



Trip Facts

Price: USD 2495

Duration: 16 days

Trip Profile: Mt. Island Peak Climbing

Geography: Mountain/Hills/Forests

Location: Solukhumbu

Max Altitude: 6,189m

Accommodation: Hotel/Tea house/Lodge

Meals: All meals included during the trekking

Ethnic People: Sherpa

Transportation: Flight/Tourist bus/Private vehicle

Religious: Buddhism

Group Size: 1-10 Pax

Highlights

- Scale the Island Peak (6189m), one of the most esteemed peak climbing destinations in Nepal
- Discover the unique Sherpa culture of the Khumbu region
- Trek through the Sagarmatha National Park and admire its biodiversity
- Revel in the sights of mountains like Mt. Everest (8848m), Ama Dablam (6856m), and Nuptse (7861m)
- Hike to Nangkartshang Peak (5616 m)
- Adventurous flight to Lukla airport

Himalaya Land Treks & Expedition strives to provide the best trekking experience for all our clients. Our mission is to be our client's most reliable companion throughout their journey. From organizing to managing, Himalaya Land Treks & Expedition will always be by your side.

Overview

Island Peak is also known as Imja Tse. It is a mountain peak located inside the Khumbu region with an elevation of 6,189m above sea level. The name Island Peak was named by the members of the British Mount Everest Expedition team in 1953. As the mountain appeared like an island in the sea of ice when viewed from Dingboche.

Island Peak Climbing is one of the underrated peak climbing and trekking routes in the Khumbu region. It is less populated by tourists and is often favoured by trekkers who love the off-beaten paths of the Khumbu region. Climbing Island Peak is the best option for beginners to draw a route of experience in peak climbing. Advanced beginner and intermediate climbers can proceed to the Island climbing trek. It is also one of the easiest and most affordable treks to collect the experience of high altitude climbing.

On the Island Peak Climbing by the Himalaya Land Treks, you get to experience the Sherpa culture first hand and witness the panorama of the Himalayas in the Everest range.

Major Attraction Of Mt. Island Peak Climbing

Lukla Airport

Island Peak Climbing is 16 days of peak climbing trip and you arrive at Kathmandu to make the necessary permits. Then, you fly to Lukla and start your trek from there. Lukla airport is the most dangerous airport in the world also known as Tenzing-Hillary Airport located at an altitude of 2845m. Lukla airport is the most adventurous airport which carries a huge history besides the name of the first Mount Everest climbers Tenzing Norgay Sherpa and Edmund Hillary.

Ethnic Sherpa villages

The lush green forests, rivers flowing by, the evergreen Sherpa culture all make up for a



wonderful trek. The path continues along with many ethnic Sherpa villages like Phakding, Tengboche, Dingboche, etc. Trekking through the ethnic community, you get to learn about life, culture, tradition, unity, humanity, and many more. With a beautiful scenario, you can enjoy the beautiful Himalayan culture. Their warm gesture makes your journey warmer at the cold Himalayan trials. Their unique culture adds colours of happiness, warmth and festive to the desolation of the Himalayas.

Nangkartshang Peak and Island Peak

Nangkartshang Peak is a spectacular viewpoint in the Khumbu. You will hike up to Nangkartshang Peak (5616 m) to relish the panoramic views of the Himalayas like Mt. Everest (8848m), Lhotse (8516m), and Ama Dablam (6856m). Then, you head to Island Peak Base Camp via Chhukung. Located in the beautiful Imja valley Island peak is situated at an altitude of 6189m. From the base camp, you head out at dawn to avoid extreme weather conditions at the peak. From the peak, you are rewarded with amazing views of Mt. Everest (8848m), Pumo Ri (7165m), Nuptse (7861m), Ama Dablam (6856m) and many more.

Best time to do Island Peak Climbing

The best time to climb this peak is during the months of March-May and September- December. Shortly said, autumn and spring are regarded as the best time to conquer the trek, as the weather is much stable during these seasons.

Likewise, it is also necessary to know that the weather conditions are quite unstable for the rest of the year. The flights are often delayed and cancelled. It is also recommended to have prior climbing experience with sound technical climbing skills before you go for Island Peak climbing.

Alternate Package

Apart from Island Peak Climbing, if you want to explore different peaks and different places then you can check [Peak Climbing](#) page that includes different peak climbing packages with necessary information. Also, you can individual peak climbing package that Himalaya Land Treks offer from given link [Mera Peak Climbing](#), [Mt. Yala Peak Climbing](#), [Mt. Lobuche East Peak Climbing](#)

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, [Mt. Ama Dablam Expedition](#), etc.

At Himalaya Land Treks, you are guaranteed to have the best transportation and accommodation facilities at bargain prices. You are also provided with professional guides who are knowledgeable about every place you go to



Day to Day Itinerary

Day 1: Arrival in Kathmandu (1300m/4265ft)

Accommodation: Overnight at 3 star Hotel

As per your scheduled flight, you arrive at Tribhuvan International Airport, located at Kathmandu. Our company's representative and staffs are there to welcome you warmly and guide you to the hotel. You refresh and join them for welcome dinner. They will brief you about your trip during dinnertime.

Day 2: Sightseeing around Kathmandu (1300m/4265ft)

Accommodation: Overnight at 3 star Hotel | **Meal:** Breakfast

On this day, you will indulge in a sightseeing tour around some of the illustrious UNESCO world heritage sites around Kathmandu. Starting off with an exploration around the Swayambhunath, you enjoy the beautiful views of the entire valley. Next, you descend to the culturally decorated streets of Kathmandu Durbar Square. Finally, the tour heads towards the Pashupatinath Temple, one of the biggest Hindu temples in the world. The tour ends with a short tour around Boudhanath Stupa.

Day 3: Fly from Kathmandu to Lukla (2,840m/9318ft) | 35 mins and trek to Phakding (2,610m/9318ft) | 4 hrs.

Walking hr: 3-4 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

After an early breakfast, you head to the domestic airport and catch the first flight to Lukla. There, you rest for a while and before you start your trek, you meet your local guide and porters. The trail goes along the banks of Dudh Koshi River. So, you can enjoy scenic views of the Dudh Koshi Valley and the mountain landscape. You reach Phakding for overnight stay. After an early breakfast, you head to the domestic airport and catch the first flight to Lukla. There, you rest for a while and before you start your trek, you meet your local guide and porters. The trail goes along the banks of Dudh Koshi River. So, you can enjoy scenic views of the Dudh Koshi Valley and the mountain landscape. You reach Phakding for overnight stay.

Day 4: Trek from Phakding to Namche Bazaar (3,440m/11286ft) | 5-6 hrs.

Walking hr: 5-6 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

After breakfast, you head to Namche Bazaar, the most famous and populated area of Khumbu region. The trail today also goes along the banks of Dudh Koshi River and you need to cross many suspension bridges. In about 2 hours, you reach the entrance of the Sagarmatha National Park where you need to show your permits. Then, after crossing a few more suspension bridges, you reach Namche Bazaar.

Day 5: Rest at Namche Bazaar/ acclimatization day

Accommodation: Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

Today, you explore the busy town of Khumbu region, Namche Bazaar. Since you are going to higher elevations, you need to acclimatize. You have breakfast in one of the teahouses and then are set to explore the market areas filled with shops and restaurants that even have the internet. Then, you have your lunch and head to Sherpa Culture Museum to learn more about Sherpa culture and their lifestyles. This short hike also provides you with amazing views of Everest Himalayas.

Day 6: Trek from Namche Bazaar to Tengboche (3,860m/12664ft) | 5-6 hrs.

Walking hr: 5-6 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

After having breakfast, you head to the trail leading to Tengboche. You steadily climb above the Dudh Koshi River and, at certain points, you make sharp descends as well. Along the route, you get to see the first glimpses of few mountains like the Mt. Everest (8848m), and Ama Dablam (6856m). You pass by a few small stupas and Mani walls along the way to Tengboche. After passing them, you reach Tengboche for overnight stay.

Day 7: Trek from Tengboche to Dingboche (4,410m/14469ft) | 5-6 hrs.

Walking hr: 5-6 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

You have your breakfast and hit the trail that ascends to Dingboche. After a few hours, you reach Pangboche, another big Sherpa settlement area and have your lunch there. Then, you resume your trek through a trail filled with small stupas and monasteries. You start to notice



the vegetation also getting thin as you climb to higher altitudes. After crossing a few more stupas, you reach Dingboche.

Day 8: Rest day in Dingboche/ acclimatization day

Accommodation: Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

Since you are going to altitude more than 6,000m, you need to acclimatize for the last time. Dingboche is the perfect town to do so as it is the last big settlement area before your climb. You have breakfast in one of the teahouses and enjoy the amazing views of the Mt. Everest (8848m) and Ama Dablam (6856m). Then, you hike to Nangkartshang Peak (5616m) to enjoy panoramic views of Imja Valley and the mountain range.

Day 9: Trek from Dingboche to Chhukung (4,730m/15518ft) | 4-5 hrs.

Walking hr: 4-5 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

You have your breakfast and gently ascend to Chhukung through the trail going northeast of the valley. En route, you can see more amazing views of the Mt. Everest and its neighboring peaks. You also get to see the summer huts used by herders to keep their livestock. You walk along with the barren landscapes and enjoy the Mountain View. Then you arrive at Chhukung where you can explore the village for the rest of the day.

Day 10: Trek from Chhukung to Island Peak Base Camp (5,200m/17060ft) | 3-4 hrs.

Walking hr: 3-4 hrs | **Accommodation:** Tent/Camp | **Meal:** Breakfast/Lunch/Dinner

You have your breakfast and head towards the Chhukung Valley. You walk along small streams and rocky terrain. En route, you get to see amazing views of the Mt. Everest (8848m) and Island Peak (6189m). After climbing a few meters, you start to see moraines and the Lhotse Glacier comes into view. After a few more meters of ascending, you come to a wide valley, which is the Island Peak Base Camp. Set your tents for overnight camp.

Day 11: Summit Day

Accommodation: Tent/Camp | **Meal:** Breakfast/Lunch/Dinner

Since the midday weather can get very windy, you wake up at dawn to climb. You walk



through a wide culvert of snow. The path is not difficult compared to other peaks but the rocky terrain makes it difficult to navigate. You then reach a ridgeline, which takes you to the glacier connected with Island Peak (6189m). From the summit, you can get amazing views of the Mt. Everest (8848m), Lhotse (8516m), Nuptse (7861m), Pumo Ri (7165m), and other neighboring peaks. After enjoying the view, you trek back to base camp.

Day 12: Trek from Island Peak Base Camp to Pangboche (3,930m/12894ft) | 5-6 hrs.

Walking hr: 5-6 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

Today, you descend back to lower altitude and walk along Khumbu Khola. After crossing Orsho and Somare, you head to upper Pangboche to visit the Gompa, considered as the oldest in Khumbu region. After exploring the Gompa, you head to Pangboche. From the village, you can enjoy scenic views of Ama Dablam (6856m) and Thamserku (6608m) among others.

Day 13: Trek back from Pangboche to Namche Bazaar (3,440m/11286ft) | 5-6 hrs.

Walking hr: 5-6 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

Today, you descend to Namche Bazaar retracing the trail you used earlier on the trek. As you descend, you start to notice that the vegetation is getting thicker. The trail goes along the Imja Valley before you reach Tengboche. After passing Tengboche, you walk along the Dudh Koshi River and descend through pine forests to reach Sanasa. After having lunch there, you reach Namche Bazaar after passing a few chortens.

Day 14: Trek from Namche Bazaar to Lukla (2,840m/9318ft) | 4-5 hrs.

Walking hr: 5-6 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

You have your breakfast and start to descend to Lukla. The trail gets a little rocky at some parts. You walk along the banks of Dudh Koshi River and enjoy the lush vegetation of the valley. After a few meters of descend, you start to cross many suspension bridges. After crossing Hillary Bridge, you head further south towards Lukla.

Day 15: Flight from Lukla to Kathmandu (1300m/4265ft)- 35 min flight |



Farewell Dinner

Walking hr: 40 min | **Accommodation:** Overnight at 3 star Hotel | **Meal:** Breakfast/Farewell Dinner

After breakfast, you catch an early flight to Kathmandu. At the domestic airport, our staffs will pick you up and transfer you to the hotel. After refreshing, you have free time, which you can utilize by exploring the gullies, shopping souvenirs or just relaxing at the hotel. You will participate in a farewell dinner hosted by the Himalaya Land Treks at the end of the trip.

Day 16: Departure from Nepal

Meal: Breakfast

Today is the last day and our staffs will make sure that you reach the airport on time. Please make sure that you have all your belongings with you before you depart. Thank you for choosing us!

With a challenging geographical structure and unpredictable climate, internal flight delays are quite frequent, especially so in the Himalayan regions of the country. The flights are even canceled if the weather conditions worsen. As such, we advise you to travel to Nepal during autumn and spring seasons. These seasons offer the most stable of climatic conditions and see far fewer flight delays and cancellations. We also recommend the travelers to include a few extra days in their travel itineraries as contingencies. You should also be careful to get travel insurance to cover the additional expenses due to these conditions.

Trip Cost Includes

- Airport picks up and drops off, upon arrival and departure.
- Pre trek meeting.
- City entrance fees in Kathmandu.
- 3-star Hotel in Kathmandu for 3 nights.
- Full day city tour in Kathmandu by a private vehicle.

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- Kathmandu-Lukla-Kathmandu flight tickets.
- All necessary paperwork and trekking permits (National Park Permit, TIMS).
- Trekking equipment: down-filled sleeping bag, walking poles and a duffel bag.
- An experienced English-speaking Govt. registered trekking guide and local porters to carry
 - luggage (2 trekkers: 1 porter).
- Professional Sherpa climbing guide
- A porter and his entire expenses
- Good quality tents and kitchen utensils for camping
- Climbing permit
- Guide and porter salaries, insurance, equipment, transport, food, and lodging.
- Full meals: Breakfast, Lunch & Dinner on your choice.
- Supplementary snacks: energy bar and cookies.
- Fresh seasonal fruits after dinner.
- Unlimited Chlorine treated Safe Drinking water.
- Oxi-meter: To check pulse, heart rate, and oxygen saturation.
- All accommodation during the trek (Soft, comfort, private room with shared toilet).
- A comprehensive First Aid kit.
- All government and local taxes.
- Souvenir: Himalaya Land treks t-shirt and Trekking Route map.
- Farewell dinner at one of the finest Nepalese Restaurant with traditional ethnic music and dance.

Trip Cost Excludes

- Nepal visa (USD 30 for 15 days and USD 50 for 30 days).
- Your international flight to and from Nepal.
- Meals in the city except for breakfast and other mentioned special dinner.
- Cost for additional trips.
- Hot showers, Wi-Fi & battery charging on a trek.
- Travel insurance (for helicopter evacuation if needed whilst on trekking).
- Personal expenses such as laundry, telephone, internet/e-mail, etc.

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- Bar and beverage bills.
 - Personal climbing equipment
 - Tip for guide and porter