Bag                         |
| <input type="checkbox"/> Foldable pad Pad                      | <input type="checkbox"/> Toiletry Bag (basic hygiene kit)  |
| <input type="checkbox"/> Sunscreen (minimum SPF 50+)           | <input type="checkbox"/> Lip Balm with Sunblock (SPF 30+)  |
| <input type="checkbox"/> Water Bottles (2 wide-mouth, 1L each) | <input type="checkbox"/> Thermos (1L capacity)             |
| <input type="checkbox"/> Pee Bottle (one and half liter)       |  |

**First Aid and Medications**

- Personal Medications prescribed by your doctor
- Personal First Aid Kit (small and portable)

**Miscellaneous Items**

- |   |   |
|---|---|
| <input type="checkbox"/> Camera and Associated Gear                                 | <input type="checkbox"/> Multi-Tool or Camp Knife       |
| <input type="checkbox"/> Binoculars/Magnifiers                                      | <input type="checkbox"/> Personal Solar Charging System |
| <input type="checkbox"/> Personal Reading Accessories (books, e-readers)            |   |
| <input type="checkbox"/> Games or Entertainment Mediums (small and portable)        |   |
| <input type="checkbox"/> Dry Bags/Compression Sacks (for organizing gear)           |   |
| <input type="checkbox"/> Snack Food (bars, gels, nuts, jerky, etc., for a few days) |   |

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## REQUIREMENT

Climbing Mount Everest/Lhotse is undoubtedly a significant endeavor, but with the expert guidance of Pasang Kaji (PK) Sherpa, achieving this goal may be more attainable than you think. We expect anyone joining our Everest/Lhotse expedition to have already climbed multiple 6,000m and 7,000m peaks, as well as one 8,000m peak.

PK and our team will review your previous experience and analyze key performance data that you share when you sign up. Based on this, we may recommend preliminary climbs in the years and months leading up to the expedition to give you the best possible chance of reaching your goal, if needed.

### **Training**

Preparing for Everest/Lhotse is no small feat. To help you succeed, our expert PK Sherpa and the Rise Expeditions team have crafted a simple yet effective training plan focused on outdoor activities and indoor workouts. These exercises will build your strength, endurance, and skills for the challenges ahead.

### **Outdoor Activities**

Get outside whenever you can to simulate the real conditions of Everest/Lhotse:

- **Hiking:** Practice uphill hikes with a weighted pack to build stamina and strength.
- **Cycling:** Tackle rough terrain and hills for cardio and leg power.
- **Swimming:** Improve your breathing and overall endurance.
- **Running:** Focus on long-distance or trail running with hills to boost your stamina and prepare for uneven terrain.

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## Indoor/Gym Workouts

Stay consistent during the week with these indoor exercises:

- **Strength Training:** Do squats, lunges, and core exercises to prepare your body for climbing.
- **Cardio:** Use a treadmill, bike, or rowing machine to push your endurance. Mix steady-state sessions with intervals for maximum results.
- **Flexibility:** Add stretches or yoga to improve mobility and prevent injuries.

## Tips from PK Sherpa

- **Train smart:** Start slow and increase intensity over time.
- **Stay consistent:** Combine outdoor and indoor sessions regularly.
- **Focus on recovery:** Rest days are just as important as training.
- **Be prepared:** Practice with a weighted pack and build mental toughness for the mountain's demands.

**PK Sherpa** and our expert team have guided climbers on Everest multiple times. Follow this plan, and you'll be ready to tackle the world's highest peak with confidence. We'll be with you every step of the way

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## Payment

You can pay your deposit and balance using any lawful method. If you choose to pay via electronic bank transfer, please ensure that you cover all associated fees, so the full amount shown on your invoice is received by us in the specified currency.

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### **Everest/Lhotse Expedition Cancellation Policy**

To secure your spot on the Everest/Lhotse expedition, a 30% deposit is required upon booking. After confirmation, an additional 40% must be deposited at least one month before your arrival. The remaining balance is due upon arrival in Nepal. Payments can be made via cash or credit card, with any bank charges for credit card payments being the responsibility of the participant.

#### **Cancellation Charges**

- 45 Days Notice: Cancellations made at least 45 days before arrival will incur a 25% charge of the total land tour cost.
- 30 Days Notice: Cancellations made at least 30 days before arrival will incur a 35% charge of the total land tour cost.
- 15 Days Notice: Cancellations made at least 15 days before arrival will incur a 50% charge of the total land tour cost.
- If you need to cancel within 15 days of arrival, you can postpone your trip by adding 10% to the total price. Cancellations after 15 days will incur a 20% additional fee for postponing.

#### **Additional Cancellation Costs:**

- Internal/cross-country flights will have their cancellation charges based on airline policies.
- Luxury hotel cancellation policies will follow the hotel's terms.

We highly recommend purchasing trip cancellation insurance for your protection. For more details, please contact us or review our [booking policy](#).

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### **Insurance**

For your safety during the Everest/Lhotse expedition, Rise Expeditions requires all clients to have comprehensive travel insurance.

Your policy should cover helicopter evacuations, medical emergencies, trip cancellations, lost luggage, theft, and more.

We recommend that you secure insurance from your home country, as foreigners cannot purchase insurance in Nepal.

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Key coverage to look for:

- Helicopter Evacuation: Ensure your policy covers the high costs of emergency rescues.
- Medical Expenses: Coverage for treatment in high-altitude conditions.
- Trip Cancellation: Protects your deposit in case of cancellations.

Please provide us with a copy of your insurance before arrival. For a list of recommended providers and more details, please visit our [Travel insurance](#) page.

A large, semi-transparent version of the Rise Expeditions logo, with the word "RISE" in a large, bold, sans-serif font above the word "EXPEDITIONS" in a smaller, all-caps, sans-serif font. The background of the logo area is a soft, yellow-to-white gradient.