Lobuche Peak Climbing

Itinerary & costs · 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**

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

Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/lobuche-peak-climbing/

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