

# Island Peak

Explore, ascend, and reach new heights with our expert-guided mountaineering expeditions.

## COUNTRY

Nepal

## ACTIVITY

Peak Climbing

## ACCOMMODATION

Hotel/Lodge/Tent

## WALKING

4-6hrs

## MAX ALTITUDE

6,189

m

## DURATION

19

Days

## DIFFICULTY

Hard

Difficult

## GROUP SIZE

5

People

## Expedition Overview

Island Peak is a mountain in the Solu-Khumbu region of Nepal, and is located in the Mahalangur Himalayas, near Mount Everest. It is also known as Imja Tse, and is one of the most popular trekking peaks in Nepal. At an elevation of 6,189 meters (20,305 feet), Island Peak offers stunning views of the surrounding peaks, including Mount Everest and Lhotse.

The trek to Island Peak typically begins in Lukla, and follows the classic route to Everest Base Camp. From there, trekkers head to the Imja Valley and make the ascent to Island Peak. The trek is considered moderately challenging and offers a unique blend of cultural and natural beauty, with traditional Sherpa villages, monasteries, and glaciers along the way.

## INCLUDES

- **1. Arrival & Departure** – Airport - Hotel transfers – Airport (Pick Up and Drop).
- **2. Hotel Accommodation** – 4 nights hotel (4-star category) in Kathmandu on a bed & breakfast Basis- Sharing Twin Bed Room.
- **3. Welcome Dinner** – One Welcome Dinner in a tourist standard restaurant in Kathmandu with Office's Staffs
- **4. Cargo Clearance** – International Air cargo clearance of Member Personal Luggage & Payment of Government taxes in Nepal. \*\*before the expedition.
- **5. Permit** – Expedition Royalty and permit of Nepal Government to climb Mt. Ama Dablam, Sagarmatha National Park entry permit, Pasang Lhamu Rural Municipality entry permit and fees
- **6. Liaison Officer** – 1 Government Liaison officer with full equipment, salary and accommodation.
- **7. Garbage Management** – Shipment Transfer & Garbage Deposit fees
- **8. Insurance** – Medical & Emergency rescue Insurance for all involved Nepalese staffs during the trek and expedition.
- **9. Member transportation** – Air Transportation: Fly from Ramechap\*/Kathmandu – Lukla and while returning Lukla - Ramechap \* / Kathmandu, domestic flight as per itinerary
- **10. Expedition Stuffs Transportation** – Necessary all equipment Transportation for all Members and Staffs From Kathmandu to Lukla (by air cargo/vehicle) and to Base camp (by Porters / Yak) – While returning: Base camp to Lukla (by porters / Yak) and Lukla to Kathmandu (by air cargo/vehicle). Member's personal equipment will be transport by air.
- **11. Member Luggage** – Up to 60 Kg per member for personal baggage during the trek carrying by porter or Yak.
- **12. Food and Lodging** – 3 meals a day (BLD; including tea and coffee) along with accessible accommodation at Hotel/Lodge/Tea house/Camp during the trek and BC. Well-managed base camp set up for member & Staffs. Kailas or The north face tents will be set up while camping in sharing basis.
- **13. Porter** – Porters per member up to Base camp from Lukla & while returning porters from Base camp to Lukla.
- **14. Base Camp Staff** – Experienced and well-trained Base camp Cook & kitchen Helpers as required.
- **15. Staff Salary and allowance** – All Nepalese staffs & porters daily wages,accomodation,salary, equipment, foods & clothing.
- **16. Base Camp Tent** – Each member will have individual Yak Mountain or Kailas tent in Base Camp.

- **17. Base Camp Equipment** – At Base camp: foam mattresses and pillow per member, 1 Dining Tent, 1 Kitchen Tent, 1 Communication tent, 1 Toilet & 1 Shower Tent, 1 Staffs Tent, 1 Tent for Nepalese base camp staffs, Store tents, Tables & chairs & all necessary cooking gears.
- **18. Heater** – Heater for base camp in each Dining and other necessary camp.
- **19. Solar/Generator/Light** – 1 Solar panel or Generator for battery charge and light at base camp for use.
- **20. High Altitude Climbing Sherpa** – 1 veteran and Government Licensed Climbing Sherpa per member. (1 Member: 1 Sherpa).
- **21. Climbing Sherpa Salary & Allowance** – Climbing Sherpa Salary, Equipment, Food and Clothing.
- **22. Bonus** – Carry Bonus of Sherpas and Route Fixing Charges.
- **23. Rope Fixing Team** – The team of experienced Sherpas will fix the route In Ama Dablam (no extra charge will be applied to members).
- **24. Oxygen Bottle** – Oxygen bottles will be in stock at base camp in case of an emergency (subjected to charge).
- **25. Oxygen Mask & Regulator** – Sets of Summit Oxygen mask will be in base camp in case of an emergency.
- **26. Satellite Phone** – Satellite Phone for emergency communication carried by Sherpa, also available for members with appropriate charge.
- **27. High Camp Service** – High Altitude Tent, Necessary cooking EPI gas, cooking pot for member, High food for member, Sherpa, all climbing and cooking crew at (C1) (C2) (C3). Group climbing gears, fixed and dynamic rope during the climbing period as required.
- **28. Walkie-Talkie** – Walkie –Talkie for communicating from Base Camp to Mountain and Mountain to Base Camp.
- **29. Permit** – Satellite Phone / walkie-talkie permit for all members and staffs.
- **30. Weather Forecast** – Weather forecast report from Meteotest, Bern (Switzerland) during the entire expedition.
- **31. Medical Kit** – Comprehensive Medical kit for group.
- **32. Certificate** – Ama Dablam climbing certificate issued by MoCTCA (after climbing Mt. Ama Dablam successfully).
- **33. Map** – Trekking and expedition route map
- **34. High Camp Tent** – One 14 Peaks expedition tent as per sharing basis.
- **35. Training** – Oxygen, Mask Regulator, Ice wall, and gear training at basecamp by Sherpa Guide
- **36. Assistance** – Climbing Sherpa to assist in carrying your gear to the high camps.
- **37. Duffle Bag** – One 14 peaks duffle bag

## EXCLUDES

- **1. Air Fare** – International flight airfare from/to Kathmandu.
- **2. Lunch & Dinner** – Lunch & dinner during the stay in Kathmandu (also in case of early return from Trekking / Expedition than the scheduled itinerary).
- **3. Insurance Policy** – Insurance covering both medical and high-altitude evacuation costs (for the trip cancellation, interruption, high altitude rescue & air evacuation, medical treatment, repatriation, etc.) \*Mandatory
- **4. Personal Expenses** – Telephone, Internet, charging, Laundry, any Alcoholic beverages, personal equipment and shopping
- **5. Nepal's Visa** – Nepalese Visa fee is \$ 125 USD for 90 Days.
- **6. Sherpa summit Bonus** – Summit bonus for climbing Sherpa - Minimum 800 USD
- **7. Rescue Evacuation** – Emergency rescue evacuation cost, if needed and all other personal nature expenses
- **8. Filming** – Special Filming, Camera and Drone Permit fee.
- **9. Local tax** – Applicable National fees, garbage disposal and local taxes.
- **10. Internet Service** – Not included during the trek and the expedition.
- **11. Toiletries** – Soaps, shampoos, toilet and tissue papers, toothpaste, and other items used to keep yourself clean.
- **12. Personal Climbing Equipment** – Clothing, Packing Items, Bags, Personal Medical Kit, and all kinds of Personal Trekking / Climbing Gear.
- **13. Extra Nights in Kathmandu** – Extra nights' accommodation in Kathmandu. In case of early arrival or late departure, early return from Trekking / Expedition, domestic flight cancellation (due to any other reason) than the scheduled itinerary.
- **14. Tips** – Calculate some tips for Basecamp and high camp staff – Minimum 350 USD.
- **15. Extra** – Any other services or activities, which are not mentioned in the itinerary and other items not listed in the “Cost Includes” section.

## Trip Itinerary

Days	Program	Meals	Accommodation	Description
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1	Arrival in Kathmandu (1,400m)	B	Hotel	our adventure begins with a warm welcome at Tribhuvan International Airport in Kathmandu. Our team will transfer you to your hotel, where you can relax and acclimate to the city's altitude. This day is set aside for rest and preliminary preparations for the journey ahead
2	Rest and Preparation in Kathmandu	B	Hotel	Spend the day finalizing gear and attending an expedition briefing. This comprehensive session covers logistics, safety protocols, and the climbing itinerary. It's also a great time to meet fellow climbers and align your focus on the challenge ahead
3	Flight to Lukla and Trek to Phakding (2,600m)	B/L/D	Lodge	A scenic helicopter flight from Kathmandu to Lukla, the gateway to the Everest region, marks the beginning of your adventure. As you fly over the beautiful landscapes, take in stunning views of the Himalayan foothills. Upon landing in Lukla, you'll trek along lush trails, passing through rivers and Sherpa villages, making your way to Phakding. This charming village will be your stop for the night, offering a peaceful rest before continuing your journey. define the Everest region.
4	Namche Bazaar (3,440m)	B/L/D	LODGE	
5	Acclimatization Day (3,440)	B/L/D	LODGE	
6	Dibuche (3,870m)	B/L/D	LODGE	
7	Dingboche (4,243m)	B/L/D	LODGE	
8	Acclimatization Day	B/L/D	LODGE	Hike to Nangkartshang Peak
9	Chhukung (4,730m)	B/L/D	LODGE	
11	Island Peak High Camp (5,550m)	B/L/D	LODGE	
12	Chhukung	B/L/D	LODGE	High Camp to Island Peak Summit (6,189m) and Back to the Chhukung
13	Contingency Day	B/L/D	LODGE	Contingency Day (Due to bad weather)
14	Tengboche	B/L/D	LODGE	
15	Namche Bazaar	B/L/D	LODGE	
16	Lukla	B/L/D	LODGE	
17	Kathmandu	B/L/D	HOTEL	
18	Sightseeing	B/L/D	HOTEL	
19	Back to Home	B	HOTEL	

# Trekking Gear List

## Travel Documents

Valid Passport   Debit/Credit Card   PP Size Photos(4 Pieces)  
Insurance Paper/Certificate

## Medicine / First Aid Kits

Paracetamole

## Upper Body

Thermal Base Layer   Fleece Jacket   Gore Tex Jacket  
Warm Jacket   Wind Proof Jacket   Down Jacket   Cotton T-Shirt

## Lower Body

Trowser   Bottom Base Layer   Fleece Trouser   Gore Tex Pant  
Heavy Weight Pant   Mid Weight Pant   Trekking Pant  
Under Wear   Down Pant   Gaiters for Trekking Boots  
Climbing Boot -6000m   Normal Socks   Summit Socks  
Trekking Shoes   Thermal Bottom Base Layer   Trekking Pants

## Foot Wear

Summit Boot - 8000m   Sport Shoes

## Hand

Thin Fleece Gloves   Wind Stopper Gloves   Heavy Gloves(Guide)  
Summit Gloves

## Head

Sun Cap   Desert Cap   Fleece Hat/Warm Hat   Neck Gaiter

## Eating & Drinking

Water bottle   Thermos

## Bag Packs

Rucksack 35L-50L   Duffle Bag   Dry Bags

## Miscellaneous

Trekking Pole   Pocket Knife   Nail Cutter   Umbrella/Rain Coat  
Hot Water Bag   Pee Bottle   Tenacious Tape Repair  
Altimeter Watch   Satellite Phone(Optional)   GPS Tracker  
Power Bank   Camera