

Island Peak Climbing in Nepal

The Imja Tse Peak Climbing Expedition or simply more famous as the [Island Peak Climbing](#) is a strenuous expedition to the top of the 6189 meters tall peak. Though a peak climbing expedition, this hike offers views of the **Everest Peaks**, alpine way of life, and even the Sherpa culture and tradition up close the same way as the **Everest Base Camp Trek**.

As the other trekking trips to the **Khumbu Region**, this trip also commences with a flight to the Tenzing and Hilary Airport at Lukla. This flight offers the first views of the Mahalangur Mountain Range. As soon as we land, we opt for a trek to the Phakding village and then towards the **Namche Bazaar**. The Bazaar stays as the trade hub of the Sherpa People. A days' rest here makes sure we adapt to the changing altitude. While here, our trek takes us to the Everest View Hotel, a major destination of the **Everest View Trek**.

After rest day, the hike continues towards the place with one of the oldest yet largest monasteries of the country, Tengboche. Our next stop is a place called **Dingboche**, which receives more sunlight than any other villages in the region. A few hour trek uphill sees our arrival at Chhukhung. Another days' rest for acclimatization. This day marks our successful summit of the Chhukhung RI at 5550 meters. Follow the trail to the **Island Peak Base Camp** and with a couple of days as buffer period, we hike up the 6189 meters tall Island Peak. Back down to the base camp where we celebrate our victorious climb. Plummet back to Dingboche followed by a trek to Namche. Prior to flying back to **Kathmandu**, we hike to Lukla for an overnight stay.

Test your endurance and stability through the Island Peak Base Camp Trek. Are you strong enough?

Duration: 15 days

Price: \$1995

Rating: 5 Star

Grade: Moderate

Destination: Nepal

Activity: Peak Climbing

Region: Everest Region

Itinerary:

Day 01: Fly to Lukla (2860 meters) and Trek to Phakding (2610 meters)

30 minutes is far from enough to get to one of the extreme 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 02: 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 Bhote 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 03: 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 04: 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 05: 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 06: Trek to Chukkhung (4730 meters)

A short walk will see our arrival at Periche while a hike downhill towards the Imja Khola followed by an ascent marks our entry to the village of Chhukhung. Peaks of Ama Dablam and Amphu Labsa stand out among the other peaks of the Mahalangur Mountain Range.

Day 07: Acclimatization Day

The maximum height of our trek is 6189 meters at the top of the Imja Tse Peak so, for such, our body needs to adapt to the changing climate and altitude. Hence, another day of acclimatization seems a pretty good idea. Early morning hike will take us atop the Chhukhung RI at 5550 meters. Rest for the time being.

Day 08: Trek to Island Peak Base Camp (5200 meters)

Steep ascent takes us to the base of our destination. Walk just below the Lhotse Glacier on steep slippery trail to finally arrive at the Island Peak Base Camp after a couple of hours.

Day 9-11: Climb Island Peak (6189 meters) and Back to Island Peak Base Camp

Take a day's rest before we begin our climbing expedition. Leave the base camp early on to hike steeply on a rocky trail prior to climbing on a narrow route. Use ropes, ladders, and crampons to cross and hike uphill towards the top. From the top, Everest peak and the other Mahalangur Mountains look too good to be true. Plunge towards the base camp to mark our victory.

Day 12: Trek to Dingboche (4220 meters)

Plummet towards the Khumbu River and then towards Dingboche. Enjoy the mountainous views while at Dingboche.

Day 13: Trek to Namche Bazaar (3440 meters)

March from the Summer Valley of Khumbu towards Orsho. Then, follow a rugged trail to get to Pangboche and across the suspension bridge to finally enter Tengboche. 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. The trail opens up to Syangboche and then towards the trading hub of Khumbu.

Day 14: Trek to Lukla (2860 meters)

Hike uphill to Jorsalle after descending towards a long suspension bridge from Namche. Walk past Monjo to set foot at Chumao. Follow the same rugged trails towards Benkar and Zam Phute before finally making it to Phakding. Ascend towards Ghat and across a large suspension bridge to Thado Koshi. Easy walk up towards Lukla! Take a hot shower and enjoy the rest of the day!

Day 15: 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)
- 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