

# Island Peak Climbing

**Duration:** 17 Days

**Starts At:** Kathmandu

**Grade:** Challenging

**Accommodation:** Hotel, Guesthouse, Camping

**Transport:** Plane, Car, Jeep

**Altitude:** 6,189m

**Ends At:** Kathmandu

**Group Size:** 2-14 Pax

**Meals:** Breakfast, Lunch, Dinner

## Highlights

- Breathtaking glacier views from the top of Island peak.
- Adventurous lodges hikes towards Everest base camp.
- Exhilarating views of Mount Everest from Kalapather.
- Explore beautiful Sherpa culture and their livelihood.

## Overview

Island peak climbing is a popular mountaineering program in Nepal as ascending the Island Peak is comparatively easier than other expeditions. The Island Peak is also known as Imja Tse. When seen from Dingboche, the peak looks like an island between a sea of ice. This is where the peak gets its name from. When compared to other peaks, this peak is a relatively difficult climb. However, with the best people in the field and a bit of effort from your side this peak is conquerable.

It was first climbed in 1956 by an expedition team that was preparing to climb the peak of peaks or Mount Everest. The summit of this peak is a difficult climb across ice and snow. The top compensates climbers for their difficult journey with incomparable mountain views of Ama Dablam (6,856) and Makalu (8,481 m). The descent is comparatively easier and faster than the ascent.

The trek to Island Peak also walks us through the countryside, where we immerse in centuries-old Nepalese and Tibetan cultures. The journey offers some of the most striking scenery in the Khumbu via the enchanting village of Dingboche. Filled with Buddhist shrines, this village of stone charms our path to the mountain.

All accommodation during the trekking is in comfortable lodges. And we give the best tented camp during the climbing period.

Check out our fixed itinerary for *Island Peak Climbing* or just send us an [email](#) and we'll tailor make an itinerary based on your requirements.

## Itinerary

### **Day 01 : Arrival in Kathmandu and transfer to the hotel (1400m)**

After your arrival at Tribhuvan International Airport in medieval and modernized Kathmandu, you will be warmly greeted by our office representative and transferred to the hotel. After check in and some refreshments, our senior sherpa guide will come to meet you and give you a brief orientation about Everest Base Camp Trek. You can then go for a stroll down the street to get familiar with the neighbourhood, have supper and go to bed. This is your first overnight in the valley of temples and cows, probably the most in the world.

### **Day 02 : Kathmandu sightseeing tour**

The capital city of Nepal, Kathmandu, being the historical and cultural heart of the country, is a popular destination for tourists, trekkers and other types of adventure seekers. The city is a marvelous amalgamation of Hinduism, Tibetan Buddhism and Western cultures influences. Patan and Bhaktapur are its two major neighboring cities. These two cities, like Kathmandu, have a rich historical, cultural and religious legacy which is reflected in the many temples, monuments and artifacts that they contain. You will be taken on a half-day guided tour of Kathmandu and Bhaktapur cities. In Kathmandu, you will be visiting Pashupatinath, the most famous and revered Hindu shrine in the country; Boudhanath, the largest Buddhist stupa in Nepal, Soyambhunath, which contains both Buddhist and Hindu shrines and stands as testimony to the religious harmony that exists in the country; and the 15th-century 55-window palace in Bhaktapur. An orientation session for the trek, which commences the following day, will be organized in the evening.

### **Day 03 : Flight to Lukla and trek to Phakding (2652m) - 3 hrs walk**

A thrilling scenic flight to Lukla and a landing on a steep mountain runway brings us to the start of our trek at the village of Lukla [2850m]. After meeting the supporting crew, we head up the Dudh Kosi Valley on a well-marked trail and then stay overnight in Phakding.

### **Day 04 : Trek to Namche Bazaar (3440m) - 6 hrs walk**

After a good breakfast at Phakding, we set out for the mountain junction town of Namche; we cross and re-cross the river on high airy suspension bridges. Beyond Monjo is the entrance to the Sagarmatha National Park which was set-up in order to protect and preserve the fragile mountain environment. We then take a steep hike to Namche Bazaar. If the weather is clear, we get the first glimpse of Mt Everest. Namche is

the main trading village in the Khumbu and has a busy Saturday market – a meeting place for the Hindu traders from the lowlands and the Tibetan yak caravans that have crossed the glaciated Nangpa La. Namche is the gateway to the Khumbu. This is where we crash out for the night.

### **Day 05 : Acclimatization day**

Namche is tucked away between two ridges amidst the giant peaks of the Khumbu and has an abundance of lodges, tea shops and souvenir shops. It is an ideal place to spend a day, acclimatizing to the new altitude before heading off towards Syangboche. To acclimatize, you visit Khunde Hospital set-up by Sir Edmund Hillary, or take a one hour walk up to the Everest View Hotel above Namche for the sunset view of Ama Dablam, Nuptse, Lhotse and Everest. We then go to Khumjung where we visit a school established by Hillary. We begin our hike after enjoying lunch; bypassing the route of Khimde. There are also good views from the National Park Centre and Museum just above the town. After going through our acclimatization drills, we head down to our lodge for some beers & a good sleep.

### **Day 06 : Trek to Tengboche (3860m) - 5 hrs walk**

After breakfast in Namche, we start our trek towards Tengboche enjoying superb view of Mt. Everest, Nuptse, Lhotse, Ama Dablam and close up view of Thamserku. Our trek follows on the gradual trail with few ups and downs overlooking magnificent view of the great Himalaya. Along the way we can spot wild lives like pheasant, musk deer, or a herd of Himalayan Thar. The trail goes gradually down up to Kyangjuma. The path eventually reaches Sanasa which is the major trail junction to Gokyo valley and Everest Base Camp. The track then follows through the pine forests and after we cross the prayer flags festooned bridge over Dudh Kosi River, we reach Phunki Tenga, a small settlement with a couple of teahouses and a small army post amidst the alpine woods. After having a relaxed lunch at Phunki Tenga we then have a little tough climb steep up through the pine forests while before we reach Tengboche. Tengboche is a great place for close up views of Ama-Dablam, Nuptse, and Everest and it has a biggest Buddhist Monastery all over in Khumbu region. Overnight stay at lodge in Tengboche.

### **Day 07 : Trek to Pheriche (4410m) - 5 hrs walk**

We descend downhill through a forest, cross the Imja Khola and climb steadily to the village of Pangboche. This village is directly opposite Ama Dablam [6,856 m], and has exceptional views of the mountain, with the gumpa, mani walls and scattered pine trees in the foreground. A further two hours walk brings us to Pheriche where we bunk out for the night.

### **Day 08 : Acclimatization Day.**

This is a day to rest, acclimatize and give our weary bones a breather. However, we don't remain idle; we also get to wander up the valley to look at a lake, the Tshola Tsho

and the perpendicular walls of Cholatse and Tawache. We can climb up onto the ridge overlooking Dingboche for the view of the Imja Valley and the incredible south face of Mt. Lhotse. The views here steal your breath away. We bunk out in the village of Pheriche for the night.

### **Day 09 : Trek to Lobuche (4910m) - 5 hrs walk**

We continue up the wide valley beneath the impressive peaks of Cholatse and Tawache on the left. We then turn right and take a steep climb towards the foot of the Khumbu Glacier. The tea house at Duglha is a good spot to have lunch. The trail zigzags up through the boulders of the glacier's terminal moraine. At the top of this climb there are many stone cairns, built as memorials to the many Sherpas who have died while climbing Mt Everest. The path then climbs gently along the glacier, to eventually reach the cluster of houses at Lobuche.

### **Day 10 : Trek to Gorakshep (5140m) visit Everest Base Camp (5364m) - 8 hrs walk**

Today it's a long and gritty day. After a hot breakfast at our lodge, we climb through meadows and moraine stones steps to reach Gorakshep, by either climbing to Kala Patthar or continue heading to Everest base camp. We suggest that you make a beeline for Everest base camp. By the way, from Everest base camp we do not see Mount Everest. However, from Kala Patthar, we get to see the entire south face of Mt. Everest and well known peaks nearby; this also includes great sights of the skyline of the Tibet plateau. Overnight at the height of (5,364) at lodge.

### **Day 11 : Hike to Kalapather (5545m) and trek to Dingboche (4410m) - 7 hrs walk**

Today we will wake up at the early morning and hike up to Kalapatthar at around 4 o'clock. Kalapatthar (5545m) is a viewpoint which provides you the breathtaking views of mountain peaks and glaciers. Once we are at Kalapatthar, you can have the nose touching view of Mount Everest and the peaks on the range. Along with the peaks, you can also see the Khumbu Glacier. After we spend some exciting time there, we will march back to Gorekshep for some breakfast. After the breakfast and short rest, we will then descend back to Dingboche. Overnight stay at Dingboche.

### **Day 12 : Trek to Island Peak Base Camp (5250m) - 6 hrs walk**

After we spend a night at Dingboche, today we will slowly head towards Island Peak base camp following the Imja valley enjoying the views all along the way. The trek won't be too nasty as you can enjoy the view of Ama Dablam and Lhotse. We will reach to Base Camp in the midafternoon, and then have some rest there. You will be provided some trainings and techniques about how to use the gears like ice axe, harness, ascender and others. Mainly you will be taught how to go up and down using the ropes as the rope will be a very crucial partner for your summit. Stay night at tented camp at Island peak base camp.

### **Day 13 : Climb Island Peak (6165m) and trek to Chhukung (4750m) - 10-12 hrs walk/climb**

Probably today is the main day of our trek. Today we will ascend up to the Island Peak (6189m). We will start our summit in the early morning around 1 am. Initiated with the climb over rock ravine, this will not be difficult but not risk-free. Following the rock steps, we will be at the ridgeline which takes you to an exciting pass onto the nose of the summit glacier. Here we may need to use the rope up for the glacier as it has several crevasses. But no worries, you will have the guides to help you fix the ropes. After we reach the summit, we will enjoy the views, take pictures and then descend back to Chhukung. Overnight at Chhukung

### **Day 14 : Trek back to Namche (3440m) - 7 hrs walk**

Today we will be marching back to Namche. With the view of mountain peaks being further, we will slowly walk back to Namche. The route will be piercing into the towns of Orsho, Somare and Pangboche, Tengboche then Phungki Thanka, some steeps and then easy trails to Namche. Overnight at Namche.

### **Day 15 : Trek back to Lukla (2800m) - 7 hrs walk**

This is our last day on these lovely mountains that has been home to us all of these days. We continue to backtrack our hike towards Lukla along the Dudh Koshi River which is about 7 hours from Namche and do an overnight at Lukla.

### **Day 16 : Return flight to Kathmandu (1400m) - 35 minutes flight**

Most flights from Lukla to Kathmandu are schedule early morning to avoid the strong winds. It's a scenic flight from Lukla to Kathmandu for about forty five minutes. We touch down at Kathmandu and transferred to our hotel.

### **Day 17 : Departure to your destination**

After breakfast and our last day in Kathmandu, our vehicle and escorts will be on standby to drop you to the international airport three hours before our scheduled flight back home. At Glorious Himalaya, meeting you has been a great honor and we pray for your Safe journey home and will reflect on the wonderful times we spent together. Bon Voyage!!! We hope to see you again some day...

## **Trip Includes:**

- All the airport pick-ups and drop-offs as per itinerary by private vehicles.
- 3 nights of 3-star category hotel accommodation in Kathmandu city inclusive breakfast.
- 13 nights of twin sharing best local lodges and tented accommodations during the trek and climb.
- 1 day Kathmandu sightseeing tour inclusive tour guide with private vehicle.
- All the 3 meals every day (Breakfast, Lunch and Dinner) during the trek and climb.
- All the essential trekking and climbing permits.
- Full board meal during camping, prepared by our expert cook with tea & coffee
- An experienced and certified trekking guide for the trek.
- An expert and certified climbing guide for the climbing.
- Supporting porters to carry your belongings for the trek.
- First aid medicine for the trek.
- Food, accommodation, salary, insurance, equipment, medicine for all staffs.
- Round trip domestic airfare as per itinerary.
- Company duffel bags and sleeping bags to use for the trek.
- General climbing equipment's (rope, ice-crew, snow bar etc.)
- Trip achievement certificate.
- Nepalese cuisine farewell dinner at a typical local restaurant with a cultural dance performance.
- All the government tax

## **Trip Exclude:**

- International airfares and Nepal entry visa.
- Lunch and Dinner in Kathmandu Hotel
- Entrance fees for Kathmandu sightseeing.
- Your Travel Insurance
- Personal climbing equipment
- Items of a personal nature such as alcoholic drinks, cold drinks, laundry, use of WIFI, hot shower battery charging during the trek.

- Tips for guides and porters
- Any others expenses which are not mentioned on the Price Includes section