



## **Lobuche Peak Expedition**

Lodge/Camping

**No. of days: 22**

**Graded: Highly challenging**

### **Nepal**

Nepal, a tiny country, nestled in the Himalayas between India and China, is one of the most diverse and fascinating countries in the world. Covering an area of only 147,181 sq. km, Nepal encompasses the world's highest mountains and the deepest valleys as well as low elevation rain forest. Although the width of the country is only 200Km North to South, Nepal has the highest altitude variation of any country on earth, from 20m above sea level to 8848m above sea level (Top of Everest).

The country is divided in to 3 elevation Zones viz. the low Terrain, the midhill region and the high Himalayas, which contains 1/3 of the Himalayan range with 9 of the world's highest mountains. This wide diversity of landform gives Nepal an incredible wealth of flora and fauna. Nepal is not only famous for its landscape but also renowned for the friendliness of its people. The people of Nepal are as variable and intriguing as the country's geography. There are more than 37 ethnic groups with their own language and culture. Hinduism is the official religion, which the majority of the people practice. Many people throughout the country are Buddhist and the two religions have co-existed in harmony over the ages. A small number of people practice Christianity and Islam.

**Nepal at a glance:** Longitude: 26'12' and 30'27' No  
Latitude: 80 degree 4' and 88 degree 12' East  
Population: 24 million  
Capitol: Kathmandu  
Area: 147,181 sq. km.

## Everest

Mount Everest, named after George Everest, the Surveyor General of British India, lies in the Khumbu region of Nepal. The first summit attempt on Everest was by the British in 1921 and only after 32 years of intense exploration, Everest was finally scaled on May 29<sup>th</sup>, 1953, by Sir Edmund Hillary and Sherpa Tenzing Norgay under Lord Hunt's team.

The Nepalese name for Everest is Sagarmatha which means "Goddess of the Sky" and the Tibetan name for it is Chomolungma which means "Mother Goddess of the Earth". By whatever name you call her, she remains the tallest mountain in the world consecrated in midst of the gigantic mountains and glaciers as though they were her subjects. She truly looks like an Empress in her utmost beauty and glory and has attracted hundreds and thousands of mountain lovers over the years.

## Himalayan Mountaineering

Ever since the Himalaya in Nepal has been opened for climbing, it has attracted thousands of mountaineers. Thousands of people have challenged their minds and bodies to conquer these magnificent mountains.

Nepal Himalaya has numerous of mountains which are 7 000 m and higher, which require extensive technical experience and a lot of money to climb. Apart from these technical expedition peaks, there was created in 1978, under the control of the Nepal Mountaineering Association (NMA), a list of mountains, between 5 587 m to 6 654 m, called "Trekking Peaks". Unlike the technical expedition peaks, which are a complicated and an expensive affair, these "trekking peaks" can be climbed without financial and administrative problems. There are 1 310 identified peaks which are above 6 000 m, one fourth are officially opened for mountaineering.



## Your Adventure

Your Expedition begins with a scenic flight to Lukla. Trekking through the alpine valleys of the Khumbu region, which is the home of Everest and the land of the Sherpas, you will visit places which are considered to be among the most beautiful trekking areas on earth.

After trekking for a week through the Khumbu Valley we trek to Everest Base Camp and climb Kala Pathar. There we are surrounded 360 degrees by peaks over 7000m tall, along with 8000m giants like Everest and Lhotse. The hike to Everest Base Camp and climbing Kala Pathar is very important for acclimatization for Lobuche Peak.

We spend a couple of days at the Lobuche Peak Base Camp and High Camp for rest and acclimatization and to gain back the strength to tackle the final and real challenge.

Lobuche East (6 119 m) is one of the most challenging 'trekking peaks' in the Everest region. It is moderately technically. We plan to ascend the South Ridge to a high snow camp from where we continue to the summit.

**Although no previous climbing experience is required you must be very fit and have extensive outdoor experience to participate in this Expedition.**

**Grading:** This expedition is graded 6 which is equivalent to extremely demanding and challenging. Participants should have at least a basic knowledge of the use of ice axe and crampons, though first time climbers maybe accepted, provided she/he is very fit. Medical certificates are required prior to acceptance on any climbing treks. We strongly recommend you to undergo extensive physical training at least 4 months prior to the expedition.

**Please note:** Any ascent of a Himalayan peak must be taken seriously. The Group leader will take all factors concerning group fitness and acclimatization, weather and snow condition into consideration when making a decision. While recognizing that this ascent is important to the group, first priority will always be safety. The decision on whether or not you will be able to attempt Lobuche Peak rest with the Group Leader. His/ her decision is final and must be accepted.

## Summary

Trek Distance:	Approx. 210 km
Maximum altitude:	6119m (20,272ft)
In / Out:	Kathmandu



## Itinerary:

- Day 1. Arrive Kathmandu (1330m), welcome dinner
- Day 2. Half day city tour, lunch and trek briefing
- Day 3. Fly to Lukla (2830m) and trek to Benkar (2630m)
- Day 4. Trek to Namche (3440m)
- Day 5. Rest at Namche
- Day 6. Trek to Tengboche (3870m)
- Day 7. Trek to Dingboche (4420m)
- Day 8. Rest at Dingboche
- Day 9. Trek to Lobuche (4930m)
- Day 10. Trek to Everest Base Camp (5380m) and Back to Gorak Shep (5180m)
- Day 11. Ascend Kala Pathar (5545m) and back to Lobuche (4930m)
- Day 12. Trek to Lobuche Peak Base Camp (4720m) and set up Base Camp
- Day 13. Rest at Base Camp
- Day 14. Set up High Camp
- Day 15. Summit Lobuche
- Day 16. Extra day for attempting summit and back to Base Camp
- Day 17. Trek to Pangboche (3900m)
- Day 18. Trek to Namche
- Day 19. Trek to Lukla
- Day 20. Fly to Kathmandu
- Day 21. In Kathmandu
- Day 22. Departure

**Please Note** that the above itinerary is only a guide and that it could change. A lot of things have to be taken into account like weather, general walking pace of the group, mountain safety etc. Your group leader can change the schedule if necessary with prior notice to you, keeping safety first in mind.



## Your Activity

### Day 1

Once you reach KTM airport and finish with the immigration and custom formalities be prepared to confront the confusion outside the airport which is common in most of the south Asian countries. As you walk out of the Exit door into the passenger pick up area you will see hundreds of people with different sign boards in their hands, taxi drivers looking for fares, hotel touts looking for customers and porters trying to help with the luggage for tips. Please remain calm and do not walk out of the restricted area into the crowd straight away. Remain there and try to find the Questropix sign board. Once you spot it, walk straight to the signboard and identify yourself. From here we will take care of you.

When you arrive to your hotel you will be briefed about your activities and "do's and don'ts" while your stay in Kathmandu.

In the evening all the group members will be asked to meet at the lobby where you will have to fill in the application form for the **Sagarmatha National Park Permit and Lobuche Peak Permit**. You are required to submit the following for Lobuche Peak Permit:

- **Travel/ Medical Insurance** (photo copy)
- **2 passport size photos**
- **Photocopy of your passport.**
- **Passport and Air tickets** for reconfirming your return flight.

We will also collect your Passport and Air tickets for reconfirming your return flight. All these documents will be held in Questropix's safe and will be returned to you after your trek. Then we will go for a traditional Nepali dinner at Kathmandu's finest Nepali restaurant to end the day.

### Day 2 – City tour and Trek briefing

After breakfast you will be taken for a half day city tour where you will be visiting some historical temples and monuments. You will end your sightseeing with a lunch.

After your lunch you will return to your hotel and your Group leader will give you your trek briefing and issue you your 'trek pack' consisting of a duffle bag, down jacket, sleeping bag, inner liner for your sleeping bag and rain poncho. Your afternoon is free for you to do your packing and purchasing your last minute items for your trek.

### Day 3 - Kathmandu - Lukla- Benkar

A very early morning wake up and transfer to the domestic airport to board our flight which is a small 19 seated twin otter. The flight times can be flexible because we need clear weather both in Kathmandu and Lukla to be able to fly. So this can sometimes involve waiting in the terminal for a long time. Once we get the all clear signal we take off to our destination on a 40 min scenic mountain flight to Lukla.

After a cup of tea at Paradise Lodge in Lukla we are treading on the legendary "Everest Highway" which heads downwards through the alpine valley following the "Dudh Kosi" or Milk River (named after its milky color from glacial silt). We reach Benkar after a half a day walk and end our first day here.

### Day 4 - Trek to Namche (5-6 hrs)

The next day we will be walking mostly uphill through the alpine valleys and crossing rivers and reach Namche Bazaar, which is the Sherpa capital of the Khumbu region. On a clear day you get views of Everest, Lhotse, Thamserku, Kusum Kangru, Kwangde and Taweche on the way to Namche.

### **Day 5 - Rest and acclimatization**

As we will have gained about 700m that day, it demands a rest and acclimatization day for the following day. We will either rest at Namche or trek to Everest View Hotel where you will have a breathtaking view over Mount Everest, Nuptse, Lhotse and Ama Dablam. You will be back at lunchtime and will have plenty of time to rest to make the following day easier.

### **Day 6 - Trek to Tengboche (5- 6 hrs)**

Today the landscape changes dramatically. The trail is more open and wide and it reveals the great depths of the surrounding mountains. We descend to the Dudh Kosi River and stop for lunch at Phunki Tenga. From here we climb steeply through a beautiful Rhododendron and birch forest for 2 hrs until we reach Tengboche. We will visit the monastery and watch the monks performing their rituals.

### **Day 7 - Trek to Dingboche (5-6 hrs)**

The next day we trek through a beautiful Rhododendron forest for about an hour and cross the Imja River. From here the trail is more open and by the time we reach Shomare we are above the tree line. We stop here for lunch. After lunch we cross a wide and flat stretch below the Taweche Peak. This place is usually windy. After about an hour we cross the Imja river and climb steadily for an hour to Dingboche.

### **Day 8 - Rest and acclimatization**

Today we will climb a steep ridge in the morning. This is for an excellent view of the surrounding mountains and to prepare for the next day. In the afternoon you can relax, enjoy the view or read a book in the warm and comfortable sun room.

### **Day 9 - Trek to Lobuche (4-5 hrs)**

From Dingboche the trail is very open and wide with gradual climb till we reach Thukla where we stop for lunch. After lunch we climb steeply along the terminal moraine of the Khumbu glacier and we reach an open flat spot where we can see the memorials of those who died during the unfortunate expeditions to Everest, Lhotse and Pumori. Then we trek along the lateral moraine of the Khumbu glacier for an hour to Lobuche.

### **Day 10 - Trek to Everest Base Camp and back to Gorak Shep (7-8 hrs)**

From here we trek an open and barren trail crossing the moraines of the Changri glacier and the Khumbu glacier and stop at Gorak Shep for lunch after a 3 hrs hike. Gorak Shep looks like a small dried out lake in the middle of the mountains and glaciers. There are two lodges at Gorak Shep and perhaps the last ones before Everest Base Camp. From here we trek for 3 hrs through the lateral moraines of the Khumbu glacier up to Everest Base Camp which looks like a barren ice field, with boulders and ice pinnacles. You will feel that you are on the surface of moon. We hike back to Gorak Shep and spend the evening there.

### **Day 11 - Ascend Kala Pathar and trek to Lobuche (6-7 hrs)**

The next morning we climb Kala Pathar, which is a steep rocky mound, which looks black. Kala Pathar, meaning black rock named for its colour, is 364 vertical meters higher from Gorak Shep, and takes 2 to 3 hrs to summit it. From here you get 360 degrees views of the surrounding mountains and a bird's eye view of the Khumbu glacier. In the afternoon we hike down to Lobuche and spend the night there.

### **Day 12 - Hike to Base Camp (4-5 hrs)**

The next day is a relatively easy trek to Lobuche Peak Base Camp along a glacial moraine. We reach there early and set up our Base Camp, and the rest of the day can be utilized for a short exploration in the Valley.

### **Day 13 - Rest and Acclimatization day**

We will use the following day to rest and gain back the strength for the final ascent. Moreover you can utilize this day to prepare and try your climbing gears.

### **Day 14 - Ascend to High Camp (4-5 hrs)**

The next day we set up Advance Base Camp. It should take us about four hours to climb over rocky slopes and some snow to high camp. We are set on a small expanse of snow or rock, above a deep, blue lake and close to the mountain.

**Please note! From here onwards nobody should go even 20m away from the camp without consulting your Group leader.**



### **Day 15 - Summit Lobuche Peak and Back to Base Camp (12-15 hrs)**

The next morning we start early for the final summit. We start by climbing an ice ramp towards the south East Ridge, which is a mixture of moderately steep snow and ice. Where necessary, we fix ropes along the route. We ascend steadily to a plateau at around 6000m, and then traverse to an exposed ridge, which we will follow to the summit slopes. After about six hours of steady climbing we reach the far eastern summit, which for us marks our summit. The main summit is not far in distance but requires some technical climbing which is normally beyond the ability of not professional climbers, certainly in terms of the time it would take. From the top, we get excellent views of Ama Dablam, Makalu, Lhotse, Everest, Nuptse, Changtse (in Tibet) Pumori, Gyachung Kang, Cho Oyu and the myriad peaks to the west and south.

A short victorious moment is spent at the top and then we climb down to Base Camp for a well-deserved rest. The entire climb to the summit and back to Base Camp will take 12 to 15 hrs.

### **Day 16 - Extra day for attempting summit in case of bad weather.**

### **Day 17 - Trek to Pangboche (5-6 hrs)**

The following morning we trek to Pangboche following back the trail.

### **Day 18, 19 and 20 - Trek back to Namche - Lukla - fly Kathmandu.**

For the remaining days we will be retracing our footsteps back to Lukla where we end the trek and the following morning we fly back to Kathmandu. Then you are free for rest of the day.

### **Day 21 - Free time in Kathmandu**

You can spend your free time in Kathmandu for shopping and sightseeing. If you need any help or advise your group leader will be happy to assist you. The last day will be a mixture of sadness of your departure as well as excitement to catch up with your friends and family to tell them about your adventure.

### **Day 22 - Departure**

**Please note that** once you arrive to your hotel in Kathmandu your Group leader will time to time update you with the timings and description of your activities. On your trek, every evening, after dinner, your Group leader will describe in detail about your next day trek and also advise you regarding which clothes and equipment you need to carry in your day pack for the day.



## A Day on Your Trek

Although each day is different, considering the weather, general pace of the group and length of the days walk, in general your day begins with a wake up tea at around 6 to 6:30 in the morning. You will then be provided with a bowl of warm water for washing. Then you will need to pack your duffel bag and your daypack and come to the lodge's diner for breakfast.

After breakfast we will hit the trail and usually walk for about 3 to 4 hours before we stop for lunch. We will give you about an hour and a half rest during lunch, which will also give enough time for the staff to have their lunch and pack. Usually after 3 to 4 hours of walking we finish the days walk by 4 PM. Tea/ Coffee and snacks will be served on arrival to the lodge. Your group Leader will often organize side trips in the afternoon. Your dinner will be served around 7 PM.

**Please note: For 4 to 5 days we will be camping.** During this period you will be sleeping in Tents and the food will be cooked and served in the dining tent by our staff



## High Altitude

On this trek you will be going up to 6119m, so it is very important to understand the effects of altitude. The greatest provocation is going too high too fast. Questropix itinerary has been carefully designed to minimize the effects of altitude. We ascend slowly and surely allowing enough time for safe acclimatization.

Headaches and breathlessness are common at altitude which in itself is nothing to worry about. In rare cases, this may worsen to Acute Mountain sickness (AMS), so a close watch is kept on all trekkers by the group leader who is trained to recognize the symptoms of AMS which are severe headaches, nausea, lethargy, loss of appetite serious breathlessness even at rest. If any trekkers show such signs they will be descended to relatively lower and safer altitude. The Group Leader's decision on evacuating such person to a safe altitude is final. Do not medicate yourself without first informing your group leader. Going to altitude slowly with adequate rest and adequate intake of fluid (3 to 4 litres per day), you will most likely have no problems apart from breathlessness on hills which is completely normal as the percentage of Oxygen in the air is relatively lower to that at sea level. The most important thing is not to worry about altitude because our team is there to take care of you.

## Staff

**Group leader:** your most important member of your staff. Our Group leaders are highly trained in all aspects of the trek, conservation, first aid specializing on altitude sickness, emergency procedures and have extensive knowledge of the natural history of the area.

**Sirdar:** His job is to manage and organize staff duties. He is responsible for the actual operation of the trek.

**Sherpas:** Their job is to lead your way and distribute equal loads to the porters.

**Cook:** Responsible for your food. Hygiene of a high standard is taken into consideration in preparing the food.

**Porters:** They are responsible to transport your duffle bags and their job finishes once they reach the designated lodge. Our porters are provided with Gore-Tex suits, trekking boots, gloves, hats, socks, snow gaiters and snow goggles. Most importantly, we regulate them on a 25 Kg carrying which no other company does. Our clients can therefore feel comfortable knowing that our porters are working in a good humane condition. During the trek you can see porters carrying 60-70 kg and sometimes even more than 100 kg!!)



## Weather

### Oct/Nov and March/April

On the trek at lower altitude (2500m to 3500m) during daytime the Max temp can be around 22C to 28C and the Min temp can be 8C to 15C

At higher altitude (3500m to 6000m) the daytime Max temp can be between 15C to 22C and Min temp can be between -6C to 8C

### Dec to end of Feb

On the trek at lower altitude (2500m to 3500m) during daytime the Max temp can be around 15 C to 20 C and the Min temp can be 2 C to - 8C

At higher altitude (3500m to 6000m) the daytime Max temp can be between 8C to 18 C and Min temp can be between -4 C to -22C

Please note that this is just general information and it could vary.

## Our Services

- All internal transportation including both way airfares to Lukla and back to Kathmandu with domestic terminal taxes
- Services of English or/and Swedish speaking guide
- Porter's and Sherpa's assistance
- 4 nights in tourist class hotel on bed and breakfast basis while in Kathmandu
- Welcome dinner
- Half day guided city tour with lunch
- **Use of a personal trek pack consisting of:** Duffle bag, down jacket, rain poncho and sleeping bag with an inner-liner
- **Use of climbing equipments:** ropes, carabineers, pitons, jumars, crampons, ice axe, harness and ascenders and decenders
- All camping and kitchen facilities
- All meals while on trek
- Afternoon tea/coffee service on arrival at the lodge
- Boiled and treated water 2 times a day while in lodges and 4 times a day while camping
- Twin share accommodation in trekking lodges with shared bath and toilet facilities
- All climbing permits and National Park fees
- Staff insurance, tourist service fee and all taxes applicable as per state law

**Cooks and Food:** On our camping trek, our skilful and hard working cooks prepare three hot meals each day with a very healthy diet of fresh vegetables, cheeses, eggs, and fresh meat as well, tinned fruits, tinned meats and fish (all meats and fish are prepared separately out of respect for the vegetarians in our midst) and a high dose of carbohydrates from breads, rice and pastas. They supply you with unlimited hot-drinks, the key to successful acclimatization. We have weatherproof kitchens and dining tents, with comfortable chairs and tables.

**Group Equipments:** Eureka K2 3-men tents for twin share, cooking tent, weather proof dining tent with comfortable tables and chairs, toilet tent, 4 two-way "walkie-talkie" radios and excellent medical kit.

**Climbing Equipments:** 300 meters of 10 millimetre static "fixing" line, 3 dynamic climbing ropes (8-10 mm, 30-60 meter), 10 meters 6mm rope for sling, locking and standard carabineers, snow stakes (snow-picket), ice axes, jumars, figure 8 descenders, harness, etc.

**Please note:** the only thing you need to bring for climbing is ice boot and crampons (you can hire them in Namche Bazaar).

## Not Included

- Personal accident and rescue insurance. You must provide your own rescue insurance
- Mineral water, beer, soft drinks and extra tea/coffee outside of normal meal times
- Private room accommodation in Kathmandu unless a single supplement is paid
- Optional tips to guides and porters
- International airport departure taxes
- Visa costs
- Helicopter evacuation in the unlikely situation, although we do arrange for it and make the necessary documents so that you can claim from your insurance

## Recommendations for things you should bring:

- Water bottle (3 bottles min 1 litre each, must be able to hold hot water)
- Day pack medium size 35-40 litres
- Sunglasses
- Duct tape small roll
- Stuff bags smaller (plastic) bags to organize you duffle bag
- Money belt
- Toiletries we provide toilet papers
- Towel
- Torch preferably head lamp
- Penknife
- Disposable lighter
- Sewing kit
- Medical kit as per your prescriptions. It should be noted that the group leader will be carrying a first aid kit.

## Optional

- Walking sticks
- Cameras
- Knee guard for those with bad knees.

## **Clothing**

- Trousers: 1 lightweight for easy walking and 1 warmer for colder days preferable wind/water proof, 1 stretchable running trousers
- Shorts: Not too high cut revealing ones
- T-shirts: At least 3 or 4
- Hats: Sunhat and woollen ones for colder days
- Gloves: Woollen and Gore-Tex
- Thermal underwear: Light weight tops and trousers, preferably woollen, at least 2 pairs
- Socks: At least 4 pairs (both thin and thick woollen ones)
- Jackets: 1 fleece and 1 Gore-Tex wind/waterproof. Please note that we provide down jackets
- Walking boots: Preferably waterproof

## **Important gears for climbing**

- Ice boots: For climbing. If you don't have them, you can hire them in Namche Bazaar
- Jacket and Pants: Waterproof, preferably Gore-Tex suits
- Glacier goggles: For protection against snow blindness
- Gloves: Mitten and a Gore-Tex one to be worn as combination
- Thick Thermal: Vest and leggings
- Snow gaiters

## **Healthy and trouble free holiday**

There are no compulsory vaccinations required for entering Nepal. However please consult a doctor for vaccination against Typhoid, Meningitis, polio, and hepatitis. If you have special dietary requirements or allergies, please through your agent, give us a list of what you can and can't eat so that we can provide proper food for you.

If you are undergoing a course of prescription medicine, please ensure that you have sufficient supplies for the entire holiday. Some types of drugs including antimalarials have side effects at high altitude; therefore please consult your doctors regarding these drugs. The places you trek are mosquito free and there has been no report on malaria in Kathmandu for the past couple of decades.

## **Insure yourself**

We highly recommend you to take a comprehensive Personal Travel Insurance before leaving home. This should cover for your loss of baggage, airline delays, sickness and accidents. And it should also cover you for Emergency Helicopter Evacuation.

## **In case of Lukla flight cancellation**

Sometimes due to bad weather Lukla flights get cancelled. This may make it difficult for you to connect with international flights. In such an event and if the group as a whole wishes to charter a helicopter, which is an ideal solution to Lukla flight delays, we can arrange for it. You will need to pay about 350 to 500 US \$ depending on the group size. (Please read the Money Matters section). A covering letter is then issued to each trekker for claims against their travel insurance. Please make sure that your Travel Insurance Policy has coverage for helicopter evacuation.

## **Money Matters**

The ideal currency to bring with you is US\$ or Euro in traveler's cheques.

**In Kathmandu:** Each meal will cost around 4 to 6 US\$. Plus 10 to 20 US \$ for your taxis if you wish to go around the city.

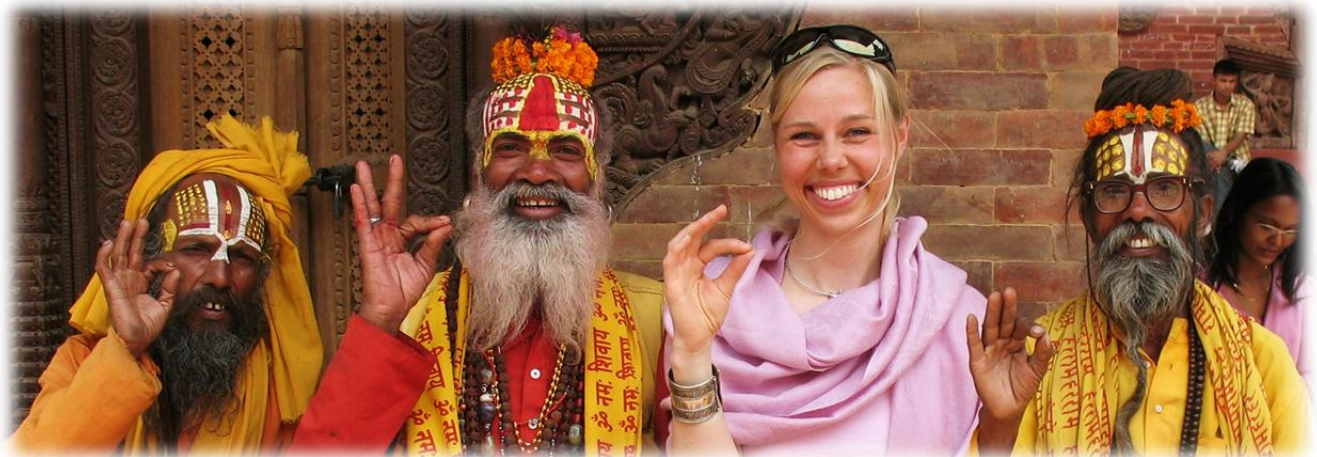
**On trek:** you will need around 5 to 6 US \$ per day. This money is for your hot showers, chocolates, soft drinks and beers etc and also for small donations in the monasteries.

## **Tipping**

Although tipping is entirely optional and personal matter the following is recommended as a guideline

**In Kathmandu:** for bellboys, waiters and porters 20 to 30 Nepali Rupees

**On the trek:** At the end of the trek it is a customary to tip the field staff. The recommended amount is 55-75 US\$ depending on group size. The group leader will collect the tip and then split it between the staff and put it in envelopes so that the trekkers can give it to the staff during the "Farwell Ceremonies"



### **Some Do's and Don'ts**

Nepalese people treat visitors as special guests. Although they will never rebuke you publicly for unknowingly offending them, we must consider their culture.

While in Nepal please observe the following:

- Full or partial nudity is not accepted
- Over display of affection between men and women, especially in temples and monasteries are discouraged
- Please remove your shoes before entering monasteries and temples
- Never point the soles of your feet at a person or shrine
- Many Hindu temples are closed to non-Hindus. Please ask before entering
- Locals walk around the Mani walls and Stupas in a clockwise direction as a respect and they expect you to do the same although it is not compulsory

ENJOY

