

## **ISLAND PEAK ONLY**

### **Kathmandu Sightseeing: Day 01: Arrive in Kathmandu airport**

Upon arrival at Kathmandu, our local representative will meet and greet you at the airport and will assist with your transfers to your local hotel in Kathmandu. After rest Meeting with Guide and check the gear.

### **Day 02: Fly to Lukla (2804m)30min. trek to Phakding (2650m)3.30hrs walk.**

An early morning start takes us to Tribhuvan international Airport in Kathmandu for the 30-minute scenic flight to Tenzing and Hillary Airport at Lukla at 2804meters. After landing we have time to explore the village while our crew sort and load our trekking equipment. Then we begin our trek by descending towards the Dudh Kosi River where we join the main trail to Namche Bazaar, located just above Chaunrikharka (2713m). The walking is easy and after passing through the small village of Ghat (2550m) it is a short walk to Phakding. Overnight at Lodge.

### **Day 03: Trek to Namche Bazaar (3441m) 5 hrs walk.**

We continue trekking along the banks of the Dudh Kosi, crossing this majestic river many times on exciting suspension bridges laden with prayer flags. After entering Sagarmatha National Park, the trail climbs steeply with breathtaking views. Before you reach namche bazaar if lucky with weather chance to see Mt. Everest. Namche Bazaar known as the Gateway to Everest which is home to many quality restaurants, , lodges, shops, Money exchange, internet cafe and a bakery. Namche is one of the biggest villages along the whole Everest trail. Overnight at Guesthouse.

### **Day 04 : Namche Bazaar Acclimatization day**

We will spend a day here in order to acclimatize and adjust to the thinning of the air. As well as a short trek where a museum is celebrating the traditional customs of the Sherpa people.You can see Mt. Everest from the top.Or we hike up the Syangboche Airport (Old airport) around Everest View Hotel. From this point, we can see rewarding views of the Himalayas with a stunning sunrise and sunset over the panorama of Khumbu peaks. Overnight at Guesthouse.

### **Day 05: Trek to Tengboche Monastery (3860m) 5hrs walk.**

The trek continues along the rushing glacial waters of the Dudh Kosi with magnificent views of the mountains. On reaching Tengboche you will see the local monastery. Inside the monastery are incredibly ornate wall hangings, a 20-foot sculpture of Buddha, and the musical instruments and robes of the Lamas. The group will be taken to observe a prayer ceremony either in the evening or morning depending on how the days trekking went. Overnight at Guesthouse.

### **Day 06: Trek to Dingboche (4300 meters) 6 hours**

From Thyangboche the trail drops to Debuche, crosses another exciting suspension bridge on the Imja Khola, and climbs to Pangboche amongst thousands of mani stones. Our uphill trek continues, taking us to the Pheriche. Overnight at Guesthouse.

**Day 7: Dingboche – Chukung (4730 m.) 3 hrs walk.**

Today you can enjoy another day for acclimatization. We will have trip to Chukung valley via the Imja Khola valley to get a marvellous view of the surrounding mountains, especially Lhotse's massive south wall, After lunch explore around.

**Day 8: Chukung to Island Peak Base Camp (5150)3- 4 hrs.**

The path from Chukung leads fairly steep way climbing south then turning east to the main line of the valley. It then winds along or below the southern flank of the moraine from the Lhotse Glacier. Continue short pleasant walking along a streamside leads to what we call Big-rock. The route to the AmphuLapcha lies to the southeast. A crisis cross route through the Imja and Lhotse glacier moraines leads to a wide valley flanking the SW side of Island peak. Over night in Island Peak Base Camp.

**Day 9: Climb to High Camp (5600m) 2-3 hours**

You will have move to Island Peak high camp, from where you will climb the mountain. The path leads up beyond base camp for several hundred meters before striking off left up the steep hillside. Initially sandy, the path soon turns to grass before becoming boulder strewn. As you climb the hill, you will see that the slope narrows and the path enter a steep rock channel. Overnight in Island Peak High Camp.

**Day 10: High camp to Summit Island Peak (6160m) and back to Chukung.**

You will start early for the summit. 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. Great care and caution must be exercised while scaling the wall to emerge on the ridge leading to the summit. 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°) on which the guides will fix a rope. From the top of this slope, 3 rope lengths along a sharp summit ridge lead to the top. After enjoying the summit views you will descend all the way to Chukung for overnight.

**Day 11: Trek to Tengboche (3,860m) 6hrs.**

The trail makes a gradual descent through scrub junipers and around Mani stones as it follows the hillside. The trail passes many Mani walls in deep rhododendron forests where crossing after the Imja khola, the trail climbs many carved Mani stones to Pangboche. Pangboche Gumpa is the oldest in Khumbu; a visit will be well worth. Walk down to the valley from where the trail is shallower through alpine meadows. Followed by climb gradually up to Tengboche where the biggest monastery lies in the whole of Khumbu.

**Day 12: Trek to Manjo (2800m) or Phakding (6-7 hours).**

Walk down from the rear of monastery and continue down until you reach Phunki Tenga. Climb up gradually through a forest. Once you are out of the forest, you will be walking along a ridge from where you can see down on your left some of the deepest gorges of Descends steeply and another steep climb

to Namche Bazaar and Down along the gorge of the Dudh Kosi and short climb to the small village of Manjo or Phakding.for overnight

**Day 13: Manjo or Phakding to Lukla (2,840m) (3-30 hrs).**

Trek back to Lukla along the same trail, although it always looks different coming from the opposite direction on arrival in Lukla you will have time to relax and celebrate the completion of your trek. Feel free to dance with your crewmembers.

**Day 14: Morning flight back to Kathmandu**

Enjoying your last glimpse of the mountains you have recently visited for one last time on the 30 minute Scenic flight back to Kathmandu. On arrival in Kathmandu we are met and transferred back to our starting hotel. Overnight at hotel.

**Day 15 TO 20: To arrange Chitwan etc**