



Island Peak Climbing

URL: <https://himalayatrip.com/island-peak-climbing/>

Activity

Adventure Treks

Duration

15

Per Person From

USD 1,965

Accommodation

custom-content

Region

Everest Region Treks

Max. Altitude

6189m, Island Peak

2

Best Season

March - May September - November

Transportation

Flight, Car or Jeep

**2 Nights at Hotel in Kathmandu 11 Breakfast 13 Lunch 12 Dinner
nights tent camp 11 nights at
Lodge**

Most Adventure

Trip Highlights

- Experience the world most adventurous Lukla flight.
- Beautiful sherpa village Lukla, Phakding, Namche, Khumjung, Pangboche, Dingboche and life style.
- Rich buddhist culture Matra written stone, stupas, chorten, old Monasteries.
- Sagarmatha National Park flora and Fuana.
- The view of Mt. Everest, Lhotse, Makalu, Nuptse, Ama Dablam and many other peaks.
- achievement of Island Peak summit 6189 m.
- Tent Camp experience at Island Peak Base Camp.

Overview

Island Peak (6189m) is one of the most popular climbing peaks in Nepal. This trek offers an excellent opportunity to climb Island peak (6189m) . The summit of the Island peak offers brilliant views of the giant Mt.Everest, Makalu, and Lhotse. This trip start after fly from Kathmandu or Ramechhap to Lukla, Phakding, Namche, Tengboche, Dingboche, Chhukhung, Island Base Camp, High Camp, Island Peak Summit and back to Lukla. An adventurous flight to Lukla, rich buddhist culture matra written stone, stupas, chhorten, monasteries, sherpa people life style and villages, Sagarmatha national park flora and fauna, beautiful Everest and other Himalayas .

Island Peak Climbing Details

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 , Tengboche , Dingboche, Chhukhung, Island Peak summit. If you have extra days, it is recommended to go to Everest Base Camp first which helps to acclimatize your body and get ready for the Island Peak summit. Optional way to Kalapathar and **Everest Base Camp Trek**. After being rested and feeling physically fit and acclimatized Chhukhung, we then head up the beautiful Imja Khola valley towards Island Peak Base Camp. Besides trekking adventure, we also get to witness pristine Sherpa villages and ever-so-serene monasteries. Island Peak located on top of the Chhukhung 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 Pareshaya 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. Basecamp 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 the 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.

Price of Island Peak Climbing for Spring and Autumn:

Island Peak Climbing price is different in Spring and Autumn season as they have different permit price. Spring (March, April, May) has US\$350 per person and Autumn (September, October and November) has US\$175 per person.

The price of Island Peak in Spring Season :

The permit price of Island Peak is US\$350 per person in spring season (March, April, May), The price will help to increase the overall price of this climbing . The Island Peak Climbing price will be from US\$1999

to US\$2199 per person depending on the group size.

The price of Island Peak in Autumn Season :

The price of Island Peak is US\$175 per person in Autumn season (September, October and November) , this permit price will help to reduce the US\$175 in overall price of the package. The Island Peak Climbing price is from US\$1900 to US\$2025 per person depending on the group size.

Optional: 1 or 2 additional day is recommended in case of flight cancellation and bad weather in Island Peak Summit day.

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Outline

Day 01 Arriving in Kathmandu (1350m).

Day 02 Kathmandu - Lukla flight and trek - Phakding

Day 03 Trek Phadking - Namche

Day 04 Acclimatization day

Day 05 Trek Namche - Tengboche

Day 06 Trek Tengboche - Dingboche

Day 07 Trek Dingboche - Chhukhung

Day 08 Acclimatization day

Day 09 Trek Chhukhung - Island Peak Base Camp

Day 10 Summit Island Peak, back to Island Peak Base Camp or Chhukhung

Day 11 Trek Island Peak Base Camp or Chhukhung - Pangboche

Day 12 Trek Pangboche - Namche

Day 13 Trek Namche - Lukla

Day 14 Fly back to Kathmandu

Day 15 Departure from Kathmandu (1350m).

Daily Itinerary

Day 01: Arriving in Kathmandu

Arriving at 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.

Activity:

Airport Pick Up

Highest Altitude:

1340m, Kathmandu

Accommodations:

Kathmandu Guest House or similar

Day 02: Kathmandu-Lukla-Phakding

Fly to Lukla (35 minutes) and Trek to Phakding (2610m, 3-4 hours walking) and then overnight at the Lodge.

Activity:

35 minutes flight, 3 hours walk

Highest Altitude:

2610m, Phakding

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Sherpa Guide Lodge or similar

Day 03: Phakding-Namche Bazar

Trek from Phakding to Namche (3441m, 5-6 hours walking) and then overnight at the Lodge.

Activity:

5-6 hours walk

Highest Altitude:

3440m, Namche Bazar

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Khumbu Lodge or similar

Day 04: Rest day in Namche.

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

Activity:

4 hours walk

Highest Altitude:

3860m, Everest View Point

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Khumbu Lodge or similar

Day 05: Namche-Tengboche

Trek from Namche to Tengboche (3860m, 5/6 hours walking) and then overnight at the Lodge.

Activity:

5-6 hours walk

Highest Altitude:

3860m, Tengboche

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tashi Delek Lodge or similar

Day 06: Tengboche-Dingboche

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

Activity:

4-5 hours walk

Highest Altitude:

4410m, Dingboche

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Hotel Stupa inn or similar

Day 07: Dingboche-Chhukhung

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

Activity:

3 hours walk

Highest Altitude:

4730m, Chhukhung

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Khangri resort lodge and restaurant or similar

Day 08: Rest day

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

Activity:

2-3 hours walk

Highest Altitude:

5000m

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Khangri resort lodge and restaurant

Day 09: Chhukhung-Island Peak base camp

Trek from Chhukhung to Island peak base camp (5080m, 4-5 hours walking) and overnight at Tent.

Activity:

4-5 hours walk

Highest Altitude:

5080m , Island Peak Base Camp

Meals:

Breakfast, Lunch and Dinner

Accomodations:

Tent Camp

Day 10: Island Peak summit-Chhekhung

Today is hardest and longest day of the trek. You will start very early in the morning. The ascent of island peak (6189m) and then back to Base Camp or Chhekhung and overnight at Tent camp or Lodge.

Activity:

9-10 hours climbing

Highest Altitude:

6189m, Island Peak

Meals:

Breakfast, Lunch and Dinner

Accomodations:

Khangri resort lodge and restaurant or similar
Lodge

Day 11: Tent Peak Base Camp - Chhekhung-Pangboche

Trek from Island Peak base camp or Chhukhung to Pangboche (3950m,5-6 hours walking) and then overnight at the Lodge.

Activity:

5-6 hours walk

Highest Altitude:

3980m, Pangboche

Meals:

Breakfast, Lunch and Dinner

Accomodations:

Beyul Alpine Cottage or similar

Day 12: Pangboche-Namche

Trek from Pangboche to Namche (3450m,5-6 hours walking) and then overnight at the Lodge.

Activity:

5-6 hours walk

Highest Altitude:

3440m, Namche Bazar

Meals:

Breakfast, Lunch and Dinner

Accomodations:

Khumbu Lodge

Day 13: Namche-Lukla

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

Activity:

7 hours walk

Highest Altitude:

2840m, Lukla

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Everest Mountain Home or similar

Day 14: Lukla-Kathmandu

Fly from Lukla to Kathmandu (35minutes) in the morning and transfer to the selected Hotel.

Activity:

35 minutes flight

Highest Altitude:

1342m, Kathmandu

Meals:

Breakfast

Accommodations:

Kathmandu Guest House or similar

Day 15: Departure to your home country

Final departure to international airport to fly your home country.

Meals:

Breakfast

Island Peak Climbing : 1 Night / 2 Days from Chhukhung (optional)

If you want to trek yourself or join with other trekkers till Chhukhung and want to join Island Peak Climbing with us, we have package for 1 Night / 2 Days from Chhukhung. Our team will meet you in Chhukhung, you will trek from Chhukhung to Base Camp, climb to High Camp and Summit, back to Chhukhung next day.

Day 01: Chhukhung - Island Base Camp

After the breakfast, our team will come to pick you up at your Lodge in Chhukhung, trek to Base Camp (5080 m, 4-5 hours walk). Our climbing guide will teach you some ideas to use climbing gears in the afternoon. overnight at Tent Camp (Lunch, Dinner included) .

Day 02: Island Base Camp - High Camp - Summit, back to Chhukhung.

You will wake up early in the morning, get ready at 2:00am. From Base Camp - High Camp, you will trek. You will climb from High Camp to Summit with all equipment, enjoy the achievement on the top and take

some photo and video, back to Chhukhung for overnight (Breakfast and Lunch included) .

Whats Included?

- Pick-up and drop-off service at Trivuvan International Airport in Kathmandu by private Car/Van/Bus.
- 2 Nights at Kathmandu Guest House on BB Plan in Kathmandu.
- Kathmandu - Lukla- Kathmandu by flight.
- All meals (Breakfast, Lunch, Dinner) with Lodge and Tent Camp accommodation during the trek.
- One English speaking experience Trekking guide and trekkers 2: 1 porter.
- One experience climbing guide from Chhukhung to Island Peak Base Camp, Summit and back to Chhukhung.
- Island Peak Climbing Permit.
- Sagarmatha national park fee.
- Duffel Bag.
- Fingertip Pulse Oximeter (we use every day to check your oxygen level and blood pressure in your body to avoid high risk).
- Himalaya Trip T-shirt.
- Equipment such as Tent, Ice ax, Rope, Ices crow, Snow bar.
- Garbage Deposit.
- First Aid Kits.
- Climbing guide/porters/other staffs: Salary, Insurance, Equipment, Meals, and Accommodation etc.
- 13% Government VAT and official charge.

Whats not Included?

- International airfare .
- Nepal's visa fee (15 days for USD\$30 and 30 days for USD\$50) , you fill up a form [depart of immigration](#) before you leave and pay cash and get visa on your arrival in Kathmandu airport.
- Lunch and Dinner in Kathmandu.
- All the drinks such as tea, coffee, coke, beer, mineral water, battery charge, hot shower, wifi etc.
- Personal climbing gears & clothing (also available on hire).
- Your travel insurance which should include emergency Rescue.
- Tips for staffs.

Note: Price of Island Peak is different in Autumn and Spring season. Please, kindly check it before you book the trip.

Group Discounts Available

No. of Persons	Price per Person
2 - 4	USD 2,025
5 - 9	USD 1,965
10+	USD 1,899

Address

Raniban,
Kathmandu, Nepal