

Island Peak Climb

17 Days Challenging Trek



Island Peak (Imja Tse, 6,189 m) is one of Nepal's most popular trekking peaks – a beautiful and accessible climb that combines Himalayan trekking with a rewarding mountaineering experience. Rising from the heart of the Khumbu region, Island Peak appears as a gleaming triangle of snow and ice set amidst the giants of Lhotse, Nuptse, and Ama Dablam. The peak was named "Island Peak" by Eric Shipton's 1953 Everest expedition team, who believed it resembled an island floating in a sea of ice.

This 17-day journey through the heart of the Everest region blends adventure, culture, and challenge – taking you along the legendary Everest Base Camp trail before diverting toward the Imja Valley and the base of Island Peak. You'll trek through lush forests, cross high suspension bridges, explore ancient monasteries, and acclimatise with visits to Everest Base Camp and Kala Patthar before tackling the climb itself.

Island Peak offers a perfect first Himalayan summit for aspiring mountaineers. The climb is non-technical but demanding, involving glacier travel, fixed ropes, and a final steep snow slope to the summit ridge. From the top of Island Peak, you will be rewarded with an awe-inspiring Himalayan panorama – Lhotse's towering south face above you, with Makalu, Ama Dablam, and Baruntse stretching across the horizon.

About the Khumbu Region

The Island Peak climb unfolds in the Khumbu region, Nepal's most iconic trekking destination. The region lies within the Sagarmatha National Park, a UNESCO World Heritage Site known for its rugged landscapes, glacial valleys, and deeply spiritual Sherpa culture.

The trail follows the early stages of the Everest Base Camp route – passing vibrant mountain villages such as Namche Bazaar, Tengboche, and Dingboche – each offering cultural insight and glimpses into mountain life. Higher up, the scenery transforms from pine forests to alpine meadows and glacial moraines. The route diverges from the busy Everest path near Dingboche, leading to the Imja Valley, where Island Peak Base Camp rests beneath the majestic walls of Lhotse and Nuptse.

The combination of rich culture, high-altitude trekking, and a real Himalayan summit makes the Island Peak climb one of the most complete adventure experiences in Nepal.

TRIP OVERVIEW

Duration: 17 Days

Difficulty: Challenging (Trekking Peak Climb)

Max Elevation: Island Peak Summit (6,189 m)

Best Season: Spring (April–May) and Autumn (October–November)

TRIP HIGHLIGHTS

- Summit Island Peak (6,189 m), one of Nepal's most iconic trekking peaks.
- Visit Everest Base Camp (5,364 m) and climb Kala Patthar (5,545 m).
- Experience the Sherpa culture in the heart of the Khumbu region.
- Walk beneath the majestic peaks of Ama Dablam, Lhotse, and Nuptse.
- Learn and practice basic mountaineering skills – using crampons, ropes, and ice axes.
- Combine a classic trek with a thrilling Himalayan climbing adventure.

OUTLINE ITINERARY

Day 1-2: Arrive in Kathmandu; sightseeing and trek preparation.

Day 3-4: Fly to Lukla, trek to Phakding, and continue to Namche Bazaar.

Day 5-8: Acclimatisation in Namche; trek to Tengboche, and onwards to Dingboche and Lobuche.

Day 9-10: Visit Everest Base Camp and climb Kala Patthar.

Day 11-12: Trek to Chhukung and Island Peak Base Camp.

Day 13: Summit Island Peak (6,189 m) and return to Base Camp.

Day 14-15: Descend via Pangboche and Namche to Lukla.

Day 16: Fly back to Kathmandu.

Day 17: Free day or departure.

WHAT TO EXPECT

Physical Challenge: Strenuous trekking with a demanding summit climb; suitable for fit trekkers with acclimatisation experience.

Accommodation: Teahouses along the trail; tented camp at Base Camp.

Food: Mix of local and Western-style dishes; simple but nourishing high-altitude meals.

Weather: Cold mornings and nights above 4,000 m; clear skies and moderate temperatures in season.

Support: Experienced climbing Sherpa guide, porters, and group climbing equipment provided.

Detailed Itinerary

DAY 1: ARRIVAL IN KATHMANDU

Activities: Arrive in Kathmandu, where your representative welcomes you and transfers you to your hotel in Thamel. Take the day to relax and adjust to Nepal's vibrant mountain atmosphere.

Accommodation: Nepali Ghar or Hotel Manaslu.

Meals: Self-paid.

DAY 2: KATHMANDU SIGHTSEEING & TREK PREPARATION

Activities: Explore the rich cultural heritage of Kathmandu with visits to Swayambhunath (Monkey Temple) and Bouddhanath Stupa. Later, attend a detailed briefing and gear check in preparation for the climb.

Accommodation: Nepali Ghar or Hotel Manaslu.

Meals: Self-paid

DAY 3: FLY TO LUKLA (2,840 m), TREK TO PHAKDING (2,610 m) – 3/4 hrs

Activities: Take a thrilling 35-minute flight to Lukla, the gateway to the Khumbu. Begin trekking along the Dudh Koshi River through pine forests and Sherpa villages to reach Phakding.

Accommodation: Teahouse in Phakding.

Meals: Self-paid.

DAY 4: PHAKDING TO NAMCHE BAZAAR

Activities: Cross high suspension bridges and pass through small settlements before the trail climbs steeply to Namche Bazaar, the vibrant hub of the Khumbu region.

Accommodation: Teahouse in Namche Bazaar.

Meals: Self-paid.

DAY 5: ACCLIMATISATION IN NAMCHE BAZAAR

Activities: Spend a day acclimatising with a scenic hike to the Everest View Hotel or Khumjung village. Enjoy panoramic views of Everest, Lhotse, and Ama Dablam before returning to Namche.

Accommodation: Teahouse in Namche Bazaar.

Meals: Self-paid.

DAY 6: NAMCHE TO TENGBOCHE

Activities: The trail winds through forests of pine and rhododendron, with views of Everest and Ama Dablam ahead. Visit the famous Tengboche Monastery, set against a beautiful mountain backdrop - the guardians of the region.

Accommodation: Teahouse in Tengboche.

Meals: Self-paid

DAY 7: TENGBOCHE TO DINGBOCHE

Activities: Descend through Deboche and cross the Imja Khola before ascending toward Pangboche and Dingboche. Today, we enter the alpine zone and we can notice the thinning air, with Ama Dablam's face dominating the skyline.

Accommodation: Teahouse in Dingboche.

Meals: Self-paid

DAY 8: DINGBOCHE TO LOBUCHE

Activities: Climb gradually along a ridge overlooking the Khumbu Glacier. Pass stone memorials honoring mountaineers before reaching Lobuche, surrounded by rugged Himalayan terrain.

Accommodation: Teahouse in Lobuche.

Meals: Self-paid.

DAY 9: LOBUCHE TO GORAK SHEP, VISIT EVEREST BASE CAMP

Activities: Trek along the lateral moraine of the Khumbu Glacier to Gorak Shep. After lunch, hike to Everest Base Camp, where colorful expedition tents dot the glacier during climbing season.

Accommodation: Teahouse in Gorak Shep.

Meals: Self-paid.

DAY 10: KALA PATTHAR & RETURN TO DINGBOCHE

Activities: Ascend Kala Patthar early morning for a glorious sunrise over Everest, Lhotse, and Nuptse. Descend to Dingboche, feeling fully acclimatised and inspired for the climb ahead.

Accommodation: Teahouse in Dingboche

Meals: Self-paid.

DAY 11: DINGBOCHE TO CHHUKUNG

Activities: Trek along the Imja Valley to Chhukung, a small settlement surrounded by towering ice walls. The trail offers fantastic views of Island Peak rising ahead.

Accommodation: Teahouse in Chhukung.

Meals: Self-paid

DAY 12: CHHUKUNG TO ISLAND PEAK BASE CAMP

Activities: Follow the glacial trail toward Island Peak Base Camp, passing moraines and icy streams. The landscape feels raw and remote – a world of rock, ice, and silence. Prepare gear and rest for the summit push.

Accommodation: Teahouse in Base Camp.

Meals: Prepared by expedition team.

DAY 13: SUMMIT ISLAND PEAK & DESCEND TO BASE CAMP

Activities: Today, we will start early under starlight. Ascend steep scree slopes to the glacier, then use ropes and fixed lines for the final climb up the headwall. The summit unveils a breathtaking panorama of Everest, Lhotse, Makalu, and Ama Dablam. Descend carefully to Base Camp, after basking in the glory of summittting a peak in the Himalayas.

Accommodation: Tent Camp at Base Camp.

Meals: Prepared by expedition team.

DAY 14: BASE CAMP TO PANGBOCHE

Activities: Descend through Chhukung and Dingboche, rejoining the main Everest trail at Pangboche. Celebrate your successful summit in the warmth of a cozy teahouse.

Accommodation: Teahouse in Pangboche.

Meals: Self-paid

DAY 15: PANGBOCHE TO NAMCHE BAZAAR

Activities: Retrace your steps through forests and suspension bridges to Namche Bazaar. The air feels rich again as you return to lower altitudes

Accommodation: Teahouse in Namche Bazaar.

Meals: Self-paid.

DAY 16: NAMCHE TO LUKLA

Activities: Enjoy your final day on the trail as you descend to Lukla. In the evening, celebrate your accomplishment with your fellow trekkers and the Karmaia Adventures team.

Accommodation: Teahouse in Lukla.

Meals: Self-paid.

DAY 17: FLY TO KATHMANDU

Activities: Take an early morning flight back to Kathmandu. The rest of the day is free to relax, and to explore the vibrant city of Kathmandu.

Accommodation: Nepali Ghar or Hotel Manaslu.

Meals: Self-paid.

DAY 18: Departure

Activities: Depending on the time of your flight, Karmaia Adventures team member will provide a drop-off service to your onward destination.

