14 PEAKS EXPEDITION

Lobuche Peak Climbing 2026

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

COUNTRY
Nepal

ACTIVITY
Peak Climbing

ACCOMMODATION
Hotel/Lodge/Tent

WALKING
4-6hrs

MAX ALTITUDE
6,476
m

DURATION
17
Days

DIFFICULTY
Easy
Difficult

BEST SEASON
Spring, Autumn

Overview

Lobuche Peak (6,119m) is one of Nepal's most popular trekking peaks, located in the Khumbu region of the Everest massif. Sitting in the shadow of giants like Everest, Lhotse, and Nuptse, it offers an extraordinary mountaineering experience without demanding the extreme technical skills of an 8,000m climb.

The peak has two summits — **Lobuche East** (6,119m) and **Lobuche West** (6,145m), with the East summit being the more commonly climbed of the two. It is considered an ideal introduction to high-altitude climbing, attracting both seasoned mountaineers and ambitious trekkers looking to step beyond base camp trekking.

The approach to Lobuche follows the legendary **Everest Base Camp trail**, passing through iconic Sherpa villages like Namche Bazaar, Dingboche, and Gorakshep — making the journey to the summit just as rewarding as the climb itself.

From the top, climbers are rewarded with breathtaking 360° panoramic views of some of the world's highest peaks, including Everest, Makalu, Cho Oyu, and the sweeping Khumbu Glacier below.

Climbed in **autumn or spring**, Lobuche Peak is a true bucket-list adventure for anyone passionate about the mountains.

Experts

- Tashi Lakpa Sherpa
- Nima Rinji Sherpa
- Dinesh Rai
- Phurkitar Sherpa

Services

INCLUDES

- **1. Transportation & Logistics** – Your journey begins with private airport transfers between Tribhuvan International Airport and your hotel in Kathmandu. The expedition includes domestic flights between Kathmandu/Ramechhap and Lukla (subject to seasonal operations), together with the transportation of all expedition equipment from Kathmandu to Lukla by air cargo and onward to Lobuche Base Camp by porters and yaks. The same logistical support is provided for the return journey. Each member is entitled to 25 kg of personal luggage, which will be transported by porters throughout the trek.

- **2. Accommodation** – The package includes three nights' accommodation in a carefully selected 4-star hotel in Kathmandu on a twin-sharing, bed and breakfast basis. During the trek, members stay in comfortable mountain lodges and tea houses before moving into our professionally managed Base Camp. Shared high-altitude expedition tents are provided during the climbing phase to ensure a safe and comfortable stay on the mountain.
- **3. Meals & Beverages** – Three freshly prepared meals each day (breakfast, lunch, and dinner), including tea and coffee, are provided throughout the trek and climbing period. Our experienced expedition kitchen serves nutritious meals using fresh vegetables, meat, and seasonal produce to support high-altitude performance, while boiled drinking water is provided during the expedition.
- **4. Permits & Government Fees** – All necessary climbing permits and government fees are included, including the Lobuche East Peak Climbing Permit issued by the Nepal Mountaineering Association (NMA), the Sagarmatha National Park Entry Permit, the Khumbu Pasang Lhamu Rural Municipality Permit, along with all required environmental, garbage management, and administrative fees.
- **5. Staff & Climbing Support** – Your climb is supported by an experienced Government Licensed Climbing Sherpa on a 1:1 ratio from Base Camp to the summit and back. The expedition is further supported by experienced Base Camp managers, professional cooks, kitchen staff, and porters. All staff salaries, accommodation, meals, insurance, clothing, and equipment are fully covered by 14 Peaks Expedition.
- **6. Expedition Equipment & High Camp Logistics** – A fully equipped Base Camp and professionally established high camp provide everything required for a successful climb. This includes high-altitude tents, cooking equipment, EPI gas, high-altitude meals, fixed and dynamic ropes, group climbing equipment, and route fixing by experienced Sherpas. Every member also receives a complimentary 14 Peaks Expedition 150L Duffle Bag.
- **7. Safety & Communication** – Prior to the climb, members receive comprehensive instruction covering fixed rope techniques, crampon use, ice axe skills, ladder crossing, and climbing equipment. Comprehensive medical kits are available throughout the expedition, while walkie-talkies provide communication between Base Camp and the climbing team. Regular weather forecasts from Meteotest (Bern, Switzerland) help ensure safe summit planning. Emergency oxygen, masks, and regulators are also available at Base Camp if required.
- **8. Insurance** – Medical and emergency rescue insurance is provided for all Nepalese expedition staff involved throughout the trek and climbing period.
- **9. Hospitality** – Enjoy a welcome dinner in Kathmandu with the 14 Peaks Expedition team before the start of your adventure, providing an opportunity to meet your guides, review the expedition, and prepare for the climb.
- **10. Certification** – Upon successfully summiting Lobuche East Peak (6,119m), climbers will receive an official Lobuche East Peak Climbing Certificate issued by the Nepal Mountaineering Association (NMA).

EXCLUDES

- **1. International Travel & Entry Requirements** – The expedition fee does not include international airfare to and from Kathmandu or the Nepal Entry Visa fee. Visitors can obtain a visa upon arrival at Tribhuvan International Airport or through the Nepalese Embassy in their respective country.
- **2. Accommodation & Meals in Kathmandu** – Lunch and dinner during your stay in Kathmandu are not included. Additional hotel accommodation and meals resulting from early arrival, late

departure, itinerary changes, personal preferences, or domestic flight delays and cancellations are also excluded.

- **3. Personal Travel Insurance** – Comprehensive personal travel insurance is mandatory and must include coverage for high-altitude trekking and climbing, emergency helicopter evacuation, medical treatment, rescue, repatriation, trip cancellation, and trip interruption. A copy of your insurance policy must be submitted before your arrival in Nepal.
- **4. Personal Expenses** – Personal expenses such as telephone calls, internet access, battery charging, laundry services, hot showers, bottled beverages, alcoholic drinks, snacks purchased outside the expedition meal plan, souvenirs, and any other items of a personal nature are not included.
- **5. Personal Climbing Equipment & Special Permits** – Personal trekking and climbing equipment, including clothing, mountaineering boots, crampons, harness, helmet, ice axe, ascender, sleeping bag, backpack, personal medical kit, and other technical gear, are not included. Fees for special filming permits, professional camera equipment, and drone permits are also the responsibility of the participant.
- **6. Summit Bonus & Staff Gratuities** – A minimum summit bonus of USD 500 for your personal Climbing Sherpa upon a successful ascent is not included. Gratuities for Base Camp staff, kitchen crew, porters, and expedition support staff are customary, with a recommended minimum contribution of USD 250 per member.
- **7. Additional Services** – Any services, activities, equipment, transportation, or expenses not specifically mentioned under the "What's Included" section, including costs arising from itinerary changes, personal requests, or circumstances beyond the control of 14 Peaks Expedition, are excluded.

Itinerary

Days	Date	Program	Altitude	Meals	Accommodation	Description
1	20 October 2026	Arrival in Kathmandu (1,400m)	1400m	B	Hotel	our adventure begins with a warm welcome at Tribhuvan International Airport in Kathmandu. Our team will transfer you to your hotel, where you can relax and acclimate to the city's altitude. This day is set aside for rest and preliminary preparations for the journey ahead
2	21 October 2026	Rest and Preparation in Kathmandu	1400m	B	Hotel	Spend the day finalizing gear and attending an expedition briefing. This comprehensive session covers logistics, safety protocols, and the climbing itinerary. It's also a great time to meet fellow climbers and align your focus on the challenge ahead
3	22 October 2026	Kathmandu to Lukla by Helicopter and Trek to Phakding	2600m	B/L/D	Lodge	
4	23 October 2026	Phakding to Namche Bazaar	3440m	B/L/D	LODGE	

Days	Date	Program	Altitude	Meals	Accommodation	Description
5	24 October 2026	Acclimatization day at Namche. Hike to Hotel Everest View (3850m) and back to Namche Overnight	3440m	B/L/D	LODGE	
6	25 October 2026	Trek from Namche Bazar to Diboche	3800m	B/L/D	LODGE	
7	26 October 2026	Trek from Diboche to Dingboche	4410m	B/L/D	LODGE	
8	27 October 2026	Acclimatization day at Dingboche. Hike up to 5000m and back to Dingboche Overnight	4410m	B/L/D	TENT	
9	28 October 2026	Dingboche to Lobuche	4900m	B/L/D	TENT	
10	29 October 2026	Trek from Lobuche to Gorakshep and Kalapatther. Overnight Gorakshep	5164m	B/L/D	TENT	
11	—	Gorakshep to EBC and back to Lobuche	—	B/L/D	LODGE	
12	—	Lobuche to Lobuche High Camp	—	B/L/D	LODGE	
13	—	High Camp to Summit and Back to Pheriche	—	B/L/D	LODGE	
14	—	Pheriche to Namche	—	B/L/D	LODGE	
15	—	Namche to Lukla	—	B/L/D	HOTEL	
16	—	Lukla to Kathmandu	—	B/L/D	HOTEL	
17	—	Contingency Day at Kathmandu	—	B	HOTEL	
18	—	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 | Dry-Fit Tshirt | Light Down Jacket

Head

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

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

Climbing Equipment

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

Foot Wear

Normal Socks | Summit Socks | Trekking Shoes | Summit Boot - 8000m | Sport Shoes | Camp Booties | Slippers

Hand

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

Eating & Drinking

Water bottle | Thermos

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

Sun Stuff

Sunscreen | Lip Guard (SPF) | Moisturizer

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

Gallery









FAQs

Is Lobuche East suitable for beginners?
Lobuche East is considered one of Nepal's more technical trekking peaks. Previous high-altitude trekking experience is recommended, and basic mountaineering experience is beneficial.

How difficult is Lobuche East Peak?
Lobuche East is graded as a moderately technical 6,000-meter climb. The summit involves glacier travel, fixed ropes, steep snow slopes, and exposed ridge climbing, making it more challenging than Island Peak.

Is Lobuche East harder than Island Peak?
Yes. Lobuche East is generally considered more technical than Island Peak, requiring greater confidence with crampons, fixed ropes, and exposed climbing terrain.

Can Lobuche East be used as training for Everest?
Absolutely. Lobuche East is one of the best preparation climbs for Mount Everest, allowing climbers to gain practical experience using technical climbing equipment, ascending fixed ropes, and living at high altitude.

What is the best season to climb Lobuche East?
The ideal climbing seasons are spring (March to May) and autumn (September to November), when weather conditions are generally stable and visibility across the Himalayas is exceptional.

How long is the Lobuche East expedition?
The standard Lobuche East Peak Climbing itinerary takes approximately 15–17 days, including trekking, acclimatization, climbing preparation, and the summit ascent.

What mountains can be seen from the summit?
The summit offers spectacular panoramic views of Mount Everest, Lhotse, Nuptse, Ama Dablam, Pumori, Makalu, Cho Oyu, Thamserku, Kangtega, and the surrounding Khumbu Himal.

Can Lobuche East be combined with Everest Base Camp or other peaks?
Yes. Lobuche East is frequently combined with the Everest Base Camp Trek, Island Peak, or Mera Peak, making it an excellent option for climbers seeking additional acclimatization and Himalayan climbing experience.

What support does 14 Peaks Expedition provide?
Our expedition includes 1:1 professional climbing Sherpa support, premium logistics, accommodation, meals, permits, porter services, climbing training, fixed ropes, Base Camp management, weather forecasting, and comprehensive safety support throughout the expedition.

What personal equipment do I need?
You will require personal climbing equipment, including mountaineering boots, crampons, helmet, harness, ice axe, ascenders, carabiners, sleeping bag, backpack, and layered high-altitude clothing. A detailed equipment checklist is provided after booking, and rental equipment is available in Kathmandu.

What is the summit success rate?
With proper acclimatization, favorable weather, and experienced Sherpa support, Lobuche East has a high summit success rate for climbers who arrive well prepared and physically fit.

Why climb Lobuche East with 14 Peaks Expedition?
14 Peaks Expedition combines experienced Sherpa guides, premium expedition logistics, personalized 1:1 climbing support, and uncompromising safety standards to deliver one of the highest-quality Lobuche East Peak climbing experiences in Nepal. Our expedition is designed not only to help you reach the summit safely but also to prepare you for future Himalayan objectives, including Ama Dablam, Baruntse, Manaslu, and Mount Everest.