



# Expeditions

## Lobuche Peak via Gokyo Ri & Everest BC



### EXPEDITION OVERVIEW

The Ultimate Everest trek takes in the best of the Khumbu and Everest. We have chosen this route to enable trekkers with a little more time available to complete an impressive circular route that guarantees similar stunning views to that of our Ultimate Everest trek, and more...

We approach Lobuche via the sacred lakes of the Gokyo Valley and visit the magnificent viewpoint Gokyo Ri (5350m). Crossing the famous Cho La Pass (5420m) to the South side of Everest brings us to Lobuche to climb Lobuche Peak (6119m), the high point of the expedition. After an optional trip up to Everest Base Camp if time allows, we return to Lukla along the resplendent Khumbu Valley, with its diverse wildlife and vegetation, as well as its rich culture, where villages and rustic dwellings have seemingly scrambled up to perch atop rocky outcrops and vertiginous ledges. A truly memorable experience closely following the footsteps of legendary mountaineers.

### Participation Statement

Adventure Peaks recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

### Adventure Travel – Accuracy of Itinerary

Although it is our intention to operate this itinerary as printed, it may be necessary to make some changes as a result of flight schedules, climatic conditions, limitations of infrastructure or other operational factors. As a consequence, the order or location of overnight stops and the duration of the day may vary from those outlined. You should be aware that some events are beyond our control and we would ask for your patience.

## PREVIOUS EXPERIENCE/FITNESS

This expedition is ideal for those looking for a challenging expedition to the Himalaya. We recommend that you have experience of at least Scottish Grade 1 and are a regular hillwalker with a reasonable head for heights; for instance you have completed a winter mountaineering or Alpine introductory course PD+.

## GROUP AND LEADERS

A fully qualified UK leader will accompany all groups of six or more passengers. He/she will be assisted by an experienced Nepali leader. Smaller or private groups will be led by an English speaking Nepali guide. This trip is exclusive to Adventure Peaks.

## WEATHER

The weather should be pleasant during the day with cooler evenings and nights. Nepal is mostly dry from late September to May (the trekking season) and is coldest from December to February. The higher you are the cooler it will be. In spring afternoon cloud tends to build up in the afternoon and can obscure the views. Walkers should realise however that weather in the high mountains is unpredictable and should be prepared for this.

## WHAT TO CARRY

This trek is fully supported by a team of porters who will transport your main baggage. You will only need to carry a light daypack at the very most on the trekking days however a 45-50L rucksack will be needed to allow you to carry your sleeping bag etc. to the high camp on Lobuche.

## CATERING ARRANGEMENTS

In the morning you can enjoy an early hearty breakfast of cereal, porridge, eggs and toast so you are fuelled up and ready to leave the teahouse whilst it's still fairly cool. Lunch is usually in a teahouse by the side of the trail or a picnic if there are no suitable places to eat. On arriving at your overnight teahouse you will be ready for a well earned cup of tea and biscuits - this leaves an hour or so to either rest or explore before a fine three course evening meal. Please remember that as the lodges like to source most of their supplies locally, the evening menus may appear repetitive. For pure good, hearty energy giving food you cannot beat the Nepalese staple, Dal Bhat, but most establishments will also offer choices of westernised food. There are plenty of opportunities to supplement your diet by buying snacks and drinks from the shops you pass along the way.

## ACCOMMODATION

In Kathmandu you will stay in a 3\* hotel in rooms with private facilities. Twin, double or single rooms are available. On trek we utilise Nepalese trekking lodges (teahouses) which are locally owned and run fairly basic establishments providing good food, accommodation with 3-4 beds arranged in dormitories (doubles sometimes available, please request). You will need a sleeping mat and sleeping bag. There is a central dining/sitting room where food and drinks are served. Toilet facilities are usually outside. Despite the basic facilities, it is a great experience to share the company of local families who will often entertain with local songs and dance!

## LANGUAGE AND TIME

**Language:** Nepali is the official language but English is the commercial language and is widely spoken.

**Time:** GMT+5hr 45min (CET). No daylight saving time at present.

## HEALTH

All our UK leaders hold first aid certificates and carry a fully equipped first aid kit for medical emergencies. However you should bring your own supplies of plasters, blister prevention pads (Compeed), Paracetamol etc. and any medication you are taking. There are no compulsory vaccinations for Nepal but the following are recommended: TB, Hepatitis A, Tetanus, Polio, Typhoid and possibly Rabies. Malarial prophylaxis is only required if you are visiting the lowland region on an extension to Chitwan NP. Consult your GP or a vaccine specialist for professional advice or refer to [Fit For Travel](#). Tap or stream water should never be drunk without first sterilizing with chlorine dioxide tablets or by boiling.

## INSURANCE

Insurance which covers mountain rescue, evacuation and medical expenses is **essential**. You should note there are no official mountain rescue services in Nepal and that any evacuation in the event of a serious medical emergency to the nearest hospital will be by land or military helicopter. We will require a copy of your insurance prior to departure. Please also ensure your insurance covers you for trekking above 5000m (some will exclude this option).



## ALTITUDE

If you are new to altitude you may have concerns about the effects. Don't worry because our itineraries allow sufficient time to acclimatise, and altitude rarely causes anyone any problems on this trip. The best way to avoid such symptoms is to walk at a gentle steady pace and drink plenty of fluid.

## USEFUL TIPS

Just in case your main luggage goes missing en route, it is a good idea to wear your boots on the plane. Most other things can be replaced but comfortable, well worn-in boots cannot. Pack important items in strong plastic bags.

## EQUIPMENT

A detailed equipment list is provided on booking but normal winter walking equipment is all that is required, together with a three to four season sleeping bag which can be hired from us. For equipment purchases Adventure Peaks offers a 15% discount off the RRP from the shop in Ambleside or online.



## BAGGAGE

For your own comfort travel light. Normally airlines restrict baggage to 20kg and on trek the weight for porters should be kept to 15kg, (you will be wearing boots and one set of trekking clothes). 15kg is also the most you are allowed on the flight to Lukla. (10kg Hold and 5kg hand luggage). Some items can be left at the hotel in Kathmandu for your return.

## VISAS AND PERMITS

UK citizens and most EU nationals can purchase Visas on arrival. You will need the payment of US\$40 ready in cash and two passport sized photographs. All other countries should check with their local embassy. Passports must be valid for at least six months after the end date of the trip.

## LOCAL COSTS

All accommodation and most meals are included; please see the itinerary page for full details. Additional costs would include any drinks or snacks outside of mealtimes and personal spending.

## CURRENCY

The currency in Nepal is the Rupee (NPR) but you cannot get rupees outside of Nepal - therefore take UK sterling or US\$ and exchange on arrival in Kathmandu. Don't try and change money in the street in Nepal as it is illegal. ATMs and change bureaux are available in the arrivals hall at the airport and in Kathmandu. It is best to change all the money you need in Kathmandu. There are ATMs in Lukla and Namche Bazaar, but these should not be relied on.

## TIPPING

Tipping is an accepted part of life in Nepal. We generally tip our local staff as a whole and would recommend around US\$150 per person. Tipping at restaurants and in hotels is normal practice.

## ADVENTURE PEAKS KITBAG

All Adventure Peaks clients who reside in the UK will receive a **FREE** kitbag for any treks outside the UK. The bag will be posted to you approx. 3 weeks prior to your departure. If you have travelled with us before and already have an Adventure Peaks kitbag, or reside outside the UK, we will send an alternative gift.

## FLIGHTS AND JOINING ARRANGEMENTS

Flights are NOT included as part of this holiday. (Our itinerary assumes you take an overnight flight in each direction. If a daytime flight is taken on the return, you will arrive home a day earlier). Adventure Peaks would be delighted to arrange your flights for you. The earlier you book, the better price we can obtain for flights. The cost of flights will be quoted to you separately and will vary with departure and booking date. There are a lot of airlines which fly from the UK to Kathmandu, and we are able to obtain preferential rates with some of these. Whatever flight you take, you will be met at the airport and transferred to the hotel in Kathmandu.

**The rendezvous for this trip is the ARRIVALS HALL AT KATHMANDU AIRPORT when your flight comes in on Day 2.**

**PLEASE ENSURE YOU DO NOT PURCHASE YOUR INTERNATIONAL TRAVEL (FLIGHTS OR OTHER) UNTIL WE HAVE GUARANTEED YOUR TRIP IS RUNNING.**

## DELAYS – LUKLA FLIGHTS

We allow extra time in the itinerary for bad weather causing delays at Lukla. If you are delayed longer our agent will try to secure alternative seats or obtain options on helicopters which can fly in less good weather. If the flights are delayed over night, accommodation can be provided on a B+B basis at an extra cost. If helicopter flights are utilised you will need to cover this cost inclusive of your leader's portion (variable cost depending on group size but approx: \$400 p/p in total each way). Where required we can re-book/change your International flights but additional costs may/will be incurred. All additional payments would need to be paid for in Kathmandu (card payments accepted).

If you are unable to accept this, you may want to consider an alternative trip less dependent on weather e.g. The Annapurna Region. You would be responsible for all costs associated with the trip finishing early or you leaving a trip early.

## EXTENSIONS

- **Everest Panoramic Flight** (from Kathmandu)
- **Chitwan National Park Safari** (+4 or 5 days)

*FOR PRICES AND MORE DETAILS PLEASE SEE OUR WEBSITE OR CONTACT OUR OFFICE*

## LOBUCHE ITINERARY

	Today we...	We stay at...	Accommodation...	Meals...
1	Depart UK	Plane	Plane	
2	Arrive Kathmandu	Kathmandu	Hotel	
3	Fly to Lukla and Trek 1	Phakding (2610m)	Teahouse	BLD
4	Trek 2	Namche Bazaar (3440m)	Teahouse	BLD
5	Trek 3	Namche Bazaar (3440m)	Teahouse	BLD
6	Trek 4	Phortse Tenga (3680m)	Teahouse	BLD
7	Trek 5	Dole (4050m)	Teahouse	BLD
8	Trek 6	Machermo (4465m)	Teahouse	BLD
9	Trek 7	Machermo (4465m)	Teahouse	BLD
10	Trek 8	Gokyo (4790m)	Teahouse	BLD
11	Trek 9 - Ascent of Gokyo Ri 5340m	Gokyo (4790m)	Teahouse	BLD
12	Trek 10	Dragnag (4690m)	Teahouse	BLD
13	Trek 11	Dzongla (4830m)	Teahouse	BLD
14	Trek 12	Lobuche (4930m)	Teahouse	BLD
15	Trek 13	Ascend to High Camp (5300m)	Camping	BLD
16	Trek 14 - Lobuche summit 6119m	Return to HC or Lobuche	Camping/Teahouse	BLD
17	Trek 15 - Spare Summit day or trek to EBC	Lobuche (4930m)	Teahouse	BLD
18	Trek 16	Debuche (3820m)	Lodge	BLD
19	Trek 17	Namche Bazaar (3440m)	Lodge	BLD
20	Trek 18	Lukla (2850m)	Lodge	BLD
21	Return to Kathmandu	Kathmandu (1350m)	Hotel	B
22	Depart Kathmandu	Plane	Plane	B
23	Arrive home			

**Days 1/2** International flights depart and arrive in Kathmandu the following evening. Transfer to hotel close to the famous bustling Thamel district of Kathmandu and within easy walking distance of the Monkey temple and the relaxing Garden of Dreams.

**Day 3** A spectacular short internal flight takes us to the tiny airstrip town of Lukla and the gateway to the Sherpa Kingdom. After lunch we walk along the typically stony path that descends from the forested terraces of Lukla right into the Dudh Kosi (-milk river) valley and the brightly painted lodges of Phakding. Good views of Kusum Kanguru's North Face (6367m). *2 hours walking.*

*If the flight is delayed due to poor weather this will become the sightseeing day scheduled for the end of the trip.*

**Day 4** Into the Sherpa capital and heart of the Khumbu, Namche Bazaar. You will now be becoming familiar with local protocol for passing chortens, mani stones, yaks, spinning prayer wheels etc. and enjoying the hustle and bustle of trekking and everyday life that exists on the 'Everest Trail'. At Monjo we enter the Sagarmatha National Park. *5 to 6 hours walking.*

**Day 5** It is important to have a couple of nights and a rest day in Namche before proceeding any higher. You can spend day 5 taking short walks up to Thame or Khumjung, visiting the Everest, Ama Dablam and Pumori viewpoints or just relaxing and exploring the narrow streets of the busy Sherpa capital.

**Day 6** We head NE up the side of the Dudh Kosi. We climb steeply out of Namche, turn the corner and are immediately presented with superb views of Everest, Lhotse, and Nuptse. *4 to 5 hours walking.*

**Day 7** This is a short walk in distance but involves a height gain of 420m so it is important to do this slowly to aid acclimatisation. *4 to 5 hours walking.*

**Days 8/9** This again is another shortish day, level to start with, but with an overall height gain of 400m it is worth taking it slow. *5 to 6 hours walking.*

More acclimatisation on day 9 spent absorbing the views from the ridge above Machermo village and relaxing.

**Day 10** As you walk to Gokyo taking in views of Cho Oyu, the World's sixth highest mountain, you will pass the two Gokyo lakes and end your day at Gokyo village at 4790m. *5 to 6 hours walking.*

**Day 11** Ascent of Gokyo Ri (5340m). This peak gives fantastic views of Everest, Lhotse, Nuptse, Makalu, Cho Latse, Thamserku, Kantega and Ama Dablam. No rush and the rest of the day free for relaxation and sampling Gokyo's finest bakery. *3 to 5 hours walking.*

**Day 12** Today we cross 1km of glacier to its eastern side and continue to the lodges at Dragnag at the foot of the valley leading towards the Cho La pass. *3 to 4 hours walking.*

**Day 13** A long day as we head over the Cho La pass (5368m). A steep climb through boulders leads to the pass from where we are rewarded with more spectacular views. We descend to Dzongla. *8 to 10 hours walking.*

**Day 14** A short walk from Dzongla to join the main Everest trail where we get our first close up views of mountains at the head of this valley. We head up to Lobuche village. *4 to 5 hours walking.*

**Day 15** Ascend to Lobuche Peak High Camp (5300m)

**Day 16 Summit Day** From high camp we make an early start to gain access to the glacier over rocky slabs. The glacier is quite crevassed but provides a wonderful route along a snow arête to the summit ridge. Most parties climb to the summit of Lobuche East (6000m). The true summit is further along the ridge, involving a higher degree of technical climbing, and is rarely climbed. The summit gives fantastic views over the whole of the Khumbu and Everest. Descend to High Camp or Lobuche village.

**Day 17 Spare Summit Day or optional trek to Everest Base Camp** or ascent of Kala Pattar. Return to Lobuche.

**Day 18** Descend to Debuche.

**Day 19** Trek down from Debuche to Namche Bazaar.

**Day 20** Descend from Namche Bazaar to Lukla.

**Day 21** Fly Lukla to Kathmandu. Back to the comforts of our hotel in Thamel and the enjoyable hustle and bustle. This is a good time to buy souvenirs and try your hand at haggling with the local shopkeepers. Time to celebrate!

**Days 22/23** Depart Kathmandu and arrive UK.