Island Peak Climbing

Itinerary & costs · 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**

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.

Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/island-peak-climbing/

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