



Kathmandu, Nepal

Island Peak: Summit Seekers

Tour Introduction

Embark on the Island Peak Climbing Expedition and fulfill your Himalayan dreams as you conquer one of the world's most iconic peaks. This exhilarating journey will take you to the iconic Island Peak (Imja Tse), standing proudly at 6,189 meters (20,305 feet) above sea level, offering breathtaking views and an unforgettable mountaineering experience.

Island Peak, nestled in the Everest region of Nepal, is one of the most sought-after trekking peaks in the world. This expedition combines the thrill of trekking through picturesque Sherpa villages and pristine landscapes with the challenge of summiting a Himalayan peak.

Tour Overview

Tour Name	“Nepal Island Peak: Summit Seekers”
No of days	18 N 19 D
Max. Elevation	6165m above sea level
Min. Elevation	1400m above sea level
Difficulty	★★★★★

Tour Highlights

Bhaktapur: The Living Museum

Begin your journey in Bhaktapur, a UNESCO World Heritage Site known as the "City of Devotees". Wander through its ancient streets lined with intricately carved temples, palaces, and courtyards. Marvel at the craftsmanship of the Newari artisans and immerse yourself in the city's vibrant culture.

Kathmandu: Cultural Heart of Nepal

Next, explore the bustling streets of Kathmandu, Nepal's vibrant capital city. Dive into its rich cultural tapestry as you visit UNESCO World Heritage Sites such as Swayambhunath Stupa, Pashupatinath Temple, and Kathmandu Durbar Square. Get lost in the maze-like alleys of Thamel, filled with shops, cafes, and lively atmosphere.

Island Peak Summit:

The pinnacle of the expedition, summiting Island Peak rewards climbers with awe-inspiring panoramic views of Everest, Lhotse, Nuptse, Makalu, and several other towering peaks.

High-Altitude Adventure:

Experience the thrill of high-altitude trekking and mountaineering as you navigate challenging terrain, including glaciers, moraines, and rocky ridges.

With experienced guides, top-notch equipment, and a carefully crafted itinerary, this expedition promises an unforgettable adventure amidst the awe-inspiring beauty of the Everest region. Join us for the journey of a lifetime

Detailed Itinerary

Day 1: Arrival in Kathmandu, Transfer to Bhaktapur

Upon your arrival at Tribhuvan International Airport (TIA) in Kathmandu, our representative will greet you and transfer you to Bhaktapur. Bhaktapur, also known as the City of Devotees, is a UNESCO World Heritage Site famous for its well-preserved ancient architecture and vibrant culture. Check into your hotel and relax after your journey.

Meal: Dinner

Overnight: Guest house or 3 Star hotel in Bhaktapur

Day 2: Bhaktapur Sightseeing and Preparation

After breakfast, embark on a guided sightseeing tour of Bhaktapur. Explore attractions such as Bhaktapur Durbar Square, Nyatapola Temple, Dattatreya Temple, and the Pottery Square. In the afternoon, you'll have some free time to prepare for your upcoming trek. Our team will assist you with any necessary arrangements or gear.

Meal: Breakfast

Overnight: Guest house or 3 Star hotel in Bhaktapur

Day 3: Drive to Ramechhap, Fly to Lukla (2,860m), Trek to Phakding (2,610m)

Early morning, drive to Ramechhap from Bhaktapur (approximately 4-5 hours). From Ramechhap, catch a scenic flight to Lukla, the gateway to the Everest region. Upon landing in Lukla, begin your trek to Phakding, a picturesque village located along the Dudh Koshi River.

Meal: Breakfast, Lunch, Dinner

Overnight: Simple Lodge

206m ▲ 245m ▼

Driving Hours: Approx 4-5 hours 150 KM

Walking Hours: Approx 3-4 hours

Walking Distance: Approx 7.8 KM

Day 4: Trek to Namche Bazaar (3421m)

Today's trek takes you from Phakding to Namche Bazaar, the bustling commercial hub of the Khumbu region. Along the way, you'll cross several suspension bridges, pass through pine forests, and catch glimpses of towering Himalayan peaks. Arrive in Namche Bazaar, where you'll spend the night. Take some time to explore the vibrant market and acclimatize to the altitude.

Meal: Breakfast, Lunch, Dinner

Overnight: Simple Lodge

1253m ▲ 429m ▼

Walking Hours: Approx 6 hrs

Walking Distance: Approx 7.8 KM

Day 5: Acclimatization Day in Namche Bazaar

This day is set aside for acclimatization to prevent altitude sickness. You can hike to nearby viewpoints like Everest View Hotel or Khumjung Village to get stunning views of Everest and surrounding peaks. Alternatively, you can explore Namche Bazaar further, visit the Sherpa Cultural Museum, or relax and interact with locals.

Meal: Breakfast, Lunch, Dinner

Overnight: Simple Lodge

Walking Hours: 3-4 Hrs

Day 6: Trek to Tengboche (3857m)

Resume your trek towards Tengboche, a scenic village known for its ancient monastery and panoramic views of Everest, Ama Dablam, and other peaks. Visit Tengboche Monastery, one of the largest and most significant monasteries in the region.

Meal: Breakfast, Lunch, Dinner

Overnight: Simple Lodge

964m ▲ 458m ▼

Walking Hours: Approx 6 hrs

Walking Distance: Approx 12.5 KM

Day 7: Trek to Dingboche

Continue trekking to Dingboche, a picturesque village nestled beneath towering peaks. The trail offers stunning vistas of the Himalayas and passes through rhododendron forests and alpine meadows. Upon reaching Dingboche, relax and enjoy the serene mountain atmosphere.

Meal: Breakfast, Lunch, Dinner

Overnight: Simple Lodge

816m ▲ 379m ▼

Walking Hours: Approx 5.5 hrs

Walking Distance: Approx 9.5 KM

Day 8: Acclimatization Day in Dingboche

Another acclimatization day to ensure your body adjusts to the altitude. You can take a short hike to Nagarjun Hill for panoramic views or explore Dingboche village. Rest and hydrate to prepare for higher altitudes in the coming days.

Meal: Breakfast, Lunch, Dinner

Overnight: Simple Lodge

Day 9: Trek to Chhukung

Trek from Dingboche to Chhukung, a small settlement situated at the base of several Himalayan peaks. The trail offers spectacular views of Island Peak, Lhotse, and Ama Dablam.

Meal: Breakfast, Lunch, Dinner

Overnight: Simple Lodge

319m ▲ 5m ▼

Walking Hours: Approx 1.5 hrs

Walking Distance: Approx 4.4 KM

Day 10: Climb to Island Peak Base Camp

Today, you'll climb to Island Peak Base Camp, where you'll prepare for the summit push. The route involves traversing rocky terrain and crossing glacial moraines. Spend the night at the base camp, gearing up for the summit attempt.

Meal: Breakfast, Lunch, Dinner

Overnight: Tent

383m ▲ 2m ▼

Walking Hours: Approx 1.5 hrs

Walking Distance: Approx 6.7 KM

Day 11: Summit Day

Begin your summit push in the early hours of the morning, navigating through steep slopes and icy sections. Reach the summit of Island Peak (Imja Tse), which offers breathtaking panoramic views of the Everest region. Descend back to base camp then to Chhukung and celebrate your achievement.

Meal: Breakfast, Lunch, Dinner

Overnight: Simple Lodge

1017m ▲ 1500m ▼

Walking Hours: Approx 7.5 hrs

Walking Distance: Approx 7 KM

Day 12-13: Contingency Days

These days serve as contingency for any unforeseen circumstances such as adverse weather conditions or altitude-related issues. If not needed, you can use these days for rest or exploration.

Meal: Breakfast, Lunch, Dinner

Overnight: Tent

Day 14: Trek back to Deboche

Your destination for the day, Deboche is a charming Sherpa village nestled amidst green fields and surrounded by towering peaks. Here, you can relax, enjoy a warm meal, and immerse yourself in the local culture. The trail typically descends from Chukkung, gradually at first, then more steeply as you approach Deboche. You'll traverse rocky paths, narrow ridges, and forested sections. Be prepared for some challenging terrain, including steep ascents and descents.

Meal: Breakfast, Lunch, Dinner

Overnight: Simple Lodge

344m ▲ 1356m ▼

Walking Hours: Approx 6 hrs

Walking Distance: Approx 16.2 KM

Day 15: Trek back to Namche Bazaar

Descend from Chhukung to Namche Bazaar, retracing your steps through picturesque landscapes. Enjoy the familiar sights and sounds of Namche as you unwind from your expedition.

Meal: Breakfast, Lunch, Dinner

Overnight: Simple Lodge

514m ▲ 816m ▼

Walking Hours: Approx 5 hrs

Walking Distance: Approx 10.4 KM

Day 16: Trek back to Lukla

Trek from Namche Bazaar to Lukla, marking the final leg of your trek. Reflect on your journey as you pass through charming Sherpa villages and lush forests. Celebrate the successful completion of your trek in Lukla.

Meal: Breakfast, Lunch, Dinner

Overnight: Simple Lodge

884m ▲ 1460m ▼

Walking Hours: Approx 9 hrs

Walking Distance: Approx 17.9 KM

Day 17: Fly to Ramechhap, Drive to Kathmandu

Take an early morning flight from Lukla to Ramechhap. From Ramechhap, drive back to Kathmandu. Upon reaching Kathmandu, check into your hotel and relax. Spend the evening exploring the vibrant streets of Thamel or relaxing at your hotel.

Meal: Breakfast

Overnight: 3 Star hotel in Kathmandu

Day 18: Free Morning, In Afternoon Pashupatinath Boudhanath sightseeing

Enjoy a leisurely morning to rest or explore Kathmandu at your own pace. In the afternoon, embark on a guided sightseeing tour of Pashupatinath and Boudhanath, two UNESCO World Heritage Sites. Explore the sacred temples and monasteries, immersing yourself in the rich cultural heritage of Kathmandu Valley.

Meal: Breakfast

Overnight: 3 Star hotel in Kathmandu

Day 19: Departure to TIA

Depending on your flight schedule, you'll be transferred to Tribhuvan International Airport for your onward journey. Bid farewell to Nepal with cherished memories of your Everest Base Camp trek and cultural experiences.

Meal: Breakfast

Overnight:

Inclusive

- ✓ Airport pickups and drops in a private vehicle
- ✓ Hotel accommodation in Kathmandu with breakfast
- ✓ Teahouse accommodation during the trek
- ✓ Tented accommodation during the climb
- ✓ All meals (breakfast, lunch and dinner) during the trek and climb
- ✓ Welcome and farewell dinners
- ✓ All ground transportation on a comfortable private vehicle as per the itinerary
- ✓ Domestic flights (Kathmandu- Lukla -Kathmandu)
- ✓ English & German speaking, trained and experienced trekking guide(leader), climbing guide (leader) and assistant guide
- ✓ Porter service (2 trekkers: 1 porter)
- ✓ Staff costs including their salary, insurance, equipment, domestic airfare, food and accommodation
- ✓ Around The Himalayas's trekking bag/duffel bag, t-shirt and trekking map are yours to take
- ✓ All necessary paperwork; trekking permits and Island Peak climbing permit
- ✓ Good quality tents and kitchen utensils for camping
- ✓ Group mountaineering (climbing) equipments
- ✓ Medical kit (carried by your guide)
- ✓ All government and local taxes

Exclusive

- ✗ Nepalese visa fee (bring accurate USD cash and two passport photographs)
- ✗ International airfare to and from Kathmandu
- ✗ Excess baggage charges (if you have more than 15 kg luggage, cargo charge is around \$1.5 per kg)

- ✗ Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
- ✗ Altitude chamber (PAC) or oxygen
- ✗ Lunch and evening meals in Kathmandu (and also in the case of early return from mountain than the scheduled itinerary)
- ✗ Travel and rescue insurance
- ✗ Personal expenses (phone calls, internet, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)
- ✗ Personal climbing equipment
- ✗ Personal climbing guide if requested
- ✗ Optional trips and sightseeing if extended
- ✗ Tips for guides, porters & drivers
- ✗ Services not listed in the 'What Is Included' section