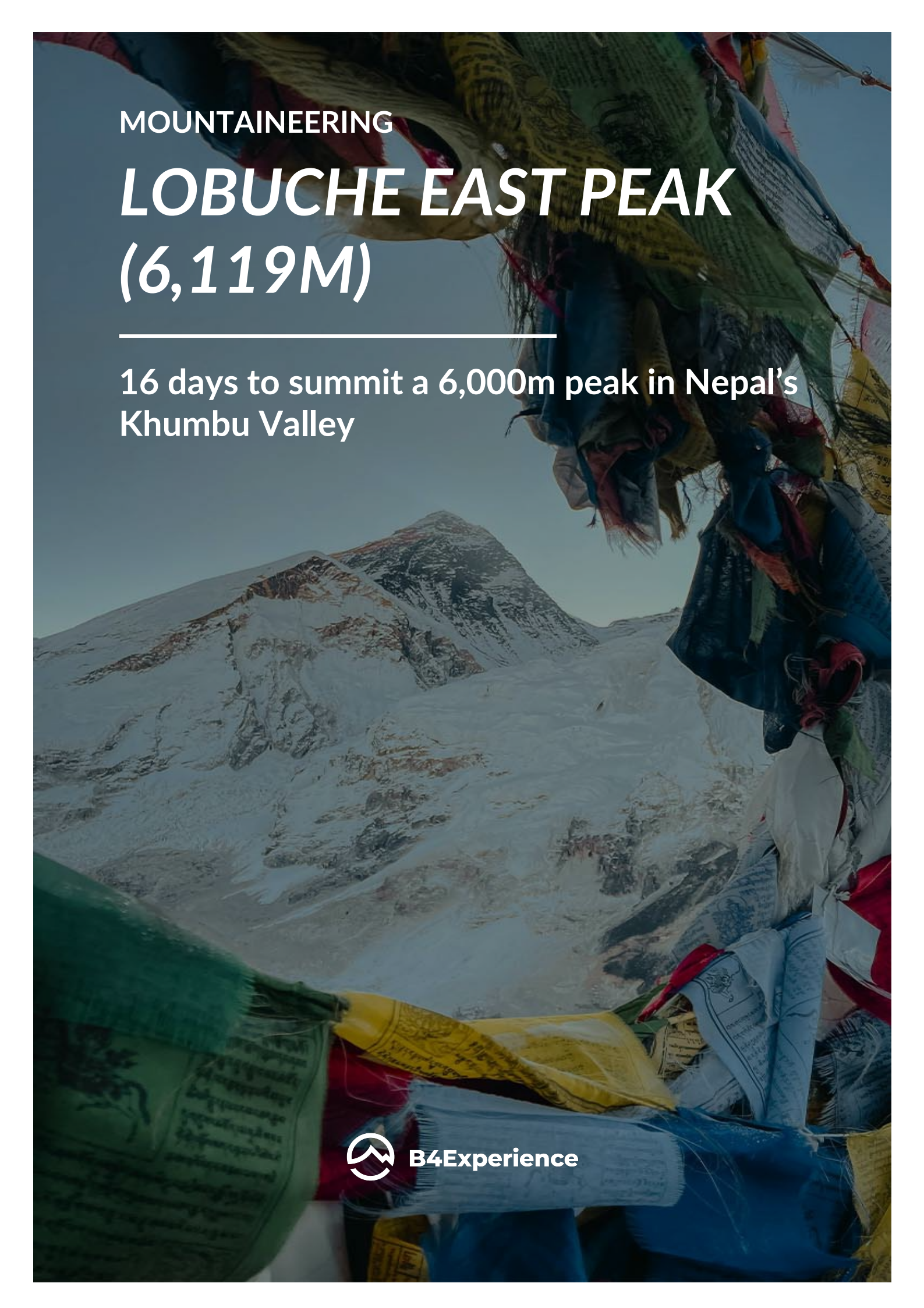




MOUNTAINEERING

LOBUCHE EAST PEAK (6,119M)

16 days to summit a 6,000m peak in Nepal's
Khumbu Valley



B4Experience

NEPAL



16-day expedition to Lobuche East (6,119 m). Acclimation trek along the Everest Trail and summit of a classic 6,000m peak. Ideal for a first Himalayan climb: moderate difficulty, minimal technical sections, and Sherpa culture in Khumbu Valley.

[View Web Program](#)

<https://b4experience.com/lobuche-east-peak-6119m>



RECOMMENDED MONTHS

MARCH, APRIL, MAY, SEPTEMBER, OCTOBER, NOVEMBER



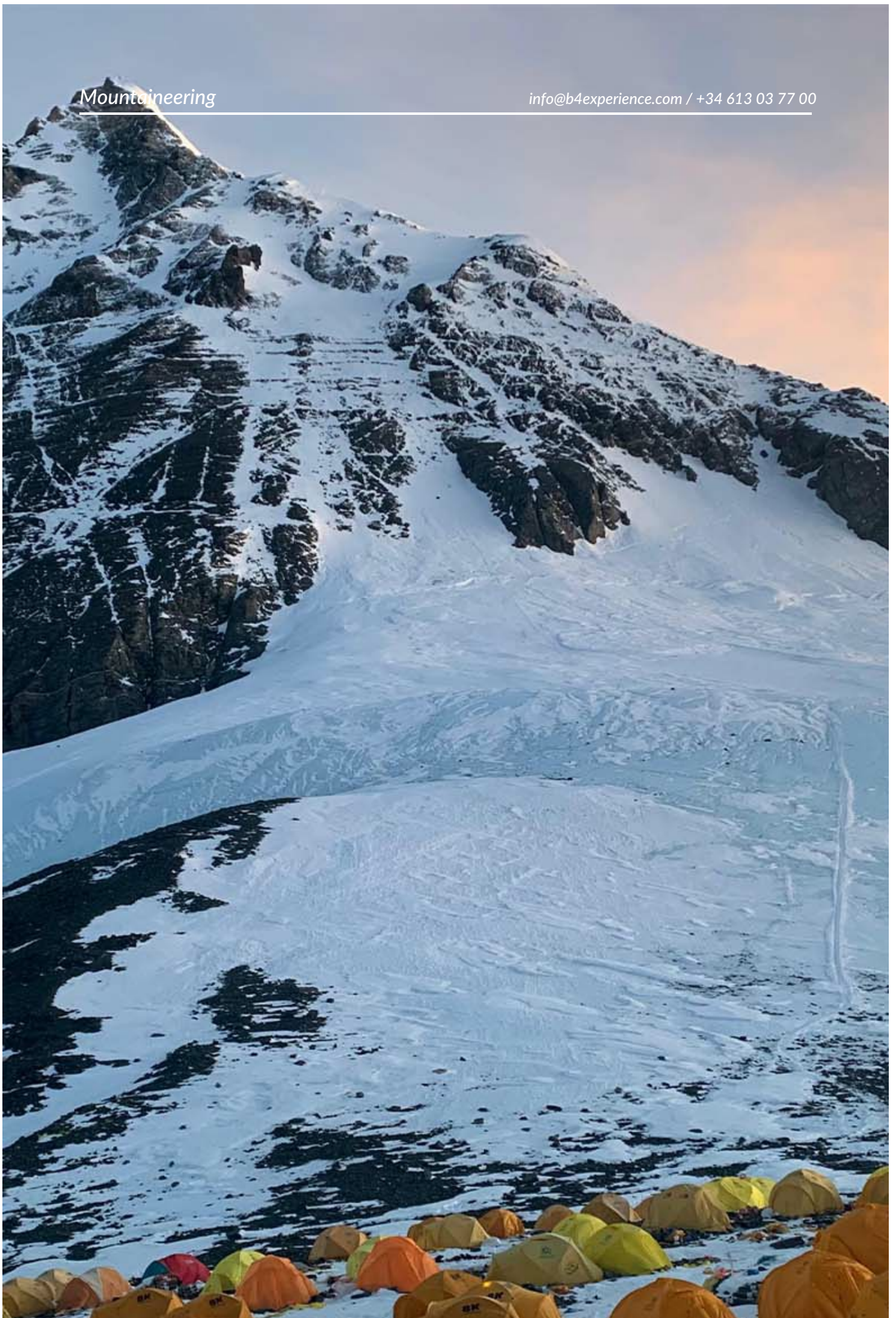
PRICE

From 2.990€ /person

Group discounts

Mountaineering

info@b4experience.com / +34 613 03 77 00





Highlights

- 6,119 M SUMMIT WITH VIEWS OF EVEREST, LHOTSE & AMA DABLAM
- PROGRESSIVE ACCLIMATIZATION: STOPS IN NAMCHE & DINGBOCHE
- GUIDED GLACIER SKILLS PRACTICE BEFORE THE SUMMIT PUSH
- CULTURAL IMMERSION: BUDDHIST MONASTERIES & SHERPA VILLAGES

Private groups

100% customizable

From (People)	Category	Availability	N° days	Price per pers.
1	Standard	01 Mar 2026 - 31 May 2026	16	2.800€
1	Standard	01 Sep 2026 - 30 Nov 2026	16	2.700€

Travel only with your family or friends.

*Confirm availability at info@b4experience.com / +34 613 03 77 00 / www.b4experience.com

Open groups

Share the experience with other travelers

Program	Dates	Nº days	Seats available	Starting point	Price
✕ No open group events available, only private groups					

*Confirm availability at info@b4experience.com / +34 613 03 77 00 / www.b4experience.com



Included

- Airport-hotel transfers and return
- 3 nights' hotel accommodation in Kathmandu, breakfast included
- Welcome and farewell dinner in a traditional restaurant
- Domestic flights Ramechhap ↔ Lukla with taxes
- Ground transport for all staff
- Official Lobuche East climbing permit
- Accommodation in tea houses during the trek
- 3 meals per day with tea/coffee en route
- Full service at High Camp (tent, meals, ropes, training)
- Guide for summit ascent ratio 2:1 + porter (20 kg/person)
- First aid kit and route map
- Summit certificate issued by the organisation
- Government taxes and service charges.

Not Included

- Entry visa to Nepal (30 days)
- International flights
- Special drone/filming permits
- Lunches and dinners in Kathmandu
- Medical and rescue insurance
- Personal trekking and climbing equipment
- Tips for guides and porters
- Other expenses not specified in 'Included'.



Itinerary

DAY 1: ARRIVAL IN KATHMANDU

Reception at the airport and transfer to the hotel in Thamel. After settling in, you can exchange currency, sample some momos in the alleyways, and take in the mix of incense, car horns, and Newar temples that characterizes the Nepalese capital. In the afternoon, initial briefing with the guide.

Accommodation: 3-star hotel.

DAY 2: FORMALITIES AND SHOPPING

Morning dedicated to processing trekking permits and checking personal equipment with the help of the guide. Optional guided tour to the Boudhanath stupa or Durbar Square. Free afternoon to rent double boots, buy gauze, or simply enjoy a masala chai breakfast on a rooftop overlooking the valley.

Accommodation: 3★ hotel

Meals: Breakfast.

DAY 3: KATHMANDU – RAMECHHAP – LUKLA – PHAKDING

Departure before dawn in a tourist vehicle to Ramechhap (4 hours). 20-minute mountain flight to Lukla (2,860 m) with views of Everest. Meet with porters and begin a 3-hour hike along the Dudh Koshi River, passing suspension bridges and painted chortens, to Phakding (2,650 m).

Accommodation: Lodge

Meals: Breakfast, lunch, dinner.

DAY 4: PHAKDING – NAMCHE BAZAAR

A 6-hour route through pine forests, mani walls, and waterfalls. After crossing the iconic Hillary Bridge, there is a steady 600 m climb to the natural horseshoe of Namche Bazaar (3,440 m), the economic heart of Khumbu with bakeries, wool shops, and the first distant view of Everest.

Accommodation: Lodge

Meals: Breakfast, lunch, dinner

DAY 5: ACCLIMATIZATION EVEREST VIEW POINT

Walk without heavy backpacks to Everest View Hotel (3,900 m) to photograph Lhotse, Nuptse, and Ama Dablam at sunrise. Visit the village of Khumjung and its monastery, famous for the alleged Yeti hair. Return to Namche for coffee, pastries, and rest.

Accommodation: Lodge

Meals: Breakfast, lunch, dinner

DAY 6: NAMCHE – TENGBOCHE

Balcony trail with permanent panoramic views of Ama Dablam. Descent to the Imja River and final ascent through rhododendrons to the Buddhist monastery of Tengboche (3,860 m). Optional attendance at the evening puja with mantras and Tibetan bowls.

Accommodation: Lodge

Meals: Breakfast, lunch, dinner

DAY 7: TENGBOCHE – DINGBOCHE

A 5-6 hour trek crossing Pangboche, the highest Sherpa village inhabited all year round. The trail opens up to the vast Imja Valley before reaching Dingboche (4,300 m), surrounded by stone walls protecting potato and barley crops.

Accommodation: Lodge

Meals: Breakfast, lunch, dinner

DAY 8: ACCLIMATISATION DAY IN DINGBOCHE

Optional climb to Nangkartshang Ridge (5,080 m) to gain altitude and views of Makalu. Afternoon rest, hydration and review of cramponing techniques; possibility of a talk on altitude sickness with the Himalayan Rescue Association.

Accommodation: Lodge

Meals: Breakfast, lunch, dinner

DAY 9: DINGBOCHE – LOBUCHE VILLAGE

Crossing the Thukla memorials, where prayer flags honour fallen mountaineers. The trail continues along the lateral moraine of the Khumbu Glacier to the small settlement of Lobuche (4,900 m). Thin air and close views of Nuptse.

Accommodation: Lodge

Meals: Breakfast, lunch, dinner

DAY 10: LOBUCHE VILLAGE – HIGH CAMP (5,400 m)

2-3 hour climb up rocky slopes to a sheltered ledge where we set up our high camp. Tents are assigned, snow is melted for water, and a thorough briefing is given about the summit attempt.

Accommodation: Camp

Meals: Breakfast, lunch, dinner

DAY 11: HIGH MOUNTAIN TRAINING

Training session on glacier language: rope team progression, use of Jumar on fixed rope, and descent techniques with figure eights. We adjust harnesses and crampons, set schedules, and stay well hydrated.

Accommodation: Camp

Meals: Breakfast, lunch, dinner

DAY 12: LOBUCHE EAST SUMMIT (6,119 m) – THUKLA

Departure at 2:00 a.m. Glacier crossing with headlamp, 40° snow shovel, and final section of aerial ridge equipped with ropes. Summit at sunrise with 360° panorama. Careful descent to high camp, collection of equipment, and descent to Thukla (4,620 m) to sleep at a lower altitude.

Accommodation: Lodge.

Meals: Breakfast, lunch, dinner.

DAY 13: THUKLA – NAMCHE BAZAAR

Long 15 km descent through Pangboche and the agricultural terraces of Deboche. Reunion with hot showers, the bakery, and perhaps an apple pie to celebrate reaching the summit.

Accommodation: Lodge

Meals: Breakfast, lunch, dinner.

DAY 14: NAMCHE – LUKLA

Last stage through pine forests and suspension bridges. In Lukla, a farewell dinner is organized with the porter team: dal bhat, Sherpa dancing, and a toast with Everest Beer.

Accommodation: Lodge

Meals: Breakfast, lunch, dinner.

DAY 15: FLIGHT FROM LUKLA TO RAMECHHAP AND TRANSFER TO KATHMANDU

Early takeoff to take advantage of the cool, stable morning air. Drive back to Kathmandu and free afternoon for Ayurvedic massages or shopping for pashminas in Thamel. Final dinner at a Nepalese restaurant with a classical dance show.

Accommodation: 3★ hotel

Meals: Breakfast.

DAY 16: RETURN

Transfer to the airport 3 hours before the flight. Time for farewells, exchanging photos, and making plans for future summits. End of services and return home with the experience of a six-thousander in your heart.

Meals: Breakfast.

Payment and cancellation policy

Initial Deposit: To secure your spot, a 30% payment of the total trip cost is required at the time of booking.

Final Payment: The remaining balance, equivalent to 70% of the total, must be paid no later than 60 days before the departure date.

Extras: Additional travel costs, such as insurance, flights, or other optional services, must be paid in full at the time of booking.

Cancellation Insurance: The client may purchase trip cancellation insurance to recover the full amount paid (according to the insurance conditions).

The traveler may withdraw from the contracted trip and is entitled to a refund of amounts paid, except for the stated penalties. However, once the trip is confirmed, the traveler must pay the agency the following amounts.

Cancellation Policy 3:

Full refund within 24 hours of purchase.

Up to 60 days before the trip: 100% refund of the trip amount.

Up to 45 days before the trip: 50% refund of the trip amount.

For timeframes shorter than those described, no refund will be issued.

*A €250 management fee applies.

*If other non-refundable costs have already been incurred, they will also not be refunded and will be deducted from the total amount to be refunded.

*The cancellation cost for already issued flight tickets is 100% of the ticket price.

Packing List

We will go over all the gear together and in detail well before the expedition.

FAQs

What technical and physical level is required?

The route is moderate: you walk on a glacier with slopes of 35-45° and fixed ropes on a short section. At the high camp, we practise all the manoeuvres before attempting the summit so that no one climbs without feeling confident. Previous experience in high-altitude trekking (up to 5,000 m) and the ability to walk 6-8 hours a day and climb 1,000 m with a light backpack are recommended; on summit day, the hike may exceed 10 hours.

What type of accommodation is included in the trip?

In Kathmandu, we stayed for three nights in a 3-star hotel with private bathrooms. During the trek, we stayed in simple tea houses with double or triple rooms and heated dining rooms. The high camp consisted of two-person expedition tents with thick mattresses and our own kitchen.

How do meals work?

Except in Kathmandu, you will receive full board: an energy-packed breakfast, a hot lunch or picnic, and a hearty dinner with soup, a main course, and dessert. We include tea/coffee with every meal and treated water. Special diets are possible if requested when booking.

How do I get to the starting point?

You fly to Kathmandu (KTM). On day 3, we travel by road to Ramechhap and take a 20-minute flight to Lukla. All transfers, taxes and formalities are included. Our staff will be waiting for you at the airport with a B4Experience sign to facilitate your arrival.

Can I hire equipment in Kathmandu?

Yes. In Thamel, there are shops that rent double boots, crampons, ice axes, harnesses, helmets, and Jumar ascenders at reasonable prices. We recommend bringing your own helmet and boots if you have already tried them. We will send you a detailed list of mandatory and optional equipment when you confirm your place.

What weather and temperatures can you expect?

In spring, the days are sunny and the nights are cold. Kathmandu 15-25 °C; Namche ≈ 0 °C at dawn; high camp -10 °C and feels like -15 °C with wind. Bring a -15 °C comfort sleeping bag and a down jacket. The summit can be windy, but the views are worth it.

What happens if the flight to Lukla is delayed?

The itinerary allows for a buffer in Kathmandu. If the airport is closed due to weather conditions, we can: 1) wait until the following day at no extra cost, 2) hire a helicopter (≈400-600 USD) shared between those who wish to do so. The team will manage waiting lists and alternative logistics.

How much weight do porters carry?

Each porter carries up to 20 kg of customer luggage. You walk with a daypack (water, warm clothing, camera and snacks). Prepare your expedition bag with a maximum of 12-13 kg; this will help with logistics and avoid excess weight charges on the flight.

Is there mobile coverage or Wi-Fi? Where can I charge my batteries?

There is 4G coverage up to Namche and Tengboche. Further up, you can use prepaid Everest Link and solar panels at the lodges (~300 rupees/hour). Bring a 10,000 mAh power bank and use airplane mode. There is no electricity at high camp, so protect your batteries from the cold inside your sleeping bag.

How can we prevent altitude sickness?

We follow the rule 'climb high, sleep low', hydrate 3-4 litres daily and monitor with an oximeter. Guides carry a first aid kit with Diamox and portable oxygen. If serious symptoms appear, we descend immediately; safety always comes before the summit.

Is it safe to drink water on the route?

We provide boiled or filtered water at each lodge and water purification tablets to refill water bottles. Avoid ice and raw salads in Kathmandu to reduce the risk of diarrhoea. Bringing your own reusable bottle helps reduce plastic waste in the valley.

What are the passport and visa requirements?

It is important to have a valid passport with at least 6 months validity. Nepal has a visa on arrival for most countries. You can speed up the process and avoid queues upon landing by applying online via this official website link. Upon arrival, go to the bank counter at Tribhuvan International Airport with the booking ID (confirmation page) you received when you completed the Nepal visa application form. Pay the applicable fee in cash and, after making the payment, proceed to the immigration officer's counter with your original passport to process the visa. In the case of a visa, stay up to date, as immigration policies change often. That is why it is advisable to verify the information closer to your planned travel date. Currently, as of February 2025, the costs for a Nepal tourist visa are as follows: 15 Days: USD 30 30 Days: USD 50 90 Days: USD 125.

Is it compulsory to take out rescue or evacuation insurance?

The programme does not include travel, medical or evacuation insurance. It is advisable to take out insurance that covers helicopter rescues and high-altitude treatment. We can arrange this for you, please enquire.

Tips

Tips are not included and are given voluntarily at the end of the trip in cash (they do not have a card machine). It is not mandatory, but highly recommended. Guides: 5 to 10 USD per person per day. On longer treks (such as the Annapurna Circuit or Everest Base Camp), tips may increase to 10-15 USD per person per day. Porters: 3 to 5 USD per day per person. On longer or more demanding treks, you may consider increasing this to 5-7 USD.

Mobile phone and SIM card

You can purchase a SIM card upon arrival. Each region of Nepal has a different operator. Ask our team which one works in each area. A £15-20 top-up will give you enough data to use WhatsApp when there is coverage. Regular calls are much more expensive.

Cash

In Kathmandu, you can usually pay by card (in restaurants, taxis, souvenir shops... not common). Beyond that, there will be no cash machines. It is essential to carry local currency. You can bring euros or dollars and exchange them directly for rupees at the airport or in Thamel on the day of arrival. We recommend bringing at least €250 in cash for expenses not included in the price, such as drinks or meals in Kathmandu and tips.



Contact us!

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