Island Peak Climbing

Duration: 16 Days

Itinerary (Plan)

Day 1 Arrival Kathmandu (1,300m)

- Time : Null
- Max Altitude : 1300m

Accommodation: Hotel

Meal: Breakfast

Upon your arrival, our representative will greet you at the airport and escort you to your hotel. The afternoon will be free for you to get the first taste of Nepali life in Kathmandu. over night at Kathmandu.

Day 2 Trekking preparation day and half day sightseeing.

- Time : Null
- Max Altitude : 1350m

Accommodation: Hotel

Meal: Breakfast

Today we will take a tour around the city of Kathmandu, visiting the major heritage sites such as; Pashupatinath, Boudhanath, Swayambhunath, Patan and Durbar Square. You will be guided and informed by a licensed guide. O/N Hotel

Day 3 Fly to Lukla (2,800m) then trek to Phakding (2,652m): 40 min flight, 3-4 hours trek

- Time : 4 hours
- Max Altitude : 2800m

Accommodation: Tea-house

Meal: BLD

We will fly to Lukla enjoying the fantastic view of the Himalayas and land at one of the world's most unique airport. We then trek for 3-4-hour to reach the village of Phakding. On our way, we come across lush forests, water streams, and a couple of bridges before reaching our destination. O/N Lodge.

Day 4 Phakding to Namche Bazaar (3,440m): 5-6 hours

- Time : 6 hours
- Max Altitude : 3440m

Accommodation: Tea-house

Meal: BLD

We will begin with breakfast and march towards the entrance of Sagarmatha National Park. With a beautiful view of Everest, Lhotse, Makalu, and the other Himalayas, we come across dense forests of juniper, rhododendron, fir, and pine. After 6 hours of trek, we reach the village of Namche Bazaar. O/N Lodge

Day 5 Namche Bazaar (3,440 m): Acclimatization Day

- Time : null
- Max Altitude : 3440m

Accommodation: Tea-house

Meal: BLD

We will spend an additional day here to acclimatize, taking off on a short day climbs to Hotel Everest View which has the dazzling perspective view of the Himalayas.

Day 6 Namche Bazaar to Tengboche (3,870m) 5- 6 hours

- Time : 6 hours
- Max Altitude : 3870m

Accommodation: Tea-house

Meal: BLD

We start our day trekking along the beautiful view of the Himalayas. We trek through the Dudh Koshi gorge to Tengboche Monastery, a standout amongst the most excellent valleys strolls on earth. Tengboche Monastery is famous for the stunning view of Cho Oyu, Nuptse, Ama Dablam, and the other Himalayas from the monastery's premises. O/N Lodge.

Day 7 Tengboche to Dingboche (4,360 m): 5 to 6 hours

- Time : 6 hours
- Max Altitude : 4360m

Accommodation: Tea-house

Meal: BLD

Today we trek to Dingboche. Enjoy the serenity of nature, we climb uphill to our next acclimatization village. This offers an opportunity to witness the musk deer, mountains goats and various species of beautiful birds living in the lush Himalayan forests. We trek for 6 hours to reach Dingboche. O/N Lodge

Day 8 Dingboche to Chhukung (4,730m): 3-4 hours

- Time : 4 hours
- Max Altitude : 4730m

Accommodation: Tea-house

Meal: BLD

Today, we leave the main Everest Base Camp trail and trek to Chhukung. We trek through dense alpine forests of rhododendron before crossing few wooden bridges over water streams. We reach Chhukung after 4 hours of trek. This beautiful village is in the heart of the region and is a popular destination for those taking this trekking route. Overnight tea house.

Day 9 Acclimatization: Climb Chhukung Ri (5,546m) and trek back to Chhukung: 3 – 4 hours

- Time : 4 hours
- Max Altitude : 5546m

Accommodation: Tea-house

Meal: BLD

Chukkung Ri is a rocky peak, similar to Kalapatthar, above the village of Chhukung. This peak will be used as an acclimatization ascent by our group to prepare for the Island Peak Climb. Chukkung Ri hosts an outstanding view of the Himalayas.

Day 10 Chhukung to Island Peak Base camp (5,200m): 3-4 hours

- Time : 4 hours
- Max Altitude : 5200m

Accommodation: Tea-house

Meal: BLD

Today, we will leave the Village of Chhukung and trek to the Island Peak Base Camp. Along the route, we will be adorned with lush flora and fauna as we take in the view of the Himalayan backdrop and snow-capped mountain peaks along the route. We cross several bridges over water streams and stumble across the moraine of Lhotse Glacier. We trek through a steep ridge to reach Island Peak Base Camp.

Day 11 Island Peak Base Camp to Island Peak Summit (6,189m), back to base camp: 10-12 hours

- Time : 8 hours
- Max Altitude : 6189m

Accommodation: Tea-house

Meal: BLD

We begin our 1,000-metre ascent to the summit. Although there is some scrambling in places, the route is well used and easy to follow. We use the techniques we learned the day before to climb the peak. We follow a rocky spur to the upper snowfields which offer stunning views of Makalu and Lhotse. The view from the top is truly breathtaking. We feel like we are at the top of the world. After exploring the summit, we trek back to the base camp.

Day 12 Island Peak Base Camp to Pangboche (3,985m) 5-6 hours

- Time : 6 hours
- Max Altitude : 3985m

Accommodation: Camping

Meal: BLD

Passing Chhukung, we trek down to Dingbuche, Syomare, cross few bridges to finally reach Pangboche. Pangboche is a spectacular place with the most ancient gompa of the Everest region- Pangboche Gompa. We take tours of the gompas. O/N Teahouse

Day 13 Pangboche to Namche Bazaar: 4-5 hours

- Time : 5 hours
- Max Altitude : 4330m

Accommodation: Tea-house

Meal: BLD

Trekking through dense forests of rhododendron, juniper, and pine, we descend to Tengboche and then to Phunki Tenga. Continuing our trek, we cross some wooden bridges over Dudh Koshi River and some water streams to reach Namche Bazaar through stone step trail.

Day 14 Namche Bazaar to Lukla: 6-7 hours

- Time : 7 hours
- Max Altitude : 4330m

Accommodation: Tea-house

Meal: BLD

On our final day of trekking, we enjoy the majestic mountains, serene nature and traditional villages as we make our way to Lukla. Trekking through rhododendron forest to the valley floor, we recall the great experiences we have just shared. We go for a Himalayan style dinner in the evening. O/N Hotel

Day 15 Fly to Kathmandu

- Time : 35 minutes
- Max Altitude : 1350m

Accommodation: Hotel

Meal: BLD

The last day involves flying back to Kathmandu (35 mins), checking into the hotel. The rest of the time in the capital city can be used to buy souvenirs and enjoy the sights and sounds before departing. O/N Hotel

Day 16 Final departure

- Time : Null
- Max Altitude : Null

Accommodation: Null

Meal: Null

It’s the day to say bid farewell to the beautiful land of Nepal. Our company representative will take you to the airport. In case our country has enchanted you so much you desire to further explore, we are always there to extend your trip.

Cost Include

- All airport transfers
- Accommodation in Kathmandu
- Farewell Dinner
- Tea-house Lodge during the Trekking
- Trekking Guide and Special Climbing Sherpa
- 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.
- Every meals cup of tea or coffee
- All Climbing permits and Necessary Documents
- Sleeping bag, Down Jacket(If Necessary) & 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.
