



Earthbound Expeditions

Lobuche East Peak Climbing with Everest Base Camp

19 days, from US\$2,890 per person

Duration

19 days

Grade

Very strenuous

Max altitude

6,119 m

Start and end

Kathmandu

Daily walking

5 to 7 hours a day

Best season

Mar to May, Sep to Nov

Accommodation

Teahouses and tents

Meals

All meals on the trek

Group size

Up to 8

Getting there

Fly to Lukla

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Lobuche East Peak Climbing with Everest Base Camp Overview

Trek the Everest Base Camp trail, then climb a 6,119 m peak with crampons, an alpine start, fixed lines and a summit ridge.

Climb overview

The trip lasts nineteen days, thirteen of which are spent on the trail or the mountain. You trek the Everest Base Camp route as far as Kala Patthar, which provides your acclimatisation, then cross to Lobuche East Base Camp at 4,950 m. There you spend a day training with ropes and crampons, move up to a high camp at about 5,400 m, and climb through the night to the 6,119 m summit.

Who this trip is for

This trip is for trekkers who want to climb their first mountain, rather than mountaineers looking for a difficult one. You do not need previous alpine experience, and most people who climb it with us have none. You do need to be fit enough for the Base Camp trek followed by a summit day, and willing to learn to use an ascender and abseil on a rope before you need to do so in the dark.

The technical climbing

Above the crampon point at roughly 5,700 m you are on glacier and fixed rope. The headwall below the summit ridge is 45 to 50 degrees; you climb it with a jumar and descend it by abseil. The ridge at the top is narrow, with a long drop on one side. The climb is graded PD+ in the alpine system. It is not difficult by mountaineering standards, but it requires proper preparation.

Why the trip takes 19 days

A single weather window is not enough to plan around. Day 14 is a reserve summit day: if wind or fresh snow stops the first attempt, you try again the following night rather than going home. Day 18 is a spare day in Kathmandu in case the Lukla flight is delayed. Shorter versions of this trip use up both of these days in their itinerary and have no reserve.

Itinerary

Day	Route	Hours	Distance	Altitude
1	Arrive Kathmandu	–	–	1,400 m
2	Permits, kit check and briefing	–	–	1,400 m
3	Fly to Lukla, walk to Phakding	3–4 hrs	8 km	2,610 m
4	Phakding to Namche Bazaar	6–7 hrs	11 km	3,440 m
5	Namche, acclimatisation day	3–4 hrs	–	3,440 m
6	Namche to Tengboche	5–6 hrs	10 km	3,860 m
7	Tengboche to Dingboche	5–6 hrs	11 km	4,410 m
8	Dingboche, Nangkartshang ridge	4–5 hrs	–	4,410 m
9	Dingboche to Lobuche	5–6 hrs	8 km	4,940 m
10	Base Camp, sleep Gorak Shep	7–8 hrs	13 km	5,164 m

11	Kala Patthar, then Lobuche East Base Camp	7–8 hrs	12 km	4,950 m
12	Skills morning, climb to High Camp	3–4 hrs	3 km	5,400 m
13	Summit day, back down to base camp	10–12 hrs	8 km	6,119 m
14	Reserve summit day, or down to Pheriche	4–5 hrs	9 km	4,371 m
15	Pheriche to Namche	6–7 hrs	15 km	3,440 m
16	Namche to Lukla	6–7 hrs	13 km	2,840 m
17	Fly to Kathmandu	–	–	1,400 m
18	Spare day in Kathmandu	–	–	1,400 m
19	Fly home	–	–	–

Day 1

Arrive in Kathmandu

When you land in Kathmandu, we meet you at the airport and take you to your hotel in Thamel. The afternoon is free to rest after the flight or explore the old streets. In the evening we have dinner together, go through the route day by day and answer any questions you have.

Altitude: 1,400 m On foot: None, arrival day Night: Hotel, Kathmandu Meals: Dinner

Day 2

Permits, kit check and briefing

A working day in Kathmandu. We lodge your climbing permit with the Nepal Mountaineering Association, then check your kit item by item: boots, crampons, harness, helmet and ascender. Anything missing is hired or bought in Thamel the same afternoon, which is far cheaper than buying it at home. Your guide checks the fit of every item personally.

Altitude: 1,400 m On foot: Easy walking, 1–2 hrs Night: Hotel, Kathmandu Meals: Breakfast, Dinner

Day 3

Fly to Lukla and trek to Phakding

An early mountain flight of about twenty minutes over the ridges takes you to Lukla at 2,840 m, where the runway is built on a slope. From the airstrip the trail descends gently through Chheplung and Ghat beside the Dudh Koshi. It is a half day of easy walking to Phakding, which helps your legs adjust to trekking.

Altitude: 2,610 m On foot: 8 km, 3–4 hrs Night: Teahouse, Phakding Meals: Breakfast, Lunch, Dinner

Day 4

Trek to Namche Bazaar

A long climb into the heart of the Khumbu. You cross the river five times on suspension bridges and pass the national park gate at Monjo, where permits are checked, then climb 600 metres of forested switchbacks. Near the top, Everest can be seen briefly through the trees if the cloud allows.

Altitude: 3,440 m On foot: 11 km, 6–7 hrs Night: Teahouse, Namche Bazaar Meals: Breakfast, Lunch, Dinner

Day 5

Acclimatisation day in Namche Bazaar

Although it may look like a rest day, this is an active acclimatisation day. You walk up to the Everest View Hotel at 3,880 m for the panorama, continue to Khumjung and its monastery, and return to sleep at Namche. Climbing high and sleeping low is what makes the summit possible two weeks later.

Altitude: 3,440 m On foot: 6 km, 3–4 hrs Night: Teahouse, Namche Bazaar Meals: Breakfast, Lunch, Dinner

Day 6

Trek to Tengboche

The trail follows the valley wall with Ama Dablam ahead the whole way, drops to the river at Phunki Tenga, then climbs 600 metres through rhododendron forest to Tengboche. The monastery holds an afternoon service most days, and visitors may sit quietly at the back. Please remove your hat and boots.

Altitude: 3,860 m On foot: 10 km, 5–6 hrs Night: Teahouse, Tengboche Meals: Breakfast, Lunch, Dinner

Day 7

Trek to Dingboche

The trail descends through Debuche, crosses the Imja Khola and climbs past Pangboche, where the oldest monastery in the Khumbu stands above the trail. The trees end at around Shomare, and the valley opens into dry scrub and stone-walled fields. Dingboche sits at 4,410 m, with Island Peak at the head of the valley.

Altitude: 4,410 m On foot: 11 km, 5–6 hrs Night: Teahouse, Dingboche Meals: Breakfast, Lunch, Dinner

Day 8

Acclimatisation day in Dingboche

This is the second acclimatisation day, and it is more demanding than many people expect. You climb the Nangkartshang ridge behind the village to about 5,083 m, which takes three hours and gives views of Makalu, Lhotse and Ama Dablam, then return to the same lodge to sleep. Walk slowly and steadily; there is no advantage in arriving first.

Altitude: 4,410 m On foot: 5 km, 4–5 hrs Night: Teahouse, Dingboche Meals: Breakfast, Lunch, Dinner

Day 9

Trek to Lobuche

You walk up the valley to Dughla, then climb steeply onto the terminal moraine of the Khumbu Glacier. At the top are the memorials to climbers who died on Everest, including Scott Fischer and Babu Chiri Sherpa, where most people spend about half an hour. Lobuche is another hour further on, at 4,940 m, and is cold and windy.

Altitude: 4,940 m On foot: 8 km, 5–6 hrs Night: Teahouse, Lobuche Meals: Breakfast, Lunch, Dinner

Day 10

Trek to Everest Base Camp and Gorak Shep

The main day of the trekking section. You follow the moraine to Gorak Shep, leave your bag at the lodge, then cross the glacier to Everest Base Camp at 5,364 m, with the Khumbu Icefall above you at the head of the valley. You return to Gorak Shep for the highest and most uncomfortable night of the trip.

Altitude: 5,164 m On foot: 13 km, 7–8 hrs Night: Teahouse, Gorak Shep Meals: Breakfast, Lunch, Dinner

Day 11

Hike to Kala Patthar and trek to Lobuche East Base Camp

You climb Kala Patthar (5,545 m) before dawn for a view of Everest that cannot be seen from Base Camp itself. It is very cold before sunrise, but the view is well worth it. You then descend past Lobuche and cross to Lobuche East Base Camp at 4,950 m, where the tents, kitchen and dining shelter are already set up.

Altitude: 4,950 m On foot: 12 km, 7–8 hrs Night: Tented camp, Lobuche East Base Camp Meals: Breakfast, Lunch, Dinner

Day 12

Skills training and climb to High Camp

In the morning you practise with crampons, harness and abseil device, and spend an hour on a fixed rope with your ascender until the technique becomes familiar. After lunch you climb the boulder slope to High Camp at about 5,400 m, a three-hour scramble over rock carrying your climbing kit. Dinner and bed are early, and most people sleep little.

Altitude: 5,400 m On foot: 3 km, 3–4 hrs Night: Tented camp, High Camp Meals: Breakfast, Lunch, Dinner

Day 13

Summit day, 6,119 m

You wake around midnight for soup and sweet tea. You cross rocky ground by headtorch to the crampon point near 5,700 m, then the glacier, then the fixed lines. The headwall below the ridge is 45 to 50 degrees, and you climb it with your ascender. The summit ridge is narrow and exposed. You abseil the steep sections on the descent.

Altitude: 6,119 m On foot: 8 km, 10–12 hrs Night: Tented camp, Lobuche East Base Camp Meals: Breakfast, Lunch, Dinner

Day 14

Reserve summit day or trek to Pheriche

This is the reserve day, and the reason the itinerary is nineteen days rather than seventeen. If wind or fresh snow stopped your attempt the night before, you eat, rest and try again tonight. If you reached the summit, the camp is taken down and you walk to Pheriche at 4,371 m, where the lower altitude makes breathing noticeably easier.

Altitude: 4,371 m On foot: 9 km, 4–5 hrs Night: Teahouse, Pheriche Meals: Breakfast, Lunch, Dinner

Day 15

Trek down to Namche Bazaar

A long descent, where the thicker air makes breathing easier. You walk down the Imja valley past Pangboche and Tengboche, cross the river and finish with a steady one-hour climb to Namche. After two weeks above the treeline, Namche offers bakeries, hot showers and the first proper wash since Dingboche.

Altitude: 3,440 m On foot: 15 km, 6–7 hrs Night: Teahouse, Namche Bazaar Meals: Breakfast, Lunch, Dinner

Day 16

Trek to Lukla

The last day on the trail. You descend the switchbacks to the river, cross the high bridge and follow the Dudh Koshi through Monjo and Phakding. The day ends with a final climb up to Lukla. In the evening you have dinner with the crew and hand over the tips together.

Altitude: 2,840 m On foot: 13 km, 6–7 hrs Night: Teahouse, Lukla Meals: Breakfast, Lunch, Dinner

Day 17

Fly to Kathmandu

A morning flight out, weather permitting, either directly to Kathmandu or to Manthali followed by a drive. You are back at the hotel by early afternoon, with a hot shower, a proper bed and a choice of meals other than dal bhat.

Altitude: 1,400 m On foot: None, flight day Night: Hotel, Kathmandu Meals: Breakfast

Day 18

Spare day in Kathmandu

This day is held in reserve in case the Lukla flight is delayed. If it is not needed, the day is free: you can visit Patan and Bhaktapur, the great stupa at Boudhanath, or the shops of Thamel. In the evening we present your summit certificate and have a farewell dinner together.

Altitude: 1,400 m On foot: Optional 2–3 hrs Night: Hotel, Kathmandu Meals: Breakfast, Dinner

Day 19

Departure

We take you to the airport for your flight home. If your flight is later in the day, we hold the room until midday, and our office can store your bags in the meantime. We recommend booking your flight home with a clear day to spare after the trip.

Altitude: 1,400 m On foot: None, departure day Night: No overnight Meals: Breakfast

What's included

- Airport transfers & ground transport
- Climbing guide, trekking guide & porters
- NMA climbing permit & national park fees
- Group climbing gear, tents & camp meals
- Accommodation & meals as per the itinerary

Not included

- International flights
- Travel & rescue insurance to 6,500 m
- Personal climbing & trekking gear
- Tips & personal expenses
- Nepal entry visa (on arrival)

Packing list

Hire climbing equipment in Kathmandu, bring clothing from home

Boots, crampons, ice axe, harness, helmet and ascender can all be hired in Kathmandu for around \$130 to \$220 for the trip. Hiring them saves you carrying 8 kg through three airports and past the Lukla baggage limit of 15 kg. Bring from home anything that needs to fit you well: base layers, gloves, socks and your trekking boots. We provide the duffel, sleeping bag, down jacket, helmet and harness, and all the group gear, including ropes, screws and snow bars.

On your head

- Climbing helmet. We provide one, and it is worn from the crampon point upwards
- Warm hat that covers your ears, and a sun hat with a brim
- Balaclava or two buffs. On summit night the wind is a greater problem than the cold
- Glacier glasses, category 4, and ski goggles for the wind

- Headtorch and spare batteries. Summit day begins in the dark, and batteries drain quickly in the cold
- Sunscreen SPF 50 and lip balm with sun protection

On your body

- Four merino or synthetic base layers, no cotton
- Two mid layers, one fleece and one light insulated
- Expedition down jacket for summit night. We provide one
- Waterproof shell, jacket and trousers, that packs small
- Softshell or insulated climbing trousers for the summit
- Climbing harness. We provide one, and you will wear it for a day first

Hands and feet

- Liner gloves, insulated gloves and one pair of proper mittens
- Double or insulated mountaineering boots, crampon compatible. Hired in Kathmandu if you do not own them
- Broken-in trekking boots for the eleven days before that
- Crampons and gaiters, fitted to the boots before you leave Kathmandu
- Five pairs of socks, wool, including one thick pair kept dry for the summit

Bags

- Duffel for the porter, 20 kg maximum. We provide one
- Daypack, 35 to 40 litres, large enough to carry your climbing kit to high camp
- Dry bags or thick liners. Bags do not stay waterproof for long on this trail

Sleeping

- Sleeping bag rated to -20°C for the camps. We provide one
- Silk or cotton liner, for warmth and hygiene
- Insulated mat. We provide a foam mat; bring an inflatable one if you sleep cold
- Earplugs, for plywood teahouse walls and for wind on tent fabric

Health

- Personal first aid: blister plasters, tape, painkillers, rehydration salts
- Diamox, if your doctor agrees, plus any medication you take routinely
- Water purification: tablets, a filter or a SteriPen
- Hand sanitiser and wet wipes. There is no shower above Dingboche
- Two one-litre bottles, not a bladder. Hoses freeze on summit night
- Throat lozenges. Almost everyone develops the Khumbu cough

Papers and money

- Passport valid for six months, plus two photocopies
- Four passport photographs for the permits
- Insurance certificate covering climbing to 6,500 m and helicopter rescue
- \$400 to \$600 in small notes. There is no ATM above Namche

Route map

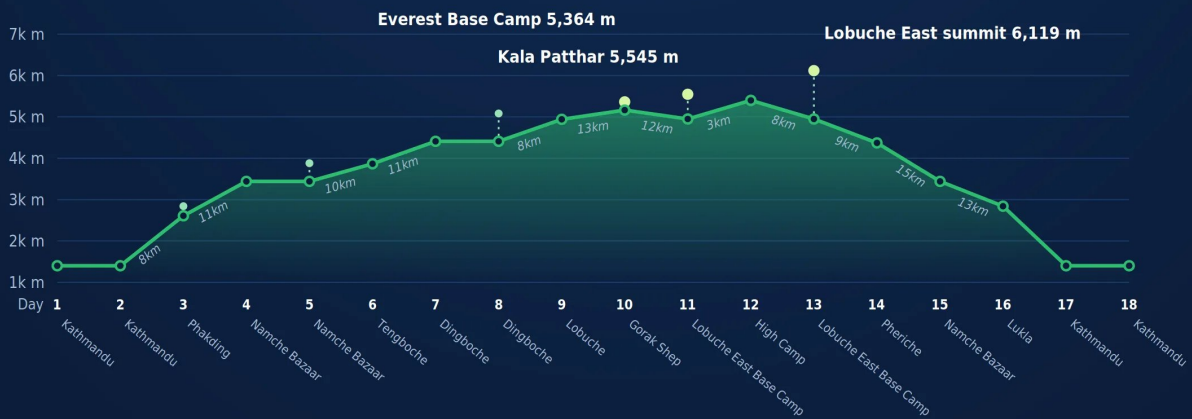
Lobuche East Peak Climbing with Everest Base Camp

19 days | Highest point 6,119 m | Very strenuous



Start: Fly to Lukla, walk to Phakding End: Fly to Kathmandu

Altitude by day



Optional extras

Add Island Peak

from \$1,290, +5 days

Climb Lobuche East, descend to Chhukung, and climb Island Peak at 6,189 m with your acclimatisation already complete. This is the most economical way to add a second summit.

Helicopter out from Pheriche

from \$500 a seat, saves 3 days

Fly out the morning after the climb instead of walking to Lukla. Most people choose this to save time or to spare their knees.

One-to-one climbing guide

\$480, -

Your own guide on the rope for the climbing days, rather than one guide between two climbers. Recommended if you have never used an ascender.

Everest scenic flight

\$220, 1 morning

A one-hour flight along the range from Kathmandu, with a guaranteed window seat. A good way to see the mountains if Lukla flights are grounded by cloud for a week.

Chitwan or Bardia, three days

from \$390, +3 days

Travel down to the lowland jungle to see rhino, and possibly tiger at Bardia. A restful contrast after two weeks above 3,000 m.

Single room in Kathmandu

\$180

A room to yourself for all four hotel nights. On the trail, lodges are twin-share and tents are two-person.

Luxury lodge upgrade in the lower Khumbu

Price on request

Where the route passes one, we book a premium lodge in place of the standard teahouse. Mountain Lodges of Nepal has lodges at Lukla, Phakding, Monjo, Namche and Deboche, and Everest Summit Lodges at Lukla, Monjo, Tashinga and Pangboche. Expect warmer rooms, better beds, attached bathrooms in most rooms and a quieter dining room.

There are no premium lodges above Pangboche, so the higher nights are in the usual teahouses. We confirm which lodges have rooms on your dates before you book.

Photos, videos and reviews of this trip: enepaltrekking.com/lobuche-peak-climbing