



LOBUCHE-EAST PEAK

Lobuche East Peak is not a trekking peak—it requires excellent physical conditioning and prior Himalayan-style mountaineering experience – to safely and successfully complete this itinerary. Our journey begins with a trek to Everest Base Camp, led by our trusted, award-winning team, to give you the acclimatization needed to safely reach the heights of Lobuche.

We've built in extra acclimatization days at critical points to maximize your safety and success. Our consistent team manages every trip—no outsourcing—and we use High Camp on Lobuche with our own ropes fixed by experienced Sherpas. Safety is our top priority. High-altitude acclimatization is crucial, so we maintain a slow, steady pace and allow time for your body to adapt. While our itinerary supports your success, you must come with the right physical preparation and complete the necessary technical training.

We can assist with winter skills training in Scotland or Colorado. A Himalayan-style mountaineering course is required before joining. Once registered, you'll receive our comprehensive Lobuche Dossier with all the information needed for a safe and successful expedition. Join Ian Taylor Trekking for your chance to summit an iconic Himalayan Peak!

BRIEF ITINERARY

- Day 1: Arrive in Kathmandu
- Day 2: Fly to Lukla - Trek to Monjo
- Day 3: Trek to Namche Bazaar
- Day 4: Namche Bazaar (Acclimatization Day)
- Day 5: Namche Bazaar (Acclimatization Day)
- Day 6: Trek to Tengbouché
- Day 7: Trek to Dingbouché
- Day 8: Dingbouché (Acclimatization Day)
- Day 9: Trek to Lobuche
- Day 10: Trek to Everest Base Camp - Gorak Shep
- Day 11: Hike up Kala Patthar - Lobuche
- Day 12: Trek to Lobuche Base Camp / Mountain Training
- Day 13: Trek up to Lobuche High Camp
- Day 14: Summit Attempt on Lobuche East Peak
- Day 15: Spare Day for Summit attempt
- Day 16: Pheriche
- Day 17: Tengbouché



Day 18: Namche
Day 19: Lukla
Day 20: Fly to Kathmandu
Day 21: Airport Transfer

DETAILED ITINERARY

Day 1: Arrive in Kathmandu – 1,400m/ 4,500 feet

Arrive in Kathmandu International Airport as early as possible on this day. We will provide your airport transfer to the hotel we include for the night. All accommodations on the trek are on a shared basis. If you want to arrive in early, that is not a problem, we are happy to book additional nights in the hotel for you. We will have a group briefing this evening to go over the schedule for the coming days and answer any additional questions you may have.

Day 2: Fly to Lukla – Trek to Monjo – 2,850m/ 9,350 feet

Fly from Kathmandu or Ramechhap to Lukla *see note at bottom of itinerary. We will make an early morning start for the Twin Otter flight to Lukla (2,840m/9,317ft), the gateway to the Khumbu Region. This is an exciting flight, which should give a glimpse of Everest in the distance. In Lukla, we will meet the rest of our trek staff and set off straight away for our first night in the mountain village of Monjo. Depending on what time the flight arrives in Lukla, we may have to stop in the town of Phakding (2,600m/ 8,530 feet) for the night. Hopefully, the team will make it all the way to Monjo. Both villages are situated on the banks of the Dudh Kosi, which drains the whole of the Khumbu Region, and is the main trade route for the entire region. This can be the busiest part of the trail. Today we will walk for 3 hours to Phakding and a total of 5 hours to Monjo. The total distance is 8.8 miles/ 13 km from Lukla to Monjo.

Day 3: Namche Bazaar – 3,440m/ 11,286 feet

Today we will continue up the banks of the Dudh Kosi River, towards Namche Bazaar. Just past Monjo, we will officially enter the Sagarmatha National Park before following the trail through small villages. We will take a tea break along the way. After tea, the trail then crosses the confluence of the Dudh Kosi and the Bhote Kosi, on a high suspension bridge. The trail then climbs steeply uphill for about two hours to reach Namche Bazaar (3,440m/11,286 feet). This is a prosperous trading town and the capital of the Khumbu Region. Just across the valley to the east stand the peaks of Thamserku and Kangtega, both very impressive mountains. From



Monjo, the trek today is approximately 4 hours, and the total distance is 5 miles/ 8 km. If you have stayed in Phakding, this will be approximately a 6-hour hike.

Day 4: Namche Bazaar (Acclimatization Day) – 3,600m/ 11,800 feet

Today is an acclimatization day where we will walk to the Sherpa Museum at 3,600m/ 11,811 feet. From here you will have stunning views of Mount Everest and the surrounding mountains. The key is to rest, relax and acclimatize at this height and will make all the difference as we go to high and extreme altitude. The afternoon will be at leisure in Namche Bazaar, resting, eating, and enjoying the sites! Remember that it is still important to continue to drink 4-5 liters of water every day on the trail. Today, the walk up to the Sherpa Museum is only approximately 30 minutes up and 30 minutes back.

Day 5: Namche Bazaar (Acclimatization Day) – 3,900m/ 12,800 feet

This is where our itinerary is different. Instead of heading up to 3,900m/ 12,800 feet and sleeping in Tengboche, we will stay in Namche another night giving you the best possible acclimatization program. During this critical acclimatization phase, we will spend time resting and trekking to higher altitudes to aid in the process. We will wake early for our acclimatization hike today, up to Shangbouche Hill at 3,900m/ 12,800 feet, for beautiful vistas of the whole Everest Region. The goal is to spend some time acclimatizing at this elevation before returning to Namche for lunch. The afternoon can be spent sampling the delights of the Namche Bakeries and local stores! The hike to Shangbouche Hill will take approximately four hours round trip.

Day 6: Tengbouche – 3,900m/ 12,800 feet

Today we will leave Namche and trek to Tengbouche at 3,900m/ 12,800 feet. From Namche, the well-worn Everest trail contours around the side of the valley high above the Dudh Kosi. As we follow the path, we will get excellent views of the great peaks of the Khumbu; Everest, Lhotse, Nuptse and Ama Dablam. Passing by several villages, we will descend approximately 300m/ 984 feet down to the Dudh Kosi River, where we stop for lunch. After lunch, we will make the steep 700m/ 2,296 feet uphill climb to Tengbouche. This is the home of the impressive and famous Tengbouche Monastery. You can visit the Monastery or the local bakery this afternoon. The hike will be approximately 5 to 6 hours today and covers 7.5 miles/ 12 km.



Day 7: Dingbouche – 4,350m/ 14,271 feet

We will continue up the trail to Dingbouche today. Shaded by Rhododendron trees, the trail crosses an airy suspension bridge just beyond Debouche. From here, the trail continues approximately an hour before reaching the village of Pangbouche. From here, there are excellent views of Ama Dablam ('Mother's Charm Box') and where we stop for tea. If there is time, we may be able to visit the local Monastery, which was the first in the Everest Region. Contouring up the valley, we will re-cross the river and turn up the Imja Valley to reach the picturesque farming village of Dingbouche at 4,350m/ 14,271 feet above sea level. The hike will take approximately 5 – 6 hours today and cover 7.5 miles/ 12 km.

Day 8: Dingbouche (Acclimatization Day) - 4,900m/ 16,000 feet

Today is spent as another acclimatization day at this critical elevation. Just above the town, while on our acclimatization hike, we will have stunning views of three 8,000/ 26,200 feet peaks; Makalu, Cho Oyu and Lhotse. Our goal today is to ascend to 4,900m/ 16,000 feet for some of the most beautiful views on the trip. This is one of Ian's favorite days of the trip! After enjoying the views and spending some time at this new elevation, we will descend back to Dingbouche for lunch. The afternoon will be free to enjoy the village of Dingbouche and relax before some more challenging days ahead. The trek today will be approximately 4 hours round trip and you will gain 550m/ 1,804 feet of elevation.

Day 9: Lobuche – 4,920m/ 16,141 feet

Today we will trek to Lobuche, continuing along the upper trail towards Thukla at 4,620m/ 15,157 feet. Ahead of us is the Lobuche East Peak at 6,119m/ 20,075 feet, and to our left is the formidable north face of Taweche. After approximately three hours walking slowly, we reach the small collection of lodges at Thukla where we will stop for an early lunch. After lunch, we continue the hike up for approximately one hour uphill to the Everest Memorial. From the Memorial, there are outstanding views of Ama Dablam, Cholatse and Taweche. After leaving the Memorial, the trail continues gradually parallel to the famous Khumbu Glacier, that runs off Mount Everest. After approximately another hour, the trail will eventually lead to a small cluster of tea houses pleasantly situated at Lobuche at 4,940m/ 16,207 feet. The total trekking time will be approximately 5 – 6 hours today and you will cover 7.5 miles/ 12 km in distance.



Day 10: Everest Base Camp– 5,364m/ 17,598 feet

Today is the day we trek to Everest Base Camp! We will be up early to start our trek to Gorak Shep, which takes approximately 3 hours to reach 5,180m/ 17,126 feet. Today is a very challenging day on the trail, as we cross glacial moraine on mixed rocky terrain with a lot of up and down hill to cover. Gorak Shep was the site of the 1953 Everest Expedition's Base Camp and where we will stop for an early lunch before continuing to Everest Base Camp. From Gorak Shep, we will traverse more glacial moraine, with landslide potential, for another two hours before reaching Everest Base Camp! Everest Base Camp sits on the Khumbu Glacier and weather depending, we will have time to explore this once and a lifetime chance to be at the base of the World's Highest Mountain! After approximately one hour here, we will retrace our steps back to Gorak Shep, where we spend the night. Total trekking time today is approximately 7 hours and covers 6.2 miles/ 10 km in distance.

Day 11: Kala Patthar Descent to Lobuche 4,920m/ 16,141 feet

Today is another big day, but one to remember forever! Normally, the plan is to start hiking at around 4 am, because you want to arrive at the top of Kala Patthar just before sunrise. The trail from Gorak Shep leads steeply uphill all the way to the top of Kala Patthar at 5,645m/ 18,520 feet. This takes approximately 2 hours to reach the top and the views off Kala Patthar are spectacular and you will be rewarded with the famous view of Mount Everest! After enjoying the mountain views at the top, we will return to Gorak Shep, which takes about one hour. There, we will pack bags and have breakfast before continuing back down the trail. We will then retrace our steps through the Lobuche for a good night's rest. The total distance today is 5.5 miles/ 8.8 km and will take approximately 5 hours.

Day 12: Lobuche Base Camp - 4,850m/ 15,912 feet Training Day

After a great night's sleep and a hearty breakfast, we will take a short hike back down the trail toward Lobuche Base Camp. This is only approximately a 30-minute hike to get to Base Camp! On arrival at the camp, we can get settled and start going over the technical training and re-enforcing the skills you have done of your fixed lines training course. The guide will also go through all climbing equipment. You will make sure your harness, crampons, Jumar, and all climbing equipment fits and is ready to use. This is a great day to rest up recover and get rehydrated before moving higher.



Day 13: Lobuche High Camp - 5,200m/ 17,060 feet

We will wake up this morning in this beautiful lake setting, to have breakfast. After breakfast, and once all the gear is loaded, we will make our way to Lobuche Peak High Camp. It normally takes 4 hours to reach High Camp. We will follow the trail towards Gokyo with Ama Dablam and then Cholatse dominating the skyline. We branch off the Gokyo trail and head north. The trail is easy at first and then steep as we head up 450m/ 1,476 feet to High Camp. We take our time and move slowly up to High Camp. We camp beside another lake and rest and prepare for the summit attempt.

Day 14: Summit Attempt on Lobuche East – 6,119m/ 20,075 feet

Depending on the weather, today might be the day we may make our summit attempt! Our goal is to leave at 1am and slowly make the 3-hour journey up to Crampon point at 5,700m/ 18,700 feet. The rocky hike up is steep in places aided by some fixed lines for safety. Once we reach crampon point, we will rope up Alpine style until we reach our fixed lines. Our Sherpa team will fix rope where needed, on the steep terrain all the way to the summit. This usually takes 3 to 4 hours more to reach the summit. After celebrating we make the long descent back to High Camp for the night.

Day 15: Spare Summit Attempt – 5,500m/ 18,044 feet

Depending on the weather, we may make our summit attempt on this day. If we have climbed the day before we will slowly return to lower altitude and have an additional day to relax and enjoy the stunning beauty of the Everest region. If the spare summit day is not needed, you will walk to Pheriche today.

Day 16: Trek to Pheriche – 4,250/ 13,944 feet

The great benefit of choosing our itinerary is that if we needed this third day to make a summit attempt, we have it. This should be a major consideration when picking the correct itinerary for your Lobuche climb. After breakfast we will retrace our steps back to the main trail and then take a shortcut back into Thukla 4,620m/ 15,157 feet. We will then take the lower Everest trail back to Pheriche for the night.

Day 17: Trek to Tengbouché 3,900m/ 12,800 feet

We have added this shorter day into the itinerary to give you some recovery time along with an easier hike to Namche. You can visit the famous Tengbouché Monastery and relax with a coffee



and piece of Chocolate cake at the bakery in Tengbouché. The hike today is normally 4 hours and 6.2m/ 10km.

Day 18: Trek to Namche 3,440m/ 11,286 feet

The trek today is another 4-hour hike. From Tengbouché, the trail continues downhill for one hour to the riverside, followed by a one hour and thirty-minute ascent, back up to the Ama Dablam View Guesthouse, where we will have a short break. There is another approximately hour and thirty minutes before we reach Namche Bazaar. This is another great day of mountain viewing. Our plan is to arrive in Namche by midday. It is now time to take a shower, relax and get some rest! The hike today is approximately 4 hours and will cover 6 miles/ 9.6 km.

Day 19: Trek to Lukla 2,840m/9,317 feet

Today is the final day of trekking!! It will be another long day as we must get all the way back to Lukla for the night. The day starts with a one-hour descent from Namche, back to the high suspension bridge. Following the river from here, you will have to trek up and down stairs and trails, retracing our steps back to Phakding, where we will stop for lunch. After lunch, it will be a gradual two-and-a-half-hour ascent back into Lukla at 2,850m/ 9,350 feet. The hike today will take approximately 8 hours and we will not reach Lukla until late afternoon. The distance covered today is 13 miles/ 21 km and you will enjoy your final night spent in the Everest Region tonight.

Day 20: Fly to Kathmandu – 1,400m/ 4,500 feet

We will wake early today and have breakfast before returning to Lukla Airport for the flight back to Ramechhap or Kathmandu*. If the weather is cooperating, and the flight is direct to Kathmandu, then you would be back in the hotel in Kathmandu by early morning! If you have to fly via Ramechhap, then you might not be in Kathmandu until late afternoon. You can spend the rest of your day at Leisure in Kathmandu, enjoying the sites, including Pashupatinath, Swayambhunath and the districts of Bhaktapur and Patan. Durbar Square is also on the essential list, as is the shopping area of Thamel or get a treatment at one of the many spas in Kathmandu. We include a celebration team dinner in a nearby restaurant and the night in the hotel is also included on a shared basis.

Day 21: Kathmandu

Today is the final day of our itinerary. We recommend that you do not book your return flight until no earlier than the evening on this day. That will be critical if there are any delays getting out of the mountains on the day before. We include your return transfer back to the



international airport for your onward journey. If you want to spend any extra time in Kathmandu, we are happy to book additional nights for you in the hotel.

Important Notes:

Every effort will be made to keep to the above itinerary, but as this is adventure travel in a remote mountain region, we cannot guarantee it. Weather conditions, road conditions, vehicle breakdowns and the health of participants can all contribute to changes. The trek leader will try to ensure that the trip runs according to plan, but an easy-going nature will be an asset!

*One of the main disruptions in the itinerary may come from the flights in/out of Lukla. Over the past seasons, the government has decided to move some of the Lukla flights from the Kathmandu airport to an alternative airport, due to the massive influx of air traffic arriving and departing from the international airport. Therefore, some of the trips, especially during the busier times, will be diverted to a small airstrip approximately 4 - 6 hours from Kathmandu by road, Ramechhap Airport, in the Manthali district. If your groups flights do have to go from Ramechhap airport, then you would have to wake at approximately 2am on the morning you fly to Lukla, to make the 4+ hour drive to Ramechhap, to get the first-round flights. This can be a frustrating addition to the first day of your trip, but if the airlines decide that they want to move the flights to Ramechhap, we have no control over this, and it would be the only way to get a flight into Lukla.

Likewise, on the return journey back to Kathmandu, you could also have to make this journey from Lukla to Ramechhap, and then drive back to Kathmandu. On the way back to Kathmandu, the car journey can be quite a bit longer due to traffic, so you could have 6-7 hours of driving time to get back to Kathmandu.

One way to avoid this drive to Ramechhap is to book a helicopter for your trip in and/or out of the mountains. We can make this arrangement for you, but it would be an extra cost to you if you made this decision. The price of the helicopter changes from season to season and day to day, but on average, you normally would expect to pay approximately \$450 - \$650 for a one-way seat on the helicopter. This would be paid directly to the helicopter company as we would not have a part in the pricing, nor would any money go to Ian Taylor Trekking for this helicopter flight.

Another thing that affects air travel in Nepal is weather related delays. Please note that often the Kathmandu/Ramechhap – Lukla – Kathmandu/Ramechhap flight gets delayed by a few hours or may even be canceled for one, two, or more days due to unfavorable weather



conditions. These conditions may arise even in the best seasons. Hence, in such cases, you must be prepared for long waits either at Kathmandu, Ramechhap or Lukla airports, as this can happen either at the start or end of the trek or even both! If flights are not flying due to the weather, the only option that might be available to get you in or out of Lukla, might be to take a helicopter anyway, at an additional cost. Our team on the ground will be ready to organize helicopters in such conditions. More information on this will be in our Dossier if you do sign up for the trip.

We are your number one resource for the trip and if you sign up to one of our trips, we will send out a 40-page Dossier with an itemized kit list and further information on how to fully prepare for the trip. While you are waiting for the Dossier, here is a very useful page on the Lobuche Peak Climb: <https://iantaylortrekking.com/peak-climbing/lobuche-peak/>.

The Cost Includes:

- 3 Guides for every group of 8 Climbers
- Internal flights – Always aim to have first few rounds of flights per day
- Professional trekking and climbing guides for Lobuche Peak
- Portorage of gear (Animals) (Carrying 15kg/33lb per person Maximum)
- All necessary climbing equipment
- 2 nights hotel and breakfast in Kathmandu (2 people sharing, 4 Star)
- All lodge accommodation in mountains
- 3 nights in Namche on the way up the trail
- All trekking permits, climbing permits and National Park fees
- Insurance cover for our staff
- Full time office support on the ground in Kathmandu
- Airport Transfers to/from International Airport in Kathmandu
- Using the communal medical kit (you will need a personal kit as well)
- 3 meals a day while in the mountains
- 5 days a week expert support prior to trip
- Celebratory final meal in Kathmandu

The Cost Does Not Include:

- Nepalese Visa entry fee (\$50, which can change at any time)
- International flights
- Trekking insurance (compulsory)
- Tips for Guides/Porters (approximately \$350)



- Personal equipment
- Meals and drinks while in Kathmandu (excluding Breakfast)