

Island Peak Climbing - 19 Days



DETAILED ITINERARY

Day 1: Arrival in Kathmandu (1350m): Transfer to Hotel in Kathmandu

Day 2: Preparation Day in Kathmandu

Day 3: Fly from Kathmandu to Lukla (2860m) and Trek to Phakding (2610m): 3-4 hours

Day 4: Trek from Phakding to Namche Bazar (3440m): 5-6 hours

Day 5: Rest Day in Namche Bazar: Option for Everest View Hotel Hike: 5-6 hours

Day 6: Trek from Namche to Tengboche(3867m): 5-6 hours

Day 7: Trek from Tengboche to Pheriche (4371m): 5-6 hours

Day 8: Trek from Pheriche to Lobuche Village (4940m): 5-6 hours

Day 9: Trek from Lobuche to Gorakshep (5164m): 3 hours and hike to EBC Trek (5364m): 5 hours

Day 10: Kalapather (5545m) hike and trek to Lobuche (4940m): 5-6 hours

Day 11: Trek from Lobuche to Dingboche (4410m): 5-6 hours

Day 12: Trek from Dingboche from Chhukung village (4730m): 4-5 hours

Day 13: Preparation Day: Training Day in Chukung Valley

Day 14: Chhukung to Island Base Camp (5200m): 4-5 hours

Day 15: Island Peak (6189m) Summit Day and Back to Chhukung : 8-9 Hours

Day 16: Trek from Chhukung to Namche Bazar (3440m): 6-7 Hours

Day 17: Trek from Namche Bazar to Lukla (2860m): 6-7 hours

Day 18: Fly from Lukla to Kathmandu

Day 19: Departure

