

Island Peak Climbing in Spring and Autumn

Facts

Destination: Nepal

Trip Difficulty: Strenuous

Transport: Private Vehicle / Aeroplane

Food: Breakfast + Lunch + Dinner

Accommodation: Hotel + Teahouses + Lodges

Max Elevation: 6189m

Group Size: Min 2 pax

Island Peak, which is also known as 'Imja Tse' in the [Khumbu region](#) (<https://www.marveladventure.com/everest-trekking>), is one of the most popular and busy climbing destinations in the Himalayas. Island Peak climbing is an exhilarating and satisfying experience for both mountaineering pioneers and seasoned veterans who want to widen the horizon of their Himalayan exploration.

Standing at an elevation of **6,189 meters (20,305 feet)**, this peak is just above the Chukkung Glacier, situated between Ama Dablam and Mt. Lhotse. This magnificent peak in the Himalayas is popular as the 'practice peak' for the Mt. Everest expedition; before scaling Island Peak, this expedition will pass through the Mt. Everest Base Camp. So, this beautiful expedition covers two of the major high-altitude adventures in Nepal, passing through the scenic mainstream trekking route.

Island Peak climbing is undoubtedly an immersive experience that explores the cultural, religious, and bio-diverse factors of the region, rewarding with 360° panoramic views of the



Himalayan peaks like Ama Dablam, Lhotse, Nuptse, Makalu, and Lhotse. If you are thinking about setting out on this glorious Himalayan exploration, we here at [Marvel Adventure](https://www.marveladventure.com/contact-us) (<https://www.marveladventure.com/contact-us>) organize the best Island Peak climbing expeditions led by our professional mountaineering team with **sherpa guide** overseeing every arrangement so you can just enjoy the experience.



Highlights

- Summit of the popular Island Peak (6,189 meters)
- Island Peak Base Camp (5,100 meters)
- Exploration of the highest base camp in the world, Everest Base Camp (5,364 meters)
- Diverse biodiversity of Sagarmatha National Park (1,148 sq. km)
- Unprecedented up close of the alluring gems of the Himalayas like Everest, Ama Dablam, Lhotse, Nuptse, Pumori, and other adjacent peaks
- Highest elevation jump point of the Everest Base Camp trek, Kalapathhar (5,545meters)
- Tengboche Monastery, the oldest and largest monastery in the Khumbu region
- Wide vistas of Khumbu Glacier and Icefall, including Imja, Lhotse, and Chukkung Glaciers
- Passing through and accommodating beautiful Sherpa civilizations with rich cultures and traditions

Day to Day Itinerary

Day 01: Kathmandu to Tenzing Hillary Airport flight at Lukla and trek to Phakding

Day 02: Phakding to Namche trekking

Day 03: Acclimatization and exploration day at Namche

Day 04: Namche to Tengboche trek

Day 05: Trekking from Tengboche to Dingboche

Day 06: Acclimatization day in Dingboche

Day 07: Dingboche to Lobuche trek

Day 08: Lobuche to Gorakshep and Everest Base Camp

Day 09: Early morning trek to Kalapatthar and trekking down to Dingboche

Day 10: Trekking to Chukkung

Day 11: Chukkung to Island Peak Base Camp

Day 12: Scaling the summit of Island Peak and trekking down to Chukkung

Day 13: Retracing steps back to Tengboche

Day 14: Trekking down to Namche

Day 15: Namche to Lukla trek

Day 16: Early morning flight from Lukla to Kathmandu

Cost Includes

- Airport pick up and drop by private vehicle
- All Domestic flights and airport tax as listed in the itinerary
- Standard meals (breakfast, lunch and dinner) during the trek
- TIMS (Trekking Information Management System) card
- Sagarmatha National Park entry permit
- Peak climbing permit
- Professional mountain guide
- Strong and helpful porter with proper equipments (1 porter for 2 people)
- Salary, food, accommodation and insurance for guide and porters
- Tea house/lodge accommodation during the trek
- One night tent accommodation in Island Base Camp with hygienic meals.
- Necessary peak climbing equipments
- Comprehensive first aid kit
- Government taxes and official expenses

Cost Excludes

- International airfare and taxes



- Nepal entry visa fee
- Your Travel Insurance (compulsory)
- Your personal expenses
- Any kind of drinks and desserts during the trek
- Tips to guide and porter (Tipping is expected)