

EVEREST BASE CAMP VIA ISLAND PEAK CLIMB 6187M.



TRIP OVERVIEW

- ✚ **Trip Accommodation** : Tea House and 2 Night Full Camping at Base Camp
- ✚ **Group Size Minimum** : 02 Trekkers
- ✚ **Maximum Height** : 6189m. Height
- ✚ **Trip Duration** : 15 Nights 16 Days Island Peak Climbing
- ✚ **Mode of Transport** : Both-way Domestic Flight
- ✚ **Trip Location** : North East Everest Region
- ✚ **Trip Grade** : Moderate and Adventures Expedition
- ✚ **Total Holidays in Nepal** : 17 Nights 18 Days Holidays in Nepal
- ✚ **Start/End Point** : Lukla to Lukla

ISLAND PEAK CLIMBING HIGH LIGHT TABLE BOX

- ❖ Island Peak Climbing Gears
- ❖ Island Peak Climbing Permit and Garbage Deposit
- ❖ 20 Years Experienced Island Peak Mountain Guide Leading
- ❖ Island Peak Associate by Trekking Agencies in Nepal
- ❖ Island Peak Domestic Flight and Weathers Condition
- ❖ Island Peak Google Local Map

INTRODUCTION



Situated at the beautiful Everest region, Imja Tse another name of Island peak is technically and challenging peak climbing among the entire peak in Nepal. The height of island peak is just 6173m. As [Everest Base Camp Via Island Peak](#) is located on the top of very difficult trail Chhukung Glacier, it is regarded as challenging and technical peak climbing. The landscape between Mt. Lhotse and Mt. Amadablam create difficulty on reaching the summit of Island Peak. From Dingboche, it just looks like an island so the name island is given for this peak.

The trial of Island peak climbing starts from Lukla and similarly, it ends at Lukla. After crossing Everest base camp we will reach Lhotse Shar very famous trekking trial is also included in the trial of [island peak climbing](#). So, this peak is more famous than the others in comparison. Another important trial Gokyo Valley is also in this peak climbing trial. We don't have to walk a long distance in the trial of Island Peak but the mixed rock and ice wall and narrow summit ridge make us difficult while walking. We don't need to worry for high altitude because our walk will be with full acclimation on the way. While climbing island peak, we can have the opportunity of climbing some unnamed peak over the Khumbu region.

All the preparation should be done before we start our climb. There should be full management of all the equipment and other materials before climbing this peak. The fully qualified guide who gives us all the knowledge about the trekking place and route is another essential need. Do not worry to fulfill your dream to climb this peak. Just contact with **Everest Trekking Routes**. We

are ready to do all the management for [Island Peak Climbing](#) to you in any day of the year. The preparation of the schedule is done according to your wish in your holiday.

ITINERARY

DAY 01: ARRIVAL IN KATHMANDU AND TRANSFER TO HOTEL
DAY 02: FLY TO LUKLA, TREK TO PHAKDING (2,651M/8,700FT) 3 – 4 HOURS
DAY 03: PHAKDING TO NAMCHE BAZAAR (3,438M/11,280 FT) 5 – 6 HOURS
DAY 04: ACCLIMATIZATION DAY – NAMCHE BAZAAR: (3,440M/11,284FT)
DAY 05: NAMCHE BAZAAR TO PHORTSE (3,870M/12,694FT) 5- 6 HOURS
DAY 06: PHORTSE TO DINGBOCHE (4,360 M/14,300 FT) 5 – 6 HOURS
DAY 07: DINGBOCHE ACCLIMATIZATION DAY
DAY 08: DINGBOCHE TO LOBUCHE (4910 M) 5/6 HOURS
DAY 09: LOBUCHE TO GORAK SHEP (5170 M/16,961FT),
DAY 10: GORAK SHEP TO KALA PATTHAR (5,545M/18,192FT) TO DINGBOCHE (4,400M): 16KM, 7-8 HOURS
DAY 11: DINGBOCHE TO CHHUKUNG (4750M) 3 HOURS
DAY 12: CHHUKUNG TO ISLAND PEAK BASE CAMP (5000M/17,060FT): 3-4 HOURS
DAY 13: ISLAND PEAK BASE CAMP TO ISLAND PEAK SUMMIT (6,189M/20,305FT), BACK TO BASE CAMP: 10-12 HOURS
DAY 14: ISLAND PEAK BASE CAMP TO PANGBOCHE (3,985M/13,074FT) 5-6 HOURS
DAY 15: PANGBOCHE TO NAMCHE BAZAAR (3,440M/11,286FT): 4-5 HOURS
DAY 16: NAMCHE BAZAAR TO LUKLA (2,800M/9,186FT): 19KM, 6 – 7 HOURS
DAY 17: FLY TO KATHMANDU 30 MINUTES
DAY 18: FINAL INTERNATIONAL DEPARTURE

DETAILS ITINERARY

DAY 01: ARRIVAL IN KATHMANDU

After arriving in Kathmandu, a delegate from Everest Trekking Routes will meet you at the airport and transfer you to your hotel. In the afternoon, you may take a rest or visit the Everest Trekking Routes office. In the evening there will be welcome dinner given by Everest Trekking Routes where you will be served Nepalese food which will introduce you to the country's food culture.

DAY 02: FLY TO LUKLA, TREK TO PHAKDING (2,651M/8,700FT) 3 – 4 HOURS

Our Guide will transfer to Domestic airport and short Lukla flight 30 minute and introduce our local mountain porters. Kick off your beautiful trek through larges village Chourikharka and demented towards Dudhkoshi River and continue to Phakding (2652m. 8700ft.) we will have to stay acclimatization and we will stay overnight at the lodge of Phakding.

DAY 03: PHAKDING TO NAMCHE BAZAAR (3,438M/11,280 FT) 5 – 6 HOURS

After hot breakfast trek to Namche Bazaar, the biggest village of Khumbu region, which is the most popular Himalayan city Touristic area same as Kathmandu and Pokhara. Trekking toward to Monjo Entering Sagarmatha National Park and Trekkers Information Management System Main Gate. Flow up Dudhkoshi River and crossing highest double substance bridge bottom of

the Namche. I have the chance to see Mt. Everest on the trail and continue to Namche. And we will stay overnight at lodge.

DAY 04: ACCLIMATIZATION DAY – NAMCHE BAZAAR: (3,440M/11,284FT)

Today Explore and Acclimatization day, after breakfast visit to Sherpa Museum which is popular by Khumbu region about the Sherpa culture and history and will have the hike to the top of the Everest viewpoint take the cup of tea or coffee at Everest View lodge. If the weather is perfect then will see Mt. Everest, Lhotse, Island Peak, Amadablam and Many Others Trekking peak. When we return from Everest Viewpoint visit to Khumjung Village and Admon Hillary high school take lunch and back to Namche, Little sightseeing stay overnight at lodge.

DAY 05: NAMCHE BAZAAR TO PHORTSE (3,870M/12,694FT) 5- 6 HOURS

We will continue trek to Phortse medium beautiful Sherpa village. Beginning part flat and easy after Sanasa moderate slide and stepping to Mongla situate 4000m. During the time of trekking, we will pass through the lush forest of Rhododendron, pine, and oak forest. We will have our lunch on the way and we will move towards Phortse. Take lunch that depends on choice and extremely descending to Phortse Tenga pass the bridge and end of our destination and we will stay overnight at lodge.

DAY 06: PHORTSE TO DINGBOCHE (4,360 M/14,300 FT) 5 – 6 HOURS

We trek to Dingboche, which is the massive viewpoint and chance to see lots of wild animals as Blue sheep, dear, Himalayan Thar, and Many of Domestic Yaks browsing grass. The Phortse to Dingboche is the most beautiful trail select by Everest Trekking Routes. Take lunch at Upper Pangboche or Samara and slowly trek to Dingboche and we will stay overnight at lodge.

DAY 07: DINGBOCHE ACCLIMATIZATION DAY

Today Acclimatization day at Dingboche just light hike to little pick or hike to Chhukung just combination acute mountain sickness and visit Dingboche Sherpa Villages. Will have to wear warm cloth and take lots of drinking water. Make sure could reach our Destination to EBC stay the extra night at the lodge.

DAY 08: DINGBOCHE TO LOBUCH (4910 M) 5/6 HOURS

After hot breakfast we will continue trek to Lobuche, over 4000 meters have to most care health because before Lobuche slowly toward Dhukla and take lunch and rest for while and hard part stepping and amazing Lobuche peak, Ama Dablam peak, Lobuche peak, Pumori peak and Nupse Peak. It's make us enjoy and stay overnight at lodge.

DAY 09: LOBUCH TO GORAK SHEP (5170 M/16,961FT),

From Lobuche to Gorakshep takes more than 2 hours and must leave early morning, because take the hot drink as tea or coffee continue to Gorakshep and get accommodation to leave the bag. Before the visit to Everest Base Camp, we have to Breakfast and take with us light food. It is the hard and long day all most 8 to 10 hours. Return from EBC and we will stay overnight at lodge.

DAY 10: GORAK SHEP TO KALA PATTHAR (5,545M/18,192FT) TO DINGBOCHE (4,400M): 16KM, 7-8 HOURS

Early morning hike to Kala Patthar peak 5545m. Which is our main destination sunrise and panoramic views front of the Mt Everest and Pumori Expedition, Magnificent Himalayan range and return to Gorakshep take breakfast then after that continue to trek to Dingboche. At the

time of trekking, we will pass through the lush forest of rhododendron, pine, and oak. We have our lunch on the then after we will continue our trekking towards Dingboche where we will stay overnight at lodge.

DAY 11: DINGBOCHE TO CHHUKUNG (4750M) 3 HOURS

In the morning time, we will leave Dingboche for Chhukung after having breakfast early in the morning. During the time of trekking, we get a chance to see the wonderful views of the mountain including Mt Everest, Ama Dablam, Lhotse, and many other highest mountains of this region. At Chhukung, we get ourselves ready double-checking our equipment for our Island summit day. And we will spend one night in this beautiful village.

DAY 12: CHHUKUNG TO ISLAND PEAK BASE CAMP (5000M/17,060FT): 3-4 HOURS

Spending the wonderful night in Chhukung we will trek to Island base camp also another short day lunch and dinner same place. After lunch takes short rest and continue to basic Island peak climbing train for all Members, and visit Imja Lake which is the biggest Lake Khumbu region and prepares the Summit. We get the chance to see the wonderful views of the mountain including Mt Everest, Ama Dablam, Lhotse, and many other highest mountains of this region. Go to bed earlier and short sleep stays overnight at Campsite.

DAY 13: ISLAND PEAK BASE CAMP TO ISLAND PEAK SUMMIT (6,189M/20,305FT), BACK TO BASE CAMP: 10-12 HOURS

Early morning get up around at 12:00 AM take breakfast and leave at 1: PM start to This is not difficult but there are several short rock steps to climb before we emerge on the right side of the gully. Island Peak which is most challenging and magnificent views (6189m.) tough day and Technical Ice part it takes more than 10 hours. After summiting Island peak we will come back towards Island Peak base camp where we will spend one night in this place.

DAY 14: ISLAND PEAK BASE CAMP TO PANGBOCHE (3,985M/13,074FT) 5-6 HOURS

From Island peak base camp we will trek towards Pangboche after having breakfast early in the morning. Following the same route back through the wide valley of Khumbu Khola. We pass through the beautiful sherpa valley. And we continue our trek towards Pangboche and pass through the lush forest of rhododendron, pine, and oak. We have our lunch on the way then after we will take some rest then after we will continuous trek towards Pangboche where we will spend one night in this beautiful village.

DAY 15: PANGBOCHE TO NAMCHE BAZAAR (3,440M/11,286FT): 4-5 HOURS

We trek to Namche Bazaar, the biggest village of Khumbu region, which is the most popular Himalayan city Touristic area same as Kathmandu and Pokhara. Trekking toward to Monjo Entering Sagarmatha National Park and Trekkers Information Management System Main Gate. Flow up Dudhkoshi River and crossing highest double substance bridge bottom of the Namche. We have the chance to see mt. Everest on the trail and continue to Namche. And we will spend one night at the lodge.

DAY 16: NAMCHE BAZAAR TO LUKLA (2,800M/9,186FT): 19KM, 6 – 7 HOURS

We leave Namche Bazaar for Lukla after having breakfast in the hotel and us easy downhill but more traffic yak, Jhopkyo, Porters toward to manjo. Before Lukla take light lunch and continue to Lukla, finally we will complete our trip and warm up with all team to say goodbye to local porters waiting for the flight to Kathmandu stay overnight at lodge.

DAY 17: FLY TO KATHMANDU

We will be driven towards the local airport of Lukla to fly towards Kathmandu valley. Because some time very hard to get a flight and lots of people waiting. We must reservation for flight before our trip. When we arrived in Kathmandu explore and shopping souvenir to your family. We will spend one night in Kathmandu valley.

DAY 18: FINAL INTERNATIONAL DEPARTURE

We will drop you at the International Airport with our vehicle for your departure and we will see you off.

COST INCLUDES

- ✓ Airport / Hotel / Airport pick up and Drop by private car/van/bus.
- ✓ 2* Category Hotel In Kathmandu: 2 Nights standard accommodation in Kathmandu BB Plan
- ✓ Both Way Domestic Air Ticket Kathmandu to Lukla and Lukla to Kathmandu
- ✓ You're Meal in During the Trekking as Your standard meals (3 times a day Breakfast, Lunch and Dinner with a cup of tea or Coffee).
- ✓ \$ 250 Per Person Special Climbing Permit.
- ✓ \$ 300 Climbing Sherpa Per Person his climbing fee, insurance, equipment, food, accommodation etc.
- ✓ \$ 500 Garbage Deposit.
- ✓ Climbing Gear as Harness, figure Eight, Rope, Snow bar
- ✓ 2-night full board Campsite at Base Camp
- ✓ Accommodation in Trekking: All accommodations in lodge/tea houses during the treks.
- ✓ Trekking Guide: An experienced, helpful, friendly and English speaking Trekking Guide. His well- paid salary, meals, accommodation insurance etc.
- ✓ Trekking Porter: porters (1 porter for 2 peoples). Salary, Food, Drinks, Accommodation, Transportation.
- ✓ After the Success Trip, Everest Trekking Routes will Provide Adventure Certificate.
- ✓ The arrangement of Emergency Helicopter service which will be paid by your Travel insurance company.
- ✓ Medical supplies (first aid kit will be available).
- ✓ All government taxes.
- ✓ Service charge.

COST EXCLUDES

- Meals and Extra Accommodation in Kathmandu
- Extra Porter \$ 20 Per Days
- Climbing Sherpa \$ 350
- Personal Climbing Equipment
- Deserts (cakes, bakes, and pies)
- The additional size of Pots Hot Drinks
- Bottled drinks
- Boiled water
- Electronic device re-charge

- Hot shower
- On the trekking Wi-Fi
- Personal expenses any type
- Travel insurance and evacuation insurance
- Tipping for Guide and Porters

MANUAL NOTE :

According to the plan to extend the date on a trip above the custom Itinerary, the cost will be additional. We cannot guarantee it if bad weather and Helicopter charter that is an additional cost. We will try to ensure that our official schedule trip runs, And if you have more extra days pre-plan then let us inform we assist by your requirement. You can contact directly tour operator Email: info@everesttrekkingroutes.com

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