Lobuche Peak Climbing

Trip information · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**19 Days**
DIFFICULTY	**Challenging**
MAX ALTITUDE	**6328m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 2,350 per person**

Trip overview

Lobuche Peak Climbing is a challenging and highly rewarding trekking peak expedition in the Everest region of Nepal. It is one of the most popular technical peaks for climbers seeking to progress beyond beginner-level Himalayan ascents.

The journey begins with a flight to Lukla, followed by trekking through the classic Everest trail via Namche Bazaar, Tengboche, Dingboche, and Lobuche village. The route is often combined with the Everest Base Camp trek, allowing proper acclimatization and an unforgettable Himalayan experience.

From Lobuche Base Camp, climbers proceed to High Camp before attempting the summit. The climb involves steep snow and ice slopes, fixed rope sections, and exposed ridgelines. The summit offers spectacular views of Everest, Lhotse, Nuptse, Ama Dablam, and Pumori.

Geography & Landscape

Lobuche Peak is located in the Khumbu region within the protected area of Sagarmatha National Park.

The landscape is defined by dramatic high-altitude terrain, including glacial valleys, rocky moraines, and massive ice formations. The trail passes through iconic Sherpa settlements, alpine forests, and open Himalayan valleys before entering the higher glacial zone near Lobuche.

As climbers ascend toward High Camp and the summit, the environment becomes increasingly technical and exposed, with steep snow slopes and glacier crossings forming the main climbing route. The surrounding scenery features some of the world’s highest and most famous peaks, creating an iconic Himalayan backdrop.

Sherpa Guide & Support

Lobuche Peak Climbing is led by highly experienced Sherpa climbing guides who provide full technical and safety support throughout the expedition.

Key Sherpa support includes:

- Route fixing and navigation on steep snow and ice terrain
- Use of ropes, crampons, ice axe, and climbing gear assistance
- Safety management on exposed ridges and technical sections

- Continuous altitude monitoring and acclimatization support
- Weather assessment and summit planning decisions
- Emergency rescue coordination if required

Porters assist with carrying expedition equipment up to Base Camp, while climbing guides ensure safety, training, and full summit support.

With professional Sherpa guidance, Lobuche Peak offers a true Himalayan mountaineering experience combining technical climbing, high altitude challenge, and stunning Everest region scenery.

Highlights

- Summit at 6,119m with panoramic Everest region views
- Close views of Everest, Lhotse, Nuptse, and Ama Dablam
- Challenging ice wall (50–70°) with fixed rope climbing
- Glacier travel with crevasse navigation experience
- Ideal introductory Himalayan climbing peak in Khumbu
- Technical training in crampons, jumar, and ice axe use
- Stunning sunrise summit over the Himalayan giants
- Combination of Everest Base Camp trek + alpine climbing adventure

Day-by-day itinerary

Day 1 : Arrival in Kathmandu (1,400m)

Altitude: 1,400m

Walk: 1–2 hrs airport transfer + evening briefing · Stay: Hotel · Visit: Nepal · Meals: Dinner

Arrival at Tribhuvan International Airport in Kathmandu. Meet expedition team, transfer to hotel, and rest after flight. In the evening, full expedition briefing covering route, risks, weather, and equipment checklist.

Day 2 : Climbing Preparation in Kathmandu (1,400m)

Altitude: 1,400m - 1,400m

Walk: 4–6 hrs preparation · Stay: Hotel · Visit: Nepal · Meals: Breakfast

Final preparation day including climbing permit processing, gear inspection (boots, crampons, harness, helmet), and flight confirmation to Lukla. Optional sightseeing or rest.

Day 3 : Fly to Lukla – Trek to Phakding (2,610m)

Altitude: 1,400m - 2,610m

Walk: 3–4 hrs walking + flight time · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Early morning scenic flight to Lukla Airport in the Khumbu region. Trek begins with a gentle descent through pine forests and Sherpa villages along the Dudh Koshi River.

Day 4 : Phakding – Namche Bazaar (3,440m)

Altitude: 2,610m - 3,440m

Walk: 6–7 hrs walking · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Cross suspension bridges including Hillary Bridge and enter Sagarmatha National Park. Steep ascent

leads to Namche Bazaar.

Day 5 : Acclimatization in Namche Bazaar (3,440m)

Altitude: 3,440m - 3,440m

Walk: 3–5 hrs optional hike · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Acclimatization hike to Everest View Hotel or Khumjung village. Panoramic views of Everest, Lhotse, Ama Dablam, and Thamserku.

Day 6 : Namche – Tengboche (3,860m)

Altitude: 3,440m - 3,860m

Walk: 5–6 hrs walking · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Trail follows ridgelines with dramatic views of Ama Dablam. Visit Tengboche Monastery.

Day 7 : Tengboche – Dingboche (4,410m)

Altitude: 3,860m - 4,410m

Walk: 5–6 hrs walking · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Descend to Debuche then climb into Imja Valley. Forest disappears and terrain becomes alpine and dry.

Altitude effect: Noticeable thin air begins

Day 8 : Acclimatization in Dingboche (4,410m)

Altitude: 4,410m - 4,410m

Walk: 3–5 hrs optional hike · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Short hike to Nagarjun Hill (5,100m). Important acclimatization day to reduce AMS risk.

Day 9 : Dingboche – Lobuche (4,910m)

Altitude: 4,410m - 4,910m

Walk: 5–6 hrs walking · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Trek via Thukla Pass memorial area for Everest climbers. Gradual ascent into moraine zone with cold winds.

Day 10 : Lobuche – Base Camp (4,950m)

Altitude: 4,910m - 4,950m

Walk: 2–3 hrs walking · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Short trek into expedition base area. Full briefing, rope practice, and equipment organization.

Base Camp setup: tents, kitchen, gear distribution, safety training

Day 11 : Base Camp – High Camp (5,400m)

Altitude: 4,950m - 5,400m

Walk: 3–4 hrs walking · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Steep climb over moraine and icy terrain. First glacier exposure and crevasse awareness training.

Day 12 : High Camp Training / Rest (5,400m)

Altitude: 5,400m - 5,400m

Walk: 2–4 hrs training · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Training includes:

- Fixed rope practice
- Jumar technique
- Ice axe arrest
- Summit strategy briefing

Day 13 : Summit Lobuche Peak (6,119m) – Return

Altitude: 5,400m - 6,119m - descent

Walk: 10–12 hrs total · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Midnight summit push via rocky scramble, glacier crossing, steep ice wall (50–70°), and exposed ridge to summit.

Summit views: Everest, Lhotse, Nuptse, Ama Dablam, Pumori.

Day 14 : Contingency Day (5,400m)

Altitude: 5,400m - 5,400m

Walk: Full rest / standby · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Reserved for bad weather, avalanche risk, acclimatization delay, or summit retry.

Day 15 : Lobuche – Pheriche (4,240m)

Altitude: 4,910m - 4,240m

Walk: 5–6 hrs walking · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Long descent improves oxygen levels and recovery.

Day 16 : Pheriche – Namche Bazaar (3,440m)

Altitude: 4,240m - 3,440m

Walk: 6–7 hrs walking · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Descend through Pangboche and Tengboche back into forest zone.

Day 17 : Namche – Lukla (2,860m)

Altitude: 3,440m - 2,860m

Walk: 6–7 hrs walking · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Final trekking day. Celebration with crew and expedition completion in Lukla.

Day 18 : Fly Lukla – Kathmandu (1,400m)

Altitude: 2,860m - 1,400m

Walk: Flight + transfer · Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Return flight to Kathmandu depending on weather conditions. Trip concludes.

Day 19 : Final Departure

Visit: Nepal · Meals: Breakfast

Today marks the end of your journey in Kathmandu. After breakfast, our team from Nord Extreme will transfer you to Tribhuvan International Airport for your final departure.

We hope you had a wonderful trekking experience in Nepal and wish you a safe journey ahead.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrival in Kathmandu · 1,400 m · day 21°C / night 11°C
- Day 2 · Climbing Preparation in Kathmandu · 1,400 m · day 21°C / night 11°C
- Day 3 · Fly to Lukla – Trek to Phakding · 1,400 m · day 21°C / night 11°C
- Day 4 · Phakding – Namche Bazaar · 2,610 m · day 15°C / night 3°C
- Day 5 · Acclimatization in Namche Bazaar · 3,440 m · day 11°C / night -2°C
- Day 6 · Namche – Tengboche · 3,440 m · day 11°C / night -2°C
- Day 7 · Tengboche – Dingboche · 3,860 m · day 8°C / night -5°C
- Day 8 · Acclimatization in Dingboche · 4,410 m · day 6°C / night -8°C
- Day 9 · Dingboche – Lobuche · 4,410 m · day 6°C / night -8°C
- Day 10 · Lobuche – Base Camp · 4,910 m · day 3°C / night -12°C
- Day 11 · Base Camp – High Camp · 4,950 m · day 3°C / night -12°C
- Day 12 · High Camp Training / Rest · 5,400 m · day 1°C / night -15°C
- Day 13 · Summit Lobuche Peak – Return · 5,400 m · day 1°C / night -15°C
- Day 14 · Contingency Day · 5,400 m · day 1°C / night -15°C
- Day 15 · Lobuche – Pheriche · 4,910 m · day 3°C / night -12°C
- Day 16 · Pheriche – Namche Bazaar · 4,240 m · day 7°C / night -7°C
- Day 17 · Namche – Lukla · 3,440 m · day 11°C / night -2°C
- Day 18 · Fly Lukla – Kathmandu · 2,860 m · day 13°C / night 2°C

What’s included

Accommodation

- 3 nights hotel in Kathmandu (3-star standard)
- Teahouse accommodation during trekking
- Tent accommodation at Base Camp & High Camp
- Lodge accommodation in Lukla (if required)

Meals

- Full board meals (Breakfast, Lunch, Dinner) during trek & climbing
- Welcome and farewell dinners in Kathmandu
- Standard trekking menu (dal bhat, noodles, pasta, soups, eggs)

Transportation

- Airport pick-up and drop-off in Kathmandu
- Round-trip domestic flights (Kathmandu/Ramechhap – Lukla – Kathmandu/Ramechhap)
- All necessary ground transfers

Permits & Fees

- Lobuche Peak climbing permit
- Sagarmatha National Park entry permit
- Khumbu Pasang Lhamu Rural Municipality permit

Guide & Crew

- Licensed English-speaking trekking guide
- Experienced climbing guide (UIAGM/IFMGA standard if available)
- Porters (2 trekkers : 1 porter ratio)
- Staff insurance, salary, food, and accommodation

Group Climbing Equipment

- Fixed ropes and safety ropes
- Oximeter for altitude monitoring
- First aid medical kit
- Group climbing hardware (anchors, ropes, etc.)

Not included

Travel & Entry

- International airfare to/from Nepal
- Nepal visa fees

Personal Expenses

- Personal climbing gear (boots, crampons, harness, helmet, etc.)
- Sleeping bag & down jacket rental (if not included)
- Hot showers, Wi-Fi, charging fees in teahouses
- Laundry and personal shopping

Food & Drinks

- Lunch & dinner in Kathmandu
- Alcoholic drinks and bottled beverages

Emergency & Insurance

- Travel insurance (mandatory, must cover 6,500m+ & helicopter rescue)
- Emergency helicopter evacuation costs
- Medical treatment beyond standard first aid

Other

- Tips for guides and porters
- Costs due to weather delays or itinerary changes
- Extra hotel nights in Kathmandu due to flight delays

Dates & prices

- 02 Mar 2027 – 20 Mar 2027 · USD 2,350 · Available
- 16 Mar 2027 – 03 Apr 2027 · USD 2,350 · Available
- 06 Apr 2027 – 24 Apr 2027 · USD 2,350 · Available
- 20 Apr 2027 – 08 May 2027 · USD 2,350 · Available
- 04 May 2027 – 22 May 2027 · USD 2,350 · Available

Best time to visit

Best months: March–April and October–November. Autumn (October–November) brings the clearest mountain views and stable weather; spring (March–May) is warmer, with rhododendrons in bloom and the Everest climbing season at base camp. Winter is quiet and very cold at night, while the June–August monsoon brings cloud, rain and frequent Lukla flight delays.

What to bring — packing checklist

Climbing gear

- [ ] Mountaineering boots (double or insulated, crampon-compatible)
- [ ] Crampons, climbing harness, helmet
- [ ] Ice axe, jumar (ascender), descender / figure-8
- [ ] 2 locking and 2 non-locking carabiners, tape slings and prusik
- [ ] Glacier glasses (category 4) and ski goggles

Clothing

- [ ] Thermal base layers
- [ ] Fleece and softshell mid-layers
- [ ] Expedition down jacket and down or insulated trousers
- [ ] Hard-shell (Gore-Tex) jacket and trousers
- [ ] Liner, insulated and summit mittens
- [ ] Balaclava, warm hat, buff and sun hat

Trekking & camp

- [ ] Trekking boots and camp shoes
- [ ] Sleeping bag rated to –20 °C
- [ ] Daypack 35–45 L and a large duffel bag
- [ ] Trekking poles, thermos flask, pee bottle

Health & personal

- [ ] Personal medication and a small first-aid kit
- [ ] Altitude medicine (Diamox) after consulting your doctor
- [ ] Water bottles or a 2–3 L hydration bladder, purification tablets or filter
- [ ] Sunscreen SPF 50, lip balm with SPF
- [ ] Hand sanitiser, wet wipes, quick-dry towel
- [ ] Headlamp with spare batteries, power bank

Documents & money

- [ ] Passport valid for 6+ months, plus copies
- [ ] Travel insurance policy (covering helicopter evacuation)

- [ ] 4 passport photos for permits
- [ ] Cash in USD / Nepali rupees for tips, snacks and extras
- [ ] Credit or debit card

Down jackets and sleeping bags can also be rented in Kathmandu.

Essential information

Accommodation

Accommodation during the Lobuche West Peak Climbing expedition includes comfortable 3-star hotel stays in Kathmandu, traditional teahouse accommodation throughout the Everest region trek, and tented accommodation at High Camp during the climbing phase. Most teahouses offer basic facilities, including hot showers, Wi-Fi, and charging services for an additional fee.

Meals

The expedition includes full-board meals (Breakfast, Lunch, and Dinner) throughout the trek and climb. Nutritious meals are carefully prepared to support the physical demands of high-altitude trekking and mountaineering. Packed lunches and high-energy snacks are provided during summit day.

Difficulty & Fitness

Lobuche West Peak (6,145m) is a challenging alpine climbing peak that requires good physical fitness, endurance, and previous high-altitude trekking experience. The ascent involves glacier travel, fixed rope sections, and steep snow and ice terrain. Prior mountaineering experience is highly recommended.

Permits

The expedition requires the following permits:

- Lobuche Peak Climbing Permit
- Sagarmatha National Park Entry Permit
- Khumbu Rural Municipality Permit

All permits and necessary documentation are arranged by the expedition organizer.

Best Time to Climb

The best seasons for Lobuche West Peak are:

Spring (March–May)

- Stable weather conditions
- Warmer temperatures
- Excellent climbing conditions

Autumn (September–November)

- Clear mountain views
- Dry weather
- Ideal summit opportunities

Transportation

The journey begins with a flight between Kathmandu and Lukla, followed by trekking through the Everest region via Namche Bazaar, Tengboche, Dingboche, and Lobuche. Flight schedules may vary

due to mountain weather conditions.

Safety & Altitude

The itinerary includes carefully planned acclimatization days to ensure a safe ascent. Experienced climbing guides provide altitude monitoring, technical support, and summit coordination throughout the expedition. Comprehensive travel insurance covering mountaineering activities and emergency helicopter evacuation is mandatory.

Additional information

Climbing Training

Before the summit attempt, climbers receive practical training in the use of crampons, ice axes, climbing harnesses, ascenders, fixed ropes, and glacier travel techniques. This preparation helps improve safety and confidence during the climb.

Essential Equipment

Participants should bring suitable high-altitude trekking and climbing equipment, including warm layered clothing, mountaineering boots, crampons, ice axe, climbing harness, helmet, sleeping bag, sunglasses, and personal essentials.

Why Choose Lobuche West Peak?

- One of Nepal’s most rewarding technical climbing peaks
- Ideal progression toward higher Himalayan expeditions
- Excellent introduction to alpine mountaineering techniques
- Spectacular views of Everest, Lhotse, Nuptse, Ama Dablam, Pumori, and surrounding peaks
- Combines Everest Base Camp trekking with a challenging summit objective
- Professional climbing guidance and technical support
- A true Himalayan climbing experience in the heart of the Everest region

Lobuche West Peak Climbing is an outstanding choice for experienced trekkers and aspiring mountaineers seeking a challenging Himalayan summit with breathtaking scenery and authentic alpine adventure.

Frequently asked questions

How difficult is the Lobuche Peak Climbing?

The Lobuche Peak Climbing is graded Moderate — suitable for most active travellers. You should be comfortable with long days at altitude; previous use of crampons and ropes helps, and our climbing Sherpas run pre-climb training at base camp. Regular cardio training — hiking, running, cycling or stair climbing — for 6–8 weeks before departure makes the trip far more enjoyable.

What is the best time for the Lobuche Peak Climbing?

For the Everest & Khumbu region the best months are March–April and October–November. Autumn (October–November) brings the clearest mountain views and stable weather; spring (March–May) is warmer, with rhododendrons in bloom and the Everest climbing season at base camp. Winter is quiet and very cold at night, while the June–August monsoon brings cloud, rain and frequent Lukla flight delays.

What permits do I need for the Lobuche Peak Climbing?

You need the Sagarmatha National Park entry permit and the Khumbu Pasang Lhamu Rural Municipality permit, plus the Nepal Mountaineering Association climbing permit. Nord Extreme arranges every permit for you before the trip starts — check the "Includes" section above for exactly what is covered in the price. Just bring your passport and a few passport-size photos.

What is the accommodation like on the Lobuche Peak Climbing?

You stay in hotels in Kathmandu and teahouses on the approach trek, then in quality expedition tents at base camp and high camp. Our team sets up a dining tent, kitchen and toilet tent and cooks fresh, high-energy meals.

Can I book the Lobuche Peak Climbing as a private trip or join a group?

Both. You can join one of the fixed departures listed under "Dates & Prices", or book a private trip for just you, your family or friends on any date. Solo travellers are welcome — you will always have your own licensed guide.

Do I need travel insurance for the Lobuche Peak Climbing?

Yes, travel insurance is compulsory. It must cover medical treatment and emergency helicopter evacuation up to the trip’s highest altitude, plus trip cancellation. Please send us your policy details before departure.

What should I pack for the Lobuche Peak Climbing?

See the "What to bring" checklist on this page for the full list. The essentials are broken-in boots, warm layers, a down jacket, a waterproof shell, sun protection and a daypack. Down jackets and sleeping bags can be rented cheaply in Kathmandu, and a porter carries your main bag (up to 10–12 kg).

Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/lobuche-peak-climbing/
Contact our team in Kathmandu: sonam@nordextreme.com · +977 9851078748 · delightful-orange-chimpanzee.tarevirjungleresort.com