

**Lama Adventures Pvt. Ltd.**

# Lobuche Peak

<b>Difficulty</b>	<b>Duration</b>	<b>Region</b>	<b>Max. Altitude</b>	<b>Type</b>	<b>Group Size</b>	<b>Accommodation</b>
Hard	19 Days	Khumbu	6119m	Peak Climbing	3-15 pax	Lodges, Hotels and Camp

## Overview

The dark triangle of its rocky East rises over the moraines of the Khumbu Glacier to a spectacular skyline, forming the south ridge. Lobuche has two summits, East (6119 m) and West (6145 m), connected by a continuous ridge. There is still a sharp gap and a considerable distance between them meaning they are rarely climbed together.

Many aspiring Everest teams climb Lobuche for acclimatization as the summit is the same altitude as Camp 1 and it saves making at least one dangerous trip through the Khumbu Icefall.

The South Ridge is the most popular, graded as PD+ on the Alpine Grading system. Teams, most commonly, climb only to a false summit on the summit ridge (after which it becomes progressively narrower and more difficult) but the views from here are truly stupendous.

From the high camp the route continues up a series of rocky slabs of increasing steepness to give access to the South-East Ridge proper. About 50 m from the main ridge the slabs end and there is a 45 degree snow slope to ascend onto the ridge itself.

The start of the ridge is at approximately 5670 m and this is also a possible site for a second high camp to make the summit day easier. Follow the ridge turning around seracs and ascending the various bumps towards the first summit. There are no real difficulties although there is a feeling of some exposure along the way. Between the first/false summit and the true summit there is a considerable descend which you may need to rappel down before the final 60 m or so.

Laurence Nielson and Ang Gyalzen Sherpa made the first recorded ascent to Lobuche East on 25 April 1984.

As a guide, this is a more technical climb than more popular trekking peaks such as Island Peak, Pokalde and Mera Peak.

# Itinerary

## Days 1: Arrival in Kathmandu

On your arrival in Kathmandu, Tribhuvan International Airport, our representative will welcome you & drive you to the hotel. It's a free day/evening. You can walk around Thamel for shopping.

## Days 2: Sightseeing around Kathmandu

Kathmandu is the historical and cultural heart of Nepal and has been a popular destination for tourists ever since Nepal opened its doors to visitors. The city presents a wonderful mix of Hinduism, Tibetan Buddhism and Western influence. There will be a guided tour to the largest Buddhist stupa in Nepal Boudhanath and after that to the most popular Hindu shrine dedicated to Lord Shiva- Pashupatinath. We take a tour to Patan or Lalitpur (the City of Artisans), which is 5km away from Kathmandu. We walk through Patan Durbar Square, and delight in the architectural wonders of the Malla era. Mahaboudha Temple, Kumbeshwor Temple, Krishna Temple and Golden Temple are the major attractions at the square.

## Day 03: Fly to Lukla and trek to Phakding

Our trip begins early morning with a picturesque flight to Lukla. The trekking guide will see you at the hotel and you drive to the airport and take a 30 min flight to Lukla, which flies over endless rolling hills covered with green terraces. Once we reach Lukla, we will have a short break to organise porters and gear before starting our day's trek. We will trek for about 5 hrs to Phakding.

## Day 04: Trek to Namche

From Phakding, we cross and re-cross the river on high suspension bridges. Beyond Monjo is the entrance to the Sagarmatha National Park which was set-up in order to protect and preserve the fragile mountain environment. We then take a steep hike to Namche. If the weather is clear, we get the first glimpse of Mt Everest. Namche is the main trading village in the Khumbu and has a busy Saturday market - a meeting place for the Hindu traders from the lowlands and the Tibetan yak caravans that have crossed the glaciated Nangpa La.

## Day 05: Rest & Acclimatization

We will spend an extra day in Namche before trekking higher to allow our bodies to adjust to the lower levels of oxygen in the air. In the morning, we will walk up to the Everest View Hotel to enjoy a panoramic view of Everest, Ama Dablam, Thamserku

and may other majestic mountain peaks.

### **Day 06: Trek to Tengboche**

We will walk to Tengboche Monastery which is the most important monastery for the Sherpas of the Khumbu region. It is the tradition that every climbing expedition to Mt. Everest should be blessed by the head Lama of this monastery. You will enjoy the most spectacular mountain scenery on the face of the Earth on this day.

### **Day 07: Trek to Dingboche**

We will walk via Pangboche (3930m), take a moment to look back and enjoy the classic view of Tengboche. It is also the last village before heading right to Ama Dablam base camp, which dominates the scenery from now to Lobuche. We again gradually traverse up the valley, cross the Imja river and briefly walk upwards to Dingboche. The mountains appear distinctly more reachable and glorious.

### **Day 08: Trek to Labuche**

Walking out of Dingboche to Lobuche, we can feel that you can almost touch the mountains and sense that Everest must be close. The trail gradually leads upwards to a small river crossing at the foot of Thukla. The rocky path passes the trekking peak of Lobuche on the left before we reach Lobuche.

### **Day 09: Explore E.B.C. and Trek to Goraksheb**

Goraksheb is the last settlement before reaching Everest base camp. From Lobuche, it's a short walk. We will walk further along the rocky terrain alongside the Khumbu glacier to reach Everest base camp. We trek back to Goraksheb.

### **Day 10: Early Morning Kalapathher**

A very early start is required to reach Kalapatthar at 5,545m. The way to Kalapatthar is steep trail so we will take a comfortable pace to reach on the top. The view from the top of Kalapatthar is one of the finest views of mighty Everest. You can also see Lingtren, Khumbutse and Changtse mountains. We will spend some time on the summit and stroll back to our camp at Gorak Shep. We will have lunch and descend down to Lobuche. After leaving Lobuche, we take a short walk to Lobuche Base Camp and stay there for the night in a tent.

### **Day 11: Rest and Acclimatization**

We spend the day resting and acclimatizing with the high altitude before we make a push to the Lobuche Peak summit. Overnight in Lobuche Base Camp.

### **Day 12: High Camp**

After having breakfast, we will leave the base camp early in the morning and follow a narrow, snow-covered and icy trail. We then use ropes and crampons during our trek to Lobuche High Camp today. We will check our climbing gears and health conditions at High Camp before climbing the summit of Lobuche Peak. We will spend the night at a tented camp in High Camp.

### **Day 13: Lobuche Summit**

We start our push to the summit very early in the morning so that we arrive at the peak by noon. There are strong winds that make the climb challenging in the afternoon. The path is rocky initially for about 5600m. We cross the ice-covered surface using ropes and crampons. From the top, the panoramic views of Mt. Everest, Nuptse, Lhotse, Ama Dablam, Pumori, Cholatse, and others from the summit will entice you. After spending some quality time and taking incredible pictures, we descend back to base camp. Overnight in Lobuche Base Camp.

### **Day 14: Trek to Pheriche**

After having breakfast in Lobuche Base Camp, we make our way back to Lobuche, where we stop for lunch. Then, we take the main EBC trail from Lobuche, passing through villages like Thukla to reach Pheriche. Overnight in Pheriche.

### **Day 15: Trek to Namche**

Today's trek is mostly downhill. We continue to follow the river and, after crossing it, climb back up through birch and rhododendron forest to Tengboche. Kwangde, Tawache, Everest, Nuptse, Lhotse, Ama Dablam, Kantega and Thamserku are just a few of the Himalayan giants to be seen. From Khumjung we descend to Namche. Then, we head down to Monjo after a delightful lunch at Namche Bazaar.

### **Day 16: Trek to Lukla**

Today's trek is a really short and sweet one. We will climb up a small hill to reach Lukla. You will probably reach Lukla soon so explore and look around the place and the famous airport in Lukla.

### **Day 17: Back to Kathmandu**

We pack up early and head for the airstrip to hop a flight back to Kathmandu On

touchdown, the rest of your day is free to do your own things. You could do some last-minute shopping and packing, or send a few postcards home or even go down for a stroll to Thamel, an internationally known hub for tourists in Asia.

### **Day 18: Last Day at Kathmandu**

Just relax at your hotel room and travel around the beautiful cultural city of Kathmandu, Patan and Bhaktapur. You have the day to your own, so enjoy your last day in Nepal.

### **Day 19 : Departure**

It's time to leave Nepal, of course with smiles and many memories to cherish. Depending on your flight time we will drop you at Tribhuvan International airport for your final departure to your destination.

## **Inclusion / Exclusion**

### **Cost Includes**

Arrival in International Airport and Departure.  
4 Night's hotel in Kathmandu with Bed & Breakfast.  
Sightseeing in Kathmandu Valley.  
Entrance fee in Sagarmatha National Park.  
Peak Permit and Climbing Guide.  
Local Transfer and domestic flight.  
Domestic airport departure taxes.  
All camping Equipment, two men tents, Dining tent, Kitchen Tent, Toilet Tent, Table, chairs and Mattresses during the trekking & Peak climbing.  
Breakfast, lunch, dinner in trekking and climbing period.  
Guide, Cook, sherpa, Kitchen staffs and porters  
Insurance for trekking staff and Equipments.

### **Cost Excludes**

Personal equipment for Trekking & Peak climbing.  
Personal travel Insurance.  
Lunch & dinner in Kathmandu.  
Emergency Rescue evacuation.