

Overview

Among the Khumbu peaks, Lobuche Peak(6119m/20,070 ft) occupies a privileged place: sumptuous balcony on Pumori, Everest, Lhotse and Makalu. This ascension, a same Island Peak level puts within reach of many climbers. Succession of snow and ice slopes of 45 °, small rocky ledge, and finally a sumptuous summit ridge. Ignored the crowds, well detached from all other vertices, it will satisfy the most demanding Himalayas trip. Lobuche East Peak Climbing: to get carried away by the euphoria on. Ascension Summit (s) requiring the mastery of basic skills of mountaineering, especially the ax.

Level 5 (average) walk from 6 to 7 hours per day or off-trail on rough terrain and / or more than 1,000 meters of elevation gain and / or 20 kilometers. Requires a basic knowledge of technical mountaineering

Lobuche Peak Climbing is not technically difficult. However, it requires a good physical condition and a bivouac at 5,100 meters is required. The final slope is inclined at about 40-45 ° to 400 meters. It must be able to cling to the uphill and downhill slopes in about 45 °, i.e. use a chute, walk roped know, how to use a jumar, namely self-insure and ensure a second, etc.

Itinerary Details

Day 01 : Arrival Kathmandu (1300m/ 4264 Ft)

At Kathmandu international Airport, After Visa formalities complete, we have to come downstairs to collect Luggage and proceed to outside from terminal Building. Please check our Company Name board, Our Guide will be waiting with Guide Nepal Holidays display board at the arrival gate. Upon our arrival at Kathmandu international airport, we will be warmly welcome by our Airport representative guide with Silk scarves as per Sherpa customs. You will be transfer to hotel by Private Vehicle. Check in at Hotel, free welcome drinks tea/coffee or any cold drinks/Juices. Company Manager will meet you as per your prefer time & will provide detailed Plans and Briefing about the trip. At the Evening we will offer you welcome dinner at best authentic Nepali restaurant where you can enjoy the best Nepali food and cultural show. Dinner included overnight stay at best hotel in the Kathmandu.

Day 02 : Kathmandu: Sightseeing And Trek Preparation

After Breakfast your day will start for sightseeing tour of 4 Popular UNESCO Heritage sites of Kathmandu Valley. Our first destination is Swoyambhunath. This place offers a majestic view of the entire Kathmandu valley. Stupa of Swoyambhunath epitomizes Buddhism. Your guide will enlighten you with detailed historical and cultural information about the place. After this you will visit Living goddess home and Kathmandu Durbar square. Locally this, Old royal palace area is called Basantapur Area or Hanuman dhoka Durbar Square. Our next sightseeing will be at Buddha nath (the biggest & Largest Buddhist Stupa in the World). In this Area, you will visit Buddhist Monastery and stop for lunch Break. If weather is clear you can see nearest Mountain of Kathmandu- Ganesh

Day 03 : Flight To Lukla And Trek To Phakding (2,652m /8,700ft)- Lodge (B, L, D)

Estimated time: 3-4 hours estimated height gain: ~1,352m/ 4,436ft Early morning you will be picked up by your guide to go to the Kathmandu airport, from where we will take the airplane to Lukla, which will take us about 30 minutes of flight time. At Lukla we will be meet our porters and will head north from the airstrip to Chablung (2700m). Here we will cross the Tharo Kosi river on a local-style suspension bridge. Just past the bridge we can see the peak of Kusum Kangru (6367m), which is the most difficult of the so-called "trekking peaks". Beyond the Tharo Kosi the trail climbs a bit towards Ghat (2590m), we will cross a ridge marked with painted mani stones and climb to Phakding. All Meals included. Overnight at best Lodge accommodation.

Day 04 : Trek To Namche Bazzar (3,440m/ 11,280ft)- Lodge (B, L, D)

Estimated time: 6-7 hours estimated height gain: ~7,88m/ 2,580ft From Phakding we follow the valley of the Dudh Kosi river, staying on the west bank of the river. We climb steeply over a rocky ridge towards Benkar (2710m). From here the trail continues alongside the river. All along this part of the trail, villages are interspersed with magnificent forests of rhododendron, magnolia and giant firs. In both the early autumn and late spring, the flowers on this portion of the trek make it a beautiful walk. We cross the Kyashar Khola river and climb out of the valley to Monjo (2840m). Just beyond Monjo the trek enters the Sagarmatha (Everest) National Park, which was established in 1976 to protect a 1148 sq km area surrounding Mt Everest. Beyond the national park entrance station, the trail makes a steep rocky descent and crosses the Dhud Kosi river on a 120m-long suspension bridge towards Jorsale (2830m). After crossing this river a few times while climbing our way up the valley we will reach Namche Bazaar (3420m).All Meals included. Overnight at best Lodge accommodation.

Day 05 : Namche Bazzar Rest Day

Acclimatization is important before proceeding higher. Today we will take a day hike through the villages of Khunde and Khumjung. We start with a steep one-hour climb to the Shyangboche airstrip (3790m), from where we will slowly ascent towards Khunde passing numerous chorten (stone Buddhist monuments). From Khunde we follow the trail eastwards to Khumjung, the largest village in Khumbu, at the foot of the sacred peak Khumbila. After enjoying lunch here we will follow a steep switchbacking trail descending to Chhorkung (3540m). From here it is a quick descent back to Namche Bazaar. All Meals included. Overnight at best Lodge accommodation.

Day 06 : Trek To Tengboche (3,870m/ 12,694ft)- Lodge (B, L, D)

Estimated time: 5-6 hours estimated height gain: ~430m/ 1414ft Our route of today to Tengboche weaves in and out of side valleys, making small ups and downs, to the

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teashops of Kenjoma, and joins the trail from Khumjung just before a collection of mani stones. The views of Everest and Ama Dablam are excellent from this part of the trek. We pass the small settlement of Sanasa from where the trail descends in the deep Imja Kosi Gorge and to the hamlet Phunki (3,250M). From here the trail climbs steeply through forests and around mani stones as it follows the side of a hill to the saddle on which the monastery of Tengboche sits at 3870m. In the clear weather delights us sunset of the magnificent views of the ice giants in the Khumbu. Panoramic views of Kongde Ri, Taboche , Mount Everest, Nuptse , Lhotse , Ama Dablam , Kang Taiga and Tamserku can be observe from you Lodge. Well-known Buddhist monastery of Tengpoche can be visit in the early morning or late afternoon. All meals included. Overnight at best Lodge accommodation.

Day 07 : Trek To Dingboche (4,360m/ 14,300ft)- Lodge (B, L, D)

Estimated time: 4-5 hours estimated height gain: ~490m/ 1606ft After delicious breakfast at Tengpoche with spectacular views, we gradually descend to bridge over the Imja Kosi, We follow the upper Path to Pangboche (3,985M). Where, we can visit the oldest with more than 350 Year Monastery (Gompa) in Khumbu region. This village is also marked by ancient Juniper trees. After Lunch, in the afternoon we follow the route along the bridge over the Imja Kosi (4,135 m) and taken after a short climb we reach Dingpoche. We will stay 2 nights here for really better Acclimatization purpose. Dingboche is nice village and offer best Lodges and wonderful place for day hiking. All meals included. Overnight at best Lodge accommodation.

Day 08 : Rest Day In Dingboche (4,360m/ 14,300ft)- Lodge (B, L, D)

Estimated Trek time: 6-7 hours Today our guide will take you for wonderful excursion to nearly 5,100M high Peak for better acclimatization. We hike from the ridge on the north behind the Village to Nagarjuna peak (5,100 m). For optional we can also hike will hike up to chhukung/ Chhukung Ri. Nagarjuna peak (5,100 m.) ,We enjoy the marvelous views of world's highest peaks, Mt Lhotse, Mt Makalu and Mt Cho Yu as well as Cholatse (6440 m/21,126 ft) and Taboche (6542 m/ 21,463 ft) on the west. For the afternoon lunch, packing Lunch will be provided.All meals included. Overnight at best Lodge accommodation.

Day 09 : Trek To Lobuche (4,940m/ 16,207ft) - Lodge (B, L, D)

Estimated time: 5-6 hours estimated height gain: ~580m/ 1907ft Just the increase to a Chorten, which opened a last look into Chukhung Valley. We take a gentle walk to the glacier river of Khumbu glacier on the trail above the Pheriche valley. We raced in the hamlet Duglha (4,620 m) below the terminal moraine and then master the strenuous steep part of the old moraine up to the memorial shrines for climbers and Sherpas accident (4,850 m). It continues in the depression between the Lobuche Mountains and lateral moraine of the Khumbu slightly uphill to the simple lodges of Lobuche (4,930 m). All meals included. Overnight at Lodge accommodation.

Day 10 : Lobuche- Gorakshep-Everest Base Camp- Gorakshep (5,364m/ 17,594ft)- Lodge (B, L, D)

Estimated time: 7-8 hours estimated height gain: ~424m/ 1387ft About the terminal moraine of the Changri Nup Glacier repeatedly ascending and descending, we cope with debilitating march (about 3 hours) to Gorak Shep alp (5,200 m) where we will spend the night in a lodge. As we sleep here at the highest point of this journey, we must be particularly careful to ascend slowly and drink plenty of water. After a break we pull into the valley further over the debris-covered glacier and after about 3 hours, the base camp of Mt Everest (5,350 m). A historical place, from here starts almost all Everest expeditions to the infamous Khumbu Icefall, which is impressive in front of us. After a short rest, we walk back to Gorak Shep. All meals included. Overnight at Lodge accommodation.

Day 11 : Gorakshep- Kalapattar-Laboche (4940 M/16,207 Ft)- Lodge (B, L, D)

Estimated time: 5-6 hours Today is Getting early in the morning to summit and take the spectacular views from Kala Patthar 5,643M specially the Mt. Everest (8,848M). Our Sherpa guide and teams will prepare for early morning departure Behind the dry lake we already see the panoramic route to the summit of the 5,643 m high Kala Pattar (about 2 hours). Impressive is not only the proximity to Everest pyramid (about 10 km as the crow flies !) and Nuptse ridge, but also of the view down to the ice world of Changri and the Khumbu glacier with the area of the base camp in the distance. After we looked and wander the mighty Himalayas massif. We go to lunch back to Gorak Shep and then increase to a known route to Lobuche. We will spend the night in a cozy lodge. All meals included.

Day 12 : Trek To Lobuche East Base Camp (4,200m/13,777ft): Climbing Training –Tented Camp (B, L, D)

Today, we begin our trek from Lobuche towards Lobuche Base camp Camp. After walking some distance on relatively flatter plane, the path to the Lobuche Base Camp gets steeper and rocky. We move forward along the Lobuche Glacier while enjoying the great views of Ama Dablam, Cholatse, Pokalde, Thamserku, Kantega, etc. Pre-Climb Training: After reaching the Lobuche Base Camp, take rest for some time and make necessary preparation for the summit. After lunch, our guides will provide training on peak climbing techniques and using climbing gears such as ice axe, climbing boot, harness, jumner, and how to go up and down using ropes. We believe that some training experience will boost up your confidence and climbing skills thus increasing the chances of scaling the summit as well as fully enjoy the experience.

Day 13 : Trek To Lobuche High Camp (5,400m/17,712ft) (Climbing Training) –Tent (B, L, D)

Starting from the base camp, it rises rapidly to the bottom of the valley and a block area

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that crosses easily. We then climbed a scree on a path that leads to a small rocky ledge where it will be equipped with the harness and helmet, and watch out for falling rocks. We arrive at the upper camp ideally placed on a tray with a small lake at the foot of the final part of the route. Overnight in tent.

Day 14 : Lobuche East Peak (6,119m/20,070 Ft) Summit & Back To Thukla-Lodge (B, L, D)

An early start is needed to climb to the top. A system of ledges and rock ramps that lead gradually to the foot of the last slopes of glaciated route we go back. At the same time we gain altitude, inclination is strengthened to reach 45 ° in the last section before reaching a small ledge, the "false summit". The summit ridge then leads easily to the summit of Lobuche is. The view of the peaks of extraordinary Taboche and Cholatse throughout the climb now opens a panorama of Himalayan peaks to 360 °. Overnight at Lodge.

Day 15 : Reserve Day For Contingency- Lodge (B, L, D)

There is no such guarantee that we can get quite a favorable weather on our planned day for the summit, so this day is used as a contingency in case if we are unable to summit the Lobuche Peak on the planned day due to bad weather condition or some other reasons. If weather gets exceptionally unfavorable we wisely have to postpone the program of summiting the peak for this day. Sometimes somebody in the group may get some problems in acclimatizing well enough to make the ascent; the day can be used in that condition too. If the trip goes smoothly and we do not need this spare day we trek down to Tengboche and rest there or Rest at Namche Bazaar a capital city of Sherpa's.

Day 16 : Trek To Pangboche Or Tengboche (3,870m/12,694ft) - 5/6 Hrs –Lodge (B, L, D)

The trail makes a gradual descent through scrub junipers and around Mani stones as it follows the hillside. The trail passes many Mani walls in deep rhododendron forests where crossing after the Imja khola, the trail climbs many carved Mani stones to Pangboche. Pangboche Gompa is the oldest in Khumbu; a visit will be well worth. Walk down to the valley from where the trail is shallower through alpine meadows. Followed by climb gradually up to Tengboche (3,870m/12,697ft) where the biggest monastery lies in the whole of Khumbu.

Day 17 : Trek To Namche Or Manju –5/6 Hrs –Lodge (B, L, D)

Walk down from the rear of monastery and continue down until you reach Phunki Tenga. Climb up gradually through a forest. Once you are out of the forest, you will be walking along a ridge from where you can see down on your left some of the deepest gorges of Nepal. In spring, the rhododendrons will look superb making the valley even more beautiful. Reach Namche Bazaar (3,440m/11,286ft), for overnight or we advice you to trek further to Monjo for Overnight for short walk of next day.

Day 18 : Trek To Lukla –5/6 Hrs-Lodge(B, L, D)

Trek back to Lukla along the same trail, although it always looks different coming from the opposite direction on arrival in Lukla you will have time to relax and celebrate the completion of your trek. You can have a good time with two local alcoholic beverages 'Chang' or 'Rakshi.' Feel free to dance with your crewmembers in the Sherpa way.

Day 19 : Fly To Kathmandu & Transfer To Hotel, Relax Day After Long Trip- Hotel (B/B)

Early morning fly to Kathmandu .Transfer to your hotel; the day at leisure to rest, perhaps catch up on some last minute shopping or explore any sights you missed during your first day in Kathmandu .Overnight in Kathmandu.

Day 20 : Reserve Day (Incase Flight Cancelled Due To Bad Weather) - Hotel (B/B)

This is actually an extra night stay at Kathmandu in case flight delayed to Lukla-Kathmandu due to bad mountain weather or any other problems. This extra night in Kathmandu will always safe from any delays or problems. If you have very limited time, you can still customize trek program. This is day:you can make sightseeing of remaining temples/monuments of Kathmandu or just shopping and relax day as your own.

Day 21 : Departure To Airport And Back To Home Or Extend Your Holidays With Us. (B)

Morning free for last Minute shopping or time as your own. If you have few more days, please consult with us for other tour extension. Our driver and airport representative drive you to the airport in time for your flight back home. We ensure that you leave Kathmandu with cherish memory and trip of lifetime Experience.