

Trip Name : Island Peak Climbing

Starting Point	Fly in KTM-Lukla
Ending Point	Fly out Lukla-KTM
Type	TeaHouse/Camping Trek
Grade	Difficult
Duration	13 Days
Daily Walk	5-7 hours
People in Group	Minimum 1 and Maximum 12
Best Time	April to May and September to November
Max. Elevation	6160 mt.

Trip Highlights:

- One of Nepal's most popular trekking peaks surrounded by glaciers
- The views from the summit are outstanding with Lhotse soaring above to its north, Baruntse to the southeast with Makalu well to the east
- The mountain truly resembles an island in a sea of ice
- The first ascent was made by the British Expedition team in 1953

Trip Details:

Island Peak (6,160m/20,211ft) is one of the most popular trekking peaks in Nepal, situated at the top of the Imja valley in the Khumbu region and surrounded by the Imja, Lhotse and Lhotse Shar glaciers. When the peak is viewed from above Dingboche, the mountain resembles to an island in a sea of ice. Island Peak was named by Eric Shipton in 1952. It was renamed as 'Imja Tse' in 1983 although most people still refer to it as Island Peak. Island Peak climbing is the most sought after trekking holiday because of its challenging geographical structures. As per the NMA records, more than 300 groups attempt to scale the summit of Island Peak each year. The classic expedition route to the summit is the narrow North ridge but it is the southwest ridge which is the most common route used. The most difficult section of the Peak is a mixed rock and ice wall at a slope of around 45 degrees that leads to the narrow summit ridge. The views from the summit are stunning with Lhotse soaring above to its North, Baruntse to the southeast and Makalu to the east. The trip starts from and comes to conclusion at Lukla airstrip, passing through the Dudh Kosi valley and the popular Sherpa hometown of Namche Bazaar, Tengboche and Chhukung. We then head up to the beautiful Imja Khola valley towards Island Peak. The trip offers to witness the pristine Sherpa villages, their lively culture and serene monasteries en-route.

Note:

- Special group expedition can be organized in any seasons.
- Discounts are available to the groups above 4 persons.

How We Make This Trip Responsible?

Trekking Encounters promotes Responsible Tourism and strictly follows the responsible travel guide lines.

Cost Includes:

- Permit fees for Island Peak and Sagarmatha National Park
- Three meals a day (B/L/D) served at teahouse/lodge and at our own kitchen during climbing period
- Accommodations in the mountains at teahouse/lodge/tents
- An English speaking Trekking Guide
- Experienced NMA registered Climbing Sherpa Guide
- An experienced Cook and kitchen crew for camping period
- Necessary porters
- Necessary climbing equipment including Top quality high mountain Tents, Fixed and Main ropes, Ice-screws, Safety ropes, Jumars, Karabiners, etc.
- Staff insurance, salary, food, accommodation and their transportation
- Regular flights for Kathmandu-Lukla-Kathmandu and ground transfers to/from airport
- Satellite phone support for expeditions and trekking peaks (on demand)
- Emergency co-operation service and first aid kit box
- A certificate by Nepal Mountaineering Association (NMA) on successful summit of peak climb

Complimentary:

- A Trekking Encounters T-shirt
- A farewell Nepali dinner with live culture program

Cost Excludes:

- Hotel and meals in Kathmandu
- Bar and beverages bills, bottled water
- Nature of personal expenses
- Personal cloths and equipment such as sleeping bag, jacket, boots etc.
- Personal climbing equipment such as Plastic Boots, Ice-axe, Gaiters, Crampons, Harness, etc.
- Insurance for accidental, medical and evacuation
- Tips to the staff
- Refundable Garbage Deposit of US \$500
- International Airfare and Taxes

Add-Ons:

Kathmandu City Tour

Activity: Cultural tour to the World Heritage Sites.

Major sites: Swoyambhunath, Boudhanath, Pashupatinath, Kathmandu/Patan/Bhaktapur Durbar Square and Changuarayan Temple.

Duration: Full/Half day.

Frequency: Tour can be organized in any day and at your suitable time.

Cost: US\$ 50 per person. Group discounts available.

Ground transfer: Included by a private vehicle as per group size (Car/Van/Bus).

Guide: English Speaking City Tour Guide included. Additional language Guides are also available on demand.

Meals: Not included.

Entrance fee: Applicable and not included.

Mt. Everest Flight

Activity: Mount Everest sightseeing flight.

Duration: One hour.

Frequency: Everyday in the morning between 6am to 9am.

Cost: US\$ 224 per person. Group discounts available.

Ground transfer: Included by a private vehicle. Two persons minimum needed.

Airport tax: Included.

Airline: Buddha Air, Simrik Airlines and Yeti Airlines.

Jungle Safari in Chitwan National Park

Activities: Jungle safari on elephant-back, jungle walk, canoe ride, jeep drive, experience of Tharu culture.

Accommodation: Resorts, Hotels and Lodges.

Transportation: Private Car included (Kathmandu/Pokhara-Kathmandu).

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 225 per person.

Jungle Safari in Bardia National Park

Activities: Jungle safari on elephant-back, jungle walk, boat ride, jeep drive.

Accommodation: Jungle lodges.

Transportation: Not included.

Meals: Included.

Duration: 4 days and 3 nights.

Cost: Starts from US\$ 475 per person.

Bird Watching in Koshi Tappu Wildlife Reserve

Activities: Bird watching, boat ride and wildlife viewing on jeep drive.

Accommodation: Resorts, Tented camps.

Transportation: Not included.

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 480 per person.

Rafting in Nepal

Trishuli River: 2/3 Class – 1 Day – 17 Kilometers – Cost starts from US\$ 30 per person.

Seti River: 3 Class – 2 Days – 32 Kilometers – Cost starts from US\$ 80 per person.

KaliGandaki River: 4 Class – 3 Days – 56 Kilometers – Cost starts from US\$ 140 per person.

BhoteKoshi River: 4/5 Class – 2 Days – 18 Kilometers – Cost starts from US\$ 85 per person.

- **Cost includes:** Top quality Rafting equipment, Highly trained Crew, Well organized camping, Hygienic food.

- **Transportation:** Bus transportation included and depends.

Bungy Jumping / Canyoning / Paragliding / Ultralight Flight

We can check and deliver information and cost as per your interest received for Bungy Jumping, Canyoning, Paragliding and Ultralight Flight. Bungy and Canyoning can also be customized together.

Shopping Tours

Package available on demand.

Shopping items: Pashmina items, Paubha/Thangka, Woolen Carpets, Root Art, Ceramics, Shaligram (Holy Rocks), Masks of deities, Khukuri, Tea, Spices, Garments and Knitwear, Musical Instruments and Music, Glass Ornaments, Jewelry and Gems, Metal Wares, Sculptures, Wood Carvings, Rudraksha (Rosary), Incense, Natural Buttons, Fiber Products, Wood Game Boards, Fancy Hats, Bamboo Crafts, Bags and Accessories, Leather Articles, Lokta Paper and items made by Lokta, Nepali Dolls, Home Decors, Books and Maps and innumerable other unique items which are found nowhere else.

Trip Itinerary:

Day 01 : Fly Kathmandu to Lukla (2,840m/9,318ft) and trek to Phakding (2,610m/8,563ft).

We set off early morning from our hotel to domestic airport for Lukla flights. After a 35 minute scenic mountain flight by a small aircraft, we land in Lukla airport (Tenzing-Hillary airport). Today's trek from Lukla to Phakding is only about 3-4 hours. The trail from Lukla is seen broad and clear. From the airstrip it heads north through a kani (arch) and then slopes downhill to a low agricultural land. A splendid view of the difficult trekking peak Kusum Kangaru (6,367m/20,889ft) is seen while walking ahead. The trail is rich with teahouses, prayer wheels, gompas (Buddhist monastery) and huge boulders decorated with Buddhist mantra (prayer chant). Finally we arrive in the village separated in two parts with about a 10 minute trek between them, and a long suspension bridge over the Dudh Koshi River. This village is called Phakding where we stay overnight.

Day 02 : Trek Phakding to Namche Bazaar (3,446m/11,306ft).

Today's trek is about 5-6 hours. After crossing the suspension bridge at Phakding, we trek for 2-3 hours following the climbs steeply up rough stone steps before reaching the long paved Monjo village on the edge of Sagarmatha National Park. In addition to the lodges, single-roofed houses and a few basic shops, there is a small gumpa nearby. The trek from Monjo to Namche Bazaar will take another 3-4 hours. There is an entrance to the Sagarmatha National Park where an entry permit must be showed or obtained and kept safely for showing on exiting the park. Once passed through the gate, the trail drops to river level which is set among fields of huge cabbages, crosses to the west bank of the Dudh Koshi river on a long suspension bridge and passes teahouses and lodges in Jorsale (2,775m/9,104ft). This is the last available accommodation before Namche Bazaar. About halfway up, at a bend on this ascent we should get our first brief view of Mt. Everest, Nuptse and Lhotse. As our trek continues up mostly among trees, we will eventually come to a group of buildings, then broad stone steps and finally arrive in one of the lower streets of our overnight stop Namche Bazaar. This town is known as the Sherpa "Capital" and gateway to the Mt. Everest. Namche Bazaar has many facilities – a post office, banks, ATMs, money exchange centre, a health post, a dental clinic, numerous shops, restaurants, cyber cafés and telephone facilities, a gumpa and several chortens. The headquarters of the Sagarmatha National Park and a military post are situated above the town. We stay two overnights in Namche Bazaar for acclimatization and excursion around. Trekking time 5-6 hours.

Day 03 : Rest and acclimatisation day in Namche Bazaar.

Today we stay in Namche Bazaar for acclimatisation. Because of the altitude, it will be necessary for us to spend a minimum of two nights here. On this day, we have the choice of just relaxing and roaming round this interesting hill town, or alternatively trekking round a nearby 3-4 hour circuit with stunning views. On this excursion trek, we pass through two traditional Sherpa villages Khumjung (3,780m/12,402ft) which has a chorten at its entrance and Khunde (3,841m/12,602ft) where there is a small hospital. This day helps a lot for acclimatisation for our further trekking and climbing of Island Peak.

Day 04 : Trek Namche Bazaar to Tengboche (3,867m/12,687ft).

On this day while climbing out of Namche Bazaar along the hillside to a point, we will have the stunning views of Everest, Nuptse, Lhotse and Ama Dablam. A large white chorten is built along the trail to commemorate the 50th anniversary of the first ascent of Mount Everest on 29 May 1953. After wading through the rhododendrons and some small settlements, the trail continues on a steep descent to cross the Dudh Koshi on a suspension bridge. From the bridge, there is approximately a 2 hour steady climb up to Tengboche. Just beyond the bridge, a series of water-driven prayer wheels and lodges alongside the trail are found. We then continue to climb mainly through forest and before reaching the ridge at Tengboche, the trail then past a chorten with Nepal's largest gumpa nearby. The up valley view from the top is unbelievable with Mt. Everest dominating the background (a great photo shoot). Tengboche or Thyangboche Monastery (3,867m/12,687ft), also known as Dawa Choling Gumpa, is a Tibetan Buddhist monastery of the Sherpa community located in the Everest Base Camp trail of Nepal. It is the largest gumpa in the Khumbu region which was built in 1916 by Lama Gulu with strong links to its mother monastery known as the Rongbuk Monastery in Tibet. We stay overnight in this beautiful Tengboche village. Trekking time 4-5 hours.

Day 05 : Trek Tengboche to Dingboche (4,410m/14,469ft).

The trail passes downhill from Tengboche through the pine and birch trees and tall rhododendrons. we then arrive at Deboche (3,710m/12,171ft) which has a trekkers' health post. Over the bridge, the way climbs up valley, passes chortens and mani walls, then goes through a kani. Shortly after this the trail divides as it approaches the village of Pangboche (3,930m/12,894ft). We arrive at this point in about 1:30 hours from Tengboche. Next comes Orsho a high yak-grazing pastureland before Dingboche. The trail splits here at a small mani wall, the left-hand branch going to Pheriche while the other branch going towards Dingboche. We continue our trek uphill towards right to the traditional Sherpa village of Dingboche. Dingboche has a number of lodges, spread among its stone-walled fields. On the western hillside adjacent to the village, there are two large chortens. Dingboche is dominated by the world's fourth highest mountain, Lhotse (8,501m/27,890ft). We stay for two nights at Dingboche for acclimatisation. Trekking time 5-6 hours.

Day 06 : Trek Dingboche to Chhukung (4,730m/15,519ft).

Today's trek is an easy climb that goes gradually to the small settlement of Chhukung. We have great views of Island Peak (6,160m/20,221ft) along the way. Trekking time 3-4 hours. We may take an excursion trip to Chhukung Ri (5,550m/18,209ft) to get prepared for the expedition during the day.

Day 07 : Trek Chhukung to Island Peak Base Camp (5,200m/17,061ft). Basic training for climbing.

The trail from Chhukung leads fairly steep way that goes through the moraine from the Lhotse Glacier and along a streamside. Trekking time 3-4 hours. After lunch, our Sherpa climbing guide will conduct training on peak climbing techniques and using of climbing gears such as climbing boots and crampons, harness, ascender and to go up and down on ropes. It is not mandatory to have prior training experiences for Island Peak but we believe that some training opportunities will boost up your confidence and climbing skills and increase the chances of scaling the summit. The training might be useful for those who are doing their first expeditions though.

Day 08 : Climbing day: Summit Island Peak (6,160m/20,211ft). Trek back to Base Camp or Chhukung.

We start our climb early in the morning, generally between 1-2am. Rope needs to be fixed up for the glacier

as it contains several crevasses. We follow the guide's footsteps and he fixes a rope wherever necessary. A steep snow slope leads us onto the summit of Island Peak (6,160m/20,211ft). It's a great moment to be on the summit. The views are awesome from the summit and after taking enough pictures, we descend back to Base Camp or continue our trek to Chhukung for overnight rest. This is a celebration time on the success of Island peak climb. Total climbing/trekking time 8-10 hours.

Day 09 : Spare day for weather.

The spare day is for smooth journey. We can use this day if the weather gets worse and we are unable to complete the summit on the planned day. This day can be useful if someone gets problems in acclimatising well enough to make the ascent.

Day 10 : Return trek Chhukung to Pangboche (3,930m/12,894ft).

We set off southward down the west bank of the Imja Khola, cross a bridge over the Khumbu Khola close to where it is joined by the Imja Khola and proceed down the west bank and reach Pangboche. There is a famous gumpa at Pangboche believed to have been the oldest in the Khumbu region. We stay overnight at Pangboche. Trekking time 4-5 hours.

Day 11 : Return trek Pangboche to Namche Bazaar.

We descend through the alpine dessert and enter into landscapes of pine forests. The trail then leads to a steep uphill climb into Tengboche. We pay a visit to the Tengboche Monastery. We then trek through a steep descent and the final steep climb traverses the hill side into Namche Bazaar. Trekking time 5-6 hours.

Day 12 : Return trek Namche Bazaar to Lukla.

Again we proceed southward, retracing the route trekked on day 1 and 2, crossing and re-crossing the Dudh Koshi at intervals. We stay overnight in Lukla. Trekking time 6-7 hours.

Day 13 : Fly Lukla to Kathmandu.

We take the 35 minute breathtaking flight from Lukla.

Option available for extending your trip with Jungle Safari adventure, white water rafting or a trip of your choice.