



info@nepalbasecamptreks.com
[+977-9851111874](tel:+977-9851111874)

Island Peak Climbing

URL: <https://nepalbasecamptreks.com/trip/island-peak-climbing/>

Trip Code

NBT 025

Destination

Nepal

Activity

Peak Climbing In Nepal

Start / End Point

lukla / lukla

Duration

15

Per Person From

USD 2,200

Accommodation

Tea House/Camping

Region

Everest Region Treks

Max. Altitude

6187m.

Nature Of Trek

Lodge to Lodge Trekking

Best Season

September, November, March, May

Activity Per Day

3-5

Transportation

Both way Domestic Fly

Tea House/Camping

Adventure/Expedition

Trip Highlights

With extensive experience leading Himalayan adventures, our team focuses on safety, acclimatisation, and professional guidance throughout every Island Peak Climbing expedition. From pre-climb preparation to summit day support, we ensure climbers have the knowledge, equipment, and assistance needed for a rewarding mountain experience.

Highlights Of Island Peak Climb

- Stunning vistas of Everest, Lhotse, and Makalu from the summit.
- Opportunity to hone mountaineering skills on steep slopes and icy ridges.

- Trek through traditional Sherpa villages like Namche Bazaar, Tengboche, and Dingboche.
- Beautiful trails through Sagarmatha National Park with diverse flora and fauna.
- Experience staying in cozy teahouses and lodges along the route.
- Achieving the summit at 6,189 meters (20,305 feet), a significant accomplishment.
- Interacting with local Sherpa communities and learning about their way of life.
- Possibility of spotting Himalayan wildlife, such as yaks, blue sheep, and snow leopards.

Trip Overview

Island Peak Climbing, aka Imja Tse, is a beautiful and famous peak in Nepal's Everest region. The trail is in Sagarmatha National Park, a UNESCO World Heritage Site. Nestled in **6189 meters (20305 feet)**, you will cover approximately 60 kilometers (37 miles). This trek extends beyond Everest Base Camp,, offering mountaineering and trekking at once.

Taking this trial, you will witness panoramic views of some of the highest mountains in the world. Besides, the trek also offers you a chance to immerse in the rich culture of local people. However, the 15-day Island Peak trekking with Everest Base Camp (EBC) presents several challenges, primarily due to the combination of high altitude, extreme weather conditions, and the physical demands of the trek. You often face altitude sickness, unpredictable weather, and the rigorous climb to Island Peak. Furthermore, this trek also requires both physical fitness and technical climbing skills. With its high altitude and remoteness, it is also tough to arrange accommodations, supplies, and the best acclimatization schedules.

Island Peak Climbing Details Itinerary

Day 01: Kathmandu to Lukla and Trek to Phakding (2652m/9184ft) - 3 hours of trekking

After an early breakfast, we will board a short flight from Kathmandu to Lukla at 2827m. The 35-minute flight will take us to an airstrip established by Sir Edmund Hillary and the Sherpas in the mid-1960s. Upon landing, we will explore the village while our Sherpa team organizes and loads the trekking gear. In the afternoon, we will begin our trek by descending towards the Dudh Kosi River, joining the main trail to Namche Bazaar just above Chaurikharka at 2713m. The trek will be relatively easy, and after passing through the small village of Ghat at 2550m, we will reach Phakding for our overnight stay.

Meals included: breakfast, lunch, and dinner with tea/coffee.

Trek Duration

3 hours

Highest Altitude:

2652m

Day 02: Trek from Monjo to Namche Bazaar (3446m) - 4 hours of trekking

Today's trek will be more challenging, featuring a steep ascent to Namche Bazaar. From Monjo, we will take a short walk to the entrance of the National Park before crossing the Dudh Kosi to reach Jorsale at 2805m. The trail will continue upstream on mostly flat terrain, crossing back to the right bank towards the confluence of the Bhote Kosi and Dudh Kosi rivers.

Here, we will begin the steep climb to Namche Bazaar. After crossing a high suspension bridge, we will ascend steadily towards Namche, seeing spectacular views of Everest, Lhotse, Nuptse, Ama Dablam, and Taweche **(6542m)**. Upon arrival in Namche, we will have lunch, and in the afternoon, we will be free to explore local shops or simply enjoy the breathtaking scenery.

Meals included breakfast, lunch, and dinner with tea/coffee.

Trek Duration

4 hours

Highest Altitude:

3446m

Day 03: Acclimatization Day in Namche Bazaar

We will spend an additional night in Namche to acclimatize to the altitude. Namche, a prosperous village situated in a large protected hollow, historically thrived on the trade of Tibetan salt for lowland grains. Today, some trade will continue, with Tibetans often seen trading rugs, Chinese goods, clothing, salt, and dried meat.

It's recommended to witness the sunrise and sunset views from the National Park Headquarters above the village, offering a mesmerizing panorama of the Khumbu peaks, including Everest. After breakfast, there will be various options, such as a walk towards Thami (3810m) along the Bhote Khola river valley or a visit to the National Park Headquarters to explore displays of Sherpa lifestyle and culture, mountaineering exhibits, and details of the park's flora and fauna. Our guides will provide advice and escort us on our excursions.

Meals included: breakfast, lunch, and dinner with tea/coffee.

Day 04: Trek from Namche Bazaar to Tengboche (3850m) - 4-5 hours of trekking

The trail will wind around the lower slopes of Khumbilya, passing through beautiful birch forests and onto treeless, grassy slopes, reaching a stupa at 3992m on a rocky ridge at Mongla. The mountain views here will be stunning. Across the valley, Phortse will be visible, a charming village surrounded by stone-walled fields. From the stupa, we will descend on switchback trails to the Dudh Kosi River, 300 meters below, at Phortse Bridge, then cross the Dudh Kosi and ascend to the village of Phortse for the night.

Meals included: breakfast, lunch, and dinner with tea/coffee.

Trek Duration

4-5 hours

Highest Altitude:

3850m

Day 05: Trek from Phortse to Pheriche

We will ascend from Phortse through the high ridge of Imjakhola, keeping an eye out for Blood and Danphe Pheasants, Musk Deer, and Himalayan Thar on the steep valley slopes. The route will gradually ascend and descend to the village of Pangboche, where the peak of Ama Dablam will dominate the skyline. After lunch and a possible visit to the monastery that once housed the legendary Yeti scalp, we will continue to ascend gradually above the Imja Khola, passing tea houses at Orsho before crossing the Imja Khola to reach Pheruche.

Meals included: breakfast, lunch, and dinner with tea/coffee.

Day 06: Trek to Lobuche (4930m)

We will continue our ascent, moving through the broad valley beneath the towering peaks of Cholatse and Tawache to our left. Turning right, we will embark on a steeper climb towards the base of the Khumbu Glacier. Along the way, we will pause for lunch at Duglha, a tea house nestled amidst the rugged terrain.

Afterward, we will zigzag through boulders on the terminal moraine of the glacier, where numerous stone cairns will memorialize Sherpas lost on Everest expeditions. The path will then gently ascend along the glacier, leading us to the cluster of houses at Lobuche.

Meals included: breakfast, lunch, and dinner with tea/coffee.

Day 07: Trek to Gorak Shep (5184m), Everest Base Camp (5357m), and Kala Pattar (5554m)

Today's journey will take us along the Khumbu Glacier, offering breathtaking views of the surrounding mountains, especially where the trail will rise to cross a tributary glacier. We will pause for lunch at Gorak Shep, our base for the night. Later in the afternoon, as the sunset casts hues on Everest, we will ascend to Kala Pattar (5554m), one of the region's finest viewpoints.

After enjoying the panoramic vistas, we will return to Gorak Shep for an early night in preparation for our trek to Everest Base Camp the next day. Beginning early, we will traverse a trail through ice pinnacles and crevasses of the Khumbu Glacier, with an option for a higher route offering views of the Khumbu icefall and the South Col route. We will then return to Gorak Shep or Lobuche for overnight camping.

Meals included: breakfast, lunch, and dinner with tea/coffee.

Highest Altitude:

5554m

Day 08: Trek from Gorak Shep to Dingboche (4350m)

Descending from Gorak Shep, we will pass through Duglha and continue our journey towards Dingboche, a picturesque village nestled amidst fields and stone-walled terraces. The trail offers stunning views of the Himalayan landscape, with occasional glimpses of wildlife such as Himalayan Thar and various bird species. Upon reaching Dingboche, we will settle in for the night, enjoying the tranquil atmosphere and preparing for the days ahead.

Meals included: breakfast, lunch, and dinner with tea/coffee.

Day 09: Trek to Chukhung and Island Peak Base Camp (5150m)

Today's trek will be relatively gentle, taking about two hours as we gradually ascend to the small settlement of Chukhung. Along the way, we will enjoy picturesque views of Island Peak, heightening anticipation for the challenges ahead. Continuing for approximately three hours, the trail will follow the valley beneath the striking south face of Lhotse. Base camp will await beside the Imja Glacier, nestled below steep grassy slopes marking the starting point for the Island Peak climb.

Meals included: breakfast, lunch, and dinner with tea/coffee.

Highest Altitude:

5150m

Day 10: Trek to High Camp

Today's trek to high camp marks a significant step towards our goal. We will ascend further, navigating through rocky terrain and ascending steep slopes. The journey offers panoramic views of the surrounding peaks and glaciers, providing a glimpse of the challenges and rewards that await us. Upon reaching high camp, we will take time to acclimatize, rest, and finalize our preparations for the ascent of Island Peak. The serene mountain environment and clear skies will inspire us as we anticipate the adventure ahead.

Meals included: breakfast, lunch, and dinner with tea/coffee.

Day 11: Ascent of Island Peak (6173m)

Today, we will embark on the challenging ascent of Island Peak. Starting from base camp, we will cross the gully above the camp and ascend for about an hour to a narrow ridge leading to the glacier. Here, we will rope up and put on our crampons for the glacier crossing, followed by a steep ascent up the snow slope that leads to the summit ridge.

From the summit, we will see awe-inspiring close-up views of the south face of Lhotse towering above us. The panoramic vistas in every direction, including dramatic mountain landscapes and peaks like Pumori, Ama Dablam, and Everest, will create unforgettable memories. After savouring this unique experience, we will descend along the same route back to base camp.

Meals included: breakfast, lunch, and dinner with tea/coffee.

Day 12: Chhukung to Tengboche (4252m)

Early in the morning, we will begin with a steep ascent to Kala Patthar, a rocky hilltop below Pumori known for its stunning views. The ascent will be challenging due to the altitude, but the panoramic view from the summit will exceed all expectations.

We'll have a clear view of Everest Base Camp below, nestled in the Khumbu Icefall, surrounded by peaks like Pumori, Nuptse, and Ama Dablam. Descending back to Gorak Shep is easier, as we can retrace our steps through Duglha and descend to Pheriche. Along the way, we can visit the Himalayan Rescue Association's aid post before continuing to Pheriche for the night.

Meals included: breakfast, lunch, and dinner with tea/coffee.

Day 13: Tengboche to Monjo via Namche Bazaar (3440m) - 5 hours of trekking

After breakfast, we will descend steeply through juniper, rhododendron, and fir forests to Phunkitenga. Crossing the Dudh Kosi River, we ascend to Trashinga and contour high above the valley through Shanasa. The trail gradually leads to Namche Bazaar, where we will have lunch and descend further to Monjo for our overnight stay.

Meals included: breakfast, lunch, and dinner with tea/coffee.

Trek Duration

5 hours

Highest Altitude:

3440m

Day 14: Monjo to Lukla (2800m) - 3-4 hours of trekking

Today marks our final day of trekking in these majestic mountains. We will enjoy a short walk along the valley before making the final climb up to Lukla. After lunch at our lodge, we'll have the afternoon free to relax and explore Lukla. In the evening, we will celebrate with a farewell dinner, enjoying some 'Chhang' (mountain beer) and Sherpa dance steps with our crew. It's a time to celebrate the success of our journey together.

Meals included: breakfast, lunch, and dinner with tea/coffee.

Trek Duration

3-4 hours

Highest Altitude:

2800m

Day 15: Lukla to Kathmandu - 35-minute flight

Early in the morning, we will have breakfast and prepare for our flight back to Kathmandu. Upon arrival, we will transfer you to the hotel. Here you can enjoy the comfort of a soft bed after our adventurous trek. You can end the whole day resting in your room or even exploring the nearby Kathmandu areas.

Meals included: breakfast.

Flight Hours:

35-minute

Cost Exclude

- Meals and Accommodation in Kathmandu
- Deserts (cakes, bakes and pies)
- Additional size of Pots Hot Drinks
- Bottled drinks
- Boiled water
- Electronic device re-charge
- Hot shower
- On the trekking Wi- Fi
- Personal expenses any type
- Travel insurance and evacuation insurance
- Tipping for Guide and Porter

Group Discounts Available

No. of Persons	Price per Person
1+	USD 2,200

Trip Information

Why Trek To Island Peak?

They are wondering why you should trek to Island Peak despite its challenges. This peak blends adventure with natural beauty and cultural immersion. It is the ideal choice for those planning their next trip to Everest Base Camp. This peak serves as a practicing peak before embarking on some of the highest peaks in the world. Taking you to the heart of the Everest Region, you will also witness the

brehtaking views of snow-capped mountains such as Everest, Lhotse, and Makalu.

The trek is also rich in cultural experiences. Passing through villages such as Namche Bazaar, Tengboche, and Dingboche, you can experience their hospitality and way of life. Most of the people residing there are Sherpa people. For more cultural experiences, you can also stop by monasteries. The spiritual and cultural aspects of the trek add depth to the physical challenge, creating a well-rounded adventure.

Benefits of Island Peak Climbing

The appeal of Island Peak Climbing extends far beyond reaching the summit. It is a journey that combines personal achievement, adventure, and cultural discovery.

Some key benefits include:

- Learning fundamental mountaineering techniques.
- Experiencing the iconic Everest region firsthand.
- Building confidence for future climbing objectives.
- Enjoying panoramic views of world-famous Himalayan peaks.
- Visiting traditional Sherpa villages and monasteries.
- Developing endurance and high-altitude trekking experience.

For many climbers, Island Peak Climbing becomes a milestone achievement that inspires future Himalayan adventures.

Island Peak Climbing Route

Climbing Island Peak via Everest Base Camp (EBC) offers an unforgettable adventure. It combines the iconic trek to EBC with the challenging ascent of a Himalayan peak. The journey begins in Lukla. We will fly from Kathmandu and trek through picturesque Sherpa villages like Phakding and Namche Bazaar. Namche Bazaar is the first and perfect spot for acclimatization.

From Namche, the trek continues to Tengboche. It is home to the famous Tengboche Monastery. The route then leads to Dingboche, another crucial acclimatization stop before heading to Everest Base Camp. The trek to EBC itself is a highlight. We will pass iconic landmarks like Lobuche and Gorak Shep to the base of the world's highest mountain. After reaching Everest Base Camp, trekkers often take a side trip to Kala Patthar for a breathtaking sunrise view over Everest.

The journey to Island Peak Base Camp diverges from the main EBC route at Dingboche, heading towards Chukhung. We will undergo final preparations and acclimatization before tackling the challenging ascent. Finally, passing through glaciers and steep snow and ice slopes, we will make up to Island Peak. The return journey follows the same route back to Lukla. We can complete this whole journey in 15 Days. Upon reaching Lukla, we will take a flight back to Kathmandu and complete our journey towards the Island Peak.

Best Time For Island Peak Climbing

The best time for Island Peak climbing in Nepal is spring and autumn. In spring, which includes April and May, the weather is warm, and the skies are usually clear. Also, this season welcomes blooming rhododendron flowers. It helps to add vibrant colors to the trek. Similarly, autumn, which includes the

months of November and October, is another excellent time to climb Island Peak. This season is stable and provides clear skies. You can see the stunning views of the Himalayas. However, because of its favorability, both seasons invite many trekkers. Booking for accommodations is essential before your trekking journey.

While spring and autumn are the best times to climb, other seasons offer unique experiences. Summer, from June to early September, brings lush green landscapes, heavy rains, and slippery trails. Winter, from December to February, offers a quiet and less crowded trek but comes with frigid temperatures and snow, making the climb more challenging. Each season has its charm, so you can choose based on your preference and preparation.

Difficult Level of Island Peak

Island Peak is level at 2B in the Alpine Grading System, making it suitable for beginners as a practice peak but still requiring mountaineering tools for ascent. Climbers need proficiency in using gear like ice axes, crampons, harnesses, ropes, snow bars, and ice screws. Despite being a practice peak, it shares similarities with 8,000-meter class mountains in terms of technical challenges.

It provides an authentic alpine adventure with icy and snowy terrain. The trek is ideal for refining mountaineering skills. Beginner climbers who [prepare](#) sufficiently can tackle its challenges, gaining valuable experience for higher altitude climbs. The summit day is especially difficult, requiring a 9-10 hour effort and navigating vertical ice walls using fixed ropes and anchors. Overall, this trek is one of Nepal's more challenging climbing experiences.

What Permits Are Essential For Island Peak Climb?

For climbing Island Peak in Nepal, several permits are essential:

Sagarmatha National Park Entry Permit: This permit is necessary as Island Peak lies within the Sagarmatha National Park. It can be obtained from the Nepal Tourism Board in Kathmandu or Monjo's Sagarmatha National Park entrance gate.

Khumbu Rural Municipality Fee (TIMS Card): A Trekkers Information Management System (TIMS) card is necessary for trekking in the Everest region, which includes Island Peak. It helps keep records and ensure the safety and security of trekkers.

Island Peak Climbing Permit: This specific permit is essential for climbing. You can obtain it through a registered trekking agency in Nepal. The licenses require documentation, including proof of climbing experience and fee payment.

Meals and Accommodations During Island Peak Climb

When climbing Island Peak in Nepal, you can expect trekking agencies to handle meals and accommodations. You will stay in teahouses or lodges along the trekking route from Namche Bazaar to Dingboche and Chukhung. These places offer basic amenities such as beds, blankets, and sometimes shared bathrooms. They're a comforting place for you to rest after long days of trekking.

Teahouses or lodges serve meals during the trek. It includes a variety of dishes like rice, noodles, soup, and vegetables. You can also enjoy tea, coffee, and soft drinks. As you move higher towards Island Peak Base Camp, the menu might get simpler due to logistical reasons. The focus is on providing enough

calories and nutrition to support you during your tough journey and summit attempts.

Climbing Experience For Island Peak

Island Peak climbing requires a solid foundation in mountaineering skills due to its technical nature. You should have prior experience in using mountaineering equipment such as crampons, ice axes, ropes, and harnesses. Experience in glacier travel and crevasse rescue techniques is also beneficial due to the icy terrain and potential hazards along the route.

Island Peak stands at 6,189 meters (20,305 feet), so climbers must prepare for the physical and mental challenges of ascending to such heights. Prior experience in trekking or climbing at similar altitudes is highly recommended to understand how the body reacts to high altitudes and to ensure a safe and successful climb.

While Island Peak is often considered a suitable introductory peak, it still requires careful preparation and respect for its challenges. Novice climbers can benefit greatly from guided expeditions led by experienced professionals who can provide guidance, safety, and logistical support throughout the climb.

Island Peak Emergency and Evacuation

Emergency and evacuation procedures for Island Peak climbing expeditions are crucial due to the remote and challenging terrain. In case of emergencies such as altitude sickness, injuries, or other medical conditions, you rely on the support of their trekking agency or expedition leader. Most organized climbs have satellite phones or communication devices to contact rescue services or seek medical advice from professionals.

Evacuation from Island Peak usually involves coordinating with helicopter rescue services. Helicopters can airlift injured climbers from higher altitudes to medical facilities in Kathmandu or nearby towns like Lukla, where better medical care is available. However, weather conditions in the Everest region can be unpredictable, affecting the feasibility and timing of helicopter evacuations. Therefore, you must prepare to wait for suitable weather conditions and ensure adequate insurance coverage, including emergency evacuation.

Who Should Consider Island Peak Climbing?

Island Peak Climbing is suitable for trekkers seeking a more challenging Himalayan adventure and aspiring mountaineers looking to gain practical climbing experience. While the expedition requires good physical fitness and determination, it remains one of the most accessible climbing peaks in Nepal for those willing to prepare properly.

The climb is ideal for:

- Trekkers progressing into mountaineering.
- Adventure travellers seeking a Himalayan summit.
- Climbers preparing for larger expeditions.
- Outdoor enthusiasts interested in technical climbing skills.
- Individuals seeking a rewarding personal challenge.

With proper training and guidance, Island Peak Climbing can be an achievable and unforgettable goal.

Frequently Asked Questions

What is Island Peak?

Island Peak climbing (Imja Tse) is a popular trekking peak in the Everest region of Nepal. It stands at 6,189 meters (20,305 feet) and offers stunning views of Lhotse, Nuptse, Makalu, and other Himalayan giants. It is best for those looking for both trekking and mountaineering experience.

How difficult is island Peak?

Island Peak climbing is moderately difficult. The trek grades as '2B' level in the Alpine Grading System. It involves technical climbing skills like using ropes and crampons. However, it is achievable for climbers with some prior experience and the right training.

What permits are necessary to climb Island Peak?

To climb Island Peak, you need a Sagarmatha National Park entry permit and a climbing permit issued by the Nepal Mountaineering Association (NMA). These permits are essential for legal and safety reasons. You can get this either from Kathmandu Tourism Board or Pokhara.

What is the best time to climb Island Peak?

The best time to climb Island Peak is during the pre-monsoon (spring) season from March to May and the post-monsoon (autumn) season from September to November. These months typically offer stable weather and clear skies. You can see the stunning views of the surrounding landscapes and the Himalayas.

How long does it take to do Island Peak climb?

The climb typically takes around 14-20 days from Kathmandu, including acclimatization and trekking to Everest Base Camp. If you are trekking with us, we can complete the Island Peak Trek via Everest Base Camp trek within 15 days. Our itinerary includes 3 days of acclimatization.

Do you need prior experience for Island Peak?

Yes, prior climbing experience is essential for Island Peak. Involving technical skills, you should also be familiar with basic mountaineering techniques, ice axe usage, and glacier travel is essential. It's also beneficial to have experience at high altitudes.

What gear is essential for climbing Island Peak?

Essential gear includes mountaineering boots, crampons, harnesses, ice axes, helmets, ropes, and layers for extreme cold. It's crucial to have a down jacket, thermal clothing, and a good quality sleeping bag rated for sub-zero temperatures. Technical gear should be high-quality and in good condition for safety.

Can you see Everest from Island Peak?

No, you cannot see the Everest from Island Peak. But you see a magnificent panorama of Ama Dablam

(6,856m), Makalu (8,463m), Baruntse (7,720m), and Lhotse (8,516m). Although you cannot see Everest from here, the Kala Patthar viewpoint offers panoramic views of the highest mountain in the world.

Are there accommodation options on the way to Island Peak?

Accommodations are available in teahouses or lodges along the trekking route. They offer basic amenities like beds and meals, along with a shared bathroom and communal dining space. This allows climbers to rest and acclimatize comfortably during the journey to Island Peak.

What are the risks and challenges of climbing Island Peak?

Risks include altitude sickness, cold-related injuries, and technical challenges such as navigating crevasses and steep ice walls. You must also prepare for unpredictable weather conditions. Also, the remoteness of the area leads problems in emergency rescue and medical facilities.

Is emergency evacuation possible from Island Peak?

Yes, emergency evacuations rely on helicopter services from Lukla or nearby areas, but they are weather-dependent. Quick access to medical care is crucial in remote mountain environments. If you book with us, we also provide you with this facility along with an experienced guide.

Is Island Peak suitable for solo climbers?

It's recommended to climb with a guided expedition due to technical challenges, altitude risks, and logistical support needs. Solo climbers may face increased safety risks and logistical complexities without experienced guidance. You can get one for \$20 to \$25 per day.

What is the cost of climbing Island Peak?

The cost for Island Peak Climbing with EBC trek ranges between \$12000 to \$3000. It includes permits, guide fees, accommodations, meals, and equipment rentals. The cost is mainly determined, with several factors such as accommodations, itinerary, meals, and guide or porter needs.

What is the success rate of climbing Island Peak?

The success rate for Island Peak Climbing is more than 90%. It generally depends on weather conditions, climber experience, and preparation, but with proper training, it's achievable for many climbers. Experienced guides and a well-planned itinerary can significantly enhance success probabilities.

What should I do to prepare for climbing Island Peak?

You can prepare by training in mountaineering skills, improving physical fitness, acclimatizing gradually, and packing appropriate gear and clothing. Also, mental preparation to tackle the challenges of high-altitude climbing is also essential. We recommend you to do some prior exercise and training for a safe trek.

Address

Nepal Base Camp Treks Pvt. Ltd

Address : Ropeway Sadak, Sohrakhutte Nayabazar, Kathmandu, Nepal