

## Island Peak Climbing

Duration: 19 Days



### Overview

<b>Trip Grade: Strenuous</b>	<b>Max Altitude: 6100m</b>
<b>Activity: Peak Climbing, Trekking, Hiking</b>	<b>Group Size: Min 02 pax</b>
<b>Arrival On: Kathmandu, Nepal</b>	<b>Departure From: Kathmandu, Nepal</b>
<b>Meals: All meals during trek &amp; breakfast in kathmandu</b>	<b>Accommodation: Stone Built Houses (tea houses) during trek</b>

“You must go on adventures to find out where you belong.” Offering an exciting climbing adventure trip, our **Island Peak Climbing** trip lets you encounter a miscellaneous experience of the natural & social phenomenon. Island Peak is situated amidst Upper Chhukung valley making it a high valued vantage point for eminent perspectives of the Himalayas including the majestic Mt. Everest, Lhotse, Nuptse, and other neighboring pinnacles. Anyone going for Island Peak Climbing needs to be prepared for walking in snow covered trails festooned with prayer flags through thick luxuriant woods of green vegetation and natural life. In the initial beginning days of our Island Peak Climbing, we shall take on after a trail of [Everest Base Camp Trek](#) before getting out-of-the-way at Dingboche. Prior to that, climbers begin their undertaking with the sightseeing tour of UNESCO World Heritage Sites around Kathmandu and travel to Lukla, the portal to the Khumbu district via flight. Then onward we start moving away from Lukla with a stunning scene of the grandiose Himalayas and plummet down to the riverbed of relentless Dudh Koshi River past Chheplung, Thado Koshi Gaon and others. Ahead in the trail, we shall experience steep inclines to reach Namche Bazaar and further on the trail explore through a trail filled with eye-catching perspectives of Amadablam, Lhotse Shar, Daboche before reaching the antiquated religious communities of Tengboche, Pangboche and Dingboche. From this instance, we shall progressively head to the Everest Base Camp via Gorakshep. Later on, we shall head to Kala Patthar which is beyond doubt a definitive highlight of this entire journey before trekking down to Chhukung town. Through the trail encompassed by icy masses, chilly lakes, torrential slide chutes, and towering Himalayas we reach to the base of Imja Tse or Island Peak. After a few pre-arrangements, we summit the Island Peak where we get the heavenly perspectives of glorious Mt. Everest, Lhotse, Makalu, Baruntse, Ama Dablam and others. Now onward we trek back down to Lukla via Tengboche & Namche Bazaar and after that to Kathmandu to finish this trekking/climbing venture. Island Peak



# Himalayan Holyland Treks & Expedition Pvt. Ltd.

Kaldhara Marga, Thamel, Kathmandu, Nepal

[www.himalayanholylandtreks.com](http://www.himalayanholylandtreks.com)

Climbing is a great start for yearning climbers and is a touch of testing background that joins trekking and crest climbing. Walk to May and September to November is the best seasons for this experience. With enough arrangements, you can encounter lifetime excite and experience amid this undertaking. Permit us to deal with your schedule, convenience, and different angles amid your Island Peak Climbing endeavor.



## Itinerary

### Day 1:

Arrival day in Tribhuban International Airport, Kathmandu then transfer to Hotel. Overnight at Hotel.

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### Day 2:

This is a day for sightseeing world heritage sites in the Kathmandu Valley including, Kathmandu Darbar Square, Swoyambhunath Temple and Patan Durbar Square. Overnight at the hotel at same program. (B/B) and trek preparation.

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### Day 3:

Kathmandu to Lukla -2700m, (30min flight), walk to Phakding (2650) Approximately 3 hrs, on our walk there will be the river flowing on our left where as we continue our trail passing the bridges, forests, Buddhist monasteries and stone Chorten (Stupa in the mountain region in Nepal)Â and on the right side of the trail Kusum Kanguru peak (6367m) can be seen if weather is clean there.

### Day 4:

Phakding to Namche Bazar (3440m) : Appr. 6hrs , the walk begins with the view beautiful flowing river ,villages, forests, waterfalls and we pass through the highest suspension bridge in Khumbu region. On the half way , the lunch break will be at Manjo or Jorsalle. There is a trekking permit check post also. We have small break also here when they entry the permit. This day we will also see the Mt. Everest from Top Danda just near by the Namche.

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### Day 5:

Rest in Namche for the acclimatization, hike to, Kusum Kanguru, Taboche, Khonde Peak and mony more. Everest view point (3800m), 1.30hrs, view of Mt. Everest, Amadablam, Kang-taiga and Thamserku.

Back to Namche Bazaar where Sagarmatha national park museum, Monastery and the market can be visited.

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### Day 6:

Namche to Tengboche (3860m) Appr. 5h, on this day we cross the river and there is beautiful rhododendron forest nearby the Tengboche. For lunch, we pause at Kenjoma or Phunki Tenga and we continue our trail to Tengboche; this is the biggest monastery in this region where the monks perform their religious rituals or Puja.

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**Day 7:**

Tengboche to Dingboche (4400m), Appr. 5hrs, walk through the rhododendron forest with the view of river and we see the Amadablam closer and there is also monastery in Pangboche village. Lunch will be at Pangboche or Somare.

**Day 8:**

Rest day at Dingboche. You smoothly adjust with quite height altitude and environment. Overnight at Hotel or Tea House.

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**Day 9:**

Dingboche to Labuche(4910m), appr. 5h, the view is even clearer and nicer from here like, ISLAND peak, Labuche Peak, Taboche Peak, Mt. Nuptse.

On this day we pass the Thukla Pass (4830m), the pass looks normal but there is high chance of getting Altitude sickness so better to drink sufficient water.

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**Day 10:**

Laboche to Gorakshep (5150m), 3 h walk with some little slight steep, the view of Khumbu Glacier (The biggest glacier in Nepal), Kalapathar, Pumori, Nuptse, Everest can be seen better even this day.

After Lunch at Gorakshep, we walk Appr. 2hrs for Everest Base camp (5364m) through small glacier, a tiny lake and landslide area and the main part of the Khumbu Glacier can be seen there.

Take photos and enjoy the view of Everest and surrounding mountains. Back to Gorakshep.

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**Day 11:**

Hike to Kalapathar at 5550m (17760 Ft), then back to Chhukung at 4730m (15518 Ft).

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**Day 12:**

Trek from Chhukung to Island Peak Base Camp at 5200m (17060 Ft).

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**Day 13:**

Base Camp to High Camp at 5600m (18372 Ft) with the help of Climbing guide and helper.

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**Day 14:**

High Camp to the Summit at 6189m (20305 ft) Hurray !!!Â Then back to Chhukung.

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**Day 15:**

Trek from Chhukung to Tengboche at 3860m (12352 ft). Overnight at Hotel or Tea House.

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**Day 16:**

Trek from Tengboche to Namche at 3440m (11008 ft). Overnight at Hotel or Tea House.

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**Day 17:**

Trek from Namche to Lukla at 2840m (9088 ft). Relax in Lukla with staff and Overnight at Hotel or Tea House.

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**Day 18:**

Fly back from LuklaÂ to Kathmandu ( 40 minute Flight) then transfer to hotel. Farewell dinner with guide or office represent. Overnight at Hotel in Kathmandu.

**Day 19:**

Departure to your onward destination or another trip or back to your own country. Say good bye see you soon in another trip.

## Cost Includes

- => Airport pickup and drop in a private vehicle for international flight.
- => Airport pickup and drop in a private vehicle for domestic flight.
- => Ktm-Lukla-Ktm domestic flight with airport taxes.
- => Hotel accommodation in B/B basis in Kathmandu.
- => Two way Kathmandu-Lukla-Kathmandu flight ticket for you and guide.
- => Tea house accommodation during the trek.
- => Three times meal during the the trek.
- => Tented accommodation during the climbing.
- => Farewell dinner in Kathmandu.
- => All the transportation as per the itinerary.
- => A professional English speaking, expert trekking/climbing guide.
- => Insurance/Salary for guide and porters.
- => Food and accommodation for guide and porters.
- => All necessary documents (Climbing Permits and TIMS).
- => All government and local taxes.
- => Medical kit.
- => T-shirt from the company.
- => Trekking map.
- => Trip completion certificate.

## Cost Excludes

- => Visa for Nepal.
- => International flight to and from Kathmandu.
- => Lunch and Dinner in Kathmandu.
- => Travel and Evacuation insurance of clients.
- => Personal expenses: Internet, bar bills, laundry during the trek.
- => Extra night accommodation in Kathmandu and other destination in exception of itinerary.
- => Tips for guide and porters.