



# LOBUCHE EAST

6,119M / 20,075FT

**2024 EXPEDITION TRIP NOTES**





# LOBUCHE EAST EXPEDITION NOTES

## 2024 EXPEDITION DETAILS

**Dates:** November 2–21, 2024

**Duration:** 20 days

**Departure:** ex Kathmandu, Nepal

**Price:** US\$7,600 per person



● Rappelling off the summit of Lobuche East. Photo: Charley Mace

During the post-monsoon season of 2024, Adventure Consultants will operate an expedition to climb Nepal's most popular trekking peak, Lobuche East (6,119m/20,075ft), located in the Khumbu Valley with striking views of Mount Everest.

The route ascends through the upper Khumbu Valley, offering unparalleled views of the surrounding mountains and valleys, with the swansong being a perspective of the towering peaks of Nuptse and Mount Everest.

The Lobuche East expedition is an appropriate first step into Himalayan climbing operating over a short timeframe of only 20 days.

We approach via the Khumbu Valley, staying in lodges along the way, hiking through to the iconic Everest Base Camp, before moving to Lobuche Base Camp and embarking on our ascent.

## ABOUT THE EXPEDITION

The Lobuche East Expedition offers an opportunity to make an ascent on a 6,000m/19,685ft peak within a relatively short timeframe.

Participants should be in good physical shape and have a background in basic mountaineering and/or a history of physical exercise to be able to achieve this ascent. Instruction in mountaineering skills relative to the climb will be provided prior to the climbing commencing. The ascent of Lobuche East requires the use of crampons, ice axe and fixed ropes.

We approach the mountain on a leisurely trek up the Khumbu Valley through Sherpa villages to Everest Base Camp surrounded by the most spectacular peaks on Earth. We stay in comfortable lodges and enjoy a few acclimatisation days on the way to enable our bodies to adjust to the altitude in time for the climb itself.

We then utilise the extremely comfortable Adventure Consultants Base Camp under Lobuche peak that is catered to by our talented cooking staff who provide hearty, tasty and nutritious food in the comfort of one of the most sheltered and picturesque base camps in the Khumbu.



▲ A climber approaches the upper reaches of Lobuche East. Photo: Guy Cotter

To climb Lobuche East, we climb steep pathways on the rocky flanks of the lower mountain to High Camp where we spend one night on our way to the summit.

High Camp is dramatic, with exceptional views towards Cholatse, Taweche and Ama Dablam, especially at sunset when the peaks turn pink as the sun sets into Tibet. We climb to the far eastern summit on the summit ridge, a subsidiary of the high peak.

Early next morning, we climb rocky trails with short steeper sections—some of these have a fixed rope that we clip onto to protect ourselves. The climbing later involves snow and ice where the use of crampons and fixed ropes are necessary.

This is very doable climb for anyone in good shape and with a desire for high adventure. It is a journey of many visual highlights with stunning views of the surrounding Himalayan peaks of Everest, Cho Oyu, Nuptse, Lhotse, Makalu, Ama Dablam and many, many more.

## TRIP OUTLINE

This 20-day expedition commences in Kathmandu, Nepal. We will spend the following day sorting equipment, attending a team briefing about the journey ahead and making our final preparations. On Day 3 we fly by helicopter to Lukla, the gateway to the Khumbu Valley.

The expedition will stay at Sherpa lodges whilst we are trekking up the Khumbu Valley through to Everest Base Camp. On our trek we will visit monasteries and small villages on the same route that Everest climbers have taken for over 50 years.

Eventually we leave the lodges of the Khumbu behind us and establish our Lobuche Base Camp at the lofty elevation of 4,800m/15,750ft. Our Base Camp is in a beautiful sunny meadow below the mountain and we are supported here by our talented kitchen crew who cater for us and keep us well fed. We spend two days here acclimatising and partaking in some rope skills training.

We then move up to High Camp on Lobuche East, which lies on a small ledge of rock above small lakes. It's easy to sit around admiring the views in the evening light. Then it's early to bed for another alpine start the following morning.

The climbing is protected by fixed rope that our guide and Sherpa team will have fixed prior to the ascent. Our early start (around 2.30am) sees us climbing the South East Ridge, which is a mixture of rock, snow and ice climbing. Your guides will climb with you throughout the ascent to assist you towards the goal. On the upper mountain the angle increases and here we climb the icy slopes using crampons on our boots. We will utilise the security of fixed ropes that we attach ourselves to with an ascender to our harness for safety.

About 6–8 hours of steady climbing will bring us to the East Summit of Lobuche Peak. Woohoo, look at that view! From the top, we are well rewarded with superb views across to Ama Dablam, Makalu, Lhotse, Nuptse, Changtse, Pumori, Gyachung Kang, Cho Oyu and of course Mount Everest, Mother Goddess of the Earth. Then it's time for our descent, all the way back to our Base Camp to celebrate!

After the ascent of Lobuche East, we relish in the comfort of our Base Camp for one last night and the next day begin the 3-day trek back down the valley.



▲ A climber leaves Lobuche East Base Camp. Photo: Guy Cotter



▲ Mountain views abound on the trek through the Khumbu. Photo: Guy Cotter



▲ Climbers on the way to High Camp. Photo: Sandy Hazledine

There is still much to see and enjoy on the trek out. We pass through the famous Tengboche Monastery (the town is also the location of a famous bakery!) on the way to Namche Bazaar. The thicker oxygen-enriched air makes for easy travel with time to stop to enjoy the views or chat to the locals. There's also the opportunity to enjoy Namche Bazaar, where you can shop around for some of the thousands of items on display, such as the Tibetan rugs, jewellery and gemstones. Some people prefer to sample the offerings at the Irish bar and even enjoy a few rounds of pool. The next day, it's onwards to Lukla for our final night in the Khumbu, before our flight back to Kathmandu.

This expedition is designed to offer you the best of Nepal with the highest level of service and support at the most reasonable price. Our many years of Himalayan experience allows us to introduce you to the best food, accommodation, destinations and experiences that are available. It's the small details that make all the difference, and this is where we excel. We provide the most affable and experienced Western guides working in conjunction with our excellent Sherpa friends, to promise you an experience of a lifetime!

## PREREQUISITE EXPERIENCE

Participants should have a background in basic mountaineering, including abseiling and the use of crampons and ice axe, or a history of physical exercise that can be applied to energetic trekking and the moderate altitude mountaineering that defines this expedition. Instruction in the use of fixed lines and a refresher on abseiling will be provided to ensure the requisite skills are gained prior to the climbing commencing.

This ascent involves a modicum of technical climbing at times where the use of crampons, ice axe and fixed ropes will be encountered.

## TEAM SIZE

For the Lobuche East Expedition, we will take a maximum of 12 people, hence spaces are limited.

## 2024 EXPEDITION DATES

Dates: November 2–21, 2024



▲ Lobuche East Base Camp. Photo: Guy Cotter

## ITINERARY

Day 1	Arrive Kathmandu
Day 2	Gear checks and sightseeing (if time permits)
Day 3	Fly to Lukla (2,860m/9,383ft), trek to Phakding (2,610m/8,563ft)
Day 4	Trek to Namche Bazaar (3,440m/11,286ft)
Day 5	Acclimatisation day and sightseeing Namche Bazaar
Day 6	Namche Bazaar to Phortse (3,950m/12,959ft) via the Mong La Pass (3,970m/13,025ft)
Day 7	Phortse to Pheriche (4,270m/14,009ft) via Pangboche (3,985m/13,074ft)
Day 8	Rest/acclimatisation day
Day 9	Pheriche to Lobuche (4,800m/15,750ft)
Day 10	Rest/acclimatisation day
Day 11	Trek to Gorak Shep (5,165m/18,209ft), climb Kala Patar (5,554m/18,222ft) for world's best view of Everest!
Day 12	Trek to Everest Base Camp for lunch, descend to Lobuche Base Camp (4,800m/15,750ft)
Day 13	Move to Lobuche High Camp (5,400m/17,720ft)
Day 14	Summit bid on Lobuche East (6,119m/20,075ft), return to Base Camp
Day 15	Lobuche Base Camp to Pangboche
Day 16	Pangboche to Namche Bazaar
Day 17	Weather/contingency day
Day 18	Namche Bazaar to Lukla
Day 19	Lukla to Kathmandu flight
Day 20	Depart from Kathmandu, trip ends

**NOTE:** The itinerary may change at any time and factors such as weather, team member health, logistics, etc., can create some change in the programme.

## THE ADVANTAGES OF CLIMBING WITH ADVENTURE CONSULTANTS

Adventure Consultants is renowned for the quality of its service and strategy applied to their expeditions. Our reputation is attributed to meticulous planning and experienced logistics coordination. We have a philosophy of investing in every expedition to offer our trekkers the best possible experience.

We employ strong and specialised Expedition Leaders and Sherpa staff, who are some of the most pre-eminent in the industry. We pride ourselves on operating with small teams, the best backup and support available. This includes nutritious and ample quantities of food, comfortable Base Camp facilities, reliable emergency communications systems and the necessary medical back up.

Many of our expedition members come to us because they have seen us in action on a previous trip and decide to opt for our level of service and proven experience. Others return because they know we do our very best to make expeditions safe and successful.

## VISAS

Members will be required to obtain an entry visa into Nepal at the beginning of the expedition and this is easily procured at Kathmandu Airport on



▲ Lobuche East from Kongma La. Photo: Mark Morrison



▲ A climbing team at Lobuche East High Camp. Photo: Guy Cotter



▲ Awesome mountain vistas abound on the climb. Photo: Guy Cotter

arrival. The trekking and climbing permits are a separate matter dealt with by the expedition agent.

## FOOD

Food will be of the highest standard possible, given the remoteness of the situation. Please inform us if you have any special dietary requirements. We will dine at lodges in the Khumbu Valley, and at Base Camp we will eat in our dining tent and be catered for by our expedition cook and support crew. Our camp equipment and ample nutritious meals are always the envy of other groups along the way! We do recommend that you bring some of your personal favourite snacks like muesli bars, chocolate and/or candy to supplement the snacks that we provide.

## EQUIPMENT LIST

Expedition members will be sent a list detailing all necessary clothing and equipment to be individually provided.

## MEDICAL EXAMINATION

Expedition members will be provided with pre-trip medical advice and a medical questionnaire and will be asked to visit their family physician to receive a full medical examination. This information will be sighted only by the Expedition Leader and our medical adviser and treated with full confidentiality.

## DOCUMENTATION & PHOTOGRAPHS

Expedition members will need to provide a digital passport photograph for various climbing and trekking permits and a copy of their passport biodata page.

## OPTIONAL EXTENSIONS

To enhance your Nepal experience and to explore more of the region, we also offer the additional trekking options after your ascent:

### GOKYO EXTENSION

- Cross the Cho La and explore the impressive Gokyo Lakes region



▲ A happy climber approaches the summit of Lobuche East. Photo: Steve Moffat



▲ An alpine start is required on summit day. Photo: Charley Mace



▲ A team preparing to fly to Kathmandu from Lukla. Photo: Charley Mace

- Climb Gokyo Ri
- Add 4 days
- Cost US\$990 per person

For further information on these options please contact the Adventure Consultants office.

## EXPEDITION FEE

The cost of the expedition ex Kathmandu, Nepal is US\$7,600 per person.

This is an inclusive cost and covers the following:

- Nepalese government royalty fees
- All trek organisational requirements
- All trekking permits
- Airport transfers in Kathmandu
- Helicopter air transport within Nepal
- Accommodation in lodges or tents ex Kathmandu
- All group equipment (tents, ropes, kitchen, radios etc.) and emergency medical supplies
- All trek staff, including Western guide(s) and Sherpa guides, cooks and porter support
- Transport of 20kg of personal equipment
- Breakfast, lunch and dinner ex Kathmandu

- Access to our satellite telephone for outgoing calls
- Dispatch web page updated throughout the trip
- dZi Foundation support for their "Revitalise a Village" programme—likely to include support for a Nepalese child's education for a year

The expedition fee does not include the following:

- Air travel to and from Nepal
- Hotel accommodation and meals in Kathmandu
- Purchases of bottled water, gifts and alcohol (boiled or treated water for drinking is supplied)
- Other charges at lodges/tea houses such as additional meals, showers, internet access or battery recharging
- Entry visas for Nepal (30-day tourist visa for Nepal available on arrival in Kathmandu)
- Personal clothing and equipment
- Helicopter upgrade costs should the fixed wing flights not operate
- Personal travel/trip cancellation/rescue insurance
- Excess baggage charges for portage and the flights to/from Lukla
- Cost of satellite telephone calls
- Any rescue costs or costs of early departure
- Gratuities





▲ Climbers jumarung up fixed lines on summit day. Photo: Guy Cotter

## PAYMENT DETAILS

All payments should be made by bank transfer to the following bank and account:

Bank of New Zealand  
Offshore Branch  
42 Willis Street  
Spark Central  
Wellington  
New Zealand

for the account of Adventure Consultants Limited

**Account Number:** 1000-594771-0000

**Account Type:** US Dollars

**Swift Address:** BKNZNZ22

**NOTE:** All bank transfer charges are for the remitter's account.

We can also accept your deposit and balance payment by credit card (Visa, Mastercard or Amex) plus a 3% credit card fee.

## DEPOSIT

A deposit of US\$500 is payable to secure a place on the expedition.

## BALANCE

The balance of the expedition fee is payable 90 days prior to the expedition start date.

## CANCELLATION & REFUND POLICY

Once you have paid your deposit your trip is confirmed, subject to payment of the balance of fees owing 90 days prior to your trip commencement date. An expedition team member may then cancel their participation on the following basis:

- Cancellations outside of 90 days will result in the loss of the trip deposit.
- For cancellations made within 90 days of the trip commencement date, we reserve the right to retain 50% of the balance payment.
- For cancellations within 60 days of the departure date a cancellation fee of 100% of the full fee applies.



▲ Climbers on the summit of Lobuche East with Ama Dablam behind them. Photo: Steve Moffat

We strongly recommend you take out trip cancellation insurance via your travel agent if you wish to be covered against cancellation due to medical or personal reasons.

## HOW TO JOIN THIS EXPEDITION

If you would like to join one of Adventure Consultants Lobuche East Expeditions, please complete our online application at <https://www.adventureconsultants.com/expeditions/himalayan-climbs/lobuche-east/book-now> and submit your trip deposit.

## CONTACT US

Please also contact us if you'd like any further information or assistance in planning your trip:

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▲ Climber high on the slopes of Lobuche East. Photo: Steve Moffat



Adventure Consultants is affiliated to the New Zealand Mountain Guides Association (NZMGA), New Zealand Alpine Club (NZAC) and a corporate member of the American Alpine Club (AAC). Adventure Consultants is a supporter of the dZi Foundation in Nepal for their 'Revitalise a Village' programmes.

Adventure Consultants perform to IFMGA/UIAGM standards and are world leaders in high altitude guiding.

