Global Treks & Expedition P. Ltd.
Chakshibari Marg 591, Thamel
Kathmandu, Nepal

Island Peak Climbing Brief Itinerary

Day-1 : Arrival in Kathmandu (1,350 M/4,428 FT)

Our representative guide will meet you at the airport after that you will be taken to the hotel where you prefer to stay. Some hours will give you for the rest and then in the hotel our representative guide will briefing about the activities and the equipment you needed in the Island Peak Climbing. Overnight in Guest House.

Day-2 : Arrival to Lukla (2,800 M) and Trek to Phakding (2,652 M)

In the morning you will receive the wake-up call from our Global Treks & Expeditions Guide. You will catch an early morning flight to Lukla and you will treks forwards to Phakding through walking by the way to Dudh Koshi River around the beautiful scenery from where you can see the different mountains highest point like Mt.Everest, Mt.Nuptse, Mt.Cho Oyu and etc. Overnight in Guest House.

Day-3 : Trek to Namche Bazaar (3,450 M)

In the morning you will continue trekking to the Namche Bazaar through the Pine and rhododendron forest . Namche is the big town of Khumbu region. You will cross the Dudh Koshi River at Benkar and see the sight of the peak of Kusum Kanguru. After that you will cross the bridge from where you can reach to the Namche Bazaar. Overnight in Guest House.

Day-4 : Acclimatization trek in Namche Bazaar (3,450 M)

Namche is the home town of Khumbu region. Today you can enjoy the day with visiting lots of places in Namche bazaar where you can find there trekking shop, money exchange, monastery, etc for your benefits. You can visit to the Khude hospital and walk to the Everest View Hotel above Namche for the sunset views of the different Himalayas like Mt.Everest, Ama Dablam, Mera Peak, Lhotse etc. Overnight In Guest House.

Day-5 : Trek Namche Bazaar to Tengboche (3,870 M)

In the early morning we will wake up and our trek will continue to the Tengboche. The way through Namche Bazaar is very easy to walk and you will have opportunity to see the monastery which is famous of Everest region and the largest monaster. Sagarmatha Park is also located beside that region where you can see all the Himalayas ranges. The panoramic view of Himalayas will rise from that side like Mt. Ama Dablam, Everest, Nuptse. Then you will reach to the Tengboche. Overnight in Guest House.

Day-6 : Trek Tengboche to Dingboche (4,360 M)

Waking up in the early morning, having breakfast after all you will start your trek through Tengboche to Dingboche. You will forwards towards the Everest Base camp with the way of the forest and the bank of the Imja Khol River & local Sherpa villages. After crossing the Imja Khola the rail heads to the villages of Pangoche where you can see the beautiful peak of the Ama Dablam.

Overnight in Guest Hose.

Day-7 : Trek Dingboche to Chhukung (4,730 M)

Today you will trek to the Chhukung where you will head to the Imja Valley by following the trail to the valley of Chhukung. This is the very small valley where Sherpa people stay. From here your ascending will be above and Chhukung is a place where lodge village serving trekkers- climbers in the Khumbu Region. You will be more near to Island Base Camp from here.

Overnight in Guest House.

Day-8 : Trek Chhukung to Island Base Camp (5,200 M)

Today is the another day where we start our short treks for Island Base Camp. The way is very difficult through the Glacier. After an hour you will reach to the base camp.Our guide will give you the full information and you will tented the camp to stay, make a fooding. A experience guide will provide you the information and training for the climb to the peak. Overnight in Island base Camp.

Day-9 : Trek to Summit (6,189 M) and return to Base camp

Finally today you will reach to the High Summit. Today is the main adventurous day for all the trekkers. First you will walk through the Lhotse glacier, climbing the hills and rocks etc. all the required instruments are provided for you by the guide. The way is not difficult but there are several glaciers and walking portion where we may fall. After crossing the Imja route finally you reach to the top of the summit we will see the spectacular views of all the Himalayas range. After an hour you will be back to the Base camp. Overnight in Island Base Camp.

Day-10 : Trek to Pangboche (3,958 M)

You feel so tired that day so our guide will give some hour to rest. After an hour your journey start from Island Base Camp. You will be descend through the same root by passing through the Sherpa`s villages and the way of bank of river. Where you can visit the Pangboche monastery. You will have such a beautiful movement too while be backing from the base camp. Overnight in Guest House.

Day-11 : Trek back Pangboche to Namche Bazaar

You will trek back to Namche Bazaar by decrease the way you walk and through the bank of Imja khola you will be return. After you can visit nun at the Tengboche monastery. In the way you can see our national flower rhododendron, after crossing the bridge through the pine forest we reach to Sansa. Finally you reach to the army camp at Namche Bazar. Overnight in Guest House.

Day-12 : Trek back Namche Bazaar to Lukla

Today you will reach to the Lukla through in an hour. You will descend the trail downwards by following the way to Dudh Koshi River and crossing the bridges you will find the nature in the plain areas. After you reach to Lukla. Overnight in Guest House.

Day-13 : Arrive back to Kathmandu

Early in the morning we will be back to the Kathmandu in flight. Above the flight you will see the Himalayan ranges and beautiful scenery. After you reach to Kathmandu you will get some time to visit Thamel area which is most attractive for the foreigner to do the shopping. Global treks will give you the farewell dinner for all the summit climbers. Overnight in Guest House.

Day-14 : Back to your Final Destination

Finally today you will back to your destination. Our Global treks representative will drop you to the airport .

Cost include

- Airport / Airport pick up & drop by private tourist vehicle.
- 2 N Kathmandu Hotel accommodation sharing bases with B/B.
- All your standard mentions Meals during the trek **(B-Breakfasts, L-Lunches, D- Dinners).**
- Lodges/Guesthouses accommodation during the 11 Days trek
- Local GLOBAL TREKS English speaking guide
- National Park permits and TIMS permit for trekking.
- Food, accommodation, salary, insurance and medicine for all staff.
- All our government taxes, vat, tourist service charges
- Official expenses.

Cost Exclude

- Lunch /Dinner whilst in Kathmandu.
- Travel insurance which covers emergency Rescue and Evacuation.
- Alcoholic, hot and cold drinks.
- Personal trekking Equipment (See the trekking equipment page).
- Tips for trekking staff and driver (Tipping is expected).
- Any others expenses which are not mentioned on ‘Price Includes’ section.