Island Peak Climbing and Everest Three Passes Trek

Duration: 21 Days 20 Night | Location: Nepal



Trip at a glance

Category: Trekking in Nepal

Location: Nepal

Duration: 21 Days 20 Night

Difficulty: Not specified

Trip Style: Trekking & Hiking

Summary

Island Peak Climbing and Everest Three Passes Trek are one of the most adventures trekking and climbing destination in the Everest Region of Nepal/EBC Trek/

Overview

Trip Introduction

Island Peak Climbing and Everest Three Passes Trek are one of the most adventures trekking and climbing destination in the Everest Region of Nepal. The trekking name is given for crossing the three passes namely Renjo-La (5465 m), Cho-La (5425 m), Kongma-La (5535 m) and Climb Island Peak (6189 m). This trek takes you to beautiful lakes in the Gokyo Valley and Everest Base Camp. You also ascend Gokyo Ri (5360 m) and Kalapatthar (5545 m). Which offers you panoramic close views of many mountains including Everest, Lhotse, Makalu, Cho-you and many more. Mera Peak

The Everest 3 Passes Trekking and Island Peak Climbing routes itinerary is for those who want to explore the challenges and adventures on the mountain trails. The trail leads through some Sherpa Villages after scenic mountain flight from Kathmandu. You can observe unique local culture, religion and lifestyle of the Sherpa Peoples. The route is in the Sagarmatha National Park. This park is worthy about Nature, where you can see lots of wildlife include Musk Deer, Blue Sheep, Himalayan Thar, Barking Deer and lots of birds. You are also able to see Buddhist Monasteries, Buddhist Chorten, Mani Wall with prayer wheels and Prayer Flags. Everest View Trek

Island Peak is located in Chukkung Valley of the Everest Region, which is a wonderful peak near the Lhotse Glacier. After attempting the peak, you can enjoy magnificent views of Mt. Makalu Lhotse and many snow-capped mountains. This Island Peak Climbing makes absolutely excited.

Mega Mount Trekking & Expedition offering Everest Three Passes Trek and Island Peak Climbing with the best price and best services. We have a team of professional local trekking and climbing Guides and Porters make the memorable trip in your lifetime. Ghorepani Poon Hill Trek

Day by day itinerary

Trip Itinerary

Day 01:Arrival in Kathmandu and transfer to hotel by privet vehicles (1350 m) overnight at hotel

Mega Mount Trekking & Expedition Pvt. Ltd. welcomes you to in Nepal, One of the company staff will be waiting outside the baggage hall of the Tribhuwan International Airport (TIA) in Kathmandu. You have to look for the person carrying on A4 size paper with your and company name. This person will take to your

hotel in Kathmandu from the airport. Check into the hotel, rest and fresh up and ready for the meeting to your programs in our trekking office.

Day 02:Kathmandu valley sightseeing tour and trek preparation day in Kathmandu (1350 m) overnight at Kathmandu hotel

You will enjoy your breakfast in the hotel and get ready for the Kathmandu valley tour with the experienced tour guide. Our tour is of the UNESCO World Heritage Sites in Kathmandu Valley. You will be visiting Swayambhunath, Kathmandu Durbar Square, Patan Durbar Square, which is the best and popular place 4 out of 7 UNESCO World Heritage Site in Kathmandu Valley. You will be visiting by comfortable privet vehicles before walk tour of these sites. There is an interesting tour for full of fascinating insights into Buddhism, Hinduism, ancient art and historical architecture, lifestyle, cultural of people of Kathmandu Valley. After this tour, you will come to the office and finalize your trekking clothing and gear.

Day 03:Fly to Lukla (35 minutes) and trekking to TokTok (30 minutes far from Phakding) (2,700m) walking time 4 hrs. Overnight at Guesthouse

Our trekking guide will be transferred to you the domestic terminal of the Tribhuvan International Airport by privet vehicles to depart for Lukla flight. You will board a flight and fly to Lukla with your trekking guide. You will be enjoying the scenic flight for about 35 minutes and land on Lukla airstrip (Tensing-Hillary Airport). You will meet your trekking porter and introduced. They are waiting for you in Lukla airport. Treks start from Lukla after the Pasang Lhamo memorial Gate, through the Lukla town. Our trekking trail drops down to the Toktok Village through the Chheplung, Thadokosi, Ghat Phakding and somewhere forest as well. From the trail, you will see wonderful Mountain View of Kusum Kanguru and kong de peak.

Day 04:Trek to Namche Bazaar (3440 m) walking time 5/6 hrs. Overnight at Guesthouse

From Phakding, Everest Base Camp trek goes continue north. There are a few uphill and downhill climb, through the forest of pine and rhododendron, suspension bridges and local Sherpa village will follow and take to you, Monjo. Monjo is the gateway of the Sagarmatha National Park to Everest Base Camp Trek. Our trekking guide will manage the entrance fee of the Sagarmatha Notational Park. From the Manju, Gate trail continue drops down to the bridge across the Dudh Koshi River and you will get the Jorsalle village. Your trekking trail continues to follow the north and cross another bridge of the same river and following the riverbank trail until large Dovan. There is the very high bridge on this river, we have to cross and we will climb into a forest of a pine tree on lot Zigzag trail until Namche Bazaar. Before getting the Namche Bazaar we will see and enjoy the first view of Mt Everest and other lot mountains.

Day 05:Namche Bazaar rest day for acclimatization. Overnight at Guesthouse

Namche Bazaar is a beautiful town, the elevation is 3440m. We have to stay two nights for acclimatization for further altitude. During the day time, we have to hike up somewhere for acclimatization. There are two places for a hike, one is the Thame village and another is Khumjung village. Your trekking guide decided to your plan for the hike up. After breakfast, you will visit either Thame Sherpa village or Khumjung Sherpa village. From both sides, you will enjoy panoramic Mountain View, pine forest, mani wall, Gompa (Buddhist monasteries) and Sherpa village. And remain to your time can spend visiting the National Park Head office and Museum or relax in the hotel.

Day 06:Trek to Thame (3800 m) 5 Hrs Walking Time. Overnight at Guesthouse

After Break-fast from Namche the trekking splits the popular Everest Base Camp route and goes north-west through the pine forest and small Sherpa village of Phorte, Thamo and Samde before reached the Thame, Where you will stay the night.

Day 07:Trek to Lungdhen (4380 m) 4/5 Hrs Walking Time. Overnight at Guesthouse

Trekking trail leads the north side from Thame to Lungdhen through few Sherpa Village and you will cross Bhote Kosi River before reached camp. That day you will get some wonderful views of the snow-capped peak.

Day 08:Trek to Gokyo (4790 m) via Renjo-La (5360 m) 8/9 Hrs Walking Time. Overnight at Guesthouse

That day early breakfast to cross your first of the three passes-Renjo La. The trekking trail starts ascent until top of the Renjo La. You will feel hard day for hiking near the before pass due to bit hard up. From Renjo La you will see Magnificent mountain Views include Mt. Everest (8848 m) Mt. Makalu (8456 m), Mt. Lhotse (8516 m) and Cho-You (8201 m). After the pass, you will descend to Gokyo Lake and Valley for the night.

Day 09:Climb to Gokyo Ri (5357 m) and trek to Dragnag (4700 m) 6 Hrs Walking time. Overnight at Guest-house

Before breakfast (for sunrise View) or after breakfast you will climb Gokyo Ri for panoramic views of many mountains (same as Renjo top). After summit Gokyo Ri, you will back down the hotel for Breakfast or Lunch and continue trek to Dragnag through Ngozumpa Glacier (largest glacier in Nepal).

Day 10:Trek to Dzongla (4830 m) via Cho La (5368 m) 8/9 hrs walking time. Overnight at Guesthouse

That day also early breakfast to cross yours second of the three passes- Cho La pass. The trekking trail starts up to the reached top will require a hard day for hiking. You will stop on the top of Cho La for mountain views and trekking continues to descend to Dzongla for the night.

Day 11:Trek to Gorakshep (5180 m) 5 hrs walking time. Overnight at Guesthouse

That day is quite easy downhill and gentle up to reach Lobuche (main stop place to the Everest Base Camp Trek). From there you will follow the main busy trekking trail with many trekkers to make your way to Gorakshep. You will capture the panoramic mountain views.

Day 12: Hike up to Kalapathar (5545 m) or Everest Base Camp (5363 m) and trek back to Lobuche (4900 m) total 6 hrs walking time. Overnight at guesthouse

Early morning start the hike up to the summit the trekking peak (Kalapathar) for a magnificent sunrise view of the many snow-capped mountains include Everest. Or you will short hike following the ridge of the Khumbu Glacier to reach the popular base camp of the tallest mountain. After capturing some pictures, you will head back to Gorakshep for a meal before descending to Lobuche for the night.

Day 13:Trek to Chukkung (4730 m) via Kongma La (5535 m) 8/9 hrs walking time. Overnight at Guesthouse

Day 14:Extra day: we need one extra day for an emergency. We can spend this day where we would like

Early morning breakfast to attempt the third pass of the three high passes- Kongma La. Trekking trail starts to head to east through Khumbu Glacier to summit the Khongma La top. You will enjoy the views from the tom and continue to descend to Chukkung valley for the night.

Day 15:Trek to Island Peak Base Camp (5100 m) 3 hrs walking time. Overnight at Tent Camp

That day late breakfast and you will learn training about climbing from the climbing guide. Trekking continue goes to Island Peak Base Camp after lunch with easy day hiking. That day is a gradual ascent but try to take easy and rest your body for the peak climb next day.

Day 16:Island Peak Summit (6189 m) and trek back to Chukkung. Overnight at Guest-House

Very early morning start to summit day (walking up around 1 am) is need so that peak can be a summit on noon. Because of there is less wind in the morning than the afternoon. After summiting the peak, you will continue to descend Chukkung through the base camp for the night.

Day 17:Trek to Namche Bazaar (3440 m) walking time 7/8 hrs

You will have breakfast there and you will follow back to continues trail to Namche through of regular Everest Base Camp route on Somare, Pangboche, Tengboche (popular Buddhist monasteries), Phungi Tanga and Kyanjuma.

Day 18:Trek to Lukla (2800 m) walking time 7/8 hrs

You will have breakfast in Namche and you will continue downhill to a large bridge from Namche. After the cross large bridge of the Dudh Kosi River and you will following trail the bank of this river until TokTok, where you did spend the first night to this trek. You will stop TokTok for the lunch. After lunch, you will walk up/ down and ascend before reached the Lukla.

Day 19:Flight back to Kathmandu. Overnight at Hotel

After last Breakfast in Lukla of your trek in Everest region, you will catch a morning flight to Kathmandu from the Lukla airport.in Kathmandu. Your trekking guide manages privet vehicle transfer you to your hotel.

Day 20:Rest day in Kathmandu for shopping souvenir

Day 21:Final departure day

Mega Mount Trek have working best guide and porter. We are providing excellent service to our customer. All our costs are net and very clear on cost include-excludes. We have paid the best salary to Trekking, Tour guide and porter which is more than Government fixed amount. Our entire customers are satisfied with our service. For more details please feel free to contact us.

Package: Standard Package

Contact for pricing

Pricing depends on dates and group size. Contact us for a quote.

Inclusions

Airport Pick up & drops 4 times domestic / International

All Ground-transportation above program

Kathmandu valley sightseeing

Flight Fair Kathmandu –Lukla- Kathmandu (Guest and Guide)

3 Meals per day during the trek (Breakfast Lunch & Dinner) and one cup of tea with per meal

Accommodation on Tea-house and tent during the trekking

Seasonable fresh fruit after dinner

3 night's Hotel in Kathmandu on Bed & Breakfast plan

An experience English Speaking Guide

Necessary Porter 1: 2 (one porter for two Guest), the porter will Carry 20 KG/ 25 KG

All applicable taxes as per the government rules and regulations

Sagarmatha National park Fees

(TIMS) Trekker's information Management System (Khumbu Pasanglyamu Gaupalika entrance fee)

First Aid medical kit, Oxymeter to check pulse, heart rate and oxygen saturation at higher altitude

General equipment for Porter during the adventure trip

Guide and porter salary and insurance during the trek

All organizational requirements

Tour Certificate.

Farewell Dinner with Typical Nepali Restaurant

Exclusions

Nepal visa fee and your International flights

Lunch and dinner in Kathmandu Hotel

Extra night hotel accommodation in Kathmandu other than itinerary

Travel insurance and Mountain rescue service

Personal expenses (phone, laundry, water, bar drinks, battery recharge, extra porters, hot shower etc.)

Trip Cancellation cost accident or Health, Loss Theft or Damage and personal effects

Tips for trekking staff

Gear checklist

Equipments List

EQUIPMENT LIST

Nepal Trekking Equipment List

This piece info is creating data on consumer goods and equipment needs, For those that would love an extra detailed discussion for equipment for Nepalese Himalayan Trek.

The following equipment list is required for Nepal Trekking and climbing and a list, you have to have suggested equipment just have with you, however, that you just might have your own personal first choice equipment which can be equally as appropriate

Footwear

- Walking boots with suitable ankle support that have been worn-in prior to the trek, and which are waterproof.
- Trainer or casual shoes, for trekking and/or for travelling.
- Warm socks for colder areas.
- Gaiters, in case of rain or snow

Legwear

- Loose, casual trousers for trekking.
- Thermal leggings for colder areas.
- Long skirt for women as an alternative to trousers.
- Waterproof trousers

Body

- Selection of T-shirts, and long sleeved shirts, preferably not cotton.
- Thermal shirt for colder areas.
- Warm shirt, possibly fleeces, for colder areas.
- Fleece jacket or warm wool jumper.
- Windproof, waterproof outer shell garment for higher altitudes.
- Down jacket (optional for cold nights & mornings; can be hired in Kathmandu cheaply)

Head/Hands

- Wool or fleece hat, or balaclava.
- Hat or cap for sun protection while trekking.
- Sunglasses or goggles.
- Warm gloves

Other items

- Strong rucksack or large hold all to be carried by porters.
- Daysack to be carried personally.
- Plastic bags or stuff sacks to store/separate trekking gear inside your main bag.
- One litre water bottle.
- Personal first aid kit to include essential items.

- Sleeping bag, 4 seasons.
- Torch, ideally head torch.
- Digital Camera and spare battery and battery charger! – For those not to be forgotten shots of the Himalaya.
- Toilet items and towel.
- Large handkerchief/bandana for neck

Optional items

- Binoculars
- Books (see Recommended Reading)
- Altimeter
- Compass
- Playing cards / backgammon / chess set

Recommended Mountaineering Kit

In addition to the items mentioned above for trekking, the following is a list of the additional specialist items which are required for the trekking peaks.

Plastic or leather mountaineering boots, with gaiters and crampons that have been tested for a good fit.

Peak Climbing

- fleece trousers
- Additional mitts and gloves suitable for climbing
- Ice axe, and ski poles (note – ice axe can be hired in Kathmandu)
- Climbing harness
- 2 x tape slings
- 2 x screw gate karabiners

- Descended/abseil device
- Ascender

Trip notes

Trip Highlights

Mega Mount Trekking & Expedition Pvt.Ltd offering Everest Three Passes Trek and Island Peak Climbing with best price and best services. We have a team of professional local trekking and climbing Guides and Porters makes memorable trip in your life time. This Everest 3 Passes Trek and Island peak climbing package is best selling trip in Nepal because we designed 21 days itinerary for Tea-house and tent accommodation arrangement.

Everest Three Pass Trek and Island Peak Climbing Highlights

Sagarmatha National Park- worthy about Nature, Culture and Mountain views

Sherpa Village- unique culture and lifestyle

Namche Bazaar- gate way to Everest Base Camp

Three High Pass- Renjo-La (5465 m), Cho-La (5425 m) Kongma-La (5535 m)

Wonderful View Point- Gokyo Ri (5360 m) and Kalapathar (5545 m)

Massif Glacier- Ngozumpa Glacier and Khumbu Glacier

Beautiful Valley – Gokyo Valley and Chukkung Valley

Beautiful Lake – Gokyo Lakes and Imja Tso

Best Time to Everest Three Passes Trek and Island Peak Climbing

September to November Autumn trekking season and March to May spring trekking season are the best trekking seasons for the Everest Three Pass Trek with Island Peak Climbing and all Everest Region. The weather is Perfect sunny and warm with wonderful mountains views, compare with other trekking season. If you want and wish to avoid crowds and enjoy some alone time with nature and culture, you can do some trekking trip during the winter (December/January and February) could also be an option in Everest Region. But, this trek is impossible to Cross Three Pass Namely Renjola, Chola, Khongmala due to lots of Snow and cold. Also not possible to climb the Island Peak.

Departure

Departure

Review

Trip gallery



Island Peak Climbing and Everest Three Passes Trek - photo 1

View photo on the trip page

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Plan your journey with our team

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