

## Overview

**Island Peak climbing** including Everest Base Camp Trek is a wonderful adventure trip in the in the Himalayas of Nepal. Among many trekking peak in Himalaya, Island peak is the one of the most popular as it is appropriate to all beginner mountaineers and veteran trekkers. Our trip is planned for active and physically well trekkers with little or no experience in mountain expedition. Island Peak (6,189m/20,305ft) is one of the highest mountaineering peaks in the Everest Area of Nepal with an extraordinary and highly glaciated West Face that rises from the Lhotse Glacier.

As an expert **Sherpa**, Our professionally planned 19 days itinerary offers you a couple of days additional at the same town to get acclimatized. Island peak climbing is not technically demanding however it can be physically challenging. Especially the climb is classified as Alpine PD+. As a responsible and reliable **Sherpa company**, every year hundreds of climbers successfully climbs island peak with our guidance.

Our **Island peak climbing** expedition will lead by Experience Sherpa guide. Our full board package includes the mountaineering permit from the NMA and all other essential logistics. Our journey also takes us into the center of the Khumbu Valley and Sherpa culture. Before climbing the peak, we also visit, Everest base camp Camp (5,357m/17,575ft) and Kala Patthar, perhaps the most admired hiking destination in the world.

## Itinerary Details

### **Day 01 : Kathmandu- (1,300m /4,264 Ft) (Arrival Day And Transfer To Hotel) – Hotel**

We complete our custom formalities at the Tribhuvan International Airport in Kathmandu. Afterwards, there is a Guide Nepal Holidays airport guide and driver waiting for us at the terminal gate who will take us to our hotel. After Visa formalities complete, you have to come downstairs to collect Luggage and proceed to outside from terminal Building. Please look after your Printed Name and Our Company Signboard and follow them. Meet our Staff and then Transfer to Hotel. Check in at Hotel, free welcome drinks tea/coffee or any cold drinks. We can then spend the rest of the day taking rest. In the evening, we get to try Nepalese cuisine at a welcome dinner hosted by Guide Nepal Holidays. Overnight in Kathmandu. Accommodations: Hotel Included meals: Breakfast

### **Day 02 : Fly to Lukla (2,800m/9,184ft) then trek to Phakding (2,652m/8,700ft): Approx. 3-4 hours trek**

After breakfast having tea/coffee in the early morning, we will be taken to the domestic terminal of Kathmandu Airport. As your airport time is early morning, we will provide you pack breakfast. After a flying above the spectacular green and white peaks, we reach Tenzing-Hillary Airport at Lukla. Landing on the narrow, sloping runway in the heart of the mountains is a very wonderful way to arrive. At Lukla the scale of the huge peaks that

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surround the village instantly excites us but this is only a foretaste of what is to come. We meet our expert Sherpa guide and staff after some arranging & packing our luggage. We start our trek downwards towards the Dudh Kosi, a raging river that flows from the highest peak until we reach Phakding. To assist in acclimatisation, we only have a short trek today. However, if interested in extra activities, we can take a side trip to a nearby monastery. The elevation at this first stop is actually lower than Lukla at 2610 meters. Accommodations: [ Sherpa Mountain lodge/ Guest House] Included meals: [ Breakfast, Lunch & Dinner]

### **Day 03 : Trek to Namche Bazaar (3,440m/11,283ft): Approx. 5-6 hours trek**

After breakfast, a very enjoyable hike by the river through pine forest leads to a short climb to escape a narrow gorge part. We pass the entry to the Sagarmatha National Park where details of our permits are verified and then drop down again to the river that we cross on a suspension bridge. We continue up the forested valley on a good path and cross the river again before getting a confluence of rivers one coming down from Thame and the other from the Khumbu. We make a final crossing here on a stunning high suspension bridge and then start an hour and half long climb to Namche (3400m) on a wide switch back path. This is the sting in the tail of today's otherwise moderate ascent, and one of the hardest of the trek. About an hour below Namche, we gain our first views of Everest. Accommodations: [ Sherpa Mountain lodge/ Guest House] Included meals: [ Breakfast, Lunch & Dinner]

### **Day 04 : Namche Bazaar (3,440 m/11,283 ft.): Acclimatisation Day- Hike to Sherpa Village**

It is most important to get well acclimatized before we trek higher elevation. As a responsible Sherpa & expert company, we highly advise that we stay active and move around even during the rest day instead of being lazy. Our experts Sherpa guide well take you day hike up to Sherpa village like Khunde & Khumjung. While in the town we can see the Edmund Hillary School and Khumjung Monastery (a monastery recognized for housing the head of the Yeti!). Upon returning from the hike, we may also visit the local museum containing exhibits displaying the area's native flora and fauna as well as the history Sherpa climbers and Mount Everest. Accommodations: [ Sherpa Mountain lodge/ Guest House] Included meals: [ Breakfast, Lunch & Dinner]

### **Day 05 : Trek To Tengboche (3,870m/12,694ft) : Approx.4-5 hours trek**

After breakfast, we trek towards Tengboche. The hike to Thyangboche is one of the most beautiful trekking days in Nepal. The path meanders smoothly around the ridges and Everest can be distinctly seen on the horizon ahead before we descend through wonderful rhododendron jungles for lunch. After lunch we cross the Dudh Kosi and start the climb to the top of a long ridge, which flows, from the summit of Kantega. Our trail takes us through pine and rhododendron forest, and, as this is a devout Buddhist region, the wildlife is unharmed and not too shy. As a result there is a opportunity that we may see Himalayan Thar, Musked Deer or pheasants in the jungle. As we advance the

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ridgeline we pass throughout a traditional gateway and nearby a chorten before cresting the ridge onto a wide grassy meadow at the monastery village of Thyangboche. The monastery was re-built with the support of Sir Edmund Hillary after it was damaged by fire in 1989. The views of the Everest ridge, as well as all the other major mountains of the region are amazing. The monastery opens at 3:00 pm so if we are lucky we might just be able to observe a religious service. Overnight in Tengboche. Accommodations: [ Sherpa Mountain lodge/ Guest House] Included meals: [ Breakfast, Lunch & Dinner]

### **Day 06 : Trek to Dingboche (4,410m) at the entrance to the Khumbu Valley.**

Enjoy the morning exceptional mountain views from the monastery. Everest, Lhotse and Nuptse are at the head of the valley, their line of sight flanked by Tawatse on one side, and Ama Dablam on the other. Nearly straight above us are Kantega and Thamserku. Finishing a 360-degree view of foothills are Khumbliya and Kongde Ri which circle us from through the valley. From Thyangboche we head down to cross the Imja Khola before a relaxing hike along a wide, open path to the small village of Pangboche (3901m). We may take a slight detour to visit the Pangboche Gompa - the oldest monastery in the Khumbu, said to be over 300 years old. The views of Ama Dablam, which is one of the Himalaya's most spectacular peaks. Continuing on, we cross the river again and walk up to our lodge at Dingboche, located just beneath the impressive Ama Dablam. Accommodations: [ Sherpa Mountain lodge/ Guest House] Included meals: [ Breakfast, Lunch & Dinner]

### **Day 07 : Acclimatisation hiking of Nangkartshang Peak (5,083m).**

In accordance with our careful itinerary of acclimatization we will use two nights at this altitude before heading further up the Khumbu valley. We make a day climb up to the fantastic viewpoint of Nangkartshang Peak (5083m). This will be a hard ascent at this stage of our acclimatization but well worth it for the extraordinary views of Kangtega, Ama Dablam, Nuptse, Lhotse, Makalu, Cho Oyu, Lobuche Peak and Taboche. For the most portions this is just a hike up peak with some minor scrambling to reach the final rocky summit. Accommodations: [ Sherpa Mountain lodge/ Guest House] Included meals: [ Breakfast, Lunch & Dinner]

### **Day 08 : Trek to Lobuche (4910m/16105ft) Approx. 4-5 hours trek**

We are ahead height and it is essential that we move at a slow, steady pace. The hills are quite barren now, as we have trekked above the tree line. Views of different peaks, such as Cholatse and Lobuche, unfold before us in this contrasting and stunning landscape. We move up the Dhugla Ridge and onto moraine towards Khumbu Glacier. Rock Cairns can be seen, many of which are devoted to the memorial of mountaineers attempting the high mountains of the area, including Everest. We enjoy outstanding views all day today of Pumori and Nuptse. The hill above the town provides fine sunset views of Nuptse. Overnight stay at Lobuche. Accommodations: [ Sherpa Mountain lodge/ Guest House] Included meals: [ Breakfast, Lunch & Dinner]

### **Day 09 : Trek to Everest Base Camp (5364m/17,594ft) & Gorak Shep (5170**

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**m/16,961ft): 6-7 hours**

Making an early start, we commence by following a path throughout the ablation valley at the side of the Khumbu Glacier gaining altitude gradually. At this point the glacier is still unseen from us by the moraine, but as we climb to cross the rubble of a tributary glacier, we can see the great Khumbu Glacier widening away down valley and also up towards the area of base camp. Beyond this tributary we reach an island of sparse grasses below the well-known hill known as Kala Pattar. This place is Gorak Shep, once a summer yak herding meadow in the middle of nowhere; this remote spot now boasts several of the highest lodges in Nepal. As to be expected at this altitude and in this remote spot, the lodges here are quite basic but they do have heated dining rooms and offer a degree of comfort. After taking some rest here we continue along the moraine crest for a further hour or two before descending to the churned rubble of the glacier itself and our final approach to the site of the climbers' base camp is on the ice itself. Unfamiliar of the main Spring climbing season, it is unlikely that we will see any tents here but the place itself is quite inspirational, located close beneath the stupendous Khumbu Icefall. Next we return as far as Gorak Shep. It is possible to return all the way to Lobuche in one long day, but spending a night here at these high lodges will greatly assist our acclimatisation for Island Pea Included Accommodations: [ Sherpa Mountain lodge/ Guest House] Included meals: [ Breakfast, Lunch & Dinner]

**Day 10 : Hike to Kala Patthar (5545m/18,192ft) and back to Lobuche (4940m/16,207ft): 7-8 hours**

We plan for an early morning departure, amid pre-dawn darkness and cold temperatures (-10 to -14 C). Plus, there is always the potential for chilly winds, which are quite common. Familiar peaks such as Lingtren, Khumbutse, and Changtse tower to the east even as Everest begins to reveal itself. But, it is upon reaching Kala Patthar that we get to see 360 degree up-close and formidable views of Mt. Everest. We take pictures, enjoy the magnificent mountain panorama, and then return back to Lobuche for a good night's rest. Overnight in Lobuche. Accommodations: [ Sherpa Mountain lodge/ Guest House] Included meals: [ Breakfast, Lunch & Dinner]

**Day 11 : Cross Kongma La (5,535m/18,159ft) & trek to Chhukung (4,730m/15,518ft): 6-7 hours**

After breakfast, we trek via Khumbu Glacier to Kongma La Base Camp (5,000m/16,404ft). The climb to Kongma La pass is the hardest part of our trek today. In the Kongma La, we see cairn wrapped in prayer flags to mark the pass. Then we descend slowly to Imja Khola valley, followed by another descent to Chhukung, a small summer settlement. After getting Chhukung we will also check our equipment in order to get ready for our ultimate climb. Overnight in Chhukung. Note: If we do not want to undertake the Kongma La pass, we can follow another route via Dingboche to Chhukung directly instead. Accommodations: [ Sherpa Mountain lodge/ Guest House] Included meals: [ Breakfast, Lunch & Dinner]

### **Day 12 : Trek to Island Peak base camp (5,200m/17,060ft): 3-4 hours**

The walk to Island Peak Base Camp is on a fairly steep trail. First, we climb south then turn east to the main line of the valley. We then walk on a winding path below the southern flank of the moraine from the Lhotse Glacier. Next, we continue walking on a pleasant trail along a streamside. The route to the Amphu Labtsa lies to the southeast. A crisscross route through the Imja and Lhotse glacier moraines leads to a wide valley flanking the SW side of Island Peak. Overnight at Island Peak Base Camp. Accommodations: Tented Camp Included meals: [ Breakfast, Lunch & Dinner]

### **Day 13 : Preparations day or Pre-climb training on Island Peak Base Camp**

We begin our pre-climb training today after breakfast. Our expert Sherpa guides will provide training on peak climbing methods and the proper ways of using climbing gears such as the ice axe, climbing boots and crampons, harness, ascender, etc. The training will also include using ropes to go up and down. Although it is not compulsory to have prior training for Island Peak Climbing, we strongly believe that some training experience will boost your confidence and climbing skills to increase the chances of scaling the summit as well as to fully enjoy the experience. We can spend the rest of the day hiking to high camp and back or resting for the next day's climb. Alternatively, This day may be used for a summit day, depending on numerous factors that will be considered by the guide at the time. Overnight at the base camp. Accommodations: Tented Camp Included meals: [ Breakfast, Lunch & Dinner]

### **Day 14 : Base camp to Island Peak summit (6,189m/20,305ft), back to base camp: 10-12 hours**

We wake up early today at around 12 to 1 am and have our breakfast before start our climb. It is essential we get the summit before noon because in the mid afternoon the strong winds in the highlands might become a barrier for a successful summit. The route moves up beyond the base camp for many hundred meters before striking off the steep hillside. As we climb up the hill, we will see that the slope narrows and the trail enter a steep rock channel. We climb the rock gully. This is not difficult, but there are several short rock steps to climb before we emerge on the right side of the gully. The route then keeps on a ridgeline, which leads to a thrilling and exposed cross onto the snout of the summit glacier. Our expert Sherpa guides will fix a rope when needed. A steep snow slope leads us onto the summit ridge. Both fixed rope and main rope will be used during the climb for safety. We use fixed rope after successfully climbing on rock. The length of the rope will normally be 350 m. However, the length depends on the time of the season and the crevasses. There are two newly formed crevasses, which are about 3 and 4 meters long. We will be using ladders to cross them. After savoring the summit views and taking pictures, we descend all the way to Island Peak Base Camp where some of our crew will be waiting for us. Descent is by the same route and we aim to arrive back at the basecamp by early afternoon. Depending on the fitness of the group and time available, we may wish to continue our descent to the teahouses of Chukung, a further hour and a

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half down valley. We rejoice on our successful Island Peak climb. Accommodations: Tented Camp or Lodge Included meals: [ Breakfast, Lunch & Dinner]

#### **Day 15 : Trek to Pangboche (3,985m/13,074ft) 5-6 hours**

Today's walk will be a much easier as we descend to the lower altitudes. Following the same route back through the wide valley of Khumbu Khola, we pass through the beautiful Sherpa villages, Orsho and Shomare. We can also take a different trail to visit the Gompa in Upper Pangboche, which is believed to be the oldest in the Khumbu region or take the regular trail to reach Pangboche. Pangboche is a scenic village surrounded by Everest to its north, Ama Dablam, Thamserku, and Kangtaiga to the east, the Kongde range to the south and the Imja Tse river flowing through the wide fertile valley. Accommodations: [ Sherpa Mountain lodge/ Guest House] Included meals: [ Breakfast, Lunch & Dinner]

#### **Day 16 : Trek to Namche Bazaar (3,440m/11,286ft): 4-5 hours**

From Pangboche we retrace our steps down to the Imja Khola and up through the forest to Tengboche. If interested, we can also visit nuns at the Tengboche monastery. After lunch at Tengboche, we continue through the hillside blanketed by rhododendron and juniper trees. After crossing the bridge over the Dudh Koshi River, our trail follows the Dudh Koshi gorge descending rapidly through the pine forests before reaching Sansa. We keep a lookout for wildlife such as mountain goats, snow leopards, colorful pheasants, etc., while passing through the forest. After passing a chorten, we reach the army camp at Namche Bazaar. Overnight in Namche Bazaar. Accommodations: [ Sherpa Mountain lodge/ Guest House] Included meals: [ Breakfast, Lunch & Dinner]

#### **Day 17 : Namche Bazaar to Lukla (2,800m/9,186ft): 6-7 hours**

Wake up for an early breakfast in Namche, and then repeat your steps back to Lukla following the Dudh Kosi river valley. It's a long day, but it won't be too difficult as it's downhill and you'll be in good shape from all the previous days of trekking. You'll make your way across settlements like Chumoa, Benkar, Phakding, and Chuthawa, finally getting the Pasang Lhamu Memorial Gate representing the end of the trek. However most of the route is an easy downhill slope, the last section of trail before reaching takes you uphill—a fitting way to ending. With Lukla's handful of shops, bars, and cafes—and even a faux Starbucks!—there are amply of things to engage your time as you reflect on your experience. Accommodations: [ Sherpa Mountain lodge/ Guest House] Included meals: [ Breakfast, Lunch & Dinner]

#### **Day 18 : Reserve Day (Incase Flight Cancelled Due To Bad Weather) - Hotel (B/B)**

This is actually an extra night stay at Kathmandu in case flight delayed to Lukla-Kathmandu due to bad mountain weather or any other problems. This extra night in Kathmandu will always safe from any delays or problems. If you have very limited time, you can still customize trek program. This is day; you can make sightseeing of remaining

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temples/monuments of Kathmandu or just shopping and relax day as your own.  
Accommodations: Best Hotel Included meals: Breakfast

### **Day 19 : Final Departure**

Your adventure journey in Nepal Himalayas comes to an end today! There is nothing to do but trade emails with your travel companions and organize your photos. A representative from Guide Nepal Holidays will take you to the airport, roughly 2:30 to 3 hours before your scheduled flight. On your way home you'll have sufficiently of time to plan your next adventure in the wonderful country of Nepal.