

Island Peak (6189m) Climbing



Trip Grade: Moderate Plus
Duration: 15 Nights/16 Days
Max. Altitude: 6189M

Destination: Nepal
Region: Everest
Activity: Climbing & Expedition
Theme: Lodge & Tented

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Overview

Island Peak (6189m) is one of the most popular trekking peaks in Nepal. Situated in the heart of Khumbu, Island Peak can be climbed by anyone; it does not require any special mountaineering skills. Island Peak is just few days away from the most popular trekking route to Everest Base Camp. Locally Island Peak is known as ImjaTse. It can be clearly seen from Dingboche and Chhukung. Island Peak is located at the middle of the Chhukung valley like an Island in a sea of ice surrounded by Lhotse and Lhotse Shar Glaciers. You can see the spectacular scenery of the world's highest mountains in the Khumbu region from the Island Peak like Nuptse(7879m), Mt Lhotse (8501m), Lhotse Middle Peak (8410m)and Lhotse Shar (8383m) to its north and Makalu (8475m), Cho Polu(6734m), Baruntse(7720m) and majestic Ama Dablam (6856m) in the east. Trekking Experts offers Island Peak Climbing Trip to let you climb Island Peak.

Island Peak Climbing Trip with Trekking Experts begins with scenic flight to Tenzing Hillary, Lukla airport. Before climbing Island Peak, the trip brings you in Sagarmatha National Park and offers you to trekking in beautiful Everest region. The trail follows the gateway to Khumbu-Lukla, beautiful Namche Bazaar, oldest Sherpa village-Khumjung, Tengboche monastery and then to Chhukung to reach base camp of Island Peak. During trip you can enjoy the beautiful scenery of great mountains such as Everest, Lhotse, Nuptse, Amadablam and many other peaks all along the way and trekking through beautiful rhododendron and pine forest. This trip offers the opportunities to see the Khumbu mountain ranges, around Sagarmatha National Park, a world heritage site, the life style of the Sherpa people, Himalayan flora and fauna and also will get an opportunity to embark on an epic journey that our mountain legends Sir Edmund Hillary and Tenzing Norgay Sherpa set off on in 1953. Also, you'll witness the highest altitude hotel in the world, The Everest Hotel, highest altitude airport in the world and highest place where still people live there. Experience climbing guide of Trekking Experts will guide you to the top of Island Peak even if you don't have any climbing experience before.

Highlights

- Summit Island Peak (6189m/20299ft)**
- 360-degree views of giant mountains of Khumbu region**
- Experience the real life standard of world famous climbers, the Sherpa people**
- To see the flora and fauna of high Himalaya**
- Opportunity to embark on an epic journey that our mountain legends Sir Edmund Hillary and Tenzing Norgay Sherpa set off on in 1953**
- Witness the highest altitude hotel in the world, The Everest Hotel, highest altitude airport**
- Stunning view of peaks over 8000m including Mt. Everest (8,848m)**

Trip Itinerary

Day 01: Kathmandu (alt. 1310m)

Upon your arrival at the Tribhuvan airport Trekking Experts representative welcomes you and assists to transfer in your hotel in Kathmandu. Upon arrival at hotel, our tour manager will brief you about trekking information and other necessary information. And then you'll have free time to explore Kathmandu. Dinner will be booked at the hotel.

Accommodation: Three Star Hotel **Meals:** N/A **Walking Hours:** N/A **Altitude:** 1310 meters

Day 02: Kathmandu - Phakding (alt. 2640m)

Early morning you'll transfer to airport and you'll make an early start to take a spectacular, short mountain flight to Lukla, the start points for our trek. During the flight you'll see scenic views of Langtang, Jugal ranges, Rolwaling Himal, Gaurisankar and Menlumtse before getting your first glimpse of Everest.

Upon arrival at Lukla airport you'll meet trekking crew and you'll spend a few minutes sorting out bags etc before setting off through this winding village to the trek start proper at the Khumbu 'gateway'. It's gently downhill on pitched stone trails through low rhododendron forest, small 'garden' farms and old and new hamlets to the banks of the foaming DudhKoshi River. There will be plenty of short stops to meet the locals, take photographs and just soak up the scenery and the clear mountain air as we meander along, the undulating trail glimpsing views of 6000m snow-capped peaks high above. Passing the enormous Mani stone at ThadoKoshi we meander up through the many Chortens and prayer wheels of Sano and along to our destination of Phakding in time for a late lunch.

Accommodation: Lodge **Meals:** Breakfast **Walking Hours:** 3 Hours Walk **Altitude:** 2640 meter

Day 03: Phakding - Namche (alt. 3440 m)

After breakfast at lodge, you'll start trekking through a beautiful pine forest that leads you along the DudhKoshi River and Hillary Suspension Bridge to reach to Monjo and starting point of Sagarmatha National Park. Here you'll stop at check post of TIMS & National Park permit. The trail passes through the DudhKoshi, Bhotekoshi River, Jorsalle village, Large Dovan and cross one of the highest bridge over the DudhKosi River of Everest region and reach to Chautara from where we can see the first glimpse of the Mt. Everest. Further walking about one hour steep up we reach to Namche bazaar (market).

Namche Bazaar is known as 'heart of Khumbu' which is one of the trading points for Sherpa people. It is also ideal market for visitors to purchase traditional crafts. Every Saturday there would be local street market, do not miss if you are there on Saturday.

Accommodation: Lodge **Meals:** Breakfast **Walking Hours:** 5 Hours Walk **Altitude:** 3440 meter

Day 04: Namche (alt. 3440m)

Today is the schedule for acclimatization and explore around Namche Bazaar. After breakfast you'll head toward Syangboche airport. Syangboche airport is known as world highest altitude airport. First of all, in the morning you'll visit Sherpa Culture Museum and Everest photo Gallery, which is just 15-minute walking distance from Namche Bazaar. From the museum you can have the spectacular picturesque Mountain View and take some photographs. Then start trekking to Everest view hotel passing through Syangboche Airport which takes about 2 hours. You will climb further to reach Mt. Everest View Hotel for great panoramic views of Mt. Everest, Lhotse, Ama Dablam, Tawache, Kusum Kangkaru, Thamserku, Kongde and many more. Enjoy the spectacular view of mountains including Mt. Everest from the nearest destination then trek back to Namche Bazar.

Accommodation: Lodge **Meals:** Breakfast **Walking Hours:** 3 Hours Walk **Altitude:** 3440 meter

Day 05: Namche-Tengboche (alt. 3860m)

As always after breakfast at the lodge, you'll have a gentle walk through the forest with magnificent view of mountains. The great view of the mighty peaks of Everest, Nuptse, Lhotse, Ama Dablam, Thamserku and Kongde peak with view of the eastern snow capped mountains. The trail leads uphill through the forested path and the hardy walk to get to Tengboche. One of the most beautiful place in the Himalaya and the first thing that comes to your eye is the big Monastery, then the large field with campsites and teahouses, lodges beneath the towering majestic beautiful peak Ama Dablam. You'll have the chance to look around the monastery and the interesting visitor centre there and good view of the Everest/Lhotse massif but is also the classic viewpoint for Ama Dablam. Then will check-in at lodge.

Accommodation: Lodge **Meals:** Breakfast **Walking Hours:** 5 Hours Walk **Altitude:** 3860 meter

Day 06: Tengboche- Dingboche (alt. 4410m)

After breakfast at lodge, you'll descend down from Tengboche, winding through the rhododendron forest to Deboche and crossing a bridge over the raging ImjaKhol River. Hug the valley wall, and then traverse the plains to Dingboche, the start of the ImjaTse Valley. Dingboche is also the gateway to Chukung and farther beyond for the most challenging traverses towards Makalu area and Hinko Valley via Sherpani col 6100m and AmphuLaptsa pass 5780m. Then will check-in at lodge.

Accommodation: Lodge **Meals:** Breakfast **Walking Hours:** 5/6 Hours Walk **Altitude:** 4410 meters

Day 07: Dingboche-Chhukung (alt. 4730m)

After breakfast at lodge, today you will trek slowly to Chhukung before heading to Island Peak Base Camp. You'll trek towards east within the Imja Tse Valley, although the trek is gradual ascending, however you can feel the thin air as the altitude gains slowly coming towards Chhukung. At Chhukung, there are few tea-houses overlooking superb view of the snowcapped peaks and glaciers. You'll reach Chhukung at lunch time and then you'll have free time to enjoy the views of mountains from Chhukung and prepare for Island Peak base camp. It is also important to rest at Chhukung for acclimatization.

Accommodation: Lodge **Meals:** Breakfast **Walking Hours:** 3/4 Hours Walk **Altitude:** 4730 meters

Day 08: Chhukung- Island Peak Base Camp (alt. 5200m)

After breakfast at lodge, today you'll trek to base camp of Island Peak (Imsa Tse). From Chhukung you'll take left fork of the Imja Khola. You'll reach Island Peak Base Camp near the south slope of the Island peak. At the base camp, your guides will give a detail about the climb. Your guide will demonstrate about how to use rope and climbing gears. You'll use already fixed camps by local lodge operators.

Accommodation: Tented Camp **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** 4 Hours Walk **Altitude:** 5200 meters

Day 09: Island Peak Base Camp-Summit Island Peak (6190)-Chhukung (alt. 4730m)

Today very early morning you'll head towards the summit of Island Peak to make summit. As your climbing guide briefed yesterday evening, you'll start climbing very early morning so you can reach summit before noon as the afternoon winds can be a problem. Your climbing guide will lead the way you need to follow him while you're ascending up to the rocky ridge before coming to the base of the glacier. Then you'll continue up the glacier to South Ridge and follow this ridge to the summit by using ropes. Once you're at the summit you can see outstanding views of Lhotse, Makalu, Baruntse and many other peaks in 260-degree view. After taking some photographs and enjoying a glimpse of panoramic views, you'll return to the base camp. And after wrapping up from base camp you'll descend to Chhukung. Due to bad weather, if you couldn't go up for summit, then you'll stay at base camp tonight and will try for summit tomorrow early morning.

Accommodation: Tented Camp **Meals:** Breakfast, Lunch **Walking Hours:** 10-11 Hours Walk **Altitude:** 4730 meters

Day 10: Reserve Day/Chhukung (alt. 4730m)

Today is contingency day in case if there is bad weather. If yesterday's weather isn't favorable to make summit of Island Peak, today you'll try your final attempt to Island Peak. And then back to Chhukung. If you'd already made summit yesterday, then today you've fully rest day at Chhukung.

Accommodation: Lodge **Meals:** Breakfast **Walking Hours:** N/A **Altitude:** 4730 meters

Day 11: Chhukung-Tengboche (alt. 3860m)

After breakfast at lodge, today you'll descend to Tengboche following the same way you'd already trekked to reach Chhukung.

Accommodation: Lodge **Meals:** Breakfast **Walking Hours:** 6 Hours Walk **Altitude:** 3860 meters

Day 12: Tengboche-Monjo (alt. 2850m)

After breakfast at Tengboche, you'll trek to Monjo today. It is the same way you already had trekked. The trail follows Funki Tenga, Namche and then to Monjo.

Accommodation: Lodge **Meals:** Breakfast **Walking Hours:** 6-7 Hours Walk **Altitude:** 2850 meters

Day 13: Monjo-Lukla (alt. 2840m)

After breakfast at lodge, today you'll do your final day trekking to Lukla. You'll trek to Lukla following Jor-sale, Phakding, Chheplung and finally to Lukla. Upon arrival at Lukla, you'll check-in at lodge and you'll have free time to explore around Lukla. In the evening you can celebrate your successful trip with your trekking crew (guide and porters).

Accommodation: Lodge **Meals:** Breakfast **Walking Hours:** 5 Hours Walk **Altitude:** 2840 meters

Day 14: Lukla – Kathmandu (alt. 1310m)

Depending on your flight time, you'll walk to Lukla after breakfast. Then you'll take short flight to Kathmandu which takes about 35 minutes to reach Kathmandu. Upon arrival at Kathmandu, you'll transfer to hotel. And then you'll have free time to relax at hotel or explore around Kathmandu valley.

Accommodation: Three Star Hotel **Meals:** Breakfast **Walking Hours:** **Altitude:** 1310 meter

Day 15: Kathmandu (alt. 1310m)

Today is your last day in Nepal and you can relax at hotel or do souvenir shopping for your loved ones. Also you can visit world heritage sites of Nepal. There are seven world heritage sites in Kathmandu which

are very beautiful, interesting and meaningful. You shouldn't miss to visit them. You may contact our tour officer if you need any support for visiting those sites and its costs.

Accommodation: Three Star Hotel **Meals:** Breakfast/Dinner **Walking Hours:** **Altitude:** 1310 meter

Day 16: Departure from Kathmandu

Depending on your flight time, you'll be transfer to airport before 3 hrs of flight time.

Accommodation: N/A **Meals:** Breakfast **Walking Hours:** **Altitude:** N/A

What's Included

Meals & Accommodations

- i) 3 nights in Kathmandu at three star or similar hotel with bed & breakfast on on twin sharing basis
- ii) 11 nights in local lodges with common rooms during the trekking with bed & breakfast on twin sharing basis
- iii) 1 or 2 night in tented camp at Island Peak Base Camp with full board (breakfast, lunch and dinner) on twin sharing

Transportation & Flights

- i) All airport/hotel/airport transfers by private air-conditioned vehicle
- ii) Kathmandu-Lukla and Lukla-Kathmandu flight with airport taxes
- iii) 15 kg baggage per person for cargo and trek (Cargo \$ 1 per kg for excess baggage)

Permits & Fees

- i) Everest National Park Fee
- ii) Local Government Fees
- iii) Island Peak Climbing Permit Fee
- iv) Staff insurance, garbage deposit fee
- v) Travel insurance for trekking crew

Guide & Supporting Crew

- i) 1 experienced English Speaking trekking guide
- ii) 1 porter for every 2 members
- iii) 1 English Speaking high altitude climbing guide
- iv) Camping support team (cook and kitchen helpers at high camps)

Value-Added Services

- i) Welcome at airport on arrival with Khata
- ii) Farewell Dinner at typical Nepalese restaurant
- iii) Trekking Map and Kathmandu City Map
- iv) Comprehensive First Aid Kit

What's not Included

- All personal expenses like alcoholic beverages, bottled drinks, telephone calls, laundry services etc.
- Medical and travel insurances
- International airfare and taxes
- Nepal Visa fees
- Additional High-Altitude Sherpa if required
- Emergency helicopter rescue charges
- Main meals during entire trip except in tented camp at base camp (lunch and dinner)
- Tips for trekking crew