



Detailed itinerary for Lobuche Peak climbing

Day 1

Fly from Kathmandu to Lukla and trek to Phakding for 3 hours.

From today till the last day of the Lobuche peak climbing after Everest Base Camp Trek 15 Days trekking you will explore villages and stay at the local owned tea houses. You will be choosing your breakfast, lunch, and dinner from the menu at every tea house. All meals during the trek are included if you buy our normal package.

You will be following your trekking guide, who helps you with all the questions you may have. You are free to decide on your own but listening to your guide is always wise. Your porter will be carrying your luggage, you only need to carry a small day-pack with drinking water, camera, sun screen and other items you will need during the transition to the next village. Nepalgram Adventure will take good care of you, you just need to eat well and stay hydrated during our adventure.

Day 2

Phakding – Namche bazaar, tonight at guesthouse in Namche.

Approx. 8 hours of walking from Phakding to Namche Bazar is interesting with crossing of 5 suspension bridges across the same river. The name of the river is Dudh Koshi which translates as milky river in Nepali. Today's hike is gradual in the beginning and at the end it gets steep after the last & highest bridge.

Day 3

Day trip to Everest view hotel and Khumjung or Khunde village, night at Namche Bazaar.

Today's hike is acclimatization hike, main motto of the hike up to Everest view hotel is to walk higher and sleep lower. We start our hike after breakfast at our guest house and visit national park museum and visit Everest view hotel. After having sip of tea at EVH we will continue our hike to Khumjung monastery.

If you do not want to continue Khumjung village it will take 3 hours for entire hike but if you continue to Khumjung or Khunde village side trip will extend to 4-6 hours, to decide whether you want to hike up to Khumjung village or not, please do read our blog.

Day 4

Trekking from Namche bazaar to Tengboche monastery

5 hours of walk from Namche to Tengboche is gradual walk on the side of the towering mountains. Mt. Amadablam gets really close once we get to Tengboche monastery.

Do not forget to buy necessary things at Namche before you leave this village, as possibility of finding necessary things beyond this point is tough. Tengboche is originally a monastery place but now it has 5 tea houses with one bakery. Monastery



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here has foot print of lama sange Dorje while he was meditating many years ago. This monastery has historic and religious values and belief among Buddhist and this monastery also observes many Buddhist festivals in the mountains like; Mani rimdhu, Lhosar, Dumji and many other. Regular offering to monastery happens every morning and evening.

Day 5

Trekking from Tengboche to Dingboche village (4360m); 5 hours

Today's trekking starts through Rhododendron forest, hits Deboche village near Imja river. After crossing Imja River we will get to last real village of the region "Pangboche". After Lunch at Somare the trail can be windy so be prepared with wind stoppers. For your information we will get to no tree zone from today till the way down after peak climbing.

Day 6

Acclimatization hike to Nangkarsang peak 5100 meters and exploration day at Dingboche (4360m), tonight at Dingboche.

General idea of today's activity is to acclimatize our body with altitude, so we hike up to Nangkarsang peak and sleep down at Dingboche. If you go 500 meter from Dingboche and spend around 20 minutes at higher altitude is okay for acclimatization. But we are happy to take you all the way to the top at 5100m which is 4 hours of walking one way. Way down is steep, make sure you are walking carefully and please follow our guide for your safety.

Day 7

Trek Dingboche – Lobuche

Lobuche village at the height of 5000meters is a small village. We will hike towards Lobuche after breakfast at tea house in Dingboche; hike will take around 5 hours to Lobuche village. Today's walk is special as we will walk on the side of the towering mountains and trail is wide and scenic. Thukla pass and memorials at the top of the Thukla pass is attraction of today. Do not miss to visit world highest Bakery at Lobuche with sun-setting at Mt. Nuptse right in front of you.

Day 8

Lobuche – Everest base camp and back to the Gorak shep for night stay.

3 hours to Gorakshep and a lunch break will continue hike to EBC after checking in guest house at Gorakshep. Hike to base camp and back to the tea house will take another 5 hours.

Do not forget to share even a single problem with us during today's hike, as 1 meter makes a lot of difference in this high altitude. Drink more and do not lose your appetite to avoid AMS and small headaches.



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Day 9

Hike uphill Kalapatthar for magnificent view of EVEREST and overnight at Lobuche. It will take 2 hours to get to the top of Kalapatthar and view of base camp and Khumbu glacier can be screened at once from the top. Kalapatthar being really close to Mt. Pumori will give great view of Pumori ice fall and Chumbu glacier on its foot. After getting back from the top of Kalapatthar, we will have breakfast and head towards Lobuche village for another adventure to Lobuche peak climbing. The journey to Lobuche follows the same trails that we too on our way up but it will take around 3 hours to get back to Lobuche Village.

Day 10

Climb up to High Camp, overnight at high camp 5650m. High camp of Lobuche is on the top of a big rock, the view of river valley seen on the side of Pheriche is awesome. Take slow steps and drink more water as you might not drink enough in tomorrow's climb. Today's trek will be approx. 7 hours to high camp. We will sleep in the tent and eat the food cooked by our kitchen staff.

Day 11

High Camp to Summit and back to Thukla 4600 meters. We will start today's adventure all the way to top, which will take approx. 8 hours to top and 5 hours down to Thukla. Climbing guide will assist your climb and he will make sure the ropes are properly anchored and everything is fixed string. From the summit you will see great view of Khumbu glacier, Everest right in front of you and many other mountains. Do not be over excited at the top, strictly follow our guide.

Day 12

Trek back from Thukla to Namche Bazar. Thukla to Namche will take approx. 8 hours. We will follow the same trail from our way up to EBC. Treat yourself at Namche, a semi civilized town in the mountain.

Day 13

Trek back from Namche bazaar to Lukla. End of the trek, usually trekkers celebrate together with the whole trekking team, guides and porters, sharing the experience. This will be the last day together with the whole team.

Day 14

Fly from Lukla to Kathmandu. After breakfast at Lukla we will catch our flight to Kathmandu in the morning. If weather favors us, we will get back to Kathmandu before noon. We will drop you to



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your hotel after arrival at Kathmandu domestic airport.
It is time to farewell you with promise to see you again.



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