

Lobuche East Peak Climbing

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

Start / End Point

kathmandu/kathmandu

Trip Type

Trekking and Climbing

Route

KTM-Lukla-Namche-EBC-Lobuche summit-KTM18

Duration

Destination

Everest region

Language

Everest region

Per Person From

USD 2,050

Max. Altitude

6,119m/20,075 ft

Group Size

2 - 30

Best Season

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

Activities

6 hr

Trek Distance

123.5 KM/77 Miles

Transportation

flight, car, jeep

Accommodation

Lodge-to-lodge Trek, 3-star hotel

Meals

All Meals (Breakfast, Lunch & Dinner) during the trek

Difficulty

Strenuous

Major highlights of Lobuche East Peak Climbing

- **Trekkers can opt to go on a dual trip to the 6,000m Lobuche East Peak** and Everest Base Camp.
- You will pass **Kongma La Pass (5,535m)**, considered the highest and most dangerous pass in the Everest region.
- The Lobuche East Peak Climbing Itinerary provides a strategic opportunity to **acclimatize** before the ascent to Lobuche East Peak.
- Cultural immersion opportunities in the **Sherpa villages**.
- Perfect **kickstart for aspiring and highly motivated beginner mountaineers**.
- You may have rare sightings of wildlife species such as **snow leopards, red pandas, and Himalayan**

Tahr at Sagarmatha National Park.

18 days Lobuche East Peak Climbing day by day Itinerary

Day 01: Arrival at Tribhuvan International Airport in Kathmandu and Transfer to Hotel

On the first day of your journey, you will arrive at the Tribhuvan International Airport in Kathmandu. Our team will be at Tribhuvan International Airport to welcome you. From there, we'll arrange a comfortable transfer to the hotel in a private tourist vehicle. This day does not include physically challenging activities. If time allows, you can roam around the marketplace of Kathmandu, especially around Thamel. Overnight at a 3-star hotel in Thamel.

Highest Altitude:

1,400m/4,593ft

Accommodations:

3 Star Hotel

Day 02: Fly to Lukla from Kathmandu or Ramechhap Airport and then Trek to Phakding

After breakfast, you will fly from Kathmandu or Ramechhap airport to Lukla on this day. The flight from Kathmandu is going to take 35 minutes. Enjoy a scenic view via plane. Likewise, the roadway will take 4 to 5 hours to reach Ramechhap from Kathmandu. From there, you will take a 20-minute flight to Lukla. Once you land at Tenzing-Hillary Airport in Lukla, the Trek officially begins. We will hike toward Phakding, situated at an elevation of 2,610 meters. The trail covers approximately 7.2 km and is mostly downhill, with a few gentle ups and downs. You'll spend the night at a tea house or a lodge in Phakding to allow your body to adjust.

Distance:

3 hours

Ascent:

176m/577ft

Descend:

389m/1,275ft

Highest Altitude:

2,860m/9,383ft (Lukla)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

7.3km/4.5 miles

Flight Hours:

35 mins flight from KTM or 5 6 hrs drive & 20 min flight from Manthali

Day 03: Trek to Namche Bazaar from Phakding

On the 2nd day, after breakfast, you will begin your Trek to Namche Bazaar, starting from Phakding at 8 a.m. The Trek continues through beautiful pine forests alongside the Dudh Koshi River, with stunning views of Mount Thamserku along the way. You'll pass through small villages like Toktok and Benkar before reaching Monjo, the official entry point of Sagarmatha National Park.

The real challenge begins after crossing the Hillary Suspension Bridge. From there, the trail climbs steeply as you walk past the junction of the Dudh Koshi and Bhote Koshi Rivers. Eventually, you'll reach Namche Bazaar, where the first views of Mount Everest (8,848.86m), Mount Lhotse (8,516m), and Mount Nuptse (7,861m) welcome you. Overnight at a tea house or lodge in Namche Bazar.

Distance:

6 hours

Ascent:

1,090m/3,575ft

Descend:

290m/951ft

Highest Altitude:

3,440m/11,286ft (Namche)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

9.8km/6 miles

Day 04: Acclimatization Day at Namche. Hike to Hotel Everest View

The fourth day is the acclimatization day at Namche. Acclimatization gives your body time to adjust to the thinner air and higher elevation. To get the most out of the day, we'll hike up to Hotel Everest View, a well-known viewpoint that offers a stunning panorama of the Himalayas. The walk takes about two hours and rewards you with a perfect shot of Mount Everest.

You'll also get incredible views of nearby peaks like Ama Dablam, Thamserku, and Nuptse. You will enjoy breakfast, lunch, and dinner at a tea house or lodge where you're staying in Namche.

Distance:

2 hours

Ascent:

420m/1,378ft

Descend:

420m/1,378ft

Highest Altitude:

3,860m/12,664ft (Everest View Hotel)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

4km/2.5 miles

Day 05: Trek to Tengboche from Namche Bazaar

Today, after breakfast, you will trek to Tengboche, located at an altitude of 3,860m (12,664ft), also home to the renowned Tengboche Monastery. The trail begins with a steady climb along the ridge, offering sweeping views of Kantega, Kusum Kangri, and Thamserku. As you follow the path around a side ridge, majestic peaks like Sagarmatha, Tawache, Nuptse, Ama Dablam, and Lhotse come into full view.

After a while, you'll descend toward the village of Trashinga and continue down to the banks of the Dudh Koshi River. The climb from here to Tengboche starts steep and demanding, but it gradually becomes gentler as you walk through peaceful pine and rhododendron forests. Soon after, you will reach the stone gate that marks the entrance to Tengboche. Tengboche is famous for its stunning mountain panorama and the Tengboche Monastery. Overnight at the Tea house or the Lodge at Tingboch

Distance:

6 Hours

Ascent:

1035m/3,395ft

Descend:

1,035m/597ft

Highest Altitude:

3,860m/12,664ft (Tengboche)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

9.3km/5.8 miles

Day 06: Trek to Dingboche from Tengboche

On day 6, early in the morning, we'll visit the beautiful Tengboche Monastery to offer prayers and take a short tour around the stupa. After a peaceful start, we will begin our journey to Dingboche at 8:00 a.m., following the trail that leads through the scenic Imja and Chhukhung valleys.

Most of the day involves a gradual uphill climb, surrounded by stunning views of towering peaks and thick forests. As we continue, the landscape begins to open into alpine meadows. After a final stretch across these high-altitude plains, we'll reach the quiet village of Dingboche, our resting point for the night.

Distance:

6 Hours

Ascent:

676m/2,217ft

Descend:

229m/751ft

Highest Altitude:

4,410m/14,468ft (Dingboche)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

10.4km/6.5 miles

Day 07: Acclimatization Day. Hike to Dingboche Viewpoint

You will acclimate at Dingboche on this day. Resting in Dingboche will provide you with opportunities to capture some of the best photos of the Himalayas, as well as the habitats nearby. We will also hike to the Dingboche viewpoint to make the most of the day. Hike starts at 8 a.m.

The highest elevation for the day is 5,083m/16,676ft at the Dingboche View Point. You will spend the night at a teahouse or lodge in Dingboche.

Distance:

4 hours

Ascent:

673m/2,207ft

Descend:

673m/2,207ft

Highest Altitude:

5,083m/16,676ft (Dingboche View Point)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

3.82km/2.38 miles

Day 08: Trek to Lobuche from Dingboche

After a peaceful stay in Dingboche, we begin our Trek to Lobuche. The day starts with a steady climb up the ridge. We'll pass through the wide glacial valley of Khumbu Khola and soon arrive at the small village of Dughla (also called Thukla). From here, you'll get fantastic views of Taboche, Cholatse, Pumori, and Lobuche Peak.

Shortly after Dughla, we will face a challenging climb to Thukla Pass (4,830m), where we'll take a break. At the top of the pass, you'll come across the emotional Everest Memorial, where you will honor climbers and Sherpas who lost their lives on Everest.

After the pass, the trail becomes simple again as we move toward the remote settlement of Lobuche. After a few more hours of trekking, we'll reach Lobuche. Final overnight stop before heading to Everest Base Camp

Distance:

5 hours

Ascent:

515m/1,689ft

Highest Altitude:

4,910m/16,108ft Lobuche

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

8.02km/4.98 miles

Day 09: Trek to Everest Base Camp and then back to Gorak Shep

Hike begins at 8 a.m. The hike from Lobuche to Gorakshep covers just 4.4 kilometers, but don't let the short distance fool you. Due to the high altitude and rugged terrain, it typically takes around 3 to 4 hours to reach there. The trail isn't well-defined in some areas, so we'll carefully make our way over loose rocks and uneven ground until we reach the small settlement of [Gorakshep](#).

Once we arrive, we'll pause for a quick lunch break and rest up before pushing onward. After regaining some strength, we'll begin the second leg of the day, which is a hike to Everest Base Camp. The route winds through rocky dunes, glacial moraines, and steep climbs. It takes another three hours or so of steady hiking on jagged trails before we reach the legendary Everest Base Camp.

As you arrive, you'll be greeted with unforgettable views of Mount Everest, along with surrounding giants like Ama Dablam, Nuptse, and Cho Oyu. You'll also get a close-up look at the Khumbu Glacier and possibly even spot some glacial lakes. After soaking in the atmosphere and snapping some photos, we'll retrace our steps back to Gorakshep, where we'll spend the night at a local tea house or lodge.

Distance:

7 hours

Ascent:

484m/1,588ft

Descend:

243m/798ft

Highest Altitude:

5,364m/17,598ft EBC

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

11.6km/7.23 miles

Day 10: Morning Hike to Kala Patthar and Trek back to Lobuche

You will hike in the morning to Kala Pathar, located at an elevation of 5,555m (18,225ft), which is higher than Everest Base Camp. Kala Pathar is best known as a viewpoint situated near Everest Base Camp (EBC), but at a higher elevation than the base camp itself. You will begin the journey at 4:00 a.m. to capture a stunning view of the sunrise.

The trekking distance you'll cover on this day is 9.5 km/ 5.9 miles. You will trek for 5 hours. You can enjoy breakfast and lunch at each stop when you rest. We will stay the night at a tea house or lodge at Lobuche.

Distance:

5 hours

Ascent:

440 m/1,444 ft

Descend:

610 m/2,000 ft

Highest Altitude:

5,555m/18,225ft (Kalapatthar)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

9.5 km/ 5.9 miles

Day 11: Trek from Lobuche to Lobuche Peak High Camp

On Day 11, we'll leave Lobuche and begin our Trek toward Lobuche Peak Base Camp or High Camp. From the main Everest Base Camp trail, we take a turn and start a steady ascent toward Lobuche High Camp. The path gets steeper as we move forward, and the trail becomes more demanding. We'll navigate rugged terrain and narrow snowy sections. We'll switch to crampons for better grip and safety on the icy slope as the snow cover thickens,

To climb the final stretch, we'll use an ice axe while ascending a small ice cliff and crossing jagged, snow-laced trails. After a physically challenging push, we'll arrive at Lobuche High Camp, sitting at an elevation of 5,400 meters. To conserve energy for the summit attempt, we'll stop here for the day and settle into high camp.

Distance:

4 hours

Ascent:

490 m/1,607 ft

Highest Altitude:

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

Meals:

Lunch and Dinner

Accommodations:

Tented camp

Trek Distance:

2.5 km/ 1.5 miles

Day 12: Summit the Lobuche Peak and return to High Camp

The summit of Lobuche Peak is finally here. We'll begin early in the morning from Lobuche High Camp, climbing steadily along the snow-covered route toward the top of Lobuche East Peak. The trail is steep and challenging, and it'll take about 8 to 9 hours in total. The moment we reach the summit of Lobuche, everything becomes worthwhile. Jaw-dropping views of Everest, Lhotse, Nuptse, Makalu, Ama Dablam, Thamserku, and many more Himalayan giants will surround you. It's one of those rare, unforgettable moments that make the entire journey feel magical.

After spending some time at the top, taking in the silence, the views, and the sense of achievement, we'll carefully descend back to High Camp. The way down is gentler. We'll settle back in at the camp for a rest and reflect on one of the most rewarding days of the entire Trek.

Distance:

8 hours

Ascent:

719 m/2,359 ft

Descend:

719 m/2,359 ft

Highest Altitude:

6,119m/20,075 ft Lobuche summit

Meals:

Breakfast and Lunch

Accommodations:

Tented camp

Trek Distance:

2.5 km/ 1.5 miles

Day 13: Contingency Day for Weather Conditions

You will spend the 13th day at the same tented camp as the previous day, at Lobuche High Camp, as part of the contingency day, in case the weather isn't favorable for climbing or descent.

This extra day also serves as an essential acclimatization and rest day. You'll have time to relax, chat with fellow climbers, and take in the stunning high-altitude surroundings. Enjoy a hearty breakfast and lunch at the camp, and give your body the recovery it deserves after the previous day's summit push. We'll spend the night here again, recharging and ready for the trail ahead.

Meals:

Breakfast and Lunch

Accommodations:

Tented camp

Day 14: Trek back to Pangboche from Lobuche High Camp

After an early breakfast, we'll begin our descent from Lobuche High Camp toward the peaceful Sherpa village of Pangboche. The trail retraces familiar paths through Lobuche and Pheriche. Along the way, we'll pass by remarkable sites like the Khumbu Glacier and the serene Tengboche Monastery.

Though going downhill is easier on the lungs, your legs may still feel the fatigue of recent climbs. Take your time and enjoy the more relaxed pace. By late afternoon, we'll arrive at the welcoming village of Pangboche, where we'll rest for the night in a cozy teahouse surrounded by breathtaking mountain views.

Distance:

7 hours

Descend:

1,470 m/4,823 ft

Highest Altitude:

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

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

15 km/9.3 miles

Day 15: Trek back to Namche Bazaar from Pangboche

You will begin your Trek to Namche Bazaar from Pangboche at 8 a.m. After having breakfast in Pangboche, you will pass through the homes of monasteries in the Khumbu region, including Debuche and Tengboche. There are plenty of Rhododendron and pine forests along the way on this day.

After trekking 12.6 km/7.8 miles, you will finally reach the Sherpa capital, Namche Bazaar. The Trek will take 6 hours to complete. The day's highest elevation is 3,930 m/12,894 ft at Pangboche. You will spend the night at a tea house or a lodge in Namche Bazaar.

Distance:

6 Hours

Ascent:

410 m/1,345 ft

Descend:

900 m/2,953 ft

Highest Altitude:

3,930 m/12,894 ft Pangboche

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

12.6 km/7.8 miles

Day 16: Trek back to Lukla from Namche Bazaar

You will trek back to Lukla from Namche Bazaar on the 16th day. Also, this is the last day of your trekking journey. You can have a small photo session in the Namche Bazaar before they begin their Trek. Similarly, you will start your Trek at 8:00 a.m. You can enjoy views of Mount Everest, Mount Lhotse, Baruntse, Ama Dablam, and Makalu from the trails.

You will cover a total distance of 17.2 km (10.7 miles). You will spend a total of 7 hours on the trails. The highest altitude you will reach today is at Namche at 3,440m/11,286ft. Additionally, you will stay the night at a tea house or a lodge in Lukla. You can enjoy your breakfast, lunch, and dinner from your package on this day.

Distance:

7 hours

Ascent:

672m/2,205ft

Descend:

1,246m/4,088ft

Highest Altitude:

3,440m/11,286ft (Namche)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

17.2km/10.7 miles

Day 17: Flight back to Kathmandu or Ramechhap Airport from Lukla and same day drive back to Kathmandu

You will begin your journey at 7:00 a.m. with a scenic 35-minute flight from Lukla to Kathmandu, depending on air traffic and weather. During the peak trekking season, you might fly to Ramechhap (Manthali Airport) instead, followed by a 5 to 6-hour drive back to Kathmandu. Either way, this is the final stretch of your mountain adventure.

Once you return to Thamel, you'll check into a comfortable 3-star hotel. The rest of the day is yours to unwind. You can stroll through Thamel's vibrant streets, shop for souvenirs, or relax before gathering for

a celebratory dinner.

Highest Altitude:

2,860m/9,383ft (Lukla)

Meals:

Breakfast and Dinner

Accommodations:

3 Star Hotel

Flight Hours:

35 mins flight from KTM or 5 6 hrs drive & 20 min flight from Manthali

Day 18: Transfer to the International Airport for your Final Departure

After breakfast at the hotel, it's time to say goodbye. Our representative will escort you to Tribhuvan International Airport for your final departure. As your journey comes to an end, you'll carry with you not only photos and souvenirs but also memories of majestic peaks, peaceful trails, and meaningful connections made along the way.

Meals:

Breakfast

Lobuche East Peak Climbing Includes/Excludes

Includes

- Kathmandu to Ramechap airport to Kathmandu by shared vehicle
- Ramechap to Lukla to Ramechap flight ticket
- 2 Night in Kathmandu with 3star accommodation (sharing basis)
- 1 Night Ramechap local lodge accommodation (on a sharing basis)
- 12 nights in Mountain Tea House Lodge (sharing basis)
- 2 nights camping tents (Sharing)
- **Meals:** 17 Breakfast, 14 Lunch, 14 Dinner
- One guide during the Trek
- Climbing Sherpa during the climb
- Porter to carry your luggage (2:1 porter)
- Climbing gear: Rope, Harness, Ice axe, Carabiners, Crampons, F 8, Jummer, Helmet.
- Kitchen Equipment, Trekking tents, Dining tent, Kitchen Tents, Toilet Tents, Table and chairs, and Mattresses for Lobuche peak climbing.
- Climbing guide and staff insurance
- Gov. and local tax and agency service charges

- Free luggage storage services in Kathmandu
- Appreciation Certificate after the successful Trek
- Farewell dinner at the end of the Trek

Excludes

- International and Domestic airfare.
- Nepal visa fees.
- Extra night accommodation in Kathmandu due to early arrival or late departure, or early return from the Trek.
- Costs incurred due to causes beyond our control, such as weather conditions, landslides, itinerary modifications, illness, government policy changes, strikes, etc.
- 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.
- Travel insurance that covers emergency high-altitude rescue and evacuation (compulsory)
- 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 2,815
2 - 3	USD 2,355
4 - 6	USD 2,150
7 - 12	USD 2,130
13 - 20	USD 2,090
21 - 30	USD 2,050

Lobuche East Peak Climbing FAQ's

How much does it cost to climb Lobuche East Climbing?

It costs at **least USD 2050 to climb Lobuche East Peak**. The cost further depends on customization and the amount you're willing to spend on amenities along the way. Personal costs further increase the total budget for the climb.

Which is harder, Lobuche or Island Peak?

It is technically more challenging to climb Lobuche than it is to climb Island Peak. Island Peak climbing is quite common and popular among mountaineers, as is Lobuche climbing. However, you may not find similarities in ease between the two treks due to the terrains, time taken to complete the journey, and the elevation differences.

How long is it from Lobuche East to EBC?

The distance from Lobuche to **EBC is 7.6 km (4.7 mi)**, which is easily accessible from either point. Trekking duration is 7 to 8 hours.

What is the meaning of Lobuche?

Lobuche, which is also spelt Lobju, is a Nepalese mountain. While the mountain's name has no immediate and obvious meaning, it has been derived from a Tibetan word. Further, it's not just a mountain but also the name of a settlement with the same name that lies close to the Khumbu glacier, which may relate to the roots of the peak's name.

Why Choose Lobuche East Peak Climbing?

Lobuche East Peak Climbing through the Everest Base Camp trek gives you the best of both trekking and mountaineering. You'll walk the famous EBC trail, passing through local Sherpa villages, crossing high bridges, and seeing beautiful places like Namche Bazaar and Tengboche. This helps your body adjust to the height before the actual climb begins.

The climb to Lobuche East is exciting and full of adventure. Once at the top, the views are amazing. You can see Everest, Lhotse, Ama Dablam, and many more snowy peaks. It's a great choice if you want to enjoy a famous trek and also try climbing a real Himalayan mountain.

Which is the Toughest Section on the Trail to Lobuche East Peak Climbing?

The toughest part of the Lobuche East climb is **summit day** from Lobuche High Camp to the top. You'll start climbing in the middle of the night, fully geared with crampons, ropes, and ice axes. The altitude hits hard, the air is thin, and the temperature drops well below freezing. Every step demands strength, focus, and strong mental stamina.

The trail gets steeper as you approach the icy slopes near the summit, with fixed ropes and exposed ridgelines adding to the challenge. This section is both physically and technically demanding, especially if you're not used to alpine climbing. Earlier in the Trek, the steep hike to Thukla Pass is also difficult due to its altitude gain. But it's summit day that truly pushes your limits.

How does the Weather at EBC and Lobuche Summit Vary?

The weather at Everest Base Camp and Lobuche Summit can vary drastically due to the difference in altitude and exposure. Everest Base Camp is slightly warmer because it is located at a lower elevation than the Lobuche Summit. Lobuche is more exposed to the wind than Everest Base Camp (EBC). At EBC (5,364m), daytime temperatures in peak trekking seasons, such as spring and autumn, are generally stable, ranging between -6°C and 10°C. Nights, however, can get cold, dipping below -10°C, especially with wind chill. Skies are often clear, offering stunning views of the surrounding peaks.

Lobuche Summit (6,119m) is much colder, windier, and more unpredictable. Temperatures here can drop

to -20°C or even lower before sunrise on summit day. Strong winds and sudden weather changes are common, especially above high camp. Unlike EBC, where weather updates are frequent, conditions at the Lobuche summit can shift rapidly, making timing and gear crucial for a safe climb.

Address

Address:

Galkopakha Marg - Kathmandu - Nepal