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# Island Peak Climbing W/EBC

## Facts

**Destination:** Nepal

**Trip Difficulty:** Very Strenuous

**Trip Style:** Climbing+Trekking+Tour

**Transport:** Private Vehicle / Aeroplane

**Food:** Breakfast+Lunch+Dinner

**Accommodation:** 3-Star Hotel + Lodge + Tea House + Tent

**Group Size:** 02-10

**Max Elevation:** 6,189m

The **Island Peak Climbing with EBC Trek** combines the classic Everest region walk with a challenging climb to the top of a snow-capped Himalayan mountain. Island Peak (6,189m) is locally known as Imja Tse and located in Chhukung Valley. The climb does not require technical experience but clients should have an excellent level of fitness for this adventure, which involves some glacier and snow climbing. Our trek and climb embark from the Lukla airport, following a short, scenic flight from Kathmandu. We walk through Sagarmatha National Park, enjoying the beautiful scenery as well as traditional Sherpa villages.

The **Island Peak Climbing with EBC Trek**, We have a rest and acclimatization day in the bustling market town of Namche Bazaar, and then, over the next week, we make our way to Everest Base Camp and Mt. Kalapatthar, passing beautiful monasteries and chhortens. Descending to Chhukung, we trek to Island Peak climbing base camp, where we do some pre-climbing practice sessions to be familiar with our equipment and climbing techniques.



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Then it's time to reach the summit, where we get spectacular views of Mt. Everest (8,848m), Makalu (8,481m), Ama Dablam (8,481m), Nuptse (7,861m) and other surrounding peaks. After our descent, we trek down over the next several days to Lukla and our flight back to Kathmandu. This is mainly a teahouse trek, but we sleep in tents at Island Peak climbing Base Camp during our ascent and descent.

Nepal Hiking Trek provides the **Island Peak Climbing With EBC Trek**, expertise, with a professional climbing guide, and excellent support to make your adventure a success. For more details, feel free to contact us.

**The Island peak climbing with EBC Trek is Adventure activities in Nepal.**

## **Day to Day Itinerary**

**Day 01: Arrive in Kathmandu (1350m).**

**Day 02: City tour or free day**

**Day 03: Fly to Lukla (2,869m), trek to Phakding.**

**Day 04: Phakding to Namche Bazaar**

**Day 05: Namche Bazaar, Rest and Acclimatization**

**Day 06: Namche Bazaar to Tengboche.**

**Day 07: Tengboche to Pheriche.**

**Day 08: Pheriche to Lobuche.**

**Day 09: Lobuche to Everest Base Camp (5,364m), back to Gorakshep.**

**Day 10: Hike up Kala Patthar (5,545m), trek to Lobuche.**

**Day 11: Lobuche to Chhukung.**

**Day 12: Chhukung to Island Peak Base Camp.**

**Day 13: Island Peak summit (6,189m), back to Base Camp.**



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**Day 14: Reserve day to account for bad weather.**

**Day 15: Base Camp to Pangboche**

**Day 16: Pangboche to Namche Bazaar**

**Day 17: Namche Bazaar to Lukla**

**Day 18: Fly back to Kathmandu**

**Day 19: Rest day, farewell dinner**

**Day 20: Departure.**

## **Cost Includes**

- Airport pick-up and drop of by private car/van/bus.
- 4 Nights accommodation in 3 stars (\*\*\*) hotel in Kathmandu with the BB plan.
- Kathmandu city tour including city tour guide salary, entry fees, and private vehicle.
- Kathmandu –Lukla-Kathmandu by flight.
- Full board meal during the trek (3 times tea/coffee, breakfast, lunch, and dinner).
- Twin sharing a normal room.
- Seasonal fruits during the trek.
- Experienced, expert, friendly guide, porter and their food, accommodation, salary, equipment, and insurance.
- Double bag for the trekking use.
- Trekking poles for the trekking duration.
- Down jacket and sleeping bag.
- All permits and Tims (please bring a passport copy and photos).
- Excellent quality tents and kitchen utensils for camping for Base Camp.
- Good quality Group mountaineering (climbing) equipment for all participate
- Government tax, farewell dinner.
- **Assistant Cook & Transportation:** Trekking assistant cook & necessary kitchen



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helper on the basis of Member and they carry of camping equipment and tent from Khare.

- **Camping Equipment Utensils:** EPI Gas, gas stove or fuel stove for Cooking, Fuel or Kerosene oil, Cooking pot, Mattress, Walker Talkie( Talk Back), etc.
- **Staff salary and Allowance:** All our staffs & porters daily wages/equipment/food/clothing.
- **High Altitude Tents:** North Face Dome Tent Space for Two Pax, Wall/Cabin Tent for Dining and Kitchen, etc.
- **High Camp Lodging & Food Service:** Chocolate and Three Meals (Breakfast, Lunch, Dinner) a day for Member And Staff.
- **Drinks & Beverage:** Tea with Biscuits and Hot drinking water in climbing Period and Hot washing water in case required.
- **Fixing Gear:** Fix rope, main rope, snow bar, ice crew, rock pitons as well as Heli Rescue / Charter Arrangement.

## Cost Excludes

- International flight tickets.
- Travel insurance.
- Nepal entry visa.
- Cold drinks, snacks, and personal pieces of equipment.
- Tips for guide, porters and drivers.
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**Personal Gear: Climbing boot, Crampons, Ice ax/ Ice hammer, Harness, Jammers, Karabiners, Finger eight / ATC guide, Tap sling, etc. (Possible to hire at Khare).**

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**Tips: Climbing Sherpa, High Altitude Guide and Tips for staff.**