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# Island Peak Climbing

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

## Trip Code

AWTE-IP09

## Destination

Nepal

## Activity

6000 - Peaks

## Start / End Point

Kathmandu / Kathmandu

## Duration

15

## Per Person From

USD 2,100

## Accommodation

custom-content

## Max. Altitude

6,189m

## Group Size

2 - 30

## Best Season

SEP-DEC, FEB-MAY

## Activity Per Day

5-7 hours

## Transportation

Flight

## Teahouse/Camping

**All Meals (Breakfast, Lunch & Dinner) during the trek**

## Strenuous

<p>Strenuous content here</p>

## Highlights

- **Iconic Peak:** Summit Island Peak (Imja Tse), a stunning and popular trekking peak in the Everest region.
- **Breathtaking Views:** Witness panoramic vistas of Everest, Lhotse, Nuptse, Ama Dablam, and other majestic peaks.
- **Glacier Travel:** Experience the thrill of walking on glaciers with the aid of ropes and crampons (basic mountaineering skills required).
- **Sherpa Culture:** Immerse yourself in the rich Sherpa culture and hospitality in the Khumbu Valley.
- **Everest Base Camp Option:** Combine your Island Peak climb with a trek to the legendary Everest Base

Camp for an extended adventure.

- **Challenging but Rewarding:** A physically demanding climb suitable for trekkers with good fitness and a sense of adventure.
- **Professional Guidance:** Climb with experienced Sherpa guides who provide expert instruction and ensure safety.
- **Sagarmatha National Park:** Explore the diverse landscapes and unique flora and fauna of this UNESCO World Heritage site.

## Overview

Island Peak, standing proudly at 6,189 meters (20,305 feet), presents an exceptional opportunity to ascend a Himalayan summit. Located in the heart of Nepal's Sagarmatha National Park, this "Island in the Sky" offers a perfect blend of challenging trekking and basic mountaineering. The journey takes you through the scenic Khumbu Valley, home to the legendary Sherpa people, and provides awe-inspiring views of some of the world's highest mountains.

The ascent involves traversing glaciers, using fixed ropes on steeper sections, and navigating icy slopes with crampons and ice axes. While not requiring advanced technical climbing skills, participants should possess a high level of physical fitness and a willingness to learn basic mountaineering techniques. The reward for this effort is the unparalleled panorama from the summit, encompassing a 360-degree view of Everest, Lhotse, Nuptse, Pumori, Ama Dablam, and countless other snow-capped giants.

Many climbers choose to combine their Island Peak expedition with a trek to Everest Base Camp, making it a comprehensive and unforgettable Himalayan experience. This combination allows for better acclimatization and provides a deeper immersion into the grandeur of the Everest region. The journey offers not only a physical challenge but also a cultural one, with opportunities to visit Sherpa villages, monasteries, and learn about their unique way of life adapted to the high altitudes.

The high altitude demands careful acclimatization, and the itinerary is structured to allow your body to adjust gradually. The trek starts with relatively easier trails, progressing to more challenging terrain as you gain elevation. The final push to the summit involves navigating rocky sections, crossing glaciers, and ascending steep snow or ice slopes. Every step is compensated by the ever-increasing proximity to the towering peaks and the stunning beauty of the Himalayan landscape.

Along the trekking routes, you might encounter diverse wildlife, including Himalayan tahr, pikas, and various bird species. The rhododendron forests, particularly vibrant during the spring, add splashes of color to the landscape at lower altitudes.

## Best Season to Visit Island Peak:

The optimal times for climbing Island Peak are during the pre-monsoon season (March to May) and the post-monsoon season (September to November). These periods offer the most stable weather conditions, with clear skies, moderate temperatures, and reduced chances of snowfall at higher altitudes.

- Spring (March to May): This season boasts blooming rhododendrons, adding beauty to the lower trails. Temperatures are generally mild, and the mountain views are often spectacular.
- Autumn (September to November): Considered the peak climbing season, autumn provides excellent visibility, stable weather patterns, and comfortable temperatures. The skies are typically clear, offering unobstructed views of the surrounding peaks.

Avoiding the monsoon season (June to August) is crucial due to heavy rainfall, which can make trails slippery and increase the risk of landslides. Winter (December to February) presents extremely cold temperatures and heavy snowfall at higher elevations, making the climb significantly more challenging and potentially dangerous.

## Why Choose Alpine Wonder Treks and Expeditions for Island Peak Climbing?

- Experienced Climbing Guides: Our certified and highly skilled Sherpa climbing guides have extensive knowledge of the region and prioritize your safety and success.
- Comprehensive Logistics: We handle all necessary permits, transportation, accommodation, and high-altitude equipment.
- Safety First Approach: We adhere to strict safety protocols, including thorough acclimatization plans, the use of supplementary oxygen (if required), and emergency backup plans.
- Quality Equipment: We provide high-quality climbing gear, including ropes, harnesses, ice axes, and crampons.
- Comfortable Accommodation: We arrange comfortable teahouse accommodations during the trek and base camp stay.
- Nutritious Meals: Enjoy freshly prepared and energy-rich meals throughout the expedition.
- Personalized Service: We tailor our itineraries to meet your individual needs and fitness levels.
- Responsible Tourism: We are committed to sustainable and ethical tourism practices that benefit the local communities and preserve the environment.
- Optional Everest Base Camp Trek: Extend your adventure with a trek to Everest Base Camp before or after your Island Peak climb.

## Itinerary of 16-Day Island Peak Climbing:

### Day 1:

Arrive at Tribhuvan International Airport in Kathmandu, where you will be greeted by our representative and transferred to your hotel. Take the day to relax and explore the vibrant city. In the evening, enjoy a welcome dinner and briefing about your upcoming expedition.

**Highest altitude:**  
1400m

**Start point:**  
Airport

**End point:**

Kathmandu

**Driving hour:**

20m

**Accommodation:**

Hotel in Kathmandu

**Day 2:**

Today, embark on a guided tour of Kathmandu's UNESCO World Heritage sites, including Swayambhunath (Monkey Temple), Boudhanath Stupa, Pashupatinath Temple, and Kathmandu Durbar Square. In the afternoon, we will finalize your climbing permits and equipment.

**Highest altitude:**

1400m

**Start point:**

Kathmandu

**End point:**

Kathmandu

**Mode of transportation:**

Private Transportation

**Meals:**

B

**Accommodation:**

Hotel in Kathmandu

**Day 3:**

Early morning, we take a scenic 30-minute flight to Lukla, the gateway to the Everest region. After landing at the Tenzing-Hillary Airport, we begin our trek to Phakding, a gentle walk of about 3-4 hours along the Dudh Koshi River.

**Trek distance:**

138km &amp; 8km

**Trek duration:**

30-35 min , 3-4 hrs Walk

**Highest altitude:**

2610m

**Start point:**

Kathmandu

**End point:**

Phakding

**Mode of transportation:**

Flight

**Meals:**

B,L,D

**Accommodation:**

Tea house

## Day 4:

Today's trek takes us along the Dudh Koshi River, crossing several suspension bridges. We enter the Sagarmatha National Park and ascend steeply to Namche Bazaar, the bustling Sherpa capital. The trek takes approximately 5-6 hours. Enjoy the evening exploring Namche's shops and acclimatizing to the altitude.

### **Trek distance:**

10-11km

### **Trek duration:**

6-7 hrs Walk

### **Highest altitude:**

3,440m

### **Start point:**

Phakding

### **End point:**

Namche Bazar

### **Meals:**

B,L,D

### **Accommodation:**

Tea House

## Day 5:

This is a crucial day for acclimatization. We will take a hike to nearby viewpoints like Syangboche Airport (the highest airstrip in the world) and the Everest View Hotel for stunning panoramic views of Everest, Lhotse, Nuptse, and Ama Dablam. Alternatively, you can explore Namche Bazaar and visit the Sherpa Culture Museum.

### **Highest altitude:**

3,440m

### **Meals:**

B,L,D

### **Accommodation:**

Tea House

## Day 6:

After breakfast, we trek towards Dingboche, a beautiful village situated in the Imja Khola Valley. The trail offers magnificent views of Ama Dablam and other surrounding peaks. The trek takes around 5-6 hours.

### **Trek distance:**

18-20km

### **Trek duration:**

6-8 hrs Walk

### **Highest altitude:**

4410m

### **Start point:**

Namche Bazar

**End point:**

Dingboche

**Meals:**

B,L,D

**Accommodation:**

Tea House

**Day 7:**

Another important acclimatization day. We will hike to Nagarjun Hill (5,100m) for breathtaking views of Makalu, Lhotse, Cho Oyu, and other high peaks. This hike helps our bodies adjust to the increasing altitude.

**Highest altitude:**

4,410m

**Meals:**

B,L,D

**Accommodation:**

Tea House

**Day 8:**

Today's trek is shorter, taking about 3-4 hours, as we ascend to Chukhung, a small settlement at the foot of Island Peak. Enjoy the close-up views of Island Peak and prepare for the climb ahead.

**Trek distance:**

5-6km

**Trek duration:**

3-4 hrs Walk

**Highest altitude:**

4,730m

**Start point:**

Dingboche

**End point:**

Chukhung

**Meals:**

B,L,D

**Accommodation:**

Tea House

**Day 9:**

We trek to Island Peak Base Camp, situated at the base of the Imja Glacier. The trek takes approximately 3-4 hours. Our climbing Sherpas will set up the camp and provide you with a briefing on the climbing techniques and safety procedures.

Today is dedicated to pre-climb training. Our experienced climbing guides will provide instructions on using climbing equipment such as harnesses, ice axes, and ropes. We will practice basic climbing techniques on nearby ice walls to ensure everyone is comfortable and confident for the summit attempt.

**Trek distance:**

3.5-4km

**Trek duration:**

2-3 hrs Walk

**Highest altitude:**

5,100m

**Start point:**

Chukhung

**End point:**

Island Peak Base Camp

**Meals:**

B,L,D

**Accommodation:**

Camping

**Day 10:**

We start our summit attempt early in the morning, usually around midnight or early dawn, to take advantage of stable snow conditions. The climb involves crossing a rocky section, traversing a glacier with fixed ropes, and ascending a steep snow and ice slope to the summit. After reaching the summit and enjoying the breathtaking panoramic views, we descend carefully back to Base Camp. This is a long and challenging day, typically lasting 10-12 hours.

**Trek distance:**

10-12km Round

**Trek duration:**

10-12 hrs Walk Round

**Highest altitude:**

4,730m

**Start point:**

Island Peak Base Camp

**End point:**

Island Peak Base Camp

**Meals:**

B,L,D

**Accommodation:**

Camping

**Day 11:**

After a well-deserved rest, we begin our descent towards Pangboche, a beautiful village with a significant monastery. The trek takes approximately 5-6 hours.

**Trek distance:**

16-17km

**Trek duration:**

6-8 hrs Walk

**Highest altitude:**

3,985m

**End point:**

Pangboche

**Accommodation:**

Tea House

**Start point:**

Island Peak Base Camp

**Meals:**

B,L,D

**Day 12:**

We continue our descent along the Imja Khola River, eventually reaching Namche Bazaar. The trek takes around 4-5 hours. Enjoy your last evening in Namche.

**Trek distance:**

12-13km

**Trek duration:**

5-6 hrs Walk

**Highest altitude:**

3,440m

**Start point:**

Pangboche

**End point:**

Namche Bazaar

**Meals:**

B,L,D

**Accommodation:**

Tea House

**Day 13:**

We trek back down to Lukla, retracing our steps along the Dudh Koshi River. The trek takes approximately 6-7 hours. Celebrate the successful climb with your team in Lukla.

**Trek distance:**

19km

**Trek duration:**

7-8 hrs

**Highest altitude:**

2,860m

**Start point:**

Namche Bazaar

**End point:**

Lukla

**Meals:**

B,L,D

**Accommodation:**

Tea House

## Day 14:

We take an early morning flight back to Kathmandu. Upon arrival, you will be transferred to your hotel. Enjoy a farewell dinner in the evening to celebrate your incredible achievement.

**Trek distance:**

138km

**Trek duration:**

35-40 min Flight

**Highest altitude:**

1400m

**Flight hours:**

30m

**Start point:**

Lukla

**End point:**

Kathmandu

**Meals:**

B

**Accommodation:**

Hotel in Kathmandu

## Day 15:

On the final day, a transfer to the international airport ensures a smooth departure, marking the end of beautiful experience.

**Trek distance:**

10km

**Trek duration:**

30 min Drive

**Highest altitude:**

1400

**Start point:**

Kathmandu

**End point:**

Airport

**Mode of transportation:**

Private Transportation

**Meals:**

B

## Useful Information:

**Accommodation:**

During the Island Peak climb, accommodation will be in basic teahouses along the trekking route and in tents at Island Peak Base Camp. Teahouses offer simple rooms with twin beds and basic amenities. Single rooms may be available in some locations for an extra charge. At Base Camp, we will provide comfortable camping equipment, including tents, sleeping mattresses, and a dining tent. Facilities become more basic

as the altitude increases.

### **Food:**

While trekking, you will be provided with three nutritious meals a day. Breakfast typically includes porridge, eggs, toast, and pancakes. Lunch and dinner usually consist of Nepali dishes like dal bhat (rice, lentils, and vegetables), as well as noodle dishes, soups, and occasional Western options. At Island Peak Base Camp, our kitchen crew will prepare hot and energizing meals suitable for high-altitude conditions. It is essential to stay hydrated, so we recommend drinking plenty of water, tea, or other non-alcoholic fluids.

### **Permits Needed for Island Peak Climbing:**

#### **Climbing Island Peak requires several permits:**

- Sagarmatha National Park Entry Permit: This permit is required to enter the national park where Island Peak is located. The cost is approximately NPR 3,000 for foreign nationals.
- Island Peak Climbing Permit: This special permit is necessary for climbing the peak and is obtained through the Nepal Mountaineering Association (NMA). The cost varies depending on the season and group size.
- Trekkers' Information Management System (TIMS) Card: This card helps authorities track trekkers for safety purposes. The cost is NPR 1,000 for individual trekkers and NPR 700 for groups.

Alpine Wonder Treks and Expeditions will assist you in obtaining all the necessary permits. Please provide us with the required documents (passport copy, photos) well in advance of your trip.

## **Booking Policies for this Climb:**

Alpine Wonder Treks and Expedition is a government-authorized trekking and mountaineering operator in Nepal and a proud member of the Trekking Agency Association of Nepal (TAAN) and the Nepal Mountaineering Association (NMA). To confirm your Island Peak climbing booking, we require a 15% advance payment, which can be made via bank transfer, Wise, or our website.

Once your booking is confirmed, please provide us with the necessary documents, including a passport copy, passport-sized photos, travel insurance details (including high-altitude coverage), and flight information, within two weeks. The remaining balance can be paid upon arrival in Nepal through cash, bank transfer, Wise, Western Union, or credit card. A detailed payment guide will be emailed to you after booking.

## **Packing List**

## **Headwear:**

- Wide-brimmed sun hat
- Warm woolen hat or beanie
- Balaclava or neck gaiter
- Headlamp with extra batteries
- Sunglasses with UV protection
- Ski goggles (optional, but recommended for high altitudes)

## **Upper Body:**

- Thermal base layers (2-3 sets)
- Lightweight trekking shirts (2-3)
- Fleece jacket or pullover
- Waterproof and windproof jacket with hood
- Down jacket (high quality, suitable for extreme cold)

## **Lower Body:**

- Thermal base layers (2 sets)
- Trekking pants (2 pairs)
- Waterproof and windproof trousers
- Warm trekking trousers or down pants (for high altitudes)

## **Hands:**

- Lightweight trekking gloves
- Warm woolen or fleece gloves
- Waterproof and windproof outer gloves or mittens

## **Feet:**

- Thin inner socks (3-4 pairs)
- Thick woolen trekking socks (3-4 pairs)
- Comfortable trekking boots (broken in)
- Climbing boots (can often be rented)
- Camp shoes or sandals

## **Climbing Gear (can often be rented):**

- Climbing harness
- Ice axe
- Crampons
- Helmet

- Ascender (Jumar)
- Descender (e.g., ATC or figure eight)
- Locking carabiners (2-3)
- Slings (2-3)

## **Other Essentials:**

- Backpack (40-50 liters for trekking)
- Duffel bag (for carrying gear, provided by us)
- Sleeping bag (rated to -20°C or lower)
- Sleeping bag liner (for extra warmth and hygiene)
- Water bottles or hydration pack (at least 2 liters capacity)
- Water purification tablets or filter
- Sunscreen (high SPF)
- Lip balm with SPF
- Toiletries (toothbrush, toothpaste, soap, etc.)

## **FAQ's**

### **1. How difficult is Island Peak climbing?**

Moderately challenging, requires good fitness and some high-altitude trekking experience. Basic mountaineering skills needed.

### **2. What is the best time to climb Island Peak?**

March-May and September-November for stable weather and clear views.

### **3. How long does the Island Peak Climbing expedition take?**

Typically around 16 days including travel.

### **4. Do I need a guide for Island Peak Climbing?**

Yes, a licensed climbing guide is mandatory.

### **5. What is the altitude of Island Peak?**

6,189 meters (20,305 feet).

### **6. What kind of accommodation can I expect during the climb?**

Basic teahouses during trekking, tents at Base Camp.

## **7. What type of food is available during the expedition?**

Nutritious meals including local and some international options.

## **8. Is travel insurance required for Island Peak Climbing?**

Yes, Mandatory with high-altitude and emergencies evacuation coverage.

## **9. Can I rent climbing gear in Nepal?**

Yes, basic gear can be rented in Kathmandu.

## **10. How important is acclimatization for Island Peak climbing?**

Crucial for safety and success; itinerary includes acclimatization days.

## **11. What if I am Unable to reach the summit?**

Summit not guaranteed; guide prioritizes safety.

## **12. Can I combine Island Peak Climbing with a trek to Everest Base Camp?**

Yes, it's a popular Option.

## **Group Discounts Available**

<b>No. of Persons</b>	<b>Price per Person</b>
2 - 30	USD 2,100

## **Address**

Tarkeshwor -4, Namuna basti,  
Kathmandu, Nepal