

Lobuche Peak Climbing

ascendhikes@gmail.com
[+977 9803667776](tel:+9779803667776)



Lobuche Peak Climbing

URL: <https://ascendhikes.com/package/lobuche-peak-climbing/>

Destination

Nepal

Activity

Peak Climbing

Start / End Point

Kathmandu to Kathmandu.

Duration

15

Region

Everest Region Treks

Max. Altitude

6,119m

Best Season

Spring and Autumn

Per Person From

USD 2,075

Group Size

1 - 14

Challenging

Lorem Ipsum is simply dummy text of the printing and typesetting industry. Lorem Ipsum has been the industry's standard dummy text ever since the 1500s

Accommodation

Teahouses and Camping

BLD

Breakfast, Lunch and Dinner

Lobuche Peak Climbing

Lukla - Namche - Tengboche - Dingboche - Lobuche - Gorakshep - Everest Base Camp - Kalapathar - Lobuche Peak Summit - Pheriche and back to Lukla.

It is about 123km trekking distance, making 14 days walking, wonderful panoramic views of the mountain ranges, traditional culture, Himalayan villages experience, alpine minnows, lakes, glacier, panoramic viewpoints, flora and fauna all are making your journey to Everest base camp, Kalapathar, Lobuche peak climbing, enjoyable in lifetime experiences.

Inside this page

Why Lobuche Peak climbing with Ascend Hikes?

Lobuche Trek details Itinerary:

Best Time for Lobuche peak climbing:

Lobuche Peak climb Difficulty and Fitness:

Lobuche Peak Permits Required:

Cost and Inclusions:

Contact Us:

Essential information:

Why Book This Trip With Us?

Booking trek and climbing with Ascend Hikes the reason are:

- **Export team (experience guide and staff).**
- **Experience in the climbing sector.**
- **Safety and secure reason.**
- **Excellence summit success rates.**
- **Whatever big or small group approach.**
- **Quality equipment and logistics.**
- **Transparent Pricing, no hidden costs.**
- **Export in the emergency rescue handling.**
- **Memorable Himalayan experience.**

Contact Ascend Hikes Pvt Ltd, for secure spot of Labuche Peak and Island Peak this season to climb with confidence.

Detailed Itinerary for Lobuche Peak Climbing

Day 01: Arrival in Kathmandu and transfer to hotel

When arrive at Kathmandu international airport, our team will pick up you and transfer to hotel where you booked. And short discussion about next day flight to Lukla early in the morning.

Highlight of the day:

- Kathmandu valley and the Himalayan ranges from airplane.
- Hotel in Thamel and explore shops surrounding.
- First experience in Kathmandu and Thamel discover.
- Wonderful evening to walk in Thamel Bazar.

Drive Distance

6-7 km

Drive Duration

30 minutes

Highest Altitude:

1400 m

Meals:

Lunch and Dinner separate, Breakfast included.

Place:

Thamel, Kathmandu

Accommodation:

Star Level hotel in Thamel, Kathmandu.

Day 02: Early in the morning flight to Lukla and trek to Phakding (2,610m)

It depends on were flying to Lukla, from Kathmandu or Ramechhap. If from Ramechhap then have to drive at 01:00 am to take a flight and if you are flying from Kathmandu to Lukla then you have to wake up at 4-5 o'clock in the morning and drive to 30 minutes to airport.

Highlights of the day:

- Amazing lukla flight and airport.
- Beautiful khumbu valley with Dudhkodi Rive.
- Lukla touristic, and shopping place.
- Monastery and Sherpa culture.
- Kusum khang view from Tharakoshi.
- Phakding village and first starting trek to EBC.

Trek Distance:

8 km

Trek Duration

3-4-hour

Highest Altitude:

2,610m

Meals:

Breakfast / Lunch and / Dinner

Place:

Phakding

Accommodation:

Teahouses sharing basis

Day 03: Trek to Namche Bazar

The second day of trekking gradually ups and down. Today gaining most of the altitude after the lunch, so be ready to make it easily to Namche.

Highlights of the day:

- Dudhkoshi valley and suspension bridges.
- Manjo, where entering Sagarmatha national park.
- Some wildlife on the cliff side.
- Hilary bridge and buggy-jump.
- Views of Mt Everest, Thamserku, Cholatche, Kongde peak and ranges.
- A beautiful and famous Namche village.

Trek Distance:

11- 12 km

Trek Duration

6-7-hour

Highest Altitude:

3440 m

Meals:

Breakfast / Lunch and / Dinner.

Place:

Namche Bazar

Accommodation:

Tea houses and guest houses

Day 04: Hike to Everest view hotel and Explore day

This is the hiking and exploring day in Namche village. After breakfast hike to Everest view hotel and explore Namche village. There are so many different activities you can do in Namche and Khumjung valley.

Highlights of the day:

- Namche viewpoint and museum.
- Everest view hotel and wonderful panoramic views.
- SPCC visit for activities.
- Khumjung valley and Sherpa culture.
- Syangboche airport between mountains.
- First panoramic mountains views.
- Local Market in Namche bazar.

Trek Distance:

10-12 km

Trek Duration

round trip

Highest Altitude:

3880 m

Meals:

Breakfast / Lunch and / Dinner.

Place:

Namche

Accommodation:

Teahouses.

Day 05: Trek to Tengboche/ Diboche

Start trekking trails gradually flat from Namche to Kyanjuma with panoramic view of the mountain ranges and valley. After then trails goes down to Phunkitanga, where you take a lunch. Remember from this place there are no tea-shop before Tengboche continue ascent to Tengboche

Highlights of the day:

- Beautiful of Amadablam and Everest views.
- Wonderful views of Phortse and Khumbu valley.
- Famous Tengboche monastery.
- Long panoramic views of the Himalayas.
- Flora and fauna.

Trek Distance:

10km

Trek Duration

5-7 hours

Highest Altitude:

3820m

Meals:

Breakfast, Lunch and Dinner.

Place:

Diboche

Accommodation:

Teahouses with sharing basis

Day 06: Trek to Dingboche.

A beautiful valley passing through, wonderful Amadablam mountain just front. Passing Pangboche village - Somare and Dingboche is slide ascent to the Somare lunch and easy way to Dingboche.

Highlights of the day:

- Beautiful rhododendron forest.
- Pangboche village - Somore village.
- Alpine flora and fauna.
- Amaizing view of Mt. Amadablam.

- Famous Island peak, Everest, Lothse and long himalayan range.
- Beautiful Dingboche village.

Trek Distance:

10km

Trek Duration

5-7 hours

Highest Altitude:

4410m

Meals:

Breakfast, Lunch and Dinner

Place:

Dingboche

Accommodation:

Teahouses

Day 07: Trek to Lobuche

Dingboche - Thukla - Lobuche,

Slight climbing high altitude above the Pheriche valley. Thukla pass is challenging for the day with wonderful views

Highlights of the day:

- Wonderful views of the mountain valley.
- Lobuche peak, Taboche, Cholatche, and Nupse mountains ranges.
- Challenging Thukla pass and valleys.

Trek Distance:

9km

Trek Duration

5-6 hours

Highest Altitude:

4910m

Meals:

Breakfast, Lunch and dinner.

Place:

Lobuche

Accommodation:

Teahouses

Day 08: Trek to Gorakshep

Lobuche - Lobuche pass - Gorakshep: one of the best highlights of the trek, to Stay at Gorakshep and hiking to Everest Base camp. Most popular trekking destination among the trekkers. Enjoy the day with wonderful experience in the Himalaya.

Highlights of the day:

- Lobuche pass with panoramic mountain views.
- Gorakshep, Last settlement in the Everest Base camp trek.

- Hiking to most popular destination EBC.

Trek Distance:

5km

Trek Duration

3 hours.

Highest Altitude:

5164m

Meals:

Breakfast, Lunch and Dinner.

Place:

Gorakshep

Accommodation:

Tea - Houses

Day 09: Trek back to Lobuche

Early in the morning hike to Kalapathar 5550m for the wonderful views, and after that back to Gorakshep, breakfast and easy way back to Lobuche.

Highlights of the day:

- Hiking to Kalapathar 5550m.
- Wonderful views from Kalapathar.
- Last views for this time of EBC.

Trek Distance:

5km

Trek Duration

2-3

Highest Altitude:

4910m

Meals:

Breakfast, Lunch and Dinner

Place:

Lobuche

Accommodation:

Teahouses

Day 10: Trek to Lobuche basecamp

It is short distance trek, but altitude makes it's challenging to get in Lobuche base camp. Arrived at lunch time and preparing for the next challenging summit of Lobuche peak.

Highlights of the day:

- Wonderful views of mountains surrounding.
- Preparing for the next days to summit of Lobuche peak.
- Sleeping in the Tent.

Trek Distance:

5km

Trek Duration

3-4 hours.

Highest Altitude:

5150m

Meals:

Breakfast, Lunch and Dinner.

Place:

Lobuche HC

Accommodation:

Tent overnight.

Day 11: Push to summit 6,119m and back to Pheriche 4371m.

Base Camp - high camp - Push summit - Base camp - Pheriche.

This is the most challenging to push summit 6119m, and great achievements of lifetime. Starting early in the morning, after summit, just trek descent to the pheriche village and stay overnight.

Highlights of the day:

- Starting climb at 2-3 am, is challenging.
- Peak climbing with ropes and other climbing gear.
- Great achievement to reach top of Lobuche.
- And down valley views are amazing.

Trek Distance:

3km ascend and 8-9km descent.

Highest Altitude:

6,119m

Meals:

Pack lunch and dinner.

Place:

Pheriche

Accommodation:

teahouse in Pheriche.

Day 12: Trek back to Namche

Pheriche - Somare - Pangboche - Diboche - Tengboche - Namche. It is easy way back to Namche but long distance. The views are amazing surrounding by. Leaving a footprint and taking memory saying bye - bye Everest view until next trip.

Trek Distance:

20km

Trek Duration

6-7 hours

Meals:

Breakfast, Lunch and Dinner.

Place:

Namche

Accommodation:

Teahouse in Namche.

Day 13: Trek back to Lukla

This is the easy descend to Lukla but it is long day to get in Lukla. Start your trek earlier and enjoy the rest of time in Lukla- last day of your trekking for this time. Next day fly to Kathmandu.

Trek Distance:

18-20km

Trek Duration

6-8 hours

Highest Altitude:

2840m

Meals:

Breakfast / Lunch and / Dinner.

Place:

Lukla

Accommodation:

Comfortable Teahouse

Day 14: Fly back Kathmandu.

Early in the morning flight to Kathmandu and rest of the day exploring Kathmandu city and shopping in Thamel.

Highlights of the day:

- Amazing Lukla flight back to Kathmandu.
- Discover Kathmandu valley.

Flight Hours:

25-30 minutes

Meals:

Breakfast provide

Place:

Kathmandu

Accommodation:

BB plan hotel in Thamel or Buddha.

Day 15: Final departure from Kathmandu international

After all, complete you're the world highest Mt. Everest Base Camp and Lobuche peak summit, our team will manage you to drop Trivuvan international airport for your journey back to home. We hope you are leaving Nepal with beautiful and adventure memories of mountains, our hospitality and Nepalese cultures.

Namaste and we wish you a safe Travels back home, we are looking forward to welcoming you again for

another adventure journey to Nepal Himalayas.

What's Included?

- All the airport transfer are included.
- All the accommodation during the trek.
- Meal 3 times a day (one main course a time) during trek.
- 3 times tea of instant coffee in a day.
- All the official expenses and paper work.
- Permits and staff insurance.
- Domestic round flight ticket Lukla Kathmandu.
- A porter for 2 trekkers with maximum weight 20kg.
- All the government taxes.
- A night Tent in base-Camp charge.
- Climbing guide fees.
- Base-Camp charge and climbing charge.
- Farwell dinner in Kathmandu

Service Exclude

- Travel Insurance and Entry visa fees.
- International flight tickets.
- Hot and cold beverages and Bar bill.
- Food before and after trekking and climbing
- Excess baggage charge.
- Personal expenses, like wi-fi, Battery charge etc..
- Trekking and climbing gear.
- Trekking and climbing Staff tips.

Group Discounts Available

No. of Persons	Price per Person
1	USD 2,795
2	USD 2,175
3	USD 2,075

No. of Persons	Price per Person
4	USD 1,975
5	USD 1,950
6+	USD 1,930

Essential info

What is the Most necessities things need to carry for Lobuche peak and Everest base camp trek?

Here are the must necessities equipment recommended to pack for the trekking to Everest Basecamp and Lobuche peak climbing.

Travel Documents to carry:

- Valid Passport (in case some place you need it).
- Debit/Credit Cards (For your own safety).
- PP Size Photo (2 Pieces) (need for the permits).
- Insurance paper and contact address (need for the rescues).
- Family members / company's contact address.

Medical/First Aid

- Small First Aid Kit - Include first aid medicines, Bandage, Ibuprofen, Blister tape, personal medications, etc.
- Medications and prescriptions - Bring antibiotics painkiller tablets, and altitude medicine such as Diamox.

Head wear

- Sun Cap: to protect sun burn during the day trip.
- Warm Hat: need for the high altitude to avoid cold.
- Neck Gaiter (Scarf): protect your neck to keep warm.
- Head lamps: For hiking to Kalapathar and summit day.

Footwear

- Normal Socks (3-4Pairs)
- Warm Socks (2-3Pairs)
- Trekking Shoes: Comfortable to hikes/ Trekking.
- Climbing shoes:
- Sports Shoes: for the evening.
- All the climbing gear.

Eye care

- Sunglasses: important to protect your eye.
- Eye drop: better to have one sometimes need it

Hand Wear

- Thin Fleece glove a pair: keep your hand warm.
- Wind Stopper glove a pair.
- Warm climbing gloves a pair.
- Altimeter: useful to check the altitude.
- Walking Stick: its helps a lot on the trekking while walking ups and down

Bag Packs

- Day Bag Maximum 35L for during the day hike.
- Duffle Bag 40 L -60 L waterproof would be better.

Toilet and daily used things:

- Hand sanitizer: to clean your hand.
- Toilet Paper and Wet Tissue, it needed.
- Toothbrush: it is daily used things.
- Soap and Shampoos: you need every day in the mountain.
- Towel: important to have one.

Budy Weare

- Thermal Top Base Layer (2-3 pieces).
- Fleece Jacket (1 Piece).
- Gore Tex/ windproof Jacket (1 Piece).
- Warm Jacket (1-2 Piece).
- Insulated Down Jacket (1 Piece).
- Cotton T-Shirt (4-5Pieces).
- T-shirt - Sport- quick dry and breathable (2-3/Pieces).

Lower part of Body wear

- Thermal Layer (2Piece)
- Fleece Trouser (2piece)
- Light Trekking Pant (1-2 pieces)
- Quick dry Trekking Pants (1-2 Pairs)
- Half pants (1 Piece)
- Under Wear (3-4 pieces)

Miscellaneous

- Pocket Knife (Swiss): travelling knife is must important.
- Umbrella / Raincoat: if it is rain would be useful.
- Nail Cutter: in the mountain most useful.
- Altimeter Watch: to discover altitude.
- Power Bank :in the remote area, must needed
- Camera: your future memories.

Water Drinking bottle.

Best warm Sleeping Bag.

Altitude sickness awareness

Anytime anyone can affect altitude sickness above the elevation of 3000m. There are no medicine to recover altitude sickness. So only the best idea how to prevention. Here are some tips to avoid altitude sickness.

- walk slowly above the 3000m altitude.
- Eat and drink plenty.
- Stop smoking and alcohol.
- Eat hygienic food instead of junk food.
- Take a proper acclimatization.
- Walk high altitude and sleep at low elevation.
- Don't sleep at the daytime.
- Use more side hikes after the arriving place.
- Pack a Diamox for the emergency case.



Lobuche peak climbing

What kind of Fitness requirements for Lobuche peak?

Lobuche peak is 6,119m altitude, to climb this peak require excellence physical fitness and basic climbing skills. Before to go Lobuche peak at least do some training to walk high altitude, if possible, try to wall climbing training so you will have some knowledge for safety features and rope knowledge. For the acclimatization We will doing here first Everest base camp trek before climbing Lobuche peak, that's our experience.

What is the possibility for internet and charging in Everest region?

Internet and charging availability in The Everest Base camp trek and Lobuche peak climbing:

Internet possibility: Poor internet available in most of the teahouses in the Everest base camp trek. There are possibility Everest link internet where you can by a card and directly connect but the quality is very poor.

Charging possibility: during the Everest base camp trails possible to charging but you have to pay for it. Most of the high elevation only charging from solour power. Charging cost about \$3 - \$5 each device.

What is the Trek and climb difficulty?

Trek difficulty: trekking to Everest Base camp Nepal is moderate to challenging to hike Kalapathar 5550m and Base camp 5350m. every day about 5-7 hours walking. During the end of autumn is very cold weather makes challenging.

Climbing difficulty: To climb Lobuche peak is challenging. 6119m gaining is not a easy, need basic climbing training. Require using ropes and crompons in the ice. Climbing Guides helping you to assistance but if you have some knowledge, it is extra to be success push the summit of Lobuche Peak.

Road and flight options

There are both by road and by flight possible to get Everest/ Khumbu valley region trek. From flight to Lukla and start our trek and similarly drive by Jeep to Surke and start trek. Surke is not so different then Lukla it is just 2 hours walking time. Alternative of Lukla flight is only one Jeep drive.

To get in Lukla flight is about 30 minutes. Drive by jeep to Surke about 345 km, 70km off-road in the mountain takes about 15 - 19 hours drive take 2 days.

What is the best Time for Lobuche Peak Climbing?

The best to climbing Labuche peak is Spring (march to May) and autumn (September to November) season. This season normally pleasant, clear and stable weather, so high chance to make summit Lobuche peak and best panoramic views from the top and Kalapathar.

Cost and Group Discounts

We Ascend Hikes organizing a best way to push summit of Lobuche Peak 6119m, 15 Days Itinerary full-board package costing as:

For 1 Person Complete 14 days Climb usd \$ 2795/-

For 2 Person Complete 14 days Climb usd \$ 2175/-

For 3 Person Complete 14 days Climb usd \$ 2075/-

For 4 Person Complete 14 days Climb usd \$ 1975/-

For 5 Person Complete 14 days Climb usd \$ 1950/-

For 6 and 6+ person complete 12 days trek usd \$ 1930/

Why Surke by Jeep such a long drive?

There is only one option alternative flight to Lukla. Sometime there are always canceled flight to Lukla due to the bad weather. Jeeps are cheaper than flight, and you will acclimatize while driving from the low elevation, and more chance to explore lower Solukhumbus culture and activities.

Booking and enquiry for Lobuche Peak climbing:

Ascend Hikes Privet Limited is complete register company for Trekking | Tour | Travel | and Ticketing. This company certifies from the Nepal government. If you are booking through Ascend Hikes, you are fully secured. Booking your entire trekking in the Himalaya, feel free to contact. These contacts are always available.

Contact Person: Niru Magar

Call: +977 - 98512-32566

WhatsApp: [+977 - 98512 32566](https://wa.me/9779851232566)

mail: guideniru@gmail.com

info@ascendhikes.com

Address

Ascend Hikes Pvt Ltd.

Address: [Budhanilkantha-12, Kathmandu Nepal](#)