Lobuche East Peak Climbing

16 Days Itinerary

Detailed Itinerary

Day 1: Arrive in Kathmandu

You arrive in Kathmandu, the capital of Nepal, with views of the Kathmandu Valley and distant snow-capped peaks on the way in. A representative of Alpine Club of Himalaya meets you at Tribhuvan International Airport and transfers you to your hotel. After resting, you can explore the temples and stupas of the city. In the afternoon your guide gives a detailed trek briefing covering the route, safety and high-altitude tips, followed by a welcome dinner.

Max. Elevation	1,400 m (Kathmandu)
Duration	Arrival day
Accommodation	Hotel
Meals	Welcome Dinner

Day 2: Fly to Lukla and Trek to Phakding

You take the early morning flight from Kathmandu to Lukla, the gateway to the Everest region. After meeting the trekking crew, you follow the Dudh Koshi River valley through Sherpa villages, over suspension bridges and through pine forest to Phakding, a short and easy first day.

Max. Elevation	2,800 m (Lukla) / 2,610 m (Phakding)
Duration	3-4 hours trek
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 3: Trek to Namche Bazaar

The trail follows the river and crosses several suspension bridges, including the high Hillary Bridge, before the steady climb up to Namche Bazaar. Namche is the main trading town of the Khumbu, with shops, bakeries and the first views of Everest and Lhotse on a clear day.

Max. Elevation	3,440 m (Namche Bazaar)
Duration	5-6 hours trek
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 4: Acclimatization Day in Namche Bazaar

A rest day to adjust to the altitude. You take a short hike to a viewpoint above Namche, with views of Everest, Thamserku, Khumbila, Kongde Ri and Tawache, and can visit Khumjung and Syangboche, villages with old monasteries and Sherpa heritage. You return to Namche to sleep, following the rule of climbing high and sleeping low.

Max. Elevation	3,440 m (Namche Bazaar)
Duration	3-4 hours acclimatization hike
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 5: Trek to Tengboche

The trail follows the hillside high above the Dudh Koshi, then drops to Phunki Tenga and climbs through rhododendron and pine forest to Tengboche. The village is home to the largest monastery in the Khumbu, set against Ama Dablam, Everest, Lhotse and Nuptse.

Max. Elevation	3,860 m (Tengboche)
Duration	5-6 hours trek
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 6: Trek to Pheriche

You continue through Pangboche and across the open, treeless valley with Ama Dablam rising close on your side. The route climbs gradually into the high Imja valley and reaches Pheriche, a wide yak pasture village beneath Tawache and Cholatse.

Max. Elevation	4,240 m (Pheriche)
Duration	5-6 hours trek
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 7: Rest and Acclimatization at Pheriche

A second acclimatization day at altitude. You make a short hike up the valley side for views of the surrounding peaks, then rest in Pheriche. Your guide checks oxygen levels and heart rate and goes through the plan for the climb ahead.

Max. Elevation	4,240 m (Pheriche)
Duration	Short acclimatization hike, rest
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 8: Trek to Lobuche

The trail follows the Khumbu valley past Dughla, then climbs the steep moraine at Thukla Pass, where memorials stand for climbers lost on Everest. From there it follows the edge of the Khumbu Glacier to Lobuche, with views of Pumori, Nuptse and Lobuche Peak.

Max. Elevation	4,910 m (Lobuche)
Duration	5-6 hours trek
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 9: Trek to Lobuche High Camp

You climb steeply on rock and moraine to Lobuche High Camp, a tented camp on the ridge below the peak. The afternoon is used for pre-climb training and acclimatization: rope handling, moving on ice and snow, and the use of crampons, ice axe, fixed ropes and ascenders. The guides prepare for the summit attempt.

Max. Elevation	5,600 m (Lobuche High Camp)
Duration	3-4 hours trek, plus training
Accommodation	Tented camp
Meals	Breakfast, Lunch, Dinner

Day 10: Summit Lobuche East and Return to Lobuche

Summit day starts very early, in the dark and the cold. The route goes up rock, then steep snow and ice with fixed ropes, and finally along the summit ridge to the top of Lobuche East. From the summit there are wide views of Everest, Lhotse, Makalu, Cho Oyu, Ama Dablam and the Khumbu Glacier. After time on top you descend to High Camp, collect your gear and continue down to Lobuche. It is a long and demanding day, so keep a steady pace and follow your guide closely.

Max. Elevation	6,119 m (Lobuche East Summit) / 4,910 m (Lobuche)
Duration	8-10 hours climb and descent
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 11: Trek from Lobuche to Pangboche

You leave the high mountains and walk back down the Khumbu valley, with Ama Dablam ahead. The long descent gives you more oxygen with every step and brings you to Pangboche, one of the oldest villages in the region, with an old monastery.

Max. Elevation	3,910 m (Pangboche)
Duration	6-7 hours trek
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 12: Trek from Pangboche to Namche Bazaar

The trail passes back through Tengboche and descends through forest to the Dudh Koshi, then climbs to Namche Bazaar. A comfortable night in Namche, with time for its shops and cafes.

Max. Elevation	3,440 m (Namche Bazaar)
Duration	5-6 hours trek
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 13: Trek from Namche Bazaar to Lukla

The last day of walking follows the Dudh Koshi valley down through Sherpa villages and over suspension bridges to Lukla. In the evening you celebrate the climb with your guides and crew, and the group says its thanks.

Max. Elevation	2,800 m (Lukla)
Duration	6-7 hours trek
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 14: Fly from Lukla to Kathmandu

You take the morning flight back to Kathmandu, about 35-40 minutes, with a last view of the Himalayan range. You are transferred to your hotel and the rest of the day is free. In the evening there is a farewell dinner.

Max. Elevation	1,400 m (Kathmandu)
Duration	35-40 minute flight
Accommodation	Hotel
Meals	Breakfast, Farewell Dinner

Day 15: Free Day in Kathmandu

A spare day in Kathmandu. It also works as a buffer in case flights to or from Lukla are delayed by weather. If it is not needed, you can rest, shop or visit the cultural sites of the city.

Max. Elevation	1,400 m (Kathmandu)
Duration	Free day
Accommodation	Hotel
Meals	Breakfast

Day 16: Departure from Kathmandu

You are transferred to Tribhuvan International Airport for your onward flight, or you can extend your stay in Nepal. The trip ends here.

Max. Elevation	1,400 m (Kathmandu)
Duration	Transfer to airport
Accommodation	No
Meals	Breakfast

Cost Include

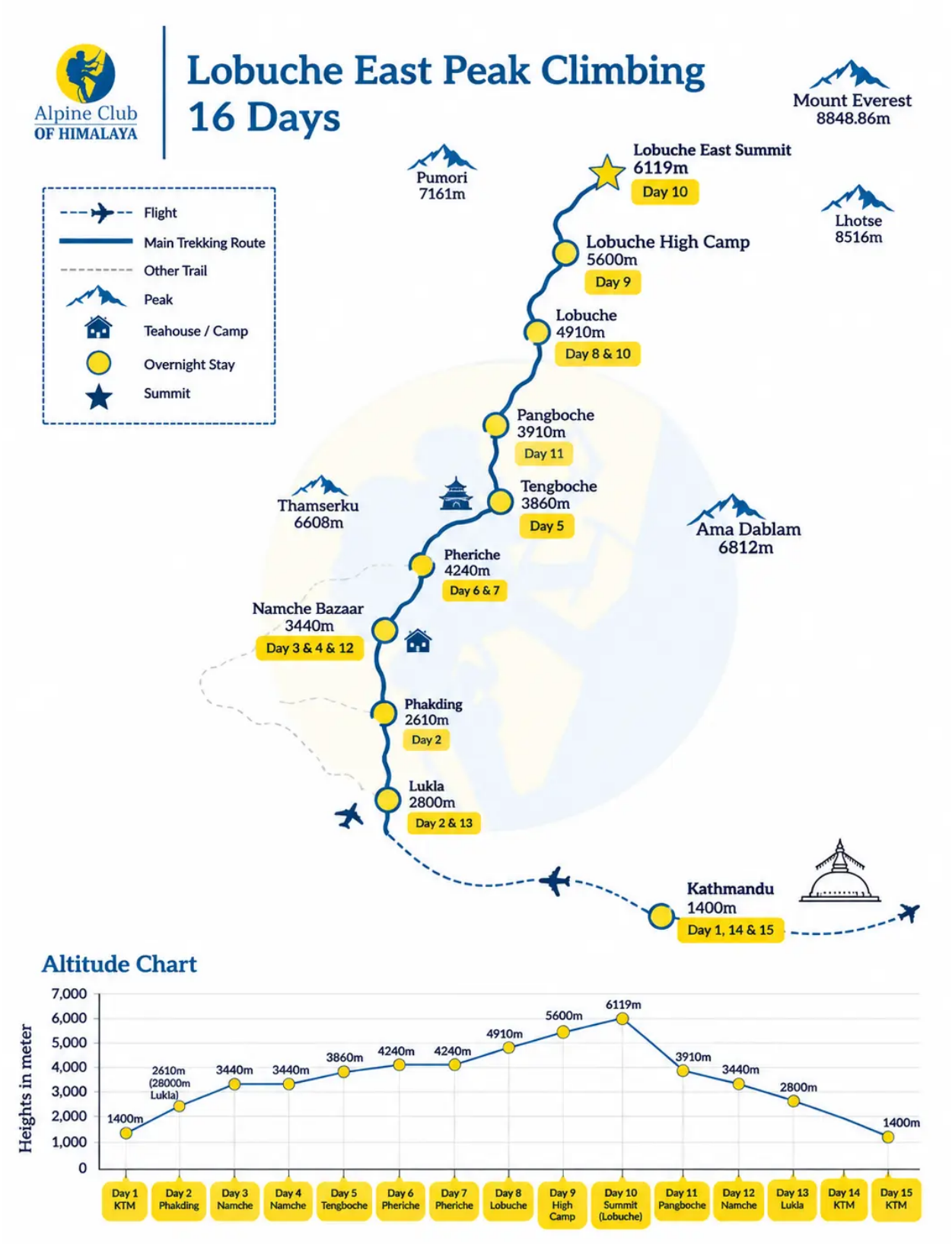
- Airport pickup and drop-off from Kathmandu International Airport as per the arrival and departure schedule.
- 3 nights' accommodation in Kathmandu with breakfast, 3-star twin sharing.
- 11 nights' teahouse accommodation during the trekking period.
- 1 night's tented camp stay at Lobuche High Camp.
- Flight ticket to Lukla from Kathmandu or Ramechhap, including airport transfers.
- Three meals a day (breakfast, lunch and dinner) during the trek, including a cup of tea or coffee with each meal.
- English-speaking, professional trekking guide with full expenses covered (salary, food, accommodation and insurance).
- Porter support (one porter for every two trekkers).
- Experienced climbing guide and required climbing staff for Lobuche East.
- All necessary trekking and climbing permits, including the Lobuche East Peak permit.

- Comprehensive first aid kit, including high-altitude medicines and a pulse oximeter.
- Climbing equipment such as tents, mattresses, climbing ropes, ice screws and snow bars.
- Climbing guide equipment fees.
- Complete camping setup, including dining tent, kitchen tent, toilet tent, tables and chairs.
- Personal climbing gear per person (climbing boots, crampons, harness, ice axe, carabiners and screw gate), rental in Lobuche.
- Rescue arrangements in case of an emergency (cost covered by the trekker's travel insurance).
- All government and local taxes, including the garbage deposit.
- Alpine Club of Himalaya company T-shirt as a souvenir.
- Trek completion certificate (available on request).
- Welcome and farewell dinner in Kathmandu.

Cost Exclude

- Nepal entry visa fee.
- International airfare.
- Travel insurance, which is required for this climb (must cover climbing up to at least 6,200 m and helicopter evacuation).
- Helicopter or emergency evacuation costs.
- Lunch and dinner in Kathmandu, other than the welcome and farewell dinners.
- Personal expenses such as bar bills, laundry, snacks and bottled drinks.
- Hot showers, Wi-Fi and charging fees where applicable.
- Personal trekking and climbing equipment not listed under cost includes.
- Tips for guides, porters and the driver.
- Single room supplement.
- Any services or expenses not specifically mentioned under the cost includes section.

Trip Map


Alpine Club
OF HIMALAYA
Lobuche East Peak Climbing
16 Days
Mount Everest
8848.86m
Flight
Main Trekking Route
Other Trail
Peak
Teahouse / Camp
Overnight Stay
Summit
Pumori
7161m
Lobuche East Summit
6119m
Day 10
Lhotse
8516m
Lobuche High Camp
5600m
Day 9
Lobuche
4910m
Day 8 & 10
Pangboche
3910m
Day 11
Thamserku
6608m
Tengboche
3860m
Day 5
Ama Dablam
6812m
Pheriche
4240m
Day 6 & 7
Namche Bazaar
3440m
Day 3 & 4 & 12
Phakding
2610m
Day 2
Lukla
2800m
Day 2 & 13
Kathmandu
1400m
Day 1, 14 & 15
Altitude Chart
Heights in meter
7,000
6,000
5,000
4,000
3,000
2,000
1,000
0
1400m
2610m (2800m Lukla)
3440m
3440m
3860m
4240m
4240m
4910m
5600m
6119m
3910m
3440m
2800m
1400m
Day 1 KTM
Day 2 Phakding
Day 3 Namche
Day 4 Namche
Day 5 Tengboche
Day 6 Pheriche
Day 7 Pheriche
Day 8 Lobuche
Day 9 High Camp
Day 10 Summit (Lobuche)
Day 11 Pangboche
Day 12 Namche
Day 13 Lukla
Day 14 KTM
Day 15 KTM