

Everest Base Camp Lobuche Peak Climbing

<https://www.nectravel.com/package/lobuche-peak-climbing/>

Lobuche (6119m) is one of the most challenging 'trekking peaks' in the Everest region and we have combined it with either our Classic or Ultimate Everest Trek. Unlike Island Peak the summit gives good views of Everest alongside the spectacular peaks of Lhotse, Nuptse, Ama Dablam and Pumori.

The journey starts with a flight to the famous Lukla airstrip, from where we follow our respective Everest trek to Gorak Shep and Everest Base Camp for an ascent of Kala Patar. Acclimatised we return to our main objective and from a high camp we climb Lobuche with its magnificent panoramic views that will remain with you forever. Lobuche (6119m) is one of the most challenging 'trekking peaks' in the Everest region and we have combined it with either our Classic or Ultimate Everest Trek. Unlike Island Peak, the summit gives good views of Everest alongside the spectacular peaks of Lhotse, Nuptse, Ama Dablam and Pumori.

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Itinerary

Day 01: Arrival in Kathmandu and transfer to Hotel.

On arrival in Kathmandu Airport, you would be met and received by our representative & transfer to the hotel. Overnight at the hotel.

Day 02: Kathmandu Sightseeing

After breakfast, proceed for a city tour of Kathmandu visiting Durbar Square, a complex of palaces, courtyard and temples, built between the 12th and 18th centuries, used to be the seat of the ancient Malla kings of Kathmandu. In the afternoon visit the Swoyambunath Stupa and Patan City. Swoyambhunath Stupa, atop the hillock is one of the holiest Buddhist sites in Nepal enlisted in the World Heritage Site. Patan City is an enchanting melange of palace buildings, artistic courtyard and former palace complex. One remarkable monument here is a 16th century temple dedicated to the Hindu God Lord Krishna, built entirely of stone.

Day 03: Fly to Lukla (2,800m) then trek to Phakding (2,652m): 3-4 hours trek

After breakfast, we will be taken to the domestic terminal of TIA for an early morning flight to Lukla. After flying above the breathtaking green and white mountains, we reach Tenzing-Hillary Airport at Lukla. This is one of the most beautiful air routes in the world culminating in a landing on a hillside surrounded by high mountains. Upon our arrival at Lukla, we meet our other crew members and after some packing and arrangements, we start our trek through the prosperous village of Lukla until we reach Phakding. To assist in acclimatization, we only have a short hike today. However, if interested in additional activities, we can take a side trip to a nearby monastery. Overnight in Phakding.

Day 04: Phakding to Namche Bazaar (3,440m): 5-6 hours

After breakfast, we will walk through beautiful pine forests and then along Dudh Koshi River ending our nature-filled journey at Namche Bazaar. After walking for almost over an hour, we came across the glistening Mt. Thamserku (6,608m) on our right and also experience the serenity of pine, fir and juniper forests throughout our journey. If the weather is clear, we may even catch a glimpse of Mt. Everest peering over the Lhotse-Nuptse ridge. We continue walking until we reach the entrance to Sagarmatha National Park, Namche Bazaar, the gateway to Mt. Everest and the main trading centre of this region. On that day we cross five suspension bridges, the last one also known as the Hillary Bridge being the highest. It is an uphill walk from Hillary Bridge to Namche Bazaar. Overnight in Namche Bazaar

Day 05: Namche Bazaar (3,440 m): Acclimatization

This is the day set aside for acclimatization. Health experts recommend that we stay active and move around even during the rest day instead of being idle. There are a few options set aside for this day. We can either stroll around Namche's quaint villages or come in contact with the Sherpa people and their rich culture, or we can hike up to the Everest View Hotel and enjoy an up-close view of the mighty Everest. While in the Namche village or upon returning from the hike to the Everest View Hotel, trekkers may also visit the local museum containing exhibits displaying the area's native flora and fauna as well as the history of the Mount Everest region.

For trekkers who want to hike for a little longer, a hike to Khumjung village (5-6 hours) may also be an option. While in the village we can visit the Edmund Hillary School and Khumjung Monastery (a monastery famous for housing the head of the Yeti!). Overnight in Namche Bazaar.

Day 06: Namche Bazaar to Tengboche (3,870m): 5- 6.5 hours

After breakfast, we trek towards Tengboche. It is an easy walk from Namche to Phunki. Upon reaching Phunki, we ascend towards Tengboche, a village that houses the very famous Tengboche monastery which is the largest monastery of the Everest region. Located amidst the Sagarmatha National Park (a UNESCO World Heritage Site of “outstanding universal value”), it is draped with the panoramic 360-degree view of the Himalayas, including Mt. Everest, Nuptse, Lhotse, Ama Dablam and Thamserku. The monastery opens at 3pm so we reach it by three. And, if we are lucky, we might just be able to witness a religious ceremony. Overnight in Tengboche.

Day 07: Tengboche to Dingboche (4,360 m): 5-7 hours

We visit the beautiful Tengboche Monastery in the morning and take pictures of the amazing landscape surrounding it. Then we begin our trek by walking through lush forests of birch, conifers and rhododendrons on an easy path. This picturesque trail then dips down to Debuche, crossing the Imja River before climbing up to Pangboche. (We can either walk in the upper or lower Pangboche trails). We are most likely to choose the upper Pangboche trail as it provides a more pristine view of the Himalayas. We also visit the Pangboche monastery. From here, the walk is fairly moderate as we enter the Imja Valley. The valley gradually unfolds as we approach the confluence of the Lobuche River. We descend into the river and begin the climb up to Dingboche. Overnight in Dingboche.

Day 08: Dingboche: Acclimatization

Dingboche is a popular stop for trekkers and climbers headed to Mt. Everest, Ama Dablam or Imja Tse. The village is beautiful with an array of fields enclosed by stone walls to protect barley, buckwheat and potatoes from the cold wind and grazing animals. We spent a day at Dingboche for acclimatization. We take day hikes to Ama Dablam base camp, Nagarjun Hill or Chukkhung for great views of Makalu, Lhotse, Chalotse, Tawache and Ama Dablam. Overnight in Dingboche.

Day 09: Dingboche to Lobuche (4940 m): 5-6 hours

We start the day with a gradual climb to Duglha at the end of the terminal moraine of the Khumbu Glacier. From here, we climb up a steep trail to Chupki Lhara, where we find an array of stones with prayer flags used as memorials to Scott Fischer (American mountaineer) and 10-time Everest submitter Babu Chiri Sherpa (Nepali mountain guide) who perished on a mission to climb Everest. Next, we continue to the Khumbu Glacier moraine and find ourselves facing several great peaks – Khumbutse, Lingtren, Pumori and Mahalangur Himal. The trail then eases off as we follow the valley to Lobuche. Overnight in Lobuche.

Day 10: Lobuche to Everest Base Camp (5364m) and back to Gorak Shep (5170 m/16,961ft): 6-7 hours

We take the trail to Everest Base Camp through the once vast Gorak Shep Lake. Continuing straight ahead, we come across the Indian army mountaineers' memorials. The path from here can be misleading; hence it is important that we follow our lead Sherpa diligently. The walk is strenuous due to thin air in the high altitude. We pass through rocky dunes, moraine and streams before reaching the Everest Base Camp. Upon reaching the Everest Base Camp, we see tents of mountaineers that stand out in bright colors against the monotony of gray surroundings (especially in the spring). Nuptse, Khumbuste and Pumori are the mountains we can view from the base camp. We get back to Gorak Shep for a good night's rest. Overnight in Gorak Shep.

Day 11: Gorak Shep to Kala Patthar (5545m] and back to Lobuche (4940m/16,207ft): 7-8 hours

We prepare for an early morning departure, amid pre-dawn darkness and cold temperatures (-10 to -14 C). Plus, there is always the potential for chilly winds which are quite common. Familiar peaks such as Lingtren, Khumbutse, and Changtse tower to the east even as Everest begins to reveal itself. But, it is upon reaching Kala Patthar that we get to see 360-degree up-close and formidable views of Mt. Everest. We take pictures, enjoy the magnificent mountain panorama, and then return back to Lobuche for a good night's rest. Overnight in Lobuche.

Day 12: Lobuche to High Camp (5,400m): 3-4 hours

From Lobuche, we trek towards Lobuche base camp. After walking some distance on a relatively flatter plane, the path to the Lobuche Base Camp gets steeper and rocky. We move forward along the Lobuche Glacier while enjoying great views of Ama Dablam, Cholatse, Pokalde, Thamserku, Kantega and other Himalayas. From the base camp, we continue on a rocky moraine path to reach the High Camp. After reaching there, we set up our camp, will take lunch and rest. For the climb, we usually will be climbing on rock surfaces for up to around 5770m. After that, we climb on ice and use ropes when necessary. However, the use of the rope and the length depends upon the season and the crevasses. Fixed rope is used most of the time whereas man rope is used when required. The climbing leaders will decide what is best for when. Overnight in Lobuche East High Camp. Pre-Climb Training: Our guides will provide training on peak climbing techniques and the proper ways of using climbing gears such as the ice axe, climbing boots and crampons, harness, ascender, etc. The training will also include using ropes to go up and down. We strongly believe that the training experience will boost your confidence and climbing skills to increase the chances of scaling the summit as well as to fully enjoy the experience.

Day 13: Lobuche High Camp to Summit (6119m) and back to High Camp: 8-10 hours

We wake up early today at around 12 to 1 am and have our breakfast before beginning our climb. It is important we reach the summit before noon because in the afternoon the strong winds in the high lands might become a barrier for a successful summit. We will most likely be walking on rock surface up to around 5700m after which we climb on ice. We use both fixed rope and man rope as per our leader's instruction. The climbing surface as well as the length of the rope and depends on the time of the season and the crevasses. Lobuche East offers more panoramic views of the mountains than any other trekking peak. From the summit, you get to enjoy magnificent views of Everest, Lhotse, Nuptse, Ama Dablam,

Cholatse, Pumori, and many more. We spend some time at the summit celebrating and taking pictures, then we get back to the High Camp again for an overnight stay.

Day 14: Contingency/reserve day

This is an extra day set aside to manage any unintended hindrances like flight delays or bad weather for climbing. Setting aside an extra day will ensure that even if we were to face a day's setback, the trip will continue thus guaranteeing a successful climb.

Day 15: Lobuche High Camp to Pangboche (3930m): 8-9 hours

After taking our morning breakfast, we trek downhill from Lobuche High Camp and join the Everest Base Camp route at Lobuche again. We take our lunch at Lobuche. From Lobuche we again retrace our path to Pheriche. On the way to Pheriche, we get to enjoy magnificent views of Mt. Ama Dablam in the distance. From Pheriche, we continue to Pangboche. We trek down through the hillside blanketed by rhododendron and juniper trees. If it's spring, pink and red rhododendron flowers ablaze our surroundings. Upon reaching Pangboche we may also consider visiting the famous Pangboche Monastery.

Day 16: Pangboche to Namche Bazaar: 4-5 hours

From Pangboche, we retrace our steps down to the Imja Khola and up through the forest to Tengboche. If interested, we can also visit nuns at the Tengboche monastery. After lunch at Tengboche, we continue through the hillside blanketed by rhododendron and juniper trees. After crossing the bridge over the Dudh Koshi River, our trail follows the Dudh Koshi gorge descending rapidly through the pine forests before reaching Sansa. We keep a lookout for wildlife such as mountain goats, snow leopards, colorful pheasants, etc., while passing through the forest. After passing a chorten, we reach the army camp at Namche Bazaar. Overnight in Namche Bazaar.

Day 17: Namche Bazaar to Lukla: 6-7 hours

The trail descends steeply downward so we need to walk cautiously as our shaky legs continuously battle the rocky terrain. After crossing the suspension bridges over the fast flowing Dudh Koshi and its tributaries, the trail becomes more level and natural. After our arrival in Lukla, we stretch those sore legs and recall the experiences of the last couple of weeks. Overnight in Lukla.

Day 18: Fly to Kathmandu

We catch an early morning flight to Kathmandu after our long mountain journey. Free day in Kathmandu

Day 19: Warm Departure.

After Breakfast transfer to airport for your next destination.