Island Peak Climbing

Facts

Destination: Nepal

Trip Difficulty: Difficult

Trip Style: Peak Climbing

Transport: As per Itinerary

Food: Breakfast,Lunch & Dinner(BLD)

Accommodation: Hotel, Lodge and camping

Group Size: Min 1 Pax

Max Elevation: 6,189 m

Best Time: March - May & Sept - Dec

Island Peak Climbing with Everest Base Camp is an adventurous climbing as well as trekking journey in the Khumbu region. Island Peak Climbing and Everest Base Camp Trek are two very popular ventures of the region. And, combining both in one package is doubling the level of thrill and adventure. If you are someone with past trekking experience, and now looking to step into the climbing world of the Himalayas, then Island Peak climbing with EBC is a great option.

Island Peak is also known as Imja Tse. It is a very attractive and main climbing peak in the Khumbu region. The route to reach the top of Island Peak does not involve technical climbing, which is perfect for beginner climbers. Likewise, you will also reach Everest Base Camp, the base of the world's highest mountain, Mt. Everest (8,848 m). Exploring Everest Base Camp is a dream for hundreds of travelers out there. From the base camp, you get to witness panoramic views of several Himalayan mountains.

The adventure does not end here. You will be crossing Kongma La Pass (5,535 m), a

very famous high pass of the Everest region. The trail includes passing through many beautiful villages and dense forests. On the way, you come across many stupas, chortens, prayer wheels, and monastery. You will visit the oldest monastery in the region, the Tengboche monastery as well. At the beginning and end of the trek, you pass by Sagarmatha National Park that is home to hundreds of flora and fauna. Crossing an uncountable number of streams and rivers over suspension bridges and old wooden bridges, you traverse the region.

Highlights

- Short and thrilling flight to Lukla
- Trek through Sagarmatha National Park
- Witness superb landscape views throughout the journey
- Explore famous Namche Bazar
- Visit Tengboche monastery
- Experience rich culture and daily lifestyle of Sherpas
- Reach Everest Base Camp
- Cross Kongma La Pass
- Summit Island Peak
- Witness panoramic views of numerous Himalayan mountain like Everest, Lhotse, Makalu, Cho Oyu, Nuptse, Ama Dablam, Thamserku, etc

Day to Day Itinerary

Day 1: Arrive in Kathmandu.

Day 2: Sightseeing and preparation day.

Day 3: Fly to Lukla (2,800 m) & trek to Phakding (2,652 m); 40 mins flight; 3/4 hrs trek.

Day 4: Trek to Namche Bazar (3,440 m); 5/6 hrs.

Day 5: Rest day.

Day 6: Trek to Debuche.

Day 7: Trek to Dingboche (4,360 m); 5/6 hrs.

Day 8: Rest day.

Day 9: Trek to Lobuche (4,930m); 5/6 hrs.

Day 10: Hike up to Everest Base Camp (5,364m) and trek back to Gorak Shep (5,170 m); 6/7 hrs.

Day 11: Trek to Lobuche (4,930m).

Day 12: Trek to Chhukung (4,730m) crossing Kongma La (5,535m); 6/7 hrs.

Day 13: Ascend to Island Peak Base Camp (5,200m); 3/4 hrs.

Day 14: Spare day.

Day 15: Summit day & back to base camp (6,189m); 10/12 hrs.

Day 16: Trek to Pangboche (3,985m); 5/6 hrs.

Day 17: Trek to Namche Bazar (3,440m); 4/5 hrs.

Day 18: Trek to Phakding.

Day 19: Trek to Lukla.

Day 20: Fly back to Kathmandu.

Cost Includes

- Arrival and departure transfer services to/from both airport as per itinerary
- Three-star or similar hotels for accommodation in Kathmandu
- Experienced and government-licensed trekking guide during the trekking & climbing period
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Schedule flight tickets for Kathmandu-Lukla-Kathmandu

- All trekking and mountaineering equipment like; kitchen tent, sleeping tent twin basis, dining tents, toilet tents, tables, chairs, and cooking utensils for base camps and above
- Common climbing equipment (rope, ice bars, ice screws, snow bar, etc.)
- Cook and kitchen assistant and climbing sherpa at Base Camp and other camps
- Food and accommodation during the trek
- 3 meals a day (breakfast, lunch & dinner with tea/coffee) during the journey
- Welcome & farewell dinner in a typical Nepali restaurant
- All food and fuel for base camp and higher camps during the venture
- All necessary permits for Island peak climbing
- All wages, equipment, medicals, and accidental insurances for involved staff
- First Aid medical kits
- Satellite phone carrying by Guide for communication and available for members with the cost of US$ 3 per minute call

- Emergency Oxygen, mask, and regulator provided on requirement of guest with appropriate charge
- Trekking and climbing map
- Complete pre-departure information
- Flight ticket reconfirmation
- Visa extension procedure services (if necessary)
- Free Ascent Trails T-shirt, cap or duffel bag

Cost Excludes

- Airfare of international flights
- Nepal entry visa fee (Visa issuance on arrival in Kathmandu)
- Lunch and dinner during your stay in Kathmandu (except for the welcome & farewell dinner)
- Any packed food/snacks, aerated drinks, energy drinks, mineral water, alcohol, cigarettes, chocolates, nutria-bars during the trekking
- Any personal expenses like laundry, charging, etc
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Any extra expenses arising out of various/unforeseen situations like natural calamities, landslides, political disturbances, strikes, changes in Government regulations, etc

- Extra transportation out of the itinerary program
- Any additional staff other than specified
- Rescue, repatriation, medicines, medical tests and hospitalization expenses
- Travel Insurance and helicopter rescue
- Wallie-talkies & filming permit (if any special camera or walkies-talkies are taken on the journey)
- Personal climbing gears
- Expenses incurred towards usage of landlines, mobiles, walkie-talkies or satellite phone & Internet expenses
- Nepal custom duty for import of expedition goods
- Tips and gifts for involved staff and porter
- Any extra services or products or offers or activities, which are not mentioned in the itinerary
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Any other item not included in the “COST INCLUDES” section