



Three Pass, Everest BC and Island 6,189m



Introduction

Everest Three high passes trekking with Island Peak 6189m Climbing route has an itinerary for those who want to experience the challenges of world's highest passes, Renjo-La Pass (5446m/17520ft), Cho-La Pass (5420m/17782ft), Kongma-La Pass (5535m/18,159ft) including Gokyo Valley and Gokyo Fifth Lake safari it's adventure experience of lifetime mountain trails. Leading through Sherpa villages where unique customs and cultures can be closely observed while passing through the monuments, Buddhist Monasteries, Prayer wheels and flags. The routes offer the best mountain closeup mountain view of above 8000m and many others of lower heights like Kusum Kanguru 6367m, Taboche 6542m, Ama Dablam 6812m, Pumori 7161m, Cholatse 6440m, Khumbutse 6636m, Baruntse 7129m, Kangtega 6782m, Nuptse 7861m, Lhotse 8516m and many other numerous high himalayan peaks including Mount Everest 8848m .

At Sagarmatha National Park in the trail, which is a habitat of rare flora and fauna, the uniqueness of Himalayan survival can be understood. The spectacular wildlife one can encounter in their wild habitat include Himalaya Thar, Barking Deer, Musk Deer, Blue Sheep, Blood Pheasant, Tibetan Snow Cock, Crimson Horned Pheasant, Yak etc....

Island Peak (6,189m/20,305ft) lies in the mid-central of the higher Chukhung valley resembling an island standing proud in the sea of ice. There is no doubt that Himalayan peaks have drawn adventurers, climbers and cultural enthusiasts for many decades. Among all the trekking peaks in Nepal, Island peak is the most popular as it is suitable to all novice

climbers and experienced trekkers. Which is also well known as Imja Tse. It offers an exhilarating climbing experience beyond simply trekking in Nepal with hike to Everest base camp. Climbing the Island peak, you will stand on a summit of wonderful mountain at 6,189 meters with almost the same unforgettable sense of achievement as you would on the top of mt. Everest.

The Island Peak is the most chosen climbing peak as this peak was training exercise for Edmund Hillary and Tenzing Norgay who were the first climbers of this peak. is one of the main climbing peaks in the Everest Region of Nepal with an impressive and highly glaciated West Face that rises from the Lhotse Glacier. The Island peak climbing is physically demanding but not technically challenging.

Everest Three High Passes Trekking with Island Peak 6189m Peak Climbing starts with the flight from Kathmandu-Lukla which is well known as gateway to the land of Sherpa and Mount Everest. Like most treks in the region. We then make our way up to Namche Bazaar where we will keep continuing the Everest Three Passes Trail with Magnificent views along the way.

Facts

- Altitude: 6,189m<
- Duration: 21 days
- Grade: Moderate to Strenuous
- Group: 2-15
- Country: Nepal
- Best Season: Spring/Autumn
- Start/Ends: Lukla/Lukla
- Accommodation: Local Tea House/ Tented Camping

Highlights

- One of the best treks and Peak climbing in the world
- Trek to the off the beaten trail of the rural and rocky mountains.
- Three High Himalayan passes spotted with chortens, prayer flags and stupas.
- Diversely beautiful landscapes from trek to summit
- Antique Tibetan monasteries, bamboo and rhododendron forests with grand waterfalls
- A land of magic and Shamanism
- Renjo-La pass (5360m), Four lakes, Ngozumpa Glacier, Gokyo Ri (5330m) Chola-La pass (5420m), Kalapather (5550m), Everest base camp (8848m), Kongma-La pass (5535m) the most spectacular mountain scenery in the planet
- Close views of Mt. Everest, Kangtega, Makalu, Lhotse, Nuptse, and many other treasured Himalayan peaks
- LuriGo 5212m Peak which is newly explored by Panuru Sherpa (15* Everest Summiters) and Conrad Anker (Worlds one of the best climbers and the former captain of North-Face Team) which is off the beaten track officially promoted by Xtreme Climbers Treks and Expedition with our team of professionals.
- Accompaniment by a highly trained and experienced guide to optimize each individual's experience
- Authentic cultural experience, accompanied by guide, in the provided quaint tea houses throughout Sherpa villages

Itinerary

- **Day 1 :** Arrive at Tribhuvan International Airport (KTM) Kathmandu: Arrival in Kathmandu [1300 m/4264 ft] Arrive at any time, Xtreme Climbers vehicle and represent we'll pick you up from Tribhuvan International Airport and take you to the hotel. Your included activities consist of refreshments, introduction to your guide, as well as an introduction on The Trek. Meal includes:Breakfast
- **Day 2 :** Free Day in Kathmandu and Preparation for trek & climbing Included meals:Breakfast Lunch Dinner
- **Day 3 :** Fly to Lukla 2,800m & trek to Phakding 2,652m, 3-4 hrs walk Included meals:Breakfast Lunch Dinner
- **Day 4 :** Phakding to Namche Bazaar 3,440m, 6-7 hrs walk Included meals:Breakfast Lunch Dinner
- **Day 5 :** Acclimatization day at Namche Bazaar Included meals:Breakfast Lunch Dinner
- **Day 6 :** Trek to Thame, 3800m, 3 to 4 hours Included meals:Breakfast Lunch Dinner
- **Day 7 :** Trek to Marlung, 4137m, 4 to 5 hours Included meals:Breakfast Lunch Dinner
- **Day 8 :** Trek to Lungdeng 4600m, 3 to 4 hours Included meals:Breakfast Lunch Dinner
- **Day 9 :** Trek to Renjo- La 5465m to Gokyo Lake 4800m [First High Pass] Included meals:Breakfast Lunch Dinner
- **Day 10 :** Hike to Gokyo RI 5,330m, and trek to Thaknak 4750m, 7-8 hrs Included meals:Breakfast Lunch Dinner
- **Day 11 :** Trek to Cho-la Pass 5367m to Dzongla 4,850m, 5-6 hrs walk [2nd High Pass] Included meals:Breakfast

Lunch Dinner

- **Day 12** : Trek to Gorakshap 5,160m, 5-6 hrs walk Included meals:Breakfast Lunch Dinner
- **Day 13** : Trek to Everest Base Camp 5,357m and return to Lobuche for overnight. 6 to 7 hrs Included meals:Breakfast Lunch Dinner
- **Day 14** : Lobuche - Kongma La 5,535m - Chhukung 4,730m: 8-10 hrs [3rd High Passes] Included meals:Breakfast Lunch Dinner
- **Day 15** : Chhukung to Island Peak Base camp: 5,200m Tented Camp. Included meals:Breakfast Lunch Dinner
- **Day 16** : Base Camp summit push over Island Peak 6189m and back to Chhukung Included meals:Breakfast Lunch Dinner
- **Day 17** : Chhukung to Phortse 3878m. 6-7 hours. Included meals:Breakfast Lunch Dinner
- **Day 18** : Phortse to Monjo 2835m. 6-7 hours. Included meals:Breakfast Lunch Dinner
- **Day 19** : Monjo- Lukla 2860m 3 hours [Namaste Lodge Lukla] Included meals:Breakfast Lunch Dinner
- **Day 20** : Fly back to Kathmandu Evening farewell dinner. Included meals:Breakfast Dinner
- **Day 21** : Final Departure, Your adventure in Nepal comes to an end today! There is nothing to do but trade emails with your travel companions and organize your photos. A representative from Xtreme Climbers will take you to the airport, approximately 3 hours before your scheduled flight. On your way home you'll have plenty of time to plan your next adventure in the wonderful country of Nepal. Included meals:Breakfast

Note: The above itinerary can be tailor made as per client's request, we can make the itinerary shorter/Longer by cutting or adding days, People who have longer time can add the White Water Rafting, Jungle safari tour in Chitwan National park, Paragliding and Zeep Flyer in Pokhara and other extra activities so feel free to write us on info@xtremeclimbers.com for further details.

Cost Includes

Full Board Service Includes

- Airport/Hotel/Airport transfers.
- Hotel accommodation in Kathmandu with BB Plan as per itinerary - Twin Sharing Room (3 to 5 star Hotel as per client's request with BB plan).
- Domestic Flight ticket for clients KTM-LKL-KTM.
- Accommodation during the trekking and Climbing.
- Necessary Land Transport and Airport Taxes
- Climbing Permit (NMA permits, Government Permit, National Park and Conservation Fees).
- Highly experienced Climbing Staff (Everest Summiteers)
- Trekking Guide
- Required necessary Porters to carry gear (2 member 1 porter)
- Set menu Food – 3 meals during the Trekking, Base camp and high camp for members & staff.
- One small phone with a local number to communicate for each day updates regarding the situation and updates of the trip.
- VE-25 North Face Tents and mattress for Island B.C
- Thuraya SAT Phone (Emergency use only) for members use USD 5 per minute.
- Accommodation, meals, salary, equipment, transportation & Insurance of Xtreme Climbers staff.
- First Aid Kit.
- Travel & Rescue arrangement.
- All government Taxes and office service charges.



Cost and payment details

The cost is depending on group size, affected due to the requirement of number of guides and porters, requisite of Hotel in Kathmandu, method of land/air transport. The itinerary is changeable and modifiable as per needs and time frame of trekkers. Cost will be re calculated if the itinerary is changed or modified. Additional activities may be added as per trekkers request with appropriate additional cost. For Total Tour cost **EMAIL US**, we will send you within 24 hours as your requirements.

Why we don't include cost in our website?

NOTE: To provide you service in reasonable cost and attempt to address your each requirement **Xtreme Climbers** desired to provide you with some information which directly affects the cost and also helps us breakdown the cost. That is why we have decided to clarify our customers that due to the following reasons mentioned below we have not included the cost of each package in the company website.

1. Climbing season: The climbing permit royalty cost for mountain will be different during Spring and Autumn season. Normally most of the climbers climbs Himalayas in the Spring season. Climbing permit during Autumn will be 50% less than the spring season.
2. The cost of the trip depends on Number of persons joining in group for High expedition or Mountain Climbing including number of climbers, non-climber, base camp supporters, medical doctors, The number of climbing Sherpa guides, high altitude porters, kitchen crew, mode of transport you prefer and many other factors can affect the cost of the trip. Alpine climbing guide as well as the category of the hotel accommodation and the facilities that you aspire in the mountains affect the cost.
3. We operate the High Expeditions, Peak Climbing in full arrangement package and basic arrangement service (full board or base camp service) which directly affects the expedition cost.
4. Request numbers of oxygen, mask regulators and the brands the clients require
5. The itinerary may be changed after reaching an understanding between the agency and the client. Other activities could be added or reduced as per the client's request before processing the trip. Price for reduced activities could be deducted and additional activities could be added in mutual understanding.
6. Either you want to operate this expedition as international group joining basics of Xtreme Climbers or individual (private arrangement) expedition.
7. Type of high camp food that you require. Any specialized food that has to be ordered from foreign countries will be costlier compared to the food available here.
8. Either any of the climbers intend to set any world records? If so, do they require special services or equipment?



Due to the reasons mentioned above we would like to discuss with our client directly before offering the cost. So please feel free to drop your queries in [CONTACT US](#) or login to [Xtreme Climbers](#) for any information about your selected package.

Cost Excludes

Full Board Service Excludes

- Nepalese visa fee (Bring accurate USD.45 cash and two passport photographs)
- International airfare To and from Kathmandu
- Excess baggage charges (if you have more than 15 kg luggage, cargo charge is around \$1.5 per kg)
- Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
- Altitude chamber (PAC) or oxygen
- Lunch and evening meals in Kathmandu (and also in the case of early return from mountain than the scheduled itinerary)
- Travel and rescue insurance
- Personal expenses (phone calls, internet, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)
- Personal climbing equipment
- Extra climbing guide if requested we can arrange

- Optional trips and sightseeing if extended
- Tips for guides and porters
- Services not listed in the 'What Is Included' section

