

Lobuche Peak Climbing with Everest Base Camp Trek - 18 Days

Lobuche Peak Climbing with EBC hike is one of the most popular trekking journeys in Nepal that combines two packages; Everest Base Camp Trek and Lobuche Peak Climbing. After trekking to Everest Base Camp [5364m], and hiking to Kala Patthar [5545m], we walk back to Lobuche and ascend to our ultimate destination- Lobuche Peak.

There are two faces of the peak – Lobuche West [6,145m], and Lobuche West [6,119m]. But most climbers choose Lobuche East as it is accessible in every possible way. Even novice climbers also climb this peak.

Trekkers will get two goals in a single trip. Climbers wishing to climb high mountains and other 7000 and 8000-m peaks take this journey as a practice climb. And visiting Everest Base Camp allows you to acclimatize and perfect fit before heading the climbing. You will also be climbing Kalapatthar [5545m] ridge and exploring Everest Base Camp together to make the climbing trip smooth.

Most travelers choose the months between September-November and March-May. This is because these months offer fantastic views of the mountain peaks, entire valleys, and flowers bloom in each forest making the entire jungle panoramic. Another, because of the mild temperature and stable weather conditions, there is a high trekking/climbing success rate. The flights won't be that delayed or canceled as in other seasons. The teahouses and hotels during these months are in full operation which will provide us with accommodation and food amenities.

An 18 days journey to EBC and the Lobuche Peak expedition begins with a short flight to Lukla from Kathmandu. After a scenic 40 minutes flight, we land at Lukla airport where we meet our other trekking members including porters. Then we hike towards Phakding on the same day as it is a short 2-3 hours trek.

The next day, we ascend to Namche Bazaar passing several suspension bridges, man stones, and lush vegetation of Sagarmatha National Park. Acclimatizing for a day in Namche Bazaar, we trek to Tengboche and explore Tengboche monastery and get the picturesque views of Ama Dablam and others.

Another day's walk takes us to Dingboche Valley, another acclimatizing place for the EBC trek. During the acclimatization period, we hike to Nagarjun Hill and get a hypnotic view of Mt. Lhotse, Everest, and several other 7000m peaks.



Continuing the trek, we reach Everest Base Camp in the next two days. Exploring EBC and Kala Patthar, we hike back to Lobuche and prepare for climbing. Ascending to Base Camp, and High Camp, we reach the top of Lobuche Peak spending a couple of other days. Climbing the peak, we hike back to Pangboche, Namche, and Lukla before ending our grand adventure. Flying back to Kathmandu from Lukla, we end our entire trip and bid farewell to Nepal or we prepare for another package here.

THE TREKKING/CLIMBING ROUTE FOR LOBUCHE PEAK CLIMBING WITH EBC TREK

The journey to Lobuche Peak Climbing with EBC hike begins with a short 30-minute flight to Lukla from Kathmandu / Manthali. Passing the green hilly landscapes, steep terrains, and foothills of snow-covered mountains, you will be landed in the small township of Lukla where you will meet the rest of our team and get some preparation before beginning the trip.

On the same day, you will reach the small village of Phakding for an overnight stay passing the tiny Sherpa residents following the bank of the gushing Dudh Koshi River. We follow the main route which leads us to the Everest Base Camp trekking past the Chortens, stone walls, and over the rickety suspension bridge to settle Thado Koshigaon.

The route to Phakding is then accompanied by the Dudh Koshi River which takes the trekkers past the viewpoint of mountain peaks, through smaller settlements with lush vegetation, and past the prayer wheels, and prayer flags along with other religious shrines such as Mane walls. Finally, you will reach the small village of Phakding on the very first day of their trek for an overnight stay.

On the next day's trek, you will reach the largest Sherpa village and the commercial hub of the entire Khumbu region – Namche Bazaar. On the interesting journey, you will cross several suspension bridges and encounter several ascends and descends in the green woods of rhododendron, pine, and other trees.

During the hike, you can see the astonishing sceneries of lofty peaks including Mt. Thamserku (6608m) as you reach the small township of Benkar past the waterfall. Continuing the trek, past the suspension bridges, you will reach the Manjo village, the Gateway to Sagarmatha National Park, the highest elevated National Park in the world (It is one of the UNESCO World Heritage Sites too).

Your permits will be checked at this point. Entering the national park, you reach the small village of Jorasle (a village named after a pair of pine trees), the last village before Namche Bazaar. Trekking with the glorious trekking route along with the riverbed, you will reach Hillary Suspension Bridge, one of the most popular suspension bridges in the Khumbu region and was named after Edmund Hillary, the first Everest Summitter ever.

After the bridge, you will ascend steadily till you reach Namche Bazaar. Today, you will get the first views of the giant peaks including Everest, Lhotse, Tawache, and other sibling peaks. With a brief stoppage at Chautara to admire the view, we finally reach Namche which sits tucked away in the hills facing the giant Himalayas.

You will spend a spare day at Namche Bazaar for acclimatization purposes. It is an important day with regard to the

adaptations to the surrounding environment. During this day, we shall spend our day in Namche Bazaar and its surrounding lands and we also need to hike some higher elevations and rest in the lower altitudes.

Namche Bazaar is a tourist hub that is full of lodges, teahouses, internet cafes, restaurants, bakeries, and others for enjoyment besides the Sherpa museum that provides insight into the history of mountaineering, flora, and fauna, and culture and tradition of local Sherpa community.

Travelers have several day hiking opportunities for adaptation. You can hike to Everest View Hotel which offers panoramic sceneries of mountains such as Mt. Everest, Ama Dablam, Lhotse, Nuptse, and several others.

Some other hiking destinations are the twin villages of Khunde and Khumjung and Thame. There (in the village of Khumjung village), you can see the scalp of Yeti in the monastery which is the main attraction of the entire area. In the evening, be back to Namche Bazaar and spend overnight.

From Namche, we trek towards Tengboche, a famous village with a monastery, one of the largest and most popular monasteries in the entire Khumbu region. The trek leads us to the village of Phunke Thenga which is a bit strenuous as we shall encounter an abrupt section that eases out relatively as we approach the forested areas in the trail.

With the astonishing sceneries of the mountain peaks in the background, you shall reach the gate welcoming you into the spiritual center of the Khumbu region, the settlement of Tengboche for the overnight stay. Witness the religious ceremony in the monastery before you settle down in the hotel for rest.

From the villages of Tengbochem, Deboche, and Pangboche, we reach the village of Dingboche. Resting a day there, we trek to Lobuche and further to the Everest Base Camp the next day. Upon reaching Everest Base Camp, we reach an elevation of 5364m above the sea surface. Upon reaching there, we have to pass through the steep sections of the lateral moraine of the Khumbu glacier, hearing the slow-moving glacier crushing the rocks and so forth.

From EBC, we trek back to Gorakhshep, the last stop before the camp, and spend overnight there. The next day, we hike to Kalapatthar (5545m), the highest point of the day's trek. Waking early in the morning, we trek towards there ascending for a couple of hours on a rather straight trail from Gorak Shep, where we shall be taking short breaths to catch our breath and take pictures during our climb, we reach Kala Patthar. We push ourselves to the rocky projection decorated by cairns and prayer flags for the ecstatic view when the sun throws its first ray on the peak of the tallest peak in the world.

After watching the beautiful sceneries of the mountain peaks including Mt. Everest, Nuptse, Lhotse, and many more, we hike back to Gorekshep and get some food, and trek back to Lobuche. Spending a night there, we trek to Lobuche High Camp and spend our overnight in a tented camp awaiting the night for the final summit. On the same night, at around 2 am, we get up, have some food, and get ready for the final summit push for the Lobuche Climb.



It is the most awaited day since we moved from Kathmandu. At the beginning of the climb, we slowly ascent to the plateau and the exposed ridge along the slopes of the mountain that shall ultimately lead us to the summit slopes.

During the climb, we shall use ropes and other climbing equipment depending on the crevasse, and the experienced climbers shall fix permanent ropes depending upon the season in which we are climbing. Climbing steadily and gradually along the summit ridge we reach the east summit, also known as the false summit.

With experienced climbers on the climbing team, we shall move up to the main summit, which is more technical and not referred to the novice climbers. From the summit, you shall have a marvelous view of the peaks including Everest, Lhotse, Nuptse, Ama Dablam, Pumori, Cholatse, and others. Celebrating the summit of one of the most scenic peaks in the region and taking some pictures, we return gradually to the High Camp for an overnight stay.

From the high camp, we trek back to Lobuche and further back to Namche and Lukla in the following days using the same route that we ascent and fly back to Kathmandu before the final departure.

To sum up, the trekking/climbing route for this package is;

Kathmandu-Lukla-Phakding-Namche Bazaar-Tengboche-Dingboche-Lobuche-Gorekshep-Everest Base Camp/Kala Patthar-Gorekshep-Lobuche-Lobuche High Camp-Lobuche Summit-Lobuche-Namche-Lukla-Kathmandu.

BEST TIME FOR CLIMB LOBUCHE PEAK CLIMBING

We all need to understand that Lobuche Peak Climbing is possible only in the favorable season having a perfect climate. Off-season attempts and harsh winds can make the climb to the summit more complicated. The Spring months (March to May) and the autumn periods (September to November) are the best seasons to summit Lobuche including most of the other peaks in Nepal.

Lobuche Peak Climbing in Autumn

During the autumn months, the skies are generally clear and the temperatures are moderate in the lower elevations (Lukla, Phakding, Namche, and Tengboche) and cool in the higher altitudes (Dingboche, Lobuche, and above). The most popular festivals of Nepal – Dashain and Tihar fall in this period. Hence, you have a great chance for cultural exploration during this season. Temperatures can drop around -5 degrees Celsius in autumn. But if you are fully prepared with warm gear and clothing, you don't need to worry.

Lobuche Peak Climbing in Spring

On the other hand, Spring is another great time for the peak climbing adventure in Nepal including Lobuche Peak. Climbers can observe the mesmerizing rhododendron-filled hills turning them pink and red. The entire hills can be seen as colorful. Three layers of land can be seen; green meadows, colorful hills, and snow-clad peaks at the same time. Travelers can experience the scenic landscapes of the region in all its glory. Temperatures can drop around -2 degrees Celsius during spring.

Lobuche Peak in Winter and Summer

During the winter months, the trekking routes can be slippery due to the heavy snowfall, creating freezing temperatures in this region. Climbing Lobuche and trekking to EBC in this season is possible with the appropriate preparation but not recommended.

During the Summer (rainy season- June to August), there can be more problems. Heavy rainfall can cause landslides and floods while trekking. Not only that, there are wild leeches including other problematical insects that can ruin the adventure.

The trekking trails can be blocked, and slippery, and the risk increases during this period. There is a high chance of the termination of the mountain flights including Lukla. Thus this season is also an off-peak season for Lobuche Peak Climbing.

HOW DIFFICULT IS THE LOBUCHE PEAK CLIMBING?

Lobuche Peak- is one of the technical peaks in the Everest Region. During the summit day, you need to be dedicated for 8-10 hours, and on other days you have to walk 5-6 hours every day in the high elevations following the trekking trail with numerous ups and downs on the way.

An incline route from Lobuche village to Lobuche High Camp includes sheer, tiresome, and rock-strewn. Climbers must have great fortitude and stamina to walk passing the rocky ridges along with the rugged landscapes of the entire section.

Along with that, exhaustion and altitude sickness are high at an advanced highness and thin air of the region. Travelers need to pass via slippery ice or snowed stones. The stone slabs can be too steep as well as risky. The 45-degree snow wall ascent before the summit push can be even more challenging. You have to climb around 50 meters through the wall via fixed lines which can be riskier.

Also, climbers need to learn the proper use of crampons, ropes, cables, and other mountaineering equipment before the final summit push. Our veteran climbing staff will cooperate with you to use them. The high altitude can cause altitude sickness among the most experienced trekkers. We have a dedicated itinerary that has enough scope for acclimatization to tackle AMS (Altitude Mountain Sickness).

Such as all in all, climbers of all skill levels including novices to experts can attempt this peak. For beginners, it will be the peak climbing experience and can prepare for further high elevated attempts, and for the experts, it will be the acclimatizing climb for other high elevated peaks such as Everest and Makalu along with other 8000m peaks. With proper packing, preparation, equipment, and guidance you can complete this spectacular climb with ease.



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PRICE INCLUDES

Transportation

- Private vehicle: Hotel and airport transfers, sightseeing
- Domestic Flight: Kathmandu – Lukla – Kathmandu

Accommodation and Food

- 3 nights' accommodation (twin sharing) in Kathmandu in a 4-star category hotel
- 14 nights' accommodation (twin sharing) during the trek in the best available local lodge
- 1-night accommodation during the climb in the camp at High Camp
- Breakfast, Lunch, and Dinner throughout the trek and climb
Seasonal fruits throughout the trek and climb
- Breakfast in Kathmandu hotel
- Farewell dinner in one of the cultural restaurants in Kathmandu

Staff

- An English-speaking Trekking Guide including his/her accommodation, transportation, food, salary, transportation, and insurance
- One assistant guide for every 6 trekkers including their accommodation, transportation, food, salary, transportation, and insurance
- Porters (ratio of 1:2 clients) including their accommodation, transportation, food, salary, transportation, insurance
- A climbing guide including his accommodation, transportation, food, salary, transportation, and insurance

Permits and Taxes

- Sagarmatha National Park Entry Permit
- Khumbu Pasang Lhamu Rural Municipality Entry Permit
- Lobuche Peak Climbing Permit
- All applicable taxes are to be paid to the Nepalese government

Extra

- Complimentary four seasons down sleeping bag and down jacket provided for the duration of the trek and climbing
- A Duffel bag (to keep personal belongings to be carried by porter), a down sleeping bag, and a down jacket hired for the duration of the trek and climb
- Complimentary Lobuche Peak Climbing map, Outward Adventure t-shirt, and cap
Tents for Lobuche Peak High Camp accommodation
- First aid medicine box carried at all times by a guide



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PRICE EXCLUDES

- Personal Travel Insurance
- International Airfare
- Nepal Entry Visa Arrangement
- Personal expenses
- Hot showers during the trek except when in Phakding,
- Namche and Lukla
- Personal trekking and climbing equipment
- Internet, and phone call unless it is free





ITINERARY IN DETAIL

Day 1: Kathmandu Arrival [1,338 m/4,390 ft]

You will be welcomed by our staff standing with your name card at the airport arrival terminal and transferred to your hotel by private vehicle. As there are no other scheduled programs, you can spend the rest of the time in your own way.

Day 2: Kathmandu Sightseeing and Trip Preparation

This day is scheduled as Kathmandu exploration and trip preparation day. We will begin our sightseeing program of World Heritage Sites such as Swyambhunath, Patan Durbar Square, Boudhanath, and Pashupatinath temple. In the evening, you will be provided with the official briefing at your hotel. We also collect the permit for Lobuche Peak climbing and check your equipment for the trip.

Day 3: Fly Kathmandu to Lukla [2,860 metres/9,383 ft] and Trek to Phakding [2,610 m/8,563 ft] – 40 minutes flight and 3 to 4 hours trek

In the early morning, you will be transferred to the airport for the Lukla flight. The flight to Lukla is a lifetime experience in itself. The airfield is at high elevation and the difference between the two ends of the runway is about an exceptional 600 meters only.

After landing at Lukla, we all meet (guides, porters, climbing leaders, and other crews) and begin our trek to Phakding. While trekking, we will get to see the green landscape with the view of Kusum Kanguru.

Day 4: Trek Phakding to Namche Bazaar [3,440 meter/11,287 feet] via Sagarmatha National Park – 6 to 7 hours

We follow the Dudh Kosi, ascending through Himalayan pine and Deodar cedar forests, to the celebrated village of Namche Bazaar. The village of Namche is a historic trading post where Nepalese and Tibetan traders exchange salt, dried meat, and textiles.

Besides being a superb place to shop for traditional crafts, Namche remains the central trading post in Khumbu, attracting Himalayan and lowland merchants. You will spend two days in Namche for acclimatization, visit local markets and spend time with your team. On the hike, we capture our first glimpses of Everest and neighboring peaks.

Day 5: Acclimatization [rest] day in Namche Bazaar – Hike to Everest View Hotel

We must be aware that acclimatization is the key to the successful completion of our Lobuche east peak climbing and Everest base camp trek. For this purpose of which, we will be on our first acclimatization day today at Namche Bazar.

Initially, we shall hike towards headquarter of Sagarmatha National Park where take sight of Everest with excellent views of Amadablam, Thamserku, and other peaks. There is also a statue of legendary climber Tenzing Norgay Sherpa with the nearby museum where the cultural highlights of the Sherpa people are showcased.

Then we shall gain a little more higher at Everest view hotel via Syanboche airport at 3800m and descend down to



Namche for a perfect active acclimatization day. Later we stay at local lodge at Namche. It will be approximately 4 to 5 hours of trek.

Day 6: Trek Namche Bazaar to Tengboche [3860 meters/12,665 feet] - 5 to 6 hours

We begin the uniform and easy trail that leads towards the view of Mount Everest and descends deep into the Dudh Koshi Valley at Pungki Thanka. From this point, it ascends the right flank of the Dudh Koshi valley to the Tengboche Monastery (3860m).

It is the spiritual center of the Khumbu. The climb is lengthy but is more than adequately compensated by gorgeous views of Mount Ama Dablam and on a clear day, views of Mount Everest and its surrounding peaks.

Day 7: Trek Tengboche to Dingboche [4410 meters/14,468 feet] – 4-5 hours

Today we 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 we 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.

Day 8: Acclimatization [rest] day in Dingboche – Hike to Nagarjun Hill [5,050m/16,568ft]

This would be your second acclimatization day but we take a hike to Nagarjun peak that requires about 6 hours of trekking to an altitude of 5100m. After breakfast, you begin an upward hike to a hill located on the flanks of the Chhukung valley directly above Dingboche. The main aim is to climb high and sleep low.

The footpath becomes steep at times, resulting in a physically challenging day – ascending the hill could take up to 5 hours at altitude. From this altitude, there are good views of Lobuche East (6119m), Lobuche West (6145m), Taboche Peak (6367m), Thamserku (6608m), Kangtega (6685m) and Ama Dablam (6856m). On a clear day, we could even see Makalu, the world's fifth-highest mountain, including great views of the Pheriche Valley.

After a short rest, we start to descend back to Dingboche – the walk at altitude takes about 2 hours. After lunch you should take a well-deserved rest, afternoon temperatures could drop rapidly as the sun sets over the mountain tops. We will spend a second night in Dingboche.

Day 9: Trek Dingboche to Lobuche [4,940 meters/16,208 feet] – 3-4 hours

Leaving behind Dingboche, we move upwards towards a valley, from the top of which we can see great views of Amadablam at the east and other Himalayas surrounding from all directions. A gradual walk through mostly flat surfaces takes us to the stunning site of Dhugla across a metal bridge.

Dughla is basically a lunch site where we have our Lunch and again ascend steeply towards Lobuche via Chukpo Lari where there are memorials built in the name of those who lost their lives climbing Everest.

Making our way further through rocky trails, we finally arrive at Lobuche, which is also our final destination of the day. It will be an important day tomorrow as we will be heading off towards Everest base camp. With all the excitement, we



stay overnight at one of the local lodges in Lobuche. Today more or less we shall be walking for 4 to 5 hours.

Day 10: Trek Lobuche to Gorakshep [5,164 meters/ 169,42 feet], hike Everest Base Camp [5,364 meter/17,598 feet], and back to Gorekshep [5,164 meters/ 169,42 feet]

After a short ascent through the meadows, we begin to see the Khumbu Glacier. Straight ahead is Kalapattar, the best viewpoint to see Everest and its surrounding peaks. After a few hours of walking, we reach Gorekshep and continue our 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 it. After about 3 hours of walking, we will reach the Everest base camp, and we will enjoy a fantastic view of the Khumbu glacier and the icefall where the Everest expeditions start.

Day 11: Hike Gorak Shep to Kala Patthar [5545m/18,192ft] and back to Lobuche [4940m/16,207ft] – 7 to 8 hours

We hike up to Kalapattar (5545m). It is the best viewpoint to witness Mt. Everest and the spectacular Himalayan range and several other mountain massifs including Cho Oyu, Lhotse, Nuptse, Makalu and more. Witnessing all those panoramas and capturing them in our cameras, we trek back to Gorekshep. Having breakfast there, we hike back to Lobuche and spend overnight there.

Day 12: Trek Lobuche to Lobuche High Camp (5,400m/17,720ft) 3-4 hours

Prior training is not mandatory for Lobuche Peak Climbing but yet we believe that some training experience will boost your confidence and climbing skills. This helps you to increase your chances to scale the summit and enjoy the experience fully.

Pre-Climb Training: Our guides will provide you with training on peak climbing techniques after lunch. They teach you how to use climbing gears such as an ice axe, climbing boots and crampons, harnesses, ascender,s, etc., and how to go up and down using ropes.

Day 13: Climb Lobuche High Camp to Lobuche East Summit [6119m/20,070 ft] and back to High Camp -8 to 10 hours

Beginning early in the morning, we begin our upward hike toward Lobuche Peak. It takes about ten hours to reach the summit and get back to High Camp. We can see the panoramic views of Everest, Lhotse, Nuptse, Ama Dablam, Tawache, Cholatse, Pumori, Changri, and more from the peak.

From the summit, we begin our downward walk gradually following the steps of our climbing leader. Ultimately, we reach High Camp and spend overnight there.

Day 14: Contingency Day in case of bad Weather



An extra day is scheduled for bad weather conditions, altitude problems, and so on. In case we could not summit yesterday, we ascent today. Otherwise, we keep exploring the high camp and there around.

Day 15: Trek High Camp to Pangboche [3930m /12900 ft] – 8 to 9 hours

Today, we hike back to Pangboche. Upon our arrival at Lobuche, we join the trail of classic Everest Base Camp Trek and continue trekking back to our day destination. On the way, we gradually leave the majestic mountain massifs and move towards the valley. Passing several ups and downs, spending around 8-9 hours, we reach at Pangboche and spend overnight there.

Day 16: Trek Pangboche to Namche Bazaar – 4 to 5 hours

From Pangboche, we begin our walk to Namche Bazaar after breakfast. We will see several mountains for the last time today. Saying goodbye to the high pinnacles, we reach at Namche Bazaar and spend our overnight awaiting a big day.

Day 17: Trek Namche Bazaar to Lukla 2,860 metres [9,383 ft]– 6 to 7 hours

This is the last day of our trekking. On this day, we retrace the route back to Lukla from Namche Bazaar. The trail descends through the shades of pine trees. Walking alongside the Dudh Koshi River and crossing the suspension bridges over the river several times, you'll reach Phakding. After Phakding village, the walk is a gentle and enjoyable trail passing a couple of other villages, yak pastures, and cultivated lands through the bank of mighty Dudh Koshi River till you reach Lukla.

Day 18: Fly Lukla to Kathmandu (1,338 m/4,390 ft): 35 minutes flight or Fly Manthali and Drive to Kathmandu

We fly back to Kathmandu today. It is just 35 minutes morning flight from Lukla to Kathmandu. But in busy days, the flight to and from Lukla are rescheduled from Manthali Airport. If so, we fly back to Manthali and drive for 4-5 hours to reach Kathmandu.

In the evening, you will be invited in one of the cultural restaurants for farewell dinner organized by Outward Adventure Treks and Expedition. We will share our experiences there.

Day 19: Final Departure [farewell]

With a lot of memories of the Himalayas, you will leave Nepal today. One of our airport representatives will leave you to the airport at least three hours before your scheduled flight. See you for the next adventure.

Have a safe journey.