Labuche Peak Climbing

Description

Lobuche Peak climbing is an incredible experience in the Eastern Himalayas. The climb combines with the Everest Base Camp trek making for both an adventurous and spiritual experience.

Lobuche East (6,119 m) stands above the Khumbu region and is an adventurous climb that can be undertaken at relative ease. High atop the peak, you will enjoy the most enticing view of Everest (8848.86 m), Lhotse (8414 m), and Amadablam (6856 m).

The climb offers a chance to immerse oneself in the Sherpa culture in addition to rejoicing in the alpine environment of the Khumbu region. The journey resembles a pilgrimage because Buddhist chants, prayer wheels, flags, and monasteries are scattered along the way.

Tengboche, home to this region's biggest monastery, is a stop on this walk. It was constructed in 1916 and had a sizable statue of Shakyamuni Buddha. The Mani Rimdu Festival, a significant Sherpa holiday, is also observed here.

This journey will take you from lush forests of oak and rhododendron. The region is full of rare and exotic wildlife, such as the peacefully grazing yak, Himalayan Thar, red panda, and even the elusive snow leopard.

Highlights

- A stunning experience of climbing an Eastern Himalayan peak, Lobuche (6,119 m), at relative ease.
- The chance to experience a warm gesture characteristic of Sherpa culture combined with visiting important monasteries such as Tengboche Monastery, a stronghold of Tibetan Buddhism.
- Getting to know the people who live in Gorakshep, the world's highest settlement.
- The Everest Base Camp is adorned with vistas of the Khumbu Icefall and Glacier, as well as peaks like Pumori (7165 m) and Nuptse (7861 m), and Kalapatthar you will enjoy the vistas of Everest massif.

Itinerary

Days	Description	Altitude	Hours
01	Arrival in Kathmandu and preparation for the trek		
02	Fly to Lukla and start the trek to Phakding	2,652 meters	3-4 hours
03	Trek to Namche Bazaar	3,440 meters	5-6 hours
04	Acclimatization day in Namche Bazaar		
05	Trek to Tengboche	3,870 meters	5-6 hours
06	Trek to Dingboche	4,410 meters	5-6 hours

Days	Description	Altitude	Hours
07	Acclimatization day in Dingboche		
08	Trek to Labuche	4,940 meters	4-5 hours
09	Trek to Gorakshep	5,164 meters	3-4 hours
10	Visiting Everest Base Camp and then trek down to Labuche	4,940 meters	6-7 hours
11	Trek to Labuche Base Camp	4,800 meters	5-6 hours
12	Start climb to Labuche East Peak and come back to Base Camp	6,090 meters	8-9 hours
13	Trek to Phortse	3,985 meters	6-7 hours
14	Trek to Namche	3,438 meters	5-6 hours
15	Trek to Lukla	2,800 meters	8-9 hours
16	Fly back to Kathmandu	2,600 meters	35 minutes
17	Departure to airport		

Detailed Itinerary

Day 01: Arrival in Kathmandu (1,380 m)

On your arrival at the TIA, you will be greeted and guided to the designated hotel by one of our Precious Adventures representatives. He/ She will give short information about the Time zone, room, money exchange, and welcome dinner. Later you will be visiting one of the finest restaurants for a complimentary welcome dinner. You will be informed in short about the summary of your tour.

Day 02: Fly from Kathmandu to Lukla and walk to Phakding, (2,610 m), 4-5 hours

Our Everest Trek starts with the domestic flight to Lukla, the gateway to Everest Short Trek. We take a short flight, about 45 minutes from Kathmandu to Lukla. Where scenic views of mountains and valleys can be seen. We will have an early flight from Kathmandu. After arriving in Lukla, we will continue our journey to Phakding. A short hike that takes 3 hours to reach. Today, we cross suspension bridges, and Sherpa villages and encounter travellers along with local Sherpa people. on our way, we can see the view of Kusum Khangkaru, prayer wheels and painted mani stones. Upon reaching, pleasant smiles and a cup of warm tea will be awaiting you in the beautiful Sherpa village, Phakding. Overnight at Pakhding.

Day 03: Trek from Phakding to Namche Bazaar, (3,440 m), 5-6 hours

Another thrilling day to cross a suspension bridge over the Dudhkoshi river several times. We walk along the gushing Dudhkoshi river. After breakfast, we walk gradually following an up trail and catch glimpse of an attractive waterfall in Banker. Monjo (Manjo), the next village is the checkpoint for permits. Here we buy Sagarmatha National Park entry permit and continue on our journey. On the way to Namche, you can observe the grand mani stone, rolling prayer wheel and colourful prayer flags. After having lunch at Garden restaurant in Jorsalle, we will continue strong up tail to Namche. This day we cross several hanging bridges, and finally, the Hillary suspension bridge before making it into Namche. The trail takes you through pine forests and bushes. If the weather permits you will be able to sight Everest for the first time after crossing the Larja at Larja Dobhan. We follow the uphill trail until Namche bazaar which is a major city of Everest Trek. Tonight we rest at Namche.

Day 04: Acclimatization day in Namche Bazaar

On this day, you will spend the day in Namche Bazaar, taking the opportunity to acclimatize to the higher altitude. You can take a short hike to the nearby villages or visit the Sagarmatha National Park Museum, which has a collection of artefacts and exhibits about the region. You can also visit the famous Tengboche Monastery, which is located a short distance from Namche Bazaar. In the evening, you can return to your lodge and rest for the next day's journey.

Day 05: Trek from Namche Bazaar to Tengboche, (3,870 m), 5-6 hours

On our fifth day, we begin our trek toward the Everest viewpoint. Today's viewpoint is ideal for enjoying the true beauty of Everest. After that, we continue our journey through Kanjin village. The trail today is very fine constructed going through a blue pine forest, suspension bridges and water-driven prayer wheels. we also have the opportunity to encounter Jharal (wild goat) in groups. We will have lunch at Phungi Thenga. After lunch, we will climb up the trail 750 meters to Tengboche monastery. The Tengboche monastery is the magnificent monastery where yeti artifacts are kept. It is a Tibetan Buddhist monastery. You can participate in a short prayer with monks in the main prayer hall. We rest overnight at Tyangboche.

Day 06: Trek from Tengboche to Dingboche, (4,410 m), 5-6 hours

As we embark on the jounery through Deboche, we walk on an easy path of the stone steps and lush forests of birch, conifers and rhododendron forest before crossing over the Ijma river. After the bridge crossing we walk on the right side of the river. With each step we take, we move closer to vivid landscapes surrounded with awe-inspiring glacier views. We have lunch at Samare. After lunch we walk head toward Dengboche. As we make our way to Dengboche, following the stone steps the serene view of the Tsuro Glacier can be viewed. Dingboche is a small settlement in the midst of majestic peaks such as the Ama Dalambar, Nuptse-Lhotse ridge, Tawache, and Chalotse. Overnight at Dingboche.

Day 07: Acclimatization day in Dingboche

Acclimatization days are an important part of high altitude treks and expeditions. On this day we hike to NangkarTshang (5616m). after breakfast we head for our today's journey. On our way we come across an antique monastery also known as the Nagkartshang Gompa. Nangkar Tshang peak is a perfect destination for trekkers who are looking for an adventurous hike during the rest day. To reach the top we take a short walk of 2-3 hours from Dingboche. The view from the top is extremely magnificent, from here spectacular views of the Makalu, Lhotse Chhopulu, Lhjotse Shar and Island peak is witnessed. After soaking in the beauty of the NangkarTshang peak we head back. Overnight at Dengboche.

Day 08: Trek to Labuche, (4,940 m), 4-5 hours

We start our journey to Labuche. We pass through the Thukla Pass. We pass through memorial stones of those who passed away in the Mountains. We cross some very windy trails surrounded by alpine scrub and yak pastures. On our way, we also meet the track of the Three-pass Trek. Labuche is one of the many small villages settled near the Khumbu glaciers. Overnight at Labuche.

Day 09: Trek to Gorakshep, (5,164 m), 3-4 hours

On this day we pass through the Labuche pass. Moving ahead in a straight trail along with the majestic Khumbu glacier we make it to Gorak Shep. After having lunch, if the weather permits, we

recommend going to Kalapathar for a beautiful sunset view. We ascend to the magnificent lookout point of Kala Patthar. From the top, we can observe the spectacular range of the entire mt. Everest range. After enjoying the views we head back down. The trail from Gorak Shep diverges into two roads where one leads to the old Everest base camp and the other leads to Everest Base Camp. Overnight at Gorakshep.

Day 10: Visiting Everest Base Camp and then trek down to Labuche (4,940 m), 6-7 hours

Get ready for one of the exciting days in the Everest Basecamp . On this day we head towards the Everest base camp. On our way to EBC, we come across a dried lake. The glacier view observed from the base camp is truly amazing. The weather at EBC is chilled so make sure you pack accordingly. We begin our journey early in the morning, after soaking in the beauty of snow-covered, ice-cold landscape we head back to Labuche for another day's journey. Overnight at Labuche.

Day 11: Trek to Labuche Base Camp, (4,800 m),5-6 hours

On the 11th day, we embark on our journey to the Labuche base camp. Starting after breakfast from Lbuche we follow a straight trail. The trail fragments into two roads, where one leads down to Thokla pass and then to Pheriche, and the other leads to Labuche base camp. On the way, we can see the beautiful towering peak of the Khumbi Yul Lah with an equally captivating Avi peak in the background. Tent Camp at Labuche base camp.

Day 12: Start climb to Labuche East Peak and come back to Base Camp, (6,090 m), 8-9 hours

Prepare for a thrilling and exciting day today. Today we climb up to Labuche East Peak(6119m) and come back to Base Camp. Lobuche offers panoramic views of the Everest region, and the view from the top makes all the efforts worth it. Later we head back to base camp and celebrate our today's achievement. Today we rest at Labuche base camp.

Day 13: Trek to Phortse, (3,985 m), 6-7 hours

Crossing the Labuche river and stone walls we enter into Pheriche Pass and head to Phortse travelling through Chuto, Tabuche Kharka and Changme village. along the way, we pass through several monasteries and Big Chorten. Wild animals such as the musk deer, Monal, and Blue sheep can be sighted today. Phortse village is also known as the village of climbers as most of the young people of this village work as seasonal mountain guides. If you want we can also try Phortse wall climbing. You can view the gorgeous towering Cho Oyu (8000er mountain) from here. Overnight at Phortse.

Day 14: Trek to Namche (3,438 m), 5-6 hours

After breakfast, we begin our trek. We start our trek from Phortse travelling through Mong la village before making it to Namche. Mong village is also known as the birthplace of Lama Sange Dorje, the monastery and Chorten and mani walls can be seen along the way. After taking pictuires and crossing Mong we walk through some stone steps and before reaching Namche. . Namche Bazaar is the junction of the Everest trek region, where you can meet different people with the same almost similar objectives. Many mountain climbers who are intent on climbing Mt. Everest also go through Namche and many other treks separate from this junction. Here we have a splendid view of the Ama Dablam, Lhotse Shar, Taboche, Kangtega and Thamserku. We have lunch at Namche. Overnight at Namche.

Day 15: Trek to Lukla, (2,800 m), 8-9 hours

Our today's journey from Namche to Lukla is the final leg of the popular three-pass trek. Starting from Namche, we cross a suspension bridge over the Dudhkoshi river several times and follow the tides of this river. We have lunch at Pakhding, here trekkers witness the beautiful view of Kongde Ri. The trail takes you through pine forests and bushes. If the weather permits you will be able to sight Everest. Walking past painted mani walls, prayer wheels, chortens, and monasteries we reach today's destination. Overnight at Lukla.

Day 16: Fly back to Kathmandu, (2,600 m), 35 minutes

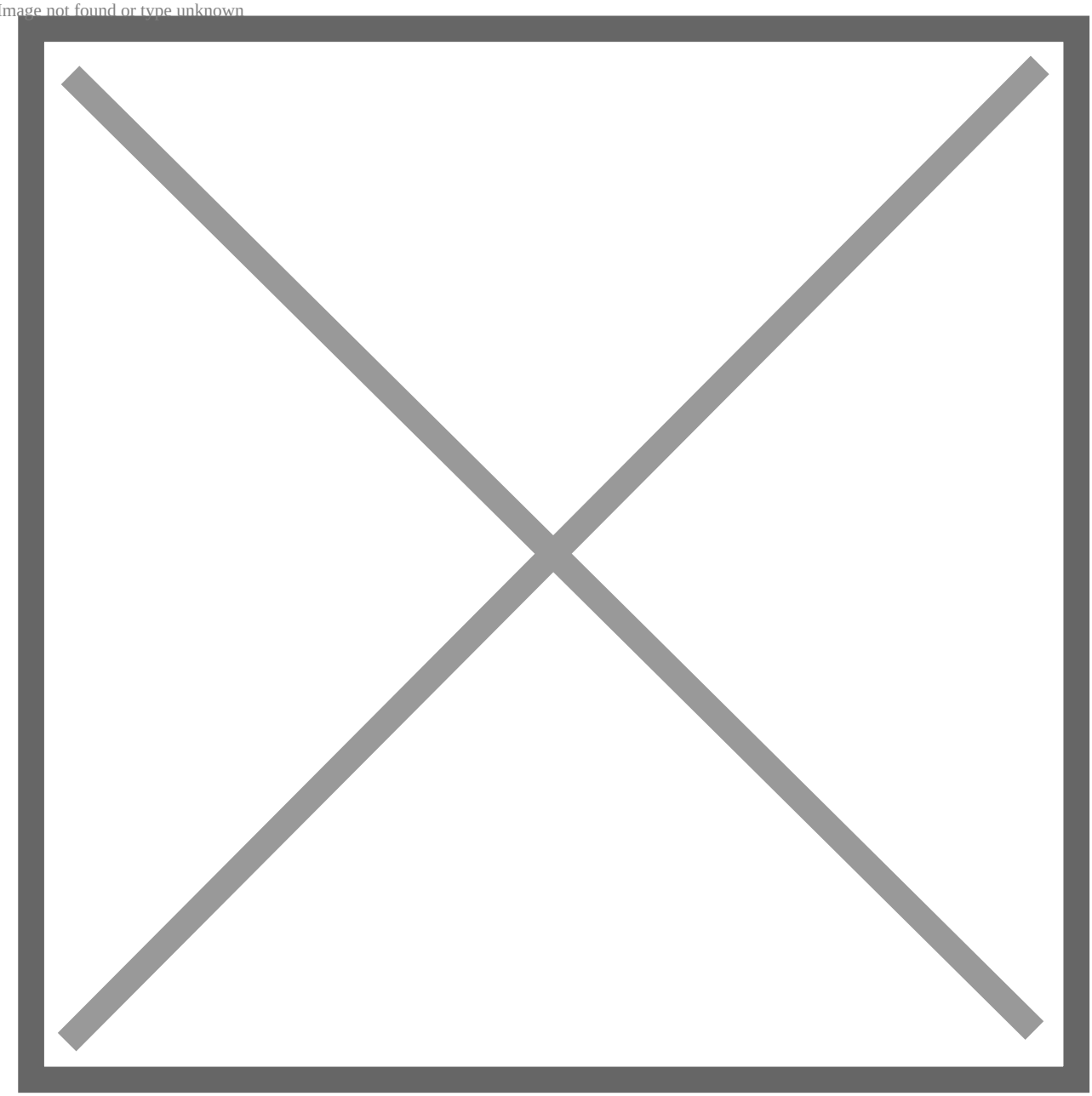
We will fly from Lukla to Kathmandu. However, nowadays because of the busy airport in Kathmandu, we detour and fly to Manthali airport from where we take a short ride to Kathmandu. The long days of pursuing a new destination each day are over now; you can simply relax in your room or perhaps head out to enjoy the remaining of the day in the bustling streets of Kathmandu. Overnight at Kathmandu.

Day 17: Departure to airport

With hopes that you enjoyed the experience with us, we bid you goodbye. We will be looking forward for more precious adventures together. Have a safe journey.

Map

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Practical Information

Q. Food and Accommodation
A. In general, the accommodations are in tea houses on a twin basis. Beds usually include a pillow, sheet, and blanket. The services are usually better at lower altitudes, but unlike other treks in Nepal, the EBC trek normally features better provisions. There is a wide variety of food selections, from typical Nepalese Dal Bhat to Chinese and continental dishes. Likewise, you can make choices from the menu as per your interest. Namche and Lukla have a wider selection of restaurants and pubs.

Q. Best season for the trek
A. Spring (March to May) and autumn (September to November) are the prime seasons for Lobuche Peak climbing. The other two seasons—winter (December–February) and monsoon (June–August) are less than optimal. While the monsoon season sees tremendous rainfall, winter sees heavy snowfall and fog. Another difficulty might be the provision of flight from Lukla. During these seasons, frequent cancellations and delays of flights can occur.

Q. Trip Category
A. As far as climbing a Himalayan peak goes for first-timers, Lobuche is at the top of the list. It doesn't require a lot of technical climbing skills, but it will require you to hike 6-7 hours daily, which will be easy if you are physically fit. Hence, before undertaking this trek, you must develop your fitness level with exercises and cardio. There are chances of altitude sickness. Most of the trek will be above 3,500 m elevation, with the highest altitude reaching 6,119 m.

Q. Health and Safety along the trail
A. The chances of altitude sickness are ever-present; hence precautions must be taken. We urge you to inform us if you have any persistent medical problem that needs attention. If you regularly take medication, pack extra for the journey. We advise you to maintain a steady pace, drink lots of water, and avoid the use of alcohol and smoke while trekking. There are few medical facilities in the Everest region, so insurance is required. The insurance must cover emergency medical evacuation through helicopter should there be a need.

Frequently Asked Questions

Q. How long is the Lobuche Peak climbing expedition?
A. The duration of the Lobuche Peak climbing expedition can vary, but it typically takes about 2-3 weeks to complete, including acclimatization days.

Q. What is the highest altitude reached on the Lobuche Peak climbing expedition?
A. The highest altitude reached on the Lobuche Peak climbing expedition is the summit of Lobuche Peak at 6,119 meters (20,075 feet).

Q. What is the best time of year to do the Lobuche Peak climbing expedition?
A. The best time to do the Lobuche Peak climbing expedition is during the spring (March to May) and autumn (September to November) when the weather is generally stable and clear.

Q. Is the Lobuche Peak climbing expedition suitable for beginners?
A. The Lobuche Peak climbing expedition can be challenging, as it involves trekking and climbing at high altitudes. It may not be suitable for beginner climbers, but those with some climbing experience and a good level of fitness should be able to complete it.

Q. What is the accommodation like on the Lobuche Peak climbing expedition?
A. Accommodation during the Lobuche Peak climbing expedition is usually in basic lodges or tents. The facilities in the lodges can be quite basic, with shared toilet and washing facilities. Trekkers and climbers should be prepared for a rustic and simple style of living.

Q. What should I pack for the Lobuche Peak climbing expedition?
A. Some essential items to pack for the Lobuche Peak climbing expedition include good quality walking boots, warm and waterproof clothing, a sleeping bag, sun protection, a first aid kit, and snacks and water. It's also a good idea to bring climbing gear such as a harness, carabiners, and crampons, as well as a head torch, as there is limited electricity in the remote villages.

Q. Is the Lobuche Peak climbing expedition safe?
A. The Lobuche Peak climbing expedition is generally considered safe, but as with any climbing expedition in a high altitude environment, it is important to be prepared and take necessary precautions. Climbers should be in good physical condition and properly acclimatized to the high altitude. It is also advisable to hire a reputable climbing company and a local guide, who can provide guidance and assistance if needed.

Q. What is the food like on the Lobuche Peak climbing expedition?
A. The food available on the Lobuche Peak climbing expedition is basic and consists mainly of Nepali dishes such as dal bhat (lentils and rice) and momos (dumplings). Vegetarian options are generally available, but it may be more difficult to find other dietary options in the remote villages. Trekkers and climbers should be prepared to eat simple meals and may want to bring some additional snacks.

Q. Can I charge my electronic devices on the Lobuche Peak climbing expedition?
A. Electricity can be limited on the Lobuche Peak climbing expedition, and it may not always be possible to charge electronic devices. It is advisable to bring a power bank or portable charger and to use it sparingly. Some lodges may have a generator that can be used for a small fee, but this is not always available. It is best to be prepared for limited access to electricity and to use electronic devices sparingly.

Q. What is the success rate of the Lobuche Peak climbing expedition?
A. The success rate of the Lobuche Peak climbing expedition can vary depending on a number of factors, including the physical condition and acclimatization of the climbers, the weather conditions, and the route chosen. It is important to be prepared and to follow the guidance of the climbing guides and sherpas in order to maximize your chances of success.