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Lobuche Peak Climbing

This is a classic trek to Lobuje Peak, one of the highest trekking peaks in Nepal. Lobuje, also spelt as Lobuche, has two distinct summits, Lobuje East [6,119 m] and Lobuje West [6,145 m]. Though they are connected by a continuous ridge, there is a sharp gap and a considerable distance between them. This trek takes you to the East Peak; in order to trek to the Lobuje West you need an Expedition permit. Lobuje Peak is an attractive summit and offers a variety of trekking routes, some already existing and other probable ones. When seen from near Pheriche, the dark triangle of its rocky East Face rises above the moraines of the Khumbu Glacier to an icy skyline. This skyline forms the South Ridge, the junction of the East Face with the glaciated route of ascent. This in turn leads to the summit ridge running northwest from the top of the East Face through several small summits to the East Peak. The first recorded ascent of the true Lobuje East was made by Laurence Nielson and Sherpa Ang Gyalzen on 25 April, 1984. From then, there have been numerous ascents of the summit by mountaineers from all over. Descending into a marked notch and climbing steep snow/ice slopes, you reach the top of the striking true East Peak. This peak is rarely climbed and often mistaken as Lobuje West. Most of the trekkers climb the summit ridge only as far as a subsidiary snow summit, before the notch, south-east of the true peak. While trekking to the East Peak, you need to be careful of the false summits.

Price: Varies

Trip Start: Kathmandu/Lukla

Trip Ends: Lukla

Duration: 14-19 Days

Grade: Medium

Altitude: 6119m

Destination: Home

Trip Style: Climbing/Trekking

Transport: Flight/Helicopter

Group Size: 1-10+

Best Time: Autumn/Winter and Spring Season

Itinerary

Day	Title	Description
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- 1 Arrival in Kathmandu (1,350m)

After landing at the Tribhuvan International Airport, Adventure Ascent representative will be there to greet you and take you to the hotel. We will then check-in at the hotel, freshen up and take a rest. Welcome dinner will be hosted in the evening. Overnight in Kathmandu.
- 2 City tour in Kathmandu and trek preparation

After introduction with the city tour guide at the hotel you will begin your tour to Pashupatinath temple, Swayambhunath stupa and Bouddhanath stupa, which are all world heritage sites. Pashupatinath temple is one of the most important places of pilgrimage for all Hindus. Swayambhunath is also known as the Monkey Temple and Baudhanath Stupa is one of the largest stupas in the world. After the tour you will meet with your trekking guide, briefing about the trek and checking your trek gears will be done afterwards. Overnight in Kathmandu.
- 3 Fly to Lukla, trek to Phakding (2,651m)

Today you will begin your Everest Base Camp journey by taking short flight to Lukla. Upon arrival at Lukla you will meet with the rest of our team and start your trekking from there. We will then gradually descend towards Duhkoshi River where we join the main trail to Namche Bazaar. After passing through the small village called Ghat (2,550 m), it is a short walk to Phakding. Overnight in Phakding
- 4 Trek to Namche Bazaar (3,441 m)

We continue our second day of trekking along the banks of the Dudh Kosi River, crossing the majestic river many times on exciting suspension bridge. After crossing the suspension bridge, we pass Jorsale village and walk alongside of the Dudh Koshi and Bhote Koshi rivers. We ascend on a steep trail and reach Namche Bazaar which is the biggest town in the Everest region. Namche Bazaar (considered the Gateway to Everest) is home to many quality restaurants, hotels, lodges, shops, money exchange services, Internet cafes and bakeries. Overnight in Namche Bazaar.
- 5 Namche Bazaar: Acclimatization Day.

We will spend a day in Namche Bazaar in order to acclimatize and adjust our body to the thinning air. Today we can tour around Namche Bazaar as it is the primary town of the Everest /Khumbu region. Afterwards we will trek to a Sherpa Cultural museum, Syangboche Airport and the Everest View Hotel, one of the highest-placed hotels in the world. From this point, we can see breathtaking views of the Himalayas including Mt Everest. Overnight in Namche.

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| 6 | <u>Trek to Tengboche</u>
(3,860 m) - 5 hours | Our trek continues enjoying the magnificent mountain views of Everest, Nuptse, Lhotse, Ama Dablam, Thamserku and Kwangde. After an easy walk until Phunkitanga, we start ascending towards Tengboche valley where the biggest monastery of Everest region is situated. It falls in Sagarmatha National park. Tengboche Monastery opens at 3:00pm, so if we reach there by 3 o'clock we can observe a Buddhist religious ceremony. Overnight in Tengboche. |
| 7 | <u>Trek to Pheriche</u>
[4252m] | You descend steeply through a forest, cross the Imja Khola and climb steadily to the village of Pangboche. This is directly opposite Ama Dablam [6856m], and has exceptional views of the mountain, with the gompa, mani walls and scattered pine trees in the foreground. A further two hours walk brings you to Pheriche.. |
| 8 | <u>Rest day in Pheriche</u> | A day to rest and acclimatize. You get a chance to wander up the valley to take a look at the Tshola Tsho Lake and the perpendicular walls of Cholatse and Tawache. Alternatively, you can climb up onto the ridge overlooking Dingboche for the view up the Imja Valley and the incredible south face of Lhotse. |
| 9 | <u>Trek to Lobuje</u>
[4930m] | You continue up the wide valley beneath the impressive peaks of Cholatse and Tawache on the left. You then turn right and climb more steeply towards the foot of the Khumbu Glacier. The tea house at Duglha is a good spot to have lunch, before zigzagging up through the boulders of the glacier's terminal moraine. At the top of this climb there are many stone cairns, built as memorials to the many Sherpas who have died while climbing Mt Everest. The path then climbs gently along the glacier, to eventually reach the cluster of houses at Lobuje.. |
| 10 | <u>Trek to Lobuje Base Camp</u>
[5400m] | Leaving Lobuje, you trek along the trail about four hours to Lobuje Base Camp. After walking half way on flat land, you follow steep ascending path to reach Lobuje Base Camp. The path is quite rocky and it moves along the bank of Lobuje Glacier. En route, you get to enjoy the spectacular views of Cholatse, Tawache, Ama Dablam, Pokhalde, Thanserku, Kantega, etc.. |
| 11 | <u>Rest Day at Base Camp</u> | Today is a rest day at the Base Camp for acclimatization and also for making the necessary preparation for the climb.. |

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| 12 | <u>Climb to the Summit [5760m] and Return to Base Camp [5400m]</u> | You begin your climb as you hike over smooth slabs, following cairns, (stone markers), onto the hard snow. Further on, there is steep climbing of about 60 degrees. You head along the knife-edged ridge, less than 12 inches (25 centimeters) in places to finally reach the summit. At the summit, you will catch panoramic views of Everest, Lhotse, Nuptse, Ama Dablam, Tawache, Cholatse, Pumori, Changri, etc. After enjoying your hard earned climb, you return to the Base Camp. Today you trek for about ten hours. . |
| 13 | <u>Trek to Dingboche [4350 m]</u> | Leaving the Base camp, you trek towards Dingboche. Descending the entire way downhill passing Duglha, you finally reach Dingboche after trekking for about five hours. You are rewarded with the spectacular views of Cholatse, Tawache, Ama Dablam, Pokhalde, Thanserku, Kantega, etc. . |
| 14 | <u>Trek to Tengboche [3867m]</u> | Continuing along the trail, you trek along a gradually descending path till Deboche and from there you ascend for twenty minutes to reach Tengboche. Your trek today includes impressive views of Ama Dablam, Lhotse, Everest, Thamserku, Kantega, Lobuje and so on. En route, you pass villages such as Pangboche and Shomare. Today, you trek for about four hours.. |
| 15 | <u>Trek to Namche [3450m]</u> | From Tengboche you descend to the bridge over the Dudh Kosi at Phunki Tenga, where there are water driven prayer wheels, before making your way back to Namche.. |
| 16 | <u>Namche Bazaar to Lukla (2,800m)</u> | We begin our final day trek to Namche Bazaar today on a rocky terrain. It is mostly a downhill trek on a trail alongside the Dudh Koshi River. As it is our last day in the mountain we celebrate this moment with our Sherpa team. Overnight in Lukla. |
| 17 | <u>Fly to Kathmandu</u> | We take an early morning flight to Kathmandu after our adventurous mountain journey. Once we reach Kathmandu, we can take a rest or do some souvenir shopping or other activities like river rafting, bunjy jumping etc. If we want to explore any other areas of Kathmandu, we may do that today. |
| 18 | <u>Extra day in Kathmandu</u> | This day will be an extra buffer day just incase the flight from Lukla get cancelled due to bad weather. We will have farewell dinner in the evening. |

19 Final departure Our adventure in Nepal ends today. An Adventure Ascent representative will drop you off at the Tribhuvan International Airport a few hours before the scheduled flight for final departure towards your sweet home.

Includes

Airport Pick up and transfers to hotel and briefings with tea and biscuits in Katmandu.

All accommodation as BB in 4 star hotel.

Experience professional guide for tour, trekking.

Full insurance for staff during the trip.

Full board meals on trekking breakfast lunch & dinner.

Properly tea and coffee whatever hot drink available only on trekking.

Transportation from the starting and ending points of the trekking.

Domestic flight tickets

First Aid Kit for staff.

Oxygen gas for emergency

National park entry fee, trekking and peak climbing permit.

Sleeping bag.

Trekking poles.

Duffel bag.

Excludes

Lunch and dinner in Kathmandu.

All alcoholic drinks such as whisky, rum, etc and soda drinks such as cola, fanta, etc.

Any extra cost offering from unfavorable circumstance such as weather bad.

Personal expenses like hot shower and battery charge.

Personal equipment.

Emergency Rescue evacuation if necessary.

Personal tips for trekking staff.

Travel insurance.