



COMMUNITY ACTION TREKS

Island Peak

Spectacular views of some of the highest peaks in the world!



NEPAL





GRADE
DEMANDING

MAX ALTITUDE
6189m

TREKKING DAYS
15

TRIP LENGTH
20 days

MIN PEOPLE
4

Island Peak

At 6189m, Island Peak is an accessible and technically easy trekking peak. The amphitheatre of peaks that surround Island Peak are second to none, with the Nuptse/Lhotse Wall, the massive south face of Lhotse 8501m, Lhotse Shar 8383m, and Makalu 8463m in the distance to the east. To the south is the impressive wall of Baruntse 7220m leading to Ama Dablam 6856m. Taweche 6542m can be seen in the distance to the west.

From Kathmandu we fly to Lukla and the adventure begins as we land at its tiny airstrip. We spend several days trekking through the homelands of the Sherpa people, among their villages and monasteries, with distant views of Everest and Ama Dablam. We spend rest days at Namche Bazaar and at Pheriche to allow time to acclimatise, which is a very important factor, not only for our enjoyment but also for our overall success.

To enjoy the trek and climb fully, you need to be fit and walk regularly. Previous climbing or mountaineering experience is necessary since we will be using ropes, crampons and axes, sometimes on exposed ground, and competence on such terrain is needed. Participation in a winter skills course would be advisable if you feel you aren't confident in these skills. Previous experience at altitude is not a pre-requisite but is useful. If you have any doubts as to your suitability for this trip, you can telephone us for advice.



TREKKING WINDOW
MAR - MAY & OCT - DEC

PRICE

£2110 per person* (land only price - see last page)

*prices subject to change



Island Peak

Itinerary

LODGE AND CAMPING TREK

walking times are approximate

Day 1

Arrive Kathmandu

Namaste! And welcome to Kathmandu, the colourful capital of Nepal where ornately carved balconies mingle with beautiful shrines and temples. Your adventure begins with a welcome meeting on arrival at the exit gate of Kathmandu airport. Our staff will welcome you with CAT's palm plate and take you to your hotel. For the rest of the day you can relax at the hotel or take a short evening walk around the local market on your own.

Day 2

Free Day in Kathmandu

Explore the fascinating city of Kathmandu, with its temples and markets, or take an optional excursion (can be booked locally through our Nepal office) into the Kathmandu Valley.

Day 3

Drive to Ramechhap, Fly to Lukla and trek to Phakding 2600m (3 hours' drive, 16 mins flight, 3 hours walking).

This morning, we leave the hotel at 3 am to drive to Ramechhap. Then, we fly into Lukla airport, at 2800m. Leaving Lukla, the path winds along the hillside to the east of the Dudh Kosi River, past teahouses and lodges to Phakding.

Day 4

Phakding to Namche Bazaar 3440m (5 hours walking).

A steady climb through the fertile Dudh Kosi valley with its many farms and settlements to Namche Bazaar 3440m, the most important Sherpa town and a former trading centre with Tibet.

Day 5

Namche Bazaar acclimatisation day.

Today is an acclimatisation day. Namche Bazaar is well worth exploring, with its Buddhist monastery and distant views of Everest. For better acclimatisation we recommend that you walk to the Everest View Hotel (½ day walk) or to one of the nearby villages such as Khunde, or Thame.





Day 6

Namche Bazaar to Thyangboche 3867m (5 - 6 hours walking).

After our rest day we set off trekking again. Within an hour the towering summit of Ama Dablam appears to the east, while glimpses of Everest lure us onwards. The gentle trail crosses the Dudh Kosi river at Phunki Tenga where we start the long climb up to Thyangboche, where we lodge overnight near the monastery.

Day 7

Thyangboche to Pheriche/Dengboche 4252m (4 - 5 hours walking).

We descend to the Dudh Kosi river through rhododendron forests. Though they are only in bloom in spring, it is nevertheless a wonderful sight to see these magnificent trees in their natural surroundings. We continue to Pangboche village where the monastery once held a yeti scalp, apparently stolen a few years back!

Day 8

Pheriche/Dengboche acclimatisation day.

Today we have an acclimatisation day at Pheriche. We recommend a local walk to gain height during the day, returning to spend a second night at the same altitude. This is a very important aspect of our trek and will undoubtedly assist with the success and our enjoyment of it.

Day 9

Pheriche/Dengboche to Chukhung 4730m (3 - 4 hours walking).

We trek over to Dengboche and enter a side valley to the main Khumbu Trek. We continue up the valley alongside the Imja Khola with stunning views all round. Our goal, Island Peak, is clearly visible straight ahead whilst we have Ama Dablam 6856m to our right and the Nuptse /Lhotse wall towering over us on the left. We continue up to the village of Chukhung.

Day 10

Chukhung to Island Peak Base Camp 4970m (3 - 4 hours walking).

We begin our trek to base camp along a ridge giving fine views of our mountain. We also have our first encounter with snow as we cross the lower reaches of the Imja glacier. We camp overnight.

Day 11

Island Peak Base Camp to High Camp 5700m (2.5 hour day).

The summit can be attained in one long day, but we prefer to establish a high camp on the southern slopes of the mountain. The views from this enclave are simply stunning and the sense of solitude will be, perhaps, felt for the first time as we get away from the crowds. We camp overnight at high camp.

Day 12

Island Peak Summit Day 6189m (6 - 7 hour day).

With an early start, we will be well ahead of teams starting their ascent from the Base Camp. Soon after leaving the high camp, we will rope up and start on the first snow slopes where we will be using our crampons and ice axe. The route is fairly easy to follow and winds up snow gullies and rock bands before easing off to a small plateau, where we will be able to take a good rest and enjoy the first rays of dawn. Ahead of us lies a short steep slope that leads to the summit ridge, which we will follow to the summit itself. We will probably be well ahead of any other parties, having had a head start, and we can enjoy the summit and the stupendous views around us before descending to base camp where we camp overnight.

Day 13

Contingency Day.

Today is a contingency day in our itinerary in case of bad weather or difficulties in acclimatising.

Day 14

Trek to Dengboche 3757m (4 - 5 hours walking).

We leave Base Camp and follow our course back to the village of Dingboche where we lodge overnight. The impressive north face of Taweche lies dead ahead as we reflect on our achievement.

Day 15

Dengboche to Thyangboche 3860m (4 - 5 hours walking).

We descend the Imja Khola Valley to the village of Pangboche 3901m, with its 300-year-old monastery containing wall paintings and Tibetan manuscripts. Through Dingboche 3757m we continue to Thyangboche Monastery in a magical setting that commands impressive views of shapely Ama Dablam. We lodge overnight near the monastery.





Day 16

Thyangboche to Namche Bazaar 3440m (3 - 4 hours walking).

The scenery changes yet again as we walk through woodlands to reach Namche Bazaar where we lodge overnight. An optional evening walk will give us our last views of Everest.

Day 17

Namche Bazaar – Lukla 2800m (6 hours walking).

We may wake to the sound of Tibetan horns high above the village. From here the deep valley of the Dudh Khosi drops away as we retrace our steps to Lukla.

Day 18

Fly from Lukla to Ramechhap (16 mins flight), Drive to Kathmandu (4 hours' drive).

Weather permitting, we will fly to Ramechhap, and drive to Kathmandu with beautiful views along the way. There should be time to do a little shopping in Kathmandu during the evening, or to relax at the hotel.

Day 19

Free day in Kathmandu

There is time today to shop for crafts or explore the city. Kathmandu is a great place to buy presents!

Day 20

Depart Nepal

Transfer to Kathmandu airport.





The price includes (on a lodge and camping basis):

- Transfers between Kathmandu airport and hotel accommodation.
- Journeys (by air and road) between Kathmandu and Lukla, including departure taxes for internal flights, where applicable.
- Accommodation for 4 nights in Kathmandu in rooms on sharing basis (single supplement extra) with shower and WC and inclusive of breakfast, as per itinerary.
- Three meals a day (open Lodge menus) and accommodation (sharing basis) during the trek.
- Participation in the trek as per itinerary inclusive of full board, camping equipment (not sleeping bags)
- Services of local porters (15 kg load per participant), Sirdar (head guide) and assistant guide (depending on group size) and kitchen staff whilst camping.
- Climbing support Sherpa during the climbing days.
- All Nepalese staff insurance as per Government regulations.
- All trekking permits, including Island Peak permit.

Not included:

- International flights
- Nepalese visa - (please refer to our document "Preparing for your trek: Nepal" for latest prices).
- Meals other than breakfast in Kathmandu.
- Personal climbing equipment.
- Travel insurance.
- Tips.
- Items of a personal nature such as drinks, laundry, telephone calls and souvenirs (allow approximately £250 spending money).

Land only prices

The cost of international flights, particularly those to Nepal, are less predictable than they used to be. Airlines now request full payment upfront. As a result, we will quote you a land-only cost.

Options

Extra nights are available in Kathmandu in our group hotel, and in Pokhara in our choice of accommodation. Extension packages can also be organised in Nepal, Tibet or Bhutan.

Please refer to our Himalayan extensions guide for more details. Extensions should be arranged prior to booking international flights.

Contact us

for more information about any of our treks, please contact us and speak to our professional travel guides using the information below:

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Important Note

Whilst we expect that the trek will run as per the itinerary, participants should accept that there is a possibility of changes being necessary subject to local conditions.