HIMAL TREK
NEPAL

Lobuche East Peak

Trip Facts

Difficulty Challenging and difficult	**Max Altitude** 6,119m/20,075ft	**Accommodation** Hotel in Kathmandu / Tea houses on trek and on tent while climbing	**Meals**
Activity Peak Climbing	**Best Season**	**Start / End Point**	**Duration** 17 Days

Trip Overview

Lobuche East is an easily accessible trekking peak residing at an elevation of 6,119m (20,075 feet) in the Khumbu (Everest) region. Reaching the actual true summit requires dropping into a series of highly exposed, sharp snow notches and navigating a narrow, precarious knife-edge ridge for an additional 1 to 2 hours. This final section is rarely guided unless requested by experienced climbers. Because of its technical ice walls and sustained steep angles, Lobuche East is heavily utilized by international expedition groups as a vital pre- acclimatization and training peak before attempting big mountains like Mount Everest, Lhotse, or Cho Oyu. Standing on the summit ridge offers unparalleled, dramatic front-row views looking directly down onto the Khumbu Glacier, with giant vistas of Everest, Lhotse, Nuptse, Pumori, and Ama Dablam framing the horizon.
Perfect for ambitious trekkers ready to transition into true mountaineering, Lobuche East (6,119m) offers an exhilarating, technical climb in the heart of the Everest region. This expedition combines the iconic journey to Everest Base Camp with a thrilling alpine ascent, featuring exposed ridge walking, fixed-rope scrambles, and an unparalleled summit panorama looking directly down on the Khumbu Glacier.

Trip Itinerary

Day 1 - Arrival in Kathmandu & Welcome Briefing

Difficulty	**Max altitude** 1,400m/4,593ft	**Accommodation**	**Meals**

Day 2 - Fly from Kathmandu to Lukla & Trek to Phakding

Difficulty	**Max altitude** 2,860m/9,383ft	**Accommodation**	**Meals**

Day 3 - Trek from Phakding to Namche Bazaar

Difficulty	Max altitude 3,440m/11,286ft	Accommodation	Meals

Day 4 - Acclimatization Day in Namche Bazaar

Difficulty	Max altitude 3,440m/11,286ft	Accommodation	Meals

Day 5 - Trek from Namche Bazaar to Tengboche

Difficulty	Max altitude 3,867m/12,687ft	Accommodation	Meals

Day 6 - Trek from Tengboche to Dingboche

Difficulty	Max altitude 4,410m/14,469ft	Accommodation	Meals

Day 7 - Second Acclimatization Day in Dingboche

Difficulty	Max altitude 4,410m/14,469ft	Accommodation	Meals

Day 8 - Trek from Dingboche to Lobuche Village

Difficulty	Max altitude 4,940m/16,207ft	Accommodation	Meals

Day 9 - Trek to Everest Base Camp & Return to Gorak Shep

Difficulty	Max altitude 5,364m/17,598ft	Accommodation	Meals

Day 10 - Sunrise Ascent of Kala Patthar & Trek to Lobuche Base Camp

Difficulty	Max altitude 5,550m/18,209ft	Accommodation	Meals

Day 11 - Move to Lobuche High Camp & Technical Pre-Climb Training

Difficulty	Max altitude 5,400m/17,717ft	Accommodation	Meals

Day 12 - Summit Day: Lobuche East Peak (6,119m) & Return to Pheriche

Difficulty	Max altitude 6,119m/20,075ft	Accommodation	Meals

Day 13 - Contingency Day for Weather delays

Difficulty	Max altitude 5,400m/17,717ft	Accommodation	Meals

Day 14 - Trek from Pheriche back to Namche Bazaar

Difficulty	Max altitude 3,440m/11,286ft	Accommodation	Meals

Day 15 - Trek from Namche Bazaar back to Lukla

Difficulty	Max altitude 2,860m/9,383ft	Accommodation	Meals

Day 16 - Fly from Lukla back to Kathmandu

Difficulty	Max altitude 1,400m/4,593ft	Accommodation	Meals

Day 17 - Final Departure from Nepal

Cost Includes & Excludes

Includes:

- 3 nights accommodations during Kathmandu stay in twin sharing basis.
- Internal Flights & Ground Transit: 1. Round-trip domestic flights between Kathmandu (or Manthali) and Lukla. 2. Airport transfers via private vehicle in Kathmandu and Ramechhap.
- Required Permits & Fees: 1. Sagarmatha National Park Entry Permit. 2. Khumbu Pasang Lhamu Rural Municipality Local Permit. 3. Peak climbing permit. 4. TIMS (Trekkers' Information Management Systems) card if applicable.
- Accommodation Along the Trail: 1. Standard twin-sharing rooms in local tea houses or mountain lodges and fixed camp during climbing for total of 13 nights.
- Trekking Support Staff: 1. Salary, insurance, food, accommodation, and equipment for a licensed English-speaking guide. 2. Salary, insurance, food, and accommodation for porters (typically 1 porter shared between 2 trekkers, carrying up to 20–25kg total).
- Meals on the Trek: 1. Full board meals: 3 meals a day (Breakfast, Lunch, Dinner) chosen from the tea house menu. 2. Post-dinner hot beverages (tea or coffee) or a cup of hot water.
- Safety Gear: 1. First-aid kit carried by the guide, including an oximeter to monitor oxygen levels daily.

Excludes:

- Climbing gears like Crampons, Ice ax, Summit gloves, harness, down jackets, poles, insulator etc.
- International Travel Costs: 1. International airfare to and from Kathmandu. 2. Nepal Tourist Visa fee (payable in cash USD upon arrival at Tribhuvan International Airport).
- Travel and Emergency Insurance: 1. Mandatory: Travel insurance that explicitly covers emergency helicopter evacuation up to 6,000 meters (most basic plans cap out at 3,000m).
- Meals before & after trek in Kathmandu & extra stay in Kathmandu hotels other than mentioned above: 1. Hotel up-gradation might cost extra depending on your request.
- Trail Luxuries & Services (Tea house Add-on): 1. Hot Showers: Gas or solar-heated showers cost between $3 to $7 USD per shower (prices increase with altitude). 2. Device Charging: Power banks, phones, and camera battery charging cost $2 to $5 USD per full charge. 3. Wi-Fi / Connectivity: AirLED or Everest Link Wi-Fi prepaid cards cost roughly $5 to $10 USD for a set amount of data. 4. Drinking Water: Bottled water costs $1 to $4 USD per bottle (it is highly recommended to bring

water purification tablets/filters instead).

- Personal Trekking Gear: 1. Down jackets, sleeping bags, hiking boots, trekking poles, and backpacks (though sleeping bags and jackets can be rented cheaply in Kathmandu for around $1 to $2 a day).
- Beverages & Snacks: 1. Alcoholic drinks (beer, spirits), specialty coffees, soft drinks, and bakery items at Namche or trail cafes.
- Tips & Gratitude: 1. Tipping guides and porters is custom and highly expected. The industry standard is roughly 10% to 15% of your total trek cost, pooled together by the group and handed out on the final evening in Lukla.

FAQs

How difficult is Lobuche East compared to Mera Peak or Island Peak?
Lobuche East (6,119m) is classified as a PD+ (Peu Difficile+ / Slightly Difficult+) climb on the Alpine Grading System. It is more technical than Mera Peak. While Mera Peak consists of straightforward snow walking, Lobuche East features a true 45-to-50-degree ice wall and an exposed, narrow summit ridge that requires active rope work, clipping into fixed lines, and confident crampon use.

Do I need prior mountaineering experience for this climb?
While prior experience with winter trekking, crampons, or non-technical peaks (like Mera Peak) is highly advantageous, it is not strictly mandatory. However, you must possess excellent physical fitness, core strength, and zero fear of heights (vertigo), as the summit ridge features dramatic drop-offs on both sides.

What technical gear is mandatory, and is it available for rent?
You will need a complete mountaineering kit: plastic or double climbing boots, crampons, a harness, a helmet, an ice axe, two locking carabiners, a descender (figure-8 or ATC), and a Jumar (ascender). We handle gear logistics directly; your guide can help you rent any missing high-altitude technical equipment in Chhukung or Lobuche village before the climb.

What climbing permits are required for Lobuche East?
This expedition requires three mandatory documents: • Nepal Mountaineering Association (NMA) Peak Climbing Permit • Sagarmatha National Park Entry Permit • Khumbu Pasang Lhamu Rural Municipality Permit