

# Island Peak Climbing with EBC Trek - Permit fee, cost & Itinerary 2018



## Introduction

Island peak (6160m) is one of the adventure and popular with exciting expedition climbing peaks in Nepal near the MT: Everest Mountain in the Everest region. From the top of Island Peak, you will see one of the amazing Himalayas ranges and views, snow glaciers and the top of the highest mountain MT: Everest with Nuptse (7,879m), Makalu (8475 m), Lhotse (8,501m), Lhotse Middle Peak (8,410m), Lhotse Shar (8,383m), in the east; Baruntse and Amadablam lying in the south which greet you as you get there at the **Imja Tse Peak**.

Before getting to the top of the **Island peak**, one can also go to the region of **Kala Patthar (5545m)** as well as **Everest Base Camp**, one of the **popular trekking spots in Nepal**. From here, you can get the close-up views of **Mount Everest** and see the impressive view of a crack of sunrise on the snow-capped peaks over the **Khumbu Glacier**.

After observing the wonderful views of Mount Everest and adjoining peaks from Kalapatthar, we move down to Chhukung and arrange for the **Island Peak climb**. **Island Peak climbing** will also let you see the excellent views of **Khumbu Valley** famous as a gentle **climbing mountain of Everest area**. Island Peak, one of the main climbing peaks in **Everest Region** has amazing and highly ice-covered West Face that goes further up from the Lhotse Glacier. This walk is designed by Nepal Planets Treks and Expedition for those adventure lovers who are full of life and physically fit. Welcome any time and enjoy your Himalaya trip with us.

## Trip Facts

Trip Duration	15
Trip Grade:	Challenging
Best Season	Sept - Nov & Mar - May

Per Day Hiking:	5-7 hrs
Elevation	6,189m / 20,305ft
Accommodation	Tea House
Trip Cost	2200
Group Size	1-15 PAX
Trip Start	Namche Bazaar
Trip End	Lukla
Fix Departure	Sep 15, Oct 25

## Itinerary Details

### Day 01 : Arrival day in Kathmandu (1,300m/4,264 ft)

You are Welcome to the Himalayan country of Nepal. Upon your arrival at the Tribhuvan Intl airport, we will be waiting with a warm greeting and drive to your hotel, then after refresh on an evening we will briefing ones about your treks and climbing overnight in Kathmandu.

### Day 02 : Fly to Lukla (2,800m/9,186ft) & trek to Phakding (2,652m/8,700ft), 3-4 hrs

Early morning 15-minute drive to a domestic airport and we fly from Kathmandu to the tiny airstrip at Lukla for about 40 minutes scenic flight; you will have time to stroll around, while the guide sort and divide the loaded baggage to be carried by porters. A guide will manage the lunch place depending upon the time of arrival at Lukla. We then take an easy walk to Phakding village for the overnight stop and rest of the time stroll around the village for local knowledge.

### Day 03 : Trek to Namche Bazaar (3,440m/11,283ft), 5-6 hrs

After breakfast we will continue up the banks of the Dudh Kosi, crossing it twice by small suspension bridges before reaching the village of Monjo the entrance gate of the Sagarmatha National Park. When entering the National park boundary we descend and a gradual walk brings us to the suspension bridge over the Bhoté-Koshi river to Jorsalle village, the last village till Namche Bazaar. Namche is a prosperous trading town and the capital of the Khumbu Region

### Day 04 : Acclimatization day at Namche Bazaar

We will spend a day in Namche Bazaar resting and allowing our bodies to become acclimatized to the altitude of (3,440m/11,283ft). You have full day leisure or visit Everest View Point hotel for wonderful

panoramic view or stroll around the market, if Saturday can be seen many people in Saturday market for shopping to fulfill their daily needs and only one shopping market in the surrounding areas. Also you can visit Sherpa Museum as well a great place to learn Sherpa culture and history of mountaineering and stroll back to hotel for overnight.

#### **Day 05 : Trek to Tyangboche (3980m/12884ft), 5-6 hrs**

Today after breakfast we start our trek with a pleasant walk through the forest with a magnificent view of mountains. The great view of the mighty peaks of Everest, Nuptse, Lhotse, Ama Dablam, Thamserku and Kwangde peak with a view of the eastern snow capped mountains. The trail leads up a hill through the forested path and the hard walk to get to Tyangboche. One of the most beautiful place in the Himalaya and the first thing that comes to your eye is the big Monastery, then the large field with campsites and teahouses, lodges beneath the towering majestic beautiful peak Ama Dablam

#### **Day 06 : Trek to Dingbuche (4480m/14,776ft), 4-5 hrs**

Today start our trek with a pleasant walk and descend through a forest of birch, fir, juniper, and rhododendron and coming to lovely spot at Deboche 3,650 m with magnificent views and the path is gradual up to the Pangboche village, from here onwards the lush vegetation and tree lines vanish. Our further walk up to the ridge can be seen the Dingbuche valley and continue to descend to the river will reach at Pheriche. This is the windiest valley and afternoon time better to stay inside a hotel.

#### **Day 07 : Acclimatization day at Dingbuche (4400 m and 5 hour walk)**

Today we rest for acclimatization at Dingbuche valley, you may have full day rest or there are some places where you can hike for a day up to the Nagarjuna peak (5,050 m) from where you can see the breathtaking views of High Mountain including, Towering Mt. Lhotse, Amadablam, Mt. Makalu, Island peak and many more overnight Dingboche.

#### **Day 08 : Trek to Lobuche (4,928m/16164 ft), 5-6 hrs**

Today the trail diverts towards the north, the path is flat for an hour and gradual up an hour after a pleasant walk through the meadow will reach Thukla from where you can view Mt. Pumori and other peaks west of Everest. Thukla is a good place for a few minutes break after the strenuous climb and here you can also see a number of the memorial of the unfortunate climbers' monuments, who died in expeditions around the mountain of this region. Our trek continues to the Lobuche an hour for overnight.

#### **Day 09 : Trek to Gorakshep (5,160m/16,929ft) & hike to Everest Base Camp(5,320m/17,450ft), 5-7 hrs**

After breakfast, we continue our trek to Gorekshep on a windy and rocky path with the wonderful view of Mt. Pumori, Mt. Nuptse, and other magnificent peaks. After check in at lodge & lunch, our adventure continues towards Everest Base Camp and to the Khumbu Ice-fall. The trail passes through over rocky dunes and moraine and streams, till you reach the base camp. In Everest Base Camp the climbers gather for summiting Everest during the high expedition season. We explore base camp and its surroundings glacier and return back to Gorekshep for overnight.

**Day 10 : Early hike to Kala Pathar ( 5,550m/18,204ft) and trek to Dingboche (4,358m/14,295 ft), 7-8 hrs**

Your Guide will arrange a time for this morning to start early hike up to Kala Pathar for the most wonderful sunrise views of the Everest. It takes about 2 hours to reach this hilltop (the famous viewpoint). This small peak offers the best views of Mt. Everest, Nuptse, Pumori and Ama Dablam along with the entire mountain views of Khumbu Himalayan range. Being here for some hours, we hike down to Gorekshep, breakfast and continue hike towards Dingboche for overnight.

**Day 11 : Dingboche to Island Base camp (5 hour walk/5200m)**

Today, we head further on to the steep way climbing southern part then turning east to the main line of the valley. Continue short pleasant walking along a streamside lead to the Big -Rock. The route to the Amphu Lapcha lies to the southeast. A crisis cross route through the Imja and Lhotse glacier moraines leads to a wide valley flanking of Island peak. We'll reach Island peak base camp and overnight at tented camp.

**Day 12 : Island Peak Base Camp to High Camp (5,600m/18,372ft), 2-3 hrs**

After breakfast and packed camping stuff, we'll head on to the High camp from where we start our climb. As you climb the hill, you will see that the slope narrows and the path enter a steep rock channel nearby where we'll overnight at camp.

**Day 13 : High camp to summit (6,189m/20,305ft) to Chhukung/, 8-10 hrs**

Early morning through the rock gully we start our climb. This is not difficult but there are several short rock steps to climb before you emerge on the right side of the gully. The route follows a ridgeline, which leads to an exhilarating and exposed traverse onto the snout of the summit glacier. You will need to rope up for the glacier as it contains several crevasses but it leads without difficulty, to a 100m/330ft snow and ice slope (40-45 Degree) on which the guides will fix a rope. From the top of this slope, 3 rope lengths along a sharp summit ridge leading to the top. You can enjoy success and brave to get a summit and after

some picture taking of scenic view will descend all the way to Chhukung or Dingbuche for overnight at teahouse.

#### **Day 14 : Trek to Namche (3,440m/11,283ft), 4-5 hrs**

Trek down to Tengboche lunch or Phungithanka a small settlement with a couple of teahouses. The trail leads downhill through the forested path of silver fir, blue pines, rhododendron and some few magnolia and birch trees and with great memories and after crossing the suspension bridge over the Dudh Koshi river trek onwards to the Sanasa and re-track to Namche Bazaar for the overnight stay.

#### **Day 15 : Trek to Lukla (2,800m/9,186ft), 6-7 hrs**

After a long trekking trip today we'll have long and last day trek back to Lukla. We trek back with enjoying the lush green scenery around and passing through the incredible mountain scenery and local Sherpa village. After your arrival at Lukla, you have time to stroll around the areas and guide will re-confirm your flight ticket and enjoy the last celebrate dinner with your crew member.

#### **Day 16 : Fly back to Kathmandu (1,300m/4,264 ft)**

After an early morning flight to Kathmandu, our guide transfer you to your hotel. You may have time to relax after a long journey and take back your breath and rest at your hotel with ending your Himalayan trip with us.

#### **Day 17 : Leisure at Kathmandu**

It's also spare day in case of bad weather in Lukla. This pleasant day you may have a full day at leisure at your own or can extend your extra trip with us on additional cost or time to explore the Thamel for last day shopping and evening company will meet you for the farewell dinner. overnight in Kathmandu.

#### **Day 18 : Departure from Kathmandu (30 minute drive)**

Today is free or last minute shopping for souvenirs or gift to your family, friends or relatives for you until your departure flight/drive or to commence any extra trips or activities you may have booked with us. If departing, you'll be transferred to the International Airport for your departure flight to your onwards destination.

We wish you a wonderful Himalayan adventure with us!

## Cost Includes

- All the ground transportation by car pick and drop both airport.
- Three night Standard accommodation in Kathmandu at three stars level with breakfast.
- Meals on full board (Breakfast, lunch, and dinner) in trekking with hot drinks tea and coffee for you. A sample of the Menu
- Local seasonal fresh fruits.
- All accommodations during the treks.
- Everest Trekking map.
- Domestic flight tickets from Kathmandu/ Lukla/ Kathmandu with airport tax.
- An experienced government licensed holder Climbing guide and trekking guide and porters to carry your luggage during the trek.
- Food, drinks, accommodation, insurance, salary, equipment, transportation, local tax for Guide and porter.
- All necessary camping gears like two men tent, kitchen tent, kitchen equipment, mattress while climbing period.
- Group medical supplies (first aid kit will be available).
- Appreciation letter as a souvenir (Sample of the appreciation letter).
- All necessary paper works and national park entry permits.
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- Climbing permit.
- Climbing equipment like ice ax, Ice crew, snow bar, climbing rope.
- Travel & Rescue arrangement.
- TIMS (Trekking Information Management System).
- All government taxes.

## Cost Excludes

- Meals whilst in Kathmandu allow US\$ 10 - US\$ 12 per day.
- Your Travel insurance.
- Personal equipment (Equipment List)
- International airfare and airport departure tax.
- Nepal entry visa.
- Drinks (Alcoholic, mineral water and cold drinks/hot shower )
- Tips for trekking staff and driver. (Tipping is expected, but it is not mandatory).
- Any others expenses which are not mentioned in 'Price Includes' section.