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21 Days Island Peak Climbing

- Duration: 21 Days Days
- Max Altitude: 6,167 m
- Destination: Nepal
- Trip Grade: Moderate
- Best Season: Autumn, Spring

Highlights

- Scenic flight From Kathmandu to Lukla Explore the Beautiful Namche bazaar and Khumjung Valley.
- Gokyo RI with Glacier (More than 84 different mountains over 6000m).
- Climb the stunning peaks in the Everest region.
- Everest base camp and Kala Pather
- Sherpa culture and experiences that life as the “mountain people” live in the heart of the Himalayas.
- Visiting **Tengboche Monastery**
- Views of Khumbu Icefall and Makalu Himalayan Range.
- Summit to Island peak at an elevation of 6,187 meters.
- Unique icy mass perspectives from the highest point of the island top.

Overview

Island Peak Climbing

Island Peak Climbing is nestled within the magnificent Everest region of Nepal. **Peak climbing in Nepal** is a much sought-after destination for trekking peak climbing fans from across the globe. Its charm is derived from its ability to cater to a diverse range of climbers. It generously invites novices embarking on their inaugural climb and expert climbers yearning for another thrilling experience. The journey up Island Peak extends beyond a simple trek; it's a deep dive into the core elements of mountaineering. It offers participants the chance to ascend using essential mountaineering tools such as ropes, ice axes, and crampons, delivering a firsthand experience of true high-altitude adventuring.

EBC with Island Peak Climbing

An adventure that takes you through the pristine **island peak + EBC** and Gokyo lakes ([island peak climbing with EBC](#)) of the three passes of the Everest region, the Khumbu Glacier, and ultimately to the summit of Imja Tse (Island Peak) (6189m). **Island Peak** rises from the **Lhotse Glacier** and is claimed to be one of the prominent climbing peaks in the Everest region of Nepal. With a not-so-hard expedition, beginner climbers wishing to get into the majestic world of mountain climbing can go for **Peak climbing**. This climb offers an astonishing view of the world's tallest mountain, Everest (8848 m).

Island Peak route

The island peak climbing itinerary starts with a thrilling flight from Kathmandu to Tenzing-Hillary Airport in Lukla. Can you see Everest from the island peak? Yes, you can see panoramic views of mountains like Everest (8848m), Ama Dablam (6812m), Thamserku (6623m), Cho Oyu (8201m), Toboche (6542m), and other peaks of the Khumbu Region stay along throughout the trek.

Walk past the beautiful villages of Phortse Thanga, Dhole, Luza, and Machhermo to witness the tranquility of the Gokyo Lakes. En route to Island Peak Base Camp, visit the **Cho-La Pass** and **Kongma-La Pass** as you sneak in a few days to climb up and down to [Everest Base Camp and Kala-Patthar](#) via Lobuche and Gorakshap. Finally, pass the village of Chhukung and reach the Island Peak Base Camp.

Island Peak climbing from Chhukung.

Island Peak is climbing from Chhukung of the Khumbu Region with pride as you stand on the summit of Island Peak (6189m). While retracing the trail through the villages of Dingboche, Pangboche, **Tengboche**, and Namche Bazaar to arrive at **Lukla**, the landscape looks surreal as you're filled with the joy of a successful summit.

My Everest Trip assures me I can guide you through every obstacle. Our hardworking and ever-experienced guides and workers won't let you get into trouble at the **island peak base camp**. We have provided ultimate happiness through various trips in the **Nepal Himalayas**.

Day **01**

Arrive in Kathmandu (1300m)

We welcome you at Tribhuvan International Airport with our warmest greetings. Then, we will escort you to the hotel. Overnight at a 3-star hotel. Kathmandu Durbar Square is in front of the old royal palace of the former Kathmandu Kingdom.

Day **02**

Flight from Kathmandu to Lukla (2800m).

Experience the adrenaline rising as you get a scenic view of the mountains on the flight to Lukla from Kathmandu. Tenzing-Hillary Airport (2860m) in Lukla is situated on high ground and is considered one of the most thrilling airports in the world. And after 3 to 4 hours, the trek to Phakding. Overnight at the teahouse.

Day **03**

Phakding to Namche Bazaar (3440m)

You pass through Himalayan pine and cedar forests to reach the gateway to Mt. Everest, Namche Bazaar. Passing through different waterfalls and breathtaking suspension bridges along the way, following the Dudh Koshi River, you get to the Sherpa town of Namche Bazaar. Overnight at a hotel.

Day **04**

Namche Bazaar Acclimatization.

Today is all about exploring the colorful Namche Bazaar and its outskirts. The place, mostly filled with hotels and lodges, is a vibrant Sherpa town with a Sherpa museum exhibiting its culture, cuisine, and lifestyle. Hike up to Syangboche Airport (3720m) near Everest View Hotel and enjoy a stunning panorama of Everest (8848) and other Khumbu peaks. Again, hike back to Namche and rest for the evening. Overnight at a hotel.

Day **05**

Namche Bazaar - Dhole (4200m)

On the way to Dhole, witness beautiful rhododendron forests as you walk through steep trails. Cross the longest Mani walls as you continue on the path of stone steps. You will be accompanied by the incredible view of the Khumbu peaks as you pass through the villages of Mong and Phortse Thanga to arrive in Dhole. Overnight at a hotel.

Day **06**

Dhole - Machhermo (4470m)

Ascend alongside the Dudh Koshi River through the villages of Lhabarma and Luza to arrive at Machhermo. Along the way, you will have a panoramic view of the peaks of Thamserku (6623m), Kangtega (6782), Cho Oyu (8188), and Taboche (6367m). Passing through a steep trail and ascending for about 5 hours lead you to Machhermo. Pastures can be seen, and bushes of junipers will refresh your trek to Machhermo. Overnight at a guest house.

Day **07**

Machhermo - Gokyo Valley (4700m)

Climb up the ridge and walk on the moraines of the largest glacier in the Khumbu region, Ngozumpa Glacier, to arrive at the first Gokyo Lake. Continue to ascend towards the second Gokyo Lake and then the third lake. Spending some time around the tranquil lakes, you will then reach the stunning valley of Gokyo. Overnight at a lodge.

Day **08**

Acclimatization Day at Gokyo Valley

Today, you explore the beautiful Gokyo Valley. Hike up to Gokyo Ri (5360m), from where you can have a bird's eye view of the spectacular Gokyo valley, along with a breathtaking vista of Mt Everest (8848m) and Makalu (8481m). After, climb down to Gokyo village and rest for the evening. Overnight at a lodge. Breakfast, Lunch Dinner are Included.

Day 09

Gokyo to Thangnak (5330m)

From Gokyo, you will descend to Dragnag and ascend to the foot of Cho-La Pass in Thangnak. A picturesque view of Chola Peak (6089m) and Kangchung Peak (6063m) stays throughout the way. Overnight in a tented camp in Thangnak.

Day 10

Thangnak- Cho-La Pass- Dzongla (4810m)

Trek through brutal blowing wind and snowy paths, accompanied by the views of Ama Dablam (6812m) and Cholatse (6440m), en route to Lobuche. Trek past the foot of Cho-La Pass, then ascend those steep paths to cross the pass. After Cho-La Pass, descend to Dzongla form, where you climb the easy and short trail to Lobuche. Overnight at Tented Camp. Breakfast, Lunch Dinner are Included.

Day 11

Dzongla -Lobuche (4910m)

Trek through brutal blowing wind and snowy paths, accompanied by the views of Ama Dablam (6812m) and Cholatse (6440m), en route to Lobuche. Trek past the foot of Cho-La Pass, then ascend those steep paths to cross the pass. After Cho-La Pass, descend to Dzongla form, where you climb the easy and short trail to Lobuche. Overnight at Tented Camp. Breakfast, Lunch Dinner are Included.

Day 12

Lobuche - Everest Base Camp (5364m) - Gorakshep (5140m)

Trekking with the view of Khumbu Glacier, you will reach Gorakshep. After 3 hours of hiking up and down, you arrive at the foot of the mighty Everest (8848m), Everest Base Camp (5364m). The majesty of Everest (8848m), along with a view of the Khumbu Glacier and other Khumbu peaks, cannot be witnessed anywhere else. Then again, head back to Gorakshep. Overnight at Tented Camp.

Day 13

Gorakshep- Kalapatthar (5550) - Lobuche (4910m)

Early morning, walk through a steep and rocky trail as you hike up to Kalapatthar for an excellent view of Mt. Everest (8848m), along with Nuptse (7861m), Changtse (7543m), and Pumori (7161m) as the golden rays of the rising sun touch the white peaks. After a while, head back to Lobuche following the same trail. Overnight at a lodge.

Day 14

Lobuche- Kongma La (5535m) -Chhukhung (4730m)

Descend passing the Khumbu Glacier following an icy and rough terrain to arrive at Kongma La Pass. Climb further down past the High Camp until you reach the village of Chhukhung. Overnight at Tented Camp.

Day 15

Chhukhung - Island Peak Base Camp (5200m)

This trek is particularly not difficult, but there are several short rock steps to climb. The course at that point takes after a ridgeline, which prompts thrilling and uncovered navigation onto the nose of the summit glacier. Enter the beautiful Imja Valley following the moraines of Lhotse (8516m). Pass the frozen glacial lake Imja Tsho to reach Island Peak Base Camp. Overnight at Tented Camp.

Day 16

High Camp to summit (6189m) to Base camp to Chhukhung (5200m)

Early in the morning (before sunrise), you head to the summit, strictly following the guidelines of your climbing leader. The Sherpa will assist you in tying up the rope to the glacier as it contains several crevasses. A strenuous climb through the steep, icy trail leads you to the summit. After enjoying the summit views for a while, walk back to Chhukhung. Overnight at Tented Camp.

Day 17

Chhukhung to Namche Bazaar (3440m)

You head back to Namche, leaving behind the vivid landscapes of Chhukhung, Dingboche, Pangboche, and Tengboche. You will quickly visit the sacred pilgrimage site of the Sherpas, Tengboche Monastery, en route to Namche. You will then descend from Phunke Thenga until you reach Namche Bazaar. Overnight at a hotel.

Day 18

Namche Bazaar to Lukla (2800m)

Trek back to Lukla following the initial route of the trek. Walk out of Sagarmatha National Park as you head back to the last town of the trip. Overnight in a hotel.

Day 19

Fly from Lukla to Kathmandu

This 40-minute flight from Lukla to Kathmandu will give you one last bird's eye view of the mountains. Upon arrival, you can spend the rest of the day strolling around the streets in Thamel. Overnight at a 3-star hotel.

Day 20

Rest Day in Kathmandu

You can let your body relax today. Or you can visit the local markets of Kathmandu to shop for souvenirs to take back home. Later in the evening, you will be accepted for a typical Nepali dinner to celebrate your successful climb overnight at a 3-star hotel.

Day 21

Departure

We will escort you back to Tribhuvan International Airport for your further departures.

What To Expect?

What's included

- Airport/hotel pick up and drop off by private car.
- At least two nights 3-star hotel in Kathmandu bed and Breakfast plan
- Meals on the entire board (breakfast, lunch, and dinner) during the whole trekking
- Domestic flights (KTM-Lukla-KTM) with all surcharges and airport taxes for guests and guide
- Trekking map
- An experienced Government license holder guide
- Trekking porter/Sherpa who will carry your bags during the trekking
- Insurance, salary, equipment, transportation, local tax for guide and porter
- Group medical supplies (first aid kit will be available)
- All necessary paper works and national park entry permits
- Travel and rescue arrangement
- TIMS (Trekking Information Management System)
- 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 to hire an Island peak Guide?

Island peak Guide

MyEverestTrip will provide the Island peak guide and a porter once you book. You don't need to hire any other team after that. If you are not taking any such trek package in Nepal, you can find the guide to Nepal online.

What is the Island Peak Distance?

Island Peak Distance From Kathmandu

The straight line distance between Lukla and Island Peak Base camp is only 40 km. However, we will be walking for about 150 km round distance. This is a shorter and easier route than the [Ama Dablam climb](#).

How Difficult is it to climbing Island peak?

How Difficult is it to climb Island Peak?

Although it's a trekking peak, the Island Peak needs some Mountain climbing Training. An Ice axe, Crampons, and Harness would be best to mount the Island peak. The guide also helps use Top slings, karabiner locks, mountaineering plastic boots, fixed ropes, Descender figure, and more. Our team will train you to use all this equipment. Other climbing peaks, like Pisang Peak, are easier for newbie climbers.

How long does it take to climb Island peak?

MyEverestTrek has a 21-day Island peak Itinerary. This includes two days for arrival/ departure, one for sightseeing in Kathmandu, and three rest days. If you are a regular mountain climber, you might be able to climb the Island peak and be back in Kathmandu within 19 days. If the weather goes wrong or your health deteriorates, it might worsen.

How much does it cost to climb Island peak?

Island Peak Climbing Cost

Peak climbing isn't cheap, mainly because you need to carry all the food and trek items from Kathmandu. This costs extra for the trekking gear and requires an additional workforce. Also, it would be best to fly to and from Lukla, [MyEverestTrip](#) well-arranged Island peak cost is \$2050 for all permits, accommodation, guide/porter, and transportation.

Can you climb Island peak without a guide?

Legally, yes, you can climb the island peak without a guide. Practically, no, you shouldn't attempt to climb Island Peak without a guide. A mountain peak needs some climbing skills and technical support; thus, climbing an Island peak without a guide is risky. The \$25/ day for a travel guide in Nepal will be worth it.

Along with a guide, you need a porter for this trek. A porter carries all the tents and cooking items so that you can cook and live comfortably.

Can you climb the island peak alone?

No one would recommend you to go Mountain climbing alone. And climbing a 6189m peak is almost similar to a mountain climb. The rough path, avalanches, snowfalls, and remoteness of the mountains make your trek very hard. Sometimes, peak climbing can be deadly due to cold and altitude. So, going for island peak alone is not an excellent choice. At least hire a guide or a porter if you are a Solo trekker. Island Peak is filled with many other trekkers that you will likely not be alone during the peak season.

Is it possible to charge electronic devices during Island Peak climbing?

Charging facilities may be available at some base camps. Still, it's a good idea to bring a power bank as backup, as electricity can be unreliable in the remote regions of Nepal.

Can I shower during Island Peak climbing?

Shower facilities are limited and basic during Peak climbing. It's recommended to bring wet wipes and baby wipes to refresh yourself during the trek.

How long does it take to climb Island Peak?

The duration of the Island Peak climb depends on the itinerary and pace. Still, it typically takes about a week to complete the climb, including the approach to the Mountain, acclimatization, and the actual climb.

Additional Information

Best time for Island Peak Climbing In Nepal

The best time for the Island Peak + Everest Base camp trek is from March to May, when the temperature and weather are bearable. Also, the Rhododendron blooming is seen everywhere. Spring is the safest month for mountain climbers all around the world. Or, you could trek to Island Peak in Autumn, i.e., October to December, when the sky is apparent, the trail is busy, and locals are vibrant.

Monsoon is taken into low account season due to the slippery path and leaches. The winter trek is also very challenging, and you shouldn't climb Island Peak Nepal in January and February. However, if you don't want to miss the most superficial mountain views covered in a thick white blanket, go for a short Everest View trek in winter.

Island Peak Difficulty

The base camp trek to Island Peak is a "Difficult" graded trek, which means that this most challenging trek in the Everest region needs some technical skills. You can learn these mountain climbing skills from your guide once you are in [Kathmandu](#), Nepal. You should be physically fit and mentally healthy,

especially without heart and lung disease.

You will walk seven to eight hours daily, expecting three rest days. We also stop at Namche and Gokyo for rest. If you are up for the trek, this is not that big of a deal. However, some preparation would hurt. Before the tour, try some activities listed here.

- Jogging,
- Running,
- Swimming,
- Cycling,
- Push-ups,
- squats, etc.,

Also, a couple of high-altitude trekking experiences in your home country are an excellent plus. With some short treks, you'll know what's expected of you in Nepal.

Altitude Sickness in Island Peak

As with most high-altitude treks, Peak Climbing also bears the danger of hypoxia. The sudden altitude change, primarily when you fly from Kathmandu to Lukla (1400m to 3420m), causes trouble. As you climb to Island Peak, you'll stay 6189 meters above water level. This opportunity is sure to take a severe toll on the human body.

Acute altitude sickness (AMS) shows symptoms like nausea and insomnia. You might also get a loss of appetite and diarrhea. While these symptoms are often moderate for some, they are fatal for others. In severe cases, you would like to steer back to a lower altitude and even require airlifting in extreme conditions.

Therefore, you should avoid triggering altitude sickness during Island peak climbing by following measures.

- Try to be more than 1,000 meters every day and take a resting day for every 3,000 meters you climb.
- Keep your body hydrated with mild, warm water, and strictly avoid all alcoholic drinks.
- Eat many carbs with healthy snacks, including many whole grains.
- Consult with your physician before the treks
- Island Peak Permit

Along with your visa to enter Nepal, tourists need two other kinds of Island peak permits. First, you need a local area permit that can be issued in Kathmandu or Lukla itself. This costs about Rs 2000 per person. The local area Island Peak permit replaced the TIMS card in 2018.

Next, there's the Sagarmatha National Park permit. This is usually issued in the Everest region before getting to Namche. There's a gate and check post at the entry point where you can print the permit. This permit costs about Rs 3000 per person. The fee is lower for SAARC county citizens, i.e., Rs 1500 per person. You will need passport photos and your visa to request these permits.

Thankfully, the best trekking agency in Nepal, MyEverestTrek, does all the paperwork while you sit back and enjoy your journey.

Note: Since this is a trekking peak, you wouldn't need any mountain climbing permit for Island Peak

Trek. The licenses are the same for all treks on Everest.

In Kathmandu:

You get a decent room with an attached bathroom and hot showers in a three-star hotel. Also, you can switch to a higher facility of your own.

Lukla to Lobuche:

This is the classic [Everest base camp](#) route with many good lodges and tea houses. In this section, we will be staying in a local's home. They offer us a cozy room on a sharing basis. A comfortable mattress and warm blanket feel good after such a long trek. Food will also be provided in the tea house.

From Lobuche to Chhukung:

This is a relatively remote trek section without many teahouses. Thus we will be staying in camps for almost two weeks. We will have a waterproof tent, mats, and a sleeping bag for a comfortable stay. The guide and porter will help you set up the camps and cook the food.

Map



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