Island Peak Climbing

DURATION: 14 DAYS

Trip Facts

Group Size 1 - 10 Persons

Trip Grade Challenging

Accommodation Hotel, Guest House / Tea House, Campng

Max Height 6160 Metres

Start From Kathmandu

End At Kathmandu

Transportation Plane, Car,Jeep

Duration 14 Days

Meals included Breakfast, Lunch & Dinner Days

Best season:
March - May, September - October

Trip Overview

Island Peak Climbing is a popular trekking activity in Nepal's Everest region, showcasing the stunning views of Mt. Everest and surrounding peaks. With a height of 6189m, this non-technical ascent requires basic snow-climbing skills. The trip takes place in the Khumbu region, offering a 15-day tour package that includes a visit to Kathmandu and other destinations in Nepal. The ascent requires a good level of fitness and skill, and thousands of climbers have successfully climbed this popular peak. Island Peak, also known as Imja Tse, is a popular and challenging climbing peak in Nepal, **located in the Everest region**. It offers an exciting and challenging experience for climbers with basic mountaineering skills and a desire to summit a Himalayan peak. The expedition starts with a scenic flight from Kathmandu to Lukla, followed by a trekking route to Dingboche. The standard climbing route involves glacier travel and steeper snow and ice sections, with basic mountaineering equipment needed for safety and support. The summit day starts early, with a steep snow and ice wall leading to the summit ridge. The expedition typically takes 18 to 20 days, depending on the itinerary and weather conditions.

The best seasons for climbing Island Peak are pre-monsoon (spring) from March to May and post-monsoon (autumn) from September to November. Climbers should be prepared for high-altitude mountaineering challenges, including acclimatization, cold temperatures, and potential altitude-related risks. **Climbing Island Peak requires climbers** to have prior experience in high-altitude mountaineering and be physically fit. It is important to have proper equipment and clothing to withstand cold temperatures and harsh weather conditions. Additionally, climbers should be aware of potential altitude-related risks such as altitude sickness and take the necessary precautions to ensure their safety during the expedition.

MOUNT
ADVENTURE HOLIDAYS

Trip Itinerary

Day 1 Kathmandu – Lukla (2860 m) – Phakding (2610 m)

4 Hrs | Breakfast, Lunch & Dinner | Tea House | Plane, Walking | 2860 m

After breakfast, we take an early morning flight to Lukla. After flying above the breathtaking green and white mountains, we reach Tenzing-Hillary Airport at Lukla. This is one of the most beautiful air routes in the world culminating in a landing on a hillside surrounded by high mountains. Upon our arrival at Lukla, we meet the rest of our crew members. Next, we begin our trek through the prosperous village of Lukla to Phakding. To assist in acclimatization, we only have a short hike today. However, if interested in additional activities, we can take a side trip to a nearby monastery. Overnight in Phakding. MEALS: Breakfast, Lunch & Dinner

Day 2 Phakding– Namche Bazaar (3440 m)

5 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 3440 m

After breakfast we walk through beautiful pine forests and then along Dudh Koshi River ending our nature-filled journey at Namche Bazaar. After walking for almost over an hour, we come across the glistening Mt. Thamserku (6,608m) on our right and also experience the serenity of pine, fir and juniper forests throughout our journey. If the weather is clear, we may even catch a glimpse of Mt. Everest peering over the Lhotse-Nuptse ridge. We continue walking until we reach the entrance to Sagarmatha National Park, Namche Bazaar, the gateway to Mt. Everest and main trading centre of this region. This day we cross five suspension bridges, the last one also known as the Hillary Bridge being the highest. It is an uphill walk from Hillary Bridge to Namche Bazaar. Overnight in Namche Bazaar.

Day 3 Namche Bazzar Acclimatization Day

Breakfast, Lunch & Dinner | Guest House | 3440 m

Today is set aside for acclimatization. Health experts recommend that instead of being idle we stay active and move around even during the rest day. We can either stroll around Namche’s quaint villages and get acquainted with the Sherpas and their rich culture, or we can hike up to the Everest View Hotel

and enjoy an up-close view of the mighty Everest. While in the Namche village or upon returning from the hike to the Everest View Hotel, trekkers may also visit the local museum containing exhibits displaying the area's native flora and fauna as well as the history of the Mount Everest region. For trekkers who want to hike for a little longer, a hike to Khumjung village (5-6 hours) may also be an option. In the village we can visit the Edmund Hillary School and Khumjung Monastery (a monastery famous for housing the head of the Yeti!). Overnight in Namche Bazaar.

Day 4 Namche Bazaar – Tengboche (3860 m)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3860 m

After breakfast, we trek towards Tengboche. It is an easy walk from Namche to Phunki. Upon reaching Phunki, we ascend towards Tengboche, a village that houses the very famous Tengboche monastery which is the largest monastery of the Everest region. Located amidst the Sagarmatha National Park (a UNESCO World Heritage Site of "outstanding universal value"), it is draped with the panoramic 360-degree view of the Himalayas, including Mt. Everest, Nuptse, Lhotse, Ama Dablam and Thamserku and is also the biggest monastery in the Khumbu region. We visit the monastery the same day at around 3 p.m. to witness a religious ceremony. Overnight in Tengboche.

Day 5 Tengboche to Pheriche (4200 m)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 4200 m

In the early morning, we will be visiting different monasteries nearby before moving down through forest of birch, juniper, fir and Rhododendron to the nunnery at Deboche. The trail involves stable climbs but because of the altitudes, we need to pace ourselves steadily throughout the day. After we pass Imja Khola, we will be reaching the village of Pangboche where we will be stopping by for our lunch viewing the beautiful peak of Ama Dablam. In the afternoon, at the first place, our route will be the climb through the open alpine hillsides and at the second.

Day 6 Pheriche to Lobuche (4950 m)

5 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 4950 m

Keep on trek along the moraine of the glacier; with the views of kala Patthar (5,545m) and Mt. Pumori (7,165m) we hike today high above the Pheriche village. Pretty normal day today takes about 4 hours walking. Important day also for accommodation, Rest of the day we may take simple hike around.

Day 7 Lobuche to Everest Base Camp (5400 m) & back to Gorakhshep (5164 m)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 5400 m

Today, the walk towards Everest is along the Khumbu Glacier. You will reach the small village of Gorakhshep, where you will be able to have lunch. After having your lunch the trail will lead you to the Mt. Everest base camp at an altitude of 5400meters. Everest base camp gives you an unforgettable view of Khubutse, Mt. Pumori, Changtse and Khumbu ice fall instead of Mt. Everest.

Day 8 Gorakshep to Kala Patthar (5545 m) & trek to Chhukung (4730 m)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 5545 m

Hiking up the Kalapatthar, we will make a vertical climb which allows us to view the Everest Peak continuously. Not only this, we can also view other mountains like Pumori (7,145m), lingtren (6,697m) and Khumbutse (6,623m). These mountains divide us from Tibet and just over the Lho La Pass, we

can observe the large face of Changtse (7,750m). After that, we head back to Lobuche. From Lobuche, we hike towards Chhukung Valley. Chhukung Valley is located unwaveringly under an incredible rock wall which links Nuptse with Lhotse. From here, we will be having fabulous views of Amadablam (6,856m) which is also titled the most photographed mountain in Nepal.

Day 9 Chhukung to Island Peak Base Camp (5200 m)

4 Hrs | Breakfast, Lunch & Dinner | Camping | Walking | 5200 m

Today we will reach to the base camp after approximately 4 hrs of walking. Camping at the lower base camp, preparation of kit, acclimatisation.

Day 10 Island Peak Summit (6160 m) & back to Base Camp (5200 m)

6 Hrs | Breakfast, Lunch & Dinner | Camping | Walking | 6160 m

In the early morning, we will begin our climbing to arrive at the summit. Ascending from the base camp we will reach to the Island Peak High Camp (5600m). From this point, we can see semicircle view of cliffs that go up in the north to the rocky peaks of Nuptse (7,879m), Lhotse Middle Peak (8,410m), Lhotse (8,501m) and Lhotse Shar (8,383m). To the east, we will view the iced up waves of the Lhotse Shar Glacier above which towers Cho Polu (6,734m) and we will also witness Makalu (8,475m). From the south of the Imja glacier, we will be rewarded by Baruntse (7,720m) and Ama Dablam (6,856m). Our trail will now get complicated once we reach the bed of the pointed icefall beneath the peak. In order to succeed, great caution must be implemented while balancing the barrier to approach out on the rim leading to the summit. After we reach the summit, we will be back to the Base Camp.

Day 11 Trek to Pangboche (3985 m) via Dingboche (4410 m)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 4410 m

Today, we will be trekking around stunning Imja Khola Valley. We first rich Dingboche which is located in a hop hedge of little ground bounded by stone wall defensive crops of potatoes and barley. From Dingboche, we take a little dissimilar means down to Orsho, then moving to Pangboche village. We traverse the Khumbu Khola over a wooden suspension bridge and walk beside the Imja Khola to the village of Pangboche. Here we can see the oldest monastery in the region which contains what is said to be the scalp and skeleton of a 'Yeti', or the repulsive snowman.

Day 12 Trek to Namche Bazaar (3440 m)

6 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 3440 m

Leaving mountains behind us, our descent takes us through Tyangboche Monastery at height of 3860 meters before continuing back to the town of Namche Bazaar at 3441meters. We arrive back at Namche Bazaar in the afternoon.

Day 13 Namche Bazaar to Lukla (2860 m)

6 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 2860 m

After having our breakfast, go back over the major road down to Dhudh Koshi retracing to Phakding. Following the track, we arrive at Lukla scaling different Sherpa villages crossing a suspension bridge above Thado Koshi. For about 45 minutes, we go up to accomplish the whole trail and we reconfirm flight ticket and see off to local porters. MEALS: Breakfast, Lunch & Dinner

Day 14 Fly back to Kathmandu (1400 m)

35 min | Breakfast | Hotel | Plane | 1400 m

After travelling for 30 minutes, we fly Back to Kathmandu from Lukla in the morning and move back to the hotel. Rest of the day we can lighten up.

Cost Includes

- Airport picks up and drops off, upon arrival and departure in Kathmandu (International and domestic both).
- Pre-trek/ climb meeting.
- Island Peak climbing permit fee.
- Sagarmatha National Park entrance fee.
- Khumbu Pasang Lhamu Rural Municipality fee.
- Food during the trek and climb (full board with breakfast, lunch, and dinner).
- All guesthouse accommodation during the trekking period and North Face, Salewa, Mountain Hardware, or similar tented camp accommodation during the climbing period.
- High altitude climbing leader (Sherpa guide) licensed by Nepal Mountaineering Association (NMA).
- Well experienced English-speaking assistant guide if the group size exceeds 5+ persons.
- Group climbing equipment including ropes, ice screws, snow bars, harness, carbine, eight-figure, etc.
- Domestic flight Kathmandu / Ramechhap - Lukla - Kathmandu / Ramechhap for guest and guide inclusive with all taxes and transfers.

- Satellite phone.
- Worst case, help with all rescue and evacuation arrangements.
- Mount Adventure Holidays sleeping bag and down jacket, duffel bag, area map.
- First aid medical kit
- All applicable taxes as per the government rules and regulations.
- All organizational requirements.

Cost Excludes

- Nepal visa (USD 25 for 15 days and USD 40 for 30 days).
- Your international flight to and from Nepal.
- Hotel Accommodation in Kathmandu.
- Travel insurance (for helicopter evacuation if needed whilst trekking /climbing).
- Porters to carry luggage (you can add a porter when booking).
- Personal expenses such as laundry, telephone, internet/e-mail, etc.
- Bar and beverage bills.
- Tips for guide, porter, driver.
- Excess baggage charges (if you have more than 10 kg of luggage, a cargo charge is around $1.5 per kg)
- Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
- Lunch and evening meals in Kathmandu (and also in the case of early return from the mountain than the scheduled itinerary)
- Personal climbing equipment
- Personal climbing guide if requested
- Optional trips and sightseeing if extended

Trip Map

