Discovery World Trekking



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Island Peak Climb - 14 Days

14 days. Grade: Strenuous.

5.0 2295+ reviews on TripAdvisor

US$ 2030
per person, for 2 to 3 people

Made on 26 November 2026

https://dev.discoveryworldtrekking.com/trips/island-peak-climb







Island Peak (6,189m/20,305 ft), one of the easiest and most affordable peaks to climb, provides you with a high-altitude climbing experience and great views of Everest, Lhotse, Makalu, and Ama Dablam. This peak offers you a chance to hone your climbing skills.

TRIP FACTS

Destination	Nepal
Grade	Strenuous
Accomodation	Lodge/Tea house/Camping during the trek/climb
Best season	Feb, Mar, Apri, May, June, Sep, Oct, Nov & Dec
Activity	Peak Climbing In Nepal
Max. altitude	6,183m at Island Peak
Activity per day	Approximately 4-6 hrs walking
Meals included	All Meals (Breakfast, Lunch & Dinner) during the trek
Start / end point	Kathmandu/ Kathmandu

PRICE

US$ 2030

per person, for 2 to 3 people

The full price is US$ 2490. You save US$ 460 per person.

Group-size discounts

People	Price per person
2 to 3	US$ 2030
4 to 7	US$ 1960
8 to 13	US$ 1900
14 to 25	US$ 1800

Group discounts are exclusive to your group size only. We do not merge groups.

Highlights of Island Peak Climbing

- Summit Island Peak (6189m/20299ft)
- Stunning views of the world's highest mountains - Everest (8848m/29021 ft), Mt Nuptse (7,879m), Mt Lhotse (8,501m), Lhotse Middle Peak (8,410m), Lhotse Shar (8,383m), Mt Makalu (8,475m) and Cho Polu (6,734m), Mt Baruntse (7,720m), and the majestic Ama Dablam (6,856m).
- Scenic mountain flight Kathmandu-Lukla-Kathmandu
- Namche Bazaar - famous Sherpa hometown
- Ancient Tengboche monastery
- Wildlife like musk deer, colorful pheasants, snow leopard, and Himalayan tahr
- Explore the culture and lifestyles of the local Sherpa people

Island Peak Climbing Comprehensive Overview

The Island Peak Climb is the perfect introduction to Himalayan mountaineering, blending trekking through the iconic Khumbu Valley with a thrilling technical ascent of Island Peak (Imja Tse) at 6,189 m. This journey offers a strategic acclimatization route, ensuring you are well-prepared before tackling the summit. Surrounded by glaciers and towering peaks, the climb provides breathtaking views of Lhotse's south face, Makalu, and Ama Dablam, making it a truly rewarding challenge.

The route follows the classic Everest Base Camp trekking trail, passing through Namche Bazaar, Tengboche, and Dingboche, allowing you to adjust to the altitude while experiencing Sherpa culture and stunning landscapes. The transition to climbing begins in Chhukung, where we provide basic mountaineering training to prepare for the technical sections ahead. From Island Peak Base Camp, the ascent features steep ridge climbs, a glacier crossing, and a final summit push via a narrow ridge and headwall, requiring the use of fixed ropes and crevasse navigation.

Summiting Island Peak is a major achievement, standing atop an over 6,000 m Himalayan peak, surrounded by some of the world's most legendary mountains. After reaching the summit, you carefully descend to Chhukung before retracing your steps through Tengboche and Namche Bazaar to Lukla, concluding the adventure with a scenic flight to Kathmandu/Manthali and a drive to Kathmandu. This 14-day expedition offers the perfect balance of challenge, preparation, and high-altitude adventure if you want to take your mountaineering experience to the next level.

Day to Day Short Itinerary

Day 1 Flight from Kathmandu/Manthali to Lukla. Flight time: Approx 40 min from KTM/20 min from Manthali. Trek to Phakding (2,650 m). Trek time: Approx. 3 hrs.

Day 2 Trek from Phakding to Namche Bazaar (3,440 m). Trek time: Approx. 6 hrs.

Day 3 Rest Day to Relax and Acclimatize at Namche Bazaar

Day 4 Trek from Namche Bazaar to Tengboche (3,855 m). Trek time: Approx. 5 hrs.

Day 5 Trek from Tengboche to Dingboche (4,360 m). Trek time: Approx. 5 hrs.

Day 6 Trek from Dingboche to Chhukung (4735m). Trek time: Approx. 3 hrs.

Day 7 Rest Day to Relax and Acclimatize at Chukung

Day 8 Trek from Chhukung to Island Peak Base Camp (5,200m). Trek time: Approx. 4 hrs.

Day 9 Summit Island Peak (6,183m) and return to Chukung (4735m). Trek time: Approx. 10-11 hrs.

Day 10 An extra day for the climbing if the scheduled summit day was unsuccessful.

Day 11 Trek from Chhukung to Tengboche (3,870m). Trek time: Approx. 6 hrs.

Day 12 Trek from Tengboche to Namche (3440m). Trek time: Approx. 6 hrs.

Day 13 Trek from Namche to Lukla (2850m). Trek time: Approx. 6 hrs.

Day 14 Fly back to Kathmandu/ Manthali from Lukla. Flight time: Approx. 40 min for KTM/20 min for Manthali. Drive time: Approx. 5 hrs from Manthali to KTM

Island Peak Climbing Expedition Itinerary

DAY 1

Flight from Kathmandu/Manthali to Lukla. Trek to Phakding (2,650m / 8,690ft)

Trek Distance 6.2km / 3.8miles Flight hours 40/20 minutes Highest Altitude 2,850m / 9,350ft
Trek Duration 3 hours

Your flight to **Lukla will originate from either Kathmandu or Manthali,** depending on the trekking season. In the peak trekking seasons (March, April, May, September, October, and November), there is a possibility that flights from Kathmandu to Lukla might be redirected to Manthali Airport due to traffic congestion at Tribhuwan International Airport. To catch a flight from Manthali to Lukla, we will pick you up at your hotel around 12:30 am and take you on a 5-hour drive to Manthali Airport. The subsequent flight from Manthali to Lukla takes approximately 20 minutes.

For those looking to avoid the Kathmandu-Manthali-Lukla route, an alternative is **booking a helicopter from Kathmandu to Lukla.** However, be prepared to incur around 550 USD per person to cover the helicopter expenses, provided five people share the cost.

If you are trekking in December, January, February, June, July, and August, you will directly fly to Lukla from Kathmandu. After breakfast, we'll take you to Tribhuvan International Airport (TIA) for a picturesque 40-minute flight to Tenzing Hillary Airport in Lukla.

The trails begin from the prosperous village of Lukla and reach Phakding. Today's trek will be short and enjoyable as you will also be acclimatizing. In your spare time, you can visit the local monasteries around Phakding and prepare for the long trek the next day.

Overnight stay at Khumbu Travel Lodge (room with attached bathroom)
Included meals (Breakfast, Lunch, and Dinner)

DAY 2

Trek from Phakding (2,650m / 8,690ft) to Namche Bazaar (3440m / 11,285ft)

Trek Distance 11km / 6.8miles Highest Altitude 3,440m / 11,285ft Trek Duration 6 hours

We begin the six-hour trek along the **banks of the Dudh Kosi,** crossing several tributaries of this majestic river many times on thrilling suspension bridges adorned with prayer flags. After entering Sagarmatha National Park, the trail climbs steeply, providing you with breathtaking views. **Namche Bazaar**, known as the "Gateway to Everest," is home to several quality restaurants, hotels, lodges, internet cafes, shops, and a bakery. Namche (3441m) is one of the biggest towns along the Everest trail.

Overnight stay at Sun Shower Hotel (room with attached bathroom)
Included meals (Breakfast, Lunch, and Dinner)

DAY 3

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

We will spend a day at Namche to adjust to the high altitude. You should not miss visiting the **Sherpa museum** celebrating Sherpa traditional customs. Further, we will hike to the **Syangboche Airport** and the **Everest View Hotel.** From Everest View Hotel, you can see rewarding views of the Himalayas (including Everest) with a stunning sunrise and sunset over the panorama of Khumbu peaks.

Overnight stay at Sun Shower Hotel (room with attached bathroom)
Included meals (Breakfast, Lunch, and Dinner)

DAY 4

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

Trek Distance 9.2km / 5.7miles Highest Altitude 3,440m / 11,285ft Trek Duration 5 hours

After our early morning breakfast, we will begin our trek to Tengboche. On the way, we will enjoy the stunning **views of Mt. Everest**, **Nuptse, Lhotse,** and **Island peak**. The trail leads us up and down as it becomes challenging, but you'll enjoy great views of the Himalayas. You may also spot wildlife on the way, such as musk deer, pheasant, and Himalayan tahr.

We will further trek down to cross the Dudh Koshi River. After passing through dense alpine forests, you will reach a small settlement called **Phunki Thenga.** As you trek ahead from Phunki Thenga, you will eventually get to Tengboche after a steep climb through a pine forest. In Tengboche, you will see the biggest Buddhist monastery in the Khumbu Region - Tengboche Monastery.

This monastery was founded in 1923, but destroyed twice - first in 1934 by an earthquake and then by a fire in the early 1990s. With the help of the Sir Edmund Hillary Fund, the monastery was restored. With spare time, you can visit the monastery and observe their prayers in the afternoon.

Overnight stay at Paradise Lodge.
Included meals (Breakfast, Lunch, and Dinner)

DAY 5

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

Trek Distance 12km / 7.45miles Highest Altitude 4,360m / 14,290ft Trek Duration 5 hours

We continue trekking uphill to **Pangboche**, past many chortens, mani walls, and small villages. You can see spectacular views of the Mt. Island peak from the trails. You will be entering the **Imja Valley** following the **Lobuche River** and trek on a steeply ascending trail to **Dingboche**. From Dingboche, we can see the Island peak (6,812m) and Mt. Lhotse (8,516m).

Overnight stay at Hotel Good Luck
Included meals (Breakfast, Lunch, and Dinner)

DAY 6

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

After breakfast, we head east towards the **Chukhung Valley,** passing through the stone-walled fields of Imja Khola Valley. While walking on the rocky trail, you will get stunning views of **Mt. Lhotse** and **Ama Dablam**. Eventually, you will reach your destination, Chhukung. At Chhukung, we check into our lodge rooms and meet our guide, who will brief us about the climb and preparations.

Overnight stay at a lodge in Chhukung
Included meals (Breakfast, Lunch, and Dinner)

DAY 7

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

Today is another day for acclimatization. Our **Sherpa climbing guide will train you** on peak climbing and teach you how **to use the ice axes, climbing boots, crampons, harness, etc.** Island Peak does not require prior training experiences. However, past climbing experiences will boost climber confidence and increase the chances of scaling the summit.

Overnight stay at a lodge in Chhukung
Included meals (Breakfast, Lunch, and Dinner)

DAY 8

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

Trek Distance 5km / 3.1miles Highest Altitude 5000m / 16,690ft Trek Duration 4 hours

From Chhukung, we ascend northwards and follow this valley along the moraine from the **Lhotse glacier** to the east. A short hike by the river leads up to a big rock, and after a **40-minute climb,** we reach **Island Peak Base Camp.** After setting up our **tents,** you will get **short training on peak climbing techniques,** including using gear such as ice axes, climbing boots and crampons, harnesses, and rope skills.

Overnight stay at a camp
Included meals (Breakfast, Lunch, and Dinner)

DAY 9

Summit Island Peak (6,183m) and return to Chukung (4735m / 15,535ft)

Trek Distance 11km / 6.8miles Highest Altitude 6,189m / 20,305ft Trek Duration 10 -11 hours

We **start early morning** to reach the Island Peak summit before noon **to avoid afternoon wind.** You will follow our experienced Sherpa guides. First, we will ascend to the rocky ridge before reaching the base of a glacier. Then using ropes, we continue up the glacier to the south ridge and follow this ridge to the summit. From the Island Peak top, you can see outstanding views of **Lhotse (27,890 feet), Makalu (27,805 feet), Island peak (22,493 feet),** and **Baruntse (25,328 feet).** After spending some of the best moments at the top, you will return to the base camp, then descend to Chhukung for an overnight stay.

Overnight stay at a lodge.
Included meals (Breakfast, Lunch, and Dinner)

DAY 10

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

We added this extra day to compensate for summit day if the weather was not favorable on our scheduled summit day. If summit day was successful, we will relax and enjoy staying in the Himalayas. If not, we will use this day to scale Island Peak. We will be spending the night at Chhukung.

Overnight stay at a lodge
Included meals (Breakfast, Lunch, and Dinner)

DAY 11

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

Trek Distance 12.9km / 8miles Highest Altitude 4,730m /15,518ft Trek Duration 6 hrs

Today, you will **retrace your steps** on the same rocky trail to Chhukung and then to Dingboche. You will descend to **Sagarmatha National Park**, a UNESCO World Heritage Site, where the famous **Tengboche monastery,** the biggest monastery in the Everest region, lies.

Overnight stay at Hotel Good Luck
Included meals (Breakfast, Lunch, and Dinner)

DAY 12

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

Trek Distance 5.9km / 3.6miles Highest Altitude 3,870m / 12,304ft Trek Duration 6 hrs

The trail to Namche Bazaar takes us through forests teeming with wildlife like pheasants, musk deer, mountain goats, or even snow leopards. We will be trekking on the steep slopes and trails with several bends, past prayer flags hung along the way. While heading back, you can click pictures and enjoy the views of the **tip of Everest** and the **backside of Lhotse.** After finally arriving at Namche Bazaar, we will head to our lodges and rest.

Overnight stay at Sun Shower Hotel (room with attached bathroom)
Included meals (Breakfast, Lunch, and Dinner)

DAY 13

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

Trek Distance 13.5km / 8.3miles Highest Altitude 3,440m / 11,285ft Trek Duration 6 hrs

Our last day on the trekking trails will be rewarding as we return to the **Dudh Koshi Valley.** The route is generally quite gentle back uphill to Lukla from the Kusum stream. Before rushing to Lukla, the trail heads steeply up to the west. After the first climb, the path reaches a small village, and then we take a left turn up into the trees. The trial ahead leads down to the main trail joining at the sidestream before reaching **Toktok Village.**

From Toktok, the **views will be entirely different.** Eventually, you will reach the large town of Lukla, from where you will catch a flight back to Kathmandu the next day.

Overnight stay at Hikers Inn (room with attached bathroom)
Included meals (Breakfast, Lunch, and Dinner)

DAY 14

Fly from Lukla (2,850 m/9,350 ft) to Kathmandu/Manthali

Flight hours 40/20 Minutes

At the end of your trek, you will fly from Lukla to Manthali or Kathmandu, depending on the trekking season. If you are trekking in March, April, May, September, October, or November, you'll take a 20-minute flight to Manthali, followed by a subsequent 5-hour drive to Kathmandu. For treks in other months—December, January, February, June, July, or August—you'll enjoy a direct flight to Kathmandu.

For those who want to avoid Lukla-Manthali-Kathmandu, **there is an option to book a helicopter.** However, this option entails an additional cost of approximately 550 USD each, based on a five-person sharing of the helicopter costs.

We hope your journey back to Kathmandu will be relaxing, as you will feel a sense of accomplishment from climbing Island Peak. Upon arrival in Kathmandu, you will head to your respective hotels, and you can decide to spend the rest of the day however you like.

Included meal (Breakfast)

What is included in this trek package?

Transportation

- Kathmandu/Manthali - Lukla - Kathmandu/Manthali flight costs (includes tax and government fees)
- Private transportation to and from Kathmandu Airport and your hotel

Accommodations

- Total 13 Nights. Five nights twin sharing room with attached bathroom at Lukla, Namche (3N), and Phakding. Seven nights twin sharing accommodation at Tengboche, Dingboche(2N), Chhukung (4N). Accommodation at camp/tent in the Island Peak Base Camp (twin sharing room) - 1 night.

Food

- Standard full-board meals (14 Lunches, 13 Dinners, and 14 Breakfasts) with one main course per meal during the trek/climb.
- Seasonal fresh fruits every day

Guide and Support Staff

- Government licensed trekking/climbing leader and porters to help trekkers with luggage. (one porter for every two trekkers. Max load per porter is 18-kg.
- Cook and helpers for Island Base Camp stay.
- Tent and camping staff with the kitchen crew

Trek Permits and Expenses

- Sagarmatha National Park Entry Permit
- Khumbu Rural Municipality Permit
- Island Peak Climbing Permit fees
- Experienced and licensed Sherpa Climbing Guide fee
- All government and local taxes.

Medical Assistance

- Medical kits, including an oximeter to monitor blood oxygen saturation levels in high altitudes
- Rescue operation arrangement in case of complicated health conditions (funded by travel insurance).

Souvenir

- Souvenir - company's T-shirt & cap

Farewell

- Discovery World Trekking Peak Climbing Certificate
- Farewell dinner in Kathmandu after the trek

Benefits

- Sleeping bags and down jackets, duffle bag (one for every two trekkers) if you do not have your own
- Free excess luggage storage at the Discovery World Trekking store for the duration of the trek

What is excluded in this trek package?

International Flight

- International flight costs

Accommodations

- All accommodations in Kathmandu, before and after the trek
- Extra night accommodations in Kathmandu due to early arrival, late departure, or early return from the trek

Food

- All meals in Kathmandu, before and after the trek
- Extra night meals in Kathmandu due to early arrival, late departure, or early return from the trek

Guide and Support Staff

- Tips for guide and porters

Visa

- On arrival visa fees at Tribhuwan Internationa Airport (30 days- USD 50)

Travel Insurance

- Travel insurance which has to cover emergency high-altitude heli- rescue and evacuation (compulsory)

Personal Expenses

- Personal expenses (shopping, snacks, boiled water, hot (tea/coffee) and cold drinks, hot shower, alcohol, Wi-Fi, telephone call, battery re-charge fee, extra porters, etc
- Personal clothing and gear.

Other Expenses

- Excess luggage charges (limit is 9kg per trekker), one porter for every two trekkers
- Costs due to itinerary modification for safety concerns, illness, government policy changes, political instability, strikes, etc
- All the costs and expenses not listed in "What is included in the Island Climbing package?" will be counted as excludes

Planning Your Trek Schedule

Our trips have flexible departure dates. You can select a travel date that fits your schedule and easily confirm your booking through our website at any time.

Equipment list for Island Peak Expedition

We recommend you to carry the basic clothing and accessories needed for the trek. Porters will carry your main luggage, but your luggage weight limit is 9kg. Two trekkers will share a porter, and they will not carry a load of more than 18kg. However, we also expect you to bring with you a backpack with your essential documents and expensive items. You can buy gear and equipment in Kathmandu but make sure to get the right size if buying or renting.

Although we understand that you have your preferences, **here is a list to help you pack.**

Head

- Sun hat or scarf
- Winter hat or insulating hat or Wide-brimmed hat

Face

- Sunscreen
- Sunglass with UV protection
- Face/body wipes
- Hands
- Lightweight gloves
- Heavyweight winter gloves

Body

- Hiking shirts
- >Long-sleeved shirt
- Hooded rain jacket
- Fleece jacket
- Lightweight cotton pants
- T-Shirt (bring Lightweight wool)
- Polypropylene underwear
- Expedition grade down jacket (available for rent in Kathmandu)
- Sweater
- Waterproof jacket and pants
- Thick thermal Merino bottoms (Icebreaker 200, Odlo Revolution Thick)
- Polar fleece trousers or similar mid-layer trousers
- Gore-Tex (over)trousers or bibs. Waterproof/breathable with full side zips
- Goose-down trousers or bibs. Or a down suit
- Liner gloves for tying knots
- mitten
- Use waterproof stuff sacks to keep your clothes dry.

Footwear

- Hiking Boots
- Thick wool socks (Take an extra pair of thick light socks)
- Gore-Tex hiking boots with ankle support

Essentials

- Backpack or daypack (Size depends on whether you take porter or not).
- Thermal bottle
- Water purification
- Trekking pole
- Sleeping bag (-15 bag is best in the high altitude trekking)

Toiletries

- Medium size drying towel
- Toothbrush
- Toothpaste
- Deodorant floss
- Biodegradable bar soap
- Nail clippers
- Small mirror

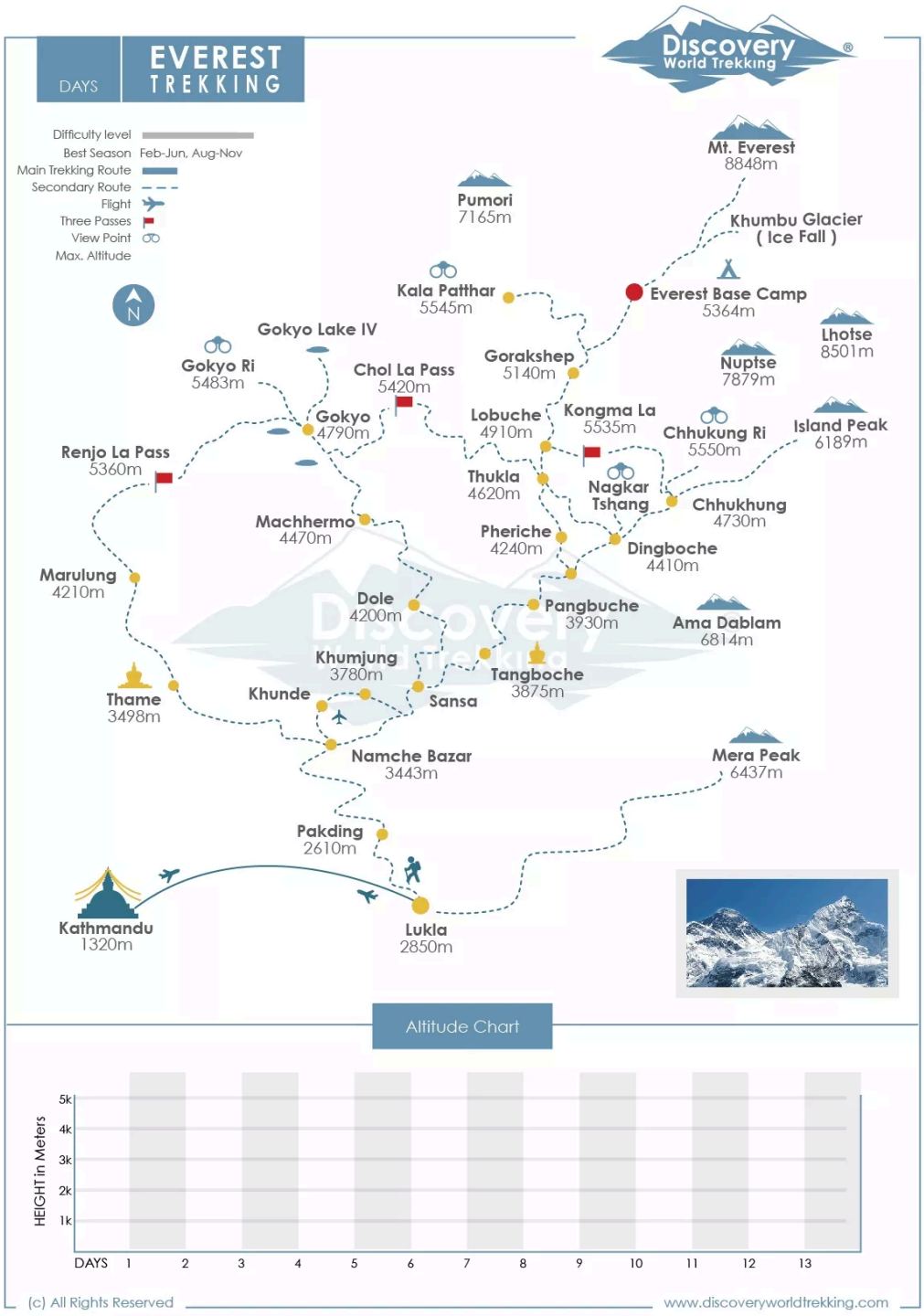
Personal accessories

- Money
- Watch
- Cell phone
- Camera

Extra items

- First aid kit
- Extra passport photos and passport photocopies
- Notebook and pen
- Binoculars

Official Island Peak Climbing Expedition Map



Responsible travel

We strongly believe that we must save our environment against the adverse effects tourism might bring. Unsustainable tourism activities are detrimental to tourists and the entire tourism industry. So, Discovery World Trekking works together with Kathmandu Environmental Education Project (KEEP) to organize **eco-friendly and sustainable treks** that meet the expectations of travelers and local communities in tourist regions.

We dispose of the waste properly and encourage trekkers to store items in reusable containers. Furthermore, we try our best to conserve water and not pollute it. It is always better to carry a water bottle instead of packed water. Our effort is to leave campsites in better condition than before our use.

Discovery World Trekking Crew

During the Island Peak Climbing, our local, licensed, trained, and well-experienced guides/Sherpas will accompany you to make your journey even more comfortable and memorable. We will assign one porter for every two trekkers, and the combined luggage weight limit for a porter is 18 kg. We never overload our porters. Further, we add an assistant guide for a group of 12 or more.

Our crew members are locals from remote high Himalayas, which allows them to endure perfectly in the high Himalayas.

All our staff members are precious to us. We pay them well and take care of their insurance, clothing, food, and lodging throughout the expedition. They receive medical care when ill or injured. Our effort is to keep our staff members happy as we believe that only happy people can make others happy.

Our professional guides have:

- Intensive Wilderness First Aid Training Certificate
- Government-authorized Trekking Guide Training Certificate
- Fluency in speaking English and other major languages (Spanish/Japanese)
- Conservation and biodiversity training
- Rock climbing experience

Tipping

Tipping is at travelers' discretion and should reflect the quality of service received, trek length, and cost of trek/climbing. Nepali culture accepts trekking and views it as a validation of quality service. We encourage you to tip collectively at the end of the trek.

Booking and payment process

Discovery world trekking is a Nepal-government authorized, registered, licensed, and bonded trekking and touring operator.

We are members of the Trekking Agency Association of Nepal (TAAN), and the Nepal Mountaineering Association (NMA). So, you can book the Discovery World Trekking trip with confidence.

We require a 10 percent payment advance to confirm the booking. You can pay this advance through bank transfer, western union, or online. You can pay the rest of the trip cost after arriving in Nepal in cash, bank transfer, western union, or using credit cards. Furthermore, we will email you payment details, including modes of payments available.

After your booking, please send us other necessary documents like passport copy, passport size photos, travel insurance policy, and arrival and departure flight details within a week of booking. The number of domestic flights for Lukla is limited, and this airport is very busy during the trekking seasons. Hence, it is better to book Lukla flights in advance.

Trip extension

After the trek, you may want to stay a couple of days extra in Nepal. During this time, we can organize several activities for you, such as the Kathmandu valley tour, the Nagarkot view trip, the Chitwan jungle safari, paragliding, rafting, and canoeing.

Feedback

After completing the Island Peak Climbing, Discovery World Trekking will organize a farewell dinner in Kathmandu. After the dinner, we will present you with a trek/climbing achievement certificate (hardcopy). It is also a great time to provide us with your feedback. Feedback will help us serve our future guests better.

Useful Info

We recommend adding extra days to your itinerary as a safety margin for your return flight home. The flights from Kathmandu to Lukla and Lukla to Kathmandu are frequently behind schedule. Sometimes flights get backed up for a day, and if this happens, we will reschedule your flights. So, we advise that you schedule at least an extra two days as a cushion in your itinerary to avoid problems with your international flight back home. In the event of delays, we can arrange a helicopter at your request, at a cost of around USD 500–1000 per person, depending on demand and capacity. In case of no delays, we can arrange additional activities with your extra time in Nepal.

Please Note: The Island Peak Climb includes fixed departure dates from Kathmandu, but we can accommodate your specific requests and schedule. Please review your designated departure dates for this climb, and if they do not suit you, let us know — we can arrange your trek/climb at a time convenient for you.

The itinerary listed above is a general guideline that might require modifications due to factors beyond our control, including but not limited to bad weather, inaccessibility, unavailability of lodging and campsites, unforeseen governmental decrees, and bad trail conditions.

Although the probability of itinerary changes is minimum, you cannot hold us accountable for the delays or circumstances that arise due to delays.

In the event of an itinerary adjustment or the need to redirect to other trails and areas, your guide will ultimately decide after consulting with the group members and keeping the interests of the party as a whole.

Trip Notes

Arrival, Welcome, and Trek Start

Upon arrival at Tribhuvan International Airport in Kathmandu, a Discovery World Trekking representative will greet you. Our representative will be holding a placard with your name. They will give you a traditional garland as a welcome gesture before taking you to your hotel in a private vehicle. It is essential to arrive by 3 pm at least one day before the trek begins, to complete final preparations

On the trek departure day, we will fly you to Lukla. In peak trek seasons (March, April, May, Sept, October, and November), Lukla flights from Tribhuvan International Airport (TIA) may be rerouted to Manthali Airport due to traffic congestion. So, during these months, on the trek departure day, our guide will pick you up from your hotel at around 12:30 am, for a five-hour drive to Manthali. From Manthali, you will take a 20-minute flight to Lukla.

In other months (December, January, February, June, July, and August), you will take a 40-minute flight to Lukla from Kathmandu. Hence, on the trip departure day, we will take you to Kathmandu Airport early morning.

Accommodations

During the 14-day Island Peak Climbing expedition, accommodation includes 13 nights in trekking lodges and one-night camping at Island Peak Base Camp. You will stay in twin-sharing rooms with attached bathrooms in Lukla, Namche (3 nights), and Phakding. At higher altitudes, accommodations will be in more basic lodges at Tengboche, Dingboche (2 nights), and Chhukung (4 nights).

You can enjoy Wi-Fi, electricity for charging your device, and hot showers at most lodges, but you will have to pay for the use.

Accommodation in Kathmandu is not included in the package, allowing flexibility in choosing hotels based on personal preference and budget.

Meals

We provide 14 breakfasts, 14 lunches, and 13 dinners throughout the trek. All meals are on a full-board (main course) basis. Meals include nutritious and hygienic options, ranging from traditional Nepali dishes like Dal Bhat to Western meals, such as pasta, noodles, burgers, and pancakes. Fresh vegetables and hot drinks like ginger tea, green tea, and garlic soup are best for maintaining health at higher altitudes. This package does not include beverages (hot (coffee, tea), cold, and alcoholic drinks).

We discourage non-vegetarian options for hygiene concerns.

Luggage

Each trekker is allowed a luggage weight limit of 9 kg, with two trekkers sharing one porter (18 kg combined weight limit). You can store excess luggage at Discovery World Trekking's store in Kathmandu for the duration of the trek. Since you will share a porter with a fellow trekker, we advise you to team up with a fellow trekker and pack your luggage in a duffle bag of over sixty liters. Moreover, you need to carry a small backpack for personal items, including important documents and valuables.

Facilities and Essentials

- **Water**

Staying hydrated is essential during the trek. Bottled water is available at lodges/en-route shops but can be expensive and environmentally unfriendly. Instead, we recommend you carry reusable bottles and buy filtered/bottled water from lodges. Further, use water purification tablets or filtration systems. We can provide purification pills upon your request. Do not drink directly from local water sources - taps, wells, or rivers.

- **Communication**

You can buy a local SIM card in Kathmandu, though connectivity may not be reliable at remote high altitudes. Our office remains in contact with all trek groups via a guide on a mobile phone daily. We are also on standby to tackle any problems as they happen.

Travel Essentials

- **Visa**

All foreigners, except Indian nationals, require a visa to enter Nepal. You can obtain an on-arrival visa at Tribhuvan International Airport. For the visa, you will need a passport valid for at least six months, a passport-sized photo, and the visa fee. A 30-day visa costs USD 50. Certain nationalities must secure a visa in advance. Please visit https://www.immigration.gov.np/en for details.

- **Travel Insurance**

Travel insurance is mandatory for Island Peak Climbing. Policies must include coverage for health care costs and emergency helicopter rescue up to the highest trek altitude (up to 6,000 m). Please call your insurer to double-check your policy covers emergency helicopter evacuation. Do not solely rely on website content.

- **Currency Exchange**

The local currency is the Nepali Rupee (NPR). (1 USD = ~133 NPR). Please bring major currencies (USD, EURO, GBP), and exchange them at Kathmandu. Currency exchange services are available at banks and authorized exchange centers in Kathmandu. ATMs are also widely available in Kathmandu, but there may be some restrictions. Further, please bring new, crisp, clean notes, as banks may not accept old, torn, and faded notes.

- **Extra Expenses**

Additional costs not covered in the package include meals and accommodations in Kathmandu, visa fees, extra meal courses in trek regions, travel insurance, personal snacks, hot/cold drinks, Wi-Fi, and tips for the trekking crew. Budget an USD 10–20 per trekking day.

Trek Season, Weather Conditions

The best seasons for Island Peak Climbing are spring (March–May) and autumn (September–November), offering clear skies, cool temperatures, and stable weather. At high altitudes, spring temperatures range from 20°C to -5°C, while in autumn they range from 25°C to -10°C. During summer (monsoon), temperatures range from 27°C to 5°C, and in winter (December–February), they range from 15°C to -20°C. However, we conduct Island Peak Climbing throughout the year. This Everest guide provides all the necessary weather-related information in the Annapurna region.

- **Flight Delays**

Weather conditions can cause flight delays or cancellations to and from Lukla. Hence, we recommend you add a few buffer days to accommodate potential delays. If you are in a hurry, you can hire a helicopter. However, it will set you back USD 550 to 1,000, provided five persons share the cost.

Typical Day

Each trekking day begins with an early breakfast, followed by 3–5 hours of trekking before lunch. After lunch, the trek continues to the next destination, usually concluding by late afternoon. You can then explore the new place. We will serve dinner around 6-7 pm, followed by a briefing from our guide about the next day's plan. You can spend the evenings relaxing, reading, socializing, or playing games.

Trip Conclusion

- **Farewell Dinner**

After completing the trek, we host a farewell dinner in Kathmandu to celebrate the expedition's success and share experiences. Later, we will also present you with a trek achievement certificate.

- **Departure**

On departure day, Discovery World Trekking provides complimentary hotel-to-airport transfer services, ensuring a smooth conclusion to your adventure. Please share your hotel name, room number, flight date, and time.

Trek Bookings

- **Private Treks**

We only organize private treks and do not add anyone to your group. For a larger group, we will also provide discounts. For a group of 12 or more, we will also add an assistant guide.

- **Safe Trek Bookings**

As a government-authorized trekking operator and proud members of the Trekking Agency Association of Nepal (TAAN) and the Nepal Mountaineering Association (NMA), we've made booking your trek simple and secure. To confirm your trip, you just need to make a 10% advance payment for the trek via bank transfer, Wise, or Western Union. Once your booking is complete, send us your essential documents, such as a passport copy, photos, and travel insurance, within a week. You can pay the remaining balance in Kathmandu using cash, bank transfer, Wise, Western Union, or credit card. We'll also email you a detailed payment guide.

- **Last-Minute Bookings**

We also have a last-minute booking provision. In case of last-minute booking, you must clear the trip cost 24 hours before the intended trek departure date. Call Paul at 977-9840055491 or email info@discoveryworldtrekking.com after arranging the essential travel documents. Though we are ready to organize a trek at any moment, in case of last-minute bookings, you cannot hold us responsible for any delays.

- **Flexible Schedule**

Our treks have fixed departure dates. However, if the dates do not suit you, let us know so we can organize your trek at your convenience.

- **Trip Extension**

If you have some time, we can provide options for trip extensions, including cultural tours, Chitwan Jungle Safari, and other treks.

DWT Family

Our experienced, government-licensed guides and Sherpas will be by your side every step, ensuring your trek is safe, enjoyable, and unforgettable. Each guide is trained in wilderness first aid and ecological conservation, bringing years of trekking expertise to your journey. Our guides hail from the high Himalayas and possess deep knowledge of the terrain and local culture. We provide them fair compensation, travel insurance, food, and lodging throughout the trek. By taking excellent care of our team, we ensure they can focus entirely on delivering an exceptional trekking experience for you.

Ecotourism Practices

We follow responsible trekking practices, emphasizing environmental conservation, waste management, and supporting local communities. Further, we partner with the Kathmandu Environmental Education Project (KEEP) to organize environmental treks. Our policy is to leave only the footprints in the trek regions.

Tipping Culture

Tipping is customary in Nepal. We advise you to tip as a group at the end of the trek. While tipping, consider the quality of service, trek cost, and length.

FAQs For Island Peak Climb

GENERAL INFORMATION

Where is Island Peak located?

Island Peak (6,189m/20,305 ft), also known as Imja Tse, is located in the Khumbu region of Nepal, nestled between Mt. Lhotse and Ama Dablam near the Chhukung Glacier.

How long does the Island Peak Climbing expedition typically take?

The Island Peak Climbing expedition typically takes 16 to 20 days, depending on the chosen itinerary and acclimatization schedule.

What are the main highlights of climbing Island Peak?

- Reaching the 6,189m summit of Island Peak
- Panoramic views of Everest, Lhotse, Makalu, Ama Dablam, and other iconic peaks
- Scenic Kathmandu-Lukla flight
- Exploration of Namche Bazaar and Tengboche Monastery
- Immersive Sherpa culture and Himalayan wildlife encounters

Is Island Peak Climbing suitable for climbers of all experience levels?

Yes, Island Peak is considered a beginner-friendly climbing peak. However, climbers should have high physical fitness and basic knowledge of mountaineering techniques.

What makes Island Peak Climbing unique compared to other climbs in Nepal?

Island Peak offers a perfect blend of trekking and climbing, stunning views from the summit, and an opportunity to hone mountaineering skills. It's also one of the most affordable and accessible peaks for first-time climbers.

Is a private Island Peak Climbing available?

Yes, private Island Peak Climbing is available.

What additional support is offered in a private Island Peak climb?

In a private Island Peak climb, you receive dedicated guides and porters, personalized attention, and the flexibility to adjust the schedule according to your needs.

PREPARATION & FITNESS

How fit do I need to be to climb Island Peak?

You need to have good physical fitness, including cardiovascular endurance, strength, and stamina, to handle long trekking days and summit pushes at high altitudes.

Can beginners with previous trekking experience attempt this climb?

Yes, beginners with prior high-altitude trekking experience can attempt Island Peak. We will teach you basic technical skills.

What kind of physical and technical preparation is recommended for climbing Island Peak?

Focus on cardio exercises (running, hiking, cycling), strength training, and practicing with climbing equipment like crampons and ice axes. Building altitude tolerance through prior treks is also highly recommended.

PERMITS

What permits are required for climbing Island Peak?

You will need an Island Peak Climbing Permit, Sagarmatha National Park Entry Permit, and Khumbu Pasang Lhamu Rural Municipality Permit

Are the necessary permits included in the climbing package?

Yes, our package includes all required permits.

Where can I obtain the permits for Island Peak?

We will arrange the permits as part of the climbing package, saving you the hassle of acquiring them yourself.

INSURANCE & VISA

Is travel insurance necessary for climbing Island Peak?

Yes, travel insurance is mandatory for Island Peak Climbing.

What should my insurance cover for this climb?

The insurance must cover health care costs and emergency helicopter rescue up to an altitude of 6,000 m. We advise you to double-check with the insurer to ensure emergency helicopter evacuation is explicitly included.

Do I need a visa to visit Nepal, and how can I obtain one?

Yes, all foreigners (except Indian nationals) need a visa for Nepal. You can obtain an arrival visa at Tribhuvan International Airport. Required documents include a valid passport (at least six months), a passport-sized photo, and the visa fee (USD 50 for a 30-day visa). Certain nationalities may need to secure a visa in advance.

GUIDES & PORTERS

Is a guide included in the Island Peak Climbing package?

Yes, an experienced guide is included in the Island Peak Climbing package.

What roles do guides and support staff play during the climb?

Guides ensure safety, provide briefings, lead the trek, and share insights about the terrain and culture. Porters carry luggage, and assistant guides support larger groups.

Can I attempt Island Peak Climbing independently without a guide?

No, climbing Island Peak independently without a guide is illegal.

ACCOMMODATION

What type of accommodation is provided during the Island Peak Climbing expedition?

Accommodation includes 13 nights in trekking lodges and one night of camping at Island Peak Base Camp. Lodges offer twin-sharing rooms with attached bathrooms in Lukla, Namche (3N), and Phakding, while accommodations in higher-altitude lodges are standard.

Are teahouses or lodges equipped with modern facilities like electricity and hot showers?

Yes, most lodges offer Wi-Fi, electricity for charging devices, and hot showers, but these services are chargeable.

Will I have access to Wi-Fi or charging points during the climb?

Yes, Wi-Fi and charging points are available at most lodges, but usage may come with an additional cost.

FOOD & DRINKS

What kind of meals are provided during the Island Peak Climbing expedition?

Meals include 14 breakfasts, 14 lunches, and 13 dinners. Options range from traditional Nepali dishes (e.g., Dal Bhat) to Western meals like pasta, noodles, burgers, and pancakes.

Are there vegetarian or vegan food options available?

Yes, vegetarian options are available, and we advise you to stick to vegetarian meals for hygiene reasons.

Is safe drinking water provided, or should I bring purification tablets?

Though you can buy packed water, we recommend you carry a reusable water bottle and buy boiled/filtered water from lodges for environmental concerns. For extra safety, we recommend you use purification tablets. If you do not have them, we can provide them for you.

WEATHER

What is the best time of year to climb Island Peak?

The best seasons are spring (March-May) and autumn (September-November), offering clear skies, cool temperatures, good trail conditions, and stable weather.

How does the weather affect the climbing experience on Island Peak?

Weather conditions affect visibility, flight schedules, and climbing safety. Stable weather in spring and autumn ensures better chances of a successful summit.

Is it safe to attempt the climb during the monsoon or winter seasons?

While Island Peak Climbing is conducted year-round, monsoon (June-August) brings heavy rainfall, and winter (December-February) can have extremely cold temperatures, making the climb more challenging.

HEALTH & SAFETY

What health risks should I be aware of during the Island Peak Climbing expedition?

Common risks include altitude sickness, cold-related illnesses, and physical exhaustion.

Is altitude sickness a concern, and how can it be managed?

Yes, altitude sickness is a concern. Acclimatization days are included in the itinerary, and our guides use an oximeter for blood oxygen level monitoring. In emergencies, we will coordinate with your insurer to deploy helicopter evacuation.

What emergency procedures are in place during the climb?

In case of emergencies, helicopter rescue is available. Our guides have completed wilderness first aid and carry medical kits.

PACKING & GEAR

What essential items should I pack for Island Peak Climbing?

Essential items include warm clothing, waterproof layers, climbing boots, gloves, sunglasses, and personal hygiene supplies. Please see our equipment for details.

Is specialized climbing gear required for this expedition?

Yes! You will need climbing gear such as crampons, ice axes, harnesses, and helmets. You can buy or rent them in Kathmandu. We can introduce you to such shops.

Are trekking poles or other equipment recommended for climbing Island Peak?

Yes! Trekking poles provide aid for stability and reduce knee strain during descents.

BOOKING & PAYMENTS

How far in advance should I book the Island Peak Climbing expedition?

We recommend you book at least one month in advance to secure permits, flights, and accommodations, especially during peak seasons.

What is the payment process for booking the climb?

A 10% advance payment to confirm the booking is required via bank transfer, credit card, Wise, or Western Union. You can pay the remaining amount in Kathmandu via cash, bank transfer, Wise, Western Union, or credit card. We will also email you payment details.

Are there any cancellation or refund policies for the expedition?

Yes, cancellation and refund policies are in place. Please visit our terms and conditions page.

TRANSPORTATION

How do I get to the starting point for Island Peak Climbing?

The journey starts with a flight from Kathmandu (or Manthali during peak seasons) to Lukla.

Are domestic flights required to reach the trek's starting point?

Yes! You will fly to Lukla from Kathmandu or Manthali (depending on the season).

What transportation options are available after completing the climb?

After descending to Lukla, you will take a return flight to Kathmandu (or Manthali, depending on the season).

Discovery World Trekking

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