

Contact Details:

- ✓ Web: - www.nepaltouroperators.com
- ✓ Email: - nepaltouragency@gmail.com
- ✓ Cell No: - +9779871016865 (whatsapp, viber, WeChat)

Island Peak is the most popular 6000-meter trekking peaks in the Nepalese Himalayas. The expedition was seen as a preparation for the climb to Mount Everest, Lhotse, and many other higher mountains. Many climbers still focus on Island Peak as an acclimatization climbing peak. In the Everest region, Island Peak is located. The area is famous for its glaciers, deep valleys, breathtaking mountains, and some of the rare animals of the Upper Himalayas. In addition to the spectacular mountain scenery, the Sherpa's friendliness and hospitality are fabulous.

Main Highlights

- Trek to Everest base camp
- Tengboche monastery and its surrounding
- The beautiful village of Sherpa community in the Everest region
- Beautiful Himalaya ranges of Mount Everest, Lhotse, Cho Oyu, and Makalu
- Exciting flight from Kathmandu to Lukla with a panoramic view of the Himalayas

Peak Island Peak Climbing

Island Peak is 6,187 m high and is a famous adventure climbing peak in Nepal, which combines two unique aspects of trekking to Mount Everest base camp along with the Island Peak summit. The entire hike takes place in the beautiful Everest region and is best suited for those looking for a more exciting adventure than just hiking. Climbing Everest can be a daunting task, and the cost of climbing Everest is also relatively high, but climbing Island Peak could satisfy your hunger to climb the Himalayan peak, as the price is much lower. Everyone can do it with a

little practice and enthusiasm. If you want to expand your climbing expedition experience beyond simple trekking in Nepal, this may be the option for you.

Experienced Sherpa climbers lead the expedition. Upon arrival in Kathmandu, you will receive travel information and various aspects of climbing techniques and introduce to the companions and climbing experts. The Everest base camp hike with the Island Peak Summit begins with a sightseeing flight from Kathmandu to Lukla. During this trip in Nepal, you can see a panoramic view of the Himalayan Mountains such as Mount Everest, Mount Lhotse, Nuptse, Ama Dablam, Labuche, Thamserku, Kangtega, Pumo Ri, and the island summit in different angles. First, you reach Everest Base Camp, the foothills of Mount Everest, as close as possible to Mount Everest without special permission. After completing one of the two challenges, proceed to the second challenge, the Island Peak Summit. Island Peak is surrounded by glaciers, looks like an island, and hence its name. It is the place where the best professional sherpas take you to the summit, from where you have a breathtaking view of the surrounding Himalayas. It is an exceptional place where travellers can immerse themselves in reaching the top.

The trip is not all about mountains, but also The unique culture and Sherpa settlement of the Khumbu region is another aspect that characterizes this place. The beautiful people in the Himalayas and their hospitable culture will surely warm the hearts of every traveller. You will walk through many Sherpa community village-like Namche, Tehgboche, Pangpoche, and many others. There are also Gumbas and monasteries along the way that you can't see anywhere else in the world.

Itinerary

Day 01: Welcome to Kathmandu international airport: 1,400

Welcome to the land of the Himalayas. Upon arrival, our airport staff will greet you and take you to your hotel. As it is the first day, you will receive a brief introduction to your trip and guides.

Meals included: None

Day 02: Trekking preparation and city tour in Kathmandu

After breakfast in the morning, you start a short sightseeing tour of Kathmandu at the three famous UNESCO World Heritage Sites: Pashupatinath Temple, the largest temple for Hindus, Swayambhunath Stupa, also known as the Monkey Temple, which is one of the famous religious stupas for Buddhists then visit Boudhanath Stupa, the largest stupa in Nepal in Kathmandu. After this brief visit to sacred sites, we make the first preparations for your trip and make sure that everything is in order.

Meal included: Breakfast,

Day 03: Fly to Lukla and walk to Phakding: Walking Duration 3 hours

Early in the morning, you will have a short scenic flight from Kathmandu to Lukla. The flight is very picturesque with the Great Himalayas that you can see below you. It's a lifelong experience in itself as the flight to Lukla is considered one of the most exciting in the world. After landing, you head towards Phakding with an incredible view of the landscapes that accompany you to the end.

Important note: Lukla flights have been rerouted to Ramechhap instead of Kathmandu according to the latest release from the aviation authority. The drive from Kathmandu to Ramechhap takes approximately 4 to 5 hours (140 km) via the B.P. highway. You will prepare for the trip to Ramechhap very early in the morning to take the first flights.

Meals included: Breakfast, lunch, and dinner

Day 04: Trek from Phakding to Namche Bazaar: Trek duration 6 hours

On the trail of the Dudh Koshi River, you ascend through the Himalayan pine forests on this day. You will cross many suspension bridges with the Hillary suspension bridge as one of them, named after one of the first people to climb the summit of Mount Everest, Sir Edmund Hillary. Then you reach the Namche Bazaar, which is the principal trading place for the Everest region. It is also an old trading post, as Nepalese and Tibetan merchants exchanged salt, dried meat, and

textiles in ancient times. Namche is full of hotels, pubs, restaurants, and internet cafes.

Meals included: Breakfast, lunch, and dinner

Day 05: Acclimatization day in the Namche Bazar

Namche Bazar is the perfect place for acclimatization. A short walk to Syangboche serves as an acclimatization activity. There is also a runway that is said to be the highest in the world. From Syangboche, you can see the panoramic views of the high mountain ranges of the Himalayas such as Mount Everest, Mt. Lhotse, Nuptse, Ama Dablam, and Labuche. Beyond Namche is the Everest View Hotel, a hotel at the highest altitude in the world.

Meals included: Breakfast, lunch, and dinner

Day 06: Trek from Namche Bazaar to Tengboche: walking duration 6-7hours

After having breakfast, the journey to Tengboche begins by following the paths along the glacier water of the Dudh Koshi with a breathtaking view of the Himalayas. The track is smooth and relatively painless. There is a famous monastery in Tengboche where you can see a 20-foot Buddha sculpture, amazingly decorated tapestries, as well as the musical instruments and robe of the Lamas. This monastery is the spiritual centre of the people in the Everest region. A prayer ceremony is held every day in the monastery. The group is invited to pray in the afternoon or in the morning.

Meals included: Breakfast, lunch, and dinner

Day 07: Trek from Tengboche to Dingboche: Walking duration 5-6 hours

The path then leads through Imja Khola, where hikers can cross the new suspension bridge. Your hike that day is mostly uphill, and when the walk is finally over, you will reach the picturesque and traditional Sherpa village of Dingboche. From this village, you have a breathtaking view of Lhotse, Island Peak, and Ama Dablam.

Meals included: Breakfast, lunch, and dinner

Day 08: Acclimatization day in Dingboche

Dingboche is another best place to acclimatize. After breakfast, a hike to Nangkartshang Peak is a fantastic way to acclimatize your body. The area has an excellent vantage point, and, in good weather, you can enjoy the view of the Ama Dablam summit from the peaks to the feet. After a short break, you descend to Dingboche. You arrive at Dingboche at lunchtime, and after lunch, you take a break. The afternoon temperature can drop significantly when the sun sets in these regions over the mountain peaks. Hikers can spend the rest of the afternoon strolling through the villages or resting.

Food included: Breakfast, lunch, and dinner.

Day 09: Trek from Dingboche to Lobuche: walking duration 5-6 hours

The hike continues heading towards Dhungla, where there is a help desk at a place called Pheriche that treats hikers in need. The trail continues, and you will gain altitude as you go. Then you leave the valley to descend to the yak grasslands of the Lobuche area.

Food included: breakfast, lunch, and dinner.

Day 10: Trek from Lobuche to Gorakshep and trek to Everest base camp

You will visit the Khumbu glacier during this trek, which is an unforgettable sight. After short walking, you arrive at Gorekshep, where you keep your backpacks in a hostel. Then go up to Everest base camp. There is not a significant difference in altitude during this hike, but there are many ups and downs, as fatigue can always occur. After approximately 3 hours of walking, you arrive at the base camp. You will stay there for a while to enjoy the beautiful landscapes of the Khumbu glacier and then returned to Gorakshep for the night.

Food included: Breakfast, lunch, and dinner.

Day 11: Trek from Gorakshep to Kalapathar then Chukhung: Walking duration 6-7 hours

The day begins with a trek to Kala Patthar early in the morning as you want to see the sunrise here. Kala Patthar is one of the best viewpoints for a close-up view of Mount Everest and other areas of the Himalayas. It is famous for the Mount Everest photographs because the top of the world, Everest Peak, can be seen from the best angle. After enjoying the mesmerizing view, you hiked back to Gorekshep for breakfast and then headed towards Chukung and Island Peak.

Food included: Breakfast, lunch, and dinner.

Day 12: Trek from Chukung to Island base camp: Walking duration 4-5 hours

Today, you start with a relatively short walk to the island's base camp. No previous climbing experience is required to reach the top of Island Peak, as long as you are in good physical shape. However, if you have previous experience in your portfolio, it will undoubtedly be more comfortable. Try not to worry about climbing if you want to enjoy it more. Our experienced staff and highly skilled Sherpas will give you hands-on pre-climb training and show you how to move up and down on ropes.

Food included: Breakfast, lunch, and dinner.

Day 13: Acclimatization and training day

You will spend a day here adapting to the strength of the air in these high regions. You will make some final preparations, and the guides and sherpas will carry out some training sessions on the ascent. You could also take a short walk around the base to get used to the weather.

Food included: Breakfast, lunch, and dinner.

Day 14: island peak summit day and return to Chukung

Finally came the day! You will prepare and climb at dawn with headlights to climb the rocky path. Time is the essence here when you climb a wide stone field, cross the ridges to the glacier and crevices. A short hike against a plateau of virgin snow leads you to the steep and steep wall. Crawling to the top is tedious, but in the end, you will be proud of yourself. After observing the feeling of being on top of

the world, you carefully descend to the base and then walk towards Chukung Town.

Food included: Breakfast, lunch, and dinner.

Day 15: Trek down Chukung to Tengboche: Walking 5- 6 hours

Now, you go back to the initial steps of your ascent as you head back towards the city of Tengboche. The path becomes more comfortable over time due to the decreasing height.

Meals included: Breakfast, lunch, and dinner

Day 16: Trek from Tengboche to Namche: Walking 5-6 hours

Today, you return to Namche Bazaar, and the path is mostly downhill. Upon arrival in Namche, you leave your backpacks and relax during the day, enjoying the amenities that the city of Namche has to offer.

Meals included: Breakfast, lunch, and dinner

Day 17: Trek from Namche Bazaar to Lukla: Walking duration 6 hours

The path from Namche Bazaar to Lukla is the same path that you will pass on the way up to Namche Bazaar. The route becomes much more comfortable as it goes downhill and at a lower altitude. When you reach Lukla, you can relax and talk on the trip and celebrate the victory of the achievement.

Meals included: Breakfast, lunch, and dinner

Day 18: Flight from Lukla to Kathmandu: Flight Time: 35 minutes

The flight usually takes place in the morning. The flight to Kathmandu takes just 35 minutes. After landing, we will pick you up and bring back to the hotel where you will spend the night.

Meal included: Breakfast

Day 19: Drop to Kathmandu international airport

According to the departure schedule, one of our representatives will take you to Tribhuvan International Airport about 3 hours before departure.

Meal included: Breakfast,

Cost includes

- v Pick up and drop at Kathmandu airport on private vehicles.
- v Three-star accommodation in Kathmandu, including breakfast
- v A full day city tour around Kathmandu with a guide and private vehicle
- v Entrance ticket fees to temples and monuments in Kathmandu
- v Double or twin sharing accommodation during the trek.
- v Kathmandu Lukla, Lukla Kathmandu flight ticket
- v Daily three meals during the trekking.
- v Island peak climbing permits
- v A very experienced, helpful, and friendly guide and porter
- v Food, salary, accommodation, insurance, and equipment for all employees.
- v From base camp to island peak summit and back to the base camp
- v Climbing rope, ice hammer, snow bar, etc.
- v Government tax and service charge

Costs excluded

- v All kinds of drinks, including phone calls, laundry, and hot shower during the trek.
- v Lunch and evening meals in Kathmandu
- v Travel and health insurance

- v Personal climbing equipment

- v International air ticket, and departure tax

- v Nepal entry visa fee, you can quickly get a visa upon arrival at Kathmandu Airport

- v Tips for the staff.

Important note:

As this adventure trip enters the remote mountain region, you are always at the mercy of nature. During the journey, factors such as the weather, a natural disaster, or a variety of other factors that are beyond our control can later lead to changes in the travel route. Although all the roads we offer are guided and standardized, please note that for security reasons, your team leader is authorized to change or even reject a party's planned itinerary. The leader makes any changes or additions to the standard route, taking into account the interests of the entire group. We strive to adhere to the travel route mentioned above. However, in the event of an unforeseen circumstance beyond our control, you must be flexible and follow the guidelines instructed by your leader.

Food and lodging

On the climbing trip to Island Peak, we offer you the standard 3-star hotel while in Kathmandu. During your trip to the island base camp, we provide simple tea houses for your accommodation. The room in these tea houses is less stylish with just a bed, a pillow, and a blanket. Accommodations on the way to Island Peak are always full, and in some cases, you may need to share a room with other hikers or sleep in the dining room. We strive to make your trek as comfortable as possible.

In some cases, however, it must be kept flexible. We will accommodate groups at the local hostel every day. We dispatched the porters in front of us to reserve the room in advance for the next day.

In Kathmandu, in addition to the 3-star hotel, there is also some 4-5 star luxury accommodation. If you want to change the luxury accommodation plan, let us know so we can organize and reserve the hotel for your stay in Kathmandu.

All Food and drinks included in the Island Peak Climbing package. We provide Food at tea houses or cabins along the way. You will have dinner and breakfast at the hostel where you will spend the night. During the daily walk, our guide decides the space available and takes a lunch break. We highly recommend that you bring water treatment pills to clean the water and drink during the walk. During the step, there are options to buy bottled water and boiled water.

Guide and porter for the trek:

We provide you well a trained and experienced trekking guide and porter for your trek. Our guide will help you in every possible way to make your trips remarkable and unforgettable. When we talk about the porter, we provide a porter for two hikers each. Carriers carry 20 kg of total luggage (10 kg for each hiker). We offer a guide for smaller groups, and if the group size exceeds ten people, we will provide you with the additional guide for your trip.

Trekking guide and another staff arrangement:

Climbing and staff management are some of the essential parts of the expedition that determine success. Enjoy the skill and memorable of the trip. A very experienced and courteous climbing guide will make the expedition trip smooth and easy. All members of the expedition team and the climbing director are carefully selected based on their leadership skills and personal talent. To preserve the local communities, we only employ local people who have sufficient knowledge of the culture, ecosystem, flora, fauna, geography, and history of their region.

Acclimatization

Island Peak Climbing with a trek to Everest Base Camp is planned with a high profile of Acute Mountain Sickness. Increasing too rapidly at higher altitudes leads to disease that is severe enough to cause death. As much higher altitude, the

oxygen levels less in the air. For example, at an altitude of more than 5000 m, there is 50% less oxygen than at sea level. Therefore, our bodies need many days to adapt to an environment with less oxygen. During this trip, a particular day is provided for acclimatization. Visiting Everest base camp and Kalapathar will also help you get used to the altitude before heading out to Island Peak Climb.

Physical condition and experience requirements

The Island Peak is not technical, but you still need excellent resistance to reach it. Previous knowledge of climbing is not required. However, some experience of using climbing equipment is always an asset. There will also be pre-ascent training at Island Peak Base Camp participants. The practise focuses mainly on the use of climbing equipment such as ropes, ice axes, belts, and crampons.

On the summit day, you have to hike 10-12 hours. Therefore, we recommend that you prepare yourself by jogging or walking daily for about three months before you travel. Understand that when choosing the Island Peak trip, consider hiking many days at high altitude and in remote areas. For your Island Peak climb to be successful, you need to have a lot of willpower, the ability to tolerate adverse weather conditions, and adequate fitness and endurance. Participants with existing diseases such as heart, lung, and blood diseases must consult their doctor before starting their trip. Also, let us know your conditions at the time of booking.

Travel insurance

Travel insurance for every itinerary of our company is a prerequisite for booking a vacation. You must have at least emergency and repatriation insurance, which must include the cost of mountain rescue. Please read the general terms and conditions of your insurers carefully. In particular, you should make sure that the following is covered: 1) Activity (i.e., tourism, trekking or mountaineering) 2) Maximum altitude that can be reached on the trek 3) Helicopter evacuation in an emergency. It would be best if you understood that you are ultimately responsible for all costs associated with removal and return procedures and that it is your responsibility to bear the costs of evacuations or medical treatment. You should be aware of the effects of organizing your travel insurance and understand

the limitations and exclusions of your policy. Please note that in certain circumstances, our company guide may initiate helicopter rescue in medical emergencies without first asking your insurance company for approval.