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Everest Base Camp Trek with Island Peak Climbing

- Duration: 16 Days Days
- Max Altitude: 6,165 m
- Destination: Nepal
- Trip Grade: Moderate To Strenuous
- Best Season: Autumn, Spring

Highlights

- Explore the rarity of the wildlife of the Khumbu region within the protected area of Sagarmatha National Park.
- Walk through the riverside of the Dudh Koshi River in the Khumbu trails and cross many suspension bridges. Also, get to cross the 123rd tallest bridge in the world.
- Get closer to the unique culture and lifestyle of the inhabitants of Khumbu.
- Watch the mesmerising Khumbu glacier up close.
- Challenge yourself to climb the Imjae Tse Mountain or the Island Peak.
- Enjoy vistas of glacier moraines of mountains, including [Imja Tse](#), Lhotse, etc.
- Visit the base camp of Everest and get panoramic views of Everest from the Kalapatthar viewpoint.
- Hike to the Nagarjuna hills during your acclimatisation day.
- Visit the Irish pub of Namche, which is famous as the highest-altitude pub in the world.
- See rhododendron bushes by the pathways as you stroll through stunning alpine greenery.
- Observe several mountain ranges via the trip's many destinations, such as Lhotse, Nuptse, Everest, Ama Dablam, etc.

Overview of Everest Base Camp with Island Peak

[Everest Base Camp Trek](#) with Island Peak is a thrilling adventure combining the iconic Everest Base Camp trek with a challenging climb to Island Peak. Nepal's revered treasure is climbing Everest, the world's highest peak. This peak has made Nepal a hub for mountain climbing and trekking destinations. One is a combined excursion of the Everest Base Camp trek with Island Peak Climbing. This trip is quite popular among beginner climbers.

The trek to Everest Base Camp with Island Peak climbing is a popular combo. It takes you to Everest's base and offers a little mountaineering adventure. Many people familiar with the Khumbu trails are aware of this adventure. However, do not worry if you are not; we're here to fill you in.

The Everest Base Camp is on Everest's foothills at an altitude of 5464 meters. The trek to the base camp also comprises a trek to the Kala Patthar viewpoint at 5545 meters. On the other hand, Island Peak climbing is a comparatively minor trekking peak at 5600 meters. The natives call it Imja Tse Mountain. However, the name Island Peak is popular among tourists as the peak appears like a snow-covered island from Digboche.

This adventure to Everest Base Camp and Island Peak climbing is exciting yet accessible. Despite the journey consisting of a mountain climb, you need not be a professional climber. Novice climbers and trekkers with less experience can complete this trip.

The Everest Base Camp trek with Island Peak climbing will begin in Kathmandu and end back in Kathmandu. We will kick off our trip by flying to Lukla from Kathmandu. Then, we will walk toward Phakding, kicking off our trek. From Phakding, we head to [Namche Bazaar](#), the beautiful town of Sherpa.

We will stay in this town for a day to explore and acclimate before continuing our trek. We will head toward Tengboche, another Sherpa Hamlet. Then, the walk leads us toward Dingboche. We will again stay in Dingboche and continue our journey, heading to Lobuche and passing Periche.

We will head near one of the major destinations of the trip, the Everest Base Camp. The road from Lobuche takes us to Gorak Shep, the last place for accommodation before base camp. We will start walking to the Everest base camp from Gorakshep. Afterward, we will return to Gorakshep and head to the Kala Patthar viewpoint. Then, our journey will take us to the Island Peak base camp. After our climb, we will climb the Island Peak and return to Lukla.

The road takes us to Lukla via Chukkung - Dingboche - Namche Bazaar - Phakding - Lukla. From Lukla, we will fly back to Kathmandu. This will conclude our adventurous Everest Base Camp trek with Island Peak climbing.

The packaged trip comes with many amenities, including an itinerary. Make sure you stick with us and learn everything about it!

Where is Island Peak Located?

Island Peak, locally known as Imja Tse, is in the middle of Chhukung Valley in eastern Nepal's Himalayas. It is part of Sagarmatha National Park in the Solukhumbu District. Island Peak offers stunning vistas of the surrounding mountains, including Lhotse, Nuptse, and Everest. The coordinate of the mountain is 27°55'15"N 86°56'07"E with an elevation of 6,165 m (20,226 ft).

Why Island Peak Climbing With EBC

Island peak climbing with Everest Base Camp(EBC) offers several advantages and rewarding experience. Here are some reasons why Island Peak climbing with EBC trek can be a rewarding experience:

- Climbing to island Peak along with your EBC trek will excite your journey. It's a chance to take your adventure to new heights.
- You will feel a sense of accomplishment because Summiting Island Peak is not just about reaching the

top; it's about overcoming the challenges.

- Climbing Island Peak with EBC is a practical choice.
- It offers a spectacular adventure.
- Island peak climbing provides crucial mountaineering experiences for novice climbers.

Why does the Everest Base Camp Trek with Island Peak Climbing?

You must walk through woods, cross suspension bridges, and pass waterfalls, rivers, glaciers, etc. Walking through such natural landscapes will be a fantastic experience on the Everest Base Camp trek with Island Peak climbing. You may also see endangered species living in the Khumbu region. The hike offers the chance to see Himalayan Tahrs, Danfes, snow leopards, and other species.

Trekking in the Everest region offers cultural treasures in addition to environmental joys. You can find various Sherpa communities along the pathways in the area. Along with the Sherpas, you will also come across Bhotias, Tamangs, and other ethnic communities. Each of them practices a different set of languages and cultures. Another big draw of this expedition is learning about the cultures of the isolated areas close to the top of the globe.

This trip also allows you to gain some experience in mountain climbing. You will not need high skills like mountaineers, yet you must be fit to complete this trek. It will be both challenging and fulfilling.

Difficulty level of Everest and Island Peak Climbing

The difficulty of this trek can be assessed in two parts: hiking across the Khumbu region and climbing the Island peak. The trekking portion of the trip is accessible and appropriate for beginners. Any mountain trail trek requires a lot of energy, yet it is still possible to complete the journey.

There are various assessments for trekking difficulty. Among them, some consider the EBC trek as grade three difficult on a scale of one to four. This means that it is among the most challenging treks in Nepal. However, it does not fall on the list of the most challenging ones. This is due to the high altitude of the places you travel on the trek. Such difficulty can be overcome by making prior plans and choosing an appropriate trekking time.

However, one needs to take a different approach to the ascent of the island summit. On the French climbing difficulty scale, climbers rate the Island peak climb PD+. In simple terms, it presents particular challenges with minor problems. To finish the adventure, climbers must take the usual southeast climbing path. Your strength determines your capability to climb the peak after a strenuous journey from Lukla to base camp.

Evaluating the difficulty of the Island trip is critical, considering the actual climbing. Don't worry about it; it's only moderately challenging. When climbing, your mental attitude, level of physical fitness, level of material preparation, and meticulous planning will mainly determine your success.

Day 01

Flight to Lukla(2,804m) and trek to Phakding(2,610m)

Meals: Breakfast, Lunch, Dinner

Overnight at: Tea house / Lodge

Place: Phakding

Walking hours - 4 to 5 hours

We will kick off our Everest Base Camp with Island Peak climbing trip from Kathmandu. First, we will take a flight from Kathmandu to reach Lukla. We should land at the notorious airport runway (Tenzing Hillary Airport) in Lukla.

The flight might seem quite intimidating, considering the scary reputation of the runway. However, it will be a very mesmerizingly scenic flight with amazing vistas of the nearby Himalayas.

We will arrive at Lukla after around 45 minutes. Then, we will kick off the trek by leaving for Phakding from Lukla. The walk begins by crossing numerous rivers and terrains to reach Phakding. Most part of the trek will be walking alongside the Dudh Koshi River and crossing suspension bridges.

We will reach the day's stop, Phakding, after around four to five hours of trek. This will be the point of our overnight stay, and we will check into a local lodge or tea house on arrival.

Day 02

Trek to Namche Bazaar(3,440m)

Meals: Breakfast, Lunch, Dinner

Overnight at: Tea house / Lodge

Place: Namche Bazaar

Walking hours - 5 to 6 hours

Today, we will continue with our trek as we head towards Namche Bazaar from Phakding. The walking for the day consists of passing through similar trails as yesterday. You will walk in the riverside (Dudh Koshi River) and pass various bridges. In today's trek, you will cross the 123rd tallest bridge in the world.

Midway through the day's trek, you will pass through the protected region of the Sagarmatha National Park. This is a well-known conservation area in Nepal, home to numerous rare species. We will ultimately leave the park and go uphill to Namche Bazaar. Because of the amazing views of Mount Everest that this position provides, it is frequently referred to as the "gateway to Everest."

Namche Bazaar welcomes you warmly with its charming Sherpa-Buddhist lifestyle and stunning scenery. There are several trendy eateries and bars in the area where you may have fun. You can also visit the world's highest-altitude pub in Namche. We have two days to visit this stunning area according to our itinerary.

Upon arrival, we will transfer to a nearby lodge and call it a day.

Day 03

Acclimatization Day in Namche Bazaar(3,440m)

Meals: Breakfast, Lunch, Dinner

Overnight at: Tea house / Lodge

Place: Namche Bazaar

The Everest Base Camp and Island Peak Climbing trip requires you to travel to very high-altitude places. So, the chances of getting sick due to the altitude is quite high. Practices to reduce such illnesses must be done during your trip. One of those practices is acclimatization. It refers to staying at the same altitude place while traveling to accommodate the region. On our third day of the trip, we will practice acclimatization in Namche Bazaar.

For the day, you will have the liberty to explore anywhere in Namche. The place provides you with several attraction sites. Some examples are the Irish pub, the world's tallest pub, the Sherpa museum, and the Sagarmatha National Park museum. The main goal of sightseeing in Naamche is to take in the beautiful scenery. Also, observe the Sherpa way of life by engaging in conversation with the locals. Use this day to purchase souvenirs for your loved ones back home.

Day 04

Trek to Tengboche(3,790m)

Meals: Breakfast, Lunch, Dinner

Overnight at: Tea house / Lodge

Place: Tengboche

Walking hours - 5 to 6 hours

Today, after spending two days in Namche, we will resume our trek. Tengboche is the destination for today. We will begin with a little stroll upward before continuing to a longer, wider track. Views of [Ama Dablam](#), Everest, and numerous other nearby peaks will become accessible. After that, the path descends to a jungle that eventually meets the Imja Tse River. You will reach Phunke-Tenga, a tiny hamlet.

Then the path continues to a second woodland with views of Kangtenga-Tharmasarku and surrounding peaks. Afterward, you'll arrive at an open plateau with a vibrant and busy Buddhist monastery. Numerous priests and monks will be seen engaged in religious activities here. This is the ancient Tengboche monastery. The location where the monastery lies is called Tengboche. It will be our overnight stop.

It is the ideal location to capture the diversity of Khumbu's environment and culture. Views of neighboring peaks are breathtaking, besides the Buddhist way of life. The remote alpine jungle is surrounded by pine, fir, oak, rhododendron, birch, and magnolia trees. Thanks to them, Tengboche is a great place to stop during the EBC trek for meals and overnight stays.

Day 05

Trek to Dingboche (4,410m)

Meals: Breakfast, Lunch, Dinner

Overnight at: Tea house / Lodge

Place: Dingboche

Walking hours - 4 to 5 hours

Dingboche is the next destination on our itinerary. With a stroll downwards, we will begin the day's adventure by viewing the neighboring mountains. Once more, we'll walk through the Himalayan Trail trees till we arrive at the Imja Tse River. You should cross the river using the steel bridge to get to the other end.

We will leave the vegetation line behind and head into the arid portion of the trek. This will be Pangboche hamlet. Before we go to the vicinity of Everest Base Camp, this is almost the final residential neighborhood. However, we will locate accommodations at our day's destination. We'll take a few trails that lead up to a river. It will only take us an hour's walk from the river to Dingboche in the Imja Tse Valley. Views of the Island Peak to the east greet you as you approach the hamlet.

Day 06

Acclimatization day in Dingboche and hike to Nagarjuna(5,000m)

Meals: Breakfast, Lunch, Dinner

Overnight at: Tea house / Lodge

Place: Dingboche

We have again reserved today's day for acclimatization. The overnight stop for the day will be in Dingboche again. To make the most of our time, we're going for a little walk in the area. Today's journey will head towards Nagarjun Hill, well-known for its breathtaking views of the Imja Tse Valley and the surrounding highlands. Following our walk for the day, we will return to our lodge. We'll resume our adventure the next day.

Day 07

Trek to Lobuche(4,950m)

Meals: Breakfast, Lunch, Dinner

Overnight at: Tea house / Lodge

Place: Lobuche

Walking hours - 4 to 5 hours

Today, we will travel to Lobuche, another Sherpa settlement. We'll begin with a stroll in the morning that ends with a quick climb. It will bring us to multiple memorials. The region will also have a ridge marked with Buddhist prayer flags. In addition, there's a great, easy hiking track with great vistas of the nearby mountain peaks.

We will have views of the Taboche and Cholatse peaks as our trail snakes over the Pheriche valley. The journey ends at a small spot near Thugla, where the massive Khumbu glacier melts and creates a raging river. Crossing a bridge, we will go for an uphill walk and reach a point where there is a memorial commemorating fallen mountaineers. Our point of the overnight stay, Lobuche, is a short distance from here.

Day 08

Trek to Gorak Shep(5,160m) and hike to Everest Base Camp(5,545m)

Meals: Breakfast, Lunch, Dinner

Overnightat: Tea house / Lodge

Place: Gorakshep

Walking hours - 6 to 7 hours

Today's travel takes us to one of the main targets of the trip: Everest Base Camp. The walk follows a level valley with a steady ascent to reach higher altitudes. We will next make a sharp ascent to a ridge near the Khumbu glacier.

The stroll proceeds over stony moraines and ice. We will arrive in a gorgeous area at the base of Gorakshep. It is located at the base of Kalapatthar and Mount Pumori. Our guides will now lead us to the highly awaited Everest Base Camp; we will do what they say. We'll arrive there after a quick stroll eastward. Fascinating views of Khumbu's icefalls and glaciers await you. Lhotse, Everest, and Nuptse's summits will be visible on the horizon, adding to the beauty of this sight.

Day 09

Morning visit of Kalapatthar and Trek to Dingboche

Meals: Breakfast, Lunch, Dinner

Overnight at: Tea house / Lodge

Place: Dingboche

Walking hours - 7 to 8 hours

On the ninth day, we will depart for Kalapatthar viewpoint after finishing our tour to the Everest Base camp. The plan is to trek from Gorak Shep early in the morning to catch glimpses the sunrise from Kalapatthar. Traveling from Gorak Shep to Kalapatthar takes about two hours. You will reach Kalapatthar's viewpoint at the summit after a brief descent and a strenuous climb.

After visiting Kalapatthar and watching beautiful mountain views, we will descend back to Dingboche. The next part of our trip is to climb the Island Peak.

Day 10

Trek to Chukung(4,760m)

Meals: Breakfast, Lunch, Dinner

Overnight at Tea house / Lodge

Place: Chukung

Walking hours - 3 to 4 hours

We will have to head to Chukkung to complete our Island Peak climb. The route to Chukkung requires you to cross the Kongma La Pass. This is one of the three passes of the [Everest Three Pass Trek](#). The Kongma La Pass is a comparatively easier Pass among the three, yet it will need steep hikes. You ought to pass the Khumbu glacier during this trek. It will be challenging but worthwhile.

After around 3 to 4 hours, we will reach Chukkung located in a local tea house or lodge.

Day 11

Trek to Island Peak Base Camp(5,100m)

Meals: Breakfast, Lunch, Dinner

Overnight at: Tented Camp

Place: Island Peak Base Camp

Walking hours - 3 to 4 hours

Today, we begin our ascent of the Island Peak as we leave Chukkung for the base camp of Island Peak. Our target is a valley in the east, which we will reach after a strenuous ascent from Chukkung's south. There will be numerous waterfalls and stunning glacial streams on today's route. This journey will once more offer vistas of the Imja Khola glacier. En route, one may also see the Lhotse Glacier.

Upon arriving at the base camp, the island peak of Imja Tse stands wonderfully in front of us. You will find mountain vistas in the south. We will get clearer views once we reach the top. For today, we will sleep in tented camps.

Day 12

Climb Island Peak and return to Chhukung

Meals: Breakfast, Lunch, Dinner

Overnight at: Lodge / Tea house

Place: Chhukung

Walking hours - 3 to 4 hours

Today, we will complete the most anticipated part of our journey by ascending Island Peak. We will head up very soon (around 2 am) to catch the sunrise. The day's strong winds will also cause difficulties when ascending. Therefore, the weather that is steady and rather stable this morning will give us a nice start.

We receive assistance from our qualified mountain guides the entire ascent. It's necessary to navigate a variety of slick hills and glaciers while climbing. Our guides make sure your equipment is set up and used correctly, and they also keep you safe.

We will first climb upto the high camp of the peak. Then, from there, we will reach the summit after around two to three hours of climbing. Reaching the summit will provide breathtaking mountain vistas and an exhilarating experience. Panoramic 360-degree views of numerous mountain ranges, including

Lhotse, Makalu, Ama Dablam, Nuptse, Baruntse, etc.

After the summit, we will walk downhill and head to Chukkung.

Day 13

Trek back to Tengboche(3,860m)

Meals: Breakfast, Lunch, Dinner

Overnight at: Lodge / Tea house

Place: Tengboche

Walking hours - 6 to 7 hours

We will head back to Tengboche today. The trail heads downward to Dingboche to the west. You get closer to the vistas of Ama Dablam. Then, we will head southwest to Pangboche. From Pangboche, a short uphill climb will lead us to Tengboche.

Day 14

Trek to Namche Bazaar(3,440m)

Meals: Breakfast, Lunch, Dinner

Overnight at: Lodge / Tea house

Place: Namche Bazaar

Walking hours - 4 to 5 hours

We will retrace our steps back to Namche Bazaar today. It will just be the same way we had taken earlier in our journey:

Day 15

Trek to Lukla

Meals: Breakfast, Lunch, Dinner

Overnight at: Lodge / Tea house

Place: Lukla

Walking hours - 5 to 6 hours

We will head back to Lukla today to catch a flight back to Kathmandu. Descend down to Lukla via Phakding.

Day 16

Morning flight to Kathmandu

Meals: Breakfast, Lunch, Dinner

Overnight at: Hotel

Place: Kathmandu

We will again board a flight, bidding farewell to Khumbu and the trip. We will reach Kathmandu after about 45 minutes of flight from Lukla. This marks the official end of the trek to Everest Base Camp with Island Peak climbing.

Read this next:

- [Island Peak Climbing](#)
- [Lobuche Peak Climbing](#)
- [Mera Peak Climbing](#)

What To Expect?

What's included

- Private car transportation for airport and hotel transfers.
- Accommodation in a 3-star hotel in Kathmandu with a board meal.
- Comprehensive meal coverage throughout the trek, including breakfast, lunch, and dinner.
- Inclusive domestic flights (KTM-Lukla-KTM) with all applicable surcharges and airport taxes for both guests and the guide.
- Provision of a trekking map.
- Assigned experienced guide with a valid government license.
- Trekking porter or Sherpa to carry baggage during the trek, with insurance, salary, equipment, transportation, and local taxes covered.
- Group medical supplies, including a first aid kit.
- All necessary paperwork, national park entry permits, and TIMS (Trekking Information Management System).
- Arrangements for travel and rescue.
- Coverage of all government taxes and tourist service charges.

What's not included

- Meals in Kathmandu before and after trekking.
- Your travel insurance (Rescue).
- Nepal entry visa fee.
- Tips for trekking staff and drivers.
- Drinks (hot, cold, and alcoholic)
- Personal shopping and laundry etc.
- Personal trekking equipment

FAQs

How long will the Everest Base Camp trek with Island Peak climbing be?

The trek to Everest Base Camp and Island Peak climbing usually takes 15 to 20 days. However, according to our itinerary, we make this trip a 16-day adventure.

How tall is the peak we climb on this trip, the Island Peak?

The Island Peak, also known as Imja Tse, stands at a staggering height of 6189 meters.

What is the highest point of the Everest Base Camp trek with Island Peak Climb?

The summit of Island Peak, at 6,189 meters, is the highest point. The Kalapatthar viewpoint, at 5,644 meters, is another of the highest points we will travel to.

Where does the trek to Everest Base Camp with Island peak climbing begin and end?

The journey will begin by flying from Kathmandu to Lukla, and then we will take different paths on foot to reach the two places. After the trip, a flight from Lukla will return to Kathmandu.

Do we need to hire for the Porters Island peak climbing expedition?

Yes, hiring porters is a necessity for the trip. You cannot travel the remote trails of Khumbu without a licensed guide in your company. The government restricts solo travel in remote Himalayan trails of Nepal.

What are the preferred climbing gear for this trip?

You need to carry the generic gear required for a long-duration high-altitude trek. In addition to that, you can also add crampons. But you need not fret about it. If you need it, we will cover the Cost of mountain climbing equipment for you.

What is the price of the Everest Base Camp trek with the Island Peak Climbing package?

These fees will total approximately USD #. The package will include everything you need: travel, hiking equipment, accommodation, food, permits, etc.

Can you do the Everest Base Camp with Island Peak climbing solo?

Solo trekking is for Nepal's remote trails. However, hiring a guide will be enough if you travel alone to Nepal and want to travel without a group. Also, if you are alone and want to travel in a group, we can manage that for you, too.

What is the fitness level do we need to have for island peak climbing vis EBC?

This requires high physical fitness, including endurance, strength, and basic mountaineering skills.

How long does it take for Island peak climbing in Nepal?

It typically takes 18-20 days for island peak climbing in Nepal.

What grade is the Island Peak?

The Alpine Grading System has graded the island's difficulty at level 2B.

Can beginner climb Island Peak?

Yes, beginners can climb Island Peak with little altitude practice and a decent fitness level.

This vacation is a beautiful deal that allows you to see the stunning Khumbu region. The [Everest region](#), which borders Nepal to the northeast, offers rare and varied scenery. During the journey, you have the opportunity to see a variety of natural features from high-altitude vistas.

Climbing Permits For Expedition

Permits are necessary for climbing Everest Base Camp and Island Peak in Nepal. You cannot travel unless you obtain specific licenses. These permits support the area's growth, helping the Pasang Lhamu township and the park's protected area thrive.

Three Permits are necessary for our trek to Everest Base Camp and Island Peak climbing. They are:

Nepal Mountaineering Association Permit

The Nepal Mountaineering Association Permit(NMA) sets the Island Peak Climbing fee. These fees help conserve the area around the region and can vary depending on the season.

Sagarmatha National Park Permit

To visit the conserved Sagarmatha National Park area, you only need a Sagarmatha National Park entry permit, which costs roughly USD 30 per person.

Pasang Lhamu Rural Area Permit

The municipality mandates the Pasang Lhamu Rural Area Permit for financial prosperity. The permit costs roughly USD 20 per person for a week, and after the first four weeks of travel inside the region, the price per person weekly increases to USD 25.

You must obtain a permit from the Nepal Mountaineering Association to climb the IslaIslande permit cost varies based on the season:

- March through May: USD 250 per person.

- September through November: USD 125 per individual.
- December through February: USD 70 per individual.
- June through August: USD 70 per individual

Best Season for Expedition

Spring and autumn are the best season to travel to the Everest Base Camp and Island Peak. The spring season in Nepal occurs in March, April, and May. The autumn season, on the other hand, occurs during September, October, and November. These months bring in very stable weather.

Spring Season

The Everest region's warm days and cool nights characterize the spring season, making it ideal for trekking. The weather is stable, with clear skies offering stunning views of the surrounding mountains, and the other landscapes of the trip are apparent.

Blooming rhododendrons and many other wildflowers fill the trails, adding beauty to the landscape. There is no high chance of weather-related challenges such as landslides, snowfall, or rain interfering with your travel plans. Due to a comparatively dry trail, the chances of accidents and injuries also lessen.

Autumn Season

Autumn is another excellent time to trek to Everest Base Camp and climb Island Peak. The weather is stable, with clear skies and mild temperatures, making it comfortable for hiking and climbing.

You will also be able to immerse yourself in Nepali festivals such as Dashain and Tihar. Autumn is the peak season for trekking, so there will be more trekkers than in other seasons.

Summer Season

Heavy rainfall, high humidity, and cloudy skies characterize the weather during the summer or monsoon season, which lasts from June to August. Because of the rain, trails are slippery and challenging, increasing the risk of landslides and making river crossing more difficult.

During the monsoon and off-season, the Landscapes are lush and green. Overall, summer is not the most favorable time for trekking and climbing due to unpredictable and often harsh weather conditions.

Winter Season

Winter in Nepal can bring heavy snowfall from December to February, especially at higher altitudes. Days are short, and the temperature can drop significantly, making the trekking experience challenging.

During winter, snow and ice can cover high passes and peaks like Island Peak, which makes climbing more difficult and dangerous.

Note—The monsoon withdrawal in the past couple of years also lasted until September. So, check the weather forecast before making plans.

Altitude Sickness During EBC with Island Peak Climbing

Altitude sickness is a common concern for trekkers and climbers undertaking the Everest Base Camp(EBC) trek and Island Peak climbing. As you ascend to over 5,000 meters of altitude, challenges may occur because of a decrease in oxygen.

Symptoms of altitude sickness include headaches, nausea, dizziness, and breathlessness. Preventing it involves ascending gradually, staying hydrated, eating a high-carb diet, and possibly using medications like Diamox after consulting a doctor.

Proper acclimatization is essential, especially since Island Peak is higher than Everest Base Camp and requires basic mountaineering skills.

Why US

[MyEverestTrip](#) is a **Nepalese Travel and Trekking Agency** based in Kathmandu. We have been operating in different trekking regions for over a decade, traveling with hundreds of travelers worldwide.

With the pure intention to bring trekkers to Nepal's safety and comfort, we have an entire team of travel planners, guides, and porters. We also have connections to hotels and restaurant lines all over Nepal to ensure that our trekkers get the best possible facilities.

So, here is the reason why you should travel with MyEverestTrip.



Customize Your Itinerary:

We have designed a well-planned Itinerary for all travel destinations around Nepal. However, this Itinerary is customizable as per the needs and requests of our trekkers. Just let us know when and how long you are staying so we can arrange the rest.



Our Expert Guide:

Although all travel agencies claim to have a good guide, many are not informed about the place you are traveling to. However, MyEverestTrip has its licensed guide in Nepal. They have been working in this field for over three decades, collecting all the information about the place/ culture and learning to keep the travelers safe. Also, our guide is good at the English language. We can even hire a guide who can speak Chinese and other European languages for trekking in Nepal upon special request.



Fair and reasonable Cost:

MyEverestTrip has been known for its very economic trek packages in Nepal. You can compare the price we offer with any other travel agency in Nepal and only book with us if you are satisfied with our cost. We try to include all needed expenses during the tour so that you will not be overwhelmed with hidden expenses after the packages are booked.



Your safety is our priority:

Obviously, the safety of our trekkers and team is the utmost priority of MyEverestTrip. Our guide and porters who shall accompany you for the trip will have their insurance. We also encourage Travel insurance for our trekkers. Our treks and trips have been so designed that you only walk an appropriate distance. In any case of emergency, you will always have our back.



Responsible and Eco-Friendly

MyEverestTrip operates with the belief in responsible tourism. This includes

- We are transparent about the services covered on the trip. There shall be no hidden cost (informed in advance if there's any)
- We cover all the places promised before the trek (the trend of skipping places once you book the package has to be discouraged).
- All our guides and porters are above 18yrs. We highly discourage child labor in the tourism industry
- We do not leave any wastage behind on the trekking routes. We either dispose of the waste appropriately or carry it back with us and send it to the municipality
- We do not engage in any activities that affect the people in the trek places of Nepal where we stay.

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