

Lobuche East Peak Climbing from Lobuche

URL: <https://himalayan360.com/trip/lobuche-east-peak-climbing-from-lobuche/>

Destination

Nepal Treks & Tours

Activity

Climbing & Expedition

Start / End Point

Lobuche/Lobuche

Trip Type

Peak Climbing

Route

Lobuche - Summit - Lobuche

Duration

3

Destination

Everest region

Language

Everest region

Per Person From

USD 780

Region

Everest Region

Max. Altitude

6,119m/20,075 ft

Group Size

2 - 30

Best Season

Feb, Mar, Apr, May, June, Sep, Oct, Nov & Dec 6 hr

Activities**Transportation**

N/A

Accommodation

Lodge/Tent

Meals

B.L.D Breakfast

Lunch

Dinner

Difficulty

Moderately challenging

Highlights of This Trip

- Experience of summiting a major mountain in Nepal, even if you are not an experienced mountaineer.
- Stunning views of the Himalayas like Ama Dablam, Mount Everest, Lhotse, Nuptse, Pumori, etc.
- Explore the Lobuche Glacier and witness the Khumbu glacier on the way.
- This trek follows the same route as the trek to Everest Base Camp trail, but it ends at Lobuche. Thus,

completing this journey means you have covered more than half of the way to reaching the [Everest Base Camp trek](#).

- Yak sightseeing and photography opportunities along the Lobuche trails.
- It is a 3 days trek package, so it won't take much of your time.
- A trail that winds through ancient monasteries, cascading waterfalls, dense forests, open valleys, suspension bridges, and fluttering prayer flags.
- A chance to learn about Sherpa culture at every route you take.
- Trek across the rough, icy trail that stretches over Lobuche Glacier.
- If you're lucky, you may get a glimpse of rare Himalayan wildlife species, such as the Himalayan Thar and blue sheep.
- Since Lobuche East Peak is less crowded than other trekking destinations, you can enjoy a peaceful journey in nature.

3 Day Lobuche Peak Climbing Itinerary

Day 01: Meet the Himalayan 360 Team at Lobuche(4,940 m/16,207 ft) and Do Climbing Preparation and Gear Check

On the first day of your Lobuche East climb from the Lobuche itinerary, you will meet the Himalayan 360 team at Lobuche. This day is all about getting ready for the adventure ahead—no trekking is planned. You'll review the climbing plan, inspect your gear, and receive a safety briefing that covers all the essential information you'll need for the summit.

Please note that no food packages will be available for you on this day. Instead, you can enjoy amazing local cuisines in your tea house or Lodge. You will spend the night in a cozy tea house, surrounded by stunning mountain views and the quiet beauty of the Himalayas.

Highest Altitude:

4,940 m/16,207 ft Lobuche

Accommodations:

N/A

Trek Distance:

Lobuche

Day 02: Trek from Lobuche to Lobuche High Camp (5,400m/17,717 ft)

Your trek will start today. After breakfast, we will begin our journey to Lobuche High Camp, located at 5,400m (17,717ft). This is also the highest elevation you will reach on this day. You will trek for a total of 6 hours. Having climbed to an altitude of 5,400m above sea level, your body will have become acclimated to the increasing altitude of the location.

While you're on your journey, you can enjoy the views of mountains like Pumori and Nuptse. The icy and treacherous Khumbu Glacier will also provide a stunning view during your journey. At High Camp, you'll settle into tented accommodation and enjoy hard-carb meals that are heated and served warm.

Distance:

6 Hours

Highest Altitude:

5,400m/17,717 ft Lobuche High Camp

Meals:

Lunch and Dinner

Accommodations:

Tented camp

Day 03: Summit the Lobuche Peak (6,119m/20,075 ft) and Return to Lobuche

You will summit the Lobuche Peak on the third day of your trek to the Lobuche East Peak. The highest elevation you will reach is 6,119m (20,075 ft) at the Lobuche summit. The climb starts early in the morning. Initially, the trail doesn't require crampons, but once you hit the snowline, they become essential for safe footing. The ascent involves about 4-5 hours of steady climbing through snow and ice, requiring focus, stamina, and the right gear.

Once you reach the summit at 6,119 meters, you'll witness an incredible 360-degree view of some of the world's highest peaks, including Mount Everest, Lhotse, and Nuptse. Take time to enjoy the moment, snap some photos, and breathe in the sense of accomplishment. After that, you'll begin your descent back to Lobuche. The whole journey today takes around 10 hours, and you'll spend the night at a local tea house or lodge in Lobuche.

Distance:

10 hours

Highest Altitude:

6,119m/20,075 ft Lobuche summit

Meals:

Breakfast and Lunch

Accommodations:

N/A

Includes/Excludes of This Trip

Include

- **High camp:** Two men's tents and a mattress will be provided.
- Meals: 1 Breakfast, 2 Lunches, 1 Dinner
- An experienced Climbing Sherpa Guide between two climbers.
- High camp support team.
- Lobuche Peak Climbing permits
- Garbage deposit fees
- Climbing gear: Rope, Harness, Ice-axe, Carabiners, Crampons, F-8, Jumper, Helmet.

- Climbing guide and staff insurance
- Climbing boots, Ice screws, snow bars
- All kitchen equipment
- Gov. and local tax and agency service charges
- Appreciation Certificate after the successful trek (if you need it)

Excludes

- Extra nights in Kathmandu due to early arrival, late departure, or early return from the trek.
- Travel insurance that covers emergency evacuation and high-altitude rescue (mandatory).
- Any expenses incurred due to unforeseen events, such as adverse weather conditions, landslides, itinerary modifications, illness, government policy changes, or strikes.
- Excess baggage charges on the trek
- Personal climbing gear
- Personal clothing, gear, and expenses: shopping, snacks, boiled water, drinks, hot showers, alcohol, Wi-Fi, calls, battery charging, extra porters, etc.
- Tips for staff (it is expected)
- All other costs and expenses not listed in “include”.

Group Discounts Available

No. of Persons	Price per Person
1 - 1	USD 899
2 - 2	USD 840
3 - 4	USD 830
5 - 6	USD 820
7 - 10	USD 800
11+	USD 780

FAQ about Lobuche East Peak Climbing from Lobuche

Which is better, Lobuche East or Island Peak?

If you are a beginner-level trekker, the Island Peak trek can be more suitable for your skills. In contrast, if you are a seasoned trekker seeking an exciting journey in the Himalayas to discover new experiences, consider embarking on the Lobuche East trek.

Do I need a special permit to climb Lobuche East?

Yes, you need a special permit to climb Lobuche East, which includes a TIMS (Trekking Information Management System) permit, a Sagarmatha National Park Entry Permit, and a Lobuche East Peak Climbing Permit. You can obtain the trekking permit from the Nepal Mountaineering Association (NMA). The Himalayan360 team will assist you in managing the permit. These permits aim to manage trekkers and promote sustainable tourism.

Can a beginner climb Lobuche East Peak?

Yes, a beginner can climb Lobuche East Peak. But you must be physically strong, fit, mentally sound, and ready to climb this peak. Also, if you've decided to embark on the journey as a trekker with little experience, ensure you train yourself sufficiently.

How hard is Lobuche East?

The trek to Lobuche East is quite challenging. Climbers describe it as "Grade PD+" or "Moderate Level Climb". The climb includes one steep, 45-degree snowy slope that requires rope work and careful foot placement. Apart from this section, the rest of the route is similar to other non-technical trekking peaks. Lobuche East peak climbing is often considered more difficult, although the journey may be slightly more demanding compared to peaks like Island Peak and Mera Peak.

Is Lobuche East Peak Climbing from Lobuche Suitable For You?

Yes, the Lobuche East peak climbing route from Lobuche is **suitable for almost all trekkers**. You must be physically and mentally prepared to undertake the journey. If you are not a beginner-level trekker, then you will likely be well-suited for the climbing. For beginner trekkers, you may face Lobuche East climbing difficulty.

To prepare for this climb, you should **focus on building strength, endurance, and stamina. Some helpful training activities include cardio exercises (such as running or cycling), strength training, stair climbing, and high-intensity interval training (HIIT)**. Another thing not to forget is acclimatization. While it may be impractical to do so without actually going on a trek, it is essential to understand the importance of acclimatization before Starting on this journey.

Climbing Lobuche East from Lobuche Vs. Dingboche

It's always recommended that trekkers climb Lobuche East from Lobuche rather than Dingboche if you are looking for a quicker and equally easy journey. That being said, if you're a trekker with a penchant for longer trips or simply someone seeking to escape the hustle and bustle of urban life for an extended period, then you might want to consider Dingboche as a starting point for your Lobuche East journey.

The walk from Dingboche to Lobuche covers a total of **8 kilometers**. Depending on your trekking speed, this walk will take **5 to 6 hours to complete**. Going to Lobuche from Dingboche is a longer route than the standard route from our Lobuche East Peak Climbing package, through which you will reach Lobuche directly from Phakding. However, as a trekker, you always have the option to customize the package to suit your specific trekking goals.

Want to customize your trip? Feel free to [Contact Us](#). We're here to help you plan the perfect adventure!

How Can We Tackle Altitude Sickness on Lobuche East Peak Climbing from Lobuche?

There are many effective ways through which you can tackle altitude sickness while following the Lobuche East climbing route from Lobuche. Some such Lobuche East ascent tips are as follows:

- **Acclimatize beforehand:** On the ascent of Lobuche, ensure you acclimatize properly. Not acclimatizing will cause breathlessness, nausea, and, worst of all, altitude sickness.
- **Carry dependable climbing gear:** The climbing gear for the Lobuche East Expedition should be sturdy, reliable, and dependable. Be sure to make the purchase or hire them from a reputable company.
- **Rest between your walks:** Climbing in the Khumbu region, regardless of your route to Lobuche, can be challenging if you don't take sufficient rest breaks. To climb Lobuche East, you must rest as many times as possible, regardless of your peak climbing experience, to ensure you don't suffer from altitude sickness.
- **Hydrate:** Lobuche East Peak is a popular trekking peak that is just as well known for being challenging for the trekkers. Be sure to hydrate properly on the way to ensure you complete this incredible journey hydrated and energized.
- **Go slowly and steadily:** The technical climbing experience requires you to be as cautious and slow as possible. Ensure that your journey to Lobuche is relatively comfortable, rather than rushed.
- **Always stay with your company:** Whether you're heading to Lobuche Base Camp and Lobuche Peak or returning to Lobuche Village, you must stay with your company from start to finish. This will not only help you balance your pace but also help you tackle the situation if you suffer from altitude sickness.

How difficult is it to climb Lobuche East from Lobuche?

Reaching Lobuche Peak is moderately complex. Beginner-level trekkers can often find the climb of Lobuche Peak challenging, while those with a little more experience may have a better chance of excelling in the journey with relative ease. The terrains are mostly diverse, and you will need different gear and equipment, **including ropes and crampons**, to complete the trip. You should seek help from your guide and porter whenever you encounter difficulty. Also, learn to use ropes, traverse crevasses, or climb the top ridge beforehand.

Likewise, it's essential to embark on the technical climb of Lobuche East at the best time for the Lobuche Peak trek, which is usually during spring and autumn. Additionally, proper physical and mental preparation, as well as research on the peaks and climbing routes in Nepal, are required. Not to mention, climbing Lobuche East can be considered less complex than climbing Lobuche West.

Address

Address:

Galkopakha Marg - Kathmandu - Nepal