

Island Peak Climbing

Package Highlights

- Reach to Island Peak Base Camp via regular trekking trail starting from Lukla
- Climbing course at Island peak base camp with our climbing guide before summit

Trip Facts

- Starting Price: US\$2480.00 (Per Person)
- Duration: 16 Days
- Grade: NA
- Destination: Nepal
- Meals: Breakfast + Lunch + Dinner
- Transportation: Private Vehicle / Aeroplane
- Trekking Style: Trekking, Climbing and Tour
- Accommodation: Hotel, Tea Houses and Tent
- Max. Altitude: 6,189 Island peak summit
- Min. Pax: Any
- best season : March to May and Sept to Nov

Itinerary Details

Day 01 : Arrival at trihuban international airport Kathmandu. Transfer to hotel and Overnight 1350m

A representative from Nepal highland Treks pick up and transfer to hotel. Rest of the time rest and get fresh. You accommodation in Thamel which is center of City. Touristic place Thamel have goods restaurants as well as trekking equipment shops.

Day 02 : Half day cultural sightseeing in Kathmandu valley and trip preparation. Overnight at Hotel

After breakfast in Hotel, our tour guide will lead you to cultural heritage sites in Kathmandu. Valley. we can cover one big Hindu temple Pashupatinath, one biggest Buddhist stupa Bauddhanath and Kathmandu Durbar squire, Old palace. Remaining time is to prepare your trip. Stay together with guide checking for necessary items to the trip.

Day 03 : Fly to Lukla (2,860m) and trek to Phakding (2,652m) 3/4 hours. Overnight at tea house

Early in the morning we drive to domestic airport for your flight to Lukla. It is early morning flight about 35 minutes. Scenic flight with tiny aircraft takes off you at Hillary airport (Lukla). Introduce with your porter. After managing your luggage, start walking toward

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Phakding. The trail follows the bank of the Dudhkoshi River. Easy and flat walking takes only around 4 hours.

Day 04 : Trek Phakding to Namche Bazar (3,440m) 6/7 Hours. Overnight at tea house

After your breakfast start trekking to Namche Bazar (Biggest town in Everest region). We pass big suspension bridge at the beginning. Then our trail becomes slightly uphill. Route is passing through alpine forest along with Dudhkoshi River. We also pass Benkar village, Monjo village and Jorsalle on the way. After having our lunch, we start to go uphill walking and reach Namche.

Day 05 : Acclimatization at Namche. Hike to Everest view hotel (3,880m) and back to Namche for overnight

It is acclimatization day and we take a hiking tour around. Hike to Everest view hotel and Khumjung village. Visit local monasteries and Hillary school. It is a pleasant day to have your lunch at Khumjung village with a front view of Mount Everest, Lhotse, Nuptse, Thamserku, Amadablam and others. Come back to Namche. Walking around in Namche gets more refreshing.

Day 06 : Trek Namche to Tengboche (3,860m) 5/6 hours. Overnight at tea house

We trek an easy way with a front view of panoramic mountains up to Phunki Thanga, a small river side village. From here, the trekking route starts to be uphill. It contains some of the major ascents toward Tengboche. Tengboche is famous with Tengboche monastery and it is one of the largest monasteries in the Everest region. Monastery opens from 3 pm and it is a good visit at their evening chanting by lamas.

Day 07 : Trek Tengboche to Dingboche (4,410m) 5/6 hours. Overnight at tea house

Trekking through Rhododendron forest, we reach Deboche village. After Deboche valley, we reach Pangboche village, which has the biggest settlement of Sherpa people. We still have a good view of Mount Everest, Lhotse and Amadablam. The trekking trail then follows the upper Pangboche to explore an old Pangboche monastery. After walking some minor ascents, we can see a picturesque village of Dingboche with beautiful potato fields.

Day 08 : Trek Dingboche to Chhukung (4,730m) 2 Hours. Overnight at tea house

We trek to Chhukung today. It is very short trekking and you can view a fabulous view of Island Peak. Set up once again your climbing equipment. If you need to hire any equipment, here is the place. Tomorrow we have to trek up to Island Peak base camp.

Day 09 : Trek Chhukung to Island peak base camp (5,200m) 4 Hours. Overnight at

tent

Today after breakfast, we heads further on to the steep way climbing southern part then turning east to the main line of the valley. Continue short pleasant walking along a streamside leads to the Big –rock and the route to the Amphu Lapcha lies to the southeast from here. A mid difficult cross route through the Imja and Lhotse glacier moraines leads you to a wide valley flanking of Island peak where we will set up our base camp for overnight at tented camp.

Day 10 : Climbing clinical training. Get preparation to summit tomorrow. Overnight at tent

Whole day climbing familiar training with our climbing guide. get full setup with your climbing equipment and rope. All the foods are from our own tent prepared by cooking team. Early bed to get up early morning tomorrow.

Day 11 : Summit Island Peak (6,189m) and decent to Chhukung. Overnight at tea house

Island Peak Ascent starts early morning around 2 am. Climb to the rock gully is not difficult but there are several short rock steps to climb before you emerge on the right side of the gully. The route then follows a ridgeline, which leads to an exhilarating and exposed traverse onto the snout of the summit glacier. You will need to rope up for the glacier as it contains several crevasses but it leads without difficulty. After enjoying the summit views you will descend all the way to Chhukung for overnight.

Day 12 : Trek back to Tengboche Monastery. (3,860m - 5 hours) overnight at tea house

Today trekking back through same way to Tengboche. You still can explore tengboche monastery.

Day 13 : Trek back to Jorsalle/Manjo. overnight at camp

We plan to trek back further down from Namche to make shorter day walking to Lukla tomorrow. Stay overnight either in Jorsalle or in Manjo.

Day 14 : Trek back to Lukla. Overnight at tea house

It is 4 to 5 hours easy walking back to Lukla today. Reach at tea house and fairwel

Day 15 : Fly back to Kathmadnu. Overnight at Hotel

Early in the morning, fly back to Kathmandu and transfer to hotel. Free time till evening. fair well dinner with Nepal Highland Treks in cultural Nepali restaurant.

Day 16 : Departure

Final departure ! Representative from Nepal Highland Treks assist you till airport. It is important to reach that airport before 3 hours from your original flight time.

Cost Includes

- All arrival and departure arrangement
- Accommodation in Kathmandu on twin sharing rooms in 3 star category hotel with breakfast
- One full day sightseeing in Kathmandu valley including private transportation, tour guide and entrance fees
- Accommodation in local tea house on twin sharing room in entire trekking days
- Accommodation in tent during climbing period
- Three times foods and hot drinks during trekking and climbing
- Professional trekking in entire trekking and climbing guide in entire climbing period
- Trekking porter (2 Trekkers = 1 porter)
- Salary, foods, insurance, equipment and accommodation for staffs (Guide and Porter)
- Permit and Everest National park
- Island Peak climbing permit, First aid kit
- Insurance of Climbing guide, High altitude cooks and porters
- Flight ticket of Kathmandu – Lukla – Kathmandu
- Emergency evacuation management in case of need
- Good duffel bag for trekking
- Sleeping bag in returnable based in case of need
- Service charges and government tax

Cost Excludes

- Lunch and Dinner in Kathmandu
- Personal climbing and trekking equipment (It is better to hire all personal climbing gears in Chhukung - You might spend USD 120 for this purpose)
- Bottled drinks, bar bills
- Personal insurance for the trip
- Medical expenses, emergency evacuation in case of need
- Any tipping to staffs
- Extra activities

Useful Note

Trip Note

Departure Note

Our Guarantee departure date of **May 5** is 21 days itinerary including **Everest Base Camp** and **Kongma La pass**. Let us know either to follow the same itinerary entirely or have your own customize itinerary and join climbing period only.