

- This trip combines Everest base camp trekking and Island Peak Climbing.
- This Peak is popular and fairly tough climbing.
- First, climb in 1953 by a British team in preparation for their Everest attempt.
- Enjoy with amazing snow-capped world's highest mountains above 8,000meters Everest, Lhotse and Neighbor Mountains

Everest base camp with island peak climbing is a popular activity for adventure travelers. It is situated in the Everest region, the eastern part of Nepal. This trip combines the world's highest mountain trekking and a famous climbing island peak. It provides a unique experience in your short time. We make island peak climbing with Everest base camp truly unforgettable.

Island peak climbing with Everest base camp trekking has become the center attraction for adventure travels with world highest mountain, Excellent sunrise views Kalapather, friendly Sherpa village, Khumbu glaciers and icefalls, alpine forest and wild animals, from top of island peak amazing snow-covered mountain view. Sir Edmund Hillary and Tensing Norgay are first time climb the highest peak of the world.

The key factors that have contributed to our successful island peak climbing and Everest base camp trekking record. The Glacier Adventure Company learned never to rush trekking and climbing to high altitude in the high Himalayas. We have a decade of experience and carefully design Itineraries for fitness and acclimatize safely. This combined trip is perfect for energetic and physically fit.

Trip Facts

Price:

USD 3050

Duration:

18 days

Activities:

Hiking & Trekking, Sightseeing, Climbing

Accommodation:

Lodge and tent

Meals:

Breakfast in Kathmandu/ All the meals during trekking/ Climbing

Destination:

Island Peak Summit

Max. Altitude:

6189m (Summit of Island peak)

Group Size:

Minimum 1

Best Season:

March, April, May, September, October, November

Start/End:

Kathmandu

Daily walking Hour:

5 to 7 hours

Transportation:

Car/Van/Plane



Route Map



Day to Day Itinerary

Day 1: Arrival in Kathmandu (1300m)

Accommodation: Tourist Standard Hotel | **Meal:** Welcome dinner

When the traveler arrives airport in Kathmandu, Our representative will meet you and transfer to the hotel, then take a rest in the evening time will have welcome dinner at Nepali restaurant.

Day 2: Kathmandu sightseeing (1300m)

Walking hr: 6 hrs | **Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast

After breakfast tour guide pick up you for a tour around Kathmandu valley (Pashupati Temple, Boudhanath, Swayambhu, Kathmandu Durbar square) after that prepare for Climbing. The traveler meets Leader and team member, they check your equipment as well as advice what you need for climbing.

Day 3: Kathmandu to Phakding (2650m)

Walking hr: 4 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today, Brand new day. Travelers are entering Sherpa Land. Early morning after breakfast drive to Kathmandu airport, then short flight (40m) from Kathmandu to Lukla with beautiful mountain scenery. After Lukla, the trail descends until Thado Koshi then ascends to Phakding. Explore Amazing Sherpa village with beautiful mountains.

Day 4: Phakding to Namche (3450m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is the exciting day for the travelers. First time to see Mt. Everest. After breakfast starts walking for Namche. The trail follows the Dudh Koshi river. When the cross Hillary bridge, then trail ascends until Namche. On the way see amazing mountain views Thamserku, Everest, Khumbila etc.

Day 5: Namche Acclimatization day!

Walking hr: 5 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is a acclimatized day for adjusting the thin air. Namche is the main center of this trip. There are a government office, Banks, ATM, Shops and Restaurants. After breakfast traveler goes for hiking to Khumjung Village (3840m) through Sangboche airport and Everest view hotel. On the way, traveler enjoys with the blend of traditional customs of Sherpa indigenous peoples, views of snow-capped Himalayan range like Mt. Everest, Lhotse, Thamserku, and Amadablam.

Day 6: Namche Bazaar to Tengboche (3870m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking for Tengboche. The trail ascending until Sanasa than trail descends until Phugi Thaga after that the trail ascending until Tengboche through pine and rhododendron forest. This place has the biggest monastery in this region. The traveler sees the beautiful mountain views Mt Everest, Lhotse, Nuptse, Amadablam, Thamserku among many others.

Day 7:Tengboche to Pheriche (4245m)**Walking hr:** 5 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast trekkers start walking. The trail slights down and slights up until Dingboche via Pangboche along the Imja Khola through many Sherpa villages. The traveler sees mountains views of Mt. Everest, Lhotse, Ama Dablam, Island peak among others. Pheriche is a beautiful Sherpa village. Evening time visit around or there is the clinic (HRA). Visit there.

Day 8:Pheriche to Lobuche (4930m)**Walking hr:** 5 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast trekkers walk for Lobuche. The trail gradually ascends to Dhugla (Thukla) Before Dhukla cross wooden bridge Over Khumbu glacier after that the trail ascending to Chupki Lara. Where trekkers see memorials place that dies in Everest climbing time. Today trekkers enjoy panoramic mountain views of Nuptse, Pumori, Amadablam, and Twache etc.

Day 9:Lobuche to Gorekshep(5180m) (Everest base camp) (5355m)**Walking hr:** 7 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is the final day to reach Everest base camp. Convert dream to reality. Early in the morning after breakfast start the walking. Take care, some part of the trail very difficult over Khumbu glacier. The trail follows the rocky moraine and icy glacier pond to the Gorek Shep. When reach Gorekshep drop bags in the room and eat lunch, then continue to Everest base camp. Enjoy and take your time after that back to Gorekshep.

Day 10:Gorekshep to Kalapather (5555m) to Chukung (4730)**Walking hr:** 7 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Early in the morning, go to Kalapather to see the sunrise views. The trail ascends to Kalapather. Enjoy golden mountain views of Mt Everest, Lhotse, Nuptse, Khumbtse, Lirung, Pumori and Amadablam and many others. Take your time after that back to the hotel, eat breakfast and continue to go Chukung.

Day 11:Chukung to Island Base camp (5200m)**Walking hr:** 4 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After checking all equipment start walking to island peak base camp through fairly steep trail Imja and Lhotse glacier. Climbers follow AMS rule and guide advice. The climbing guide sets up camp, then he will show you climbing idea in base camp.

Day 12:Base camp to Summit (6189m) to Chukung (4730m)**Walking hr:** Whole day | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

On this day, is an important day on your trip. You start early in the morning. It will take several hours to reach the top of island peak. Your guide will fix the rope to reach on the top. When you reach on the top then, you will return back to the Chukung.

Day 13:Climbing period

Accommodation: Tent | **Meal:** Breakfast, Lunch & Dinner

In the mountain no guarantee weather condition so that if bad weather, according to our itinerary. Glacier Adventure put extra day. If not, a bad weather, goes according to our itinerary smoothly. This day is not required.

Day 14:Chukung to Namche (3450m)

Walking hr: 7 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is the longest day to reach Namche. By crossing few suspension bridges, Rhododendron forest and enjoying scenes of beautiful mountain views.

Day 15:Namche to Lukla (2850m)

Walking hr: 7 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Early in the morning after breakfast trekkers start to walk. Today is the last day of your adventure. The trail descends to Jorshalle then continue to Thado Koshi after that the trail ascending to Lukla. When reaching Lukla re-confirm ticket and visit around Lukla in the evening time.

Day 16:Lukla to Kathmandu (1300m)

Accommodation: Tourist Standard Hotel | **Meal:** Breakfast & Lunch

Early in the morning after breakfast walk to Lukla airport, then the short flight to Kathmandu, transfer to hotel in Kathmandu, Your adventures finished take a rest and relax. Enjoy the day.

Day 17:Leisure day in kathmandu (1300m)

Accommodation: Tourist Standard Hotel | **Meal:** Breakfast & Farewell dinner

Today is leisure day, in case of bad weather in Lukla. If, Trekkers cannot fly on scheduled date and time from Lukla to Kathmandu. Free time to go shopping, the souvenir to your family members and friends. Enjoy the day.

Day 18:Departure day

Meal: Breakfast

We dropped you to the international airport for your departure flight to your onward destinations. The Glacier Adventure Company wishes you a wonderful Himalayan adventure in Nepal.

This above Itinerary is a guideline and a standard pattern of what we provide. Our trips can be customized in your interest to accommodate your specific requirements. We also arrange Everest base camp island peak climbing without sightseeing and hotel arrangements.

NOTE: During the trips, weather conditions, local politics, transportation or multiple other factors. They are beyond our control, can change Itinerary. However, Unlikely that Itinerary would be substantially altered, if necessary, Group leader will decide the best alternative, they change the best one of the whole group. Where a change does occur, we do everything best. We minimize its special effects but we cannot be responsible for the results of delays.

Trip Cost Includes

- Airport / Hotel / Airport pick up & drop by private car / van / bus.
- Standard twin sharing accommodation in two/three star hotel in Kathmandu breakfast included (4 nights)
- Welcome and fair well dinner.
- All accommodation and meals during the trek & Climbing.
- A full day sightseeing tour in Kathmandu valley including tour Guide and Entrance fees
- Government license experienced English speaking trekking/climbing Guide. During the trek & Climbing.
- The required number of local staff and Porters to carry your luggage during the trek.
- Food, accommodation, salary, insurance, equipment and medicine for all staff.
- Sagarmatha National Park permits/Island peak Permit fees/ Garbage Deposit Fee.
- General Climbing equipment such as rope, Ice Screw, Snow Bar etc.
- Down Jacket and sleeping bag (which needs to be returned after the trek.)
- Free duffle Bag/T- shirt/trekking map
- Surface transfer from and to Kathmandu
- Flight from Kathmandu to Lukla to Kathmandu/ airport tax
- All our government taxes.
- Official expense.

Trip Cost Excludes

- Your travel and rescue insurance
- International airfare and airport departure tax.
- Nepal entry visa, you can obtain a visa easily upon your arrival at Tribhuwan International Airport in Kathmandu.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, Mineral water or boiled water, shower)
- Personal trekking Equipment.
- Tips for staff.
- Others expenses which are not mentioned on Price Includes.
- Excess baggage charges
- Lunch and evening meals in Kathmandu and Pokhara (and also in the case of The early return from the mountain than the scheduled itinerary)
- Extra night accommodation in Kathmandu and Pokhara because of early arrival, late departure, and the early return from the mountain (due to any reason) than the scheduled.

IMPORTANT NOTE

Climber's safety is our paramount concern while Peak Climbing with Glacier Adventure. Every effort will be made to keep to the above itinerary. Everest base camp and Island Peak Climbing located in a remote area in the Khumbu region. Glacier Adventure can't guarantee it such as weather conditions, availability of Staff and the health team members can all contribute to change. Guidance and assistance guide will try to ensure that the

trip runs according to plan, but please be prepared to be flexible if necessary.

Pre-trip meeting

Glacier Adventure hosts the Pre-trip meeting in Kathmandu 2nd day of the itinerary. Climbers introduce the leader. We will provide an opportunity for individuals to ask questions about Island Peak Climbing. The pre-trip meeting covers personal equipment, acclimatization and to introduce you to another team member. Glacier Adventure hopes pre-trip meeting have excellent, informative, supportive and fun.

Acclimatization

Glacier Adventure's Island Peak Climbing itinerary is focus rules AMS (Acute Mountain Sickness) when going up too fast to cause a medical condition serious enough to kill. The higher mountain area is less oxygen in the air. If, Climbers are wanted safe Island Peak Climbing. Their body needs some days to rest in the less air environment. Especially, Climber needs to know the heart, lungs/blood diseases to consult their doctor before leaving home. Glacier Adventure's itinerary designed to try to prevent AMS as much as possible. It is important to remember that some people are more susceptible than others.

Physical condition & experience requirements

Technically, Everest base camp and Island Peak Climbing is easy trekking peak Remote Mountain in Khumbu region. This is suitable for a physically fit person. The Climber must be in good health and physical condition. The technical condition is very basic to include the use of ropes, ice-ax, and crampons. Island Peak climbing is not categorized as a technical peak, but if the climber had good technical knowledge would be better. The most important thing is a positive attitude that makes this trip successful. If you have any pre-existing medical conditions, it is vital you let us know the details of these before setting. Also, before coming to Nepal it's important to consult your doctor regarding vaccination and any other medical concerns the trip may raise. "Medical and emigration expenses are your responsibility."

Insurance

When traveling with Glacier Adventure. Climbers must be fully insured, including Air rescue, Air ambulance, and treatment service. Have an accident. Climbers should be careful in choosing a policy; however, some make special exceptions for adventure travel. Please note that Glacier Adventure doesn't arrange any insurance.

Staff Arrangements

Glacier Adventure staffs try to make successful, enjoyable, and memorable your Island Peak Climbing. They are innocent, helpful, experienced, and Careful. Your trip leads from the best and most professional leader. He had a long experience. He has knowledge of Culture, Ecosystem, flora and fauna, geography, Mountaineering, and the history of Nepal. Glacier Adventure's leader trained following things.

English Language.

Trekking Guide Training.

First aid course.

Conservation & Biodiversity

Mountaineering (Climbing) Training.

Porter care

Trekking and climbing are adventures. Porter's job is a hard-working job. They carry trekker supplies and baggage that makes a journey easy and comfortable in the remote mountains of the Khumbu region. We ensure all our porters are well trained, well paid. Porters who become sick are treated with the same care and attention as team members and we have previously used helicopters at Tour expense to rescue porters in dangerous situations. For the porter's sake, we require all trekkers to keep their bag weight of 15 to 20kg. We support the work of the International Porter Protection Group (IPPG), Provides help and advice to those organizations to improve the working conditions of the porters on whom we depend.

Accommodations

All accommodations for Everest base camp and Island Peak climbing are twin sharing basic included in the trip cost. The trip based on, standard service and Standard hygiene food. There are three types of accommodations for the trip. Standard tourist hotel in Kathmandu and during the treks, Climbers spends standard Guesthouse which one normal room with wooden beds and foam mattress. Glacier Adventure also provides the attached bathroom where is possible. Some places are only having shared shower/washing and toilet facilities and during the climbing used tents and foam mattresses, toilet facilities will be provided with the required natural protection. We always try to provide accommodations in all places.

Glacier Adventure
Company Pvt. Ltd.