

Everest Base Camp & Lobuche peak



Trip Overview

Everest Basecamp trek with climbing Lobuche East Peak (6119 Mtr) is one of the most popular highly chosen and busiest among the various trekking peaks. Lobuche Peak stands on the main trail of Mount Everest basecamp at the left top and Khumbu glacier. Before going to the highest mountains like Everest, Lhotse People climb Lobuche and other various peaks to fully acclimatize. But for Lobuche Peak climbing we the Khumbu Alpine Travel team will take you to Everest Basecamp and Kalapathar for acclimatization. Lobuche Peak is also one of the technical peaks, to say about climbing, it is a bit more challenging than Island Peak climb which is steep, technical, vertical, and rocky and one should possess some ice skills for climbing but have little bit of skills of handling ice axe and ropes can easily do summit and Khumbu Alpine Travel have trained professional climbers for our valued customers for their successful climbing, unless weather and any other element supported, we can guarantee of summit. It offers spectacular amazing views of Mount Everest, Mt Lhotse, Mt Nuptse, Mt Pumori, Mt Amadablam, and many more around with 360-degree panoramic views. After half an hour flight along the high Himalayan range take us to land at Lukla airport which is an altitude of 2860 meters. Our trip to Mount Everest basecamp and Lobuche peak climbing starts from Lukla entering the Sagarmatha National Park world heritage site. After getting to Namche Bazar known as the Capital of Khumbu our navigation moves forward to north eastern side via Tyangboche Monastery. First, our target is to Everest basecamp so the four days of trek from Tyangboche take us to Everest Basecamp, and having done with EBC and Kalapathar we follow the route to Lobuche Peak high camp which is an hour steep walk from Lobuche village. After the summit, our

mission is to get to Lukla for a flight to Kathmandu.

Gallery





Trip Itinerary

- Day 1 - Arrival in Ktm (1400 Mtr/4592 Ft) Airport , transfer to Hotel.
- Day 2 - Sight seeing in Ktm
- Day 3 - Flight to Lukla(2840 Mtr/9315 Ft) , Trek to Phakding(2610 Mtr/8560 Ft)
- Day 4 - Trek to Namche(3440 Mtr/11283 Ft)
- Day 5 - Rest Day in Namche and Acclimatization up to Khunde Peak (4100 Mtr/13448 Ft)
- Day 6 - Trek to Tyangboche (3860 Mtr/12660 Ft)
- Day 7 - Trek to Dingboche(4410 Mtr/14465 Ft)
- Day 8 - Rest Day in Dingboche or hike to Ngangkarsang Peak (5081 Mtr/16665 Ft)
- Day 9 - Trek to Lobuche (4930 Mtr/16170 Ft)
- Day 10 - Trek to Gorakshep (5160 Mtr/16925 Ft) and Day hike to EBC(5365 Mtr/17597 Ft) and back to Gorakshep
- Day 11 - To Kalapather (5545 Mtr/18188 Ft)and Trek to Lobuche(4930 Mtr/16170 Ft)
- Day 12 - Trek to Lobuche high Camp(5500 Mtr/18040 Ft)

- Day 13 - Lobuche Peak summit (6119 Mtr/20070 Ft) and trek to Pheriche(4240 Mtr/13907 Ft))
- Day 14 - Trek to Phortse (3840 Mtr/12595 Ft)
- Day 15 - Trek to Namche(3440 Mtr/11283 Ft)
- Day 16 - Trek to Lukla (2840 Mtr/9315 Ft)
- Day 17 - Flight to Kathmandu
- Day 18 - Leisure time in Kathmandu
- Day 19 - Final Departure

Cost Includes & Excludes

Includes

- All airport/hotel pick ups and drops within Nepal
- Flight Fare for both way (KTM-LUA-KTM)
- All trekking permits and Climbing Permits
- All Meals (Breakfast , Lunch and Dinner) During the trek and Climbing period
- 3 Star hotel accommodation in Kathmandu with breakfast
- Flight Fare for both way (KTM-LUA-KTM)
- All ground transportation on a comfortable vehicle as per the itinerary
- An experienced English speaking and government licensed trekking guide and Climbing guides
- All Camping Equipment for Base Camp during Climbing
- Porter Services(2 Trekkers : 1 Porter)
- Medical kit incase of Emergency
- Insurance for Nepali Staffs
- Sleeping Bag for the trek
- Welcome and farewell dinner
- Staffs Cost including their Salary, food , accomodation and equipments

Excludes

- Personal Trekking gears

- International Flight fare
- Lunch and Dinner in the city , extra night accomodation in Kathmandu in case of early arrival or late departure and early return from the trek due to any reason than the scheduled itenerary
- Any rescue cost
- Tips for Guide and Staffs
- Personal Travel and rescue insurance
- Personal expenses as phone calls, laundry , Bar, Battery charge, extra porter, shower and bottled or boiled water
- Helicopter charter flight
- Excess baggage charges (can be carried only 15 Kg including in Airfare)

Gears and equipment

- Head
 - Warm Hat
 - Cap
 - Face Mask / Muffler
- Upper Body
 - Wind stopper/Waterproof Jacket
 - Down Jacket
 - Fleece Jacket/ trousers
 - Thermol
 - T-shirts
 - Woolen gloves/Water/wind proof gloves
- Lower Body
 - Trekking Trousers(light weight long Pant)
 - Underwear
 - wind stopper/waterproof Pant
 - Fleece or woolen pants
- Feet

Thin Lightwear/heavy poly or wool Socks
Sandals
Trekking Boot
Gaiters
Spare Shoes

- Accessories

Medium Rucksack (50-70 Ltr)
Small Day Pack
Personal Medical Kit
Chapstick/Sunscreen
Water bottle
Large Duffel bag
Trekking Pole
Spare batteries for Camera and Flash Light
Hand Towel
Head lamp with extra Batteries
Sun Glasses with UV protection
Suitcase (For stored in Kathmandu hotel for not needed items for trek)

- Additional required Equipment for Climbing

Snow Goggles
Thick Socks
Gloves Water/wind proof
Gaiters
Wind Stopper Jacket and Trousers
Big Rucksack (Minimum 40 Ltr)

Faqs

1. Why to go trekking in Everest Basecamp ?

When you think Nepal, you will definitely think of world's highest mountain of the world. Trekking to everest basecamp is one of the most popular and adventures trip in the world. Every year thousands of trekkers come to see Mount Everest and to get to basecamp of Mount Everest which is life time experience trip. Once in your life time, one should visit Everest basecamp and see th Mount Everest.

2. What is the best seasons to trekking in Everest Basecamp?

In Nepal, there are four different seasons such as Spring, Summer, Autumn and winter. Spring and Autumn are most popular for trekking in Nepal. But the best season of your travel might be different as per your purpose and your suitable time for travelling in Nepal.

3. What permit do I need for the Everest basecamp trek?

For trekking in the Everest Region, you need the following permits:

Local Governments Entry fee instead of TIMS (Trekking information management system): The local government is charging Rs 2000 per person in Lukla in the entrance of Everest Basecamp Trek.

Sagarmatha National Park Entry Permit: To entry in the Sagarmatha National Park, One has to obtain the permit which cost Rs 3000+ government tax per head. the park that is home to the Mount Everest Region, you need to obtain an entry permit.

4. How safe is Everest basecamp trek?

Safety is our first concern. As we provide experienced guides and leaders for the particular trip who are well trained in the high altitude sickness, first aid, friendly attitude and ability to provide useful and important instructions. All our itineraries are designed with proper acclimatization days in order to reduce the risk of altitude sickness. In every group we provide the first aid kit bag in case of any injury and emergency.

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6. What about the flight from Kathmandu-Lukla and vice versa?

Just about 25 minutes flight from Kathmandu takes us to Tenzing Hillary airstrip in Lukla but due to some circumstances, these days the flight to Lukla are operated from Ramechhap, which is 4 hours drive from Kathmandu and 15 min by flight to Lukla. There are options to fly by helicopter directly from Kathmandu to Lukla as well, which is a bit expensive than regular flight. Sometimes the weather doesn't permit for the regular flight, then we should be compelled to hire the helicopter. The airlines companies have operated the first flight to Lukla directly from Kathmandu, so if you book your trip with us prior to 3 months, we can book the seat for direct flight.

7. Is there any internet wifi facility on the way?

After your arrival in Kathmandu airport, we recommend to buy One ncell sim card. In everest region until panboche Ncell 4G works very well. Above Panboche there is good internet facility of Everest link. There are varieties of data cards as 10 GB, 20 GB. If you purchased bigger one it works all over the khumbu and if you purchase 20 GB one it is enough for your whole trek and you can enjoy in social media, news and connect with your family friends and loved one.

8. Can I use the foreign currency and Credit cards on the way in any shop or Lodge?

You can pay by foreign currency as well, but the exchange rate will not be same as Kathmandu, so we recommend you to exchange the money in Kathmandu and take a Nepalese Rupees. In mostly lodges they accept the credit cards but sometime due to internet problem it will not be 100% guarantee.

9. What is the normal temperature in spring and Autumn season?

Spring season starts from March, but until third week of March temperature will still be cold even in day time. But actually temperature depends on weather, if weather is mild temperature ranges from 10-15 Degree Centigrade. If the weather is clear, days will be warm. After April it will be warm with sunny weather. Especially in Morning and Evening time will be little cold.

Autumn season starts from September, September will still be warm even the weather is not good. From October normally in morning and evening will be cold.

10. How difficult is Lobuche east climbing?

Lobuche peak is one of the popular peaks among the trekkers as well as expedition climbers. In spring season there will be lot of climbers from Everest expedition climber to acclimatize. Technically it is mild difficult but our expert guide are always there to support you.

11. How is lodging and fooding during the climbing period?

We have climbing crew and kitchen crew in Basecamp and Highcamp with well facilities of foods, drink. We have a single tent for each climber. We will spend maximum 2 night in highcamp, but we will summit, got back to highcamp early and if still have energy and time we try to descend down.

12. Do we need to give the tips for climbing guide and staff?

Tips is not mandatory but it is appreciation for the efforts they did for your achievement.

13. How long does it take for summit all these peaks ? How long the distance of climbing?

Actually it depends on how speed is your pace. For normal walker in Lobuche East , it takes 5-6 hours just to climb and for descending it takes maximum 3 hours. If we start by 3 AM in the morning we will be on summit around 7 AM.

The approx climbing distance is 2 KM. Distance wise it is short but after the crampon point it is steep climbing about 800 Meter.