

LOBUCHE (EAST)

A high trekking peak in the heart of Khumbu region



Introduction!

Lobuche East is one of Nepal's highest trekking peaks, with a modest climbing grade and a stunning view of Everest, Cho Oyu, Nuptse, and Lhotse. Situated in the Everest region and standing at a height of 6,119 m, Lobuche East is one of two distinct summits that form Mt Lobuche (as a whole). A long, continuous ridge joins Lobuche East to Lobuche West (6,145 m) and though essentially connected, a sharp gap and a considerable distance lie between the two summits. While Lobuche East is considered a trekking peak, an expedition permit is required to summit Lobuche West, classified as an Expedition Peak.

Lobuche can be clearly seen from Pheriche, en-route to Everest, the rocky East face of Lobuche rises over the moraine of the Khumbu Glacier forming an icy skyline – the South Ridge, the junction of the East Face with the glaciated route of ascent. This, in turn, leads to the summit ridge running north-west from the top of the East Face through several small summits to the East Peak.

The first recorded ascent of the true Lobuche East was made by Laurence Nielson and Sherpa Ang Gyaljen on 25 April 1984. Due to the technical experience required to climb the steep snow/ice slopes that lead to the true East Peak, most 'trekking' ascents are to the summit ridge only, as far as the subsidiary snow-summit. This is a demanding, high-altitude trek that will appeal to experienced trekkers and keen hill-walkers. You will need to be in good physical shape to realistically be able to summit the peak. No prior mountaineering experience is required. Expedition Himalaya shall offer you an introduction to equipment as well as training in crevasse rescue, basic ice-climbing skills, rope-work, and mountaineering safety.





Mountain Facts

- **Elevation:** 6119 meters; 20,075 feet
- **Basecamp:** 4930 meters; 16,175 feet
- **Location:** Khumbu (Latitude: 27°57'27.12"N; Longitude: 86°47'32.91"E)
- **Range:** Mahalangur Himalaya
- **Classification:** Moderate Trekking Peak
- **Standard Climbing Route:** South Ridge Route

Trip Facts

- **Duration:** 18 days
- **Starts in:** Kathmandu
- **Ends in:** Kathmandu
- **Climb Grade:** Challenging
- **Best Season:** Autumn (Sep-Dec) & Spring (Apr-May)
- **Activities:** Trekking and Mountaineering
- **Meal Plan:** Full Board (B/L/D)
- **Accommodation:** Hotels (BB), Tea Houses, and Camping
- **Transportation:** Domestic Flights

Climbing History of Lobuche East

- **April 25, 1984** - First summit of Lobuche East by Laurence Nielson and Ang Gyaljen Sherpa
- **1998** - Slovenians Tomaz Humar and Janez Jegli, as well as Carlos Carsolio, climbed a new Alpine route on Lobuche East's northeast face. The route was renamed "Talking About Tsampa."
- **2010** - Joel Kauffman and Jarad Vilhauer climbed a new route on the southwest face of Lobuche East
- **2014** - Expedition Himalaya's first commercial success on Lobuche East.



En route to Lobuche from Dingboche

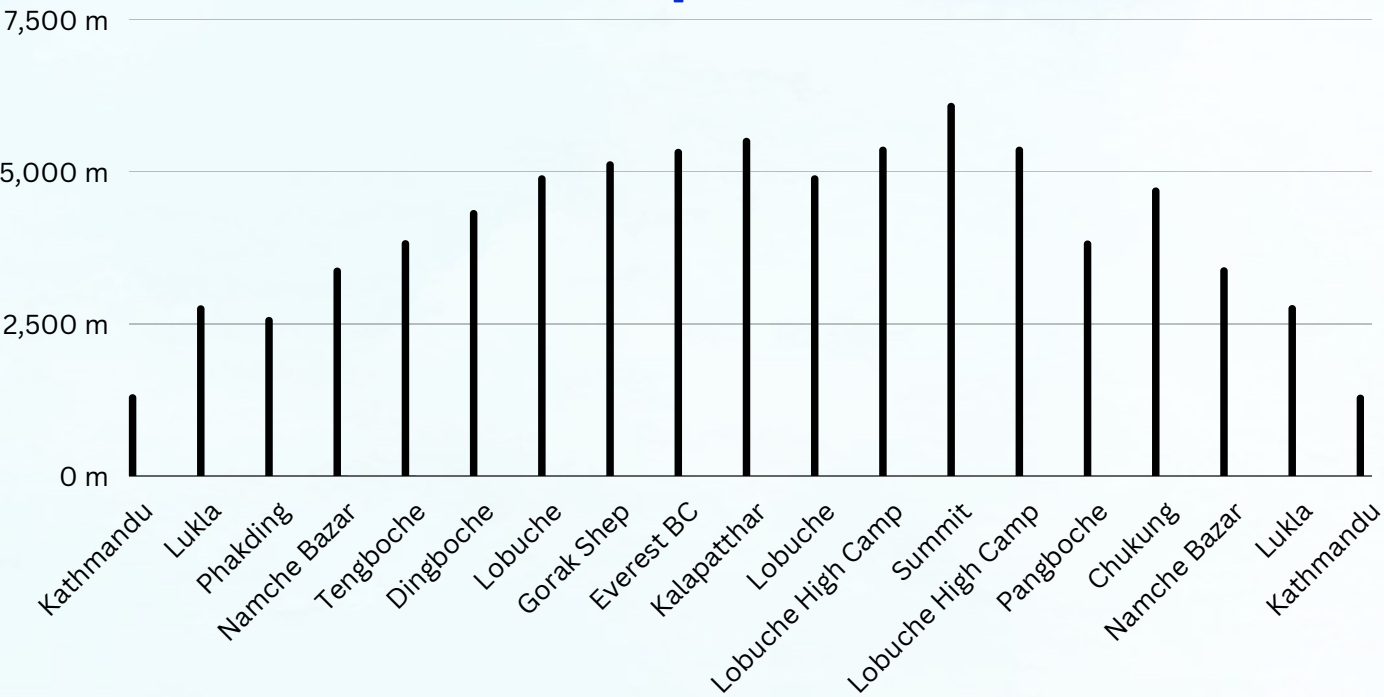
Our Lobuche East Special!

- **Customizable packages** from normal to deluxe
- Highly qualified and **experienced climbing guides** and supporters' team
- **Full-proof documentation** so you don't have to worry a bit
- Every attempt to make your **summit dream** come true
- **Fixed-wing aircraft** to and from Lukla; Taking a **fixed-wing flight in and out of Lukla** is an exciting adventure in itself, and a road trip into the Nepal Himalayas is the best way to take in the region's breathtaking scenery.
- **Required numbers of porters for trek and 2:1 Shepa during the climb**
- Sustainable and **environment-friendly operation module**
- Expedition Himalaya is built on the foundation of **social principles**; we give back to the Himalayan communities as we make it.

Brief Itinerary

Day 01	Arrive Kathmandu (1337m)
Day 02	Rest/preparation
Day 03	Fly Lukla (2800m); trek Phakding (2610m)
Day 04	Trek Namche Bazaar (3420m)
Day 05	Rest/acclimatization
Day 06	Trek Tengboche (3870m)
Day 07	Trek Dingboche (4360m)
Day 08	Rest/acclimatization
Day 09	Trek Lobuche (4930m)
Day 10	Trek Gorak Shep (5160m); visit Everest Base Camp (5364m)
Day 11	Trek Kala Patthar (5545m); trek back Lobuche
Day 12	Trek Lobuche High Camp (5400m)
Day 13	Summit Lobuche Peak (6119m); back to High Camp (5400m)
Day 14	Trek Pangboche (3860m)
Day 15	Trek Namche Bazaar (3420m)
Day 16	Trek Lukla (2800m)
Day 17	Fly Kathmandu (1337m)
Day 18	Depart Kathmandu

Lobuche East Expedition Altitude Profile



Lobuche East Trekking Route Map

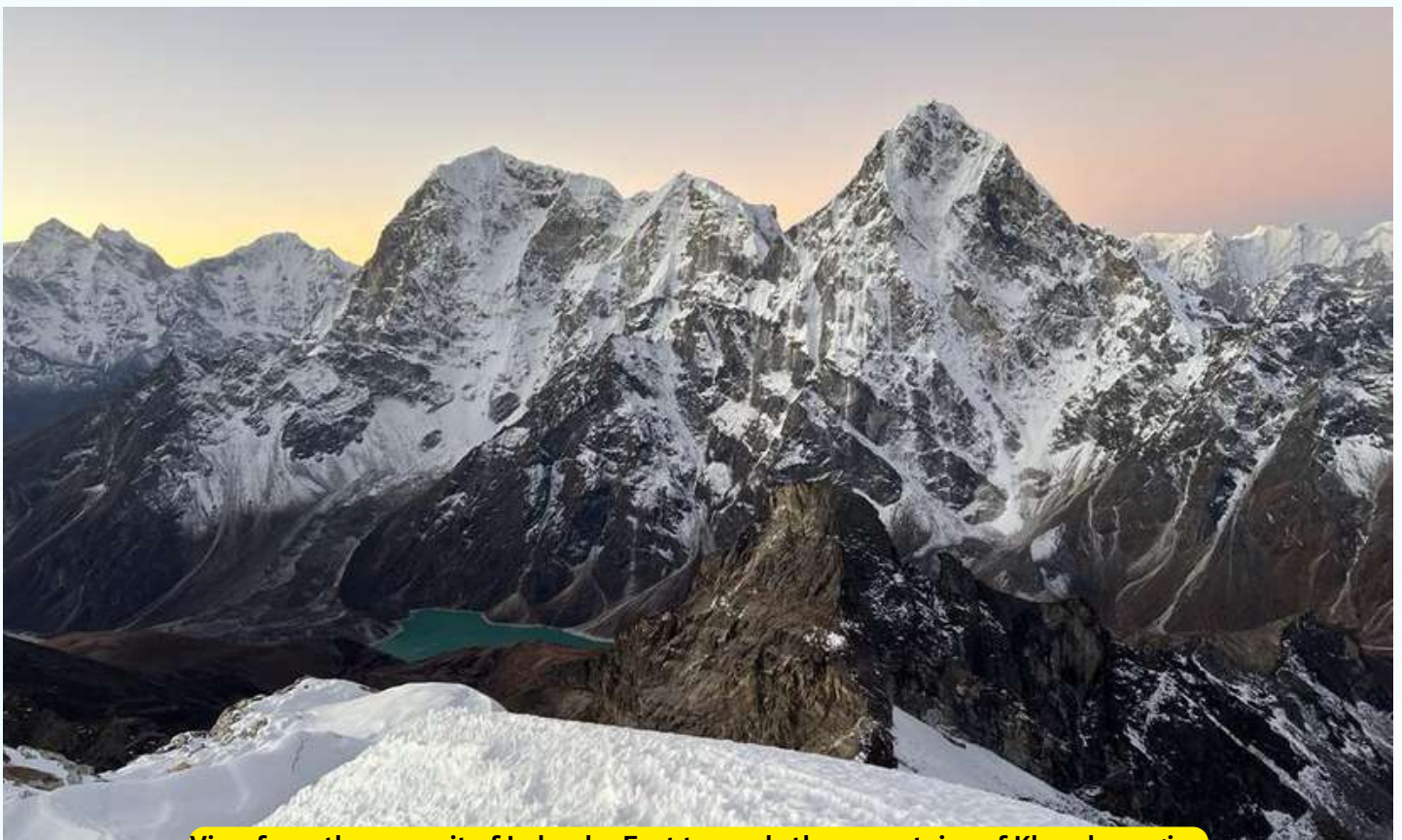


Lobuche East Climbing Map



Cost Inclusions

- **Airport Pick-up and Drop-off** service in a private tourist vehicle.
- **4 night's accommodation** in Kathmandu in a 4-star hotel including breakfast on twin sharing basis.
- **Domestic airfares** Kathmandu/Lukla/Kathmandu.
- **Accommodation** during the trek in Teahouse/Lodges.
- **All Meals** (Breakfast, Lunch and Dinner) during the trek.
- **Tents, camping gear** and **food** at base camp during the summit period.
- Services of an experienced **English-speaking climbing guide** during the summit at the ratio of 2 members to 1 guide.
- **Assistant Guides** as required (their salary, insurance, equipment, domestic airfare, food, and accommodation).
- **Porters** (One porter for every 2 members) and their entire expenses (salary, food, accommodation equipment, and insurance).
- **Sagarmatha National Park** entrance fee.
- **Khumbu permit.**
- **Lobuche Peak Permit.**
- The cost of Insurance for climbing sherpa, trekking guide and porters.
- **First Aid Kit** (Carried by trek guide)
- Applicable local and government **taxes.**
- **Welcome dinner** in Kathmandu.



View from the summit of Lobuche East towards the mountains of Khumbu region

Cost Exclusions

- **International airfare** to and from Kathmandu- Nepal.
- Cost of Nepal **visa fee**.
- Any **meals in Kathmandu** except for welcome dinner.
- **Personal expenses** such as telephone, laundry, bottled water, bar bills, etc.
- **Personal trekking gear** (Available on hire).
- **Personal tips** for guide and local staffs.
- **Any extra cost** arising out of natural calamities or cancellation of the program.
- All other items are not mentioned in the list of '**Price Includes**'.
- **Travel insurance** that covers helicopter evacuation, medical expenses and trip cancellation.
(We recommend that you get this done at your hometown and submit us a copy of the same upon arrival - so that we are prepared should this be necessary).
- **Any other expenses** or charges that are not mentioned in the "**cost includes**" list.



Trip Preparation

Guide to a safe adventure in Nepal!

Visa Process

The Immigration Office at entry points has been facilitating passengers traveling to Nepal by offering Visas on Arrival. The 'On Arrival' visa procedure is simple and quick. In addition, you can apply for a visa at a Nepali diplomatic office abroad before you travel.

After obtaining a visa from a Nepali diplomatic post, you have a six-month window to enter Nepal. Only once you reach Nepal will the length of your stay be calculated.

Covid-19 Updates

Fully vaccinated

All you need is the official Proof of Vaccination, The vaccine should be administered 14 days prior before making visit.

If un-vaccinated or partially vaccinated

All you need is a PCR-Negative report taken 72 hours prior to boarding. *not required for children below 5 years.

Before your visit

Incident or harm, While traveling, unanticipated events can occur, although they are uncommon. So, Expedition Himalaya wants to make sure you have the best possible travel insurance for your trip covering Heli evacuation for emergencies

We suggest that you consult with your doctor and get vaccinated prior to your travel. Because health care is scarce in rural regions, get Hepatitis A and B vaccines, as well as tetanus, typhoid, and polio jabs.

During your stay - responsible practices

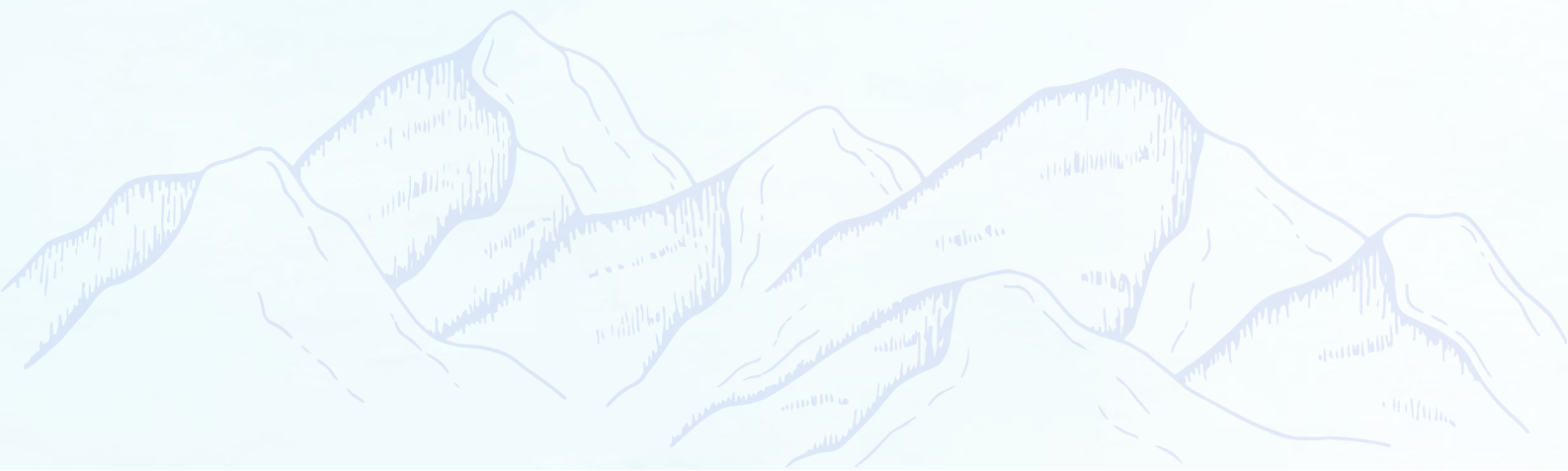
- Maintain distance where possible and mask up in public
- Respect local guidelines, culture, traditions, and inhabitants
- Please follow Leave No Trace and help maintain our green and clean world.

Essentials

- Maintain good health before travelling and get proper health checkups.
- There may not be a POS machine in rural Nepal, and cash is typically the preferred means of payment, so always have adequate cash.
- We suggest you carry a personal first aid kit with medicines prescribed by your doctor.
- Carry appropriate gear and equipment for varied weather conditions based on season, as weather conditions are not stable and constantly change.



View of Lobuche Peak en route to Everest Base Camp Trek





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Inquire Now!

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