



We like...

- Trekking and sharing an acclimatization climb with our Everest Expedition team
- The amazing trek in the Khumbu valley
- An easy experience of climbing on a beautiful 6,000 m peak (Island Peak) with a short section of 60 / 70 degree on ice on fixed line
- At the summit, being dwarfed by the huge Lhotse face

Trip Facts

Maximum elevation:	6,189 m / 20,305 ft
Location:	Nepal Khumbu Valley region
Group Size:	3 – 12 people
Number of days	21

Rating

Steepness	▲▲▲▲△
Fitness	▲▲▲▲△
Risk	▲△△△△

The trip includes a short section of a steep climb on ice and potential ladder crossing in good security conditions. No prior climbing experience is required and we will provide the necessary training.



View of Island Peak and Lhotse from Dingboche

Why climbing with World Sherpas?

- ✚ The combined experience of clients and leading mountain/trekking guides into a single company
- ✚ A real sharing of experience with our Sherpas throughout the expedition on climbing technique, physiology and effort management
- ✚ The production of beautiful photos and videos to always remember an extraordinary expedition
- ✚ An exceptional quality of services at the best price

Price

3,500 US\$

- Deposit: 30% at booking
- Balance: 70% one month before the departure date

<i>Included</i>	<i>Excluded</i>
<ul style="list-style-type: none"> • All arrival and departure transfer services to and from airport (both domestic and international) • Return domestic flight ticket Kathmandu / Lukla • Transport of 1 duffle bag of a maximum weight of 20 kgs during the trek to Base Camp and on domestic flights • 4 nights' accommodation at a good quality hotel in Kathmandu on B/B basis on a double basis (single option at extra cost) • Accommodation in lodges during the trek • Accommodation in shared tents at Everest Base Camp and Island Peak high camp • Necessary staff including experienced guides, cook, kitchen staff and porters • Three meals a day (breakfast, lunch and dinner with tea or coffee) • All permits required by the local regulations • First aid medical kit • Satellite phone for emergencies (available to members as a paying service) • Welcome dinner in Kathmandu • 1 World Sherpas Duffle bags • World Sherpas T-Shirt 	<ul style="list-style-type: none"> • Summit/safety bonus • Tips for staff according to your wish • Lunch and dinner in Kathmandu (except welcome dinner) • Extras hotel charge at Kathmandu (bar bills, laundry, additional nights) • Personal expenses in lodges during the trek such as battery charging (cameras, phone, laptops), showers, laundry, beverages, bottled water and snacks in lodges • Additional nights in lodges during the trek not planned by us • Internet access during the trek and at Base Camp (we can arrange a Nepalese SIM card and top-up card for you at Kathmandu for calls and internet) • Personal trekking and climbing equipment (see gear list) • Personal medical, travel & evacuation insurance (mandatory) • International airfare • Nepal entry visa fee

Expedition Itinerary

Day	Date	Program
1	April 6	Arrival to Kathmandu (1,350 m / 4,430 ft) and transfer to hotel
2	April 7	Preparation day for expedition in Kathmandu Spend day at leisure in Kathmandu and picking up last few items for trek.
3	April 8	Fly to Lukla (2,860 m / 9,317 ft) Trek to Monjo (2,835 m / 9,300 ft) – 13 km / 8.8 miles We will make an early morning start for the Twin Otter flight to Lukla (2,840m / 9,317 ft), the gateway to the Khumbu. This is an exciting flight, which should give a glimpse of Everest in the distance. In Lukla, we will set off straightaway for our first night's stop at Monjo. Situated on the banks of the Dudh Kosi, which drains the whole of the Khumbu Region, this small hamlet is on the main trade route through the area and there are a number of clean, well-built lodges where we can spend the night.
4	April 9	Trek to Namche Bazaar (3,340 m / 11,155 ft) – 8 km / 5 miles We will continue up the banks of the Dudh Kosi and we will enter the Khumbu National Park. We will then cross the confluence of the Dudh Kosi and the Bhote Kosi on a high suspension bridge and climb steeply for about two hours up 'Namche Hill' to reach Namche Bazaar (3,400 m/11,155 ft). This is a prosperous trading town and the capital of the Khumbu Region. Many Tibetans cross the nearby border to trade their wares and the local market is a fascinating spectacle. This is a good place to buy genuine Tibetan artefacts. Just across the valley to the east stand the peaks of Thamserku and Kangtega, both very impressive mountains.
5	April 10	Acclimatization day in Namche Bazaar We will spend two nights in Namche Bazaar. During this critical acclimatization phase, we will spend time resting and trekking to higher altitudes. This will allow our bodies to become acclimatized to the altitude of (3,450 m / 11,300 ft). On the first morning, we will do an acclimatization walk. The afternoon can be spent sampling the delights of the Namche bakery!
6	April 11	Trek to Pangboche (3,930 m / 12,893 ft) – 12 km / miles From Namche, the Everest trail contours around the side of the valley high above the Dudh Kosi. As we follow the path, we will get our first really good views of the great peaks of the Khumbu: Everest, Lhotse, Nuptse and Ama Dablam. Passing by several villages and numerous tea shops, we will cross the Dudh Kosi River and make a steep climb to Thyangboche, monastery. We have plenty of time to look around Thyangboche (and have a cake at the bakery!), and then onwards to Pangboche (3,930 m / 12,893 ft) for the night.
7	April 12	Trek to Dingboche (4,410 m / 14,470 ft) - 6 km / miles Shaded by rhododendron trees, the trail crosses an airy suspension bridge just beyond Deboche. An hour's walking from here will bring us to Pangboche, an excellent viewpoint for Ama Dablam. Contouring up the

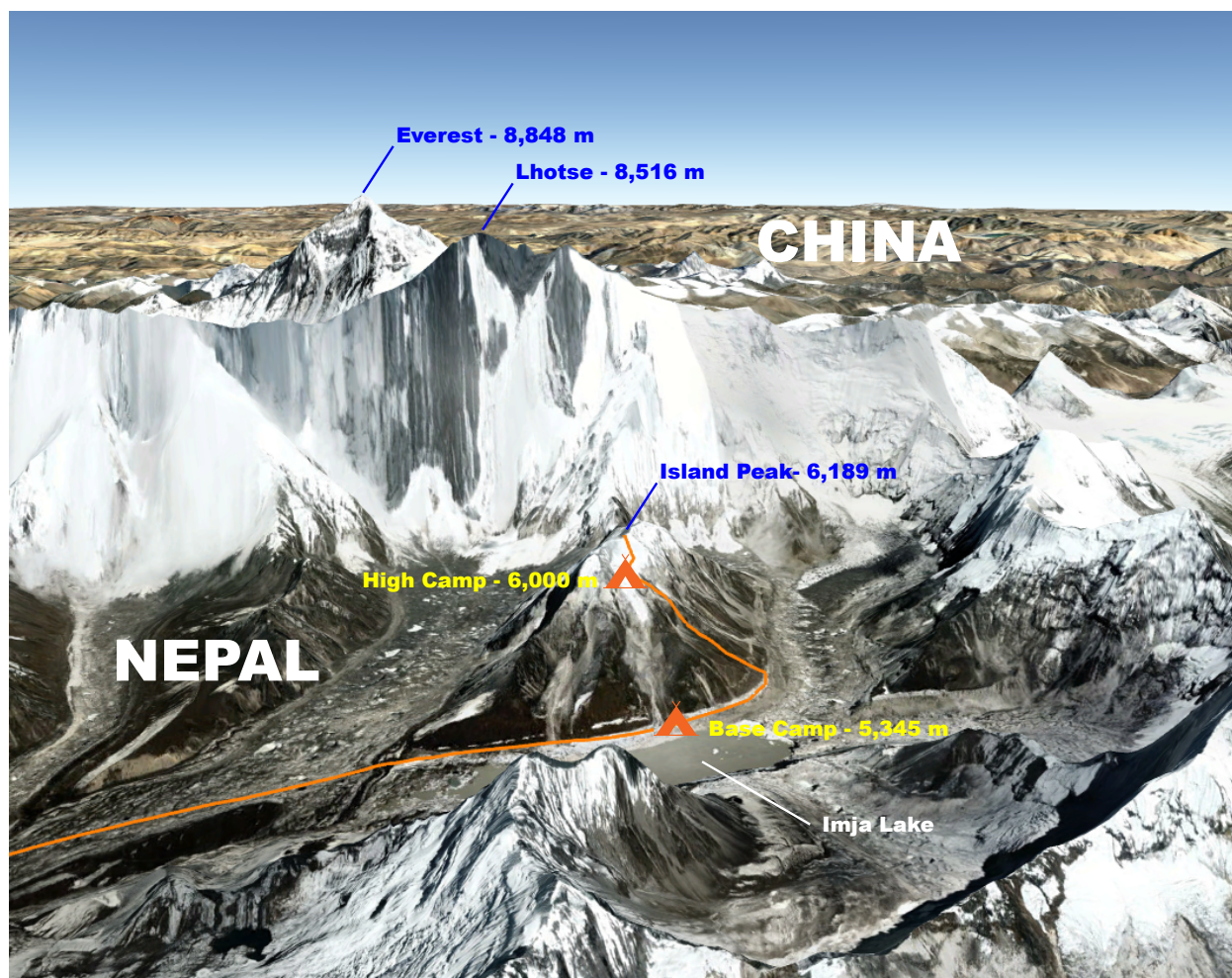
		valley side, we will re-cross the river and turn up the Imja Valley to reach the picturesque farming village of Dingboche (4,410 m / 14,465 ft).
8	April 13	Acclimatization day in Dingboche Dingboche is a good location for acclimatization, prior to our ascent up the upper section of the Khumbu Valley. While in Dingboche, we can attend a seminar about high altitude at the hospital in nearby Pheriche, run by the Himalayan Rescue Association. The walk over to Pheriche and back will also serve as good acclimatization training and so make the walk doubly worthwhile.
9	April 14	Trek to Chukhung (4,730 m / 15,518 ft) – 6.2 km / miles Text
10	April 15	Trek to Island Peak Base Camp (5,400 m / 16,630 ft) – 6.8 km / miles Text
11	April 16	Climb to Island Peak High Camp (6,000 m / 19,685 ft) Text
12	April 17	Climb to Island Peak summit (6,189 m / 20,305 ft) and second night at the High Camp Text
13	April 18	Trek to Chukhung (4,730 m / 15,518 ft)
14	April 19	Trek to Lobuche (4,940 m / 16,210 ft)
15	April 20	Trek to Everest Base Camp (5,345 m / 17,536 ft) – Night at the EBC
16	April 21	Trek to Pheriche (4,371 m / 14,340 ft)
17	April 22	Trek to Namche Bazaar (3,340 m / 11,155 ft)
18	April 23	Trek to Lukla (2,860 m / 9,317 ft)
19	April 24	Scheduled flight Lukla/Kathmandu & transfer to hotel
20	April 25	Reserve day at Kathmandu
21	April 26	Transfer to airport for departure

The itinerary is indicative and is subject to changes according to weather and mountain conditions as well as other circumstances that the climbing guide will deem necessary for the safety and / or success of the expedition.

MAP OF THE TREK



ISLAND PEAK SURROUNDINGS



*Island Peak at the end of the valley, with one of the biggest glacial lake in Nepal (Imja Lake)
and the Lhotse towering 2,300m above the summit*

Gear List

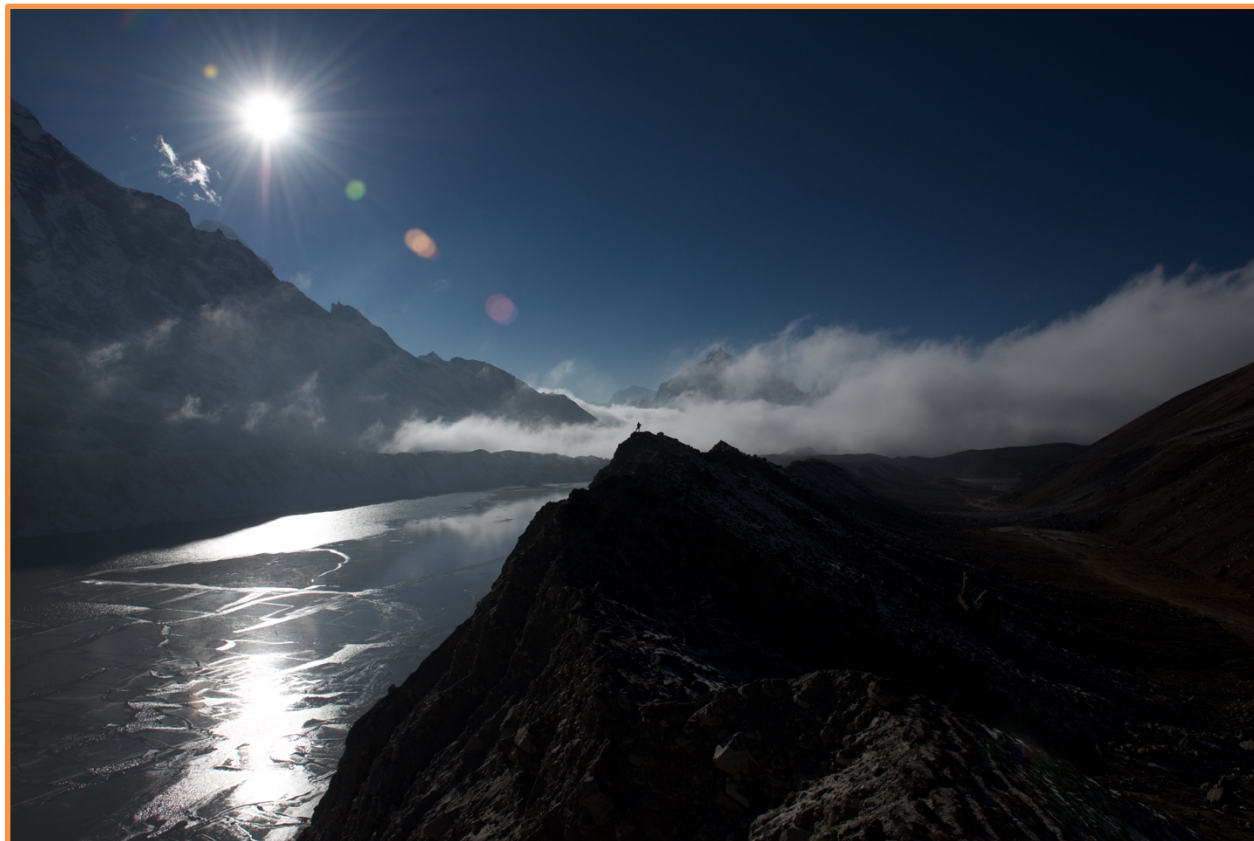
The gear list can be adapted to your experience and preferences. If you have a doubt, please have a chat with us.

Clothing	Head	<ul style="list-style-type: none"> • Neck warmer / buff • Warm hat • Cap or sun hat
	Hands	<ul style="list-style-type: none"> • Light gloves • Insulated gloves (warm gloves for summit day) • Liner gloves
	Torso Legs	<ul style="list-style-type: none"> • Down jacket • Thermal underwear top x3 • Thermal underwear bottom • Weatherproof jacket (light Goretex) • Weatherproof trousers (Goretex) • Soft shell jacket • Light down jacket or lightweight warm fleece • Trekking pants x2 • Trekking Tee Shirts (can be used for climbing too) • Short • Underwear x3
	Feet	<ul style="list-style-type: none"> • Trekking shoes (mid-cut or high-cut recommended for added protection and stability) • Climbing boots (with platform for the crampon to attach to) • Trekking socks x3 • Warm socks x2

Gear	Camp	<ul style="list-style-type: none"> • At least minus 10° C sleeping bag (four seasons) • Sleeping bag liner (optional) • Inflatable mat for high camp • Pillow case and down pillow (optional) • Sewing and repair kit
Gear	Climbing	<ul style="list-style-type: none"> • Rucksack 35 l to 60 l • Crampons (not aluminum) • Mountaineering simple harness • Climbing helmet • Glacier sun glasses x2 • Snow / ski goggles • Ice axe • Ascender • Belay/Rappel device (figure of eight) • Retractable trekking poles x 2 • Bowl • Plastic Mug • Plastic spoon titanium or spork (spoon+fork) • Penknife • Head torch x1 • Spare batteries for head torch • Water bottle Nalgene 1 litre x2 • Repair set (ties, duct tape)

Personal Gear		<ul style="list-style-type: none"> • Sun screen protection 50+ x2 • Lip block protection 50+ x2 • Toilet paper for the trek x 3 (no paper in the lodges) • Pee bottle (Nalgene Cantene strongly recommended) • Toiletries bag • Ear plugs (wind, snoring partner in the lodge can prevent you to sleep...) • Water purification tablets • Personal first aid kit • Cleaning wipes (2 packs) • Shower / shampoo gel • Foot powder • Antibacterial hand-wash gel
Energy bars		<ul style="list-style-type: none"> • Dry fruits • Energy bars / Glucose tablets
Transport		<ul style="list-style-type: none"> • Expedition bag 100 l to 140 l (provided by World Sherpas) • Padlock • Waterproof stuff sacks to store clothing • Set of bin bags
Personal items		<ul style="list-style-type: none"> • Camera with memory cards, several batteries (batteries life time is much shorter with the cold) and a battery charger • Phone (we can provide you at cost with a Nepalese SIM card with cheap international call rate) • Battery charger / Solar panel • Portable light computer • USB key • Books / Kindle • Earphones for music lovers • Playing cards

Please look at our gear guide (separate document) for more information and recommendation.



Imra Lake at the bottom of Island Peak



6th April 2019 – 26th April 2019
ISLAND PEAK AND EVEREST BASE CAMP