Island Peak Climbing Itinerary

Day 1: Arrival in Kathmandu (1,350 meters)

After arriving at the Tribhuvan International Airport in Kathmandu, you will be picked up by a representative of the Adventure Club and transferred to your hotel. The rest of the day is free for you to explore the vibrant city of Kathmandu.

Day 2: Fly to Lukla and Trek to Phakding (2,652 meters, 3 hours)

Early morning flight to Lukla, followed by a three-hour trek to Phakding. You will get your first glimpse of the Himalayas and the Dudh Kosi River during the trek.

Day 3: Trek to Namche Bazaar (3,440 meters, 6 hours)

The trek from Phakding to Namche Bazaar is a gradual ascent that takes you through the Sagarmatha National Park. You will get to experience the unique culture and traditions of the Sherpa people in Namche Bazaar.

Day 4: Acclimatization Day in Namche Bazaar

This is a rest day to allow your body to acclimatize to the high altitude. You can spend the day exploring the colorful markets and monasteries of Namche Bazaar.

Day 5: Trek to Tengboche (3,860 meters, 5 hours)

The trek from Namche Bazaar to Tengboche takes you through dense forests and offers stunning views of Mt. Everest, Lhotse, and Ama Dablam.

Day 6: Trek to Dingboche (4,410 meters, 5 hours)

The trek to Dingboche is a gradual ascent that takes you through the Imja Khola Valley. You will get to see the picturesque villages of Pangboche and Somare before reaching Dingboche.

Day 7: Acclimatization Day in Dingboche

Another rest day to acclimatize to the high altitude. You can spend the day exploring the beautiful valleys and glaciers surrounding Dingboche.

Day 8: Trek to Chukhung (4,730 meters, 3 hours)

The trek from Dingboche to Chukhung is a short and gradual ascent that takes you through the Imja Valley. You will get your first glimpse of Island Peak during the trek.

Day 9: Climb to Island Peak Base Camp (5,200 meters, 4-5 hours)

The climb to Island Peak Base Camp is a steep ascent that requires technical mountaineering skills. You will be camping at the base camp for the night.

Day 10: Acclimatization and Training Day at Island Peak Base Camp

This is a rest day to acclimatize to the high altitude and receive training from your guides on the technical aspects of the climb.

Day 11: Climb to Island Peak High Camp (5,600 meters, 3-4 hours)

The climb to Island Peak High Camp is a steep ascent that requires the use of ropes and crampons. You will be camping at the high camp for the night.

Day 12: Summit Day (6,189 meters) and Descend to Chhukung (8-12 hours)

Summit day is a challenging and technical climb that requires stamina and mountaineering skills. You will be rewarded with stunning views of the Himalayas from the summit before descending to Chhukung.

Day 13: Trek to Namche Bazaar (3,440 meters, 6 hours)

The trek back to Namche Bazaar takes you through the scenic trails of the Khumbu region, and you can enjoy the beautiful views of the Himalayan mountains.

Day 14: Trek to Lukla (2,840 meters, 7 hours)

The trek back to Lukla is a long and gradual descent that takes you through beautiful forests and villages. You will get to say goodbye to the Sherpa people and culture before reaching Lukla.

Day 15: Fly back to Kathmandu

You will take an early morning flight back to Kathmandu and transfer to your hotel. The rest of the day is free for you to relax or explore the city.

Day 16: Kathmandu City Tour

The day will be spent on a city tour in Kathmandu. You will explore in World Heritages side such as Swayambhunath Stupa, Patan Durbar Square, Pashupatinath Temple, and Baudhanath Stupa. In the evening you will back to the hotel.

Day 17: Departure

The trip comes to an end, and you will be transferred to the airport by our representatives for your departure flight back home.

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