Discovery World Trekking



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Island Peak Climbing with EBC - 16 Days

16 days. Grade: Very Strenuous.

5.0 2295+ reviews on TripAdvisor

US$ 2050
per person, for 4 to 7 people

Made on 26 November 2026 https://dev.discoveryworldtrekking.com/trips/island-peak-climbing-with-ebc







Island Peak (6,189m/20,299ft) Climbing is a lifetime experience that demands great effort and determination. Your experience gets even richer when you step onto Everest Base Camp (5,364m). The trek is challenging, but the rewards in terms of the sense of achievement and the views from the top are totally worth it.

TRIP FACTS

Destination	Nepal
Grade	Very Strenuous
Accomodation	Lodge/Tea house/Camping during the trek/climb
Best season	Feb, Mar, Apri, May, June, Sep, Oct, Nov & Dec
Activity	Everest Treks
Max. altitude	Island Peak (6,183m)
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$ 2050

per person, for 4 to 7 people

The full price is US$ 2900. You save US$ 850 per person.

Group-size discounts

People	Price per person
2 to 3	US$ 2100
4 to 7	US$ 2050
8 to 13	US$ 2000
14 to 25	US$ 1900

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

Highlights

- Scenic mountain flight Kathmandu-Lukla-Kathmandu
- Summit Island Peak (6189m/20299ft)
- Stunning views - Mount Everest (8848m/29021ft), Nuptse (7,879m), Lhotse (8,501m), Lhotse Middle Peak (8,410m), Lhotse Shar (8,383m).Makalu (8475m), Baruntse (7,162m) and Ama Dablam (6,812m)
- Kalapatthar Excursion (5,545m/18187ft)
- Everest Base Camp (5,364m)
- Namche Bazaar - famous Sherpa town
- Ancient monastery in Tengboche
- Wildlife like musk deer, colorful pheasants, snow leopard, and Himalayan tahr
- Explore the culture and lifestyles of the local Sherpa people
- Khumjung monastery - said to have housed yeti scalp

Island Peak Climbing with EBC Overview

The Island Peak Climbing with Everest Base Camp trek is a rare opportunity to combine two of Nepal's most iconic high-altitude experiences into a single, unforgettable expedition. Over 16 days, this adventure offers the ultimate Himalayan challenge: trekking to the world-renowned Everest Base Camp at 5,364 meters and summiting the striking Island Peak (6,189 meters), one of the most popular trekking peaks in Nepal.

Ideal for adventure seekers looking to transition from high-altitude trekking to technical alpine climbing, this journey provides both the physical challenge and the personal reward of achieving two remarkable milestones in one trip. It's not just a climb—it's a comprehensive mountaineering experience in the heart of the Himalayas.

The journey begins with a scenic flight from Kathmandu or Manthali to Lukla, followed by a trek through the legendary Khumbu Valley. The trail ascends gradually through lush forests, suspension bridges, and charming Sherpa villages, with overnight stays in places like Phakding, Namche Bazaar, and Tengboche.

These stops offer not only cultural immersion but also essential acclimatization. Rest days in Namche Bazaar and Chhukung allow you to adjust to the altitude, while the route to Everest Base Camp via Dingboche and Lobuche introduces you to increasingly dramatic landscapes, from green hills to barren high-altitude terrain. A highlight of this phase is the sunrise hike to Kala Patthar (5,545 m), which delivers sweeping views of Everest, Lhotse, Nuptse, and Ama Dablam—setting the stage for the second half of the adventure.

After visiting Everest Base Camp, the expedition shifts toward Island Peak, located in the serene Imja Valley. Known locally as Imja Tse, Island Peak rises steeply above the surrounding glaciers and is renowned for its rugged beauty and technical climbing sections. From Chhukung, you will trek to Island Peak Base Camp at 5,000 meters, where a rest day includes vital pre-climbing training. Under the guidance of experienced climbing leaders, you will learn how to use harnesses, crampons, fixed ropes, and ice axes—skills essential for the summit bid.

The final climb begins in the pre-dawn hours and includes glacier travel, crevasse crossings, and a steep headwall ascent leading to a narrow, exposed summit ridge. Reaching the summit is an exhilarating experience, offering unmatched views of Himalayan giants including Lhotse's dramatic south face, Makalu, Baruntse, and the ever-striking Ama Dablam.

Following the successful summit, you will descend through the Khumbu Valley, retracing the familiar trail through Tengboche, Namche Bazaar, and Lukla. This return journey offers time to recover, reflect, and celebrate the dual accomplishments of reaching Everest Base Camp and standing atop a 6,000-meter Himalayan peak. The Island Peak Climbing with EBC itinerary is a personal evolution, blending endurance, technical skill, and high-altitude discovery.

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 and acclimatization at Namche Bazaar

Day 4 Trek from Namche 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 Lobuche (4,930 m). Trek time: Approx. 5 hrs.

Day 7 Trek from Lobuche to EBC (5,364 m) and back to Gorak Shep (5,185 m). Trek time: Approx. 6-8 hrs.

Day 8 Hike to Kala Patthar (5,555m) Viewpoint, trek to Gorakshep, then to Chhukung (4,730m). Trek time: Approx. 5 hrs.

Day 9 Rest day to relax and acclimatize at Chhukung

Day 10 Trek from Chhukung to Island Peak Base Camp (5000m). Trek time: Approx. 4 hrs.

Day 11 Summit Island Peak (6189m) return to Chhukung. Trek time: Approx. 10-11 hrs.

Day 12 Contingency Day

Day 13 Trek from Chhukung to Tengboche (3,870m). Trek time: Approx. 6 hrs.

Day 14 Trek from Tengboche to Namche Bazaar (3,441m). Trek time: Approx. 6 hrs.

Day 15 Trek from Namche Bazaar to Lukla (2850m). Trek time: Approx. 6 hrs.

Day 16 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 with EBC Itinerary

DAY 1

Flight from Kathmandu/Manthali to Lukla (2,850m / 9,350ft) Trek to Phakding (2,650m / 8,562ft)

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

During peak trekking seasons (March, April, May, September, October, and November), flights from Tribhuvan International Airport (TIA) in Kathmandu to Lukla may be redirected to Manthali due to traffic congestion. To catch the early morning Lukla flight from Manthali, we'll pick you up from your hotel around 12:30 am and drive you for about 5 hours to Manthali Airport. The subsequent 20-minute flight from Manthali will take you to Lukla.

If you want to avoid the Kathmandu-Manthali-Lukla route, **you can book a helicopter from Kathmandu to Lukla.** The cost is approximately 550 USD per person when the expenses are shared among five individuals.

In December, January, February, June, July, or August, you will directly fly from Kathmandu to Lukla. After breakfast, we'll take you to Tribhuvan International Airport (TIA) for an exhilarating 40-minute flight to Tenzing Hillary Airport in Lukla, offering breathtaking views of the Himalayan ranges.

After your exciting and scenic flight, you will land at the Tenzing Hillary Airport at Lukla. The trek begins from Lukla, passing through Chaurikharka Village and then descending to Dudh Koshi Ghat (2,530m/8,300ft) to reach Phakding.

Today's trek will be short and enjoyable as you will also be acclimatizing. In your spare time, you are free to visit the local monasteries (including Rimishung Monastery) and brace yourself for the long trek the next day.

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

DAY 2

Trek from Phakding (2,650m / 8,562ft) to Namche Bazaar (3,440m / 11,285ft)

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

We continue along the northern bank of the Dudh Koshi River, enjoying the majestic views all around. We will be crossing several suspension bridges over the Dudh Koshi River, including the famous **Hillary Suspension Bridge**. Again, following the trail, we will arrive at the Sagarmatha National Park Check Post, where we will have our permits registered.

Inside the Sagarmatha National Park, we climb through dense forests and continue on a path that provides us with the **first views of Mount. Everest.** Trekking further, we will finally arrive at **Namche Bazaar** - the gateway to Everest.

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

DAY 3

Rest day and acclimatization at Namche Bazaar

We will be acclimatizing today. You are free to **explore Namche Bazaar,** throbbing with numerous Wi-Fi-linked cafes and restaurants, souvenir and gear shops, etc. Additionally, you can hike to **Sagarmatha National Park Visitor Center** and even visit Khumjung.

We will not miss visiting **Hillary School** and old monasteries on our way to Khumjung. Then we will hike up to Khunde. There is a Sherpa settlement an hour away from Namche Bazaar. If you want to know about Sherpa culture, lifestyle, and traditions, you must visit this settlement.

We will also take you to **Syangboche Airport** - one of the world's highest airports. Unfortunately, this airport is not currently in use. If you want to see mt. Everest even more, you can hike to Everest View Hotel. Before it starts to get dark, we will head back to Namche Bazaar, visiting **yak farms** on the way.

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

DAY 4

Trek from Namche (3,440m / 11,285ft) to Tengboche (3,855m / 12,850ft)

Trek Distance 10 km / 6.2 miles Highest Altitude 3,440m / 11,285ft Trek Duration 5 hours

After our early morning breakfast, we will begin our trek to **Tengboche,** known for panoramic views of Everest, Nuptse, Lhotse, Ama Dablam, and Thamserku mountains. Tenzing Norgay, one of the first men to reach the summit of Mount Everest, was born in the area of the village of Thani and was once sent to Tengboche Monastery to be a monk.

On the way, you 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 will be rewarded with great views of the Himalayas.

You can also spot **wildlife on the way,** such as musk deer, pheasant, and Himalayan tahr. We will further trek down, and cross the Dudh Koshi River, past the dense alpine forests to reach a small settlement called **Phunki Tenga.** After trekking some more, we will eventually reach Tengboche, home to the biggest Buddhist monastery in the Khumbu Region - **Tengboche Monastery.** This monastery was built in 1923, but the 1934 earthquake destroyed it, a fire during the early 1990s also gutted it. After the fire destroyed it, the monastery was rebuilt with the help of the Sir Edmund Hillary Fund.

Overnight stay at Paradise Lodge
Included standard meals (Breakfast + Lunch + Dinner)

DAY 5

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

Trek Distance 11 km / 6.8 miles Highest Altitude 4,360m / 14,290ft Trek Duration 5 hours

We continue our trek uphill to Pangboche, past many chortens, mani walls, and small villages. You will be able to see spectacular views of the Mt. Island peak. Following the Lobuche River, we will be entering the **Imja Valley** and trek on a steeply ascending trail to Dingboche. From Dingboche, we can see Island peak (6,812m) and Mt. Lhotse (8,516m). Dingboche sits surrounded by **stone walls to protect crops** from cold winds and animals. While plowing, these stones are removed and piled up, creating kilometers-long stone walls.

Overnight stay at Hotel Good Luck
Included standard meals (Breakfast + Lunch + Dinner)

DAY 6

Trek from Dingboche (4,360m / 14,290ft) to Lobuche (4,930m / 16,175ft)

Trek Distance 8.5km / 5.2miles Highest Altitude 4,930m / 16,175ft Trek Duration 5 hours

The trek to Lobuche will be an interesting one as you will be able to see the stunning mountain views nearly throughout the path. Following the wide valley, the trail proceeds to a short uphill near a ridge of a top shrine. Then you will cross a glacial moraine and a small collection of lodges.

As the trek elevates, you will get better views of more snow peaks throughout your way to **Thukla.** On the way, there are **memorial statues** of the climbers who could not succeed in this harsh region. The hike to **Lobuche** is enjoyable.

Overnight stay at Himalayan Eco Resort
Included standard meals (Breakfast + Lunch + Dinner)

DAY 7

Trek from Lobuche (4,930m / 16,175ft) to Everest Base Camp (5,364m / 17,598ft) and back to Gorakshep (5,185m / 17,010ft)

Trek Distance 15km / 9.32miles Highest Altitude 5,364m / 17,598ft Trek Duration 6-8 hours

It will be a long-awaited and rewarding day. From Lobuche, we follow the glacial moraine up as the views keep getting better. Eventually, we reach the lodges of **Gorak Shep,** where we will be spending the night. However, as soon as we reach Gorak Shep, we will have lunch, leave our belongings here, and proceed to **Everest Base Camp (5,364m).**

After reaching Everest Base Camp, you will probably realize that this is the nearest you will ever be to the world's highest mountain - Everest. You will be savoring the views from the base camp, including the incredible **Khumbu Icefall,** and may even feel emotional to achieve this feat you had planned long ago. After spending some quality time at EBC, you will **head back to Gorak Shep** to spend the rest of the day.

Overnight stay at Buddha Lodge
Included standard meals (Breakfast + Lunch + Dinner)

DAY 8

Hike to Kala Patthar (5,555m / 18,208ft) Viewpoint, trek to Gorakshep, then to Chhukung (4,730m /15,518ft)

Trek Distance 15km / 9.3miles Highest Altitude 5,555m / 18,208ft Trek Duration 6-8 hours

You will be **hiking to Kala Patthar** (5550m / 18,208 ft), on rocky trails, at dawn to view the sunrise on Mt. Everest and other peaks. Kala Patthar is a famous viewpoint that provides splendid panoramic views of Mt. Everest and other peaks. You will find prayer flags hung along the way.

After savoring the panoramic views from Kala Patthar, you will return to Gorakshep for breakfast. After breakfast, our descent begins. It will be a long trek, at first, from Gorakshep, we reach Lobuche. From Lobuche, we continue to trek east, across **Kongma La Pass (4,910m),** and finally arrive at **Chhukung.**

Overnight stay at a lodge.
Included standard meals (Breakfast + Lunch + Dinner)

DAY 9

Rest day to relax and acclimatize at Chhukung

You will spend this day acclimatizing. Your Sherpa climbing guide will train you on peak climbing. You will **learn the best ways to use your climbing gears - ropes and knots, ice axes, climbing boots, crampons, harness, etc.** Island Peak climbing does not require prior training experiences. Although without a doubt, such training experiences will boost climbers' confidence, sharpen climbing skills, and increases the chances of scaling the summit.

Overnight stay at a lodge
Included standard meals (Breakfast + Lunch + Dinner)

DAY 10

Trek from Chhukung (4,730m / 15,518ft) to Island Peak Base Camp (5000m / 16,690ft)

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

Chhukung Village (4,730m/15,518 ft) lies on a left fork of th**e Imja Khola** in the Solukhumbu District of Sagarmatha Zone. This area used to be a yak pasture with no permanent habitation.

The ascent of Island Peak is challenging and will require crampons and an ice ax to navigate the glaciers and ice headwalls. You also need to have a good level of fitness.

We ascend southwards along the moraine from the Lhotse glacier to the east. A short hike takes you by the side of rock blocks, and after a 40-minute climb, you reach Island Peak Base Camp. After setting up the tents, you will get short training on peak climbing techniques and using climbing gear such as ice axes, climbing boots and crampons, harnesses, and ropes.

Overnight stay in a tent
Included standard meals (Breakfast + Lunch + Dinner)

DAY 11

Summit Island Peak (6189m / 20305ft) return to Chhukung (4,730m /15,518ft)

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

Imja Tse, popularly known as **Island Peak,** lies in Sagarmatha National Park. The peak was named Island Peak in 1953 by members of the British Mount Everest expedition because it looks like an island protruding from the sea of ice when viewed from Dingboche. The peak was renamed in 1983 to Imja Tse, but the older name Island Peak is still in use. This peak extends the ridge coming down off the south end of Lhotse Shar.

We start early morning to **reach the summit before noon** so that you can avoid afternoon winds. You will **follow our experienced Sherpa guides** and ascend the rocky ridge before reaching a glacier. Then using ropes, we continue up the glacier to the south ridge and follow this ridge to the summit. From the 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 enjoying t**he views from the top,** we descend to Island Base Camp and further down to Chhukung.

Overnight stay at a lodge.
Included standard meals (Breakfast + Lunch + Dinner)

DAY 12

Contingency Day

We have allotted an extra day allowance, just in case we don't have favorable weather on our summit day. **If the weather was not suitable yesterday, we will summit Island Peak today.** Otherwise, we will use this day to relax and enjoy being surrounded by the Himalayas.

Overnight stay at the tent
Included standard meals (Breakfast + Lunch + Dinner)

DAY 13

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

We descend to **Tengboche Village,** located within the Sagarmatha National Park (a UNESCO World Heritage Site), where the famous Tengboche monastery, the biggest monastery in the Everest region, lies. From the monastery, you will be able to see panoramic views of the Himalayan peaks, including **Mt. Everest, Nuptse, Lhotse, Ama Dablam,** and **Thamserku.**

Overnight stay at a lodge
Included standard meals (Breakfast + Lunch + Dinner)

DAY 14

Trek from Tengboche (3,870m / 12,304ft) to Namche Bazaar (3,441m / 11,285ft)

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

The trail to Namche Bazaar, from Tengboche, takes us through forests teeming with wildlife like pheasants, musk deer, mountain goats, or even snow leopards. We will be climbing on the steep slopes and winding through several bends passing numerous prayer flags and chortens.

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 standard meals (Breakfast + Lunch + Dinner)

DAY 15

Trek from Namche Bazaar (3,441m / 11,285ft) to Lukla (2850m / 9,350ft)

Trek Distance 13.5km / 8.3miles Highest Altitude 3,441m / 11,285ft Trek Duration 6 hours

Our last day on the trekking trails will be rewarding as we return to **Dudh Koshi Valley.** The route is generally 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 leads down to the main trail, joining at the sidestream before **Toktok.** From Toktok, the mountain views will be entirely different and unique. Eventually, we reach the **large town of Lukla,** from where we will take a flight back to Kathmandu the next day.

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

DAY 16

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

Flight hours 40/20 minutes

After your adventure, it is time to return. From Lukla, **you will either fly to Manthali or Kathmandu,** depending on the ongoing trekking season. If your trek is in March, April, May, September, October, or November, you'll likely fly to Manthali, followed by a subsequent drive to Kathmandu. In December, January, February, June, July, or August, you will fly directly from Lukla to Kathmandu.

If you choose, you can bypass the Lukla-Manthali-Kathmandu route. For this, you can collaborate with four other individuals to **book a helicopter,** incurring an additional charge of approximately 550 USD per person.

If everything goes according to the schedule, you will return to Kathmandu on this day. We hope your journey back to Kathmandu will be relaxing, with no more trails to trek and no peaks to climb. You will probably be looking back at your journey, recreating the unforgettable memories you formed. Your trek package ends at Kathmandu.

Included standard meal (Breakfast)

What is included in this trek package?

Transportation

- Domestic flights (Kathmandu/Manthali – Lukla – Kathmandu/Manthali) cost (Kathmandu-Manthali-Kathmandu on a jeep)
- Private transportation to and from Kathmandu Airport and your hotel

Accommodations

- Total 15 nights. Five nights twin sharing room with private attached bathroom at Lukla, Namche (3N), and Phakding. Eight nights twin sharing accommodation at Tengboche (2N), Dingboche, Chhukung (3N), Lobuche, and Gorakshep. 2 nights accommodation at camp/tent in the Island Peak Base Camp (twin sharing)

Food

- Standard full-board (single main course) meals(16 Lunches, 15 Dinners, and 16 Breakfasts) during the trek/climb
- Seasonal fresh fruits every day

Guide and Porter

- Government Licensed Discovery World Trekking experienced trekking/climbing leader, cook, and porters to help trekkers luggage. (2 trekkers will share a porter) Max load 18 kg per porter.
- Guide and porters' costs, their meals, insurance, salary, lodging, transportation, flight, and other necessary equipment.

Trek Permits and Expenses

- Permits for Island Peak (6189m)
- Sagarmatha National Park entry permit fee
- Khumbu Pashang Lhamu Rural Municipality fees
- Garbage deposit
- All government and local taxes

Other Facilities

- All camping equipment (kitchen tent, dining tent, toilet tent, table, chair, and kitchen utensils)
- Group gears and supplies (ropes, ice screws, snow bars)
- The arrangement of sleeping bags and down jackets, if needed

Medical Assitance

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

Souvenir

- Souvenir - a company's T-shirt & a cap

Farewell

- Discovery World Trekking trek/climb appreciation certificate after the successful trek
- Farewell dinner in Kathmandu at the end of 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 airfare

Accommodations

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

Food

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

Guide and Porter

- Tips for guide and porters

Visa

- Nepal visa fees. 50 USD for 30 days.

Travel Insurance

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

Personal Expenses

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

Other Expenses

- Excess baggage charges (limit is 9kg per person)
- Additional costs due to delays or consequences of delays caused by circumstances beyond our control, including landslides, weather conditions, itinerary modification due to safety concerns, illness, changes in government policies, strikes, etc
- All the costs and expenses not listed in "What is included in the 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 only the basic clothing and accessories** needed for the trek. Though porters will carry your major luggage, **your luggage weight limit is 9 kg.** We assign a porter for every two trekkers, and the maximum combined luggage weight limit for a porter is 18-kg.

Although we understand that our clients have their own clothing preferences, here is our list to help you with your packing. Remember that you can buy equipment in Kathmandu as well. Make sure that you have the **right size of gear** if buying or renting.

Climbing Gear

- Ice Axe – A must-have for self-arrest and balance on icy slopes.
- Climbing Harness – Secures you to ropes or anchor points during the climb.
- Crampons – Traction devices attached to boots for walking on ice and snow.
- Tape Slings – Versatile tools used for anchoring or extending protection.
- Figure 8 Descender – Used for controlled descents; works in friction or smooth mode.
- Screwgate Karabiners – Locking carabiners to secure knots and climbing gear safely.
- Helmet – For protection against falling debris or accidental knocks.
- Ascender (Jhumar) – Assists in climbing up fixed ropes efficiently.
- Plastic Mountaineering Boots – Insulated boots suitable for high-altitude climbs.
- Rope – Essential for belaying, rappelling, and safety during technical sections.
- Ice Hammer – For anchoring or cutting footholds in ice.
- Ice Screw – Used to anchor in hard ice; essential for safety and rope systems.
- Snow Bar – An anchor used in snow for belaying or setting up protection.

Head and Face

- Sun hat or cap (wide-brimmed)
- Ear-covering warm hat or knitted beanie
- Scarf, buff, or neck gaiter
- UV-protection sunglasses
- High SPF sunscreen and lip balm
- Lightweight headlamp with spare batteries

Upper Body

- Moisture-wicking short or long-sleeved t-shirts
- Thermal base layers (light for warm months/heavy for cold)
- Fleece and puffy/insulated jacket Down jacket for colder
- elevations Waterproof and windproof outer jacket
- Lightweight long-sleeve breathable trekking shirt
- Synthetic bra for women
- Waterproof nylon raincoat or poncho

Handwear

- Warm insulated gloves or mittens
- Lightweight liner gloves
- Waterproof outer gloves for snow or wet conditions

Lower Body

- Quick-drying trekking pants and underwears
- Convertible or full-length trousers
- Quick Drying Underwear
- Thermal leggings or base layers
- Warm trekking trousers (insulated pants) for colder sections
- Lightweight cotton pants for evenings/ inside teahouses

Footwear

- Broken-in trekking boots with ankle support and good grip
- Warm wool or synthetic trekking socks
- Lightweight camp shoes or sandals for river crossings
- Gaiters for protection against mud, water, and debris
- Microspikes/crampons (seasonal) for better grip while crossing snowy and icy high passes

Backpack/Support/Sleeping Gear

- Duffle bag/Rucksack (50-60 liters, shared between two trekkers)
- Day backpack (20–30 liters) with rain cover
- Adjustable and lightweight trekking poles (preferably collapsible)
- Reusable water bottles or hydration bladder (minimum 2 liters)
- Water purification tablets, a filter, or a UV purifier
- Sleeping bag (rated -5°C to -10°C)
- Earplugs

Toiletries

- Toothbrush and toothpaste
- Medium-sized quick-dry towel
- Biodegradable soap or shampoo
- Toilet paper (in a Ziplock bag)
- Nail Clipper
- Body wipes/wet tissues
- Feminine hygiene products
- Hand sanitizer

Electronics and Documents

- Camera/Smartphone
- Power bank and charging cable
- Two-pin charging adapter
- Passport photocopies and passport-sized photos in waterproof bags

Medications

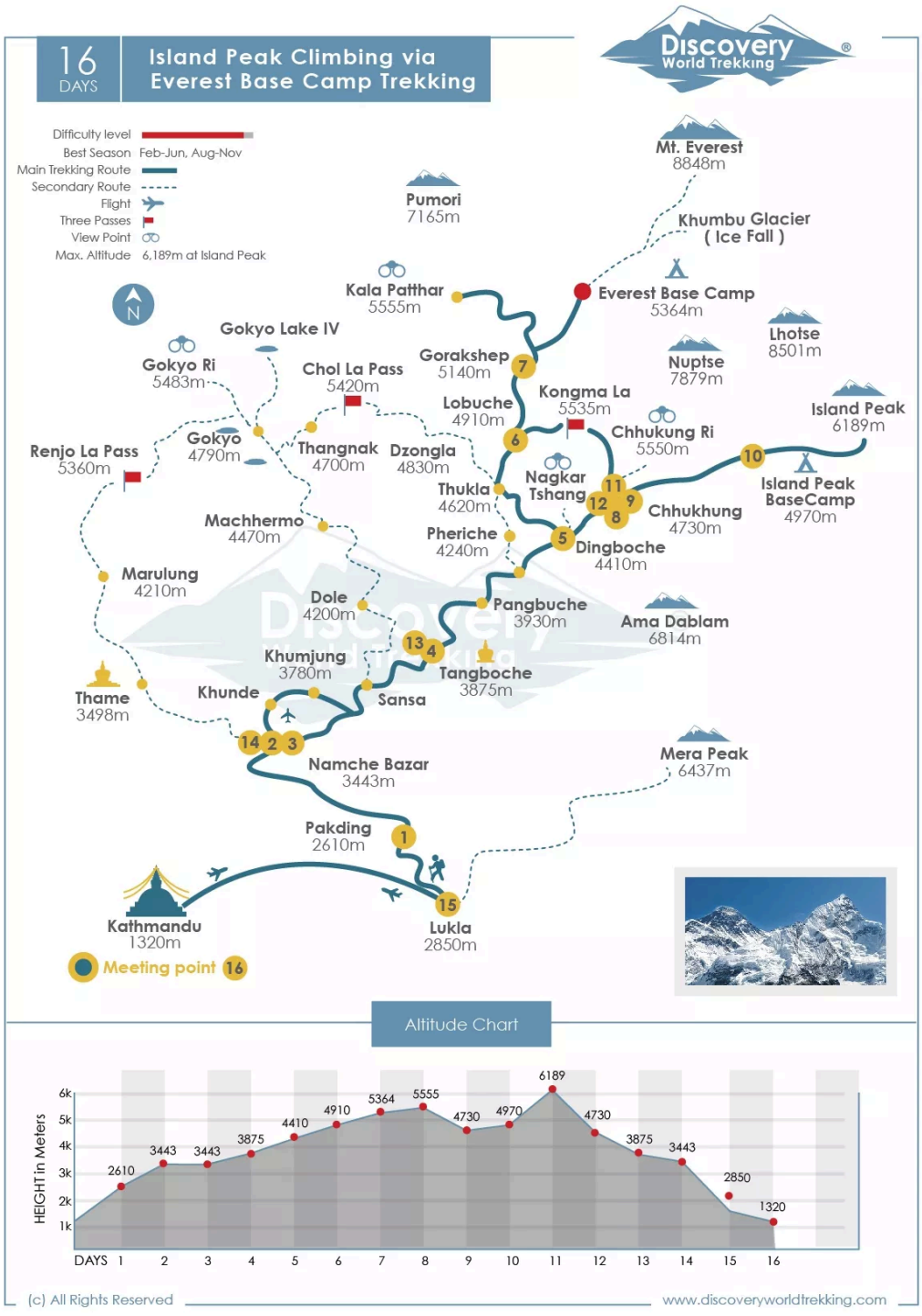
- Personal kits and medications (inhalers, allergy medicine, etc.) are highly recommended
- Blister care kit (Compeed/moleskin)
- Cough drops or throat lozenges (very useful in dry air)
- Basic first aid supplies (band-aids, antiseptic wipes, pain relievers, Diamox)

Optional Items

- Snacks and energy bars
- Notebook or pen for journaling your experience
- Book or e-book
- Binoculars
- Small multi-tool
- Pee-bottle/pee-funnel for women
- Comb

We can provide a used duffle bag (non-waterproof), down jacket, and sleeping bag if you don’t have your own

Island Peak Expedition Map



Responsible travel

We strongly believe that we must protect our environment against the adverse effects of tourism. After all, the sustainability of the tourism industry depends on this factor.

We work together with the Kathmandu Environmental Education Project (KEEP) to organize **eco-friendly trips,** which are culturally rewarding and meet the expectation of both travelers and local communities. We pay proper attention to rubbish disposal and try our best to leave the campsites in better condition than when we first arrived.

We encourage you not to pollute water sources with soap or rubbish wastage. Our staff members know techniques to minimize water usage. Please bring water canisters to refill for boiled/treated water instead of buying bottled water. We do not want you to pollute trek regions with plastic waste.

Discovery World Trekking Crew

During the Island peak expedition, our trained, licensed, and experienced **Sherpa/guide will accompany** you, providing information about the places you will be visiting. We assign one porter for every two trekkers to carry a maximum luggage weight limit of 18-kg. So your luggage weight limit is 9 kg. If you require, we can provide one porter per trekker. However, we never overload our porters.

Our crew members are locals from the high Himalayas, and their physical endurance at high altitudes is phenomenal. All our staff members are precious to us. We pay them well and cover their insurance, clothing, food, and lodging throughout the expedition.

All our guides and porters receive medical care when ill or injured. We try hard to **keep our staff happy as we believe that only a happy person can keep others happy.**

Our trek leaders have:

- completed intensive wilderness first aid training
- government-authorized trekking guide certificate
- fluency in speaking English and other major languages
- conservation and biodiversity training
- rock climbing experience

Tipping

Nepali culture accepts tipping. However, **tipping is at travelers' discretion** and should reflect the quality of service received, trek length, and trek costs. We advise you to tip as a group at the end of the trek.

Booking and payment process

Discovery world trekking is a **Nepal-government-authorized, licensed, and bonded trekking and touring operator in operation for more than a decade.**

We are members of the Trekking Agency Association of Nepal (TAAN) and the Nepal Mountaineering Association (NMA). Hence, you can book our trip with us with confidence.

We require 10% of the trip cost as an advance to confirm the booking. You can pay the advance through bank transfer, western union, or online from our site. You can pay the rest of the trip cost in cash, using bank transfer, western union, or credit/debit cards after you arrive in Nepal. We will also email you payment details and the modes of payment available.

Please send us your necessary documents like passport copy, passport size photos, travel insurance policy, and arrival and departure flight details within a week of booking the trip.

Trip extension

After completing this trek, if you may want to stay a couple of days extra in Nepal, **we can organize fun activities for you**, including sightseeing tours in Kathmandu, Nagarkot view trip, Chitwan jungle safari, paragliding, rafting, canoeing, etc.

Feedback

After your Island Peak Expedition, we will organize a **farewell dinner in Kathmandu.** After dinner, we will present you with a Discovery World Trekking t-shirt and a printed trek achievement certificate. This is also a great time to provide us with your feedback.

Trip Notes

Arrival, Welcome, and Trek Start

Upon your arrival at Tribhuvan International Airport (TIA) in Kathmandu, our representative, holding a placard with your name, will welcome you. They will present you with a marigold garland and escort you to your hotel in a private vehicle

During the peak trekking months—March, April, May, September, October, and November—flights to Lukla from Tribhuvan International Airport (TIA) are often redirected to Manthali Airport due to heavy air traffic. To accommodate this, our team will pick you up from your hotel around 12:30 am on the departure day for an approximately five-hour drive to Manthali. From there, a short 20-minute flight will take you to Lukla, the gateway to your trek.

In the off-peak months—December, January, February, June, July, and August—flights operate directly from Kathmandu to Lukla. On these occasions, we will escort you to Kathmandu Airport early in the morning for a 40-minute scenic flight to Lukla.

Accommodation

Enjoy 15 nights in comfortable mountain lodges on a twin-sharing basis. Rooms with attached bathrooms are available in Lukla, Namche (3 nights), and Phakding. We will provide standard twin-sharing lodges in Tengboche (2 nights), Dingboche, Chhukung (3 nights), Lobuche, and Gorakshep. At Island Peak Base Camp, you'll spend two nights in tents.

You can enjoy hot showers, Wi-Fi, and electricity for charging devices at most of the lodges you will be staying in.

Please note that accommodations and meals are not included in this package.

Meals

You'll receive 16 breakfasts, 16 lunches, and 15 dinners. Meals include traditional Nepali, Asian, and Western cuisine, such as Dal Bhat, momo, pasta, burgers, sandwiches, and soups.

Avoid non-veg, dairy products, chocolate, caffeinated, and alcoholic drinks for health benefits.

Luggage

Each trekker can bring up to 9 kg of luggage. Two trekkers will share one porter, with a combined weight limit of 18 kg. For convenience, we recommend you partner with a fellow traveler and pack your belongings in a duffle bag of over 60 liters. Additionally, we expect you to carry a small daypack for personal essentials, including valuables, important documents, and items you'll need throughout the day. You can safely store excess luggage at our office store or your hotel in Kathmandu at no extra cost.

Facilities and Essentials

- **Water**

Bottled water is available for purchase at lodges and teahouses along the route. For an eco-friendly alternative bring reusable water bottles and purification tablets or filters. You can fill your water bottle with boiled/filtered water from lodges/tea houses. Further, we advise you to use water purification pills for safety. We can also provide water purification pills upon request. Avoid drinking untreated water directly from local taps, rivers, or wells.

- **Communication**

While local SIM cards are available in Kathmandu, network coverage can be unreliable in remote, high-altitude areas. Our guides stay connected with our office via mobile daily. We are always on standby for emergencies.

Travel Essentials

- **Visa**

All foreign nationals (except Indian citizens) require a visa to enter Nepal. On-arrival visas are available at Tribhuvan International Airport. Ensure your passport is valid for at least six months, and bring one passport-sized photo and the visa fee (USD 50 for a 30-day visa). Visit Nepal Immigration for up-to-date information -https://www.immigration.gov.np/en.

- **Travel Insurance**

Comprehensive travel insurance is mandatory for Island Peak Climbing. It must cover medical expenses, evacuation, and helicopter rescue up to 6,000m altitude. Verify your policy with your insurer to ensure coverage includes high-altitude helicopter evacuation.

- **Currency Exchange**

The official currency of Nepal is the Nepali Rupee (NPR). We advise you to bring major currencies such as USD, EUR, or GBP and exchange them in money exchangers and banks. While ATMs are available in Kathmandu, withdrawal limits and fees may apply. Ensure your cash notes are clean and untorn, as damaged notes might not be accepted.

- **Extra Expenses**

Plan for additional costs not covered in the trek package, including Kathmandu accommodations, visa fees, insurance, personal snacks, extra meal courses, hot and cold drinks, Wi-Fi charges, hot showers, and porter tips. Allocate an estimated USD 10–20 per trekking day.

Best Trekking Seasons

The best time for trekking is spring (March-May) and autumn (September-November), with clear skies, pleasant temperatures, and breathtaking views.

Spring: Daytime temperatures at high altitudes can reach 20°C, dropping to around -5°C at night.

Autumn: Daytime temperatures can reach 25°C, falling to -10°C at night.

Treks are also possible in summer (June-August) and winter (December-February):

Summer: Daytime temperatures at high altitudes can rise to 27°C, cooling to 5°C at night. However, monsoon rains can make lower trails slippery and cause flight delays.

Winter: Daytime temperatures can reach 15°C, but nights can drop to a freezing -20°C. Heavy snow may also block some trails.

For detailed information, read our travel guide for everest region.

- **Flight Delays**

Flights to and from Lukla are subject to weather conditions, and delays or cancellations can occur. We recommend you include at least a few buffer days in your itinerary. In urgent cases, helicopter services are available, costing USD 550–1,000 per person if shared among five passengers.

Typical Day

A typical trekking day begins with an early morning breakfast, followed by 3–5 hours of trekking before lunch. After lunch and resting for an hour, you'll continue hiking to the next stop, usually reaching your destination late afternoon. Evenings are for relaxation, exploring the surroundings, enjoying dinner (served around 7 pm), and attending a briefing about the next day's plan. Before bed, you can play board games, socialize, or watch movies.

Trip Conclusion

- **Farewell Dinner**

Discovery World Trekking will host a farewell dinner in Kathmandu after the trek. This is an opportunity to celebrate your achievements, share stories, provide feedback, and enjoy traditional Nepali hospitality. Later, we will present you a trek achievement certificate.

- **Departure**

Discovery World Trekking offers complimentary transfer services to the airport on your departure day. Share your flight details, hotel name, and room number to enjoy this service.

Trek Bookings

- **Safe and Flexible Trek Bookings**

Discovery World Trekking is a government-authorized trekking operator, providing service for over 12 years. We are also proud members of the Trekking Agency Association of Nepal (TAAN) and the Nepal Mountaineering Association (NMA). A 10% advance payment via bank transfer, credit card, Wise, or Western Union confirms your booking. You can pay the remaining amount in Kathmandu using cash, bank transfer, or credit card. We will also email you payment details. Please send us your essential documents, such as a passport photocopy, within a week of confirming the booking.

- **Last-Minute Bookings**

Though it is best to book the trek at least one month in advance, we also have a last-minute booking provision. In last-minute booking, you must arrange your vital documents, call us at 977-9840055491 or emailinfo@discoveryworldtrekking.com, and clear the trek costs at least 24 hours before the intended trek departure. We are always ready to initiate a trek at any moment. However, in case of last-minute booking, there may be delays due to circumstances beyond our control.

- **Trip Extension**

After completing the trek, you can elongate your stay in Nepal with activities such as cultural sightseeing in Kathmandu, wildlife safari in Chitwan, or another trek.

DWT Family

Our highly experienced, government-licensed guides and Sherpas ensure a safe, enjoyable, and memorable journey. Each guide is trained in first aid and high-altitude safety protocols. We try our best to keep our staff members happy, providing fair compensation, insurance during the trek, accommodations, and meals as we believe happy people provide great service.

Ecotourism Practices

We follow sustainable tourism practices, focusing on environmental conservation and community support. Our policy is to leave only footprints behind. We collaborate with the Kathmandu Environmental Education Project (KEEP) to ensure that our treks are eco-friendly.

Tipping Culture

Tipping is customary in Nepal. We advise you to tip collectively at the end of the trek, based on service quality, trek cost, and duration.

FAQs For Island Peak Climbing with EBC

GENERAL INFORMATION

Where is Island Peak located, and how is it accessed via Everest Base Camp?

Island Peak (6,189 m / 20,305 ft) is located in the Khumbu region of Nepal, above the Chhukung Valley. The climb is typically accessed after reaching Everest Base Camp (5,364 m) by trekking through Lukla, Namche Bazaar, Tengboche, Dingboche, and Gorak Shep and then heading towards Chhukung and Island Peak Base Camp.

How long does the Island Peak Climbing via Everest Base Camp expedition take?

The expedition generally takes 16 days, depending on acclimatization days, weather conditions, and the specific itinerary.

What are the main highlights of the Island Peak Climbing via Everest Base Camp journey?

The major highlights of the Island Peak Climbing are:

- Scenic flight between Kathmandu and Lukla.
- Trekking to Everest Base Camp (5,364 m) and Kala Patthar (5,555 m).
- Stunning panoramic views of peaks, like Everest, Lhotse, Nuptse, Makalu, and Ama Dablam.
- Sherpa culture and monasteries in Namche Bazaar, Tengboche, and Khumjung.
- Wildlife sightings include musk deer, snow leopards, and Himalayan tahr.
- Reaching the summit of Island Peak (6,189m) for breathtaking views.

Is this expedition suitable for climbers with varying levels of experience?

Yes, Island Peak is suitable for both novice and experienced climbers. While it is physically demanding, it is not technically difficult. Prior trekking experience and a good level of physical fitness are advantageous but not compulsory.

What makes the Island Peak Climbing via Everest Base Camp unique compared to other climbs in Nepal?

This climb combines both a trekking and mountaineering experience. Trekkers not only reach the iconic Everest Base Camp but also experience the thrill of summiting a Himalayan peak. It provides an excellent introduction to high-altitude climbing with stunning scenery and cultural insights along the way.

Can I do a private Island Peak Climb with Everest Base Camp?

Yes, you can take part in the private Island Peak Climb combined with Everest Base Camp.

PREPARATION & FITNESS

How fit do I need to be to climb Island Peak via Everest Base Camp?

A high level of physical fitness is required. You must be capable of walking 6-8 hours per day with a backpack and be prepared for steep ascents and high-altitude conditions.

Can beginners undertake this climb with prior trekking experience?

Yes, beginners with prior trekking experience and basic knowledge of mountaineering equipment (crampons, ropes, and ice axes) can undertake the climb. Proper acclimatization and guidance from experienced Sherpas will ensure a safe experience.

What kind of physical and technical preparation is recommended for this expedition?

- **Physical Preparation:** Cardiovascular exercises, strength training, and long hikes with a weighted backpack.
- **Technical Skills:** Basic knowledge of using mountaineering gear, such as crampons, ice axes, and ropes.
- **Mental Preparation:** A strong mindset to handle challenging conditions and altitude sickness.

PERMITS

What permits are required for climbing Island Peak and trekking to Everest Base Camp?

The required permits are: Sagarmatha National Park Entry Permit, Khumbu Pasang Lhamu Rural Municipality Permit, and Island Peak Climbing Permit.

Are the necessary permits included in the climbing package?

Yes, we include the required permits in our climbing package.

Where can I obtain the permits for Island Peak and Everest Base Camp?

You can get a Sagarmatha National Park Permit and Khumbu Pasang Lhamu Rural Municipality Permit at NTB (Nepal Tourism Board) at Bhrikutimandap in Kathmandu or Monjo and Island Peak Climbing Permit from the Nepal Mountaineering Association (NMA). However, we will get these permits on your behalf.

INSURANCE & VISA

Is travel insurance necessary for climbing Island Peak and trekking to Everest Base Camp?

Yes. Comprehensive travel insurance is mandatory for Island Peak Climbing and Everest Base Camp trekking.

What should my insurance cover for this expedition?

Your insurance must cover health care costs as well as emergency helicopter evacuation up to 6,000 m. Verify with your insurer to make sure your policy includes helicopter evacuation.

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

Yes. All foreign nationals (except Indian citizens) require a visa to enter Nepal. On-arrival visas are available for most foreigners at Tribhuvan International Airport or along immigration checkpoints along Nepal borders. You can check https://www.immigration.gov.np/en for details.

GUIDES & PORTERS

Is a guide included in the Island Peak Climbing via Everest Base Camp package?

Yes, we include experienced, government-licensed guides / climbing Sherpas in the package.

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

Guides ensure safety, provide route guidance, and share cultural and environmental insights. Porters carry luggage for you, and Sherpas assist you in climbing Island Peak.

Can I attempt Island Peak Climbing independently without a guide?

No, attempting Island Peak without a guide is illegal.

ACCOMMODATION

What type of accommodation is provided during the Island Peak Climbing and Everest Base Camp trek?

Island Peak Climbing with Everest Base Camp includes 15 nights in mountain regions. We provide five nights of twin-sharing room with a private attached bathroom at Lukla, Namche (3N), Phakding, and eight nights of twin-sharing accommodation at Tengboche (2N), Dingboche, Chhukung (3N), Lobuche, and Gorakshep. You will spend two nights in camps/tents in the Island Peak Base Camp.

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

Yes. Most lodges offer hot showers, electricity, and device charging facilities. However, you will pay for them.

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

Wi-Fi and charging points are available in many teahouses and lodges, but connectivity may be unreliable at higher altitudes. You will also need to pay for these facilities.

FOOD & DRINKS

What kind of meals are provided during the Island Peak Climbing and Everest Base Camp trek?

Meals include traditional Nepali, Asian, and Western dishes such as Dal Bhat, momo, pasta, burgers, sandwiches, and soups.

Are there vegetarian or vegan food options available?

Yes, vegetarian and vegan food options are available. Please let us know your dietary preferences beforehand.

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

Packed water is available along the trek routes. However, for ecological reasons, we encourage you to bring a reusable water bottle and fill it with boiled/filtered water from the lodges/tea houses. Further, use water purification tablets or filters for added safety. We can also provide you with water purification pills should you need them.

WEATHER

What is the best time of year to climb Island Peak via Everest Base Camp?

The best seasons are spring (March-May) and autumn (September -November). These seasons provide clear skies, stable weather, good trek trails, and optimum temperatures. The autumn season is also festive in Nepal.

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

Unstable weather, including snow, wind, or fog, can make climbing more challenging and obstruct the views. Stable seasons offer safer and more enjoyable experiences.

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

We do not conduct the Island Peak Climb during the monsoon months of July and August. Similarly, we do not offer this package in December and January (winter).

HEALTH & SAFETY

What health risks should I be aware of during the Island Peak Climbing and Everest Base Camp trek?

You should be aware of altitude sickness, dehydration, hypothermia, and frostbite. Our guides will tell you how to minimize the chances of catching these health risks.

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

Yes, altitude sickness is a major concern. You can minimize the chances by acclimatizing properly, walking at your own pace, staying hydrated, and carrying medications like Diamox. Our guides will also monitor your oxygen levels using oximeters.

What emergency procedures are in place during the climb and trek?

If you get very sick, our guides will initiate immediate descent. In emergencies, we will initiate a helicopter evacuation in coordination with your insurer.

PACKING & GEAR

What essential items should I pack for the Island Peak Climbing and Everest Base Camp trek?

For the Island Peak Climbing and Everest Base Camp trek, pack insulated clothing layers, waterproof and windproof jackets, sturdy hiking boots, a warm sleeping bag, hats, UV-protection sunglasses, and essential personal hygiene products. These items ensure safety, comfort, and a smooth trekking experience in challenging conditions. Please see our equipment section for details.

Is specialized climbing gear required for Island Peak?

Essential climbing gear for Island Peak includes crampons, an ice axe, a harness, climbing boots, and a helmet. If you don't have your own equipment, you can also rent them for the climb.

Are trekking poles or other equipment recommended for this expedition?

Yes, trekking poles are recommended for stability and reducing joint strain.

BOOKING & PAYMENTS

How far in advance should I book the Island Peak Climbing and Everest Base Camp trek?

We recommend you book at least one month in advance. Last-minute bookings are possible but may face logistical challenges.

What is the payment process for booking the expedition?

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

Are there any cancellation or refund policies for the climb and trek?

Yes, we have such policies. Visit the terms and conditions page.

TRANSPORTATION

How do I get to the starting point of the Everest Base Camp trek?

Flights operate from Kathmandu to Lukla in off-peak months. In peak months, flights are redirected to Manthali. You will reach Manthali with a 5-hour drive from Kathmandu. From Manthali, you will catch a 20-minute flight to Lukla, the starting point of the trek.

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

Yes, domestic flights (Kathmandu/Manthali to Lukla) are required.

What transportation options are available after completing the climb and trek?

The return journey includes a flight from Lukla to Kathmandu/Manthali. If you fly to Manthali, we will drive you back to Kathmandu.

Discovery World Trekking

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