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### **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.*
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**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.

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**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.

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

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

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### **Reserve day**

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### **Chhukung - Pangbuche**

Trek back to Pangbuche.

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## **Day 13**

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

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**Day 15**

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