

From trekking to Himalayan climbing

Possible development pathways. No summit automatically opens the next gate.

01 TREKKING FOUNDATIONS

ABC

About 4,130m
Consecutive days and steps
Build pacing and recovery

EBC

About 5,364m
Sustained altitude exposure
Record sleep and symptoms

Gokyo

Ri about 5,357m
Long days and steep descents
Record the route completed

02 TRAIN + DEMONSTRATE + REVIEW

Mountain log / rope and glacier skills / fitness and recovery / altitude history / judgement

03 CHOOSE BY DEMANDS - THESE ARE ALTERNATIVES

Island Peak

6,189m
Steep terrain and fixed ropes
Exposed ridge and descent

Lobuche East

6,119m
Steep snow and mixed terrain
Exposure and rope transitions

Mera Peak

LHO Mera North: 6,476m
Glacier skills and endurance
Remote approach and high camp

04 CONSOLIDATE ACROSS FURTHER CLIMBS

Reliable descent, technical movement, high-camp routines and decisions in varied conditions.

05A TECHNICAL DEVELOPMENT

Ama Dablam

6,812m as published by LHO
Established rock, snow and ice competence
plus relevant high-altitude expedition experience

05B EXPEDITION DEVELOPMENT

Manaslu

8,163m
Repeated 6,000m expeditions and high camps;
7,000m or equivalent preferred; may be required

EVERY GATE: assess / train again / change objective / postpone / turn back

Mountaineering and altitude reviewed by [Lakpa Tsheri Sherpa](#)

Trekking reviewed by [Shiva Raj Bastakoti](#)

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Read the full guide: lifehappensoutdoors.com/nepal-trekking-to-climbing-progression/