Island Peak Climbing

Standard Iterinary

Island Peak Climbing Itinerary:

Day 01: Kathmandu

Arrival in Kathmandu 1350m | 4428ft. Airport pickup by a representative from Himalayan Nepal Trek and transfer to hotel on BB plan

Highlights:

- Airport Pickup by our staff with our (Place card) Company Logo and your name on it.
- Hotel check-in at Thamel (tourist city).
- Briefing related to the Everest Base Camp Trek.
- Staff's introduction Guide and Porters.
- Shopping for the necessary items if needed.
- Welcome dinner program.
- Overnight at a hotel on BB plan.

Day 02: Phakding

Flight from Kathmandu to Lukla and Trek to Phakding 2650m/ 8695ft 4/5 hours. Overnight at Lodge.

Highlights:

- Airport drops by private vehicle (Kathmandu domestic airport).
- Mountain flight to Lukla with an amazing view of Himalayan settlements, waterfalls, rivers, hills, Mountain ranges, and valleys.
- Check in at Lukla (Tourist Check Post) Khumbu Pasang Lhamu municipality.
- Yaks and Mule Caravan along the trail.
- 3 hours Trek observing typical villages, traditional farming, Mani walls, stupas, and Monastery.
- View of a general mountain peak.

Day 03: Namche Bazaar

Trek from Phakding to Namche Bazaar 3440m | 11287ft, 6/7 hours. Overnight at Lodge.

Highlights:

- Initial crossing of a metallic suspension bridge.
- Trek via the temperate and subalpine forests.
- Yaks and Mule Caravan.
- Check in to the Sagarmatha National Park.
- Trek along the Bhote Koshi river with its buzzing sound.
- Lunch at the beautiful riverside restaurant.
- View of Mt Thamsherku, Kusumkhang and Tawache.
- Encounter view of double suspension bridges with hung prayer flags.
- Stiff climb to reach Namche.
- View of hiked trail from a beautiful cliff in between lunch camp and Namche Bazaar.

Day 04: Namche Bazaar

Acclimatization day and Hiking Everest View Hotel viewpoint, 2 hours climb. Overnight at Lodge.

Highlights:

- Visit the sunrise viewpoint at Namche.
- View of majestic Everest, Lhotse, Nuptse, Thamsherku, Kusumkhang, Khangtega, Tawache, Amadablam, Khumbila, and Kwangde
- Visit the community museum of Sagarmatha National Park.
- Hike to the Everest Viewpoint Hotel (2900m) for 2 hours for altitude adoption.
- Drink tea or coffee at the viewpoint with one of the best viewpoints throughout the trek.
- Visit the Khumjung valley and Khumjung school.
- Acclimatize 600m.

Day 05: Tengboche

Trek from Namche Bazaar to Tyangboche 3860m | 12665ft 5/6 hours. Overnight at Lodge.

Highlights:

- Trek via beautiful view of majestic Everest, Lhotse, Nuptse, and Amadablam.
- Encounter blue sheep.
- Rest at an exceptional viewpoint with a coffee station.

- Trek via rhododendron forest, Buddhist spell curved on huge stones, Antique souvenir shops, and Suspension bridge.
- Visit the Tengboche monastery, the most important monastery to observe the morning and evening prayers of Buddhist monks.

Day 06: Dingboche

Trek from Tyangboche to Dingboche 4250m | 13943ft 5/6 hours. Overnight at Lodge.

Highlights:

- Trek via the beautiful alpine forest.
- Cross the metallic suspension bridge.
- Amazing view of Amadablam with Buddhist stupas, and Spells written on stones.
- Trek via the biggest settlement in the Everest region, Pangboche village.
- Drastic change in vegetation.
- Reach the tree line altitude, which is 4100m in Nepal Himalayas.

Day 07: Chukung

Trek from Dinboche to Chukung 4730m 2 hours. Overnight at Lodge.

Highlights:

- Hike towards the Island peak.
- Close view of Lhotse wall and other mountains.
- Hike to Chukung Ri.

Day 08: Island Peak Base Camp

Trek from Chukung to Island peak base camp 5090m 2/3 hours. Overnight at Tent.

Highlights:

- Reach the Base Camp
- Set our tent and meet our camping team and climbing guide.
- Peak review, basic information, and climbing method.
- Quick training for the climb.

Day 09: Island Peak Base Camp

Island peak climbing and summit on the top 6189m 8/9 hours back to base camp. Overnight at the Tent.

Day 10: Pangbuche

Trek from Base Camp to Pangbuche 3985m 6/7 hours. Overnight at Lodge.

Highlights:

- Clare everything from the Base Camp.
- Trek via Chukung and Dingboche and to Pangboche.

Day 11: Namche Bazaar

Trek from Tengboche to Namche Bazaar 3440m | 11287ft 5/6 hours. Overnight at Lodge

Highlights:

- Visit Tengboche monastery.
- Visit Namche Bazaar.
- Buy some Souvenirs at Namche.

Day 12: Lukla

Trek from Namche Bazaar to Lukla 2860m | 9383ft hours. Overnight at Lodge.

Highlights:

- Enjoy the last day with all staff at Lukla.
- Gift exchange, if have any.
- Farewell cake and dinner together with all of the staff.
- Group Picture.

Day 13: Kathmandu

Early morning flight to Kathmandu and transfer to hotel. Evening farewell with cultural dance and in a typical Nepali restaurant. Overnight at Hotel on BB plan

Highlights:

- Hotel drops in a private vehicle.

- Further program discussion.
- Employee feedback and company review.
- Suggestions and recommendations for the company.
- Farewell dinner with cultural dance in a typical Nepali restaurant.

Day 14: Departure

Departure from Kathmandu to your onward destination our representative will assist you to the airport for your further destination.

Includes and Excludes

Includes

- 4 Times airport pick up and drops (domestic and international) Car, Van, Hi-ace, or Coaster in a standard private vehicle.
- 3 Times food per day during the trek. Breakfast, Lunch, and Dinner including tea or coffee.
- 2 Night 3* star label hotel in Kathmandu on BB plan (on twin sharing basis).
- Flight fare Kathmandu/Lukla/Kathmandu guest and guide.
- Twin-sharing accommodation during the trek (guest house/tea house and lodge, tented camp).
- Experienced English-speaking trekking and climbing guide (Trained and licensed holder by the government of Nepal)
- Assistance climbing Sherpa 5:1 during the climbing period.
- North Face tent for guests, dining tent, kitchen tent, toilet tent, and mattress.
- Climbing equipment's ice screw, rope, ice axe, screw gate, karabiners (2 locks, 2 unlock), and snow bar.
- Necessary Porter 1: 2 (one porter for two guests) porter carries 25kg.
- All Government and Local Taxes.
- Peak climbing permit from Nepal Mountaineering Association (NMA).
- National Park fees (Sagarmatha national park, Monjo).
- Municipality entry fee for participants (Khumbu Pasang Lhamu municipality).
- First aid and equipment for a porter for the extreme adventure route.
- Guide and porter salary as per the company policy and government rules.
- Facilities to store your stuff at a hotel in Kathmandu.

- Duffel bag during the trek, company t-shirt, route map.
- Staffs medical rescue insurance during the trip.

Excludes

- Lunch and dinner in Kathmandu.
- Participants trek equipment and any personal expenses such as alcoholic beverages, phone, battery charging, hot shower, hot/mineral water, and laundry.
- Emergency rescue and travel Insurance (most required factor in high altitude trek).
- Trip cancellation cost, loss, damage, and personal effects.
- Entrance fees for temples, monasteries, and museums during sightseeing and trekking.
- Tips and gratuities for the staff.
- Additional overnight stays cost at any place (due to any reason) except for mentioned itinerary.