

EBC with Lobuche Peak Climbing: 17 Days



Trek Information

Duration	17 days
Difficulty	Hard
Region	Everest Region
Highest Altitude	6117.0 m
Group Size	1-20+
Season	Autumn & Spring
Individual Cost	\$0.00

Description

About the Destination

The **Everest Base Camp (EBC)** trek is one of the world's most celebrated journeys, drawing trekkers from every corner of the globe to witness the grandeur of the Himalayas up close. This legendary trail follows in the footsteps of Sir Edmund Hillary and Tenzing Norgay, beginning with a dramatic flight into Lukla and weaving through the heart of the Khumbu region. As trekkers ascend through Sherpa villages like Phakding, Namche Bazaar, Tengboche, and Dingboche, they are immersed in vibrant local culture, Buddhist monasteries, and unmatched mountain scenery.

The trail offers glimpses of Everest early on, but the full majesty unfolds at Kala Patthar

(5,545m), a vantage point that delivers sunrise views of Everest, Nuptse, and Lhotse in stunning clarity. The final destination, Everest Base Camp (5,364m), sits at the foot of the mighty Khumbu Icefall, where climbers prepare for their summit push. The journey tests one's endurance and altitude adaptability but rewards with unparalleled vistas, spiritual encounters, and a sense of achievement. Whether it's crossing high-suspension bridges or sipping tea with local Sherpas, every step on the EBC trek resonates with adventure and legacy, making it a must-do for anyone passionate about mountains and cultural exploration.

Trip Overview

The Everest Base Camp with Lobuche Peak Climbing trek is a combination of the classical EBC route with the thrill of climbing to a Himalayan peak. After a scenically captivating flight to Lukla (2,840m), it is a trail of pine forests, suspension bridges, and Sherpa villages to reach Namche Bazaar (3440m), the cultural hub of Khumbu. Daily hikes are five to seven hours in length and ascend slowly into alpine valleys and high altitude alpine terrain.

Days at Namche and Dingboche are spent acclimatizing. A hike to Everest View Hotel and to nearby ridges has panoramic views of Everest, Ama Dablam, and Lhotse. The route then passes Tengboche Monastery and Dingboche meadows, after which it reaches Lobuche (4,910m). From Gorakshep, trekkers get to Everest Base Camp (5,364 meters) and climb Kala Patthar (5,545 meters) to see the sunrise over the towering peak.

The highest point is reaching Lobuche Peak (6,119 m). From High Camp, the climb is comprised of icy slopes and sections of rope, but takes in sweeping views of Everest, Nuptse, and Makalu. Success requires physical stamina, a great deal of mental concentration and pacing, with the help of guides and safety equipment. After the summit, it is a relief and celebration on the descent to Pangboche and Namche.

Cultural immersion and Sherpa hospitality in teahouses, sacred monasteries, plus prayer-flag-lined trails completes the trek. Altitude changes determine the rhythm - from slow valley descents to steep and rocky ascents. Nights are spent in warm lodges with simple rooms and food with plenty of hot drinks to recharge. In Kathmandu, comfortable hotels offer a way to relax after the adventure.

Meals are full board, from a variety of Nepali dishes ranging from dal bhat to Sherpa specialties and more familiar international dishes. Tea and coffee breaks provide comfort in the crisp air in the mountains. Licensed guides, climbing Sherpas, and porters provide safety, confidence, and technical support to make this 17-day trek and climb a challenging and unforgettable Himalayan adventure.

Trip Highlights

- Scenic flight to Lukla (2,840m), gateway to the Khumbu, and trek through Phakding villages along the Dudh Koshi River.
- Trekking to Namche Bazaar (3,440m) with suspension bridges, pine forests, and vibrant Sherpa settlements.
- Acclimatization day in Namche with a hike to Everest View Hotel for panoramic Himalayan scenery.
- Trekking to Tengboche (3,860m) and visiting its famous monastery surrounded by Ama

Dablam and Everest views.

- Trekking to Dingboche (4,410m) and an acclimatization hike to nearby hills (300–700m gain) for safe altitude adjustment.
- Trekking to Lobuche (4,910m) through alpine meadows and glacial valleys with views of Nuptse and Pumori.
- Trekking to Gorakshep (5,164m) and visiting Everest Base Camp (5,364m), in the iconic glacier setting.
- Sunrise hike to Kala Patthar (5,545m) for breathtaking close-up views of Everest and surrounding peaks.
- Trekking to Lobuche High Camp (5,400m) and preparing for the summit climb with technical gear and guidance.
- Climb to Lobuche Peak summit (6,119m), challenging icy slopes with ropes and rewarding panoramic Himalayan views.
- Trekking descent to Pangboche (3,985m), enjoying Sherpa culture and spiritual depth in monasteries.
- Return through Namche Bazaar and Lukla, completing the circuit with cultural immersion and scenic descent.
- Comfortable teahouses along the trail with hearty meals, hot drinks, and proper accommodation.
- Licensed guides, climbing Sherpas, and porters ensure safety, confidence, and technical support throughout the journey.

Detailed Itinerary

Arrival in Kathmandu 1,324 m / 4,344 ft

Trekkers arrive in Kathmandu and check into their hotel. The day is spent in orientation, rest, and preparation by guides covering permits and safety checks of gear. Depending on the time of arrival, a brief cultural tour may be organized before a welcome dinner. Meals include Nepali and international cuisine, and hotels provide hot showers, comfortable rooms, and plenty of rest for the journey ahead.

Drive Kathmandu → Ramechhap, Flight to Lukla (2,840 m), Trek to Phakding (2,610 m)

An early drive to Ramechhap leads to a short scenic flight to Lukla (2840m), where trekkers encounter the sweeping views of Himalayan peaks. The trek begins with a gentle descent on the Dudh Koshi river crossing suspension bridges and passing pine forests and Sherpa villages to reach Phakding (2,610 m). Meals include hearty dal bhat, soups, noodles, and tea for keeping up energy, while teahouses provide simple rooms, warm hospitality, and warm drinks to help trekkers get rest and help them adjust gradually to the altitude.

Trek Phakding → Namche Bazaar (3,440 m)

The trail ascends gradually along the banks of the Dudheri Koshi river, crossing high suspension bridges and meandering through pine woodlands. Trekkers pass small Sherpa villages and enjoy views of Thamserku and Kusum Kanguru before the steep final ascent to Namche Bazaar (3,440m). This vibrant town is the heart of the Khumbu culture with markets, bakeries, and tea houses serving local and international food. Meals are nourishing, accommodation has comfortable rooms and hot drinks to help the body recover from the long climb.

Acclimatization in Namche, Hike to Everest View Hotel (3,880 m) and Return

This day is given for acclimatization adjust trekkers safely to the altitude. A short hike to Everest View Hotel (3,880 m) has panoramic views of Everest, Ama Dablam and Lhotse. The trail winds through rhododendron forests and Sherpa villages and adds to the culture of the walk. Meals are warm and nourishing with tea and coffee breaks against the background of the Himalayas. Teahouses in Namche provide warm rooms and hot drinks to ensure proper rest before going any further. Overnight in Namche Bazaar

Trek Namche Bazaar Tengboche (3,860 m)

The trail rises gradually out of Namche and takes you to spectacular views of Everest, Ama Dablam and Thamserku. Trekkers descend to the river before a strenuous climb to Tengboche (3,860 m). Tengboche monastery, the spiritual heart of Khumbu offers a sense of cultural absorption in the form of prayer chanting and fluttering of flags. Meals include dal bhat, Sherpa thukpa and hot tea to regain energy. Accommodation in Teahouses has simple rooms and warm hospitality, which will guarantee that you will spend a calm night under sacred peaks.

Trek Tengboche → Dingboche (4,410 m)

The trail goes down into the forest and then rises consistently past Pangboche, where trekkers get to see Sherpa culture and views of Ama Dablam. The route then enters an alpine landscape, with many fewer trees and wide valleys en route to Dingboche (4,410 m). Meals are hearty and hot - rice, noodles, soups, and tea - keeping the trekkers going. Teahouses provide simple yet comfortable rooms. Higher altitude requires slow walking, drinking, and plenty of rest to prepare for the next acclimatization day.

Acclimatization in Dingboche, Hike to Nearby Hills (4,410 m → 4,700–5,100 m)

This acclimatization day allows trekkers to safely adapt to the altitude. A hike to the nearby ridges, where you gain 300 - 700 m, will give you wide views of Ama Dablam, Lhotse and Imja Valley. The walk is steady but challenging, and coming back to Dingboche guarantees proper rest. Meals- rice, noodles, soups and tea warm and filling, energy is balanced. Teahouses offer basic rooms and hot beverages; health is monitored and the guides promote hydration and slow breathing.

Trek Dingboche → Lobuche (4,910 m)

The trail ascends through alpenonic meadows and glacial valleys in steady ascent and presents the stunning sight of Nuptse, Pumori and Khumbu Glacier. Trekkers pass memorials dedicated to climbers, to give the place a somber cultural tone. A height increase of 500 meters results in slower breathing and pacing and hydration are very important. Meals are hearty - dal bhat, soups and tea - served in teahouses. Accommodation is basic, but welcoming, as it is rest before the rush to Everest Base Camp.

Trek Lobuche → Gorakshep (5,164 m), Hike to Everest Base Camp (5,364 m) and Return

The trail passes the Khumbu Glacier to Gorakshep - the highest settlement of the trek at an elevation of 5,164 meters. From there, trekkers climb up to Everest Base Camp at 5,364 m, surrounded by icefalls and prayer flags at the base of the world's highest peak. The day is long, requiring endurance and proper breathing; altitude slows one down. Meals are simple, but energizing - soups, noodles, and tea are served in teahouses. Accommodation in Gorakshep is basic, but the accomplishment of reaching EBC makes the stay unforgettable.

Hike Kala Patthar (5,545 m), Trek Back to Lobuche (4,910 m)

A hike in the early morning takes trekkers up to Kala Patthar, 5,545m high, the best viewpoint of Everest, Nuptse, and the giants nearby. Sunrise brings golden rays onto the crags and this is a highlight of the trek. After gazing at the vistas, the trekkers head down to Lobuche, reducing altitude and recovering energy. Meals-warm dal bhat, noodles and tea-have to be eaten to gain strength after the climbing. Lobuche teahouses provide plain rooms and hot drinks which offer comfort after a good day's trek.

Trek Lobuche → High Camp (5,400 m)

From Lobuche the route goes steeply up to High Camp, 5400 metres, on rocky tracks and glacial land. Trekkers prepare for the summit push, working out on rope and crampons with the help of Sherpa climbers. Meals remain simple but energy-heavy - soups, rice and tea - to retain strength. Accommodation involves tents or simple teahouses which focus on rest and hydration before the climb.

Climb Lobuche Peak Summit (6,119 m), Return to Lobuche (4,910 m)

Summit day starts early with a climb up to Lobuche Peak, 6,119 m. The ascent includes some icy slopes, fixed ropes and technical ascent, which requires stamina and focus. The payoff is the sweeping views of Everest, Makalu, Cho Oyu, and Nuptse. After celebrating at the summit, trekkers carefully descend back to Lobuche. Meals - warm dal bhat, noodles, and tea - help with recovery. Teahouses have simple rooms to offer and give hot drinks to provide comfort after the hard climb.

Trek Lobuche → Pangboche (3,985 m)

The trail drops continually down from Lobuche and passes through alpine valleys and glacial streams. Trekkers gain altitude and energy, and breathe easier with warmer air. Pangboche village offers an immersion in culture with its ancient monastery and Sherpa traditions. Meals - hefty rice, soups, and tea - to regain strength after the descent. Teahouses offer comfortable rooms and a friendly atmosphere in which to take a break after the climb.

Trek Pangboche → Namche Bazaar (3,440 m)

The trail drops down through forests and suspension bridges with views of Ama Dablam and Everest disappearing into the distance. Trekkers pass Tengboche Monastery before reaching Namche Bazaar, at 3,440 m. The lively town has bakeries, shops, and teahouses, a culture combined with comfort. Meals vary - from dal bhat to noodles and Sherpa dishes, tea or coffee. Accommodation in Namche includes comfortable rooms and hot showers, to provide the trekkers with their well-deserved rest.

Trek Namche Bazaar → Lukla (2,860 m)

Descending from Namche, the trail passes through suspension bridges and winds through the pine forests. Trekkers pass Sherpa villages and enjoy final views of the Khumbu peaks before arriving at Lukla (2,860m). The long walk is demanding stamina, but there's the lower altitude, which makes breathing easier. Meals are hearty - dal bhat, noodles, tea - sustaining one. Lukla teahouses serve hot and friendly hospitality and basic rooms; they complete the trek.

Flight Lukla → Ramechhap, Drive to Kathmandu (1,324 m)

One early morning flight takes trekkers from Lukla to Ramechhap, for one more sweeping view of the Himalayas. From Ramechhap, it is a drive back to Kathmandu, 1,324 m. The day is lighter physically and requires patience for travel logistics. Meals include a breakfast before departure and dinner in Kathmandu; hotels are equipped with modern comforts and hot showers, and a proper rest after the long adventure.

Departure from Kathmandu

Trekkers depart Kathmandu on their flight schedules. The morning allows for some last minute packing, souvenir buying or a small cultural visit if allowed. Breakfast is served at the hotel and airport transfers are arranged. The journey concludes with the memories of Everest Base Camp and Lobuche Peak summit which combines trekking adventure and Himalayan climbing achievement.

What's Included

- Private airport transfers in a comfortable vehicle for smooth arrivals and departures
- Accommodation in hotels (Kathmandu) and teahouses along the trekking route (twin-sharing basis)
- Tent accommodation at Lobuche High Camp during the climbing phase
- Full board meals (breakfast, lunch, and dinner) throughout the trek, including seasonal fruits after dinner
- Experienced English-speaking trekking guide and licensed climbing Sherpa for technical support
- Porter service included (one porter shared between two trekkers)
- Salaries, equipment, and insurance coverage for guides, climbing Sherpas, and porters
- Emergency rescue services (rescue costs to be covered by trekker's travel insurance)
- A basic first aid kit is carried by the guide and climbing Sherpa for safety
- Trek completion certificate to commemorate your achievement
- Required permits: Sagarmatha National Park Permit, Khumbu Rural Municipality Entry Permit, and Lobuche Peak Climbing Permit
- Printed trekking and climbing route map to help navigate the journey
- All applicable government taxes and official charges

What's Not Included

- Travel insurance (strongly recommended to cover high altitude trekking, peak climbing, and emergency rescues)
- Personal expenses during the trek, including hot showers, device charging, and WiFi in teahouses
- Beverages of any kind: tea, coffee, mineral water, soft drinks, alcoholic drinks, etc.
- Personal trekking and climbing gear (boots, jackets, poles, crampons, harness, ice axe, etc.)
- Tips for guides, climbing Sherpas, and porters
- Expenses due to unforeseen circumstances such as natural disasters, extreme weather, political issues, or flight delays
- Kathmandu hotel and food expenses before/after trek (outside the itinerary package)
- Sightseeing or tours in Kathmandu

Equipment & Packing List

Everest Base Camp with Lobuche Peak Climbing 17 Days Trek Itinerary Overview

The Everest Base Camp with Lobuche Peak Climbing trek is an exhilarating 17-day Himalayan adventure that combines the classic EBC route with the challenge of climbing Lobuche Peak (6,119m). The journey starts in Kathmandu with arrival, orientation, and sightseeing, followed by a drive to Ramechhap and a flight to Lukla (2,840 m). The first trek to Phakding takes three to four hours by riverside trails, suspension bridges and Sherpa villages.

From Phakding, trekkers head to Namche Bazaar (3,440 m) which is six to seven hours away in six to seven hours as they pass through pine forests and high bridges above the Dudh Koshi River. Namche offers acclimatization by hiking up to Everest View Hotel (3,880 m), where Everest, Ama Dablam, and Lhotse are the major skylines. Local bakeries, tea houses, and Sherpa markets give a cultural touch to the stay.

The trail continues to the famous monastery Tengboche (3,860m) and then to Dingboche (4,410m). A second acclimatization day consists of a hike to nearby ridges of 300-700 m of altitude. Continuing to Lobuche (4,910 m) takes one to glacial valleys and views of Nuptse and Pumori.

From Gorakshep (5,164 metres altitude), trekkers reach Everest Base Camp (5,364 metres altitude) and go after Kala Patthar (5,545 metres altitude) at dawn to experience close-up views of Everest and its neighbours.

The climbing phase begins at the Lobuche High Camp (5,400m). With ropes, crampons, and guided by climbing Sherpas, trekkers climb up icy slopes to Lobuche Peak (6,119 metres). The climb is demanding in both stamina and technical expertise, as well as concentration of mind, but is rewarded with sweeping panoramas of Everest, Makalu, and Cho Oyu. After the summit is the descent to Pangboche (3,985m) and Namche Bazaar: this is an opportunity for cultural immersion - and relief.

Accommodation is teahouses on the way and tents at High Camp. Meals are served three times a day; from Nepali dal bhat to Sherpa delicacies of thukpa and momos are served, and tea and coffee breaks help in the comfort of the crisp mountain air. Licensed guides, climbing Sherpas, porters, and medical support ensure that the trek and climb are safe and confidence-boosting throughout.

17 Days Everest Base Camp with Lobuche Peak Climbing Trek altitude and distance coverage

Day

Route

Distance

Duration

Altitude Gain/Loss

Sleep Altitude

1

Arrival in Kathmandu, transfer to the hotel

5.8 km

25–30 min drive

–

1,324 m

2

Drive Kathmandu → Ramechhap, flight to Lukla (2,840 m), trek to Phakding

~8 km

3–4 hrs

↑ 286 m / ↓ 250 m

2,610 m

3

Trek Phakding → Namche Bazaar

~10 km

6–7 hrs

↑ 830 m

3,440 m

4

Acclimatization in Namche, hike to Everest View Hotel (3,880 m) and return

~3–4 km

4–5 hrs (optional)

↑ 440 m / ↓ 440 m

3,440 m

5

Trek Namche Bazaar → Tengboche

~9 km

5–6 hrs

↑ 420 m / ↓ 260 m

3,860 m

6

Trek Tengboche → Dingboche

~10 km

5–6 hrs

↑ 550 m

4,410 m

7

Acclimatization in Dingboche, hike to nearby hills (300–700 m gain) and return

~4–5 km

4–5 hrs

↑ 300–700 m / ↓ 300–700 m

4,410 m

8

Trek Dingboche → Lobuche

~8 km

5–6 hrs

↑ 500 m

4,910 m

9

Trek Lobuche → Gorakshep, hike to Everest Base Camp (5,364 m) and return

~12 km

7–8 hrs

↑ 454 m

5,164 m

10

Hike Kala Patthar (5,545 m), trek back to Lobuche

~10 km

6–7 hrs

↑ 381 m / ↓ 381 m

4,910 m

11

Trek Lobuche → High Camp (5,400 m)

~4 km

3–4 hrs

↑ 490 m

5,400 m

12

Climb Lobuche Peak Summit (6,119 m), return to Lobuche

~8–9 km

8–9 hrs

↑ 719 m / ↓ 719 m

4,910 m

13

Trek Lobuche → Pangboche

~10 km

6–7 hrs

↓ 925 m

3,985 m

14

Trek Pangboche → Namche Bazaar

~9 km

5–6 hrs

↓ 545 m

3,440 m

15

Trek Namche Bazaar → Lukla

~18 km

7–8 hrs

↓ 580 m

2,860 m

16

Flight Lukla → Ramechhap, drive to Kathmandu

–

6–7 hrs

↓ 1,536 m

1,324 m

17

Departure from Kathmandu

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Permits and Expenses for Everest Base Camp with Lobuche Peak Climbing Trek

To complete the Everest Base Camp with Lobuche Peak Climbing trek, trekkers can buy three important permits: Sagarmatha National Park Entry Permit, Khumbu Pasang Lhamu Rural Municipality Permit, and Lobuche Peak Climbing Permit. These fees are used for conservation, safety, and development of the local Sherpa communities, and are used for the climbing portion of the journey.

Sagarmatha National Park Entry Permit

Access to the Everest region requires the Sagarmatha National Park permit. The fee helps to fund the preservation of forests, wildlife, glaciers, and trail infrastructure in the entire World Heritage Site. Permits are available at the Nepal tourism board office in Kathmandu or at the intersection to the park in Monjo.

- Foreigners: NPR 3,000 per person (approx. USD 23)
- SAARC nationals: NPR 1,500 per person
- Nepali citizens: NPR 100 per person
- Children under 10: Free

Permits can be obtained at the Nepal Tourism Board office in Kathmandu or at the park entry checkpoint in Monjo.

Khumbu Pasang Lhamu Rural Municipality Permit

This local permit ensures that all trekking fees are directly used for Khumbu region-related infrastructure and trail maintenance and development projects. It has replaced the old TIMS card requirement and it is issued in Lukla or Monjo before entering the main trekking routes.

- Foreigners: NPR 2,000 per person (approx. USD 15)
- SAARC nationals: Same rate as foreigners
- Children under 10: Free

The permit is issued in Lukla or Monjo before entering the main trekking routes.

Lobuche Peak Climbing Permit

Because this trek involves reaching the summit of Lobuche Peak, any climber must acquire a special climbing permit from the Nepal Mountaineering Association (NMA). The fee covers regulation, safety, and environmental management for peak climbing. The permit is organized in Kathmandu before departure, and is obligatory to all climbers.

These permits and fees are fundamental for the trek, and they can help the conservation of natural resources, finance projects for the local community, and ensure safe peak climbing in the Everest region.

- Spring season (March–May): USD 250 per person
- Autumn season (Sept–Nov): USD 125 per person
- Winter/Summer (Dec–Feb, Jun–Aug): USD 70 per person

The climbing permit is arranged in Kathmandu before departure and is mandatory for all climbers.

Summary

For the Everest Base Camp with Lobuche Peak Climbing Trek (17 Days), trekkers need:

- Sagarmatha National Park Entry Permit (NPR 3,000 for foreigners, NPR 1,500 for SAARC nationals).
- Khumbu Pasang Lhamu Rural Municipality Permit (NPR 2,000 for foreigners and SAARC nationals).
- Lobuche Peak Climbing Permit (USD 250 in spring, USD 125 in autumn, USD 70 in off-season).
- No TIMS card required.

These permits and fees are essential for the trek, supporting conservation of natural resources, funding local community projects, and regulating safe peak climbing in the Everest region.

Trip Cost of the 17-Day Everest Base Camp with Lobuche Peak Climbing Trek Package 2026/2027

Group Size

Price Per Person (USD)

10 persons

10 – 20 persons

21+ persons

Single Supplement

Note

- Prices are calculated on a per-person basis.
- For a group of 10 trekkers, the cost is fixed at a per-capita rate.
- For larger groups of 21 or more people, a discounted rate applies per person.
- An additional surcharge is applicable for private accommodation if you request a single room supplement.
- The package includes trekking services, climbing support, permits, meals, and accommodation as outlined in inclusions, with climbing-specific costs factored in.

Best Time to Trek Everest Base Camp with Lobuche Peak Climbing

The best seasons for the Everest Base Camp with Lobuche Peak Climbing trek are Spring (March-May) and Autumn (September-November). These periods have stable weather, clear skies, and safer conditions, both for trekking and peak climbing. Summer monsoon and winter months are less favourable because of the heavy rainfall, slippery trails, or snowbound high camps.

Spring (March to May) | Ideal for Trekking and Climbing

Spring is said to be the best time for this trek. Lower valleys are flowered with rhododendrons, while higher altitudes are blessed with pleasant temperatures and clear skies. March may still bring light snow on Lobuche High Camp, but April and May bring warmer days and excellent days to view Everest, Lhotse, Makalu, and Ama Dablam. The climbing season is at its peak in the spring with stable ice conditions and an increase in the number of daylight hours.

Month

Day Temp (°C)

Night Temp (°C)

Precipitation

Weather

Snowfall

March

0 to 10

-5 to -12

50–70 mm

Cold mornings, clear days

Light at high camps

April

5 to 12

-2 to -8

70–90 mm

Mild, blooming valleys

Rare

May

8 to 15

0 to -5

90–100 mm

Warm, clear skies, stable climbing

Minimal

Autumn (September to November) | Best Season for Visibility

Autumn is generally considered to be the best time for trekking and climbing in Everest region. September begins with some rain but trails quickly dry up and skies become clear. October brings sharp air, calm weather and stable conditions for climbing Lobuche Peak. November brings colder nights but offers unsurpassed visibility of the Himalayan panorama with the views from the summit being unforgettable.

Month

Day Temp (°C)

Night Temp (°C)

Precipitation

Weather

Snowfall

September

8 to 12

-2 to -8

120–150 mm

Clear skies, occasional rain

Light at higher altitudes

October

5 to 12

-5 to -10

70–90 mm

Stable, crisp skies, clear views

Rare

November

0 to 8

-8 to -15

40–60 mm

Cold nights, excellent visibility

Begins at high camps

Less Favorable Seasons

- Summer Monsoon (June–August): Heavy rainfall, muddy trails, landslides, and poor

visibility make trekking and climbing difficult.

- Winter (December–February): Freezing conditions, snowbound high camps, and icy slopes often make Lobuche Peak unsafe and risky.

Packing List for Everest Base Camp with Lobuche Peak Climbing Trek General Essentials

- Expedition-rated sleeping bag (–20°C, vital for Lobuche High Camp nights)
- Heavy down jacket (for extreme cold above 5,000 m)
- Daypack 35–45L with rain cover
- Trekking poles (helpful for glacier approaches and steep descents)
- Water purification tablets/filter (for streams and lodge taps)
- Headlamp with spare batteries (essential for summit push starting before dawn)

Upper Body

- Sun hat or cap (UV protection at altitude)
- Warm beanie or wool hat
- Glacier sunglasses (category 4, mandatory for snow glare during summit climb)
- Buff/neck gaiter (for wind, dust, and cold protection)

Torso Layers

- Thermal base layers (moisture-wicking for cold nights)
- 2 short-sleeve trekking shirts
- 2 long-sleeve trekking shirts
- Fleece jacket/pullover
- Waterproof shell jacket (windproof for high passes and summit day)
- Insulated mid-layer jacket (critical for Lobuche Peak climb and nights above 5,000 m)

Lower Body

- Thermal leggings/base layer
- 2 trekking pants (quick-dry fabric)
- Hiking shorts (for lower valley days around Phakding and Namche)
- Comfortable lodge pants for evenings
- Waterproof shell pants (essential for glacier terrain and summit climb)

Hands

- Liner gloves
- Insulated waterproof climbing gloves (critical for summit day and icy sections)

Feet

- Warm wool socks (4–5 pairs)
- Trekking socks and liners
- Mountaineering boots (rigid sole, crampon-compatible, broken-in)
- Gaiters (for snow and glacier protection)
- Casual shoes/slippers (for teahouse evenings)

Undergarments & Sleepwear

- Quick-dry underwear
- Sports bras (for women)
- Thermal sleepwear (essential for nights at High Camp and Gorakshep)

Medicals & Personal Care

- First aid kit, altitude medication, pain relievers
- Oral rehydration salts (for hydration at altitude)
- Sunscreen SPF 50+, lip balm SPF (UV is intense above 5,000 m)
- Menstrual products (for women)
- Hand sanitizer, wet wipes, toiletries
- Personal prescribed medications

Climbing Gear (specific to Lobuche Peak)

- Climbing harness
- Helmet
- Crampons (steel, adjustable to boots)
- Ice axe
- Carabiners and ascenders (provided by the climbing Sherpa, but personal fit recommended)
- Rope (group equipment usually supplied, but personal safety gear is advised)

Electronics

- Power bank (10,000–20,000 mAh, charging is costly at altitude)
- Solar charger (useful at High Camp and Lobuche)
- Camera/smartphone with extra memory cards
- Adapter plug (Nepal standard: Type C/D/M)

Miscellaneous

- Trekking duffel bag (carried by porters)
- Lightweight towel
- Notebook and pen
- Snacks: energy bars, nuts, chocolates (extra calories for summit day)
- Reusable water bottle/hydration bladder (2–3L capacity)
- Small lock (for duffel bag security)
- Lightweight book/Kindle

Equipment and Extras Provided by the Company

- Down jacket (loaned for trekking and climbing days)
- Four-season sleeping bag (loaned, suitable for high altitude nights and Lobuche High Camp)
- Trekking duffel bag (70L, carried by porters)
- Everest Base Camp with Lobuche Peak climbing route map
- Trekking T-shirt (souvenir gift)
- Summit certificate after successful completion of the Lobuche Peak climb and EBC trek
- First aid kit with oximeter for altitude monitoring and safety checks
- Basic medical support during the trek and climbing phase
- Group climbing gear (ropes, carabiners, ascenders, helmets, harnesses, crampons, ice axe – provided as shared equipment)

Can You Trek the Everest Base Camp with the Lobuche Peak Climb Solo?

Independent trekking of Everest Base Camp with Lobuche Peak climb is not allowed for foreign trekkers. Since 2023, the Nepal government has made it mandatory for all visitors to hire licensed guides from the registered trekking agencies. This rule increases safety, prevents high altitude accidents, and ensures proper cultural and logistical support.

The journey includes reaching Everest Base Camp (5,364m), hiking Kala Patthar (5,545m), and summiting Lobuche Peak (6,119m). These sections require technical climbing skills, knowledge of careful acclimatization, and glacier terrain. The work of rope, altitude schedules, and emergency response is left in the hands of professional guides and climbing Sherpas, who make the climb possible and safe.

Therefore, the 17-day Everest Base Camp with Lobuche Peak Climbing trek is organized only with guided groups. Trekking with guides not only makes trekking safe but also adds to the experience with lessons in Sherpa traditions, monasteries, and local life. Being part of a team brings reassurance and motivation together, and this is what makes this demanding journey possible and memorable.

Meals and Accommodation on the Everest Base Camp with Lobuche Peak Climbing Trek
Meals and accommodation for the Everest Base Camp and Lobuche Peak climbing combine the minimal comfort of Himalayan tea house with the logistics for a climbing expedition. This arrangement ensures that the trekkers and climbers have sufficient food,

warmth and rest to meet the physical challenges of both trekking and peak climbing.

In Kathmandu, trekkers are accommodated in 3-star hotels with twin or double rooms. Breakfast is included before and after trek and modern facilities are available for rest and preparation.

Along the trek, accommodation is in normal Sherpa teahouses. Rooms are uncomplicated with twin-sharing beds and simple bedding. At lower altitude - Phakding, Namche, Tengboche - some lodges have private bathrooms. At higher altitudes - Dingboche, Lobuche, Gorakshap - the bathrooms are communal, and the toilets are more rudimentary due to the remoteness.

At High Camp, the climbing phase is continued in tents at Lobuche High Camp (5,400 meters). Sleeping bags with a rating of -20 degrees are a must. The concentration of the camp atmosphere is rest, hydration, and preparation for the summit push.

Atmosphere: Teahouses provide warmth, a communal dining room, and Sherpa hospitality. Evenings are often spent together on wood stoves eating shared meals and preparing for the day ahead by exchanging stories and getting their minds ready for the next day. At High Camp, it is more rugged and expedition meals with a focus on conservation of energy for climbing.

Meals

- Full board meals are provided throughout the trek: breakfast, lunch, and dinner daily.
- Traditional Nepali dal bhat (rice, lentils, vegetables) is supplemented by Sherpa and Tibetan-inspired dishes such as noodles, soups, pasta, momos, thukpa, eggs, and Tibetan bread.
- Tea and coffee are served three times daily, and fresh seasonal fruit is offered after dinner to maintain energy.
- At higher altitudes and at High Camp, meals are simpler but calorie-dense, designed to provide warmth and strength for demanding days like the Lobuche Peak summit climb.
- Nutrition focuses on carbohydrates for sustained energy, proteins for recovery, and plenty of fluids to aid acclimatization.

Notes

- Meals include Nepali, Sherpa, and Tibetan dishes, with occasional international options in Namche and lower villages.
- Fresh fruit is served along the trail after dinner when available.
- Accommodation is twin/double sharing in teahouses, with attached bathrooms in lower villages and shared facilities higher up.
- Tent accommodation at High Camp is basic but functional, with expedition meals prepared by climbing Sherpas.

This set-up ensures that trekkers and climbers are fed well and sleep in sound lodgings and enjoy the cultural splendor of the Khumbu region, while also ensuring that their body's needs are met in terms of energy, hydration, and recovery on the trek and climb.

Visa and Entry Requirements for the Everest Base Camp with Lobuche Peak Climbing Trek
Nepal Entry Visa

All foreign travelers require a Nepal entry visa for the Everest base camp and Lobuche

peak climb. The visa is available at the Tribhuvan International Airport in Kathmandu on arrival or in advance from the Nepal embassies abroad. A valid passport, with a minimum of six months' validity and a passport-size photo, is required.

- 15-day multiple-entry visa: USD 30
- 30-day multiple-entry visa: USD 50
- 90-day multiple-entry visa: USD 125
- Payment is usually made in cash, preferably in US dollars, though other major currencies are accepted.

Trekking and Climbing Permits

In addition to the visa for entry into the country, trekkers need to take out permits specific to the Everest region and the climbing section:

- Sagarmatha National Park Entry Permit (SNPEP): Required to enter the UNESCO-listed Sagarmatha National Park. The fee supports conservation of forests, glaciers, wildlife, and trail infrastructure.
- Khumbu Pasang Lhamu Rural Municipality Permit: Introduced in place of the TIMS card, this local permit ensures direct contributions to community development, infrastructure, and trail maintenance in the Khumbu region.
- Lobuche Peak Climbing Permit: Issued by the Nepal Mountaineering Association (NMA), this permit is mandatory for summiting Lobuche Peak. Fees vary by season (USD 250 in spring, USD 125 in autumn, USD 70 in winter/summer).

Local Municipality Fees

The Khumbu Pasang Lhamu Rural Municipality Permit is collected at the checkpoints, i.e., Lukla or Monjo. This system guarantees that trekker funds go directly to Sherpa communities and the maintenance of trails, bridges, and village facilities on the Everest Base Camp route.

Provided by Trekking Company

All necessary permits (including trekking and climbing permits) are organized by the trekking company and included in the package cost. This ensures compliance with Nepal's regulations and gives trekkers freedom to focus on acclimatizing and immersing in the culture, and the adventure of reaching Everest Base Camp and summiting Lobuche Peak.

Travel Insurance Requirements and Emergency Rescue Coverage for the Everest Base Camp with Lobuche Peak Climbing Trek

Travel insurance is compulsory for the Everest Base Camp and Lobuche Peak climb. Every participant must carry a policy specifically covering trekking and peak climbing at extreme altitudes (above 6,000 m). This is essential because the journey involves reaching Everest Base Camp (5,364 m), hiking Kala Patthar (5,545 m), and reaching Lobuche Peak (6,119 m). Without valid insurance, climbers are not legally permitted to take part in the expedition.

A proper insurance policy should include:

- Coverage for high-altitude trekking and climbing above 6,000 m
- Helicopter rescue and emergency evacuation from remote high camps
- Medical treatment and hospitalization in case of altitude sickness or climbing injuries
- Trip cancellations, delays, and repatriation costs

Emergency Rescue Operations:

Rescue coordination is generally handled from Namche Bazaar, Lukla, or Kathmandu according to the severity of the situation. In emergencies, helicopters are sent to higher locations like Lobuche, Gorakshep, or Lobuche High Camp. Guides and climbing Sherpas take care of communication with insurance providers, evacuation logistics, and ensuring medical support is prompt.

Weather and Risk Factors:

The Lobuche Peak climb takes hikers to the unpredictable weather of the mountain. Sudden snowstorms, high winds, and freezing temperatures can make climbing to the summit risky. Insurance is therefore critical to cover potential delays, cancellations, or emergency evacuations. Proper acclimatization, hydration, and the supervision of a guide are ways to reduce risks, but coverage for accidents is a way to have financial and medical protection should conditions become dangerous.

Altitude Sickness and Prevention for the Everest Base Camp with Lobuche Peak Climbing Trek

Professional guides and climbing Sherpas carry medical kits such as oximeters to monitor the oxygen saturation level and detect early signs of acute mountain sickness (AMS). They also monitor the physical and mental state of trekkers, encouraging them to build up slowly to high altitude, drink regularly, eat well, and not overexert themselves.

Altitude sickness is one of the biggest challenges on this trek, particularly the climb to the Everest Base Camp (5,364m), the hike to Kala Patthar (5,545m), and the Lobuche Peak summit push at 6,119m. These parts include thin air, cold air, and hard climbs. In case of the appearance of AMS symptoms, it is safest to descend immediately. Helicopter evacuation can be arranged soon from villages like Lobuche, Gorakshep, or even Lobuche High Camp, and helicopters can transfer the patient to hospitals in Kathmandu for treatment.

A comprehensive travel insurance plan isn't recommended - it's a must. It provides an insurance policy in case of altitude emergencies, sudden changes in weather in the Himalayas, or complications in the logistics. With appropriate acclimatization schedules, expert advice, and an awareness of the dangers of altitude, trekkers and climbers can reduce the risks, however, and have a safe, rewarding, and unforgettable Himalayan adventure.

Personal Expenses to Budget For on the Everest Base Camp with Lobuche Peak Climbing Trek

Trekkers and climbers should plan on personal expenses that are not part of the package. These expenses are typically small but significant and having some extra cash in your pocket ensures that the journey is more fluid and fun.

Snacks and Drinks: While trekking, many trekkers spend on buying extra snacks like chocolate, nuts, or energy bars to fuel up with extra energy during long days. Bottled water and boiled water are available, but most climbers take purification tablets. Tea, coffee, and soft drinks are available from teahouses, and in Namche and Lukla, there are even bakeries and shops with alcoholic beverages. These are not included in the package, so they must be budgeted for.

Facilities in Teahouses: Accommodation is basic, and extras like Wi-Fi, hot showers, and charging stations are charged separately. As you grow higher, these services become more costly, especially at Lobuche and Gorakshep. At Lobuche High Camp, the facilities are minimal, so trekkers should prepare themselves for a simple living.

Souvenirs and Cultural Costs: The Namche Bazaar and Lukla have shops where they sell handicrafts, prayer flags, yak wool cloths, and Sherpa souvenirs. Small donations at monasteries or cultural sites are also adding value to the trek, but need extra cash.

Tips for Staff: Tipping guides, climbing Sherpas and porters is not only customary but should be planned for. It is practical to carry small denominations of the Nepali rupees as

ATMs are unreliable or unavailable in remote areas.

By allocating funds to these personal expenses, trekkers can avoid any financial stress and enjoy the trek and climb with ease.

Why Trek the Everest Base Camp with Lobuche Peak Climb with Us?

Trekking to Everest Base Camp and Lobuche Peak Climbing with us mixes the adventure of trekking at high altitude and the culture of Khumbu region. From the first step in Kathmandu to the summit 6,119m, our licensed guides and climbing Sherpas make every moment safe, well-paced and enriched with a local knowledge.

We provide a carefully designed 17 day itinerary that is a balance between acclimatization, health and technical climbing preparation. Our team consists of local experts that share their insight into Sherpa traditions, monasteries and the Himalayan way of life. Climbing Sherpas give hands on training in the use of ropes, crampons and glacier techniques.

Departures are guaranteed and schedules are flexible to meet the needs of groups of any size. The package is all-inclusive - from permits (Sagarmatha National Park, Khumbu Municipality Lobuche Peak Climbing Permit), domestic flights, accommodation, meals, guides and porters to climbing gears support. This helps trekkers to focus on the trail, the climb and the experience, rather than the logistics.

For those who want to go further, we can organize cultural walks to the village of Khumjung or visits to monasteries on the way. Optional sightseeing flights of the Everest, Lhotse and Ama Dablam by helicopter are also available at additional cost, which provide breathtaking views of the Himalayas from the sky.

Everest Guide Treks Agency has built a strong reputation for professionalism, care and safety. We are equipped to manage larger groups with assistant guides and porters to ensure the logistics run smoothly, and personal attention and reliable support throughout the trek and climb. With us, your adventure to Everest Base Camp and Lobuche Peak is not a trek - it's a once-in-a-lifetime Himalayan achievement.

Pricing

Group Size	Price per Person (USD)
Individual	\$0.0

Frequently Asked Questions

Q: How difficult is the Everest Base Camp with Lobuche Peak Climbing Trek in Nepal?

A: This trek is regarded as strenuous and demanding due to the combination of the classic Everest Base Camp route and a peak climb. Trekkers hike 6-8 hours a day on steep ascents, rocky trails, and high altitude terrain. The ascent to Lobuche Peak (6,119 metres) requires technical skills (the use of crampons, ropes and ice axes), led by professional climbing Sherpas. With appropriate acclimatization, pacing, and the support of guides and porters, the trek is attainable by fit and tenacious adventurers. The reward is not only reaching Everest Base Camp and Kala Patthar but also standing on top of Lobuche Peak, panoramic views of Everest, Lhotse, Makalu, and Ama Dablam - a true once in a life time Himalayan experience.

Q: What is the Maximum Altitude Reached on the Everest Base Camp with the Lobuche Peak Climbing Trek?

A: The highest point of the Everest Base Camp with Lobuche Peak trek is Lobuche Peak at 6,119 m. This is a true climbing section, and it requires ropes, crampons, and professional Sherpa guidance. Along the way, trekkers also reach Everest Base Camp (5,364 meters) and trek up to Kala Patthar (5,545 meters). Because the altitudes are extreme, careful acclimatisation is essential. Guides monitor the health of trekkers using oximeters, encourage a steady pace, hydration, and proper rest. If symptoms of acute mountain sickness (AMS) are experienced, then immediate descent is the safest course of action.

Q: What are the Best Seasons for the Everest Base Camp with Lobuche Peak Climbing Trek?

A: For safety and comfort and the most rewarding Himalayan experience, the Spring (March - May) and Autumn (September - November) seasons are the best ones to trek and climb Lobuche Peak. These months are stable in terms of weather, skies, and safer for reaching Everest Base Camp and attempting the Lobuche summit. Spring brings blooming rhododendrons in the lower valleys and fairly consistent weather at the higher elevations, and autumn is known for crisp air and unparalleled mountain visibility. Winter (December-February) is extremely cold, and snow-bound trails and frozen slopes make the climb of Lobuche Peak risky and often impossible. Summer Monsoon (June - August) Rainfalls are heavy, paths are slippery, and flights are cancelled frequently, making trekking and climbing difficult.

Q: Do I Need Prior Trekking Experience for the Everest Base Camp with Lobuche Peak Climbing Trek?

A: Yes, previous trekking and a little basic climbing experience are highly recommended. This trek is more challenging than the standard Everest Base Camp trek because it involves the technical ascent of Lobuche Peak (6,119 m). Trekkers walk 6 to 8 hours a day on steep trails, rocky paths, and high altitude, and the ascent to the summit involves the use of crampons, ropes, and ice axes under the guidance of professional climbing Sherpas. While very fit beginners with a lot of determination can try the trek, it is ideal for people who have already done moderate to difficult treks or have some exposure to mountaineering. Licensed guides and climbing Sherpas provide for proper acclimatization, safety on the glacier sections, and technical assistance for the climb, which makes the adventure an achievable and safe adventure.

Q: What Accommodation and Meals are Provided on the Everest Base Camp with Lobuche Peak Climbing Trek?

A: Trekkers stay in 3-star hotels in Kathmandu with breakfast included before and after the trek. On the way, accommodation is in traditional Sherpa teahouses with shared twins and basic bedding. At lower villages such as Namche, some lodges may have attached bathrooms, and higher-up facilities are communal. On the climbing phase, tents are used at Lobuche High Camp, where conditions are simple, but focused on rest and preparation for the summit. Meals are included on a full board throughout the trek and climb. Teahouses serve Nepali dal bhat and Sherpa and Tibetan food, including momos, thukpa, and Tibetan bread, as well as international foods such as noodles, pasta, rice, and soups. Tea and coffee are served three times a day, and fresh fruit after dinner. At High Camp, the meals are simpler yet calorie-rich and are intended to keep the climbers warm and energized on their way to the summit.

Q: What Permits are Required for the Everest Base Camp with Lobuche Peak Climbing Trek?

A: Trekkers and climbers on the Everest Base Camp with the Lobuche Peak route are required to carry the Sagarmatha National Park Entry Permit (SNPEP) and Khumbu Pasang Lhamu Rural Municipality Permit. These are compulsory to enter the Everest region, help conserve the national park, and contribute directly towards local community development and trail maintenance. In addition, the Lobuche Peak Climbing Permit must be obtained by climbers from the Nepal Mountaineering Association (NMA). This permit is mandatory to climb Lobuche Peak, and the fees differ depending on the season. All the permits are arranged by the trekking company and are included in the cost of the package, ensuring that you comply with the regulations and have a hassle-free journey.

Q: Is Travel Insurance Required for the Everest Base Camp with Lobuche Peak Climbing Trek?

A: Yes, the travel insurance is mandatory for the Everest Base Camp with the Lobuche Peak climb. Policies need to explicitly address trekking and peak climbing above 6000 m, as the trek route goes through Everest Base Camp (5,364 m) and Kala Patthar (5,545 m) to the summit at Lobuche Peak (6,119 m). Without valid insurance, climbers are not allowed to go on the expedition under Nepal's regulations. The insurance should cover helicopter rescue and evacuation from high camps, medical treatment in Kathmandu, hospitalization, trip cancellations or delays (especially Lukla flights), and repatriation. Comprehensive coverage is a must as altitude, technical climbing sections, and unpredictable Himalayan weather can turn a minor issue to serious emergency in a short time.

Q: What about Altitude Sickness (AMS) on the Everest Base Camp with Lobuche Peak Climb?

A: Altitude sickness is of prime concern on this trek, as a major portion of the trek is over 4,000 meters, with the Lobuche Peak Summit standing at 6,119 meters. Even those trekkers who are fit can suffer headaches, nausea, dizziness or fatigue when the air becomes thinner. Preventive steps include walking at a steady pace, drinking plenty of water, not drinking or smoking, and eating balanced meals to keep energy levels strong. Guides and climbing Sherpas bring medical kits and oximeters to monitor the oxygen level of climbing personnel and identify early signs of AMS. If the symptoms become serious, the safest thing is to descend immediately. Helicopter evacuation can be organised from villages such as Lobuche or Gorakshep and from High Camp if necessary

Q: How Should I Prepare for the Everest Base Camp with Lobuche Peak Climb Trek?

A: Preparation for the Everest Base Camp with Lobuche Peak climb requires a good level of fitness and mental preparation as the trek is a mix of long walking days (6-8 hours) and a technical climb of the peak at 6119 meters. Training should include endurance, uphill walking and developing leg and core strength to navigate steep trails, rocky trails and glacier terrain. Cardio exercises such as running, cycling, or swimming can help to increase stamina, while strength training can help to increase balance and stability. Practice hikes with a loaded backpack are highly recommended so as to simulate real trekking conditions and basic mountaineering skills, including the use of crampons, ropes and ice axes, will make the summit push safer and more achievable.