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1. Island Peak Climbing

2. Overview

High Route Adventure presents you with a 17-day Everest Base Camp Trek with Island Peak Climbing Package with a visit to the iconic Everest Base Camp and Kala Patthar. This carefully crafted Island Peak itinerary,…

3. Itinerary

Day 01: Arrival in Kathmandu

Altitude: 1400 meter | Meals: Breakfast | Stay: Hotel

- Welcome to the land of the Himalayas and the birthplace of Lord Gautam Buddha.
- After landing at the airport, meet our representatives at the airport gate holding a signboard with your name.
- Transfer to the hotel that we have booked for you in our private vehicle
- Refresh, take a rest and meet our tour operator in the evening.
- Join us for a brief overview of the exciting journey ahead, and indulge in a delightful welcome dinner

Day 02: Fly to Lukla and Trek to Phakding

Altitude: 2610 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

- Your driver will be waiting for you at the hotel reception to take you to the airport.
- Take a flight and enjoy a scenic 30- minute flight with a breathtaking aerial view of the Himalayas.
- Land in Tenzing Hillary airport and meet your guide and porter
- Begin your trek toward the hamlet of Phakding following the bank of Dudh Koshi River
- Pass through small villages like Chheplung and Ghat.
- Arrive in Phakding and stay at the teahouse.

Day 03: Trek from Phakding to Namche Bazaar

Altitude: 3440 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

- Leave Phakding after breakfast and follow the Dudh Koshi River
- Cross many thrilling suspension bridges decorated with prayer flags
- Hike through pine forests and pass small towns like Zamfute, Toktok, and Benkar.
- At Monjo, register your permit and enter the Sagramatha National Park.
- Cross the famous Hillary Suspension Bridge over the Dudh Koshi River.
- Hike to Zigzag Hill and witness the first view of Mt. Everest from the viewpoint if weather permits.
- Arrive at tourist hub Namche Bazaar and stay in a teahouse.

Day 04: Acclimatization day in Namche Bazaar

Altitude: 3440 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

- Today is a rest day in Namche Bazaar so we will follow the acclimatisation rule " climb high sleep low".
- You will go for a short hike around the village and return to the teahouse for sleep.
- There are plenty of options you can choose:

Hike to Hotel Everest View: Early in the morning, hike to the stunning Hotel Everest View. In just 1.5 hours, you will arrive at this luxury hotel, where you can enjoy a delicious breakfast with a panoramic view of Mt. Everest, Lhotse, and Ama Dablam. **Hike to Kunde or Khumjung:** The round trip from Namche to Kunde and Khumjung takes around 3 to 4 hours. In this village, you will get the opportunity to explore the Kunde Hospital, Khumjung Monastery, and Khumjung School established by Sir Edmund Hillary. **Sherpa Culture Museum and Sherpa National Park Museum:** Located just above the town of Namche Bazaar, you can visit the Sherpa Culture Museum, which showcases Sherpa heritage. The display features historic climbing equipment, traditional clothing, and artifacts that highlight the culture of the Sherpa people. Inside the National Park Museum, there is a traditional Sherpa house, a Mount Everest document centre, Library & Photo Gallery. **Saturday market:** Every Saturday from 8 AM to 12 PM, locals from the Khumbu region host a market where they sell local products and some trekking gear at low prices.

Day 05: Trek from Namche Bazaar to Tengboche

Altitude: 3860 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

- Depart from Namche and begin walking along a flat trail that runs high above the Dudh Koshi River.
- Along the way, enjoy spectacular views of Mount Everest, Ama Dablam, and other majestic Himalayan peaks.
- Continue past the small settlement of Kyangjuma until you reach Sanasa.
- From Sanasa, take a steep descent through the forest to Phunki Tenga, which sits at 3,250 meters—the lowest point of today's trek. Take a break for lunch or a short rest beside the Dudh Koshi River at Phunki Tenga.
- Afterward, cross the long suspension bridge over the river
- Begin a challenging uphill climb through beautiful pine and rhododendron forests
- Arrive at Tengboche, located at 3,860 meters, one of the most scenic villages in the Everest region.
- Explore the Tengboche monastery, the largest gompa in the Khumbu region
- Spend the night at a teahouse in Tengboche village.

Day 06: Trek from Tengboche to Pheriche

Altitude: 4200 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

- Enjoy breakfast before departing from Tengboche.
- Descend through beautiful rhododendron and pine forests until you reach Deboche.
- Cross a wooden bridge over the Imja Khola River.
- Cross a wooden bridge over the Imja Khola River and continue along a gradual uphill trail to Pangboche (3,985 m), the highest permanent Sherpa settlement in the Everest region.
- Take a moment to visit the historic Pangboche Monastery, one of the oldest monasteries in the Khumbu region.
- Stop in Pangboche for lunch while enjoying views of Ama Dablam and the surrounding Himalayan peaks.
- Continue trekking through alpine meadows and yak grazing pastures towards Somare (4,010 m). The trail gradually becomes more open, with vegetation becoming sparse as the altitude increases.
- Follow the valley trail, crossing a small stream before entering the wide Pheriche Valley.
- Finally, arrive at Pheriche (4,200 m), a peaceful village surrounded by towering Himalayan mountains and and spend the night.

Day 07: Trek from Pheriche to Lobuche

Altitude: 4940 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

- After breakfast, we will depart from Pheriche and start walking across the wide glacial valley, following the trail alongside the Khumbu River.
- Cross a small bridge before gradually ascending to the village of Dughla (also known as Thukla), which is at an elevation of 4,620 meters.
- Once we reach Dughla, we'll take a short break before tackling the steepest climb of the day.
- Ascend the challenging Thukla Pass, climbing over the rocky terminal moraine of the Khumbu Glacier.
- At the top, we will reach the famous Everest Memorial Park, where stone memorials honor the mountaineers and Sherpas who lost their lives on Everest and other Himalayan peaks.
- Continuing along a rugged trail beside the Khumbu Glacier, we can enjoy spectacular views of the surrounding snow-covered mountains. The trail becomes rocky and uneven, and with the thinning air, the final section will be more demanding.
- Eventually, we will arrive at Lobuche, a small settlement located beside the Khumbu Glacier, at an elevation of 4,940 meters.
- Spend the night at a local teahouse in Lobuche.

Day 08: Trek to Gorak Shep, Visit Everest Base Camp and Return to Gorak Shep

Altitude: 5163 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

- After breakfast in Lobuche, follow a rocky trail along the lateral moraine of the Khumbu Glacier toward Gorak Shep, the last permanent settlement before Everest Base Camp.
- Trek through glacial terrain while enjoying spectacular views of Nuptse, Pumori, and the surrounding Himalayan peaks.
- You will arrive at Gorak Shep (5,164 m) after approximately three hours. Check into your teahouse, enjoy lunch, and leave any unnecessary gear at the lodge before continuing your journey to Everest Base Camp.
- Follow the rugged trail along the edge of the Khumbu Glacier, navigating rocky moraines and glacial terrain.
- Reach Everest Base Camp (5,364 m), which serves as the starting point for Everest expeditions.
- Spend some time exploring the base camp, taking photographs, and soaking in the unforgettable views of the Khumbu Icefall and the surrounding mountains.
- If you are there during the spring climbing season, you may also see colorful expedition tents.
- After your visit, retrace your steps along the same trail back to Gorak Shep, which should take about 2-3 hours. Enjoy dinner and spend the night at a local teahouse in Gorak Shep
- Go to bed early in preparation for the early morning hike to Kala Patthar tomorrow.

Day 09: Hike to Kala Patthar (5,545m) and Trek to Lobuche

Altitude: 4940 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

- Wake up early, before dawn, for the hike to Kala Patthar (5,545 m), the highest point of the Everest Base Camp Trek.
- Be sure to carry a headlamp and warm clothing, as temperatures will be well below freezing in the early morning.
- Ascend a steep, rocky trail with several switchbacks while enjoying the peaceful atmosphere before dawn.
- Upon reaching the summit of Kala Patthar, witness a spectacular sunrise over Mount Everest, along with panoramic views of Lhotse, Nuptse, Pumori, and the Khumbu Glacier.

- Take some time to capture photographs before carefully descending back to Gorak Shep (5,164 m).
- Enjoy a hot breakfast at the teahouse and prepare for the return journey.
- Leave Gorak Shep and follow the rugged trail along the Khumbu Glacier toward Lobuche.
- As you walk, pass by the Everest Memorial Park, where stone monuments commemorate climbers and Sherpas who lost their lives in the Himalayas.
- Continue descending through the glacial moraine until you reach Lobuche (4,940 m).
- Check into a local teahouse in Lobuche and spend the evening resting after your unforgettable experience of witnessing the sunrise over Everest.
- Enjoy an overnight stay at the local teahouse in Lobuche.

Day 10: Cross Kongma La Pass (5,535m) and Trek to Chukkung

Altitude: 4730 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

- After breakfast, begin trekking toward the Everest Three Passes' highest pass, Kongma La (5,535 m)
- Follow a faint trail across the rocky moraine of the Khumbu Glacier.
- Reach the summit of Kongma La (5,535 m) and enjoy the panoramic view of Lhotse, Makalu, Ama Dablam, Nuptse, and the surrounding Himalayan peaks.
- Begin a steep and careful descent over rocky terrain into the Cho Laung Valley.
- Pass beneath the impressive Nuptse Glacier and continue descending as the landscape gradually changes from glacial moraine to alpine meadows.
- Follow the final gentle trail into Chhukung.
- Overnight stay at a local teahouse in Chhukung.

Day 11: Trek to Island Peak Base Camp (5,200m) and Pre-climb training

Altitude: 5200 meter | Meals: Breakfast/Lunch/Dinner | Stay: Tent camp

- Departing from Chhukung, we follow a gradual trail through the Imja Valley, offering spectacular views of Ama Dablam, Lhotse, and Island Peak.Settle into setup camp and enjoy lunch while taking in the surrounding Himalayan scenery.
- Learn and practice using essential climbing gear.
- Stay overnight at the Island Peak Base Camp.

Our expert climbing guide will teach you how to use essential gear, including crampons, harnesses, helmets, ice axes, ascenders (jumars), descenders, and carabiners. You will also learn proper walking techniques on snow and ice. Additionally, the guide will share important information about the climbing route, weather conditions, pacing, and turnaround time. With this knowledge, you'll gain confidence, ensuring a safe and successful summit experience.

Day 12: Summit Island Peak and Return to Chhukung

Altitude: 4730 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Summit altitude: 6,189m

- Wake up around midnight to begin your summit push.
- Put on your crampons and climbing gear before stepping onto the glacier.
- Climb the final steep headwall to reach the summit of Island Peak, which stands at 6,189 meters.
- Once you reach the top of Island Peak, take a moment to enjoy the breathtaking panoramic views of Mount Everest, Lhotse, Makalu, Ama Dablam, and numerous other Himalayan peaks.

- After taking in the sights, return to Island Peak Base Camp.
- Pack your equipment and continue your descent to Chhukung.

Day 13: Trek from Chukkung to Tengboche

Altitude: 3985 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

- Enjoy breakfast before departing from Chhukung (4,730 m). Follow the scenic trail through the Imja Valley, passing through Bibre and Somare while taking in the magnificent views of Ama Dablam and the surrounding Himalayan peaks.
- Continue your descent to Pangboche (3,985 m), the oldest permanent Sherpa settlement in the Everest region. You can visit the historic Pangboche Monastery or stop for lunch in the village.
- Cross the Imja Khola River via a suspension bridge and proceed through the peaceful rhododendron and pine forests. Pass through Deboche before making a short uphill walk to Tengboche (3,860 m).
- Once there, visit the famous Tengboche Monastery, the largest monastery in the Khumbu region. Enjoy panoramic views of Mount Everest, Ama Dablam, Lhotse, and Nuptse. Finally, you will have an overnight stay at a local teahouse in Tengboche.

Day 14: Trek from Tengboche to Namche Bazaar

Altitude: 3440 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

- Descend through peaceful rhododendron and pine forests to Deboche.
- Cross the suspension bridge and continue to Phunki Tenga and stop for a short break
- Climb gradually through lush forests to Sanasa and a scenic hillside trail via Kyangjuma and arrive at Namche Bazaar.
- Celebrate a successful Climbing adventure with your team.
- Take a hot shower, visit a cafe, and relax.

Day 15: Trek from Namche to Lukla

Altitude: 2800 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

- Descend the steep trail to the Dudh Koshi River, exit the national park, and arrive at Lukla. Enjoy a farewell dinner with your guide and porter.

Day 16: Fly from Lukla to Kathmandu

Altitude: 1400 meter | Meals: Breakfast/Dinner | Stay: Hotel

- Walk to Lukla Airport and board your scenic mountain flight to Kathmandu.
- Upon arrival in Kathmandu, transfer to your hotel.
- In the evening, receive a certificate from our tour operator to commemorate your successful completion of the Everest Base Camp Trek and Island Peak Climbing.

Day 17: Final Departure from Kathmandu

Altitude: 1400 meter | Meals: Breakfast

- Our representatives will drop you back at Tribhuvan International Airport a few hours before your scheduled flight back home.
- We would greatly appreciate it if you could share your experience by leaving a review.
- We look forward to seeing you again. Have a safe journey.

5. Cost Includes

Airport Pick-up & Drop Services:

- International Airport arrival pick-up
- International Airport drop-off on your final departure day
- Domestic Airport drop-off from the hotel
- Domestic Airport pick-up & transfer to the hotel
- Kathmandu to Ramechhap to Kathmandu drive by sharing transportation (In case of a Lukla flight based in Ramechhap)

Accommodation Services:

- Two Nights 3-star hotel in Kathmandu on BB Plan
- Thirteen nights' best available teahouse accommodation during the Trek
- One night in the setup tent at Camp

Trekking Permit:

- Sagarmatha National Park Permit
- Local Government Entry Permit
- Climbing Permit

Domestic Flights:

- Kathmandu to Lukla flight ticket
- Lukla to Kathmandu flight ticket
- Ramechhap to Lukla to Ramechhap flight ticket (In case of Lukla flight based in Ramechhap)

Food Services:

- Breakfast: Local & continental choice in Kathmandu & during the Trek
- Lunch during the Trek
- Dinner during the Trek
- Welcome & farewell dinner in Kathmandu at the best restaurant.

Guide & Porter Services:

- English-speaking government-licensed Tour, Trekking and Climbing Guide
- Local Sherpa Porter for carrying Luggage (up to 25 kg Max)
- All Meals for the guide & porter

- Insurances for guide & porter
- Well-paid salary as per Government rates
- A first-aid kit box carried by the team leader

Other Services:

- Down jacket and sleeping bag (Returned after trip completion)
- Kathmandu Sightseeing with Private Transportation
- The HRA Brand Duffle Bag for the Trip, Company T-shirt, and Baseball Cap
- Oximeter - To determine your normal oxygen range
- Everest Base Camp Trekking map
- All government and local taxes

6. Cost Excludes

- Nepalese visa fee
- Excess baggage charge
- Extra night accommodation in Kathmandu because of early arrival, late departure, early return from the mountain (for any reason) than the scheduled itinerary
- Lunch and evening meals in Kathmandu
- International flights
- Travel and rescue insurance
- Entrance fee during the tour in Kathmandu
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)
- Tips for guide, porter, and driver
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7. Equipment / Packing List

Here's a complete packing list for Island Peak (6,189m), covering trekking + technical climbing:

Documents & Money

- Passport + permits
- Travel/rescue insurance
- Cash (NPR small bills for teahouses)

Clothing (layering system)

- Base layers (thermal top/bottom, moisture-wicking)
- Mid layer fleece/softshell
- Insulated down jacket (heavyweight, for summit night)
- Waterproof/windproof shell jacket & pants (Gore-Tex or similar)
- Trekking pants + insulated climbing pants
- Down mittens + liner gloves + climbing gloves
- Warm hat/beanie, sun hat, buff/balaclava

- Wool/synthetic socks (trekking) + thick socks for climbing boots

Footwear

- Trekking boots (for approach trek)
- Double/mountaineering boots (plastic or insulated, e.g., La Sportiva Nepal/Olympus Mons) compatible with crampons
- Camp shoes/sandals
- Gaiters

Technical Climbing Gear

- Crampons (fitted to mountaineering boots)
- Ice axe
- Climbing harness
- Ascender (jumar)
- Locking + non-locking carabiners (4-6)
- Prusik cords/slings
- Climbing helmet
- Trekking poles

Sleeping & Camping

- Sleeping bag (-20°C rated for high camp)
- Sleeping bag liner
- Headlamp + spare batteries (essential for summit night)

Health & Personal

- Diamox (altitude sickness) and personal meds
- First aid kit, blister care, painkillers
- Sunscreen (high SPF) + lip balm with SPF
- Sunglasses (glacier-rated, UV400) + spare
- Hand/toe warmers
- Water bottles/thermos + water purification tablets/filter
- Wet wipes, hand sanitizer, toilet paper

Extras

- Daypack (30-40L)
- Power bank
- Snacks/energy bars/electrolytes
- Basic repair kit (duct tape, safety pins)
- Dry bags/waterproof stuff sacks

Climbers can also rent gear and equipment in Thamel. If you need any assistance with renting, we are happy to help you. For a detailed packing list, click here: Packing list for trekking and climbing.