Asian Expedition Pvt. Ltd

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Island Peak(6190m) Climbing



Nepal Island peak is one of the techinically easy ,famous for its climbing route and people have been climbing this peak as pre successful summit before to climb eight thousand meters mountains. Yes before to summit Mt Everest, Lotse, Makalu, Barunste and other mountain they test this Island peak climbing. That's why Island Peak is very famous in Everest region Nepal.Mainly people climb this peak in Autumn(September to December) and Spring season (March to May). The route to the Island peak is via Everest base camp trekking or you take route to Dingboche to Chhukum valley then upward to Island peak base camp. This Peak climbing course will be complete in 14 to 17 days. And you need a basic climbing course that how to sail the rope, Zumar, Lock and Unlock carabinas and Harness belt. A phisical fitness is required for this climbing.For this Peak we organize Lodge to lodge and 2 night camping at basecamp. An experienced Climbing sherap will be provide for this climbing.

Trip Itinerary:

Island Peak(6190m) Climbing:

Day 1 - Arrival in Kathmandu

Our representative meets & greets you at Airport. Transfer to Hotel & briefing about Program. Overnight in Hotel

Day 2 - Sightseeing of Kathmandu Valley:

Kathmandu, being a historical and cultural heart of Nepal, is a popular destination for tourists, trekkers and adventure seekers. The city presents a wonderful mixture of Hinduism, Tibetan Buddhism and Western influence in the Valley. There will be a half day guided tour to the famous & biggest Hindu shrine Pasupathinath & the largest Buddhist stupa in town Boudhanath, In the evening, a trip orientation meeting will be organized.Overnight in Hotel [Breakfast].

Day 3 - Fly to Lukla & Trek to Phakding [2652m]

A spectacular flight and hair raising landing on a steep mountain runway brings us to the start of our trek at the village of Lukla [2850m]. After meeting the crew, we head up the Dudh Kosi Valley on a well-marked trail to Phakding.Overnight in Lodge/Hotel [Breakfast, Lunch, Dinner].

Day 4 - Trek to Namche [3450m]

From Phakding, we cross and re-cross the river on high suspension bridges. Beyond Monjo is the entrance to the Sagarmatha National Park which was set-up in order to protect and preserve this fragile mountain environment. We then ascend quite steeply to Namche and along the way, if the weather is clear, catch a first glimpse of Mt Everest in the distance. Namche is the main trading village in the Khumbu and has a busy Saturday market - a meeting place for the Hindu traders from the lowlands and the Tibetan yak caravans that have crossed the glaciated Nangpa La Pass.Overnight in Lodge/Hotel [Breakfast, Lunch, Dinner].

Day 5 - Rest day in Namche

Namche is tucked away between two ridges amidst the giant peaks of the Khumbu and has an abundance of lodges, tea shops and souvenir shops as well as a magnificent outlook. It is an ideal place to spend a rest day, acclimatizing to the new altitude before heading off towards Tengboche. Options for acclimatization walks include a visit to Khunde hospital which was set-up by Sir Edmund Hillary, or a one hour walk up to the Everest view hotel above Namche for the sunset view of Ama Dablam, Nuptse, Lhotse and Everest. There are also good views from the national park centre and museum just above

the town.Overnight in Lodge/Hotel [Breakfast, Lunch, Dinner].

Day 6 - Trek to Tengboche [3867m]

From Namche, the trail contours around the side of the valley, high above the Dudh Kosi. Now we get our first really good views of the great peaks of the Khumbu including mt Everest, Lhotse, Nuptse and Ama Dablam. Passing by several villages and numerous tea shops, we descend steeply to a bridge over the river at Phunki Tenga. The village is an excellent lunch spot, and here we can rest before making the steep climb to Tengboche. Although tiring, the hike up the zigzag path has numerous distractions, with rhododendron bushes, beautiful birds and superb mountain scenery. Tengboche is famous for its legendary monastery, the largest in the Khumbu.Overnight in Lodge/Hotel [Breakfast, Lunch, Dinner].

Day 7 - Trek to Pheriche [4252m]

We descend steeply through a forest, cross the Imja Khola and climb steadily to the village of Pangboche. This is directly opposite Ama Dablam [6856m], and has exceptional views of the mountain, with the gompa, mani walls and scattered pine trees in the foreground. A further two hours walk brings us to Pheriche. Overnight in Lodge/Hotel [Breakfast, Lunch, Dinner].

Day 8 - Rest day in Pheriche

A day to rest and acclimatize and we can climb up onto the ridge overlooking Dingboche for the view up the Imja Valley and the incredible south face of Lhotse.Overnight in Lodge/Hotel [Breakfast, Lunch, Dinner].

Day 9 - Trek to Lobuche [4930m]

We continue up the wide valley beneath the impressive peaks of Cholatse and Tawache on the left. We then turn right and climb more steeply towards the foot of the Khumbu Glacier. The tea house at Duglha is a good spot to have lunch, before zigzagging up through the boulders of the glacier's terminal moraine. At the top of this climb there are many stone cairns, built as memorials to the many Sherpas who have died while climbing Mt Everest. The path then climbs gently along the glacier, to eventually reach the cluster of houses at Lobuche.Overnight in Lodge/Hotel [Breakfast, Lunch, Dinner].

Day 10 - Trek to Gorak Shep [5184m]

To reach our next objective, Kala Pattar, the trail follows the Khumbu Glacier, and offers superb views of the surrounding mountains, especially where the path is forced to rise to cross a tributary glacier. We stop for lunch at our camping place for the night, Gorak Shep. Later in the afternoon, when the sunset colors begin to appear on Everest, we make our way to the top of one of the finest viewpoints in the Everest region, Kala Pattar [5554m]. As the light begins to fade we stroll back to Gorak Shep and have an early night in preparation for our trek to Everest Base Camp the following day.Overnight in Lodge/Hotel [Breakfast, Lunch, Dinner].

Day 11 - Trek to Everest base camp [5357m]

To reach Everest Base Camp, a very early start is required, as it takes several hours on a trail which weaves its way through ice pinnacles and past the crevasses of the Khumbu Glacier. On the return leg, we can take a higher route to get a spectacular view of the Khumbu icefall and the route to the South Col. We return to either Gorak Shep or Lobuche for the night.Overnight in Lodge/Hotel [Breakfast, Lunch, Dinner].

Day 12 - Trek to Dingboche [4350m]

We head back down today, through Duglha, to the summer village of Dingboche, where the houses are dotted about in the fields.Overnight in Lodge/Hotel [Breakfast, Lunch, Dinner].

Day 13 - Trek to Chukhung [4750m]

Today, we have an easy walk for about 3hours, climbing up gradually to the small settlement of Chukhung. Along the way we have great views of Island Peak and the challenge that awaits us.Overnight in Lodge/Hotel [Breakfast, Lunch, Dinner].

Day 14 - Trek to island peak base camp [5150m]

Another easy day, the trail crosses the river and follows the valley for approx 3 hours, passing beneath the magnificent south face of Lhotse. Base camp is by the side of the Imja glacier, below steep grassy slopes which mark the start of the climb on Island Peak.Overnight in Tents [Breakfast, Lunch, Dinner].

Day 15 - Ascent of island peak [6190m]

Crossing the gully above the camp the trail makes a climb for another hour to a narrow ridge, leading on to the glacier. Here it is time to rope-up and put on our crampons as the most interesting part of the climb begins with the glacier crossing. This is followed by the steep snow slope that leads onto the summit ridge. This ridge is wonderfully airy and on reaching the summit we have stunning close-up views of the south face of Lhotse looming over us whilst in the other direction, there are more dramatic mountain views. We descend along the same route, down to base camp.Overnight in Tents [Breakfast, Lunch, Dinner].

Day 16- Walk down to Chhukum valley.Overnight in Lodge/Hotel [Breakfast, Lunch, Dinner].

Day 17 - Spare day

A contingency day allocated for weather etc.Overnight in Lodge/Hotel [Breakfast, Lunch, Dinner].

Day 18 - Trek to Pangboche [3950m]

After descending along the trail to Chukhung, we continue on to Dingboche for lunch. It is then another couple of hours to the lovely village of Pangboche.Overnight in Lodge/Hotel [Breakfast, Lunch, Dinner].

Day 19 - Trek to Namche [3450m]

Today we follow the river and, after crossing it, climb back up through birch and rhododendron forest to Tengboche. Kwangde, Tawache, Everest, Nuptse, Lhotse, Ama Dablam, Kantega and Thamserku are just a few of the Himalayan giants to be seen. From Tengboche we descend to the bridge over the Dudh Kosi at Phunki Tenga, where there are water driven prayer wheels, before making our way back to Namche.Overnight in Lodge/Hotel [Breakfast, Lunch, Dinner].

Day 20 - Trek to Lukla [2800m]

Our final day's trekking follows the Dudh Kosi back down to Lukla. This last evening in the mountains is the ideal opportunity for a farewell party with the Sherpa guides and porters, where we can sample some chang, try Sherpa dancing and look back on a memorable trekking experience. Overnight in Lodge/Hotel [Breakfast, Lunch, Dinner].

Day 21 - Fly to Kathmandu

We pack up early and head for the airstrip for the flight back to Kathmandu.Overnight in Lodge/Hotel [Breakfast].

Day 22 - Depart Kathmandu

Our The Nepalese support team will take you to the airport for your flight back to home.

(Or stay longer for short tours such as drive at Chitwan National parks, rafting, etc).

Cost Details:

Prices for Island Peak climbing:

2-5 Persons, Per Person Euro 2170

6-above Persons, Per Person Euro 2080

Single Supplementary who take single room Euro 270

Cost Includes:

1. 4 night's hotel in Kathmandu with bed & breakfast
2. Guided sightseeing in Kathmandu valley
3. ISLAND Peak climbing permit,Trekking Permit TIMS
4. Meal: All meal Breakfast, Lunch, dinner during the trek
5. Experience Climbing Sherpa,trekking guide nesseccery porter
6. Sagarmatha National Park permit, Local government fees
7. Climbing main Rope,Fixed rope,Tents, Base camp excellent foods
8. Flight Kathmandu - Lukla - Kathmandu.
9. Life, Medical Insurance for Guide & Porter
10. All accommodation during the trek best available hotel/guesthouses
11. Airport -Hotel-Airport transfer

12. Our service charge

Cost Excludes:

1. Personal equipment for trekking & climbing
2. Personal Insurance for travel to Nepal
3. Lunch & dinner in Kathmandu
3. Emergency Rescue evacuation during the trek& climb incase needed
4. Personal expenses
5. Tipping (Tips) for guide & porter
6. Bar bills, Beverage and mineral water during the trek.
7. The cost not mentioned in cost includes

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