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# Lobuche Peak Climbing



## Tour Overview

Lobuche Peak, situated in Nepal's Everest Khumbu region, comprises the Lobuche East Peak (6,119m) and Lobuche West Peak (6,145m). These renowned trekking peaks are connected and form part of a larger expedition route. The most spectacular southern views can be enjoyed while trekking to Everest Base Camp. The base camp for Lobuche East is located near the Lobuche village at 4,200m, with a high camp situated above Tsho La Tso Lake at 5,200m, at the foot of the rock slabs on the southwest face of Lobuche. From here, climbers can witness the magnificent vistas of Mt. Ama Dablam, Taweche, and many other peaks. Asian Expedition Pvt. Ltd. organizes climbs to both peaks, ensuring high service and safety standards. Experience in peak climbing is essential for this adventure.

## Detailed Itinerary

**Day 1: Arrival in Kathmandu transfer to Hotel**

**Day 2: Full day guided sightseeing**

Full day guided sightseeing-visit Kathmandu valley main sightseeing spots.Overnight in Hotel [Breakfast].

**Day 3: Fly to Lukla and then trek to Phakding (2610m)**

Fly to Lukla (2800m) & Trek to Phakding (2610m) and Overnight in Lodge [Breakfast, Lunch, Dinner].

In the early morning, we board a flight to Lukla from Kathmandu/Ramechap's domestic airport. The aerial views heighten our excitement for the upcoming trek. Upon landing, our crew greets us, accompanied by the crisp Himalayan air. We journey past picturesque Sherpa villages, verdant agricultural fields, and numerous mani stones and prayer wheels. As we arrive in Phakding, the magnificent sight of Kusum Kanguru greets us.

**Day 4: Trek Namche Bazzar (3440m)**

Trek Namche Bazzar (3440m) and Overnight in Lodge [Breakfast, Lunch, Dinner].

We set out towards Namche Bazaar, crossing multiple suspension bridges including Hillary bridge and savoring the views of Thamserku. Trailing the Dudh Koshi River, we pass quaint Sherpa villages before reaching Monjo, where we officially enter Sagarmatha National Park. After a lunch stop in Jorsalle village, we proceed along the river, through pine forests. We traverse the Everest region's highest suspension bridge and ascend further. Our journey rewards us with the first sight of Mt. Everest, as we press on to Namche Bazaar.

**Day 5: Acclimatize and Excursion around in Namche**

Today serves as our acclimatization day. At higher altitudes, the air contains less oxygen, necessitating time for our bodies to adapt. For acclimatization, we embark on a brief hike to the Sagarmatha National Park Museum and Khumjung Village. The alleged Yeti scalp housed in the monastery and the views from the Everest Viewpoint are highlights of our journey. Additionally, the museum offers an impeccable panorama of Mt. Everest, Lhotse, Nuptse, Ama Dablam, among other immaculate peaks. Descending, we pause at the world's highest 5-star hotel for a cup of tea. Later, we delve into the heart of Namche Bazaar. As a pivotal

trading hub in the Khumbu region, Namche thrives with Sherpa culture. It's a hub of activity with trekkers either returning from or embarking on the Everest Base Camp Trek. The streets of Namche Bazaar are a vibrant tapestry of bakeries, cafes, gear shops, jewelry stores, and eateries. [Breakfast, Lunch, Dinner].

**Day 6: Trek Thyangboche**

Trek Thyangboche (3800m) and Overnight in Lodge [Breakfast, Lunch, Dinner].

We follow the gentle, flat trail to Kyanjuma, constructed by Pasang Sherpa, pausing for lunch at Phungi Thanga. Upon reaching a junction, we proceed along the EBC trail, ascending the steep path. The rhododendron and pine forests offer a welcome distraction from the arduous climb. A few hours later, we reach Tengboche, greeted by the awe-inspiring views of the Himalayas. The Tengboche Monastery hosts daily rituals at 6 am and 3 pm, which are open for observation.

**Day 7: Trek to Dinboche(4410m)**

Trek Dingboche (4410m) and Overnight in Lodge [Breakfast, Lunch, Dinner].

We proceed along the stunning trail throughout the day at a relaxed pace. We don't walk for an extended period, as the altitude demands caution, making it wise to go slowly. We are graced with magnificent views of Mt. Ama Dablam, Everest, Lhotse, Island Peak, and the picturesque landscapes dotted with Sherpa villages.

**Day 8: Excursion around Dingboche**

Today is acclimatize day. Our Excursion begins with day packs, we ascend to Nagarjuna's viewpoint. The climb reveals a picturesque village in the distance and a stunning panorama of Mt. Khangtega, Mt. Thamserku, among others. Despite the viewpoint appearing near, it typically requires about three hours to reach one-way. At the summit, the views are breathtaking. To the left, Cholatse Peak and its lake captivate, while to the right, the small blue glacier lakes nestled at the base of Mt. Ama Dablam unfold, alongside the impressive sights of Mt. Makalu, Island Peak, Chopolu (the Holy mountain), Baruntse, and Mera Peak. The six-hour roundtrip trek is decidedly rewarding. Overnight in Lodge [Breakfast, Lunch, Dinner].

**Day 9: Trek Dingboche to Lobuche(4910m)**

After a few hours of walking on the gentle, flat trail with views of the stunning Tawache and Cholatse peaks, we reach our lunch destination in Thukla. Situated at the base of the Khumbu Glacier's tongue, we can observe the pristine glacial waters flowing like a small river. Post-lunch, the path ascends steeply to the Everest Memorials, which honor those who have perished on Everest expeditions. Following our visit to this hallowed site, we proceed to Lobuche via a gentle, flat trail. Although the distance from Dingboche to Lobuche is relatively short, the high altitude necessitates a slower pace than on previous days. Overnight in Lodge [Breakfast, Lunch, Dinner].

**Day 10: Trek Lobuche (4910m) to Gorakshep(5164m)-Everest B.C.(5364m)**

Trek Lobuche (4910m) to Gorakshep(5164m)-Everest B.C(5364m)

The path to Gorakshep is predominantly uphill and strewn with rocks. Occasionally, we may witness avalanches on Nuptse mountain from a safe distance and hear the Khumbu Glacier's ice cracking as we ascend to Gorakshep. After lunch and leaving our bags at Gorakshep, we'll proceed to Everest Base Camp carrying only our day packs. The route there is a sharp, rocky ascent. Everest Base Camp, situated on the Khumbu Glacier, offers views of the perilous Khumbu Icefall, Mt. Khumbutse, and Pumori, although Mt. Everest remains out of sight. During March and April, the base camp becomes a vibrant hub of colorful tents set up by various summit expedition teams, presenting a remarkable scene of some of the world's finest climbers gearing up to conquer the highest peak on Earth. Overnight in Lodge [Breakfast, Lunch, Dinner].

**Day 11: Hike Kalapathar(5545m) and Trek Lobuche (4910m) to Lobuche Base Camp (4200m)**

Hike Kalapathar (5545m) Trek Lobuche (4910m) to Lobuche Base Camp (4200m) and Overnight in Lodge.

After waking up early in the morning, we begin our climb to Kala Patthar. The breathtaking view of Mt. Everest, Ama Dablam, and many others right in front of us is incredible. After enjoying the view and taking some photos at Kala Patthar, we will come back to Gorakshep and have our breakfast. After breakfast, we head down to Lobuche Base Camp. [Breakfast, Lunch, Dinner].

**Day 12: Acclimatization at Base Camp (4200m) and stay at tented camp [Breakfast, Lunch, Dinner]**

Acclimatize and excursion around the base camp. Additional training will be carried out before we retire for the night. [Breakfast, Lunch, Dinner].

**Day 13: Make High Camp (5200m) and stay at tented camp [Breakfast, Lunch,Dinner]**

Today's journey involves a brief yet demanding ascent to High Camp. The initial 30 minutes will be spent on a relatively level trail, followed by a gentle incline for the next two and a half hours. Although the path isn't steep, the three-hour trek is tiring because of the altitude's thin air. Fortunately, the day's trek is accompanied by stunning scenery. After reaching High Camp, we'll pitch our tents and check that all our equipment is in prime condition, which is crucial for a secure climb. [Breakfast, Lunch, Dinner].

**Day 14: Summit to Lobuche (6119m). & Back to Base camp and stay at tented camp**

Today marks the day of your summit climb. At 2 A.M in the morning, after having hot tea and breakfast, we depart from our tranquil campsite towards the peak. However, before setting out, we conduct a final equipment check to ensure everything is as prepared as we are. As we start the ascent and reach the snowline, we equip our crampons; without them, the icy slope would be treacherous. The summit of Lobuche offers breathtaking views of Everest, Nuptse, Ama Dablam, Cholatse, Pumori, and others. Following our celebrations, photo sessions, and shared embraces, we begin our descent. The capricious weather at the summit means we can't linger for long. We then make our way down, retracing our steps to Base Camp. [Breakfast,Lunch,Dinner]

**Day 15: Lobuche Base Camp (4200m) to Pheche (4371m) and Overnight in Lodge**

Today we retrace to Phereche (4371m). Overnight in Lodge [Breakfast, Lunch, Dinner].

**Day 16: Pheriche (4371m) to Thyangboche and Overnight in Lodge [Breakfast, Lunch, Dinner].**

Today we retrace to Thengboche (3868m). Overnight in Lodge [Breakfast, Lunch, Dinner].

**Day 17: Thyanboche (3868m) to Namche and Overnight in Lodge [Breakfast, Lunch, Dinner].**

Today we retrace to Namche. Overnight in Lodge [Breakfast, Lunch, Dinner].

**Day 18: Namache (3440m) to Phakding and Overnight in Lodge [Breakfast, Lunch, Dinner].**

Today we retrace to Phakding. Overnight in Lodge [Breakfast, Lunch, Dinner].

**Day 19: Phakding (2610m) to Lukla and Overnight in Lodge [Breakfast, Lunch, Dinner].**

Today we retrace to Luckla. Overnight in Lodge [Breakfast, Lunch, Dinner].

**Day 20: Early in the morning, transfer to airport and fly back from Lukla to Kathmandu stay in hotel [Breakfast]**

**Day 21: Free day in Kathmandu for personal activities or join onward program or final departure**

Free day in Kathmandu for personal activities or join onward program or final departure

**Day 22: Fly Back to Homeland-Departure from Nepal.**

You will be flying back home taking huge impression of Nepal, you will be transfer to Airport.

We look forward to your next adventure with us. Have a nice flight.

## Pricing Information

## Price Details

### Cost  For Lobuche Peak Climbing

Group size :

2 to 4 person group : USD 2750 Per person

Above 5 person group : USD 2680 Per person

## Price Includes

Airport pick up and drop upon arrival and departure
4 Nights hotel in Kathmandu with Bed and Breakfast
One day sightseeing tour in Kathmandu
Kathmandu-Lukla/Lukla-Kathmandu bothway flights
In trekking- Breakfast, Lunch and Dinner -3 meals per day and overnight accommodation at lodge/hotels
Tented camp on Base camp and High camp
Transportation- to/from trek starting & ending point
Necessary trekking permit, climbing permit of Lobuche peak, Sagarmatha National Park fee and TIMS fee.
Trained trekking guide and Experienced Peak climbing Sherpa and porters
Necessary insurance, and accommodation meals allowance and salary for Guide, Sherpa and Porter

## Price Excludes

International Flights to and from
Visa Fees $50 per person
Extra day hotel stay in Kathmandu
Foods  lunch & dinner in Kathmandu
Personal expenses-laundry, telephone, alcoholic beverages, bottled drinks (cold drinks and mineral)
Tips for guide & porter.
Personal travel insurance and emergency evacuation cost.
Extra cost for if in case trek effected by natural calamities
Personal trekking and climbing equipments for the trek.
**Note:** ***Equipment on request can be hired on pay***