

Island Peak Climbing

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Imja Tse, well-known as Island peak (5600 m), is a mountain located in the Himalayas of eastern Nepal. The peak was named as Island peak in 1951 by Eric Shiptons Party since it appears as an island in a sea when viewed from Dingboche. The peak is actually an extension of the ridge coming down off the south of Lhotse shar. The treks to Island Peak at 6160 meters reward us with brilliant views of Ama Dablam, South Face of Lhotse and Makalu. The diversified landscapes and unique Nepali culture. This peak lies in the Everest region and trek starts from Lukla.

Grade: Hard

Hard kind of trekking routes crosses through the wild and adventurous trails and sometimes passes through the snow covered high passes between 4500 meters to 5500 meters. Usually the walks takes from 7-8 hours everyday.

Destination: Nepal

Activity: Peak Climbing

Region: Everest Region

Itinerary:

DAY 1:Kathmandu

Arrival in Kathmandu. You will be met, greeted and transported to the Hotel.

DAY 2:Kathmandu (1350m.)

Free for Kathmandu city sightseeing tour, enjoy the day in Kathmandu - Nepal 's capital city and prepare for the next day's Mount

Everest trek. Overnight at hotel.

DAY 3:Kathmandu - Lukla (2840m) - Phakding (2610m.)

In the morning, take a spectacular 40-minute flight from Kathmandu to Lukla - 2840 meters in the Khumbu region of Eastern Nepal - providing unforgettable views of the terraced landscape and river valleys below, as well as up-close perspectives of some of the world's highest mountains followed by a trip to Phakding (2610m). After an easy afternoon's scenic walk, set up camp for an overnight stay Phakding. Overnight at hotel/lodge.

DAY 4:Phakding - Namche Bazaar (3440m.)

Walking through the magnificent forests of rhododendron, ending your nature-filled journey at Namche Bazaar (7 hrs from Phakding). While passing this long and often-steep passage, experience both the serenity and scenery of blue pine forests, firs, and junipers - all serving as the foreground to the beautiful backslash that is Mount Everest .Overnight at hotel/lodge.

DAY 5:Day of Acclimatization at Namche Bazaar (3440m.)

Enjoy the beauty of Namche's quaint village as well as the friendliness and hospitality of its local people. Trekkers may also visit the local museum containing exhibits displaying the area's native flora and fauna as well as the history of the Mount Everest region. Overnight at hotel/lodge.

DAY 6:Namche Bazaar - Dole (4200m.)

This day we will walk straight 1 and half hours, and then we will walk through ascending and descending trail. It will take about 7 hours to reach Dole. From there we will see good views of Rolwaling range, Thamserku, Kangtega, Kusum kanguru, Lhotse, Nuptse, Amadablam, Everest, Cholatse and Lhotse shar. Overnight at lodge.

DAY 7:Dole - Machhermo (4470m.)

This day we will walk ascend at the starting and then walk straight towards Machhermo. We will reach Machhermo in about 4 hours. From there we will see spectacular view of Cho-oyu and other few mountains. Overnight at lodge.

DAY 8:Machhermo - Gokyo (4790m.)

This day we will walk for about 4/5 hours to reach Gokyo through almost straight trail crossing small river. From there we will see Cho-oyu, Gyachung Kang. Overnight at lodge.

DAY 9: Gokyo - Thagnak (4700m.)

Early morning we will walk towards Gokyo ri, form there we will see spectacular views of Cho-oyu, Everest, Makalu, Pumori, Gauri Shankar and many more. We will return to Gokyo for lunch and after lunch we will continue towards Thagnak. We have to walk total 6 hours to reach Thagnak from Gokyo. Overnight at lodge.

DAY 10:Thagnak - Chola pass (5330m.) - Djonglha (4830m.)

This day we will walk uphill at the starting and then little straight and again we will walk uphill and downhill through the glacier. From

there we will see good views same as from Namche to Dole. Overnight at lodge.

DAY 11: Djonglha - Lobuche (4940m.)

This day we will walk about 3 hours to reach Lobuche from Djongla through slightly ascending trail. From there we will see various villages such as Dingboche, Pheriche, Dughla. Overnight at lodge.

DAY 12: Lobuche - Gorak Shep - Kala Pathar (5550 m) - Gorak Shep (5140m.)

Enduring a climb of approximately two (2) hours to arrive at Gorak Shep where you are treated to yet another beautiful view of Mt. Everest and Pumori - reaching Kala Pathar (within two hours of trekking). Once observing one of the most up-close and formidable views of Mt. Everest from Kala Patthar, return back to Gorak Shep for an overnight stay at lodge.

DAY 13: Gorak Shep – EBC (5380 m) - Lobuje (4940m.)

Walk along the Khumbu Glacier and up to the Everest Base Camp (5380m) - the closest destination reachable without proper mountain-climbing equipment. Here, enjoy the spectacular view of the Khumbu Icefall from the world-renowned Mount Everest Base Camp before descending to Lobuje. Overnight at lodge.

DAY 14: Lobuche - Chhukhung (4730m.)

This day we will walk through descending trail at first and walk through flat trail. After this we will walk again slightly uphill to reach Chhukhung. We have to walk about 5/6 hours to reach Chhukhung from Lobche. From here we will see good views of various mountains. Overnight at lodge.

DAY 15: Chhukhung - Island Peak Base Camp (4970m.)

This day we will walk slight uphill 4/5 hours to reach Island Peak Base Camp. Overnight at Tented Camp

DAY 16: Island Peak Base Camp - High Camp

This day we will walk 3 hours uphill to reach High Camp. Overnight at Tented Camp.

DAY 17: High Camp - Island Peak Summit (6189m.)

Early morning around 2 AM we start to climb Island peak from there we will see spectacular views of Amadablam, Baruntse, Makalu, Lhotse, Lhotse shar, Mera peak, Thamserku, Kangtega, Everest view hotel, Numbur himal, Gaurishankar and many more. We will return to Chhukhung. Overnight at lodge.

DAY 18: Chhukhung - Tengboche (3860m.)

This day we will walk slightly 6/7 hours downhill to Tengboche from there we can visit Tengboche monastery, which is a largest monastery in Nepal and also we can see good views of Amadablam, Everest and more. Overnight at lodge.

DAY 19: Tengboche - Namche Bazaar (3440m.)

We will descend 5 hours to reach Namche Bazaar. Once again traversing the beautiful, prismatic forests of blue pine and

rhododendron. We will have a chance to see our national bird (danfe), Mountain sheep and many more wildlife. Overnight at lodge.

DAY 20:Namche Bazaar - Lukla (2840m)

An easy walk down to Lukla for the final night's stay in the Khumbu region - participants can explore Lukla, a rapidly changing portion of the Himalayas. Overnight at lodge

DAY 21:Lukla - Kathmandu (1350m)

Take a return flight from Lukla to Kathmandu where participants can kick up their feet and relax at a hotel; taking time to reflect on the journey behind them Overnight at Marshyangdi Mandala

DAY 22:Kathmandu

This day you will be free for various activities such as shopping ,sightseeing and etc. Overnight at hotel.

DAY 23:Final Departure

Transfer to international airport and fly to your destination

Cost Include:

- Transfer airport – hotel – airport including domestic airport
- 4 nights hotel in Kathmandu with breakfast
- Kathmandu – Lukla - Kathmandu air ticket including guide
- Domestic airport tax including the guide
- Kathmandu – Lukla – Kathmandu cargo 15 K.G. per person
- All the meal (breakfast, lunch and dinner with tea/coffee) at lodge and tented camp during the trek and climbing period
- Accommodation at lodge and Tented Camp during the trek
- Everest National Park Fee + Island peak climbing permit Climbing guide-s and 1 porter per person basis during trek
- Climbing guide-s equipment fee
- One member tent for two person basis, kitchen tent, dining tent, toilet tent, chair, tables and kitchen gears during the climbing period
- Fix rope, ice screw, ice bar and etc.
- Staff: all meal, accommodation, wages and insurance
- Farewell dinner
- Company service charge
- All necessary government taxes

Cost exclude:

- Personal equipment
- Personal and medical Insurance
- Lunch and dinner in Kathmandu
- Emergency Rescue evacuation by helicopter incase needed
- Ice axe, karabiner, Jummer, figure 8, harness, crampons and boots
- Personal expenses
- Bar bills (mineral water, coke, beer etc)
- Tips
- Any other services, which is not mentioned above