



Island Peak Climbing with EBC Trek

URL: <https://naatatravels.com/trip/everest-base-camp-and-island-peak/>

Duration

21 Days

Per Person Cost

USD 2490

Difficulty

Strenuous

Group Size

2-16

Maximum Elevation

6189 meters

Accommodation

3-star hotel in Kathmandu;
Tea houses during the trek;
Tent during climb

arrival_on

Kathmandu

Meals

Breakfast in Kathmandu and
all meals during the trek

Departure

Kathmandu

Trip Route

Nepal

Trip Overview

The Everest base camp trek with Island peak climbing is the most accomplished package for anyone who has a love for trekking and expedition. Island peak is one of the most popular peaks in Nepal. Imja Tse(6189m) situated atop the Imja Khola valley in the Khumbu area was named Island Peak in 1952 by Eric Shipton who found the peak to be reminiscent of an island in a sea of ice. It is surrounded by the Imja, Lhotse and Lhotse Shar glaciers.

This professionally and articulately designed itinerary takes us to the most enticing trekking destination i.e Everest Base Camp (Link) and Kala Patthar where we enjoy the best vistas of World's Highest Mountain and many others. We will attempt to scale the peak only after all of us are well acclimatized and fully fit. Island Peak Climbing is a worthwhile challenge even to the experienced winter mountaineer, competent in using crampons and ice axe, as it is technically straight forward, the most strenuous section is a mixed rock and ice wall at a slope of around 45 degrees leading to the narrow summit ridge.

The EBC Trek with Island Peak begins with the visit to UNESCO World Heritage sites in Kathmandu which is an amazing experience in itself. Next day we take a thrilling flight to Hillary airport in Lukla and embark our trekking. We walk up to the Dudh koshi valley encircled by the beautiful peaks of Thamserku

and Kusum Kanguru. The trek is a steep ascent to Namche Bazaar: the sherpa Capital and cultural center of Khumbu.

We spend one more day in the wonderful Namche taking short hikes and acclimatizing as it is very essential to avoid altitude sickness. We continue the trek further to Tengboche, Dingboche, Gorak Shep and finally to Everest Base Camp. We admire the magnificent views of Mt Everest and surrounding peaks and the immense beauty of the place. Then we descent towards Chumkhung and after a day's walk from there we reach the Island Peak Base Camp and establish a camp at the south ridge of the peak encircled by spectacular ice scenery beneath the Nuptse-Lhotse wall which towers above 3000m.

It may take another day or two to summit the peak depending upon the weather conditions. After the successful climbing, we descent along the Imja Khola to Dingboche and back to Namche Bazaar and Lukla and board our return flight to Kathmandu.

HIGHLIGHTS

- Stunning views of array of gigantic snow capped mountains
- Trekking to the foot of World's Highest Mountain: Everest Base Camp and Kala Patthar
- High Valleys, Buddhist Culture, Breath-taking views of dramatic landscapes
- Island Peak Climbing is a worthwhile challenge even to the experienced mountaineer.

Trip Itinerary

Day : Arrival In Kathmandu

Upon your arrival at the Tribhuvan International airport a representative from Naata Trek and Tours will be waiting for you at the airport displaying a playcard imprinted with your name. He/she will then transfer you to the designated hotel. In the evening we can enjoy a welcome dinner hosted by Naata Trek and Tours. During the dinner we can enjoy Nepalese cuisine which will introduce us to the country's food culture.

Accommodation

3-star hotel

Meals:

Dinner

Altitude:

1350 meters

Day : Kathmandu sightseeing

We will have a pre trip meeting after breakfast where you will be introduced to your Guide. During the meeting you can assure yourself with any queries regarding the trip.

We visit Boudhanath Stupa, one of the biggest Buddhist shrines in the world, where we observe Buddhist monks praying in the monasteries surrounding the stupa. After Boudhanath Stupa we visit Pashupatinath Temple, the most famous Hindu temple in the country, located on the banks of the holy Bagmati River. Here we see Hindu holy men (sadhus) meditating, pilgrims bathing and occasionally funeral pyres burning on the ghats. We will also visit Bhaktapur Durbar Square, which is a collection of pagoda and shikhara-style temples grouped around a fifty-five window palace of brick and wood. The attraction of the

Bhaktapur Durbar Square is the Lion gate, the Golden gate, the Palace of Fifty-Five Windows, art galleries, the Statue of King Bhupatindra Malla.

Accommodation

3-star hotel

Meals:

Breakfast

Altitude:

1350 meters

Day : Fly to Lukla and trek to Phakding-40 minute flight

We take an early morning flight to Lukla which is where all Everest treks begin. After we land in Lukla we meet the rest of the team including our porters and get set for the trek. We walk on a trail that gradually descends to Cheplung village from where we can get a brief view of Mt. Khumbila. It is a sacred mountain that has never been climbed. From here on we gradually descend until Phakding

Time:

3-4 hours

Accommodation

Tea house

Meals:

Breakfast, Lunch and Dinner

Altitude:

2651 meters

Day : Phakding to Namche Bazaar

After having our breakfast we continue our trail which passes through a pine forest and goes through Benkar valley. We cross Dudh Koshi river and after passing through the village of Chumoa and Monjo, we reach the entrance of Everest National Park. The trail then ascends steeply and after ascending for a while we reach Namche Bazaar which is the biggest town of Everest region. We stay the night in Namche Bazaar.

Time:

5-6 hours

Accommodation

Tea house

Meals:

Breakfast, Lunch and Dinner

Altitude:

3438 meters

Day : Namche Bazaar: acclimatization

We spend a day more in Namche Bazaar to acclimatize to the high elevation and the thinning air. We take a tour of the town which has everything in its locker like ATMs, internet cafes, restaurants, government offices etc. We also take a tour of Sagarmatha National park and enjoy the views of Mt. Everest, Lhotse, Nuptse, Ama Dablam, Thamserku, Kongde and many more. We also visit the Hillary School and monastery nearby which houses a yeti scalp. We can also hike to Khumjung village if time permits. We stay the night in Namche Bazaar.

Accommodation

Tea house

Meals:

Breakfast, Lunch and Dinner 3438 meters

Altitude:**Day : Namche bazaar to Tengboche**

We have an early morning breakfast and start the trek with the well known descend to Dudh Koshi River and the equally impressive ascent through rhododendron forests to Tengboche. We can get clear views of Mount Everest, Lhotse, Nuptse, Ama Dablam, Thamserku while descending to Dudh Koshi River. Once we reach Tengboche we visit Tengboche monastery which happens to be the largest monastery in the Everest region. We stay the night in Tengboche. We stay the night in Tengboche.

Time:

5-6 hours

Accommodation

Tea house

Meals:

Breakfast, Lunch and Dinner

Altitude:

3870 meters

Day : Tengboche to Dingboche

Today we descend through a forest of birch, conifers and rhododendrons with the views Mt. Everest, Lhotse and Ama Dablam to give us company. The trail then dives into Imja River and takes us to Pangboche. We ascend to upper Pangboche where there is Pangboche Monaster. The trail leads us to Imja Valley, Lobuche River and climbs upto Dingboche. We stay the night in Dingboche.

Time:

5-6 hours

Accommodation

Tea house

Meals:

Breakfast, Lunch and Dinner

Altitude:

4360 meters

Day : Acclimatization hike to Nagkartshang Peak

Today we take a day off to acclimatize to the thinning air and high altitude. It is vital to let the body get used up to the surroundings. We hike up to Nangkartshang peak which lies just above Dingboche. It is also a great viewpoint from where we can view the striking Ama Dablam. If the weather permits we can see Ama Dablam from head toe. We can also use this day by touring the surrounding villages.

Time:

4-5 hours

Accommodation

Tea house

Meals:

Breakfast, Lunch and Dinner

Altitude:

5083 meters

Day : Trek to Lobuche

We continue the trail that leads to the lateral moraine of Khumbu Glacier and pass by stone memorials dedicated to the climbers who have lost their lives doing expeditions. We continue our climb and head towards Lobuche which is situated at the foot of Lobuche peak. We stay the night in Lobuche.

Time:

5-6 hours

Accommodation

Tea house

Meals:

Breakfast, Lunch and Dinner

Altitude:

4910 meters

Day : Trek to Everest Base Camp (5365m) and trek back to Gorak Shep (5180m)

Today we have a difficult day ahead since we walk along the Khumbu Glacier up to Everest Base camp. This is the closest you can get to Mount Everest without actually doing expeditions. During the springtime we can see colorful tents of expedition teams against the grey surroundings. The view of the Khumbu Icefall from the base camp is quite a beautiful sight. We return Gorak Shep where we stay the night.

Time:

7-8 hours

Accommodation

Tea house

Meals:

Breakfast, Lunch and Dinner

Altitude:

5365 meters

Day : Morning hike up to Kala Patthar (5,555m) and trek back to Pheriche (4200m)

Today is the hardest part of the trek and to our content it is the most rewarding as well. We start early and start our climb of Kala Patthar which is a small peak at 5,555m. The ascent is quite steep but we will be rewarded by spectacular views of Mount Everest which towers before us at 8,848m. Alongside Everest we will also be surrounded by peaks such as Nuptse, Lhotse, Chagatse, Pumori and many others. We do a short descent back to Gorak Shep to have our lunch and trek back to Pherice where we stay the night.

Time:

6-7 hours

Accommodation

Tea house

Meals:

Breakfast, Lunch and Dinner

Altitude:

5555 meters

Day : Trek to Chukhung

We have a short trek today and the trail is fairly easy. We take the route to Dingboche and then ascend to the Chukhung valley. We stay the night in Chukhung.

Time:

3-4 hours

Accommodation

Tea house

Meals:

Breakfast, Lunch and Dinner

Altitude:

4710 meters

Day : Trek to Island Peak Base Camp

We have breakfast and make a comfortable start following the Imja Valley and the sky high views of Ama Dablam en route is quite pleasing to the eye. Then, we follow the moraines that flow from Lhotse (8,501m) towards the sand flats at Pareshaya Gyab. The walk from here to the Base Camp is a short one and we will reach there in mid-afternoon. We stay the night in tented camps and we will have our food cooked by our camping team.

Time:

4-5 hours

Accommodation

Tea house

Meals:

Breakfast, Lunch and Dinner

Altitude:

5240 meters

Day : Climb to Island Peak (6,187m) and return to Chukhung (4,710m)

We have kept two days to climb the Island Peak, although we will probably not require more than a day if weather permits. Our climbing Sherpa will decide the strategy to climb the peak taking into account the group's acclimatization, weather, snow conditions and other factors. Our Sherpa will provide with the essential gear's such as ropes, ice picks, harness, crampons etc. We camp just below the permanent snowline.

We leave early in the morning to do the final ascent to the summit. It will take us anywhere between four to six hours depending upon the weather conditions. We will fix a rope in the summit headwall for both ascents and descent. We will require every ounce of your willpower and stamina to make the summit, but the feeling once atop this 6,187 colossus is beyond measure. The views of Ama Dablam, Lhotse, Makalu and Baruntse amid the plethora of smaller mountains is staggering. We return back to Chukhung to stay the night.

Accommodation

Tea house

Meals:

Breakfast, Lunch and Dinner

Altitude:

6187 meters

Day : Trek to Tengboche

We leave the mountains behind us and descent through the various towns of Dingboche, Orsho, Shomare and Lower Pangboche to reach the suspension bridge over the Imja Khola River and then ascend gradually through Debuche and then to Tengboche. We stay the night in Tengboche.

Time:

5-6 hours

Accommodation

Tea house

Meals:

Breakfast, Lunch and Dinner

Altitude:

3860 meters

Day : Trek to Namche Bazaar

We leave the majestic mountains behind us and descend to Namche Bazaar through Pangboche and Tengboche. It is the same trail that we ascended but the views are one to savor. We arrive Namche in the afternoon where we stay the night.

Time:

6-7 hours

Accommodation

Tea house

Meals:

Breakfast, Lunch and Dinner

Altitude:

3441 meters

Day : Trek to Lukla

Today is the last day of trekking and we return to Lukla which was the starting point of our trek. We have plenty of time today to roam about and appreciate our personal and the team's achievements of the trek. We can have a few celebratory drinks in the evening as well. We stay the night in Lukla.

Time:

5-6 hours

Accommodation

Tea house

Meals:

Breakfast, Lunch and Dinner

Altitude:

2804 meters

Day : Flight from Lukla to Kathmandu

We catch the earliest flight to Kathmandu possible and the flight gives us a chance to catch a last glimpse of the mountain ranges. It takes us around 35 minutes to reach Kathmandu. You also have the option to extend the trip by doing tours and jungle safari.

Accommodation

3-star hotel

Meals:

Breakfast

Altitude:

1350 meters

Day : Leisure Day and Farewell dinner in Kathmandu

We have an extra day to buy souvenirs or do or see anything that you feel you have missed. We also have taken this day off in case the flight from Lukla to Kathmandu gets cancelled due to bad weather. Tonight Naata Trek and Tours will also organize a THANK YOU farewell dinner program where we can recollect all the fond memories of our trip. We can have a few drinks to lift up the celebration mood as well.

Accommodation

3-star hotel

Meals:

Breakfast and Dinner

Day : Departure to the International airport

Our trip concludes today and a Naata Trek and Tours representative will escort you to the international airport for your departure.

Trip Includes

- Airport pickups and drops in a private vehicle
- 3-star hotel accommodation in Kathmandu with breakfast
- Teahouse accommodation during the trek
- Tented accommodation during the climb
- All meals (1 hot beverage, 1 bottle hot water with breakfast, lunch and dinner) during the trek and climb
- Farewell dinners
- All ground transportation on a comfortable private vehicle as per the itinerary
- Domestic flights (Kathmandu/Manthali to Lukla to Kathmandu/Manthali)
- English speaking, trained and experienced climbing guide (leader)
- Porter service (2 trekkers: 1 porter)
- Staff costs including their salary, insurance, equipment, domestic airfare, food and accommodation
- Naata Travel & Adventures's trekking bag/duffel bag, t-shirt and trekking map are yours to take
- All necessary paper work; trekking permits and Island Peak climbing permit
- Good quality tents and kitchen utensils for camping
- Climbing equipment: Climbing rope, ice screw, snow bar and ice hammer
- Medical kit (carried by your guide)
- All government and local taxes

Trip Excludes

- Nepalese visa fee (bring accurate USD cash and two passport photographs) or see Travel Essentials
- International airfare to and from Kathmandu
- Excess baggage charges (if you have more than 15 kg luggage, cargo charge is around \$1.5 per kg)
- Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
- Altitude chamber (PAC) or oxygen
- Lunch and evening meals in Kathmandu (and also in the case of early return from mountain than the scheduled itinerary)
- Travel and rescue insurance (see Travel Essentials)
- Personal expenses (phone calls, internet, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)
- Personal climbing equipment
- Personal climbing guide if requested
- Optional trips and sightseeing if extended
- Tips for guides and porters
- Services not listed in the 'What Is Included' section

Additional Trip Information

Additional Information

Our website contains as much information as possible about this trip. However, if you have any further queries or want to discuss about any facet of the trip. Please feel free to contact us or call us directly at +9779818778432

Important Note

Your safety is of utmost concern while travelling with Naata Travel & Adventures. Please be informed that your trip leader has the authority to modify or cancel any part of the itinerary as and when necessary due to safety concerns. However, every effort will be made to follow the above itinerary strictly. Nonetheless, as this adventure involves travelling in remote mountainous regions and the factors like weather conditions, health conditions of any group member, unexpected natural disaster etc might contribute to the changes. Thus, your flexibility is highly appreciable.

Please note that often the Kathmandu-Lukla-Kathmandu flight gets delayed by a few hours or may even be canceled for one, two, or more days due to unfavorable weather conditions. Such conditions may arise even in the best seasons. Hence, in such cases, you must be prepared for long waits both at Kathmandu or Lukla airports, as this can happen either at the start or end of the trek or even both! We do our best to avoid such delays, and secure you the next flight. However, we suggest you to be prepared for possible delays/cancellation, and if possible to come with some extra buffer days (1-2 days) at the end of the trip to accommodate such delays. We also organize heli rescue in such conditions, if it's available and upon

request by our clients. The helicopter charges around USD 5000 and it can lift 4-5 people per flight. If everything runs smoothly and if interested, you can also enjoy other activities like sightseeing, rafting, wildlife activities, shopping, etc during your buffer days.

In case, the flight delay/cancellation happens at the start of trip and it goes so long that it disturbs your travel schedule, you are free to choose an alternative trip: such as trekking in the Annapurna, Langtang, or any other regions. If you are not interested in the alternative trip and would rather wait for the trip, you are welcome to wait in Kathmandu for as many days as it takes to get a flight to Lukla. However, please note that there will be no refund, if you lose your time waiting at the airport and do not take an alternative tour or you only do a short trek later due to time limitation. If the cancellation happens before the trip, we will provide you accommodation and lunch in a guesthouse in Kathmandu. In case of the flight delay/cancelation after the trek ends, you will be responsible for all your expenses. Also note that you will not be entitled to any refund for the services (such as hotel, transport, flight, etc) included in the package that you would not use later.

Address

Naata Travel and Adventures Pvt. Ltd.

Kathmandu, Nepal