



## Global Treks & Expedition P. Ltd.

Chakshibari Marg 591, Thamel  
Kathmandu, Nepal

### Lobuche Peak Climbing Brief Itinerary

#### Day -1 : Arrival in Kathmandu(1350M)



On your arrival at Tribhuvan International Airport, one of our staff members will pick you up and escort you to the hotel. You can spend the rest of the day as you please. Overnight at a 3-star hotel in Kathmandu.

#### Day -2 : Kathmandu Sightseeing

Today will be a full day sightseeing around the Kathmandu Valley. We will visit the Pashupatinath Temple, Boudhanath Stupa and Swayambhunath Stupa in a private car. These sites are revered to be cultural and historical pillars of the city. Pashupatinath is a major Hindu temple whereas Swayambhunath and Boudhanath are the monuments which reflect Buddhist culture and practices.

#### Day -3 : Fly to Lukla (2,800 M) and Trek to Phakding (2,610M)

However We will catch a scenic flight from Kathmandu to Lukla. It will nearly take 30-45 minutes over the lush green valleys and towering peaks to take us to the beautiful Tenzing-Hillary airstrip of Lukla. The flights to Lukla are often canceled or delayed. We also cover for such occasions with suitable options.

#### Day - 4 : Phakding to Namche Bazaar (3440M)

Due to We will passes through the bank of Dudh Koshi River and crosses the some of the suspension bridges before reaching the entry point of Sagarmatha National Park at Monjo. We hike up to the forests acting as a safe haven for the myriad of animals and plants. We cross a large bridge and walk uphill until reaching Namche Bazaar.

#### Day-5 : Rest at Namche Bazaar

Similarly This day will be reserved for acclimatization and rest. To better acclimatize to the Khumbu region we will do short hiking to avoid the altitude sickness when we climb further. We will hike up to the Sherpa Museum and learn about the floras, faunas, culture, festivals, and ethnicity of this region.

#### Day-6 : Namche Bazaar to Tengboche( 3860M)

We will trek to Tengboche which houses the famous Tengboche Monastery. Today, the trail mostly passes through the coniferous and rhododendron forests with the beautiful views of the mountains like Mt. Everest (8848m), Nuptse (7861m), Lhotse (8414m), Thamserku (6608m) and Kongde Ri (m) and Ama Dablam (6856m). We will descend towards the Imjaste River at Phunke Tenga and have our lunch.

#### Day-7 : Tengboche to Dingboche (4410M)

Today we will descend along the birch and rhododendron forests to the bridge over the Imja Khola. The trail will gently ascend from here and lead us the last permanent village before the Everest base camp, Pangboche. From here we will ascend further leaving the tree line below to the exposed and open landscapes of Dingboche

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## **Day-8 : Dingboche to Lobuche(4910 M)**

Today gently and slowly climbs through the glacier. Initially, we will follow the trail to Dzongla which is the junction of Lobuche, Pheriche, and the famous Cholatse pass. Enjoying the stunning views of mountains like Taboche (m), Cholatse (m), Lobuche (m), Pumori (m), Ama Dablam (6856m) and as far to Mt. Makalu (8463m) towards east and tips of Mt. Cho Oyu (8188m) in the west, we will climb the debris of the Khumbu Glacier and reach the small settlement the Lobuche

## **day-9 : Acclimatization day at Dingboche**

Rest in Dingboche

## **Day-10 : Gorakshep to Everest BC(5140M)**

Today you will be lengthening due to sudden height gain. We will slowly ascend along the icy ridgelines of the rocks, enjoying the beautiful views of Mt. Pumori (7,165 M), Khumbutse (6,665 M) and Mt. Everest world's highest peak at 8,848 meters to Gorakshep. From Gorakshep, we will continue along the moraines with the eye-catching views of the Khumbu icefall to Everest Base Camp.

## **Day-11 : KalaPatthar to Lobuche Base Camp(5550M)**

We will leave for Kala Patthar. An early morning hike for about 2 hours will take us to Kala Patthar which is a famous viewpoint of Khumbu region. We can enjoy the magnificent view of the rising sun over the mountains of the Khumbu region. After spending some time there we will head towards the trail leading toward Lobuche.

## **Day-12 : Base Camp to High Camp (5400M)**

We will mostly climb along the rocky moraines to reach the High Camp. It will almost take us four hours to reach the High Camp. The path gets steep and slippery on many occasions so, caution is advised. The sublime Himalayas will keep us company throughout the trek today.

## **Day-13 : Summit to Lobuche East( 6119M)**

Today, we will summit the Lobuche East peak with the guidelines of the experts. We will slowly climb the steep ascending trail crossing paths that require technical guidelines. Our guide will help us with the use of trekking gears. On summiting the peak, we will be rewarded with the mesmerizing views of the mountains like Mt. Everest (8,848 m), Lhotse (8,414 m), Mt. Ama-Dablam (6,856 m), Mt. Makalu (8,463 m) in the far distance.

## **Day-14 : Base camp to Tengboche(3860 M)**

Today you will reach the village Pangboche. Bidding farewell to the Lobuche peak, we will descend along the forests and cross a suspension bridge to reach the Tengboche which is a famous place in the Khumbu region. We can explore the areas and observe the lifestyle of the inhabitants.

## **Day-15 : Tengboche to Monjo (2,835 M)**

Our way descend along the Imja Khola to Phunke Tenga and continue along the forested path to Namche Bazaar. We will retrace the similar path and reach to Namche Bazaar. The trail descends along the Dudh Koshi River to the entry point of Sagarmatha National Park

## **Day-16 : Monjo to Lukla (2,840 M)**

Today will be our last walk along this beautiful region. Recalling the experiences of the recent journey, we will descend back to Lukla from Monjo via Phakding retracing the path we previously ascended.

Crossing Mani walls, prayer wheels and rivers on multiple occasions, we arrive at Lukla.

### **Day-17 : Lukla to Kathmandu**

In the early morning, we will leave for Kathmandu. We will catch a scenic flight from Lukla crossing very fine and lush valleys. On reaching Kathmandu we will transfer to the Hotel

### **Day-18 : Departure to Kathmandu International Airport**

Today we will drive you to the Tribhuvan International airport

### **Cost include**

- Airport / Hotel / Airport pick up & drop by private tourist vehicle.
- Kathmandu -Lukla -Kathmandu flight tickets
- Standard twin sharing accommodation in a three star hotel in Kathmandu; Breakfast included. (2 night)
- All your standard mentions Meals during the trek. (B-Breakfasts, L-Lunches ,D- Dinners)
- Local GLOBAL TREKS English or Specialize guide speaking guide.
- The required number of local staff and porters to carry your luggage during the trek (We assign one porter for every two guests).
- National Park permits and TIMS permit for trekking.
- Food, accommodation, salary, insurance, equipment and medicine for all staff.
- Down Jacket and sleeping bag by Global Treks. (Which need to be returned after finish the trek).
- Surface transfer from Airport and to Kathmandu.
- All our government taxes, vat, tourist service charges.
- Office Expenses.

### **Cost Exclude**

- Lunch and dinner whilst in Kathmandu.
- Travel insurance which covers emergency Rescue and Evacuation.
- International airfare and airport departure tax.
- Nepal entry visa; you can obtain a visa easily upon your arrival at Tribhuwan International Airport in Kathmandu.
- Alcoholic, hot and cold drinks.
- Personal trekking Equipment (See the trekking equipment page).
- Tips for trekking staff and driver (Tipping is expected).
- Any others expenses which are not mentioned on 'Price Includes' section.

**Extra information:** Tourist Visa with Multiple Entries for 30 days can be obtained by paying US \$ 40 or equivalent foreign currency. Similarly, Tourist Visa with Multiple Entries for 90 days can be obtained by paying US \$ 100. Please bring 2 copies of passport size photos).