Island Peak Climbing

Description

The Island peak climbing allows you to summit a high peak of the Eastern Himalayas while taking you through Buddhist mysticism. It is a popular climbing destination, and the peak is frequently climbed as a training climb in preparation for climbing other peaks in the region, such as Mount Everest. Some other mountains.

Imja Tse, also known as the Island Peak (6160 m), is a beginner-friendly climb.The climb is both exciting and culturally enriching. You get to go through the beautiful forest and glacial plains of the Himalayas. You can see a wide range of mountains, including Ama Dablam (6,812 meters), Lhotse (8,516 meters), Nuptse (7,861 meters), and Everest (8,848.86 meters).

The climb resembles a pilgrimage due to Buddhist components seen throughout the paths. It also enables one to comprehend why Sherpas have such a strong bond with nature. You will also visit Tengboche Monastery, one of the largest gompas in the Khumbu region. At Tengboche, the "Sacred Sites Trail Project" terminates.

Likewise, the area is rich in Himalayan wildlife, home to many threatened species such as red panda, Himalayan Thar, snow leopard, etc.

The journey starts with a drive to Manthali and then a flight to Lukla. You then travel to Phakding and spend the night there. The next day, you'll go to Namche Bazaar and spend the day acclimatizing.

You can rapidly travel to Tengboche, Pheriche, Lobuche, and Gorakshep in a couple of days. From Gorakshep, you will hike to Everest Base Camp to get closest to the highest mountain in the world.

Gorakshep is the highest human settlement in the world, and it is a unique experience to spend a night at such a high altitude. The following morning you will trek to Kalapatthar, and after enjoying views of Everest massifs, you will trek back to Dingboche.

The following two days will be spent hiking to Chhukung and then Island Peak Base Camp. Finally, you will summit Island Peak (6,189 m) and then trek back to Chhukung. In the next three days, you will rapidly descend to Tengboche, Manju, and Lukla. The next day, you will fly to Manthali and then drive to Kathmandu.The entire trek encompasses 15 days of travel.

Highlights

- The thrill of climbing a technically challenging Eastern Himalayan peak – the Island Peak (6189 m).
- Explore Sagarmatha National Park, a recognized World Heritage Site, and the Historic Tengboche Mo-nastery.
- The Everest Base Camp adorned with vistas of the Khumbu Icefall and Glacier, as well as peaks like Pumori (7165 m) and Nuptse (7861 m).
- Trekkers are given panoramic views of Mount Everest massif from the Kalapatthar viewpoint.
- Make friends with Sherpas, dubbed "Tigers of Snow," for their prowess in mountaineering.

Itinerary

Days	Description	Altitude	Hours
01	Arrival in Kathmandu	1,380 meters	
02	Fly from Kathmandu to Lukla and walk to Phakding	2,610 meters	4-5 hours
03	Trek from Phakding to Namche Bazaar	3,440 meters	5-6 hours
04	Acclimatization day in Namche Bazaar		
05	Trek from Namche Bazaar to Tengboche	3,870 meters	5-6 hours
06	Trek from Tengboche to Dingboche	4,410 meters	5-6 hours
07	Acclimatization day in Dingboche		
08	Trek from Dingboche to Chhukung	4,730 meters	4-5 hours
09	Acclimatization day in Chhukun		
10	Trek to Island Peak Base Camp	5,087 meters	3-4 hours
11	Acclimatization day in Island Peak Base Camp		
12	Summit day, climbing Island Peak and return to Base Camp	6,189 meters	10-12 hours
13	Trek back to Dingboche	4,410 meters	5-6 hours
14	Trek back to Namche	3440meters	6-7 hours
15	Back to Lukla	2,800 meters	35 minutes
16	Flight to Kathmandu	1380 meters	35 minutes
17	International flight		

Detailed Itinerary

Day 01: Arrival in Kathmandu (1,380 m)

On your arrival at the TIA, you will be greeted and guided to the designated hotel by one of our Precious Adventures representatives. He/ She will give short information about the Time zone, room, money exchange, and welcome dinner. Later you will be visiting one of the finest restaurants for a complimentary welcome dinner. You will be informed in short about the summary of your tour.

Day 02: Fly from Kathmandu to Lukla and walk to Phakding, (2,610 m), 4-5 hours

Our Everest Trek starts with the domestic flight to Lukla, the gateway to Everest Short Trek. We take a short flight, about 45 minutes from Kathmandu to Lukla. Where scenic views of mountains and valleys can be seen. We will have an early flight from Kathmandu. After arriving in Lukla, we will continue our journey to Phakding. A short hike that takes 3 hours to reach. Today, we cross suspension bridges, and Sherpa villages and encounter travellers along with local Sherpa people. on our way, we can see the view of Kusum Khangkaru, prayer wheels and painted mani stones. Upon reaching, pleasant smiles and a cup of warm tea will be awaiting you in the beautiful Sherpa village, Phakding. Overnight at Pakhding.

Day 03: Trek from Phakding to Namche Bazaar, (3,440 m), 5-6 hours

Another thrilling day to cross a suspension bridge over the Dudhkoshi river several times. We walk along the gushing Dudhkoshi river. After breakfast, we walk gradually following an up trail and catch glimpse of an attractive waterfall in Banker. Monjo (Manjo), the next village is the checkpoint for permits. Here we buy Sagarmatha National Park entry permit and continue on our journey. On the

way to Namche, you can observe the grand mani stone, rolling prayer wheel and colourful prayer flags. After having lunch at Garden restaurant in Jorsalle, we will continue strong up tail to Namche. This day we cross several hanging bridges, and finally, the Hillary suspension bridge before making it into Namche. The trail takes you through pine forests and bushes. If the weather permits you will be able to sight Everest for the first time after crossing the Larja at Larja Dobhan. We follow the uphill trail until Namche bazaar which is a major city of Everest Trek. Tonight we rest at Namche.

Day 04: Acclimatization day in Namche Bazaar

On this day, you will spend the day in Namche Bazaar, taking the opportunity to acclimatize to the higher altitude. You can take a short hike to the nearby villages or visit the Sagarmatha National Park Museum, which has a collection of artefacts and exhibits about the region. You can also visit the famous Tengboche Monastery, which is located a short distance from Namche Bazaar. In the evening, you can return to your lodge and rest for the next day's journey.

Day 05: Trek from Namche Bazaar to Tengboche, (3,870 m), 5-6 hours

On our fifth day, we begin our trek toward the Everest viewpoint. Today’s viewpoint is ideal for enjoying the true beauty of Everest. After that, we continue our journey through Kanjin village. The trail today is very fine constructed going through a blue pine forest, suspension bridges and water-driven prayer wheels. we also have the opportunity to encounter Jharal (wild goat) in groups. We will have lunch at Phungi Thenga. After lunch, we will climb up the trail 750 meters to Tengboche monastery. The Tengboche monastery is the magnificent monastery where yeti artifacts are kept. It is a Tibetan Buddhist monastery. You can participate in a short prayer with monks in the main prayer hall. We rest overnight at Tyangboche.

Day 06: Trek from Tengboche to Dingboche, (4,410 m), 5-6 hours

As we embark on the jounery through Deboche, we walk on an easy path of the stone steps and lush forests of birch, conifers and rhododendron forest before crossing over the Ijma river. After the bridge crossing we walk on the right side of the river. With each step we take, we move closer to vivid landscapes surrounded with awe-inspiring glacier views. We have lunch at Samare. After lunch we walk head toward Dengboche. As we make our way to Dengboche, following the stone steps the serene view of the Tsuro Glacier can be viewed. Dingboche is a small settlement in the midst of majestic peaks such as the Ama Dalambar, Nuptse-Lhotse ridge, Tawache, and Chalotse. Overnight at Dingboche.

Day 07: Acclimatization day in Dingboche

Acclimatization days are an important part of high-altitude treks and expeditions. On this day we hike to NangkarTshang (5616m). after breakfast, we head for our today’s journey. On our way, we come across an antique monastery also known as the Nagkartshang Gompa. Nangkar Tshang peak is a perfect destination for trekkers who are looking for an adventurous hike during the rest day. To reach the top we take a short walk of 2-3 hours from Dingboche. The view from the top is extremely magnificent, from here spectacular views of the Makalu, Lhotse Chhopulu, Lhotse Shar, and Island peak is witnessed. After soaking in the beauty of the NangkarTshang peak we head back. Overnight at Dengboche.

Day 08: Trek from Dingboche to Chhukung, (4,730 m), 4-5 hours

This day we travel to Chhukung, again moving along with the Imja Khola. Today we walk through a short trail and make it to Chhukung for lunch. We walk through the trail which is surrounded by arid mountains, and beautiful glaciers. We also come across some small icy streams, such as the Niyang Khola and Dusum khola before making it to Chhukung. Chhukung offers stunning views of Ama Dablam and Amphu Labsa mountains across the valley. Overnight at Chhukung.

Day 09: Acclimatization day in Chhukung

The 9th day marks another day set aside for acclimatization. On this day we climb the Chhukung Ri (5550m) to help our bodies adjust to the high altitude. Chhukung Ri is a peak located right above the Chhukung village and the climb to its summit is a rewarding experience that involves easy scrambling. From the top, we get an excellent view of the Cho Oyu, Pumori Lhotse wall, and Makalu and Baruntse along with Ama Dablam and Amphu Labsa peaks directly across the valley. After the climb, we descend back to Chhukung for an overnight stay.

Day 10: Trek to Island Peak Base Camp,(5,087 m), 3-4 hours

We begin after nourishing our bodies, on this day we trek on a fairly steep trail. We walk on a curvy path beneath the moraine from the Lhotse Glacier. Subsequently, we follow the trail accompanied by a small icy stream that originates from Ijma Tsho. On our way to the island peak base camp, we come across the tranquil Ijma Tsho. The trail further takes you on a route to Amphu Lapcha, but for tonight we rest here. Overnight at Island Peak Base Camp.

Day 11: Acclimatization day in Island Peak Base Camp

Today is another day of familiarizing ourselves with the new environment of the high altitudes. Today we have a separate day set aside solely for acclimatization and basic training. A day for a soak in the tranquil atmosphere of Island Peak Base Camp and prepare ourselves better for the Island Peak climb. Our climbing guide will help us with basic climbing techniques and demonstrate the best ways to use our climbing gears like the ice axe, harness, ascender climbing boots, and crampons. The training will teach you the most feasible and versatile climbing techniques with the rope along with guidance on how to ascend and descend using a rope. For the remaining portion of the day, we can hike to high camp or just rest for tomorrow's climb. Overnight at Island Peak Base Camp.

Day 12: Summit day, climbing Island Peak and return to Base Camp (6,189 m), 10-12 hours

The most awaited day of the entire trip is finally here. We wake up at 1 am today and have our breakfast before we initiate today’s odyssey. The strong winds in the afternoon make it extremely challenging to reach the summit, to avoid strong winds in the afternoon we start the climb early. The trail includes a steep ascent up the hillside. As we make our way to the top, we see that the path becomes narrow and enters a steep rock channel. After reaching the summit and taking in the views of splendid surroundings, we descend back to the Island Peak Base Camp and celebrate their successful climb. Overnight at Island Peak Base Camp.

Day 13: Trek back to Dingboche, (4,410 m), 5-6 hours

On this day we head back to Dingboche. On this day the trail will be much easier as we progress to lower altitudes. We pass through Chhukung and Bibre villages before arriving at Dingboche. We have lunch at Dingboche. Today we rest at Dingboche

Day 14: Trek to Phortse, (3,840 m), 7-8 hours

Today, we follow the route to one of the oldest villages in Khumbu valley, the Pangboche village. A trip to the local monastery and see the Yati scalp in the monastery. We take a short break and have small lunch in Pangboche village.the trail here diverges into two ways, one leading To Phortse while the other leads to Tengboche. After finishing up with the meal we continue our walk for another 4 hrs to Phortse. The trail sometimes may get windy but usually, it has a beautiful view. The probability to spot wild animals like Jharal, blue sheep, rabbit, and others are rather high. This part of our trek is a comparatively less crowded zone. Phortse is a beautiful village. It is also called as the mountain climber village as most of the young people of this village work as seasonal mountain guides. You can view the gorgeous towering Cho Oyu from this village, Overnight stay at Phortse.

Day 15: Trek to Jorsalle, (2,740 m), 7-8 hours

After breakfast, we begin our trek. We start our trek from Phortse travelling through Mong la village before making it to Namche. Mong village is also known as the birthplace of Lama Sange Dorje, the monastery and Chorten and mani walls can be seen along the way. After taking pictuires and crossing Mong we walk through some stone steps and before reaching Namche we have a splendid view of the Ama Dablam, Lhotse Shar, Taboche, Kangtega and Thamserku. We have lunch at Namche. Finishing lunch we head back on the trail to Jorsale, crossing the Hillary suspension bridge. We walk along with the Bhote Kosi river and finally arrive at the Jorsale village. Overnight at Jorsale.

Day 16: Trek to Lukla, (2,846 m), 6-7 hours

This day we head back to Lukla. Today marks the final day of the entire journey. The trek back begins by following the same route which we took previously with a steep descent through small villages and an ultimate look at the Himalayan mountains. Walking along the Dudh Koshi river we leave behind Monjo and reach Pakhding where we have lunch. Continuing on our trail we reach Lukla after a long day's walk. Surrounded by mountains on each side, the petit town of Lukla is truly mesmerizing. Overnight at Lukla.

Day 17: Flight to Kathmandu, (1380 m), 35 minutes

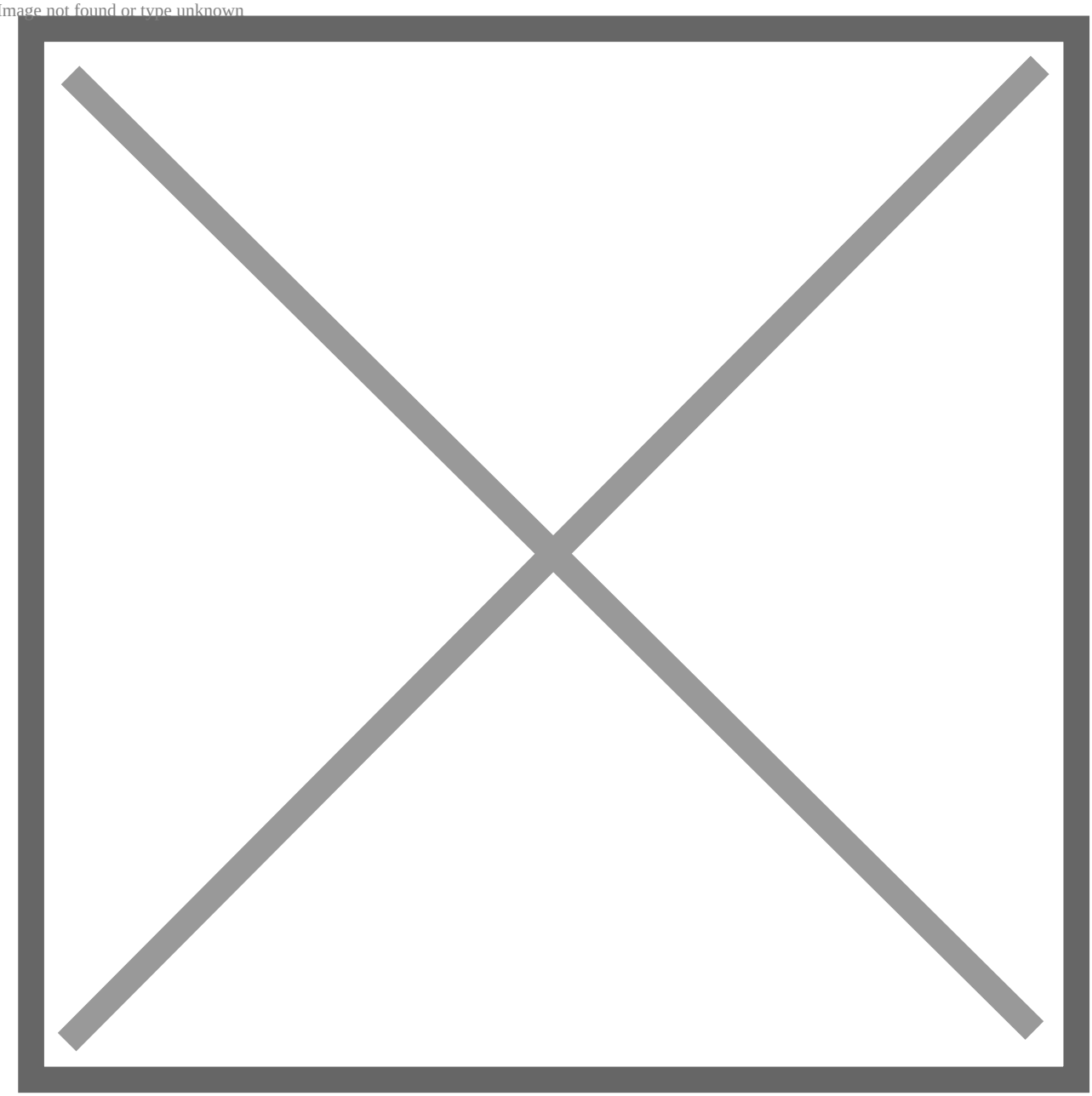
We will fly from Lukla to Kathmandu. However, nowadays because of the busy airport in Kathmandu, we detour and fly to Manthali airport from where we take a short ride to Kathmandu. The long days of pursuing a new destination each day are over now, you can simply relax in your room or perhaps head out to enjoy the remaining of the day in the bustling streets of Kathmandu

Day 18: International flight

With hopes that you enjoyed the experience with us, we bid you goodbye. We will be looking forward for more precious adventures together. Have a safe journey.

Map

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Practical Information

Q. Best season for the Trek and Climbing
A. The prime season for undertaking this climb is March to May and September to November, which are the spring and autumn seasons. Winter and monsoon are not suitable. While the monsoon season sees tremendous rainfall, winter sees heavy snowfall and fog. During these seasons, flights to and from Lukla are also frequently canceled and delayed.

Q. Trip Category
A. For this trek and climb, you do not need any prior professional expertise. However, the area has numerous challenging sections with narrow ridges and icefalls. It is a strenuous trek that requires a daily commitment of 6 to 8 hours. The course features several steep, choppy climbs and descents. Therefore, prior trekking experience and excellent physical fitness are needed. Along the way, you can also experience altitude sickness.Hence, you will need good physical fitness through strength-building exercises and cardio workouts. To make your vacation safe and pleasurable, we have developed a detailed schedule with recommendations from qualified professionals.

Q. Health and Safety along the trail
A. Altitude sickness is prevalent on this walk because it leads to 6,000 m or more elevations. Altitude sickness can be avoided by acclimatizing but also taking precautions such as taking proper food and rest, avoiding overuse of alcohol, and hydrating constantly. Since the trek occurs in remote areas, there aren't many health facilities. And given the chances of altitude sickness, it is necessary to have good travel insurance with the provision of emergency rescue.

Q. Food and Accommodation
A. The typical Nepali dal-bhat, soups, and various cuisines like Indian, continental, Chinese, etc., are available throughout the trek. The main course is Dal Bhat, a filling dinner high in carbohydrates. The majority of the tea houses also sell snacks like cookies and sweets. Namche also has some interesting bars, bakeries, and eateries that you should check out. There are also nu-merous German bakeries and an Irish pub nearby. Throughout the journey, you will stay in tea houses, the amenities and quality of which depend on the altitude. Hotels at lower altitudes often provide cozy lodgings with electricity, restrooms, Wi-Fi, and hot showers.The rooms along EBC are furnished with pillows and blankets designed for twin sharing.

Frequently Asked Questions

Q. What is the difficulty level of Island Peak climbing?
A. Island Peak is considered a moderate to challenging climb, with an overall difficulty rating of 6B on a scale of 1A to 7C. The climb involves a mix of steep hiking, scrambling, and glacier travel, and requires a good level of physical fitness and mountaineering experience.

Q. What equipment do I need for Island Peak climbing?
A. Some of the essential equipment you will need for Island Peak climbing includes: Warm and waterproof clothing, including a down jacket, thermal layers, and a shell jacket Good quality mountaineering boots with a stiff sole and crampon compatibility Crampons, ice axe, and a helmet A climbing harness and carabiners A climbing rope (usually provided by the climbing company) Water bottles or a hydration system Sunglasses, sunscreen, and lip balm A first aid kit and personal medications

Q. How long does it take to climb Island Peak?
A. Summit day of around 12-14 hours. The total length of the trip will depend on your starting point and the pace of your group. Many people choose to add additional acclimatization days or side trips to their itinerary to increase their chances of success on the summit.

Q. When is the best time to climb Island Peak?
A. The best time to climb Island Peak is from September to November and from March to May. These are the periods when the weather is typically the most stable and the snow conditions are at their best. However, it's important to keep in mind that the weather in the mountains can be unpredictable and can change quickly, so it's always a good idea to be prepared for a range of conditions.

Q. Do I need a guide to climb Island Peak?
A. While it is technically possible to climb Island Peak without a guide, it is highly recommended to hire a professional guide or join a guided group for your climb. Island Peak is a challenging and potentially hazardous mountain, and a guide can provide valuable expertise and support to ensure a

safe and successful ascent.

Q. Can I acclimatize to the altitude before climbing Island Peak?
A. Acclimatization is an important factor in successful mountain climbing, and Island Peak is no exception. The peak stands at a height of 6,189 meters (20,305 feet), and the risk of altitude sickness increases as you go higher. To help your body adjust to the thinning air, it is recommended to spend a few days acclimatizing in the lower elevations before attempting the summit. This can involve activities such as hiking to higher altitudes and returning to lower elevations to sleep, or spending time at a higher elevation before continuing the climb.

Q. What is the route to the summit of Island Peak?
A. The standard route to the summit of Island Peak begins at the base camp, which is located at an elevation of around 5,000 meters (16,404 feet). From there, the route follows a steep trail through a rocky ridge and up to a high camp at around 5,600 meters (18,371 feet). From the high camp, climbers typically set out early in the morning for the summit, following a steep and glaciated ridge to the top. The route can be challenging, with some steep and exposed sections that require careful footing and the use of crampons and an ice axe.

Q. How do I prepare for Island Peak climbing?
A. To prepare for Island Peak climbing, it is important to focus on improving your overall physical fitness and endurance. This can involve activities such as running, cycling, swimming, or hiking, as well as strength training to build up your leg muscles. It's also a good idea to familiarize yourself with mountaineering techniques such as crampon use, ice axe arrest, and rope travel, and to practice these skills in a controlled environment before attempting the climb.

Q. Is it safe to climb Island Peak?
A. Like any mountain climbing, Island Peak climbing carries some inherent risks and dangers. However, with proper planning, preparation, and the guidance of a professional guide, the risk of accidents or injuries can be significantly reduced. It's important to follow all safety guidelines and instructions provided by your guide, and to be aware of the potential hazards such as falling ice, crevasses, and avalanches.

Q. Is Island Peak a good climb for beginners?
A. While Island Peak is not a technical climb, it does require a good level of physical fitness and some basic mountaineering skills. As such, it may not be the best choice for complete beginners to mountain climbing. However, if you have some experience with hiking and backpacking, and are comfortable with using crampons and an ice axe, you may be able to tackle Island Peak with the help of a guide and some additional training. It's always a good idea to consult with a professional guide or instructor to determine if Island Peak is a suitable climb for your abilities and experience.