

# Island Peak Climbing



## Introduction

Island Peak climbing 6189m is the most attempted and succeed climbing (trekking peak) over 6000m in Nepal Himalaya. The professional climber would like to starts their carrier by summit this peak before attempt 7000m or 8000m and more. The peak seen from above Dingboche the mountain does indeed resemble an island in a sea of ice. The peak is locally known as Imje Tse. This peak involves one steep and exposed 100 m ice or snow climb, otherwise its non-technical snow climb is enjoyable and offers some of the most striking scenery in the Khumbu. The mountain itself is really an extension of the South ridge of Lhotse Shar and is separated from it by a small col. Island Peak Climbing, the caravan route follow the [Everest base Camp trekking](#) trail till Dingboache and separate towards right. Chukung is the

last village before the Island peak base camp. This peak offers a beautiful view to Mt. Everest, Lhotse, Nuptse, Barunche, Amadablam and many other peaks. your climbing guide will give you a refreshment training in Chukung before head to Base camp about using a gears properly and safety in climbing. Some people would like to attempt from Base camp as well as but to give you a feeling of success we put high camp and do a final attempt. After succesful summit, return to Chukung and trek back to Lukla and fly to Kathmandu.

## Trip Facts

Trip Duration	13 Days
Trip Grade:	Challenging
Best Season	March-may, Oct - November
Per Day Hiking:	5-6 hr
Elevation	6189m
Accomodation	Guest House/ camp
Transportation	Domestic flight

## Itinerary Details

### Day 01: Arrive in Kathmandu:

We will be waiting at Nepal airport to your arrival and transfer to hotel in downtown. Take a free walking around your hotel. Evening we will organize a cultural Nepali Dinner at Nepali restaurant. After dinner walk down to Hotel and night rest.

- Arrival pick by car/ van as per group size
- Hotel in the city center
- Welcome dinner at Nepali restaurant.
- Taken care by our representative.

### Day 02: Kathmandu sightseeing

Breakfast will be serving at your Hotel and after the breakfast, drive to sightseeing (Swyambhunat, Boudhanath and pashupatinath) around the city. Afternoon visit our city office. We will introduce your climbing guide briefing about your climbing trip and safety brieffing. If you need any further equipment or etc, you can rent them from the local store or buy them. Free in the evening. Night rest at Hotel.

- Breakfast will be serving at Hotel.
- Sightseeing around the city by car.
- Over night at Hotel.

### Day 03: Kathmadu to Lukla via Phakding 2610m

Morning our guide will pick you up from your hotel and drive to domestic airport. Fly to Lukla and take breakfast. Meet our rest of the member and trek to Phakding. Night rest at local guest house.

- Transfer to airport from Hotel by private vehicle.
- Domestic flight to Lukla
- Taken care by Trekking Guide and porter
- Breakfast, lunch and dinner from local lodge/ house
- Over night at local guest house

**Day 04: Trek to Namche Bazar 3440m.**

Trek starts after breakfast. Before getting to Namche, this is steep hiking to Namche. Night rest at guest House in Namche.

- Taken care by Guide and porter
- Breakfast, lunch and dinner from local lodge/ house
- Over night at local guest house

**Day 05: Rest at Namche Bazar**

Take an easy morning and after breakfast hike to Khumjung. Enjoy lunch there and back to Namche later in the afternoon. Night rest at local guest house.

- Taken care by Guide and porter
- Breakfast, lunch and dinner from local guest house
- Over night at guest house

**Day 06: Trek to Tengboache 3800m.**

Enjoy breakfast at Namche and trek to Tengboache. This is a oldest and great monastery to this area. After refreshment visit the monastery. You can sit down and observe the Puja and talk to Laka. Back to guest house and night rest.

- Take care by Guide and porter
- Breakfast, lunch and dinner from local guest house
- Over night at local guest house.

**Day 07: Trek to Dingboache 4200m:**

This day is not far in distance but as you are walking above 4000m you might trek slow. The beautiful mountains are around you. You might feel difficulty of breathing. Arrive at Dingboache and rest.

- Taken care by Guide and porter
- Breakfast, lunch and dinner from local lodge/ house
- Over night at local guest house

**Day 08: Trek to Chukung 4750:**

This is the last village while going to Island Peak. Island peak seems far behind as island. After rest your

guide will take you to some training (about climbing gears) safety instruction and about route and mountain briefing. He will demonstrate how to use the equipment. Enjoy dinner and night rest.

- Take care by Guide and porter
- Breakfast, lunch and dinner from local guest house
- Over night at local guest house

#### **Day 09: Trek to Base Camp 5150m:**

Take a breakfast at guest and hike to Base camp. Our staff will fix the camp and prepare lunch. After lunch, your climbing guide will give you some instruction about climbing gears and some technique of using them. Night rest at camp.

- Taken care by guide and porter
- Breakfast, lunch and dinner from our kitchen
- Over night at the tent.

#### **Day 10: Trek to Base Camp High camp 5500m:**

After breakfast, you will trek to high camp. Our staff will fix the camp. They serve the lunch and you can start preparing for tomorrow. Your climbing guide will work about the climbing route and fix some rope to make easy tomorrow. Evening back to camp and night rest.

- Taken care by guide and porter
- Breakfast, lunch and dinner from our kitchen
- Over night at the tent

#### **Day 11: Summit and back to Base Chukung:**

Wake up early in the morning, gear up, pack your water, meal and start climbing. The first part is little bit steep and some crevasse. The final part is gradually rising to the top. Summit the peak, take photograph, experience the giant Himalayas above 6000m and back to base camp.

- Taken care by climbing guide
- Breakfast and dinner from our kitchen.
- You will carry your lunch and water with you.
- Over night at the tent

#### **Day 12: Trek to Pangboache 3930m**

Take a breakfast at Chukung with the view of Island Peak and other mountain. After breakfast trek back to Pangboache. Night rest at guest house.

- Take care by Guide and porter
- Breakfast, lunch and dinner from local lodge/ house
- Over night at local guest house

**Day 13: Trek to Monjo:**

Enjoy the back drop of the mountains. Follow the trail through the Dudh Koshi River. Night rest at guest house.

- Take care by Guide and porter
- Breakfast, lunch and dinner from local lodge/ house
- Over night at Lodge/ local house

**Day 14: Namche to Lukla:**

Enjoy the last night. You can offer a dinner to your porter and distribute the TIPS. If you wish to celebrate a last night, you have some choices including little Disco or bars. Night rest at Guest house.

- Take care by Guide and porter
- Breakfast, lunch and dinner from local lodge/ house
- Over night at Lodge/ local house

**Day 14: Fly to Kathmandu:**

Take an early breakfast at Lukla and walk down to airport. Fly back to Kathmandu. Transfer to Hotel and free in the afternoon. Night rest at Hotel.

- Take care by Guide and porter
- Breakfast from local lodge/ house
- Over night at Hotel
- Transfer to Hotel by car

**Day 16: Rest day in Kathmandu**

Breakfast will be serving at Hotel. Afternoon take look around for shopping or etc. Night rest at Hotel.

- Breakfast at Hotel
- Over night at Hotel

**Day 17: Fly back to Home:**

Take an easy morning around Hotel. After breakfast drive to airport for the final departure. Sweet Home.

- Breakfast at Hotel
- Transfer to airport

**Cost Includes :**

- Arrival and departure transfer from Kathmandu international airport
- Four night accommodation in Kathmandu on BB twin sharing.

- One day guided city sightseeing in Kathmandu.
- Domestic flights to Lukla and return.
- Airport transfer and pickup.
- Breakfast, Lunch and Dinner whilst trekking (from Local lodge/ house/ our kitchen)
- Applicable trekking and climbing permits and fees
- Duffle Bag for your gear
- Camping equipment including 2-man tents, sleeping mat while in camp
- Trekking staff including Climbing guide cum trekking guide, porter
- Kitchen and utensils for our 3 day camp.
- Comprehensive medical kit
- First aid medical kit with guide.
- Insurance for the trekking staff. (insurance as per state law)
- All the government tax and our (AATE) service charges.

### **Cost Excludes :**

- Personal climbing equipment
- International flights, Visa and passport fees
- Travel insurance and [Emergency evacuation](#)
- Tips and gratuities (crew will expect the tipping)
- Costs arising from unforeseen events outside the control of **AATE**.
- Personal expenses such as drinks, postage, laundry
- Your travel insurance (for travel, cancellation, accident, health, emergency evacuation and loss of life, theft of or damage to personal effects).
- Costs arising from unforeseen events outside the control of AATE.
- All other services not included in the "cost includes" section above.