



We like...

- Beautiful summit ridge with spectacular views of surrounding Himalayan peaks.
- The amazing trek in the Khumbu valley
- A great 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: 1 – 10 people

Number of days 20

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
-  The use of Garmin InReach satellite systems for your family and friends to follow your progression every 10 minutes



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ISLAND PEAK AND EVEREST BASE CAMP

Price: US\$3,900

Per Person

- 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 Island Peak • Necessary staff including experienced guides, cook, kitchen staff and porters • Three meals a day (breakfast (1), lunch (1) and dinner (2) 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 bag or T-shirt 	<ul style="list-style-type: none"> • Summit/safety bonus & Tips (Min \$300 for climbing Sherpa & \$200 for other staff) • 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	Program
1	Arrival to Kathmandu (1,350 m / 4,430 ft) and transfer to hotel
2	Preparation day for expedition in Kathmandu Spend day at leisure in Kathmandu and picking up last few items for trek.
3	Fly to Lukla (2,860 m / 9,317 ft) Trek to Phakding (2,610 m / 8,562 ft) 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 Phakding. 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	Trek to Namche Bazaar (3,340 m / 11,155 ft) 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	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	Trek to Pangboche (3,985 m / 13,074 ft) 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 Tengboche, monastery. We have plenty of time to look around Tengboche (and have a cake at the bakery!), and then a short walk onwards to Pangboche for the night.
7	Trek to Dingboche (4,410 m / 14,470 ft) 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).



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ISLAND PEAK AND EVEREST BASE CAMP

8	<p>Acclimatization day in Dingboche</p> <p>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.</p>
9	<p>Trek to Lobuche (4,940 m / 16,210 ft)</p> <p>We make our way up towards the plateau between Pheriche and Dingboche. From here we have a great view of Lobuche straight in front of us and the spectacular north face of Tawache to the left. As we make our way towards Lobuche, we drop down to the small village of Dugla (4,620m / 15,153 ft) for a rest and some lunch. After lunch we make the steep ascent up beside the glacier moraine. If people wish, we can visit the Sherpa and climbing memorials. It is just a couple of hours walk and relatively flat ground to the village for the evening Lobuche.</p>
10	<p>Trek to Everest Base camp (5,345 m / 17,536 ft)</p> <p>The trek to Gorak Shep is short with a lot of small hills and boulder fields to negotiate. From Gorak Shep, we start on a nice flat section below Kala Patthar, before making our way to a small ridge line to the left of the Khumbu glacier. There are spectacular views up the glacier towards base camp. Pumori stands to the left of us while Nuptse is on the right. After spending some time in Base Camp (visiting our Expedition camp, (April/May only), we retrace our steps back to Gorak Shep for the evening.</p>
11	<p>Trek to Chukhung (4,730 m / 15,518 ft)</p> <p>There is the option to trek up to Kala Patthar at sunset for amazing views of Everest, Lhotse, Nuptse and surrounding peaks on day 10. The other option for Kala Patthar is to trek to summit on today for sunrise. We leave Gorak Shep early and make our way towards Lobuche. Take a nice rest in Lobuche and head towards the Kongma La Pass (5,535 m / 18,159 ft). This will depend on the condition of the pass. There can be some nice scrambling on the pass with spectacular views of Nuptse, Lhotse, Ama Dablam and other amazing peaks.</p>
12	<p>Rest day in Chukung</p> <p>Active rest day, gear checks and rope skills training.</p>
13	<p>Trek to Island Peak Base Camp (5,400 m / 16,630 ft)</p> <p>From Chukung, we have a leisurely day walk to our base camp. We travel over moraine and ascend gradually. Once fed and had rest in our base camp we make summit plans and preparations.</p>
14	<p>Climb to Island Peak summit (6,189 m / 20,305 ft) and back to Base camp.</p> <p>We leave early from our camp as we travel alongside Imja lake. We start our ascent by trekking up towards a rocky section where we start to scramble up the moraine towards our crampon point. Once the crampons, harness and Ice-Axe in hand we start travelling across the glacier, taking great care as</p>



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ISLAND PEAK AND EVEREST BASE CAMP

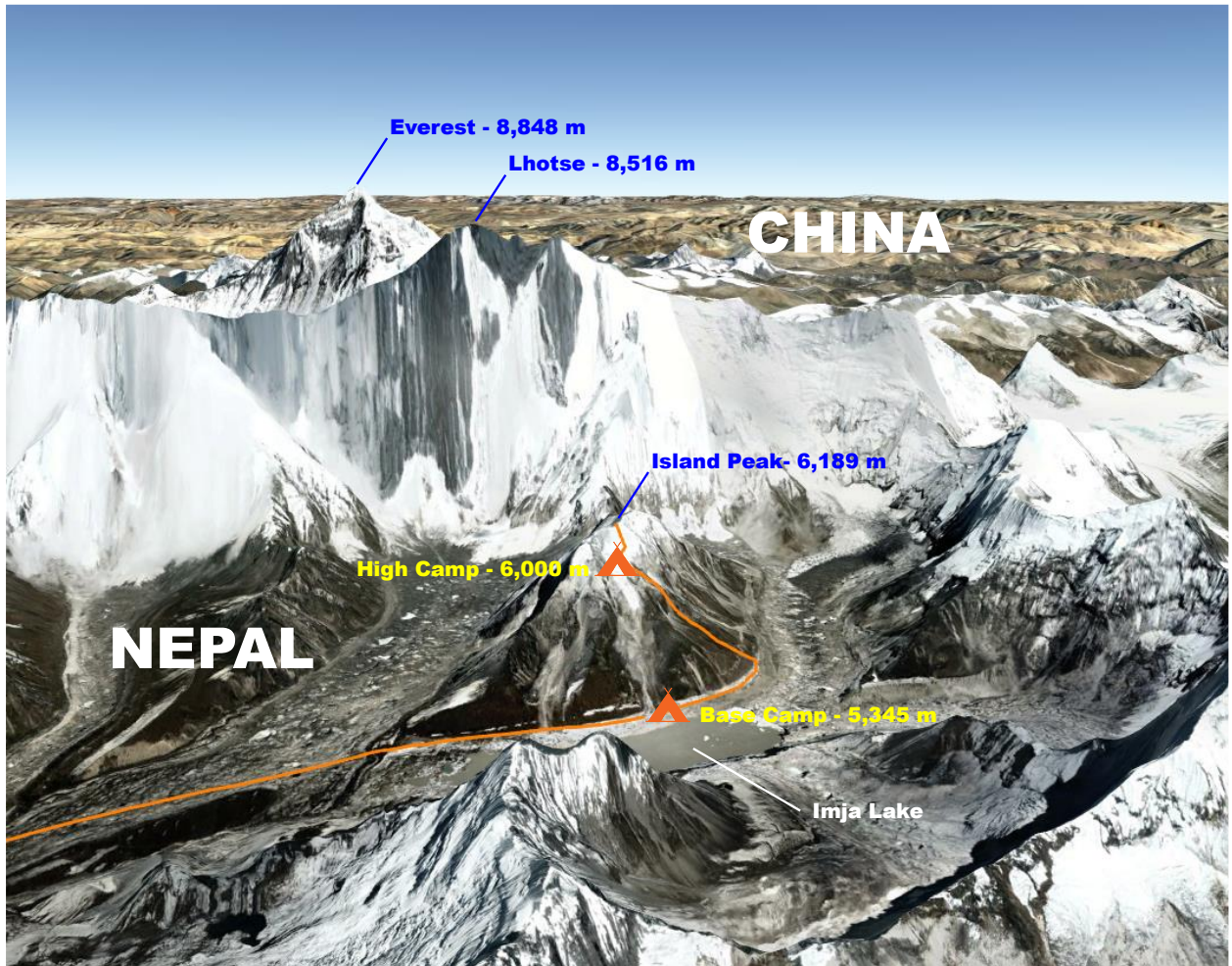
	we cross some crevasses. As we move higher on the glacier, we come too a large snow plateau (6,000 m / 19,685 ft). From here we can see the head wall that leads to the summit ridge. The wall itself is approximately 60-degree slope in places and can be a mix of rock, ice and snow climbing depending on the condition of the mountain. Once at the top of the head wall, we turn left and walk along the narrow ridge to the summit of Island peak and get some great views of Lhotse, Nuptse, Makalu and Ama dablam. We retrace our steps down the ridge, abseil down the head wall make our way back down to Base camp for some well-deserved rest.
15	Trek to Chukhung
16	Trek to Namche Bazaar
17	Trek to Lukla
18	Scheduled flight Lukla/Kathmandu & transfer to hotel
19	Reserve day at Kathmandu
20	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



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ISLAND PEAK AND EVEREST BASE CAMP

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) ● 3 metres of 8 mm climbing cord ● Karabiners Screwgate (x3) ● Quickdraws (x3) ● Slings 60 Cm (x2) ● 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)



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ISLAND PEAK AND EVEREST BASE CAMP

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 note:

Climbing gear can be rented at Chukung. Prices are approximately as follows (3 Days):

Alpine Boots: \$20 per day

Crampons: \$7 per day

Harness, Jumar and descending device: \$10 per day

Ice axe: \$5 per day

Climbing Helmet: \$5 per day



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Imra Lake at the bottom of Island Peak