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Lobuche Peak via Gokyo Lakes Trek - 19 Days

Lobuche Peak Climbing with Gokyo Lake, Cho La Pass and Everest Base Camp Trek is a short yet fulfilling journey to the **Everest Region** Nepal that takes us to the pristine Gokyo Valley, makes us pass Cho La, one of the most popular viewpoints of the Everest Region that showcases the majestic sceneries of Ama Dablam, Island Peak, Mount Everest, Lhotse, Nuptse, and Cho Oyu as well as Khumbu Icefall and Glacier, and Ngozumba Glacier at the same time.

We, the Outward Adventure Treks and Expedition team, with five Australian guests, completed Cho La and did EBC with Lobuche Peak Climbing last year in the Autumn months, and eye-witnessed all the given places and destinations at the same time in a 19-day itinerary.

While completing this journey, we will cover almost all the famous Sherpa villages like Lukla, Namche Bazaar, Dole, Machhermo, Gokyo Valley, Dzongla, Everest Base Camp, Gorekshep, Lobuche, Dingboche, and Tengboche. Along with that, we climb Lobuche East, one of the beginner's climbing destinations in the Khumbu region. Other Popular peaks include **Island** and **Mera Peak**.

This combined journey is the ultimate ramble for those who are both physically and mentally ready to complete a more enthralling travel than trekking and climbing experience, and pass some of the best freshwater alpine lakes, religious spots like monasteries, mane walls, astonishing waterfalls, lush green forests of rhododendrons, pines, firs etc.

While crossing airy high suspension bridges, we get the next level of experience. Wow!

Image not found or type unknown
Gokyo Lakes via Lobuch...

Our expert Sherpa team will lead you through the entire trip. The climbing techniques will be taught, and you will be assisted in every step. There will be no problem of accommodation, food, and other accessories in the Himalayas, as we have already booked before the trip begins at Kathmandu, and we have our camps for the Lobuche High Camp.

LOBUCHE PEAK

Lobuche East Peak (6,119 m/20,075 ft) is a faultless blend of challenge and glorious Himalayan beauty. Located in the Mahalangur Mountain Range, Everest Region, Lobuche East Peak serves as an ideal milestone for mountaineers who wish to climb High Himalayan vistas like Himlung, Ama Dablam, Lhotse, and even Everest.

Its outstanding pyramid-shaped summit, enclosed by historic glaciers and towering neighbors like Nuptse, Lhotse, and Pumori, makes it a visually stunning and rewarding climb.

Image not found or type unknown
Lobuche top.jpg

Classified as Group B or trekking peak, Lobuche peak requires only basic mountaineering skills and is accessible almost all the time in the year, except the summer months (June to August). While almost all other peaks are closed during winter, we have organized a couple of groups during these months as well, and we were successful too to achieving this

peak.

Most of the trekkers/climbers choose to climb this peak, joining the trek to Everest Base Camp, but we recommend that you have the experience of Gokyo Valley crossing Chola, reach Everest Base Camp, and then climb Lobuche. While doing so, you will be well acclimatized before reaching legendary Lobuche Peak High Camp.

GOKYO LAKES

Gokyo Lakes, a chain of freshwater Himalayan glacial lakes in the Everest region, is a breathtaking chain of six turquoise glacial lakes, shimmering beneath the shadows of giants like Everest, Cho Oyu, and Makalu. As the world's highest freshwater lake system, this hidden paradise offers trekkers a quieter, yet equally stunning, alternative to the classic Everest Base Camp route.

The journey to Gokyo winds through traditional Sherpa villages, across the dramatic Ngozumpa Glacier, and up to Gokyo Ri (5,357m), a viewpoint rivaling Kala Patthar with its panoramic Himalayan vistas. Unlike the eventful trails to Everest Base Camp, Gokyo offers a serene escape where the sacred lakes, steeped in Buddhist legends, reflect the surrounding snow-capped peaks in mesmerizing sorts.

Whether you are seeking adventure, photography, or cultural immersion, the Gokyo Lakes trek blends natural beauty, high-altitude thrills, and spiritual tranquility into an unforgettable Himalayan experience, best enjoyed in the clear skies of spring (March-May) or autumn (September-November). However, trekking to the Gokyo lakes and Gokyo Ri is possible in the winter months as well.

CHO LA PASS

Cho La Pass (5,420m/17,782 ft), situated between the towering peaks, is one of Nepal's most exhilarating mountain crossings, connecting the Gokyo Valley and Everest Base Camp trekking routes. This challenging glacier pass is steep, icy slopes and crevassed terrain demand proper acclimatization, crampons, and a head for heights, yet offers jaw-dropping views of Ama Dablam, Cholatse, and the Ngozumpa Glacier, along with the unmatched thrill of traversing a true high-altitude adventure route.

Gokyo and Lobuche.jpg

Image not found or type unknown

Cho La is a popular choice for trekkers looking to combine the serene beauty of the Gokyo Lakes with the legendary Khumbu Valley, creating the ultimate Himalayan circuit. Although it is possible to pass Cho La throughout the year, the best seasons to cross are spring (April-May) and autumn (September-November), when stable weather and clear skies make the challenging terrain more manageable.

For those seeking an off-the-beaten-path challenge beyond the standard Everest trails, Cho La Pass brings a

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memorable test of fortitude, surrounded by some of the most theatrical mountain scenery on Earth.

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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

- Four nights in Kathmandu in a 3-star category hotel
- Fifteen nights (possibly ten) in the best available local lodge/teahouse throughout the trek
- One night 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
- All other government, local taxes, and official expenses

Extra

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- 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 Peak Climbing trekking map and Outward Adventure t-shirt
- 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 (1338m/4390ft)

Namaste!

Welcome to the Himalayan land of Nepal and the vibrant city - Kathmandu.

As you land at Tribhuvan International Airport (TIA) in Kathmandu, you will proceed through customs and immigration formalities, including a Visa and all. After completing the necessary formalities, you will exit the terminal, where a friendly representative on behalf of Outward Adventure Treks will greet you and assist with your transfer to the hotel.

You will travel in a private vehicle to your accommodation, where our team will help you check in smoothly. Since there are no planned activities for the day, you can relax and unwind. In the evening, feel free to explore the lively streets of Thamel, known for its vibrant atmosphere, charming shops, and cozy cafes.

Enjoy your stay in Kathmandu, and get ready for an unforgettable Nepalese adventure to Lobuche Peak through Gokyo Valley!

Day 2: Kathmandu (1338m/4390ft): Gear Check (Hire/Buy if needed and Trip Preparation)

Morning sunlight filters through our hotel windows as we begin serious expedition preparations. The day starts with a gear "showdown" - spreading equipment across the courtyard like a mountaineering bazaar. Expert guides inspect each item, recommending additions or replacements from Kathmandu's legendary trekking shops. We practice proper layering techniques, learning how to combat Everest region's notorious temperature swings.

The afternoon takes us to a hidden gem - the Nepal Mountaineering Association museum where vintage climbing equipment tells stories of historic Everest expeditions. A retired Sherpa guide demonstrates traditional rope techniques used during the first ascents. As dusk falls, we enjoy a farewell feast at a traditional Newari restaurant, sampling buffalo momos and home-brewed tongba while our guides share personal stories from their summit experiences.

Day 3: Fly Kathmandu to Lukla (2,860 m/9,384 ft) and trek to Phakding (2,610m/8,562ft): 9 km/3-4 hours

Adrenaline surges as our Twin Otter aircraft banks sharply between mountain walls to land on Lukla's famous inclined runway. The airfield buzzes with activity - yaks being loaded, porters laughing, and trekkers from around the world beginning their journeys. After organizing gear at a cozy teahouse, we hit the trail descending through fragrant pine forests alongside the Dudh Koshi River.

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The path winds through traditional Sherpa villages where prayer wheels spin with each passing traveler. We cross several suspension bridges adorned with colorful prayer flags, their fluttering sound becoming the soundtrack of our trek. At Phakding, our first mountain lodge welcomes us with steaming ginger tea and thick yak wool blankets. As night falls, the distant chime of monastery bells mixes with the river's constant murmur.

Day 4: Trek Phakding to Namche Bazaar (3,440 m/11,283 ft): 12 km/5-6 hours

Morning mist rises from the river as we begin our climb toward the legendary Namche Bazaar. The trail alternates between pine-shaded paths and exposed cliffside sections with our first glimpses of snow-capped peaks. At Monjo, we enter Sagarmatha National Park, our permits carefully checked by uniformed rangers. The air grows crisper as we approach the daunting Namche Hill - two hours of steep switchbacks that leave us breathless in both effort and awe.

The reward comes suddenly as we round the final bend - Namche Bazaar appears like a mirage, its colorful buildings terraced into the mountainside. After hot showers, we explore the bustling market where Tibetan traders sell everything from climbing gear to handmade jewelry. As evening falls, we gather around the dining room's iron stove, swapping stories with international trekkers while enjoying our first taste of authentic Sherpa stew.

Day 5: Acclimatization Day in Namche Bazaar – Hike to Everest View Hotel

We wake to crystal-clear skies and our first unobstructed view of Everest's summit pyramid floating above the morning clouds. Today's "active rest" takes us on a gradual climb to the Everest View Hotel, where we sip Himalayan tea on what must be the world's most spectacular terrace. The thinning air reminds us to pace ourselves as we spot Ama Dablam's distinctive shape - our constant companion in coming days.

Back in Namche, we visit the Sherpa Culture Museum and its fascinating exhibit on high-altitude physiology. A local lama demonstrates traditional prayer flag printing using woodblocks and natural dyes. The afternoon finds us sampling fresh apple pie at Namche's famous German Bakery, its windows framing perfect mountain vistas. As dusk paints the peaks pink, we attend an altitude medicine talk at the Himalayan Rescue Association clinic.

Day 6: Trek Namche Bazaar (3,440 m/11,283 ft) to Dole (4,200 m/ 13,780 ft)

The morning trail climbs steadily above Namche, revealing breathtaking views of Thamserku and Kangtega's icy flanks. As we leave the main Everest route, the crowds thin and the landscape transforms - rhododendron forests give way to alpine meadows dotted with grazing yaks. At Mong La, a 400-year-old hilltop stupa offers panoramic tea break views, where we sample sea buckthorn juice, a local superfood.

Descending into the Phortse Valley, we spot our first Himalayan wildlife - colorful pheasants dart through juniper shrubs while lammergeiers circle overhead. The afternoon ascent to Dole winds through summer pastures where Sherpa herders milk their dzos (yak-cow hybrids). Our teahouse at 4,200m features a cozy sunroom where we play cards with the staff, learning Sherpa words between rounds as the wood stove crackles against the gathering chill.

Day 7: Trek Dole [4,200 m/ 13,780 ft] to Machhermo (4,470 m/ 14,663 ft)

Dawn reveals frost coating our windows as we begin climbing through a silent valley of moraines and glacial streams.

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The air grows noticeably thinner as we pass ancient mani walls carved with Tibetan mantras. At Lhabarma, a tiny teahouse serves yak butter tea in wooden bowls, its salty richness fortifying us for the day's final push.

Machhermo appears suddenly - a cluster of stone lodges beside a thundering glacial river. We visit the Himalayan Rescue Association post where doctors demonstrate how our pulse oximeters work. Later, gathered around the dining room's picture window, our guide recounts the infamous 1974 yeti attack that occurred just upstream - the only officially documented case in Nepal's history. Outside, the Ngozumpa Glacier's crevasses glow blue in the moonlight.

Day 8: Trek Machhermo (4,470 m/ 14,663 ft) to Gokyo Valley (4800 m/15,744 ft)

Today's climb reveals the first stunning turquoise waters of Gokyo's lower lakes, their color shifting with the sunlight like liquid gemstones. Crossing the glacier's lateral moraine requires careful footing - the path a narrow ribbon between house-sized boulders. As we crest the final ridge, the entire Gokyo Valley unfolds before us, its chain of lakes leading to Cho Oyu's massive bulk.

At Gokyo village, we're greeted by the smell of freshly baked apple pie from the legendary Namaste Lodge. After settling in, we walk to the third lake's shore where prayer flags snap in the wind. That evening, the lodge owner shares black-and-white photos of his father's 1950s trading expeditions to Tibet, when Gokyo was just a seasonal yak herders' camp. The stars here are so bright they reflect perfectly in the still lake waters.

Day 9: Gokyo Valley (4800 m/15,744 ft): Acclimatization Day – Hike Gokyo Ri (5357 m/17,570 ft)

Pre-dawn headlamps bob in single file as we begin the 5357m climb to Gokyo Ri's summit. The switchbacks seem endless in the thin air, but sunrise transforms the struggle into magic - first light igniting four 8,000m peaks simultaneously: Everest, Lhotse, Makalu, and Cho Oyu. From the summit cairn, we count seventeen glacial lakes scattered like quicksilver across the valley below.

The descent reveals new details - fossilized sea creatures embedded in trailside rocks, remnants of this ancient seabed's violent uplift. Back at the lodge, we celebrate with "Gokyo pizzas" (yak cheese on Tibetan bread) while comparing photos. An afternoon rest by the lakeshore is interrupted by the thunderous crack of a distant avalanche - a reminder of the mountains' raw power that both humbles and exhilarates us.

Day 10: Trek Gokyo Valley [4800 m/15,744 ft] to Thagnag (4,690 m/15,387 ft)

Today's traverse of the Ngozumpa Glacier feels like walking on the moon - endless waves of grey moraine stretching to the horizon. Our guides choose the safest path between crevasses, their tips just visible beneath thin snow bridges. At Scoundrel's Viewpoint, we look back at Gokyo's lakes now far below, their color shifting from turquoise to deep navy as clouds pass overhead.

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Thagnak's lone lodge welcomes us with thermoses of hot lemon-ginger-honey tea, the perfect antidote to the glacier's biting winds. After dinner, we play dice games with the lodge owner's children by candlelight (no electricity here), their laughter echoing off the surrounding cliffs. Before bed, we step outside to witness the most spectacular night sky yet - the Milky Way so bright it casts faint shadows on the glacier.

Day 11: Trek to Thagnag to Dzongla (4,855m) via Cho La Pass (5,420 m/17,782 ft)

The 3 AM start is challenging yet rewarding - crampons crunching on frozen scree as we climb by headlamp toward Cho La's icy bulk. Dawn finds us on the glacier proper, roped together as we navigate crevasses glowing an unearthly blue. The pass's final 100m is a near-vertical ice wall requiring careful front-pointing - each axe strike sending crystalline shards tinkling down the face.

Summiting Cho La at 5,420m brings euphoria - prayer flags whipping in the jetstream winds as we straddle the border between the Gokyo and Khumbu valleys. The descent into Dzongla is equally dramatic, sliding down snowfields on our backsides like giddy children. That evening, exhausted but triumphant, we toast with hot rum punches as Ama Dablam's iconic silhouette turns fiery red in the sunset.

Day 12: Trek Zong La (4,855m) to Everest Base Camp (5,364m / 17,598ft) and back to Gorekshep (5,185m / 17,010ft)

The trail to Gorak Shep winds through the lunar landscape of the Khumbu Glacier's lateral moraine. At Lobuche, we visit memorials to fallen climbers - somber reminders of the mountain's power. The final push to Base Camp crosses chaotic icefalls where expedition tents dot the glacier like colorful mushrooms.

Reaching Everest Base Camp (5,364m) is surreal - standing where legends like Hillary and Norgay began their historic climbs. We peek into expedition mess tents where teams prepare for summit bids, then find a quiet rock to sit and absorb the enormity of the Khumbu Icefall looming above. The return to Gorak Shep is hushed, each of us lost in reflection about what these mountains mean to us personally.

Day 13: Hike Kala Patthar (5545m / 18,208ft) and trek to Lobuche Peak High Camp (4,950m/ 16240ft)

Our pre-dawn ascent of Kala Patthar (5,545m) becomes a spiritual experience - watching first light creep down Everest's face like liquid gold. The summit reveals the entire Khumbu Valley laid out below, with tiny specks that are Base Camp tents putting our human scale into perspective. Descending to Lobuche, we switch into climbing mode - checking gear and rehearsing rope techniques for tomorrow's summit bid.

The hike to High Camp (5,400m) is short but grueling, each step at this altitude requiring conscious effort. Our Sherpa team prepares a carb-heavy "summit feast" of garlic soup and mashed potatoes while we organize gear by headlamp. Sleep is elusive - a mix of altitude, anticipation, and the constant wind flapping our tent walls. At midnight, the wake-up call comes with steaming mugs of sweetened black tea - it's go time.

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Day 14: Early Morning Summit to Lobuche Peak (6119m/20,070 ft) and trek back to Pheriche (4250m/13943ft)

The climb begins in darkness, crampons biting into blue ice as we follow our headlamp beams up the glacier. Dawn breaks during the steepest section - a 50° ice wall where each axe placement sends showers of crystals glittering down the face. The final ridge narrows to a knife-edge, our boots straddling thousand-meter drops on either side.

Standing atop Lobuche East (6,119m) is pure magic - Everest and Lhotse so close we feel we could touch them, the entire Himalayan range unfolding in every direction. After summit photos and prayers of gratitude, we begin the careful descent, arriving back at High Camp exhausted but euphoric. The afternoon trek down to Pheriche feels like floating - our bodies light with both fatigue and the joy of accomplishment.

Day 15: Contingency Day in Case of Bad Weather Conditions

This buffer day proves its worth as we wake to howling winds and blowing snow - conditions that would have made summit day dangerous. Instead, we enjoy a leisurely breakfast in Pheriche's sunny dining room, sharing summit stories with other teams. A visiting Himalayan Rescue Association doctor gives an impromptu lecture on high-altitude physiology that leaves us marveling at what our bodies just achieved.

The afternoon finds us browsing the village's "library" - a collection of mountaineering books left by past trekkers. We add our own summit notes to the dog-eared pages of classics like "Into Thin Air." As evening falls, the lodge owner's daughter teaches us Sherpa folk songs, our off-key voices blending with the harmonium's drone - a perfect cultural epilogue to our climbing adventure.

Day 16: Trek Pheriche (4250m/13943ft) to Namche Bazaar (3,440 m/11,283 ft)

The morning air in Pheriche carries a crisp bite as we begin our descent through the Imja Khola Valley. With each downward step, oxygen floods back into our lungs, making the hike feel effortless compared to our high-altitude struggles. We pass through Pangboche, home to the oldest monastery in the Khumbu, where a resident monk blesses our safe return with a string of sacred thread tied around our necks.

Lunch in Tengboche is a celebration—thick slices of apple pie from the famous bakery, enjoyed on a sun-drenched patio with Ama Dablam's iconic peak framing our view. The afternoon descent through rhododendron forests feels like walking through a botanical time-lapse as we watch spring unfold at lower elevations. Arriving in Namche feels like returning to a bustling metropolis—showers, espresso machines, and even a pool hall where we challenge our guides to one final game before tomorrow's long trek to Lukla.

Day 17: Trek from Namche Bazaar (3,440 m/11,283 ft) to Lukla (2,860 m/9,384 ft)

The trail descends dramatically today, following the Dudh Koshi River through a series of suspension bridges that sway playfully underfoot. In Monjo, we stop for a bittersweet moment at the Sagarmatha National Park checkpoint—surrendering our permits that marked our journey into the high mountains. The air grows thick and humid as

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we drop below 2,500m, our bodies reveling in the oxygen-rich atmosphere.

Lukla appears in a burst of noise and color—planes roaring overhead, yaks being unloaded, and trekkers from around the world comparing stories. We celebrate our completed circuit at the "Funky Buddha" bar, where our guides present us with summit certificates during a raucous farewell party. That night, we pack carefully—dirty gear separated from clean, souvenirs wrapped in spare socks—and fall asleep to the unfamiliar sound of rainfall on tin roofs instead of wind howling over glaciers.

Day 18: Fly (2,860 m/9,384 ft) Lukla to Kathmandu (1338m/4390ft)

The morning flight is an adventure in itself—our Twin Otter accelerating downhill on Lukla's sloped runway before leaping into the void between mountain walls. As we gain altitude, the entire Khumbu region spreads out below like a relief map, allowing us to trace every ridge and valley we traversed. The sudden transition to Kathmandu's chaos is jarring—one minute we're above the clouds, the next we're stuck in traffic watching motorbikes weave between sacred cows.

Back at our hotel, long showers wash away weeks of trail dust. In Thamel, we hunt for last-minute souvenirs—singing bowls for friends, a thangka painting for our wall at home. Our farewell dinner at a traditional Newari restaurant features cultural dances and a slideshow of our journey that has us laughing at frozen beards and gasping anew at summit views. We leave our best tips for the kitchen staff—the unsung heroes who fueled our climb.

Day 19: International Departure/ Airport Drop

Dawn finds us carefully packing our duffels—trekking poles strapped to backpacks, prayer flags folded between clothing as fragrant souvenirs. At the airport, final hugs with our guide team cement bonds forged through blisters and breakthroughs. "Same time next year?" jokes our lead Sherpa, though we all know no two Himalayan journeys are ever the same.

As the plane lifts off, we press foreheads to the windows for a final glimpse of snow peaks between clouds. Somewhere over the Gangetic Plain, it hits us—we didn't just visit the mountains; we let them visit us. Their lessons will surface unexpectedly: the patience learned from altitude's forced slowdown, the resilience discovered when we thought we had nothing left. Though our boots may dry, part of us will forever walk those high trails where prayer flags whisper and yaks' bells chime like temple gongs. Until next time, Himal. "Phiri bhetaula!" (See you again!)