

Island Peak Climbing - 17 Days

Island Peak Climbing is a thrilling adventure that attracts trekkers and climbers from around the world. Nestled in the heart of the Khumbu region of Nepal, Island Peak stands at an impressive 6,189 meters (20,305 feet) and offers breathtaking views of some of the highest peaks, including Lhotse and Makalu. The climb is often seen as a gateway for those looking to transition from trekking to more technical climbing, making it an ideal choice for both novice climbers and seasoned adventurers seeking new challenges.

Revised On the way to...

The journey to Island Peak typically begins with a trek to [Everest Base Camp](#), allowing climbers to acclimatize to the high altitude while experiencing the stunning landscapes of the Himalayas. As trekkers make their way through lush valleys and traditional Sherpa villages, they immerse themselves in the rich culture and hospitality of the local people. This trek not only prepares climbers physically but also mentally, as they gain a deeper appreciation for the environment and the challenges that lie ahead.

Physical fitness is crucial for a successful ascent of Island Peak. Climbers should dedicate 3 to 6 months to training, focusing on building strength, endurance, and core stability. While the climb is achievable with basic technical skills, anyone serious about mountaineering will benefit from additional climbing courses. This preparation ensures that climbers can confidently navigate the semi-technical slopes and handle the physical demands of the trek and summit push.

Peak Climbing in Nepal

Summit day is a highlight of the expedition, often starting in the early hours of the morning. Climbers ascend under the stars, driven by a mix of adrenaline and anticipation. The final push to the summit involves navigating a glacier and a steep, rocky incline, which can be challenging but immensely rewarding. Reaching the summit of Island Peak provides a profound sense of accomplishment, offering breathtaking views that make the effort worthwhile.

After the climb, the journey back down allows for reflection on the incredible experience. Many climbers find that the challenges faced during the ascent foster a sense of camaraderie among the group. Sharing stories and celebrating achievements while surrounded by the majestic landscape creates lasting memories. Island Peak Climbing is not just about reaching the summit; it's an adventure that combines physical challenge, cultural exploration, and personal growth in one of the world's most beautiful settings.

Climbing Experience

While climbing Island Peak can be physically demanding, it is accessible for novice climbers. A strong level of physical fitness and basic technical climbing skills are essential. Throughout the ascent, you will receive support in honing your mountaineering abilities, ensuring you are well-prepared to tackle the challenges of the climb.

Trekking to Island Peak

We begin our adventure to Island Peak with a scenic 40-minute flight from Kathmandu to Lukla, the gateway to Everest Base Camp. From Lukla, we take a short trek that takes us to Phakding, where we will explore local monasteries during our free time.

The following day, our trek continues to Namche Bazaar, where we will spend an acclimatization day. After acclimatizing, we will hike to Tengboche, then to Dingboche, and finally to **Chhukung** before reaching Island Peak Base Camp.

From Chhukung, the trail leads us northward into the high Imja Valley, ultimately reaching the base camp on the south ridge of Island Peak. This location offers breathtaking views of the **Nuptse-Lhotse** wall. We will spend the night at the base camp, preparing for the summit attempt the next day.

Summit Day

Island Peak with Evere...

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On summit day, an early start is crucial as we ascend a rocky ridge under the guidance of our lead **Sherpa**. Just beyond this ridge lies a snow headwall that leads directly to the summit. From the top, we will be rewarded with stunning panoramic views of several majestic peaks: Nuptse (7,879 m), Lhotse (8,501 m), Lhotse Central (8,410 m), and Lhotse Shar (8,383 m) to the north; [Ama Dablam](#) (6,812 m) and Baruntse (7,129 m) to the south; and Makalu (8,475 m) to the east.

Reaching the summit is a profound achievement that we will cherish for a lifetime. After soaking in the spectacular views, we will descend back to the **base camp** and retrace our steps to Lukla, concluding our Island Peak adventure with a picturesque flight back to Kathmandu.

IS ISLAND PEAK HARD TO CLIMB?

Island Peak is classified as a B2 climbing peak (Trekking Peak) in the Alpine grading system, equivalent to a level trip down in the Himalayan grading system. Successfully reaching the summit requires stamina and basic mountain climbing knowledge regarding the climbing peaks.

Embarking on any trek high in the Himalayas is a physical challenge. The climb to the top of the island includes a guided tour of the mountainous terrain, making it a challenging but rewarding experience. However, hikers like these are often seen as great starting points for adventure. With enough preparation, the climb is manageable rather than overwhelming.

The trail is larger than a typical high-altitude walk, and climbers encounter semi-technical sections of the climb. Physical



fitness and basic mountaineering skills are, therefore, essential for safe climbing.

The skills needed to climb Island Peak are fairly straightforward, as the route does not include particularly challenging sections found on other high-altitude climbs. Apart from that, your guide will provide instructions on the necessary strategies for dealing with semi-technical areas during the course.

BEST TIME FOR CLIMBING ISLAND PEAK

Route to Island.jpg

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Climbing Island Peak offers an exhilarating adventure, with spring **(March to May)** and autumn **(September to November)** being the prime seasons for this journey. These popular climbing periods provide moderate weather, dry trails, and stunning views of the surrounding mountains. The favorable conditions during these times make spring and autumn the most sought-after seasons for embarking on the Island Peak ascent. During these months, climbers can enjoy breathtaking sights of iconic peaks such as [Everest](#), Lhotse, Ama Dablam, [Makalu](#), and Pumori.

The clear atmosphere and bright sunshine in spring and autumn enhance the experience, allowing trekkers to appreciate the magnificent vistas of lush green hills and deep valleys. This immersive journey through the mountainous landscape is both refreshing and invigorating, making every step enjoyable amidst the stunning scenery.

Climbing Island Peak can present challenges, particularly when weather conditions are less than ideal. However, during the spring and autumn months, the weather tends to be stable and pleasant. Mild temperatures and dry trails facilitate easier navigation, reducing the risks associated with steep sections of the trek. Additionally, the likelihood of unexpected weather events, such as heavy rain or snow, is significantly lower during these seasons.

For many trekkers, witnessing breathtaking views, enjoying incredible exploration experiences, and ensuring a successful summit are key objectives. Therefore, it is highly advisable to plan your climb during the spring or autumn months to maximize your chances of achieving these goals. Embracing the adventure during these optimal seasons can lead to a truly memorable and rewarding climbing experience.

HOW FIT SHOULD I BE FOR THE ISLAND PEAK CLIMB?

On the way to Island.jpg

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Island Peak Climbing presents a unique challenge that goes beyond typical high-altitude trekking. This expedition involves navigating freezing alpine slopes, demanding a solid preparation strategy to tackle various terrains and manage the overall difficulty.

Graded as a 2B Climb in the Alpine Grading System, the Island Peak expedition calls for a good level of physical fitness



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and the ability to handle semi-technical slopes. To adequately prepare, it is recommended to train for at least 3 to 6 months before the climb. The more fit you are, the easier the journey will be.

To meet the physical demands of both the trekking and climbing routes, focus on enhancing your strength, endurance, core stability, and overall stamina. While basic technical skills are sufficient for this trekking peak, those serious about mountaineering may benefit from taking climbing classes to further improve their skills and confidence.





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PRICE INCLUDES

Transportation

- Private vehicle for transfers as per in itinerary; airport pickup & drop, sightseeing
- Domestic flight tickets (Kathmandu – Lukla – Kathmandu) and airport departure taxes

Food and Accommodation

- Three nights in Kathmandu in a 3-star category hotel
- Twelve nights in the best available local lodge/teahouse throughout the trek
- One night in the tented camp at Island Peak Base Camp during the climb
- All standard meals [Breakfast, Lunch, and Dinner] during the trek and climbing
- Available seasonal fruits throughout the trek/climb
- Breakfast at a hotel in Kathmandu
- Farewell Dinner in Kathmandu

Staff

- A Government licensed English-speaking trekking guide including wages, meals, insurance, lodging, transportation, flight, and other necessary gear & equipment.
- For more than six trekkers, one assistant guide includes wages, meals, insurance, lodging, transportation, flight, and other necessary gear & equipment.
- A porter for two trekkers/ climbers ratio including wages, meals, insurance, lodging, transportation, flight, and other necessary gear & equipment
- A Government licensed English-speaking climbing guide including wages, meals, insurance, lodging, transportation, flight, and other necessary gear & equipment.

Permits and Tariffs

- Sagarmatha National Park Entry Permit
- Island Peak Climbing Permit and Taxes
- All other government, local taxes, and official expenses

Extra

- A Gortex Duffle bag [100% waterproof] to keep your personal belongings to be carried by the porter
- Assistance in arranging rescue operations in case of complicated health conditions (funded by travel insurance)
- Island Peak Climbing Map and Outward Adventure t-shirt
- Outward Adventure Appreciation Certificate after the successful climb
- A first aid medicine bag in each group



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PRICE EXCLUDES

- International Flight Cost
- Nepal Entry Visa Fees
- Extra baggage check-in during the flight (Kathmandu-Lukla-Kathmandu) if more than 15 KG, 01 USD per KG extra, can pay directly to the airline.
- Extra night accommodation in Kathmandu due to early arrival or late departure, or early return from the climb
- Personal expenses such as alcoholic drinks, shopping, snacks, boiled bottle water, hot (Tea/ Coffee) and cold drinks, hot shower, alcohol, Wi-Fi, telephone call, battery re-charge fee, extra porters, etc
- Additional costs suffered due to causes beyond our control, such as natural disasters, weather conditions, itinerary modifications due to safety concerns, emergency evacuation, changes in government policies, strikes, and so forth
- Tips for guides and porters (Tips are expected and appreciated)





ITINERARY IN DETAIL

Day 1: Kathmandu Arrival (1338m/4,390 ft)

Upon arrival at Tribhuvan International Airport (TIA), situated at an altitude of 1,338 meters (4,390 feet), you will be greeted by the vibrant energy of Nepal's capital city. After clearing customs and immigration, you will arrive at the arrival gate where a representative from **Outward Adventure Treks** and Expedition will welcome with a garland and will help you transfer to the hotel. The drive will offer you glimpses of the bustling streets, local architecture, and the unique charm of Kathmandu.

Once you arrive at your hotel, check in and take some time to unwind after your journey. This initial day is essential for acclimatizing to the altitude, so consider relaxing in your room or enjoying the hotel amenities. You might also want to hydrate and have a light meal to recharge your energy levels after the flight.

In the evening, you will attend an orientation meeting with your trekking guide. This session is crucial as it provides an overview of your itinerary, discusses gear requirements, and addresses any questions you may have about the upcoming trek to **Island Peak**. It's a great opportunity to meet fellow climbers and build camaraderie before the adventure begins.

If time permits, take a stroll through the lively streets of [Thamel](#). This area is known for its shops, cafes, and restaurants, making it an excellent place to pick up any last-minute supplies or souvenirs. Finally, enjoy a traditional Nepali dinner at a local restaurant, celebrating the start of your journey. After a fulfilling evening, return to your hotel for a restful night, preparing for the exciting days ahead in the Himalayas.

Day 2: Kathmandu (1338m/4,390 ft)– Trip Preparation and Gear Checking

On the day of our official briefing, we will convene at our **hotel in Kathmandu or the office of Outward Adventure treks**, where our experienced guides will lead a comprehensive session to prepare us for the Island Peak climbing expedition. The meeting will start with an introduction to the climbing itinerary, highlighting key milestones and what to expect at each stage of the journey. This is an excellent opportunity for participants to ask questions about the route, acclimatization process, and any safety concerns. Our guides will share valuable tips on how to prepare mentally and physically for the climb, ensuring everyone feels confident and ready for the adventure ahead.

After the briefing, we will conduct a thorough gear check to ensure all participants have the necessary equipment for the climb. Our guides will assist each climber in reviewing their gear, including essential items like harnesses, helmets, ice axes, and crampons. We will provide guidance on layering clothing to effectively manage temperature changes during the ascent and descent. Participants are encouraged to discuss any concerns regarding their gear, as our team is committed to helping everyone make the necessary adjustments or replacements before we head to the mountains.

In the afternoon, we will engage in a practical session to familiarize ourselves with the essential climbing techniques that will be used on Island Peak. This session will include demonstrations of how to use crampons and ice axes, basic rope techniques, and strategies for navigating challenging terrain. The day will conclude with a group dinner at the hotel,

allowing us to bond and share our excitement for the adventure ahead. This preparation not only builds individual confidence but also fosters a strong sense of camaraderie among team members, setting a positive foundation for our upcoming journey together.

Day 3: Flight from Kathmandu/Manthali to Lukla (2,860 m/9,383 ft), Trek to Phakding (2,610 m/8,563 ft)

Your adventure begins with an early morning flight from **Kathmandu (1,400 m/4,593 ft) or Manthali to Lukla** (2,860 m/9,383 ft), a small mountain airport nestled in the heart of the Khumbu region. As you board the plane, excitement fills the air; the scenic flight offers breathtaking views of the majestic Himalayas, including glimpses of towering peaks and verdant valleys. The flight usually takes around 30 to 40 minutes, but the experience is unforgettable. Upon arrival in Lukla, you'll be greeted by the cool mountain air and the bustling atmosphere of trekkers and porters preparing for their journeys. After a brief orientation and safety briefing, you'll have some time to explore the village and grab a hearty breakfast before setting off.

From Lukla, the trek to Phakding (2,610 m/8,563 ft) begins, winding through lush forests and charming Sherpa villages. The trail descends gently, offering stunning views of the surrounding mountains and the Dudh Koshi River. Along the way, you'll pass by traditional teahouses where you can stop for refreshments and soak in the local culture. The trek is moderately easy, making it an excellent introduction to the region. As you walk, take a moment to appreciate the vibrant flora and fauna, and listen to the sounds of nature surrounding you. After about three hours of trekking, you'll arrive in Phakding, a quaint village where you can relax and enjoy the serene atmosphere.

In Phakding, you'll find several guesthouses that offer comfortable accommodations and delicious local meals. After settling in, you can take a stroll around the village, visit the nearby monasteries, or simply enjoy the views of the stunning peaks that rise above. This is a perfect opportunity to acclimatize to the altitude and prepare for the next leg of your journey into the heart of the Himalayas. As the sun sets, gather with fellow trekkers to share stories and experiences, creating memories that will last a lifetime. After a good night's rest at an elevation of 2,610 m, you'll be ready to continue your adventure deeper into the [Everest region](#).

Day 4: Trek from Phakding (2,610 m/8,563 ft) to Namche Bazaar (3440m / 11,285ft)

The trek from Phakding (2,610 m/8,563 ft) to [Namche Bazaar](#) (3,440 m/11,286 ft) is one of the most exhilarating segments of your journey in the Everest region. After a hearty breakfast at your guesthouse, you'll set out early to make the most of the day. The trail winds alongside the **Dudh Koshi River**, crossing several suspension bridges adorned with colorful prayer flags. This part of the trek is relatively gentle, allowing you to soak in the stunning vistas of the surrounding mountains while gradually gaining elevation. The sound of the rushing river accompanies you, adding a serene backdrop to your adventure.

As you trek, you'll pass through charming villages and experience the warm hospitality of the Sherpa people. Keep an eye out for local wildlife, including the elusive Himalayan tahr and various bird species. After about four to six hours of walking, the trail begins to steepen as you approach Namche Bazaar. The final ascent is challenging but rewarding, as you catch your first sight of this vibrant town nestled in an amphitheater of towering peaks. Namche Bazaar is often



referred to as the gateway to Everest, and its lively atmosphere buzzes with trekkers and climbers from around the world.

Upon reaching Namche, take a moment to savor your accomplishment. The town is a bustling hub with numerous shops, restaurants, and lodges, providing a perfect opportunity to rest and acclimatize. Spend the afternoon exploring the local markets, where you can find everything from trekking gear to souvenirs. Don't miss a visit to the nearby viewpoint for breathtaking panoramas of the surrounding mountains, including the majestic Ama Dablam. After a day filled with adventure and new experiences, settle into your accommodation, enjoy a delicious meal, and prepare for the next leg of your journey in this stunning region of the Himalayas.

Day 5: Rest Day to Relax and Acclimatize at Namche Bazaar (3440m / 11,285ft)

Your first rest day in Namche Bazaar (3,440 m/11,286 ft) is a crucial part of your trekking journey, allowing your body to acclimatize to the altitude before continuing deeper into the Himalayas. After a leisurely breakfast at your lodge, take the day to explore this vibrant town, known as the gateway to Everest. Stroll through the bustling markets, where you can find local handicrafts, trekking gear, and even delicious treats. The atmosphere is lively, filled with fellow trekkers and Sherpa locals, making it a perfect opportunity to connect with others and share stories.

For those eager to stretch their legs, consider a short hike to the nearby Everest View Hotel. This scenic trail offers stunning panoramic views of the surrounding peaks, including the majestic Everest and the iconic [Ama Dablam](#). The hike typically takes about two to three hours and provides a great chance to capture breathtaking photographs. Alternatively, you can visit the Khumjung Monastery, which is home to a reputed Yeti scalp and offers insights into the local culture and Buddhism. Engaging with the friendly locals and learning about their traditions can enrich your experience in this beautiful region.

In the afternoon, take some time to relax and recharge. Enjoy a cup of tea or coffee at one of the cozy cafes, or simply unwind at your lodge, soaking in the views from your window. Acclimatization is key, so remember to hydrate well and listen to your body. As the sun sets behind the mountains, gather for a communal dinner with fellow trekkers, sharing experiences and laughter. This day of rest not only helps you physically prepare for the challenges ahead but also allows you to immerse yourself in the unique culture and beauty of **Namche Bazaar**, setting the stage for your continued adventure in the Everest region.

Day 6: Trek from Namche Bazaar (3440m / 11,285ft) to Tengboche (3,855m / 12,850ft)

As you lace up your trekking boots for the journey from Namche Bazaar (3,440 m/11,286 ft) to Tengboche (3,855 m/12,850 ft), excitement fills the air. After a hearty breakfast, you'll set out along a captivating trail that offers some of the best views of the Everest region. The path initially descends through enchanting pine forests, where the fresh mountain air invigorates your spirit. Keep an eye out for colorful prayer flags fluttering in the breeze, symbolizing the rich cultural heritage of the Sherpa people.

As you trek, the landscape transforms, revealing stunning vistas of snow-capped peaks and lush valleys. After a couple of hours, you'll arrive at the village of Phunki Thenga, where you can take a well-deserved break at one of the



teahouses. Here, the sound of the Dudh Koshi River rushing by adds to the tranquil ambiance. Refueled and refreshed, you'll continue your ascent towards Tengboche, the highlight of today's trek. This section is a bit steeper, but the breathtaking views make every step worthwhile.

As you approach Tengboche, the magnificent Tengboche Monastery comes into view, perched majestically against a backdrop of towering mountains, including the iconic Ama Dablam. Upon reaching the monastery, take a moment to soak in the serene atmosphere and the spiritual energy that surrounds this sacred site. If your timing is right, you may even witness a traditional Buddhist ceremony. After exploring the monastery and its beautiful surroundings, settle into your accommodation in Tengboche and enjoy a warm meal. As the sun sets, casting golden hues over the peaks, you'll reflect on the day's journey, feeling a deep connection to the mountains and the culture that thrives in this extraordinary region.

Day 7: Trek from Tengboche (3,855m / 12,850ft) to Dingboche (4,360m / 14,290ft)

As dawn breaks over Tengboche (3,855 m/12,850 ft), you're greeted by the stunning sight of the sun illuminating the snow-capped peaks surrounding the village. After a hearty breakfast at your lodge, it's time to set off on your trek to Dingboche (4,360 m/14,300 ft). The trail begins with a gentle descent through lush rhododendron forests, where the chirping of birds and the rustling of leaves create a peaceful soundtrack to your journey. The air is crisp and refreshing, invigorating you as you take in the breathtaking views of the Himalayas.

After about an hour of trekking, you'll reach the village of Pangboche, where you can take a break and enjoy the local culture. This village is known for its traditional stone houses and friendly inhabitants. The path then ascends gradually, offering spectacular views of Ama Dablam, often referred to as the "Matterhorn of the Himalayas." As you trek higher, you'll notice the landscape changing, with the vegetation becoming sparse and the terrain more rugged. The trail winds through open hillsides, providing panoramic vistas that make every step worthwhile.

Upon arriving in Dingboche, you'll be greeted by a stunning panorama of towering peaks, including Lhotse and Island Peak. This charming village is dotted with stone walls that protect crops from the harsh mountain winds. After settling into your lodge, take some time to explore the area and acclimatize to the altitude. You might want to visit the local bakery for a sweet treat or simply enjoy the breathtaking views surrounding you. As the sun sets, casting a warm glow over the mountains, reflect on the day's journey and the incredible adventures that lie ahead in this majestic region of the Himalayas.

Day 8: Trek from Dingboche (4,360m / 14,290ft) to Chhukung (4735m / 15,535ft) 3 Hours

As the sun rises over Dingboche (4,360 m/14,300 ft), the mountains are bathed in a golden light, setting the perfect tone for your trek to Chhukung (4,735 m/15,535 ft). After a nourishing breakfast, you'll embark on a scenic three-hour journey that promises stunning views and a sense of adventure. The trail begins with a gentle ascent, winding through vibrant alpine meadows dotted with wildflowers and framed by the majestic peaks of Lhotse and Ama Dablam. The cool mountain air invigorates your senses, making every step enjoyable as you take in the breathtaking surroundings.

As you trek, the path offers plenty of opportunities to pause and appreciate the beauty of the Himalayas. You might encounter local yaks grazing on the hillsides or other trekkers making their way to Chhukung. The landscape gradually transitions, becoming more rugged and stark as you gain elevation. After about an hour, you'll reach a viewpoint that provides a spectacular panorama of the surrounding mountains, including the impressive south face of Lhotse. This is a perfect spot for photographs and to soak in the awe-inspiring vistas.

Continuing on, the final stretch to Chhukung is characterized by a gradual ascent. As you arrive in this quaint village, you'll be greeted by stunning views of the towering peaks surrounding you, including Island Peak, which stands proudly in the distance. Chhukung is a quieter spot, perfect for reflection and relaxation after your trek. Check into your lodge, and take some time to explore the village or simply enjoy the serene atmosphere. As the day comes to a close, savor a warm meal while admiring the breathtaking mountain scenery, feeling a deep sense of accomplishment as you prepare for the next leg of your adventure in this incredible region.

Day 9: Rest Day to Relax and Acclimatize at Chukung (4735m / 15,535ft)

Your rest day in Chhukung (4,735 m/15,535 ft) is an essential opportunity to acclimatize to the altitude and recharge for the adventures ahead. After a restful night, enjoy a leisurely breakfast at your lodge while soaking in the stunning views of the surrounding peaks, including the iconic Island Peak. The crisp mountain air and serene atmosphere make for a perfect start to your day. Take this time to hydrate well and listen to your body, ensuring you're ready for the challenges of high-altitude trekking.

For those eager to explore, consider a short hike to the nearby Chhukung Ri, a peak that stands at about 5,550 m (18,209 ft). The trek to the viewpoint takes around two to three hours and offers breathtaking panoramic views of the Himalayas, including the majestic Lhotse and Makalu. The trail ascends steadily, and while it can be demanding, the vistas at the top are well worth the effort. Spend some time at the summit to take in the incredible scenery and capture memorable photographs before descending back to Chhukung.

In the afternoon, return to the village and spend some time relaxing. You might visit local teahouses, where you can enjoy a warm drink and chat with fellow trekkers. This is also a great time to reflect on your journey so far and bond with your trekking companions. As the sun sets behind the mountains, casting a warm glow over the landscape, gather for dinner at your lodge and share stories of your adventures. This day of rest not only helps your body acclimatize but also allows you to appreciate the beauty and tranquility of this remarkable region, preparing you for the next exciting leg of your trek.

Day 10: Trek from Chhukung (4735m / 15,535ft) to Island Peak Base Camp (5,200m / 17,050ft)

As you prepare for the trek from Chhukung (4,735 m/15,535 ft) to Island Peak Base Camp (5,200 m/17,050 ft), anticipation fills the air. After a nourishing breakfast, you'll set off on a journey that promises breathtaking scenery and a sense of adventure. The trail begins with a steady ascent, winding through rocky landscapes and grassy slopes. With each step, you'll gain elevation, and the views of the surrounding peaks, including the striking Island Peak, become increasingly dramatic.

As you trek, the terrain changes, and you'll navigate through a series of moraines and glacial landscapes. The path is well-marked, but the altitude can be challenging, so take your time and stay hydrated. After a couple of hours, you'll reach a viewpoint that offers stunning panoramas of the Imja Glacier and the majestic mountains that surround you. This is a perfect spot for a brief break to take in the beauty of the high-altitude environment and capture some photographs.

Continuing on, the final stretch to Island Peak Base Camp is characterized by a rugged landscape and a sense of anticipation as you approach your destination. Upon arriving at the base camp, you'll be greeted by the sight of colorful tents set against the backdrop of towering peaks, creating a vibrant atmosphere. Take some time to settle into your accommodation and enjoy a well-deserved meal. As evening falls, gather with fellow trekkers to share stories and experiences, surrounded by the awe-inspiring beauty of the Himalayas. This day sets the stage for the exciting challenge of climbing Island Peak, and you'll feel a deep sense of accomplishment as you prepare for the adventure that lies ahead.

Day 11: Summit Island Peak (6,189 m/20,305 ft) and return to Chukung (4735m / 15,535ft)

Today is the day you've been preparing for—the summit of Island Peak (6,189 m/20,305 ft)! After an early wake-up call and a light breakfast at base camp, you'll gather your gear and set off in the pre-dawn darkness. The air is crisp and cold, and a sense of excitement fills the atmosphere as you begin your ascent. The first part of the climb involves a moderate scramble over rocky terrain, where your experienced guides will lead the way, ensuring that everyone stays safe and on track. As the sun begins to rise, the breathtaking views of the surrounding peaks are revealed, making the effort feel incredibly rewarding.

As you gain elevation, the terrain becomes steeper, and you'll eventually reach the glacier section of the climb. Here, you'll need to put on your crampons and use your ice axe for added safety. This part of the ascent can be challenging, but your guides will provide instructions and support every step of the way. The landscape is awe-inspiring, with towering ice formations and panoramic views that seem to stretch endlessly. Each step brings you closer to the summit, and the adrenaline coursing through your veins makes the challenge exhilarating.

Reaching the summit of Island Peak is an unforgettable experience. As you stand at 6,189 m, the world below seems to fall away, and you are surrounded by a stunning panorama of some of the highest peaks in the world, including Lhotse, Makalu, and the majestic Everest. Take a moment to soak in the achievement and relish the breathtaking views, capturing photos to commemorate this incredible moment. Celebrating with your trekking companions creates bonds that will last a lifetime, and the sense of accomplishment is palpable as you realize the extent of your journey.

After enjoying the summit experience, it's time to descend back to base camp. The journey down requires focus and

care, especially on the glacier, but the excitement of having reached the summit fuels your energy. Once you arrive back at base camp, you can rest and refresh before making your way back to Chhukung. The trek back is filled with a sense of exhilaration and reflection on the amazing experience of the day. Upon reaching Chhukung, you'll settle into your lodge, share stories of your adventure over a hearty meal, and bask in the satisfaction of having conquered Island Peak.

Day 12: An extra day for the climbing if the scheduled summit day was unsuccessful.

In the event that the scheduled summit day for Island Peak was unsuccessful due to unfavorable weather conditions or other unforeseen challenges, an extra day is built into the itinerary to allow for another attempt. This additional day provides trekkers with the opportunity to rest, acclimatize further, and assess conditions before setting out again.

Your guides will monitor the weather closely and determine the best time to make the ascent. This flexibility ensures that all climbers have the best chance of reaching the summit while prioritizing safety and comfort. Whether it's used for a second summit attempt or simply for rest, this extra day enhances the overall experience in the breathtaking Himalayas.

Day 13: Trek from Chhukung (4,730m /15,518ft) to Tengboche (3,870m / 12,304ft)

As you set out from Chhukung (4,730 m/15,518 ft) to trek back to Tengboche (3,870 m/12,304 ft), the journey offers a chance to reflect on the incredible experiences of the past days. The trail begins with a descent, allowing you to relish the stunning views of the surrounding peaks and the majestic Imja Valley. The crisp mountain air is invigorating, and as you make your way downhill, you'll encounter familiar landscapes that evoke memories of your earlier adventures. The descent can be steep in places, so take your time and enjoy the beauty around you.

After several hours of trekking, you'll arrive back in Tengboche, where the iconic monastery awaits. This serene setting, surrounded by towering mountains, is a wonderful place to relax and soak in the spiritual atmosphere. Take the time to explore the monastery once more, perhaps catching a glimpse of the monks in prayer or participating in a traditional ceremony if the timing allows. After settling into your accommodation, unwind with a warm meal and the company of fellow trekkers, sharing stories and laughter. This trek not only marks a return to a beloved spot but also provides a sense of closure and reflection on your remarkable journey through the Himalayas.

Day 14: Trek from Tengboche (3,870m / 12,304ft) to Namche (3440m / 11,285ft)

Leaving Tengboche (3,870 m/12,304 ft) behind, today's trek back to Namche Bazaar (3,440 m/11,285 ft) offers a delightful blend of stunning landscapes and cultural immersion. After a hearty breakfast, you'll set off on a scenic trail that initially descends through lush forests, where the sounds of chirping birds and rustling leaves create a peaceful ambiance. The path meanders alongside the Dudh Koshi River, providing refreshing views and the opportunity to appreciate the vibrant flora of the region. The trek is relatively straightforward, allowing you to take in the breathtaking vistas of the surrounding peaks, including the majestic Ama Dablam.

As you approach Namche, the trail begins to climb again, but the effort is rewarded with the vibrant atmosphere of this bustling town. Upon arrival, you'll have the chance to explore the local shops and markets, which are filled with handicrafts, trekking gear, and delicious local treats. This is a great opportunity to reconnect with fellow trekkers and



share stories of your adventures. After settling into your lodge, take some time to relax and enjoy the views from your window. As the sun sets behind the mountains, gather for dinner, reflecting on the journey you've undertaken and the memories you've created in this enchanting part of the world.

Day 15: Trek from Namche (3440m / 11,285ft) to Lukla (2850m / 9,350ft) 6-7 hrs

As you prepare for your final trek from Namche Bazaar (3,440 m/11,285 ft) to Lukla (2,850 m/9,350 ft), a mix of anticipation and nostalgia fills the air. After a hearty breakfast, you'll set out on the well-trodden path that winds through beautiful pine forests and charming Sherpa villages. The trail initially descends, providing stunning views of the surrounding mountains as you make your way back towards the Dudh Koshi River. The crisp mountain air is invigorating, and with each step, you can reflect on the incredible journey you've had in the Everest region.

The trek takes approximately 6 to 7 hours, and as you continue, you'll cross several suspension bridges adorned with colorful prayer flags. These moments allow you to appreciate the beauty of the river below and the stunning scenery that surrounds you. Along the way, you can stop at local teahouses for refreshments, enjoying the warm hospitality of the Sherpa people one last time. As you near Lukla, the landscape opens up, and the excitement builds as you approach the bustling town, where trekkers and climbers gather.

Upon reaching Lukla, take a moment to celebrate the completion of your trek. Check into your lodge, and enjoy a well-deserved meal with your trekking companions, sharing stories and laughter about the adventures you've experienced together. As the sun sets over the mountains, you'll feel a deep sense of accomplishment and gratitude for the memories made during your journey through this breathtaking region of the Himalayas.

Day 16: Fly from Lukla (2,860 m/9,383 ft) to Kathmandu or Manthali and Drive to Kathmandu

After an unforgettable trekking adventure in the Everest region, it's time to conclude your journey with a flight from Lukla (2,860 m/9,383 ft) back to Kathmandu or Manthali. Following an early breakfast, you'll head to the airport, where the atmosphere is filled with the excitement of trekkers preparing to return home. The scenic flight typically takes about 30 to 40 minutes, offering one last chance to soak in the breathtaking views of the mountains and valleys below. As the plane ascends, you might catch glimpses of familiar peaks, creating a bittersweet sense of nostalgia for the incredible experiences you've had.

Upon landing in Kathmandu or Manthali, you'll transition from the serene mountains back to the vibrant city life. If you land in Manthali, a short drive will take you to Kathmandu, where the bustling streets and rich culture await. The drive typically takes around 4 to 5 hours, allowing you to relax and reflect on your trek while enjoying the changing landscapes. As you approach Kathmandu, the vibrant energy of the city becomes palpable, with its colorful markets, historic temples, and lively atmosphere.

Once you arrive in Kathmandu, you'll have the opportunity to unwind and perhaps indulge in a few last adventures in the city. Whether it's shopping for souvenirs, exploring local cuisine, or visiting iconic sites like Swayambhunath or Durbar Square, there's plenty to experience. As your journey comes to a close, gather with your fellow trekkers to reminisce



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about the unforgettable moments shared in the Himalayas. This transition from the mountains back to the city marks the end of an incredible chapter, leaving you with lasting memories and a sense of accomplishment from your adventure.

Day 17: Final Departure / International Departure

Today marks your final departure from Kathmandu, marking the end of your incredible journey in Nepal. After a restful night, enjoy a leisurely breakfast and perhaps do some last-minute shopping for souvenirs to remind you of your adventure in the Himalayas.

One of the representatives from Outward Adventure Treks and Expedition will shift you to the airport before three hours of your scheduled flight. As you board your international flight, carry with you a heart full of memories and a deep appreciation for the beauty and richness of Nepal. Safe travels!

