

Island Peak Climbing

Duration: 23 Days Days

Max Altitude: 6,167 m

Destination: Nepal

Trip Grade: Moderate

Best Season: Autumn, Spring

Trip Highlights

Highlights of Island Peak Climbing

- Scenic flight From Kathmandu to Lukla.
- Explore Beautifull Namche bazaar and Khumjung valley.
- Gokyo RI with Glacier (More than 84 different mountains over 6000m).
- Climb the attractive peaks in the Everest region.
- Everest base camp and Kala pather
- Sherpa culture and experiences that life as the “mountain people” live, in the heart of the Himalayas.
- Visiting Tengboche Monastery
- Views of Khumbu Icefall and Makalu Himalayan Range.
- Summit to Island peak at an elevation of 6,187 meters.
- Amazing icy mass perspectives from the highest point of the island top.

Trip Overview

An adventure that takes you through the pristine **Gokyo lakes**, two of the three passes of the Everest region, the **Khumbu Glacier**, and ultimately to the summit of Imja Tse (Island Peak) (6189m). **Island peak** rises from the **Lhotse Glacier** and is claimed to be one of the main climbing peaks in the Everest region of Nepal. With not so hard expedition, beginner climbers wishing to get into the majestic world of mountain climbing can go for **Island Peak climbing**. This climb offers an astonishing view of the world’s tallest mountain; Everest (8848 m).

The trek starts with a thrilling flight to **Tenzing-Hillary Airport** in Lukla from Kathmandu. The panoramic view of mountains like Everest (8848m), Ama Dablam (6812m), Thamserku (6623m), Cho Oyu (8201m), Toboche (6542m), and other peaks of the Khumbu Region stay along throughout the trek. Walk past the beautiful

villages of Phortse Thanga, Dhole, Luza, and Machhermo to witness the tranquility of the Gokyo Lakes. En route to Island Peak Base Camp, visit the **Cho-La Pass** and **Kongma-La Pass** as you sneak in a few days to climb up and down to **Everest Base Camp and Kala- Patthar** via Lobuche and Gorakshep. Finally, pass the village of Chhukung and reach Island Peak Base Camp. Enjoy the panoramic view of the peaks of the Khumbu Region, with a sense of pride, as you stand on the summit of Island Peak (6189m). While retracing the trail through the villages of Dingboche, Pangboche, **Tengboche**, and Namche Bazaar to arrive at **Lukla**, the landscape looks surreal as you're filled with the joy of a successful summit.

My Everest Trip assures me to guide you through every obstacle that you meet. Our hardworking and ever-experienced guides and workers won't let you get into any trouble. We have been providing the ultimate happiness through various trips in the **Nepal Himalayas**.

Detailed Itinerary

Day 01: Arrive in Kathmandu (1300m)

We welcome you at Tribhuvan International Airport with our warmest greetings. Then, we escort you to the hotel. Overnight at a 3-star hotel.

Day 02: Sightseeing in Kathmandu (1300m)

Visit the World Heritage Sites in Kathmandu Valley like Kathmandu Durbar Square, Swayambhunath Temple, Boudhanath Stupa, and Pashupatinath Temple. Overnight at a 3-star hotel.

Day 03: Flight from Kathmandu to Lukla (2800m).

Experience the adrenaline rising as you get a scenic aerial view of the mountains on the flight to Lukla from Kathmandu. Tenzing-Hillary Airport (2860m) in Lukla is situated on high ground and is considered to be one of the most thrilling airports in the world. Overnight at the teahouse.

Day 04: Phakding to Namche Bazaar (3440m)

To reach the gateway to Mt. Everest, Namche Bazaar, you pass through Himalayan pine and cedar forests. Passing through different waterfalls and breathtaking suspension bridges along the way, following Dudh Koshi River, you reach the Sherpa town of Namche Bazaar. Overnight at a hotel.

Day 05: Namche Bazaar Acclimatization.

Today is all about exploring the colorful Namche Bazaar and its outskirts. The place, mostly filled with hotels and lodges, is a vibrant Sherpa town with a Sherpa museum exhibiting their culture, cuisine, and lifestyle. Hike up to Syangboche Airport (3720m) near Everest View Hotel and enjoy a stunning panorama of Everest (8848) and other Khumbu peaks. Again, hike back to Namche and rest for the evening. Overnight at a hotel.

Day 06: Namche Bazaar – Dhole (4200m)

On the way to Dhole, witness beautiful forests of rhododendron as you walk

through somewhat steep trails. Cross the longest Mani walls as you continue on the trail of stone steps. You will be accompanied by the incredible view of the Khumbu peaks as you pass through the villages of Mong and Phortse Thanga to arrive in Dhole. Overnight at a hotel.

Day 07: Dhole – Machhermo (4470m)

Ascend alongside Dudh Koshi River through the villages of Lhabarma and Luza to arrive at Machhermo. Along the way, you will have a panoramic view of the peaks of Thamserku (6623m), Kangtega (6782), Cho Oyu (8188), and Taboche (6367m). Passing through a steep trail and ascending for about 5 hours, lead you to Machhermo. Pastures can be seen and bushes of junipers will be refreshing your trek to Machhermo. Overnight at a guest house.

Day 08: Machhermo – Gokyo Valley (4700m)

Climb up the ridge and walk on the moraines of the largest glacier in the Khumbu region, Ngozumpa Glacier, to arrive at the first Gokyo Lake. Continue to ascend towards the second Gokyo Lake, and then the third lake. Spending some time around the tranquil lakes, you will then reach the stunning valley of Gokyo. Overnight at a lodge.

Day 09: Acclimatization Day at Gokyo Valley.

Today, you explore the beautiful Gokyo valley. Hike up to Gokyo Ri (5360m) from where you can have a bird's eye view of the astonishing Gokyo valley, along with a breathtaking vista of Mt Everest (8848m) and Makalu (8481m). After, climb down to Gokyo village and rest for the evening. Overnight at a lodge. Breakfast, Lunch Dinner Included.

Day 10- Gokyo to Thangnak (5330m)

From Gokyo, you will first descend to Dragnag and then ascend to the foot of Cho-La Pass in Thangnak. A picturesque view of Chola Peak (6089m) and Kangchung Peak (6063m) stays throughout the way. Overnight in a tented camp in Thangnak.

Day 12: Thangnak- Cho-La Pass –Lobuche (4910m)

Trek through tough blowing wind and snowy paths, accompanied by the views of Ama Dablam (6812m) and Cholatse (6440m), en route to Lobuche. Trek past the foot of Cho-La Pass, and then ascend those steep paths to cross the pass. After Cho-La Pass, descend to Dzongla form where you ascend the easy and short trail to Lobuche. Overnight at tented camp. Breakfast, Lunch Dinner Included.

Day 13: Lobuche – Everest Base Camp (5364m) – Gorakshep (5140m)

Trekking with the view of Khumbu Glacier, you will reach Gorakshep. After 3 hours of trekking up and down, arrive at the foot of the mighty Everest (8848m), that is, Everest Base Camp (5364m). The majesty of Everest (8848m), along with a view of the Khumbu Glacier and other Khumbu peaks cannot be witnessed from anywhere else. Then again, head back to Gorakshep. Overnight at tented camp.

Day 14: Gorakshep- Kalapatthar (5550) – Lobuche (4910m)

Early morning, walk through a steep and rocky trail as you hike up to Kalapatthar for an excellent view of Mt. Everest (8848m), along with Nuptse (7861m), Changtse (7543m), and Pumori (7161m) as the golden rays of the rising

sun touch the white peaks. After a while, head back to Lobuche following the same trail. Overnight at a lodge.

Day 15: Lobuche- Kongma La (5535m) -Chhukung (4730m)

Descend passing the Khumbu Glacier following an icy and rough terrain to arrive at Kongma La Pass. Climb further down past the High Camp until you reach the village of Chhukung. Overnight at tented camp.

Day 16: Chhukung – Island Peak Base Camp (5200m)

This trek is particularly not difficult but there are several short rock steps to climb. The course at that point takes after a ridgeline, which prompts thrilling and uncovered navigation onto the nose of the summit glacier. Enter the beautiful Imja Valley following the moraines of Lhotse (8516m). Pass the frozen glacial lake Imja Tsho to reach Island Peak Base Camp. Overnight at tented camp.

Day 17: High camp to summit (6189m) to Base camp to Chhukung (5200m)

Early in the morning (before sunrise), you head to the summit strictly following the guidelines of your climbing leader. The Sherpa will assist you to tie up the rope to the glacier as it contains several crevasses. A strenuous climb through the steep and icy trail leads you to the summit. After enjoying the summit views for a while, walk back all the way to Chhukung. Overnight at tented camp.

Day 18: Reserve day for contingency

The Himalayan weather is unpredictable, so this day is reserved for contingency. We, usually, wait until the weather is favorable for the climb. In case you were unable to summit Island Peak on the scheduled day due to bad weather conditions or some other reasons, you will climb the peak today. This day might be removed from the itinerary, in case of a successful climb on the earlier day. Overnight at tented camp.

Day 19: Chhukung to Namche Bazaar (3440m)

You head back to Namche leaving behind the vivid landscapes of Chhukung, Dingboche, Pangboche, and Tengboche. You will quickly visit the sacred pilgrimage site of the Sherpas, Tengboche Monastery, en route to Namche. You will then descend from Phunke Thenga until you reach Namche Bazaar. Overnight at a hotel.

Day 20: Namche Bazaar to Lukla (2800m)

Trek back to Lukla following the initial route of the trek. Walk out of Sagarmatha National Park as you head back to the last town of the trip. Overnight in a hotel.

Day 21: Fly from Lukla to Kathmandu

This 40-minute flight from Lukla to Kathmandu will give you one last bird's eye view of the mountains. Upon arrival, you can spend the rest of the day strolling around the streets in Thamel. Overnight at a 3-star hotel.

Day 22: Rest Day in Kathmandu

You can let your body relax today. Or you can visit the local markets of

Kathmandu to shop for souvenirs to take back home. Later in the evening, you will be taken for a typical Nepali dinner to celebrate your successful climb overnight at a 3-star hotel.

Day 23: Departure

We will escort you back to Tribhuvan International Airport for your further departures.

What's included

- Airport/hotel pick up and drop off by private car
- At least two nights 3-star hotel in Kathmandu bed and Breakfast plan
- Meals on full board (breakfast, lunch, and dinner) in the whole trekking
- Domestic flights (KTM-Lukla-KTM) with all surcharges airport taxes for guests and guide
- Trekking map
- An experienced Government license holder guide
- Trekking porter/Sherpa who will carry your bags during the trekking
- Insurance, salary, equipment, transportation, local tax for guide and porter
- Group medical supplies (first aid kit will be available)
- All necessary paper works and national park entry permits
- Travel and rescue arrangement
- TIMS (Trekking Information Management System)
- All government taxes and tourist service charge

What's not included

- Meals in Kathmandu before and after trekking.
- Your travel insurance (Rescue).
- Nepal entry visa fee.
- Tips for trekking staff and driver.
- Drinks (hot, cold, and alcoholic)
- Personal shopping and laundry etc.
- Personal trekking equipment.

Trip Map



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