

ISLAND PEAK CLIMBING

“One of the best treks in the world, Everest Base Camp Trek clubbed with Island Peak is an adventurer’s dream come true.”



Grade - Difficult

Max Altitude - 18,200 Ft. / 5545 meters

Total Duration - 18 Days

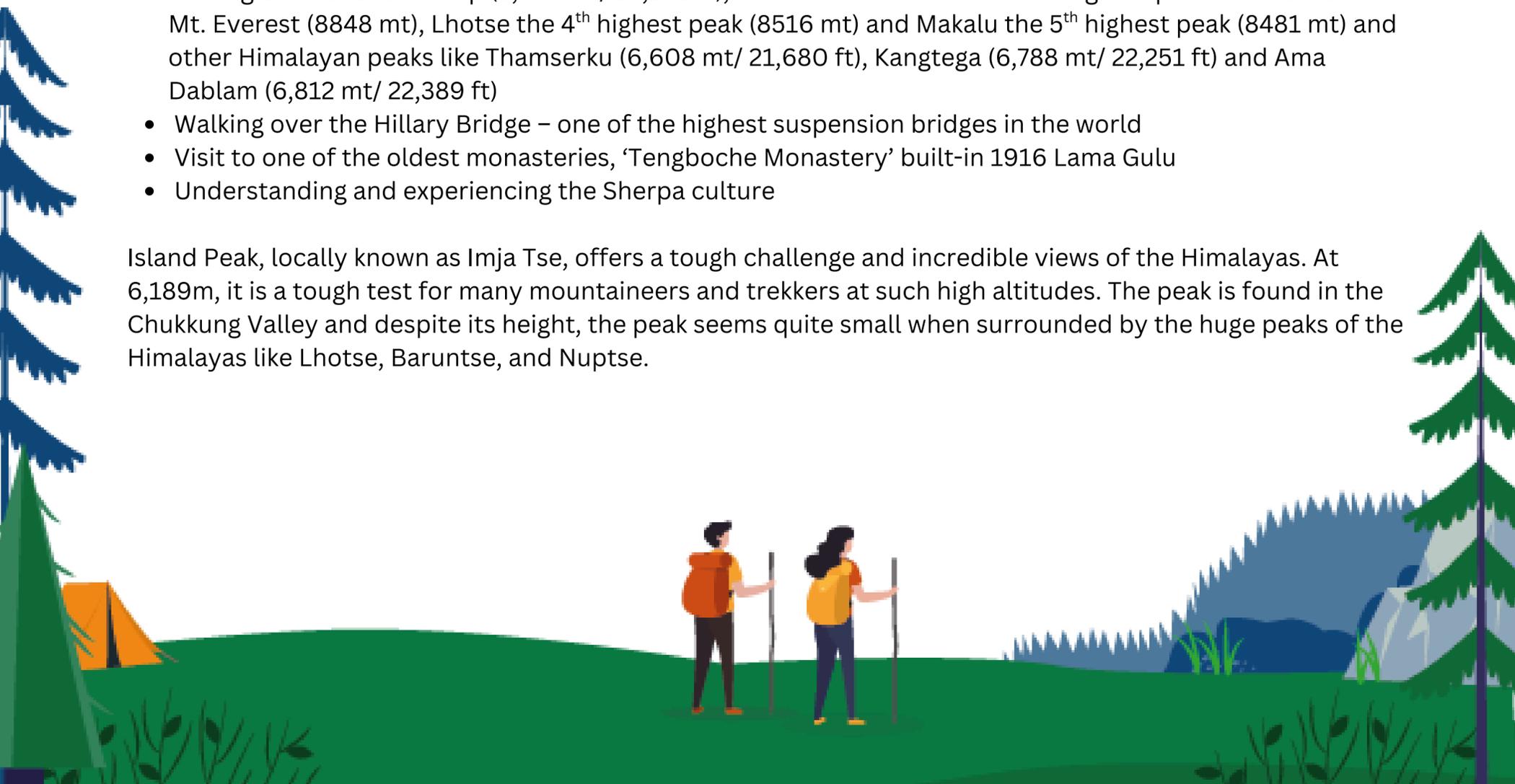
Trekking Days - 14 Days

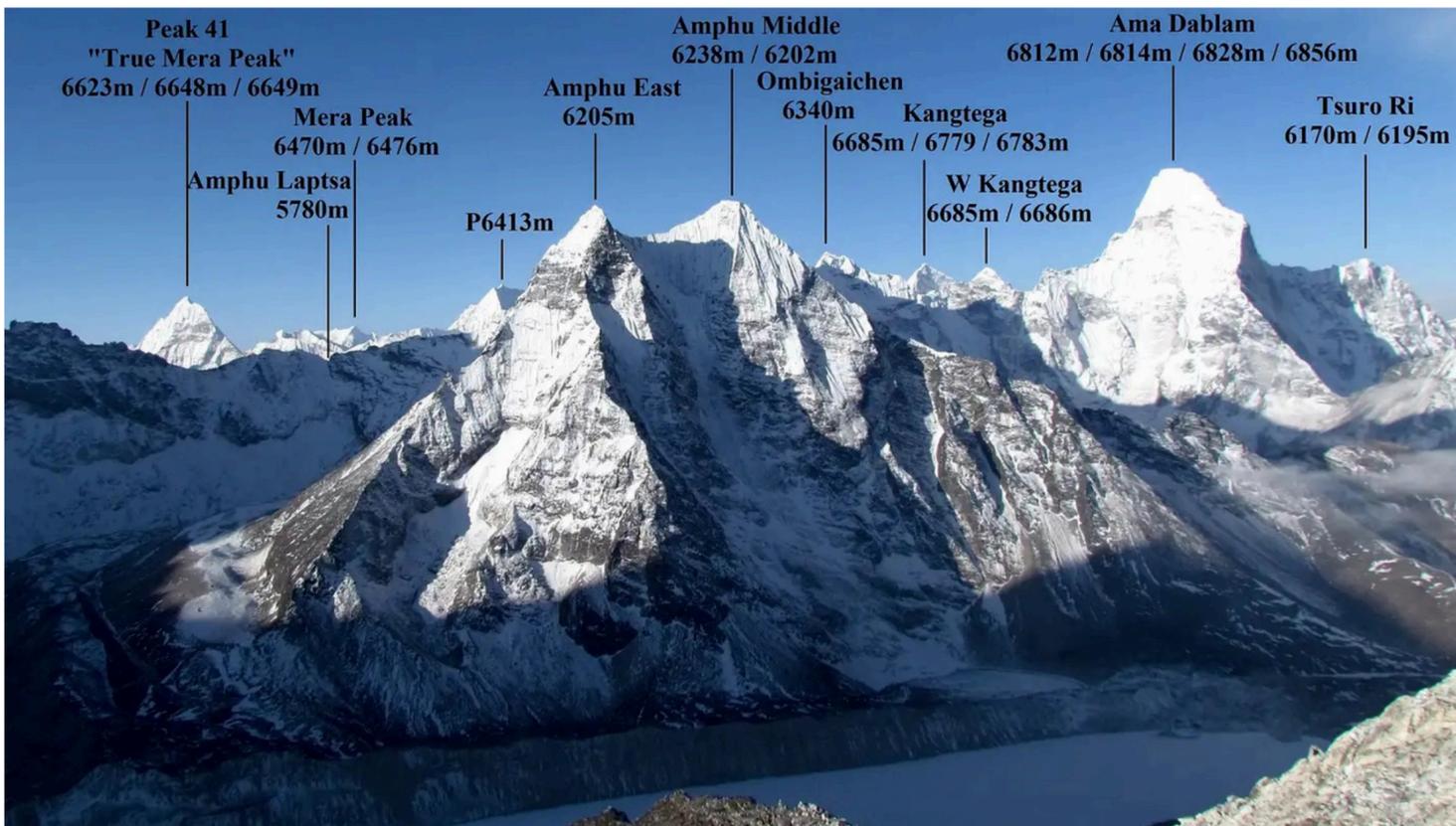
**Activity per Day - Approximately 4-6 hrs. Walking
plus 3 days of climbing**

Highlights

- Climbing Island Peak - 6189 meters which is climbed by Everest Summit aspirers
- Visiting Everest Base Camp (5,545 mt/ 18,192 ft), view of three of the of the 5 highest peaks of the world – Mt. Everest (8848 mt), Lhotse the 4th highest peak (8516 mt) and Makalu the 5th highest peak (8481 mt) and other Himalayan peaks like Thamserku (6,608 mt/ 21,680 ft), Kangtega (6,788 mt/ 22,251 ft) and Ama Dablam (6,812 mt/ 22,389 ft)
- Walking over the Hillary Bridge – one of the highest suspension bridges in the world
- Visit to one of the oldest monasteries, ‘Tengboche Monastery’ built-in 1916 Lama Gulu
- Understanding and experiencing the Sherpa culture

Island Peak, locally known as Imja Tse, offers a tough challenge and incredible views of the Himalayas. At 6,189m, it is a tough test for many mountaineers and trekkers at such high altitudes. The peak is found in the Chukkung Valley and despite its height, the peak seems quite small when surrounded by the huge peaks of the Himalayas like Lhotse, Baruntse, and Nuptse.





This spectacular 6000m peak was actually used as a training peak by Edmund Hillary and Sherpa Tenzing Norgay in 1953. The route they discovered is the same one that is used today and Island Peak is still a popular training peak for mountaineers attempting to climb Mount Everest. Island Peak is advertised as a trekking peak or beginner peak but it's a pretty intense climb if it is your first foray into mountaineering or high-altitude mountains. From the base camp, you have 1000m of elevation gain to climb during the night. The final wall to the summit requires jumar technique and some good fitness as the climb can be very steep in parts.

Itinerary: Island Peak

Itinerary

Post EBC completion or if straight then similar as EBC upto Dingboche

Day 1 Trek from Dingboche to Chhukung, after lunch hike climbing training

Dingboche: (4,360m/14,290 ft) Chhukung: (4,700m/15,420ft)

Trek Duration: 4/5 hours. Common room- twin sharing (Breakfast, Lunch & Dinner)

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Day 2: Trek to Island Peak base camp

Chhukung: (4,700m/15,420ft) Island Peak Base Camp: (5,087m/16,690ft)

Trek Duration: 6 hours

Tented camp- twin sharing (Breakfast, Lunch & Dinner)

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Day 3: Summit Island Peak and back to Chhukung/ Dingboche

High Camp: (5,500m/18,045ft) Island Peak (6,189m/20,305ft)

Trek Duration: 6 hours

PLEASE GET IN TOUCH WITH US FOR COST DETAILS

