

ISLAND PEAK (Imja Tse)

- Grade:** Expedition 
- Land-only duration:** 20 days Kathmandu - Kathmandu
- Trekking days:** 15
- Maximum altitude:** 6189m
- Minimum numbers:** Requires just 4 participants to guarantee these departures at the advertised price.
- Dates and prices:** Our latest dates and prices list is available at www.catreks.com or from the CAT office.



View from Island Peak (Wyn Owen & Alison Owen-Yates)



At 6189m, Island Peak is an accessible and technically relatively 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.

Fitness: 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.



Namche Bazaar (Andy Norris)

• Land-only prices:

The cost of flights, in particular 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, and quote separately for the cheapest flights we can find at the time of your booking. We will, however, require full payment for the flights prior to booking them. If you prefer to search for alternative flights yourself, we can sell you the trek at the land-only price.

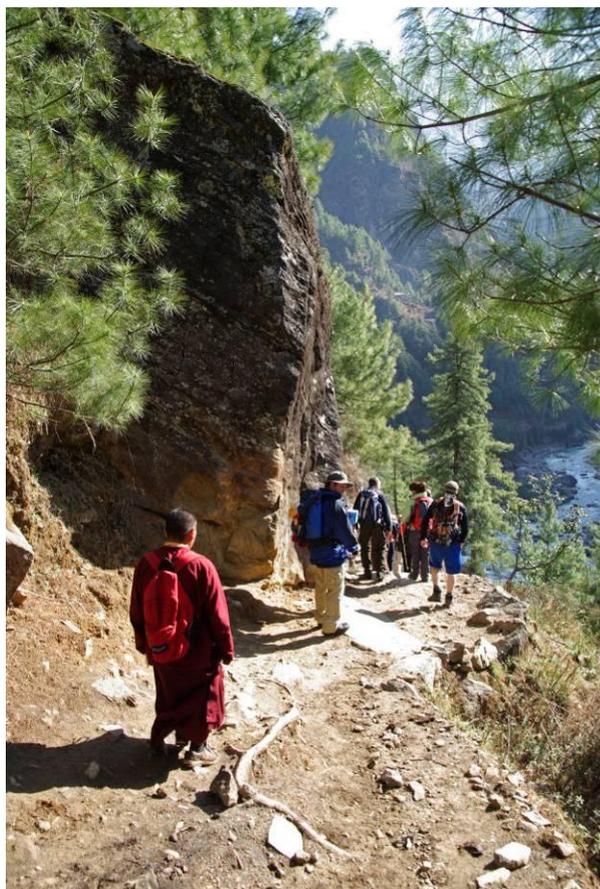
• Important note – minimum numbers:

Before booking flights, please note that this trip requires a minimum of 4 trekkers before we can guarantee the departure at the advertised price. Please note that should you decide to book your own flights, it is essential that you check with the Community Action Treks office to ensure that the departure is guaranteed before committing financially to any flights or travel arrangements.

OUTLINE ITINERARY

Walking and journey times are approximate

- Day 1 Arrive Kathmandu**
Transfer to hotel. The rest of the day is free.
- Day 2 Free day in Kathmandu**
A chance to explore the fascinating city of Kathmandu, with its temples and markets, or to take an optional excursion (these can be booked locally through our Nepal office) into the Kathmandu Valley.
- Day 3 Fly to Lukla and trek to Phakding 2600m**
3 hours walking
Early start for a spectacular mountain flight to the tiny airstrip at Lukla 2827m. Here we meet with our porters and begin the trek with a short walk to Phakding 2600m.
- 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.



Above Benkar (Andy Norris)

- 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 it is recommended 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**
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 camp overnight near the monastery.
- Day 7 Thyangboche to Pheriche 4240m**
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 many of these magnificent trees in their natural surroundings. We continue to Pangboche village where the monastery once held a suspected yeti scalp, apparently stolen a few years back. We camp at Pheriche 4240m.
- Day 8 Pheriche acclimatisation day**
We have an acclimatisation day at Pheriche, and a local walk to gain height during the day is recommended, 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, as well as with our enjoyment of it.
- Day 9 Pheriche to Chukhung 3/ 4 hours walking**
We trek over to Dingboche 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, where we will camp.
- Day 10 Chukhung to Island Peak Base Camp**
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.
- Day 11 Island Peak Base Camp to High Camp**
5700m
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.

**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 its way 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.

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 Dingboche 3757m
4 / 5 hours walking**

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

**Day 15 Dingboche 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.

**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. An optional evening walk will give us our last views of Everest.

Day 17 Namche Bazaar to Lukla

We may awake to the sound of Tibetan horns high above the village. From here the deep valley of the Dudh Khosi drops away as we start to retrace our steps and return to Lukla. (6 hours)

Day 18 Fly to Kathmandu

We fly from the tiny mountain airstrip back to Kathmandu, with a last chance to glimpse the mighty snow-capped Himalaya in the distance. Overnight at our group hotel.

Day 19 Free day in Kathmandu

A chance to do some shopping or explore at leisure.

Day 20 Depart Nepal

Transfer to Kathmandu airport for international flights.

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.

The Price Includes:

- Transfers between Kathmandu Airport and hotel accommodation
- Accommodation for 4 nights in Kathmandu in rooms with shower and wc and inclusive of breakfast
- Participation in the trek as per itinerary inclusive of full board, camping equipment (not sleeping bags), services of porters (15 kg load per participant); Sirdar (head guide) and kitchen staff; trekking 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
- Excess baggage / portering charges incurred above 15kg per person
- Travel insurance
- Tips
- Items of a personal nature such as drinks, laundry, telephone calls and souvenirs (allow approximately £250 spending money)

Options:

- Extra nights are available in Kathmandu in our group hotel, and in Pokhara in our choice of accommodation.
- Extension packages can also be organized in Nepal, Tibet or Bhutan. Please refer to our Himalayan extensions dossier for more details. Extensions should be arranged to booking international flights.