

1. Island Peak Climbing

2. Overview

High Route Adventure presents you with a 19-day Island Peak Climbing Package with a visit to the iconic Everest Base Camp and Kala Patthar. This carefully designed Island Peak itinerary led by our expert team...

3. Itinerary

Day 01: Arrival in Kathmandu (1,300m/4,265ft)

Altitude: 1,350m/4,429ft

Meals: Breakfast

Stay: Hotel

Upon landing at Tribhuvan International Airport, you will be welcomed by representatives from our office, who will guide you directly to the hotel. After freshening up from the day's journey, you will be introduced to the rest of the staff, including your guide for the trip. After a short briefing, we conclude all activities scheduled for the day, and you are free to head down into the local area to enjoy a pleasant evening.

Day 02: Kathmandu Sightseeing and Trip Preparation

Altitude: 1,350m/4,429ft

Meals: Breakfast

Stay: Hotel

Today, you stay back in the capital city, preparing for your long journey ahead. In due course, we will gather all the necessary permits for the trip, and any additional equipment you might need on your journey can be bought today. Time permitting, a short tour of the capital city can be arranged to explore the cultural beauty of the valley, as reflected in the UNESCO World Heritage Sites.

Day 03: Fly to Lukla (2,800m), trek to Phakding (2,651m).

Altitude: 2,610m/8,563ft

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

An early start to the day, we begin our Himalayan adventure heading toward the picturesque town of Lukla. High above the lush green valleys, the 40-minute flight from Kathmandu takes us closer to the majestic Himalayas before giving us a proper introduction to the thrilling Lukla airstrip. Reaching Lukla, we take a brief rest before beginning our journey to the hamlet of Phakding. The trek follows the banks of the Dudh Koshi River, heading past the vibrant Koshi Gaun and Ghat before ascending to Phakding. Overnight in Phakding.

Day 04: Trek to Namche Bazaar (3,440m).

Altitude: 3,440m/11,286ft

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Following the banks of the Dudh Koshi River once again, we exit Phakding before following a trail through the lush green forests to reach Thulo Ghamela. On the pleasant hilly trail, the journey takes us past the vibrant hamlets of Bengkar and Monjo to reach Jorsalle, which also marks our entry into the stunning Sagarmatha National Park. The final stretch of the journey takes us past the snow-capped summit of Kusum Kanguru (6367m) and on to the Sherpa settlement of Namche for the night.

Day 05: Acclimatization day in Namche Bazaar.

Altitude: 3,440m/11,286ft

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

On the first of our acclimatization days, we take some time off in Namche to make sure we are well prepared for the next stretch of the journey. As the Gateway to Everest, the Himalayan town of Namche is always filled with trekkers and locals heading in and out of the region. For our acclimatization hike, we make our way to the hamlets of Khumjung and Khunde, relishing the display of Sherpa culture and way of life. The journey also offers picturesque Himalayan views and gives us the chance to visit the Yeti Skull Monastery, said to house the skull of a real Yeti. Overnight in Namche.

Day 06: Trek to Tengboche (3,860m).

Altitude: 3880m/12,730ft

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Back on the trail once again, we exit the town of Namche following the hilly trail leading to the village of Tengboche. Past Namche, the trail ascends to reach Sanasa and Lawi Schyasa before meeting the Dudh Koshi River. Crossing the river on a suspension bridge, we reach Phungi Thenga, beyond which the trail gently ascends to Tengboche. The quaint hamlet hosts the famed Dawa Choling Monastery and is well known for celebrating the Mani Rimdu Festival in November. Overnight in Tengboche.

Day 07: Trek to Pheriche.

Altitude: 4,200m/13,779ft

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

One of the shorter days of the trek, today we make our way over to the hamlet of Pheriche for the night. As the mountains keep us company, we make our way out of Tengboche, heading to the small settlement of Dingboche (4,410m). On the classic Everest Base Camp trail, we continue our journey north, meeting up with the Imja River at Milingo. Reaching the village of Pangboche, we take a brief rest before beginning one final ascent past the hamlets of Shomare and Worshyo to reach Pheriche.

Day 08: Trek to Lobuche (4,910m)

Altitude: 4,930m/16,175ft

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Exiting Pheriche, we begin our ascent to Dughla along a ragged trail amid alpine hills. High up in the Himalayas, we trek with the majestic views of snow-laden summits of Ama Dablam (6812m), Lingtren (6812m), Lhotse (8,516m), and Nuptse (7,861m) on the horizon. The final stretch of the journey is a gradual ascent through uninhabited lands to Lobuche, where we settle for the night.

Day 09: Trek to Everest Base Camp (5,364m), return to Gorak Shep (5,164m).

Altitude: 5,163m/16,939ft

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

One of the more thrilling days of our journey, today we make our way to the famed Everest Base Camp (5364m). Exiting Lobuche, the trail leads to Gorakshep, then ascends through the lateral moraines of the Khumbu Glacier, with the awe-inspiring Himalayas keeping us company. Navigating past the icy rocky trail, we reach the monumental grounds built in homage to fallen mountaineers. After reaching the base camp of Mt. Everest (8848m), we take some time to live the thrilling experience and marvel at the stunning Himalayan panorama. We then head back to Gorakshep for the overnight stay.

Day 10: Hike to Kala Patthar (5,545m), descend to Lobuche (6,119 m).

Altitude: 4,930m/16,175ft

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Today, we start early so we can make our way to the Kalapatthar viewpoint (5545m) to enjoy a scenic Himalayan sunrise. The ascending journey takes us to Kalapatthar just in time to witness the mesmerizing beauty of the Himalayas. Spread across the horizon are the snowy summits of Ama Dablam (6812m), Lingtren (6749m), Lhotse (8516m), Changtse (7543m), Nuptse (7861m), Cho Oyu (8201m), and the majestic Mt. Everest (8848m). After spending some time gazing at the mind-blowing Himalayan panorama, we begin our descent back to Gorakshep before setting off to Lobuche. Overnight in Lobuche.

Day 11: Trek to Chhukung (4,730m) via Kongma La Pass (5,535m)

Altitude: 4730m/15,518ft

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

One of the more challenging days of our journey, today we make our way to the hamlet of Chhukung, crossing Kongma La Pass (5535m) en route. From Lobuche, the trail gradually ascends through the rocky Himalayan landscape stretching to meet the majestic Himalayan summits on the horizon. Alongside mesmerizing views of the Everest Range, we navigate a well-marked route, ascending steeply towards the summit of Kongma La (5535m). Traversing the glacial moraines of the Khumbu Glacier, we reach the summit to enjoy a stunning Himalayan panorama spread out before us. After a brief stop at the summit, we begin our descending journey to the small settlement of Chhukung for the night.

Day 12: Trek to Island Peak Base Camp (5,200m).

Altitude: 5200m/17316ft

Meals: Breakfast/Lunch/Dinner

Stay: Tent camp

Leaving Chhukung early, we begin our ascending journey to Island Peak Base Camp (5200m). The trail is fairly steep as we head further south, then turns east to reach the moraines of the Lhotse Glacier. The journey then winds through rugged Himalayan landscapes, crisscrossing the Imja and Lhotse glacier moraines, before reaching Island Peak Base Camp (5200m). Overnight at Island Peak Base Camp.

Day 13: Pre-climb training on Island Peak Base Camp(5,200m).

Altitude: 5200m/17316ft

Meals: Breakfast/Lunch/Dinner

Stay: Tent camp

Today, we take the day off trekking at Island Peak Base Camp to indulge in some pre-climb training for a successful summit on Island Peak (6189m). For our practice, we use the south-western face of Island Peak (6189m) heading up to a considerable altitude. We will also map out all the routes for our journey tomorrow and become familiar with the equipment needed for a trouble-free summit. Overnight at the base camp.

Day 14: Summit Island Peak (6,189m), return to Chhukung

Altitude: 4730m/15,518ft

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Today is the day we conquer the gorgeous Island Peak (6189m) and add one more chapter to our book of adventures. Navigating several boulders, we make our way to the summit of the majestic mountain, enjoying a scenic Himalayan sunrise en route. As the trail gets steeper and more difficult, we use rope points to tackle challenging ascents through the mountain crevasses. Reaching the summit of Island Peak (6189m), we take in the mesmerizing Himalayan panorama comprising the entire Everest Himalayan Range before dropping back down to Chhukung for the night.

Day 15: Trek to Pangboche

Altitude: 3,985m/13,283ft

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

With the Himalayas to our backs, we begin our descending journey heading back to the hamlet of Pangboche. Unlike the ascending routes, we find the descending route rather familiar and easier as we make our way through the old settlements of Worshyo and Shomare to reach the Sherpa village of Pangboche. Located on the banks of the Imja River, Pangboche is a perfect place to relish our Himalayan journey.

Day 16: Trek to Monjo

Altitude: 2,780m/9,265ft

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Back on the classic Everest trail, we continue our descending journey heading to Monjo for the night. Leaving Pangboche, the trail follows the Imja River to the hamlet of Milingo before dropping down to Deboche. Upon reaching Tengboche, we again enter lush green forests, passing Phungi Thenga, Lawi Schyasa, and Sanasa, to reach the vibrant town of Namche. Taking a brief rest at Namche, we head south past Jorsalle to reach Monjo.

Day 17: Trek to Lukla

Altitude: 2,800m/9,333ft

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Bidding farewell to Sagarmatha National Park, we leave Monjo and follow the banks of the Dudh Koshi River to the town of Lukla. The trail takes us back to the villages of Bengkar and Thulo Ghamela, beyond which lies the hamlet of Phakding. Retracing our steps through the lush green forests of rhododendron and magnolia, we continue our descent past Ghat and Koshi Gaun before ascending to Lukla for the night.

Day 18: Fly to Kathmandu (1,300m).

Altitude: 1,350m/4,429ft

Meals: Breakfast/Dinner

Stay: Hotel

Today, we relive the thrill of Lukla airstrip as we set off on our flight back to the capital city. Bidding goodbye to the majestic Himalayas, the 40-minute flight brings us back to the hustle and bustle of Kathmandu.

Touching down at Tribhuvan International Airport, we head straight to the hotel, wrapping up all the scheduled activities for the trip. For the rest of the day, you are free to explore the local area or relax at the hotel, recuperating from your journey.

Day 19: Final Departure from Kathmandu

Meals: Breakfast

Our representatives will drop you back at Tribhuvan International Airport a few hours before your scheduled flight back home. We hope you had a lovely time with us, and we look forward to seeing you again.

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 Rameshchap to Kathmandu drive by sharing transportation (In case of Lukla flight based in Ramechhap)

Accommodation Services:

- Three Nights 3-star hotel in Kathmandu on BB Plan

- Thirteen nights' best available teahouse accommodation during the trek
- Two-night tent 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 mountain (due to 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

7. Equipment / Packing List
