

Join us on an exciting adventure to climb **Island Peak (6,189 m)**, one of the most popular trekking peaks in Nepal. This itinerary is a great choice if you want to try your first real mountain climb in the Himalayas. We start with a beautiful flight to Lukla and trek through famous Sherpa villages, forests, and valleys with amazing views of Everest, Lhotse, and Ama Dablam. Before the climb, you have time to adjust to the altitude and enjoy the beauty of the Everest region. The climb is challenging but possible for anyone who is fit and determined. You will cross a glacier, use ropes, and reach the summit ridge, where the view is simply unforgettable. From the top, you'll see some of the highest mountains in the world. Our experienced guides will support you every step of the way. If you dream of standing on a Himalayan peak, Island Peak is the perfect place to start. And if you're ready for the next challenge, combine this journey with the Ama Dablam Expedition. Ama Dablam is renowned as one of the most stunning and recognisable mountains in the world. Experienced climbers wishing to challenge their limits will love this expedition's technical climbing on rock, ice, and snow. Together, Island Peak and Ama Dablam offer the ultimate Himalayan adventure — from a beginner's first summit to one of Nepal's most legendary climbs.

Highlights

Island Peak is perfect for first-time climbers ready to reach a real Himalayan summit.

Trek through beautiful Sherpa villages, forests, and high mountain valleys.

Enjoy stunning views of Everest, Lhotse, and Ama Dablam from the top.

Our expert guides ensure safety with proper training and climbing gear.

Acclimatization days are included to help your body adjust to the altitude.

Ama Dablam offers a technical challenge for experienced and ambitious climbers.

Climb two iconic peaks in one unforgettable Himalayan adventure.

Itinerary and Map

Day 1

Arrival in Kathmandu (1350 m)

Arrive at Tribhuvan International Airport. Transfer to hotel. Equipment check, permits reparation, briefing.

Accommodation: Hotel. Meals included: morning, Transfer: 20 M drive.

Day 2

Kathmandu – Drive Ramechhap - Flight Lukla (2860 m) - Trek to Phakding (2610 m)

Early morning drive to Ramechhap around 2/3 AM. According to your flight schedule flight to Lukla. Start trek to Phakding

Note:

- *Due to potential congestion at Kathmandu Airport, the Civil Aviation Authority of Nepal (CAAN) may mandate that all flights to Lukla operate either from Kathmandu Airport or from Ramechhap Airport.*
- *In the event that the flight is canceled due to adverse weather conditions, it will be rescheduled for the following day. An additional night's accommodation will be provided either in Kathmandu or Ramechhap, depending on the point of departure.*

Accommodation: lodge. Meals included: morning noon evening

Transfer 4 h. flight 25 minutes.

Elevation gain: 200 m . Elevation loss : 450 m . 6-7 hours of walking.

Day 3

Phakding - Namche Bazaar (3440 m)

Trek through pine forests along the Dudh Koshi river. Cross suspension bridges. Arrive Namche Bazaar, main Sherpa town and trading hub.

Accommodation: lodge. Meals included: morning noon evening

Elevation gain: 1178 m . Elevation loss : 409 m . 5-6 hours of walking.

Day 4

Acclimatization day in Namche Bazaar

Hike day to Everest View Hotel or nearby hills. Explore local market, Sherpa culture, monasteries.

Accommodation: lodge. Meals included: morning noon evening

Day 5

Namche Bazaar - Tengboche (3860 m)

Trek through rhododendron forest to Tengboche. Visit famous Tengboche Monastery with spectacular views of Everest, Lhotse, Ama Dablam.

Accommodation: lodge. Meals included: morning noon evening
Elevation gain: 921 m . Elevation loss : 700 m . 5-6 hours of walking.

Day 6

Tengboche - Dingboche (4410 m)

Trek crossing Imja Khola valley. Pass through Pangboche village. Arrive Dingboche, a beautiful alpine valley.

Accommodation: lodge. Meals included: morning noon evening
Elevation gain: 550 m . Elevation loss : 273 m. 5/6 hours of walking.

Day 7

Acclimatization day in Dingboche

Optional hike to Nagarjun Hill (5,100 m) or nearby ridges. Prepare for higher altitude.

Accommodation: lodge. Meals included: morning noon evening

Day 8

Dingboche - Chhukung (4730 m)

Trek along Imja Khola valley. Arrive in Chhukung, base for Island Peak climb. Meet climbing guides, review climbing plan and gear.

Accommodation: lodge. Meals included: morning noon evening
Elevation gain: 395 m . Elevation loss : 00 m. 3 hours of walking.

Day 9

Chhukung - Island Peak Base Camp (5100 m)

Trek up the moraine to base camp below Island Peak. Practice using crampons, ice axe, rope techniques.

Accommodation: Tent. Meals included: morning noon evening
Elevation gain: 382 m . Elevation loss : 15 m. 4 hours of walking.

Day 10

Reserve day

Can be used in case of bad weather on summit day, or to rest and try again. If not used, continue descent or enjoy a slower pace.

Accommodation: Tent. Meals included: morning noon evening

Day 11

Summit day – Island Peak summit (6189 m) and descend to Chhukung

Start very early around midnight. Climb through rocky trail to glacier, then up snowy slopes with fixed ropes. Reach the summit and enjoy views of Lhotse, Ama Dablam, and more. Descend back safely to Base Camp. Have hot soup, rest briefly, then pack and continue down to Chhukung. Long but rewarding day.

Accommodation: Lodge. Meals included: morning noon evening

Elevation gain: 1060 m . Elevation loss :2028 m . 8-11 hours of walking.

Day 12

Chhukung - Pangbuche

Trek back to Pangbuche.

Accommodation: Lodge. Meals included: morning noon evening

Day 13

Pangbuche - Ama Dablam Base Camp (4570 m) – 3 hrs

Set up expedition base camp with full support

Accommodation: Tent. Meals included: morning noon evening

Elevation gain: 1060 m . Elevation loss :2028 m . 3 hours of walking.

Day 14

Rest day at Basecamp - Acclimatisation walk

Day 15

Training Day - Fixed Lines / Traverse / Summarizing the techniques

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Climb to Camp 1

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Get to Camp 2 and come back to Camp 1

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Rest day in Kathmandu

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