



Full Itinerary & Trip Details

Island Peak Climbing

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TRAVEL GUIDELINES

Trip Overview



PRICE STARTING FROM

\$3,040

DURATION

14 days

IDEAL AGE

18 to 85 year olds

STARTS IN → ENDS IN

Kathmandu → Kathmandu

STYLE

Hiking & Trekking

Itinerary

Introduction

Island Peak (6,189m/20,305ft) is one of the most popular climbing peaks in Everest region of Nepal. *Island Peak Climbing* lies on top of the Chukung Glacier between Ama Dablam & Lhotse Mountains. Island Peak Climbing is designed for physically fit and energetic trekker having little experience in outdoor activities. This climbing peak is going to popular day by day because Island peak is more technical and challenging peak to climb. Numerous of climber flock to Nepal every year to climb Island Peak.

During the trip, you can explore Khumbu Valley, Sherpa culture, and kind snow-capped Himalayan ranges before scaling the Island peak. We also get the opportunities to explore different popular trekking route of Everest region i.e. Kala Patthar and Everest Base Camp(5,357m/17,575ft). From these base point, you can see Mount Everest, Nuptse (7,879m), Lhotse (8,501m), Lhotse Middle Peak (8,410m) and Lhotse Shar (8,383m) and other stunning Himalayan ranges from the close range.

If the climbers have prior experience in mountaineering activities as well as knowledge about using climbing gears i.e. snow axed, rope, ladder etc. then it will be easier to ascent over submit. The island peak climbing trip commence from Kathmandu after taking the scenic flight to Lukla. March to May and September to November are the best season for Island Peak Climbing.

Day 01: Arrival in Kathmandu (1,300m/4,264ft)

Himalayan adventure Treks and Tours' representative will receive you at Tribhuvan International Airport Kathmandu. After arrival, you will transfer you towards planned Hotel.

Day 02: Fly to Lukla (2,800m/9,184ft) then trek to Phakding (2,652m/8,700ft): 40 min flight, 3-4 hours

Today, we will take the scenic flight to Lukla. It will take about 40min to reach Lukla. After, reaching Lukla we walk for 3-4hour to get Phakding. Our Real trekking and Expedition commence from Lukla.

Day 03: Phakding to Namche Bazaar (3,440m/11,283ft): 5-6 hours

Namche Bazaar is our today's destination. We walk for 5-6 hours to reach Namche. We can explore panoramic views soft snow-Capped mountains i.e. Mt. Thamserku, Lhotse-Nuptse etc.

Day 04: Namche Bazaar (3,440 m/11,283 ft): Acclimatization Day

In day 4, we take rest to be familiar with high altitude and feel fresh for Next Day. Namche bazaar is a trade center of Everest region.

Day 05: Namche Bazaar to Tengboche (3,870m/12,694ft) 5- 6 hours

Mt. Everest, Nuptse, Lhotse, Ama Dablam, Thamserku etc. are the gorgeous mountain range which we can able to explore from Tengboche. The volume of oxygen becomes thinner with the range of high altitude. Not only that it may create the problem too while we are trying to ascend mountains. Today we pass through the alpine forest with views of wildlife pheasant, musk deer, Herd of Himalayan Thar.

Day 06: Tengboche to Dingboche (4,360 m/14,300 ft): 5 to 6 hours

Dingboche is our next destination. We start our journey from Tengboche and it will take about 5-6 hours to get Dinbouche. In this trek, you pass through several Chorten, Mani walls & small villages. Today we are able to explore Gorgeous mountain from the close range. You see the beautiful array of fields enclosed by stone walls to protect barley, buckwheat, and potatoes from the cold winds and grazing animals in the arrival of Dingboche.

Day 07: Dingboche to Chhukung (4,730m/15,518ft): 3-4 hours

Chhukung is our base point of peak climbing. From where we start the climb of Chhukung Ri(5,546m) and Island Peak climbing. The marvelous views of stunning snow-capped mountains and Imja glaciers make staying in chukung extra special.

Day 08: Acclimatization: Climb Chhukung Ri (5,546m) and trek back to Chhukung: 3 – 4 hours

In day 8, we also take rest to survive with high altitude and prepare climbing gears for the Expedition. Today, we will climb Chhukung Ri (5546m) for our preparation to climb and Island peak climbing.

Day 09: Chhukung to Island Peak Base Camp (5,200m/17,060ft): 3-4 hours

Island peak Base camp is our today`s destination and it will take 3-4 hours to reach Island base camp. Where guides help and train climbing gears like the axe, climbing boots, and crampons, ascender, use row to go up and climb down etc. Stay for a while and again you move to climb Island Peak, at first, the trail is sandy, then turns to grass and later steep and narrow hillside where you stay for the night.

Day 10: Island Peak Base Camp to Island Peak Summit (6,189m/20,305ft), back to base camp: 10-12 hours

After breakfast, you headed to climb Peak, where guide helps you to fix ropes and climb up glaciers and finally we reach top of the summit. Before you leave for Chukung you can capture the magnificent view of Sagarmatha, many other mountains, and its surrounding. And trail down to Chukung, stay overnight at Tea House/Tent.

Day 11: Chukung to Namche Bazaar

After breakfast, you trail down to Namche Bazaar which is a trade center of Everest region. Passing through alpine forests, Old Gumbas etc while trail down to Chukung to Namche Bazaar. Stay overnight at Namche bazaar.

Day 12: Namche Bazaar to Lukla: 6-7 hours

Today, we back to Lukla from where we take the scenic flight to Kathmandu.

On the way, you stop for a while at Phadking and again start your journey to Lukla with enjoying the natural beauty of nature. Overnight stay at Lukla.

Day 13 : Lukla to Kathmandu

After breakfast, you head towards the airport to fly to Kathmandu. This day is free for you .you can do shopping, organize a photo and you have a small party for our success campaign trek. Stay overnight at hotel.

Day 14 : Departure

Today is your last day of Nepal Staying . You can email you parents, friends, agents, organize photos and recall the memories that you capture on Island Peak Climbing. If you have plenty of time to stay in Nepal so you can make a call for us to plan for you.

What's Included

Accommodation

- Two Nights 3* hotel in Kathmandu on BB Plan
- Teahouse and Tent Camp accommodation during the trek

Guide

- English speaking experienced climbing Sherpa and porters

Meals

- All meals (Breakfast, Lunch, Dinner) during Trekking

Flights

- Kathmandu-Lukla-Kathmandu by flight.

Transport

- Pick-up and drop-off service from Airport by private Car Kathmandu-Lukla-
- Kathmandu by flight

Others

- Island Peak Climbing Permit
- Sagarmatha National park fee
- Equipment such as Tent, Ice ax, Rope, Ices Crow, Snow bar
- Garbage Deposit
- First Aid Kits
- Climbing guide/porters/other staffs: Salary, Insurance, Equipment, Meals, and Accommodation etc.
- Government VAT and official charge

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