



Contact Information

+977 01-4813144, +9779851135348

info@adventureascent.com

Kapan Marg, Kathmandu, Nepal



Island Peak Climbing

Located on top of the Chukung glacier between Ama Dablam & Lhotse Mountains, Island Peak is the most sought after trekking destination because of its challenging geographical conditions. Each year more than 300 groups attempt to scale the summit of Island peak. This trek offers an excellent opportunity to climb a Himalayan Summit 6,173m together with an exhilarating Trek to the Everest Base Camp & Kala Pattar. The most difficult section is a mixed rock & ice wall at a slope of around 45 degrees leading to the narrow summit ridge. The magnificent views from the summit, however, are certainly a fitting reward for your efforts. Before climbing Island Peak, we trek up the Dudh Kosi valley from Lukla, passing through Namche & Tengboche on our way to Kala Pattar & Everest Base Camp. After being well rested & feeling physically fit as well as acclimatised, we then head up the beautiful Imja Khola valley towards Island Peak. Besides trekking adventure, we also get to witness pristine Sherpa villages & ever-so-serene Monasteries. With ponderous memories of the trekking earlier done, we retrace our route back through Namche to Lukla, from there on we fly back to Kathmandu. This trip can be done during March to May or September to December. A physically fit & acclimatised person is well qualified to make an ascent over this Peak.

Price: Varies

Trip Start: Kathmandu/Lukla

Trip Ends: Lukla

Duration: 15-19 Days

Grade: Medium

Altitude: 6189m

Destination: Home

Trip Style: Climbing/Trekking

Transport: Flight/Helicopter

Group Size: 1-10+

Best Time: Autumn and Spring Season

Itinerary

Day	Title	Description
1	<u>Arrival in Nepal</u>	After landing at the Tribhuvan International Airport, Adventure Ascent representative will be there to greet you and take you to the hotel. We will then check-in at the hotel, freshen up and take a rest. Welcome dinner will be hosted in the evening.
2	<u>City tour in Kathmandu and trek preparation</u>	After introduction with the city tour guide at the hotel you will begin your tour to Pashupatinath temple, Swayambhunath stupa and Bouddhanath stupa, which are all world heritage sites. Pashupatinath temple is one of the most important places of pilgrimage for all Hindus. Swayambhunath is also known as the Monkey Temple and Baudhanath Stupa is one of the largest stupas in the world. After the tour you will meet with your trekking guide, briefing about the trek and checking your trek gears will be done afterwards.
3	<u>Fly to Lukla, trek to Phakding (2,651m) 3 - 4 hours trek</u>	Today you will begin your Everest Base Camp journey by taking short flight to Lukla. Upon arrival at Lukla you will meet with the rest of our team and start your trekking from there. We will then gradually descend towards Duhkoshi River where we join the main trail to Namche Bazaar. After passing through the small village called Ghat (2,550 m), it is a short walk to Phakding. Overnight in Phakding

- 4 Trek to Namche Bazaar (3,441 m) - 5.5 hours

We continue our second day of trekking along the banks of the Dudh Kosi River, crossing the majestic river many times on exciting suspension bridge. After crossing the suspension bridge, we pass Jorsale village and walk alongside of the Dudh Koshi and Bhote Koshi rivers. We ascend on a steep trail and reach Namche Bazaar which is the biggest town in the Everest region. Namche Bazaar (considered the Gateway to Everest) is home to many quality restaurants, hotels, lodges, shops, money exchange services, Internet cafes and bakeries. Overnight in Namche Bazaar.
- 5 Namche Bazaar: Acclimatization Day.

We will spend a day in Namche Bazaar in order to acclimatize and adjust our body to the thinning air. Today we can tour around Namche Bazaar as it is the primary town of the Everest /Khumbu region. Afterwards we will trek to a Sherpa Cultural museum, Syangboche Airport and the Everest View Hotel, one of the highest-placed hotels in the world. From this point, we can see breathtaking views of the Himalayas including Mt Everest. Overnight in Namche.
- 6 Trek to Tengboche (3,860 m) 4- 5 hours

Our trek continues enjoying the magnificent mountain views of Everest, Nuptse, Lhotse, Ama Dablam, Thamserku and Kwangde. After an easy walk until Phunkitanga, we start ascending towards Tengboche valley where the biggest monastery of Everest region is situated. It falls in Sagarmatha National park. Tengboche Monastery opens at 3:00pm, so if we reach there by 3 o'clock we can observe a Buddhist religious ceremony. Overnight in Tengboche.
- 7 Tengboche to Dingboche (4,360 m), 5 - 6 hours

We begin a new day of our trek descending towards Debuche through Rhododendron forests and crossing Imja River to reach Pangboche. Here, we choose the upper Pangboche trail to visit the famous Pangboche Monastery and also to admire the Himalayan vista. We continue our trek to the Imja Valley and Lobuche River before ascending to Dingboche. The views from Dingboche are mesmerizing. From here you can view Island Peak, Makalu and another face of Amadablam. Dingboche is the beautiful village where you can observe crops of barley, buckwheat and Potato and also grazing cattles. Overnight in Dingboche
- 8 Dingboche: Acclimatization

Today is our second and last acclimatization day for the journey. Spending a day in Dingboche will help us to acclimate to the high altitude. We will hike to Nagarsang hill to prepare ourself ready for Kalapatthar and Everest Base camp hike. Overnight at Dingboche.

- | | | |
|----|--|---|
| 9 | <u>Dingboche to Lobuche (4,600 m), 3 - 4 hours</u> | As soon as we finish our breakfast we continue our journey from Dingboche through the high alpine region to the destination of Loboche. Along the way we cross the glacial frozen river at Thukla. We can also observe the memorial shrines for climbers who lost their lives on Mt. Everest. We then continue our trek watching magnificent view of Cholatse, Lobuche, Pumori and Nuptse. Overnight in Lobuche. |
| 10 | <u>Lobuche to Gorak Shep (5170 m), visit Everest Base Camp (5364 m), 6-7 hours</u> | This is a big and most amazing day as we walk along the Khumbu Glacier and up to Everest Base Camp at 5,365 m, the closest you can get to Mt. Everest without mountaineering equipment. The Everest Base Camp is stunningly beautiful. During spring, there will be many expedition teams attempting the summit. The view of the Khumbu Icefall from Base Camp is just spectacular. We return back to Gorak Shep for the night. |
| 11 | <u>Trek to Dingboche 4,350m</u> | We head back down today, through Duglha, to the summer village of Dingboche, where the houses are dotted about in the fields. |
| 12 | <u>Trek to Chukhung 4,750m</u> | Today, we have an easy walk for about 2 hours, climbing up gradually to the small settlement of Chukhung. Along the way we have great views of Island Peak and the challenge that awaits us. |
| 13 | <u>Trek to Island Peak Base Camp 5,150m</u> | Another easy day, the trail crosses the river & follows the valley for 3 hours, passing beneath the magnificent South face of Lhotse. Base camp is by the side of the Imja glacier, below steep grassy slopes which mark the start of the climb on Island Peak. |
| 14 | <u>Trek to high camp</u> | We ascend a little further to high camp where we will relax & make final preparations for our climb tomorrow. |
| 15 | <u>Ascent of island peak 6,189m</u> | Crossing the gully above the camp the trail makes a climb for another hour to a narrow ridge, leading on to the glacier. Here it is time to rope-up & put on our crampons as the most interesting part of the climb begins with the glacier crossing. This is followed by the steep snow slope that leads onto the summit ridge. This ridge is wonderfully airy & on reaching the summit we have stunning close-up views of the South face of Lhotse looming over us whilst in the other direction, there are more dramatic mountain views. We descend along the same route, down to base camp. |

- | | | |
|----|---|---|
| 16 | <u>Rest day</u> | A contingency day allocated for weather, rest & relaxation etc. |
| 17 | <u>Trek to Pangboche
3,950m</u> | After descending along the trail to Chukhung, we continue on to Dingboche for lunch. It is then another couple of hours to the lovely village of Pangboche where we'll camp for the night. |
| 18 | <u>Trek to Namche
Bazaar 3,450m</u> | Today we follow the river & after crossing it, climb back up through Birch & Rhododendron forest to Tengboche, Kwangde, Tawache, Everest, Nuptse, Lhotse, Ama Dablam, Kantega & Thamserku are just a few of the Himalayan giants to be seen. From Tengboche we descend to the bridge over the Dudh Kosi at Phunki Tenga, where there are water driven prayer wheels, before making our way back to Namche Bazaar. |
| 19 | <u>Trek to Lukla
2,800m</u> | Our final day's trekking follows the Dudh Kosi back down to Lukla. This last evening in the mountains is the ideal opportunity for a farewell party with the Sherpa Guides & Porters, where we can sample some chang, try Sherpa dancing & look back on a memorable trekking experience. |
| 20 | <u>Fly to Kathmandu</u> | We take an early morning flight to Kathmandu after our adventurous mountain journey. Once we reach Kathmandu, we can take a rest or do some souvenir shopping or other activities like river rafting, bunjy jumping etc. If we want to explore any other areas of Kathmandu, we may do that today. |
| 21 | <u>Extra day in
Kathmandu</u> | This day will be an extra buffer day just in case the flight from Lukla get cancelled due to bad weather. We will have farewell dinner in the evening. |
| 22 | <u>Final departure</u> | Our adventure in Nepal ends today. An Adventure Ascent representative will drop you off at the Tribhuvan International Airport a few hours before the scheduled flight for final departure towards your sweet home. |

Includes

Airport Pick up and transfers to hotel and briefings with tea and biscuits in Katmandu.

All accommodation as BB in 4 star hotel.

Experience professional guide for tour, trekking.

Full insurance for staff during the trip.

Full board meals on trekking breakfast lunch & dinner.

Properly tea and coffee whatever hot drink available only on trekking.

Transportation from the starting and ending points of the trekking.

All domestic flight tickets and airport tax for Everest region and Jomsom only.

First Aid Kit for staff.

Oxygen gas in case.

Potter bag (Luggage).

National park entry fee and TIMS card or trekking permit whatever needed.

Sleeping bag.

Trekking stick.

Excludes

Lunch and dinner in Kathmandu and Pokhara.

All hard drinks such as : Mineral water, whisky, rum, cola, fanta, etc.

All entrance fees during the sightseeing in Katmandu and until finished.

Any extra cost offering from unfavorable circumstance such as weather bad.

Personal equipment.

Personal expenses like hot shower and battery charge.

Emergency Rescue evacuation if necessary.

Personal tips for trekking staff.