



Trip: Island Peak Climbing

Url: <https://www.megaadventuresintl.com/trip/island-peak-climbing/>

Overview

Mega Adventures International offers Island Peak (Imja Tse Peak) Climbing in Nepal with acclimatize trip to Everest Base Camp before attempt. Island Peak lies in upper Imja Valley of the Khumbu Valley, surrounded by snow covered mountains. Island Peak is taken as the mostly climbed Trekking Peak in Nepal. It can be climb in both the spring and autumn season. Island Peak looks like an island in the sea from above Dingboche. Island Peak offers very beautiful outlook of Everest, Lhotse, Amadablam, Makalu and many more snow covered mountains. Island peak was named by Eric Shipton in 1952 and the first ascent was made by members of the 1953 British Everest team as a training climb. The climbing is challenging for the beginning alpine climber and the summit ridge provides one of the most dramatic views in the mornings that a Himalayan climber could dream of. The summit of Island Peak stands nearby to the South Face of Lhotse, one of the world's largest ice walls, and offers stunning views of beautiful Ama Dablam and Makalu. We offer Island Peak Climbing services in two different way; full board services and climbing only services. For Island Peak full board services we run the expedition from Kathmandu – Island Peak – Kathmandu. Island Peak climbing only services aim to provide The climbing is challenging for the beginning alpine climber and the summit ridge provides one of the most dramatic views in the mornings that a Himalayan climber could dream of The summit of Island Peak stands nearby to the South Face of Lhotse, one of the world's largest ice walls, and offers stunning views of beautiful Ama Dablam and Makalu. We offer Island Peak Climbing services in two different way; full board services and climbing only services. For Island Peak full board services we run the expedition from Kathmandu – Island Peak – Kathmandu. Island Peak climbing only services aim to provide guide and necessary climbing equipment along with permit via Chhukung – Island Peak – Chhukung for those who want to trek them self and need climbing service assistance.

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Arrival City Kathmandu

Departure City Kathmandu

Price Per Person

\$2,650.00

Duration 21

days

Trekking Days 14

days

Difficulty Easy-Medium

Max Elevation 6173m/20253ft

Primary Activities

Trekking, Climbing & Sightseeing

Best Season March, April, May, September, October & November

Means of Transport Car/Haice/Flight

Trip Route

Lukla- Namche- Pheriche- EBC- Chhukung- Island Peak BC- Summit-Namche Lukla.

Includes

- All necessary airport arrival departure as per the itinerary.
- Hotel in Kathmandu for 4 nights including breakfast.
- Transportation for, full day sightseeing in Kathmandu.
- Entry fee during sightseeing in Kathmandu.
- Professional English speaking tour guide and his/her salary.
- Flight fare from Kathmandu – Lukla- Kathmandu for members.
- Flight fare from Kathmandu- Lukla- Kathmandu for guides.
- Everest National Park entrance fees.
- Tea house trek including food and accommodation in Tents.
- Climbing Guide, porters and necessary staffs during the trek.
- Island Peak climbing Permit fee.
- Food, Tents and Kitchen equipment for climbing period.
- Boiled water, tea and coffee.
- Group climbing equipment such as rope, ice screws, snow pickets, etc...
- Climbing Guide, his equipment allowance and salary.
- Additional porters for carrying climbing gears.
- Salary and Insurance for all Nepali staffs.
- Farewell dinner.
- Insurance for Nepali staffs.
- First aid kit.

Excludes

- Meals in Kathmandu (except welcome and farewell dinner).
- Entrance tickets during city tour.
- Beverages and alcoholic drinks on trek.
- Personal climbing equipment.
- All personal expenses.
- Personal medical and evacuation insurance.
- All other additional charges for additional services.

Itinerary

- Days 01 – Arrival in Kathmandu
Mega Adventures representative will be at airport to pick up you to the Hotel. Short briefing at hotel. You will have welcome dinner in the evening.
- Days 02 – Sightseeing and preparation day
In the morning after having breakfast we begin tour around Kathmandu with professional English speaking guide. During the day you will cover some of the historical and religious, world heritage sites;

Swoyambhunath –“the Self Existing One’. The oldest Buddhist stupa of Nepal situated in the small hill, from where you can see the nice view of Kathmandu valley. Historian believes that it is the oldest history of Kathmandu. No sooner you enter the periphery of Swoyambhunath you will see the monks, chanting religious words and monkeys

chattering and hanging around the different temple and trees. It is also known as monkey temple, especially given by the tourist.

Bouddha nath Stupa: the ancient stupa of Boudhnath is one of the biggest Buddhist stupa of Nepal, situated in the northern part of Kathmandu valley, which is one of the trading routes of Nepal with Tibet in ancient time. Tibetan merchants used to take rest and offers praying in this place during their trading time. Later when Tibetan refugees enter Nepal in 1950s, most of them decided to stay around the same place. Even now most of the monk in Boudhanath is from Tibet. Around the stupa you can see some Buddhist painting school of traditional paints "Thanka".

Pashupatinath Temple: Pashupatinath the national deity of Nepal is one of the most significant Hindu temples of Lord Shiva in the world, located on the banks of the Bagmati River in the eastern part of Kathmandu. The word Pashupatinath is derived from three Sanskrit words: "pashu" means organism, "pati" means protector, and "nath" means Lord. Hence in hindu mythology Pashupatinath means protector and Lord of all living things. The bank of Bagmati River is the cremation centre of Hindu dead body. Where you can see the cremation process of hindu people. Beside this you can see the color full sadhu 'the holy devotee of Lord Shiva' around the periphery of temple. After sightseeing, final preparation for trekking. Trekking guide will meet you and give the final instruction for next day.

- Days 03 – Fly to Lukla trek to Phakding (2,610 m) – 30 minutes flight and 2 Hours to 2:30 Hours walk
Early in the morning you have to wake up for the flight to Lukla via twin otter. You can see panoramic Mountain View by aircraft. In Lukla we meet our Sherpa staff and Yaks for baggage and then begin our first day trekking to Phakding located near to the river Dudhkoshi (white like Milk).
- Days 04 – Phakding to Namche (3,440 m) – 6 Hours approx.
We continue walking along the bank of Dudh Koshi River, passing small villages and many suspension bridges. We walk real uphill slowly to reach to Namche. Namche is the administrative center of Khumbu region. It is a marketplace for the people of Khumbu and also for trekkers to buy equipments. We stay overnight in Namche.
- Days 05 – Namche (acclimatization day)
Today is our acclimatization day in Namche. To adjust with high altitude we spend one more night in Namche. We hike to Khumjung crossing Syangboche airport. On the way we go to Everest View hotel for the outstanding view of Mt. Everest, Amadablam. We visit to Sir Edmund Hillary's school and hospital at Khumjung and Khunde and walk down to Namche.
- Days 06 – Tengboche (3,860 m) 6-7 hours
We walk towards Tengboche, going downhill to the river and cross bridge. Again the trail climbs steeply at first then make a gradual ascent through forests and Mani stones and reach in Tengboche Monastery, the religious sites which sits at 3870m. It is the best place of the world that provides the most magnificent view of the Himalayan giants; Kwangde (6187m.), Twachee (6,542m.), Amadablam (6,812m), Everest (8,848m.), Nuptse (7,879m), Lhotse (8,501m.), Kangtega and Thamserku.
- Days 07 – Pheriche 5-6 hours
In the morning, you can see a great view of the Himalayan range from Tengboche. We descent down to Debuiche through the forest of birches conifers and rhododendrons. Crossing Imja Khola (river) on a steel bridge, the route climb to the Pangboche. Our goal for today is to reach to Pheriche, en route to Everest Base Camp and old Yak grazing place of Sherpa People. Himalayan Rescue Clinic is situated in Pheriche.
- Days 08 – Pheriche (4,371 m) Acclimatize day.

Another rest day in Pheriche. We have short hike near the hill Nangakarshang (5,010 m) for adjusting with high altitude. Or one can visit HRA clinic to get more knowledge about High Altitude sickness. HRA has information class every day in the afternoon to inform trekkers/climber more about the AMS. We take rest in Dingboche.

- Days 09 – Lobuche (4,940 m) 5-6 hours
We continue our journey from Dingboche through the high alpine region to the conclusion of Lobuche and stay overnight. On the way to Lobuche we cross the glacial frozen river at Thukla and climb up hill to the Lobuche, watching magnificent view of Cholatse, Lobuche, Pumori and Nuptse.
- Days 10 – Gorakshep (5,164 m) < Everest Base Camp (5,362 m) >Gorakshep
Each day our trek is exciting, the distance will shorter and we walk slowly due to the thin air and high altitude. We can see Khumbu Glacier along the way to Gorakshep. We arrive at Gorakshep. We can view Mt. Pumori and Nuptse standing above us. After taking short rest, we walk to the Everest Base Camp and returned to the Gorakshep and stay overnight. You can see lots of expedition tent and group in Everest Base Camp during expedition period in spring. It is a great place to view Khumbu glacier.
- Days 11 – Kalapathar (5,545 m) to Lobuche (4,940 m) 2hours
In the morning we climb up to the Kala Patthar to view the summit of Mt. Everest. It is the best place to photograph the panoramic view of Mt. Everest. Most of the pictures of Mt. Everest are taken from Kalapathar. We decent down to lower altitude to Lobuche.
- Day 12 – Chhukung (4,730 m) 6-7 hours
Today we decent down to Dingboche and then set our way to Chhukung for Island Peak Climbing.
- Day 13 – Island Peak Base Camp (5,240 m) 3 hours
Today we will stay in tented Camp. Guide will also give training about using climbing equipments. Then one can learn about how to use Ice axe, crampons, ascending and descending.
- Day 14- High Camp 1:30 hours
Another camping day. Food serves by guide and helper in tent.
- Day 15 – Summit (6,189m) > Base camp (5,087m) 5 hours to reach summit, back to Island Peak Base Camp 2 hours.
Walking day start at 3 am. During day time it's difficult to move up due to sunlight and snow melting. So, it's a tough day that one has to wake up at night and start climbing. We decent down to Island Peak Base Camp. If we reach early to Base Camp then we will stay overnight at Chhukung.
- Days 16 – Tengboche (3,860 m) 5 to 6 hours
We walk towards the Tengboche and stay overnight there.
- Days 17 – Namche (3,440 m) 5 to 6 hours
Today we reach Namche with enjoying the downhill walks. Stay overnight at Namche.
- Days 18 – Lukla (2,845 m) 6 hours
This is our final and last walk to the mountain. We prepare for the flight to Kathmandu. This is our last and memorable day in Khumbu. We spend our night celebrating with Sherpa friends and their culture.
- Days 19 – Fly to Kathmandu 30 minutes flight
Today we leave Lukla and fly to Kathmandu. Our staff will be at airport to pick up you to the hotel.
- Days 20 – Rest Day

It is our rest day in Kathmandu. You can walk around Thamel in the early evening. It is the main tourist attraction where you can have various options to buy. It seems restful to walk around Thamel. We will have farewell dinner at Typical Nepali restaurant.

- Days 21 – Departure

Final Departure to your country. Our staff will be at hotel to help you to the airport and give you Khada, for good luck.

Testimonials

They were reliable, timely, organized and above all fun!

My experience with **Mega Adventures** could not have been any better! When I arrived in Kathmandu, I was warmly received by a member of the staff who, after dropping my bags off at the hotel, kindly led me around the city. After spending a few days exploring that wonderful city and meeting my climbing guide, we flew out to Lukla to begin our trek. Our goal was to summit Island Peak with a stop at Everest base camp along the way for acclimatization. Throughout the trek, my guide and porter were incredibly supportive and engaging and taught me so much about the region and culture. Although we ultimately were unable to summit Island peak due to weather conditions (one of the greatest challenges of climbing) we did reach approximately 6,000m, the highest I had ever been. I was immensely satisfied with the climb. Though I have taken a mountaineering course previously and had the opportunity to climb many of the highest peaks in Washington State, I was new to the Himalayan Mountains. My guide taught me several new techniques to enhance safety while climbing and provided a safe, encouraging environment. I would highly recommend this guiding company, as they were reliable, timely, organized and above all fun!

– Natalie Vandeven, USA