



Island Peak Expedition Itinerary (16 Days)

This itinerary outlines a 16-day expedition for the Island Peak climb, beginning and ending in Kathmandu and including essential acclimatization days.

Day	Activity	Key Location	Altitude (Approx.)	Notes
1	Arrival in Kathmandu	Kathmandu	1,400m / 4,593ft	Meet your guide and prepare for the trek.
2	Fly to Lukla, Trek to Phakding	Phakding	2,610m / 8,563ft	Early morning scenic flight to the Tenzing-Hillary Airport in Lukla.
3	Phakding to Namche Bazaar	Namche Bazaar	3,440m / 11,286ft	Trek across the Dudh Koshi River and up to the Sherpa capital.
4	Acclimatization Day in Namche Bazaar	Namche Bazaar	3,440m / 11,286ft	Explore the town and hike to a higher viewpoint (e.g., Everest View Hotel).
5	Namche Bazaar to Tengboche	Tengboche	3,860m / 12,664ft	Visit the Tengboche Monastery, the largest in the Khumbu region.
6	Tengboche to Dingboche	Dingboche	4,410m / 14,469ft	The trail passes through rhododendron and birch forests before ascending above the tree line.

Day	Activity	Key Location	Altitude (Approx.)	Notes
7	Dingboche to Chhukung	Chhukung	4,730m / 15,518ft	A shorter trek to prepare for the acclimatization climb.
8	Acclimatization: Climb Chhukung Ri and Return to Chhukung	Chhukung	4,730m / 15,518ft	Climb to the summit of Chhukung Ri (approx. 5,550m) for spectacular views and better acclimatization.
9	Chhukung to Island Peak Base Camp	Island Peak Base Camp	4,970m / 16,306ft	Establish base camp for the peak ascent.
10	Pre-Climb Training at Island Peak Base Camp	Island Peak Base Camp	4,970m / 16,306ft	Review climbing techniques, including use of ropes, jumar, and crampons.
11	Island Peak Summit	Summit (Mera Peak)	6,189m / 20,305ft	Early morning ascent for the summit, followed by return to Base Camp.
12	Island Peak Base Camp to Pangboche	Pangboche	3,930m / 12,894ft	Begin the descent to lower altitude.
13	Pangboche to Namche Bazaar	Namche Bazaar	3,440m / 11,286ft	Continue descending through familiar terrain.
14	Namche Bazaar to Lukla	Lukla	2,860m / 9,383ft	Final day of trekking to Lukla.
15	Fly to Kathmandu	Kathmandu	1,400m / 4,593ft	Scenic morning flight back to Kathmandu.
16	Final Departure	Kathmandu	1,400m / 4,593ft	Transfer to the international airport for final departure.

Day-by-Day Description

Days 1-4: Arrival and Acclimatization Start

The expedition begins with arrival in **Kathmandu** (Day 1), followed by an early morning scenic flight to the Tenzing-Hillary Airport in **Lukla** (Day 2). From Lukla, the trek immediately begins with a relatively short hike to **Phakding**. Day 3 involves a challenging

ascent across the Dudh Koshi River and up to **Namche Bazaar**, the bustling Sherpa capital. Day 4 is an essential acclimatization day in Namche, involving local exploration and a hike to a higher viewpoint, such as the Everest View Hotel, before returning to the same altitude.

Days 5-8: Ascent to Higher Altitude and Training

On Day 5, the trek continues from Namche to **Tengboche**, home to the region's largest monastery, offering spectacular views of Ama Dablam. Day 6 sees the landscape shift as the trail passes through forests before ascending above the tree line to **Dingboche**. The route continues to **Chhukung** (Day 7), a shorter trek designed to prepare for the crucial acclimatization climb. Day 8 is dedicated to climbing **Chhukung Ri** (approx. 5,550m), an important part of the 'climb high, sleep low' acclimatization strategy, followed by a return to Chhukung.

Days 9-11: Summit Push

Day 9 is a short but significant trek to **Island Peak Base Camp** (4,970m), where the team establishes camp. Day 10 is crucial for reviewing and practicing essential technical skills, including the use of fixed ropes, jumar, and crampons, to prepare for the summit attempt. Day 11 is the **Summit Day**, requiring an early morning start for the climb to the top of Island Peak (6,189m / 20,305ft), followed by the descent back to Base Camp.

Days 12-16: Descent and Departure

The long descent begins on Day 12 from Base Camp to **Pangboche**, rapidly losing altitude. Day 13 continues the descent through familiar terrain back to **Namche Bazaar**. Day 14 marks the final day of walking as the team makes the trek from Namche back to **Lukla**. The expedition concludes with a scenic morning flight from Lukla back to **Kathmandu** (Day 15), where a final celebration dinner is often held. Day 16 is reserved for the final departure from Kathmandu.

Expedition Cost Information

This section provides a general overview of what is typically included and excluded in the Island Peak Expedition package price.

Cost Includes

The following services and amenities are generally covered by the expedition fee:

- **Accommodation:**
 - 3 nights in a 3-star hotel in Kathmandu (twin sharing basis), including breakfast.

- 12 nights in standard trekking lodges/tea houses during the trek.
- High-quality tented accommodation at Island Peak Base Camp and High Camp (if used).
- **Transportation & Flights:**
 - All necessary airport transfers (arrival and departure).
 - Round-trip domestic flights: Kathmandu to Lukla and Lukla to Kathmandu, including airport taxes.
- **Guide and Staff:**
 - Experienced, government-licensed, English-speaking trekking and climbing guide.
 - Assistant guides and strong, experienced porters (one porter for every two trekkers, carrying a maximum weight limit).
 - High-altitude climbing Sirdar (leader) and support climbing staff.
 - Staff wages, food, accommodation, and necessary insurance.
- **Permits and Fees:**
 - Trekking permits (Sagarmatha National Park entry fee and TIMS card).
 - Island Peak climbing permit fee.
- **Climbing Gear & Equipment (Group Use):**
 - High-quality tents and dining tents at Base Camp.
 - Fixed ropes, snow bars, ice screws, and other necessary climbing hardware.
 - Medical kit and oxygen bottle for emergency use (carried by the guide).
 - Gamow Bag (portable hyperbaric chamber) for emergency use.
- **Meals:**
 - Full board meals (Breakfast, Lunch, and Dinner) during the entire trek and climb period (Day 2 to Day 15 lunch).

Cost Excludes

The following items are typically **not** covered and should be budgeted for separately:

- **International Travel:**
 - International airfare to and from Kathmandu, Nepal.
 - Nepal entry visa fee (obtainable upon arrival at Kathmandu Airport).
- **Personal Expenses:**
 - All meals in Kathmandu (except breakfast mentioned in inclusions).
 - Personal travel insurance, including emergency rescue and evacuation coverage (MANDATORY).
 - Tips for guides, porters, and climbing staff.
 - Expenses of a personal nature (hot showers, charging electronic devices, bottled water, soft drinks, alcoholic beverages, laundry).
- **Personal Climbing Gear:**

- Personal climbing equipment (e.g., mountaineering boots, ice axe, harness, jumars, crampons, helmet, down suit, sleeping bag). Rental options are usually available.
- **Unexpected Costs:**
 - Cost of early return, changes in itinerary due to weather, political unrest, or unforeseen circumstances.
 - Extra costs due to flight delays or cancellations (e.g., extra hotel nights or private helicopter charges).

Insurance Requirements

Personal Travel and Medical Insurance

It is **mandatory** for all participants to obtain comprehensive travel and medical insurance before the expedition. Your policy must explicitly cover:

- **Emergency Medical Expenses:** Coverage for illness or injury sustained during the trek and climb.
- **Medical Repatriation:** Coverage for transport to a suitable medical facility, both locally and internationally.
- **Emergency Evacuation:** Coverage for high-altitude helicopter rescue and evacuation (a common requirement in the Everest region).
- **Trip Cancellation/Interruption:** While optional, this is highly recommended to protect against unforeseen changes to your travel plans.

Note: Ensure your insurance policy covers mountaineering activities up to an altitude of at least 6,500 meters (21,325 feet).

Staff Insurance

The expedition company is responsible for ensuring the well-being and safety of all local staff supporting the climb. The expedition cost **includes** the following insurance coverage for all guides, assistant guides, porters, and high-altitude climbing staff:

- **Medical Insurance:** Coverage for medical treatment in case of injury or illness while on duty.
- **Accident and Life Insurance:** Coverage that provides compensation in the event of disability or death while working on the expedition.
- **High-Altitude Rescue Coverage:** Policies that specifically cover the costs of emergency helicopter rescue for staff operating at altitude.