

Island Peak Climbing

Quick Facts

Duration:	17
Max Altitude:	6189
Best Season:	Sept - Nov & March - May
Group Size:	25
Accommodation:	Tea House and Tent
Route:	Kathmandu to Kathmandu
Difficulty:	Moderate

Trip Overview

Island Peak climbing, which is located at an altitude of 6,189 meters (20,305 feet), is a newly designed trekking and climbing peak for climbers who want to have first-hand experience of climbing mountains without first attempting famous peaks like Mt. Annapurna, Mt. Everest, Mt. Dhaulagiri, or any other peaks in Nepal. Island Peak is one of the Everest mountain range peaks located inside the Khumbu region of Nepal.

Island Peak is so called due to its structure.

If you witness it from Dingboche, a place which lies on the trail to EBC, it appears to rise like an island in a sea of ice. Surrounded by a sea of glaciers and snow-covered ridges, the peak stands isolated and distinct, just like an island emerging from the ocean. Island Peak is also called Imja Tse by the locals.

Island Peak is famous for its breathtaking panoramic 360-degree views of Lhotse (8,516 m), Makalu (8,485 m), and Nuptse (7,861 m). The peak also offers breathtaking views of the Imja Glacier and the Imja Tse Valley.

During your Island Peak climbing, you will have first-hand experience of mountain climbing, immersing yourself in the thrilling challenge of navigating steep, icy slopes and rocky terrain. The climb will also teach you technical skills, such as using crampons, crossing glaciers, using ropes, climbing with the help of a rope, acclimatizing, reacting in emergency situations, and much more.

Island Peak offers the opportunity to witness 360-degree panoramic views of the surrounding mountains, valleys, and rivers. It will take you to the Sherpa villages located in the Everest region, giving you a sense of traditional and ancient Tibetan culture. You will also be trekking to Everest Base Camp at an altitude of 5,316 meters, which lies at



the foot of the world's highest mountain, Mt. Everest. You will be crossing glacial lakes, alpine meadows, and beautiful terrain above the hills.

What to Expect During the Island Peak Climbing?

During your Island Peak climbing, you can expect to fly to Lukla, as the airport is situated over the hills, giving stunning views of the Everest range. You will be trekking through beautiful Sherpa villages like Lukla, Namche Bazaar, Tengboche, and Lobuche, which are highly influenced by Tibetan culture.

You will trek through lush green forests, rivers, glaciers, alpine meadows, steep ascents and descents, ice climbing, and peak climbing. First, you will trek to Everest Base Camp at an altitude of 5,316 meters, then to Island Peak Base Camp at an altitude of 5,100 meters, and finally, summit at an altitude of 6,189 meters. You will be trekking via rocky paths, glaciers, and river crossings.

On summit day, you will wake up at 12 AM and begin your summit push, as during the night, there is less wind, the weather is more stable, and clouds do not cover the peaks. You will be climbing through a vertical ice wall (~100 meters) and a narrow summit ridge with rope-assisted climbing. Upon reaching the peak, you will see Lhotse, Makalu, Baruntse, Ama Dablam, and the Imja Glacier. It is a technical but achievable peak for novice climbers with good fitness.

Highlights of the Island Peak Climbing

- Climb Island Peak at an altitude of 6,189 meters.
- It is a technical but achievable peak for novice climbers with good fitness.
- Learn to use ropes, a harness, crampons, and an ice axe.
- Includes a fixed rope section and a glacier crossing.
- Scenic trek through the famous Khumbu Valley.
- Trek through lush green hills and forests.
- Enjoy Sherpa hospitality, yaks on the trails, and cultural immersion.
- Builds confidence, skills, and credibility in high-altitude mountaineering.

How to Reach Island Peak?

To reach Island Peak, climbers generally fly from Kathmandu to Lukla Airport, which itself is a thrilling experience due to its location on a hillside with stunning views of the Himalayan range. From Lukla, the trek begins through the picturesque Khumbu Valley, passing through Sherpa villages such as Phakding, Namche Bazaar, Tengboche, Dingboche, and Lobuche.



These villages provide cultural immersion with traditional monasteries, prayer flags, and friendly locals. After reaching Everest Base Camp (5,316 m) and returning to the region near Island Peak Base Camp (5,100 m), climbers begin their technical climb to the summit at 6,189 meters. The route involves glacier crossings, steep ridges, and vertical ice walls, requiring both trekking and basic mountaineering skills.

Best Time to Visit Island Peak

The ideal times to climb Island Peak are pre-monsoon (March to May) and post-monsoon (late September to November). During these months, the weather is relatively stable, the skies are clear, and the views of surrounding peaks such as Lhotse, Nuptse, Makalu, and Ama Dablam are breathtaking.

Monsoon months (June to early September) are not recommended due to heavy snowfall, cloud cover, and the risk of avalanches. Winter climbs are technically possible but extremely cold and challenging.

Permits required for climbing Island Peak

Climbing Island Peak requires several permits, including:

- TIMS Card (Trekking Information Management System) for trekking in the Khumbu region.
- Sagarmatha National Park Permit – mandatory for trekking in the park area.
- Peak Climbing Permit for Island Peak (Imja Tse) – issued by the Nepal Ministry of Tourism.

These permits ensure legal and safe access to the peak, support local communities, and contribute to conservation efforts. Guides and trekking agencies usually assist with all permits, saving climbers time and effort.

Preparation Required for Island Peak Climbing

- Engage in cardiovascular training (running, cycling, or swimming) to build endurance.
- Do strength training for the legs, core, and upper body to manage long treks and technical climbing.
- Gain experience hiking at high altitude, preferably on treks like Annapurna Base Camp or Everest Base Camp.
- Learn basic mountaineering skills, including rope techniques, ice climbing, and crevasse rescue if possible.
- Be mentally prepared for early mornings, cold weather, and physically demanding conditions.

Detailed Itinerary

Day 1: Day 1: Arrival in Kathmandu (1,354 m)

Your adventure begins as you arrive at Tribhuvan International Airport in Kathmandu. You will be warmly welcomed by your guide and transferred to your hotel. The remainder of the day is reserved for rest and preparation, including



organizing gear and attending a detailed expedition briefing. Your guide will cover the itinerary, safety protocols, and essentials for trekking and climbing in the Everest region. You may also use this time to explore Thamel, the bustling heart of Kathmandu, full of shops, cafés, and trekking outfitters.

Accommodation: 4 Star Hotel

Meals: Welcome Dinner

Day 2: Kathmandu Sightseeing and Final Preparations

Today is devoted to cultural immersion and final preparations. Visit UNESCO World Heritage Sites such as Pashupatinath Temple, Boudhanath Stupa, and Swayambhunath (Monkey Temple). These iconic landmarks offer a glimpse of Nepal's rich heritage and spiritual traditions. Your guide will ensure all climbing and trekking permits are ready, including the Sagarmatha National Park entry permit, TIMS card, and Island Peak climbing permit. Gear checks and packing advice will be provided to ensure you are ready for the challenging expedition ahead

Accommodation: 4 Star Hotel

Meals: Breakfast

Day 3: Flight to Lukla (2,860 m) and Trek to Phakding (2,610 m)

Take an early morning scenic flight to Lukla one of the most exhilarating experiences in the Himalayas as the runway perches atop a steep hillside with panoramic views of snowy peaks. From Lukla, begin your trek along the Dudh Koshi River, crossing suspension bridges and passing through small villages. Today's trek is gentle and serves as a first acclimatization walk, ending in Phakding, where you will stay overnight in a teahouse.

Accommodation: Tea House

Meals: B, L, & D

Day 4: Trek from Phakding to Namche Bazaar (3,440 m)

The trail gradually ascends through lush forests of rhododendron and pine, crossing several rivers via suspension bridges. The trek passes through Monjo and Jorsale before eventually reaching the vibrant market town of Namche Bazaar, the gateway to the Everest region. Namche is a lively Sherpa town offering views of Thamskeru and Kongde Ri. Take time to explore the local market and rest, as Namche serves as your first major acclimatization stop.

Accommodation: Tea House

Meals: B, L, & D

Day 5: Acclimatization Day in Namche Bazaar

Spend the day adjusting to the altitude and exploring the surroundings. Hike to the Everest View Hotel for spectacular vistas of Everest (8,848 m), Lhotse (8,516 m), Nuptse (7,861 m), and Ama Dablam (6,812 m). This day is crucial for reducing the risk of altitude sickness. You can also visit Khumjung Village, home to the famous Hillary School and a monastery housing a reputed sacred Yeti scalp.

Accommodation: Tea House



Meals: B, L, & D

Day 6: Trek from Namche Bazaar to Tengboche (3,860 m)

The trail continues through Sherpa settlements with magnificent views of the Everest massif. Visit Tengboche Monastery, the largest in the region, which offers a spiritual atmosphere set against the backdrop of towering peaks. This stretch is moderate but includes some steep sections. The evening is spent resting and enjoying a traditional Sherpa meal.

Accommodation: Tea House

Meals: B, L, & D

Day 7: Trek from Tengboche to Dingboche (4,410 m)

Trek through a stunning high-altitude landscape, passing yak pastures, icy streams, and rocky terrain. Views of Ama Dablam dominate the skyline as you approach Dingboche, a village nestled in a picturesque valley surrounded by mountains. Overnight at a teahouse in preparation for further altitude gain.

Accommodation: Tea House

Meals: B, L, & D

Day 8: Acclimatization Day in Dingboche

Spend the day acclimatizing with a hike to Nangkar Tshang Peak or nearby ridges. The higher-altitude trek conditions your body for the challenges ahead and provides awe-inspiring views of Lhotse and Island Peak. Learn basic mountaineering skills and practice with crampons and ropes, guided by your expert Sherpa team.

Accommodation: Tea House

Meals: B, L, & D

Day 9: Trek from Dingboche to Lobuche (4,940 m)

The trail climbs gently alongside the Imja Khola, passing memorials dedicated to climbers who lost their lives on Everest. Lobuche is a small settlement beneath towering ridges, providing the perfect base for your approach to Island Peak Base Camp. Overnight in a teahouse in preparation for higher-elevation trekking.

Accommodation: Tea House

Meals: B, L, & D

Day 10: Trek from Lobuche to Everest Base Camp (5,364 m) and Return to Gorak Shep (5,164 m)

Today is the highlight of the trek Everest Base Camp (EBC). The path passes the Khumbu Glacier and iconic landmarks such as the Memorial Wall. Standing at EBC, you are surrounded by the footprints of climbers aiming for 8,000 m summits like Everest, Lhotse, and Nuptse. After soaking in the dramatic vistas, descend to Gorak Shep for the night.

Accommodation: Tea House

Meals: B, L, & D



Day 11: Kala Patthar (5,545 m) and Trek to Pheriche (4,240 m)

Rise early for a pre-dawn hike to Kala Patthar, a viewpoint offering the most stunning sunrise views over Everest and the surrounding Himalayan giants. After enjoying the panoramic vistas, descend to Pheriche, passing glacial moraines and high-altitude landscapes. Overnight in Pheriche, a village known for its acclimatization clinics and medical posts.

Accommodation: Tea House

Meals: B, L, & D

Day 12: Trek from Pheriche to Island Peak Base Camp (5,100 m)

The trail now shifts focus from trekking to climbing. Hike through the Imja Valley, crossing glacial streams and moraines, until you reach Island Peak Base Camp. Spend the afternoon with your climbing team learning technical skills and practicing rope handling, crampon walking, and ice axe techniques. This is the final preparation before your summit push.

Accommodation: Tea House

Meals: B, L, & D

Day 13: Island Peak High Camp (5,600 m)

Climb to High Camp, located on the upper slopes of Island Peak. The ascent includes moraine trails, rock scrambles, and glacier walking. Your Sherpa team will help set up tents and provide mountaineering guidance. Use the evening to rest and hydrate, as summit day will begin in the early hours.

Accommodation: Tea House

Meals: B, L, & D

Day 14: Island Peak Summit (6,189 m) and Return to Base Camp

Wake at midnight for the summit attempt, moving under starlit skies to avoid strong winds. The climb includes vertical ice walls (100 m), glacier crossings, and a narrow summit ridge requiring rope assistance. Upon reaching the top, experience 360-degree views of Lhotse, Makalu, Baruntse, Ama Dablam, and the surrounding Himalayas, with glacial valleys unfolding below. Descend carefully to Base Camp for a well-deserved rest.

Accommodation: Tea House

Meals: B, L, & D

Day 15: Trek from Island Peak Base Camp to Namche Bazaar (3,440 m)

Begin the descent through the Khumbu Valley, retracing your steps past Dingboche, Tengboche, and other villages. Enjoy the changing landscapes, from high alpine terrain to lush forests and cultural settlements. Overnight in Namche Bazaar, celebrating your successful climb and trek.

Accommodation: Tea House

Meals: B, L, & D

Day 16: Trek to Lukla and Flight to Kathmandu



Complete the trek back to Lukla, where you will board a flight to Kathmandu. Upon arrival, transfer to your hotel for relaxation or last-minute shopping. The evening is an opportunity to celebrate the expedition, share experiences, and prepare for departure the following day.

Accommodation: 4 Star Hotel

Meals: B, L, & D

Day 17: Departure from Kathmandu

After a hearty breakfast and some final shopping or sightseeing in Thamel, you will be transferred to Tribhuvan International Airport for your onward flight. Reflect on your incredible 17-day adventure the trek to Everest Base Camp, the technical climb of Island Peak, and the unforgettable views of 8,000 m Himalayan giants. Safe travels as you depart Nepal, carrying memories of both its natural beauty and Sherpa culture.

Gears Lists

- Mountaineering boots and gaiters for snow and ice conditions.
- Crampons and ice axe (usually provided by the climbing agency).
- Harness, carabiners, and ropes for technical sections.
- High-altitude clothing layers, including a down jacket, thermal layers, gloves, and a hat.
- Sleeping bag rated for -20°C.
- Trekking poles for long walks on rocky and snowy terrain.
- Headlamp with extra batteries for early morning summit climbs.
- Sunglasses, sunscreen, and lip balm to protect from UV rays.
- Personal medications, a first aid kit, and water purification tablets.

Cost Includes

- 1.** Domestic Kathmandu-Lukla-Kathmandu flights
- 2.** Airport transfers in Kathmandu
- 3.** Accommodation in hotels in Kathmandu and teahouses/lodges during the trek
- 4.** Full board meals (breakfast, lunch, and dinner) during the trek and expedition
- 5.** Everest Base Camp and Island Peak climbing permits
- 6.** Sagarmatha National Park entry permit and TIMS card
- 7.** Professional English-speaking guide and experienced Sherpa climbing team
- 8.** Climbing equipment such as ropes, ice axes, crampons, harnesses, and fixed ropes
- 9.** Base camp tents and kitchen support during the Island Peak expedition
- 10.** Porters for luggage during trekking and climbing
- 11.** Oxygen or emergency equipment for high-altitude support
- 12.** First aid kit and medical support
- 13.** Government taxes and service charges



Cost Excludes

- 1.** International airfare to and from Kathmandu
- 2.** Travel insurance covering high-altitude trekking and mountaineering (mandatory)
- 3.** Personal expenses such as laundry, phone calls, Wi-Fi, and souvenirs
- 4.** Tips for guides, Sherpas, and porters
- 5.** Meals in Kathmandu unless otherwise specified
- 6.** Optional sightseeing or cultural activities in Kathmandu
- 7.** Helicopter rescue or emergency evacuation in case of serious altitude sickness or medical emergencies
- 8.** Personal climbing gear such as down jackets, trekking poles, boots, gloves, and sleeping bags

