ADVENTURE CONSULTANTS

HIGH ALTITUDE EXPEDITIONS

NUPTSE

7,861M / 25,790FT

2026 EXPEDITION TRIP NOTES

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NUPTSE EXPEDITION TRIP NOTES

2026 EXPEDITION DETAILS

Dates: April 11 to May 22, 2026
Duration: 42 days
Departure: ex Kathmandu, Nepal
Price: US$44,500 per person

▲Crossing ladders in the Khumbu Glacier. *Photo: Charley Mace.*

During the spring season of 2026, Adventure Consultants will operate an expedition to climb Nuptse, a peak just shy of 8,000m that sits adjacent to the world's highest mountain, Mount Everest, and the world's fourth highest mountain, Mount Lhotse.

Sitting as it does, in the shadows of its more famous partners, Nuptse receives a relatively low number of ascents. Nuptse's climbing route follows the same line of ascent as Everest as far as Camp 2, from where we cross the Western Cwm to establish a Camp 3 on Nuptse. From that position, we ascend directly up the steep North East Face and into Nuptse's summit. The terrain involves hard ice, sometimes weaving through rocky areas and later lower angled snow slopes.

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

Nuptse 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 a sub-8,000m peak in a premier neighbourhood!

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 Along the way, we enjoy Sherpa hospitality in modern lodges with good food, all the while being impressed by the spectacular scenery of the incredible peaks of the lower Khumbu.

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

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▲ Everest, Lhotse, Nuptse and the Khumbu Glacier with Everest Base Camp at its edge. *Photo: Suze Kelly*

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, plus 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 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 lower 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 and a foray to Nuptse Camp 3 (6,800m/22,300ft) thrown in to push our acclimatisation. Our Camp 2 is like an Advanced Base Camp and is set up with cook tents, dedicated cooks and a heated dining tent with tables and chairs. We utilise shared sleeping tents on the mountain. At the end of this phase, we return to Base Camp to rest up then do one more rotation on the mountain to sleep at Camp 3.

After this, we again drop back to Base Camp where we await a weather window in which to make our summit bid. When we do so, we move up through to Camp 2 for a couple of nights then make our summit bid after a night at Camp 3. It's a long day and the group is likely to descend to Camp 3 after the climb. The following day we return to Base Camp.

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/Nuptse and the reason why this is considered to be a 'climber's route'. A mountaineer is required to be well skilled in the use of crampons and ice axe and well versed in rope skills. We cross ladders that are set across large crevasses, a skill that is developed over time! There is continuous rope fixed through the icefall that takes us up and over and through the most amazing ice formations before we eventually climb out into the Western Cwm.

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▲Climbers negotiate fixed ropes high on Nuptse. *Photo: Prakash Sherpa*

▲The steep, long, exposed slopes of Nuptse's North Face. *Photo: Guy Cotter*

▲Looking across at the North Face of Nuptse from Camp 2. *Photo: Guy Cotter*

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 from Camp 1 through to 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. Our Camp 2 is situated directly beneath the imposing black hulk of the notorious Southwest Face of Everest with the North Face of Nuptse directly across the Cwm.

We depart Camp 2 to climb to Nuptse's Camp 3. It is nestled under the North Face of Nuptse on a large ice shelf. Above this camp, we ascend the bergschrund to get onto the climb proper and here the route becomes a lot steeper and is protected by fixed ropes through to the summit.

The route ascends steep ice slopes interspersed by rock bands that we climb around and over. After several hours we arrive at a narrow arête that we follow until we enter a broad face on the summit ice fields. The climb to the summit takes around 10–13 hours from Camp 3, as it is a long climb of 1,000m/3,300ft through to the top.

THE ADVENTURE CONSULTANTS TEAM

LOGISTICS

With technology constantly evolving, Adventure Consultants has 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.

EXPEDITION LEADER

The Expedition Leader will be scheduled approximately six months out from the trip start. All of our trip leaders have extensive experience at high altitude and a proven record of safety, success and compatibility.

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▲Adventure Consultants Everest Base Camp. *Photo: Rob Smith*

The number of guides is determined by the team size but the normal ratio of guides to members is 1:4. You will find our guides companionable and strong expedition members with considerable power and willingness to see you achieve your goals.

SHERPAS

Between them, our Sherpa team has achieved dozens of ascents of the world's highest peaks. Our Nuptse team will have a dedicated lead Sherpa, known as the Sirdar, to coordinate the ascent and manage the Sherpa team and rope fixing.

To support the Sirdar, we have a legendary group of Climbing Sherpas who operate in a harmonious atmosphere of cooperation and commitment to the expedition and its members.

We feel privileged to work alongside our group of climbing Sherpas who are regarded as amongst the strongest and most cohesive group of Sherpas on the mountain. To emphasise that point, Sherpas from other expeditions regularly enthusiastically approach us in pursuit of a future position with the Adventure Consultants team.

Our cooking staff are very well-known for the quality of the cuisine they produce. We place a lot of importance on the quality of the food we provide through off-season training for our cooks to continually develop their repertoire of recipes and hygiene practices.

It is our priority to give back to our local staff through ongoing training and development such as specific vocational training. Recently we have focused on Wilderness First Aid training, avalanche rescue training, guide training, language skills and cook training.

EXPEDITION MEMBERS

We get a wide range of experience levels and nationalities on our expeditions and our planning and logistics are geared to accommodate this. People without a lot of high altitude experience often experience trepidation about their performance before a trip and the only way to find out how you will perform is by going to altitude. Increasingly, we find that accomplished high altitude climbers are using our services so they can concentrate on their sponsorships rather than organising private expeditions.

▲Climbers at Camp 1. *Photo: Guy Cotter*

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▲ Oxygen increases your chance of summit day success. *Photo: Guy Cotter*

We recommend the best approach for aspiring high altitude climbers is to climb gradually higher peaks throughout your career, so you can adjust to the requirements of altitude. However, anyone who is a strong and active mountaineer will most probably experience few problems at altitude under our supervision.

EXPEDITION STYLE

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 without an experienced and qualified high altitude mountain guide. 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 (or qualified Nepalese 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 EXPERIENCE

No climb at very high altitudes 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.

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▲Traversing the arête that leads to the summit ice faces. *Photo: Prakash Sherpa.*

Appropriate prerequisites would be ascents of peaks such as Denali or Aconcagua. Strong technical climbers who are used to lugging big loads into remote locations would find the transition to high altitude eminently 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 also imperative skills.

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 guides and Sherpas. We are running this as an oxygenless climb but some climbers may elect to use bottled oxygen for an additional cost.

TEAM SIZE

The team will have a maximum size of 3 guides and 12 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 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 en route from Camp 1 with tea or juice!

ITINERARY

Dates: April 11 to May 22, 2026

Following is an ideal itinerary for our Nuptse Expedition:

April 11	Arrive Kathmandu, Nepal
April 12	Kathmandu preparations
April 13	Fly to Lukla
April 14–19	Trek to Base Camp
April 20 to May 8	Establish camps and acclimatise
May 9–16	Summit climb period
May 17	Clean up and depart Base Camp
May 18–20	Trek to Lukla
May 21	Fly Lukla to Kathmandu
May 22	Depart Kathmandu, trip ends.

Please arrive into Kathmandu by no later than the early afternoon of April 11 as we have our first team briefing that very evening. If your flight arrives later than 2pm please arrive the previous day. Our permit for climbing Nuptse 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 May 22 as the probable finish date for departing from Kathmandu.

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▲Trek through the spectacular Khumbu Valley to Base Camp. *Photo: Mark Austin*

▲Resting and refuelling at Camp 1. *Photo: Lydia Bradey*

▲Crossing a ladder in the Khumbu Icefall. *Photo: Rob Smith*

THE ADVANTAGES OF CLIMBING WITH ADVENTURE CONSULTANTS

Adventure Consultants is renowned for the quality of its service and strategy applied to high altitude expedition climbing. Our reputation is attributed to meticulous planning and experienced logistics coordination. We have a philosophy of investing in every expedition to offer our climbers the best possible chance of success.

We employ strong and specialised Expedition leaders and support staff, who are some of the most pre-eminent in the industry. We pride ourselves on operating with small teams, the best back-up and support available. This includes nutritious and ample quantities of food, comfortable Base Camp facilities, reliable communications systems and the necessary medical back up.

Many of our expedition members come to us because they have seen us in action on a previous trip and decide to opt for our level of service and proven experience. Others return because they know we do our very best to make expeditions safe and successful

OTHER SERVICES

OXYGEN

We provide our standard expedition oxygen package for climbing Nuptse, which provides you with 2-3 litres of oxygen per minute for the summit day above Camp 3 and 0.5 litres per minute for sleeping at Camp 3 before leaving. This is sufficient for an ascent of Nuptse, although we can arrange for a Max Ox option should that be your preference. The Max Ox option allows for 4 litres per minute climbing and 1 litre per minute sleeping.

ADDITIONAL SHERPA SUPPORT

We offer a service giving members the option to have their gear carried on ‘camp moving’ days, so all you have to carry is your jacket and water bottle and items required for the day. This option is popular with those who have difficulty recovering after a carrying a heavy load at altitude.

PERSONAL SHERPA

This option provides you with the assistance of a very experienced and dedicated Sherpa who will support you for the duration of the expedition

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▲Camp 2 can be seen on the Khumbu Glacier far below. *Photo: Guy Cotter*

above Base Camp. Your Personal Sherpa will climb with you each day while you are climbing on the mountain as your climbing partner and generally assist you throughout the expedition all the way to the summit. When on the mountain, you would share a tent with your Personal Sherpa and he would supervise cooking duties. Our Sherpa guides are very experienced with multiple ascents of Everest and other high peaks under their belts, and are friendly and supportive companions along the way!

For more information on these additional services, please contact our office.

COMMUNICATIONS

The expedition will be equipped with portable Thuraya satellite phone systems for the duration of the expedition. Limited satellite phone time can be purchased for reliable email and voice communication for business, media or personal use at the rate of US$3.00 per minute.

Our broadband satellite Wi-Fi connectivity will be 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.

TRAVEL APP & EQUIPMENT LIST

Expedition members will be provided with comprehensive pre-trip support, including access to our travel app. Our platform allows you to have all of the key trip information and expedition documents at your fingertips on your personal device, in an intuitive user-friendly manner.

You will find a comprehensive equipment list within the travel app and our team of equipment experts are also available throughout the build-up to assist with any questions that you may have.

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 teammates. 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.

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▲Climbers at Nuptse Camp 3. *Photo: Leow Kah Shin*

▲Everest and Lhotse from high on Nuptse. *Photo: Guy Cotter*

▲Climbers dwarfed by ice formations in the Khumbu icefall. *Photo: Rob Smith*

MEDICAL EXAMINATION & INSURANCE

Expedition members will be provided with a medical questionnaire to complete with their doctor. This information will be treated with full confidentiality. Travel and medical advice will be also be provided.

All expedition members are required to have insurance cover for evacuation and medical expenses. We will provide suitable insurance options for mountaineering and advice for appropriate coverage.

VISAS

Expedition members will need to apply for a 90-day single entry visa for this expedition and we recommend you apply for this online prior to your departure. Full details on the application process is provided in your travel app.

All trekking and climbing permits for the expedition will be arranged by our team in Kathmandu.

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$44,500.

NOTE: Please enquire for Nuptse add-on to Everest and Triple Crown prices.

This is an inclusive cost and covers the following:

- 1:4 Western Guide ratio and 1:1 Sherpa to climber ratio on summit day
- Bottled oxygen
- Personal sleeping tent in Base Camp
- Sleeping bag carried on the mountain
- Nepalese Government royalty fees
- All expedition organisational requirements
- All climbing and trekking permits
- Helicopter air transport within Nepal
- All team equipment

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▲Nuptse shines gold from Base Camp. *Photo: Caroline Ogle*

- All expedition staff including Sherpa support
- Breakfast, lunch & dinner ex Kathmandu
- All supplies necessary to make a safe and strong summit bid
- Medical services from our Base Camp Doctor
- Base Camp Wi-Fi (fair-use policy applies) and satellite phone facilities
- Internet dispatch page updated daily by guides and Base Camp staff and regular 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
- Bottled oxygen or Max Ox, Additional Sherpa, Personal Sherpa, or personal tent on the mountain
- Hotel accommodation and meals in Kathmandu
- Nepalese airport entry visas
- Extras on the trek in/out such bottled drinks, showers and laundry
- Personal Insurance/ Trip Cancellation Insurance/ Medical Evacuation Insurance
- Personal clothing and equipment
- Actual satellite phone calls
- Costs that are outside the control of Adventure Consultants
- Gratuities for guides and Sherpa staff

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: BKNZNZ22

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 your trip commencement date.

▲Trek through the Khumbu Valley to Base Camp. *Photo: Mike Roberts*

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▲Dawn begins to reveal the unrelenting steep slopes ahead. *Photo: Guy Cotter*

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 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 Nuptse Expedition, please complete our online booking form and forward your deposit payment at https://adventureconsultants.com/expeditions/himalayan-climbs/nuptse#DepartureBookingBlock.

CONTACT US

Contact us if you'd like further information or assistance in planning your trip:

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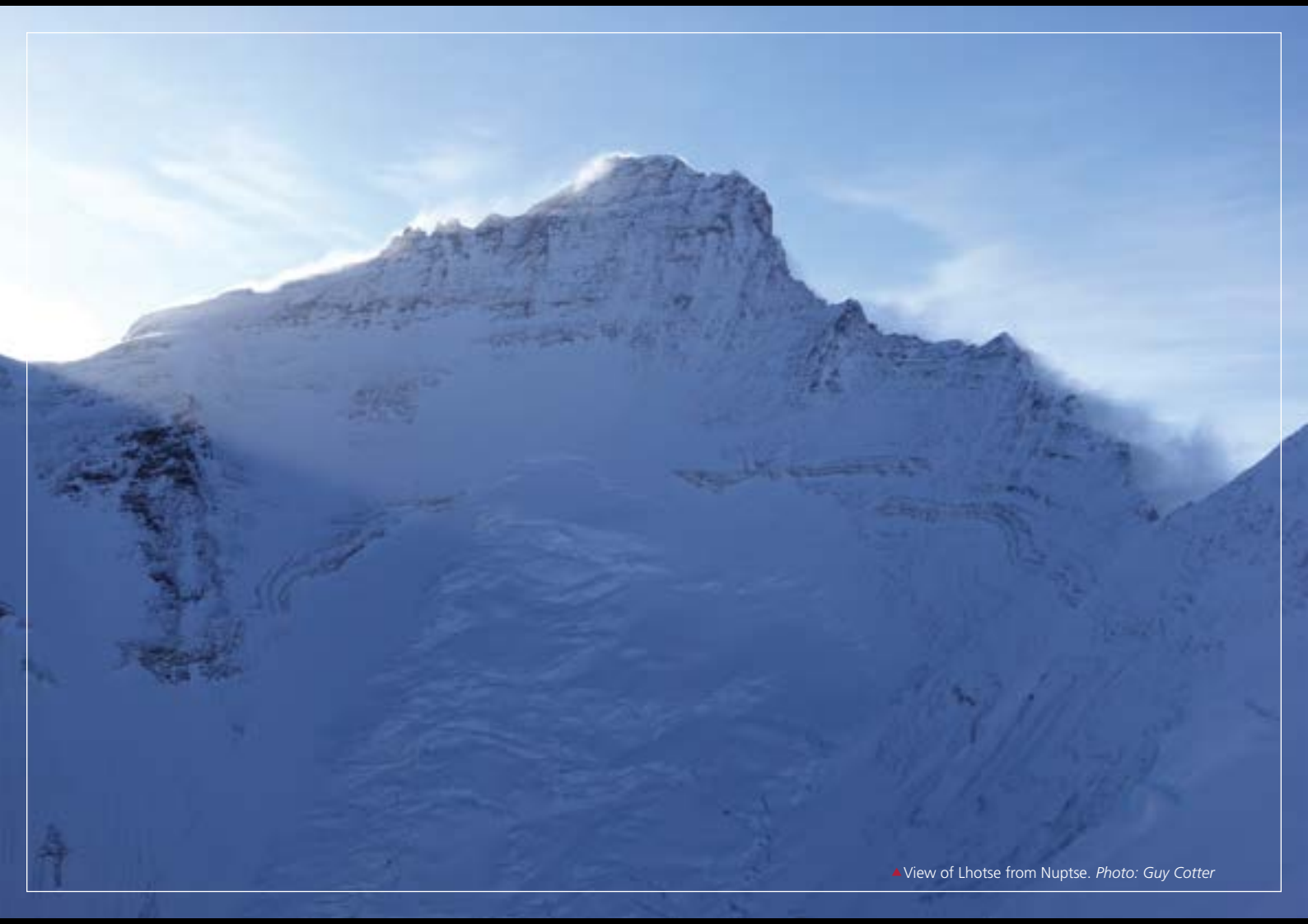

▲View of Lhotse from Nuptse. *Photo: Guy Cotter*

ADVENTURE CONSULTANTS
HIGH ALTITUDE EXPEDITIONS

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.

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