

Lobuche Peak Climbing

Quick Facts

Duration:	14
Max Altitude:	6,119
Best Season:	Sept - Nov & March - May
Group Size:	20
Accommodation:	4 Star/ Star Hotel, Tent and Tea House
Route:	Kathmandu to Kathmandu
Difficulty:	Challenging

Trip Overview

Start your journey on the ultimate Himalayan adventure with our Everest Base Camp and Lobuche Peak Climbing package. Perfect for adventure seekers and mountaineers, this expedition combines the thrill of reaching the iconic Everest Base Camp with the challenge of summiting Lobuche Peak at an altitude of the , one of the most sought-after climbing peaks in Nepal.

This Lobuche Peak climbing itinerary of 14 days is ideal for those looking to experience high-altitude mountaineering without committing to months of expedition. You'll trek through the breathtaking landscapes of the Everest region, passing charming Sherpa villages, glacial trails, and panoramic Himalayan vistas, all while preparing to take on the summit.

Our package covers everything you need from expert Sherpa guides and high-quality climbing equipment to carefully planned routes and permit arrangements. We provide a clear Lobuche Peak climbing cost breakdown, so you know exactly what to expect.

Whether you're an experienced climber or an adventurous trekker ready to take your skills to the next level, this expedition promises unforgettable memories, stunning views, and the satisfaction of reaching one of Nepal's most iconic peaks.



Can we combine the Lobuche Peak climbing with the Everest Base Camp Trek?

Yes, combining the Everest Base Camp trek with a summit attempt on Lobuche Peak is a popular and rewarding choice. Many mountaineers start with the classic trek to Everest Base Camp to acclimatize and enjoy the breathtaking landscapes, before taking on the technical climb.

This approach allows trekkers to experience Sherpa culture, glacial valleys, and iconic Himalayan views, all while preparing physically and mentally for the summit. Guided by experienced Sherpas, including those who have summited 8,000-meter peaks, climbers can safely navigate the high-altitude challenges.

What is the cost of climbing Lobuche Peak in Nepal?

The cost of a Lobuche Peak expedition depends on several factors, including the duration, level of guide support, equipment, and permits. A professionally guided trip typically includes high-quality climbing gear, trained Sherpa support, trekking and climbing permits, and logistics management, which ensures safety and efficiency.

While costs can vary, the investment reflects not just the adventure, but also the expert support and resources required to safely summit a high-altitude peak. Experienced expedition companies with 8,000-meter summit experience ensure climbers get reliable guidance, making the journey worthwhile.

Can we complete the Lobuche Peak climb in a short duration?

Yes, it's possible to complete a condensed Lobuche Peak expedition in a shorter timeframe without compromising safety, though careful planning is essential. Shorter climbs usually combine a rapid trek through the Everest region with an accelerated acclimatization schedule and a focused summit push.

It's recommended to undertake this only under the guidance of certified Sherpas, ideally those with experience on 8,000-meter peaks, to ensure climbers adjust to altitude properly and reduce risks of altitude sickness.

Benefits of climbing Lobuche Peak

Climbing Lobuche Peak offers a unique combination of adventure, personal growth, and Himalayan immersion. Beyond the thrill of reaching the summit, climbers gain high-altitude experience, improved mountaineering skills, and mental resilience.

The journey also provides unforgettable views of towering peaks like Everest, Nuptse, and Lhotse, as well as insight into Sherpa culture and life in the Khumbu region. Many climbers also use Lobuche as preparation for future 8,000-



meter expeditions, making it both a rewarding challenge and a valuable stepping stone in serious mountaineering.

Detailed Itinerary

Day 1: Arrival in Kathmandu (1,350m) & Transfer to Hotel

Welcome to Nepal! Upon arrival at Tribhuvan International Airport, you will be warmly greeted by our representative and transferred to your hotel in Kathmandu. This day allows you to rest and recover from your international flight. In the evening, we'll conduct a briefing about the upcoming expedition, including an itinerary overview, equipment check, and travel tips for the trek and climb.

Accommodation: 4 Star Hotel

Meals: Welcome Dinner

Day 2: Flight to Lukla and Trek to Phakding (2,651m)

After an early breakfast, take a scenic flight from Kathmandu to Lukla, offering stunning views of the Himalayas. Upon arrival in Lukla, begin your trek toward Phakding, a charming village along the Dudh Koshi River. The trail passes through rhododendron forests, suspension bridges, and small villages, giving you your first taste of Sherpa culture. Overnight stay in Phakding.

Accommodation: Tea House

Meals: Breakfast and Dinner

Day 3: Trek to Namche Bazaar (3,440m)

Today's trek takes you along the Dudh Koshi River, gradually ascending through picturesque villages like Monjo and Jorsale. Cross famous suspension bridges and enjoy panoramic mountain views along the way. Arrive at Namche Bazaar, the bustling Sherpa hub of the Everest region. Evening at leisure to explore the market or relax.

Accommodation: Tea House

Meals: B, L, & D

Day 4: Acclimatization Day in Namche Bazaar (3,440m)

A crucial day for altitude acclimatization. You can take short hikes to nearby viewpoints, such as Hotel Everest View or the Everest Viewpoint, to enjoy breathtaking panoramas of Everest, Lhotse, and Ama Dablam. This day helps your body adjust to higher altitudes, reducing the risk of altitude sickness. Optional visits include the Sherpa Cultural Museum.

Accommodation: Tea House

Meals: B, L, & D

Day 5: Trek to Tengboche (3,860m)



Trek through beautiful forests and cross several suspension bridges as you ascend toward Tengboche, famous for its Tengboche Monastery, one of the largest monasteries in the Khumbu region. Enjoy spectacular views of Ama Dablam, Nuptse, Lhotse, and Everest from the monastery. Overnight stay in Tengboche with time to soak in the serene surroundings.

Accommodation: Tea House

Meals: B, L, & D

Day 6: Trek to Dingboche (4,410m)

Continue trekking through the Imja Khola valley, passing by small villages and prayer wheels along the way. Arrive at Dingboche, a beautiful alpine village surrounded by towering peaks. The afternoon is perfect for light walks or visiting nearby chortens while preparing for the higher altitudes ahead.

Accommodation: Tea House

Meals: B, L, & D

Day 7: Acclimatization Day in Dingboche (4,410m)

Another acclimatization day to help your body adjust before higher climbing. You can hike to Nangkar Tshang Hill for stunning views of Island Peak, Lhotse, and Ama Dablam. This hike strengthens your endurance and improves oxygen adaptation, essential for the Lobuche Peak summit attempt.

Accommodation: Tea House

Meals: B, L, & D

Day 8: Trek to Lobuche (4,910m)

Trek past Chhukung and the Imja Glacier, gradually ascending to Lobuche village. The trail features dramatic mountain scenery, glacial moraines, and breathtaking vistas of the surrounding peaks. Overnight stay in Lobuche provides an opportunity to rest and prepare for the climb to high camp.

Accommodation: Tea House

Meals: B, L, & D

Day 9: Trek to Lobuche High Camp (5,600m / 18,368 ft)

A short but steep trek today takes you to Lobuche High Camp, the base for your summit attempt. Along the way, you'll traverse rocky paths and moraine fields. This is an ideal time to review climbing techniques, check your gear, and acclimatize further. Enjoy the spectacular sunrise or sunset views from high camp.

Accommodation: Tea House

Meals: B, L, & D

Day 10: Summit Lobuche Peak (6,119m) and Return to Thukla



The most challenging and rewarding day! Begin the summit climb in the early hours, guided by experienced Sherpas. The climb involves rock and snow sections, requiring careful navigation. Upon reaching the summit of Lobuche Peak, take in the breathtaking 360-degree Himalayan panorama, including views of Everest, Nuptse, Lhotse, and Ama Dablam. Descend carefully to Thukla for overnight rest.

Accommodation: Tea House

Meals: B, L, & D

Day 11: Trek to Namche Bazaar (3,440m)

Retrace your steps through Dingboche and Tengboche back to Namche Bazaar. Enjoy the changing scenery and reflect on the summit achievement while interacting with local Sherpa communities. Evening at leisure in Namche.

Accommodation: Tea House

Meals: B, L, & D

Day 12: Trek from Namche Bazaar to Lukla (2,800m / 9,186 ft)

The final day of trekking takes you back to Lukla. Cross the Dudh Koshi River and pass through familiar villages, enjoying the last views of the towering Himalayan peaks. Overnight stay in Lukla.

Accommodation: Tea House

Meals: B, L, & D

Day 13: Flight to Kathmandu (1,350m) & Transfer to Hotel

Take an early morning flight back to Kathmandu. Transfer to your hotel and spend the afternoon relaxing, shopping for souvenirs, or exploring Kathmandu's vibrant streets. Evening free for leisure or cultural experiences.

Accommodation: 4 Star Hotel

Meals: Breakfast

Day 14: Transfer to Tribhuvan International Airport

After breakfast, you will be transferred to Tribhuvan International Airport for your onward journey. Depart with unforgettable memories of the Everest region and the proud achievement of summiting Lobuche Peak.

Gears Lists

Clothing

- Base layers (thermal tops & bottoms)



- Insulated down jacket
- Waterproof jacket & pants (Gore-Tex)
- Fleece jacket or softshell
- Trekking pants
- Warm hat / beanie
- Sun hat or cap
- Buff or neck gaiter
- Warm gloves & liner gloves
- Mountaineering socks (3-4 pairs)

Footwear

- Mountaineering boots
- Trekking boots
- Camp shoes or sandals
- Gaiters

Climbing Gear



- Climbing helmet
- Harness
- Ice axe
- Crampons
- Carabiners & ascender
- Descender / belay device
- Climbing sling

Sleeping Gear

- Sleeping bag (-20°C to -30°C)
- Sleeping bag liner

Bags

- Duffel bag
- Daypack (30-40L)

Personal Essentials



- Sunglasses (UV protection)
- Headlamp with extra batteries
- Water bottles / hydration bladder
- Sunscreen & lip balm (SPF 50+)
- Personal first aid kit
- Trekking poles

Toiletries & Extras

- Quick-dry towel
- Wet wipes / hand sanitizer
- Power bank
- Snacks / energy bars
- Camera or phone

Cost Includes

- 1.** Airport transfers on arrival and departure in Kathmandu.
- 2.** Domestic flight from Kathmandu to Lukla and return.
- 3.** Accommodation in teahouses and lodges during the trek; hotel stay in Kathmandu.
- 4.** All meals (breakfast, lunch, and dinner) during the trekking and climbing period.
- 5.** Experienced Sherpa guides with prior 8,000-meter summit experience.
- 6.** Porter services to carry your personal trekking/climbing gear.
- 7.** Lobuche Peak climbing permits and all necessary trekking permits.
- 8.** High-quality climbing equipment, including ropes, harness, helmets, and ice axes
- 9.** Full expedition support, including route planning, acclimatization guidance, and safety management.



- 10.** Ground transportation for sightseeing and cultural visits in Kathmandu
- 11.** Briefing and guidance on high-altitude safety, acclimatization, and climbing techniques.
- 12.** Emergency support and coordination in case of altitude sickness or unforeseen events.

Cost Excludes

- 1.** International airfare to and from Kathmandu.
- 2.** Personal climbing gear such as boots, down jackets, gloves, goggles, and sleeping bags.
- 3.** Travel insurance covering high-altitude trekking and mountaineering (mandatory).
- 4.** Meals, drinks, or services not included in the itinerary.
- 5.** Extra nights in Kathmandu or en route due to flight delays, weather, or personal reasons.
- 6.** Tips for guides, porters, or other support staff (optional but appreciated).
- 7.** Personal expenses such as souvenirs, phone calls, internet, or laundry.
- 8.** Any rescue or medical evacuation costs.

