

Lobuche Peak Climbing

The Lobuche Peak Climbing is one of the most popular and challenging summit in the Khumbu region, with a smaller mountain, only 6,119 m high. The climb requires healthy physical fitness and a positive attitude to reach the top of East Lobuche Peak. Lobuche East Peak is located southwest of Everest Base Camp, near Cho-la Pass, which is a well-hidden peak until it approaches the Lobuche and Thugla areas, where you can see its twin East and West Lobuche peaks high in the Khumbu Valley.

Main Highlights

- ❖ You will do Lobuche East Peak summit of 6119m.
- ❖ You will see Everest base camp and the glacier.
- ❖ You will Enjoy amazing view from the Lobuche summit
- ❖ Beautiful mountain flight from and to Lukla.
- ❖ View of Everest and other mountains from Kalapattar.
- ❖ The bazaar of Namche and the monastery of Tengboche.
- ❖ Sightseeing of the World Heritage beautiful sites in Kathmandu.
- ❖ An unforgettable view of the high mountains and the Khumbu icefall.

Overview

Ascension of the Lobuche Peak, there are two different peaks, the Lobuche East (6,119 m) and the Lobuche West (6,145 m). Although continuous crests are connected, there is a very short gap and a considerable distance between them. The Lobuche climb is an attractive ascent which offers a variety of existing routes. It seems to be very close from Pheriche, the dark triangle of the rock face rising above the moraines of the Khumbu Glacier to a frozen horizon. These horizons form the east wall's connection with the southwest glacier wall and the regular ascent route of the south ridge. The trail leads to the hill's summit, which runs from the top of the east wall to the northwest through several small peaks to the East Ridge. The East Peak right is quite fantastic and is reached by descending to a marked notch and climbing steep ice slopes. The summit is rarely climbed and is often confused with the Lobuche West.

Most attempts to climb the mountain only lead to the top of the side snow. Before the notch, the southeast summit is the summit of truth. Many matches have reached the fictitious summits east of the crack, but the first record ascent of the real East Lobuche. This trek leads to the heart of the Himalayas. The mountains' views are overwhelming, so the Sherpa community's simplicity and hospitality are touching. You will enjoy the breathtaking views of the snowy mountain, including Everest, the best of all mountains like Nuptse, Lhotse, Lobuche, Kasum Kanguru, Amadablam, and Kongde. On this memorable trip, you can also visit the Sherpa villages and monasteries to learn more about their culture and lifestyle.

This classic hike to the Solu Khumbu region begins with a spectacular mountain flight to Lukla and a continuous walk along the Dudh Kosi. After passing through the Sherpa headquarters of Namche Bazaar, the hike continues to Tengboche, where a beautiful Buddhist monastery is located; and this small village is considered the spiritual center of the Khumbu region. Slowly, you will go up to Dingboche, and then you will go to Chhukung Ri. You will cross the Khumbu Pass, Kongma La, and descend to the Khumbu Glacier moraine to reach the Gorakshap base of Kalapattar. You can climb to the top of Kala Pattar at sunset or sunrise for beautiful panoramic views and the best view of the highest peak in the world, Mount Everest (8,848 m). You start the 3-hour hike to the Everest base camp where, depending on the season, you will see groups of mountaineering expeditions preparing to climb the highest peak in the world. Enjoy your vacation at the base camp, starting with the spectacular view of the Khumbu Icefall.

Along with the trek, you should bring a light backpack to acclimatize and enjoy the trip to the fullest. After exploring Everest Base Camp and Kalapattar, you descend to Lobuche Base Camp. The food will be prepared by your guide and the Sherpa and will be nutritious and rich, although a little is essential. This trip offers an excellent opportunity to climb the Lobuche. After the full expedition, it is time to return to Lukla, the Khumbu Valley, alone.

Itinerary

Day 01: Welcome at International Airport, Kathmandu

Your arrival at the airport marks the first day of your journey. One of our airport representatives will receive you, who will explain the trip in more detail. After the transfer to your hotel, if no other activities are planned for the day, you can relax for the rest of the day. Overnight stay at three star hotel in Kathmandu.

Meals Included: None.

Day 02: Sightseeing tour of the Kathmandu Valley and preparation for trip

Today, you can visit several sites in the vicinity of the city on the UNESCO World Heritage List. Ancient temples, opulent monasteries, ancient royal palaces, and unique art and architecture in wood, metal, and stone offer a captivating environment to explore. You will visit the holiest Tibetan Buddhist temple and the largest stupa on earth, the Boudhanath Stupa, where Buddha's eyes are always present on all four sides. Afterward, you will visit the Pashupatinath Temple, a very holy Hindu temple dedicated to Lord Shiva on the sacred Bagmati River banks. Sometimes you can also attend the cremation rituals on the banks of the holy river. You will also visit Durbar Square in Kathmandu, where you can see several ancient palaces built during the kings' reign in the middle Ages. The next is the holy temple of Swayambhunath, which is sacred to the Buddhist people. It is a famous place of pilgrimage. Overnight stay in a hotel

Meals Included: Breakfast.

Day 03: Fly to Lukla and trek to Phakding: Walking Duration: 3 hours

After Early Breakfast, we will Transfer you to the airport for your flight to Lukla. The flight to Lukla is an experience in itself. The airport is highly rated, and the difference between the two ends of the runway is an exceptional 60 meters. If you hike towards Phakding, you will find beautiful green landscapes and the summit of Kusum Kanguru. The stay in the guesthouse

Meals includes: Breakfast, lunch, and dinner.

Day 04: Trek Phakding to Namche Bazaar (3440m), Walking duration: 6 hours

Today, you will follow the river Dudh Koshi and ascend through the pine and cedar forests of the Himalayas to the famous village Namche Bazaar. Namche is a town with a historic trading post where Nepalese and Tibetan merchants exchanged salt, and textiles in ancient times. Namche is not only an excellent destination for buying traditional handicrafts but also remains the main trading post of the Khumbu, attracting merchants from both the Himalayas and the lowlands.

You will spend two days at Namche bazar to acclimatize visiting local area, and spend time with your group. During the trek, you can also catch first glimpses of Everest and its neighboring peaks.

Meals includes: Breakfast, lunch, and dinner.

Day 05: Namche Bazaar and Hike to Everest View Hotel

This day is divided mainly for acclimatization. You will hike to Syangboche Airport (3700m), which is said to be the highest in the world, and then climb to Everest View Hotel to enjoy the fantastic panoramic view of Everest, Lhotse, Amadablam, Tawache, and many other peaks. On the way back, you can also visit the Sherpa Cultural Museum and the Everest Photo Gallery. The stay in the guesthouse

Meals includes: Breakfast, lunch, and dinner.

Day 06: Trek From Namche to Tengboche (3860m), Walking duration: 5 hours

You will walk through the easy and flat path leads to Mount Everest's view and descends into the Dudh Koshi valley in Pungki Thanka. From this point, it climbs up on the right side of the Dudh Koshi Valley to Tengboche Monastery which is also a spiritual center in the Khumbu area. The ascent is long but is more than compensated by the magnificent view of Mount Ama Dablam and, on clear days, by Mount Everest and the surrounding peaks. Night stay in the guesthouse

Meals includes: Breakfast, lunch, and dinner.

Day 07: Trek from Tengboche to Dingboche (4410m), Walking duration: 5 hours.

Today you will cross Imja Khola and hike through the town of Pangboche, which descends through a beautiful forest. It will be an exciting day of trekking as you won't lose altitude like on other days and enjoy Ama Dablam, Lhotse Peak, and many others along the route. The route continues through the pastures to Dingboche, known as the Summer Valley.

Meals Includes: Breakfast, lunch, and dinner

Day 08: Trek from Dingboche to Nagerjun and return, duration: 6 hours

It would be your second day of acclimatization, which requires about 6 hours of walking to 5100 m. After having breakfast, you will go to the Nagerjun, a hill located on the Chhukung Valley just above Dingboche. The main objective is to climb high and sleep deep. The trail becomes steep at times, making it a physically demanding day. The climb to the hill can take up to 5 hours of altitude.

From this height, you have a good view of Lobuche East, Lobuche West, Taboche Peak, Thamserku, Kangtega, and Ama Dablam. On a clear day, you can even see beautiful Mount Makalu which is fifth highest mountain globally. After a short rest, you will start the descent back to Dingboche and walk at high altitude, which takes about 2 hours to cross. After lunch, you can take rest, as the afternoon temperatures can drop soon as the sun sets on the mountain peaks.

Meals Includes: Breakfast, lunch, and dinner.

Day 09 Trek from Dingboche to Lobuche (4910m), Walking duration: 5 hours

You walk along a wide valley up to Dughla, passing the aid station for walkers in Pheriche. This hike is supervised by Western volunteer doctors and supported by the Himalayan Rescue Association, which offers treatment and advice to hikers. You continue up the valley, gain altitude, and leave the valley to go down to Lobuche's yak pastures. Accommodation in the guest house,

Meals Includes: breakfast, lunch, and dinner.

Day 10: Trek to Everest base camp (5364m) and return to Gorekshep, Walking duration 8 hours

After a short ascent through the meadows, you can look down at the Khumbu Glacier. Straight ahead is Kalapattar, the best view point to see the Mount Everest and its surrounding peaks. After a few hours walking, you reach Gorekshep and continue your journey to Everest base camp.

There is not much gain in altitude, but there are many ascents and descents, and in combination with the height, it can be a tiring hike, but the trip is worth. After about 3 hours of walking, you will reach the Everest base camp, and you will enjoy a fantastic view of the Khumbu glacier and the ice fall where the Everest expeditions start.

Meals includes: breakfast, lunch, and dinner.

Day 11: Trek to Kalapattar (5545m), Gorekshep and Lobuche Peak Base Camp (4910m, duration: 6 hours)

You will walk to the Kalapattar (5545m). It is the best point of view to see Mount Everest and the spectacular Himalayan chain surrounding the summit. Then you return to Gorekshep for a hot breakfast and descend to Lobuche base camp.

Training before the Climbing: After lunch, you will be trained by our guides in ascending to the summit. They will teach you how to use climbing equipment such as ice axes, climbing boots and crampons, climbing harnesses and climbing belts, and climbing and descending with ropes.

Meals Includes: Breakfast, lunch and dinner included.

Day 12 Summits to Lobuche peak and go back to Pheriche, walking Distance 10-12 hours

You will start early in the morning with the ascent to Peak Lobuche, but that depends on the weather conditions. It takes almost nine to ten hours to reach on the top. From the summit, you can enjoy panoramic views of Everest, Lhotse, Nuptse, Ama Dablam, Cholatse, Tawache, Pumori, and more. After a safe ascent to the summit, you slowly head to Pheriche. Accommodation in the guest house.

Meals Included: Breakfast, lunch, and dinner.

Day 13 Contingency reserve day

We cannot guarantee that the weather will remain favorable on our planned summit day. This day will be used if you cannot climb the summit on day 12 due to bad weather or other reasons. We should wisely postpone our program to climb the summit if the weather becomes unfavorable.

Sometimes there can be problems for you or your group members to acclimatize. Again, this day can be used. If the trip goes well, we will not need this day off.

Overnight in a tent/guest house

Meals Includes: Breakfast, lunch, and dinner.

Day 14 Trek Down to Namche (3440m), Walking duration: 7 hours.

An easy walk along the Imja Khola, a short climb to Tengboche, a descent to Pungki Thanka, and a steep hike to Kyangjuma will take you to Namche today.

Accommodation in the guest house

Meals Includes: Breakfast, lunch, and dinner

Day 15 Walk to Lukla (2800m), Walking duration: 7 hours.

The walk continues along the Dudh Kosi River to the small mountain airstrip in Lukla, where you will take your flight back to Kathmandu tomorrow.

Accommodation in the guest house.

Meals Includes: Breakfast, lunch, and dinner.

Day 16 Flight back to Kathmandu

Today you will take a 30-minute panoramic flight back to Kathmandu. After your arrival in Kathmandu, our driver will take you to your hotel. Spend the night at the hotel.

Meals includes: Breakfast.

Day 17 Free day

You can spend the day in Kathmandu, resting or exploring, depending on your wish. Accommodation in a hotel.

Meals Includes: Breakfast.

Day 18 Farewell

About 3 hours before your scheduled flight, our office representative will take you to the airport from which you will depart.

Meals Includes: Breakfast.

The cost includes

- ❖ All ground transportation in private vehicles, including airport transfers
- ❖ Four nights with breakfast in a 3-star hotel in Kathmandu
- ❖ The meals (breakfast, lunch, and dinner) during the walk and climbing
- ❖ Permission to climb Lobuche Peak
- ❖ The best double accommodation available with two rooms during the trek
- ❖ Tent accommodation during the Climbing
- ❖ Government license holder and English-speaking guide during the trek
- ❖ Return flight Kathmandu - Lukla, and Lukla - Kathmandu, including taxes.
- ❖ Tea/coffee, boiled water is provided during the ascent
- ❖ Sagarmatha National Park permit fees
- ❖ General climbing equipment such as rope, ice screw, snow stick, etc.
- ❖ Trekkers' Information Management System fees
- ❖ Government taxes and office service charge

Costs are excluded.

- ❖ Meals that are not included in Kathmandu
- ❖ Travel and health Insurance
- ❖ International airfare
- ❖ Guided tours and optional activities in your free time
- ❖ Entry visa to Nepal
- ❖ Drinks like, Coke, Fanta, alcoholic beverages, snacks, and other personal expenses.

- ❖ Hot shower during the walk, except for Lukla, Phakding, and Namche.
- ❖ Personal trekking equipment
- ❖ Tips and trekking and climbing staff.

Food and lodging:

You will be accommodated in the teahouse and during the trek. Teahouses are simple, locally managed guest houses with double or single rooms. Toilets and showers are of a variable standard.

Typical meals for lunch and dinner are Nepali rice and lentils, pasta, potato dishes, soups, or pizzas. Delicious pancakes, porridge, toast, and eggs are the leading breakfast food, while tea, coffee, and hot chocolate are always available. You will probably be pleasantly surprised by the variety of food at the Posadas.

Essential

Every effort will be made to follow the above route. However, since this is an adventure trip to a remote mountain region, we cannot guarantee it. Weather conditions and the health of the trekkers may contribute to the changes. The guides and their Sherpa helpers will try to make the trip as planned. However, be flexible if necessary.

Experience required: This hike is suitable for enthusiastic hikers who can walk 6 or 7 hours a day with a light backpack. Some of the days are quite long, and the hike feels more strenuous at high altitude. In general, the trail is good, but it will be bumpy and rocky at times.

Travel Insurance

At safety Reason, travel insurance is mandatory for hikers when they participate in trekking and sightseeing programs in the mountains. Getting travel insurance, especially when traveling in mountainous areas, is like security you can trust and enjoy your trip worry-free. We highly recommend getting good printed travel insurance that covers things like emergency helicopter rescue, medical evacuation expenses, and a shelter-assisted tour to cover personal injury, injury, repatriation costs, and any type of illness. Good travel insurance not only guarantees your

safety while traveling with us, but it also gives you full coverage for anything that could go wrong.