

- 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

Island peak climbing is a popular peak in the impressive Khumbu region, the eastern part of Nepal. Itself rises to the south of Everest. In the past time, the peak name was Imja Tse. Originally named by Eric Shipton who thought the peak same as 'an island in a sea of ice', the mountain was renamed as Imja Tse in 1983. This peak was first climbed in 1953 by a British team in preparation for their Everest attempt. Tenzing Norgay was one of the team members of that successful climb.

Climbers enjoy with amazing snow-capped world's highest mountains above 8,000meters Everest, Lhotse and Neighbor Mountains. Climbing the summit of Island peak from base camp is fairly tough and many climbers cannot success to reach the summit. High altitude must be followed and acclimatization complete at the recommended time. Glacier Adventure Company has a decade of experience team in the peak climbing field. We carefully design an itinerary. We learned never to rush climbing to high altitude in the high Himalayas.

**Trip Facts****Price:**

USD 2550

**Duration:**

15 days

**Activities:**

Hiking &amp; 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 traveler arrival 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 trekkers see Mt. Everest. After breakfast trekkers start walking for Namche. The trail follows the Dudh Koshi River and crosses suspension bridge several times to reach Jorshalle. Jorshalle is the entrance place to Everest National Park When the cross Hillary Bridge, then trail ascends until Namche. Namche is a beautiful village surrounded by beautiful mountains.

### Day 5: Acclimatization day !

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

Today is acclimatized day for adjusting the thin air. Namche is the main center of this trip. There is government office, Banks, ATM, Shops and Restaurants. After bread fast 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 to Tengboche (3860m)

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

After breakfast starts walking for Tengboche. The trail ascending until Sanasa then 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 Chukung (4730m)**

**Walking hr:** 7 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 village. The traveler sees mountains views of Mt. Everest, Lhotse, Ama Dablam, Island peak among others. Dingboche is a beautiful Sherpa village. Evening time visit around.

**Day 8:Chukung to Island Base camp (5200m)**

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

On this day, you will have a short day trek only about 3 to 4 hours walk then you reach base camp. Your climbing guide teaches you a climbing idea.

**Day 9:Base camp to summit to chukung (4730m)**

**Walking hr:** Whole Day | **Accommodation:** Tent | **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 Chukung.

**Day 10:Climbing Period (4730m)**

**Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

In the mountain no guaranteed 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 11:Chukung to Namche (3450m)**

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

On this day, you will walk 7-8 hours good mountain view cross rhododendron forest, Sherpa village and reach Namche Bazaar where you will have time to relax.

**Day 12: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 descending 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 13: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 14: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 schedule date and time from Lukla to Kathmandu. Free time to go shopping, the souvenir to your family members and friends. Enjoy the day.

**Day 15:Departure day**

**Meal:** Breakfast

We dropped you to the international airport for your departure flight to your onward destinations. Glacier Adventure Company wish 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 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 changes itinerary. However, Unlikely that itinerary would be substantially altered, if necessary, Group leader will decide the best alternative, they considering 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)
- Wel-come 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 licensed 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 Tribhuvan International Airport in Kathmandu.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower etc)
- 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 early return from the mountain than the scheduled itinerary)
- Extra night accommodation in Kathmandu and Pokhara because of early arrival, late departure, and early return from the mountain (due to any reason) than the scheduled.

## IMPORTANT NOTE

Climber's safety is our paramount concern while Island Peak Climbing with Glacier Adventure. Every effort will be made to keep to the above the itinerary. Island Peak Climbing located remote area in the Khumbu region. Glacier Adventure can't guarantee it such as weather condition, availability of Staff and the health of team members can all contribute to change. Guide 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 causes a medical condition serious enough to kill. Higher mountains area is less oxygen in the air. If, Climbers is 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, Island Peak is easy trekking peak Remote Mountain in Khumbu region. This is suitable for physical fit Person. The Climber must be in good health and physical condition. The technical condition is very basic include use of ropes, ice axe, and crampons. Island Peak climbing is not categorized as the technical



peak but if the climber had a good technical knowledge would be better. Most important thing is a positive attitude 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, as 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 in your Island Peak Climbing. They are innocent, helpful, experienced and Careful. Your trip leads by the best and most professional leader. He had a long experience. He has knowledge of Culture, Ecosystem, flora and fauna, geography, Mountaineering and 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 the hard working job. They carry trekker supplies and baggage that makes a journey easy and comfortable into 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 from dangerous situations. The porter's sake, we require all trekkers keep their bag weight 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 Island Peak climbing are twin sharing basic included in trip cost. The trip based on, standard service and Standard hygiene food. There are three types of accommodations on the trip. Standard tourist hotel in Kathmandu and during the treks, Climbers spends standard Guest house 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 mattress, toilet facilities will be provided with required natural protection. We always try to provide accommodations in all places.