

# 17 Days Island peak climbing

## TRIP OVERVIEW



**Trip profile**  
17 Day Island peak climbing



**Cost**  
USD 3190



**Type**  
Climbing



**Trek Days**  
17 Days



**Accommodation**  
4 star- Luxury | 3 star hotel- Budget, Teahouse & Camping



**Meal**  
All meals (breakfast, lunch, dinner) included

## What's included ?

- Accommodation at 4-star Hotel or similar category in Kathmandu
- All necessary climbing gears
- All necessary paper work including trekking and climbing permits
- Company services and all required government taxes/royalties
- Domestic flights (as per the itinerary)
- Down jacket, duffel bag, t-shirt, and trekking map (down jacket are to be returned after trip completion)
- Experienced trekking & climbing guide
- Free Trip dossiers & other information in a printable format
- Group mountaineering (climbing) equipment
- Kathmandu airport transfers and escorts
- Kitchen equipments and camping equipments during climbing period
- Medical kit (carried by your guide)
- OPEN & CHOICE: All meals(B,L,D) on trek including tea & coffee
- Sightseeing in Kathmandu Based on your picks (Any 4), with entrance fees by private vehicle
- Signature Accommodations-Best Available in the mountains
- Tea House + Camping combined accommodation during trek – as per itinerary
- Welcome and farewell dinner at finest local restaurant

## What's excluded ?

- Excess baggage charges (if you have more than 15 kg luggage, cargo charge is around \$1.5 per kg)

- Extra night accommodation in case of early arrival or late departure
- Hot Shower, Wi-Fi, Power charging during the trekking or mountaineering
- International airfare to and from Kathmandu
- Meals in the city except for breakfast and other mentioned special dinner.
- Nepalese visa fee
- Optional trips and sightseeing if extended
- Personal climbing guide if requested
- Tipping to staffs (as an appreciation)
- Your Personal Insurance

## Day 1: Arrival in Kathmandu

We are delighted to provide an airport pickup service as an innovative customer offering, so our chauffeur will assist you with baggage & escort you to your Hotel. He will also help you with the check-in. Later in the evening, we will be hosting a welcome dinner

**Highlights:** Music, Cultural dance, the lively Thamel, one-stop shop for backpackers, clubs & pubs, an array of restaurants.

**Accommodation:** Kathmandu 4 star hotel.

**Elevation:** 1,400 metres (4,600 feet)

## Day 2: Sightseeing Around Kathmandu. Pre-Trip Meeting

**Highlights:** Any 4 World Heritage sites:

**Pashupatinath, Boudhanath Stupa, Swayambhunath and Patan Durbar Square, Bhaktapur Durbar Square, Basantapur Durbar Square**

**Accommodation:** 4-star Hotel

## Day 3: Fly to Lukla and Trek to Phakding

**Flight Kathmandu to Lukla:** 30 minutes

**Trek Lukla to Phakding:** 3 - 4 hours, Elevation: 2,610 m

**Accommodation:** Basic Teahouse

**Meals Provided:** Breakfast, Lunch, Dinner

**Difficulty:** Easy

**Highlights:** Enthralling flight to Lukla, old Gumela/Rimishung Monastery, prayer flags, Buddhist shrines, prayer flags & traditional Sherpa peoples.

## Day 4: Trek from Phakding to Namche Bazaar

**Walking Hours:** 5-6 hours

**Difficulty:** Moderate

**Accommodation:** Basic Teahouse.

**Elevation:** 3,440 m

**Topography:** Uphill ascends, Stones steps, Steep Inclines

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**Highlights:** Suspension bridge, Dudh Koshi river, Yak herds, Traditional food Tsampa, Prayer wheels

**Meals Provided:** Breakfast, Lunch, Dinner

## Day 5: Acclimatization and Exploration day at Namche Bazaar

**Walking Hours:** 3

**Difficulty:** Easy

**Accommodation:** Basic Teahouse

**Elevation:** 3962m

**Topography:** Grassy, Flat tracks

**Highlights:** Nauche Monastery, Khumjung, Sagarmatha National Park, Sherpa Culture Museum, Khumjung Edmund Hillary School, views- Everest, Lhotse, Lhotse Shar, Lobuche Peak and Ama Dablam.

**Meals Provided:** Breakfast, Lunch, Dinner

## Day 6: Trek from Namche Bazaar to Tengboche

**Walking Hours:** 5

**Difficulty:** Moderate

**Accommodation:** Basic Teahouse

**Elevation:** 3,860 m

**Topography:** Steep inclines, short descends

**Highlights:** Tengboche monastery, magnificent panoramic views from Tengboche

**Meals Provided:** Breakfast, Lunch, Dinner

## Day 7: Trek to Dingboche

**Walking Hours:** 5

**Difficulty:** Moderate

**Accommodation:** Basic Teahouse

**Elevation:** 4360m

**Topography:** Stone steps, Uphill tracks

**Highlights:** Pangboche Gumpa, beyul(hidden valleys of Himalaya), Imja Khola, mani walls, views-Lhotse, Island Peak, Ama Dablam, Kangtega, Thamserku

**Meals Provided:** Breakfast, Lunch, Dinner

## Day 8: Trek to Chukhung

**Walking Hours:** 4

**Difficulty:** Easy

**Accommodation:** Basic Teahouse

**Elevation:** 4750m

**Topography:** Stone steps, Rocky, gradual inclines, pass by river banks

**Highlights:** the Best perspective of Island Peak, Ama Dablam, Lhotse, Lhotse Shar.

**Meals Provided:** Breakfast, Lunch, Dinner

## Day 9: Trek To Island Peak Base Camp

**Walking hours:** 3-4

**Difficulty:** Strenuous/Difficult

**Accommodation:** Camping

**Elevation:** 5087m

**Topography:** steep trail, Streamside path, glacier walks

**Highlights:** Lhotse Glacier, Amphu Labtsa, awe-inspiring view

**Meals provided:** Breakfast, Lunch, Dinner

## Day 10: Rest At Island Peak Base Camp

Today, we take a day off for you to acclimatize properly. In the meantime, our sherpa guide will teach some climbing techniques & ways of handling the gears like ice axe, boots, etc. After we are all set we gear up for next day for island peak summit.

## Day 11: Summit Island Peak (6,189m) Then Return To Chukhung

**Walking hours:** 8-10

**Difficulty:** Strenuous/ Difficult

**Accommodation:** Basic Teahouse

**Elevation:** 6,189m

**Topography:** short ascends, rocky steps, glacier walk, several crevasses

**Highlights:** The summit of Island Peak, Several other popular Himalayan giants

**Meals provided:** Breakfast, Lunch, Dinner

## Day 12: Trek To Tengboche

**Walking Hours:** 5

**Difficulty:** Moderate

**Accommodation:** Basic Teahouse

**Elevation:** 3,860 m

**Topography:** Steep inclines, short descends

**Highlights:** Tengboche monastery, magnificent panoramic views from Tengboche

**Meals Provided:** Breakfast, Lunch, Dinner

## Day 13: Trek To Namche Bazaar Via Khumjung

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**Walking Hours:** 7

**Difficulty:** Easy to difficult

**Accommodation:** Basic Teahouse

**Elevation:** 3440m

**Topography:** Grasslands, rocky trails

**Highlights:** Sherpa town, local Souvenirs

**Meals Provided:** Breakfast, Lunch, Dinner

## Day 14: Trek To Lukla

**Walking Hours:** 7

**Difficulty:** moderate

**Accommodation:** Basic Teahouse

**Elevation:** 2840m

**Topography:** downhill descends, walk by river banks

**Highlights:** Khumbu region, thick forests, species of birds, mountain views, views- Everest, Nuptse, Changtse

**Meals Provided:** Breakfast, Lunch, Dinner

## Day 15: Fly To Kathmandu

**Flight Lukla to Kathmandu:** 30 minutes

**Accommodation:** 4-star Hotel

**Elevation:** 1400m

**Highlights:** Bird's eye view of forested lands, hills, breathtaking flight

**Meals Provided:** Breakfast, Lunch & Farewell dinner

## Day 16: Free day at Kathmandu

Today is a leisure day in Kathmandu. This day adds flexibility on your schedule to enjoy souvenir shopping or wander around streets of Thamel.

## Day 17: Final Departure

Today as per your flight schedule, our chauffeur will take you to the airport from this amazing country, Nepal