

Island Peak Climbing



Island Peak - 6890m



Highlights of Island Peak Climbing

- Experience the exhilaration of trekking to Everest Base Camp.
- Trek up to 6183m through spectacular scenery.
- Trek through the heart of Sherpa country.
- Informative guides to uncovering the history behind mystical sights
- Breathtaking views of the Everest region
- Get to know the gentle spirit of the Sherpa people.
- Everest, Lhotse, Nuptse, Changtse, Ama Dablam, and scores of other lesser crests seen from a peaked vantage point
- Get among the hustle and bustle of the market town of Namche Bazaar.
- A guided tour of Kathmandu's ancient temples

Overview

Island Peak, also known as Imja Tse, is one of the most popular trekking peaks in Nepal for climbing in the Himalayas. The combination of the Everest Base Camp Trek and Island Peak climbing is probably the best trip in Nepal, adored by adventure seekers. Imja Tse not only provides an enjoyable climb but also provides some of the most spectacular scenery of the Himalayas in the Everest region. Seen from the summit, the giant mountains of Nuptse (7,879m), Lhotse (8,501m), Lhotse Middle Peak (8,410 m), and Lhotse Shar (8,383m) make a semi-circle in the north. The views of Makalu (8475m) in the east, Baruntse, and Amadablam in the south add more charm to climbing Island Peak. For many mountaineers, climbing Island Peak marks the beginning of climbing in the Himalayas to prepare for a big Himalaya expedition in Nepal in the later years.

Getting to and from Island Peak

Our excursion starts with a 40-minute' trip to Lukla from Kathmandu. Upon appearance, we will prepare and travel to Phakding, where we will spend the rest of the day visiting nearby religious communities. The following day, we journey to Namche Bazaar, where we will go through a day of acclimatization. We will additionally proceed with the journey to Tengboche, then Dingboche to Chhukung. From here, the path goes upwards the high Imja valley, and lastly to the base camp of

Island Peak's south edge, from where we will see striking perspectives underneath the Nuptse-Lhotse wall. The following day, we culminated at Island Peak. We start the highest point day early in the morning scrambling along a stone edge to an ice sheet. Over the stone edge there is a precarious snow head divider prompting the summit. From the pinnacle you will be compensated with staggering, strange perspectives on mountains Nuptse (7,879m), Lhotse (8,501m), Lhotse focal (8,410 m), and Lhotse Shar (8,383 m), which structure a semi hover in the north, and the shocking perspectives on Makalu (8475m), Baruntse (7129 m), and the well-known endeavor pinnacle of Amadablam (6812m). You will be left with a sense of achievement that will last a lifetime. Next, we slide down and remember our travel trail for our arrival excursion to reach Lukla. This energizing experience of ascending a trip at Island Peak Climbing with Everest Base Camp finishes with a brain-catching grand mountain departure from Lukla back to Kathmandu.

This ascension is the tenderfoot's means to up to mountaineering undertakings for apprentice mountain dwellers who might be enthused about slope walkers with past mountaineering experience utilizing crampons and ice hatchets.

Outline Itinerary (19 Days)

Day 1 : Arrival Day

Upon reaching Kathmandu, our representative will greet you at the airport, providing a warm welcome before transferring you to your hotel. Use this day to acclimate to the new time zone and dive into the vibrant atmosphere of Kathmandu. An orientation program is scheduled for 5 pm to help to get acquainted with your surroundings.

Max Altitude Kathmandu (1,400 m)

Overnight Himalayan Suite Hotel

Meal Dinner

Day 2 : Full day Sightseeing of Kathmandu Valley

Following breakfast, our knowledgeable tour guide from Himalayan Social Journey will escort you on a captivating journey to explore Nepal's UNESCO-listed world heritage sites. Today's itinerary includes visits to the renowned Pashupatinath temple, the majestic Bouddhanath stupa, the tranquil Swoyambhunath Stupa and the historic Patan Durbar Square.

Max Altitude Kathmandu (1,400 m)

Duration 5-6 hrs

Overnight Himalayan Suite Hotel

Meal Breakfast

Day 3 : Kathmandu/Ramechhap to Lukla by flight and trek to Phakding

Today marks the commencement of our adventure towards our

destination. We will catch an early flight to Lukla and be greeted by breathtaking mountain vistas upon arrival. Our trek kicks off towards Phakding, where we'll traverse through enchanting pine forests and charming Sherpa communities. As we reach the delightful village of phakding, we'll settle into a cozy tea house for the night, utilizing the remaining daylight to wander and absorb the beauty of phakding. We'll conclude the day with a fulfilling dinner at the teahouse.

During peak season (March, April, May, October, and November), flights to Lukla operates from Ramechhap/Manthali. Manthali is around 5 to 6 hours' drive from Kathmandu. In non-peak seasons (January, February, June, July, August, September, and December), flights to lukla operates from Kathmandu.

Overall, the decision to operate Lukla flights from Kathmandu or Ramechhap depends upon the weather and traffic flow. This diversion solely depends on the airlines, with the primary goal of ensuring safety and efficiency of trekkers.

Max Altitude Lukla (2840 m)

Duration 3-4 hrs

Overnight Guest House

Meal Breakfast

Day 4 : Trek to Namche Bazaar (3440m)

The trek from Phakding to Namche Bazar involves a scenic journey through the Everest region. We'll traverse along the Dudh Koshi river, cross suspension bridges, and pass through picturesque sherpa village like Monjo. Ascend gradually through forest until reaching Namche Bazar, the bustling gateway to Everest.

Max Altitude Namche Bazaar (3440m)

Duration 6-7 hrs

Overnight Hotel Sherpaland

Meal Breakfast

Day 5 : Acclimatization day at Namche Bazaar

Prepare for a successful trek to Everest Base Camp. Begin by embracing acclimatization, crucial for altitude adjustment. Namche Bazar offers the perfect setting for this. Today, prioritize relaxation and exploration, allowing our body to adapt to higher altitudes. Enhance acclimatization with a brief hike to Everest View Hotel. Spend the afternoon immersing in the charm of Namche Bazar and its Sherpa Museum. Stay hydrated throughout the day, savoring local Sherpa cuisine for dinner. Ensure a restful night's sleep by retiring early.

Max Altitude Namche Bazaar (3440m)

Duration 3 hrs

Overnight Hotel Sherpaland

Meal Breakfast

Day 6 : Trek to Tengboche

From here, we ascend towards Tengboche village, offering them with the first view of Everest itself. We can only see the tip, but the feeling is somewhere between cool and surreal. To know we're looking at the highest place on Earth. We will also be greeted with Tengboche Monastery of Dawa Choling Gompa. Visitors to Tengboche are permitted to walk freely about the monastery grounds, and they can even get a peak inside during certain hours. Check into a tea house for overnight stay and have a dinner and good sleep.

Max Altitude Tengboche (3860m)

Duration 6-7 hrs

Overnight Guest House

Meal Breakfast

Day 7 : Trek to Dingboche

After staying overnight in Tengboche, we head to Dingboche in the morning. Our trail descends and passes through lush forests of birch, conifer, and rhododendron trees. While trekking, we can admire good views of Mt. Everest, Lhotse, and Ama Dablam. We continue our walk to the Imja Valley and Lobuche River before ascending to Dingboche. Later day we will be enjoy a stunning view of Ama Dablam. Check into a tea house for dinner and good sleep.

Max Altitude Dingboche (4410m)

Duration 6-7 hrs

Overnight Guest House

Meal Breakfast

Day 8 : Trek to Lobuche

As we journey from Dingboche to Lobuche, our path towards our destination draws nearer. The rugged terrain intensifies with each step, and the air grows thinner as we navigate the high- altitude landscape. Our day begins with a hearty breakfast, followed by preparation for the trek. We ascend towards Thukla pass, where breathtaking vistas of Punori and Nuptse await us. After a rejuvenating break in Thukla, we press onward towards Lobuche. Upon reaching our destination, we settle into a cozy tea house for the night, enjoying a satisfying dinner and before retiring for some well- deserved rest.

Max Altitude Lobuche (4910m)

Duration 6-7 hrs

Overnight Guest House

Meal Breakfast

Day 9 : Trek to Gorakshep and hike to Everest Base Camp and back to Gorakshep

Begin morning adventure from Lobuche after a hearty breakfast, traverse rugged terrain as we ascend towards Gorakshep, the final settlement before reaching Everest Base Camp. Take a brief break at a tea house for lunch, then set off on the exhilarating journey to Everest Base Camp, navigating the Khumbu Glacier. After soaking in the awe-inspiring experience at Everest Base Camp, trek them back to Gorakshep, where we can enjoy a delicious dinner at the tea house and retire early for a well-deserved rest.

Max Altitude Everest Base Camp (5364 m)

Duration 7-8 hrs

Overnight Guest House

Meal Breakfast

Day 10 : Trek to Kala Pattar and back to Lobuche.

Ascend vertically to behold the majestic summit Pumori (7,145m), Khumbust (6,623m), Lingtren (6,697m) and beyond delineating the border between Nepal and Tibet, all visible from the elevated vantage point of Lho Lo pass. Marvel at the captivating panorama including the enchanting landscapes of Changaste (7,750 m) before retracing our step back to Lobuche, encapsulating an unforgettable journey amidst nature's grandeur.

Max Altitude Kala Pattar (5310m)

Duration 6-7 hrs

Overnight Guest House

Meal Breakfast

Day 11 : Trek back to Dingboche

The trek back to Dingboche offers breathtaking views of the Khumbu valley and its surrounding peaks, including Ama Dablam and Thamserku. Descending from Lobuche, the trail gradually winds through rocky terrain and glacial moraines, providing glimpses of the rugged beauty of the Himalayas. Finally, upon reaching Dingboche, you'll be greeted by the familiar sight of its stone houses and fields, providing a sense of accomplishment and a chance to rest and rejuvenate before continuing your trek in the Khumbu region.

Max Altitude Dingboche (3985m)

Duration 6-7 hrs

Overnight Guest House

Meal Breakfast

Day 12 : Trek to Chukkung

Trekking to Chukkung from Dingboche is a scenic and relatively short hike in the Everest region of Nepal. The trail offers breathtaking views of towering peaks, including Ama Dablam and Lhotse. Make sure to acclimatize properly and stay hydrated throughout the journey.

Max Altitude Chukkung (4730m)

Duration 6-7 hrs

Overnight Guest House

Meal Breakfast

Day 13 : Trek to Island Peak High Camp

Embark on a scenic stroll alongside the Imja Khola, leading to the mesmerizing destination of Pareshaya Gyab. Along the way, marvel at the majestic Nuptse-Lhotse Wall and the stunning expanse of the Lhotse Glacier. The following day, gear up for peak climbing preparations, including hands-on training with essential tools like the ice axe and climbing boots, as well as mastering rope techniques for ascending and descending.

Max Altitude Island Peak High Camp (5481m)

Duration 4-5 hrs

Overnight Tented Camp

Meal Breakfast, Lunch and Dinner

Day 14 : Climb to summit (6189m) and return to Chukkung

Embark, on an exhilarating adventure by starting ascent of Island Peak at 3 a.m., embracing the serenity of the early morning hours. After a rewarding climb lasting 5-6 hours, savor breathtaking vistas from the summit before descending to unwind in the tranquil of Chukkung.

Max Altitude Island Peak (6,189 m)

Duration 5-6 hrs

Overnight Guest House

Meal Breakfast

Day 15 : Trek back to Tengboche (3860m)

Descend out of the alpine desert and back into landscapes of pine forests. Walk down to the valley, where the trail is shallower, through alpine meadows. The path leads to a steep uphill climb into Tengboche.

Max Altitude Tengboche (3860m)

Duration 6-7 hrs

Overnight Guest House

Meal Breakfast

Day 16 : Trek down to Monjo

Following crossing of the suspension bridge over the Dudh Koshi River, continue trek to kyanjuma, a pivotal junction leading to the Gokyo Valley, Khumjung village, and Namche Bazar. Along the way, immerse in the lush rhododendron forest, teeming with diverse wildlife such as Pheasants, Himalayan Griffons, Musk Deer, and wild goats.

Max Altitude Monjo (2,500 m)

Duration 5-6 hrs

Overnight Guest House

Meal Breakfast

Day 17 : Trek to Lukla

The descent from Manjo to the Dudh Koshi is difficult. Walk through rhododendron and pine forests with the view of snow-covered peaks before arriving at Lukla.

Max Altitude Lukla (2840m)

Duration 5-6 hrs

Overnight Guest House

Meal Breakfast

Day 18 : Fly to Kathmandu/ Ramechhap from Lukla

Take a morning flight from Lukla to Kathmandu/ Ramechhap. Explore Kathmandu, enjoy dinner and enjoy your last night in kathmandu. Please note that flight operations are solely determined by the airline

and may be influenced by the weather.

Max Altitude Kathmandu (1,400 m)

Overnight Himalayan Suite Hotel

Meal Breakfast

Day 19 : Departure or start new trip

You will enjoy breakfast in the morning, followed by a convenient airport drop-off by our representative for your international flight, perfectly aligned with your schedule. Alternatively, if you're extending your stay in Nepal, you're welcome to join another exciting trip.

Meal Breakfast

Include / Exclude

- All surface transfers as per itinerary.
- Accommodation in Kathmandu at Himalayan Suite Hotel and guesthouses with breakfast while trekking
- Guided sightseeing tour in Kathmandu
- Accommodation in Tented Camp while climbing with freshly cooked meals (Breakfast, Lunch & Dinner)
- Welcome and Farewell dinner
- Climbing Clinic Course at base camp
- All required Climbing gears, tents, plastic climbing boot, crampons, climbing rope, ice- axe, zoomer, harness, figure of eight, carabineer etc
- Experience Sherpa climbing guide with support staff
- Proper Insurance of all staff including porters.
- Fooding, lodging and other expenses of climbing crew
- Airfare Kathmandu/Ramechhap-Lukla-Kathmandu/Ramechhap
- Garbage deposit Fee
- Thirty minute massage at Himalayan Suite Spa
- National park Fee and Lukla Entrance Fee
- Lunch and dinner during the trip except climbing days (Meal cost is about \$4-7 per item)
- Personal equipment's and clothing
- Your insurances (Highly recommended)
- Personal expenses
- City sightseeing monuments entrance fee (NPR 250+ 400+ 1000)
- Climbing permit fee



Himalayan Social Journey

Himalayan Social Journey has come up with exclusive packages based on travelers' budgets in Nepal, India, Tibet, and Bhutan with the slogan, "Ecstasy is within you, safety the first."

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