Island Peak (Imja Tse)



Popularly known as Imja Tse, Island Peak is the most climbing peaks in Nepal. It appears as an island of the icy sea while viewing form Dingbuche and on close inception, it exposes itself to be the most interesting and attractive summit with a highly glaciated west face rising from the Lhotse glacier. Trek to Kala Patthar and Everest base camp is best suitable for acclimatization before proceeding to the climbing on Island Peak.

Summit of Island Peak offers the most amazing panorama of the Himalayas in the entire Everest region. Nuptse (7,879m) Lhotse (8,501m), in the west to Lhotse Middle Peak (8,410m) and Lhotse Shar (8,383m), Makalu (8475m) in the east, Baruntse, and Amadablam in the south are seen. Considering the growing interests in climbing Island Peak is as part of training and preparation for an extensive mountaineering expedition in Nepal as the Island Peak stands for the purpose of acclimatization before heading to bigger mountain climbing.

The normal route for climbing Island Peak is South East Flank & South-West Ridge. Normally, the base camp is set at Pareshaya Gyab (5,087m), between Imja Tse and the lateral moraine of the Imja Glacier. Proper care should be taken to avoid the possible avalanche in the event of heavy snowfall. For some people reaching to the summit from the base camp is a day's activity. However, most of the climbers prefer alpine style camping at high camp which adds the joy of climbing and also helps a safe ascent.

Duration: 19 days

Price: $3500

Rating: 3 Star

Group Size: Minimum Pax - 1

Grade: Strenuous

Destination: Nepal

Activity: Peak Climbing in Nepal

Itinerary:

Day 01: Arrive in Kathmandu

On arrival to Kathmandu; we will greet you at the airport and transfer you to the lonely planet recommended Hotel Blue horizon or similar standard hotel. Later we meet and take you to our head office, brief your upcoming Island Peak Climbing with us and introduce our trekking guide. After this meeting, we will take for a welcome dinner at one of the typical Nepalese restaurant.

Day 02: Day 02 : Rock climbing course at Kathmandu

We will take you Nagarjuna hill site, 3 km far from the city, a natural rock climbing spot for your climbing course. This course will provide excellent opportunities to learn how to use rope, harness, Iceaxe, crampons although there is no snow. Or after breakfast, we start our city tour which includes the main touristic attraction of Kathmandu valley eg- Kathmandu durbar square, monkey temple, Buddha, Pashupatinath temple. Overnight at Kathmandu.

Day 03: Kathmandu- Lukla & trek to Phakding Lukla 2800m/9186ft & Phakding 2652m/8700ft. 3-4 hrs

We drive to the airport early in the morning to take our flight to Lukla (2,800m) and meet our other trekking crew there and start our trek. Today you will take an easy walk passing through Chaurikharka village and make a descent towards the Dudhkosi Ghat (2,530m/8,300ft). The trail follows the bank of the Dudhkosi River until Phakding (2,652m/8,700ft) where we estimate for overnight today. The first day is short for acclimatize reason. Explore the village with the remaining time and overnight at lodge.

Day 04: Day 04 : Phakding- Namche Bazaar: 3440m/11283ft. 5-6 hrs walk

The trail crosses the Dudhkoshi River over a long suspension bridge, walking through a beautiful pine forest and then leads you along the river to Hilary's Suspension Bridge. Today en route you will see the first view of the Mt Everest. The trail further climbs to Namche Bazaar which is the gateway to Mt. Everest and is the main trading center of this region. This day, you will overnight in Namche Bazaar (3,440m/11,284ft).

Day 05: Acclimatize day & Excursion

We estimate acclimatization day at this day to adopt high altitude before heading for the EBC. You may spend this day taking a day hike to Thame, visiting Khunde or take a trip to Everest view hotel for the breathtaking views of Mt. Everest or relaxing and exploring Namche museum or Namche Bazaar itself.

Day 06: Namche Bazaar - Tyangboche 3870m/12696ft. 5-6 hours walk

Today, we start our trek towards Tengboche. We take a smooth walk along the mountainside and walk down to Riverside for lunch. And from here we start walking up gradually through the pine forest for 2 more hours to reach Tengboche. Tengboche is a very great place to view close views of Ama-Dablam. And it has a biggest Buddhist Monastery all over in Khumbu region.

Day 07: Tyangboche- Pheriche

Altitude: 4240/13190ft
The distance of walking: 4-5 hrs walk

We descend for half an hour to the riverside through nice forest, cross the river and start trekking up towards the opposite hill and landscapes starts drier and dessert afterward. We will cross a traditional and cultural Sherpa village Panboche where we can see a close up daily activities of Sherpa people. After this, we make a gradual up towards a small hill afterward trail goes to wide mountain valley- Pheriche. This is a nice wide village located on the riverside. A small helipad is available here for a helicopter rescue and

daily High altitude Mountain sickness class available here with Mt. Specialist. Overnight stay at a lodge.

Day 08: Pheriche- Lobuche

Altitude: 4,928m/16164 ft
The distance of walking:5-6 hrs walk

Today, we take an easy walk up to Duglha (4,620m/15,158ft), stop here for lunch and continue our trek to Lobuche. The trail goes from Duglha directly up to the Khumbu Glacier for an hour, then left into the memorial area before reaching the village of Lubuche (4,930m/12,894ft) for overnight. By this stage, the effects of the altitude will be kicking in and nights are expected to be cold here.

Day 09: Lobuche- Gorakshep- Everest Base Camp Excursion

Altitude: At Gorakshep 5,160m/16,929ft & Everest Base Camp 5,320m/17,450ft
Distance of walking: 6-8 hrs walk

The trail continues to climb to Gorak Shep, check in to Mt. Lodge, lunch and start your hike to EBC. This day leads you finally to the Everest Base Camp (5,357m/17,575ft) walking through rocky and glacial trails which is the most wonderful renowned place of this trek. After visiting the Everest Base Camp you will return to Gorak Shep (5,160m/16,929ft) for overnight.

Day 10: Gorak Shep - Kala Pattar- Pheriche

Altitude: At Kala Patthar 5545m/18,187ft & Pheriche 4240/13190ft
The distance of walking: 7-8 hours walk

Today early morning your leader will knock your door to wake up you with a dark climb up to the Kala Pattar. It takes a couple of hours to walk up to the famous viewing point of Kala Pattar (Black Rock) at 5,545m/18,192ft; this small peak offers the best views of Mt. Everest, Nuptse, Lhotse, Pumori, and Ama Dablam. The views are golden along with sunrise and then back to its original color of white snow-capped. Explore sunrise with Everest as long as you want then hike back to Gorekshep, breakfast and will retrace back to Pheriche. Overnight at Pheriche.

Day 11: Pheriche- Chhukung

Altitude: At Kala Patthar 5545m/18,187ft & Pheriche 4240/13190ft
The distance of walking: 7-8 hours walk

Today early morning your leader will knock your door to wake up you with a dark climb up to the Kala Pattar. It takes a couple of hours to walk up to the famous viewing point of Kala Pattar (Black Rock) at 5,545m/18,192ft; this small peak offers the best views of Mt. Everest, Nuptse, Lhotse, Pumori, and Ama Dablam. The views are golden along with sunrise and then back to its original color of white snow-capped. Explore sunrise with Everest as long as you want then hike back to Gorekshep, breakfast and will retrace back to Pheriche. Overnight at Pheriche.

Day 12: Island Peak Base camp

Altitude: 5,200m/17,060ft
The distance of walking: 3-4 hours walk

Today after breakfast, we head further on to the steep way climbing southern part then turning east to the main line of the valley. Continue short pleasant walking along a streamside lead to the Big –Rock and the route to the Amphu Lapcha lie to the southeast

from here. Amid difficult cross route through the Imja and Lhotse glacier moraines leads you to a wide valley flanking of Island peak where we will set up our base camp for overnight at tented camp

Day 13: Island Peak High Camp

Altitude: 5,600m/18,372ft
The distance of walking: 2-3 hours walk

This morning we packed our camping stuff and we'll head on to the High camp from where we start our climb. As you climb the hill, you will see that the slope narrows and the path enter a steep rock channel nearby where we'll overnight at camp. This is where our guide will fix crampons on your climbing boots and re-check the entire climbing group and personal equipment once again for better safety. If required, you may learn last minute climbing technique with our climbing Sherpa at this stage. If possible, you will be also taken for the ice/rock climbing nearby but subject to the availability. Overnight at High Camp.

Day 14: Island Peak summit & return back to Chhukung

Altitude: At Island Peak summit 6,189m/20,305ft & Chhukung 4750m/15500ft
The distance of walking: 8-10 hours walk

Island Peak Ascent (6,189m/20,305ft) starts early this morning via climb to the rock gully. This is not difficult but there are several short rock steps to climb before you emerge on the right side of the gully. The route then follows a ridgeline, which leads to an exhilarating and exposed traverse onto the snout of the summit glacier. You will need to rope up for the glacier as it contains several crevasses but it leads without difficulty, to a 100m(330ft) snow and ice slope (40-45 Degree) on which the guides will fix a rope. From the top of this slope, 3 rope lengths along a sharp summit ridge leading to the top. After enjoying the summit views you will descend all the way to Chhukung for overnight.

Day 15: Chhukung to Tyangboche

Altitude: 3,867m/12684ft
The distance of walking: 4-5 hrs walk

The trek comes down from Chukkung following towards Panboche. After this, we take the same trail back which is used to trek up. The trail comes all the way down to the river. We cross the river and take an hour walk up through the forest to reach Tyangboche. And overnight at lodge.

Day 16: Tyangboche- Namche

Altitude: 3,440m/11,283ft
The distance of walking: 4-5 hrs walk

We descend through the forest till to the riverside for approx of 2 hours, across the river and take a walk up towards a big hill for two hours and will have a nice pleasant walk till to Namche. This is the same way as we used before. Overnight at Namche.

Day 17: Namche - Lukla

Altitude: 2,800m/9,186ft
The distance of walking: 6-7 hrs walk

After breakfast, we hike down a trail steeply descends to the Hillary Suspension Bridge and then continues on an easy walk all the

way back to Lukla. Refreshed up; your guide will re-confirm your flight of next day morning. You will have time to stroll around. Evening enjoys the last celebration dinner with your trek crew member and overnight at Hotel.

Day 18: Lukla - Kathmandu

Your flight to Kathmandu is at morning. Today is a well-earned day to put up your weary feet and gratefully rediscover all of civilization's perks. You may do some city site excursion if interested and we will assist you for this with your request. The evening we will have trek completion dinner together, comments about your trip with us. Overnight at Kathmandu.

Day 19: Final Departure from Kathmandu

Today the journey comes to an end. There's nothing to do but trade emails with your new friends, organize all your photos and finally depart from Nepal. Or get ready for our next adventure!