Lobuche East Peak climbing- 18 days



Trip Facts

Cost $ (USD):	Duration:	Elevation:	Per Day Hiking:	Accomodation:	Trip Grade:
2190	18 Days	6,119m	6-7 hours	Hotel, Lodge & Tent	Hard
	Group Size:				
	2-10 max				

Overview

Lobuche east peak climbing is a technical peak climb in the Khumjung region of Nepal. This peak stands at an elevation of 6119 meters that gives overwhelming views of Mt. Makalu 8163m, Mt. Cho Oyu 8201m, Mt. Everest 8848m, Mt. Lhotse 8516m.

To reach Lobuche east peak you have to follow the Everest base camp trek route along the Sherpa villages after entering Sherpa capital called Namche Bazaar. It follows the paths of the flowing Dudh Koshi River and settlements at Thyangboche, Dingboche and with the views of Monasteries. Traversing down the vast plains stone houses and horse trails to the craggy mountain terrains you reach Lobuche from Thukla. The flat easy trails take you to Gorak Shep and stunning Everest view from Kala Patthar.

Gorak Shep is the closest campsite to Everest Base Camp. From here the subsequent trails involves rocky dunes and moraines and reaches towards Khumbu glacier and the walk on the rocky moraines leads to Lobuche base camp.

The summit climb is slightly technical but the view from above is overwhelming with Mt. Everest 8848m, Lhotse 8501m, Ama Dablam (6856m), Makalu (8463m) , Chamlang and Baruntse.

Finaly, the path winds down to lower altitude past Pangboche and Tengboche along Imjatse River and downhill of Dudhkoshi River to reach Lukla and catch a flight home with another flight from Kathmandu. Best seasons for peak climbing are March to May and September to November.

If you have already done Lobuche east peak climbing,then we some top for youu;

Wondrous Island peak climbing & Marvelous Mera peak climbing might be your next favorite peak climbing in Nepal.

Trip Highlight

It takes you more then 6000m hight at Himalaya

Amazing view of Everest,Lhotse ,Nupthse ,Amadablam and pumari

Unforgettable hike through Everest region by exploring Sherpa culture ,lifestyle,tredaction etc

Itinerary

Day: 01 Arrival in Kathmandu

After your arrival at Tribhuwan International Airport in Kathmandu, you will be warmly greeted by guide or our office representative and transferred to the hotel. Then you will have brief orientation or presentation about your respective trek. After all you will go for a stroll down the street to get familiar with the neighborhood, have supper and go to bed. This is your first overnight in the valley of temples, varieties of ethics and their cultures, different test of delicious food and mystery of history ,within circle of green hill probably the most in the world. Overnight at Hotel.

Accommodation: 3-star hotel
Meals: No
Duration: 1 dayDay

Day: 02 Sightseeing around Kathmandu

Kathmandu,Bhaktapur and lalitpur are historical and cultural heart of Nepal, incircile by name of kathmandu valley. which are popular destination for tourists, trekkers and other types of adventure seekers. The city is a marvelous amalgamation of Hinduism, Tibetan Buddhism, and Western cultures and influences. These cities have a rich historical, cultural and religious legacy which is reflected in the many temples, monuments, and artifacts that they contain. We will provide you a half-day guided tour of Kathmandu and Bhaktapur cities. In Kathmandu, you will be visiting Pashupatinath, the most famous and revered Hindu shrine in the country; Boudhanath, the largest Buddhist

stupa in Nepal, Soyambhunath, which contains both Buddhist and Hindu shrines and stands as testimony to the religious harmony that exists in the country; and the 15th-century 55-window palace in Bhaktapur.
Checking the climbing equipment's, and discussing the climb with the climbing/trekking guides. Overnight at Hotel.

Accommodation: 3-star hotel
Meals: Lunch
Duration: 1 dayDay

Day: 03 Fly to Lukla and then trek to Phakding

Today a short forty minutes flight brings you to Lukla airport. Then you will be introduced to guide and porter and walk alongside Dudhkoshi river and reach Phakding village. Overnight in Phakding.

Accommodation: Lodge
Meals: B/L/D
Duration: 4-5 hours Days

Day: 04 Phakding to Namche Bazaar

After a breakfast at Phakding, we set out for the mountain junction town of Namche; we cross and re-cross the river on high airy suspension bridges. Monjo is the entrance to the Sagarmatha National Park which is set-up to protect and preserve the fragile mountain environment. We then take a steep hike to Namche. If the weather is clear, we get the first glimpse of Mt Everest in your eyes and camare. Namche is the main trading village in the Khumbu and has a busy Saturday market – a meeting place for the Hindu traders from the lowlands and the Tibetan yak caravans that have crossed the glaciated Nangpa La. Namche is the gateway to the Khumbu. Overnight in Namche Bazer.

Accommodation: Lodge
Meals: B/L/D
Duration: 5-6 hours Days

Day: 05 Acclimatization day in Namche Bazer

Namche is one of the beautiful as well surprising place by its geographical situation and spectacular view of many mountains .In this day you will get chance to buy their requirements for trekking in many shops including those tibeaten shops. For acclimatization you walk up to Khumjung where you can visit a monastery. You can also enjoy the splendid views of Everest, Ama Dablam, Thamserku, Nuptse, Lhotse, Tawoche, and Kwangde and so on. Or you can take an hour's walk up to Syangboche (3,800m) where Everest View Hotel is situated above Namche for an outstanding view of Everest, Nuptse, Lhotse, Ama Dablam, Thamserku and Kusum Kangaru.This acclimatizaction day is special to be prepare to go high altitude next in Tyngboche(3,867m). Overnight in Namche Bazer.

Accommodation: Lodge
Meals: B/L/D
Duration: 1 dayDay

Day: 06 Namche to Tengboche

After breakfast in Namche, we head towards Tengboche enjoying the superb view of Mt. Everest, Nuptse, Lhotse, Ama Dablam and close up view of Thamserku. Our trek follows on the gradual trail with few ups and downs overlooking magnificent view of the great Himalaya. Along the way, we can spot wild lives like pheasant, musk deer, or a herd of Himalayan Thar. The trail goes gradually down up to Kyangjuma. The path eventually reaches Sanasa which is the major trail junction to Gokyo valley and Everest Base Camp. The track then follows through the pine forests and after we cross the prayer flags festooned bridge over Dudh Kosi River, we reach Phunki Tenga, a small settlement with a couple of teahouses. After having a relaxed lunch at Phunki Tenga we then have a little tough climb steep up through the pine forests while before we reach Tengboche. Tengboche is a great place for close up views of Ama-Dablam, Nuptse, and Everest and it has the biggest Buddhist Monastery all over in the Khumbu region. Overnight in Tengboche.

Accommodation: Lodge
Meals: B/L/D
Duration: 5-6 hours Days

Day: 07 Tengboche to Dingboche

Afrer having breakfast in a beautifu place Tyangboche we head towards Dingboche by following Dud kosi river and those beautiful villages including Pangboche Monestry.Dingboche offers us magnificient views of Ama Dablam just infront of as attractive Chukkung ,Island peaks and many other mountains. Besides, this section also offers close view of sacred monasteries, interaction with the hardworking Sherpa people, singing sounds of birds, big rocks along the trail and avalanche falling sound give a memorable experience for every one this place is also a beautiful patchwork of fields enclosed by stone walls protecting the crops of barley, buckwheat and potatoes from the cold winds and grazing animals. Overnight in Dingboche.

Accommodation: Lodge
Meals: B/L/D
Duration: 5-6 hours Days

Day: 08 Acclimatization at Dingboche

Rest day at Dingboche (4,260m) for acclimatization. There are some breathtaking views of the North face of Ama Dablam and the Lhotse-Nuptse ridge as you explore this beautiful valley that leads up to Island Peak. The walk is short with a good chance to relax in the afternoon. Another option is to hike up to Chhukum, where you can enjoy the panoramic view of Island peak, Ama Dablam, Makalu, Tawoche peak and others. Overnight in Dingboche.

Accommodation: Lodge
Meals: B/L/D
Duration: 1 dayDay

Day: 09 Dingboche to Lobuche

Trek from Dingboche to Lobuche (4930m.) takes about five and half hours. The onward journey leads north for up to 50-minutes until you come to a Mani-prayer Stupa. The trail follows a downward path to Pheriche village. Today's walk offers views of the Mt.Tawache, Ama Dablam and to the north-Pokalde (5741m), Kongma-tse (5820m) and the great wall of Nuptse. After two hours walk, the trail from Pheriche joins near Dugla (4595m) before a small wooden bridge over the river of Khumbu glacier. Overnight in Lobuche base camp.

Accommodation: Tent
Meals: B/L/D
Duration: 5-6 hours Days

Day: 10 Lobuche Base Camp to High Camp

The morning starts with gentle climb up to the high camp of Lobuche through the rocky moraine path to the Lobuche high camp. Overnight in high camp.

Accommodation: Tent
Meals: B/L/D
Duration: 3-4 hours Days

Day: 11 Summit to Lobuche east (6,119m) and back to Base Camp,- 10 hours

Summit to Lobuche West (6145 m.) and back to Base Camp which takes about ten hours. At the summit you will catch panoramic views of Everest, Lhotse, Nuptse, Ama Dablam, Tawoche, Chola Tse, Pumori, Changri etc. Overnight in Base camp.

Accommodation: Tent
Meals: B/L/D
Duration: 10- 11 hours Days

Day: 12 Lobuche Base Camp to Pheriche

Trek from Lobuche Base Camp to Pheriche which takes about five hours. You trek all the way downhill passing Dugla. The spectacular views of Chola Tse, Tawoche, Ama Dablam, Pokalde, Thamserku, Kangtega and many more compensates you tiredness. Overnight in Pheriche.

Accommodation: Lodge
Meals: B/L/D
Duration: 5-6 hours Days

Day: 13 Pheriche to Tengboche,

Trek from Dingboche to Tyangboche and it takes about four hours. You trek gradual descent path till Deboche and from there by walking over ascent path for twenty minutes you reach destination. This day you are utterly enchanted by the spectacular views of Ama Dablam, Lhotse, Everest, Thamserku, Kangtega, and Lobuche and so on.

En route you pass villages such as Pangboche and Shomare. Overnight in Tengboche.

Accommodation: Lodge
Meals: B/L/D
Duration: 4-5 hours Days

Day: 14 Tengboche to Namche bazaar

We continue to follow the river and, after crossing it, climb back up through birch and rhododendron forest to the famous monastery at Thyangboche. The views from here are splendid and Kwangde, Tawache, Everest, Nuptse, Lhotse, Ama Dablam, Kantega and Thamserku are just a few of the Himalayan giants to be seen. Then we descend to the bridge over the Dudh Kosi at Phunki Tenga, where there are water driven prayer wheels, before making our way back to the shining lights of hustling Namche for a great hot water bath. Overnight in Namche bazer.

Accommodation: Lodge
Meals: B/L/D
Duration: 4-5 hours Days

Day: 15 Namche Bazaar to Lukla

This is our final day's trekking follows the Dudh Kosi back down to Lukla. This last evening in the mountains is the ideal opportunity for a farewell party with the Sherpa guides and porters, where we can sample some 'Chhang' (local mountain beer – a favorite drink on the mountains brewed from fermented rice), we do a jig to some Sherpa dancing, enjoy a special meal and reflect back on a memorable trekking experience. Overnight in Lukla.

Accommodation: Lodge
Meals: B/L/D
Duration: 6-7 hours Days

Day: 16 Fly back to Kathmandu and transfer to your hotel,- 35 min.

Most flights from Lukla to Kathmandu are schedule early morning to avoid the strong winds. It's a scenic flight from Lukla to Kathmandu for about forty-five minutes. We touch down at Kathmandu and transferred to our hotel. But please note, sometimes the flight can be delayed or canceled in the mountain regions of this type due to inclement weather and other unpredictable reasons beyond our control. Our guests are expected to be patient. Overnight at Hotel.

Accommodation: Hotel
Meals: B/D
Duration: 35 min. Days

Day: 17 Departure day

After breakfast and our last day in Kathmandu, our vehicle and escorts will be on standby to drop you to the international airport three hours before our scheduled flight back home. We pray for your Safe journey and will

reflect on the wonderful times we spent together. We hope to see you again someday. Namaste!

What are included?

Airport pickups and drops in a private vehicle

Hotel accommodations in Kathmandu with breakfast

Tea-house accommodation during the trek

Tented accommodation for climbing

All meals (breakfast, lunch and dinner) during the trek and climb

Welcome and farewell dinners

Two way flight from Kathmandu to Lukla

English speaking and experienced trekking guide(leader), climbing guide (leader) and assistant guides.

Porter service (2 trekkers: 1 porter)

All personal expenses of trekking staffs including their salary, insurance, equipment, domestic airfare, food and accommodation

Down jacket (to be returned after trip completion)

A-one duffel bag, t-shirt and trekking maps

All necessary paperwork; trekking permits and Lobuche Peak climbing permit

Good quality tents and kitchen utensils for camping
Climbing gears

Medical kit (carried by your guide)

All government and local taxes, service charges, VAT

What are Not included?

Nepalese visa fee

International airfare to and from Kathmandu

Excess baggage charges

Extra night accommodation in Kathmandu because of early arrival, late departure

Oxygen Cylinders

Lunch and evening meals in Kathmandu.

Travel and rescue insurance

Personal expenses (phone calls, internet, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)

Personal climbing equipment

Personal climbing guide

Tips for guides and porters.