

Trip Name : Island Peak With Everest Base Camp

Starting Point	Fly in KTM-Lukla
Ending Point	Fly out Lukla-KTM
Type	TeaHouse/Camping Trek
Grade	Difficult
Duration	17 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
- A side trip to the world famous Everest Base Camp trail

Trip Details:

We have designed Island Peak or Imja-Tse (6,160m/20,211ft) climbing including a trek to the Everest Base Camp in order to provide some strength and acclimatization before the expedition. Mount Everest Base Camp is the most sought after trekking destination in the world. It is a perfect trip for those who are looking for an adventure trek and some mountain climbing. The trek to the Everest Base Camp will provide a chance to acclimatize with the increasing altitude and help to adapt with the atmosphere.

Island Peak is one of the most popular trekking peaks in Nepal. The Peak is standing beyond Chhukung and near the head of the valley of the Imja Khola and 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 classic route to the summit is the narrow North ridge but it is the southwest ridge which is the most common route used. Island Peak was first climbed by members of the British Expedition team in 1953. The members of the expedition were Charles Evans, Alf Gregory, Charles Wylie and Tenzing Norgay along with seven Sherpas. Island Peak was named by Eric Shipton in 1952. When the peak is viewed from above Dingboche, the mountain does resemble to an island in a sea of ice. It was renamed as 'Imja Tse' in 1983 although most people still refer to it as Island Peak.

Finally, the trip concludes at Lukla airstrip from where we started our adventure. Our trek passes through the Dudh Kosi valley and the popular Sherpa hometown of Namche Bazaar. The entire 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 to Everest Base Camp 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 gompa 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 Gompa, is a Tibetan Buddhist monastery of the Sherpa community located in the Everest Base Camp trail of Nepal. It is the largest gompa 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 Pheriche (4,252m/13,950ft).

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 Orso a high yak-grazing pastureland before Pheriche. The trail splits here at a small mani wall, the left-hand branch going to Pheriche while the other branch going towards Dingboche. Heading for Pheriche the trail climbs steeply in places to reach a high point marked by cairns, manis and prayer flags. From here the path descends to the river, crosses a wooden bridge and soon enters our stop at Pheriche for overnight halt. We stay for two nights at Pheriche for acclimatisation. Trekking time 5-6 hours.

Day 06 : Rest and acclimatisation day in Pheriche.

Pheriche is an expanding cold and windy village and consists of lodges and tea-houses and most importantly it has a health post run by western volunteer doctors. We strongly recommended to attend one of the lectures (available every afternoon) on how to avoid AMS (Altitude Mountain Sickness). To aid acclimatisation while relaxing in Pheriche, it is good to have a trek up the hillside to the crest of a ridge with a chorten at (4,412m/14,475ft).

Day 07 : Trek Pheriche to Lobuche (4,910m/16,109ft).

From Pheriche, We continue through the kharka (grazing pastureland) to cross the Khumbu Khola on a wooden bridge and then climb to Dughla (4,620m/15,157ft) where there are a few lodges. From here the route heads up steep moraine (ridge of rocks) slopes, to a ridge with a number of large cairns, chortens, prayer flags and mani stones covered with Tibetan Buddhist prayer flags. The trail now enters the Khumbu valley, crosses to the western side from which one gets a clear view of the massive Nuptse (7,861m/25,791ft) and finally arrives at Lobuche. This is a busy place with trekkers camping in various spots on the far side of

the stream and around the lodges. We stay overnight at Pheriche. It can be very cold overnight here. Trekking time 3-4 hours.

Day 08 : Trek Lobuche to Everest Base Camp (5,364m/17,598ft), return trek to Gorakshep (5,140m/16,864ft).

Today, we set off to the Everest Base Camp with the trail initially crossing a stream below Lobuche and then progressing along the left-hand side of the valley, before rising to a higher narrower step. Soon we will reach a point where a narrow side valley cuts off to the left. After about 200m it takes us to the "Italian Pyramid", a stone-built lodge and scientific station which collects meteorological and seismic (earthquake) data. Continuing on, the main trail comes to a more open area, climbs a moraine where edelweiss grows on a slope – crosses a sandy stretch, weaves among heaps of moraine, climbs once again and then drops down to Gorakshep. The trail to Base Camp begins just beyond the Gorakshep lake, runs for some way along the moraine crest and then appears to descend to the Khumbu glacier. Once in the centre of the glacier, the route signs are somewhat dubious – e.g. the occasional cairn of yak dung! – but we will be okay with our experienced guide. Although Everest Base Camp does not provide a view of the world's highest mountain itself, - tomorrow's trek will more than compensate for this – today we will get a real close-up of the impressive Khumbu ice fall. The Base Camp can be quite a bustling place with expeditions camping, porters, trekkers and yaks, etc. Having achieved our first goal, and after resting, we will return to Gorakshep for our overnight stay. It consists of three lodges on the rim of a level basin of glacial sand, with the small lake nearby. Tibetan snow cocks chase one another noisily across this sand flat. Although it is very close, Everest is not visible from Gorakshep, however there is a stunning view of the majestic Nuptse, soaring high in the east. We stay overnight at Gorakshep. Trekking time 7-8 hours.

Day 09 : Trek/Climb Gorakshep to Kalapatthar(5,545m/18,192ft) and return trek to Lobuche.

Today's trip is not only literally the "high point" of our entire trek but it also has the absolutely high point with unbelievable views from the summit of Kalapatthar. The long awaited trek starts around 5.00am. The climb takes about 1-2 hours (depending upon the route chosen) to reach the summit. On the arrival at the summit, one can experience the most fantastic sunrise over Mt. Everest. Kalapatthar is a spur of Pumori (7,165m/23,507ft) and in Hindi means "black rock" which is appropriate. It has two summits and two ascent routes, both paths being clearly visible from Gorakshep. The left-hand path which wriggles its way to the secondary summit (5,545m/18,192ft) takes 1-1:30 hours and the other which zig-zags up the eastern flank to the higher summit (5,623m/18,448ft) takes 1:30-2 hours. Neither route is technically difficult. Another alternative is available which takes in both summits, climb the left-hand trail to gain the lower top, marked with a number of slender cairns and then continue along the ridge scrambling over rocks and reach the higher summit with its flutter of prayer flags. From both summits, a truly incredible panorama is spread before you. Although Everest is of course the main focus of attention, the ice cone of Nuptse which from this view point appears higher than Everest, has stunning beauty. Having really soaked up these incredible views we will return downhill to Gorakshep and then continue our trek to Lobuche after breakfast. We stay overnight at Lobuche. Trekking time 5-6 hours.

Day 10 : Trek Lobuche to Chhukung (4,730m/15,519ft).

Today we start our trek after breakfast to Dingboche and then to Chhukung. Dingboche has a number of lodges, spread among its stone-walled fields. Most of the lodges have telephone facilities, while several others have shops. 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/27,891ft). Trekking time 5-6 hours. Alternatively, if you are ready to accept the challenge of Kongma La pass (5,535m/18,160ft), you may choose this option instead of going via Dingboche (4,410m/14,469ft). Trekking time 7-8 hours.

Day 11 : 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 12 : 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 13 : 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 14 : 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 15 : 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 16 : 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 17 : 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.