



Island Peak Climbing with Everest base camp trek - 19 Days

Island peak climbing with Everest base camp trek is a popular alternative for [mountaineering](#) enthusiasts who want to experience thrilling combination of reaching the iconic Everest base camp and summiting the accessible Island peak in the beautiful Himalayan region of Nepal. The trek typically starts with a scenic flight from Kathmandu to Lukla, followed by a trek through the beautiful villages of Namche, Tengboche, and Lobuche, among others. Throughout the trek, you will pass through picturesque landscapes, cross suspension bridges, lush forests, and acclimatize to the increasing altitude.

Reaching Everest base camp is a significant achievement in itself, as it offers astonishing views of the world's highest peaks, including [Mount Everest \(8848 meters\)](#), [Nuptse \(7861 meters\)](#), [Lhotse \(8516 meters\)](#), and many other snow-capped Himalayan mountains. The base camp an altitude of 5364 meters (17598 feet) is the starting point of mountaineers attempting to summit Mount Everest offering the opportunity to experience the rich [Sherpa culture](#) and the incredible landscapes of the Himalayas. Standing at the base camp provides a unique and awe-inspiring experience. After enjoying the majestic views, we will continue our journey towards Island peak.

Island peak, locally known as Imja Tse is beautiful mountain peak standing at an elevation of 6189 meters offers an exhilarating mountaineering experience and breathtaking panoramic views of the surrounding [Himalayan peaks](#). The peak was named Island peak in 1951 by Eric Shipton's party due to its appearance when viewed from the Dingboche village as it appears as an island in a sea of ice. Later in 1983 the peak was renamed to Imja Tse but Island peak remains the popular choice. It is considered challenging yet achievable summit for climbers. It can be a great option for climbers who are aiming to tackle more challenging summits and looking to gain experience in Himalayan mountaineering in the future. The summit offers magnificent panoramic views of Mt. Everest, Ama Dablam, Nuptse, Lhotse, and other neighboring peaks. It also provides a good introduction to higher-altitude climbing. Additionally, the climb to Island peak requires some technical and mountaineering skills. [Climbers](#) must be proficient in using crampons, ropes, ice axes and other climbing equipment. The route involves crossing glaciers, ascending steep snow and ice slopes and navigating crevasses. Reaching the summit of Island peak is an exhilarating experience and offers stunning views of the [Everest region](#). After the successful climb, you will retrace your steps back to Lukla, concluding the trek.



PRICE INCLUDES

- Airport Pick up and drop by private vehicles
- Three times meals a day- Breakfast, Lunch, Dinner and accommodation in teahouse/ lodge during the trek
- One experienced (government licensed) and qualified English speaking guide
- One porter for two trekkers
- Guide/ Porters: food, lodge, transportation, salary, insurance, equipment etc
- First aids kit
- All taxes and company service charge

PRICE EXCLUDES

- International airfare and visa fees
- Lunch and dinner in Kathmandu
- Personal expenses of bar and beverage bills, wifi, hot shower, bottle of water, extra porters, laundry or any other things which are not mentioned by the company
- Your trekking gears and extra nights in a certain destination
- Your travel insurance which should include the emergency rescue
- Tips for your guide and porters
- Entrance fees during the sightseeing
- Extra expenses due to any event such as strikes, weather conditions, or flight delays



ITINERARY IN DETAIL

Day 1: Arrival in Kathmandu (1,300 meters / 4,264 feet)

One of our representatives will be waiting for you at the gate who will take you to your hotel. On this day, you can rest or explore some of the significant place around Kathmandu valley.

Day 2: Trip Preparation

Today we will visit our office where we will give you the short description of your trip. Also, make the arrangement for the trip.

Day 3: Fly to Lukla (2800 meters / 9184 feet) then trek to Phakding (2652 meters / 8700 feet)

We will take a flight from Kathmandu to Lukla which will take about 40 minutes. During the flight we are able to observe stunning views of Everest region. After reaching in Lukla, we will begin our walk to Phakding. It is a 3- 4 hours of walk from Lukla.

Day 4: Phakding to Namche Bazaar (3440 meters / 11283 feet)

After having breakfast, we will walk through amazing pine forest and Dudh Koshi River from Phakding to Namche Bazar. After almost an hour of walk, we will come across the astonishing Mount Thamserku (6,608 m) on our right and also experience the serenity of pine, fir and juniper forests during the trek. If the weather is clear, you can witness the fabulous scenic view of Mount Everest and Lhotse.

Day 5: Acclimatization at Namche Bazaar

On the fifth day of the trek, we will have a rest at Namche Bazaar. There is few option to do in this day, you can interact with the Sherpa people and their rich culture, or hike up to the Everest View Hotel and enjoy an up-close view of the mighty Everest. While in the Namche village or upon returning from the hike from the Everest View Hotel, you may also visit the local museum containing exhibits displaying the area's native flora and fauna as well as the history of the Mount Everest region.

Day 6: Namche Bazaar to Tengboche (3870 meters / 12694 feet)

After having breakfast, we will start to trek towards Tengboche. During the trek, we will explore Tengboche monastery- the largest monastery in the Everest region. It is located amidst the Sagarmatha National Park (a UNESCO World Heritage Site of "outstanding universal value") which is draped with the panoramic 360° view of the Himalayas, including Mount Everest, Nuptse, Lhotse, Ama Dablam and Thamserku. The monastery opens at 3:00 pm so if you are looking for an opportunity to witness a religious ceremony this can be best for you.

Day 7: Trek from Tengboche to Pheriche (4200 meters / 13776 feet)

On this day, we will visit the monastery in the morning and take a picture with the monastery and the amazing landscape. Then, we will take our next steps to another beautiful village Pheriche. Before reaching there, we will spend some time on Pangboche exploring traditional Sherpa village. On reaching Pheriche, you can witness a small helipad that is used for helicopter rescues during emergencies.

Day 8: Trek from Pheriche to Lobuche (4930 meters / 16170 feet)



On the next day, we will continue to climb as we are heading to the altitude of 4,910 meters at Lobuche which appear dwarfed at the foot of the giant Lobuche Peak. Due to the high- altitude, you may feel difficulties while breathing. The trail passes along the lateral moraine of the Khumbu Glacier and by stone memorials for climbers who have perished on nearby summits.

Day 9: Trek from Lobuche to Gorak Shep (5170 meters / 16961 feet) and hike to Everest base camp (5364 meters / 17594 feet)

This day will be our difficult day because we need to walk along the Khumbu Glacier up to Everest Base Camp at 5365 meters. There will likely be a team about to attempt the summit. The view of the Khumbu Icefall from Base Camp is spectacular. We will stay at Gorak Shep.

Day 10: Gorak Shep to Kala Patthar (5545 meters / 18192 feet) and back to Lobuche

There is always the potential for chilly winds in the mountains which are quite common. Therefore, we will prepare for an early morning departure, amid pre-dawn darkness and cold temperatures (-10°C to -14° C). Upon reaching Kalapatthar, you will get 360° degree up- close and formidable views of Mount Everest and its familiar peaks such as Lingtren, Khumbutse, and Changtse tower to the east.

Day 11: Lobuche to Kongma La (5535 meters / 18159 feet) to Chhukung (4730 meters / 15518 feet)

Today, we will take a slightly different route from Pheriche down to Dingboche. Then, we will ascend to the Chhukung valley.

Day 12: Chhukung to Island Peak base camp (5200 meters / 17060 feet)

Today, we will walk for at least 4 hours from Chhukung. We will make a leisurely start following the Imja Valley with alluring views of Ama Dablam dominating the skyline and follow the moraines that flow from Lhotse (8,501 meters) towards the sand flats at Pareshaya Gyab. There is a short distance to reach Island Peak base camp.

Day 13: Pre - climbing training on Island Peak base camp

On the thirteenth day of the trek, we will spend some of the time on pre- climb training. When you are intracting with climbing guide, the guide will provide training in base camp for around 2 hours and teach how to fix a rope.

Day 14: From Island Peak base camp to Island Peak summit (6189 meters / 20305 feet) then back to base camp

We will wake up middle of night and get ready and take breakfast then start walk to go up.

Day 15: Island Peak base camp to Pangboche (3985 meters / 13074 feet)

After reaching on the top of the summit, again we will come back down to the base camp for having our lunch. Then, we will trek down to Pangboche.

Day 16: Pangboche to Namche Bazaar (3440 meters / 11286 feet)

The next day, we will trek to Namche from Pangboche. It is around 6 hours of walk so on the way we will take a lunch and walk easy and enjoyable.

Day 17: Namche Bazaar to Lukla (2800 meters)



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This is the last day of our hike from Namche Bazaar to Lukla. Stay overnight at Lukla.

Day 18: Fly back to Kathmandu (1350 meters / 4428 feet)

We will take a flight to Kathmandu. Reaching on Kathmandu, you can refresh yourself or explore Thamel.

Day 19: Departure

We will drop you to the airport.