Lobuche East Peak Climbing

Duration: 19 Days 18 Night | Location: Nepal



Trip at a glance

Category: Trekking in Nepal

Location: Nepal

Duration: 19 Days 18 Night

Difficulty: 6/10

Trip Style: Trekking & Hiking

Accommodation: Semi Lodge/ or fully Camping

Max Altitude: Lobuche East Peak (6119 m)

Summary

Lobuche (6,119 m).. The South East Ridge is the most popular, graded as PD+ on the Alpine Grading system.Laurence Nielson and Ang Gyalzen Sherpa.

Overview

Trip Introduction

The Lobuche East Peak Climbing is part of the Eastern Solukhumbu District Nepal.The Lobuche has two summits, East (6,119 m) and West (6,145 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 Ice fall. Everest View Trek

The South East 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. 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 5,670 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. Island Peak climbing and are Ghorepani Poon Hill Trek another climbing in this khumbu region.

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 descent which you may need to rappel down before the final 60 m.Laurence Nielson and Ang Gyalzen Sherpa made the first recorded ascent to Lobuje 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.

Day by day itinerary

Trip Itinerary

Day 01: Arrival in Kathmandu (1,350m/4,428ft).

Day 02: Kathmandu (1300m/4264ft): Sightseeing and Preparation.

Day 03: Fly to Lukla (2,800m/9,184ft) then trek to Phakding (2,652m/8,700ft): 40 min flight, 3-4 hours trek.

Day 04: Phakding to Namche Bazaar (3,440m/11,283ft): 5-6 hours.

Day 05: Namche Bazaar (3,440 m/11,283 ft): Acclimatization Day.

Day 06: Namche Bazaar to Tengboche (3,870m/12,694ft): 5- 6 hours.

Day 07: Tengboche to Dingboche (4,360 m/14,300 ft): 5-6 hours.

Day 08: Dingboche: Acclimatization Day.

Day 09: Dingboche to Lobuche (4940 m/16,207 ft): 5-6 hours).

Day 10: Lobuche to Everest Base Camp (5364m/17,594ft) and back to Gorak Shep (5170 m/16,961ft): 6-7 hours.

Day 11: Gorak Shep to Kala Patthar (5545m/18,192ft] and back to Lobuche (4940m/16,207ft): 7-8 hours.

Day 12: Lobuche to Lobuche Base Camp (4,950m/ 16240ft): 1-2 hours.

Day 13: Lobuche Base Camp to High Camp (5,400m/17,712ft): 3-4 hours.

Day 14: Lobuche High Camp to Summit (6119m/20,070 ft) and back to High Camp: 8-10 hours.

Day 15: Lobuche High Camp to Pangboche (3930m /12900 ft): 8-9 hours.

Day 16: Pangboche to Namche Bazaar: 4-5 hours.

Day 17: Namche Bazaar to Lukla: 6-7 hours.

Day 18: Fly to Kathmandu.

Day 19: Final Departure.

Package: Standard Package

Contact for pricing

Pricing depends on dates and group size. Contact us for a quote.

Inclusions

- All arrival and departure transfer services to and from Airport both Domestic and International with other necessary surface transport as per itinerary.
- Assistance at the International airport by our representative while arriving and departing.
- Three nights accommodations at tourist class hotels in Kathmandu on B/B basis.
- Necessary staffs including experienced climbing and trekking guides and porters during the trekking and climbing.
- Flight Tickets for the sector to all climbing member and Staff.
- Necessary trekking and camping equipment.
- 3 meals a day (Breakfasts, Lunch, and Dinners with tea or coffee) along with available accommodation at Hotel/Lodge/Guest Houses or tents for members and staffs during trek and climbing in twin sharing basis.
- Per person 25 kg baggage allowance during trekking-up carrying by the porter.
- Trekking Permit (National Park entry fee) and TIMS card (Trekking Information Management System).
- All Necessary Climbing Permits.
- All wages, equipment, medical and accidental Insurances for all involved staffs.
- First Aid medical kits for the Group and the staffs.
- Appropriate food for high altitude and all climbing crew at base camp and above as required.
- All necessary paper works, office Service charge, and Government Taxes levied in Nepal Complete pre-departure information, flight ticket reconfirmation, and visa extension procedure services (if necessary).
- Welcome and Farewell Dinner in a typical Nepali restaurant with domestic culture show in Kathmandu.

Exclusions

- Lunch and Dinner during your stay in Kathmandu (except farewell dinner).
- Any packed food/snacks, aerated drinks, energy drinks, mineral water, alcohol, cigarettes, chocolates, nutria-bars.

- Items of personal nature, Laundry Expenses, Tips.
- Expenses incurred towards usage of landlines, mobiles, walkie-talkies or satellite phones, And Internet expenses.
- Clothing, Packing Items or Bags, Personal Medical Kit, Personal Trekking Gears.
- Any extra services or products or offers or activities which are not mentioned in the itinerary.
- Any extra expenses arising out of various/unforeseen situations like natural calamities, landslides, political disturbances, strikes, changes in Government regulations.
- Required fixed and dynamic rope during the climbing period.
- Any additional staff other than specified.
- Rescue, Repatriation, Medicines, Medical Tests and Hospitalization expenses.
- Oxygen Cylinders, Masks, Hoses and Regulators. Though INT will provide the same, usage of Oxygen Cylinders, Masks, Hoses, and Regulators will be charged extra.
- Medical Insurance and emergency rescue evacuation if required.
- Travel Insurance and helicopter rescue.
- Airfare of international flights.
- All trekking and camping equipment like camp furniture, kitchenware, dining tents, guest tents, etc.
- Nepal entry visa fee (Visa issuance is easy at the arrival).
- Icefall Garbage Deposit fees (Sharing with another member) if applicable.
- Wake talkies & Filming permit.
- Tips, gifts, souvenirs.

Gear checklist

Equipments List

EQUIPMENT LIST

Nepal Trekking Equipment List

This piece info is creating data on consumer goods and equipment needs, For those that would love an extra detailed discussion for equipment for Nepalese Himalayan Trek.

The following equipment list is required for Nepal Trekking and climbing and a list, you have to have suggested equipment just have with you, however, that you just might have your own personal first choice equipment which can be equally as appropriate

Footwear

- Walking boots with suitable ankle support that have been worn-in prior to the trek, and which are waterproof.
- Trainer or casual shoes, for trekking and/or for travelling.
- Warm socks for colder areas.
- Gaiters, in case of rain or snow

Legwear

- Loose, casual trousers for trekking.
- Thermal leggings for colder areas.
- Long skirt for women as an alternative to trousers.
- Waterproof trousers

Body

- Selection of T-shirts, and long sleeved shirts, preferably not cotton.
- Thermal shirt for colder areas.
- Warm shirt, possibly fleeces, for colder areas.
- Fleece jacket or warm wool jumper.

- Windproof, waterproof outer shell garment for higher altitudes.
- Down jacket (optional for cold nights & mornings; can be hired in Kathmandu cheaply)

Head/Hands

- Wool or fleece hat, or balaclava.
- Hat or cap for sun protection while trekking.
- Sunglasses or goggles.
- Warm gloves

Other items

- Strong rucksack or large hold all to be carried by porters.
- Daysack to be carried personally.
- Plastic bags or stuff sacks to store/separate trekking gear inside your main bag.
- One litre water bottle.
- Personal first aid kit to include essential items.
- Sleeping bag, 4 seasons.
- Torch, ideally head torch.
- Digital Camera and spare battery and battery charger! – For those not to be forgotten shots of the Himalaya.
- Toilet items and towel.
- Large handkerchief/bandana for neck

Optional items

- Binoculars
- Books (see Recommended Reading)
- Altimeter

- Compass
- Playing cards / backgammon / chess set

Recommended Mountaineering Kit

In addition to the items mentioned above for trekking, the following is a list of the additional specialist items which are required for the trekking peaks.

Plastic or leather mountaineering boots, with gaiters and crampons that have been tested for a good fit.

Peak Climbing

- fleece trousers
- Additional mitts and gloves suitable for climbing
- Ice axe, and ski poles (note – ice axe can be hired in Kathmandu)
- Climbing harness
- 2 x tape slings
- 2 x screw gate karabiners
- Descended/abseil device
- Ascender

Trip notes

Trip Highlights

Trip Duration: 19 days.

Trekking Duration: 16 days.

Grade: Challenging.

Accommodation: Semi Lodge/ or fully Camping.

Activities: Trekking – Peak Climbing.

Highest Point: Lobuche East Peak (6119 m).

Departure

Departure

Review

Trip gallery

View photo on the trip page



Lobuche East Peak Climbing - photo 2

View photo on the trip page

Plan your journey with our team

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