



**INCREDIBLE HIMALAYAN
SHERPA ADVENTURE P. LTD.**

SPECIALIZED IN ORGANIZING TREKS TOURS & EXPEDITION

Island Peak Climbing

Duration: 1N/2 days
Difficulty: Alpine Grade 2B

DoT No. 1888
NRB No. 1573/021
PAN No. 601340433
NMA. AM#1171, TAAN
Govt. Regd No. 115217/070

Travel time: Can be freely chosen

Group size: Private Peak Climbing

Quick Trip Facts

Altitude: 5600m

Season: Spring/Fall/Winter

Accommodation: Tent

Overview

The "Island Peak Climbing" is one of our favourite treks and we'd be delighted to help you explore this majestic region in Nepal.

The Island Peak Climb is an add-on package for any of the Everest Region Treks. It starts and finishes at Chhukung, where Incredible Himalayan Sherpa Adventure experienced climbing guides will meet you and look after you in every way. Before you attempt the climb, however, you must be properly acclimatized. If you have trekked to Everest Base Camp, 5357m, and Kala Patthar, 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 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 'moderate'; 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.

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

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two persons. After you return to Chhukung, you are free to plan for the next destination. If you would like to book Island Peak Climbing with Base Camp of Mount Everest with us, have visit with **Everest Base Camp Trek and Island Peak Climbing**.

Itinerary

Day 01:

Chhukung Valley to Island Peak Base Camp (5200m/ 17060 ft.), 4-5hr walk
[Included meals: Breakfast+Lunch+Dinner]
Overnight at tent

Day 02:

Summit Island Peak 6189m & retrace steps to Chhukung (4730m/ 15518.37 ft.), 9-10hr walk
[Included meals: Breakfast+Lunch+Dinner]
Overnight at tea-house

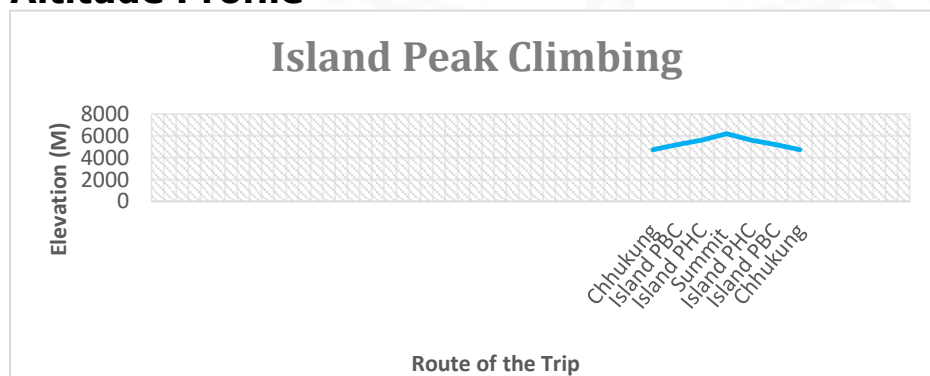
Day 03:

Spare day[In case of bad weather]
[Included meals: Breakfast+Lunch+Dinner]
Overnight at tent

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, Bunje jumping, Mountain flights or simply enjoy the bustling streets of Kathmandu.

Altitude Profile



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Your Package:

- + 1N/2 days Island Peak Climbing
- + Climbing Guide
- + Food throughout the trip
- + Free arrival and departure service for the group. We'll pick you up personally. For details see below.

Price: USD 900 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 – 1N/2 days. Can be shortened or extended depending on time and Fitness

Includes:

- + Free arrival and departure service for the group. We'll pick you up personally
- + Private Peak climbing with an English speaking Climbing Sherpa
- + Full board meals (Breakfast+Lunch+Dinner) during the trip
- + Accommodation during the trip in tent
- + All permits and all insurances of climbing guide
- + Garbage Deposit, First Aid kit
- + Climbing rope, Ice screws, Snow bars
- + All Camping Equipment required during the trek, sleeping tents/mattresses, kitchen tent, kitchen equipment
- + Personal Climbing Gears:**
 - Trekking Sleeping Bag
 - Helmet
 - Harness
 - Jhumar
 - Figure-8
 - Karabiners (3 pieces; Locked-2 & Unlocked-1)
 - Safety rope
 - Crampon
 - Ice Axe

Excludes:

- 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]
- Any alcoholic beverages, cold drinks and boiled mineral water as well as snacks, deserts etc. during the trek
- Tips for Guide & Porter (not mandatory but expected)
- 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.
- Climbing Boot

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Additional Options:

+ Optional Extended Route [continue to following destinations]

If you prefer to extend the trip and continue to **Lobuche Peak, Nirekha Peak, Pharchamo Peak, Mera Peak** rather than return to Kathmandu, this can also be arranged.

+ Private helicopter (USD 700 P/P Lukla-KTM or KTM-Lukla)

For a more adventure ride from Lukla-Kathmandu or KTM-Lukla

Trip Related Information

Climbing 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 tent with the usual basic standard you can expect in the mountains. A dome tent get between two people and you will share with it each other.

Food

On the trail, meals are prepare by cook. The choice may not be available due to their remoteness. Expect simple but tasty meals. On top of that you may want to buy plenty of snacks before leaving Kathmandu as your body burns plenty of calories on the trail, especially at altitude. Healthy cereal bars are a good (and not too heavy) choice.

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 8-10 per meal in Kathmandu / Pokhara and USD 25-30 per day whilst trekking in the Everest region (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. If you are happy with the performance of the trekking staff, we suggest the following as a minimum: USD 9 per

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person and day in a medium sized group. This will be shared among guides and porters.

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.

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.

Have a good trip...

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