

## Overview

Lobuche east peak and Island peak Expedition is most special 27 days long trip of two peak combined climbing trip of Guide Nepal holidays which covers successful ascent of Lobuche peak as well as Island peak together with most famous trekking to Everest base camp and Kalapatthar including trekking of Gokyo ri via chola pass, which is border between two popular treks in Khumbu Everest region- EBC & Gokyo valley. This special two peak expedition including trekking to base camp of Everest and gokyo valley is only designed for trekker's and climbers with adequate experience of previous high altitude trekking or climbing. our itinerary is well prepared to meet guidelines of altitude mountain sickness( AMS), however trekker's must be in good physical shape as well as experience of at least trekking above 3000m and if they have knowledge of using crampons or basic ice climbing or rock climbing training would be more helpful for them.

The best season for this Island peak and lobuche peak climbing is mid september to November and March to Mid June and Guide nepal holidays arrange all peak permits, trekking permits and logistic arrangements.

This wonderful trekking and peak climbing takes you into the heart of the Khumbu, Gokyo (4,750m/15,584ft) and Everest Base Camp base(5,357m/17,575ft). An ascent of Gokyo RI (5357m/19,216ft) and Kala Pattar (5,545m/18,192ft) is good acclimatization and gives you magnificent close-up views of Mt. Everest, Lhotse, Nuptse, Makalu and more. You will cross the Chola pass (5,420m/17,782ft) ascend one of the popular peak of the Everest region.

The Lobuche or Lobuje Mountain consists of two different summits, viz. East and West with heights of 6,119 m and 6,145 m respectively. A continuous ridge connects them but there is still a sharp gap and a considerable distance between them. The East Peak is recognized as a trekking peak, whereas the West is known as an Expedition Peak. Lobuche being an attractive mountain offers various existing routes and also a potential for new ones. The dark triangle of its rocky East face rises over the moraines of the Khumbu Glacier to a spectacular skyline, forming the south ridge. Descending a marked notch and climbing steep snowy slopes to the top reach the peak of Lobuche East. On most occasions, the mountain is climbed on the summit ridge only as far as a subsidiary snow summit, south–east of the true peak and before the notch. This peak is identified as the false peak. Laurence Nielson and Ang Gyalzen Sherpa made the first ascent to Lobuche East on 25 April 1984 although there are possibilities that others have reached the summit before. But no records are available.

The Island Peak (Imje Tse 6,189m/20,300ft) is located at the heart of Khumbu region which is recognized as a moderate Climbing peak of this area. Island peak climbing can be very useful to the climbers who are planning to go for higher altitude peaks afterwards. Island peak climbing can fulfill the dream of the climbers who are seeking the thrill of adventure and wish to widen their experience towards the peak climbing& expedition. This professionally designed Island peak climbing itinerary takes you to the acclimatization

## Lobuche East Peak- Island Peak

hike to the most popular trekking destination of Everest Base Camp and Kala Pathar first for the close up views of Mt. Everest before scaling the pick. Island Peak was the name given to the mountain in 1952 by Eric Shipton's who thought it to be reminiscent of an island in a sea of ice. It is also known as "Imja Tse" in Nepali Name. The Mountain is an extension of Lhotse Shar, and is located between the Lhotse and Imja glaciers, standing at 6,189m/20,305ft. After a trans Himalayan flight, We start our trekking from Lukla slowly up towards the Dudh Kosi valley, We across a Hilary Suspension bridge and start climbing up gradually towards a big hill to get Namche. We continue trek to Tengboche Pheriche and accommodate at high altitude in Gorekshep. After enjoying with magnificent views of Mt Everest and surrounding peaks, we continue descend to Chhukung to prepare for the ascent of Island Peak. After a day of walking from Chhukung we reach the Island Peak Base Camp to prepare for to attempt the peak. It may take an additional day or two to scale the peak depending on weather conditions. You will endeavor the summit (6,189m/20,305ft) after one night at the High Camp perched on the South West Ridge where magnificent vistas of the Khumbu can be seen from the top. For some people reaching to the summit from the base camp is a day activity. However, most of the climbers prefer alpine style camping at high camp which adds the joy of climbing and also helps a safe ascent. After a successful climbing, our trip comes back to Lukla and end after flying out from Lukla to Kathmandu in morning.

## Itinerary Details

### Day 01 : Kathmandu- 1340M (Arrival Day And Transfer To Hotel) – Hotel

At Kathmandu international Airport, After Visa formalities complete, we have to come downstairs to collect Luggage and proceed to outside from terminal Building. Please check our Company Name board, Our Guide will be waiting with Guide Nepal Holidays display board at the arrival gate. Upon our arrival at Kathmandu international airport, we will be warmly welcome by our Airport representative guide with Silk scarves as per Sherpa customs. You will be transfer to hotel by Private Vehicle. Check in at Hotel, free welcome drinks tea/coffee or any cold drinks/Juices. Company Manager will meet you as per your prefer time & will provide detailed Plans and Briefing about the trip. At the Evening we will offer you welcome dinner at best authentic Nepali restaurant where you can enjoy the best Nepali food and cultural show. Dinner included overnight stay at best hotel in the Kathmandu.

### Day 02 : Flight To Lukla (2840M) & Trek To Phakding (2800M)-Approx. 4/5 Hrs- Lodge (B/L/D)

Early morning flight by small twin otter to Lukla (2,800m/9,186ft). After final preparations, the trekking starts passing Chaurikharka village, and makes a descent towards the Dudhkosi Ghat (2,530m/8,300ft). The trail follows the precise bank of the Dudhkosi River until camp at Phakding (2,652m/8,700ft) is reached. This first day is short for acclimatization reasons.

**Day 03 : Trek To Namche (3440M) - Approx. 5/6 Hrs–Lodge (B/L/D)**

The trail cross Dudhkoshi River through a long suspension bridge then trail leads you crossing side by side along the river to Hilary's Suspension Bridge. The trail further climbs from here to Namche Bazaar. Overnight in Namche Bazaar (3,440m/11,286ft).

**Day 04 : Acclimatization In Namche Or Trek Up To Khumjung (3753M) - 3 Hrs–Lodge (B/L/D)**

This is the first of the two specific acclimatization  $\frac{1}{2}$  days. You can spend the day taking a day walk hike to Thame, by visiting Khunde or by relaxing and exploring Namche Bazaar; the main centre in the Khumbu region and has shops, restaurants, a bakery, hotel with hot showers and electric power. There is a colorful market each Saturday. Or if you are already acclimatized with Altitude, you can trek upto peaceful Sherpa village- Khumjung for overnight from where views of Mt. Everest, Ama dablam are awesome.

**Day 05 : Trek To Portse Tanga (3,790M) - Approx 4/5 Hrs-Lodge(B, L, D)**

The trek of today climbs the hill to Khumjung and descends to the valley of Dudh Koshi. The route to Goyko turns north, climbing above the more frequented route to Tengboche and Everest base camp. It climbs gently to a ridge top at 3973m. From here we descent in steep switchbacks down a sandy slope to the Dudh Kosi river. After crossing this river on a suspension bridge we arrive in Phortse Thanga (4 hrs).

**Day 06 : Trek To Dole (4,200M)-Approx 3 Hrs-Lodge (B, L, D)**

In aid of acclimatization the time spend trekking today is short. The trail first climbs steeply out of the valley through rhododendron forests, which give away to fragrant stands of juniper and large conifers. This part of the trek is especially beautiful in spring when the rhododendrons are blooming. We pass a herders' hut at Tongba (3950m) and then climb gently to Dole. From here the views of Khumbila and Tawachee are tremendous throughout the day, and it is possible to climb a ridge behind Dole for an even broader view up and down the valley (2-3 hrs).

**Day 07 : Trek To Machhermu (4,470M) - Approx 4 Hrs - Lodge (B, L, D)**

The trail climbs to Labharma and Luza. The path is steep in most of the places as it climbs through scrub junipers. The trail continues to climb along side of the valley high above the river and then crosses the sandy slopes finally reaching the village of Machhermo (4,465m/14,649ft), for overnight. This is the village where it is believed that a Yeti killed several yaks and attacked Sherpa women.

**Day 08 : Trek To Gokyo (4,750M) – Approx 4 Hrs - Lodge (B, L, D)**

From Machhermo, it is a vertical climb up to the moraine from where the stream comes to a small lake. You can enjoy the views of wood ducks here. Now the valley extends as the trail passes through the Fangka settlement, which then slides down to the riverbank before beginning the climb to the terminal moraine of Ngozumpa glaciers. The trail almost levels off as it follows the valley past the second lake and finally up to the jumble of rocks and boulders and reaches isolated Gokyo Lake (4,750m/15,584ft).

**Day 09 : Trek To Gokyo Peak (5463M) And Back To Gokyo Ri- Approx. 4 Hrs - Lodge (B, L, D)**

The views around Gokyo are tremendous. You can have this trek in a real lifetime an opportunity to enjoy the beautiful isolated Himalayan scenes by exploring around or climbing Gokyo RI (5357m/19,216ft). It is a two-hour climbing to the top of the peak, providing a panoramic view of Cho Oyo, Gyachung Kang, Mt Everest, Lhotse, Makalu, Cholatse and Tawache. You will take this easy day for rest and acclimatization.

**Day 10 : Trek To Dragnak- Approx 3 Hrs -Lodge-B/L/D**

Today is easy about 3 hrs trek to Dragnak or Thaknak. You will spend overnight and this place and be fully ready to long day walk to cross Chola pass (5420m).

**Day 11 : Trek To Cho-La Pass (5368M) & Trek To Dzongla (4860M) - Approx 7/8 Hrs- Lodge-B/L/D**

We will start to walk towards Chola pass base camp very early in the morning. We continue walking across the moraine; the trail makes a steep ascent to the top of the snow covered Chola la (5,420m/17,782ft). From the top, you can enjoy excellent panoramic views of the surrounding mountains of Lhotse, Ama Dablam, Thamserku, and Mt. Everest. After the pass, the trail descends steeply towards the Dzongla (4,850m/15,912ft) passing through pine forests.

**Day 12 : Trek To Gorakshep (5170M) - Approx 5 Hrs-Lodge-B/L/D**

From Dzongla, the trail levels and then makes a gradual climb up and down to the small Sherpa settlement of Lobuche (4,930). This is a small village situated nearby the stream. The sunset on Nuptse is a memorable sight. The trail continues climb to Gorak Shep.

**Day 13 : Trek To Everest Base Camp (5364M) - Gorakshep (5170M) - Approx 6 Hrs- Lodge(B/L/D)**

This day leads you to the Base Camp of Everest (5,357m/17,575ft) walking through rocky and glacial trails where climbers gather for summiting Everest. Continue trek return to Gorakshep (4930m/12894ft), for overnight.

**Day 14 : Trek To Kalapattar (5545M) & Trek Back Down To Labuche (5018M) - Approx 6 Hrs-Lodge(B/L/D)**

Early morning after breakfast, it takes a couple of hours walking up to Kala Pattar (Black Rock) 5,545m/18,192ft; this small peak offers the best views of Mt. Everest, Pumori and Ama Dablam without climbing. We continue trek back to Lobuche.

**Day 15 : Trek To Lobuche East Base Camp (4,200m/13,777ft): Climbing Training –Tented Camp(B, L, D)**

Today, we begin our trek from Lobuche towards Lobuche Base camp Camp. After walking some distance on relatively flatter plane, the path to the Lobuche Base Camp gets steeper and rocky. We move forward along the Lobuche Glacier while enjoying the great views of Ama Dablam, Cholatse, Pokalde, Thamserku, Kantega, etc. Pre-Climb Training: After reaching the Lobuche Base Camp, take rest for some time and make necessary preparation for the summit. After lunch, our guides will provide training on peak climbing techniques and using climbing gears such as ice axe, climbing boot, harness, jumner, and how to go up and down using ropes. We believe that some training experience will boost up your confidence and climbing skills thus increasing the chances of scaling the summit as well as fully enjoy the experience.

**Day 16 : Trek To Lobuche High Camp (5,400m/17,712ft) (Climbing Training) –Tent (B, L, D)**

Starting from the base camp, it rises rapidly to the bottom of the valley and a block area that crosses easily. We then climbed a scree on a path that leads to a small rocky ledge where it will be equipped with the harness and helmet, and watch out for falling rocks. We arrive at the upper camp ideally placed on a tray with a small lake at the foot of the final part of the route. Overnight in tent.

**Day 17 : Lobuche East Peak (6,119m/20,070 Ft)Summit & Back To Thukla-Lodge (B, L, D)**

An early start is needed to climb to the top. A system of ledges and rock ramps that lead gradually to the foot of the last slopes of glaciated route we go back. At the same time we gain altitude, inclination is strengthened to reach 45 ° in the last section before reaching a small ledge, the "false summit". The summit ridge then leads easily to the summit of Lobuche is. The view of the peaks of extraordinary Taboche and Cholatse throughout the climb now opens a panorama of Himalayan peaks to 360 °. Overnight at Lodge.

**Day 18 : Trek To Chukung (4743M) – 2-3 Hrs (Climbing Training) –Lodge (B/L/D)**

From Thukla, we gradually walk to Chukung. This is day you can fully train or prepare for island peak summit. You can sort out the Climbing gears and have to be ready for

### **Day 19 : Trek To Island Peak Base Camp (Climbing Training) –Tent (B/L/D)**

The path from Chhukung leads fairly steep way climbing south then turning east to the main line of the valley. It then winds along or below the southern flank of the moraine from the Lhotse Glacier. Continue short pleasant walking along a streamside leads to what we call Big-rock. The route to the Amphu Lapcha lies to the southeast. A crisis cross route through the Imja and Lhotse glacier moraines leads to a wide valley flanking the SW side of Island peak. Over night in Island Peak Base Camp (5,200m/17,060ft).

### **Day 20 : Trek To Island High Camp-Tent (B/L/D)**

You will have move to Island Peak high camp, from where you will climb the mountain. The path leads up beyond base camp for several hundred meters before striking off left up the steep hillside. Initially sandy, the path soon turns to grass before becoming boulder strewn. As you climb the hill, you will see that the slope narrows and the path enter a steep rock channel. Overnight in Island Peak High Camp (5,600m/18,372ft).

### **Day 21 : Island Peak Summit & Back To Chukung-Lodge (B/L/D)**

Island Peak Ascent (6,189m/20,305ft), from early in the morning will have to climb the rock gully. This 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, to a 100m(330ft) snow and ice slope (40-45°) on which the guides will fix a rope. From the top of this slope, 3 rope lengths along a sharp summit ridge lead to the top. After enjoying the summit views you will descend all the way to Chhukung for overnight.

### **Day 22 : Extra Summit Day (In Case Due To Bad Weather) Or Rest Day After Summit Or Trek A Head- Lodge( B/L/D)**

This is a Emergency day or reserve day in case weather become very poor when you get near peak or this Reserve day is possible to use wherever necessary before and after Island peak climbing. You can use this Reserve day any day during trip in case of little sick or altitude problems.

### **Day 23 : Trek To Pangboche Or Tengboche- 5/6 Hrs–Lodge (B/L/D)**

The trail makes a gradual descent through scrub junipers and around Mani stones as it follows the hillside. The trail passes many Mani walls in deep rhododendron forests where crossing after the Imja khola, the trail climbs many carved Mani stones to Pangboche. Pangboche Gumpa is the oldest in Khumbu; a visit will be well worth. Walk down to the valley from where the trail is shallower through alpine meadows. Followed by climb

Lobuche East Peak- Island Peak

gradually up to Tengboche (3,870m/12,697ft) where the biggest monastery lies in the whole of Khumbu.

#### **Day 24 : Trek To Namche Or Manju –5/6 Hrs–Lodge (B/L/D)**

Walk down from the rear of monastery and continue down until you reach Phunki Tenga. Climb up gradually through a forest. Once you are out of the forest, you will be walking along a ridge from where you can see down on your left some of the deepest gorges of Nepal. In spring, the rhododendrons will look superb making the valley even more beautiful. Reach Namche Bazaar (3,440m/11,286ft), for overnight or we advice you to trek further to Monjo for Overnight for short walk of next day.

#### **Day 25 : Trek To Lukla –5/6 Hrs-Lodge (B/L/D)**

Trek back to Lukla along the same trail, although it always looks different coming from the opposite direction on arrival in Lukla you will have time to relax and celebrate the completion of your trek. You can have a good time with two local alcoholic beverages 'Chang' or 'Rakshi.' Feel free to dance with your crewmembers in the Sherpa way.

#### **Day 26 : Fly To Kathmandu & Transfer To Hotel, Relax Day After Long Trip-Hotel (B/B)**

Early morning fly to Kathmandu .Transfer to your hotel; the day at leisure to rest, perhaps catch up on some last minute shopping or explore any sights you missed during your first day in Kathmandu. Overnight in Kathmandu.

#### **Day 27 : Departure To Airport And Back To Home Or Extend Your Holidays With Us. (B)**

Morning free for last Minute shopping or time as your own. If you have few more days, please consult with us for other tour extension.Our driver and airport representative drive you to the airport in time for your flight back home. We ensure that you leave Kathmandu with cherishing memory and an experience of a lifetime.