

# Lobuche Peak Climb

17 Days Challenging Trek

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Lobuche Peak (6,119 m) stands tall above the Khumbu Glacier, overlooking the Everest region's legendary trails. Often seen by trekkers en route to Everest Base Camp, it rises beside the village of Lobuche and is a striking pyramid of rock and ice that calls to adventurers seeking a real Himalayan summit experience. The Lobuche Peak climb perfectly bridges trekking and mountaineering and is ideal for those who have previous experience of trekking at high altitudes and wish to push beyond, yet without the intensity of a full expedition.

Over 17 days, the journey unfolds along the classic Everest Base Camp route before veering off toward the summit slopes of Lobuche East (the trekking peak of the twin Lobuche summits). This route offers the best of both worlds: the cultural richness of the Khumbu Valley, the breathtaking landscapes of Everest Base Camp, and the exhilarating satisfaction of standing atop a Himalayan summit.

From Lobuche's summit, a sweeping panorama reveals Everest, Lhotse, Nuptse, Pumori, Makalu, Ama Dablam, and Cho Oyu – a front-row view of the greatest mountains on Earth. The climb involves basic glacier travel, use of mountaineering gear, and a final ascent along a fixed rope, slightly challenging but immensely rewarding.

## About the Khumbu Region

The Lobuche Peak trekking expedition takes place in Nepal's iconic Khumbu region, part of the Sagarmatha National Park, a UNESCO World Heritage Site. This is the heartland of the Sherpa people and is home to ancient monasteries, colorful prayer flags, and high-altitude villages that have long served as gateways to the world's tallest peaks.

The route follows the legendary Everest Base Camp trail, passing through Namche Bazaar, Tengboche, and Dingboche. The landscape transforms daily but gradually; from lush forests and rhododendron slopes to windswept alpine valleys and the vast glacial basins beneath the Himalayas.

Combining the classic trek with a Himalayan summit makes the Lobuche Peak climb one of Nepal's most complete mountain journeys, offering trekkers a blend of cultural depth, wilderness immersion, and mountaineering challenge.

## TRIP OVERVIEW

**Duration:** 17 Days

**Difficulty:** Challenging (Trekking Peak Climb)

**Max Elevation:** Lobuche Peak Summit (6,119 m)

**Best Season:** Spring (April-May) and Autumn (October-November)

## TRIP HIGHLIGHTS

- Summit Lobuche East (6,119 m) with panoramic views of Everest, Lhotse, and Ama Dablam.
- Trek to Everest Base Camp and climb Kala Patthar for spectacular sunrise views.
- Explore the cultural and spiritual heart of the Khumbu in Namche Bazaar and Tengboche Monastery.
- Experience warm Sherpa hospitality in teahouses and high mountain lodges.
- Learn mountaineering skills – rope work, crampon use, and glacier travel.
- Enjoy a blend of trekking adventure and true Himalayan climbing.



## OUTLINE ITINERARY

**Day 1–2:** Arrive in Kathmandu; sightseeing and trek preparation.

**Day 3–4:** Fly to Lukla and trek to Namche Bazaar via Phakding.

**Day 5–6:** Acclimatisation and trek to Tengboche.

**Day 7–8:** Continue to Dingboche and Lobuche village.

**Day 9–10:** Trek to Gorak Shep; visit Everest Base Camp and Kala Patthar.

**Day 11:** Trek to Lobuche Base Camp.

**Day 12:** Climb to Lobuche High Camp.

**Day 13:** Summit Lobuche Peak (6,119 m) and descend to Pheriche.

**Day 14–15:** Descend via Namche to Lukla.

**Day 16:** Fly back to Kathmandu.

**Day 17:** Free day or departure.

## WHAT TO EXPECT

**Physical Challenge:** Demanding trekking and moderate mountaineering; requires good fitness and acclimatisation.

**Accommodation:** Comfortable teahouses during trek; tented camp at High Camp.

**Food:** Nutritious local and international meals; hearty soups, dal bhat, and warm drinks.

**Weather:** Clear skies and crisp air in season; very cold at higher camps.

**Support:** Experienced climbing Sherpa guide, porters, and full logistical support with technical gear.

## Detailed Itinerary

### DAY 1: ARRIVAL IN KATHMANDU

**Activities:** Arrive in Kathmandu, where your representative greets you and transfers you to your hotel in Thamel. Take time to rest and enjoy Nepal's vibrant atmosphere.

**Accommodation:** Overnight in Hotel

## DAY 2: KATHMANDU SIGHTSEEING & TREK PREPARATION

**Activities:** Enjoy an optional guided tour of Kathmandu's heritage sites – Bouddhanath, Swayambhunath, and Kathmandu Durbar Square. Later, attend your trek briefing and gear check with your climbing guide.

**Accommodation:** Overnight in Hotel

## DAY 3: FLY TO LUKLA (2,840 m), TREK TO PHAKDING (2,610 m)

**Activities:** The thrilling mountain flight to Lukla marks the start of your Himalayan journey. Descend through pine and rhododendron forests along the Dudh Koshi River to reach Phakding.

**Accommodation:** Teahouse in Phakding.

## DAY 4: PHAKDING TO NAMCHE BAZAAR

**Activities:** Cross swaying suspension bridges, climb gradual ascents, and enter Sagarmatha National Park. The final climb to Namche is steep but rewarding, with the first views of Everest on a clear day.

**Accommodation:** Teahouse in Namche Bazaar.

## DAY 5: ACCLIMATISATION IN NAMCHE BAZAAR

**Activities:** Rest and acclimatise in Namche. Explore local bakeries, museums, or hike to the Everest View Hotel for panoramic mountain views and a glimpse of the day's adventure ahead.

**Accommodation:** Teahouse in Namche Bazaar.

## DAY 6: NAMCHE TO TENGBOCHE (3,860 m)

**Activities:** Trek through pine forests and rhododendron groves to reach Tengboche, home to the famous Tengboche Monastery. The setting, with Ama Dablam towering behind, is unforgettable and deeply moving as we witness nature blending with spirituality.

**Accommodation:** Teahouse in Tengboche.

## DAY 7: TENGBOCHE TO DINGBOCHE

**Activities:** Descend through Deboche, cross the Imja River, and climb toward Pangboche and Dingboche. The landscape opens into wide alpine meadows surrounded by peaks.

**Accommodation:** Teahouse in Dingboche.

## DAY 8: DINGBOCHE TO LOBUCHE

**Activities:** The trail passes stone memorials dedicated to fallen climbers before reaching Lobuche village – a settlement perched above the Khumbu Glacier.

**Accommodation:** Teahouse in Lobuche.

## DAY 9: LOBUCHE TO GORAK SHEP, VISIT EVEREST BASE CAMP

**Activities:** Trek along the lateral moraine of the Khumbu Glacier to Gorak Shep, the final settlement before Everest Base Camp. After a short rest, continue to Base Camp for breathtaking glacier views.

**Accommodation:** Teahouse in Gorak Shep.

## DAY 10: KALA PATTHAR (5,545 m) & RETURN TO LOBUCHE

**Activities:** Climb Kala Patthar early morning for a dramatic sunrise over Everest, Lhotse, and Pumori. Descend back to Lobuche for rest and preparation for your climb.

**Accommodation:** Teahouse in Lobuche.

## DAY 11: TREK TO LOBUCHE BASE CAMP (4,950 m)

**Activities:** Leave the main trail and head toward Lobuche Base Camp. The route follows glacial moraines, offering views of Cholatse, Pokalde, and Ama Dablam.

**Accommodation:** Tent Camp at Base Camp.

## DAY 12: CLIMB TO LOBUCHE HIGH CAMP

**Activities:** A short but steep climb over rocky and icy terrain brings you to High Camp. The afternoon is spent acclimatising and preparing equipment for the summit push.

**Accommodation:** Tent Camp at High Camp.

## DAY 13: SUMMIT LOBUCHE EAST & DESCEND TO PHERICHE

**Activities:** Begin before dawn with a slow climb over snow slopes using fixed ropes. The final ridge is steep but secure, leading to the summit with magnificent 360° views of Everest, Makalu, and Ama Dablam. Descend safely to Pheriche for well-earned rest.

**Accommodation:** Teahouse in Pheriche.

## DAY 14: PHERICHE TO NAMCHE BAZAAR

**Activities:** Descend along familiar trails through Pangboche and Tengboche. The air thickens, and greenery returns as you re-enter lower altitudes.

**Accommodation:** Teahouse in Namche Bazaar.

## DAY 15: NAMCHE TO LUKLA

**Activities:** A long but enjoyable final trek along the Dudh Koshi River, retracing your journey through suspension bridges and forested valleys back to Lukla.

**Accommodation:** Teahouse in Lukla.

## DAY 16: FLY BACK TO KATHMANDU

**Activities:** Take an early morning flight to Kathmandu. The rest of the day is free to relax, shop, or celebrate your successful summit in one of Thamel's lively cafés.

**Accommodation:** Overnight in Hotel

## DAY 17: DEPARTURE DAY

**Activities:** Transfer to Tribhuvan International Airport for your onward flight. Bid farewell to Nepal's Himalayas, carrying the memory of your summit high above the Khumbu.



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