

## Overview

Island Peak also known as Imja Tse, 6189 meter high, one of the most frequently climbed peaks in the Everest Region. It is easy access to the Island Peak regularly combined with the ascents of other nearby trekking peaks such as Mera Peak, Pokalde, and Labuche East. The name Island Peak is given by Eric Shipton's party in 1951 because it appears as an island in a sea of ice when viewed from Dingboche. The peak was afterward renamed in 1983 to Imja Tse but Island Peak remained the well-liked choice. Actually, the peak is an extension of the ridge coming down off the south end of Lhotse Shar.

Island peak is labeled "Trekking Peak" and originally applied by the Nepalese authorities to mountains that were felt to be accessible without the logistics of a major expedition and didn't require an extensive knowledge of winter alpine skills. Although the majority of these peaks can be climbed in just one or two days from a trailhead, their technical difficulties and objective dangers vary enormously. Whilst climbing a "trekking peak" is not as challenging as an 8000m summit, these mountains should not be taken lightly: a considerable amount of time often needs to be spent above 5000m, often in difficult weather, on slopes that need a good range of mountaineering skills. Island Peak was first climbed by a team of mountaineers that included Tensing Norgay and Edmund Hillary, as preparation and acclimatization for the first ascent of Everest in 1953.

For Island Peak Expedition, one has the option of starting from a base camp at 5,087 meters (16,690 ft) called Pareshaya Gyab and starting the climb between 2 and 3 am. Another popular option is to ascend to High Camp at around 5,600 meters (18,400 ft) to reduce the amount of effort and time needed for summit day. However, proper water supply and worries about sleeping at a higher elevation may dictate starting from base camp. Base camp to high camp is basically a hike but just above high camp, some rocky steps require moderate scrambling and up through a broad open gully. At the top of the gully, glacier travel begins and proceeds up to a steep snow and ice slope. From here, fixed ropes will be set up by our mountain guide for the laborious ascent of almost 100 meters to the summit ridge. The climb to the summit is somewhat difficult due to steep climbing. On top, while Mount Everest is a mere ten kilometers away to the north, the view will be blocked by the massive wall of Lhotse, towering 2,300 m (7,500 ft) above the summit.

But it still provides an exhilarating mountaineering experience to the beginner and expert alike plus breath taking view other neighboring peaks and spring and autumn offers best weather for the expedition. No technical mountaineering experience is necessary to climb Island Peak, simply a high level of fitness the desire to push your limits. Our Guide in Himalaya standard itinerary first follows Everest Base Camp Trek or Everest in Hillary's Footsteps Trek. But it always is flexible to that can be changed as per your choice and requirements. Our complete package price offers expert guide and excellent services.

## Outline Itinerary

**Day 01 : Arrival day in Kathmandu (1,300m/4,264 ft)**

**Day 02 : Expedition preparation in Kathmandu**

**Day 03 : Fly to Lukla (2,800m) and trek to Manju (2750m) 4 hrs walk**

**Day 04 : Trek to Namche Bazaar (3,440m/11,283ft) 5-6 hrs**

**Day 05 : Acclimatization day at Namche Bazaar**

**Day 06 : Trek to Tengboche (3,870m/12693ft). 5-6 hrs**

**Day 07 : Trek to Dingboche (4410m/14464ft). 4-5 hrs**

**Day 08 : Acclimatization day at Dingboche**

**Day 09 : Trek to Lobuche (4930m/16170ft), 5-6 hrs**

**Day 10 : Trek to Gorakshep (5,160m/16,929ft) & hike to Everest Base Camp(5,320m/17,450ft), 5-7 hrs**

**Day 11 : Early hike to Kala Pathar ( 5,550m/18,204ft) and trek to Dingboche (4410m/14464 ft), 7-8 hrs**

**Day 12 : Dingboche to Chhukung valley (4,730m/15,518ft), 2-3 hrs**

**Day 13 : Chhukung to Island Peak Base camp (5,200m/17,060ft), 3-4 hrs**

**Day 14 : Island Peak Base Camp to High Camp (5,600m/18,372ft), 2-3 hrs**

**Day 15 : High camp to summit (6,189m/20,305ft) to Chhukung, 8-10 hrs**

**Day 16 : Trek to Namche (3,440m/11,283ft), 5 hrs**

**Day 17 : Trek to Lukla (2,800m/9,186ft), 6-7 hrs**

**Day 18 : Fly back to Kathmandu (1,300m/4,264 ft)**

## **Cost Includes**

- All international and domestic airport shuttles.
- An experienced registered English speaking local Sherpa trekking guide.
- Climbing Sherpa guide for Island Peak climbing.
- An assistant trekking guide if the group size is above 6 people.
- One sharing porter between trekkers to carry your main trekking pack.
- All meals: 15 Breakfasts, 15 Lunches, 15 Dinners during the trip.

## Island Peak Climbing

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- All the camping gear and necessities for two night camping at Island Peak Base Camp.
- Lukla round flight cost USD 360 per person.
- Kathmandu-Lukla-Kathmandu flight of your guide.
- All necessary trekking and climbing permits for Island Peak
- Group climbing gear such as fixed rope, ice/snow bar, ice axe etc.
- Trekking lodge accommodation during the trip.
- Food, accommodation and day wage of your guide and porters.
- Salary, Accommodation and food for your guide and porters.
- Insurance and gear for climbing/trekking guide and porters.
- Government tax, vat and Office service charge.

## Cost Excludes

- Hotel, sightseeing tour and food in Kathmandu.
- Bills and beverages such as coke, fanta, mineral water.
- Your climbing gear can be hired in Kathmandu or at Chhukung
- Hot shower and hot water during the trekking
- Personal travel insurance and personal climbing gear,
- Internet, phone calls and laundry service.
- Rescue operation charge in case of emergency.
- Garbage deposit USD 500 (Refundable)
- Gratitude and tips for guide and porters.