



# Lobuche East

Lobuche East (6119m) is located in the world famous Khumbu region of Nepal and is considered one of the more technically demanding trekking peaks in Nepal. Our route will take us over varied mixed terrain via fixed lines. Lobuche consists of two different summits, east and west with the heights of 6,119m and 6,145m respectively. A continuous rim ties them but there is a sharp gap and a considerable distance between these two summits. The east is recognized as a trekking peak whereas the west is identified as an expedition. The first to scale Lobuche East was Laurence Nielson and Ang Gyaljen Sherpa on 25th April 1984.

## Itinerary

**Day 1:** Trek briefing and preparation.

**Day 2:** Fly from Kathmandu to Lukla (2886m), approximately 30 minutes and trek to Phakding (2640m)

**Day 3:** Trek from Phakding to Namche Bazaar (3440m)

**Day 4:** Acclimatisation day in Namche Bazaar.

**Day 5:** Trek from Namche Bazaar to Tengboche (3870m)

**Day 6:** Trek from Tengboche to Dingboche (4410m)

**Day 7:** Rest at Dingboche for acclimatisation

**Day 8:** Trek from Dingboche to Lobuche (4910m)

**Day 9:** Trek from Lobuche to Gorakshep (5160m) and then on to Base Camp (5486m)

**Day 10:** Trek from Gorakshep to Kalapatthar (5545m) for sunrise and down to Lobuche (4910m)

**Day 11:** Trek from Lobuche to Lobouche East Base Camp (4950m)

**Day 12:** Trek from Base Camp to High Camp (5400m)

**Day 13:** Summit Lobuche East (6119m) and back to Base Camp

**Day 14:** Summit contingency day

**Day 15:** Trek Base Camp to Pheriche (4243m)

**Day 16:** Trek Pheriche to Tengboche (3870m)

**Day 17:** Trek Tengboche to Monjo (2810m)

**Day 18:** Trek Monjo to Lukla (2886m)



**Day 19:** Early morning flight back to Kathmandu

## Costs

Please contact [info@himalayanquests.com](mailto:info@himalayanquests.com) for costs and further information.

## Notes

- >> The trek itinerary is a guide only and may be subject to change at short notice
- >> **Basic mountaineering experience is required for this trip, as you will need to climb roped up and with crampons**
- >> **Your safety and enjoyment is our utmost priority. If you have any questions whatsoever, please do not hesitate to email: [info@himalayanquests.com](mailto:info@himalayanquests.com)**

