

Island Peak Climbing

🕒 24 days

From \$2790



Inexperienced mountain climbers, who desired the taste of climbing a huge mountain, would love to try going on the Island Peak or better known as Imja Tse in Nepal. Tourist, climbers, or trekkers love to fly by and visit Nepal, not only for its rich natural resources but also for its mountain, which are cold and intimidating. Island Peak is 6,189m/20,305ft, despite its massive size, and harsh climates, this mountain is a most attainable peak in 6000m around the Himalayas. If you are novice climber, who already has some idea but little experience in climbing a huge mountain like that, then it's no big deal to you. The Island Peak is the perfect mountain choice to exercise your skills in mountain climbing and learn the basics in trekking cold snow, and fighting off some cold winds as you ascend.

The good thing about Island Peak is that it is good for a beginner who has 0 experience in the art of climbing, and not only that but this mountain can ascend if you are very fit and have more or less no alpine. So, the cold wind won't be too harsh on you. It is bearable to trek your way up with struggling so much or suffer the temperature drop. Best be prepared and wrap yourself warm for any possible outcomes for it. If you are uncertain if you can climb the mountain despite no training what so ever, then put those fear to rest. This is why Island Peak is the desired spot for beginners who are interested in trying to climb the mountain for the first time, although it should be preferable that you have some muscle experience in regards to that, it is not enough to hinder the experience.

It is also fitting to those adventurous people who dare to try out and experience any outdoor activity no matter how dangerous or difficult it looks, but if mountain climbing is part of the list then Nepal's, Imja Tse is the perfect mountain that you are looking for. Climbers who

are planning to be experts would love to begin their first training with Island Peak for mountain climbing can bring a lot of benefits, believe it or not. It is not all workout, but instead, it helps mentally prepare you and your body face such environment, learns to adapt and survive. It will make your body physically strong, including mentally. It will be an easy success for you to achieve if you are planning to take mountain climbing seriously. Despite being a beginners mountain, 6000m is no laughing matter. To those people who managed to reach the top is a big achievement in its way! This is a surprising achievement where you can share this with your friends and family that you climb all the way to the top. Who doesn't want to feel proud about that? The excitement and the adventure in climbing such a tall and large mountain are such an invigorating experience.

Grade: Hard

Hard

Destination: Nepal

Itinerary:

Day 1: Arrival in Kathmandu, transfer to hotel, day at leisure.

Day 2: Free day or sightseeing around Kathmandu valley

Day 3: Flight to Lukla (2840m)/trek to Phakding(2640m)

Day 4: Trek to Namche Bazaar (3440m)

Day 5: Acclimatization day

Day 6: Namche Bazaar - Tengboche (3860m)

Day 7: Tengboche - Dingboche (4410m)

Day 8: Dingboche - Lobuche (4910m)

Day 9: Lobuche - EBC (5364) - Kala Pattar back to Gorakshep (5140m)

Day 10: Kala Pattar (5310m) /back to Lobuche

Day 11: Lobuche - Dingboche (3985m)

Day 12: Dingboche - Chukkung (4730m)

Day 13: Chukkung - Island Peak Base Camp (5150m)

Day 14: Climb to High camp (5481m)

Day 15: Climb to summit (6189m) and return to Base Camp

Day 16: Base camp - Dingboche (4410m)

Day 17:Dingbuche - Tengboche (3860m)

Day 18:Tengboche - Namche Bazaar (3440m)

Day 19:Rest day at Namche

Day 20:Namche Bazaar - Lukla (2840m)

Day 21:Lukla Fly to Kathmandu (1350m) transfer to hotel

Day 22:Bhaktapur and Patan sightseeing and return

Day 23:Free day in Kathmandu for shopping or relax

Day 24: Drive to Airport for flying your own destination

Cost Include:

- Airport pickups and drops in a private vehicle
- 3-star hotel accommodation in Kathmandu with breakfast
- Teahouse accommodation during the trek
- Domestic flights (Kathmandu- Lukla -Kathmandu)
- Porter service (2 trekkers: 1 porter)
- English speaking, trained and experienced trekking guide(leader), climbing guide (leader) and assistant guides
- All necessary paper work; trekking permits and Island Peak climbing permit
- Good quality tents and kitchen utensils for camping
- Group mountaineering (climbing) equipments
- Medical kit (carried by your guide)
- All government and local taxes

Cost exclude:

- Nepalese visa fee
- International airfare to and from Kathmandu
- Altitude chamber (PAC) or oxygen
- Travel and rescue insurance
- Personal expenses
- Personal climbing equipment
- Personal climbing guide if requested
- Tips for guides and porters