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Island Peak Climbing - 14 Days

Scale the summit of Island peak and experience the thrill of Himalayan adventure while certifying yourself a step ahead to mountaineering. If you want to take the next step from trekking to mountaineering, climbing Island peak is the perfect ice climbing trip to try first among the 33 “trekking peaks” of Nepal.

Although Himalayan Peaks should not be underestimated, Island Peak can offer the fit and experienced hill walkers a window into the world of mountaineering in the greater ranges. Island peak, actually an extension of the south end of Mt. Lhotse Shar, stands as a spectacular peak amid the giants of the Himalaya. Situated only about 10 km away from Mt. Everest, the summit of Island peak provides a 360-degree panorama of many of the highest mountains of Nepal & Tibet.

Our Island Peak Climbing-14 days program is designed to provide mountaineering experience to adventure lovers who have some high-altitude trekking experience. Island peak climbing-16 days program starts with an exciting flight to Lukla and trekking through classic Everest base camp trekking trail through the Sherpa villages of Phakding, Namche, Tengboche, Dingboche. Next, we take the right turn to Chhukung and climb Chhukung Ri to aid acclimatization.

We will learn and revise knowledge of using climbing equipment and climbing skills at Island Peak Base camp. Finally, we spend a night in base camp. The next day, taking into account the group’s acclimatization, weather, snow conditions, and other factors, we either ascend to high camp to spend the night there or reach the summit the same day. The ascent begins with a scramble up a rocky gully to a ridge where we put on crampons and rope up for the glacier crossing heading towards the south ridge.

The Island peak climbing is mostly trek and scrambling, but 100m headwall just below the summit is the technical section. The route across the glacier is easy-angled, but it can be crevassed in places. From the bergshrund at the base of the headwall, 100m of snow and ice, as steep as 45° is climbed to land on the summit ridge from where you can enjoy fabulous views of Lhotse Shar, Makalu’s west face, the north face of Baruntse and Ama Dablam’s north ridge and many other mountains.

Note: Our Island Peak-14 days program is a quick-going itinerary designed for trekkers/climbers who have passed high-altitude trekking experience. For those who don’t have high altitude trekking experience but would like to climb Island peak, we suggest another program –Island Peak Climbing with Everest Base Camp Trek-19 days or Island peak climbing with Gokyo Lakes and Everest Base Camp Trek-22 days. These programs allow the participant plenty of time to acclimatize before attempting the Island peak itself.

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PRICE INCLUDES

- Airport and hotel transfers as per itinerary in private vehicle
- 2 nights' accommodation (twin sharing) in Kathmandu in a 4-star category hotel: Ramada Encore or similar
- Round trip flight Kathmandu – Lukla– Kathmandu including departure taxes
- Island peak climbing Permit, National Park Permits (Please bring 2 passport size photos for permit)
- Group Climbing equipment (Climbing Rope, Ice Screw, Snow Bar, Ice Hammer)
- Climbing Sherpa guide from Island peak base camp for the summit and back to base camp
- Meals (breakfast, lunch and dinner) during the trek and climb including tea/coffee
- Best available accommodation in local lodges during the trek and tented accommodation during climb; we provide rooms with private bathrooms and hot shower at Phakding, Namche and Lukla
- Staff– one professional, knowledgeable and friendly English speaking climbing leader, assistant guide (6 trekkers: 1 assistant guide) and necessary porters and helpers including their food, accommodation, salary, equipment, transportation, and insurance
- Duffel bag, sleeping bag, and down jacket for use during the trek and climb
- Icicles Adventure T – shirt, trekking map and trip achievement certificate
- First aid kit
- All government taxes & office service charge

PRICE EXCLUDES

- Nepal visa arrangement (more on Nepal Visa Information)
- International airfares
- Excess baggage charges
- Travel and rescue insurance
- Sightseeing activities in Kathmandu
- Added night/s accommodation in Kathmandu because of early arrival, delayed departure, early return from mountain (due to any cause) than the programmed itinerary
- Lunch and dinner in Kathmandu (and also in the case of early return from mountain than the programmed itinerary)
- Alcoholic drinks and cold drinks
- Personal expenses such as phone calls, bar bills, laundry, battery recharge, bottled or boiled water, hot shower, extra porters, etc
- Personal trekking and climbing gears
- Tips for guides and porters (tip is expected by staff)

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ITINERARY IN DETAIL

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

With a youthful feeling of adventure, you are now going to land in the Tribhuvan International Airport (TIA) of Kathmandu and begin your journey from which you wish to create a lifetime worthy experiences and memories. So, after your arrival an airport representative of Icicles Adventure will welcome you at the arrival terminal and you will be transferred to your hotel . In your hotel rooms, you can take some shower and rest a bit before walking outside to have a look around of the places near your hotel. Stay overnight at Kathmandu.

Accommodation: Hotel

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

Hope you're ready for an adventure because today is the day when you leave behind the dusty polluted city area of Kathmandu and fly to the Himalayan serenity of Khumbu region in eastern Nepal. We transfer you to the domestic airport departure terminal and as scheduled you shall take a much-needed lovely short flight to Lukla (2,800m/9,186ft) from Kathmandu which can be up to 40 minutes long. During your flight, you can see the landscape changing dramatically into greenish color made up of innumerous hills and if you look straight in the far north, you can even see the snowcapped Himalayas too even before your landing. So, don't forget to capture your flight moments. After reaching Lukla, we now have to head upward toward the next village which is locally known as Phakding. Phakding in general is just a normal local village with scenic hill trails and tea houses which provide a place of shelter for trekkers wanting to trek in the Khumbu region. Stay overnight at Phakding.

Walking time 3 -4 hrs – Accommodation: Local lodge – Included Meal: B, L, D

Day 3: Phakding to Namche Bazaar (3,440 m/11,283 ft)

Get up as today we have to head in the direction of Namche Bazaar which often is referred to as the unofficial Sherpa capital in Khumbu region. Popular for being a very touristic spot, Namche Bazaar is densely packed with several tea houses, cafes and bars which offer modern facilities to their guest such as Free Wi-Fi, local & foreign delicacies, hot shower and bars to meet other foreign tourists making their way into the stunning Khumbu region. Several crossings of the mesmerizing Dudh Koshi River are required along with a short thrilling moments over soaring windy bridges before reaching our destination today. Spell binding views of Mt. Thamserku which has an estimated height elevation of 6,608 meters above sea level can be seen by trekkers as they march towards Namche Bazaar. Monjo, also known as the village which serves as an entry gateway to the fascinating Sagarmatha National Park, lies just ahead of Namche Bazaar so as soon as we depart from Monjo we are to climb our way to the bustling town of Namche Bazaar. Stay overnight at Namche Bazaar.

Walking time: 5-6 hrs – Accommodation: Local lodge – Included Meal: B, L, D

Day 4: Namche Bazaar: Acclimatization Day - Hike to Everest view hotel

The term "Acclimatization" means the process of allowing your body to adjust to the surrounding environment specially at high altitudes. This is an integral phase of our trek when we are to stay in Namche Bazaar for one extra day in order to help our bodies acclimatize to the harsh environment of these elevated places. Furthermore, we have

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to reach an high elevation of more than five thousand meter in the coming days, hence we have to stay in Namche bazaar and let our bodies adjust properly. As the elevation of a place increases, the amount of Oxygen molecules which are needed for our body organs to function properly starts getting lower and lower. Due to which severe brain trauma or heart and lung failure can happen anytime as we trek higher and higher. Therefore, you have to spend a day here for acclimatization purposes as we do warn you that without proper acclimatization trekkers can succumb to the effects of high elevation and may even die if not treated early. Having said that, it doesn't mean you should stay indoors all day, as being active throughout the day with normal easy paced walking activities are highly preferred for acclimatization. So as planned we shall hike to the Everest View Hotel where you can get the first glance at the formidable Himalayan giant of Mt. Everest. Stay overnight at Namche Bazaar.

Walking time 4 – 5 hrs – Accommodation: Local lodge – Included Meal: B, L, D

Day 5: Namche Bazzar to Tengboche (3860m/12660ft)

Refreshing morning view await you as you wake up in the heart warming Namche Bazaar. You shall have your breakfast and after finishing your breakfast, we again start trekking towards higher elevations. Initially on our way to Tengboche (3,850m), we pass through verdant forested trekking trails with Himalayan Thar and gorgeous pheasants scattered all over the place. Due to our scheduled acclimatization stop at Namche Bazaar yesterday, trekkers should have no problem walking up to Tengboche. However, even with our acclimatization, if they feel like their body has not properly acclimatized and making it difficult for you to trek onward then we suggest you to inform your trekking guide as soon as possible so that he may help you. Moving on, we now reach Kayangjuma which is a small village where lodges and few tea houses can be seen. After here, we now arrive at Sansa which is the place where trekkers who are planning to go to Gokyo Lake make a turn away from the classic Everest trek trail. Further ahead, we now have to cross a bridge decorated with numerous Buddhist prayer flags to reach Phunki Thenga. Later, with some extra last steps, trekkers reach at the beautiful Tengboche village which is popular for having the largest Buddhist Monastery of the entire Khumbu region. Stay overnight at Tengboche.

Walking time 5 – 6 hrs – Accommodation: Local lodge – Included Meal: B, L, D

Day 6: Tengboche - Dingboche (4410m/14464ft)

After enjoying the night at the religious hub of Tengboche village, we have to now head on to the next destination of Dingboche village which requires a climb up of 500 meters in one day. Hence, fill your tummy with adequate food so that it can power you up for your grueling adventure ahead. Initially walking amongst a peaceful calm trail, trekkers can witness enchanting natural scenery and eye-catching wildlife thriving in this beautiful landscape. Continuing ahead trekkers may see several Himalayan Musk Deer grazing around the dense rhododendron forests before reaching another village called Deboche. From here onward, we need to make a descend down to Imja Khola in order to cross a suspension bridge. Upon crossing this magnificent river, trekkers if they look up, can see towering image of the most beautiful mountain in the world, Mt. Amadablam amongst the background of bluish crystal clear sky behind it. Traversing through a lot of chortens and maniwalls, we now arrive at the Pangboche village where we can take some rest before our final push to reach the Dingboche village. Enjoy your cup of locally prepared tea while glancing at the fabulously stunning Mt. Amadablam. Walking beside a scenic river our remaining day takes us higher with minute ascents time to time. And for our own benefit, we manage to arrive at the Dingboche village where trekkers

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can notice that very few vegetation is growing around due to the sudden increase in the altitude. Small spiny shrubs are mostly present here which signals the fact that the elevation from here onward is increasing more and more. Nevertheless, you can get a proper night sleep here while you enjoy the clean fresh air and locally cooked Nepalese dishes. Stay overnight at Dingboche.

Walking time 5 – 6 hrs – Accommodation: Local lodge – Included Meal: B, L, D

Day 7: Climb Chukkung Ri (5546m/18190 ft) and trek to Chhukung (4730m/15514ft)

At any cost, we have to minimize our chances of getting Altitude Sickness, hence we are required to acclimatize our bodies regularly after trekking higher than 1000 meter. So, to keep this rule intact, we have planned another acclimatization day today in Dingboche but just like in Namche Bazaar we are to have a short hike to a place called Chhukung. Today we wake up, have our breakfast and then with some energizing talks get on ahead towards Chukkung Ri. Directly situated over Dingboche village, we now head towards Chhukung valley from where trekkers can witness intense dramatic natural scenery of several Himalayan mountains. Later the trail starts to become a bit steeper as we try to reach atop the Chhukung Ri but nevertheless, it shall be a rewarding experience for those who manage to get themselves high above the tall Chhukung Ri. Presenting trekkers with the panoramic view of Lhotse (8516m), Nuptse (7861m) and even the glorious Island Peak (6189m) alongside others such as Mt. Makalu (8481m), Mt. Lobuche (6119m), Mt. Cholatste (6335m), Mt. Taweche (6367m) and Mt. Thamserku (6608m). Additionally, to that, a Himalayan lake called the Chola Tsho which is situated at 4,590m also can be seen from here if you know where to look. After taking few pictures and selfies we now descend back down all the way to Dingboche. Stay overnight at Dingboche.

Walking time 6 – 7 hrs – Accommodation: Local lodge – Included Meal: B, L, D

Day 8: Chhukung to Island peak base camp

Next on our itinerary is the popular Island Peak Base Camp which can be reached within a day while marching through some very beautiful Himalayan terrain. It is going to be a short trek today but we are also to stay at the Island Peak Base Camp for the upcoming 2 days. So, you have to be ready for that as it can be a very exotic trekking/camping experience for you while sleeping and staying inside a tent at a very high altitude. Being moderate steep hike today, trekkers don' have to exert much physical pressure to their bodies while heading towards the Island Peak Base Camp. Walking below the southern flank of the potent natural structure of Lhotse Glacier, we march onward on a very zigzagging trail while gaining incredible Himalayan views. Later we arrive at our final destination of Island Peak Base Camp and within few moments of reaching there, our trekking staff shall build up a nice comfortable tent for you and the trekking staffs. Till the tents are being built, trekkers can rest and relax for a while as trekkers might be exhausted after walking at high altitudinal terrains. Afterward, you climbing guide shall give you proper climbing information regarding your climb ahead to the top of Island Peak. Some very vital climbing knowledge including climbing gears and equipment will be provided. The use of harness, ropes, axes and crampons will be pre-taught before your climb tomorrow. However, this part of the day is not mandatory but rather it is done to help you prepare effectively for your climb and make sure that you have the necessary skills in order to climb up the Island Peak. It is also designed to help boost your self-confidence and create an environment where climbers can relinquish their fears relating to their upcoming climb. Nonetheless, it will be an energizing fun experience for you. Stay

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overnight at Island Peak Base Camp.

Walking time 4 hrs – Included Meals: B, L, D

Day 9: Reach the summit of the Island peak (6,189m/) and return to Chhukung (4,730m/15,518ft)

After discussing our climbing strategy today, we make an early ascent to head for the summit of Island Peak. Do note that the weather conditions and other factors can affect your climb so after getting all the necessary approval from your climbing guide, we begin our grandeur climb. In the beginning phase of our trek, we climb up from the Island Peak Base Camp to the High Camp which is located at a high elevation of 5,600 meters above sea level. During this moment climbers need to climb up through a well-defined route covered with vague white snow all around. Upon reaching High Camp, the next day we make an attempt to summit the peak entirely from the High Camp. Hence, we need to wake up early in the morning in order to make use of the stable weather conditions. There will be only a short opening for our chance to summit the peak today so we can't miss it by anyway possible. Continuing our climb, we have to move past through steep rock sites into a ridgeline which takes us to a technically challenging spot of 100m headwall section. After going through here, climbers reach the summit of Island Peak where they can rejoice their accomplishments and enjoy the magnificent Himalayan scenery which lets them see Mt. Lhotse (8,501m), Mt. Nuptse (7,879m), Mt. Lhotse Shar (8,383m), Mt. Makalu (8,475m) and Mt. Amadablam (6,812m). After accomplishing the successful climb of Island Peak we now descend to Chhukung on our 10th day. Stay overnight at Chhukung.

Walking time 10-11 hrs – Included Meals: B, L, D

Day 10: Contingency Day -an extra day given in case the targeted summit day has unfavorable weather conditions to summit

Day 11: Trek back Chhukung to Namche Bazzar

From the Chhukung village, we have to again return our way back to Namche Bazar today. After finishing our breakfast as usual, trekkers shall tighten their laces and march down while enjoying the beautiful natural scenery along the way. Today the most of the trail is downhill so we take care of your knees as they can sometime bother trekkers while making a fast-paced descent on a rugged Himalayan trail such as ours. Similarly, like before we now reach the raging river of Dudh Koshi as the temperature tends to get a bit hotter as you can witness the melting of large ice masses down below forming small streams of fresh waters. Following our old trail, we traverse past several forested regions where rhododendron and pine trees thrive verdantly. Do keep your eyes open as you may see wild animals and birds at a distance which can be a worthy sight for nature and animal lovers. You can also take some vivid pictures of the landscapes using your cameras as you are now leaving these naturally blessed regions. Lastly with many ups and downs along the way, trekkers arrive at the scenic mountain town of Namche Bazaar where they enjoy the much-needed hot showers to sooth their aching muscles and become dirt free before trekking down to Lukla tomorrow. Enjoy sleeping in the comfy rooms of your lodges/tea houses at Namche Bazaar as we have a flight to catch tomorrow. Stay overnight at Namche Bazaar.

Walking time 6-7 hrs – Accommodation: Local lodge – Included Meal: B, L, D

Day 12: Namche Bazaar to Lukla

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The trekking trail which lies ahead is similar to those which we have travelled as we take the same way back to Lukla which we had previously taken to reach Namche earlier in our initial days of trekking. Just like before we have to cross several suspension bridges while making sure to enjoy the serene natural walks in the lovely Khumbu region. We can see the strong potent flowing waters of Dudh Koshi shimmering and transforming into ever larger river. Buddhist prayer flags can be seen fluttering along the Hillary Suspension Bridge as we make our journey to the hill airstrip of Lukla village. Historically known as the Tenzing-Hillary Airport, the Lukla Airport serves as the best and fastest modes of transportation to reach Kathmandu from here. After arriving at Lukla, we shall take our shoes off and enjoy a glass of beer to celebrate our accomplishments before heading to bed for a good night sleep. Stay overnight at Lukla.

Walking time 6 – 7 hrs – Accommodation: Local lodge – Included Meal: B, L, D

Day 13: Fly back to Kathmandu

As the sun rises and starts the beginning of another beautiful day, we shall wake up and have our breakfast before our early flight departure to Kathmandu from Lukla. Usually the flights back to Kathmandu are scheduled during the morning as the weather up here drastically changes. Hence, we have to wait another one day if our flight gets cancelled or delayed due to weather related circumstances or other influential factors. Our flight will take us to Kathmandu within 40 minutes of taking off and upon landing at Kathmandu, trekkers will be transferred to their respective hotel rooms by our representative who shall be waiting at the airport with a private vehicle for your transport. Stay overnight at Kathmandu.

Walking time 8 -9 hrs – Accommodation: Hotel – Included Meal: B, L, D

Day 14: Departure

It's day fourteenth and sadly it is the day when we have to say Goodbye! As scheduled earlier your flight for your departure back to your home nation is today so a representative of Icicles Adventure shall escort you to a private vehicle for your transport to the International Airport. We wish to see you soon back in Nepal with us for more memorable adventures just like this one. Last of all, we wish you a safe and happy trip back home! Farewell, my friends!!!

Included Meals: B

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FAQ

1. What are the prerequisites for Island peak climbing?

First according to newly formulated rule by Nepal government authority, one must be at least 16 years old to be eligible for climbing peaks above 6000m peaks that applies while climbing Island Peak too. Next you must be both physically and mentally strong for successful completion of this trip. You also need Nepali Visa, Peak Climbing Permit and TIMS Permit to join in for Island peak Climbing. And you are expected to allocate couple of extra days in Nepal.

2. I do not have any mountaineering experience, can I climb Island peak?

Yes, you can. Previous mountaineering experience is not mandatory but you need to have good physical fitness and stamina with strong will power to step on summit of Island peak. You will be trekking along popular Everest region until you get at Island Peak Base Camp. From base camp, you will be stepping on ice using basic climbing skills that will be taught in detail by our experienced professional climbing guides. So, if you haven't climbed any peak before, Island Peak is the peak to climb for great experience of lifetime.

3. How can I prepare for Island Peak Climbing?

Preparations are necessary before embarking on any trip and same thing applies while climbing Island Peak. First thing you need to prepare is to make your body in best shape possible. For that you need to start workout, cardio training and continue exercise to increase physical and mental stamina that helps during the trip. As a physical training you can join gym, or swimming, mountain biking and embarking on short treks with backpack and trekking boots will also gives you an idea on your fitness level and improvement possibilities.

4. Which is the best season for Island Peak Climbing?

There are basically two best seasons for trekking and peak climbing in Nepal. One is autumn season from September to October when the weather will be mostly fine, dry season with less chances of rainfall and excellent views of crystal clear Himalayan peaks. In the similar way, spring months in April and May is the best time for all Himalayan expeditions including Island peak climbing. And always remember it is always a best time to inquire and book your trip. So contact us now for booking and extra updated further information.

5. What type of Insurance Policy should I purchase for Island Peak Climbing?

Travel Insurance policy is mandatory that you must get before joining any trips in Nepal from your home country. Regarding Island Peak Climbing, your must purchase the insurance policy that covers high altitude peak climbing, Himalayan mountain helicopter rescue that transfer you from Everest region to Kathmandu.

6. What equipment do I need for Island Peak climbing? & Where to get it?

The equipments required for Island Peak Climbing are as follows:
If you have your personal sleeping bag, sleeping mat, down gear as well as fleece, Gore-Tex jackets and trekking boots; then it is advisable to pack it and bring your own. However, we provide these equipments with duffle bag from company. You have to return after the trip. You are requested to have a look at our page containing detail list of trekking equipments.

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Further the required peak climbing equipments are climbing boots, basic climbing gear such as a helmet, ice-axes, crampons, climbing boots, alpine style harness, ascender device, jumer all of which are easily available on hire at Chhukung at cost of 80$ to 100$ which is included in our cost.

7. Who will carry my equipments during Island Peak Climbing?

All of your equipments will be boarded along with you on a Lukla flight and from Lukla the entire luggage will be carried by our porters and even yaks/mules are hired if required. You just need to carry a handbag with basic essentials in it like cash, water, energy bars, few layers of clothing and camera.

8. Any specific health and physical fitness requirements for Island Peak Climbing?

You must be in good physical condition with ability to walk, ascend and descend 6 hours a day in average. If you have any illness specially respiratory and cardiac and neurology ones, consult your doctor before planning. Symptoms of AMS is normal if you haven't been to high altitude before, we take precautions and try to avoid AMS as possible. All of our climbing guides are high altitude trained professionals. If AMS condition worsens, they will take you to lower elevations and call for helicopter rescue to Kathmandu if further medical attention is required.

9. What kinds of Accommodations are used while climbing Island peak?

You can choose from standard to Luxury accommodation in Kathmandu. Basically, we offer four nights twin sharing accommodation in 3-star hotel in Kathmandu with breakfast. Whereas, on the trekking trails, tea houses with basic facilities on sharing basis (two beds in one room and you have to share with another same gender person) and one night camping accommodation at Island peak base camp.

10. What food do we eat while on Island Peak climbing trip?

While you are on Kathmandu, enjoy delicious breakfast included in cost while full board meals during the trek and camping day on Island Peak Base camp. You are advised to get a packet of energy bars and high energy producing items like raisins and cashew nuts etc. at Kathmandu. On trekking trails, mostly you will be offered with soups, porridge, noodles, rice and lentils, omelet, bread, pasta, tea, yak butter milk, yak cheese are served at most of the tea houses while, while at base camp dried packaged foods and other meals prepared by our camping cooks.

11. Who will be my Island Peak climbing guide (leader)?

All of our trekking leader and climbing guides are professionals with decades of experience in their related field. They are trained on high altitude, basic medications, and government certified license holders. They will ensure your safety while make your trip more enjoyable and worthwhile experience.

12. How to Book this Island Peak Climbing trip?

Simply make your Island Peak Climbing happen by booking online. Click on the Book Now button on top right side of the trip page. Fill up the simple form and you are done. You can also join in our fixed departure dates where the departures are guaranteed and you will be part of our Island Peak Climbing team along with like minded people.

13. What type of view is expected from Island peak?

From top of Island peak, excellent views of Ama dablam, Nuptse, Baruntse and other peaks is seen. Whereas, Lhotse Himalaya seems like it is at a touching distance right in front of us from top of Island Peak.

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14. Is this trip customizable?

Yes, our Island Peak Climbing trip is customizable as per your need and requirements. If you need extra days for acclimatization, or want to add popular Everest base camp trek in the itinerary; it is always possible. Or else if your budget is low, we can manage your Island Peak Climbing trip your way without compromising on safety and other basic standards.