Island Peak Climbing

16 Days Itinerary

Detailed Itinerary

Day 1: Arrive in Kathmandu

You arrive at Tribhuvan International Airport in Kathmandu, complete the arrival formalities and are met by a representative of Alpine Club of Himalaya, who takes you to your hotel. The rest of the day is free to recover from the journey or take a short walk around the city. In the evening there is a short meeting about the trip, followed by a welcome dinner.

Max. Elevation	1,400 m (Kathmandu)
Duration	30-45 minutes airport transfer
Accommodation	Hotel
Meals	Welcome Dinner

Day 2: Fly to Lukla and Trek to Phakding

You take the early morning flight from Kathmandu to Lukla, the gateway to the Everest region. After meeting the trekking crew, you follow the Dudh Koshi River valley through Sherpa villages, over suspension bridges and through pine forest to Phakding, a short and easy first day.

Max. Elevation	2,800 m (Lukla) / 2,610 m (Phakding)
Duration	3-4 hours trek
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 3: Trek to Namche Bazaar

The trail follows the river and crosses several suspension bridges, including the high Hillary Bridge, before the steady climb up to Namche Bazaar. Namche is the main trading town of the Khumbu, with shops, bakeries and the first views of Everest and Lhotse on a clear day.

Max. Elevation	3,440 m (Namche Bazaar)
Duration	5-6 hours trek
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 4: Acclimatization Day in Namche Bazaar

A rest day to adjust to the altitude. You take a short hike to a viewpoint above Namche, with views of Everest, Thamserku, Khumbila, Kongde Ri and Tawache, and can visit Khumjung and Syangboche, villages with old monasteries and Sherpa heritage. You return to Namche to sleep, following the rule of climbing high and sleeping low.

Max. Elevation	3,440 m (Namche Bazaar)
Duration	3-4 hours acclimatization hike
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 5: Trek to Tengboche

The trail follows the hillside high above the Dudh Koshi, then drops to Phunki Tenga and climbs through rhododendron and pine forest to Tengboche. The village is home to the largest monastery in the Khumbu, set against Ama Dablam, Everest, Lhotse and Nuptse.

Max. Elevation	3,860 m (Tengboche)
Duration	5-6 hours trek
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 6: Trek to Dingboche

You descend through forest to the river, pass through Pangboche and continue up the open, treeless Imja valley with Ama Dablam close beside the trail. The route reaches Dingboche, a farming village of stone-walled fields and yak pastures, with Lhotse and Island Peak ahead.

Max. Elevation	4,410 m (Dingboche)
Duration	5-6 hours trek
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 7: Acclimatization in Dingboche, Hike to Chhukung Ri

A second acclimatization day at altitude. You hike up to Chhukung Ri, a high viewpoint with close views of Lhotse, Ama Dablam, Makalu and the Imja valley, and a first look at Island Peak. Climbing high and returning to sleep at Dingboche helps the body adapt before the climb. Your guide checks oxygen levels and heart rate.

Max. Elevation	5,550 m (Chhukung Ri) / 4,410 m (Dingboche)
Duration	6-7 hours hike
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 8: Trek to Chhukung

A short day along the Imja valley, climbing gently below the south face of Lhotse and Nuptse. You reach Chhukung, the last village before the mountain, with time in the afternoon to rest and check gear.

Max. Elevation	4,730 m (Chhukung)
Duration	3-4 hours trek
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 9: Trek to Island Peak Base Camp

You follow the trail up the Imja valley along the moraine to Island Peak Base Camp, a camp in a rocky basin below the peak. In the afternoon your climbing guides go through the plan for the summit attempt and check equipment, including crampons, harness and ice axe.

Max. Elevation	5,087 m (Island Peak Base Camp)
Duration	3-4 hours trek
Accommodation	Tented camp
Meals	Breakfast, Lunch, Dinner

Day 10-11: Climb Island Peak and Return to Base Camp

On the first day you climb above base camp to High Camp and use the afternoon for pre-climb training and rest. The summit attempt starts very early on the second day, in the dark and the cold. The route goes up rock, then steep snow and glacier with fixed ropes and crevasses, and finally along the summit ridge to the top of Island Peak. The summit gives wide views of Lhotse, Makalu, Baruntse, Nuptse and the Lhotse Shar glacier. After time on top you descend the same route to High Camp, collect your gear and continue down to base camp. It is a long and demanding day, so keep a steady pace and follow your guide closely.

Max. Elevation	6,165 m (Island Peak Summit) / 5,087 m (Base Camp)
Duration	Day 10: 3-4 hours climb. Day 11: 10-12 hours summit day
Accommodation	Tented camp
Meals	Breakfast, Lunch, Dinner

Day 12: Trek from Island Peak Base Camp to Pangboche

You leave the high mountains and walk back down the Imja valley, passing Chhukung and Dingboche. The long descent gives you more oxygen with every step and brings you to Pangboche, one of the oldest villages in the region, with an old monastery.

Max. Elevation	3,985 m (Pangboche)
Duration	6-7 hours trek
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 13: Trek from Pangboche to Namche Bazaar

The trail passes back through Tengboche and descends through forest to the Dudh Koshi, then climbs to Namche Bazaar. A comfortable night in Namche, with time for its shops and cafes.

Max. Elevation	3,440 m (Namche Bazaar)
Duration	5-6 hours trek
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 14: Trek from Namche Bazaar to Lukla

The last day of walking follows the Dudh Koshi valley down through Sherpa villages and over suspension bridges to Lukla. In the evening you celebrate the climb with your guides and crew, and the group says its thanks.

Max. Elevation	2,840 m (Lukla)
Duration	6-7 hours trek
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 15: Fly from Lukla to Kathmandu

You take the morning flight back to Kathmandu, about 35-40 minutes, with a last view of the Himalayan range. You are transferred to your hotel and the rest of the day is free. In the evening there is a farewell dinner.

Max. Elevation	1,400 m (Kathmandu)
Duration	35-40 minute flight
Accommodation	Hotel
Meals	Breakfast, Farewell Dinner

Day 16: Departure from Kathmandu

You are transferred to Tribhuvan International Airport for your onward flight, or you can extend your stay in Nepal. The trip ends here.

Max. Elevation	1,400 m (Kathmandu)
Duration	Transfer to airport
Accommodation	No
Meals	Breakfast

Cost Include

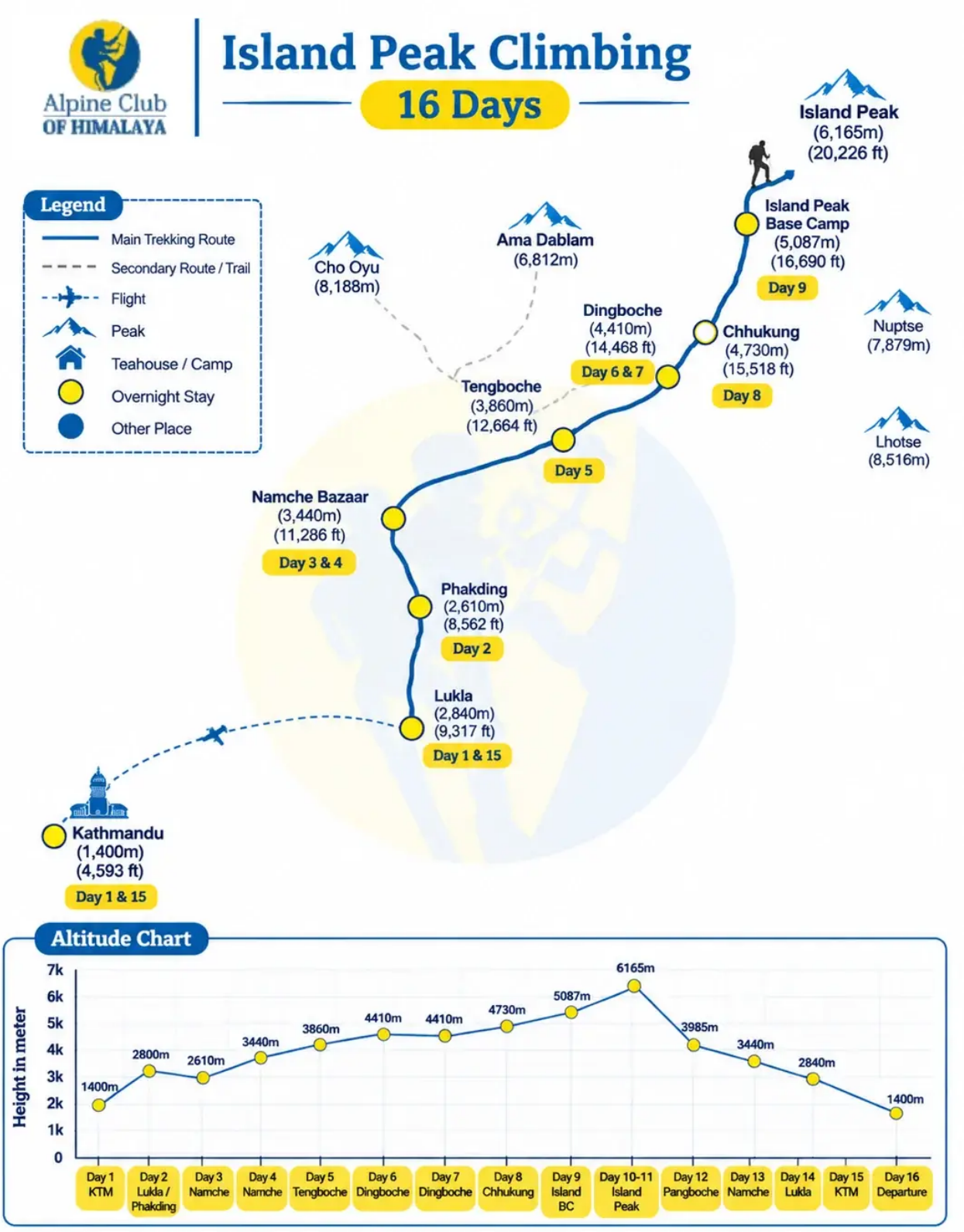
- Airport pickup and drop-off from Kathmandu International Airport as per the arrival and departure schedule.
- 3 nights' accommodation in Kathmandu with breakfast, 3-star twin sharing.
- 11 nights' teahouse accommodation during the trekking period.
- 1 night's tented camp stay at High Camp.
- Flight ticket to Lukla from Kathmandu or Ramechhap, including airport transfers.
- Three meals a day (breakfast, lunch and dinner) during the trek, including a cup of tea or coffee with each meal.
- English-speaking, professional trekking guide with full expenses covered (salary, food, accommodation and insurance).
- Porter support (one porter for every two trekkers).
- Experienced climbing guide and required climbing staff for Island Peak.
- All necessary trekking and climbing permits, including the Island Peak climbing permit.

- Comprehensive first aid kit, including high-altitude medicines and a pulse oximeter.
- Climbing equipment such as tents, mattresses, climbing ropes, ice screws and snow bars.
- Climbing guide equipment fees.
- Complete camping setup, including dining tent, kitchen tent, toilet tent, tables and chairs.
- Personal climbing gear per person (climbing boots, crampons, harness, ice axe, carabiners and screw gate), rental in Chhukung.
- Rescue arrangements in case of an emergency (cost covered by the trekker's travel insurance).
- All government and local taxes, including the garbage deposit.
- Alpine Club of Himalaya company T-shirt as a souvenir.
- Trek completion certificate (available on request).
- Welcome and farewell dinner in Kathmandu.

Cost Exclude

- Nepal entry visa fee.
- International airfare.
- Travel insurance, which is required for this climb (must cover climbing up to at least 6,200 m and helicopter evacuation).
- Helicopter or emergency evacuation costs.
- Lunch and dinner in Kathmandu, other than the welcome and farewell dinners.
- Personal expenses such as bar bills, laundry, snacks and bottled drinks.
- Hot showers, Wi-Fi and charging fees where applicable.
- Personal trekking and climbing equipment not listed under cost includes.
- Tips for guides, porters and the driver.
- Single room supplement.
- Any services or expenses not specifically mentioned under the cost includes section.

Trip Map


Alpine Club
OF HIMALAYA
Island Peak Climbing
16 Days
Legend
Main Trekking Route
Secondary Route / Trail
Flight
Peak
Teahouse / Camp
Overnight Stay
Other Place
Island Peak
(6,165m)
(20,226 ft)
Island Peak
Base Camp
(5,087m)
(16,690 ft)
Day 9
Ama Dablam
(6,812m)
Cho Oyu
(8,188m)
Dingboche
(4,410m)
(14,468 ft)
Day 6 & 7
Chhukung
(4,730m)
(15,518 ft)
Day 8
Nuptse
(7,879m)
Tengboche
(3,860m)
(12,664 ft)
Day 5
Lhotse
(8,516m)
Namche Bazaar
(3,440m)
(11,286 ft)
Day 3 & 4
Phakding
(2,610m)
(8,562 ft)
Day 2
Lukla
(2,840m)
(9,317 ft)
Day 1 & 15
Kathmandu
(1,400m)
(4,593 ft)
Day 1 & 15
Altitude Chart
Height in meter
7k
6k
5k
4k
3k
2k
1k
0
1400m
2800m
2610m
3440m
3860m
4410m
4410m
4730m
5087m
6165m
3985m
3440m
2840m
1400m
Day 1 KTM
Day 2 Lukla / Phakding
Day 3 Namche
Day 4 Namche
Day 5 Tengboche
Day 6 Dingboche
Day 7 Dingboche
Day 8 Chhukung
Day 9 Island BC
Day 10-11 Island Peak
Day 12 Pangboche
Day 13 Namche
Day 14 Lukla
Day 15 KTM
Day 16 Departure