

# PIONEER EXPEDITIONS

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Do something extraordinary

## Lobuje Peak • Nepal • 23 Days • £2195

### Highlights

- Trek up the Khumbu Glacier to Everest Base Camp (5364m)
- Learn the finer points of Himalayan climbing from Trained Instructors
- Climb Lobuche East with our experienced Sherpa Guides
- Trek through the Sherpa Villages of the Everest area
- Climb Kala Patthar (5550m) for views of Everest and other peaks

There are two distinct summits to Lobuje Peak - Lobuje East (6,119m/20,070ft) and Lobuje West (6,145m/20,161ft). Although they are connected by a continuous ridge there is a sharp gap and a considerable distance between them. Lobuje is an attractive summit, offering a variety of existing routes and a wide scope for new lines. Seen from near Pheriche, the dark triangle of its rocky East Face rises above the moraines of the Khumbu Glacier to an icy skyline. This skyline forms the South Ridge, the junction of the East Face with the glaciated South-West Face and the line of the normal route of ascent. This in turn leads to the summit ridge running northwest from the top of the East Face through several small summits to the East Peak.

### Routes

**Lobuje East:** The true East Peak is quite striking and is reached by ascending into marked notch and climbing steep snow/ice slopes to the top. This is rarely climbed and is often mistaken for Lobuje West. Most attempts on the mountain climb the summit ridge only as far as subsidiary snow summit, before the notch, south-east of the true peak. The false summits east of the notch have been attained by numerous parties, but the first recorded ascent of the true Lobuje East seems to have been made by Laurence Nielson and Sherpa Ang Gyalzen on 25th April 1984.

### Itinerary : Kathmandu - Kathmandu

- Day 01:** Arrive Kathmandu and transfer to Hotel. Expedition briefing that night.  
**Day 02:** Relax and sight see around Kathmandu buying last minute provisions.  
**Day 03:** Fly Kathmandu to Lukla (2800m). Trek to Phakding (2652m/ 8 kms – 3 hours).  
**Day 04:** Trek to Namche Bazaar (3440m / 12 kms – 5 hours).  
**Day 05:** Rest and acclimatization day with optional hikes around Namche.  
**Day 06:** Trek to Khunde-Khumjung (3780m / 4 kms – 2 hours).  
**Day 07:** Trek to Thyangboche Monastery (3860m / 12 kms – 5-6 hours).  
**Day 08:** Trek to Dingboche (4410m / 11 kms – 5-6 hours).  
**Day 09:** Rest/acclimatization day at Dingboche.

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Optional hike to Chukung (4730m / 8 kms – 4-5 hours return).

**Day 10:** Trek to Lobuche (4910m / 9 kms – 5 hours).

**Day 11:** Trek up the Khumbu Glacier to Everest Base Camp (5364m / 15 kms). Return to Gorakshep of overnight (5140m) Total 8-9 hours.

**Day 12:** Morning climb to Kala Pathar for panoramic views of Everest, Lhotse, Khumbu Glacier and many other peaks (5550m / 6 kms – 4 hours return). Afterwards trek to Lobuche and on to Dzongla (4830m / 12 kms – 5hours). Meet Lobuche climbing guides and group. Lodge/Camp.

## Climbing Portion

**Day 13:** Depart Dzongla tea house, trek to Cho La Pass. Camp

**Day 14:** Acclimatization and instructional day. Camp.

**Day 15:** Depart Cho La for Lobuje base Camp 5400m. Camp.

**Day 16:** Climb to high camp. Camp.

**Day 17:** Summit day (early start!). Back to BC. Camp.

**Day 18:** Extra day to allow for bad weather or illness. Lodge/camp. End of Climbing Portion

**Day 19:** Trek to Thyangboche (3860m / 10 kms – 4-5 hours). Lodge.

**Day 20:** Trek to Namche (3440m / 14 kms – 6 hours). Lodge.

**Day 21:** Trek to Lukla (2800m / 20 kms – 6-7 hours). Lodge.

**Day 22:** Fly Lukla to Kathmandu. Overnight in Hotel.

**Day 23:** Free time in Kathmandu

**Day 24:** Depart for next destination



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## DATES

Please email us for details of departures. We are also able to organize private expeditions for those that want familiar people to join them or if scheduled departures or itineraries don't suit. The price listed is based on a minimum of 2 people. Depending on the number of people in your group, private expeditions can be cheaper than scheduled departures so ask us if you would like to organize something special for yourself.

## EXPEDITION GRADE – Alpine

Extremely demanding treks sometimes in very remote areas on rough terrain and perhaps including ( in Nepal) one or more of the so called 'trekking peaks' - maximum altitude, Mt. Mera at 6,461m/21,192ft. Participants should have at least a basic knowledge of use of crampons and ice axes, though first time climbers may be accepted on some of the so called 'easy' routes on these peaks. Medical certificates are required prior to acceptance on any climbing treks.

## EXPEDITION INCLUSIONS

- Arrival & Departure transfers on both domestic and international flights
- **4 Star Hotel Accommodation** in Kathmandu on a twin share bed- and- breakfast basis for the nights as listed in itinerary.
- Full board meals on tented camping expedition or Teahouse trek.
- Accommodation on tented camp or Teahouses as listed in itinerary.
- Welcome dinner with ethno-cultural program as listed in the itinerary.
- **Half day guided city tour** as listed in itinerary.
- All **Domestic flights** and airport tax as listed in the itinerary as applicable.
- Private transportation to and from the starting and ending points of the trek.
- Peak Climbing Permit Royalty and other government tax.
- **Climbing Clinic Course at base camp**
- **Personal and Group Climbing gear** including climbing rope, ice axe, zoomer, harness, figure of eight, carabineer etc
- All camping equipment - 2-person member tent, **dinning tent, kitchen tent, staff & porter tent, toilet tent with commode, dining table with backrest chair**
- Free use of quality trekking gear - **sleeping bag, fleece inner liner, insulated mat, down jacket, duffel bag etc during the trip.**
- **Portable Altitude Chamber (PAC) / Gamow Bag** (A life saving device in case of Acute Mountain Sickness) along with the comprehensive First Aid Kit.
- Professional local trekking group leader well trained in Wilderness First Aid
- **Well-experienced Climbing guide** with all his allowance and expenses.
- Trekking Cook, guides and other support staff.
- Porters to carry all personal gear and group equipment.
- Insurance of all staff including porters.
- **Warm clothing and other required trekking gear for porters** like Cortex jacket & trousers, trekking shoes / boots, sleeping bag / blanket, woolen hat, woolen gloves, woolen socks, sun glasses etc.
- Peak climbing certificate to the successful climbers.
- Comprehensive pre-departure information and trip dossiers.
- **Trekking permit, national park / conservation entry fees.**

## EXPEDITION EXCLUSIONS

- Personal insurance
- Personal Climbing Gear (Climbing boots and crampons needed)
- Bottled drink (these are personally purchased)
- Meals in Kathmandu
- Visa for Nepal



## GENERAL INFORMATION

### Supporting Local Communities

We support a primary school in the Gorkha District and we also distribute free first aid and medicines 2 times a year in the village where the school is located. We also adhere to guidelines that protect the porter's interests such as insuring them from injury.

### Pre-Departure Information

Once your expedition is confirmed we will send you detailed Pre Departure Information which includes a list of recommended clothing and personal equipment, along with many other relevant information to help you prepare for your trip. Prior to the trip departure from Kathmandu, you will attend a detailed trip briefing and orientation meeting to make sure that you are well prepared for your river trip and trek. These trips are led by No Roads.

### Flights

Have you made your air reservation yet? Please note that space on flights in and out of Nepal is very tight, especially during the tourist seasons. Therefore, we would like to suggest that you work on your for your air seats. We can help you with dates for treks, raft trips and other services that you need so that you can make your decision.

All domestic flights in Nepal are operated using small planes seating 15 to 20 people. There are only a few flights to each destination every day. During the busy trekking/tourist season these flights get full very fast. To improve your chances of getting on these flights it is best to confirm your trips as early as possible. The sooner we get trip confirmation, the better your chances.

### Nepal Tourist Visa

Nepal Visa is readily available on arrival at the International Airport in Kathmandu (or any other land entry points to Nepal). Single Entry Visa: US\$30 per visa (valid for 60 days)

Multiple Entry Visa: US\$80 per visa (valid for 150 days). Please bring exact change if possible.

2 passport photos will be required. (Nepal Visas are also available in all Nepalese Embassies and Consulates located in several countries and cities around the world.)

### Information and Support

If you have any comments, questions or want more information, please let us know. We are here to support you with all information to help you prepare for your travels to the Himalayas.

### What are the trekking peaks?

The "Trekking Peaks" of Nepal gives hobby-climbers an opportunity to tackle a high Himalayan peak without having to organize a major expedition. Although these peaks are lower than their more famous cousins - the 8000 meter peaks - many of the climbs are no less demanding and adventurous in nature. These Trekking Peak climbing trips offer a chance to climb a Himalayan summit and, a taste of being in the 'white wilderness,' without burning a big home in your pocket! The Trekking Peak climbing trips we offer are run in the popular trekking areas with relatively easy access to the mountains. Most of these trips can be completed within a short period of time. For instance Naya Khang in the Langtang valley can be completed in less than twenty days with plenty of time allocated for acclimatization. If you have an urge to trek in some of the most beautiful places in Nepal, interact and make friends with the local people without having to sleep in a cold and lonely tent, Lodge Trekking is just the thing for you. Make sure you are with No Roads Expeditions and we will make sure that you have a memorable time without having to spend a small fortune.

Whereas on the Pisang & Chulu trip, you can 'bag' two summits in under one month with an itinerary that also takes you on the famous Annapurna Circuit trek. In the Everest region the popular peaks are Mera Peak in the remote Hinku Valley, Island Peak, Khongm-tse, and Lobuche peaks near the Everest Base Camp area. Though most of these climbs require little or no previous mountaineering experience, it is

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essential that participants are in excellent physical condition and have some outdoor background.

Knowledge of use of ice-axe, crampons and ropes will come in handy.

Before the actual climb begins we will teach you the basics of handling ropes and other climbing devices including safety considerations. All our climbing treks are guided by trained guides who are registered with the Nepal Mountaineering Association (NMA). Each of our climbing guides are local lads who are intimately familiar with the mountains and routes they guide on. Join one of our Trekking Peak climbing treks to experience the pains and joys of climbing in the high Himalayas - a privilege that once was reserved only for the fabled 'expedition climbers.