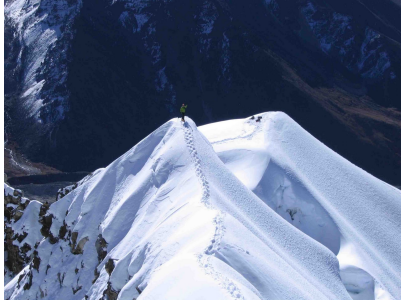


# Lobuche Peak Climbing



## Highlights of Lobuche Peak Climbing

- A guided tour of UNESCO-listed world heritage sites in Nepal
- Dramatic flight to Lukla
- Explore the colorful Namche Bazar.
- Breathtaking view of Mt. Everest, Mt. Makalu, Dorje Lakpa, Ama Dablam, and many other small peaks of the Everest region
- Get insights on the culture and way of life of the infamous Sherpa people of the Himalayan region.
- Summit of Lobuche Peak (6119m)

## Overview

Lobuche Pass, nestled in the heart of Himalayas. It offers a breathtaking challenge for avid climbers and adventures alike. Standing tall at an elevation of 6,119 meters(20,075 feet), conquering Lobuche Pass demands physical prowess, mental resilience, and a deep appreciation for the raw beauty of the mountainous terrain. The journey of Lobuche pass typically begins in the vibrant town of Lukla, where trekkers embark on a multi-day trek through picturesque valleys and quaint Sherpa Villages. As the altitude gradually increases, so does the anticipation and excitement among climbers. Ascending towards Lobuche Pass, trekkers encounter rugged unpredictable weather conditions. Each step toward is a test of endurance and determination, with the majestic peaks of the Himalayas serving as both a motivator and reminder of the formidable challenge ahead. As climbers approach the final stretch of the ascent, the air becomes thinner, making each breath a conscious effort. However, the allure of reaching the summit drives climbers forward, pushing them to surpass their physical limits and embrace the exhilarating sense of accomplishment that awaits.

Lobuche Peak is a well-known trekking peak of Nepal located in the Khumbu region. Consisting of two faces: ; Lobuche East(6,119m) and Lobuche West(6,145m), The lobuche peaks lies just above the Lobuche village and Khumbu Glacier. Peaks like Mount Everest and Lhotse lie just 13.5 km east from the Lobuche Peak. Of two faces, the

Lobuche East is an easily climbable peak and thus regarded as the trekking peak. On the other side, Lobuche West is less frequently climbable and more technical and hence listed as the expedition peak. So, Lobuche East (6,119 m) is the summit point of Lobuche Peak climbing, not the Lobuche West.

Upon reaching the summit of Lobuche Pass, climbers are rewarded with panoramic views of towering peaks, sprawling glaciers, and an overwhelming sense of awe at the raw power of nature. The journey down is often just as challenging as the ascent, requiring careful navigation and unwavering focus to safely descend back to lower elevations. But amidst the physical exertion and the inherent risks of high-altitude climbing, there exists a profound sense of camaraderie among fellow adventures, forged through shared hardships, and triumph in the pursuit of conquering Lobuche pass. In the end, climbing Lobuche pass is not just about reaching the summit; it's about embracing the journey, immersing oneself in the beauty of the Himalayas, and discovering the indomitable spirit that lies within.

#### The route to Lobuche Peak

A fast 30-minute flight from Kathmandu to Lukla is the beginning of the Lobuche Climbing Route. Trekkers must go down lush mountainous terrain, steep fields, and snow-capped mountain foothills. The steep descent takes you to a small airport in Lukla, where you can meet and have lunch with the rest of our team.

The next day, we begin our trip to Namche Bazaar and Phakding. We travel through the dense foliage of the mountains around us to enter the Namche Bazaar trading center. We walk from Namche to Tengboche to visit the ancient monastery of Tengboche.

The route continues to Dingboche to prevent altitude sickness and to proceed through the Kongma La Pass (5536 m). The trail then proceeds to the Dingboche. The road has many steep uphill and downhill. We are going to Gorak Shep from Lobuche and eventually reach the beautiful base camp, Everest, where you can see the glorious Mount Everest.

In turn, the track heads back to Gorak Shep and takes you to the base camp of Lobuche. We spend a day in an acclimatizing environment and then climb up to Lobuche early the next morning. We go back down to the base camp after a good time exploring the top of the mountain. We then go to Namche and ride back from Lukla to Kathmandu.

# Outline Itinerary ( 18 Days )

## Day 1 : Arrival in Kathmandu

Upon reaching Kathmandu, our representative will greet you at the airport, providing a warm welcome before transferring you to your hotel. Use this day to acclimate to the new time zone and dive into the vibrant atmosphere of Kathmandu. An orientation program is scheduled for 5 pm to help to get acquainted with your surroundings.

**Max Altitude** Kathmandu (1,400 m)

**Overnight** Himalayan Suite Hotel

**Meal** Dinner

## Day 2 : Flight to Lukla and trek to Phakding

Today marks the commencement of our adventure towards our destination. We will catch an early flight to Lukla and be greeted by breathtaking mountain vistas upon arrival. Our trek kicks off towards Phakding, where we'll traverse through enchanting pine forests and charming Sherpa communities. As we reach the delightful village of Phakding, we'll settle into a cozy tea house for the night, utilizing the remaining daylight to wander and absorb the beauty of Phakding. We'll conclude the day with a fulfilling dinner at the teahouse.

**Max Altitude** Lukla (2840m), Phakding (2640m)

**Duration** 3-4 hrs

**Overnight** Guest House

**Meal** Breakfast

## Day 3 : Trek to Namche Bazar from Phakding



The trek from Phakding to Namche Bazar involves a scenic journey through the Everest region. We'll traverse along the Dudh Koshi river, cross suspension bridges, and pass through picturesque sherpa village like Monjo. Ascend gradually through forest until reaching Namche Bazar, the bustling gateway to Everest.

**Max Altitude** Namche Bazar (3440m)

**Duration** 5-6 hrs

**Overnight** Hotel Sherpaland

**Meal** Breakfast

## **Day 4 : Acclimatization day at Namche Bazaar**

Prepare for a successful trek to Everest Base Camp. Begin by embracing acclimatization, crucial for altitude adjustment. Namche Bazar offers the perfect setting for this. Today, prioritize relaxation and exploration, allowing our body to adapt to higher altitudes. Enhance acclimatization with a brief hike to Everset View Hotel. Spend the afternoon immersing ourselves in the charm of Namche Bazar and its Sherpa Museum. Stay hydrated throughout the day, savoring local Sherpa cuisine for dinner. Ensure a restful night's sleep by retiring early.

**Max Altitude** Namche Bazar (3440m)

**Overnight** Hotel Sherpaland

**Meal** Breakfast

## **Day 5 : Trek to Tengboche from Namche Bazar**

From here, we ascend towards Tengboche village, offers them with the first view of Everest itself. We can only see the tip, but the feeling is

somewhere between cool and surreal. To know we're looking at the highest place on Earth. We will also be greeted with Tengboche Monastery of Dawa Choling Gompa. Visitors to Tengboche are permitted to walk freely about the monastery grounds, and they can even get a peak inside during certain hours. Check into a tea house for your over night-stay and have a dinner and good sleep.

**Max Altitude** Tengboche (3860m)

**Duration** 5-6 hrs

**Overnight** Guest House

**Meal** Breakfast

## Day 6 : Trek to Dingbouché from Tengboche

After staying overnight in Tengbouché, we head to Dingboche in the morning. Our trail descends and passes through lush forests of birch, conifer, and rhododendron trees. While trekking, we can admire good views of Mt. Everest, Lhotse, and Ama Dablam. We continue our walk to the Imja Valley and Lobuche River before ascending to Dingboche. Later day we will be enjoy a stunning view of Ama Dablam. Check into a tea house for diiner and good sleep.

**Max Altitude** Dingboche (4410m)

**Duration** 5-6 hrs

**Overnight** Guest House

**Meal** Breakfast

## Day 7 : Acclimatization day at Dingboche

Acclimatization is essential for a safe and enjoyable trek at higher altitudes. Today is all about resting and exploring Dingboche, helping our body adapt to the rising elevation and getting us ready for the upcoming challenges. Start our day with a breakfast. For additional acclimatization, hike to Nangkartshang Peak, which provides views of Makalu, Lhotse, Chalotse, Tawache, and Ama Dablam. Stay hydrated, take it easy, read, or enjoy light activities during the day, then have



dinner at the tea house.

**Max Altitude** Dingboche

**Overnight** Guest House

**Meal** Breakfast

## Day 8 : Trek to Lobuche from Dingboche

As we journey from Dingboche to Lobuche, our path towards our destination draws nearer. The rugged terrain intensifies with each step, and the air grows thinner as we navigate the high- altitude landscape. Our day begins with a hearty breakfast, followed by preparation for the trek. We ascend towards Thukla pass, where breathtaking vistas of Punori and Nuptse await us. After a rejuvenating break in Thukla, we press onward towards Lobuche. Upon reaching our destination, we settle into a cozy tea house for the night, enjoying a satisfying dinner and before retiring for some well- deserved rest.

**Max Altitude** Lobuche (6120 M)

**Duration** 5-6 hrs

**Overnight** Guest House

**Meal** Breakfast

## Day 9 : Trek to Gorakh Shep to Kalapatthar

Start morning trek after a filling breakfast in Lobuche, navigate rocky terrain as you ascend to Gorakshshep. Check into the tea house for a quick lunch, then embark on the journey to Everest Base Camp through the Khumbu Glacier. Take time to capture memories with photographs at this incredible spot. After breakfast, our journey starts from Gorak Shep to Kala Patthar. The snow-covered peaks of the Everest (8848 meters), Makalu Mountain (8481 meters), Lhotse Mountain (8516 meters), Cho Oyu Mountain (8201 meters), and many more are magnificent.



After some time in good quality, we go from Kala Patthar to Gorakshap, clicking on pictures and exploring around the area. We're going to have lunch at Gorakshap and take the same path we took back to Lobuche before. We're living in Lobuche overnight in a tea house.

**Max Altitude** Kala Pattar (5545m)

**Duration** 7-8 hrs

**Overnight** Guest House

**Meal** Breakfast

## Day 10 : Gorakshap excursion to EBC and Lobuche

After enjoying an early morning breakfast, our journey will commence from Lobuche towards Gorak Shep. The route to Gorak Shep is straightforward and efficient, yet the trek to Everest Basecamp. From Gorakshap presents challenging for hikers. Along the way, rocky terrain and a glacial lake add to the rugged beauty of landscape.

Due to the elevation, trekkers may experience altitude sickness as we ascend to the highest point. Along the route, trekkers can marvel at the Khumbu glacier and icefall. Everest Base Camp offers a breathtaking atmosphere with its array of tents, providing an unforgettable experience. Before returning to Gorak Shep, there's an opportunity to capture memorable photographs. Our accommodations for the night will be at Gorak Shep Tea House.

**Max Altitude** EBC (5364m)

**Duration** 7-8 hours

**Overnight** Guest House

**Meal** Breakfast

## Day 11 : Trek from Lobuche to Lobuche High Camp

After enjoying an early breakfast, we depart from basecamp and embark on a straightforward yet thrilling journey along a snow-covered and icy path. Utilizing ropes and crampons, we navigate through the terrain with excitement, occasionally pausing to rest and recharge our energy along the way.

Upon reaching the serene campsite at 5400 meters, a dedicated Sherpa team will be arranging our accommodations. Prior to ascending Lobuche Peak, it's imperative to ensure our climbing gear is thoroughly tested and assess our physical well-being.

**Max Altitude** Lobuche High Camp (5,400 m)

**Duration** 5-6 hrs

**Overnight** Tent Camp

**Meal** Breakfast, Lunch and Dinner

## Day 12 : Climb - summit (6119m) and back to Lobuche

We aim to summit Lobuche east within the day, commencing our climb around 2 am to ensure we reach top by noon before harsh afternoon winds render further ascent unsafe. The summit stands at approximately 5600 m, with our journey requiring the use of rope and crampons to navigate the icy terrain.

It sounds like an incredible experience! Witnessing the panoramic view of the Mount Everest, Nuptse, Lhotse, Ama Dablam, Pumori, Chola, and more must be breathtaking. Enjoy time there and capture unforgettable memories.

**Max Altitude** Lobuche Peak (6119 m)

**Meal** Breakfast, Lunch and Dinner

## Day 13 : Trek to Pangboche from Lobuche

After departing from Lobuche Base Camp, we embark on our return trek towards our final destination. Our journey retraces the path alongside Everest's Base Camp before reaching the settlement of Pheriche after a lunch stop in Lobuche. Eventually, our route leads us to Pangboche.

Next, we journey through the enchanting subalpine landscapes adorned with rhododendrons and junipers in the Pangboche region. Our day concludes with a peaceful night's rest at a cozy tea house nestled in Pangboche.

**Max Altitude** Pangboche (3,985 m)

**Duration** 6-7 hrs

**Overnight** Guest House

**Meal** Breakfast

## Day 14 : Trek to Namche Bazaar from Pangboche

Starting from Lobuche base Camp, we embark on our return trek towards our destination. We follow the path aligned with Everest Base Camp, then proceed to Pheriche settlement after having lunch at Lobuche. Our journey continues onward to Pangboche.

Next, our journey leads us through the enchanting subalpine rhododendron and juniper forests nestled within the Pangboche region. Upon reaching Pangboche, we settle in for the night at a cozy tea house.

**Max Altitude** Namche (3535 m)

**Duration** 5-6 hrs

**Overnight** Hotel Sherpaland

**Meal** Breakfast

## Day 15 : Trek to Lukla from Namche Bazar

continuing our journey from Namche Bazar to Lukla sounds like a memorable adventure. Exploring the scenic area and crossing multiple suspension bridges must have offered stunning views of the rugged terrain.

**Max Altitude** Lukla (2600 m)

**Duration** 5-6 hrs

**Overnight** Guest House

**Meal** Breakfast

## Day 16 : Flight back to Kathmandu

Begin adventure by boarding a morning flight from Lukla to Kathmandu. Spend the day exploring the vibrant city, indulging in its rich culture and sights. As evening falls, relish a delightful dinner and savor your final night in Kathmandu. Upon arrival at the airport, a transfer will be arranged to escort to the hotel. Kindly keep in mind that flight schedules are subject to the discretion of the airline and may be affected by weather conditions.

**Max Altitude** Kathmandu (1,400 m)

**Overnight** Himalayan Suite Hotel

**Meal** Breakfast

## Day 17 : Full day sightseeing tour of Kathmandu valley

Following breakfast, our knowledgeable tour guide from Himalayan Social Journey will escort you on a captivating journey to explore Nepal's UNESCO-listed world heritage sites. Today's itinerary includes visits to the renowned Pashupatinath temple, the majestic

Bouddhanath stupa, the tranquil Swoyambhunath Stupa and the historic Patan Durbar Square.

**Max Altitude** Kathmandu (1,400 m)

**Duration** 4-5 hrs

**Overnight** Himalayan Suite Hotel

**Meal** Breakfast

## Day 18 : Departure Day

You will enjoy breakfast in the morning, followed by a convenient airport drop-off by our representative for your international flight, perfectly aligned with your schedule. Alternatively, if you're extending your stay in Nepal, you're welcome to join another exciting trip.

**Meal** Breakfast

## **Include / Exclude**

- All surface transfers as per itinerary.
- Freshly cooked Full board meals while climbing
- Accommodation in a tea house with breakfast while trekking.
- Accommodation in Tented camp while climbing.
- Accommodation in Kathmandu(Himalayan Suite Hotel) in twin sharing bed and breakfast basis
- All required Climbing gear: Tents, Plastic climbing boot, crampons, climbing rope, ice axe, zoomer, harness, the figure of eight, carabineer etc
- TIMS / Trekking permit, National park / Conservation entry fees
- Proper Insurance of all staff including porters.
- Climbing Clinic Course at base camp
- Fooding, lodging and other expenses of the climbing crew
- Thirty minute massage at Himalayan Suite Spa
- Lunch and dinner in Kathmandu and trekking days
- Personal equipment and clothing
- Your travel insurances
- Personal expenses
- Climbing Permit fee structure



# Himalayan Social Journey

Himalayan Social Journey has come up with exclusive packages based on travelers' budgets in Nepal, India, Tibet, and Bhutan with the slogan, "Ecstasy is within you, safety the first."

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