



## Everest Base Camp Trek with Island Peak Climbing

Duration: 19 days  
Difficulty: Alpine Grade 2B

DoT No. 1888  
NRB No. 1573/021  
PAN No. 601340433  
NMA. AM#1171, TAAN  
Govt. Regd No. 115217

**Travel time:** Can be freely chosen  
**Group size:** Private Trek

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### Quick Trip Facts

**Altitude:** 6189m

**Season:** Spring/Fall/Winter

**Accommodation:** Teahouse & tent

**The Everest Base Camp Trek with Island Peak Climbing via Kongma La pass 5535m is one of our favourite treks and Peak Climbing and we'd be delighted to help you explore this incredible legion in Nepal.**

### Overview

Island peak Climbing is one of the rewarding peak climbing in Khumbu Region of Nepal. Before you attempt the climb, however, you must be properly acclimatized. If you have trekked to Everest Base Camp, 5357m, and Kala Pathar, 5545m from Jiri, Phaplu or even Lukla, you will be acclimatized. You might even want to include a nearby pass such as Renjo La, 5338m, or Cho La 5420m, kongma La 5535m for good measure. Island Peak captivates the interest of experienced and aspiring climbers alike. Standing on the summit of Island Peak, 6189m, you are surrounded by the entire Khumbu range, including Nuptse, Lhotse, Lhotse Middle Peak and the unclimbed Lhotse Shar. To the East, are the frozen waves of the Lhotse Shar Glacier, Cho Polu, 6734m, and the perfect pyramid of Mt. Makalu, 8475m.

Island Peak Climbing is rated '**Alpine Grade 2B**'; and although a good level of physical fitness is essential, previous climbing experience is not required. Its highly glaciated West Face rises from the Lhotse Glacier up to a technically straightforward ridge; this is a perfect place for novice climbers to develop the skills of climbing on snow and ice at high altitudes.

From Chhukung village, the trail follows the moraine of the massive Lhotse Glacier, then the Imja Tso Khola (river) to Island Peak Base Camp, 5100m. There are slabs and boulders to clamber over to reach high camp, 5500m. After high camp there are more rocks and scree at first, but the final few hours to the top requires the mountaineering skills. There is a 300-meter headwall and a snowy summit ridge which require ropes, crampons and ice axes. But our professional Sherpa climbing guides are there with you to

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assist you. Our guides take care of you when you climb up and descend down.

Island Peak Climbing takes 1 night 2 days or 2 nights 3 days, making it one of the shortest and least expensive climbing packages offered. Each climb starts according to our scheduled departure dates. The minimum size of a group is two persons.

The name Island Peak was given in 1952 by the great climber, Eric Shipton, who thought it looked like an island in a sea of ice. It is registered with the Nepal Mountaineering Association (NMA) by the name "Imja Tse", which was given to it later. It is a favourite peak expedition of the Everest region of Nepal.

**The Everest Base Camp Trek** is one of Nepal's most popular treks and rightly so. Just imagine standing right at the foot of Mount Everest, the highest mountain in the world. Trekking to Everest - known as Sagarmatha in Nepali and Chomolungma (Mother Goddess of the World) in Tibetan and Sherpa - has a long tradition. The trail is very well developed with comfortable and quirky tea houses along the way. Our trip leads you through the Solukhumbu region slowly up the valley, tracing the path of the successful British 1953 expedition all the way to the Everest base camp. Along the way, you will see some of the most impressive mountains like Cholatse and - the favourite of many visitors - Ama Dablam. If you feel up to it, you can hike up Kala Pathar (5,554m) which offers a magnificent panorama of Everest, Lhotse, Cho Oyu, Pumori, Nuptse and many more famous mountains as well as the Khumbu glacier.

With Incredible Himalayan Sherpa Adventure, you'll not only be able to enjoy this unique landscape but you'll also have the chance to observe the traditions and rituals of the local Sherpa people. We put great emphasis on authentic experiences and our professional local guides will introduce you to their culture.

All our treks are often set-aside as non-public journeys - no massive, impersonal teams however tiny, individual experiences. Let Incredible Himalayan Sherpa Adventure take you on your very own adventure trek to Mount Everest.

Have a customize this trip, if this plan does not meet your requirements and expectations. For the tailor made trip, have a use this link [Customize form](#).

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## Highlights:

- + The vibrant, colourful, chaotic city of Kathmandu
- + Experience Himalayan Sherpa culture
- + Island Peak, one of the popular peaks to climb
- + Astounding views of Lhotse, Imjatse and Ama Dablam
- + Admire Mount Everest and contemplate the history of its exploration

## Suggested Itinerary:

### Day 01; Arrive Kathmandu (1350m/4429 ft.)

Flying into Kathmandu is a memorable experience with the Himalaya spread out before you. After landed your flight in Tribhuvan International Airport in Kathmandu (1350m), our airport representative will be waiting for you with your name written on the placard. We welcome you by offering Tibetan scarf and transfer to the hotel in a private vehicle. There will be a trek briefing and afterwards you are invited to a welcome dinner at Tsering's home.

[Included meals: Bed]

Overnight at hotel

### Day 02; Kathmandu Tour (1350m/4429 ft.)

Your tour in KTM of the most beautiful UNESCO World Heritage sites- Swayambhu, Boudha & Pashupatinath. Return to hotel and trek preparation.

[Included meals: Bed and Breakfast]

Overnight at hotel

### Day 03; Scenic flight to Lukla (2800m/9186.352 ft.) & trek to Phakding (2610m/8563 ft.), 35min flight+4-5hr walk

We fly to Lukla. From here we walk northwards up the valley of the Dudh Koshi (Milk River). We descend from the small plateau, down into the forested valley. After a pleasant hike (3-4hr) we reach our destination Phakding (2,652m).

[Included meals: Lunch+Dinner]

Overnight at teahouse

### Day 04; Ascent to Namche Bazaar (3440m/11286ft.), 5-6hr walk

From here we follow the Dudh Koshi northwards. The trail will take us through magnificent forests of rhododendron, giant fir and magnolia. From Jorsale (2,805m), we cross the west fork of the river, the Bhote Koshi, and start the steep climb to Namche Bazaar. The trail offers us stunning views of nearby 6000m peaks. After about 5hrs we reach the Sherpa village and gateway to Everest Base Camp, Namche Bazaar (3440m).

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

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## **Day 05; Acclimatization walk to Kunde (3840m/ 12598.43 ft.), Everest View, and Khumjung (3780m/ 12401.57 ft.), 3-4hr walk**

We leave Namche and ascent to the Everest View Hotel. The hotel terrace offers splendid views of Everest and Ama Dablam. We continue the walk to the villages of Kunde and Khumjung, where we visit the Edmund Hillary hospital. Afterwards we return to Namche where we have a relaxed afternoon.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

## **Day 06; Journey to Pangboche (3930m/12893.7 ft.), 6-7hr walk**

It's a pleasant walk down before the somewhat tiring climb to the monastery. From Sanasa the path drops through lower Teshigna and steeply down to Phunki Teng (3250m). A line of water driven prayer wheels are the star turn here. Now we climb through Juniper forest Tengboche monastery (3860m), from here offers superb panoramic views of Everest, Nuptse Lhotse, Ama Dablam, Thamserkhu, Kang Taiga and Taboche. And further 2hr of walk through forest, Mani wall, and mixed pleasant trail bring us Pangboche.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

## **Day 07; Journey up the Khumbu Valley and Imja Valley to Dingboche (4410m/14468ft.), 5-6hr walk**

We leave Namche and cross the Imja Khola stream. From here we climb up to Pangboche at 3,900m. Following a short steep section of the trail we reach Dingboche, which is surrounded by stunning peaks.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

## **Day 08; Acclimatization day at Dingboche (4410m/14468 ft.)**

We ascent Dingboche RI, a lookout point that offers great views of the Imja valley, Makalu and the diverse landscapes surrounding the valley. We return to the Dingboche and relax in the afternoon sun (hopefully)

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

## **Day 09; Trek to Lobuche (4910m/16108ft.), 4-5hr walk**

The day begins with a steep trail section leaving Dingboche past a chorten. We ascend the valley gradually to Dugla at the end of the Khumbu Glacier. From here we enjoy a beautiful panorama of the nearby peaks. We follow the valley on a rocky trail to Lobuche.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

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## **Day 10; Hike to [Mount Everest Base Camp \(5363m/17595ft.\)](#) and return to Gorakshep (5140m/ 16863.52 ft.), 7-8hr walk**

Our big day has arrived. We follow the Khumbu Glacier northwards to Gorakshep (5,184m). We arrive at Gorakshep, the highest village in the valley, and from here we continue to Everest Base Camp. We start by walking across the sandy flat at Gorakshep, climb onto the moraine of the Khumbu glacier and follow the trail before we descend the moraine to the base camp. From EBC we get fantastic close-up views of the famous Khumbu Ice Fall, Nuptse and the mountains separating Nepal from Tibet, including Pumori. Afterwards we return to Gorakshep.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

## **Day 11: Climb Kala Pattar (5545m/18192.26 ft.) for panorama views of Mt. Everest; retrace steps to Lobuche (4910m/16108ft.), 4-5hr**

Another challenging, yet rewarding day awaits. We climb up Kala Pattar, 'Black Rock', at 5,545m which gives us a great view of Everest. Afterwards we return to Gorak Sheep, have a warm breakfast and retrace steps back to Lobuche.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

## **Day 12; To Lobuche to Chhukung (4730m/ 15518.37 ft.) over a [Highest Kongma La Pass \(5530m/18143.04 ft.\)](#), 7-8hr walk**

From Lobuche we follow the trail till it reaches to the ever shifting route on the far side. After following the left side by lifting up around two hours lead to the very steep ascent to the top cairn of Kongma La pass (5535m). From the top of the pass, in front of us is lunar landscape of icy lakes and frozen ridges, ahead the landscape tumbles down to the Khumbu Glacier. There are incredible view east toward giant Makalu, with peaks in Tibet visible to its left. Ascending the pass lead to the valley with spotted lakes and then trekking through the camp where Mera Peak (5820m) climbing group used to camp. Continuing the trail which reach Niyang Khola valley and descent down to the hillside of Bibre. We have great views back across the valley to Island Peak and the jagged ridge of Amphu Lapcha before arriving at Chhukung. And then descent down to the Chhukung.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

## **Day 13; Chhukung Valley to Island Peak Base Camp (5200m/ 17060 ft.), 4-5hr walk**

[Included meals: Breakfast+Lunch+Dinner]

Overnight at tent

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## **Day 14; Summit Island Peak (6189m/20305.12 ft.) & return to Chhukung (4730m/ 15518.37 ft.), 9-10hr walk**

[Included meals: Breakfast+Lunch+Dinner]

Overnight at tent

## **Day 15; Extra Day if weather remains unfavorable.**

[Included meals: Breakfast+Lunch+Dinner]

Overnight at tent

## **Day 16: Return to Namche Bazar (3440m/11286ft.), 7- 8hr walk**

For the return trip, we return to Lukla via Namche. Alternatively, you can extend the trip and continue to the Gokyo Trek or if you would like to experience peak climbing then you can climb Island Peak Climbing with only a few additional days necessary.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

## **Day 17/18: Retrace steps to Lukla (2840/ 9318 ft.) & take flight to Kathmandu (1350m/4429ft.), 7-8hr walk+35min Flight**

We retrace our steps from day 03&04. Although the path is all downhill, the unrelenting slope places a strain on the knees and trekking poles will come in handy. We take frequent stops where we can have a relaxes tea.

[Included meals: Breakfast+Lunch+Dinner & Bed and Breakfast in Ktm]

Overnight at teahouse & hotel in Ktm

## **Day 19: Departure from Kathmandu (1350m/4429ft.)**

A representative of IHSA will drop off you at the airport by private vehicle

[Included meal: Breakfast]

## **Supplementary time**

The flight from Kathmandu to Lukla significantly reduces the journey time compared to the trek via Jiri (which we also offer). The flight is the shortest and most popular way of gaining access to the region but the mountain weather is notoriously unpredictable and sometimes even during the best part of the season, flights are delayed or postponed for one or more days. We can also arrange for a Helicopter charter from Kathmandu to Lukla instead but this adds significant extra cost. We highly recommend that you take potential delays into account and allow for an extra day in Kathmandu. You can use your extra time here in Nepal by doing many exciting activities like rafting, jungle safari, Rock Climbing, Langtang Helicopter Tour Mountain flights or simply enjoy the bustling streets of Kathmandu.

## **Altitude Profile**

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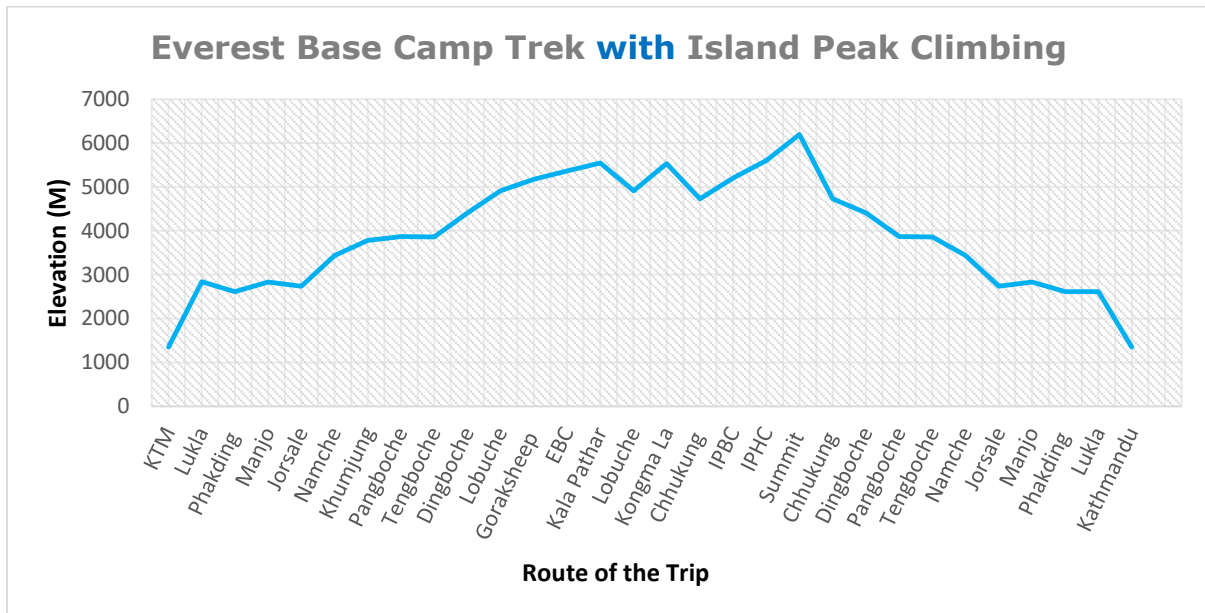
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**We offer two packages:** Basic and comfort. The basic package takes care of your trek while for the comfort package we also organize your stay in Kathmandu including some unmissable sightseeing. Both can be flexibly adjusted to your requirements.

## Basic Package:

- + 19 days EBC Trek & IPC
- + Guides and porter services
- + Food throughout the trip
- + Round trip flight tickets
- + Airport pick up & drop off personally. For details see below.

**Price:** ~~USD 2285~~ per person with group size of 2  
**USD 2235** per person with group size of 2

## Comfort Package:

As Basic and

- + 3\* Hotel in Kathmandu
- + Sightseeing with guide. For details see below.

**Price:** ~~USD 2400~~ per person with group size of 2  
**USD 2325** per person with group size of 2

## Group Discount:

There is a further discount for larger groups. Please **contact us** for details.

## Trek Duration:

Standard itinerary – 19 days. Can be shortened or extended depending on time and fitness.

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**Includes:**

- + All airport transfers. We'll pick you up personally
- + Accommodation in a quality 3\* hotel with breakfast in Kathmandu as per the itinerary [upgrade possible]
- + Sightseeing in Kathmandu by private vehicle and professional English speaking City Guide
- + Private trek with an English speaking govt licensed, ministry of tourism trained & NMA trekking guide & climbing guides with meals, accommodation, salary and insurance
- + 1 porter (between two clients) to carry your luggage during the trek (max 12 kg; i.e. 24kg pP) all with meals, accommodation, salary and insurance
- + Flight from Kathmandu to Lukla and return
- + Full board meals (Breakfast+Lunch+Dinner/main course) during the trek
- + Accommodation during the trek in carefully selected teahouses and tented as per the itinerary
- + Everest National Park Entry Permit for all members, local collect
- + Island peak climbing Permit
- + Pasang Lhamo Municipality Entrance Collect
- + Duffel bag and trekking map (Duffel to be returned after trip completion)
- + First aid medical kit carried by the guide
- + Trip achievement certificate
- + Necessary paper works, all government and local taxes
- + Complimentary welcome or farewell dinner in Kathmandu with host family

**Excludes:**

- International Airfare to and from your country
- Nepal Visa fee for on arrival entry visa (US\$ 25 or equivalent for 15 days, US\$ 40 for 30 days & US\$ 100 for 90 days. You also require 2 passport sized photos)
- Travel & Health Insurance [needs to cover Emergency Helicopter Rescue at altitude]
- Lunch & Dinner in Kathmandu
- Any alcoholic beverages, cold drinks and boiled mineral water as well as snacks, deserts etc. during the trek
- Tips for Guides & Porters
- Hot shower, battery charges (available at extra cost in lodges, sometimes free)
- Unforeseen expenses not under our control such as flight cancellations or delays, weather related issues, illness during the trek, rescue costs etc.
- Any other costs not specifically included. Please feel free to ask if in doubt.



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## Additional Options:

### + Hotel upgrade in Ktm: [65 USD for 4\* hotel, 95 USD for 5\* hotel per night]

If you feel like a little luxury before and after your trek, you can upgrade your hotel in Kathmandu to 4\*/ 5\* category.

### + Optional Extended Route [continue to following destinations]

If you prefer to extend the trip and continue to **Gokyo Lake Trek** via Cho La Pass. if you would like to climb peak then **Mera Peak** for you rather than return to Lukla, this can also be arranged.

## Trip Related Information

### Trekking Day

The day starts with a comfortable breakfast at the teahouse after getting the baggage ready (as porters often set off early). We tend to set-off just in time to enjoy the morning sun. At noon we stop for a lunch break and relax a bit before the final bit of trekking for the day. The afternoon sections tend to be shorter and we aim to arrive at the destination by 3pm. This leaves some time for local explorations or simply a game of cards at the lodge. Dinner is generally around 6.30PM at the lodge.

### Trekking Guides

The trekking guide is in charge of the trek and responsible for looking after you. You can address the guide regarding all problems, concerns and questions. All our guides are professionally trained and will be happy to answer any questions or deal with any issues. Communication is usually not an issue but remember they are local guides and their English proficiency can sometimes be limited outside of trek-related topics.

### Accommodation

Throughout the trek you will be accommodated in lodges and teahouses with the usual basic standard you can expect in the mountains. Rooms may be twin or multi share with some basic shared toilet facilities (rooms with en-suite bathrooms are available in some of the lodges but this is rare). Hot showers are available in some places (charges apply).

### Food

On the trail, meals are available in tea houses and lodges. The choice can be limited due to their remoteness. Expect simple but tasty meals – we also encourage you to opt for the local options. On top of that you may want to buy plenty of snacks before leaving Kathmandu as your body burns plenty

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of calories on the trail, especially at altitude. Healthy cereal bars are a good (and not too heavy) choice.

## Your luggage

Your daypack should contain everything you need during the day but keep it as light as possible. Examples: water, some warm clothing, your camera, sunscreen, etc. Note that luggage you hand the porters might not be available to you during the day as they sometimes set their own pace.

## Money and Tipping

It is best to bring a mixture of cash and traveller's checks in a major currency [some currencies are not convertible to NPR]. USD, GBP, CAD, EUR, and AUD are generally fine. Ensure you have also small denominations. As a guideline for baseline spending money we suggest USD 10 - 15 per meal in Kathmandu (if you drink or smoke or plan some major shopping this could be higher). You should exchange enough money into Nepalese Rupees to last the entire time of your trek BEFORE leaving Kathmandu. There are no exchange facilities in the villages along the trail but plenty of money changers in KTM. Tipping is, of course, voluntary but tips are not included in the trip price.

## Insurance

Travel insurance is not included in the trip price but is absolutely essential. Your travel insurance must provide cover for personal accident, medical expenses and especially emergency evacuation and repatriation (including helicopter rescue). Make sure the insurance is valid at an altitude of >5000m.

## Preparation and Health Issues

Trekking in the Himalayas, especially at altitude, is more challenging than some leisurely walking at home. Keep in mind: Altitude affects everyone differently. Regardless of age or fitness, some preparation before you arrive is essential. We suggest some regular exercise. Feel free to contact us if you need some specific advice of how to prepare. There are no specific health requirements but as this trek reaches altitudes above 5000m, you should be generally healthy. While serious problems are rare, it makes sense to come prepared. Please consult your doctor and check your national health authority for up-to-date information regarding vaccinations, high altitude medication and medications for any foreseeable illnesses whilst trekking in Nepal – especially considering the remoteness of some parts of the trek. Be aware that some drugs have side effects at altitude. Please discuss this carefully with your doctor. There is a small health post for emergency treatment with limited equipment in Jomsom but close-by treatment options are often very limited or completely absent. In a serious emergency, helicopter evacuation might be the only possibility. A

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personal First Aid kit and sufficient quantities of any personal medical requirements (including a spare pair of glasses) are highly recommended.

## Altitude Issues

AMS (acute mountain sickness) is a serious condition. It can affect anyone, regardless of age, fitness or previous experience. It usually occurs above 3000m and the probability of symptoms and their severity increases with altitude. It can present with a variety of symptoms caused by the body's incomplete adjustment to altitude. Symptoms can include headaches, sleeplessness, dizziness, nausea, breathing difficulties and swelling of extremities and tissue. If two or more symptoms occur, an immediate descend might be required. A quick descend (of about 300m vertical distance) typically resolves the issues. The body can then complete the acclimatization. Although our routes are carefully planned following international guidelines, you may experience some effects of the altitude; particularly in the beginning and at higher altitudes. Breathlessness and mild headaches are not uncommon and generally decrease as your body adjusts. Maintaining adequate fluid intake is essential. Your guide will encourage you to drink plenty of tea and water. Please refrain from drinking alcohol during any acclimatization phase as it can amplify the problem. Please advise your guide if you feel more severe symptoms and inform the guide about any medication you are taking.

## Climate and Temperature

At lower altitudes the climate is generally warm and mild. Above 3500m, the temperature can fluctuate a lot during the day but nights are often cold (below freezing). Above 4,100m a colder climate prevails comparable to the higher elevations of the Alps. The weather can fluctuate strongly and unexpectedly. Always be prepared for a change in conditions and note that if severe or dangerous weather conditions occur your guide's decision on any course of action is final.

**If you make us to organize "Island Peak climbing" from Chhukung to Chhukung, this can also be arranged.**

*Have a good trip...*

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