

# EBC With Island Peak Climbing

Alternative to the **Island Peak Climbing Expedition**, the **EBC with Island Peak Climbing** sees us at the foot of the highest peak of the world and also at the top of the 6189 meters tall peak of Imja Tse. Enjoy not only the flair of the [Everest Base Camp](#) (5364meters) but also of the Island Peak and everything in between our trail comprising of typical culture, lifestyle, wildlife, plantation, and what not.

Also the same starter for every other trips to the Khumbu, this trek also begins with an aviation trip to the Tenzing and Hilary Airport which, though short, offers magnificent first views of the Everest Range. Travel up towards the Phakding Village and then towards the entrance of the Sagarmatha National Park at Monjo. Another ascent sees us at the trading hub of the Sherpa People, the **Namche Bazaar**. Acclimatization is quite necessary when it comes to hiking to a place with high altitude. So, while at Namche, be sure to take a day off and check out the hotel at the highest altitude, **Everest View Hotel**, which sits as the major destination of the [Everest View Trek](#).

Tengboche Monastery sits a few hours above the Namche Bazaar while Dingboche is not too far away. Now, trek towards Gorakshep and then to the base of the tallest peak of the world, The Everest Base Camp. Back to Gorakshep and enjoy an ascent to the 5545 meters tall Kala Patthar. Back to Dingboche and then a short hike to Chhukhung. Another acclimatization break which sees us at the top of the 5550 meters tall peak of Chhukhung RI. First ascend towards the Imja Tse Base Camp and later on, with a three-day buffer time, scale the Imja Tse or the Island Peak. Enjoy the victorious summit!

Mixed up with the Everest Base Camp Trek, the **EBC with Island Peak Climbing** is the go to destination when you want to enjoy both a trekking experience and the peak climbing sophistication.

Duration: 19 days

Price: \$2300

Rating: 5 Star

Grade: Moderate

Destination: Nepal

Activity: Peak Climbing

Region: Everest Region

## Itinerary:

**Day 01:** Arrival in Kathmandu (1440 meters)

Set foot at the Tribhuvan International Airport where our representative will transfer you to your hotel. Settle in and freshen up prior to meeting up with the guide and discussing about the upcoming trek. And, don't forget to try out your first ever typical Nepali cuisine.

**Day 02:** Fly to Lukla (2860 meters) and Trek to Phakding (2610 meters)

30 minutes is far from enough to get to one of the bewitching airports in the world, the Lukla Airport. Though dangerous, Lukla

Airstrip AKA Tenzing and Hilary Airport offers the first closest peek of the Mahalangur Mountain Range. Start walking towards the Cheplung Village as the path descends down to Thado Koshi to finally get past a large suspension bridge to arrive at Ghat. An easy walk downhill from Ghat ensures our arrival at Phakding.

**Day 03:** Trek to Namche Bazaar (3440 meters)

Walk through the Pine forests to reach the Zam Phute village and across a rivulet to arrive at Tok Tok. Follow an uphill trail to Benkar before crossing a bridge to get to Chumao, a TIMS checkpoint. A short walk to the entry point of the Sagarmatha (Everest) National Park, Monjo from where a steep descent will see our arrival at Jorsalle. Across a large suspension bridge over the Bhoté Koshi and Dudh Koshi Rivers to climb up gradually to reach the marketing hub of the Khumbu Region, Namche Bazaar in about 3 hours. Enjoy the views of the Eastern Himalayas!

**Day 04:** Acclimatization Day

Be a lark and enjoy the crack of dawn at Namche. Following breakfast, walk towards the Syanboche Airport, the closest to Mount Everest yet unpaved airstrip of Nepal. Later, hike up to the Everest View Hotel, the highest altitude hotel in the world and also the destination for Everest View Trek, and enjoy a 360 degree view of the Mahalangur Mountain Range, also the Everest. Back to Namche to explore Everest Photo Gallery and Sherpa Culture Museum. Also, enjoy the typical Sherpa culture while at it!

**Day 05:** Trek to Tengboche (3860 meters)

Rest day is up now, it's time for us to walk to Syangboche. Moving towards Thame from here sees the start of the Everest High Pass Trek. Today's trek comprises of the most-well-settled trail in this region. A wide open road from Syangboche makes way for Kyangjuma village and forward through pine forest takes us to Leushyasa and then to Phunki Thanka following a steep downhill. Slow uphill will make way to Tengboche, a Sherpa settlement with the largest monastery of Khumbu region. Enjoy Ama Dablam, Everest, and Rhododendron, Blue Pines along the way.

**Day 06:** Trek to Dingboche (4220 meters)

Pass the suspension bridge over Imja Khola River and get to Pangboche. A rugged trail from here to Orsho and then to Dingboche, Summer Valley of Khumbu. Lhotse, Ama Dablam, and Island Peak look wonderful from here!

**Day 07:** Acclimatization

Another day's acclimatization! A strenuous hike uphill get us to the top of the 5100 meters tall hill of Nagarjun. The top offers panoramic views of the Lobuche East, Lobuche West, Taboche, Thamserku, Kangtega, Makalu, and also the most beautiful mountain of Nepal, Ama Dablam.

**Day 08:** Trek to Lobuche (4910 meters)

Trekking to Lobuche comes easy in the beginning and difficult at the end. Walk towards Thukla and then towards Periche. Drop down following the rocky harsh terrain of Chupki Lhara, cross a suspension bridge and finally, a gentle walk downhill sees our arrival at Lobuche. This small settlement is also the starting point of the Lobuche East Peak Climbing Expedition.

**Day 09:** Trek to Gorakshep (5180 meters) to Everest Base Camp (5364 meters)

The day we've all been waiting for! The day we conquer the Everest Base Camp! A slow easy walk alongside the Khumbu Glacier takes us to Gorakshep and then, a wide trail leads us afoot to the base camp. Conquered at last! Enjoy the views of the Khumbu

Icefall and also of the Khumbutse and Lingren peaks. Back to Gorakshep for the night!

**Day 10:** Climb Kalapatthar (5545 meters) to Dingboche (4220 meters)

An early hike uphill on the rocky trails takes us to the top of the 5545 meters tall Kala Patthar. Enjoy the tallest Mountain in the world, Everest that shines in golden hue with the morning sun. Hike back to Gorakshep and then drop back to Dingboche for an overnight stay.

**Day 11:** Trek to Chukkhung (4730 meters)

Trek starts off with a hike towards Periche. A descent to Imja Khola prior to a hike uphill sees our arrival at Chhukhung. Peaks of Ama Dablam and Amphu Labsa stand out among the other peaks of the Mahalangur Mountain Range.

**Day 12:** Acclimatization Day

Our peak climbing expedition takes us to 6189 meters tall Imja Tse Peak. For such, our body needs to adapt for which a day's acclimatization seems a pretty good idea. Let's summit the Chhukhung RI at 5550 meters nearby as a way of acclimatizing the changing climate and altitude.

**Day 13:** Trek to Island Peak Base Camp (5200 meters)

A long hike uphill sees us at the Island Peak Base Camp. The trail goes up and down before finally setting off on a steep trail below the Lhotse Glacier to arrive at Imja Tse Base Camp.

**Day 13-15:** Climb Island Peak (6189 meters) and Back to Island Peak Base Camp

Buffer period is always necessary while peak climbing. Early steep hike up a rocky trail sees us at a narrow route. Ropes, ladders, and crampons all come to use while summiting the 6189 meters tall peak. The top shows us a once in a lifetime view of the Everest Region and its peaks. Plummet towards the Island Peak Base Camp for our successful climb.

**Day 16:** Trek to Pangboche (3985 meters)

Plunge towards the Khumbu River before crossing the village of Orsho to reach Shomare. An easy hike takes us to Pangboche. Ama Dablam and Kangtega look marvelous from here!

**Day 17:** Trek to Phakding (2610 meters)

Enter Tengboche and follow a slow and steady walk downhill to arrive at Phunki Thanka. Then, after a steep uphill climb to Leushyasa, get through the pine forest to Kyangjuma. Walk on an open road to Syangboche and towards Namche. Pass the villages of Monjo, Jorsalle, and Chumao, before making it to Phakding.

**Day 18:** Trek to Lukla (2860 meters)

Ascend towards Ghat and walk across a large suspension bridge to Thado Koshi. An uphill climb afterwards will see us at Cheplung. The path towards Lukla from here is as easy as pie. Take a hot shower and enjoy the rest of the day!

**Day 19:** Fly to Kathmandu (1440 meters)

Get the last look at the Mahalangur Mountain Range and bid farewell to them! An early morning flight will see us back at the capital city of Nepal, Kathmandu.

**Highlights:**

- Peak Climbing: Island Peak (6189 meters), Kala Patthar (5545 meters), and Chhukhung RI (5550 meters)
- Everest Base Camp (5364 meters)
- Khumbu Glacier
- Sagarmatha (Everest) National Park
- Lukla Airport (Tenzing and Hilary Airport)
- Tengboche Monastery (One of Nepal's Oldest Monasteries)
- Sherpa Culture, Tradition, and Lifestyle
- Everest, Nuptse, Lhotse, Ama Dablam, Island Peak, Cho Oyu, and Other Mahalangur Mountains

**Cost Include:**

- All Ground Transportations
- Three Daily Meals During the Trek
- Twin Sharing Lodge for Accommodation during the Trek
- One guide and a porter (1:2 ratio) and their food, accommodation, equipment
- Round Trip Flight Kathmandu to Lukla and Back
- Trekking Map and Trip Achievement Certificate
- First Aid
- TIMS, Sagarmatha National Park Permit Fee, and Peak Service Charge
- Government Taxes and Office Service Charge

**Cost exclude:**

- Water, Soft Drinks, and Other Liquid Beverages
- Meals Besides Meals Inclusion
- Snacks and Other Personal Expenses
- Personal Trekking Equipment
- Hot Showers except
- Tips to Trekking Staff and Others
- Personal Travel Insurance
- International Airfare
- Nepal Entry Visa