



Lobuche East Peak with Everest

URL: <https://naatatravels.com/trip/lobuche-east-peak-with-everest/>

Duration	Group Size	Maximum Elevation
19 Days	2-20	6,145m
Accommodation	Meals	
Tea House	Breakfast, Lunch, Dinner	

Highlights Of Lobuche East Peak with Everest

Panoramic vistas of Mount Everest, Lhotse, Nuptse, and the surrounding peaks.

Challenging ice and rock sections requiring advanced mountaineering skills.

Climbing along and around the massive Khumbu Glacier.

Experience the rugged and remote high-altitude environment of the Himalayas.

Acclimatization and preparation at Lobuche Base Camp before the summit attempt.

The classic route includes steep snow slopes and a technical summit ridge.

Unique ice features and seracs were encountered during the climb.

Dramatic views of the Khumbu Icefall from the higher sections of the climb.

Insights into the local Sherpa culture and their role in high-altitude climbing.

Combine the climb with a trek to Everest Base Camp for complete regional immersion.

Trip Overview

Lobuche East Peak with Everest offers an extraordinary adventure, combining a challenging ascent of one of Nepal's iconic peaks with a classic trek to the renowned [Everest Base Camp trek](#). Lobuche East Peak (6,145m) is one of the famous peaks in the Everest Khumbu Himalayan range, distinguished by its two prominent summits: Lobuche East and Lobuche Far East.

The standard route *ascends via the South Ridge*, with climbers navigating steep snow and ice slopes to reach the Summit. From the top, climbers are rewarded with breathtaking views of Everest, Lhotse, Nuptse, Ama Dablam, and Pumori. For those seeking different climbing experiences, options like Island Peak or Mera Peak are available. At the same time, a shorter trek to Everest Base Camp provides an alternative for those with limited time.

The trek and climb provide the right blend of culture and adventure in the heart of the Himalayas. You will be glissading on the spectacular Khumjungal, climbing steep, snowy slopes and looking at the outstanding ice formations. It is also an opportunity to learn more about the Sherpas and to explore the surreal landscape of the places that are rough and far from civilization.

Trip Itinerary

Day : Arrival in Kathmandu

Upon your arrival at Tribhuvan International Airport in Nepal, a representative from Naata Travels and Adventure will be there holding a placard bearing your name. In the evening, there will be a welcome dinner hosted by the team of Naata Travels and Adventure.

Day : Trip preparation

We meet up in Naata Trek and Tours office today. We will have a short pre-trip briefing to get acquainted with the entire trip. Today, you will meet your climbing sherpa for the journey. He will check whether your climbing equipment and gear are in working condition. If you have anything missing or not in order, you have the rest of the day to fix it.

Day : Fly to Lukla and Trek to Phakding

After breakfast, we take an early morning flight to Lukla. The flight to Tenzing-Hillary airport is thrilling in itself, as we will be landing on a strip high up a mountain and surrounded by high mountains. Upon your arrival at the airport, you will meet your other crew members, make one final arrangement, and start your trek. Our destination for the day is Phakding, which will take us just a couple of hours. The short trek today helps us to acclimatize.

Day : Phakding to Namche Bazaar

We have breakfast and hike through the beautiful, serene pine forests and the Dudha Koshi River. After walking for about an hour, we can glimpse Mount Thamserku (6,608 meters) and, if the weather permits, a peeking view of Mount Everest above the ridge of Lhotse and Nuptse. We cross five suspension bridges, a satisfactory experience in itself. We continue on the trail and reach the Sagarmatha National Park entrance in Namche Bazaar. The town is a bustling tourist spot with pubs, cafes, ATMs, and many more.

Day : Namche Bazaar : Acclimatization

We have set aside a day to acclimatize to the high altitude. However, it is best recommended you do some form of movement instead of staying idle. We can explore the quaint town. Another option could be to hike to the Everest View Hotel to get a close-up view of the famous Everest. If you want to indulge in a more extended activity for the day, you can hike up to Khumbung village (5-6 hours). We can visit Edmund Hillary School and Khumjung monastery, which are believed to house the head of the Yeti.

Time:

5-6hrs

Day : Namche Bazaar to Tengboche

After breakfast, we start our hike towards Tengboche. It is an easy hike up to Phunki, after which it ascends. We reach Tengboche, a village with the biggest monastery in the Khumbu region. The monastery is curtailed with 360-degree views of the Himalayas, such as Ama Dablam, Thamserku, Nuptse, Everest, and Lhotse. If we are lucky, we might be able to witness a religious ceremony. We stayed the night in Tengboche.

Day : Tengboche to Dingboche

We begin our trek walking through forests of birch, conifers, and rhododendrons. The trail then drops down to Debuche, and we cross the Imja River and climb towards Pangboche. En route, we visit the Pangboche monastery. We then start entering the Imja Valley and reach the Lobuche River. We descend to the river and climb up the trail to reach Dingboche for the night.

Day : Dingboche: Acclimatization

We spend the rest of the day acclimatizing to our surroundings. It is essential to take a day off so that our bodies can get used to the thin air. We hike to Chukkung for the day, a small settlement about half an hour from Bire. Icy streams cut across the trail. We checked our equipment one last time to see if it was in the equipment. The equipment has to be hired from Chukkung. We spend our night in Dingboche.

Day : Dingboche to Lobuche

We start our day with a gradual climb to Duglha. The trail then ascends steeply to Chupi Lhara, and we will come across praying flags and an array of stones used as memorials to Scott Fischer and the 10-time Everest Submitter Babu Chiri Sherpa, who fell to the might of Everest. We continue towards the Khumbu Glacier moraine and come across views of Mount Pumori, Khumbutse, Lingtren, and Mahalangur Himal. We stayed the night in Lobuche.

Day : Lobuche to Gorak Shep, visit Everest Base Camp

We take the trail to Everest base camp and continue straight ahead, after which we come across the Indian Army Mountaineers memorial. The path from here on can be confusing, so you must follow your guide. The trek to Everest base camp is demanding due to the thin air. Before reaching the base camp, we pass through rocky dunes, moraines, and streams. Once at the base camp, we get Nuptse, Khumbutse, and Pumori views. We trek back to Gorakshep to spend the night.

Day : Gorakshep to Kala Patthar and back to Lobuche

We set off before the crack of dawn and cold temperatures falling to -10 to -14 C. Mountains such as Khumbutse, Lingtren, and Changtse towers above us initially, and slowly, the formidable Mount Everest reveals itself. We spend some time at the viewing point, click pictures, and return to Lobuche. We stay overnight in Lobuche.

Day : Lobuche to high camp

We leave Lobuche and trek towards Lobuche base camp. We walk on a relatively flat surface for some distance and then start a steep ascent. We trod forward along the Lobuche glacier, enjoying fantastic views of Ama Dablam, Cholatse, Pokalde, Thamserku, and other Himalayas. We continue on a rocky moraine path up to the high camp. After we reached the high camp, we set up and stayed there. We had lunch and took a much-needed rest.

Pre-climb: We used fixed rope for most of the part and man rope when necessary on our trail to Lobuche. Your climbing sherpa will teach you how to use climbing gears such as rope, ice axe, crampons, harness, ascender, etc. This pre-climb training will help you improve your climbing skills and enjoy the trek to Lobuche Peak.

Day : Lobuche to High camp to Summit and back Summitorakshep

Our day starts very early, at 1 am, and we have breakfast to climb Lobuche Peak. We must reach the summit by noon. Summer strong winds can hinder a successful summit. We head towards Lobuche, and the route to Lobuche will be mostly on rocky surfaces till 5700 meters, after which there will be technical climbing till the summit of LobuSummitak.

We use fixed and man ropes for our Lobuche climb to enhance our climbing experience. As we climb Lobuche East, we must follow our guide diligently. After we climb Lobuche East, we can enjoy

magnificent views of Everest, Lhotse, Nuptse, Ama Dablam, Cholatse, and Pumori, among many others. The climbing period for the day will be 8-10 hours.

Time:

8-10 hours

Day : Reserve day

We have set aside a reserve day if we have to extend a day due to bad weather or flight delays. This will ensure we will make a successful climb even if we are set back by a day

Day : Lobuche high camp to Pangboche

After successfully summiting Lobuche Peak, we enjoyed our morning breakfast and started our descent. We rejoined the trail to Everest base camp and had lunch at Lobuche. From Lobuche, our path took us to Pheriche. We hiked down a hillside covered with juniper and rhododendron forests. Upon reaching Pangboche, we could also consider visiting the Pangboche monastery.

Day : Pangboche to Namche Bazaar

We retrace our steps down to Imja Valley through a forest. We have lunch at Tengboche. We cross the bridge over the Dudh Koshi River and descend swiftly through pine forests until we reach Sansa. We pass a chorten and enter the gateway to Everest.

Day : Namche Bazaar to Lukla

We continue our descent through shaky legs, cross suspension bridges, and arrive in Lukla. We stay the night in Lukla, recollecting our memories of our summit of the Summit

Day : Fly to Kathmandu

We take an early morning flight to Kathmandu as we end our climb of Lobuche Peak. After reaching Kathmandu, you can spend the rest of the evening doing some souvenir shopping to take back home. The team of Naata Travels and Adventure will organize a farewell dinner in the evening.

Day : Final Departure

Our Lobuche East expedition ends today as a representative from Naata Travels and Adventure will escort you to the international airport for your departure from Kathmandu.

Trip Includes

- 3-star hotel accommodation in Kathmandu.
- Domestic flight from Kathmandu to Lukla and back to Kathmandu.
- Government-licensed trekking guides, climbing guides, and porters
- All ground transportation in private tourist vehicle
- Full board meal (AP meal plan) on the mountain
- All necessary permits and entry fees
- One night tented accommodation in base camp and packed lunch for Summit day.
- Duffel bag, Trekking Map, and Sun Hat.
- All administrative expenses and government taxes.

Trip Excludes

- Lunch and dinner in Kathmandu
- International flight fare and airport departure tax
- Any beverages
- Travel insurance and high-altitude evacuation
- Personal Trekking gear and equipment
- Nepal Entry Visa
- Any other not mentioned in the included section

Additional Information

Best Time for Lobuche East Peak with Everest

Spring (March to May)

Spring is the best time to climb Lobuche East Peak and trek to Everest Base Camp. The weather is generally stable, with moderate temperatures and clearer skies, which provide excellent visibility of the surrounding peaks. This season also offers favorable climbing conditions, as the snow and ice on the route are more stable.

It is the most popular time for expeditions, so expect larger crowds and higher costs. Spring provides a balanced combination of good weather and relatively stable conditions, making this adventure's preferred season.

Summer (June to August)

Summer is the monsoon season in Nepal, characterized by heavy rainfall, high humidity, and frequent storms. The weather conditions are less predictable, with increased cloud cover and the potential for

hazardous climbing conditions due to melting snow and ice.

The trekking paths can become muddy and slippery, and the risk of avalanches and rockfalls increases. It is possible to trek and climb during this period, but it is generally less advisable due to the challenging weather conditions and higher risks.

Autumn (September to November)

Autumn is another excellent time for the Lobuche East Peak expedition. The monsoon rains have usually subsided, leading to clearer skies and improved visibility. Temperatures are more relaxed but still manageable, and the trails and climbing routes are in good condition after the summer rains.

This season offers a quieter experience than spring, with fewer trekkers and climbers on the routes. Autumn provides stable weather conditions and stunning views, making it a favorable time for trekking and climbing, although temperatures can drop significantly as you approach winter.

Winter (December to February)

Winter presents the most challenging conditions for the Lobuche East Peak expedition. The temperatures can drop drastically, resulting in cold and potentially hazardous conditions for both trekking and climbing. Snow accumulation can make trails and climbing routes more difficult and dangerous, and the risk of altitude sickness can increase due to the harsh weather.

Some parts of the trek and climb might need to be made available or require additional equipment and precautions. Winter is generally considered too harsh for this adventure, making it the least favorable time for the trek and climb.

Cultural and Scenic Highlights

Cultural Experiences:

- **Interactions with Local Sherpa Communities:** Engage with the local Sherpa people, renowned for their hospitality and rich cultural traditions. Experience their daily life, customs, and practices shaped by centuries of living in the high Himalayas.
- **Monastery Visits:** Explore prominent monasteries such as Tengboche Monastery, which is the largest in the Khumbu region. These monasteries offer insight into Tibetan Buddhist practices and provide a serene atmosphere for reflection.

Scenic Highlights:

- **Critical Viewpoints:** Enjoy breathtaking views from key vantage points, including the famous Kala Patthar, which offers panoramic Everest, Lhotse, and other towering peaks.
- **Scenic Spots Along the Trek:** Traverse through picturesque landscapes featuring lush valleys, glacial rivers, and alpine forests. The trek provides stunning views of snow-capped mountains, including Nuptse, Ama Dablam, and Pumori, enhancing the trekking experience.

Trek Difficulty

Exploring the trail and climbing on the Lobuche East Peak is an incredibly challenging and strenuous venture involving mountaineering. Beginning with the strenuous hike to Everest Base Camp, you will encounter steep hills, rough terrains, and fluctuations in altitude, all in the probable unfriendly climate of the Himalayas.

The ascent to Lobuche East Peak involves severe challenges, including steeped and rocky terrains that require sound climbing methods and equipment. The mountain adventure requires warriors with reliable physical fitness and mountaineering experience due to altitude problems such as acute mountain sickness, which a performer will likely succumb to during the adventure when he is not well acclimatized.

Meals

The meals for Everest and Lobuche expedition are decent for the most part. A reasonable number of options will be available in the lower regions of the trek. You will get the customary Nepali dish (dal, bhat) everywhere.

Besides that, there will be options for other Nepalese dishes such as dumplings, roti tarkari (bread and curry), momo (dumplings), and thukpa (Tibetan noodle soup) at every stop you make. There will also be options for Western dishes such as pasta, pizza, omelets, oatmeal, macaroni, etc. However, you will be taking a packed lunch on your summit day.

Accommodation

The accommodation in Everest and Lobuche East expeditions will be in teahouses. The rooms will be shared between 2-4 people, and the bathrooms will also be shared. The teahouses will be reasonably clean and offer decent food choices. The lack of amenities is made up for by the hospitality of the Sherpa people, though. Once you reach Lobuche base camp, you will stay in tented camps.

Trip Permit

For the Lobuche East Peak expedition, you will need three essential permits:

1. **Climbing Permit:** This is the most crucial permit for climbing Lobuche East Peak. It is issued by the Department of Tourism in Kathmandu.
2. **Sagarmatha National Park Permit:** This permit allows access to the Everest region and is essential for trekking. You can obtain it either from the Tourism Board in Kathmandu or at the entry point of the National Park.
3. **Local Area Permit:** Required for accessing specific local areas within the Khumbu region. This permit can be obtained at the entrance to the Sagarmatha National Park.

These permits ensure that you have legal access to the climbing and trekking routes and contribute to managing and preserving the natural environment.

Travel Insurance

It would be best to be insured before taking any trekking expedition tour in Nepal. However, Naata Trek and Tdondon'tovideovide insurance, and you would have to take insurance before your trip commences. Please note that you must take insurance with all coverages, including high-altitude evacuation, which is required for expeditions and trekking.

Equipment

For the Lobuche East Peak expedition, you'll need a combination of trekking and climbing gear to ensure safety and success. Here's a comprehensive list of equipment required:

Trekking Gear:

- **Trekking Boots:** Sturdy, waterproof, well-insulated boots with good ankle support.
- **Hiking Poles:** Adjustable trekking poles for stability on uneven terrain.
- **Sleeping Bag:** Rated for temperatures as low as -20°C (-4°F) for high-altitude conditions.
- **Sleeping Pad:** Insulated pad for added comfort and warmth.
- **Backpack:** 50-70 liters capacity to carry gear; include a rain cover.
- **Clothing:** Layered clothing system including moisture-wicking base layers, insulating mid-layers, and a waterproof and windproof outer layer.
- **Warm Hat and Gloves:** Insulated hats, gloves, and lighter gloves for trekking.
- **Sunglasses:** UV-protected sunglasses for high-altitude glare.
- **Headlamp:** Reliable headlamp with extra batteries for nighttime use.
- **Water Bottle or Hydration System:** Insulated water bottles or a hydration system to prevent freezing.

Climbing Gear:

- **Climbing Harness:** An adjustable harness is used for safety and comfort during the climb.
- **Climbing Crampons:** Metal spikes that attach to boots for traction on ice and snow.
- **Ice Axe:** Essential for climbing steep snow and ice sections.
- **Ropes:** Dynamic climbing ropes, if not provided by the expedition.
- **Carabiners:** Locking and non-locking carabiners are used to secure ropes and gear.
- **Ascenders and Descenders:** Mechanical devices for ascending and descending ropes.
- **Climbing Helmet:** Protection from falling rocks and ice.
- **Gaiters:** Protect legs and boots from snow and ice.
- **Summit Suit:** High-altitude suit for insulation against extreme cold.

Other Essentials:

- **Personal First Aid Kit:** Include basic medical supplies and any personal medications.
- **Sunscreen and Lip Balm:** High SPF sunscreen and lip balm to protect against sunburn.
- **Camera and Batteries:** To capture the adventure, ensure the batteries are suitable for cold temperatures.
- **Maps and Guidebooks:** Detailed maps of the trek and climbing routes.

Optional Gear:

GPS Device: For navigation and tracking progress.

Portable Oxygen System: Depending on the route and altitude, some expeditions provide this.

Ensure all gear is tested and adjusted for comfort and functionality before the trip. The equipment can often be rented from local suppliers in Kathmandu if needed.

Frequently Asked Questions

Is the Everest Summit visible from base camp?

No, the Everest summit is not visible from the base camp, and you will have to go to Kala Pathher to get the best views of Everest.

How hard is Lobuche Peak climb?

The Lobuche Peak climb is a demanding venture. You must be in sound physical shape with good stamina to reach the mountaintop successfully and enjoy the experience.

How challenging is the hike to Everest Base Camp?

The hike to Everest Base Camp is a bit demanding. It takes you to an altitude of 5,555 meters, which is relatively high. The steep descents and ascents and the number of days make it difficult.

Can I do the Everest Base Camp trek without a guide?

No, you must take a guide for the Everest Base Camp trek. Without a registered guide, you won't be able to issue the necessary permits.

What is the best time of the year to do the Everest Base Camp and Lobuche East Peak expedition?

The best time of year to do the trek and expedition is Spring and Autumn, as the weather is most favorable then.

What are the permits and documents required for Lobuche East Climb?

The required permits for Lobuche East Climb are the Sagarmath National Park entry permit, the local area entry permit, and the climbing permit.

What type of physical fitness is required for the Everest Base Camp and Lobuche East Expedition?

You must be in good physical condition and have good stamina for this climbing and trekking journey. As the duration of the journey and the time spent at high altitudes are long, you will need to be in great shape to reach the apex without any difficulties while enjoying the experience on the way.

Address

Naata Travel and Adventures Pvt. Ltd.

Kathmandu, Nepal