

6000M PEAKS

# Lobuche East Peak.

Get to grips with your first Himalayan climb.

Standing at 6,119m above sea level, high above the glaciers of the Khumbu region of Nepal, Lobuche East is a significant peak, but also one of the most popular, and the easiest to climb. Classified as a “trekking peak” it requires physical fitness and mountain awareness, but doesn’t demand much in the way of technical climbing ability. For this reason, we often recommend it to climbers looking to tackle their first Himalayan peak.

For expedition dates, price and all latest information

[WWW.ELITE-EXPED.COM/EXPED/6000M/LOBUCHE-EAST-PEAK](http://WWW.ELITE-EXPED.COM/EXPED/6000M/LOBUCHE-EAST-PEAK)

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## Overview

COUNTRY	DURATION	GRADE
NEPAL	20 DAYS	MODERATE 2B
MAX ALTITUDE	WALKING PER DAY	BEST SEASON
6119 M 20075 FT	APPROX 4 - 7 HOURS	SPRING / AUTUMN

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## Lobuche East Peak

If you're looking to take your first steps as a Himalayan mountaineer, Lobuche East is the perfect peak to start on. This, in fact, was the path our founder Nimsdai took: before the Guinness world records, before the world first winter ascent of K2, before he'd established himself as one of the leading mountaineers of his - or indeed any, generation - Lobuche East was the first Himalayan peak Nimsdai climbed, while still serving as a member of the British Special Forces.

As with all Elite Exped's treks and trips, our expedition plan on this peak has been set out by our leaders Nimsdai, Mingma David, and Mingma Tenzi. Taking 21 days from arrival in Kathmandu to departure at the other end, we give you plenty of time to acclimatize and to take in the sights and sounds of the incredible Khumbu region. The trek will take you through Namche Bazaar, the monastery town of Tengboche and Dingboche. We'll also take a trip to Everest Base Camp.

The bulk of our team at Elite Exped hail from the Himalayas, meaning that our collective knowledge of these mountains is second to none. This unparalleled experience makes us uniquely placed to introduce you to this range, and this climb is one of the perfect ways to do it.

Summiting Lobuche Peak requires a high level of cardiovascular fitness, but you don't necessarily need advanced mountaineering skills. As long as you're comfortable operating in high alpine environments, can use crampons and handle an ice axe, the climb shouldn't present too many difficulties. For this reason, we often recommend Lobuche East as the first step for people who are looking to build up to more serious mountaineering objectives in the future.

As well as being hugely experienced mountaineers, our guides are trained in the latest mountain rescue techniques, and their operational rescue and recovery experience is second to none. Our intimate knowledge of these mountains, and extraction routes, enables us to move faster than anyone should something unexpected happen. We have evacuation plans in place, and helicopters on standby in case of emergencies. If you're planning on climbing in the Himalayas, you couldn't be in more experienced or safer hands.

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## Itinerary

This tried and tested itinerary is informed by decades of mountaineering experience. As with all adventurous activities of this type however, circumstances may arise where Elite Exped is forced to make alterations, possibly at short notice. While making every effort to adhere to this published schedule, we kindly ask for your patience if the weather, or other naturally occurring circumstances, intervene.

DAY 01 ARRIVAL IN KATHMANDU AND TRANSFER TO HOTEL	DAY 11 EARLY MORNING HIKE TO KALAPATHAR AND TREK TO LABOUCHE
DAY 02 WELCOME BRIEF, GEAR CHECKING AND OFFICIAL FORMALITIES IN KATHMANDU	DAY 12 TREK FROM LABOUCHE TO LABOUCHE BASE CAMP
DAY 03 EARLY MORNING FLIGHT TO LUKLA AND TREK TO PHAKDING	DAY 13 PRE-CLIMB TRAINING DAY AND REST FOR SUMMIT DAY
DAY 04 TREK FROM PHAKDING TO NAMCHE	DAY 14 SUMMIT DAY OF LABOUCHE AND TREK TO PHERICHE
DAY 05 ACCLIMATIZE DAY IN NAMCHE; HIKE TO EVEREST VIEW HOTEL AND NATIONAL PARK MUSEUM	DAY 15 CONTINGENCY DAY
DAY 06 TREK FROM NAMCHE TO DEBUCHÉ VIA TENGBOUCHE MONASTERY	DAY 16 TREK FROM PHERICHE TO NAMCHE
DAY 07 TREK FROM DEBUCHÉ TO DINGBOUCHE	DAY 17 TREK FROM NAMCHE TO LUKLA
DAY 08 ACCLIMATIZE DAY IN DINGBOUCHE; HIKE TO NAGARJUN HILL	DAY 18 FLIGHT BACK TO KATHMANDU & TRANSFER TO HOTEL
DAY 09 TREK FROM DINGBOUCHE TO LABOUCHE	DAY 19 LEISURE DAY IN KATHMANDU/SIGHTSEEING OF KATHMANDU VALLEY
DAY 10 TREK FROM LABOUCHE TO GORAKSHEP AND HIKE TO EVEREST BASE CAMP	DAY 20 FINAL DEPARTURE

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## What's included

At Elite Exped, we extensively vet our hotel, travel and accommodation partners, and operate using the very best mountaineering equipment available, to ensure the highest standards of safety possible. The following is included in your booking.

### INCLUDED

Arrival & Departure: Pick and drop facility-  
Airport/Hotel/Airport

Hotel Accommodation in Kathmandu: 4 nights  
hotel in Kathmandu on bed & breakfast Basis-  
Twin Bedroom

Welcome Dinner: One Welcome Dinner in a  
tourist standard restaurant in Islamabad with  
Expedition Staffs.

Transportation: All required Transportation for  
all Staffs and Members

Expedition Cargo: Kathmandu-Lukla-Kathmandu  
by domestic airlines

Waste Management: Stool Shipment Transfer,  
Garbage Deposit Fees

Base Camp Equipment: Base camp foam  
mattresses, dining/Kitchen/Toilet/ Tables &  
chairs

Hot drinking water: Facility of hot drinking water  
as per the need

Permits: Labouche Peak permits, National park &  
Entry permit.

Base Camp Staffs: Basecamp Cook & kitchen  
assistant.

Porters: Porters up to & back from Basecamp

Walkie Talkie FOR Sherpa

Staff Remunerations and allowances: All staffs' &  
porters' daily wages /equipment /food /clothing  
with personal insurances

Insurance: All Staff's Medical & Emergency rescue  
Insurance

Member Luggage: 20 Kg per member as personal  
baggage

Basecamp Dome Tent: VE25 North face or Kaila's  
tents in base camp 1 per member

Food & Lodging: 3 meals a day in Trekking & at  
Basecamp for Members & Staffs

Liaison Officer: 1 Government Liaison officer with  
full equipment, salary, and accommodation

High Tent: Necessary VE25 North Face High Tent for  
Members and High-Altitude Sherpa

High Altitude Climbing Sherpa: 1 Climbing Sherpa  
per member

High camp service: Essential cooking gas, cooking  
utensils, High Altitude Sherpa, High altitude Tent,  
high food and fixing gear

Warm Farewell Dinner at a standard restaurant with  
Staff

**NOT INCLUDED**

International airfare to and from Kathmandu

Nepal Visa Charges

Lunch & Dinner in Kathmandu

Extra nights' accommodation in Kathmandu. In case of early arrival or late departure, early return from the expedition (due to any reason) than the scheduled itinerary

Insurance: Travel and High-Altitude Insurance / Accident / Medical / emergency evacuation

Sherpa summit Bonus: **Minimum USD 250+**

Tips: Please calculate some tips for Basecamp staffs and porters

The full set of Member's personal climbing equipment & clothing

Rescue Evacuation: Emergency rescue evacuation cost, if needed and all other expenses of personal nature

Any other item not listed in the "Price Includes" section

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## Requirements

There's no doubt that an attempt of any Himalayan peak, especially one over 6,000m, is a significant endeavour. With our expert guidance, however, achieving this goal will be well within your grasp.

Climbs of this grade demand hard physical effort - you will need exceptional cardio-vascular fitness and to be thoroughly prepared. When you sign up, we'll ask you to share key performance data and look closely at your past experience. We'll then work with you to develop an appropriate training program, which will guarantee you the best chance of success.

If there are shortfalls within abilities and experience, we can collectively discuss the opportunities and/or provide a training support plan, including recommending preliminary climbs in the years and months leading up to this expedition, to ensure that you achieve your objective

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## Equipment

The adventurous activities undertaken by Elite Exped will require the purchase of specialist equipment Please see below the full kit list for this expedition:

### CHECKLIST

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|---|---|
| <input type="checkbox"/> HELMET: MUST BE ABLE TO FIT OVER YOUR SKI HAT                            | <input type="checkbox"/> BOOTIES: OPTIONAL, DOWN IS BEST.                           |
| <input type="checkbox"/> ALPINE ICE AXE: GENERAL MOUNTAINEERING TOOL (65-70CM)                    | <input type="checkbox"/> BRIDGEDALE SUMMIT SOCKS OR EQUIVALENT: 6 PAIRS.            |
| <input type="checkbox"/> CRAMPONS 12 POINTS   | <input type="checkbox"/> BRIDGEDALE LINER SOCKS OR EQUIVALENT: 3 PAIRS.             |
| <input type="checkbox"/> ASCENDER: 1 RIGHT- OR LEFT-HAND ASCENDER                                 | <input type="checkbox"/> 2 MERINO BASE LAYERS: TOP AND BOTTOM                       |
| <input type="checkbox"/> MOUNTAINEERING HARNESS WITH ADJUSTABLE LEG LOOPS                         | <input type="checkbox"/> 1 MID LAYER TOP: BREATHABLE.                               |
| <input type="checkbox"/> CARABINERS: 3 LOCKING AND 6 REGULAR                                      | <input type="checkbox"/> UNDERWEAR  |
| <input type="checkbox"/> RAPPEL DEVICE: ATC OR FIGURE 8   | <input type="checkbox"/> LIGHTWEIGHT NYLON PANTS: 1 PAIR                            |
| <input type="checkbox"/> MOUNTAINEERING BOOTS: SUITABLE FOR ABOVE 6000M.SCARPA 6000 OR EQUIVALENT | <input type="checkbox"/> SOFT SHELL JACKET WITH HOODY: TO BE WORN OVER OTHER LAYERS |
| <input type="checkbox"/> HIKING SHOES FOR THE TREK TO BASE CAMP                                   | <input type="checkbox"/> SOFT SHELL PANTS: VERY BREATHABLE AND WATER REPELLENT      |

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- HARD SHELL JACKET WITH HOOD: A WATERPROOF AND BREATHABLE SHELL JACKET
  - HARD SHELL PANTS: WATERPROOF AND BREATHABLE SHELL PANTS
  - INSULATED DOWN JACKET WITH HOOD: (FILL POWER 800) OR EQUIVALENT TO RAB'S ELECTRON JACKET.
  - INSULATED SYNTHETIC PANTS
  - WARM HAT: SYNTHETIC OR WOOL HAT (SKI HAT)
  - SUNHAT: TO SHADE YOUR FACE / NECK FROM THE SUN ON A HOT DAY
  - BUFF: TO PROTECT YOUR NECK / FACE FROM THE SUN
  - GLACIER GLASSES: FULL PROTECTION WITH SIDE COVERS OR WRAP AROUND
  - SKI GOGGLES: TO BE WORN ON SUMMIT DAY IN THE EVENT OF HIGH WINDS
  - LIGHTWEIGHT SYNTHETIC LINER GLOVES: FOR WEARING ON A HOT DAY; 2 PAIRS
  - SOFT SHELL GLOVES: TO WEAR FOR MODERATE COLD / WIND
  - SHELL GLOVE WITH INSULATED LINER: TO WEAR FOR SEVERE COLD / STRONG WIND
  - EXPEDITION MITTS
  - EXPEDITION BACKPACK: 65L PACK SHOULD BE LARGE ENOUGH
  - TREKKING BACKPACK: TO CARRY ON THE TREK TO BASE CAMP. SIMPLE AND LIGHT
  - SLEEPING BAG (FOR HIGH CAMPS): RATED TO AT LEAST -40°F. GOOSE DOWN OR SYNTHETIC
  - COMPRESSION STUFF SACKS: 3 LARGE ONES; FOR REDUCING VOLUME OF THE SLEEPING BAG, DOWN PARKA, ETC., IN YOUR PACK
  - HIGH QUALITY SLEEPING PAD (1 FOR BASE CAMP AND 1 FOR HIGH CAMPS): FULL LENGTH IS PREFERRED
  - CLOSED CELL FOAM PAD: TO BE USED IN CONJUNCTION WITH THE INFLATING PAD FOR WARMTH AND COMFORT WHEN SLEEPING
  - TREKKING POLES WITH SNOW BASKETS: ADJUSTABLE POLES
  - CUP: PLASTIC INSULATED CUP FOR DRINKING
  - BOWL: A PLASTIC BOWL FOR EATING DINNER OR BREAKFAST
  - SPOON: PLASTIC SPOON
  - HEAD TORCH: 1 NORMAL FOR BASE CAMP AND 1 WITH REMOTE BATTERY SYSTEMS FOR CLIMBING AT NIGHT. THIS WILL BE USED WHILST CLIMBING AT NIGHT
  - SUNSCREEN: SPF 50 OR ABOVE
  - LIP BALM WITH SUN BLOCK
  - WATER BOTTLES: 2 WIDE MOUTH BOTTLES WITH 1 LITTER CAPACITY
  - WATER BOTTLE PARKAS (2): FULLY INSULATED WITH ZIP OPENING
  - THERMOS: 1 LITRE (BUY A GOOD ONES TO KEEP YOUR WATER WARM FOR LONGER HOURS)
  - PEE BOTTLE: 1 LITRE MINIMUM BOTTLE FOR CONVENIENCE AT NIGHT IN THE TENT
  - TOILETRY BAG: INCLUDE TOILET PAPER AND HAND SANITIZER AND SMALL TOWEL
  - HAND WARMERS & TOE WARMERS
  - PENKNIFE OR MULTI TOOL (OPTIONAL)
  - CAMERA: BRING EXTRA BATTERIES AND MEMORY CARDS
  - PERSONAL SOLAR CHARGING SYSTEM (OPTIONAL BUT RECOMMENDED)
  - TRAVEL CLOTHES: FOR DAYS IN COUNTRY
  - DUFFEL BAGS (2) WITH LOCKS: TO TRANSPORT EQUIPMENT
  - BASE CAMP ITEMS: KINDLE, I PAD, SMART PHONE, ETC
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- SNACK FOOD: PLEASE BRING A FEW DAYS OF YOUR FAVOURITE CLIMBING SNACK FOOD SUCH AS BARS, GELS, NUTS, BEEF JERKY, ETC. A VARIETY OF SALTY AND SWEET IS GOOD
  
- SMALL PERSONAL FIRST AID KIT: INCLUDE ATHLETIC TAPE, BAND-AID'S, IBUPROFEN, BLISTER CARE\*\*\*, PERSONAL MEDICATIONS, ETC
  
- MEDICATIONS AND PRESCRIPTIONS: BRING ANTIBIOTICS (AZITHROMYCIN, ETC.), AND ALTITUDE MEDICINE SUCH AS DIAMOX AND DEXAMETHASONE



## Payment

You may pay your deposit and balance using any lawful means. If sending money by electronic bank transfer then you will be responsible for covering the cost of the fees associated with the transfer, so that the company receives the full amount shown on your invoice, in the denomination shown on your invoice.

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## Cancellation

In case the client decides to cancel their trip, at any time between booking and the time of the trip, some deduction will be made to the advance amount. This is due to the company's obligation to pay a certain amount for personnel and resources while booking them.

The following cancellations charges will apply if you decide to cancel the booking:

- Cancellations made 90 days or before are entitled to full deposit return if it has been paid in advance. 90 days passing will incur in loss of 30 percent of the deposit paid.
- Cancellations made 60 days prior to the departure date will incur a loss of 50 percent of the deposit paid.
- Cancellations made 45 days before the departure date will incur a loss of the full deposit and are subject to a 30 percent fee of total trip cost.
- Cancellations made 30 days or less before the departure date will incur a loss of 100 percent of the total trip cost.

NB: All refund requests must be made in writing and be received in our office within the notice period stated above.

For all cancellations, the company must be notified in writing. Acceptable means of communication include letter and email.

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## Insurance

All Elite Exped clients require appropriate insurance for their chosen expedition. Please ensure your policy covers helicopter and medical rescue and repatriation costs.

Elite Exped's has a long-standing operational partnership with [Global Rescue](#), the world's leading membership organisation providing medical security, travel risk and crisis response services to travellers worldwide.

Because of our history of operating side-by-side with Global Rescue, we recommend our clients register with them by preference.

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Our close working relationship helps smooth the process of any potential rescue, saving valuable time that can affect the outcome. Memberships start at US\$119, and without a Global Rescue membership, an emergency evacuation could cost you more than US\$100,000.

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## Bookings

For expedition dates, price and all latest information

[WWW.ELITE-EXPED.COM/EXPED/EXPED/6000M/LOBUCHE-EAST-PEAK](http://WWW.ELITE-EXPED.COM/EXPED/EXPED/6000M/LOBUCHE-EAST-PEAK)

For all expedition enquires and bookings

[INFO@ELITEEXPED.COM](mailto:INFO@ELITEEXPED.COM)