Lobuche East



Trip Overview

Lobuche East is a trekking peak that is nestled in the lap of the Khumbu Valley in Nepal. It is a towering cliff standing at an elevation of 6,119 meters (20,075 feet). The Lobuche East Trek offers a perfect and unique blend of trekking and mountaineering experiences, for which it has grown as a popular destination for those seeking a challenging Himalayan adventure.

Lobuche East is located near the Everest Base Camp, making it easy for those who have already acclimatized to the higher altitude of Everest. Lobuche East Trek is a reward in itself, as it delivers some of the most stunning views of Everest, Nuptse, Lhotse, and neighboring mountains. Moreover, the journey to Lobuche East will take you through the exceptional beauty of the Khumbu area, along with the vibrant Sherpa culture, ravishing and picturesque villages, and panoramic glaciers.

The Lobuche East is an experience that goes beyond the climb and trek. It is more of an immersion into the remarkable Sherpa culture while witnessing the raw beauty of the snow-capped Himalayas. Moreover, it challenges one's physical and mental resilience, which will give you the perfect chance to test yourself and unlock your potential. Lobuche East promises adventure for everyone, whether you are a seasoned mountaineer or taking your first steps into the world of high-altitude climbing.

From the lush green forest, gushing rivers, cascading waterfalls, and diverse landscapes, you will encounter the barren beauty of Nepal. Lobuche East is the perfect spot for you to embark on this unforgettable journey. What are you waiting for? Add Lobuche East to your list of must-do experiences now!

Trip Itinerary

- 1 - Arrival at Kathmandu (1334 m) and shift to Hotel
- 2 - Fly to Lukla (2800m) and Trek to Phakding (2610m)
- 3 - Namche Bazaar (3440m) (11,290f) 13. K.m
- 4 - Rest day / Acclimatization in Namche Bazar
- 5 - Trek to Phortse (3800m)
- 6 - Trek to Dingboche (4410m)
- 7 - Rest day at Dingboche
- 8 - Trek to Lobuche (4940m)
- 9 - Everest Base Camp (5364m) & back to Gorakshep (5180m)
- 10 - Kalapathar/(5550M)(18,192f) and Lobuche base camp
- 11 - Climbing day and back to Pheriche

- 12 - Trek to Monjo (2835m)
- 13 - Trek to Lukla
- 14 - Fly to Kathmandu / Ramechhap
- 15 - Half-day sightseeing and departure

Cost Includes & Excludes

Includes

- Airport pickup and drop at Tribhuwan International Airport
- Both way filght to Lukla
- 3-star Hotel stays at Kathmandu night stay in twin sharing (B.B Plan)
- Lodging and Tea house accommodation, All meals during trek
- Licensed Trek Guide with good spoken English plus assistant leader each for a group of four
- Salary and Insurance Cost of Staff
- Pure Adventure Nepal T-Shirt/ trekking maps.
- All necessary paperwork and permits (TIMS/ Conservation Fee). Climbing permit
- Climbing Guide , Rope ,
- Emergency medical kit and local taxes

Excludes

- International Flight and Nepal VISA fees
- Travel Insurance
- Extra activities cost not planned within the Itinerary
- Entrance fee for other sightseeing
- Hard or Soft Drinks and snacks
- Tips for Staff (Trekking Guide, Assistant, and Porter)
- Essential packing Equipment
- Extra cost for booking flight, round trip from Kathmandu, heli tour

Gears and equipment

- Clothing
    - Waterproof jackets and pants
    - Sweaters and down jackets
    - Lightweight trousers
    - Hiking shirts, long-sleeved
    - Hooded raincoat and Fleece jacket
    - Innerwear
    - Lightweight and heavyweight winter gloves
    - Sun hat or scarf; Money belt; Cotton headscarf, bandana
    - Winter hat or insulating hat

- Extra items
    - First aid kit
    - Passport-sized photos and passport photocopies
    - Binoculars
    - Personal medications
    - 1 Swiss-type knife
    - Sleeping bags and sheets,
    - Rucksack, backpack, and a small day pack
    - Water bottle
    - Water purification tablet solution

- Personal accessories
    - Headlights and extra batteries
    - Face and body wipes
    - Sunscreen and sunglasses with
    - UV protection
    - Money

- Toiletries
    - Medium-drying towels
    - Toothbrush and toothpaste
    - Washing kits, talcum powder, and toilet paper
    - Degradable soap and shampoo
    - Deodorant floss, nail clippers, and mirror

- Footwears
    - Hiking Boots
    - A pair of sports shoes
    - Heavy wool and light socks

Faqs

1. **What is the difficulty level of the Lobuche East Trek?**

The Lobuche East Trek is considered a strenuous trek because of its high altitude and technical aspects. The summit climb is challenging. Thus, the trekkers are expected to be in good physical condition and have experience trekking at a high altitude.

2. **What is the best time for the Lobuche East summit?**

   The best time for you to do the Lobuche East Trek is during the spring (March to May) and autumn (September to November), when the weather is mild and the skies are clear.

3. **What are the permits that I will need for climbing the Lobuche East?**

   You will need a Khumbu National Park permit and a climbing permit for Lobuche East Peak.

4. **What are the technical issues and difficulties that arise during the Lobuche East Climb?**

   The climb to the summit of Lobuche East Peak includes moderate technical terrain, fixed ropes, ladders, and ice slopes. So, one must be comfortable and aware of the basic mountaineering skills and techniques.

5. **What is the success rate for the Lobuche East summit climb?**

   The average success rate for the Lobuche East summit climb is around 70%. However, this depends on personal fitness, acclimatization, and weather conditions.