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Island Peak Climbing with Gokyo Lakes and Everest Base Camp Trek - 21 Days

Embark an exceptional adventure to **Island Peak Climbing with Gokyo Lakes and Everest Base Camp Trek**, a challenging trek and a mountaineering opportunity at the same time. A trek to Gokyo valley and Everest base camp is recommended to gain adequate acclimatization before scaling the 6189m peak if you have sufficient time for the adventure. An ascent of Gokyo Ri (5357m/19,216ft) and Kala Pattar (5,545m/18,192ft), crossing of challenging Cho La, and an ascent to Everest Base Camp proves to be an ideal acclimatization hike and gives you superb close-up views of Himalayan peaks (Everest, Cho Oyu, Lhotse, Makalu, etc) before summiting the Island peak itself for more distant views of hundreds of Himalayan peaks. Island Peak Climbing with Gokyo Lakes and Everest Base Camp Trek route offers all the best of the classic trekking route plus the attraction of a much quieter approach and a circular route that avoids backtracking.

After a day of city tours in Kathmandu, the real adventure begins with an exciting flight on a twin otter that lands us at a tiny airstrip in Lukla . Upon meeting more of our crew members at Lukla, we make our way to Phakding. We make several crossings of the same Dudh Koshi River on suspension bridges. Walking through rhododendron forests we enter Sagarmatha National Park and finally the popular Sherpa village of Namche Bazzar where we spend two nights in order to acclimatize with the altitude. We leave main Everest trail and walk up through the village of Dole, Machhermo, etc and finally reach Gokyo Valley where we spend next acclimatization day hiking towards 4th and 5th lakes along with summit of Gokyo Ri for spectacular views of 8000 meters peaks such as Lhotse, Makalu, Cho Oyu including Mt. Everest.

Leaving behind the Gokyo valley, we cross the high altitude pass of Cho la and commence Everest base camp trek and Kala Patthar hike in next couple of days. The feeling of inner satisfaction and accomplishment strikes us upon stepping at base camp of highest Himalaya on planet. Panoramic views of Everest Himalayan range from Kala Patthar are something you would love to cherish. We move forward towards Island Peak Base Camp, get some instructions on climbing techniques we need for the Island peak climbing next day. Early in the morning we grab our boots, ropes and with torch on, we start climbing the glorious Island peak. After the summit, we trek all the way back to Lukla and fly back to Kathmandu.

Island Peak Climbing with Gokyo Lakes and Everest Base Camp Trek is suitable for adventure lovers who are looking for a challenging trek in Nepal plus a chance to step to mountaineering on same trip. Island Peak Climbing with Gokyo Lakes and Everest Base Camp Trek is a strenuous trek and climb. Physically fit trekkers need not have a previous climbing experience or high altitude experience (if you have its good) to join on this trek, but one should prepare for it with hikes and exercises at least two months prior to the adventure.

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PRICE INCLUDES

Transport

- Private vehicle: Hotel and airport transfers
- Private Vehicle: Transfers for Kathmandu City Tour
- Flight: Kathmandu to Lukla and Lukla to Kathmandu flight

Accommodation

- 3 nights' accommodation (twin sharing) in Kathmandu in a 4-star category hotel- Ramada Encore or similar
- 16-17 nights' accommodation (twin sharing) during the trek
- 1-2 night accommodation (twin sharing) in tented camp during climbing

Food / Drinks

- Breakfast (B), Lunch (L), Dinner (D) during the trek and climb
- Breakfasts while in Kathmandu
- Welcome and farewell dinner in Kathmandu
- Seasonal fruit on trek

Staff

- English speaking Trekking Guide/leader: One guide for each group.
- One assistant guide every 6 trekkers including their accommodation, transportation, food, salary, transportation, and insurance
- Porters (ratio of porter 1:2 clients, carrying up to 15kg of personal gear per client) including their accommodation, transportation, food, salary, transportation, insurance
- English speaking city tour guide for Kathmandu city tour

Permits and Taxes

- Island Peak Climbing permit
- Sagarmatha National Park Permit
- Local village Development charge
- TIMS permit (if applicable)
- Entrance fee/permit for monuments and temples (Boudhanath, Pashupatinath, Monkey Temple, Patan Durbar Square) for Kathmandu City tour (day 2)
- All applicable taxes to be paid to the Nepalese government

Others

- Group mountaineering equipment

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- Complimentary four seasons down sleeping bag and down jacket provided for the duration of the trek (suggested to bring if you have your own)
- Complimentary 80-liter Duffel bag (to keep personal belongings to be carried by porter), down sleeping bag, and down jacket hire for the duration of the trek
- Complimentary Everest region Trekking map (Island peak is in Everest region)
- Complimentary Icicles Adventure T-shirt
- First aid box carried at all times by a guide
  Entrance fee for temples and monuments during Kathmandu city tour (Durbar Square, Boudhanath, Pashupatinath, Monkey Temple)

PRICE EXCLUDES

Transport

- International airfares to and from Kathmandu
- Any other additional transportation (if needed) outside of the program (such as for shopping, or for unforeseen circumstances, etc)

Accommodation

- Extra night/s of accommodation in Kathmandu because of early arrival, late departure, early return from the mountain (due to any reason) than the scheduled itinerary

Food / Drinks

- Soft drinks, tea/coffee, and alcoholic beverages are not included and must be purchased separately by the client
- Drinking water on trek (but during the climb boiled water will be provided for drinking)
- Desserts are not included, so if ordered should be paid separately by the client
- Lunches and Dinners in Kathmandu (and also in the case of early return from mountain than the scheduled itinerary- see meal inclusions for more details)

Others

- Nepalese tourist visa (available on arrival at Kathmandu Tribhuvan International Airport-more on Nepal Visa Information)
- Client's travel insurance
- Personal trekking and climbing gears
- Any optional/ additional activities outside of the program
- Personal shopping and expense
- Tips/gratuities for the staff

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ITINERARY IN DETAIL

Day 1: Arrive Kathmandu (1,338 m/4,390 ft)

You can arrive any time of day. You will be picked up by our representative staff, then transfer to your hotel where after you rest a while we will meet and a brief trip gathering/discussion is done along with introduction with your trekking guide. We will explain the trekking procedure and final preparation for your trek is done. If you arrive late the meeting and pre-trip discussion will be done on day 2 after the city tour. **Accommodation: City Hotel**

Day 2: Trek preparation and Kathmandu Valley Sightseeing Tour

After breakfast at 9 am we start guided sightseeing of the Kathmandu valley. We visit Swoyambhunath, Durbar Square, Pashupatinath, and Bhoudanath and absorb in the history and feel the mystical atmosphere of these sacred sites. These are the architecture and shrines listed as UNESCO World Heritage sites. Your tour guide will explain more about each places as you visit there. If pre-trip meeting was not held on day 1, we will do that today after the sightseeing program at your hotel. You will make final preparation and pack for your Island peak climbing with Gokyo Lakes and Everest Base camp trek. The things that you don't need for the trek can be stored at your hotel.
Accommodation: City Hotel

Day 3: Fly to Lukla (2,800 m/9,184 ft) and Trek to Phakding (2,652 m/8,700 ft) 3-4 hrs trek

Real adventure begins. We need to wake up at dawn and be ready for the adventure. We drive to domestic airport to board an early morning flight to Lukla. After an adventurous 35 minutes flight above the array of beautiful green and white mountains, we arrive at the Tenzing-Hillary Airport at Lukla (2,800m/9,186ft), an entry town from where your trek begins. This is one of the most beautiful air routes in the world concluding in a dramatic landing site on a hillside surrounded by high mountains peaks. In Lukla, we meet our additional crew members and do some packing and arrangements, we start our trek through the prosperous village of Lukla, descend to Chaurikharka, head up the Dudhkoshi valley until we reach Phakding. As we just land at the altitude of almost 3000m today, to assist in acclimatization, we only have a short walk today. Yet, if you are interested in additional activities you can take a side trip to a nearby monastery. **Accommodation: Local Lodge. Included Meals: B, L, D**

Lukla Flights

The primary gateway to the Everest Base Camp Trek is via a flight to Lukla (2840m), which lands at one of the world's most extreme airports: Tenzing-Hillary Airport. Positioned on a narrow plateau above a steep cliff with a short and narrow runway, the flight itself is as thrilling as it is challenging. Weather conditions here are notoriously unpredictable, with visibility shifting rapidly, which adds a layer of excitement to the journey.

Ramechhap Airport

During the busy trekking seasons in spring (March, April) and autumn (October, November), Kathmandu Airport faces significant congestion, leading most flights to Lukla to operate from Manthali Airport in Ramechhap, approximately a 4-5 hour drive from Kathmandu. To avoid this drive, you can opt for a helicopter flight from Kathmandu, though this is an additional expense.

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Weather

Flights to Lukla are dependent on clear weather and stable conditions. Delays or cancellations are common due to sudden shifts in weather, which may extend your trekking plans by a few days. We recommend adding buffer days to your itinerary to mitigate any disruptions to your return travel plans.

In the event of prolonged delays, a helicopter transfer to Lukla is an alternative, although this incurs additional costs and is not included in the standard trek package. While helicopters can operate in some conditions that planes cannot, extreme weather can ground them as well. In such cases, we will endeavor to arrange a helicopter charter, subject to availability and weather permitting. Please note, helicopter availability is limited and may lead to delays.

We ask for your flexibility and understanding in these situations. If weather conditions prevent flights for an extended period, an alternative is to drive to Tham Danda—a challenging 20-hour journey—and begin the trek from there. This route is prone to difficulties, especially in adverse weather, requiring extra days and considerable patience.

Should conditions make the Everest Base Camp Trek unfeasible, we can redirect to other treks such as Annapurna Base Camp or Langtang Gosainkunda. While these treks do not lead to Everest Base Camp, they offer stunning views and rewarding experiences.

Your cooperation and flexibility are crucial in navigating these complexities, ensuring a memorable and enjoyable trekking experience regardless of the route.

Day 4: Phakding to Namche Bazar (3,440 m/11,283 ft) 6-7 hrs trek

Today's trek is exciting not only due to first glimpse of Everest (if weather is clear) but also because of crossing and re-crossings of Dudh Koshi River and magnificent view of Mt. Thamserku (6,608m/21,675ft) from the Benkar village. We get our trekking permits checked at the entrance of Sagarmatha National Park at Monjo. We tumble down and a gradual walk brings us to Jorsale, the last village until Namche Bazaar. The walk is enjoyable through the river bed and we reach Hillary Suspension Bridge. As we climb up towards Namche Bazzar, superb sight of Kwangde Peak, Kusum peak, Kangaru peak, Mt. Everest, Lhotse, Tawache, and many other magnificent mountains greet us. We break at the Chautara to admire the view. Finally, we reach the colorful village of Namche Bazzar, the main Sherpa town and trading station in the Khumbu situated spectacularly in a cwm on the mountainside. **Accommodation: Local Lodge. Included Meals: B, L, D**

Day 5: Acclimatization Day in Namche bazaar – Hike to Everest View Hotel. 5-6 hrs

Altitude of Namche Bazzar is ideal to spend a rest day to acclimatize before heading off towards higher elevation. It is recommend staying active and mobile during the acclimatization day instead of resting in your lodge. If we trek a few hundred vertical feet during the day, it will help us properly acclimatize. We can either spend the day exploring Namche Bazzar or take an interesting side trip up to Khumjung, Syangboche airstrip and Everest View Hotel, a Japanese build deluxe hotel which offers you great views of Mt. Everest, Ama Dablam, Nuptse, Lhotse and others. Surrounded by the snowy peaks of Kongde and Thamserku and the scared peak Khumbila there is a pretty village

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namely Khumjung. In Khumjung there is a school namely “Schoolhouse In the Clouds” built by Sir Edmund Hillary and the famed Khunde hospital is also close by. You can visit the hospital, school and monastery. You can take a hike to Thame or Khunde if you have time and interest. Tucked away between two ridges amidst the giant peaks of the Khumbu, Namche Bazzar is centre of Everest region and has plenty of lodges, tea shops, souvenir shops, money exchangers, government offices, ATMs, Internet cafes, restaurants, bakeries, etc. You can also even enjoy colorful market each Friday evening and Saturday. You can visit Visitor Center near the headquarter of the Sagarmatha National Park where you can observe an assortment of things allied to the first Everest ascenders, Sherpa culture and learn about the various flora and fauna of the Sagarmatha National Park. **Accommodation: Local Lodge, Included Meals: B, L, D**

Day 6: Trek to Dole (4,200 m/ 13,780 ft) 5-6 hrs

We first follow north-east through the main Everest base camp trail and upon reaching Kyangjuma, we leave the main trail and climb steeply out of the valley through rhododendron forests, which give way to fragrant stands of juniper and large conifers as the elevation increases. We reach MongLa and below us we see the confluence of Dudh Koshi River and Imja Khola River. This part of trek is especially beautiful in spring when the rhododendrons are blooming. The trail passes many Kharkas, summer settlements used when Sherpas bring herds of yaks to graze in these high pastures. The route passes further north through the settlement of Tongba (3950m) and Gyele (3960m) to Dole where there are few hotels. The views of Khumbila and Tawache (6542m) are incredible throughout the day today. **Accommodation: Local Lodge. Included Meals: B, L, D**

Day 7: Trek to Machhermo (4,470 m/ 14,663 ft) 4-5 hrs

Trail climbs to Lhabarma (4220m) and pleasant hamlet of Luza (4360m). The trail is steep in most places as it climbs through brush junipers. While ascending from Luza, the Dudh Koshi valley is deep like a canyon with its steep sides. There are Kharkas whenever there is a flat spot and the slightest hint of water. The trails continue to climb along the side of the valley, high above the river, crossing sandy spurs to Machhermo at (4410m). Machhermo is the place where in 1974 that Yeti killed three yaks and attacked a Sherpa woman. This is the most discussed yeti incident ever reported. We enjoy good views of Cho Oyu, Kantega, and Thamserku and many summer settlements and charming hamlets along the trail today. **Accommodation: Local Lodge. Included Meals: B, L, D**

Day 8: Machhermo to Gokyo (4800 m/15,744 ft) 5-6 hrs

We begin the ascent to Gokyo Valley. We can stop to enjoy excellent views of Cholatse at the village of Pangga. We are now in high alpine area and as we approach the Ngozumba Glacier and we trek onto the moraine and rock that extends down from it. We enjoy excellent views of Kantenga to the south and Cho Oyu to the north. Once we have ascended the muzzle of the glacier, the path flattens. We pass the first of the Gokyo lakes, Longpongo, before reaching the second, Taboche Tsho at 4740 m, a larger one where green Brainy ducks are often seen swimming in the freezing waters. As we walk up the valley our path parallels the Ngozumpa Glacier and separating us from the glacier is the massive lateral moraine. Little ahead of the second lake is the third lake, the two linked by a stream. Gokyo village stands by the third lake and Cho-Oyu Mountain as a backdrop sets an amazing spectacular sight at this juncture. After lunch, we can take time to explore around the third Gokyo Lake, Dudh Pokhari. **Accommodation: Local Lodge. Included Meals: B, L, D**

Day 9: Gokyo Valley: Acclimatization Day - 4th and 5th Gokyo Lakes Hike. 5-6 hrs

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For acclimatization and Himalayan views we trek up to fourth Gokyo Lake (Thonak Tsho) and fifth Gokyo Lake (Ngozuma Tsho) and this hike aids in our acclimatization process too. With high cliffs and peaks rising beside it, forth Gokyo Lake is about 3 km north of Gokyo Village. The trail continues to fifth lake. We climb on a hill called Scoundrel's Viewpoint to catch astounding views of Cho-Oyu, Gyachung Kang, Everest, Lhotse, Nuptse, and Makulu. Northern part of the fifth lake provides fabulous views of Cho-Oyu Base Camp and biggest glacier of Nepal- the Ngozumpa glacier. Stirred by the Himalayan charisma, we may even go sixth lake too but depends upon our own interest and time. If you want, you can further navigate to sixth lakes, almost at Cho Oyu Base Camp. View of Mt. Cho Oyu and Mt. Gyachung Kang is awe-inspiring from sixth lake as they seem just a stone's throw away. (Note: You may opt to do Gokyo Ri today and fourth and fifth Gokyo Lakes next day) **Accommodation: Local Lodge. Included Meals: B, L, D**

Day 10: Hike Gokyo Ri (5357 m/17,570 ft) and trek to Thagnak (4750 m/15,580 ft) 5 - 6 hrs

First, we trek up to Gokyo Ri. Early start is best for the opportunities that the early morning views offer. The continuous and grueling ascent of Gokyo Ri will take three or even more hours, depending on your level of fitness and acclimatization. It is not a race, and you can take more time too. You will be thrilled when you reach the summit with spectacular view it offers. Many people consider the view from Gokyo Ri as most prevalent view of 8,000 meters peaks, and view from Gokyo Ri to be best Himalayan view. Adjacent to us are Cho Oyu (8153 m), Gyangchung Kang (7922m), Lhotse (8501m), Makalu (8475 m), Cholatse (6440m), Taweche (6542m), Kantega (6685m), Thamserku (6808m), Lobuche (6145m) and Mt. Everest (8848m). Hundreds of other unnamed peaks fill the scene, whilst below us the Ngozumpa Glacier, the largest in Nepal, stretches through the valley. The beautiful Gokyo Lakes below complete the picture. We get back to Gokyo village and after lunch we continue to Thagnak, a short trek to foot of the Cho-La pass; the trail leads us through second lake and we cross over Ngozumpa glacier to reach Thagnak. There are great views today of Mt. Cho Oyu and Mt. Cholatse. **Accommodation: Local Lodge. Included Meals: B, L, D**

Day 11: Thagnak to Cho La Pass (5420 m/17,780 ft) to Dzongla (4830 m /15939 ft) 6 - 7 hrs

This is the big day of your trip. We start early (5-6 am) to take advantage of the stable early morning weather pattern that exists in the Himalayas. Cho La pass is steep and involve a glacier transverse on the eastern side. Trail climbs through a ravine and a rocky trail we climb up continuously. While trekking through the side of a frozen lake we reach at the top of the pass decorated with prayer flags. The pyramidal Ama Dablam supervises over a range of mountains on the south even as Cholatse rockets on the west and Lobuche East and Baruntse mount sharply to our right. We pass through some crevasses before our trek descend down to Dzongla, another beautiful but small settlement with a complete view of Mt. Cholatse, Mt. Ama Dablam, Lobuche peak and the Pheriche village far below. Cho La pass is itself not difficult but the steep trail and the rocks greased by ice is the problem. Sometimes in new snow conditions, solo trekkers often get lost when they could not identify the trail, so trekkers are suggested to go only with an experienced trekking guide although government of Nepal allows trekkers to trek independently on their own. We must be careful of the slippery conditions. Depending upon season and conditions, we sometimes need crampons for Cho La pass crossing. **Accommodation: Mountain Lodge. Included Meals: B, L, D**

Day 12: Dzongla to Lobuche (4910m/16105 ft) 3 to 4 hours

We pass through high on the edge of Awi Peak, above the village of Chola and continue past Cholatse Lake. Beyond the lake, the Chola Glacier flows steeply from a saddle between the cliffs of Cholatse and Tawoche in a rugged and

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beautiful display. We climb up and before us unfolds the striking form of Nuptse (7745 m), rising above the Khumbu Glacier. We continue our traverse until we join the busy trail from Tengboche to Lobuche. We are now in the vicinity of Everest but the great mountain still remains elusive. We pass through high on the edge of Awi Peak, above the village of Chola and continue past Cholatse Lake. Beyond the lake, the Chola Glacier flows steeply from a saddle between the cliffs of Cholatse and Tawoche in a rugged and beautiful display. We climb up and before us unfolds the striking form of Nuptse (7745 m), rising above the Khumbu Glacier. We continue our traverse until we join the busy trail from Tengboche to Lobuche. We are now in the vicinity of Everest but the great mountain still remains elusive. After a rest, walk around the place, be active and don't miss to watch the sunset over Nuptse! It's a big day tomorrow ultimate push to our goal, the Everest Base Camp! We know you are excited!! **Walking Time: 2 - 3 hrs, Accommodation: Mountain Lodge, Included Meals: B, L, D**

Day 13: Lobuche to Everest Base Camp (5364 m/17,594 ft) and back to Gorakshep (5,140 m/16860 ft) 6 - 7 hrs

Its about three and a half hour push to Everest base camp which is an exhausting climb up. We follow the lateral moraine of Khumbu Glacier past some memorials. Everest does not seem to get any nearer and by now we have five of the world's highest mountains in such a small area. We see crest of north ridge of Everest along with Mt. Pumori, Mt. Mahalangur, Mt. Lingtern, Mt. Khumbutse, Mt. Nuptse, etc. The trail ascends the side of the glacier for a couple of hours before we finally drop onto the glacial moraine itself. Not far to go now, the trail winds up and down through fascinating ice seracs to Everest Base Camp. We do not get views of Mt Everest but can see the notorious Everest Ice Fall that flows from the Western Cwm. If its spring we will see colorful tents that arises charisma in the gray surroundings. By now we have met the ultimate objective of our trip. Spend some time taking photos in the natural amphitheater. Trek back to Gorekshep takes about another three hours. **Accommodation: Mountain Lodge, Included Meals: B, L, D**

Day 14: Hike to Kalapattar (5545m/18188ft) - Dingboche 6 - 7 hrs

Kalapattar (5,550m) is a small peak literally meaning black rock, it appears as a big brown bump below the impressive Pumo Ri (7,165m) and above Gorak Shep (5,140m). Kalapatthar offers splendid views of the Mount Everest Panorama. We are going to conquer Kala Patthar today which provides the most assessable point to view Mt Everest and the views are said to surpass the wildest imagination. We start early in the morning to catch the outstanding views from Kalapatthar witnessing the first light of day striking on Mount Everest. During the ascent to Kala Patthar, we take several breaks to catch our breath and to take pictures from several outstanding view points. After about two hours of an ascent, we reach Kalapatthar. From this juncture, we push ourselves to climb the rocky projection near to the summit manifested by cairns and prayer flags. At the very top of Kalapatthar is a small stupa and a weather station. Standing on top of Kalapatthar can be an emotional experience for you. After enclosing as many pictures as we like of the gorgeous Everest, its neighboring peaks and as whole scenery, we trek down to Gorekshep. After having breakfast at Gorekshep, we trek down back to Dingboche (or you can trek to Chhukung 4,730m/15,518ft through the main trail or through Kongma La(if moved by the adventure and want more challenging option). **Accomodation: Local Lodge. Included Meals: B, L, D**

Day 15: Dingboche/Chhukung to Island peak base camp. 3 - 4 hrs

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Today is short trek to the Island Peak base camp. From today we will stay in tented camps for the next two days, with food prepared by our staff in the camp. The trek to Island Peak Base Camp is on a moderately steep trail. First, we climb south then turn east to the contour of the valley. We then walk on a zigzag path below the southern flank of Lhotse Glacier moraine. We continue walking on a pleasant trail along a streamside. At southeast, we see the Amphu Labtsa route. A network route through the Imja and Lhotse glacier moraines leads to a spacious valley (Pareshaya Gyab) nearby the southwest side of Island Peak where we will set our tents. After a brief rest, our climbing guide will instruct you the methods of using climbing equipments and some technical climbing skills. Along with practical knowledge on using climbing gears like ice axe, climbing boots and crampons, harness, ascender, etc., you will also learn using ropes to go up and down. Although it is not mandatory to have prior training for Island Peak Climbing, we strongly believe that some training will boost your confidence and climbing skills to increase the chances of scaling the summit safely together with a fun experience. **Accommodation: Tented camp. Included Meals: B, L, D**

Day 16: Reach the summit of the Island peak (6,189m/20300ft) and return to Chhukung (4,730m/15,518ft) 10 - 11 hrs

Day 17: Contingency Day

A contingency day allocated for weather. If we are not favored by the weather as per our climbing plans on day 16, we will try to summit today.

Day 18: Trek back Chhukung to Namche Bazzar. 7 - 8 hrs

We trek back following the main trail. Today, we will feel a lot better due to gradual drop in altitude. Breathing in is much easier. The walk is much easier today as we descend down to lower altitudes. You have still to go uphill trail too but most of the trail today is downhill so you will feel enjoyable if your knees do not bother. You can really enjoy the scenery and feel like chat with your friends and crew as now you don't have to struggle to take each step. As we descend the Dudh Kosi River is raging more and more furiously with the joining of its tributary streams and the fact that the temperature that has risen quite dramatically melt water making the river to swell. The walk today is in the shadow of the pine trees and rhododendrons bushes that line these well-trodden trails. Watch out for faunas such as mountain goats, snow leopards, colorful pheasants, etc too in these trails. After several ups and downs we come near by the army camp at Namche Bazzar from where we take last look at the Everest which will be no more visible ahead on this back trek. On reaching our lodge at Namche, we take a nice hot shower that will help relief our tired muscles. You will have a very relaxed sleep in one of the room with private restroom in Namche Bazaar. **Accommodation: Local lodge. Included Meals: B, L, D**

Day 19: Namche Bazaar to Lukla. 6 - 7 hrs

Today the trail goes steeply downwards, so we need to walk carefully having control over our shaky legs. After again multiple crossings over the prayer flags festooned suspension bridges over the fast flowing Dudh Koshi and its tributaries, the trail becomes more level and natural. The more we trek downwards the more we feel easier to breathe as the air gets denser. Any remaining sore throats and colds will be gone by today. Although we are following the same route down, we feel completely different views with open plains, rhododendron and pine forests, and in the distance snow covered peaks. Upon arrival in Lukla, stretch those sore legs and summon up the experiences of the last couple of weeks. Celebrate your successful and safe trek with your crew. Overnight in local lodge. **Included**

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Meals: B, L, D

Day 20: Fly back to Kathmandu

The early morning flight drops us in Kathmandu. Flights to Kathmandu are usually scheduled for morning because wind can create problem to fly the aircraft after noon. But sometimes the flight can be delayed and even canceled due to bad weather and other reasons that are beyond our control. You will be transferred to hotel in Kathmandu after arrival in Kathmandu. You can rest in your hotel, could do some last minute shopping and packing, or stroll around Thamel. **Accommodation: City Hotel. Included Meals: B**

Day 21: Departure

Today mega adventure Island peak climbing after Gokyo Lakes and Everest Base Camp Trek comes to an end. If you have more time you can do some shopping or sightseeing. Approximately 3 hours before your scheduled flight a representative from Icicles Adventure Treks & Tour will take you to the airport for your flight back home. Hope you are overtaken by Nepal, a country of hospitable people, beautiful scenery, and a large variety of cultural traditions and you will come back again! **Included Meals: B**