14 PEAKS EXPEDITION

LOBUCHE X ISLAND PEAK EXPEDITION

Explore, ascend, and reach new heights with our expert-guided mountaineering expeditions.

COUNTRY
Nepal

ACTIVITY
Peak Climbing

ACCOMMODATION
B|L|D

WALKING
5-6 hrs

MAX ALTITUDE
6,189
m

DURATION
20
Days

DIFFICULTY
Challenging
Difficult

BEST SEASON
Spring, Autumn

Overview

The **Lobuche & Island Peak Expedition** combines two exceptional 6,000m Himalayan ascents into one rewarding high-altitude journey. Climb Lobuche at 6,119m and Island Peak at 6,189m, gaining essential experience in altitude, climbing techniques, and expedition discipline—an ideal progression toward future Everest and 8,000m objectives.

Designed as an 20-day fully supported expedition, the journey blends professional Sherpa support, premium accommodation, quality meals, medical backup, and carefully planned acclimatization. From Kathmandu through the Khumbu Valley to both summits, every stage is managed with comfort, safety, and high-altitude preparation in focus.

Services

INCLUDES

- **1. ARRIVAL AND DEPARTURE** – Airport - Hotel transfers – Airport (Pick Up and Drop), by Tourist vehicle.
- **2. HOTEL ACCOMMODATION IN KATHMANDU** – 4 nights hotel in Kathmandu (5-star category) - on single room basis (B & B plan).
- **3. WELCOME DINNER** – One welcome dinner in a tourist standard restaurant in KATHMANDU with office staff.
- **4. PERMIT** – All necessary permits for Lobuche and Island Peak climbing, Sagarmatha National Park, TIMS, and municipality entry.
- **5. BASE CAMP & HIGH CAMP LOGISTICSE** – Tents, cook, toilet facilities, group climbing equipment, and support staff at Base Camp and High Camp.
- **6. INSURANCE** – Medical & Emergency rescue insurance for all involved Nepalese staff during the trek.
- **7. DUFFLE BAG** – One 120L 14 Peaks Expedition’s duffle bag (Caps/t-shirt/neck warmer).
- **8. MEMBER TRANSPORTATION** – Heli (Sharing Basis) transportation between Kathmandu and Lukla and back including equipment transport via air cargo and porters.
- **9. MEMBER LUGGAGE** – Up to 15 Kg per member for personal baggage during the trek to be carried by porters. (1 porter: 2 members)

- **10. FOOD AND LODGING** – Food 3 meals a day (including tea and coffee) and accommodation at Hotel/Lodge/Tea house during the trek.
- **11. Trekking/Clilmbing Guide** – Local government licensed guides (English speaking) during the trek and climbing , assistant guides and necessary porter during the trek.
- **12. STAFF SALARY AND ALLOWANCE** – All Nepalese staff & porters' daily wages, salary, equipment, foods & clothing.
- **13. MEDICAL SERVICE** – Comprehensive medical kit for members and staff.

EXCLUDES

- **1. AIR FARE** – International flight airfare (from and to Kathmandu).
- **2. NEPAL ENTRY VISA FEE** – Nepalese visa fee is $50 USD for 30 Days or ($125 for 90 days).
- **3. LUNCH & DINNER** – In case of early return from trekking than the scheduled itinerary.
- **4. EXTRA NIGHT IN KATHMANDU/LUKLA** – In case of early arrival or late departure, early return from trekking or domestic flight cancellation (due to any other reason) than the scheduled itinerary.
- **5. INSURANCE POLICY** – Insurance to cover both medical and high-altitude evacuation costs (If incase for the trip cancellation, high-altitude rescue & air evacuation, medical treatment, etc.) Mandatory: Please send us a copy of your insurance policy before your arrival.
- **6. PERSONAL EXPENSES** – Clothing, packing items, personal medical kit, personal trekking/climbing gears and eguipment, telephone Calls, internet, toiletries, battery recharge, hot shower, laundry, soft drinks, alcoholic beverages.
- **7. FILMING** – Special filming, camera, and drone permit fee.
- **8. INTERNET SERVICE** – Not included during the trek and expedition.
- **9. TIPS** – For guide, assistant guides and porters(Minimum USD 500 Summit Bonus)
- **10. EXTRA** – Any services or activities, which are not mentioned in the itinerary and not listed in the "Cost Includes" section.

Itinerary

Days	Date	Program	Altitude	Meals	Accommodation	Description
01	—	Arrive in Kathmandu & hotel transfer	1,400 m	B	5? Hotel	
02	—	Rest, briefing, shopping & expedition preparation. Welcome dinner	1,400 m	B	5? Hotel	
03	—	Kathmandu to Lukla by heli Flight and Trek to Phakding.	2,610 m	B|L|D	Lodge	
04	—	Trek Phakding ? Namche Bazaar	3,440 m	B|L|D	Lodge	
05	—	Acclimatization hike to Everest View Hotel (3,850m) ? back to Namche	3,440 m	B|L|D	Lodge	
06	—	Trek Namche Bazaar ? Tyangboche Monastery ? Deboche	3,820 m	B|L|D	Lodge	
07	—	Trek Deboche ? Dingboche	4,410 m	B|L|D	Lodge	
08	—	Acclimatization hike to 4,900m ? back to Dingboche (rest day)	4,410 m	B|L|D	Lodge	
09	—	Trek Dingboche ? Lobuche Village	4,940 m	B|L|D	Lodge	
10	—	Trek Lobuche ? High Camp	5,400 m	B|L|D	Tent	

Days	Date	Program	Altitude	Meals	Accommodation	Description
11	—	Lobuche Summit with professional Sherpa guide. Return to High Camp or continue to Dingboche if strong	6,119 m	B|L|D	Tent	
12	—	Contingency Day	6,119 m	B|L|D	Tent	
13	—	Trek Pheriche ? Chhukung	4,730 m	B|L|D	Lodge	
14	—	Trek Chhukung ? Island Peak Base Camp	5,100 m	B|L|D	Tent	
15	—	Island Peak Summit with professional Sherpa guide. Return to Dingboche	6,189 m	B|L|D	Lodge	
16	—	Trek back to Namche Bazaar	3,440 m	B|L|D	Lodge	
17	—	Trek Namche ? Lukla	2,840	B|L|D	Lodge	
18	—	Fly Lukla ? Kathmandu by Heli flight	1,400 m	B	5? Hotel	
19	—	Contingency Day	1,400 m	B	5? Hotel	
20	—	Final Departure	-	-	-	

Gear List

Use the interactive checklist at: **https://checklist-14peaks.pages.dev/6000m_checklist**

Travel Documents

- Valid Passport
- Debit/Credit Card
- PP Size Photos(4 Pieces)
- Insurance Paper/Certificate
- Emergency Contact Details

Medicine / First Aid Kits

- Paracetamol 500 mg
- Ibuprofen 400mg
- Oral Rehydration Salts (ORS)
- Loperamide
- Electrolyte tablets
- Cetirizine
- Omeprazole
- Antacid Tablets
- Cough Lozenges
- Lubricating Eye Drops
- Antiseptic Wipes
- Blister Plasters
- Acetazolamide (Diamox) 250 mg
- Dexamethasone 4 mg
- Nifedipine 30mg
- Aspirin 300mg
- Ondansetron 4 mg

Upper Body

- Thermal Base Layer
- Fleece Jacket
- Gore Tex Jacket
- Warm Jacket
- Wind Proof Jacket
- Heavy Down Jacket
- Cotton T-Shirt
- Light Down Jacket
- Dry-Fit Tshirt

Lower Body

- Thermal Base Layer
- Fleece Trouser
- Gore Tex Pant
- Heavy Weight Pant
- Mid Weight Pant
- Trekking Pant
- Under Wear
- Down Pant
- Gaiters for Trekking Boots

Foot Wear

- Summit Boot - 8000m
- Normal Socks
- Summit Socks
- Trekking Shoes
- Sport Shoes
- Camp Booties
- Slippers
- Warm Climbing Socks
- Liner Socks

Hand

- Thin Fleece Gloves
- Wind Stopper Gloves
- Heavy Gloves(Guide)
- Summit Gloves

Head

- Glacier Glasses (Polarized UV Protection)
- Sun Cap
- Desert Cap
- Fleece Hat/Warm Hat
- Neck Gaiter
- Snow Goggles (UV Protection)
- Balaclava

Sun Stuff

- Sunscreen
- Lip Guard (SPF)
- Moisturizer

Eating & Drinking

- Water bottle
- Thermos

Toiletries

- Toothbrush
- Towel
- Wet Wipes
- Toothbrush
- Shampoo
- Body Lotion

Sleeping Stuffs

- Sleeping Bag
- Down Sleeping Bag
- Therm-a-Rest Mattress
- Sleeping Bag Liner
- Inflatable Pillow

Bag Packs

- Rucksack 35L-50L
- Duffle Bag
- Dry Bags

Miscellaneous

- Pocket Knife
- Nail Cutter
- Umbrella/Rain Coat
- Hot Water Bag
- Pee Bottle
- Tenacious Tape Repair
- Altimeter Watch
- Satellite Phone(Optional)
- GPS Tracker
- Power Bank
- Camera

Climbing Equipment

- Climbing Boot -6000m
- Trekking Pole
- Ice Tool/AXE
- Crampons
- ATC GUIDE
- Unlock Carabiner
- Jumar/Ascender
- Locking Carabiner
- Head Light
- Tape Sling
- Summit Down Suit
- Climbing Harness
- Climbing Helmet