



## Island Peak Summit & EBC Trek

The Everest Base Camp with Island Peak is an adventure that combines two very dramatic aspects of trekking to the base camp of Mount Everest with a climb of the Island Peak. It is best suited for people looking for an experience that is more thrilling than regular trekking journeys. It takes place in the beautiful Khumbu region of Nepal and is incorporated with many highlights. The best features and attributes of the region are included in the package. You will be getting an adventure that is very exciting and thrilling!

The journey starts with a scenic flight to Lukla, from where the trekking path goes through ethnic Sherpa villages like Phakding, Namche Bazaar, Tengboche, and many others. Hike to the vantage point at Kala-patthar and revel in the panoramic views of the entire Mount Everest massif. Light butter-lamps in the Tengboche monastery and enjoy the view of prominent mountain peaks like the Ama Dablam, the Kongdi RI, the Thamserku, Lhotse, Nuptse, and Mount Everest, among many others. Then immerse yourself in the accomplishment of reaching the base camp of the world's tallest mountain peak.

Climbing Island Peak is mostly not so technical and can be performed by anyone with basic snow climbing skills and high-altitude endurance capacity. Island peak is highly glaciated in its west face, and its summit offers the best views of mountains in the Everest region like Mt. Everest, Mt. Makalu, Mt. Ama Dablam, Mt. Nuptse, and many more. The magnificence of wild and cold mountains that unfolds right before our eyes is a reward for all the struggles that we went through climbing up the ropes.

### Day 1: Arrive in Kathmandu (1,400m)

Upon your arrival, you will be greeted by our representative and transferred to your hotel by private tourist vehicle.

### Day 2: Free / Permits preparation and gear check

Today our team will meet you to check the equipment you have brought and take you to the gear rental shop to rent any equipment you don't have or need to upgrade. There will also be a briefing on last-minute specifics about your trek.

You will also have to visit some of the landmarks that are considered World Heritage Sites including the historic Bhaktapur Durbar Square, the famous 'Monkey Temple' Swayambhunath and Buddhists shrine Buddhanath which is one of the largest Stupas in the world. You may wish to visit Durbar Square in the heart of the old city where the old Royal Palace, with its intricate woodcarving is located.

### Day 3: Fly to Lukla (2,886m) and trek to Phakding (2,652m) 3 hours

The trek to Everest Base Camp starts with a scenic flight from Kathmandu or Manthali Airport to Tenzing Hillary Airport at Lukla (2886 m). During the 35-minute flight from Kathmandu to Lukla (9,186ft), we enjoy one of the most beautiful air routes in the world culminating on a hillside surrounded by high mountainous peaks. At Lukla, a gateway destination from where our trek begins, we meet our other crew members and begin packing and arranging with them.

We start trekking from Lukla. After around one hour of gradual descent, we will be at a Cheplung village from where we have a glimpse of Mt. Khumbila (18900ft), a sacred mountain which has never been climbed. From Cheplung, we then gradually descend until we reach Phakding and spend the night. Overnight at guesthouse.

### Day 4: Trek to Namche Bazaar (3,440m) 5 hours.

We continue trekking along the banks of the Dudhkosi, crossing this majestic river many times on exciting suspension bridges laden with prayer flags. After entering Sagarmatha National Park, the trail climbs steeply with breathtaking views. Namche Bazaar known as the Gateway to Everest which is home to many quality restaurants, hotels, lodges, shops, Money exchange, internet cafe and a bakery. Namche is one of the biggest villages along the whole Everest trail. Overnight at guesthouse.

**Day 5: Rest/~Acclimatisation Day Namche Bazaar (3,440m)**

Rest, recover and acclimatize whilst discovering the beauty of this Himalayan village.

**Day 6: Trek to Tengboche (3,860m) 4 - 5 hours.**

After breakfast, we trek towards Tengboche. It is an easy walk from Namche to Phunki. Upon reaching Phunki-thanga, we ascend towards Tengboche, a village that houses the very famous Tengboche monastery which is the largest monastery of the Everest region. Located amidst the Sagarmatha National Park (a UNESCO World Heritage Site of "outstanding universal value"), it is draped with the panoramic 360-degree view of the Himalayas, including Mt. Everest, Nuptse, Lhotse, Ama Dablam and Thamserku. The monastery opens at 3:00 pm so if we are lucky we might just be able to witness a religious ceremony. Overnight at guesthouse.

**Day 7: Trek to Pheriche (4,280m) 4 hours.**

With the Himalayas as its backdrop, the monastery in Tengboche is in an excellent location. We visit the monastery in the morning and enjoy taking pictures of the monastery and the amazing landscape. We descend for about half an hour through a forest before crossing a river. Next, we trek uphill and notice that as we climb higher, the landscape becomes drier. We walk past a traditional Sherpa village of Pangboche before reaching Pheriche, a beautiful village located on a riverside. Here, we will also see a small helipad that is used for helicopter rescues during emergencies. We may even take a class with a mountain specialist in a medical clinic at Pheriche. Overnight at guesthouse.

**Day 8: Trek to Lobuche (4,950m) 4 - 5 hours.**

The gradual climb to Lobuche will be pleasant as we will get closer and closer to the snow-clad giants. After a 45-60 min hike, we will reach Thukla. There, we will make a stop for food and continue up to a flat area where several memorials dedicated to the climbers who died on Everest are erected. Then, we will climb out of the valley and descend to the yak pastures at Lobuche. Overnight at guesthouse.

**Day 9: Trek to Everest Base Camp (5,364m) & back to Gorakshep (5,181m) 7 hours**

After a short climb through meadows, you can look down at the Khumbu glacier. Straight ahead is Kala-patthar - the best vantage point to view the entire south face of Mt. Everest and the surrounding peaks. After a couple of hours, we will get to Gorekshep, and continue our journey to the Everest Base Camp.

There is not much elevation gain, but there are a lot of ups and downs and, combined with altitude, this can be an exhausting trek - but the journey is worth it. After approximately 3 hrs of hiking, you will arrive at the base camp and can enjoy a magnificent view of the Khumbu glacier and icefall, from where the Everest expedition begins. Then we will go back to Gorakshep. Overnight at guesthouse

**Day 10: Hike to Kala Patthar (5,545m) and trek to Dingboche (4,410m) 6 - 7 hours.**

We will hike to Kala Patthar 5545m early in the morning and enjoy the sunrise view over Mt. Everest 8848m, Mt. Lhotse 8516m, Mt. Makalu 8481 m, Mt. Cho Oyu 8201m and other nearby peaks. After spending quality time in Kala-patthar, we head back down to Gorakshep and from there follow the route that passes through Lobuche to reach the Dingboche village with a glorious view of Ama Dablam. Overnight at guesthouse.

**Day 11: Trek to Island Peak Base Camp (5,087m) 6 - 7 hrs.**

From Dingboche, we will make a leisurely start following the Imja Valley with great views of Ama Dablam dominating the skyline and follow the moraines that flow from Lhotse (8501meters) towards the sand flats at Pareshaya Gyab. We will reach the base camp of Island Peak in the mid-afternoon. We will be spending time at the tented camp for one or two days.

**Pre-Climb Training:** After lunch, our guides will provide training on peak climbing techniques and using climbing gears such as ice axe, climbing boots and crampons, harness, ascender, and on how to go up and down using ropes. Although it is not mandatory to have prior training experience for Island Peak Climbing, we believe that some training experience will boost your confidence and climbing skills, thus increasing the chances of scaling the summit as well as to fully enjoy the experience. Overnight at tent camp.

**Day 12: Island Peak summit (6,189m) and back to Base Camp 9 - 10 hrs.**

Today, we begin early to achieve the Island Peak Summit. It is best if we reach the summit before midday as the strong winds after midday can create obstacles to the successful summit climb.

We will have to cross many crevasses and overcome difficult parts using ropes, ice axes, harnesses and other equipment for climbing properly. Following the guidance of our climbing experts, we will reach the summit of this physically challenging yet adventurous climb of Island Peak at the same time.

The majestic views of Mt. Lhotse 8501m, Mt. Makalu 8475m, Lhotse Middle Peak 8410m, Lhotse Shar 8383 m, Mt. Nuptse 7879m, Mt. Baruntse 7129m and other high peaks are rewarded from the top of the Island peak. We slowly retrace our steps back toward Island Peak Base Camp after achieving the summit. Overnight at tent camp.

**Day 13: Trek to Dingboche (4,410m) 5 - 6 hrs.**

After successfully summit of the Island Peak, our return journey heads back towards Dingboche through the same route from Island Peak Base Camp. Overnight at guesthouse.

**Day 14: Trek to Namche Bazaar (3,441m) 5 hours.**

We trek down through the hillside blanketed by rhododendron and juniper trees. After crossing the prayer-flag festooned bridge over the Dudh Koshi River, our trail follows the Dudh Koshi gorge descending rapidly through pine forests. In the forest, we may come across colorful pheasants and mountain goats. The path eventually reaches Sansa from where we can enjoy views of Ama Dablam, Thamserku and Nuptse mountains. We also pass winding trails then through a forest before reaching Namche Bazaar. Overnight at guesthouse.

**Day 15: Trek to Lukla (2,804m) 6 hours.**

Finally, we return to Lukla where the trek began, which will seem like a lifetime ago. Enjoying time to reflect on the trek as a group and the personal achievement of all those who took part. Also giving you time to discover the town. Overnight at guesthouse.

**Day 16: Fly back to Kathmandu.**

Enjoying your last glimpse of the mountains you have recently visited for one last time on the 35-minute scenic flight back to Kathmandu.

**Day 17: Free day.**

It's also spare day in case of bad weather in Lukla. You will have time to visit some nearby shops or go out in Thamel for typical Nepalese goods.

You can rest and relax throughout the day. In the evening we will have a farewell dinner in a traditional Nepalese restaurant with cultural performances.

**Day 18: Fly to home.**

Today you will say goodbye to the wonderful journey and head back to home. We will drop you off at the airport according to your flight schedule.

**Price Includes:**

- Airport transfers pick-up and drop-off.
- 3-nights hotel accommodation in Kathmandu.
- Airfare both ways Kathmandu - Lukla - Kathmandu (USD 360 p.p.).
- Airfare both ways Kathmandu - Lukla - Kathmandu for the guide.
- Everest National Park entry permits.
- Trekkers' Information Management System (TIMS card) permit.
- All meals (breakfast, lunch, dinner) during the trek.
- All accommodations during the trek.
- Island Peak climbing permit (USD 250 p.p.).
- Tent camp during the climbing period. (twin sharing trekking tent, dining tent, toilet tent, Kitchen tent, staff tent, chairs and Kitchen utensil etc.)
- Transportations, accommodation, wage, food, insurance, equipment for guide and porters.
- English speaking Sherpa trek guide.
- All necessary paperwork and entry permits.
- Hiking pole for the trek, if needed.
- Trek map.
- Farewell dinner at typical Nepali restaurant after the trip completion in Kathmandu.

**Price Excludes:**

- International airfares and Nepal visa.
- Personal trekking and peak climbing gears.
- Climbing rope, crampons, climbing shoes, raincoat.
- Personal clothing and equipment, down jacket, Gore-Tex jacket, available on hire in Kathmandu
- Any personal medical or evacuation expenses incur.
- International Travel insurance which included rescue.
- Tips for the guide (tipping is expected)
- Any other expenses which are not mentioned on the 'Price Includes' section.