

Island Peak Climbing



Island Peak is the most popular climbing peak in Everest Region of Nepal which has (6,189m/20,305ft) heights. This Peak is located in the heart of Everest region which is recognized as Imja Tse Peak too. Island Peak is normally known as a moderate Climbing peak of Everest area. This peak is soared up in the west face of Mount Lhotse glacier. To climb this peak, we initially take you for trekking to Everest Base Camp which gives you acclimatization practice to make easy feeling to climb Island Peak. During trekking and climbing period, one can see attractive mountain views of Khumbhu Region. Island Peak climbing journey starts from Lukla. Climbers have to start walking from Lukla to Namche to Dingboche. From Dingboche the Himalayas and Island Peak are clearly seen as a pyramid of ice and rock. The mountain itself is the extension of the South Ridge of Lhotse Shar separated by a small col.

The Himalayan ridge rising to the south from this point leads to the summit of Island Peak. Island Peak Climbing and Trekking duration provides not only provides an enjoyable climb but also one can see some of the most spectacular scenery of Himalayas in the Khumbu region which are the giant mountains, Nuptse (7,879m), Lhotse (8,501m), Lhotse Middle Peak (8,410m) and Lhotse Shar (8,383m) make a semi circle in the north. One can see the views of Makalu (8475m) in the east, Baruntse and Ama Dablam in the south. Island Peak Climbing has provided many more opportunities of viewing Giant himalayas and peaks of Everest Region.

Duration: 21 days

Price: \$2430

Rating: 5 Star

Group Size: Minimum 02 pax

Grade: Easy

Destination: Nepal

Activity: Peak Climbing in Nepal

Accommodation:

Bed and Breakfast in Kathmandu and during the trekking will be accommodation and meals. During peak climbing, camping with meals.

Vital Information

City tour in Kathmandu, trekking some days and Peak climbing for 5 days. Kathmandu City, Island Peak Climbing, View of Everest and other many Himalayas. Sherpa Culture and Tradition, Tyangboche Monastery.

Itinerary:

Day 01

Kathmandu Arrival

Our representative will pick you at airport and transfer to Hotel. If time permits, you can visit some places yourself.

Day 02

City Tour and Preparation for Climbing

You will do half day city tour in the morning and after lunch, you will be preparation for climbing stuff.

Day 03

Kathmandu to Lukla to Phakding

You will fly to Lukla in the morning which is gateway to Khumbu Region. This is an exciting flight, which should give a glimpse of Everest in the distance. In Lukla, you will meet our trek staff and porters and set off straightaway for our first night's stop at Phakding. Situated on the banks of the Dudh Kosi, which drains the whole of the Khumbu Region, this small hamlet is on the main trade route through the area and there are a number of clean, well-built lodges where we will spend the night.

Day 04

Trek to Namche Bazaar

We will continue up the banks of the Dudh Kosi, crossing it twice by small suspension bridges before reaching

the village of Monjo, where we will enter the Khumbu National Park. We will then cross the confluence of the Dudh Kosi and the Bhote Kosi on a high suspension bridge and then climb steeply for about two hours up 'Namche Hill' to reach Namche Bazaar **3,440m/ 11,286ft**. This is a prosperous trading town and the capital of the Khumbu Region. Many Tibetans cross the nearby border to trade their wares and the local market is a fascinating spectacle. This is a good place to buy genuine Tibetan artifacts. Just across the valley to the east stand the peaks of Thamserku and Kangtega, both very impressive mountains. We will spend three nights here giving you excellent acclimatization.

Day 05

Rest in Namche

We will spend three nights in Namche Bazaar. During this critical acclimatization phase, we will spend time resting and trekking to higher altitudes. This will allow our bodies to become acclimatized to the altitude of **3,440m/ 11,286ft**. On the first morning, we will trek up to Shyangbouche Hill **3,900m/ 12792ft** with one of the great panoramic views of the Everest region, returning to Namche for lunch. The afternoon can be spent sampling the delights of the Namche bakery or Cafe Danfe, the famous Everest t-shirt bar.

Day 06

Trek to Deboche

From Namche, the well-worn Everest trail contours around the side of the valley, high above the Dudh Kosi. As we follow the path, we will get our first really good views of the great peaks of the Khumbu: Everest, Lhotse, Nuptse and Ama Dablam. Passing by several villages and numerous tea shops, we will cross the Dudh Kosi River and make a steep climb to Tengboche, home of an impressive and recently rebuilt monastery. We have plenty of time to look around Tengboche (and have a cake at the bakery!), but at the height of the season it is a busy place, so we may drop down to the river and the village of Deboche (3,700m/12,135ft) a little further along the trail, where we will stay in a relaxing lodge.

Day 07

Trek to Pangboche

Shaded by rhododendron trees, the trail crosses an airy suspension bridge just beyond Deboche. An hour's walking from here will bring us to Pangboche, an excellent viewpoint for Ama Dablam ('Mother's Charm Box') and home for the Sherpa's who work on this imposing mountain each post-monsoon season. Contouring up the valley side, we will re-cross the river and turn up the Imja Valley to reach the picturesque farming village of Dingboche (4,410m/14,465ft).

Day 08

Trek to Dingboche

Dingboche is a good location for acclimatisation, prior to our ascent up the upper section of the Imja Valley. While in Dingboche, we will acclimatise up to 5,000m (16,404ft) and also attend a seminar about high altitude acclimatisation at the hospital in nearby Pheriche, run by the Himalayan Rescue Association. The walk over to Pheriche and back will also serve as good acclimatisation training and so make the walk doubly worthwhile.

Day 09

Dingboche - Acclimatization

We will take a stroll to the other side of the Imja Valley and cut across to the Northern side of Ama Dablam to get close up to one of the most impressive Himalayan greats. With amazing lakes and stunning glaciers this is a day not to be missed, then head back to Dingboche.

Day 10

Trek to Pheriche

We take a long walk above the valley where Pheriche is positioned, with stunning views all around, a nice stroll gradually up hill to Dugla and our lunch stop. The trail from Dugla starts steeply to climb up beside the glacier moraine. After a few hours the track eventually leads to a small cluster of tea houses pleasantly situated at Lobuche (4,940m/16,207ft). We will spend the afternoon relaxing and continuing the process of slow acclimatisation.

Day 11

Trek to Gorakshep

About three hours beyond Lobuche, we reach Gorak Shep (5,220m/17,126ft), the site of the 1953 Everest expedition's base camp. We visit base camp and climb Kala Pattar using Gorak Shep as our base. The views from Kala Pattar are often clearer in the morning, though the position of the sun means that photos are often better taken in the evening. This decision will be made at Gorak Shep, we can decide when we would like to climb Kala Pattar and on which day we would prefer to trek into base camp. When we go to Everest Base Camp we will go to the edge of the Icefall, meet some teams preparing for Everest, pack up and head back to Gorak Shep to sleep.

Day 12

Trek back to Lobuche

In the morning we will make an ascent of Kala Pattar (5,545m/18,188ft), if we have not already climbed it the previous evening. The climb takes between 2 and 3 hours and is hard work, but the effort is rewarded by the classic view of Everest and the Khumbu Icefall, as well as Lhotse, Nuptse, and Pumori immediately above. For most trekking teams, this is as far as they go up the Everest trail. After lunch back in the lodge at Gorak Shep, we will descend the valley to Lobuche.

Day 13

Trek to Chukung

Often under-rated, the Kongma La is a challenging pass and more interesting way to approach the Imja Valley than via Dugla and Dingboche. The path is steep at first but eventually reaches the top of the pass, from where we descend past some glacial lakes, and Pokalde. The views from the Kongma La are really spectacular, especially towards Makalu in the east, Ama Dablam's North Ridge and Nuptse. Chukung is a small settlement with just a couple of lodges, where we spend the night.

Day 14

Climb to Island Peak Base Camp

From Chukung we carry all our gear towards Island Peak Base Camp. We head up the 4 hour trail to our base for the climb and do some extra training on the hillsides on base camp. There is an amazing glacier and lake with more stunning views of the Imja valley.

Day 15

Island Peak Base Camp Rest day

We will have a rest day in base camp, where we will do some extra training if needed and do a final gear check. Re-hydration will be key to prepare us for our 1 am departure for our summit attempt.

Day 16

Climb to Summit and back to Base Camp

Today we will make our summit attempt on Island Peak (6,189m/20,340ft), however, this may be delayed due to weather conditions. This is a long hard climb; initially there is a steep 400m (1,132ft) zig-zag path up to where the high camp can be positioned, where we then hit rocky scree for another 150m (492ft) before a scramble and traverse across to a steeper section of rock. This is straight forward trekking, but very strenuous and once you hit 5,700m (18,700ft) the altitude slows the pace dramatically and the final rock section never seems to end, but once you dig deep, we top out onto a narrow ridge which takes us to the start of the glacier. We get all our gear

on, rope up and cross the glacier before the 100m (328ft) head wall which is fixed by the climbing sherpa's, before the tricky final section to the summit. After we enjoy our summit success, we begin the long decent back to base camp.

Day 17

Trek to Chukung

We will walk back to Chukung or Dingboche where we will sleep, recover and relax for the evening.

Day 18

Trek back to Namche

Trek to Namche Bazaar and spend the rest of the evening celebrating in one of the many bars, or sitting by the fire at the lodge.

Day 19

Trek back to Lukla

Leave Namche at 10 am and trek the final leg for Lukla. We will stay in a guesthouse in Lukla and wake up early for our flight back to Kathmandu the next morning.

Day 20

Fly back to Kathmandu

Today you will fly back to Kathmandu. Our representative will pick you up at domestick airport and transfer to Hotel. You will be free during the day. you can do shopping for family, friend or colleague etc.

Day 21

Final departure day

We will see you off at Hotel and transfer to airport for onward destination.

Cost Include:

- Airport Pick up and drop off by Car/Van/Hiace/Bus/Jeep
- Accommodations on B/B Plan in Kathmandu
- Arrangements of all transportation – Flight or Surface for Guests & Guide with all taxes
- English Speaking experienced Trekking Guide
- Peak Climbing Guide

- Porter Services during trek or climbing
- Trek Permit, TIMS card & Any required permits or Official Documentation.
- Meals - Full Board Basis (Breakfast, Lunch & Dinner) as per Itinerary.
- Tea house Lodge/Guest house Accommodations in Twin Sharing during Trek(Shared Toilets/ bathroom)
- Insurance, Daily Wages, Equipment and all meals & Lodges of Porters and Guide in whole Trek
- First Aid Kit Box (for Normal Treatment only)
- Island peak Climbing Permit fees
- Equipments Charge of Climbing Sherpa
- Garbage Clearance Deposit to NMA
- Tented Accommodation, all meals, kitchen utensils, cooking Equipment during trekking and climbing.
- Government taxes & Other Applicable Fees

Cost exclude:

- International Airfare to and from your country
- Nepal Visa Fee
- Travel & Health Insurance- Emergency Helicopter Rescue Insurance (Most recommended)
- Any Alcoholic Drinks, Cold Drinks, Boiled & Mineral Water, Beverages, deserts Etc in Trek
- Hot Shower, Battery Charges (Available in Trek with Extra cost or Free in some lodges)
- Climbing Gears Full Set(Ropes, Plastic Boot, Ice- Axe, Safety belt, Caravinas, Gaiters, Jumar, 8 fingers & all necessary Equipments for Climbing
- Sleeping bag & Down Jackets Hire from Kathmandu (US\$ 2 per item per day basis) if you need.
- Tips for Guide & Porter (Not mandatory but expected)
- Extra Cost such as Flight Cancellation or Delayed, Sick in Trek, and Helicopter rescue in Trek. Cost due to bad weather etc which is out of our control