



Everest Trekking Routes Pvt. Ltd.

Island Peak Climbing Itinerary

DAY 01: ARRIVAL IN KATHMANDU

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), TO EVEREST BASE CAMP (5364M.)

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

Cost Includes

1. Airport / Hotel / Airport pick up and Drop by private car/van/bus.
2. 3* Category Hotel In Kathmandu: 2 Nights standard accommodation in Katmandu BB Plan
3. Both Way Domestic Air Ticket Kathmandu to Lukla and Lukla to Kathmandu
4. Your Meal During the Trekking as Your standard meals (3 times a day Breakfast, Lunch, and Dinner with a cup of tea or Coffee).
5. \$ 350 Per Person Special Climbing Permit.
6. \$ 300 Climbing Sherpa Per Person his climbing fee, insurance, equipment, food, accommodation, etc.
7. \$ 500 Garbage Deposit.
8. Climbing Gear such as Harness, figure Eight, Rope, Snow bar
9. 2-night full board Campsite at Base Camp
10. Accommodation in Trekking: All accommodations in lodge/tea houses during the treks.
11. Trekking Guide: Government License holder An experienced, helpful, friendly, and English-speaking Trekking Guide. His well-paid salary, meals, accommodation insurance, flight ticket, etc.
12. Trekking Porter: porters (1 porter for 2 people). **No Porter for Single Trekker**
13. Sleeping bag and Duffle bag (After the trip return to Company)
14. After the successful trip, Everest Trekking Routes will Provide an Adventure Certificate.
15. The arrangement of Emergency Helicopter service will be paid for by your Travel insurance company.
16. All government taxes and services charge

Cost Excludes

1. Meals and Extra Accommodation in Kathmandu
2. Extra Porter \$ 20 Per Day
3. Climbing Sherpa \$ 300
4. Personal Climbing Equipment
5. Personal expenses (bar bills, beer, coke, a bottle of water, hot water, phone calls, laundry service, helicopter rescue, electronic device recharge such as mobile, camera, etc.)
6. Tips for guide, porters, and driver.

Rabin Gurung



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Customer Feedback on: [https://www.tripadvisor.com/Attraction_Review-g293890-d12862118-Reviews-Everest Trekking Routes Pvt Ltd-Kathmandu Kathmandu Valley Bagmati Zone Central .html](https://www.tripadvisor.com/Attraction_Review-g293890-d12862118-Reviews-Everest_Trekking_Routes_Pvt_Ltd-Kathmandu_Kathmandu_Valley_Bagmati_Zone_Central_.html)

