

Island Peak with Everest Base Camp

5 stars

🕒 22 days

From \$2220



Quick facts:

Max. Altitude: **6,189m/20,305ft**

On Trek: **16 Days**

Trek Style: **Camping**

Trek Starts From: **Lukla**

Trek Ends At: **Lukla**

Best Seasons: **Autumn (Sept. to Nov.) and Spring (March to May)**

Island peak (6189m/20,305 ft), also known as Imja Tse, is one of the most preferred climbing peaks in the Everest region. First ascended in 1956 by a Swiss team as a training exercise in preparation for Mount Everest and Lhotse, the peak is now regularly summited by mountaineers before attempting any other giant peak of the Himalayas.

If you are seeking the thrill of mountain climbing along with one of the most preferred high altitude trekking in the world, Island Peak combined with Everest Base Camp is the one. The sheer satisfaction you experience after summiting the peak is not any less than a mountaineer experience after climbing the Everest. Your hard work on the way will be rewarded with probably one of the best panoramic views in the World as Nuptse (7879m), Lhotse (8501m), Lhotse Shar (8383m), Makalu (8475m), Baruntse (7720m), and AmaDablam (6856m) will all be just in front of your eyes as if they will touch the tip of your nose.

Since the island peak climbing is physically demanding but not technically challenging , it is suitable for all novice climbers and experienced trekkers.

The route of summit includes a rather steep slope and a narrow ridge. Before climbing Island Peak you will trek up the Dudhkosi Valley from Lukla, passing through Namche and Tengboche on your way to Kala Pattar and Everest Base Camp.

Island peak offers an exhilarating climbing experience beyond simply trekking in Nepal with a trek to Everest base camp at one go.

Grade: Challenging

Date & Prices:

Start Date	End Date	Price
15th Nov, 2017, Wednesday	07th Dec, 2017, Thursday	\$2220

Equipment Lists:

he following gives you a general idea of the personal items that you can bring for the trek. The personal items are of individual interest, and choice. The most important fact that one should keep on mind is that one should have enough clothes to tackle the cold weather in the Himalayas.

In a supported trek, heavy items are carried by porters or yaks and personal belongings that you may need for the day like money, water bottle, rain gear, camera, sun cream and toilet paper etc. should be carried by yourself. So you are briefed to pack items in two different bags.

We will supply complimentary water and wind proof duffel bag which you can use on the trek and is carried by porter/s. The duffel bag is yours to keep after the trek. You can leave your bag with your non-trek items at the hotel in Kathmandu and collect them after the trek.

All the equipments like Base camp tents, kitchen accessories and all the group climbing equipments (climbing rope, ice screw, somw bar, ice hammer) is provided by the company.

Climbing gear

The Climbing equipment are much more expensive to buy. So, please let us know if you want to rent the equipments at the additional cost of USD 250 per person. The Following equipments are essential for climbing Island peak.

- 1 Pair plastic shell mountaineering boots with high altitude liners
- 1 Pair of crampons (steel, no aluminum).
- 1 Alpine climbing harness.
- 1 Mountaineering axe with leash (sized properly for your height)
- 1 Ascender (right or left handed as appropriate)
- 1 Belay device (Black Diamond ATC or ATC Guide are good options)
- 2 D-Shaped locking carabiners
- 2 Non-locking carabiners
- 1 Pair expedition style gaiters (ensure fit over your boots)
- Neck gaiter
- Ski goggles (optional)
- Climbing helmet (optional)

General

- 4 seasons Sleeping bag (Optional/we can provide one if you need it but is to be returned after the trek)
- Duffel or Rucksack bag or suitcase (We will provide one complimentary ACE duffel bag for you to keep.)
- Daypack
- Down Jacket (Optional/we can provide if you need one but is to be returned after the trek)

Upper Body - Head / Ears / Eyes

- Shade hat or baseball cap - some people drape a bandana down the back of their head and then put a baseball cap on to hold it in place. This can be a flexible alternative while keeping the sun off your ears and neck.
- Warm wool or synthetic hat that cover your ears.
- Balaclava - lightweight, thinner variety.
- Glacier glasses-100% UV protection with side shields and a hard-sided storage case (i.e. Julbo or Cebe). This is to protect your eyes from the stronger rays of the sun due to the thinner atmosphere which can cause a painful condition known as snow blindness. Regular sunglasses are not sufficient. If you wear prescription glasses, speak to your doctor about prescription glacier glasses, perhaps with transitional lenses.
- Headlamp - Black Diamond and Petzl both make several good ones. Make sure to bring extra batteries and that they are lithium batteries so that they will last in the colder temperatures. These are indispensable for getting around at night, reading, etc. so, don't go cheap here.
- Some people like ear-muffs; These are optional; a good hat, balaclava, and hooded jacket should really be sufficient, but this is a personal choice for some people (optional).
- A neck warmer is another piece of gear for extra warmth if you feel you will need it (optional).

Hand

- 1 pair liner gloves, thin wool or synthetic, useful alone on mild days or as a layer inside other gloves / mitts for additional warmth.
- 1 pair warm gloves (heavier fleece or wool).
- 1 pair shell gloves or mitts; Gore-Tex is preferred for keeping hands dry.
- Instant hand warmers are always nice in a pinch, but really shouldn't be necessary on the trek. Bringing appropriate hand protection as recommended above, should be sufficient (optional).

Core Body

- T-shirts (2).
- Light and expedition weight thermal tops.
- Fleece jacket or pullover.
- Fleece Wind-Stopper jacket (optional).
- Waterproof (preferably breathable fabric) shell jacket.
- 2 women sports bras, Synthetic, no cotton!

Lower Body – Legs

- 2 pairs nylon hiking shorts - Quick drying type, not cotton!
- Underwear, stay away from cotton (4).
- 2 pairs lightweight long underwear - capilene or other synthetic.
- 1 pair soft shell pants - synthetic, full zip from top and bottom preferable.
- 2 pairs trekking pants, preferably that zip on/off at the knees so they double as shorts.
- 1 pair hard shell pants. Waterproof / breathable, Gore-Tex or equivalent is best. Should zip from the top and bottom - this makes it easier to put on over boots without getting undressed should the weather change once you are underway for the day.
- 1 pair cotton pants (loose jeans/khakis).
- All clothing should be kept dry using waterproof stuff sacks or large puncture resistant plastic bags.

Feet

- 4 pairs of liner socks, synthetic or capilene.
- 3 pairs heavy weight socks to be worn over liner socks.
- 1 pair light weight socks, a good option for the lower / warmer parts of the trail.
- 1 pair light to medium weight water proof hiking/trekking boots. Ensure a good fit with layered socks and you have worn them

before to get used to it (otherwise you will get lots of blister).

- 1 pair light trekking shoes or sneakers. Good for around the camp/lodges and in Kathmandu.
- 1 pair hiking gaiters, good for keeping dust and rocks out of your shoes / boots as well as keep your feet dry as necessary (Optional).
- 1 pair sandals (Optional).

Medicines and First Aid Kits

(Please note our guide will also carry the first aid kit bag during the trek. However we still recommend you to bring your personal first aid kit as well)

- Extra Strength Excedrin for altitude related headaches.
- Ibuprofen for general aches and pains.
- Immodium or Pepto bismol capsules for upset stomach or diarrhea.
- Diamox (commonly prescribed as Acetazolamide) 125 or 250mg tablets for altitude sickness. Please discuss with us before starting to take this medicine.
- 1 small personal sized first-aid kit with blister treatments such as mole skin, band-aids, some waterproof tape, anti-infection ointments, etc. Your guides will have more extensive medical gear, but you should have the basics for general use.

Miscellaneous, but Important !

- Passport and extra passport photos (4 copies).
- Airline ticket (Please make a copy and leave on at our office in KTM just in case if you need to change the date of your).
- Durable wallet / pouch for travel documents, money & passport.
- Lip balm. At least SPF 20, 2 sticks. A string taped to the stick is helpful, to hang around your neck and some are now being sold with a cord already attached. Handy as it avoids you from having to stop and look for it.
- Sunscreen. SPF 40 is recommended and should be relatively new since it loses its' effectiveness over time.
- Pocket knife or small Swiss Army type.
- Water purification Iodine tablets or Polar-pure crystals.
- Toiletry kit. Be sure to include toilet paper stored in a plastic bag, hand wipes, and liquid hand sanitizer, towel, soap, etc.
- 2 bandanas.

Optional

- 1 pair adjustable trekking poles. Although these are listed as optional, these can be of great assistance to people who may think of themselves and generally clumsy or with bad knees, ankles, etc, especially when going downhill (Optional).
- Favorite snack foods, no more than 2 pounds (Optional).
- Paperback books, cards, mp3 player (there are a couple of stops where you could recharge. Avoid players with moving hardware as it may not function. Remember, keep these items light weight (Optional).
- Binoculars (Optional).
- 1 light weight point & shoot camera or 1 large SLR. Digital cameras are ok, but you must keep the batteries warm when not in use (Optional).
- Hydration bladder with drinking tube and tube insulator (Optional).
- A pee bottle for men and pee funnel for woman, some swear by them to avoid that chilly late night trip (Optional).
- 1 small stainless steel thermos (Optional).

This list is only a guide. While you are required to bring everything on this list, there are numerous options, brands, and versions of each piece of equipment. Use your experience and the listed features to find the best gear for you. Some of the above equipments can be easily found in stores in Kathmandu for cheaper prices.

Please Note: Tight fitting, figure-hugging clothing, such as those made with Lycra can often be offensive to locals, especially to women. If you find these items comfortable as a base layer, please pack something to wear on top of them.

Itinerary:

01: Arrival in Kathmandu and transfer to Hotel.

Nepal Dream representative will meet you at the Tribhubhan International Airport and transfer to the hotel. You will have short

briefing regarding your trip. Nepal Dream representative will meet you at the Tribhubhan International Airport and transfer to the hotel. You will have short briefing regarding your trip.

02: City tour & preparation for the trek (1300m).

In the morning you will meet your tour guide to visit historic, religious and architectural places of Kathmandu valley. You will visit Swayambhunath (Buddhists Shrine, also called monkey temple), Baudhanath (Largest Stupa in the world), Pashupatinath (Hindu's greatest pilgrimage site) and Patan Durbar Square (Historic place for ancient art and architecture). Your guide will check all your trekking and climbing equipment. You can rent or buy the required equipment in Kathmandu.

03: Fly to Lukla (2810m) & trek to Phakding (2660m): 2:30 hrs walking

Early in the morning you have to wake up to have stunning flight to the gateway to the region of the Legendry Sherpas. It takes 30 minutes to reach Tenzing and Hillary airport of Lukla. You can have wonderful views of mountains from your aircraft. Lukla flight itself is a world's most adventures flight. In Lukla you will meet our rest of the staffs and yaks for baggage then your first day trekking begin from Lukla to Phakding (Meandering trails lined with stoned walls).

04: Namche (3440m): 6 hrs walking

Today we will trek from Phakding following the torrent of DudhKoshi the trail climbs north through forests of rhododendron, magnolia and giant firs etc. Namche, the largest village often called administrative centre of Khumbhu region where you can also buy and rent the equipment needed for the treks.

05: Namche - acclimatization day - Khumjung Hiking (3900m)

Today is your acclimatization day in Namche ; to adjust by exploring the local markets, mingle with the people, walk up to the Everest view point (you can see the stunning view of Mt. Everest and Amadablam etc), breathing deeply and happily lazing around in sunshine. We visit to Sir Edmund Hillary's school and hospital at Khumjung and Khunde.

06: Tengboche (3870m): 6 to 7 hrs walking

Today you walk down to Tengboche. You can visit the significant Buddhist Monastery; yak pasture and world's highest sacred institution combined. Tengboche is in the panoramic place surrounded by Kwangde (6187m.), Twachee (6542m.), Amadablam (6812m), Everest (8848m.), Nuptse (7879m), Lhotse (8501m.), Kangtega and Thamserku. The trail now forks northeast along a tributary valley with the mountain views opening up to become very dramatic as the steep climb approaches the holy ground of Tengboche.

07: Pheriche (4243m): 5 to 6 hrs walking

Today we descent down to Debucho through the forest of birches conifers and rhododendrons. It is the home of the HRA (Himalayan Rescue Association) which runs hospital built in 1975 by the Japanese. Crossing Imja Khola (river) on a steel bridge, the route climb to the Pangboche.

08: Pheriche – acclimatization day - Nangakarshang Hill Hiking (5010m)

To adjust with high altitude today also you stay at Pheriche. Today you will hike to Nangakarshang hill for acclimatization. You will have short briefing class regarding the high altitude sickness at HRA. HRA runs high altitude information class every day.

09: Lobuche (4940m): 5 to 6 hrs walking

Ascending at a sensible pace, traversing ice covered torrents, to Lobuche where stone houses sit amongst a frozen wilderness of stunning beauty and where a thrilling sense of closeness to our ultimate goal exists. From Lobuche you can have magnificent view of Cholatse, Lobuche, Pumori and Nuptse which gives you more pleasure. At the top of the ridge you can see the memorials of the climbers.

10: Everest B. C. (5360m) > Gorakshep (5170m)

The goal that is Base Camp is a demanding day. After breakfast you will start your trek to Everest Base camp. At Everest Base Camp you can see many expeditions' tents during the spring season of Expedition. It is great place to view Khumbhu glacier. The first section of the trail goes through the narrow gap between the glacial moraine and the mountain wall at Gorakshep you have the glorious view of Mt. Phumori and Nuptse standing above us.

11: Kalapathar (5545m) > Lobuche (4940m): 2 hrs walking

The best vantage point for viewing Everest and the surrounding peaks at sunrise; as if not just Everest but the entire world is breathtaking. Early in the morning you will walk towards Kalapathar for the stunning view of Mt. Everest summit. Most of the photographs of Mt. Everest are taken from Kalapathar. After the climb to Kalapathar you have to descend down to Lobuche.

12: Chhukung (4730m): 6 to 7 hrs walking

Today our route diverts from the Everest trail eastwards as we head into a world only of mountains. The trail is gently goes up from Dingboche on wide valley without green trees and forests. We reach Chhukung for lunch and rest of the day as rest time.

13: Island Peak B. C. (5087m): 3 hrs walking

Today is no more than a steady quite gradual ascent yet the sense of expectation is kicking-in. The way to AmphuLapsa lies to the southeast. Your guide will give you training about how to use ice axe, crampons, ascenders, descenders, etc while climbing the Island Peak. Today you will stay at tented camp.

14: High Camp (5600m): 1: 30 hrs walking

This day as we are in high altitude slowly we shift to Island peak high Camp. Today is also a camping day. At the High camp your guide will give you the climbing training.

15: Summit (6189m) > Base camp (5087m): 5 hrs walking

A tough day to make the mission of summit into reality. You have to wake up very early in the morning may be 2 am or 3 am to start ascent to the summit because in the day time it is difficult to move up due to the sunlight and snow melting. After the summit you will descend down to Base Camp. If you reach Island Peak Base Camp early then you will stay at Chhukung.

16: Dingboche (4252m): 4 hrs walking

Arriving back in the two way traffic of the Everest Base Camp trail. Today you will slowly walk down to Dingboche. Dingboche is home to an Internet cafe (using satellite technology) and one of the world's highest billiard parlors.

17: Tengboche (3870m): 5 hrs walking

Today we will walk towards Tengboche.

18: Monjo (2710m): 6 to 6: 30 hrs walking

Today you walk all the way downhill to Monjo ; En route you have to pass Namche Bazaar.

19: Lukla (2810m): 4 hrs walking

Today is the last day of our adventure. This last evening in the mountains is the ideal opportunity for a farewell party with our staff.

20: Fly to Kathmandu: 30 minutes flight

We will be taking the scenic and adventurous flight from Lukla to Kathmandu.

21: Kathmandu

Today is a free day in Kathmandu. You can have shopping. In the evening you will have farewell dinner in authentic Nepali restaurants with variety of cultural programs.

22: Final Departure

Nepal Dream representative will drop you to Tribhubhan International Airport and heartly appreciate with shwal for your visit to Nepal wishing you a good luck for your travel.

Cost Include:

- All necessary airport, hotel transfers (4 times)
- Hotel in Kathmandu 3 nights with Breakfast
- Around Kathmandu Sightseeing Entrance Fees with transportation and guide salary
- Flight ticket from KTM to LUKLA to KTM for Members and Guide
- Domestic Airport Tax (2 times)
- TIMS Card
- Sagarmatha National park permit
- Island Peak climbing Permit fee
- Climbing Guide, porters and necessary staffs during the trek
- Group climbing equipment such as rope, ice screws, snow pickets, etc..
- Climbing Guide, his equipment allowance and salary
- Additional porters for carrying climbing gears
- Camping tents and kitchen equipments
- High Camp food
- Food and accommodation during the trekking/ climbing period both to members and guide
- Trekking Guide salary during the trekking period - Porter salary during the trekking period
- Welcome dinner / Farewell dinner
- Insurance for all Nepali staffs

Cost exclude:

- Meals in Kathmandu
- Personal Expenses and Equipments

- Emergency medical evacuation/ helicopter rescue
- Bottled or Boiled water during the trekking
- Alcohol and Beverages
- Tips to guide and porters