



Lobuche East Peak Climb

Everest Base Camp Trek

Nepal Trail Circle

Daily Itinerary

This itinerary provides a detailed day-by-day schedule for your Lobuche East Peak Climb with Everest Base Camp trek. Please note that this is a sample itinerary, and actual days may vary depending on weather conditions and acclimatization needs.

Lobuche East (6,119 m/20,076 ft) is one of the most popular trekking peaks in the Everest region, offering an exciting combination of classic high-altitude trekking and alpine climbing. Following the iconic Everest Base Camp route, the journey allows gradual acclimatization through Sherpa villages, monasteries, and dramatic glacial landscapes before transitioning into a true mountaineering experience. The summit climb involves snow slopes and fixed ropes, rewarding climbers with breathtaking panoramic views of Everest, Lhotse, Nuptse, Ama Dablam, and the surrounding Himalayan giants. With proper preparation, acclimatization, and experienced guide support, this expedition delivers both the achievement of reaching Everest Base Camp and the thrill of standing atop a 6,000-meter Himalayan peak.

Day 1: Arrival in Kathmandu (1,400 m/4,593 ft).

Day 2: Preparation and gear check in Kathmandu.

Day 3: Fly to Lukla (2,860 m/9,383 ft) and trek to Phakding (2,610 m/8,562 ft).

Day 4: Trek from Phakding (2,610 m/8,562 ft) to Namche Bazaar (3,440 m/11,286 ft).

Day 5: Acclimatization day in Namche Bazaar (3,440 m/11,286 ft).

Day 6: Trek from Namche Bazaar (3,440 m/11,286 ft) to Tengboche (3,860 m/12,664 ft).

Day 7: Trek from Tengboche (3,860 m/12,664 ft) to Dingboche (4,410 m/14,468 ft).

Day 8: Acclimatization day in Dingboche (4,410 m/14,468 ft).

Day 9: Trek from Dingboche (4,410 m/14,468 ft) to Lobuche (4,910 m/16,108 ft).

Day 10: Trek from Lobuche (4,910 m/16,108 ft) to Gorakshep (5,140 m/16,863 ft) and hike to Everest Base Camp (5,364 m/17,598 ft).

Day 11: Hike to Kala Patthar (5,550 m/18,208 ft) and trek down to Pheriche (4,240 m/13,910 ft).

Day 12: Trek from Pheriche (4,240 m/13,910 ft) to Lobuche (4,910 m/16,108 ft) to prepare for Lobuche East.

Day 13: Trek from Lobuche (4,910 m/16,108 ft) to Lobuche East Base Camp (~5,100 m/16,732 ft).

Day 14: Trek from Lobuche East Base Camp (~5,100 m/16,732 ft) to Lobuche High Camp (~5,500 m/18,045 ft).

Day 15: Summit Lobuche East (6,119 m/20,076 ft) and return to High Camp (~5,500 m/18,045 ft) or Base Camp (~5,100 m/16,732 ft).

Day 16: Rest and recovery at Lobuche (~4,910 m/16,108 ft).

Day 17: Trek from Lobuche (~4,910 m/16,108 ft) to Dingboche (4,410 m/14,468 ft).

Day 18: Trek from Dingboche (4,410 m/14,468 ft) to Namche Bazaar (3,440 m/11,286 ft).

Day 19: Trek from Namche Bazaar (3,440 m/11,286 ft) to Lukla (2,860 m/9,383 ft).

Day 20: Fly from Lukla (2,860 m/9,383 ft) to Kathmandu (1,400 m/4,593 ft).

Day 21–22: Buffer / contingency days in Kathmandu or optional sightseeing.

Highlights

- Trek through the classic Everest Base Camp route via Namche Bazaar, Tengboche, Dingboche, Lobuche, and Gorakshep.
- Visit Tengboche Monastery, the largest in Khumbu, with stunning Ama Dablam views.
- Witness the breathtaking sunrise from Kala Patthar (5,550 m/18,208 ft) with panoramic views of Everest, Lhotse, Nuptse, and surrounding peaks.
- Reach Everest Base Camp (5,364 m/17,598 ft), the ultimate adventure destination for trekkers and mountaineers.
- Summit Lobuche East (6,119 m/20,076 ft), a technical trekking peak offering dramatic Himalayan vistas.
- Experience Sherpa culture, traditional villages, and high-altitude Himalayan landscapes.

- Opportunity to combine trekking, acclimatization, and mountaineering experience in one expedition.
- Flexible buffer days for weather, acclimatization, or extra exploration.

Essential Packing List

Clothing:

- Base layers: Moisture-wicking thermal tops and bottoms.
- Mid layers: Fleece jacket or insulated pullover.
- Outer layers: Waterproof and windproof shell jacket and pants.
- Insulating layers: Down jacket for high camps and summit push.
- Trekking pants: Lightweight, quick-dry pants; thermal leggings for cold days.
- T-shirts: Quick-dry, short or long sleeve for daytime trekking.
- Gloves: Lightweight trekking gloves and insulated gloves for summit/high camps.
- Hat and beanie: Sun hat for daytime, warm beanie for mornings/evenings.
- Buff / neck gaiter / scarf: For sun, wind, and dust protection.
- Socks: Moisture-wicking trekking socks, plus warm socks for high altitudes.
- Underwear: Quick-dry for comfort and washing.
- Sleepwear: Comfortable clothing for lodges or high camp tents.
- Gaiters: Optional, for snow or muddy sections.

Gear:

- Trekking boots (well-broken-in, ankle support).
- Daypack (25–35 L) for daily essentials.
- Duffel bag (60–80 L) for base camp / porter.
- Trekking poles (recommended for steep or icy sections).
- Water bottles / hydration system (3–4 L).
- Headlamp with spare batteries.
- Sunglasses (UV 400) and sunscreen SPF 50+.
- Lip balm with SPF.
- Personal first aid kit (painkillers, blister pads, bandages).
- Snacks for high-altitude days.

Climbing / Summit Gear (Often Hireable at Base Camp):

- Mountaineering boots (for high camp and summit).
- Crampons compatible with boots.
- Harness, helmet, and ice axe.
- Ascenders (Jumar) and carabiners.
- Sleeping bag rated for -20 °C to -30 °C.
- Glacier glasses / goggles.

Altitude Information

The climb involves ascending to extreme high-altitude zones where oxygen levels are significantly lower, making careful acclimatization and gradual progress essential to prevent altitude-related illnesses.

Key Altitudes:

- Kathmandu: 1,400 m / 4,593 ft

- Lukla: 2,860 m / 9,383 ft
- Phakding: 2,610 m / 8,562 ft
- Namche Bazaar: 3,440 m / 11,286 ft
- Tengboche: 3,860 m / 12,664 ft
- Dingboche: 4,410 m / 14,468 ft
- Lobuche: 4,910 m / 16,108 ft
- Gorakshep: 5,140 m / 16,863 ft
- Everest Base Camp: 5,364 m / 17,598 ft
- Kala Patthar: 5,550 m / 18,208 ft
- Pheriche: 4,240 m / 13,910 ft
- Lobuche East Base Camp: ~5,100 m / 16,732 ft
- Lobuche High Camp: ~5,500 m / 18,045 ft
- Lobuche East Summit: 6,119 m / 20,076 ft

Acclimatization Tips:

- Ascend gradually and avoid rapid gains in altitude.
- Follow “climb high, sleep low” whenever possible.
- Take regular rest days at key stops such as Namche Bazaar, Dingboche, and Lobuche.
- Drink plenty of water (3–4 L per day) to stay hydrated.
- Avoid alcohol and smoking during the trek.
- Eat a high-calorie diet to maintain energy at high altitudes.
- Listen to your body and rest if you feel symptoms of altitude sickness (headache, nausea, fatigue, dizziness).
- Be prepared to descend immediately if symptoms worsen.
- Acclimatization hikes to nearby ridges from Namche, Dingboche, and Lobuche Base Camp are highly recommended.

Safety Tips

- Stay hydrated: Drink at least 3-4 liters of water per day.
- Pace yourself: Walk slowly and steadily to conserve energy and avoid overexertion.
- Monitor for symptoms of altitude sickness: Headache, nausea, dizziness, and shortness of breath are common symptoms. Descend immediately if symptoms worsen.
- Be aware of weather conditions: Mountain weather can change rapidly. Be prepared for sudden changes in temperature and precipitation.
- Protect yourself from the sun: Wear sunscreen, sunglasses, and a hat to protect yourself from the intense UV radiation at high altitudes.
- Respect local customs: Dress modestly and be mindful of local traditions and beliefs.

Contact Information

Nepal Trail Circle

Address: Suite 4, Level 5, 241 Adelaide Street, Brisbane City 4000 QLD

Phone: +61 412 267 259

Email: info@nepaltrailcircle.com.au

Website: www.nepaltrailcircle.com.au

Summary

The Lobuche East with Everest Base Camp trek is a classic Himalayan expedition that combines the iconic Everest Base Camp trek with a challenging high-altitude summit. Trekkers traverse scenic Sherpa villages, rhododendron forests, and glacial landscapes while acclimatizing at Namche Bazaar, Dingboche, and Lobuche. Highlights include the panoramic sunrise from Kala Patthar, the bustling Everest Base Camp, and the summit of Lobuche East (6,119 m/20,076 ft), offering breathtaking views of Everest, Lhotse, Nuptse, and Ama Dablam. The trek requires careful acclimatization, high-quality clothing and gear, and experienced guide support to safely navigate high-altitude terrain. With proper preparation, it provides a unique combination of adventure, culture, and Himalayan grandeur, making it one of Nepal's most rewarding trekking peak experiences.