Island Peak Climbing

Trip information · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**18 Days**
DIFFICULTY	**Challenging**
MAX ALTITUDE	**6189m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 2,390 per person**

Trip overview

Island Peak Climbing is one of the most popular trekking peak expeditions in the Everest region of Nepal. Known locally as Imja Tse, the peak offers an excellent introduction to Himalayan mountaineering for climbers seeking their first technical summit experience.

The journey typically begins with a flight to Lukla and follows the classic Everest trail through Namche Bazaar, Tengboche, Dingboche, and Chhukung before reaching Island Peak Base Camp. The expedition is often combined with the Everest Base Camp trek for better acclimatization and a more complete Himalayan experience.

From Base Camp, climbers ascend to High Camp and attempt a summit that includes glacier travel, fixed rope sections, and a steep headwall. The summit rewards climbers with breathtaking views of Lhotse, Ama Dablam, Makalu, and Baruntse.

Geography & Landscape

Island Peak is located in the upper Imja Valley within the Everest region and lies inside the protected area of Sagarmatha National Park.

The landscape is defined by dramatic Himalayan terrain, including deep river valleys, alpine meadows, glacial moraines, and massive ice formations. As climbers approach Chhukung and Island Peak Base Camp, the environment becomes increasingly rugged and alpine, dominated by glaciers and towering snow peaks.

One of the most striking features of the region is the surrounding Himalayan panorama. Island Peak sits beneath the towering south face of Lhotse, with views of Ama Dablam, Nuptse, Makalu, and other iconic peaks, creating a truly world-class mountain environment.

Sherpa Guide & Support

Island Peak Climbing is led by highly experienced Sherpa climbing guides who provide full technical and safety support throughout the expedition.

Key Sherpa Support Includes:

- Route fixing and navigation on glacier and steep terrain

- Technical guidance on crampon, ice axe, and rope techniques
- Safety management on ladders, crevasses, and steep headwalls
- Altitude monitoring and acclimatization support
- Summit timing and weather assessment
- Emergency rescue and evacuation coordination

Porters support the expedition by carrying logistics and equipment up to Base Camp, while guides ensure climbers are fully prepared for the technical demands of summit day.

With professional Sherpa guidance, Island Peak offers a safe, structured, and highly rewarding introduction to Himalayan mountaineering.

Highlights

- Stunning panoramic views of Everest, Lhotse, Nuptse, and Ama Dablam.
- Trek through the legendary Khumbu Valley and Sagarmatha National Park.
- Experience authentic Sherpa culture in villages like Namche Bazaar and Chhukung.
- Cross glaciers, crevassed ice fields, and high-altitude alpine terrain.
- Learn essential mountaineering skills including rope work, crampon use, and ice wall climbing.
- Challenge yourself with a thrilling summit push via a steep ice headwall.
- Witness a spectacular sunrise over the Himalayan giants from the summit.
- Perfect introductory peak for aspiring Himalayan climbers and Everest expeditions.

Day-by-day itinerary

Day 1 : Arrival in Kathmandu (1,400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Dinner

Your journey begins upon arrival in Kathmandu, where our representative welcomes you and transfers you to your hotel. The rest of the day is free to rest and prepare for the expedition. In the evening, you will meet your guide for a briefing and equipment check.

Day 2 : Trek Preparation & Permit Preparation (1,400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast

Time: Full day (3–5 hours activities)

Today is dedicated to final trek preparation and permit arrangements. Your guide will check all equipment, clothing, and climbing gear. Necessary permits for Island Peak Climbing, Sagarmatha National Park, and local municipality are finalized. You can also explore Thamel for any last-minute shopping or gear rental.

Days 3 : Flight to Lukla & Trek to Phakding (2,610m – 2,860m)

Altitude: 2,610m – 2,860m

Walk: 3–4 hours trek + 30–35 min flight · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

A scenic mountain flight takes you to Lukla, the gateway to the Everest region. After meeting the trekking crew, you begin your trek through Sherpa villages, suspension bridges, and pine forests to

reach Phakding.

Day 4 : Trek to Namche Bazaar (3,440m)

Altitude: 2,610m – 3,440m

Walk: 6–7 hours trek · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

You follow the Dudh Koshi River and cross several suspension bridges before entering Sagarmatha National Park. A steep uphill climb brings you to Namche Bazaar, the bustling Sherpa town of the Khumbu region.

Day 5 : Acclimatization in Namche Bazaar (3,440m)

Altitude: 3,440m

Walk: 2–3 hours hike · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Today is for acclimatization. You hike to Everest View Hotel or Khumjung Village for stunning views of Everest, Lhotse, and Ama Dablam.

Day 6 : Trek to Tengboche (3,860m)

Altitude: 3,440m – 3,860m

Walk: 5–6 hours trek · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

The trail offers beautiful Himalayan scenery as you descend and ascend through forests and ridges before reaching Tengboche Monastery.

Day 7 : Trek to Dingboche (4,410m)

Altitude: 3,860m – 4,410m

Walk: 5–6 hours trek · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

You continue into the Imja Valley, where the landscape becomes more alpine and rugged, reaching Dingboche.

Day 8 : Acclimatization in Dingboche (4,410m)

Altitude: 4,410m

Walk: 2–3 hours hike · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

A short hike to Nagarjun Hill helps improve acclimatization and offers panoramic mountain views.

Day 9 : Trek to Chhukung (4,730m)

Altitude: 4,410m – 4,730m

Walk: 3–4 hours trek · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

A short scenic trek takes you deeper into the Imja Valley, reaching Chhukung, the last settlement before Island Peak.

Day 10 : Climbing Training in Chhukung (4,730m)

Altitude: 4,730m

Walk: 3–4 hours training · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

You receive practical training in crampons, ice axe use, rope techniques, harness use, and glacier travel.

Day 11 : Trek to Island Peak Base Camp (5,100m)

Altitude: 4,730m – 5,100m

Walk: 3–4 hours trek · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Trek over rocky terrain to Base Camp where guides prepare equipment and explain summit strategy.

Day 12 : Summit Island Peak (6,189m) & Return to Chhukung

Altitude: 5,100m – 6,189m – 4,730m

Walk: 10–12 hours climb · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Early morning summit push via glacier, fixed ropes, and steep snow slopes. After reaching the summit, descend back to Chhukung.

Day 13 : Contingency Day (4,730m)

Altitude: 4,730m

Walk: 0–3 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Buffer day for weather delay, rest, or acclimatization needs.

Day 14 : Trek to Tengboche (3,860m)

Altitude: 4,730m – 3,860m

Walk: 6–7 hours trek · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Return through Dingboche and Pangboche with amazing views of Ama Dablam.

Day 15 : Trek to Namche Bazaar (3,440m)

Altitude: 3,860m – 3,440m

Walk: 5–6 hours trek · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Descend through forests back to Namche Bazaar.

Day 16 : Trek to Lukla (2,860m)

Altitude: 3,440m – 2,860m

Walk: 6–7 hours trek · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Final trekking day back to Lukla for celebration with the crew.

Day 17 : Flight to Kathmandu (1,400m)

Altitude: 2,860m – 1,400m

Walk: 30–35 minutes flight · Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Morning flight back to Kathmandu and transfer to hotel.

Day 18 : Final Departure

Visit: Nepal · Meals: Breakfast

Transfer to the international airport for your onward flight.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrival in Kathmandu · 1,400 m · day 21°C / night 11°C
- Day 2 · Trek Preparation & Permit Preparation · 1,400 m · day 21°C / night 11°C
- Day 3 · Days 3 : Flight to Lukla & Trek to Phakding · 2,610 m · day 15°C / night 3°C
- Day 4 · Trek to Namche Bazaar · 2,610 m · day 15°C / night 3°C

- Day 5 · Acclimatization in Namche Bazaar · 3,440 m · day 11°C / night -2°C
- Day 6 · Trek to Tengboche · 3,440 m · day 11°C / night -2°C
- Day 7 · Trek to Dingboche · 3,860 m · day 8°C / night -5°C
- Day 8 · Acclimatization in Dingboche · 4,410 m · day 6°C / night -8°C
- Day 9 · Trek to Chhukung · 4,410 m · day 6°C / night -8°C
- Day 10 · Climbing Training in Chhukung · 4,730 m · day 4°C / night -10°C
- Day 11 · Trek to Island Peak Base Camp · 4,730 m · day 4°C / night -10°C
- Day 12 · Summit Island Peak & Return to Chhukung · 5,100 m · day 2°C / night -13°C
- Day 13 · Contingency Day · 4,730 m · day 4°C / night -10°C
- Day 14 · Trek to Tengboche · 4,730 m · day 4°C / night -10°C
- Day 15 · Trek to Namche Bazaar · 3,860 m · day 8°C / night -5°C
- Day 16 · Trek to Lukla · 3,440 m · day 11°C / night -2°C
- Day 17 · Flight to Kathmandu · 2,860 m · day 13°C / night 2°C

What’s included

Accommodation

- 3 nights' accommodation in Kathmandu at a 3-star hotel or similar.
- Twin-sharing teahouse accommodation during the trek.
- Tent accommodation at Island Peak Base Camp.
- Lodge accommodation in Lukla.

Meals

- Breakfast, lunch, and dinner during the trek and climbing period.
- Tea and coffee during meals.

Transportation

- Airport transfers in Kathmandu.
- Round-trip domestic flights: Kathmandu/Ramechhap – Lukla – Kathmandu/Ramechhap.

Permits

- Island Peak Climbing Permit.
- Sagarmatha National Park Entry Permit.
- Khumbu Pasang Lhamu Rural Municipality Entry Permit.

Guide and Staff

- Licensed English-speaking trekking guide.
- Experienced climbing guide.
- Porters (1 porter for every 2 climbers).
- Staff insurance, salary, food, and accommodation.

Group Climbing Equipment

- Fixed ropes.

- Safety ropes.
- First-aid medical kit.
- Oximeter.
- Necessary group climbing equipment.

Not included

- International airfare.
- Nepal entry visa fee.
- Travel and rescue insurance.
- Personal climbing gear.
- Sleeping bag and down jacket rental.
- Hot showers, Wi-Fi, and battery charging fees.
- Alcoholic beverages and bottled drinks.
- Lunch and dinner in Kathmandu.
- Emergency evacuation expenses.
- Personal expenses and laundry.
- Tips for guides, porters, and climbing staff.
- Costs arising from flight delays, weather, or itinerary changes.

Dates & prices

- 02 Mar 2027 – 19 Mar 2027 · USD 2,390 · Available
- 16 Mar 2027 – 02 Apr 2027 · USD 2,390 · Available
- 06 Apr 2027 – 23 Apr 2027 · USD 2,390 · Available
- 20 Apr 2027 – 07 May 2027 · USD 2,390 · Available
- 04 May 2027 – 21 May 2027 · USD 2,390 · Available

Best time to visit

Best months: March–April and October–November. Autumn (October–November) brings the clearest mountain views and stable weather; spring (March–May) is warmer, with rhododendrons in bloom and the Everest climbing season at base camp. Winter is quiet and very cold at night, while the June–August monsoon brings cloud, rain and frequent Lukla flight delays.

What to bring — packing checklist

Climbing gear

- [ ] Mountaineering boots (double or insulated, crampon-compatible)
- [ ] Crampons, climbing harness, helmet
- [ ] Ice axe, jumar (ascender), descender / figure-8
- [ ] 2 locking and 2 non-locking carabiners, tape slings and prusik
- [ ] Glacier glasses (category 4) and ski goggles

Clothing

- [ ] Thermal base layers
- [ ] Fleece and softshell mid-layers
- [ ] Expedition down jacket and down or insulated trousers
- [ ] Hard-shell (Gore-Tex) jacket and trousers
- [ ] Liner, insulated and summit mittens
- [ ] Balaclava, warm hat, buff and sun hat

Trekking & camp

- [ ] Trekking boots and camp shoes
- [ ] Sleeping bag rated to –20 °C
- [ ] Daypack 35–45 L and a large duffel bag
- [ ] Trekking poles, thermos flask, pee bottle

Health & personal

- [ ] Personal medication and a small first-aid kit
- [ ] Altitude medicine (Diamox) after consulting your doctor
- [ ] Water bottles or a 2–3 L hydration bladder, purification tablets or filter
- [ ] Sunscreen SPF 50, lip balm with SPF
- [ ] Hand sanitiser, wet wipes, quick-dry towel
- [ ] Headlamp with spare batteries, power bank

Documents & money

- [ ] Passport valid for 6+ months, plus copies
- [ ] Travel insurance policy (covering helicopter evacuation)
- [ ] 4 passport photos for permits
- [ ] Cash in USD / Nepali rupees for tips, snacks and extras
- [ ] Credit or debit card

Down jackets and sleeping bags can also be rented in Kathmandu.

Essential information

Accommodation

Accommodation during the Island Peak Climbing expedition includes comfortable 3-star hotel stays in Kathmandu, teahouse accommodation throughout the Everest region trek, and tented accommodation at Island Peak Base Camp. Most teahouses provide basic facilities, including hot showers, Wi-Fi, and charging services for an additional fee.

Meals

The expedition includes full-board meals (Breakfast, Lunch, and Dinner) throughout the trek and climbing period. Nutritious meals are served daily to support the physical demands of trekking and high-altitude climbing. Packed lunches and energy snacks are provided during the summit push.

Difficulty & Fitness

Island Peak (6,189m) is considered a moderately challenging trekking peak and is one of Nepal's most popular climbing objectives. Climbers should be physically fit and preferably have previous trekking experience at high altitude. The summit ascent involves glacier travel, fixed ropes, ladder crossings, and steep snow slopes, requiring determination and endurance.

Permits

The expedition requires the following permits:

- Island Peak Climbing Permit
- Sagarmatha National Park Entry Permit
- Khumbu Rural Municipality Permit

All permits and climbing documentation are arranged by the expedition organizer.

Best Time to Climb

Spring (March–May)

- Stable weather conditions
- Excellent visibility
- Favorable climbing temperatures

Autumn (September–November)

- Clear skies and dry conditions
- Outstanding mountain views
- Ideal climbing environment

Transportation

The journey begins with a scenic flight between Kathmandu and Lukla, followed by trekking through the Everest region via Namche Bazaar, Tengboche, Dingboche, and Chhukung before reaching Island Peak Base Camp. Flight schedules may be affected by mountain weather conditions.

Safety & Altitude

The itinerary includes proper acclimatization days to reduce altitude-related risks and improve summit success. Experienced climbing guides provide technical support, health monitoring, and emergency response assistance throughout the expedition. Travel insurance covering climbing activities up to 6,500m and emergency helicopter evacuation is mandatory.

Additional information

Extra Information

Climbing Training

Before the summit attempt, climbers receive practical training in the use of crampons, ice axes, climbing harnesses, ascenders, fixed ropes, and glacier travel techniques. This training prepares participants for the technical sections encountered during the climb.

Essential Equipment

Participants should bring appropriate high-altitude trekking and climbing gear, including insulated clothing, mountaineering boots, crampons, ice axe, climbing harness, helmet, ascender, sleeping bag, sunglasses, and personal essentials.

Why Choose Island Peak?

- One of Nepal’s most famous and rewarding trekking peaks
- Ideal introduction to Himalayan mountaineering
- Combines Everest Base Camp trekking with a climbing adventure

- Spectacular views of Everest, Lhotse, Nuptse, Ama Dablam, and Makalu
- Involves real mountaineering skills including fixed rope climbing
- Professional climbing guidance and technical training
- Excellent preparation for future high-altitude expeditions

Island Peak Climbing is the perfect choice for adventurous trekkers seeking their first technical Himalayan summit while experiencing the breathtaking landscapes and world-famous trails of the Everest region.

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Frequently asked questions

How difficult is the Island Peak Climbing?

The Island Peak Climbing is graded Moderate — suitable for most active travellers. You should be comfortable with long days at altitude; previous use of crampons and ropes helps, and our climbing Sherpas run pre-climb training at base camp. Regular cardio training — hiking, running, cycling or stair climbing — for 6–8 weeks before departure makes the trip far more enjoyable.

What is the best time for the Island Peak Climbing?

For the Everest & Khumbu region the best months are March–April and October–November. Autumn (October–November) brings the clearest mountain views and stable weather; spring (March–May) is warmer, with rhododendrons in bloom and the Everest climbing season at base camp. Winter is quiet and very cold at night, while the June–August monsoon brings cloud, rain and frequent Lukla flight delays.

What permits do I need for the Island Peak Climbing?

You need the Sagarmatha National Park entry permit and the Khumbu Pasang Lhamu Rural Municipality permit, plus the Nepal Mountaineering Association climbing permit. Nord Extreme arranges every permit for you before the trip starts — check the "Includes" section above for exactly what is covered in the price. Just bring your passport and a few passport-size photos.

What is the accommodation like on the Island Peak Climbing?

You stay in hotels in Kathmandu and teahouses on the approach trek, then in quality expedition tents at base camp and high camp. Our team sets up a dining tent, kitchen and toilet tent and cooks fresh, high-energy meals.

Can I book the Island Peak Climbing as a private trip or join a group?

Both. You can join one of the fixed departures listed under "Dates & Prices", or book a private trip for just you, your family or friends on any date. Solo travellers are welcome — you will always have your own licensed guide.

Do I need travel insurance for the Island Peak Climbing?

Yes, travel insurance is compulsory. It must cover medical treatment and emergency helicopter evacuation up to the trip’s highest altitude, plus trip cancellation. Please send us your policy details before departure.

What should I pack for the Island Peak Climbing?

See the "What to bring" checklist on this page for the full list. The essentials are broken-in boots, warm layers, a down jacket, a waterproof shell, sun protection and a daypack. Down jackets and sleeping bags can be rented cheaply in Kathmandu, and a porter carries your main bag (up to 10–12 kg).

Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/island-peak-climbing/
Contact our team in Kathmandu: sonam@nordextreme.com · +977 9851078748 · delightful-orange-chimpanzee.tarevirjungleresort.com