Destination Unlimited Treks & Expedition Pvt. Ltd Pvt. Ltd.

Everest Base Camp with Island peak Climbing

Duration: 18 Days

Itinerary (Plan)

Day 1 Arrival in Kathmandu (1,350m) Meet and greet transfer to your Hotel.

- Time : Null
- Max Altitude : 1400m

Accommodation: Hotel in Kathmandu

Meal: null

Briefing about the trek and climb, Gear check and preparation. over night at Kathmandu,

Day 2 Fly to Lukla (2,800m) and Trek to Phakding (2,652m)

- Time : 4-5 hrs
- Max Altitude : 2652m

Accommodation: Teahouse & Local Lodge

Meal: BLD

Early morning flight to Lukla from Kathmandu airport or from Manthali airport. Trek from Lukla to Phakding (3-4 hours). Overnight in Phakding.

Day 3 Phakding to Namche Bazaar (3,440m)

- Time : 6-7 hours
- Max Altitude : 3440m

Accommodation: Teahouse & Local Lodge

Meal: BLD

Trek through pine forests and cross suspension bridges. Pass through the entrance of Sagarmatha National Park. Trek to Namche Bazaar (6-7 hours). Overnight in Namche Bazaar.

Day 4 Acclimatization Day in Namche Bazaar

- Time : 4-5 hrs
- Max Altitude : 3440m

Accommodation: Teahouse & Local Lodge

Meal: BLD

Short hike to Everest View Hotel for panoramic views of Everest, Lhotse, and Ama Dablam. Visit the Sherpa Culture Museum and Namche Bazaar. Take a short hike to the Everest View Hotel, offering spectacular panoramic views of Everest, Lhotse, and Ama Dablam. Capture unforgettable photos of these iconic Himalayan peaks. Next, immerse yourself in the Sherpa Culture Museum in Namche Bazaar, where you'll gain valuable insights into the Sherpa community's rich heritage and traditions. Explore the lively Namche Bazaar, a unique blend of local culture and modern amenities, making it a must-visit stop on your Everest adventure.

Day 5 Namche Bazaar to Tengboche (3,870m)

- Time : 6-7 hrs
- Max Altitude : 3870m

Accommodation: Teahouse & Local Lodge

Meal: BLD

Trek to Tengboche, famous for its monastery (5-6 hours). Visit Tengboche Monastery. Overnight in Tengboche.

Day 6 Tengboche to Dingboche (4,360m)

- Time : 6 hours
- Max Altitude : 4360m

Accommodation: Teahouse & Local Lodge

Meal: BLD

Trek through rhododendron forests and cross the Imja Khola. Reach Dingboche (5-6 hours). Overnight in Dingboche.

Day 7 Acclimatization Day in Dingboche

- Time : 4-5 hrs
- Max Altitude : Null

Accommodation: Teahouse & Local Lodge

Meal: BLD

Hike to Nagarjun Hill for acclimatization. Rest and explore Dingboche. Optional: Hike to Nangkartshang Peak (5,083 meters) for acclimatization, a scenic trek offering spectacular views of Everest, Lhotse, and Ama Dablam. This hike helps you adjust to the altitude while experiencing the beauty of the Himalayas. Afterward, enjoy some rest and explore the tranquil village of Dingboche. Known for its calm ambiance and stunning landscapes, Dingboche offers the ideal setting to relax and immerse yourself in the serene surroundings before continuing your trek.

Day 8 Dingboche to Lobuche (4,940m)

- Time : 5 hours
- Max Altitude : 4940m

Accommodation: Teahouse & Local Lodge

Meal: BLD

Trek through a rugged landscape with stunning views of mountains. Reach Lobuche (5-6 hours). Overnight in Lobuche.

Day 9 GoLobuche to Gorak Shep (5,170m) and Everest Base Camp (5,364m)

- Time : 6-9 hours
- Max Altitude : 5170m

Accommodation: Teahouse & Local Lodge

Meal: BLD

Trek to Gorak Shep (3-4 hours). Continue to Everest Base Camp (3-5 hours). Return to Gorak Shep for the night. Set off on an exhilarating trek to Gorak Shep, a 3-4 hour journey that takes you deep into the Everest region. After a short rest, continue your adventure towards Everest Base Camp, a 3-5 hour trek where you'll be treated to breathtaking views of Mount Everest and its neighboring peaks. Once you reach the Base Camp, soak in the incredible atmosphere of this iconic landmark. Afterward, return to Gorak Shep for a well-deserved rest. This remarkable journey allows you to immerse yourself in the majesty of the Himalayas while providing a restful stop before continuing your expedition.

Day 10 Gorak Shep to Kala Patthar (5,545m) and back to Lobuche

- Time : 6 hours
- Max Altitude : 5545m

Accommodation: Teahouse & Local Lodge

Meal: BLD

Early morning hike to Kala Patthar for sunrise views of Everest. Return to Lobuche (6-7 hours). Start your day with an early morning hike to Kalapatthar (5,545 meters), one of the best vantage points for panoramic

sunrise views of Mount Everest. Witness the first light illuminating the towering peaks, including Everest, Lhotse, and Nuptse, creating a breathtaking spectacle. After soaking in the stunning views, begin your return journey to Lobuche, a 6-7 hour trek that offers picturesque landscapes along the way. This memorable hike not only provides a close-up view of Everest's majestic beauty but also ensures a rewarding trek through the heart of the Himalayas.

Day 11 Lobuche to Chhukung (4,730m)

- Time : 7 hours
- Max Altitude : 4730m

Accommodation: Teahouse & Local Lodge

Meal: BLD

Trek from Lobuche to Chhukung (6-7 hours). Prepare for Island Peak climb.

Day 12 Chhukung to Island Peak Base Camp (5,200m)

- Time : 3 hours
- Max Altitude : 5200

Accommodation: Teahouse & Local Lodge

Meal: BLD

Trek to Island Peak Base Camp (3-4 hours). Set up camp and prepare for the climb.

Day 13 Island Peak Base Camp to Summit (6,189m) and back to Base Camp

- Time : 7 hours
- Max Altitude : 6189m

Accommodation: Tented Camp

Meal: BLD

Start early for the summit climb. Reach the summit of Island Peak (6189 m) Descend back to Base Camp (10-12 hours). Begin your day early for the challenging summit climb to Island Peak (6,189 meters). This exhilarating ascent will reward you with panoramic views of the surrounding Himalayan peaks, including Everest, Lhotse, and Makalu. After reaching the summit, take a moment to soak in the incredible views before beginning your descent back to Base Camp. The entire journey, which takes 10-12 hours, offers an unforgettable adventure through the heart of the Himalayas. This summit climb is a true test of endurance, but the stunning vistas and sense of accomplishment make it a highlight of your Everest trek.

Day 14 Island Peak Base Camp to Pangboche (3,985m)

- Time : 6 hours
- Max Altitude : 3985m

Accommodation: Teahouse & Local Lodge

Meal: BLD

Trek back to Pangboche (5-6 hours). Overnight in Pangboche.

Day 15 Pangboche to Namche Bazaar

- Time : 6 hours
- Max Altitude : 3440 m

Accommodation: Teahouse & Local Lodge

Meal: BLD

Trek back to Namche Bazaar (5-6 hours). Overnight in Namche Bazaar.

Day 16 Namche Bazaar to Lukla (2,860m): 6 - 7 hours

- Time : 7 hours
- Max Altitude : 2860m

Accommodation: Teahouse & Local Lodge

Meal: BLD

Today is the last day of our trek. Crossing several suspension bridges over Dudh Koshi River, we pass a couple of trails and ridges to reach Lukla. Overnight at in Lukla.

Day 17 Fly to Kathmandu 35 minutes : Flight Depending on weather

- Time : 35min
- Max Altitude : 2850 m

Accommodation: Hotel in Kathmandu

Meal: B+L

We relish the panoramic view of the Himalayas for the last time on our flight back to the capital. After we reach Kathmandu, we'll have farewell dinner at a restaurant. Overnight in a hotel in Kathmandu.

Day 18 Final departure

- Time : null
- Max Altitude : null

Accommodation: null

Meal: B

As per flight schedule we will transfer to the airport or extend the trip.

Cost Include

- All airport transfers
- Accommodation in Kathmandu
- Farewell Dinner
- Tea-house Lodge during the Trekking
- Experience, Government Licensed English-speaking Guide
- Beautiful Finisher Medals for every trekkers
- Porters : 2 Member one porter
- Domestic Airfare/ Ktm-Luckla-Ktm. Airport Tax
- All your standard Meals (breakfast, lunch and dinner) during the trekking.
- All Trekking permits and Climbing Permits
- Sleeping bag, Duffle bag by company
- Staff insurance, medication and equipment,
- First Aid Kit and Special Care
- Rescue arrangements for our clients
- All Govt. and Local Taxes
- Trekking Certificate from Destination Unlimited Treks

Equipment List & Gear Guide

Hello Worlds

Cost Exclude

- International airfares
- Travel/trekking insurance
- Kathmandu sightseeing Entrance fees
- Nepal entry visa fees.
- Mountain rescue charges or insurance
- Bottled drinks on trek (cold and alcoholic) and Hot Drinks
- Lunch and dinner during your stay in Kathmandu.
- Additional food or drink on trek in addition to three standard meals
- Personal expenses, Emergency Expenses, road blocked, snakes, desert.etc
- Tips, Hot Showers
- Which is not mentions in Cost Included Section.
