



Island Peak

Trip Facts

Difficulty Challenging and difficult	Max Altitude 6,189m/20,305ft	Accommodation Hotel in Kathmandu / Tea houses on trek and on tent while climbing	Meals
Activity Peak Climbing	Best Season Mar–May & Sep–Nov	Start / End Point	Duration 18 Days

Trip Overview

Island Peak is Nepal's most famous trekking peak. Locally, it is called Imja Tse (6,189m / 20,305ft). It lies in the Everest Region inside Sagarmatha National Park. This peak is not an independent mountain. It is a ridge extension of Lhotse. It rises directly out of the Lhotse glacier. The peak resembles an island in ice. Its semi-technical nature is ideal for beginners. It serves as a perfect stepping stone into mountaineering .

The 14-to-18-day expedition blends trekking with climbing. You will follow the classic Everest Base Camp Trek route first. Your team will acclimatize in Namche Bazaar. You then branch off toward Chhukung village. The summit day provides a true alpine experience. Climbers use crampons, ice axes, and climbing harnesses. You will use jumar ascenders on fixed ropes. This allows you to scale a steep 100-meter headwall. You then finish on a sharp knife-edge ridge.

The summit rewards you with breathtaking views. You will stand face-to-face with Lhotse (8,516m). The panorama includes Makalu and Ama Dablam. You will stay in comfortable local teahouses. Our team sets up serviced tent camps at Base Camp. Himal Trek Nepal manages all complex logistics. We handle NMA permits and group gear. Our elite, certified Climbing Sherpas guide your push. This maximizes your safety and success.

Trip Itinerary

Day 1 - Arrival in Kathmandu

Day 2 - Flight from Kathmandu/Manthali to Lukla (2,845m), Trek to Phakding (2,610m)

Difficulty	Max altitude 2,845m/9,334ft	Accommodation	Meals
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Day 3 - Phakding to Namche Bazaar (3,440m)

Day 4 - Acclimatization Day in Namche Bazaar (3,440m)



Day 5 - Namche Bazaar to Tengboche (3,860m)

Difficulty	Max altitude 3,860m/12,664ft	Accommodation	Meals
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Day 6 - Tengboche to Dingboche (4,410m)

Difficulty	Max altitude 4,410m/14,469ft	Accommodation	Meals
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Day 7 - Acclimatization Day in Dingboche (4,410m)

Difficulty	Max altitude 4,410m/14,469ft	Accommodation	Meals
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Day 8 - Dingboche to Lobuche (4,940m)

Difficulty	Max altitude 4,940m/16,207ft	Accommodation	Meals
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Day 9 - Lobuche to Gorak Shep (5,164m) & Hike to Everest Base Camp (5,364m)

Difficulty	Max altitude 5,364m/17,598ft	Accommodation	Meals
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Day 10 - Hike to Kala Patthar (5,545m) & to Chhukung (4,730m / 15,518ft)

Difficulty	Max altitude 4,730m/15,518ft	Accommodation	Meals
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Day 11 - Trek from Chhukung to Island Peak Base Camp (5,087m / 16,689ft)

Difficulty	Max altitude 5,087m/16,690ft	Accommodation	Meals
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Day 12 - Pre- Summit Training Day at Base Camp (5,087m / 16,689ft)

Difficulty	Max altitude 5,087m/16,690ft	Accommodation	Meals
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Day 13 - Summit Day! Base Camp to Island Peak Summit (6,189m)

Difficulty	Max altitude 6,189m/20,305ft	Accommodation	Meals
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Day 14 - Trek from Chhukung down to Namche Bazaar (3,440m / 11,286ft)

Difficulty	Max altitude 3,440m/11,286ft	Accommodation	Meals
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Day 15 - Namche Bazaar to Lukla (2,845m)

Difficulty	Max altitude 2,845m/9,334ft	Accommodation	Meals
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Day 16 - Flight from Lukla back to Kathmandu/Manthali

Day 17 - Free day for self exploration.

Day 18 - Final departure.

Cost Includes & Excludes

Includes:

- 3 nights accommodations during Kathmandu stay in twin sharing basis.
- Internal Flights & Ground Transit: 1. Round-trip domestic flights between Kathmandu (or Manthali) and Lukla. 2. Airport transfers via private vehicle in Kathmandu and Ramechhap.
- Required Permits & Fees: 1. Sagarmatha National Park Entry Permit. 2. Khumbu Pasang Lhamu Rural Municipality Local Permit. 3. Peak climbing permit. 4. TIMS (Trekking Information Management Systems) card if applicable.
- Accommodation Along the Trail: 1. Standard twin-sharing rooms in local tea houses or mountain lodges and fixed camp during climbing for total of 15 nights.
- Trekking Support Staff: 1. Salary, insurance, food, accommodation, and equipment for a licensed English-speaking guide. 2. Salary, insurance, food, and accommodation for porters (typically 1 porter shared between 2 trekkers, carrying up to 20–25kg total).
- Meals on the Trek: 1. Full board meals: 3 meals a day (Breakfast, Lunch, Dinner) chosen from the tea house menu. 2. Post-dinner hot beverages (tea or coffee) or a cup of hot water.
- Safety Gear: 1. First-aid kit carried by the guide, including an oximeter to monitor oxygen levels daily.

Excludes:

- Climbing gears like Crampons, Ice ax, Summit gloves, harness, down jackets, poles, insulator etc.
- International Travel Costs: 1. International airfare to and from Kathmandu. 2. Nepal Tourist Visa fee (payable in cash USD upon arrival at Tribhuvan International Airport).
- Travel and Emergency Insurance: 1. Mandatory: Travel insurance that explicitly covers emergency helicopter evacuation up to 6,000 meters (most basic plans cap out at 3,000m).
- Meals before & after trek in Kathmandu & extra stay in Kathmandu hotels other than mentioned above: 1. Hotel up-gradation might cost extra depending on your request.
- Trail Luxuries & Services (Tea house Add-on): 1. Hot Showers: Gas or solar-heated showers cost between \$3 to \$7 USD per shower (prices increase with altitude). 2. Device Charging: Power banks, phones, and camera battery charging cost \$2 to \$5 USD per full charge. 3. Wi-Fi / Connectivity: AirLED or Everest Link Wi-Fi prepaid cards cost roughly \$5 to \$10 USD for a set amount of data. 4. Drinking Water: Bottled water costs \$1 to \$4 USD per bottle (it is highly recommended to bring water purification tablets/filters instead).
- Personal Trekking Gear: 1. Down jackets, sleeping bags, hiking boots, trekking poles, and backpacks (though sleeping bags and jackets can be rented cheaply in Kathmandu for around \$1 to \$2 a day).
- Beverages & Snacks: 1. Alcoholic drinks (beer, spirits), specialty coffees, soft drinks, and bakery items at Namche or trail cafes.
- Tips & Gratitude: 1. Tipping guides and porters is custom and highly expected. The industry standard is roughly 10% to 15% of your total trek cost, pooled together by the group and handed out on the final evening in Lukla.