



## Island Imja Tse Peak Climbing

<b>Trip code</b>	
<b>Package name</b>	Island Imja Tse Peak Climbing
<b>Duration</b>	17
<b>Max. elevation</b>	6189 m
<b>Level</b>	MODERATE
<b>Transportation</b>	Both way domestic flight ( kathmandu - Lukla - kathmandu)
<b>Accommodation</b>	3***hotel in kathmandu , Lodge and Tented twin sharing bed basis during the trek.
<b>Starts at</b>	Kathmandu
<b>Ends at</b>	Kathmandu
<b>Trip route</b>	Kathmandu - Lukla - Phakding - Namche Bazar - Tengbuche - Dingbuche - Chukung - Island Peak Base camp - Summit - Base Camp - chukung - Pongbuche - Namche - Lukla .
<b>Cost</b>	USD 2,440 per person

### Highlights

- Island Peak, standing at 6,189 meters (20,305 feet), offers an opportunity to summit a significant Himalayan peak, providing a sense of achievement and fulfillment for climbers.
- The expedition takes you through the stunning landscapes of the Everest region, including lush valleys, dense forests, and picturesque Sherpa villages, offering breathtaking views of Everest, Lhotse, Nuptse, and other iconic peaks.
- Trekking through Sherpa villages like Namche Bazaar and Tengboche provides an opportunity to immerse yourself in the rich local culture, interact with friendly locals, and witness their traditional way of life.
- The itinerary includes strategic acclimatization days in Namche Bazaar and Dingboche, allowing climbers to adjust to the increasing altitude and reduce the risk of altitude-related illnesses.

- The trek passes through Tengboche, home to the famous Tengboche Monastery, offering a chance to explore the spiritual and religious traditions of the region.
- The trek takes you to the Island Peak Base Camp, where you can witness the stunning views of Ama Dablam and prepare for the climb ahead.
- Climbing Island Peak involves technical sections, including traversing glaciers, using fixed ropes, and ascending steep slopes, providing a challenging and exciting experience for climbers.
- The ultimate highlight of the expedition is reaching the summit of Island Peak, standing on its pinnacle and enjoying breathtaking panoramic views of the surrounding Himalayan peaks.
- Throughout the expedition, you will be accompanied by experienced climbing guides who provide thorough training, guidance, and support, ensuring your safety and maximizing your chances of a successful summit.
- The expedition begins and ends with a scenic flight from Kathmandu to Lukla, offering stunning aerial views of the Himalayas and a thrilling start to the adventure.

## Overview

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**Island Peak Climbing Trek is an adventuresome trek ideal for those adventure seekers who are energetic and physically fit and wish for both trekking and climbing experiences in one go. During this trek, one can get to a higher altitude of 20,305 feet above sea level and enjoy the eye-catching views of Mountains, landscapes, and natural heritages.**

Island Peak/Imja Tse 6189m is the most popular trekking peak to climb in the Everest region as this climb does not need any prior climbing experience and can be done by trekkers with healthy physic. It is located on top of the Chukung glacier between Ama Dablam and Lhotse peaks, the most sought-after trekking destination because of its challenging geographical conditions. Island Peak (6189 m) climbing Trek is designed for those Island Peak is one of the major climbing peaks in the Everest Region with an impressive and highly glaciated West Face that rises from the Lhotse Glacier.

The Island peak climbing itinerary has been designed very professionally by taking care of proper and gradual acclimatization at suitable intervals. The 17-day journey begins from and comes to a conclusion at one of the most famous airstrips in the world, the Lukla Airport in the Everest Region. Climbing this peak gives the best satisfaction every amateur and serious climber can dream of. If you are seeking the thrill of adventure and wish to widen your experience towards the peak climbing expedition beyond simply trekking in Nepal, this is the mountain for you.

Starting our journey with a scenic flight from Kathmandu to Lukla, we continue to trek on the same day. The next day we will be trekking the most popular town of Everest i.e. Namche Bazaar. We stayed one extra night in Namche for adequate acclimatization. Further continuing our trail from Tengboche, Dingboche, and Chukung, we finally reach Island Peak. We head for Island Peak Climbing after the essential climbing practice course which is briefed and instructed by our Climbing Sherpa on various aspects of climbing techniques.

Your historical effort to summit the peak will be rewarded with probably one of the best panoramic views in the world, as you feel Lhotse, Nuptse, Barun Tse, Ama Dablam, and Makalu, are almost

touching the tip of your nose. Descending with a sense of achievement, our route takes us into many cultural sites, such as Pangboche, a traditional Sherpa village; Tengboche, famous for its ornately decorated Tibetan monasteries and Khumjung with Hillary school inside the clouds and mysterious Yeti scalp. Our professionally designed itinerary offers you a couple of days extra in the same town to get acclimatized.

## **Trip Itinerary**

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### **Day 1 : Arrival in Kathmandu**

Upon your arrival in Kathmandu, you will be greeted by our representative and transferred to your hotel. Spend the rest of the day resting and preparing for the upcoming climb. In the evening, there will be a briefing session with your climbing guide who will provide you with essential information and conduct an equipment check.

### **Day 2 : Kathmandu Sightseeing and Preparation**

Today, you will embark on a guided sightseeing tour of Kathmandu, exploring its UNESCO World Heritage Sites such as Pashupatinath Temple, Boudhanath Stupa, and Kathmandu Durbar Square. In the afternoon, you will have free time to make any last-minute preparations and purchase any necessary gear for the climb.

### **Day 3 : Fly to Lukla 35min, Trek to Phakding 2610m, - 3 hrs walk**

Take an early morning flight from Kathmandu to Lukla, a small town in the Everest region. After a scenic 30-minute flight, you will begin your trek to Phakding, a picturesque village situated at an elevation of 2,652 meters (8,700 feet). The trail offers stunning views of the Dudh Koshi River and lush green landscapes.

### **Day 4 : Trek to Namche Bazaar 3446m - 6 hrs walk**

Today's trek takes you to Namche Bazaar, a bustling Sherpa town and the gateway to Everest. The trail passes through beautiful rhododendron forests, crosses suspension bridges, and offers magnificent views of Everest and other surrounding peaks. Namche Bazaar is located at an altitude of 3,440 meters (11,286 feet) and provides an excellent acclimatization opportunity.

### **Day 5 : Acclimatization Day in Namche Bazaar**

To adjust to the increasing altitude, you will spend an extra day in Namche Bazaar. You can explore the local market, visit the Sherpa Museum, or take a short hike to the nearby Everest View Hotel, which offers panoramic views of Everest, Lhotse, and Ama Dablam.

### **Day 6 : Trek to Tengboche 3860m - 5 hrs walk**

Leaving Namche Bazaar, the trail descends to the Dudh Koshi River and then ascends through forests filled with pine and juniper trees. You will reach Tengboche, home to the famous Tengboche Monastery, one of the most important Buddhist monasteries in the Everest region. The monastery offers stunning views of Everest, Nuptse, and other peaks.

### **Day 7 : Trek to Dingboche 4410m - 5 hrs walk**

The trail continues through rhododendron and birch forests, passing small villages and prayer wheels along the way. You will trek to Dingboche, a beautiful village located at an altitude of 4,410 meters (14,469 feet). Dingboche offers spectacular views of the surrounding peaks, including Lhotse and Island Peak.

### **Day 8 : Acclimatization Day in Dingboche**

Another acclimatization day is essential for a successful climb. You can take a short hike to Nagarjun Hill or Chhukung, both of which provide panoramic views of the Himalayas. Use this day to relax, acclimatize, and prepare for the challenging climb ahead.

### **Day 9 : Trek to Chhukung 4730m - 3 hrs walk**

The walk is pleasant as we leave Dingboche through stone walled fields and alpine landscape. We take the trail from Dingboche through Imja Khola valley to land raven by glacier moraines amidst towering formidable mountains. We walk leisurely as our schedule for today is only 2 to 3 hours. While walking through the valley, Lhotse towers on our left and Ama Dablam on our right. After walking about 3 km, we reach at yak herdsman's place called Bibre. Straight ahead, beyond a terminal moraine wall, soars the Island peak (Imja Tse), a most popular trekking peak. The pyramidal Imja Tse looks awesome with its step rock and-icy south face. The trail ahead is intersected by icy streams. We reach Chukung in about half an hour from Bibre. There are glaciers and massive snowy mountains all around the place. We might choose to hike to the rocky knoll of Chukung Ri which offers stunning views of Lhotse, Island Peak, Ama Dablam, Makalu and several others including Barun Tse. Overnight at Chukung.

### **Day 10 : Trek to Island peak Base Camp 5200m - 4 hrs walk**

On The following day, we trek towards our destination for the trek, Island Peak. Leaving Chukung, we have steep ascend towards the south and then turn east to enter the main line of the valley. We then walk on a winding path below the southern flank of the moraine from the Lhotse Glacier. Next, we continue walking on a pleasant trail along a streamside which lead us to the big rock. At this point, the route to the Amphu Lapcha Pass stretches on the southeast direction; however, we head the trail on the north. A crisscross route through the Imja and Lhotse glacier moraines leads to a wide

valley flanking the South-West side of Island Peak. After this we finally reach the valley where we set our camp for the day. The base camp presents the magnificent view of the southwestern face of Island peak. The night is spent in a tented camp at the base camp.

### **Day 11 : Pre Climbing training at Island peak Base camp then hike to High Camp 5600m.**

Today after the breakfast, our Island Peak Climbing Adventure begins. It is possible to make the Island Peak summit with no prior climbing experience (assuming sufficient physical fitness), but having past climbs under your belt will make you a stronger and more confident climber. You'll enjoy the summit more if you aren't quite so anxious about the actual climbing! Staff will give you hands-on training on the use of implements like the ice axe and climbing boot, and demonstrate moving up and down on ropes.

To boost up your confidence, our guides will provide training on peak climbing techniques and the proper ways of using climbing gears such as the ice axe, climbing boots and crampons, harness, ascender, etc. The training will also include using ropes to go up and down. Usually we will be climbing on rock surface for up to around 5770 meter. After that, we climb on ice and use ropes when necessary. However, the use of the rope and the length depends upon the season and the crevasses. We can spend the rest of the day hiking to high camp and back or resting for the next day's climb. Island peak High Camp is max 1 and half hours from Base camp. Overnight camping at the base camp.

### **Day 12 : Summit Day and Descend to Base Camp 6189m - 9 hrs walk**

Today is the most challenging and rewarding day of the expedition. Start the summit push in the early hours of the morning, equipped with climbing gear and under the guidance of your experienced climbing guide. The final section involves traversing glaciers and negotiating steep slopes leading to the summit of Island Peak. From the summit, standing at 6,189 meters (20,305 feet), you will be rewarded with breathtaking panoramic views of Everest, Lhotse, Nuptse, and other surrounding peaks. Descend back to the base camp.

### **Day 13 : Trek to Pongbuche 3985m - 6hrs walk**

After such and adventurous climb on the previous day, you will find today's trail very convenient. The trail descend down to the lower altitude and you will have a pleasant walk through out the route. We trek through the wide valley of Khumbu Khola, passing through the beautiful Sherpa villages Orsho and Shomare. We can also take a different trail to visit the Gompa in Upper Pangboche, which is believed to be the oldest in the Khumbu region or take the regular trail to reach Pangboche.

Pangboche is a scenic village surrounded by Everest to its north, Ama Dablam, Thamserku, and Kangtega to the east, the Kongde range to the south and the Imja Tse River flowing through the wide fertile valley. Overnight stay at Pangboche.

### **Day 14 : Trek back to Namche Bazaar 3440m - 5 hrs walk**

From Pangboche we retrace our steps down to the Imja Khola and up through the forest to Tengboche. If interested, we can also visit nuns at the Tengboche monastery. After lunch at Tengboche, we continue through the hillside blanketed by rhododendron and juniper trees. After crossing the bridge over the Dudh Koshi River, our trail follows the Dudh Koshi gorge descending rapidly through the pine forests before reaching Sansa. We keep a lookout for wildlife such as mountain goats, snow leopards, colorful pheasants, etc., while passing through the forest. After passing a chorten, we reach the army camp at Namche Bazaar. Overnight in Namche Bazaar.

### **Day 15 : Trek to Lukla 2800m - 6 hrs walk**

Today's trek takes you back to Lukla, where you will celebrate the successful completion of your Island Peak climbing expedition with your climbing team. Enjoy a farewell dinner and share stories and memories of your adventure in the Himalayas.

### **Day 16 : Fly back to Kathmandu 1380m - 35 min**

Take an early morning flight from Lukla to Kathmandu, enjoying the final views of the mountains before departing the Everest region. Upon reaching Kathmandu, you will be transferred to your hotel, where you can rest and reflect on your remarkable journey.

### **Day 17 : Departure from Kathmandu to Homeland.**

After a wonderful adventure in Nepal, it's time to say goodbye. You will be transferred to the airport for your departure flight, carrying unforgettable memories of your Island Peak climbing expedition.

## **Inclusions**

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### **What is included?**

Arrival and departure transfer services for Airport – Hotel – airport.

Domestic flight ( Kathmandu - Lukla - Kathmandu ).

Hotel accommodation in Kathmandu including breakfast as per itinerary.

Trekking Lodge/teahouse and tented accommodation during trekking and climbing session

Professional Trekking Guide and 2 guests 1 Trekking Porter

Very Professional Climbing Guide and Crews

Trekking staff foods, accommodations, salary, insurance

All meal (Lunch , dinner and Breakfast) during the Trek with 3 tea/coffee every single day

Trekking Permits & Climbing Permit

Assistant Cook and Transportation: Trekking assistant cook and necessary kitchen helper on the basis of Member and they carry of camping equipment and tent from lobuche,

Camping Equipment Utensils: EPI Gus, Gas stove or fuel stove for cooking, fuel or Kerosene oil, cooking pots, mattress, walkie talkie (talkback) etc.

Staff salary and allowance: climbing staffs and porters daily:  
wages/equipment/food/clothing/insurance

High Altitude Tents: North FaceDome Tent Space for two pax. Wall/cabin tent for dining and kitchen, etc.

Base Camp Lodging & Foodservice: chocolate and Three Meals (Breakfast, Lunch and dinner) a day for members and staff.

Drinks and Beverages for climbing: Tea with cookies and hot drinking water during the climbing period and Hot Washing water in case required.

Fixing Gear: fix rope, main rope, snow bar, ice crew, rock pitons as well as Heli Rescue/charter Arrangement.

## What isn't included?

Lunch and Dinner during your stay in Kathmandu (except Breakfast ).

Any packed food/snacks, aerated drinks, energy drinks, mineral water, alcohol, cigarettes, chocolates, health bars.

Items of personal nature - laundry expenses, tips.

Rescues, repatriation, medicines, medical tests, and hospitalization expenses.

Medical insurance and emergency rescue evacuation if required.

Travel insurance and helicopter rescue.

Airfare of international flights.

Nepal entry visa fee (easy to obtain the visa on arrival at Tribhuvan International Airport – Kathmandu). \$25 USD for 15-day visa.

Personal climbing gear.

Tips, gifts, souvenirs.

Tips for the guide, porter, and driver (tipping is expected)

## Complimentary