Island Peak Climbing

Duration: 23 Days 22 Night | Location: Nepal



Trip at a glance

Category: Trekking in Nepal

Location: Nepal

Duration: 23 Days 22 Night

Difficulty: 6/10

Trip Style: Trekking & Hiking

Accommodation: Semi Lodge/ or fully Camping

Max Altitude: Island Peak Climbing (6189 m)

Summary

Island Peak Climbing/ Island peak Imja- Tse is the most populated and popular trek in the Everest region. Mt. Everest is one of the world highest mountain/

Overview

Trip Introduction

Island peak Imja- Tse is the most populated and popular trek in the Everest region. This trek takes you on the lap of Mt. Everest which is one of the world highest mountain. This is the most popular and beautiful peak in the Everest region. Locally, it is known as Imja- Tse peak in the Tibetan language. The named Island peak was given by climbing team of Eric Ship ton. It was climbed for the first time as preparation of the Everest expedition in 1953 by British team and Tenzing Norgay Sherpa visit Mera Peak.

Trek starts at Lukla after flying from Kathmandu and follow the regular route of classic Everest until Dingboche. Then, trek go-ahead to Island peak Base Camp 5000 m. along the Imja River via Chhukung and install tented camp for a night to attack the Island peak summit in next early morning. We walk on black and white rock parts from Island peak Base camp to 5800 m. After that, we get the snow and we should be well equipped with climbing gears to cross the blue ice crevasses and start to hang up in 45 degrees to reach on the top visit Everest View Trek.

Island Peak is not a difficult undertaking for a beginner climber wishing to enter the incredible world of mountain climbing. Hundreds of climbers flock to Nepal every year to get a permit for Island Peak climbing. Our adventure also takes us into the heartland of the Khumbu Valley and Sherpa culture. Before scaling the peak, we also visit, possibly the most popular trekking destination in the world – Everest Base Camp (5,357 m/17,575ft) and Kala Patthar – for the up-close views of Mt. Everest and other high mountains visit Ghorepani poon hill trek.

Day by day itinerary

Trip Itinerary

Day 01: Arrival in Kathmandu, transfer to hotel, the day at leisure.

Day 02: Free day or sightseeing around Kathmandu valley.

Day 03: Flight to Lukla (2840 m)/trek to Phakding(2640 m).

Day 04: Trek to Namche Bazaar (3440 m).

Day 05: Acclimatization day.

Day 06: Namche Bazaar – Tengbuche (3860 m).

Day 07: Tengbuche – Dingbuche (4410 m).

Day 08: Dingbuche – Lobuche (4910 m).

Day 09: Lobuche – Everest Base camp (5364) (5545 m)/back to Gorakshep (5140m).

Day 10: Kala Pattar (5310 m) /back to Lobuche.

Day 11: Lobuche – Dingboche (3985 m).

Day 12: Dingboche – Chukkung (4730 m).

Day 13: Chukkung – Island Peak Base Camp (5150 m).

Day 14: Climb to High camp (5481 m).

Day 15: Climb to summit (6189 m) and return to Base Camp.

Day 16: Base camp – Dingbuche (4410 m).

Day 17: Dingbuche – Tengbuche (3860 m).

Day 18: Tengbuche – Namche Bazaar (3440 m).

Day 19: Namche Bazaar – Lukla (2840 m).

Day 21: Lukla Fly to Kathmandu (1350 m) transfer to hotel.

Day 22: Free day or shopping day.

Day 23: Drive to Airport for the return flight.

Package: Standard Package

Contact for pricing

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

Inclusions

- All airport/hotel transfers.
- Guided sightseeing tour in Kathmandu with temple/monuments entrance fee.
- Kathmandu-Lukla-Kathmandu flight and departure taxes.
- Three nights in 3-star hotel in Kathmandu.
- Teahouse/Lodge and tented accommodation during trekking and climbing session.
- Breakfast in Kathmandu and all meals in the mountain.
- All ground transportation as per the itinerary program by private vehicles.
- All necessary paper works; trekking permits and Island Peak climbing permit.
- Travel and rescue arrangements.
- Welcome and farewell dinner.
- Exclusive Medical Kit Bag.
- All government and local taxes.

Exclusions

- Nepal Visa fee (bring accurate USD cash and two passport photographs).
- International airfare to and from Kathmandu.
- Excess baggage charges (if you have more than 20 kg luggage, cargo charge is around $1.5 per kg).
- Altitude chamber (PAC) or oxygen.
- Travel and rescue insurance.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottled or boiled water, shower, heater, etc.).
- Personal climbing equipment.
- Personal climbing guide if requested.

- Optional trips and sightseeing if extended.
- Tips for guides and porters.

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

Trip Duration: 23 days.

Trekking Duration: 23 days.

Grade: Challenging.

Accommodation: Semi Lodge/ or fully Camping.

Activities: Trekking –Island Peak Climbing.

Highest Point: Island Peak Climbing (6189 m).

Type of Tour: Trekking, Hiking, Walking, Culture

Trekking Hour: Approximately 6-7 hours each day.

Starting from: Kathmandu.

Ending at: Kathmandu.

This is the most popular and beautiful peak in the Everest region. Locally, it is known as Imja- Tse peak in the Tibetan language. The named Island peak was given by climbing team of Eric Shipton. It was climbed for the first time as preparation of the Everest expedition in 1953 by British team and Tenzing Norgay Sherpa.

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Departure

Departure

Review

Trip gallery

View photo on the trip page



Island Peak Climbing - photo 2



Island Peak Climbing - photo 3

Plan your journey with our team

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