

Island Peak Expedition



info@hillarysteptreks.com

[+977-9851172243](tel:+977-9851172243)

Island Peak Expedition

URL: <https://hillarysteptreks.com/trip/island-peak-expedition/>

Duration

15 Days

Per Person Cost

USD 2300

Difficulty

Difficult

Group Size

1+

Best Seasons

March - May, October -
December

Maximum Elevation

6189m

Accommodation

Hotel/Tea House/Tent

Transportation

Private Vehicle/Flight

Meals

Full Board

Trip Route

Lukla-Namche-Chukung-Island
Peak

Trip Highlights

- Scenic flight from Kathmandu to Lukla
- Vibrant Sherpa capital Namche Bazaar
- Artistically beautiful Tengboche Monastery
- Awesome view of Island Peak and surrounding mountains from Chhukung Ri
- Spectacular panoramic views of Nuptse, Baruntse, Makalu, Ama Dablam, Lhotse, Lhotse
- Middle Peak, and Lhotse Shar

Trip Overview

Island Peak Expedition (6,160 m) is a perfect destination to expedite in the Himalayas. Locally it is named "Imja Tse" but worldwide popular as Island Peak. One of the prime climbing peaks in the [Everest Region](#), many climbers expedite this peak before expediting Everest and other highest mountains in Nepal. It has historic importance as this peak was used as a training peak by **Tenzing Sherpa and Edmund Hillary** before expediting Mount Everest.

Anyone with good physical fitness, good health, and no experience can expedite this Island peak expedition but under proper guidance and the use of good gear and equipment. The views of **Ama Dablam** and the Vicinity Mountains **Makalu, Baruntse, Lhotse, and Nuptse** from the top are breathtaking and remarkable. A trekking peak that requires technical skills to expedite is situated above the lovely Chhukung Valley.

The impressive Sherpa culture and sights of huge glaciers en route to Imja Peak are magical. The **15-day Island Peak Expedition** itinerary is well-planned with proper acclimatization for the best experience to expedite the peaks above 6000 meters. Our professional, well-trained, experienced, and technically competent team of HST is readily available at your service to guide and support expediting the Island Peak and creating a memorable experience.

Our Island Peak expedition price ranges from **USD 1850 to USD2300**

Trip Itinerary

Day 01: Arrival in Kathmandu(1,350m/4,429ft)

You are welcomed by our HST representative after you arrive in Kathmandu. You are transferred to the hotel in Thamel. Rest and relax for a while. Visit the HST office in Thamel for a short brief related to the Island Peak expedition and meet the team members. Tour nearby places if time permits. Else arrange the backpack as the guidance and requirement of the trek. Spend a quality night at a hotel.

Accommodation

Hotel Thamel Park

Altitude:

1,350m/4,429ft

Day 02: Fly from Kathmandu(1,350m/4429ft) to Lukla(2,860m/9,383ft) & trek to Phakding(2610m/8,563ft)

A morning scenic flight to Lukla from Kathmandu. Admire the snow-capped mountains and beautiful Kathmandu valley from the flight. Upon reaching the Tenzing-Hillary Airport, meet with the other team members. Proceed to Phakding along with them after some necessary packing and arrangements. Passing through the beautiful villages and lovely landscapes, witnessing mani walls, prayer wheels, and prayer flags reach Phakding. Stay overnight at a teahouse.

Time: 8km/35 Fly & 3 hrs trek	Accommodation Lodge	Meals: B.L.D
---	-------------------------------	------------------------

Altitude:
1,350m/4429ft, 2610m/8,563ft

Day 03: Trek from Phakding(2,610m/8563ft) to Namche Bazaar(3440m/11,286ft)

A slow uphill walk towards the official entrance to the Everest region i.e. Sagarmatha National Park (SNP). Reach Monjo crossing through Dudh Koshi River and passing lovely Chumoa settlements. Show SNP permit and cross a Hillary Bridge and reach Jorsale village. Get the first glimpse of Mount Everest from Tope Danda if the weather is clear. Ascent to Namche Hill and then reach vibrant Sherpa capital "Namche Bazaar". Spend a night at a teahouse.

Time: 11km/6-7 hrs	Accommodation Lodge	Meals: B.L.D
------------------------------	-------------------------------	------------------------

Altitude:
2,610m/8563ft, 3440m/11,286ft

Day 04: Namche Bazaar: Acclimatization Day

Namche Bazaar is the acclimatization spot. HST team has suitably scheduled the acclimatization day to adjust the body properly and get ample time to rest and relax. To stay active, visit nearby places, and monasteries or interact with friendly locals and learn a little about their culture, tradition, and lifestyle. Enjoy the bakery items and coffee at the café and appreciate the warm hospitality of the Sherpa locals. Spend a quality night at a teahouse.

Time: 3-5 hours	Accommodation Lodge	Meals: B.L.D
---------------------------	-------------------------------	------------------------

Day 05: Trek from Namche Bazaar(3,440m/11286ft) to Tengboche(3,867m/12,687ft)

An adventurous trek to the trails of Tengboche that is full of ascents and descents. Enjoy walking through the blooming rhododendron forest and passing Kyangjuma, Leushyasa, and Phungi Thanga to reach Tengboche. Upon reaching Tengboche, don't miss to visit the artistically beautiful and the largest Buddhist Tengboche monastery in that region. Stay overnight at a teahouse.

Time: 10km/5 hours	Accommodation Lodge	Meals: B.L.D
------------------------------	-------------------------------	------------------------

Altitude:
3,440m/11286ft,
3,867m/12,687ft

Day 06: Trek from Tengboche (3,867m/12,687ft) to Dingboche (4410m/14,469ft)

With a great view of snow-capped mountains as a backdrop from Tengboche, proceed further to Dingboche. Walk through the trail of beautiful settlements Deboche, Pangboche, and Shomare within the vicinity of conifer, and rhododendron forests. An amazing sight of Island Peak and other mountains on the way. Pass through the fields of different crops and witness yaks grazing upon reaching Dingboche. Stay overnight at a teahouse.

Time: 12km/5-6 hours	Accommodation Lodge	Meals: B.L.D
--------------------------------	-------------------------------	------------------------

Altitude:
3,867m/12,687ft,
4410m/14,469ft

Day 07: Trek from Dingboche (4,410m/14,469ft) to Chhukung (4,730m/15,518ft)

A gradual and comfortable walk to reach lovely Chhukung village. Upon reaching, collect all necessary equipment for Island Peak Climbing. Have lunch and rest for a while. After that, the guide introduces the climbing gears and equipment. The adequate time to learn about the equipment from the guide. Enjoy the dinner at a teahouse and spend a night.

Time: 4km/2-3 hours	Accommodation Lodge	Meals: B.L.D
-------------------------------	-------------------------------	------------------------

Altitude:
4,410m/14,469ft,
4,730m/15,518ft

Day 08: Acclimatization: Chhukung Ri (5,550m/18209ft)

Another acclimatization halt in this beautiful Chhukung village. As the preparation for Island Peak

climbing, first, climb Chhukung Ri situated above the village. A long 3-4 hour climb to reach the rocky peak Chhukung Ri. The breathtaking and clear view of Imja Tse, Nuptse, Makalu, Lhotse, and Ama Dablam. It is peaceful and less crowded compared to Kala Patthar. Return to the Chhukung village and stay overnight.

Time:	Accommodation	Meals:
3-5 hours	Lodge	B.L.D

Altitude:
5,550m/18209ft

Day 09: Trek from Chhukung(4,730m/15,518ft) to Island Peak Base Camp(5,090m/16,699ft)

A trek to Island Peak Base Camp walking on a steep trail and loading necessary gears and equipment on yaks. Short training on the use of ladders and other equipment before trekking to the base camp. Climb on the south and then turn east and continue walking on a zigzag road admiring the moraines from the Lhotse Glacier. Keep walking on the pleasant but zigzag trail until one reaches the base camp. Upon reaching the base camp, witness a close view of Island Peak. Camping overnight at the base camp.

Time:	Accommodation	Meals:
5-6 hours	Tent Camp	B.L.D

Altitude:
4,730m/15,518ft,
5,090m/16,699ft

Day 10: Island Peak Base Camp to the Summit of Island Peak(6,189m/20,305ft) & Back to Base Camp (5,090m/16,699ft)

An exciting day as today is the day to expedite to the summit of Island Peak. Wake up early around 1 to 2 am and have breakfast. The prime target is to reach the summit before noon as there is a high chance of strong wind becoming an obstacle in the afternoon. The trail continues up a rocky gully and then walks to the right. A careful walk on several rocks and following the edge line. When required, the guides fix a rope. For safety purposes, both man rope and fixed rope are used. After roping up, continue walking up the glacier. Then a ladder is used to cross the crevasses. Follow the guidelines of HST experts and cross two newly formed crevasses. A classic ridge leads to the summit of Island Peak. Witness the close-up view of Ama Dablam, Lhotse, Makalu, Nuptse, and Baruntse. Capture the moment and gradual return to the base camp. Follow the proper guidance of the experts while climbing down as well. Return to the base camp and celebrate the successful accomplishment of expediting the Island Peak. Spend a night in a tent camp.

Time: 7-9hours	Accommodation Tent Camp	Meals: B.L.D
--------------------------	-----------------------------------	------------------------

Altitude:
6,189m/20,305ft,
5,090m/16,699ft

Day 11: Trek from Island Peak Base Camp(5,090m/16,699ft) to Pangboche(4,000m/13,123ft)

A comfortable walk to the Pangboche. Pack all the backpacks and load all the equipment and gears on the back of yaks. Descend from the Island Peak Base camp passing beautiful Sherpa villages. Admire the breathtaking scenery of the Pangboche village and if time permits visit the oldest Pangboche Monastery. Enjoy the Imja Tse Khola flowing in the serene environment. Spend a night at a teahouse.

Time: 6-7 hours	Accommodation Lodge	Meals: B.L.D
---------------------------	-------------------------------	------------------------

Altitude:
5,090m/16,699ft,
4,000m/13,123ft

Day 12: Trek from Pangboche(4,000m/13,123ft) to Namche Bazaar(3,440m/11,286ft)

Have breakfast and descend and ascend through the forest to reach Tengboche. Continue walking the forest of blossoming rhododendron and juniper trees and cross a bridge over the Dudh Koshi River. Descend the trail admiring the lovely backdrop of snow-capped mountains and little ascend and walk on a smooth trail to enter the Namche Bazaar. Stay overnight at a teahouse.

Time: 5 hours	Accommodation Lodge	Meals: B.L.D
-------------------------	-------------------------------	------------------------

Altitude:
4,000m/13,123ft,
3,440m/11,286ft

Day 13: Trek from Namche Bazaar(3,440m/11,286ft) to Lukla(2,860m/9,383ft)

A long day trek to reach Lukla. Trek down Namche Hill and cross the Hillary Bridge and continue

walking on the steep trail. Enjoy walking on the descent trail until one reaches Monjo. Cross the Sagarmatha National Park and Phakding. Follow the path beside the Dudh Koshi River and walk on a smooth trail to reach Lukla. One last night in the lap of mountains. Stay overnight at a teahouse.

Time:	Accommodation	Meals:
19km/7 hours	Lodge	B.L.D

Altitude:
3,440m/11,286ft,
2,860m/9,383ft

Day 14: Fly from Lukla(2860m/9383ft) to Kathmandu(1,350m/4,429ft)

A final goodbye to this lovely place and after a successful climbing and spending adventurous time in the lap of mountains. With some remarkable memories return to Kathmandu via Lukla flight. Admire the beautiful vicinity for one last time from a plane. A proper escort from the HST representative to the hotel in Thamel. Rest, and relax after a strenuous yet thrilling expedition. If one wishes to explore the nearby places, the HST team provides some key destinations to visit and buy a souvenir. Enjoy the nightlife in Thamel and try some authentic dishes. Spend a night at a hotel.

Time:	Accommodation	Meals:
35 fly	Hotel Thamel Park	B

Altitude:
2860m/9383ft, 1,350m/4,429ft

Day 15: Final departure

Accompany us for a farewell breakfast and love to hear about the experiences and the feedback related to our service. An HST representative sees off at the International Airport for the final departure. With the hope of traveling back to Nepal again, we wish you a safe journey.

Includes

Accommodation

- Two nights accommodation in Kathmandu with breakfast
- Mountain Standard Lodge accommodation during the trek
- Tent accommodation during the Climb

Meals

- Three times a meal(Breakfast, Lunch, Dinner /the main course) during the trek
- Farewell Dinner in Kathmandu

Transportation

- Pick up/ Drop off from to International & Domestic Airport by private vehicle
- Both way Kathmandu/Lukla/Kathmandu by flight with Airport Tax

Extras

- Island Peak Climbing permit fees
- Sagarmatha National Park fees
- Pasang Lhamu municipality fees
- TIMS card fees
- Professional & government licensed holder English Speaking Trekking Guide
- Climbing Sherpa during the Climb
- Porter (2 trekkers: 1 porter)
- Staff costs including their salary, insurance, equipment, food and accommodation etc
- Cook and helper at Island Peak Base Camp
- Sleeping bag (if needed)
- Trekking Map
- First aid kit
- seasonal fruits
- All government and Local Taxes

Excludes

- International airfare and visa fee (15 Days US\$30 and 30 Days US\$50).
- Lunch and Dinner in Kathmandu.
- All the drinks like tea, coffee, Coke, Fanta, mineral water, boiled water, hot shower, battery charge, desert etc
- Your Climbing gears (You can hire in Chhukung)
- Your travel insurance which should include the emergency rescue.
- Tips for guide and porters.

Trekking Information

Accommodation

Teahouses and Lodges are abundant in the Everest region as a result of trekking popularity. Teahouses are simple and comfortable with basic facilities. Additional facilities like hot shower, Wi-Fi, charging of electronic devices, and laundries are available too with additional charge. The price rises as the altitude rises and sharing must be done as space and service are limited. Interact with the locals and learn about their culture, and tradition as most of the teahouses are owned and operated by the locals of the region. Respect the local norms and be humble during your stay in this region.

Meals

Meals are basic but are healthy and suitable for the trekkers during the trek and expedite. The prime dish is Nepali Dal Bhat with curry which provides energy to the trekkers. Sherpa Stew (Shyakpa) is a common dish that is also good for health at that altitude. The common international cuisine is available at Namche and Lukla. Follow the guide's advice for a healthy, and hygienic diet.

Drinking Water

Drinking water is essential in the mountains to keep yourself hydrated. It prevents altitude sickness. Mineral water costs USD 1-3 and else one can fill up the water bottles at the teahouses. With an additional charge, one can fill up boiled water too. It is a good idea to carry water purifying tablets to perform a water treatment system on your own. One can easily fill up water directly from the freshwater streams in a water bottle while trekking/expediting. The Himalayan water is fresh and not polluted and one can drink it directly or else use a water purifying tablet and drink it.

Internet connectivity

Internet is easily available in the Everest region and all thanks to the Everest Link's Wi-Fi cards. One can easily purchase these cards from one of the shops during the trek and connect with the near ones. The connectivity is stable. Otherwise, one can use mobile data from the Sim card that one may have purchased in Kathmandu.

Starting Point of Island Peak

For any expedition/trekking in the Everest region, Lukla is the gateway and starting point. A scenic flight from Kathmandu to Lukla. From Lukla, trek to Phakding. Traversing the beautiful settlements of Phakding, Namche, Tengboche, and Dingboche reach Chhukung village. Chhukung is a small village from where trekkers commence on a trail to the Island Base Camp. From the Island Base Camp, climbers prepare to expedite the summit of the Island Peak.

Permits Required

Permits are mandatory in the mountains. Three permits are required i.e. Khumbu Pasang Lhamu Rural

Entrance Permit, Sagarmatha National Park Permit (SNP), and Island Peak Climbing Permit. The permits can be purchased at the tourism office. The Khumbu permit costs NPR 2000 and SNP permit costs NPR 3000 respectively for foreigners. For SAARC nationals, the permit cost is NPR 1000 and NPR 1500 respectively.

Island Peak is categorized as a Group B trekking peak. Island Peak permit cost varies according to different seasons and is listed below:

- Spring (March-May): US\$ 250 per person
- Autumn(September-November): US\$ 125 per person
- Winter (December-February): US\$ 70 per person
- Summer (June-August): US\$ 70 per person

Since Spring is the peak season followed by Autumn, during these seasons the permit cost is high compared to the summer and the winter seasons. Some primary identity documents are required while collecting the Island Peak Permit and are mentioned below:

- Passport-sized photos
- Passport Photocopy
- Nepali currency (NPR)
- Application forms
- Travel insurance (includes helicopter evacuation)

Garbage deposit for Island peak climbing

Environmental preservation is a global concern. Proper Garbage Deposit has been a big issue in the mountains. Therefore, the trekkers must pay a garbage deposit of US\$ 500 to the Nepal Mountaineering Association (NMA) while expediting in the Himalayas. The cost is fully refundable as per the provision of NMA. This procedure is carried out to the proper disposal of the garbage which climbers bring back after accomplishing the trek. A small step to preserve the environment as well as a movement for responsible climbing/expedition.

Travel Insurance

Travel Insurance is essential while traveling or trekking. In the case of the expedition, travel insurance is mandatory. Travel insurance plays the role of a safety net and safeguards against all unforeseen events and travel-related emergencies. Travel Insurance should cover an altitude of above 4000 meters along with emergency evacuation, medical extremities, luggage loss/theft, flight cancellations, etc. One must get Travel Insurance from a trusted agency to enjoy hassle-free travel.

Safety and our guides

HST guides are well-trained, certified, seasoned travelers with over one decade of experience. They are technically skilled, pleasant in nature, have proven safety performance, and spotless judgment, able to provide useful and expert instructions. Personal protection equipment and first-aid kits are readily available with guides for climbers' safety. They know about the peak in detail and have proper knowledge

of gears and equipment. The HST itinerary is designed in such a way that acclimatization days are properly utilized and climbers can accomplish the expedition. HST is always at a service to fulfill the various demands of international clients and assures that you are in the safe hands of professionals. HST wishes our clients to have safe, exciting, and unforgettable experiences.

Extra Personal Expenses

Trekking and Expediting in the mountains is full of uncertainty. As there is no access to ATMs and banks in the high altitude it is wise to carry extra cash. These can be helpful for extra personal expenses. Some are as follows:

- For your Travel Insurance
- Extra or personal porter
- Gears and Equipment
- Hot showers, internet access, battery charging, laundry, and other extra services in the mountains
- Emergency evacuation cost
- Souvenirs from the Himalayas, such as medicinal herbs, paintings, and other things
- Flight cancellation/Extra stay
- Any kind of drinks, energy bars throughout the trek, tips to the guides and porters at the end of the trek

Tipping in Nepal

Expert Guides and porters play a vital role to accomplish the expedition. Their effort and service are commendable. One may wish to tip them. Though tipping is a personal choice, the general rule is to tip about 10% of the trekking/expedition cost. It is completely your wish to tip more or less.

Best time to expedite Island Peak

Spring and Autumn seasons are the best time to expedite Island Peak. The Winter season is considered risky and expedition in the monsoon season is forbidden. The Spring season is the crowded climbing season and therefore, the permit cost is USD 250 per person. The weather is clear and a great view from the summit during the Spring season. The Autumn season is less crowded compared to Spring and the permit cost is USD 125 per person. The weather is mild and pleasant and fun to expedite as the climbers are fewer.

How tough is Island Peak Expedition/Climbing?

Island Peak is classified as a Group B trekking peak. Climbing Island Peak is challenging yet adventurous. For a first-time climber who is trying to expedite in the mountains in the Everest region, Island Peak is a perfect choice. Island Peak climbing is physically demanding but a climber with good physical fitness and sound health can accomplish it. It is best to take some mountaineering experience in high altitudes and train on climbing using gears and equipment before expediting the actual peak. First-time climbers need not worry as the professional experts of HST provides you with full training and guidance. Climbers are requested to make climbing a routine in their daily life several months before the real expedition. Build

strong physical stamina and carry out cardiovascular training (jogging, running, aerobic workouts, walking up and down a hill with a backpack of 10-15 kg.) The peak is at an altitude of 6,160 meters and has a steep ascent. The breathing air is thin thus, climbers must be physically and mentally fit and should follow the experts' advice properly to prevent altitude sickness. Though, the hardest part of the climb is the foot of the headwall with experts' proper guidance it can be crossed. The climbing route is safe due to the fixed lines but strong willpower plays a key role to expedite the summit of Island Peak. The essential instructions and guidelines related to the expedition/climbing will be sent from Hillary Step Treks (HST) earlier than your visit to Nepal. Monsoon expedition is prohibited, and Winter expedition is risky. Thus, Spring is the best season followed by Autumn to expedite the Island Peak.

Altitude Sickness and Acclimatization

Altitude sickness is common in the mountains above the altitude of 3000 meters. The Island Peak climbing commences from the altitude of 2610 m in Phakding and rises to the altitude of 6160 m at the summit of Island Peak. HST team has properly scheduled the itinerary and with the proper consultation with the experts, the acclimatization stopover is designed. The halt at Namche Bazaar, Chhukung village, and Island Peak Base Camp is vital to adjust the body temperature and prevent altitude sickness. Headache, nausea, breathlessness, vomiting, loss of appetite, and hallucinations & unconsciousness in extreme cases are initial symptoms of altitude sickness. Only a few percent of climbers/trekkers suffer from altitude sickness and with proper medication and guidance from the experts, it can be solved. Just be sure to share the guides/experts immediately if one has any of the initial symptoms. Some key points to preventing altitude sickness are:

- Do warm-up hikes and stretching before starting the journey for the day.
- Drink an adequate amount of water. Keep rehydrating at regular intervals. It is best to drink a liter every hour you've walked then. Set yourself to urinate further throughout the day and night.
- Get plenty of rest & sleep. Don't push yourself too much while walking. The key is to ascend slowly and gradually. You should trek slowly and gradually.
- You need to have an applicable balanced diet throughout the journey. Avoid too-much salty food and alcohol throughout the trek.
- If necessary take the capsules for Altitude sickness by consulting with your guide. If you feel too uncomfortable descend immediately.

Equipment and Gears

- A pair of trekking shoes, base camp shoes, crampon-compatible boots, Rubber sandals
- A windcheater jacket, Thermals, Down Jacket
- Base Layers, Fleece, Long sleeve shirts, Gloves, Towels, Inner garments
- Trekking pants, Trousers, Shorts, Socks
- Sunglasses, Hats/Caps, Sunscreen, Lip Balm
- Warm Sleeping bags, Map
- Duffel bag and a day pack
- Wash Kit, First-Aid Kit, Medicines for preventing Altitude sickness
- Heat/Leak proof water bottles, Water Purifying solution (Iodine based), Insulated cup/flask, Choco-bars, Mints
- Gears: Accessory cord, Ice Ax, Crampons, Climbing Harness, Trekking Poles, Ascender/Jumar,

Descender/Super 8, Karabiner, Ice Screws, Helmet, Ropes, Prusik Rope, Tape Slings, Belay Device, Snow Bar

Note: The above list can be customized as per the necessity of the climbers.

Benefits of Choosing Hillary Step Treks (HST)

- Our professional and experienced team of over one decade has accomplished treks and expeditions in Island Peak and other treks too.
- Our government-licensed guides are fluent in English, Nepali, and Sherpa dialects. They know the terrain, culture, people, and the Everest region through & through.
- HST provides you with the best value services for your money. No hidden cost, every step with HST is transparent and clear. We value our clients over profit any day.
- Your safety is the top priority while trekking with the HST team. Thus, in case of an emergency first-aid kit or provision of rescue teams as a requirement.
- We are a government-registered company providing you with real care services at the best reasonable rate.
- Our company also has 70% repetitive clients over the years which shows their trust in us.
- We go the extra mile to assure you of a complete trekking experience in Nepal. HST is your ideal choice for trekking in Nepal.

Address

Nayabazar 16, Kathmandu, Nepal