



Lobuche East Peak Climbing - Itinerary

1. Arrival Kathmandu (1,350m/4,428ft)

Altitude: 1,350m/4,428ft - Welcome to Kathmandu, the capital of Nepal! Our airport representative will welcome you and give short brief of the trip program.

2. Kathmandu sightseeing and trip preparation (1300m/4264ft)

Second day of the programme is succeeded with sightseeing around Kathmandu along with the trek preparation. Sightseeing includes tour around Swayambhunath (monkey temple), Baudhanath (Buddhist), Pashupatinath/Biggest Hindu Temple & Patan Durbar Square

3. Fly to Lukla (2,800m/9,184ft) - trek to Phakding (2,652m/8,700ft): 40 min flight, 3-4 hrs treks

Meet up with the Sherpa guides and porters before heading off towards Phakding. The porters' loads are organized here, in Lukla. Journey passes through Dudh Koshi ("Milk River"), and finally reaching to Phakding. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

4. Phakding to Namche Bazaar (3,440m/11,283ft): 5-6 hrs

Namche Bazaar is the main administrative and trading centre for the Khumbu region. With the inclusive of magnificent forests of blue pine, fir, juniper and rhododendron as well as first view of Everest, it helps you to control the anticipation of the thrilling journey. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

5. Namche Bazaar (3,440 m/11,283 ft): Acclimatization

The acclimatization is best done with the hike that is by hiking upto to the valley of Bhote Koshi River ("River from Tibet"). Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

6. Namche Bazaar to Tengboche (3,870m/12,694ft): 5- 6 hrs

The trek from Namche to Tengboche is unbelievably stunning, Far below is the Dudh Koshi and Thamsarku, Kantenga, Ama Dablam, Lhotse and Everest rises in front. Woods, Rhododendron Forest, Mani Walls, Chorten (Stupas), and suspension bridges across the rivers make this a lovely walk Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

7. Tengboche to Dingboche (4,360 m/14,300 ft): 5-6 hrs

From Dingboche we can enjoy the scenic views of Ama Dablam. Dingboche is the only place in the region where barley is produced. Tame pheasants are regularly seen in this area. Meals included: Breakfast, lunch

and dinner and finally an overnight stay in trekking lodge.

8. Dingboche: Acclimatization

Enjoy some time away from the trek to adjust to the higher altitude. Take it easy, enjoy the scenery, drink plenty of fluids, and prepare for the next day's hiking. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

9. Dingboche to Lobuche (4940 m/16,207 ft): 5-6 hrs

The ascent towards Everest Base Camp continues through Alpine meadows and summer yak pastures towards the end of the moraine of the Khumbu Glacier. At the moraine, there are stone monuments to six sherpas who died in avalanche, as well as monuments to other climbers. From here, it is a steep, tough climb towards the village of Gorak Shep. Continue on towards Lobuche, where the view is straight towards Nuptse and the sunset is truly magnificent. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

10. Trek to Gorak Shep (5,170 m/16,961ft), visit EBC (5,364 m/17,594 ft): 6-7 hrs

The higher altitude makes this day's trekking quite challenging. The Changri Glacier looms ahead as the trek heads for Gorakshep, a small, usually frozen, lake, by lunchtime. Relax and get adjusted to the altitude before the attempt to reach Everest Base Camp. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

11. Hike to Kala Patthar (5545m/18,192ft) & to Lobuche (4940m/16,207ft): 7-8 hrs

Today we trek to Kala Patthar and witness the closest view of Everest. The view from is the most stunning. The weather are generally chilly but it is nothing like enjoying the 360 degree view of amazing Mount Everest. Later, we return back to Lobuche. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

12. Lobuche to High Camp (5,400m/17,712ft): 3-4 hrs

After arriving Lobuche, we take rocky trail to High camp for overnight. Early trek is relatively flatter but the trail gets steeper and rocky as we move along. The main attraction for this trail is Lobuche glacier and we cross the trail with help of ropes & our guides prepares tent for accommodation. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

13. Lobuche High Camp to Summit (6119m/20,070 ft) and back to High Camp: 8-10 hrs

Early in the morning (around 12-1 A.M), we take breakfast and head on toward Summit. Why so early, the winds are fast in the afternoon making it difficult to ascend. After successful summit you can expect full panoramic view of blazing mountains including Everest, Lhotse, Nuptse, Ama Dablam, Cholatse, Pumori and many more. We spend some time enjoying our victory and return back to High Camp. You summit the peak with help of rope and the climb begins with rock surface in the beginning and ice surface follows up after. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

14. Contingency/reserve day

Reserve days are important for any incidents which are mostly out of Human control like bad weather for climbing. Ensuring a successful climb means setting aside an extra day. Meals included: Breakfast, lunch and

dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

15. Lobuche High Camp to Pangboche (3930m /12900 ft): 8-9 hrs

Return journey begins today as we descend downhill and get connected with Everest Base Camp Route at Lobuche again. After taking breakfast and resting for a while we trace back to Pheriche - from here we get to enjoy magnificent view of Mount Ama Dablam. Trekking further downhill and enjoying the hillside covered with rhododendrons and juniper trees, we reach Pangboche Village - Here you can visit famous Pangboche Monastery. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

16. Pangboche to Namchhe Bazaar: 4-5 hrs

Descending through Imja Khola and passing by the forest to Tengboche, we continue our trek through the bridge which is over the Dudh Koshi River. From there, the forest reaches Sansa and we can see different animals including mountain goat, snow leopards, pheasants, etc. Then finally we reach Namchhe Bazaar. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

17. Namchhe Bazaar to Lukla: 6-7 hrs

The final day of our trek returns back to Lukla. Relax after the rigorous adventure and reflect on the challenges just undertaken. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

18. Fly to Kathmandu

We take the short flight back to Kathmandu, where the rest of the day is free for shopping, sightseeing, or relaxing in one of the many rooftop cafes. Meals included: Breakfast, and finally an overnight stay in hotel. Attend the dinner and cultural program provided by the company.

19. Farewell/Departure

Our representative drive you to the Airport for your safe journey home or you can join for another thrilling adventure. We can right away arrange you next quality trip.

INCLUSIONS

Arrival & Departure transfers on both domestic and international flights.

Accommodation at 3 star hotels in Kathmandu

Full board meals on tented camping & Lodge expedition

Accommodation on tented camp

Half day guided city tour as listed in itinerary

Peak Climbing Permit Royalty and other government tax

Group Climbing gear including climbing rope, ice axe, zoomer, harness, figure of eight, carabineer etc.

All camping equipment - 2-person member tent, dinning tent, kitchen tent, staff & porter tent, toilet tent with commode, dining table with backrest chair etc.

Free use of quality trekking gear - sleeping bag, fleece inner liner, insulated mat, down jacket, duffel bag etc during the trip

Well-experienced Climbing guide with all his allowance and expenses

Porters to carry all personal gear and group equipment

Insurance of all staff including porters
Adventure Treks T-shirts / other seasonal gifts as perks
10 % VAT and 13% TSC Taxes.
High altitudes chamber bags (PAC) for very high altitudes

EXCLUSIONS

Nepal entry Visa fees, your travel insurance of any kind (emergency evacuation insurance is recommended as this is an adventurous trip and evacuation by Helicopter may be necessary)
International Airfare
Lunch and Dinner except mentioned itinerary
All Drinks and main meals in cities.
Tips items for trekking crew members personal expenses like hot shower, battery charge, Telephone, laundry, beverage drinks etc.

[URL: https://www.sunriseadventuretrek.com](https://www.sunriseadventuretrek.com)