

# Detail Itinerary

Island Peak is one of the best places to go for Everest Base Camp Trek combine Island Peak, which stands 6189m tall. It lies in the part of Everest region and is enlisted in the most difficult treks. It offers technical trials. So anyone who wants to join this amazing island peak must have some basic mountaineering experience like walking on snow with crampons and ice ax; rock scrambling and etc. Island Peak trek starts with a remarkable flight to Lukla (the heart of the Khumbu region) from Kathmandu. During the journey, we get to view the highest peaks in the world, Mount Everest (8848m); Lhotse (8501m), Makalu (8475m) and other high altitude mountains. Peak Island is known as ImjTse.

We start island Peak trip that goes first to Everest Base camp Trek including Kalapathar for good acclimatization then around the base of Imjatse which lies in between moraine and the elevation before turning North-East and then mounting minor rocks and sheer grassy slopes. Along the way, we witness amazing nature views, Sherpa villages, old-aged monasteries and the greatest mountains in the world. Our trail continues until we reach Namche where we stay a night or two and head towards Dudh Kosi, ImjaKhola and more. After we rest, we move on to the Northern direction of the Khumbu Glacier till we reach Kala Patthar which will give you the most amazing view of the greatest mountain in the world, Mount Everest. The typical site for Island Peak Base Camp for this trek is located at PareshayaGyab (5058m). But people must know that it is not an attractive place to be and should be cautious for avalanches. After the camp, we move further until we reach Everest National Park (5640m) and explore things around there. Once we get enough rest, we arrange for the climax of the trip using ropes and crampons and hike snow slopes and cross glaciers. Our trail comes to an end after that and we head back to the airport in Lukla.

We (Nepal Kailash Trekking) are responsible for everything for this trip and we are going to make sure that you will be provided all things that you need for this trip. Not just basic requirements, we are going to guarantee you that it will be the best times of your life and the most daring thing you will ever do.



## Trip Facts

- Trip Duration: 22 days
- Trek Duration: 18
- Primary Activity: Trekking/climbing
- Starts Point: Kathmandu
- Ends Point: Kathmandu
- Trip Grade: Midium Hard
- Max. Height: 6189m
- Trip Mode: vehicle/plane
- Accommodation: Lodge/tent
- Season: April - Oct

## Detail Itinerary

**Day 01:** Arrive Kathmandy AM/p.m. Free time to rest

We will meet you outside the Arrivals Terminal and transfer you to your Hotel in Thamel/or, Long flight. Free Our office Rep will brief you Re final arrangements for your.

**Day 02:** Trip preparation day

**Day 03:** Early morning flight to Lukla and trek to Phakding 2650m, 3 hrs

Breakfast in Lukla - then easy walk - about 3 hrs. Guide and Porter will fly with you to Ktm & hire more Porters there, if needed.

**Day 04:** Trek to Namche Bazar 3440m 5 hrs

We enter Sagarmatha National Park at Monjo. Follow the Dudhe Khosi River that is fed by The snows of Everest, Lhotse & Cho you. Not a long distance but strenuous 2 hr climb at the end. Average walking time 4 ½ hours. No need to hurry. First peak at Everest today! Enter Sagarmatha National Park this morning. Take snacks. Late lunch in Namche.

**Day 05:** Namche Bazar

Day hiking for acclimatize and back to Namche for the night. Visit Park HQ & museums maybe the Everest View hotel if everyone is adjusting to the altitude without a problem

**Day 06:** Trek to Tengboche 3887m, 4 hrs

Tyangboche monastery most important Buddhist Gumpa in the Khumbu District Aprox 6 hr walk on high scenic Trail,

**Day 07:** Trek to Periche 4245m, 5 hrs

Ascend above tree line today. Approx. five hour walk. Your Guide will make arrangements for camping gear & more Porters for trip to Base Camp.

**Day 08:** Acclimatization Day in Periche

Day trip to Dingboche in the Imja Valley & return to Periche. Possible to scramble on shoulder Of Pokhalde to approx. 5000m Option climb up to Nangkartshan Gumpa above Dingboche 4703m, High point on ridge about (4600m) Lunch at Dingboche 4410m. Spectacular mountain views! Attend presentation on Altitudesickness at HRA.

**Day 09:** Trek to Lobuche 4930m, 4 hrs

Strenuous day walking up lateral moraine of the Khumbu Glacier. Surrounded by high Peaks - glorious! Lodge Facilities are basic but Adequate for short stay.

**Day 10:** Trek to Gorak shep 5125m, 3 hrs - Trek to EBC 5357m, and back to Gorakshep

Trek to Gorakshep and same day after lunch climb to Everest Base Camp, Set up camp well away from Expedition Tents. Don't attempt this in white out conditions! Rough trail & easy to lose in poor visibility, Everest will not be seen from the base camp.

**Day 11:** Trek Lobuche to Dingboche 4343m via high route through Dusa,

Early morning start climb to KalaPattar, Everest looks close enough to touch, Rough trail over glacial moraine as you approach KalaPattar 5555m. Climb is basically a steep trail. Trail junction at the snout of the Khumbu Glacier - cross outlet stream & ascend moraine. Descend to Dingboche via Gprakshep lunch.

**Day 12:** Trek to Chhukung - Island peak Base Camp 5058m

Start early and walk to Imja Tse Base Camp via Chhukhung, On your 1st visit to Periche & your Trekking Guide will start organizing your climb & hire a Climbing Guide.

**Day 13:** Climb to Island Peak High Camp - overnight, (actually, can be used as a spare day of the trip) In ideal conditions it is possible to climb from Base Camp to summit & back to Chhukhung in one day 11 hours. However High Camp is Recommended for acclimatizing And safety if retreat is necessary, (5700m)

**Day 14:** Island Peak Summit Day ! Descend to Base Camp or Chhukhung, With this schedule you have little time to wait for safe weather conditions. Extra Porters will stay at Base Camp. Guide & 1 Porter to High Camp. (6189m, 5087m, 4734m).

**Day 15:** Descend to Pangboche or Deboche, Deboche is a wonderful oasis after spending a long time In the arctic zone! (3901m, 3757m).

**Day 16:** Trek to Khumjung, via Tengboche & Sanesa Located at the foot of sacred Mt. Kumbila, Khumjung is home Of the first Hilary school project. There is a Hospital at Khunde Close by, with a Canadian Dr. (3871m).

**Day 17:** Trek to Monjo

**Day 18:** Trek to Lukla

End of trek party tonight with our Porters! You must be here the day before the flight back to Kathmandu, Otherwise your days can be Somewhat flexible.

**Day 19:** Early morning flight to Kathmandu, Back to your Hotel Free afternoon and evening. arriving before Noon. Suggest group Brunch at Mike's Breakfast in Naxal before Returning to Hotel.

**Day 20:** Departure

One of Nepal Kailash Trekking Company's representative will pick you up from your Hotel and transfer to airport for your onward destination.

## Cost Includes

- All ground transports vehicle including airport transfers
- Three nights accommodation with breakfast at a 3-star category hotel (Hotel Manang) in Kathmandu
- Full board meals with tea/coffee (breakfast, lunch and dinner) during the trek and climb
- Island peak climbing permit + garbage (non refundable)
- Best available twin sharing lodge to lodge accommodation during EBC trek and tented accommodation during the climbing
- English speaking trekking guide and highly experienced climbing guide for Island peak including their foods, accommodations, salary, insurance etc.
- porters (two clients 1 porter) and their food, accommodation, salary, equipment, and insurance

- Round trip flight Kathmandu – Lukla and Lukla – Kathmandu
- first aid medical kit
- All require permits including TIMS, Sagarmatha national Park fee
- General climbing equipment such as rope, snow bar, ice screw etc
- All taxes and service charge

## **Cost Excludes**

- X Meals whilst in Kathmandu
- X Travel insurance, which covers helicopter rescue
- X Items of a personal nature such as alcoholic drinks, cold drinks, laundry, Tips.
- X Expenses occurred due to unavoidable Events , like flight delays etc
- X items which are not included above Cost include Item