

1. Lobuche Peak Climbing

2. Overview

Is climbing Everest feeling too big a challenge? Or are you looking for the perfect high-altitude training in Nepal before your next big expedition? High Route Adventure has brought you a 17 Day Lobuche Peak...

3. Itinerary

Day 01: Arrival in Kathmandu

Altitude: 1350 m

Meals: Breakfast

Stay: Hotel

- Pick up and meet & greet at the airport
- Transfer to your hotel in Kathmandu
- Overnight stay at your hotel

Traveller's note: The airport is just a few minutes away from Thamel, the main touristic area of Kathmandu, where most of the hotels, souvenir shops, and restaurants are located. Try out the Nepalese MoMo, a traditional dumpling and a staple of Nepalese Cuisine!

Day 02: Flight to Lukla (2,828m/9,279ft) And Trek to Phakding

Altitude: 2,780m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Flight Duration: 25 minutes **Trek Duration:** 3 to 4 hours

- Breakfast at the teahouse
- Transfer to the domestic airport
- Scenic flight to Lukla
- Final trek preparation and gear check
- Start to trek to Phakding
- Descend most of the way
- Head along the Dudh Koshi River
- Cross the River to reach Phakding village
- Dinner and overnight stay at the teahouse

Traveller's note: Did you know that Lukla airport is the world's 38th highest airport! The Dudh Khosi River, meaning the Milk-Khosi River, got its name due to its white water, and is one of the highest rivers in terms of elevation!

Day 03: Trek from Phakding to Namche Bazaar

Altitude: 3,440m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Trekking Duration: 5 to 6 hours

- Breakfast at the Namche teahouse
- Start to trek
- Continue along the Dudh Koshi River
- Crossing the river a few times, until Monjo
- Checking of all permits
- Continue mostly ascending towards Namche Bazaar
- Dinner and overnight stay at the teahouse

Traveller's note: Did you know that from Monjo you'll officially enter the Sagarmatha National Park? Before reaching Namche Bazaar, a long suspension bridge needs to be crossed, which gives amazing views. On clear days, you can get your first glimpses of Mt. Everest at the Nuptse-Lhotse Ridge!

Day 04: Acclimatization in Namche Bazaar

Altitude: 3,440m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

• Breakfast at the teahouse • Acclimatization excursion: • Hike up to the Everest View Hotel in Syanboche • (Optional) Hike further to Khumjung, to visit the Khumjung Monastery • Explore around Namche Bazaar • Dinner and overnight stay at the teahouse **Traveler's note:** Did you know that Namche Bazaar is the last big village we'll encounter during the trek? Namche Bazaar is filled with restaurants, souvenir shops, pharmacies, and even a Sherpa Museum. Do try out the German Bakery! If you opt for the Khumjung hike, at the monastery you can see a real Yeti skull!

Day 05: Trek from Namche Bazaar to Phortse

Altitude: 3,850m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Trekking Duration: 5 to 7 hours

- Breakfast at the teahouse
- Start to trek
- Hike towards Khumjung along the same trail as yesterday's hike
- Now follow the trail northwards towards Phortse Thanga
- Cross the Dudh Khosi Nadi River
- Continue eastwards to Phortse
- Dinner and overnight stay at the teahouse

Traveler's note: Did you know that Phortse is also used during the Gokyo Valley trek, and from here many trekkers head off west towards the Gokyo Lakes.

Day 06: Trek from Phortse to Dingboche

Altitude: 4,350m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Trek duration: 6 to 7 hours

- Breakfast at the teahouse
- Start to trek
- Follow the trail eastwards to Pangboche
- Head further east towards Somare
- Cross the Imja River to Debuche
- Continue on towards Dingboche
- Dinner and overnight stay at the teahouse

Traveler's note: While entering the Imja Valley today, it is common to see lots of yak herds. The next day, we have our second and last acclimatization day.

Day 07: Rest day at Dingboche, explore the Nagarjun Peak(5,000m) or Chukung Valley

Altitude: 4,350m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

- Breakfast at the teahouse
- Acclimatization hike: **Option 1:** Dingboche Peak **Option 2:** Chukung Valley
- Head back to Dingboche
- Dinner and overnight stay at the teahouse

Traveler's note: Today you can see exceptional views of Island Peak (6,189m/ 20,305ft) and Mt. Ama Dablam (6,812m/22,349ft), translating into Mother's Necklace due to its unique shape.

Day 08: Trek from Dingboche to Lobuche

Altitude: 4,910m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Trek duration: 5 to 6 hours

- Breakfast at the teahouse
- Start to trek
- Continue heading north on flat and gradual upgoing trails
- Reach Thukla village
- Continue further until we reach Lobuche
- Dinner and overnight stay at the teahouse

Traveler's note: Did you know that we can see incredible views of Mt Cholatse (6,440m/ 21,128ft), Mt. Pumori (7,161m/27,494ft), and Lobuche Peak (6,119m/20,076ft) from Thukla. Also, a memorial site is located here to honor the fallen climbers of the Everest region!

Day 09: Trek to Gorakshep, Hiking to EBC (5,364m/17,600ft) and return to Gorakshep

Altitude: 5,180m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Trek duration: 7 to 9 hours

- Breakfast at the teahouse
- Start to trek
- Follow the trail north, surrounded by the Himalayas
- After about 2 hours of trekking, we reach Gorakshep
- Guesthouse check-in + drop off of heavy bags
- Hike up to Everest Base Camp
- Enjoy the views from EBC and those of the Khumbu Glacier
- Head back to Gorakshep
- Dinner and overnight stay at the teahouse

Traveler's note: The next day morning, we have an early wake-up to hike up to Kala Pathar for a sunrise view. It's recommended to make sure your batteries and head torches are fully charged as we leave when it's still dark.

Day 10: Sunrise hike to Kala Pathar (5,545m/18,192ft) Trek to Lobuche

Altitude: 5,045m

Meals: Breakfast/Lunch/Dinner

Stay: Tea house

Trek duration: 5–6 hours

- Wake up around 3.30 am

- Hike up to Kala Patthar
- Enjoy a unique sunrise view over Mt. Everest and the Himalayas
- Head back down to Gorakshep
- Breakfast at the teahouse
- Start to trek back to Lobuche
- Dinner and overnight stay at Lobuche tea house

Traveller's note: While we leave Everest Base Camp behind, the climb to Lobuche Peak can be challenging for some, so always check in with your High Route Adventure guide regarding your stamina and fitness!

Day 11: Trek to Lobuche High Camp

Altitude: 5,400m

Meals: Breakfast/Lunch/Dinner

Stay: Tent

Trek duration: 3 to 6 hours

- Breakfast at Lobuche
- Start to trek
- Head further up, going slowly until reaching High Camp
- Peak climbing safety gear demo, and preparation
- Dinner and overnight stay at High Camp

Traveler's note: The next day we ascend Lobuche East Peak, the time of ascending depends on many factors, including the weather situation, ideally we would start the climb around 2 to 3 am in the early morning!

Day 12: Summit Lobuche East (6,119m/20,076ft) + return to Pheriche

Altitude: 5,400m

Meals: Breakfast/Lunch/Dinner

Stay: Tea house

Trek duration: 8–10 hours

- Breakfast at Lobuche tea house
- Walk through the Lobuche East Peak summit route
- Enjoy and celebrate at the Lobuche summit while enjoying incredible views
- Make your way back to Pheriche
- Dinner and overnight stay at Pheriche

Traveler's note: The views from Lobuche East summit are breathtaking and you'll definitely want to capture it! Views of Mt. Everest (8,848m/29,029ft), Mt. Nuptse (7,855m/25,771ft), Mt. Lhotse (8,516m/27,940ft), and Mt. Cho Oyu (8,201m/26,906ft) are the main highlights.

Day 14: Trek from Pheriche to Namche Bazar

Altitude: 3,880m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Trek duration: 5 to 7 hours

- Breakfast at High Camp
- Start to trek
- Make your way back to Lobuche
- From here we head straight for Tengboche
- Pass by Dinboche and Pheriche
- Dinner and overnight stay at the teahouse

Traveler's note: Did you know that Tengboche is famous for its Buddhist Monastery? Here every year pilgrims come

to meditate in the Himalayas, and you can feel the peaceful harmony during the night prayers!

Day 15: Trek back to Lukla

Altitude: 2,800m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Trek duration: 6-7 hours

- Breakfast at the teahouse
- Start to trek
- Visit the famous Tengboche Monastery
- Head back down to Namche Bazaar
- Follow the same trail back to Lukla
- Dinner and overnight stay at the teahouse

Traveler's note: Did you know that while most of the trek is now descending, it can still be strenuous, so always make sure to go at a slow and comfortable pace!

Day 15: Flight back to Kathmandu

Altitude: 2,828m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

- Breakfast at the teahouse
- Fly back to Kathmandu
- Arrival at KTM + transfer to your hotel
- Hotel check-in
- Overnight stay at your hotel

Traveler's note: As the trekking part of this package is finished, there is no dinner inclusive today, make sure to enjoy one of the many restaurants that can be found in Thamel!

Day 16: Leisure day at Kathmandu

Altitude: 1350 m

Meals: Breakfast

Stay: Hotel

• Hotel Breakfast • Today is completely free • Meet up for your trip review • A complimentary farewell and thank you dinner is planned with a culture show • Overnight stay at your hotel **Traveler's note:** High Route Adventure is more than happy to organize some activities for you on this day, such as rafting, one-day hiking, day-tours, or guided sightseeing, please consult with our representative to organize.

Day 17: Final departure

Meals: Breakfast

• **Hotel Breakfast + Check-out** • Our team will transfer you to the airport approx. 3hrs before departure • We hope you enjoyed the Everest Base Camp trek with Lobuche East Peak climbing and look forward to organizing another trip for you

5. Cost Includes

- Airport pickups and drops in a private vehicle

- 4-star hotel accommodation in Kathmandu with breakfast
- Teahouse accommodation during the trek
- Three Night tented accommodation during the climb
- All meals (breakfast, lunch, and dinner) during the trek
- Farewell dinner with cultural program in Kathmandu
- All ground transportation on a comfortable private vehicle as per the itinerary
- Domestic flights (Kathmandu- Lukla -Kathmandu)
- Guided city tour in Kathmandu by private vehicle
- Entrance fees for sightseeing/monument visits as per the itinerary
- An experienced, English-speaking and government-licensed trek Guide and climbing Guide
- Porter service (2 trekkers: 1 porter)
- Staff costs including their salary, insurance, equipment, domestic airfare, food, and accommodation
- Down jacket and sleeping bag (Returned after trip completion)
- All necessary paperwork
- Labuche peak climbing permit
- Group mountaineering (climbing) equipment
- Medical kit
- All government and local taxes

6. Cost Excludes

- Nepalese visa fee
- Excess baggage charge
- 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
- International flights
- Travel and rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)
- Tips for guide, porter, and driver

7. Equipment / Packing List
