Lobuche Peak With Everest Base Camp Trek

DURATION: 17 DAYS

Trip Facts

Group Size 1-10 Persons

Trip Grade Challenging

Accommodation Hotel, Guest House / Tea House, Camping

Max Height 6119 Metres

Start From Kathmandu

End At Kathmandu

Transportation Plane, Car

Duration 17 Days

Meals included Breakfast, Lunch & Dinner Days

Best season:
March - May, September - November

Trip Overview

Lobuche Peak, part of the Everest Base Camp Trek, is a popular trekking peak in Nepal, offering stunning views of various peaks. The trek includes two summits, Lobuche East Peak Climbing (6,145 m) and Lobuche West (6,145 m). The summit is exposed and often covered with moldy ice. The Lobuche Peak with Everest Base Camp Trek is a challenging adventure **that takes 18 to 20 days,** depending on the itinerary and weather conditions. The best time to trek is during the pre-monsoon (spring) from March to May and the post-monsoon (autumn) from September to November. Proper gear, permits, and ethical climbing practices are crucial for a successful expedition. The best time for trekking is during the pre-monsoon (spring) from March to May and the post-monsoon (autumn) from September to November. It's essential to have proper gear and permits and to follow ethical climbing practices for a successful expedition.

Lobuche Peak with Everest Base Camp Trek is a must for experienced climbers seeking a challenging adventure in the Himalayas. The trek to Lobuche Peak offers a unique opportunity to experience the beauty and grandeur of the Himalayas up close. Climbers need to be well-prepared physically and mentally for the high altitudes and challenging terrain. With the right preparation and guidance from experienced Sherpas, reaching the summit of Lobuche Peak can be a truly rewarding and unforgettable experience. For those looking to push their limits and **conquer one of Nepal's iconic peaks**, the Lobuche Peak with Everest Base Camp Trek is an adventure not to be missed.

Trip Itinerary

Day 1 Arrival at Kathmandu (1400 m)

Hotel 1400 m

Our representative will meet you at Tribhuvan International Airport on your arrival schedule. You will be greeted and then transferred to the hotel in the heart of Kathmandu city. Our staff will help you until the check-in procedure ends at Hotel. You can either have a rest at the Hotel or visit our office for collecting additional information about the trip.

Day 2 Fly from Kathmandu to Lukla (2860 m) to Phakding (2610 m)

4 Hrs | Breakfast, Lunch & Dinner | Tea House | Plane, Walking | 2860 m

Today you will be transferred to the domestic airport for an early morning flight from Kathmandu to Lukla. Lukla is the gateway to Khumbu and the entire Everest region. After landing at the airstrip of Lukla, we start our trek by following a trail that gradually ascends as we trek along the left bank of the Dudh Koshi river. Our trek passes through pine forest and beautifully painted Mani walls to arrive at Ghat. From there a mixture of both uphill and downhill trekking will lead us to Phakding.

Day 3 Trek from Phakding to Namche Bazaar (3440 m)

5 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 3440 m

We continue our trekking along the trail with several ups and downs. We will make a stop at the National Park Service where the park entrance fee is collected. As the mountain path zigzags uphill, we emerge at a ridge top rest area that offers excellent views of Everest 8848m and Lhotse 8516m. The climb eases somewhat as the path goes along the dense rhododendron and pine forest to arrive at Namche Bazaar The Sherpa Capital.

Day 4 Rest day at Namche Bazaar For Acclimatization.

Breakfast, Lunch & Dinner | Guest House | 3440 m

In order to avoid any kind of altitude sickness and to ensure successful summit climb of Lobuche Peak we will take a day rest at Namche Bazaar for acclimatization and exploration. Namche Bazaar is an extensive market town where there is always something to see and places to explore. For acclimatization, we can hike up to Khunde Hospital which was set up by Sir Edmund Hillary, or make an hours walk up to Syangboche at 3800 meters for enjoying magnificent views of Everest, Nuptse, Lhotse, Ama Dablam, Thamserku and Kusum Kanguru.

Day 5 Trek from Namche Bazaar to Tengboche (3867 m)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3867 m

After spending a good day rest at Namche Bazaar,we will follow the trail that descends passing through the village of Trashinga. From there, we will make a long climb to reach Tyangboche. The first part of the climb is very steep, however, the climb eases as we trek through densely forested area until we arrive at the stone gate built by lamas which marks our entry into Tyangboche.

Day 6 Trek from Tengboche to Dingboche (4260 m)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 4260 m

From Tyangboche we will gradually climb up the mountain path, enjoying the best views of Ama Dablam and Kantega as they appear on the opposite bank. We continue our uphill trekking that passes through several chortens, the upper path passes Pangboche and the lower path to Pangboche Olin with its stone wall-enclosed with potato fields. Our trail climbs slowly towards a big Mani Stupa. From there our trail is a fairly moderate trek all the way to Dingboche.

Day 7 Trek from Dingboche to Lobuche (4930 m)

5 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 4930 m

Leaving Dingboche, our trail is a downhill trekking towards Pheriche village. After about two hours of trekking from Pheriche, we will arrive at Dugla at 4,595 meters with a small wooden bridge over the river of the Khumbu glacier. We will stop at Dugla for lunch before continuing our uphill trekking for about an hour. During our trek, we will have magnificent views of Mt. Pumori and other high peaks west of Everest. We continue our trek until we arrive at Lobuche. [if you seek for more challenging route you can have trek from Dingboche to Lobuche through Kongma La Pass(5535m). Kongma La Pass one of high altitude pass in Everest Region.]

Day 8 Trek from Lobuche to Gorak Shep (5180 m)

7 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 5180 m

From Lobuche, our trek continues following the rocky moraine path with good views of glacial ponds and icebergs down below the Khumbu Glacier. After ascending the last of the rocky moraine dunes, we will trek a short downhill to arrive at Gorakshep. Gorakshep is a flat field below Kala Patthar 5545m and is the last stop with comfy teahouses. From Gorakshep we will follow the trail that winds through a rocky path and the Khumbu glacier towards Everest Base Camp. We will spend short time at the Everest Base Camp and then retrace our steps back to Gorakshep for our overnight stay.

Day 9 Trek from Gorak Shep to Kala Patthar (5545 m) to Lobuche

7 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 5545 m

Today we will accomplish an early morning hike to Kala Patthar at 5,545 meters for enjoying the magnificent and up-close sunrise view over Mt Everest 8848 meters, Mt Lhotse 8516 meters, Mt Makalu 8481 meters, Mt Cho Oyu 8201 meters and other surrounding peaks. After spending quality time at Kala Patthar we will retrace our steps back to Gorakshep. After having lunch at Gorakshep, we will retrace our steps and follow the same trail that heads back to Lobuche.

Day 10 Trek from Lobuche to Lobuche Peak Base Camp (4950 m)

2 Hrs | Breakfast, Lunch & Dinner | Camping | Walking | 4950 m

Today is a rather short and easy day of trekking. We will spend some time in Lobuche before following an easy trail that leads to Lobuche Peak Base Camp. Once we arrive at the base camp our Sherpa crew will set up the camp and make necessary preparations for setting up additional camps at higher altitudes. Since it is a short day of trekking we will have enough time to rest, much needed for further climb to higher altitudes and for the main summit climb of Lobuche Peak.

Day 11 Trek from Lobuche Base Camp to High Camp (5400 m)

4 Hrs | Breakfast, Lunch & Dinner | Camping | Walking | 5400 m

Leaving the base camp we will follow a narrow trail that is often snow covered and icy. We may have to make use of ropes and crampons during our climbing trek today. Our ascend journey can be very tiring, so resting every now and then helps in restoring energy. We will reach a good campsite at 5400 meters, our Sherpa crew will quickly set up the camp and make final checks on our climbing gears and our health conditions before the main summit climb of Lobuche Peak, the following day.

Day 12 Summit Lobuche Peak (6119 m)

8 Hrs | Breakfast, Lunch & Dinner | Camping | Walking | 6119 m

Today is the day we all have been desperately waiting for. Fully acclimatized and properly equipped with all the climbing gears, we start early with the aim to reach the summit before noon as the strong winds after midday can create obstacles in reaching the summit. Following the footsteps and instructions of our experienced climbing experts we will climb up the south ridge overcoming several technical sections and head towards the summit. Our tiring climb to the summit is rewarded with magnificent views of Everest,Lhotse, Makalu,Nuptse, Pumori,Ama Dablam and other surrounding high peaks. We will spend short quality time at the summit before descending down following the same route and head back to reach the base camp.

Day 13 Trek from Base Camp to Pangboche (3930 m)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3930 m

After successfully achieving the Lobuche Peak summit, we will follow the trail that passes through cairns and memorials that have been erected in the memory of climbers who lost their lives when climbing Mount Everest. Our trail is a gradual descend journey passing through Pheriche and then continue trekking until we arrive at Pangboche for our overnight stay.

Day 14 Trek from Pangboche to Namche Bazaar

6 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 3440 m

From Pangboche, our trail is mostly downhill trekking towards Deboche. From there we will gradually climb to reach Tyangboche. We trek on a leveled path for a while before descending down to Phungi Thanga. We will climb for a while passing through Kyangjuma and from there it is a pleasant walk all the way back to the Sherpa Capital Namche Bazaar.

Day 15 Trek from Namche Bazaar to Lukla

7 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 2860 m

The last day of our Lobuche Peak with Everest Base Camp Trek, leads from Namche Bazaar via Monjo to Lukla. We will descend passing through dense forested area filled with rhododendron, oak and pine trees. Our trek is a pleasant walk, except for few short uphill climbs and then down to the Bhote Koshi River crossing it three times. We will make a final uphill climb of approximately about forty-five minutes will bring us back to Lukla.

Day 16 Fly from Lukla back to Kathmandu

35 min | Breakfast | Hotel | Plane | 1400 m

After breakfast, we will take an early morning flight from Lukla and fly back to Kathmandu. You would surely like to see as much of Kathmandu as possible.

Day 17 Transfer to International Airport for Departure

Car

Our Airport Representative will drop you at the International Airport as per your flight schedule.

Cost Includes

- Airport picks up and drops off, upon arrival and departure in Kathmandu (International and domestic both).
- Lobuche East Peak climbing permit fee.
- Sagarmatha National Park entrance fee.
- Food during the trek and climb (full board with breakfast, lunch, and dinner with tea/coffee and seasonal fresh fruits).
- All guesthouse accommodation during the trekking period and North Face.
- High altitude climbing leader (Sherpa guide) licensed by the Nepal Mountaineering Association (NMA)
- Well experienced English-speaking assistant guide if the group size exceeds 5+ persons.
- Group climbing equipment including ropes, ice screws, snow bars, harness, carbine, eight-figure, etc.
- Domestic flight Kathmandu - Lukla - Kathmandu for guest and guide inclusive with all taxes and transfers.
- Satellite phone.
- Sleeping bags and down jackets for the trek (should be refunded after the trek
- Worst case, help with all rescue and evacuation arrangements.

- First aid medical kit, Oximeter to check pulse, heart rate, and oxygen saturation at higher altitude.
- All applicable taxes as per the government rules and regulations.
- All organizational requirements.

Cost Excludes

- Nepal visa (USD 25 for 15 days and USD 40 for 30 days).
- Your international flight to and from Nepal.
- Travel insurance (for helicopter evacuation if needed whilst trekking/climbing).
- Hotels in Kathmandu.
- Porters to carry luggage (you can add a porter when booking).
- Personal expenses such as laundry, telephone, internet/e-mail, etc.
- Bar and beverage bills.
- Excess baggage charges (if you have more than 10 kg of luggage, a cargo charge is around $1.5 per kg)
- Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
- Lunch and evening meals in Kathmandu (and also in the case of early return from the mountain than the scheduled itinerary)
- Optional trips and sightseeing if extended
- Personal climbing equipment
- Personal climbing guide if requested
- Tips for guide, porter, driver.

Trip Map