



Island Peak (6189m)



Introduction

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. It 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.

Facts

- Altitude: 6189m
- Duration: 22 days
- Grade: PD + (French / Swiss Alpine Climbing System)
- Group: 2 - 15

- Country: Nepal
- Best Season: All year round except June to August the wet months.
- Start/Ends: Kathmandu (Capital of Nepal)
- Accommodation: Hotel in Kathmandu on BB plan / Mountain lodge (tea house) in Trekking.
- Transportation: Domestic airplane and tourist vehicles
- Meals Includes: Breakfast and welcome or farewell dinner in Kathmandu / Full board in Trekking (Breakfast, Lunch & Dinner).

Highlights

- 6189 meter Island peak climbing with hike to Everest base camp
- Flight to Lukla
- Responsible travel : 02 trekker: 01 porte
- Hassle free trip - trek and climbing permit
- Experienced climbing guide (Everest Summitters) for Island Climbing.

Itinerary

- **Day 1** : Arrive at Tribhuvan International Airport (KTM) Kathmandu: Arrival in Kathmandu [1300 m/4264 ft]
- **Day 2** : Kathmandu 1264m. : trip preparation. Included meals:Breakfast Dinner
- **Day 3** : Kathmandu Lukla Flight, Trek to Phakding 2,652m. 3 hrs walking. Included meals:Breakfast Lunch Dinner
- **Day 4** : Trek to Namche Bazaar 3,264m. 5-6 hrs. Included meals:Breakfast Lunch Dinner
- **Day 5** : Acclimatization Day in Namche Bazaar hike to Everest views hotel 3,880m. Included meals:Breakfast Lunch Dinner
- **Day 6** : Trek to Tengboche 3,870m. 5-6 hrs. Included meals:Breakfast Lunch Dinner
- **Day 7** : Trek to Dingboche 4,360m. 5-6 hrs. Included meals:Breakfast Lunch Dinner
- **Day 8** : Trek to Chhukung 4,720m. 3-4hrs. Included meals:Breakfast Lunch Dinner
- **Day 9** : Trek to Island Peak Base Camp 5,200m. 3-4 hrs Stay in tent overnight Tented Camping. Included meals:Breakfast Lunch Dinner
- **Day 10** : Trek to Summit and back to Base Camp of Island peak 5,600m. 11/13 hrs Stay in tent overnight Tented Camping. Included meals:Breakfast Lunch Dinner
- **Day 11** : Trek to Pangboche 3,985m. 5-6 hrs. Included meals:Breakfast Lunch Dinner
- **Day 12** : Trek to Namche Bazaar 5 hrs. Included meals:Breakfast Lunch Dinner
- **Day 13** : Trek to Lukla 6-7 hrs. Included meals:Breakfast Lunch Dinner
- **Day 14** : Flight Lukla to Kathmandu overnight in kathmandu. Included meals:Breakfast Dinner
- **Day 15** : Final Departure

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 itinerary - Twin Sharing Room (3 star Hotel).
- Accommodation during the trekking and Climbing.
- Necessary Land Transport.
- Domestic Flight ticket for clients and staffs.
- Climbing Cargo both ways.
- Climbing Permit (NMA permits). Trekking Permit, National Park and Conservation Fees.
- Climbing Sherpa (Highly experienced and several times Everest Summitter)
- Food – 3 times meal during the Trekking, Base Camp and high camp for member & staffs.
- Required necessary Yak, Porters and helping crew during trekking and Climbing period as per itinerary.
- VE 25 North Face or Mountain Hardware tents for base camp/ High Camp.
- Thuraya SAT Phone (Emergency use only)
- Radio Walki Talki
- Insulation Foam Mattresses, Dining/Kitchen/Toilet/Store.

- Necessary Tables & Chairs, all necessary required Cooking equipments
- A First Aid, safety, basic/advance trained, Eco trained & Government licensed holder English Speaking Trekking and Climbing Guide.
- Accommodation, meals, salary, equipment, transportation & Insurance of Xtreme Climbers Team staffs.
- First Aid Kit.
- Travel & Rescue arrangement.
- All government taxes.
- Farewell dinner.

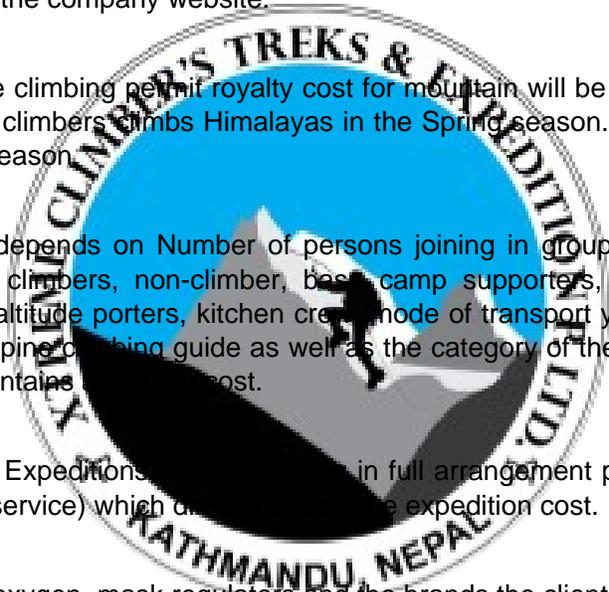
Cost and payment details

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 in full arrangement package and basic arrangement service (full board or base camp service) which does not include 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 clients require. Any specialized food that has to be ordered from foreign countries will be costlier compared to the one available here.
8. Either any of the climbers intend to attempt 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 _____ or login to _____ for any information about your selected package.

Cost Excludes

Full Board Service Excludes

- Lunch & Dinner in Kathmandu.
- Personal trekking/ climbing equipments.
- Insurance: Travel/Accident/Medical /emergency evacuation.
- Nepal Visa fee US\$ 40 for 90 days & US\$ 25 for 30 days Per person.
- Entrance fee of Historical monuments
- Tibet Visa fee as current fair (if climbing from Tibet site).
- Extra Climbing Sherpa US\$ 350 Per Sherpa (if require private climbing guide).
- Sherpa Summit Bonus or Tips.
- Special Hot and Cold drinks and alcohol
- Extra Yak which can be paid at base camp (if need).
- All other personal nature expenses.

