

## Island Peak Climbing



### Introduction

**Island Peak** (6160m) is one of the most popular climbing peaks in Nepal. This trek offers an excellent opportunity to climb Island peak (6160m) together with an exciting trek to the Everest Base Camp (5357m) and Kalapattar (5550m). The summit of the Island peak offers brilliant views of the giant Mt. Everest, Makalu, and Lhotse.

**Island Peak Climbing at Lukla** after flying from Kathmandu (Nepal's Capital) to Lukla. We trek up the Dudh Kosi valley from Lukla, passing through Namche and Tengboche on our way to Kalapathar and Everest Base Camp. After being rested and feeling physically fit and acclimatized, we then head up the beautiful Imja Khola valley towards Island Peak. Besides trekking adventure, we also get to witness pristine Sherpa villages and ever-so-serene monasteries. Island Peak located on top of the Chhukung glacier between Ama Dablam and Lhotse Mountains. To climb Island Peak, one has the option of starting from a base camp at 5,087 meters (16,690 ft) called Paresmaya Gyab. Another popular option is to ascend to High Camp at around 5,600 meters (18,400 ft) to reduce the amount of effort and time needed for summit day. However, adequate water supply and concerns about sleeping at a higher altitude may dictate starting from base camp. Base camp to high camp is basically a hike but just above high camp, some rocky steps require moderate scrambling and up through a broad open gully. At the top of the gully, glacier travel begins and proceeds up to a steep snow and ice slope. From here, fixed ropes may be set up by the guides for the strenuous ascent of nearly 100 meters (330 ft) to the summit ridge. The climb to the summit is somewhat difficult due to steep climbing. The brilliant views from the summit, 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. After summit the **Island Peak**, we return down through Namche to

Lukla, and from there we back to Kathmandu by flight. This trip can be done during March to May and September to November. A physically fit and acclimatized person is well qualified to make an ascent over this Peak.

### Trip Facts

Trip Duration	16 Days
Trip Grade:	Challenging
Best Season	Macrch to May & September-November
Per Day Hiking:	4-9
Elevation	Minimum 2610m-Maximum 6160m
Accomodation	Lodge and Tent Camp
Transportation	Flight/Car/Jeep/Bus

### Cost Includes

#### What are Included?

1. Pick-up and drop-off service at Trivuvan International Airport in Kathmandu by private Car/Van/Bus.
2. 3 Nights Hotel in Kathmandu on BB Plan.
3. Kathmandu-Lukla-Kathmandu by flight.
4. All meals (Breakfast, Lunch, Dinner) with Tea house and Tent Camp accommodation during the trek.
5. One English speaking experience climbing sherpa required porters.
6. Island Peak Climbing Permit.
7. Sagarmatha national park fee.
8. Duffel Bag.
9. Fingertip Pulse Oximeter (we use everyday to check your oxygen level and blood pressure in your body to avoid high risk ).
10. Nepal Hidden Treks and Expedition T-short.
11. Equipment such as Tent, Ice ax, Rope, Ices crow, Snow bar.
12. Garbage Deposit.
13. First Aid Kids.
14. Climbing guide/porters/other staffs: Salary, Insurance, Equipment, Meals and Accommodation etc.
15. Farewell Dinner at Nepali Authentic Restaurant in Kathmandu.
16. 13% Government VAT and official charge.

#### What are Excluded?

- International airfare and visa fee (15 days for USD\$25 and 30 days for USD\$40).
- Lunch and Dinner in Kathmandu.
- All the drinks such as: coke, beer, mineral water.
- Personal climbing gears & clothing (also available on hire).
- Your travel insurance which should include emergency Rescue.

- Tips for staffs.

## Short Itinerary

**Day 01:** Arriving in Kathmandu (1350m).

**Day 02-15:** Trekking and Climbing

**Day 16:** Departure from Kathmandu (1350m).

## Itinerary Details

### 1. Arriving in Kathmandu (1350m).

Arriving in Tribhuvan International Airport (TIA) you will meet with me then transfer to hotel by private vehicles then stay at the Hotel and free activities in the evening.

### 2. Kathmandu-Lukla-Phakding

Fly to Lukla (30 minutes) and Trek to Phakding (2610m,3-4 hours walking) and then overnight at the Lodge.

### 3. Phakding-Namche Bazar

Trek from Phakding to Namche (3441m, 5 hours walking) and then overnight at the Lodge.

### 4. Rest day in Namche.

We can hike up to Syangboche, Everest View Hotel and Khumjung village. The Himalayas views including Thamskerku, Mt.Everest (world highest peak), Mt. Lhotse, Konde, Kangtega, Ama Dablam, Tawoche are excellent from Everest view Hotel.

### 5. Namche-Tengboche

Trek from Namche to Tengboche (3867m,5/6 hours walking) and then overnight at the Lodge.

### 6. Tengboche-Dingboche

Trek from Tengboche to Dingboche (4358m, 4hours walking) and then overnight at the Lodge.

### 7. Dingboche-Chhukhung

Trek from Dingboche to Chhukhung (4750m,3 hours walking) and then afternoon explore around chhukung valley and then overnight at the Lodge.

## **8. Rest day**

This day, you will hike to Chhukhung Ri, overnight at same place.

## **9. Chhukhung-Island Peak base camp**

Trek from Chhukhung to Island peak base camp (5150m,5 hours walking) and overnight at Tent.

## **10. Island peak Base Camp-High Camp**

Trek from Island peak base camp to High Camp(4 hours walking) and overnight at Tent.

## **11. Island Peak summit-Base camp**

Ascent of island peak (6160m) and then back to Base Camp and overnight at Tent.

## **12. Island Peak Base Camp-Pangboche**

Trek from Island Peak base camp to Pangboche (3950m,5 hours walking) and then overnight at the Lodge.

## **13. Pangboche-Namche**

Trek from Pangboche to Namche (3450m,5 hours walking) and then overnight at the Lodge.

## **14. Namche-Lukla**

Trek from Namche to Lukla (2820m,7 hours walking) and then overnight at the Lodge.

## **15. Lukla-Kathmandu**

Fly from Lukla to Kathmandu (30minutes)in the morning and transfer to selected Hotel.

## **16. Departure to your home country**

Final departure to international airport to fly your home country.