



ISLAND PEAK ITINERARY

Island Peak is not a trekking peak! This climb requires excellent physical preparations as well as Himalayan style climbing experience to complete this itinerary safely and successfully. Before the climb, this journey takes you to the base of the World's highest peak, Mount Everest, with our award-winning team. Our unique itinerary includes extra acclimatization at the critical points of the trip, giving you the best chance of success. We do not outsource our trips, we have the same teams running every Island Peak trip, and our head Climbing Sherpa has climbed the mountain over 200 times. We use the High Camp on Island Peak and our Sherpas will fix our own ropes high on the mountain. Safety is our number one concern on all of our Island Peak trips, and we want to make sure that you have a safe and successful experience.

This trek and climb should not be taken lightly. When going to these levels of altitude, your body's acclimatization to the lack of oxygen is the real key to success, and because of this, we have added extra days to our itinerary. This also gives you a safer and more enjoyable experience into high altitude. We will also cover the daily distances on the trail at a very slow and steady pace, to aid the acclimatization process. Even though we are giving you the best chance of success with our acclimatization schedule, you still need to play your part and come physically prepared and with the right technical training for this adventure. We can assist in offering winter skills courses in Scotland or the United States in support of your climb. We are your best resource for information on the trek and are available five days a week in support of your journey to Everest Base Camp and Island Peak. Once you sign up to our trip, we will send you our 40-page Dossier, giving you all the information you need to be safe and successful on your trip.

ITINERARY:

- Day 1: Arrive in Kathmandu**
- Day 2: Fly to Lukla - Trek to Monjo**
- Day 3: Namche Bazaar**
- Day 4: Namche Bazaar (Acclimatization Day)**
- Day 5: Namche Bazaar (Acclimatization Day)**
- Day 6: Tengbouche**
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- Day 8: Dingbouche (Acclimatization Day)**
- Day 9: Lobuche**
- Day 10: Everest Base Camp to Gorak Shep**
- Day 11: Kala Phattar to Pheriche**
- Day 12: Chuckung**
- Day 13: Island Peak Base Camp**
- Day 14: Island Peak Base Camp (Acclimatization and Training Day)**
- Day 15: Island Peak High Camp**



Day 16: Summit Island Peak to Chuckung

Day 17: Tengbouche

Day 18: Namche Bazaar

Day 19: Lukla

Day 20: Fly to Kathmandu

Day 21: Day of Leisure in Kathmandu before transfer to airport

DETAILED ITINERARY:

Day 1: Arrive in Kathmandu – 1,400m/ 4,500 feet

Arrive in Kathmandu International Airport as early as possible on this day. We will provide your airport transfer to the hotel we include for the night. All accommodations on the trek are on a shared basis. If you want to arrive in early, that is not a problem, we are happy to book additional nights in the hotel for you. We will have a group briefing this evening to go over the schedule for the coming days and answer any additional questions you may have.

Day 2: Fly to Lukla – Trek to Monjo – 2,850m/ 9,350 feet

Fly from Kathmandu to Lukla. We will make an early morning start for the Twin Otter flight to Lukla (2,840m/9,317ft), the gateway to the Khumbu Region. This is an exciting flight, which should give a glimpse of Everest in the distance. In Lukla, we will meet the rest of our trek staff and set off straight away for our first night in the mountain village of Monjo. Depending on what time the flight arrives in Lukla, we may have to stop in the town of Phakding (2,600m/ 8,530 feet) for the night. Hopefully, the team will make it all the way to Monjo. Both villages are situated on the banks of the Dudh Kosi, which drains the whole of the Khumbu Region, and is the main trade route for the entire region. This can be the busiest part of the trail. Today we will walk for 3 hours to Phakding and a total of 5 hours to Monjo. The total distance is 8.8 miles/ 13 km to Monjo from Lukla.

Day 3: Namche Bazaar – 3,440m/ 11,286 feet

Today we will continue up the banks of the Dudh Kosi River, towards Namche Bazaar. Just past Monjo, we will officially enter the Sagarmatha National Park before following the trail through small villages. We will take a tea break along the way. After tea, the trail then crosses the confluence of the Dudh Kosi and the Bhote Kosi, on a high suspension bridge. The trail then climbs steeply uphill for about two hours to reach Namche Bazaar (3,440m/11,286 feet). This is a prosperous trading town and the capital of the Khumbu Region. Just across the valley to the east stand the peaks of Thamserku and Kangtega, both very impressive mountains. From Monjo, the trek today is approximately 4 hours and the total distance is 5 miles/ 8 km.



Day 4: Namche Bazaar (Acclimatization Day) – 3,600m/ 11,800 feet reached

Today is an acclimatization day where we will walk to the Sherpa Museum at 3,600m/ 11,811. From here you will have stunning views of Mount Everest and the surrounding mountains. The key is to rest, relax and acclimatize at this height and will make all the difference as we go to high and extreme altitude. The afternoon will be at leisure in Namche Bazaar, resting, eating, and enjoying the sites! Remember that it is still important to continue to drink 4-5 liters of water every day on the trail. Today, the walk up to the Sherpa Museum is only approximately 30 minutes.

Day 5: Namche Bazaar (Acclimatization Day) – 3,900m/ 12,800 feet reached

This is where our itinerary is different. Instead of heading up to 3,900m/ 12,800 feet and sleeping in Tengboche, we will stay in Namche another night giving you the best possible acclimatization program. During this critical acclimatization phase, we will spend time resting and trekking to higher altitudes to aid in the process. We will wake early for our acclimatization hike today, up to Shangbouche Hill at 3,900m/ 12,800 feet, for beautiful vistas of the whole Everest Region. The goal is to spend some time acclimatizing at this elevation before returning to Namche for lunch. The afternoon can be spent sampling the delights of the Namche Bakeries and local stores! The hike to Shangbouche Hill will take approximately four hours round trip.

Day 6: Tengbouche – 3,900m/ 12,800 feet

Today we will leave Namche and trek to Tengbouche at 3,900m/ 12,800 feet. From Namche, the well-worn Everest trail contours around the side of the valley high above the Dudh Kosi. As we follow the path, we will get excellent views of the great peaks of the Khumbu; Everest, Lhotse, Nuptse and Ama Dablam. Passing by several villages, we will descend approximately 300m/ 984 feet down to the Dudh Kosi River, where we stop for lunch. After lunch, we will make the steep 700m/ 2,296 feet uphill climb to Tengbouche. This is the home of the impressive and famous Tengbouche Monastery. You can visit the Monastery or the local bakery this afternoon. The hike will be approximately 5 to 6 hours today and covers 7.5 miles/ 12 km.

Day 7: Dingbouche – 4,350m/ 14,271 feet

We will continue up the trail to Dingbouche today. Shaded by Rhododendron trees, the trail crosses an airy suspension bridge just beyond Debouche. From here, the trail continues approximately an hour before reaching the village of Pangbouche. From here, there are excellent views of Ama Dablam ('Mother's Charm Box') and where we stop for tea. If there is time, we may be able to visit the local Monastery, which was the first in the Everest Region.



Contouring up the valley, we will re-cross the river and turn up the Imja Valley to reach the picturesque farming village of Dingbouche at 4,350m/ 14,271 feet above sea level. The hike will take approximately 5 – 6 hours today and cover 7.5 miles/ 12 km.

Day 8: Dingbouche (Acclimatization Day) - 4,900m/ 16,000 feet reached

Today is spent as another acclimatization day at this critical elevation. Just above the town, while on our acclimatization hike, we will have stunning views of three 8,000/ 26,200 feet peaks; Makalu, Cho Oyu and Lhotse. Our goal today is to ascend to 4,900m/ 16,000 feet for some of the most beautiful views on the trip. This is one of Ian's favorite days of the trip! After enjoying the views and spending some time at this new elevation, we will descend back to Dingbouche for lunch. The afternoon will be free to enjoy the village of Dingbouche and relax before some more challenging days ahead. The trek today will be approximately 4 hours round trip and you will gain 550m/ 1,804 feet of elevation.

Day 9: Lobuche – 4,940m/ 16,207 feet

Today we will trek to Lobuche, continuing along the upper trail towards Thukla at 4,620m/ 15,157 feet. Ahead of us is the Lobuche East Peak at 6,119m/ 20,075 feet, and to our left is the formidable north face of Taweche. After approximately three hours walking slowly, we reach the small collection of lodges at Thukla where we will stop for an early lunch. After lunch, we continue the walk up for approximately one hour uphill to the Everest Memorial. From the Memorial, there are outstanding views of Ama Dablam, Cholatse and Taweche. After leaving the Memorial, the trail continues gradually parallel to the famous Khumbu Glacier, that runs off Mount Everest. After approximately another hour, the trail will eventually lead to a small cluster of tea houses pleasantly situated at Lobuche at 4,940m/ 16,207 feet. The total trekking time will be approximately 5 – 6 hours today and you will cover 7.5 miles/ 12 km in distance.

Day 10: Gorak Shep (5,180m/ 17,126 feet) to Base Camp – 5,364m/ 17,600 feet

Today is the day we trek to Everest Base Camp! We will be up early to start our trek to Gorak Shep, which takes approximately 3 hours to reach 5,180m/ 17,126 feet. Today is a very challenging day on the trail, as we cross glacial moraine on mixed rocky terrain with a lot of up and down hill to cover. Gorak Shep was the site of the 1953 Everest Expedition's Base Camp and where we will stop for an early lunch before continuing to Everest Base Camp. From Gorak Shep, we will traverse more glacial moraine, with landslide potential, for another two hours before reaching Everest Base Camp! Everest Base Camp sits on the Khumbu Glacier and weather depending, we will have time to explore this once and a lifetime chance to be at the base of the World's Highest Mountain! After approximately one hour here, we will retrace our



steps back to Gorak Shep, where we spend the night. Total trekking time today is approximately 7 hours and covers 6.2 miles/ 10 km in distance.

Day 11: Kala Patthar (5,645m/ 18,520 feet) to Pheriche – 4,200m/ 13,780 feet

Today is another big day, but one to remember forever! Normally, the plan is to start hiking at around 4 am, because you want to arrive at the top of Kala Patthar just before sunrise. The trail from Gorak Shep leads steeply uphill all the way to the top of Kala Patthar at 5,645m/ 18,520 feet. This takes approximately 2 hours to reach the top and the views off Kala Patthar are spectacular and you will be rewarded with the famous view of Mount Everest! After enjoying the mountain views at the top, we will return to Gorak Shep, which takes about one hour. There, we will pack bags and have breakfast before continuing back down the trail. We will then retrace our steps through the Lobuche, the Everest Memorial and usually stop in Thukla for lunch. From here, we will take the lower trail to the village of Pheriche at 4,200m/ 13,780 feet, for the night. The total distance today is 11.2 miles/ 18 km and will take approximately 7 – 8 hours.

Day 12: Chuckung - 4,700m/ 15,419 feet

Today we will head to Chuckung at 4,700m/15,419 feet for our last night in a lodge for a few nights! Chuckung is a small settlement with some old and new larger lodges, where we spend the night. This is a 3-hour trek from Pheriche up to Chuckung. The first part of the trek is a steep ascent up a hill, followed by more gradual terrain, all the way into Chuckung. We will pass Dingbouche, where we spent two nights on the way up to Base Camp! On arrival, after a nice lunch, you will go through all climbing equipment and do some training in the afternoon. You will make sure your harness, crampons, Jumar, and all climbing equipment fits and is ready to use.

Day 13: Island Peak Base Camp - 5,100m/ 16,732 feet

We will wake up this morning, have breakfast and once all of the gear is loaded on the animals, we will make our way to Island Peak Base Camp at 5,100m/16,732 feet. We will follow the glacial moraine up out of Chuckung, before moving down toward the runoff from the Imja Lake. The trail weaves between small hills before coming out onto a flat sand plain, right in front of Island Peak and Lhotse. From here, we walk around the right-hand side of Island Peak, where which leads directly into Island Peak Base Camp. The amazing views of the entire Imja Valley are surrounding us throughout the hike today! It will take us approximately 3 hours trekking to reach Island Peak Base Camp. If time allows this afternoon and the weather is good, then we will spend a bit more time training today, in preparations for moving higher on the mountain.



Day 14: Island Peak Base Camp – 5,100m/ 16,732 feet - Training Day

Today is spent in Island Peak Base Camp, doing extra training on steeper terrain, and making sure you are fully comfortable with your climbing equipment. We will spend the morning (or as much time as needed) training and doing final gear checks. Now it is time to rehydrate, eat, relax, and try to get a good night's sleep!

Day 15: Island Peak High Camp – 5,500m/ 18,044 feet

We will be moving on to High Camp on Island Peak at 5,500m/18,044 feet. We will rest in Base Camp for the morning, pack up, and have lunch before moving higher. The initial hike takes us past the Imja Glacier and Lake, before we turn steeply uphill for approximately two hours. The trek into High Camp takes about 2 hours. You will now need to rest and rehydrate before leaving on the summit attempt the following morning.

Day 16: Island Peak Summit – 6,189m/ 20,305 feet – Chuckung - 4,700m/ 15,419 feet

Today is planned as our summit attempt on Island Peak 6,189m/20,305 feet, however this may be changed due to weather conditions. You will have to be flexible and listen to the guides as they will decide based on the weather. We will aim to leave at 2am, as this is a long hard climb and we will need to pace ourselves for a long day. We first hit rocky scree for 150m/492 feet before a scramble and traverse across to a steeper section of rock. This is a mixture of trekking and scrambling and is very strenuous. Once you hit 5,700m/18,700 feet the altitude slows the pace dramatically and the final steep rock section never seems to end. Once you dig deep, we top out onto a narrow ridge which takes us to the start of the glacier and crampon point. At crampon point, we will put on our harness and crampons, get out our ice axe and rope up to climb across the glacier. From here, we make our way across the glacier. Depending on the conditions, there could be ladder crossings, steep climbing sections up and down and large crevasses to cross. This can take us approximately anywhere from 1 – 2 hours to reach the base of the Headwall, depending on conditions.

Once we reach the Headwall, we will take a break as our Sherpa team get to work setting the route. Our expert Sherpa team will fix our own climbing rope up the Headwall to ensure the route up the 150m/ 492 feet section, on a 50-65-degree angle, is set up safely. After the strenuous climb up the Headwall, you will reach the summit of Island Peak! The views off the summit are nothing short of spectacular! The summit is very small, and you always need to remain clipped into the rope. After you have enjoyed the views and taken all the pictures you can, we will then prepare to head back down the Headwall. The abseil down the Headwall needs to be done in a controlled manner, so that we can move quickly as a team off the glacier. This is why you need to be fully prepared and trained to abseil on a fixed line safely.



Once off the Headwall, we will rope back up and retrace our steps through the glacier, back to crampon point. From here, we can take off our climbing equipment and continue down the trail back to High Camp. Once we reach Camp, we will take a short rest, pack up our gear and move lower down the trail for one hour, to Base Camp for a meal. If time allows, then we will continue further down the trail to Chuckung, which takes approximately 2 hours. Once in Chuckung, we will enjoy a warm meal and quickly head to our well-deserved night of sleep in our beds!

Day 17: Tengbouche – 3,900m/ 12,795 feet

After a great night's sleep and a hearty breakfast, we will start to hike back down the trail. From Chuckung, it will take approximately one hour to reach Dingbouche, before we follow the main Everest trail back through Shomare and Pangbouche. After Pangbouche, we will cross the river before heading back uphill into Tengbouche for the night. If you feel up for it you can visit the Monastery or the local bakery, otherwise another good night's sleep will help you recover and prepare for another long day tomorrow. The total trek today is approximately 4 – 5 hours.

Day 18: Namche Bazaar – 3,440m/ 11,286 feet

From Tengbouche, the trail continues downhill for one hour, until we reach the river. From here, there is a one hour and thirty-minute ascent, back up to the Ama Dablam View Guesthouse, where we will have a short tea break. There is another approximately hour and thirty minutes before we reach Namche Bazaar by lunchtime. This hike should take 4 hours. It is now time to take a shower, relax and get some rest!

Day 19: Lukla – 2,850m/ 9,350 feet

Today is the final day of trekking!! It will be another long day as we must get all the way back to Lukla for the night. The day starts with a one-hour descent from Namche, back to the high suspension bridge. Following the river from here, you will have to trek up and down stairs and trails, retracing our steps back to Phakding, where we will stop for lunch. After lunch, it will be a gradual two-and-a-half-hour ascent back into Lukla at 2,850m/ 9,350 feet. The hike today will take approximately 8 hours and we will not reach Lukla until late afternoon. The distance covered today is 13 miles/ 21 km and you will enjoy your final night spent in the Everest Region tonight.

Day 20: Fly to Kathmandu – 1,400m/ 4,500 feet

We will wake early today and have breakfast before returning to the Lukla Airport for the flight back to Kathmandu. If the weather is cooperating, then you would be back in the hotel in Kathmandu by early morning! You can spend the day at Leisure in Kathmandu, enjoying the



sites, including Pashupatinath, Swayambhunath and the districts of Bhaktapur and Patan. Durbar Square is also on the essential list, as is the shopping area of Thamel or get a treatment at one of the many spas in Kathmandu. We include a celebration team dinner in a nearby restaurant and the night in the hotel is also included on a shared basis.

Day 21: Kathmandu

Today is the final day of our itinerary. We recommend that you do not book your return flight until no earlier than the evening on this day. That will be critical if there are any delays getting out of the mountains on the day before. We include your return transfer back to the international airport for your onward journey. If you want to spend any extra time in Kathmandu, we are happy to book additional nights for you in the hotel.

Important Notes:

Every effort will be made to keep to the above itinerary, but as this is adventure travel in a remote mountain region, we cannot guarantee it. Weather conditions, road conditions, vehicle breakdowns and the health of participants can all contribute to changes. The trek leader will try to ensure that the trip runs according to plan, but an easy-going nature will be an asset!

One of the main disruptions may come from weather related delays. Please note that often the Kathmandu-Lukla-Kathmandu flight gets delayed by a few hours or may even be canceled for one, two, or more days due to unfavorable weather conditions. These conditions may arise even in the best seasons. Hence, in such cases, you must be prepared for long waits either at Kathmandu or Lukla airports, as this can happen either at the start or end of the trek or even both! If flights are not flying due to the weather, the only option that might be available to get you in to Lukla, might be to take a private helicopter at an additional cost. Our team on the ground will be ready to organize helicopters in such conditions. More information on this will be in our Dossier if you do sign up to the trip.

We are your number one resource for the trip and if you sign up to one of our trips, we will send out a 45+ page Dossier with an itemized kit list and further information on how to fully prepare for the trip. While you are waiting for the Dossier, here is a very useful page on the Island Peak Climb: <https://iantaylortrekking.com/blog/all-you-need-to-know-about-climbing-island-peak/>.

The Cost Includes:

- 4 Guides for every group of 10 trekkers
- Internal flights – Always aim to have first few rounds of flights per day
- Professional trekking and climbing guides



- Porterage of gear (Animals) (Carrying 15kg/33lb per person Maximum)
- All necessary climbing equipment
- 2 nights hotel and breakfast in Kathmandu (2 people sharing, 4 Star)
- All lodge accommodation when in mountains
- All trekking permits, climbing permits and National Park fees
- Insurance cover for our staff
- Full time office support on the ground in Kathmandu
- Airport Transfers to/from International Airport in Kathmandu
- Using the communal medical kit (you will need a personal kit as well)
- 3 meals a day while in the mountains
- 5 days a week expert support prior to trip
- Celebratory final meal in Kathmandu

The Cost Does Not Include:

- Nepalese Visa entry fee (\$50, which can change at any time)
- International flights
- Trekking insurance (compulsory)
- Tips for Guides/Porters (approximately \$250)
- Personal equipment
- Meals and drinks while in Kathmandu (excluding Breakfast)