Sherpa Nomad Trek
Thamel Marg, Kathmandu, Nepal
Tel: +977-9851433082 | Email: info@sherpanomadtrek.com

Island Peak Climbing - 19 Days

ISLAND PEAK CLIMBING 19-DAY PACKAGE

Island Peak climbing is one of the most exhilarating, demanding, and beginner-accessible summits in the Everest region. Island Peak, officially designated as Imja Tse, is a 6,189-meter (20,305-foot) peak located in the Khumbu region of eastern Nepal, earning its English name from its distinctive appearance resembling an island surrounded by glacial ice. The Island Peak Climbing Package incorporates the Everest Base Camp trek as part of a comprehensive expedition. The journey begins with trekking to Everest Base Camp at 5,364 meters, followed by a hike to Kalapather at 5,545 meters, before undertaking the demanding and gratifying Island Peak ascent. Combining Island Peak Climbing with the Everest Base Camp Trek provides optimal acclimatization and offers the exceptional opportunity to observe the world's highest mountain from an unparalleled vantage point.

The 19-day Island Peak package offers flexible adventure for those seeking an exhilarating experience without unnecessary complications. Begin your journey from Kathmandu with a scenic flight to Lukla, the traditional gateway to the Everest region. Trek to Everest Base Camp via Phakding, Namche, Tengboche, Dingboche, Lobuche, and Gorakshep. This renowned trek is considered one of Nepal's most celebrated routes and ranks among the world's premier trekking destinations. Each day, you will notice distinct changes in atmosphere, climate, vegetation, and scenery. This region represents the mountaineering Sherpa domain, characterized by rich Sherpa culture, Tibetan Buddhism, the world's highest mountain, and challenging Himalayan terrain with glaciers. The landscape is both breathtaking and demanding due to high elevation and thin air. You will enjoy spectacular views of magnificent mountains and glaciers. Following the Everest Base Camp Trek, you trek back to Chhukung Village to prepare for the Island Peak ascent. The Island Peak climb requires more technical skill compared to Mera Peak and Lobuche Peak climbing. From Chhukung Village, trek to Island Peak Base Camp and summit. At the peak, you will witness

extraordinary panoramic views of the world's highest mountains. After descending from Island Peak, trek back to Lukla and take a scenic flight returning to Kathmandu, completing your 19-day Island Peak and Everest Base Camp trek.

Island Peak climbing presents a more demanding challenge compared to Mera Peak and Lobuche Peak. Our comprehensive package includes all necessary mountaineering equipment and experienced local Sherpa guides with over 20-30 successful summits. Sherpa Nomad Trek Pvt. Ltd. is an authentic local company staffed by skilled Sherpas who prioritize safety, security, and well-organized Island Peak expeditions. The climb requires rope work and specialized gear, including ascenders, descenders, harnesses, helmets, expedition boots, crampons, and jumars. We provide all equipment as part of our expedition package. Choose Sherpa Nomad Trek Pvt. Ltd. for a comfortable, professional, and reasonably priced Island Peak climbing experience.

WHAT IS THE COST OF ISLAND PEAK CLIMBING FOR 2026-2027?

Island Peak climbing presents a more demanding challenge compared to Mera Peak. Our comprehensive package includes all necessary mountaineering equipment and experienced local Sherpa guides with 20-30 successful summits. Sherpa Nomad Trek Pvt. Ltd. is an authentic local company staffed by skilled Sherpas who prioritize safety, security, and well-organized Island Peak expeditions. The climb requires rope work and specialized gear, including ascenders, descenders, harnesses, helmets, expedition boots, crampons, and jumars. We provide all equipment as part of our expedition package. Choose Sherpa Nomad Trek Pvt. Ltd. for a comfortable, professional, and reasonably priced Island Peak climbing experience.

Our comprehensive package includes airport transfers, a luxury hotel in Kathmandu, round-trip flights between Kathmandu and Lukla, mountain meals, mountain lodging, climbing permits, professional guides, porters, specialized climbing guides, and additional services as detailed in our inclusions and exclusions. Sherpa Nomad Trek Pvt. Ltd. is your ideal choice for Island Peak climbing, offering exceptional quality, safety, security, and competitive pricing. Whether you're climbing solo

or joining a larger expedition, we accommodate all group sizes. Group bookings qualify for substantial discounts.

- Solo climbers receive our special package at USD 3,000 for Island Peak climbing.
- For groups of 2-6 participants, the cost is USD 2,700 per person.
- For groups of 7-10 participants, the cost is USD 2,500 per person.
- For large groups of 11-30 participants, the cost is USD 2,400 per person.

MAJOR HIGHLIGHTS OF ISLAND PEAK CLIMBING

- Enhance your adventure by combining the Everest Base Camp trek with Island Peak climbing for an unforgettable Himalayan experience
- Embark on an exhilarating aerial journey from Kathmandu to Lukla, your entry point to the renowned Khumbu region
- Navigate the trekking route from Lukla to Everest Base Camp at 5364 meters, traversing spectacular Himalayan landscapes and diverse ecological zones
- Immerse yourself in pristine natural surroundings while discovering the profound cultural heritage and environmental significance of the region
- Establish your base at Namche Bazaar, the principal Sherpa settlement and largest community in the area, offering comprehensive visitor amenities
- Observe the breathtaking peaks of the Everest region, including Ama Dablam, Kusum Kangri, Thamserku, Everest, Nupse, Taboche, and numerous other summits
- Experience authentic Sherpa traditions, their distinctive lifestyle, and the profound Buddhist spiritual practices that define the culture
- Explore the diverse ecosystem of Sagarmatha National Park, featuring remarkable plant and animal species throughout the protected area

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- Reach Kalapather at 5545 meters and marvel at the panoramic views of the Himalayan range, including the world's highest peaks and extensive glacier systems
- Embark on a guided expedition to Island Peak Base Camp and ascend to the Island Peak summit at 6189 meters alongside experienced local mountaineering professionals
- Experience panoramic views of Mount Everest, Mount Lhotse, Mount Ama Dablam, Mount Nuptse, and Mount Makalu from the Island Peak summit
- Descend from the peak to Lukla via the established trekking route and return to Kathmandu by scheduled flight

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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**

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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

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PRICE INCLUDES

- International & Domestic Airport Pickups and Drops
- Flights from Kathmandu to Lukla and Lukla to Kathmandu
- During the peak season, which spans from mid-September to mid-November and from March to May, flights operate exclusively between Ramechhap and Lukla. Therefore, we provide complimentary transportation in a shared Jeep between Kathmandu and Ramechhap
- 15 days of meals provided, including lunch, dinner, and breakfast
- All the Mountain Accommodation as per the itinerary
- Accommodation for 1 night in a Tent
- 2 Nights of 4-star Hotel- Ramada Encore accommodation in a hotel in Kathmandu, with free breakfast
- A professional trekking guide is provided, with a ratio of 2 guests to 1 Trekking Porter
- Highly skilled Climbing Guides and crews are available
- Trekking staff are supplied with food, accommodations, salary, and insurance
- Daily provision of 3 tea/coffee servings
- Trekking Permits and Climbing permits are provided
- Assistant Cook and Transportation are available, along with the necessary kitchen helpers and camping equipment
- Camping Equipment: Utensils are provided, including EPI Gus, a gas stove or fuel stove, cooking pots, a mattress, a walkie-talkie, etc for Base camp
- Staff salary and allowance are covered, including wages, equipment, food, clothing, and insurance for climbing staff and porters

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- Highs include a The North Face Dome Tent for two people, a wall/cabin tent for dining and the kitchen, and others.
- High Camp Lodging & food service are provided, including three meals a day for members and staff
- Drinks and beverages for climbing are provided, including tea with cookies and hot drinking water
- Gear is provided, including climbing boots, rope, crampons, an ice axe or hammer, harness, jammers
- Farewell dinner in Kathmandu after the trip
- First aid box, a small cylinder of oxygen for emergencies

PRICE EXCLUDES

- The visa fees for Nepal are USD 30 for 15 days, USD 50 for 30 days, and USD 125 for 90 days per person.
- International airfare is not included in the travel package and needs to be arranged separately.
- Visitors are advised to have travel insurance, including rescue and medical
- For a Sleeping Bag, Down jackets, gloves, water, and wind-proof stuff such as Pants and jackets for climbing, Fleshlight
- In unexpected, bad weather conditions, extra days may be required and should be planned accordingly.
- Some amenities, such as hot showers, drinking water, Wi-Fi, laundry, and batteries, may cost extra.
- The travel package does not include personal expenses, extra drinks, or lost items.
- It is customary to give tips to your driver, porter, and guide.

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- Private Vehicles between Kathmandu and Ramechhap (USD 200) for a round trip in a Jeep.
- Helicopter service (Kathmandu to Lukla)- USD 400 P/P
- All kinds of trekking and climbing personal gears
- Trip for Trekking Guide: USD 200+
- Tips for Porter: USD 150+
- Climbing Guide: USD 100+
- Base Camp Staff: USD 20+

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EQUIPMENT & GEAR

Backpack

- 40–45 L daypack and Rain cover
- Dry bags or zip-lock bags for electronics and clothes

Clothing

- 2–3 moisture-wicking T-shirts
- 2–3 long-sleeve hiking shirts
- 2 pieces of trekking pants
- Thermal top and bottom (for cold mornings/nights)
- Fleece jacket & Lightweight down jacket
- Waterproof and windproof jacket
- Waterproof pants (especially during the monsoon)
- 2–3 pairs of quick-dry underwear
- 2–3 pairs of trekking socks
- Warm sleeping socks

Footwear

- Broken-in waterproof trekking boots
- Lightweight sandals or camp shoes
- Optional gaiters (rainy or snowy season)

Head & Hands

- Sun hat or cap & Warm beanie

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- Buff or neck gaiter & Lightweight gloves
- Sun Protection
- UV-protection sunglasses
- Sunscreen (SPF 30+)
- Lip balm with SPF

Sleeping

- Sleeping bag (-15°C to -25°C is sufficient for most seasons; many teahouses provide blankets)
- Sleeping bag liner (optional)

Water & Food

- Reusable water bottles (1.5–2 L total)/Thermos
- Water purification tablets or a filter
- Energy bars, nuts, or trail snacks

First Aid & Toiletries

- Personal medications, Blister treatment (e.g., Compeed or moleskin)
- Pain reliever, Bandages, and antiseptic wipes
- Toothbrush and toothpaste, Hand sanitizer
- Wet wipes, Quick-dry towel & toilet paper
- Soap or Shampoo for Shower and laundry

Electronics

- Headlamp with spare batteries
- Power bank (10,000–20,000 mAh)
- Phone charger & Camera (optional)

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Trekking Accessories

- Trekking poles (highly recommended for the long stair sections)
- Pocket knife (optional)
- Notebook or guidebook (optional)
- Micro Spikes

Climbing Gear: Included in the Package

- Climbing boots (La Sportiva)
- Harness, Rope, Helmet, Crampons
- Ascender, descender, and Ice axe
- Climbing outfit- down suit - Not included

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