

## Overview

**Everest base camp trek and Lobuche Peak Climbing** a moderately challenging endeavor, yet rewarding with amazing views of Everest, Lhotse, Ama Dablam, Nuptse, and Pumori. The peak is ideal for climbers who want to improve their skills as the path consist of steep slopes of snow and ice which requires effective techniques. Everest Base Camp Trek is a highly recommended route which takes on high viewpoints and passes that acclimatizes for the peak climbing.

**Everest Base Camp Trek and Lobuche(Lobuje )Peak climbing** the start at Lukla after a short flight of about 40 minutes. We slowly gain elevation passing through Phakding on to Namche Bazaar, a highly facilitated area in the Everest region. After stopping a day here for acclimatization, we move on to Tengboche and to another Sherpa village of Dingboche where we stop again for acclimatization. We climb higher to Lobuje and move through Gorak Shep to the Everest Base Camp. After spending a night back in Gorak Shep, we get back through the same route to Kalapathar which bestows breathtaking views of Everest, the best in the journey. Climbing to Kalapathar(5545m) also acclimatizes us for peak climbing. We move back to Lobuje and then head to the Lobuje Base Camp and then to the High camp from where we submit the Lobuje. The climb is strenuous and technical but equally rewarding with magnificent views from the top.

## Itinerary Details

### Day 01 : Arrival in Kathmandu 1350m.

You will be welcomed by Halesi Treks at Tribhuvan International Airport upon your arrival, then transferred to hotel. brief you on the trips. Overnight at Hotel.

### Day 02 : Fly to Lukla & Trek to Phakding 2652m. 40 Minutes flight and 3/4 hours trek.

A spectacular flight and hair-raising landing on a steep mountain runway bring us to the start of our trek at the village of Lukla 2850m. After meeting the crew, we head up the Dudh Kosi Valley on a well- marked trail to our first camp near the river at Phakding. overnight at guesthouse.

### Day 03 : Trek to Namche 3440m.5/6 hours trek.

From Phakding, we cross and re-cross the river on high suspension bridges. Beyond Monjo is the entrance to the Sagarmatha National Park which was set-up in order to protect and preserve this fragile mountain environment. then climb to Namche and along the way, if the weather is clear, catch a first glimpse of Mt Everest in the distance. Namche is the main trading village in the Khumbu and has a busy Saturday local market .overnight at a guesthouse.

**Day 04 : Rest day in Namche 3440m.**

Namche has tucked away between two ridges amidst the giant peaks of the Khumbu and has an abundance of lodges, tea shops, and souvenir shops as well as a magnificent outlook. It is an ideal place to spend a rest day, acclimatizing to the new altitude before heading off towards EBC. There are also good views from the national park center and museum just above the Namche Bazer. overnight at guesthouse.

**Day 05 : Trek to Tengboche Monastery 3860m.5/6 hours trek.**

The Trek continues along the rushing glacial waters of the Dudh Kosi with magnificent views of the mountains. We trek to an altitude of 3860m.today. On reaching Tengboche you will see the local monastery. Inside the monastery are incredibly ornate wall hangings, a 20-foot Sculpture of Buddha, and the musical instruments and robes of the Lamas. The group will be taken to observe a prayer ceremony either in the evening or morning depending on how the days trekking went. overnight at guesthouse.

**Day 06 : Trek to Dingboche 4350m.4/5 hours trek.**

Our uphill trek continues, taking us to the quaint traditional Sherpa village of Dingboche with its exquisite views of Lhotse, Island Peak, and Ama Dablam. We take our time so we avoid getting affected by the altitude. Overnight at guesthouse.

**Day 07 : Rest day explore to the Chhukung village 4710m.**

Today you can enjoy another day for acclimatization. We will have a trip to Chhukung valley via the Imja Khola to get a marvelous view of the surrounding mountains, especially Lhotse's massive south wall, then return to Dingboche .overnight at a guesthouse.

**Day 08 : Trek to Lobuche 4910m.5/6 hours trek.**

We trek up to Thukla. Thukla is at the bottom of the hill and has good views of Cholaste and Lobuche peak. We pass by stone memorials for climbers who have perished on nearby summits. We continue to climb as we are heading to the altitude of 4910 meters. Overnight at guesthouse.

**Day 09 : Trek to Gork shep 5181m.6/7 hours trek.**

While enduring a climb of approximately three hours and arriving at Gorak Shep. After the lunch trek to Everest Base Camp 5365m.then back to Gorak Shep 5181m. This is another big and difficult day walk along the Khumbu Glacier and up to Everest Base Camp at 5365meters. the closest you can get to Mt. Everest without mountaineering equipment. The view of the Khumbu Icefall from Base Camp is spectacular. We return back to Gorak Shep. overnight at guesthouse.

**Day 10 : Hike up to Kalapattar 5550m. Early in the morning and trek to Lobuche High Camp (5,400m. 5/6 hours trek.**

we trek towards Lobuche base camp. After walking some distance on relatively flatter plane, the path to the Lobuche Base Camp gets steeper and rocky. We move forward along the Lobuche Glacier while enjoying great views of Ama Dablam, Cholatse, Pokalde, Thamserku, Kantega and other Himalayas. From the base camp, we continue on a rocky moraine path to reach the High Camp. After reaching there, we set up our camp. For the climb, we usually will be climbing on rock surface for up to around 5770m. After that, we climb on ice and use ropes when necessary. However, the use of the rope and the length depends upon the season and the crevasses. Fixed rope is used most of the times whereas man rope is used when required. The climbing leaders will decide what is best for when. Overnight at Tent camp.

**Day 11 : Rest day and Pre- Climb Training:**

Our guides will provide training on peak climbing techniques and the proper ways of using climbing gears such as the ice axe, climbing boots, and crampons, harness, ascender, etc. The training will also include using ropes to go up and down. We strongly believe that the training experience will boost your confidence and climbing skills to increase the chances of scaling the summit as well as to fully enjoy the experience. Overnight at tent camp.

**Day 12 : Lobuche High Camp to Summit (6119m. and back to High Camp: 8/10 hours.**

We wake up early today at around 2 to 3 am and have our breakfast before beginning our climb. It is important we reach the summit before noon because in the afternoon the strong winds in the high lands might become a barrier for a successful summit. We will most likely be walking on rock surface up to around 5700m after which we climb on ice. We use both fixed rope and man rope as per our leader's instruction. Lobuche East offers more panoramic views of the mountains than any other trekking peak. From the summit, you get to enjoy magnificent views of Everest, Lhotse, Nuptse, Ama Dablam, Cholatse, Pumori, and many more. We spend some time at the summit celebrating and taking pictures, then we get back to the High Camp. Overnight at Tent camp.

**Day 13 : Lobuche High Camp to Pangboche (3930m. 8/9 hours.**

After taking our morning breakfast, we trek downhill from Lobuche High Camp and join the Everest Base Camp route at Thukla again. On the way to Pheriche, we get to enjoy magnificent views of Mt. Ama Dablam in the distance. From Pheriche, we continue to Pangboche. We trek down through the hillside blanketed by rhododendron and juniper trees. If it's spring, pink and red rhododendron flowers ablaze our surroundings. Overnight at guesthouse.

**Day 14 : Pangboche to Namche Bazaar: 4-5 hours.**

From Pangboche, we retrace our steps down to the Imja Khola and up through the forest to Tengboche. After lunch at Tengboche, we continue through the hillside by rhododendron and juniper trees. After crossing the bridge over the Dudh Koshi River, our trail follows the Dudh Koshi gorge descending rapidly through the pine forests before reaching Sansa. while passing through the forest. After passing a chorten. Overnight at guesthouse.

**Day 15 : Namche Bazaar to Lukla: 6/7 hours.**

The trail descends steeply downward so we need to walk cautiously as our shaky legs continuously battle the rocky terrain. After crossing the suspension bridges over the fast flowing Dudh Koshi and its tributaries, the trail becomes more level and natural. this your last night in mountain areas we will celebrate the last day party with guide and porters. Overnight at hotel.

**Day 16 : Fly to Kathmandu**

we catch an early morning flight to Kathmandu after our long mountain journey. After reaching Kathmandu, we can take a rest or do some souvenir shopping. Overnight at Hotel.

**Day 17 : Final departure**

drop you off at the Tribhuvan International Airport in Kathmandu 3 hours before your scheduled flight.