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Combined Lobuche and Island Peak Climbing - 23 Days

Lobuche East and Island Peak Climbing is a combined climbing package that fulfills the thirst of climbing both the peaks and trekking to Everest Base Camp. It is one of the most common and challenging trekking peak experiences. If you are keen on climbing then you can try out this trek as it gives you a chance to scale two peaks in a single trip.

This trip offers the climb of two of the most popular trekking peaks in the Everest region in the Himalayas. Climbing the twin summits of Lobuche East and Island in Nepal coupled with reaching the Everest Base Camp Trek makes this expedition a very unique and challenging one.

According to our previous guests, it is the most satisfying and demanding trekking with twin trekking peaks climbing experience in Nepal. Thus, we have professionally planned this expedition itinerary to allow every trekker to have proper acclimatization, resulting in the summit of these two trekking peaks over 6000 meters - Lobuche East Peak 6119m and Island Peak 6189m.

This is an inspirational climb which is also absolutely an attainable goal. Also, the trek takes you through the distant dell of the Imja Tse in the Everest region. Do not miss out on this delightful occasion to have a lifetime involvement in the Himalayas with magnificent practices.

LOBUCHE EAST CLIMBING

Lobuche East Climbing is one of the most popular peak climbing experiences which introduces to the world of Himalayan mountaineering. Lobuche has twin summit towers that sit high above the moraine of Khumbu Glacier near Everest Base Camp.

Most of the beginners try Lobuche East (6119m) which is a trekking peak and is more straightforward. The West Peak (20,160 feet) is considered a difficult, technical climbing objective. Even so, the journey to the summit comprises stretches of abstemiously vertical and exposed terrain and is an outstanding challenge for both new and veteran climbers.

From the summit, travelers enjoy a dramatic 360° view of the Himalayas, with five of the fourteen 8,000-meter peaks in the earth. These escapade cartels an ascent of Lobuche Peak with the classic trek to Everest Base Camp. For most trekkers, simply seeing Mount Everest from the base of the Khumbu Icefall is a dream come true. Throughout the spring climbing season, this trip includes one night in Everest Base Camp.

ISLAND PEAK CLIMBING

Island Peak Climbing, is another perfect choice among novice climbers who wish to start their climbing adventures with technical peaks and progress to challenging climbs of higher elevations. Popularly known as Imja Tse, the Island was named due to its striking location. It lies in the heart of the Chukhung Valley - like an island on a sea of ice. Island Peak

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has an extraordinary, highly glaciated west face that increases from the Lhotse Glacier, which is a bit threatening to do, yet the bright views from the summit are surely the right recompense for your efforts.

Island Peak is a challenging climb to its summit above 20,000 feet and needs to be loomed with devotion and respect. Island Reak is an excellent introduction to high-altitude mountaineering and can be looked at as a stepping stone to higher peaks. Island Peak is for those who want to explore the Everest Region, and also want more of a challenge and experience actual mountaineering.

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PRICE INCLUDES

Transportation

- Private vehicle for transfers as per in itinerary; airport pickup & drop, sightseeing
- Domestic flight tickets (Kathmandu – Lukla – Kathmandu) and airport departure taxes

Food and Accommodation

- Three nights in Kathmandu in a 3-star category hotel
- Seventeen Nights in the best available local lodge/teahouse throughout the trek
- Two nights in the tented camp during the climb
- All standard meals [Breakfast, Lunch, and Dinner] during the trek and climbing
- Available seasonal fruits throughout the trek/climb
- Breakfast at a hotel in Kathmandu
- Farewell Dinner in Kathmandu

Staff

- A Government licensed English-speaking trekking guide including wages, meals, insurance, lodging, transportation, flight, and other necessary gear & equipment.
- For more than six trekkers, one assistant guide includes wages, meals, insurance, lodging, transportation, flight, and other necessary gear & equipment.
- A porter for two trekkers/ climbers ratio including wages, meals, insurance, lodging, transportation, flight, and other necessary gear & equipment
- A Government licensed English-speaking climbing guide including wages, meals, insurance, lodging, transportation, flight, and other necessary gear & equipment.

Permits and Tariffs

- Khmbu Pasang Lhamu R. M. Entry Permit
- Sagarmatha National Park Nataional Park Entry Permit
- Lobuche Peak Climbing Permit and Taxes
- Island Peak Climbing Permit and Taxes
- All other government, local taxes, and official expenses

Extra

- A Gortex Duffle bag [100% waterproof] to keep your personal belongings to be carried by the porter
- Assistance in arranging rescue operations in case of complicated health conditions (funded by travel insurance)
- Lobuche and Island Peaks Climbing trekking map and
- Outward Adventure t-shirt

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- Outward Adventure Appreciation Certificate after the successful climb
- A first aid medicine bag in each group

PRICE EXCLUDES

- International Flight Cost
- Nepal Entry Visa Fees
- Extra baggage check-in during the flight (Kathmandu-Lukla-Kathmandu) if more than 15 KG, 01 USD per KG extra, can pay directly to the airline.
- Extra night accommodation in Kathmandu due to early arrival or late departure, or early return from the climb Personal expenses such as alcoholic drinks, shopping, snacks, boiled bottle water, hot (Tea/ Coffee) and cold drinks, hot shower, alcohol, Wi-Fi, telephone call, battery re-charge fee, extra porters, etc
- Additional costs suffered due to causes beyond our control, such as natural disasters, weather conditions, itinerary modifications due to safety concerns, emergency evacuation, changes in government policies, strikes, and so forth
- Tips for guides and porters (Tips are appreciated)

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ITINERARY IN DETAIL

Day 1: Arrival in Kathmandu (1,138m/4,390 ft) and transfer to Hotel

Welcome to Kathmandu! Upon your arrival at Tribhuvan International Airport, our friendly representatives will greet you and assist with your transfer to the hotel. After settling in, take some time to relax and recharge after your journey. In the evening, enjoy a traditional Nepali welcome dinner, where you'll sample local dishes and hear about the exciting trek that lies ahead. The vibrant atmosphere of the city is sure to awaken your senses and prepare you for the adventure to come.

As you stroll through the bustling streets of Thamel, soak in the unique sights and sounds of Kathmandu. This area is known for its eclectic shops, street vendors, and lively cafes. Whether you're interested in picking up last-minute trekking gear or simply enjoying a cup of masala chai, the evening is yours to explore. Our team will provide a briefing about your upcoming trek, ensuring you're well-prepared and excited for the days ahead.

Day 2: Fly to Lukla (2,860 m / 9,383 ft), trek to Phakding (2,651 m / 8,700 ft)

This morning, you'll embark on an exhilarating early flight to Lukla, famed for its breathtaking views and thrilling landing. After touching down, we'll begin our trek to Phakding, a charming village along the Dudh Koshi River. The trail is relatively easy, allowing your body to acclimatize while immersing yourself in stunning landscapes. Expect to trek for about 3 to 4 hours, arriving in Phakding in the early afternoon. Once settled, take a moment to enjoy the serene environment and prepare for the adventures that lie ahead.

After settling in, feel free to explore the village. The local culture is rich, and you may encounter friendly Sherpa families who call this place home. Consider visiting a nearby monastery or walking along the riverbank, taking in the natural beauty surrounding you. As evening falls, enjoy a hearty meal at your lodge, sharing stories with fellow trekkers and reflecting on the day's journey.

Day 3: Trek from Phakding to Namche Bazaar (3,440 m / 11,286 ft)

Today's trek from Phakding to Namche Bazaar will take approximately 5 to 6 hours, covering 11 kilometers. As we ascend, the landscape transforms, revealing lush forests and breathtaking views of the towering peaks. Namche Bazaar, often referred to as the gateway to the Everest region, is a vibrant Sherpa town bustling with shops, cafes, and stunning mountain vistas. Upon arrival, take some time to explore the local markets and enjoy the rich culture of the Sherpa people.

In the late afternoon, you might want to visit the local bakery, famous for its delicious pastries and coffee. Enjoying a sweet treat while taking in the views of the surrounding peaks is a perfect way to end the day. Our guide will provide a briefing to prepare you for the next day's trek, ensuring you have all the information you need for a successful journey.

Day 4: Namche Bazaar: Acclimatization Day / Hike to Everest View Hotel

Today is an essential acclimatization day in Namche Bazaar. Take this opportunity to rest and let your body adjust to the altitude. We recommend a hike to the Everest View Hotel, which offers breathtaking panoramic views of Mount Everest

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and the surrounding peaks. The trail takes you through beautiful pine forests, where you may encounter local wildlife along the way. After a leisurely hike, return to Namche for a warm meal and perhaps a visit to the local museum to learn more about the region's culture and mountaineering history.

In the afternoon, you can explore the town further, visiting local shops for unique handicrafts or enjoying a moment of relaxation in a cozy café. Engaging with the Sherpa people and learning about their traditions will enrich your experience, allowing you to appreciate the vibrant culture of the region. The sense of community in Namche is palpable, and you'll likely find yourself inspired by the stories and warmth of the locals.

Day 5: Trek from Namche Bazaar to Tengboche (3,867 m / 12,684 ft)

Leaving Namche Bazaar, today's trek to Tengboche is both scenic and spiritually enriching. The trail, approximately 10 kilometers long, will take about 5 to 6 hours, leading you through lush forests and offering stunning views of the iconic Ama Dablam peak. Upon reaching Tengboche, you'll visit the famous Tengboche Monastery, the largest in the Everest region. Here, you can witness the monks in prayer and soak in the peaceful atmosphere, surrounded by breathtaking views of the Himalayas.

After exploring the monastery, consider taking a moment to meditate or simply enjoy the tranquility of the surroundings. The vibrant colors of the prayer flags and the sound of the wind create a serene backdrop for your reflections. As the sun sets, enjoy a hearty meal with your trekking team, sharing stories of your experiences and bonding over the day's adventures.

Day 6: Trek from Tengboche (3,860m / 12,665ft) to Dingboche (4,410m/14,469ft) - 5 Hours

Continuing our adventure, we'll trek from **Tengboche to Dingboche** today. This 9-kilometer trail is expected to take around 5 to 6 hours. As we navigate through rhododendron forests and cross several suspension bridges, the landscapes will become increasingly dramatic. Dingboche is a picturesque village surrounded by towering peaks, providing a perfect backdrop for our stay. After settling into your accommodation, enjoy the breathtaking views and perhaps take a leisurely walk around the village to appreciate the serene environment.

In the afternoon, you may choose to visit a local farm or engage with villagers to learn about traditional agricultural practices in this high-altitude region. The hospitality of the Sherpa people is heartwarming, and you might even be invited to join in their daily activities. This cultural exchange adds a rich layer to your trekking experience, deepening your connection to the land and its people.

Day 7: Acclimatization Day at Dingboche / Explore Dingboche Village

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Today is another important acclimatization day. You have the freedom to explore Dingboche and its surroundings. Consider hiking to the nearby Nagarjun Hill for stunning panoramic views of the surrounding mountains, including Makalu and Lhotse. This hike will help your body adjust to the altitude while providing opportunities for stunning photography. In the afternoon, take some time to relax, enjoy local cuisine, and connect with fellow trekkers. Sharing stories and experiences will enrich your journey even further.

As the day winds down, gather with your group for a discussion about the upcoming trekking challenges. Your guide will provide valuable tips for the days ahead, including altitude sickness awareness and trekking techniques. This sense of camaraderie and shared purpose enhances the experience, making the trek not just a **physical challenge** but also a journey of personal growth and connection with others.

Day 8: Trek from Dingboche to Lobuche (4,930 m / 16,177 ft)

On Day 8, we'll set off on our trek to Lobuche, a journey of about 4 kilometers that will take around 2 to 4 hours. The trail offers magnificent views of the Khumbu Glacier and the surrounding peaks, creating a truly unforgettable experience. Upon reaching **Lobuche**, we'll settle into our accommodation, and you can take some time to relax and prepare for the next stages of our adventure. The atmosphere in Lobuche is serene, making it a perfect place to reflect on the journey thus far.

In the late afternoon, consider taking a short walk to the nearby glacier for a closer look at its stunning formations. The stark beauty of the landscape is a reminder of the power of nature and the challenges that await in the days ahead. As night falls, enjoy a hearty meal with your group, discussing your hopes and ambitions for the summit attempts that lie ahead.

Day 9: Trek from Lobuche to Gorak Shep (5,164 m / 16,942 ft), visit Everest Base Camp (5,364 m / 17,594 ft) 13km, 6-7 hours trek

Today is one of the highlights of our trek as we make our way to **Gorak Shep** and then to Everest Base Camp. We'll trek approximately 13 kilometers over 6 to 7 hours. The path will take us past stunning glacial landscapes and rocky trails, building excitement as we approach our goal. Once at Everest Base Camp, take a moment to soak in the incredible atmosphere and appreciate the achievement of standing at the foot of the world's highest peak. Afterward, we'll return to Gorak Shep for a well-deserved rest, reminiscing about the incredible experience.

The journey to **Base Camp** is filled with emotion, as you'll see climbers preparing for their summit attempts and experience the camaraderie among trekkers from around the world. It's a unique melting pot of adventure and inspiration. As you reflect on the day, consider writing in your journal or capturing photos to remember this significant milestone in your journey.

Day 10: Hike from Gorak Shep to Kala Patthar (5,545 m / 18,192 ft) and back to Lobuche (4,930 m / 16,177 ft)

This morning, we'll rise early for an unforgettable hike to Kala Patthar, where you'll be rewarded with breathtaking views

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of Mount Everest at sunrise. The hike is challenging, lasting approximately 7 to 8 hours round trip. The view from the top is nothing short of magical, providing a perfect vantage point to see the surrounding peaks bathed in golden light. After descending back to Gorak Shep, we'll return to Lobuche for the night, where a warm meal and comfortable rest await you.

As you stand at the summit of Kala Patthar, take a moment to breathe in the crisp mountain air and revel in the sense of accomplishment. The stunning vistas will make every step worthwhile. Upon your return to Lobuche, you may feel a shift in your perspective, deeply connected to the majestic landscape around you. Sharing your experience with fellow trekkers over dinner will create lasting memories of this incredible day.

Day 11: Trek from Lobuche to High Camp (approx. 5,400 m / 17,717 ft) afternoon Pre-Climb Training

Today, we'll trek from Lobuche to High Camp. The trek will take around 3 to 4 hours and will prepare you for the upcoming climb. Upon reaching High Camp, our team will conduct a pre-climb training session, equipping you with essential skills and techniques for the ascent. This preparation is crucial for ensuring your safety and confidence as we approach the summit of Lobuche Peak. After training, enjoy the evening surrounded by the majestic mountains, reflecting on your journey.

At High Camp, the atmosphere is electric with anticipation. You'll have the chance to bond with your fellow climbers, sharing experiences and strategies for the ascent. As night falls, gather around for a briefing on the next day's climb, reinforcing your team's spirit. The stars overhead provide a beautiful backdrop as you prepare mentally for the challenge ahead, creating a sense of unity and excitement among the group.

Day 12: Climb from High Camp to Lobuche Summit (6,119 m / 20,075 ft) and back to Lobuche (4,930 m / 16,177 ft)

Today is the day we conquer Lobuche Peak! The ascent and descent will take approximately 9 to 10 hours. As we make our way to the summit, you'll feel the thrill of adventure as you navigate the rocky terrain and icy patches. The views from the top are absolutely stunning, providing an unparalleled perspective of the surrounding peaks and valleys. After celebrating your achievement, we'll descend back to Lobuche, where a warm meal and comfortable rest await you.

The descent can be just as rewarding as the ascent, allowing you to reflect on the extraordinary journey you've undertaken. The sense of accomplishment and camaraderie you share with your fellow climbers will create lasting bonds. As you return to Lobuche, the excitement of your achievement will be palpable, and you'll likely spend the evening sharing stories and laughter, savoring the memories of a challenging yet fulfilling day.

Day 13: Reserved day/Contingency Day

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This day is reserved for any unforeseen circumstances or to provide additional acclimatization time. It's a welcome opportunity to rest and reflect on your remarkable achievements thus far. Whether you choose to relax in a cozy lodge or explore the surrounding areas, the day is yours to enjoy. Our guides will be on hand to assist you with planning any activities for the day or to share stories from the trek.

Consider using this time to engage in light hiking or perhaps a meditation session, allowing the beauty of the Himalayas to inspire you. This day also provides an excellent opportunity to connect with local culture, perhaps visiting nearby villages or engaging in community activities. The flexibility of this day ensures that you're well-prepared and rested for the next stages of your adventure.

Day 14: Trek from Lobuche to Chhukung (4,730 m / 15,518 ft)

We'll resume our trek today, heading from Lobuche to Chhukung. This journey will take about 4 to 5 hours, leading us through stunning landscapes dotted with traditional Sherpa homes. Chhukung is a beautiful village that offers fantastic views of the surrounding mountains. Upon arrival, settle into your accommodation and take a moment to enjoy the peaceful atmosphere. You may also want to explore the village and connect with local residents to learn more about their way of life.

In the afternoon, consider taking a short walk to the nearby hills for an even better vantage point of the surrounding peaks. The tranquility of Chhukung will offer you a moment of reflection and gratitude for the adventure you've undertaken. As the sun sets, enjoy a communal meal with your trekking team, sharing insights and laughter, which will deepen the bonds formed throughout the trek.

Day 15: Trek from Chhukung (4735m / 15,535ft) to Island Peak Base Camp (5,200m / 17,050ft)

Today's trek to Island Peak Base Camp will take approximately 3 to 4 hours. The trail offers breathtaking views, and as we get closer to the base camp, the excitement builds for the upcoming climb. Upon arrival, we'll set up camp and prepare for the adventure ahead. Take some time to relax, hydrate, and mentally prepare for the challenge of summiting Island Peak. The ambiance at base camp is both exhilarating and calming, providing a perfect setting to bond with fellow climbers.

As you settle into base camp, take the opportunity to familiarize yourself with the climbing gear and techniques that will be crucial for the ascent. Our experienced guides will provide a thorough briefing, ensuring everyone feels confident and prepared. In the evening, gather around for a motivational talk, sharing hopes and aspirations for the climb, fostering a spirit of teamwork and encouragement among all climbers.

Day 16: Climb from Island Peak Base Camp to Island Peak Summit (6,189 m / 20,305 ft) and back to Chhukung (4,730 m / 15,518 ft)

Today is the grand summit day of Island Peak! Expect a demanding climb that will take about 10 to 12 hours. As we ascend, you'll navigate rocky terrain and glaciers, utilizing the skills you've learned throughout the trek. Reaching the summit is an incredible achievement, and the views from the top are worth every effort. After basking in the beauty of the

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surrounding landscape, we'll descend back to Chhukung, where you can reflect on your adventure and enjoy a celebratory meal with your fellow trekkers.

The descent is an opportunity to savor the experience, reflecting on the challenges you've overcome and the breathtaking vistas you've witnessed. Engaging with your fellow climbers during this time will enhance your bond as you share stories and laughter. When you arrive back in Chhukung, the sense of accomplishment will be palpable, and the evening will be filled with celebration and camaraderie as you reminisce about the day's triumphs.

Day 17: Reserved day/Contingency Day

This reserved day allows for additional acclimatization or exploration. You can take this opportunity to relax in Chhukung, engage in light hikes, or enjoy the stunning mountain views around you. Our guides are available to share their insights on the region or assist you in planning any activities you may wish to pursue. It's a perfect way to unwind after the exhilarating climb and reflect on your achievements.

Consider participating in a local cultural activity, such as a cooking class or a traditional dance performance, to deepen your understanding of Sherpa culture. This day is also ideal for journaling your experiences or simply soaking in the remarkable surroundings. The flexibility of this day ensures that you leave Chhukung feeling rejuvenated and enriched by the cultural experiences you encountered.

Day 18: Trek from Chhukung to Pangboche (3,985 m / 13,074 ft)

Today, we'll trek from Chhukung to Pangboche, a journey of approximately 4 to 6 hours. As we descend through lush landscapes, you'll have the chance to witness the unique flora and fauna of the region. Upon reaching Pangboche, known for its ancient monastery, take some time to explore the village and learn about its rich cultural heritage. The serene atmosphere and stunning views of the surrounding peaks make Pangboche a lovely place to unwind.

In the afternoon, you may want to visit the Pangboche Monastery, one of the oldest in the region, where you can observe the monks in their daily rituals. This cultural experience will deepen your connection to the area and provide insights into the spiritual life of the Sherpa community. As evening approaches, gather with your trekking group to share a meal and reflect on your journey, celebrating the bonds formed along the way.

Day 19: Trek from Pangboche to Namche Bazaar (3,440 m / 11,286 ft)

Our journey continues as we trek from Pangboche back to Namche Bazaar. This trek will take around 4 to 5 hours, retracing our steps through familiar trails. As you walk, take in the beauty of the landscape and the vibrant culture of the Sherpa people. Upon arriving in Namche, you can enjoy the comforts of the town, perhaps indulging in a hot shower or shopping for souvenirs to commemorate your journey.

In the evening, consider visiting a local bakery or café for a well-deserved treat. The lively atmosphere of Namche Bazaar will offer a warm welcome as you reconnect with fellow trekkers. This night is an excellent opportunity to celebrate your achievements and share stories of your incredible adventure, creating memories that will last a lifetime.

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Day 20: Trek from Namche Bazaar to Lukla (2,860 m / 9,383 ft)

On our final trek, we'll make our way back to Lukla, covering approximately 19 kilometers in about 6 to 7 hours. The trail is scenic, and as we near Lukla, the excitement of completing the trek begins to sink in. Upon arrival, you can celebrate with your fellow trekkers and share stories of the incredible experiences you've had. The evening will be filled with camaraderie as we reflect on our adventure.

As you gather with your group for a farewell dinner, take a moment to appreciate the journey you've undertaken. The friendships forged and experiences shared will create lasting bonds. This celebration is not only a conclusion to the trek but also a tribute to the resilience and determination each team member has shown throughout the journey.

Day 21: Fly back to Kathmandu (1,330 m / 4,364 ft)

This morning, we'll fly back to Kathmandu, where you'll have time to relax and enjoy the comforts of the city. After checking into your hotel, you can explore the local markets, visit cultural sites, or simply unwind after your journey. In the evening, we'll gather for a farewell dinner, celebrating your achievements and the friendships made during this unforgettable trek.

The flight back to Kathmandu offers one last chance to admire the majestic mountains from above, a fitting conclusion to your adventure. Upon returning to the city, consider visiting some iconic sites like Durbar Square or Pashupatinath Temple, immersing yourself in the rich culture and history of Nepal. Your time in Kathmandu is an excellent opportunity to reflect on your adventure and plan your next journey.

Day 22: Rest Day in Kathmandu (1,330 m / 4,364 ft)

Take a well-deserved rest day in Kathmandu. Enjoy the vibrant atmosphere of the city, visit historic sites like Swayambhunath (Monkey Temple), or indulge in some last-minute shopping for souvenirs. You might also want to try some local delicacies one last time at a nearby restaurant. This day is a great opportunity to reflect on your incredible adventure and relax before your departure.

Consider joining an organized tour to explore more of the city's hidden gems, such as the Thamel neighborhood's artistic corners or the serene gardens of the Royal Palace. This day allows you to absorb the culture and energy of Kathmandu fully, making it a perfect conclusion to your Himalayan adventure. Engage with locals, share your trekking stories, and savor the last moments in this vibrant city.

Day 23: Final Trip Departure

As your journey comes to an end, we'll assist you with your transfer to the airport for your onward flight. Take a moment to cherish the memories of your trek and the stunning landscapes you've experienced. Thank you for choosing Outward Adventure Treks and Expedition for this incredible journey.