



## Lobuche Peak Climbing

<b>Trip code</b>	
<b>Package name</b>	Lobuche Peak Climbing
<b>Duration</b>	19
<b>Max. elevation</b>	6119 m
<b>Level</b>	DIFFICULT
<b>Transportation</b>	<p>Domestic flight&nbsp; from Kathmandu - Lukla - kathmandu</p>
<b>Accommodation</b>	3***hotel in kathmandu and lodge / tent twin sharing bed basis during the Trekking & Climbing .
<b>Starts at</b>	Kathmandu
<b>Ends at</b>	kathmandu
<b>Trip route</b>	Kathamndu - Lukla - Phakding - Namche Bazar - Tengbuche - Dingbuche - Lobuche - Gorakshep - EBC - kalapattar - Lobuche Base Camp -Lobuche High Camp - Summit - Lobuche Base Camp - Pongbuche -Namche - Lukla - kathmandu .
<b>Cost</b>	USD 2,495 per person

## Highlights

- Lobuche Peak is a technically challenging climb, offering mountaineers an opportunity to test their skills and push their limits in the Himalayas.
- Throughout the trek and climb, you will be rewarded with awe-inspiring views of some of the world's highest peaks, including Everest, Lhotse, Nuptse, and Ama Dablam.
- Trekking through Sherpa villages like Namche Bazaar and Pangboche allows you to immerse yourself in the unique Sherpa culture, interact with friendly locals, and witness their way of life.
- The trek passes through Tengboche, home to the famous Tengboche Monastery. It provides an opportunity to explore the spiritual and religious traditions of the region.
- The itinerary includes acclimatization days in Namche Bazaar and Dingboche, allowing you to adjust to the increasing altitude and reduce the risk of altitude-related illnesses.

- The ultimate highlight of the expedition is reaching the summit of Lobuche Peak, standing at 6,119 meters (20,075 feet). From the summit, you will enjoy breathtaking panoramic views of the surrounding Himalayan peaks.
- The journey to Lobuche Peak takes you through the renowned Everest region, known for its stunning landscapes, picturesque villages, and the world's highest mountains.
- The trek showcases the diverse and breathtaking natural beauty of the Khumbu region, including dense forests, rhododendron blooms, glacial rivers, and dramatic mountain vistas.
- You will be accompanied by experienced climbing guides who provide thorough training, guidance, and support throughout the expedition, ensuring a safe and successful climb.
- In addition to the climb, the itinerary includes a guided sightseeing tour of Kathmandu, where you can explore ancient temples, monasteries, and UNESCO World Heritage Sites.

## Overview

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Lobuche East is one of the most popular “trekking peaks” in Nepal. Located conveniently next to the path to Everest Base Camp, Lobuche east is attempted by trekking groups who come to see the spectacular view of Mt. Everest and the Khumbu valley from its summit, as well as by serious 8000m mountaineers who use the peak for its acclimatization and practice benefits. The climb is relatively straight forward with few technical hurdles. Base Camp and high Camp both have ample space and reliable sources of water, allowing the climber to enjoy the mountain without worrying too much about the logistics.

### Lobuche Peak;

Rising with a height of 6,119m in the famous Everest Region, Lobuche East Peak is a major climbing destination in Nepal.

The Nepalese Mountaineering Association categorizes it as a trekking peak, which means it is a comfortable peak. However, you can only climb this peak with some climbing preparation and training.

To tell you a fact about this peak, Lobuche East Peak has a sister peak known as Lobuche West(6,145m). The Lobuche West is more of a technical peak; hence, it is an expedition peak. A long and deep notched ridge separates the two sisters. The mountains got their current name, Lobuche, as they lie near Lobuche village, a small hamlet of Sherpas.

For the first time, Laurence Nielson, the first American to climb Mt Everest without bottled oxygen, and Sherpa Ang Gyalzen summited Lobuche East Peak on April 25, 1984. Since then, Lobuche East Peak has gradually been a notable peak for all climbers.

# Trip Itinerary

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## Day 1 : Arrival in Kathmandu 1400m

Upon your arrival in Kathmandu, you will be greeted by our representative and transferred to your hotel. Spend the rest of the day resting and preparing for the upcoming climb. In the evening, there will be a briefing session with your climbing guide who will provide you with essential information and equipment check.

## Day 2 : Kathmandu Sightseeing and Preparation for Lobuche Peak climbing

Today, you will embark on a guided sightseeing tour of Kathmandu, exploring its UNESCO World Heritage Sites such as Pashupatinath Temple, Boudhanath Stupa, and Swayambhunath Stupa. In the afternoon, you will have free time to make any last-minute preparations and purchase any necessary gear for the climb.

## Day 3 : Fly to Lukla and Trek to Phakding 2650m - 4hrs Walk

After an adventurous 45 minute flight above the breathtaking White Mountains, we reach the Tenzing-Hillary Airport at Lukla in Solukhumbu. This is one of the most beautiful air routes in the world culminating in a dramatic landing on a hillside surrounded by high mountains peaks. Upon arrival at Lukla, you will be introduced to our porter. Note: We will hire guide from Kathmandu only. After some packing and arrangements at Lukla, we start our trek through the prosperous village of Lukla. We walk in an easy trail through Chaurikharka village and then descend towards Dudh Koshi until we reach Phakding. Phakding is located 8,700 feet above sea level. To assist in acclimatization, we only have a short hike today. However, if interested in additional activities we can take a side trip to a nearby monastery.

## Day 4 : Trek to Namche Bazaar 3440m 7 hrs walk

Today's trek takes you to Namche Bazaar, a bustling Sherpa town and the gateway to Everest. The trail passes through beautiful rhododendron forests, crosses suspension bridges, and offers magnificent views of Everest and other surrounding peaks. Namche Bazaar is located at an altitude of 3,440 meters (11,286 feet) and provides an excellent acclimatization opportunity.

## Day 5 : Acclimatization Day in Namche Bazaar 3440m

On the following day, we will take a well-deserved rest to acclimatize, which gives the opportunity to explore some of the less developed and more traditional villages in the area. There's an optional 2 hour hike to Everest View Point, an uphill walk that will help speed acclimatization. You can also check out the Sherpa museum for an overview of the Sherpa culture and history of mountaineering. On Saturdays, the Local Market is open for trading and an intimate look at the locals' marketplace. It is part of the larger Namche Bazaar, a shopping hub filled with all manner of trekking and mountaineering clothing and equipment. Easier options for passing the acclimatization day can be found by visiting the twin Sherpa villages of Khumjung and Khunde, which are about a 2 hour walk

above Namche. While in Khunde, visit the hospital, which was established and funded by Sir Edmund Hillary's Himalayan Trust. Khumjung monastery is interesting as being the store place of one of the alleged Yeti scalps that are to be found in the region. Having Tea/Coffee in Everest view hotel and enjoy with gorgeous view of Mt. Everest and Amadablam is other attractions having one day free in Namche Bazaar.

### **Day 6 : Trek to Tengboche 3840m - 5 hrs walk**

Leaving Namche Bazaar, the trail descends to the Dudh Koshi River and then ascends through forests filled with pine and juniper trees. You will reach Tengboche, home to the famous Tengboche Monastery, one of the most important Buddhist monasteries in the Everest region. The monastery offers stunning views of Everest, Nuptse, and other peaks.

### **Day 7 : Trek to Dingboche 4410m - 5 hrs walk**

The trail continues through rhododendron and birch forests, passing small villages and prayer wheels along the way. You will trek to Dingboche, a beautiful village located at an altitude of 4,410 meters (14,469 feet). Dingboche offers spectacular views of the surrounding peaks, including Lhotse and Island Peak.

### **Day 8 : Acclimatization Day in Dingboche 4410m**

Another acclimatization day is essential for a successful climb. You can take a short hike to Nagarjun Hill or Chhukung, both of which provide panoramic views of the Himalayas. Use this day to relax, acclimatize, and prepare for the challenging climb ahead.

### **Day 9 : Trek to Lobuche 4950m - 6hrs Walk**

After the breakfast, we start our walk. Trek will gradually becomes challenging from here due to higher altitude. We'll pass Dungra, but not before a tough, steep walk to the top of a high hill. Here are the memorial stupas dedicated to the climbers and trekkers who lost their lives to Everest over the years. The next part of our adventure brings over craggy mountain terrain to Lobuche, a small settlement with amazing views of Mt. Lobuche, Mt. Pumari and the Nuptse. Prepare to snuggle up for a cold night, as we are now almost three miles above sea level and the evenings can be downright chilly.

### **Day 10 : Trek to Gorakshep / Everest base camp 5364m - 6 hrs walk**

After having breakfast early in the morning, we continue our trek to Gorakshep Village. The subsequent, straight trail to Everest Base Camp is harder, involving rocky dunes and moraine, formed accumulation of unconsolidated glacial debris. On the way to our destination, we'll approach the famed Khumbu Glacier and icefall, located on the slopes of Everest. During spring season, the entire climbers attempting to scale the mountain's summit gather in Everest Base Camp with colorful tents can be seen as if we are in snowy tents park. Break out your cameras for unbelievable views of breathtaking beauty. After exploring base camp and its surroundings glacier, we return back to Gorakshep before sunset.

### **Day 11 : Hike up to Kala Patthar (5545m) and trek to Lobuche (4940m) - 7 hrs walk**

Today is special and is the highlight of our journey. An early morning start allows us to catch the dramatic views from Kala Patthar seeing the new day and the light shining on Mount Everest. We need to be prepared for the dark and cold temperatures (-10 to -14 C) before departing on our trek. It is not uncommon to experience some very chilling winds. In the east are many peaks, such as Lingtren, Khumbutse, Changtse with Everest gradually exposing itself reveal itself between the west shoulder crest and Nuptse. During the ascent to Kala Patthar, we can pause to catch our breath at several outstanding viewpoints to snap pictures. After several hours of climbing, we reach Kala Patthar before scrambling over a rocky outcrop close to the summit and its cairns and prayer flags. After reaching the summit we can sit on the Kala Patthar rocks absorbing the spectacular views of the Himalayas. From one rock massif to another we are rewarded with numerous opportunities to use our cameras and photo opportunities that will remind you of these enormous mountains. We then head back to Gorak Shep where we have breakfast before a gradual descent to Lobuche for a well deserved night's rest. Breakfast, lunch & dinner included.

### **Day 12 : Trek from Lobuche to Lobuche Base Camp (4865mm) 3-4 hrs walk.**

Today, we begin our trek from Lobuche toward the Lobuche Base Camp. After walking some distance on a relatively flatter plane, the path to the Lobuche Base Camp gets steeper and rocky. Since we will be trekking toward a somewhat lower altitude today, you may find it easier for your body. Move forward along the Lobuche Glacier, while enjoying the great views of Ama Dablam, Cholatse, Pokalde, Thamserku, Kantega, etc. After reaching the Lobuche Base Camp, take rest for some time and make necessary preparation for the summit. After lunch, our guides will provide training on peak climbing techniques and using climbing gear such as ice axes, climbing boot, harness, zoomer, and how to go up and down using ropes. There will be training on how to fix the ropes, climbing technique, and about the knot and gears. Some training experience would certainly boost up your confidence and climbing skills thus increasing the chances of scaling the summit as well as fully enjoy the experience. Breakfast, Lunch & Dinner Included.

### **Day 13 : Trek from Lobuche Base Camp to Lobuche High Camp (5,600m) 3-4 hrs walk**

After breakfast, we make our way from Lobuche Base Camp to Lobuche High Camp. The climb takes about 4 hours. The High camp is located at an altitude of 5,600m/18,368 ft. From Base Camp, we follow a path across a rocky moraine before reaching High Camp. Once we reach High Camp we prepare our camp for the overnight stay, have lunch and relax. If you walk around, rather than sit

around, this will help you to acclimatize to this high altitude. Breakfast, lunch & dinner included.

### **Day 14 : Summit Day and Descend to Lobuche Base Camp 4865m - 8 hrs walk**

Today is the most challenging and rewarding day of the expedition. You will start early in the morning, climbing steep snow and ice slopes under the guidance of your experienced climbing guide. The final section involves traversing a narrow ridge leading to the summit of Lobuche Peak. From the summit, you will be rewarded with breathtaking views of Everest, Lhotse, Nuptse, and other majestic peaks. After spending some time at the summit, you will descend back to Lobuche Base Camp.

### **Day 15 : Trek to Pangboche 3930m - 5 hrs walk**

After a successful climb, you will retrace your steps and trek back to Pangboche, a charming village known for its ancient monastery and rich Sherpa culture. Enjoy the warm hospitality of the locals and relax in this tranquil Himalayan setting.

### **Day 16 : Trek to Namche Bazaar 3440m - 5 hrs walk**

Leaving Pangboche, you will descend through forests and cross suspension bridges as you make your way back to Namche Bazaar. Take in the beautiful scenery and reflect on your memorable climbing experience.

### **Day 17 : Trek to Lukla 2800m - 7 hrs walk**

Today's trek takes you back to Lukla, where you will celebrate the successful completion of your Lobuche Peak climb with your climbing team. Enjoy a farewell dinner and share stories and memories of your adventure in the Himalayas.

### **Day 18 : Fly back to Kathmandu**

Take an early morning flight from Lukla to Kathmandu, enjoying the final views of the mountains before departing the Everest region. Upon reaching Kathmandu, you will be transferred to your hotel, where you can rest and reflect on your remarkable journey.

### **Day 19 : Departure from Kathmandu to Homeland**

After a wonderful adventure in Nepal, it's time to say goodbye. You will be transferred to the airport for your departure flight, carrying unforgettable memories of your Lobuche Peak climbing expedition.

## **Inclusions**

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### **What is included?**

Arrival and departure transfer services for Airport – Hotel – airport.

Hotel accommodation in Kathmandu including breakfast as per itinerary.

Trekking Lodge/teahouse and tented accommodation during trekking and climbing session

Professional Trekking Guide and 2 guests 1 Trekking Porter

Very Professional Climbing Guide and Crews

Trekking staff foods, accommodations, salary, insurance

All meal (Lunch , dinner and Breakfast) during the Trek with 3 tea/coffee every single day

Trekking Permits & Climbing Permit

Assistant Cook and Transportation: Trekking assistant cook and necessary kitchen helper on the basis of Member and they carry of camping equipment and tent from lobuche,

Camping Equipment Utensils: EPI Gus, Gas stove or fuel stove for cooking, fuel or Kerosene oil, cooking pots, mattress, walkie talkie (talkback) etc.

Staff salary and allowance: climbing staffs and porters daily:  
wages/equipment/food/clothing/insurance

High Altitude Tents: North FaceDome Tent Space for two pax. Wall/cabin tent for dining and kitchen, etc.

High Camp Lodging & Foodservice: chocolate and Three Meals (Breakfast, Lunch and dinner) a day for members and staff.

Drinks and Beverages for climbing: Tea with cookies and hot drinking water during the climbing period and Hot Washing water in case required.

Fixing Gear: fix rope, main rope, snow bar, ice crew, rock pitons as well as Heli Rescue/charter Arrangement.

## **What isn't included?**

Lunch and Dinner during your stay in Kathmandu (except Breakfast ).

Any packed food/snacks, aerated drinks, energy drinks, mineral water, alcohol, cigarettes, chocolates, health bars.

Items of personal nature - laundry expenses, tips.

Rescues, repatriation, medicines, medical tests, and hospitalization expenses.

Medical insurance and emergency rescue evacuation if required.

Travel insurance and helicopter rescue.

Airfare of international flights.

Nepal entry visa fee (easy to obtain the visa on arrival at Tribhuvan International Airport – Kathmandu). \$25 USD for 15-day visa.

Personal climbing gear.

Tips, gifts, souvenirs.

Tips for the guide, porter, and driver (tipping is expected)

## Complimentary