

Earthbound Expeditions

Everest Base Camp Trek With Island Peak Climbing Nepal

20 days, from US$3,387 per person

Duration	Group size	Country
20 days	**10 People**	**Nepal**

Everest Base Camp Trek With Island Peak Climbing Nepal Overview

Everest Base Camp Trek With Island Peak Climbing Nepal- Everest base camp trek offers a spectacular view of Mount Everest and other Himalayan giants. The trek starts from Lukla at an altitude of 9,000 feet.

Climb Nepal's popular Island peak over 20,000 ft while trekking to Mount Everest base camp : 20 days

In this itinerary of 20 days climbing Island peak and Everest base camp (top of the world) itinerary, you will trek in the Mount Everest region the classic route to Everest base camp trek, including Kala Pattar and Everest Base camp, with a climb of Island Peak also known as one of the highest trekking peaks of World (6189 / 20,350ft), Island peak also refefrred as Imja Tse and one of the most climbed peak in Nepal.

Imja Tse is classic Nepal climbing experience that will take you into the heart of the world's majestic Himalayas mountains – the Khumbu valley. Our Island peak expedition offers a unique chance for beginning mountaineers to climb in a relatively lesser-traveled region amidst the mighty Himalayas. The summit of Island peak stands adjacent to one of the world's largest ice walls and offers stunning views of Ama Dablam and the pyramid of Makalu.

Before you reach to Everest base camp and climb Island peak we walk through the renowned Khumbu region – the "land of legendry Sherpas", We partake in Nepalese and Tibetan cultures as they have existed for centuries.

Everest base camp trek and Island peak climbing together is one of the popular treks of Earthbound Expeditions and people have been enjoying this for many years. We have been talking to people to Everest base camp and Island peak since 1999 with love and care. We have a 100% safety record and an over 95% success rate. Come and enjoy the adventure of a lifetime with a reputed award-winning trekking company, experienced guide, and the friendliest people on earth.

Earthbound Expeditions is recommended by Lonely Planet, Trip Advisor, Newyork Times, The Guardian, and many other national and international newspapers and magazines for our good services. We provide Everest Base Camp Trek With Island Peak Climbing at best price, it's just $3,387. You might think "Which season is the best for trekking to Everest Base camp?" and migh have various queries regarding Mount Everest Trekking, Climbing and Hiking. Check out our very informative blog that provides you information about a detailed itinerary for visiting Everest Base Camp. For more information on the Everest Base Camp Trek, feel free to get in touch with us.

Cost Includes/ Excludes

Includes

- Accommodation Hotel in Kathmandu 3 star hotel, single / twin sharing rooms and in trek simple lodges.
- Full board meals (breakfast, lunch and dinner and 3 times tea) as mentioned above in the trek.
- One professional climbing Sherpa guide and required number of porter/s for the trek with their meal, Insurance and flight
- All National park fee (USD 38), airfare both ways to KTM - Lukla - KTM (USD 380 fixed wing aircraft), airport transports.
- Kathmandu sightseeing, airport pick up and drope, all ground transport.
- One night cultural show and dinner.
- Peak permit fee-sharing basis and Island peak part group join basis

Itinerary

Day 1

Arrival

Arrival in Kathmandu Nepal, you will be met and assisted by Earthbound Expeditions representative and transferred to 3 star hotel which is located close to the tourist district of Thamel and offers comfortable accommodation.

Day 2

Kathmandu - sightseeing

A pre-trek briefing will be conducted today , also introduce with guide. This will also offer you the ideal opportunity to ask any last minute questions that you may have. A half day sightseeing tour of World Heritage sights will also be arranged. Overnight in hotel.

Day 3

Kathmandu - Lukla (2880m) - Phakding (2740m).

Our early morning flight by Twin Otter aircraft rushes us to Lukla, the most renowned mountain airstrip in the world. On the flight we watch the rugged foothills give way to the snowline of the Himalaya; many of the world's highest mountains, including Kanchenjunga, Lhotse and Makalu (the world's 3rd, 4th, and 5th highest respectively) may sometimes be seen from the window of the plane. Once we are in Lukla Surprisingly, this high-altitude trek begins by descending to the river at Phakding. We stay there.

Day 4

Phakding - Namche (3445m)

The first day may have been surprisingly long for some, but stay at Phakding allows us to begin the ascent to Namche Bazaar first thing in the morning. At about half-way up the hill, a gap in the trees allow us to spy Everest for the first time. If the weather is clear the top of the South-West Face will be just visible behind the long Lhotse-Nuptse ridge. A plume can often be seen stretching away from the very summit. Namche is the most prosperous and the largest town in the Khumbu. A bazaar is held here every Saturday. The wares on display include meat, grains and vegetables, tennis shoes and trinkets as well as hand woven aprons and Tibetan boots. The Sherpas play host to trader from the foothills, as well as Tibetans from over the border. Thamserku (6648m), Kwangde Ri (6187m) and Khumbila (5707m) surround the natural bowl that Namche sits in.

Day 5

NAMCHE BAZZAR- THAME (3,800m) - NAMCHE BAZZAR

A day to acclimatize. We hike to Sangbuche for superb views of the snow peaks of Teng Kangpoche (6,500m) and Kwangde (6,187m).

Day 6

TYANGBOCHE (3,800m)

From Namche we trek to Khumjung at the foot of sacred Khumbila peak (5,761m). Khumjung Gompa possesses what is said to be the skull of a yeti! Continue to Phunki and Tyangboche monastery for one of the most magnificent views in the world; an awe inspiring panorama of Himalayan giants: Kwangde, Tawache, Everest, Nuptse, Lhotse, Ama Dablam, Kategna and Thamserku.

Day 7

DINGBOCHE (4,300m)

Cross the Imja Khola and continue through terraced fields and rolling pastures where yaks graze to Pangboche (3,860m).B, L, D

Day 8

DINGBOCHE (4,300m): Rest day

Rather than just sitting around in the tents or tea house, we encourage you to attempt one of two hikes. The shorter option ascends the hill immediately behind Dingboche, to drop steeply down to Periche. The Himalayan Rescue Association operates a medical post here and the western doctors conduct excellent seminars on Altitude Mountain Sickness (AMS) here on most afternoons or longer option is to trek up the Imja Tse valley towards Island Peak. The views of Lhotse, Ama Dablam / Cho oyu from here are outstanding. After a few hours Chukung is reached, and after a rest return down the valley.

Day 9

LOBUCHE (4,900m)

The trail climbs through a grass carpeted valley to Khumbu Glacier and reaches Dughla - Lobuche.

Day 10

Lobuje - Kala Pattar (5545m) - Lobuje.

A long day and an early start. We trek along the rough path along the side of the Khumbu glacier to the tea shacks at Gorak Shep. Behind rises the attractive 7000m peak of Pumori which dwarfs our trek's summit of Kala Pattar. The route up is straight forward and takes most people between 90 minutes and 2 hours. All the peaks - Everest, Lhotse, Nuptse, Changtse, Ama Dablam and scores of other lesser peaks can be seen from this wonderful vantage point.

Day 11

EVEREST BASE CAMP (5,300m)

From the dry sandy area of Gorakshep, it is a day trek to the Everest Base Camp. Later return to Lobuche via Gorakshep.

Day 12

Lobuche to Chhukung (4730m)

The Chhukhung Valley, which lies directly under an incredible rock wall that links Nuptse with Lhotse. From here you will also have magnificent views of the incredible Amadablam (6856 m.), probably the most photographed mountain in Nepal.

Day 13

Island Peak Base Camp (4 hrs)

Today, we trek along the Imja Khola to Pareshaya Gyab, a pleasant site by a small lake with fine views of the Lhotse Glacier and Nuptse-Lhotse wall. You will reach the Base Camp of Imja Tse today. Once camp has been set up you will be free to get your climbing gear in order and get organized for your ascent of the peak tomorrow.

Day 14

Summit Island Peak (6160m). Return to Chhukung.

You will start early for the summit. The going gets difficult once you reach the bottom of the steep icefall below the summit. Great care and caution must be exercised while scaling the wall to emerge on the ridge leading to the summit. After the summit, you will descend back down to the Base Camp and Chhukhung.

Day 15

Extra day

Extra day for incase we can\'t climb on particular day.

Day 16

TYANGBOCHE (3800m)

We walk back via Pheriche and Pangboche to Tyangboche.

Day 17

MONJO (2500m)

We continue our descent via Namche Bazzar to Monjo.

Day 18

LUKLA (2,800m)

Return to Lukla where we spend the night.

Day 19

KATHMANDU

Fly from Lukla to Kathmandu. Transfer to hotel, evening cultural show and dinner.

Day 20

Final Departure , transfer to airport

Final Departure , transfer to airport.

What's included

- Accommodation Hotel in Kathmandu 3 star hotel, single / twin sharing rooms and in trek simple lodges.
- Full board meals (breakfast, lunch and dinner and 3 times tea) as mentioned above in the trek.
- One professional climbing Sherpa guide and required number of porter/s for the trek with their meal, Insurance and flight
- All National park fee (USD 38), airfare both ways to KTM - Lukla - KTM (USD 380 fixed wing aircraft), airport transports.
- Kathmandu sightseeing, airport pick up and drope, all ground transport.
- One night cultural show and dinner.
- Peak permit fee-sharing basis and Island peak part group join basis

Not included

- International airfare and Insurnace
- Bar bills (coca cola, mineral water etc), food in Kathmandu, while not mentioned.
- Personal Insurance & emergency rescue charges if necessary.

- Extra porter & transport charges in the event of landslides.
- Other personal expenses, airport tax, Kathmandu city entrance fees.
- Personal, medical and evacuation insurance Laundry, cost raised by re-routing, cancellation, political disturbance etc.
- Tips any other expenses, which are not mentioned above.

Photos, videos and reviews of this trip:
earthbound.rajansimkhada.com/everest-base-camp-trek-with-island-peak-climbing-nepal