



Trip: Lobuche Peak Climbing

Url: <https://www.megaadventuresintl.com/trip/lobuche-peak-climbing/>

## Overview

Mega Adventures International offers Lobuche Peak with acclimatize trip to Everest Base Camp. If you are looking for climbing less crowded Peak than Island Peak, Then the best option would be Lobuche Peak with an ample experience and taste of Ice Climbing. Lobuche Peak offers spectacular view of High Himalaya ranges of Khumbu Valley including Everest, Lhotse, Amadablam, Makalu etc. Lobuche Peak lies close to Khumbu Glacier in Everest Region, offers an attractive climb summit. There are two distinct peaks, Lobuche East and Lobuche West.

Although they are associated by a continuous ridge, there is a sharp gap and a much distance between two peaks. The true Lobuche Peak East is quite prominent and is reached by downward into a marked cut off and climbing step snow/ice slopes to the top. The lobuche peaks have been achieved by several climbers. Lobuche East and Lobuche West were first climbed by Laurence Nielson and Ang Gyalzen Sherpa on April 25, 1984. Now Lobuche Peak is taken as a acclimatize trip to Mt. Everest Expedition.

**Arrival City** Kathmandu

**Departure City** Kathmandu

**Price Per Person**

\$2,600.00

**Duration** 20

days

**Trekking Days** 14

days

**Difficulty** Easy-Medium

**Max Elevation** 6119m/20075ft

**Primary Activities**

Trekking, Climbing & Sightseeing

**Best Season** March, April, May, September, October & November

**Means of Transport** Car/Haice/Flight

**Trip Route**

Lukla- Namche- Dingboche- EBC- Lobuche High Camp- Summit

## Includes

- All necessary airport arrival departure as per the itinerary.
- Hotel in Kathmandu for 4 nights including breakfast.
- Transportation for, full day sightseeing in Kathmandu.
- Entry fee during sightseeing in Kathmandu.
- Professional English speaking tour guide and his/her salary.
- Flight fare from Kathmandu – Lukla- Kathmandu for members.
- Flight fare from Kathmandu- Lukla- Kathmandu for guides.
- Everest National Park entrance fees.
- Tea house trek including food and accommodation in Tents.
- Climbing Guide, porters and necessary staffs during the trek.
- Lobuche Peak climbing Permit fee.
- Food, Tents and Kitchen equipment for climbing period.
- Boiled water, tea and coffee.
- Group climbing equipment such as rope, ice screws, snow pickets, etc...
- Climbing Guide, his equipment allowance and salary.
- Additional porters for carrying climbing gears.
- Salary and Insurance for all Nepali staffs.
- Farewell dinner.

- Insurance for Nepali staffs.
- First aid kit.

## Excludes

- Meals in Kathmandu (except welcome and farewell dinner).
- Entrance tickets during city tour.
- Beverages and alcoholic drinks on trek.
- Personal climbing equipment.
- All personal expenses.
- Personal medical and evacuation insurance.
- All other additional charges for additional services.

## Itinerary

- Days 01 – Arrival in Kathmandu  
Mega Adventures representative will be at airport to pick up you to the Hotel. Short briefing at hotel. You will have welcome dinner in the evening.

- Days 02 – Sightseeing and preparation day  
In the morning after having breakfast we begin tour around Kathmandu with professional English speaking guide. During the day you will cover some of the historical and religious, world heritage sites;

**Swoyambhunath** –“the Self Existing One’. The oldest Buddhist stupa of Nepal situated in the small hill, from where you can see the nice view of Kathmandu valley. Historian believes that it is the oldest history of Kathmandu. No sooner you enter the periphery of Swoyambhunath you will see the monks, chanting religious words and monkeys chattering and hanging around the different temple and trees. It is also known as monkey temple, especially given by the tourist.

**Bouddha nath Stupa:** the ancient stupa of Boudhnath is one of the biggest Buddhist stupa of Nepal, situated in the northern part of Kathmandu valley, which is one of the trading routes of Nepal with Tibet in ancient time. Tibetan merchants used to take rest and offers praying in this place during their trading time. Later when Tibetan refugees enter Nepal in 1950s, most of them decided to stay around the same place. Even now most of the monk in Boudhanath is from Tibet. Around the stupa you can see some Buddhist painting school of traditional paints “Thanka”.

**Pashupatinath Temple:** Pashupatinath the national deity of Nepal is one of the most significant Hindu temples of Lord Shiva in the world, located on the banks of the Bagmati River in the eastern part of Kathmandu. The word Pashupatinath is derived from three Sanskrit words: “pashu” means organism, “pati” means protector, and “nath” means Lord. Hence in hindu mythology Pashupatinath means protector and Lord of all living things. The bank of Bagmati River is the cremation centre of Hindu dead body. Where you can see the cremation process of hindu people. Beside this you can see the color full sadhu ‘the holy devotee of Lord Shiva’ around the periphery of temple. After sightseeing, final preparation for trekking. Trekking guide will meet you and give the final instruction for next day.

- Days 03 – Fly to Lukla trek to Phakding – 30 minutes flight and 2 Hours to 2:30 Hours walk  
Early in the morning you have to wake up for the flight to Lukla via twin otter. You can see panoramic Mountain View by aircraft. In Lukla we meet our Sherpa staff and Yaks for baggage and then begin our first day trekking to Phakding located near to the river Dudhkoshi (white like Milk).
- Days 04 – Phakding to Namche – 6 Hours approx.

We continue walking along the bank of Dudh Koshi River, passing small villages and many suspension bridges. We walk real uphill slowly to reach to Namche. Namche is the administrative center of Khumbu region. It is a marketplace for the people of Khumbu and also for trekkers to buy equipments. We stay overnight in Namche.

- Day 05: Namche – Acclimatization day- Hike to Khumjung (3780m/12401ft) and back down to Namche.

This specific day help you adjust with the local climate. Hiking up to Khumjung and coming down back to Namche will help you to adjust thin air and is helpful to avoid altitude sickness. Visit Namche Musum, climb up to Everest view Lodge via syanboche airport. You will see magnificent view of Mt. Amadablam, Mt. Everest, Mt. Lhotse and many more mountains. Slightly descend down to Khumjung valley and visit Sir Edmund Hillary's school and hospital at Khumjung and walk down to Namche.

- Day 06: Trek to Tengboche (3860m/12664ft) – around 4-5 hours walking. Lunch@ Phunki Thenga.

After Breakfast start trek to Tengboche. Trail goes through sloppy hill, crossing different mani walls, chortens, pine and junipers trees. Recharge your energy in Phungi Thenga, and start slowly climbing up. Continue ascent up to Tengboche inside the rhododendron forest. On the way you will feel as if you are playing hide and seek game with different peaks.

- Day 07: Trek to Dingboche (4410m/14468ft). Around 4 hrs walking. Lunch @ Somare.

As usual trek start after your breakfast. First the trail gradually descent down to Deboche through the forest of birches conifers and rhododendron. The continuing path inside the forest leads you to Imja Khola, cross the steel bridge and continues walking up hill towards Pangboche Crossing different stupa along the route. Take your lunch in Somare and continue waling to Dingboche. Dingboche the beautiful village with magnificent views. You can see Island Peak, Makalu and another face Amadablam.

- Day 08: Acclimatization- Hike to Nagakarsang (5616m/18425ft) and back to Dingboche.

Acclimatization in Dingboche is mandatory for every trekker as like in Namche. After breakfast, slowly start to scale the Nagakarsang Hill. The view is magnificent form the hill. You can see different glacial lake and some of the best view from Nagakarsang. You can also see the Makalu (8463m) fifth highest mountain of the world. After hiking 2-3 hours you can back down to Dingboche. In the evening explore the Dingboche village.

- Day 09: Trek to Lobuche(4910m/16108ft). Lunch @ Dukla- Around 5 hours walking.

This 5 hours walking is one of the tough walking for trekkers. The route goes just above the town of Pheriche. First half of the route is easy to walk. Cross small glacial stream and take your lunch in Dukla. The trail is directly up from Dukla for about one hour but the magnificent view of Cholatse, Lobuche, Pumori and Nuptse gives you more pleasure. At the top of the ridge you can see the memorials of climbers who lose their life in mountains. Continue walking towards Lobuche, the perfect peak Pumori (7165m) soars into view with whistling air, makes you feel cooler. When you are in lobuche you will feel completely different.

- Day 10: Trek to Gorakshep (5140/16863ft) to Everest Base camp (5363m/17595ft) and back to Gorakshep.

Around 6 hours after breakfast start to walk towards Gorakshep the trail goes through the narrow gap between the glacial moraine and the mountain wall. Gorakshep is the last point where tea house are available. Put your luggage in Goreakshep, take your lunch and start to walk towards Everest Base Camp. It took around 2 hours to reach Base camp. Spend few minutes in base camp and back to Gorakshep.

- Day 11: Early in the morning climb Kalapathar (5550m/18208ft) and back Lobuche.

Early in the morning fill up your water bottle and process towards Kalapathar. The way

is straight line up above the Gorakshep along the grassy ridge. With the help of your torch light move continually towards the summit. The more you go up the more you feel cooler. Views are fantastic and breathtaking from the top. It takes around 2 hrs to reach the top. After spending few minutes at the top, the chilling atmospheres push you back down to Gorakshep. Take your breakfast and process Lobuche.

- Day 12: Trek Lobuche to Lobuche peak High Camp (5200m/1760ft): Around 4 hours.  
After breakfast slowly start to trek towards Lobuche Peak Base Camp. Within 2 hours you will be in Base Camp and continue trek to High Camp. Trial up to Base Camp is flat then Zigzagging ascent in moraine up to high camp. Climbing guide will again re-check your gear and give you basic training about climbing, how to use your climbing gear and so on. Overnight in tented Camp.
- Day 13: Summit (6119m/20075ft) and back to High Camp: 12 hours walking  
Today is your Summit day. Start around 2:00 am in the morning. Your climber guide will give you wake up call, serve tea and some high food after then gear up and ready to move. Your guide will let you know from where you have to use your climbing gear. Within 6-7 hours you will be in Summit (depend on conditions). After spending half an hour in summit climbing down to High Camp. It takes around 5 hours to come down/
- Day 14: Extra day for Summit  
Only in case of bad weather
- Day 15: Trek down to Pheriche (4270m/14009ft) Lunch @ Dukla: 4 hours walking
- Day 16: Trek down to Namche: Lunch @ Tengboche- 5 hours Waling
- Day 17: Trek to Lukla: Lunch @ Phakding: 6-7 hours walking
- Days 19 – Fly to Kathmandu 30 minutes flight  
Today we leave Lukla and fly to Kathmandu. Our staff will be at airport to pick up you to the hotel.
- Days 20 – Rest Day  
It is our rest day in Kathmandu. You can walk around Thamel in the early evening. It is the main tourist attraction where you can have various options to buy. It seems restful to walk around Thamel. We will have farewell dinner at Typical Nepali restaurant.
- Days 21 – Departure  
Final Departure to your country. Our staff will be at hotel to help you to the airport and give you Khada, for good luck.

## Testimonials

### Time of my life

If you are thinking about going to Nepal for trekking/mountaineering in the Himalayas or elsewhere or would like to do any other activity in this amazing country I strongly recommend you to contact the incredible, professional, kind, fantastic people who runs **Mega Adventures International**.

Not only did they do my last trip, a four week trip spending three weeks in the mountains including summiting Lobuche East Peak, to the best experience ever...they were the ones so selflessly taking care of me when I got sick last time in Nepal (they were not the arranging agency at that time).

♥

– Åsa E, Stockholm, Sweden

## Excellent Company

I had a trip with this great company 5 years ago. They are a very professional group, with great contact's to ensure an amazing experience. This is a photo I captured while climbing Lobuche East peak.



– Andrew L, Sweden

## Excellent Logistic Support

As a research scientist working in the Khumbu Himal, I have been using **Mega Adventures'** logistics support over the past year (2013/14). My experience is not a typical trekker's one, as I need to obtain research permits and hire field help (Sherpa assistance). **Mega** went above and beyond to assist me in these regards, at a decent cost. A couple of times, when I feared being stranded in the mountains due to weather, they assisted with flight changes and helicopter hires, which helped ease the stress of attempting to do that on my own. The porters they have hired for me have always behaved professionally – without them, there is no way I could have transported all my scientific gear to the mountains. The Sherpa help, in regards to the science and climbing aspects of my work, have led to successful field seasons over the past few months. I am truly grateful for their assistance this year, for making my time in Nepal memorable, and my work in the mountains, fruitful.

– uly\_himal "Ulyana Nadia Horodyskyj", Boulder, Colorado