

Lobuche East

REGION	Khumbu · Everest
DURATION	17 days
MAX ALTITUDE	6,119 m
GRADE	Trekking peak · PD+
SEASON	Mar-May · Sep-Nov
FROM	from \$5,500

Overview

A sharp, scenic peak above the Khumbu glacier

A genuinely alpine trekking peak above Lobuche village - mixed snow and rock to an airy summit, with the whole Everest skyline at your back.

Climbing Lobuche East (6,119M) is one of the most popular 6,000M peaks and an ideal objective for aspiring mountaineers. The peak was first summited by Laurence Nielson and Ang Gyalzen Sherpa on 25 April 1984. Since then it has become a top choice for climbers building toward 8,000M objectives, offering excellent acclimatisation along with practical experience on ice, snow, and rock.

Adventure seekers are drawn to Lobuche East as an introductory peak to Himalayan climbing that can be completed in a comparatively short timeframe. With fewer technical challenges and a medium level of difficulty, it suits climbers with good physical fitness and prior high-altitude trekking experience. Lobuche East is distinguished from its neighbour, Lobuche West, by a long, deeply notched summit ridge - and remains the more popular and more frequently climbed of the two.

Highlights

- Summit a sharp 6,119m ridge peak set right above the Khumbu Glacier and Everest Base Camp trail
- A quieter, less-crowded alternative to Island Peak with a genuinely steep, technical summit ridge
- Route combines seamlessly with an Everest Base Camp or Kala Patthar trek along the way
- Hands-on refresher on crampon, ice axe, and jumar technique at high camp before the push
- Gradual acclimatisation through Namche, Dingboche, and Lobuche village before the climb begins
- A committing summit day - loose rock and a fixed-rope snow ridge that narrows sharply near the top
- Summit panoramas of Everest, Nuptse, Pumori, and the entire Khumbu icefall spread below
- Overnight at high camp under one of the clearest night skies in the Khumbu, with Everest looming close

Itinerary

Day 1 - Arrival in Kathmandu and Transfer to the Hotel (1,350M)

Upon arrival at Tribhuvan International Airport, one of our representatives will be waiting to welcome

you. After a warm meet-and-greet, you will be transferred to the hotel to rest and freshen up. In the evening, join us for a welcome dinner at a typical Nepali restaurant. As the trip begins the following day, we recommend packing your trekking essentials separately from your main luggage.

- Altitude: 1,400M
- Meals: N/A
- Accommodation: Hotel

Day 2 - Official Formalities and Last-Moment Shopping

This day is dedicated to verifying documents, permits, and insurance, attending final briefings, and picking up any missing gear, personal items, or snacks. It is the last check to ensure everything is ready, so you feel confident, prepared, and fully equipped before the adventure begins.

- Altitude: 1,400M
- Meals: Breakfast, Lunch, Dinner
- Accommodation: Hotel

Day 3 - Drive to Ramechhap, Fly to Lukla (2,860M), Trek to Phakding (2,650M)

After breakfast, drive to Ramechhap for a short, scenic flight to Lukla Airport, taking in views of valleys, rivers, hills, and the first mountain ranges. After landing, we begin trekking to Phakding along a mixed trail of dirt and stone paths, crossing several suspension bridges alongside the Dudh Koshi river. An easy start - enjoy the greenery and wildlife along the way.

- Altitude: 2,840M
- Meals: Breakfast, Lunch, Dinner
- Accommodation: Hotel / Lodge

Day 4 - Trek to Namche Bazaar (3,440M)

We continue toward Namche Bazaar, the commercial hub of the Khumbu region and the Sherpa capital. The trail passes through dense forests of pine, juniper, and rhododendron within Sagarmatha National Park, with a long, steady uphill climb as we gain significant elevation. A long but rewarding day, ending with rest and dinner in Namche.

- Altitude: 3,440M
- Meals: Breakfast, Lunch, Dinner
- Accommodation: Lodge / Teahouse

Day 5 - Hike to Everest Viewpoint (3,900M)

A rewarding acclimatization hike from Namche Bazaar to Everest Viewpoint. The walk is moderate and offers breathtaking views of Everest and the surrounding peaks - a peaceful spot to relax, take photographs, and soak in the Himalayan scenery.

- Altitude: 3,900M
- Meals: Breakfast, Lunch, Dinner
- Accommodation: Lodge

Day 6 - Trek to Tengboche (3,860M)

After acclimatizing at Namche, we head toward the lush Khumjung valley, following rocky paths and steep uphill sections with distant mountain views throughout. From Khumjung, the trail leads to the tranquil Tengboche Monastery - one of the most revered Buddhist monasteries in the region - through mixed terrain with a final steep climb through forest. Look out for musk deer, Himalayan thar, and pheasants along the way. From Tengboche, Everest, Nuptse, Lhotse, and Ama Dablam rise to the north, with Thamserku and Kangtega to the south. We may also join a prayer ceremony at the monastery before resting for the night.

- Altitude: 3,860M

- Meals: Breakfast, Lunch, Dinner
- Accommodation: Teahouse

Day 7 - Trek to Dingboche (4,300M)

From Tengboche, we descend through rhododendron forest toward Deboche, crossing a bridge over the Imja river before climbing gradually to Lower Pangboche, with spectacular views of Ama Dablam. We then cross the valley to reach Dingboche, at the entrance to the Imja Tse valley, after roughly 5-6 hours of walking. We rest here the following day to acclimatise before continuing higher.

- Altitude: 4,300M
- Meals: Breakfast, Lunch, Dinner
- Accommodation: Teahouse / Lodge

Day 8 - Acclimatization and Rest Day at Dingboche

A dedicated day to let the body adjust to the altitude. A short hike is recommended for better acclimatization, along with warm meals and rest amid sweeping mountain views - a quiet day to recharge before heading higher into the Himalayas.

- Altitude: 4,410M
- Meals: Breakfast, Lunch, Dinner
- Accommodation: Lodge

Day 9 - Trek to Lobuche Village (4,900M)

From Dingboche, we climb to the ridge behind Pheriche to the teahouses at Dughla, followed by a steep ascent to the terminal moraine of the Khumbu Glacier, passing memorials to climbers who lost their lives in pursuit of their goals, including Scott Fischer and Babu Chhiri Sherpa. After 6-7 hours on rugged terrain, we reach Lobuche, the final village with lodges on the trail to Everest. Peaks including Khumbutse, Lingtren, Pumori, and the wider Mahalangur Himal are clearly visible, with Nuptse rising to the right at the edge of the Khumbu Glacier. As the air continues to thin, please stay in close communication with your Sherpa guide about how you are feeling.

- Altitude: 4,900M
- Meals: Breakfast, Lunch, Dinner
- Accommodation: Teahouse / Lodge

Day 10 - Trek to Lobuche High Camp (5,400M)

A tough but rewarding climb over rocky, uneven trails with stunning glacier views. On arrival at high camp, we run a hands-on practice session with climbing gear to prepare for the summit push. Overnight in sturdy mountain tents, two people per tent, with separate kitchen, dining, and bathroom tents for comfort. As we are gaining significant altitude, maintain a steady pace and keep communicating with your team.

- Altitude: 5,400M
- Meals: Breakfast, Lunch, Dinner
- Accommodation: Camping

Day 11 - Training and Acclimatization Day at Lobuche High Camp

A full day at high camp focused on training and acclimatization ahead of the summit push. You will practise using harnesses, ropes, and crampons on nearby slopes, helping your body adjust to the altitude while building confidence for the technical sections of the climb.

- Altitude: 5,400M
- Meals: Breakfast, Lunch, Dinner
- Accommodation: Camping

Day 12 - Contingency Day at Lobuche High Camp

A reserved buffer day built into the itinerary to absorb any delays caused by weather, trail conditions, or the need for extra acclimatization time before the summit push. If it is not required for this purpose, the day can be used for additional rest, further technical practice, or a short exploratory walk around high camp - keeping the summit schedule flexible and safe.

- Altitude: 5,400M
- Meals: Breakfast, Lunch, Dinner
- Accommodation: Camping

Day 13 - Summit Lobuche Peak (6,119M) and Trek Down to Thukla (5,830M)

We set off shortly after midnight for the summit push, with clear, still conditions typical of the early morning hours. After a demanding ascent over snow, ice, and rock, we reach the summit of Lobuche East, with panoramic views of Everest, Nuptse, Lhotse, Ama Dablam, Pumori, Cholatse, and beyond. After celebrating and photographing the moment, we descend to Thukla (Dughla), a small settlement at the edge of the Khumbu Glacier known for its memorials to climbers who lost their lives in the region and set up camp for the night.

- Altitude: 6,119M
- Meals: Breakfast, Lunch, Dinner
- Accommodation: Full-Board Camping

Day 14 - Trek Down to Namche Bazaar (3,440M)

After an early breakfast, we descend from Thukla toward Namche, passing through rhododendron forest and stands of pine and juniper, crossing the Dudh Koshi river, and following a rugged, winding trail back to the Sherpa capital for an overnight rest.

- Altitude: 3,440M
- Meals: Breakfast, Lunch, Dinner
- Accommodation: Lodge

Day 15 - Trek Down to Lukla

A refreshing final trekking day through lush forest and across numerous suspension bridges over the Dudh Koshi river, retracing our earlier route for 5-6 hours back to Lukla for the night.

- Altitude: 2,800M
- Meals: Breakfast, Lunch, Dinner
- Accommodation: Lodge

Day 16 - Fly Back to Ramechhap and Drive Back to Kathmandu

A scenic flight from Lukla to Ramechhap offers one final aerial view of the Himalayas, followed by a private vehicle transfer back to Kathmandu - a long but comfortable journey, with time to relax and reflect on the expedition.

- Altitude: 1,400M
- Meals: Breakfast, Lunch, Dinner
- Accommodation: Hotel

Day 17 - Final Departure

On the final day, it's time to say farewell. You may choose to extend your stay in Nepal or fly home. For departing guests, one of our representatives will provide an airport transfer three hours ahead of the scheduled flight. We wish you safe travels.

- Altitude: N/A
- Meals: N/A
- Accommodation: N/A

What's included

- Airport pick-up and drop-off for both international and domestic flights
- 3 nights hotel in Kathmandu on a bed and breakfast basis, twin room
- One welcome and one farewell dinner at a typical Nepalese restaurant in Kathmandu
- Domestic flights from Kathmandu to Lukla to Kathmandu via Ramechhap, including airport tax
- Land and air transportation for the overall trekking crew
- Permits for Lobuche East (6,119M) Peak climbing
- Teahouse accommodation in hotels/lodges during the trek
- 3 meals a day (breakfast, lunch, and dinner) with tea/coffee during the trek
- High camp service: tent, meals, guide ropes, training, and related support
- One certified trek guide for trekking and peak climbing, along with one porter
- 20kg personal baggage allowance per member
- Insurance coverage for all involved outdoor Nepalese staff
- Hux Exped duffle bag and outdoor cap (if required)
- First aid medical kit and route map
- Company service charges and Nepal government taxes
- Lobuche East (6,119M) Peak climbing trekking certificate upon completion of the trek

Not included

- Nepal entry visa fee (valid for 30 days)
- International flights
- Drone and special filming permits
- Lunch and dinner during your stay in Kathmandu
- Medical and emergency rescue insurance (minimum coverage of USD 15,000)
- Personal trekking gear
- Tips for guide and porter
- Any other services not mentioned under "Includes"

Available departures

- 10 Sep 2026
- 21 Sep 2026
- 7 Oct 2026
- 16 Oct2026
- 28 Oct 2026
- 12 Nov 2026