

Mt. Nuptse Expedition (7,861 m): A Technical Himalayan Ascent in the Heart of the Everest Region

Overview:

The Mt. Nuptse Expedition (7,861 m / 25,791 ft) is a demanding high-altitude mountaineering expedition in Nepal's Khumbu region. Standing immediately southwest of Mount Everest, Nuptse forms a prominent part of the Everest massif and presents a serious objective for experienced climbers. The expedition combines the classic approach through the Khumbu Valley with a technically demanding climb on the mountain itself.

The journey begins with the trek from Lukla through Phakding, Namche Bazaar, Tengboche, Dingboche, and Lobuche, following the well-established trail toward Everest Base Camp. The gradual gain in altitude provides an important foundation for acclimatization while allowing the team to experience the Sherpa communities, monasteries, valleys, glaciers, and high mountain landscapes that define the Everest region.

From Everest Base Camp, the expedition shifts from trekking to mountaineering. The climbing period is dedicated to acclimatization, technical preparation, route familiarization, and progressive rotations to higher elevations. Depending on mountain conditions and the established route, the team works through the higher camps and gains the altitude and experience required for a safe summit attempt. Fixed ropes, glacier travel, steep snow and ice, and exposed high-altitude terrain are all part of the climbing environment.

Nuptse is not a peak to be approached lightly. Its elevation, technical terrain, exposure, and unpredictable Himalayan weather demand previous high-altitude climbing experience, strong physical conditioning, sound judgment, and the ability to work effectively as part of an expedition team. Summit plans are always dependent on weather, route conditions, snow and ice stability, and the overall condition of the climbers.

When conditions allow, the team makes its summit attempt from the higher camps, aiming to reach the summit and return safely to Base Camp. Following the climbing period, the expedition concludes with Base Camp cleanup and the descent through the Khumbu Valley before returning to Kathmandu.

The Nuptse Expedition is intended for experienced mountaineers looking for a serious 7,000-metre Himalayan objective. More than simply reaching a summit, the expedition requires patience, preparation, discipline, and respect for the mountain. For those ready for the challenge, Nuptse offers an exceptional opportunity to climb in the heart of the Everest massif and experience one of Nepal's most demanding high-altitude environments.

Climbing Experience and Requirements

The Mt. Nuptse Expedition is designed for experienced mountaineers with previous high-altitude climbing experience who are prepared for the physical, technical, and mental demands of a 7,861-meter Himalayan peak. Climbers should be confident using essential mountaineering equipment, including crampons, ice axes, climbing harnesses, ascenders, and fixed ropes, and should have experience moving safely on steep snow, ice, and glaciated terrain.

Previous experience on 6,000-meter and preferably 7,000-meter peaks is strongly recommended. A good understanding of glacier travel, rope techniques, fixed-line climbing, crevasse safety, and high-altitude camp routines is important for this expedition. Climbers must also be capable of managing long days at altitude, steep and exposed terrain, cold temperatures, and rapidly changing Himalayan weather.

Strong physical conditioning, sound judgment, and mental resilience are essential. Nuptse is a serious technical climbing objective, and participants should be prepared to work as part of an experienced expedition team while following established safety procedures and the guidance of the expedition leader and climbing Sherpa team.

Quick facts:

Cost: USD per Person

Destinations: Kathmandu / Lukla / Namche / Dingboche / Nuptse Base Camp / Pheriche

Duration: 46 Days

Trek starting point: Lukla

Trek ending point: Lukla

Grade: Strenuous / Technical Alpine Climb

Transportation: tourist coach / domestic flight

Accommodation: tea house, camp & tourist standard hotel in Kathmandu

Max altitude: 7,861 m

Activities: High-altitude trekking, mountaineering training, and Mt. Nuptse expedition climbing

Best seasons: Spring (April-May)

Please do not forget to carry the following items with you:

- Passport size Photos
- Torchlight / Headlight
- Warm cap
- Sunglass and sun-cream
- Sleeping bag (light weight)
- Trekking sticks
- Dry fruits and chocolates
- Down jacket
- Backpack (No luggage or hand carry)
- Trekking trousers
- Trekking shoes (No any converse and Vans shoes)

PROGRAM ITINERARY

□ **Day 1: Arrive at Kathmandu / Meet and Greet**

Arrival at Tribhuvan International Airport. Our Staff member meets you and transfers you to the hotel. Overnight at the hotel.

□ **Day 2: Kathmandu Sightseeing and Expedition Preparation**

After breakfast at the hotel, our expedition guide will meet you for a detailed briefing about the Baruntse Expedition, covering the itinerary, climbing schedule, safety procedures, equipment requirements, acclimatization plan, and other important preparations. Our team will also assist you with the necessary expedition permits, documentation, and formalities.

Following the briefing, we will explore the cultural heritage of the Kathmandu Valley with a sightseeing tour of UNESCO World Heritage Sites, including Boudhanath Stupa, one of the largest Buddhist stupas in the world, and Swayambhunath Stupa, popularly known as the Monkey Temple. This provides an opportunity to experience the rich cultural and spiritual heritage of Nepal before beginning the expedition.

In the afternoon, you will have time to check and organize your climbing and expedition equipment, purchase or rent any remaining gear, and make final preparations for the journey to the Baruntse region. Our expedition team will be available to assist with equipment checks and ensure you are fully prepared for the adventure ahead. Overnight at the hotel in Kathmandu.

□ **Day 3: Fly to Lukla (2,840m) and Trek to Phakding (2,610m): Walking distance: 7 – 8 km | 3 – 4 hours**

After an early breakfast, we will fly from Kathmandu (1,400 m / 4,600 ft) to Lukla (2,840 m / 9,317 ft). The short 35-minute flight offers spectacular views of the Himalayas, and landing on the hillside airstrip is an adventure in itself, with mountains towering on all sides and a steep drop at the end of the runway. The crisp mountain air and dramatic landscapes make it clear that we have entered the heart of the Everest region.

From Lukla, we will start our trek along a gentle trail towards Cheplung Village, enjoying the striking views of Mount Khumbila. The path then gradually descends through the Dudh Koshi River valley as we make our way to Phakding (2,610 m / 8,563 ft). Surrounded by lush hills and offering panoramic views of Kusum Kanguru, Phakding is a charming village with comfortable lodges that serve trekkers. The trek from Lukla to Phakding is approximately 7-8 km (4.3-5 miles) and takes around 3–4 hours, providing a relaxed start to acclimatize and soak in the Himalayan scenery. Overnight at a guesthouse in Phakding.

Note: The weather in Lukla is highly unpredictable. Occasionally, flights may be delayed or canceled due to adverse weather conditions. If a flight is canceled, you will need to return to your hotel in Kathmandu.

Please note that transportation back to the hotel and accommodation for this night are not included. If the weather clears the next day, you will be accommodated on either the 3rd or 4th flight to Lukla. If conditions remain unfavorable, there is also an option to take a helicopter flight. The cost of a helicopter flight is not fixed and will be quoted by the airline on the same day. You should expect to pay an additional approx. 250 USD for the helicopter transfer from Kathmandu to Lukla. Although such situations are rare, we believe it is important to inform you in advance.

▯ **Day 4: Trek from Phakding to Namche Bazaar (3,440m) : Walking Distance: 10 – 12 km | 5 – 7 hours**

The trek from Phakding to Namche Bazaar is one of the most exciting and rewarding days of the Everest Base Camp journey. Covering approximately 10–12 kilometers, the trail follows the beautiful Dudh Koshi River, crossing several iconic suspension bridges decorated with colorful prayer flags. Along the way, you'll pass through charming Sherpa villages, lush pine forests, and sections of the UNESCO-listed Sagarmatha National Park, where your permits are checked before entering the Everest region.

As the day progresses, the trail becomes steeper, especially during the final climb to Namche Bazaar. Although this uphill section is physically demanding, the stunning mountain scenery and the possibility of catching your first glimpse of Mount Everest make every step worthwhile. Once you arrive in Namche Bazaar, the vibrant Sherpa town welcomes you with cozy teahouses, cafés, shops, and breathtaking views of the surrounding Himalayan peaks.

At an elevation of 3,440 meters, Namche Bazaar serves as the gateway to the Everest region and is the perfect place to begin acclimatizing before heading to higher altitudes. The combination of scenic landscapes, rich Sherpa culture, and the sense of accomplishment makes this stage one of the most memorable highlights of the trek. Overnight stay at a guesthouse in Namche Bazaar.

▯ **Day 5: Trek from Namche Bazaar to Khumjung (3,790 m): Walking distance : 3.5 – 4.5 km | 2 – 3 hours**

We will begin our trek from Namche Bazaar, following a gradual uphill trail toward the peaceful Sherpa village of Khumjung (3,790 m / 12,434 ft). As we leave the bustling town behind, the trail winds through alpine meadows and yak pastures, offering breathtaking views of Mount Everest, Ama Dablam, Thamserku, and the surrounding Himalayan peaks. Passing through Syangboche, home to one of the world's highest airstrips, we will enjoy sweeping panoramas of the Khumbu Valley and the snow-capped mountains beyond.

After approximately 2–3 hours of trekking, covering around 3.5–4.5 km (2.2-2.8 miles), we will arrive in Khumjung, one of the largest and most picturesque Sherpa villages in the Everest region. Nestled beneath the sacred peak of Khumbila, the village is renowned for its traditional stone houses, the historic Khumjung Monastery, and the Hillary School, established by Sir Edmund Hillary. The afternoon is free to explore the village, experience Sherpa culture, and continue the important acclimatization process while enjoying the peaceful mountain setting. Overnight stay at a guesthouse in Khumjung.

▯ **Day 6: Trek from Khumjung to Pangboche (3,985m): Walking distance: 9 – 11 km | 5 – 6 hours**

Today's journey takes us from Khumjung to the charming Sherpa village of Pangboche (3,985 m / 13,074 ft), following one of the most scenic sections of the Everest Base Camp trail. The route descends gently to Sanasa, where it joins the main trekking path before continuing to Phunki Tenga, a small riverside settlement nestled beside the Dudh Koshi River.

From Phunki Tenga, the trail ascends steadily through fragrant rhododendron and pine forests to the renowned Tengboche Monastery, the largest and most significant Buddhist monastery in the Khumbu region. Surrounded by magnificent Himalayan scenery, the monastery offers breathtaking views of Mount Everest, Ama Dablam, Lhotse, and several other snow-capped peaks. After exploring this spiritual landmark, the trail descends through forested slopes before making a gradual climb to Pangboche.

After approximately 5–6 hours of trekking, covering around 9–11 km (5.6–6.8 miles), we will arrive in Pangboche, one of the oldest Sherpa settlements in the Everest region. Renowned for its ancient monastery, traditional stone houses, and spectacular setting beneath the majestic Ama Dablam, the village offers a peaceful atmosphere and an excellent place to rest while continuing the acclimatization process. Overnight stay at a guesthouse in Pangboche.

□ **Day 7: Trek from Pangboche to Dingboche (4,410m): Walking distance: 6 – 7 km | 4 – 5 hours**

Leaving Pangboche, today's trek takes us further into the heart of the Khumbu region as the landscape becomes increasingly rugged and alpine. The trail follows the Imja Valley, passing through the small settlements of Shomare and Orsho, where traditional stone walls, grazing yaks, and sweeping mountain views create a truly Himalayan setting. Throughout the journey, the striking peaks of Ama Dablam, Lhotse, and Island Peak dominate the skyline.

As we gain altitude, the vegetation gradually gives way to open meadows and glacial terrain, making the dramatic scenery even more impressive. After crossing a small stream, a gentle final climb brings us to Dingboche (4,410 m / 14,469 ft), a beautiful Sherpa village surrounded by towering mountains. Known for its stone-walled fields and breathtaking panoramas, Dingboche is an important acclimatization stop for trekkers heading toward Everest Base Camp.

After approximately 4–5 hours of trekking, covering around 6–7 km (3.7–4.3 miles), we will arrive in Dingboche. The rest of the day is free to relax, enjoy the spectacular surroundings, and continue acclimatizing for the higher elevations ahead. Overnight stay at a teahouse.

□ **Day 8: Acclimatization / Exploration at Dingboche**

Today is dedicated to acclimatization in Dingboche (4,410 m / 14,469 ft), an essential step in preparing for the higher elevations ahead. Rather than taking a complete rest, we will follow the "climb high, sleep low" principle with a rewarding hike to one of the nearby viewpoints, such as Nangkartshang Peak, where spectacular panoramic views of Makalu, Lhotse, Ama Dablam, Island Peak, and the surrounding Himalayan range await.

After returning to Dingboche for lunch, the remainder of the day can be spent exploring the village, relaxing at the teahouse, or simply enjoying the peaceful mountain atmosphere. This acclimatization day allows your body to gradually adjust to the thinner air, helping to reduce the risk of altitude sickness while preparing for the higher elevations in the days ahead.

□ **Day 9: Trek from Dingboche to Lobuche (4,910 m): Walking distance: 10 – 11 km | 5 – 6 hours**

Our journey continues beyond Dingboche as we make our way toward Lobuche (4,910 m / 16,109 ft), entering the remote and breathtaking high-altitude landscapes of the Everest region. The trail gradually ascends through the wide valley, passing across rocky terrain and alpine pastures while offering magnificent views of Ama Dablam, Island Peak, Lhotse, and the surrounding Himalayan peaks.

As we progress higher, the landscape becomes more rugged and dramatic, with fewer signs of vegetation and a stronger sense of being surrounded by the world's highest mountains. We will pass through Dughla (Thukla), where a short rest allows us to prepare for the climb toward the Thukla Pass. At the top of the pass, we will visit the memorial site honoring climbers who lost their lives in the Himalayas, a peaceful and emotional place surrounded by towering peaks.

From here, the trail follows the rocky moraine of the Khumbu Glacier, gradually leading us toward Lobuche. After approximately 5–6 hours of trekking, covering around 10–11 km (6.2–6.8 miles), we will

arrive at Lobuche (4,910 m / 16,109 ft), a small settlement located beneath the dramatic Himalayan skyline.

The rest of the day will be dedicated to relaxation and preparation for the upcoming trek to Everest Base Camp, as we continue deeper into the legendary Khumbu region. Overnight stay at teahouse in Lobuje.

▣ **Day 10: Trek from Lobuche to Everest Base Camp (5,364m): Walking Distance | 12 – 14 km | 7 – 9 hours**

Today is one of the most remarkable days of our Himalayan journey as we leave Lobuche and make our way to Everest Base Camp (5,364 m / 17,598 ft), while preparing for the upcoming Mt. Nuptse expedition. The trail leads us through the rugged terrain of the Khumbu region, following the glacial valley toward Gorak Shep (5,164 m / 16,942 ft), the final settlement before Everest Base Camp. After a short rest at Gorak Shep, we continue our trek across the rocky moraine of the Khumbu Glacier, surrounded by spectacular views of Mount Everest, Nuptse, Pumori, and the towering Himalayan peaks. The route gradually brings us closer to the legendary Everest Base Camp, where climbers from around the world gather before attempting their Himalayan expeditions.

After approximately 7–9 hours of trekking, covering around 12–14 km (7.5–8.7 miles), we will arrive at Everest Base Camp (5,364 m / 17,598 ft). Upon arrival, we will settle into our camp, organize expedition equipment, and complete necessary preparations and briefings for the upcoming Mt. Nuptse expedition. The evening at Everest Base Camp offers an unforgettable experience, surrounded by glaciers, icefalls, and some of the world's highest peaks.

▣ **Day 11–39: Mt. Nuptse Expedition Period (Everest Base Camp – Nuptse Summit (7,861 m) – Everest Base Camp)**

The following days will be dedicated to the Mt. Nuptse climbing period, including acclimatization, training, and planned rotations between Everest Base Camp and higher camps. From Everest Base Camp (5,364 m / 17,598 ft), the expedition team will gradually adapt to the high-altitude environment through a series of rotations, allowing climbers to prepare physically and mentally for the challenges ahead.

During the rotation period, the team will move between base camp and higher camps to become familiar with the route, establish necessary camps, and improve acclimatization before returning to base camp for rest and recovery. These rotations are an essential part of the expedition strategy, helping the team prepare for the final summit attempt.

Once the team is fully acclimatized and weather conditions are favorable, we will begin the summit push toward Mt. Nuptse (7,861 m / 25,791 ft). The ascent will involve technical sections and challenging high-altitude terrain, requiring careful planning, teamwork, and strong mountaineering skills. From the summit, climbers will be rewarded with breathtaking views of Mount Everest, Lhotse, Ama Dablam, and the surrounding Himalayan range.

After the successful summit attempt, the team will descend safely back through the higher camps to Everest Base Camp, marking the completion of the climbing phase of the expedition.

□ **Day 40: Base Camp Cleanup**

Following the completion of the Mt. Nuptse expedition, we will dedicate time to the important responsibility of base camp cleanup and environmental management. The expedition team will carefully dismantle camp facilities, collect all waste, and ensure that the base camp area is left clean and undisturbed in accordance with responsible mountaineering practices.

Our team will organize and remove expedition materials, equipment, and supplies while following the principles of Leave No Trace to help preserve the fragile Himalayan environment. This final stage reflects our commitment to sustainable climbing practices and protecting the natural beauty of the Everest region for future generations.

After completing the cleanup process, the team will prepare for the return journey from Everest Base Camp toward lower elevations. Overnight stay at a Everest Base Camp.

□ **Day 41: Trek from Base Camp to Pheriche (4,371 m): Walking Distance | 13 – 15 km | 6 – 7 hours**

After completing our time at Everest Base Camp, we will begin our descent toward Pheriche, leaving behind the dramatic landscapes of the high Himalayas and gradually returning to lower elevations. The trail retraces the route through the Khumbu Valley, following the rocky moraine of the Khumbu Glacier toward Gorak Shep (5,164 m / 16,942 ft), where we will take a short break before continuing the journey.

From Gorak Shep, the trail descends through Lobuche and along the wide alpine valley, offering beautiful views of Pumori, Nuptse, Ama Dablam, and the surrounding peaks. As we lose altitude, the landscape slowly becomes greener, with more vegetation and signs of traditional Sherpa settlements returning along the trail.

After approximately 6–7 hours of trekking, covering around 13–15 km (8–9.3 miles), we will arrive at Pheriche (4,371 m / 14,340 ft), a peaceful mountain village known for its beautiful surroundings and important role as an acclimatization stop for trekkers and climbers heading toward Everest. The evening will be spent resting and enjoying the quieter atmosphere of the lower Khumbu region. Overnight stay at a guesthouse in Pheriche.

□ **Day 42: Trek from Pheriche to Namche Bazaar (3,440 m): Walking Distance | 13 – 15 km | 6 – 7 hours**

Continuing our descent through the Khumbu Valley, we will make our way from Pheriche toward the vibrant Sherpa town of Namche Bazaar. The trail gradually drops in elevation as we follow the familiar paths through beautiful alpine landscapes, passing through Orsho and Shomare before reaching Pangboche, one of the oldest Sherpa settlements in the region.

From Pangboche, the route continues downhill through rhododendron and pine forests toward Tengboche Monastery, where we can take a moment to appreciate this important spiritual landmark surrounded by spectacular Himalayan views. We then descend to Phunki Tenga and continue along the Dudh Koshi Valley, crossing suspension bridges and passing through traditional villages along the way.

After approximately 6–7 hours of trekking, covering around 13–15 km (8–9.3 miles), we will arrive back in Namche Bazaar (3,440 m / 11,286 ft). Returning to this lively Sherpa hub provides a welcome opportunity to relax, enjoy the comfort of the town's teahouses and cafés, and celebrate the completion of our journey through the high Himalayas. Overnight stay at a guesthouse in Namche Bazaar.

□ **Day 43: Trek from Namche Bazaar to Lukla (2,860 m): Walking Distance | 17 – 18 km | 6 – 8 hours**

Our final trekking day begins as we leave the lively Sherpa town of Namche Bazaar and follow the trail back toward Lukla, marking the completion of our Himalayan journey. The route descends through the beautiful landscapes of the Khumbu region, following the Dudh Koshi River and passing through familiar villages, forests, and suspension bridges along the way.

We will pass through Phakding and continue along the winding trail surrounded by lush pine and rhododendron forests, terraced hillsides, and traditional Sherpa settlements. The gradual descent provides a chance to reflect on the incredible experiences of the expedition while enjoying the changing scenery as we move toward lower elevations.

After approximately 6–8 hours of trekking, covering around 17–18 km (10.5–11 miles), we will arrive in Lukla (2,860 m / 9,383 ft), the gateway to the Everest region. This evening marks the completion of our trek, offering time to relax, celebrate the successful journey, and enjoy our final night in the mountains. Overnight stay at a guesthouse in Lukla.

□ **Day 44: Fly from Lukla to Kathmandu**

After completing our trek and expedition journey in the Everest region, we will take a scenic mountain flight from Lukla back to Kathmandu. The short flight offers one final opportunity to enjoy breathtaking aerial views of the Himalayan landscape, including rugged valleys, towering peaks, and the beautiful terrain of the Khumbu region.

Upon arrival at Tribhuvan International Airport in Kathmandu, we will be transferred to our hotel. The remainder of the day is free for rest, relaxation, or exploring the vibrant streets of Kathmandu. This evening provides a chance to celebrate the successful completion of the Mt. Nuptse expedition and the unforgettable journey through the Himalayas.

□ **Day 45: Leisure day**

Today is reserved as a leisure day in Kathmandu, providing time to relax and recover after the long Himalayan journey. You may spend the day exploring the cultural highlights of the city, visiting historic landmarks, shopping for souvenirs, or simply enjoying the cafés and restaurants around the Kathmandu Valley.

This day also serves as a buffer for any unexpected delays during the expedition and allows time for final arrangements before departure. In the evening, we will gather for a farewell celebration and reflect on the incredible experiences, challenges, and achievements of the Mt. Nuptse expedition.

□ **Day 46: Farewell and Final Departure**

Today marks the conclusion of your Mt. Nuptse Expedition and your time in the Himalayas. After breakfast, you will be transferred to Tribhuvan International Airport for your onward journey. The airport transfer will be arranged according to your flight schedule, ensuring a smooth and comfortable departure from Nepal.

As you leave Nepal, you take with you memories of the Everest region, the challenges faced, the high-altitude landscapes, and the experiences shared throughout the expedition. The friendships, lessons, and moments from your time in the Himalayas will remain a lasting part of your mountaineering journey.

We wish you a safe journey home and look forward to welcoming you again for another Himalayan adventure.

What's Included:

- ☒ Airport Pick-up and drop Service
- ☒ Hotel Accommodation in Kathmandu (twin sharing basis) with breakfast
- ☒ Round-trip flights between Kathmandu and Lukla
- ☒ Guided Tour of Kathmandu valley with an experienced tour guide
- ☒ Sightseeing charges and Entry fees
- ☒ Accommodation during the trek (teahouse / guesthouse / homestay)
- ☒ All meals during the trek (Breakfast, Lunch, Dinner)
- ☒ High altitude meal and tents for member & Sherpa sharing in Camp I,II & III
- ☒ 1:1 experienced private climbing Sherpa guide during trek and climb
- ☒ Local government Entry Permit of Rs. 3000 (started in 2018)
- ☒ Insurance of the Trekking Guide, Porter and Climbing Guide
- ☒ Expedition Royalty and climbing permit for Mt. Nuptse (7,864 m)
- ☒ Sagarmatha National Park Entry Permit
- ☒ Khumbu Pasang Lhamu Rural Municipality Entrance permit
- ☒ TIMS (Trekking Information Management System) Trekking Permit Card
- ☒ Medical kits carried by the guide
- ☒ All necessary paper works, office service charge and all Government Taxes

Optional Add-Ons:

- ☒ Porter (cost: 20 USD per day, carries 15 – 20 kg load. Porter's accommodation, transport and meal is paid by the company)
- ☒ Down jacket, all-season sleeping bag, duffel bag and trekking map (in case you don't have your own. Down jacket, sleeping bag and duffel bag must be returned after completion of the trip).

What's Excluded:

- ☒ Travel insurance (Mandatory: Should include emergency evacuation coverage while trekking up to 5500+ m)
- ☒ International airfare and Visa costs (you can get Visa upon arrival at the airport)
- ☒ Summit bonus for Sherpa Climbing Guide
- ☒ Personal interest items or gears
- ☒ Tips to guide / driver / porter
- ☒ Beverage and Drink Items / Other Extra facilities like hot shower during trek
- ☒ Any other expenses which are not mentioned in "What's Included" section

Important note:

This note represents the most current information for this itinerary and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control. We do our best to provide you the best available services but at the same time ask for your understanding to be flexible, in case of unpredictable conditions.

Thank you for choosing Trekadviser, Nepal as your travel partner. We wish you a very pleasant stay in Nepal.