communitytrek.com/nepal/island-peak-climbing
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NEPAL · EVEREST, KHUMBU

Island Peak Climbing (6189m)

The Island Peak Climbing (6,189m) adventure is one of Nepal's most rewarding trekking peak expeditions, combining the iconic Everest Base Camp trail with an exciting Himalayan summit.

TRIP PRICE
$1,900

COST / PRICE $1,900	REGION Everest, Khumbu	DURATION 19 days	MAXIMUM ALTITUDE 6,189 m
BEST SEASON Spring & Autumn	DIFFICULTY Challenging	ACCOMMODATION Teahouse / Lodge	TRIP TYPE mountaineering

HIGHLIGHTS

What makes this trip special

01 **Summit Island Peak (6,189m), climb Nepal's most iconic trekking peak and enjoy breathtaking panoramic views of Everest, Lhotse, Ama Dablam, Nuptse, and Makalu.**

02 **Follow the Legendary Everest Trail, Trek through Sherpa villages, ancient monasteries, Namche Bazaar, Tengboche, and the spectacular Khumbu Glacier.**

03 **Perfect Introduction to Himalayan Mountaineering, Learn essential climbing skills with experienced Sherpa guides, including the use of crampons, fixed ropes, and ice axes.**

04 **Safe, Well-Planned Expedition, Benefit from expert local guides, proper acclimatization, quality logistics, and personalized support for a successful and unforgettable summit experience.**

OVERVIEW

Journey overview

Dreaming of conquering a Himalayan peak? Island Peak, also known as Imja Tse, is the perfect choice for adventure-seekers who want a challenging yet achievable climb.

Standing tall at 6,189 meters, Island Peak isn't just beautiful – it's an iconic landmark in Nepal's Khumbu region. Nestled amidst glaciers and towering peaks like Everest and Lhotse, it offers breathtaking views and a true sense of accomplishment when you reach the summit.

Here's what makes Island Peak special:

Moderately challenging: Perfect for fit individuals with a taste for adventure, but not requiring extensive technical climbing experience.

Stunning scenery: Witness panoramic views of the Himalayas, including Everest, Lhotse, Ama Dablam, and Makalu.

Training ground for bigger climbs: Hone your skills for tackling higher peaks in the future.

Rich history: Climbed by legends like Tenzing Norgay and Edmund Hillary, Island Peak has a legacy of adventure.

Our 17-day journey:

Start with an exciting flight to Lukla

Trek through picturesque villages like Phakding and Namche Bazaar, acclimatizing to the altitude

Reach Island Peak Base Camp and prepare for the climb

Practice climbing techniques with experienced guides

Summit Island Peak! Experience the thrill of reaching the top and soaking in the jaw-dropping views

Island Peak climbing is more than just a physical challenge. It's a journey of self-discovery, pushing your limits, and experiencing the magic of the Himalayas.

Ready to embark on your adventure? We'll provide everything you need, from expert guides and equipment to delicious meals and comfortable accommodations.

Island Peak: A Test of Your Will

Calling all adventure seekers! Island Peak awaits, a moderately challenging climb that demands both physical endurance and mental fortitude. Over 14-19 days, traverse glaciers, rivers, and rugged terrain, conquering daily 4-6 hour treks. The culmination? A grueling 12-13 hour summit push across 10 miles, rewarded with panoramic vistas from 6,189 meters. While technical climbing skills are not mandatory, prior high-altitude trekking experience is crucial for navigating this demanding landscape.

Conquer the Altitude, Not the Mountain

Scaling Island Peak means spending nights above 3,000 meters, where altitude sickness can lurk. But prepare, not panic! Acclimatization, proper hydration, and sufficient sleep are your armor. Your experienced guide will also recommend preventive measures like Diamox and make informed decisions if symptoms arise. Remember, choosing the right time to climb minimizes weather-related hurdles and increases your chances of standing victorious on the summit.

Best Time to do Island Peak Climbing

Choosing the perfect time for your Island Peak climb is key to maximizing your success and creating unforgettable memories. While this trek is technically year-round, two seasons truly shine: spring (March-May) and autumn (September-November) .

Spring's Enchanting Embrace:

Imagine blossoming rhododendrons painting the trails with vibrant hues, clear skies showcasing the majestic Himalayas, and warm sunshine accompanying your journey. Spring boasts pleasant temperatures (15-17°C

daytime, -10°C above 4,000m nighttime) and stunning vistas of lush meadows and dense forests. It's a photographer's paradise and a trekker's delight.

Autumn's Crisp Serenity:

Embrace the crisp, dry air and crystal-clear views of autumn. The post-monsoon season reveals breathtaking panoramas of valleys and snow-capped peaks. While slightly colder than spring (0-15°C), autumn remains comfortable for most. However, be prepared for colder nights (down to -15°C in November). This season is ideal for those seeking a slightly quieter experience and wanting to soak in the majestic mountain scenery.

Steering Clear of Challenges:

While adventurous souls may be tempted by the summer months, heavy rains make them a less ideal choice. Muddy trails and unpredictable weather can significantly impact your trek's enjoyment and safety. Similarly, winter (December-February) presents potential risks like avalanches and landslides, making it suitable only for experienced climbers with proper preparation and guidance.

December's Peaceful Allure:

For those seeking a truly unique experience, December offers a peaceful, off-season adventure. With the right equipment and an experienced guide, you can conquer the summit and enjoy the serene tranquility of the untouched landscape.

Remember, choosing the right time for your Island Peak climb is crucial. Whether you're drawn to spring's vibrant beauty or autumn's crisp serenity, plan your adventure wisely and unlock the magic of this unforgettable Himalayan journey.

Permits to do Island Peak Climbing

Climbers are required to obtain the following permits to climb Mera Peak and Island Peak

NMA (Nepal Mountaineering Association) Permit.

Sagarmatha National Park Entry Permit.

Local Area Permit (Khumbu Rural Municipality Entrance permit)

All these permits are included in the package cost.

DAY-BY-DAY ROUTE

Itinerary

A clear breakdown of each day of the trip.

DAY 1 — Arrival in Kathmandu (1400m)

Arriving in Kathmandu: Your Island Peak Adventure Begins

As you touch down at Tribhuvan International Airport, a friendly representative from Community Trek will greet you and whisk you away to your comfortable Kathmandu hotel.

DAY 2 — Sightseeing in Kathmandu, Briefing & Preparation

Morning: Fuel up for your Kathmandu adventure with a delicious breakfast! Then, we'll embark on a captivating exploration of the city's rich tapestry, beginning with the iconic Swayambhunath Stupa , also known as the Monkey Temple. Its golden spire and mesmerizing prayer flags perched atop a hill offer breathtaking views and a unique glimpse into Nepalese culture. Immerse yourself in the serene atmosphere and vibrant rituals as you delve into the history and significance of this ancient Buddhist masterpiece.

Afternoon: As the sun paints the Himalayas in shades of gold, we gather for a crucial trip briefing. Meet your experienced climbing guide, who will walk you through the exciting journey ahead. They'll share essential details about the trek, and safety protocols, and answer any questions you may have. This is also the perfect opportunity to double-check your climbing gear, ensuring everything is in top condition for the thrilling challenges that await.

DAY 3

Drive to Manthali and Fly to Lukla and Trek to Phakding 2610m.

Get ready for an Adventure, The Journey begins with an early morning flight to Lukla, nestled amidst the majestic peaks of the Himalayas.
Choose your adventure:
Direct Flight: Hop aboard a small Twin Otter aircraft and experience the breathtaking aerial views as you soar towards Lukla (2,800m) in just 20 minutes. (Add an image of a Twin Otter plane flying over the Himalayas).
Scenic Drive & Short Flight: Opt for a scenic 4-hour drive to Manthali, followed by a 15-minute flight to Lukla. This option allows you to enjoy the beauty of the Nepali countryside before taking to the skies. (Add an image of the Manthali Airport)
Why Manthali?
During peak season, Lukla Airport can experience heavy air traffic. To ensure smooth arrivals, many flights operate from Manthali's domestic airport, offering faster travel time and increased flight availability, even if Lukla's weather is unpredictable.
Lukla Landing and Breakfast
If your flight arrives early, savor a delicious breakfast in Lukla, soaking in the breathtaking mountain panorama. Fuel up for the day's adventure as you embark on the initial leg of your Gokyo Comfort Trek.
Downhill Trek to Phakding
From Lukla, your journey takes a picturesque downhill path towards Phakding (2,652m). This gentle descent offers stunning views of the Dudh Koshi River and surrounding villages, providing a perfect introduction to the beauty of the Himalayas.

DAY 4

Trek to Namche Bazar 3,440m.

Up, up, and onwards! We continue following the Dudh Koshi River, gently climbing towards Namche Bazaar, the lively heart of the Sherpa homeland. As you meander through bustling streets lined with colorful shops and cozy teahouses, soak in the vibrant atmosphere of Sherpa life. Take a peek inside the Sagarmatha National Park Visitor Center and discover the amazing plants and animals that call these mountains home. Finally, settle in for the night in Namche Bazaar and let your body adjust to the thinner air before tomorrow's adventure.

DAY 5

Rest and Explore Namche Bazar 3440m.

This day is all about giving your body time to adjust to the higher altitude. Namche Bazaar is the perfect place to relax and recharge.
Wander the bustling streets: Browse colorful shops, sip delicious coffee at a cozy teahouse, and soak up the vibrant Sherpa culture.
Climb for breathtaking views: Take an optional hike up to the Everest viewpoint and be awestruck by the majestic panorama.
Discover the mountains' secrets: Visit a small museum and learn about the Himalayas' fascinating wildlife, mountaineering history, and rich Sherpa culture.

DAY 6

Trek to Dole (4210m)

Walk to Dole (4210m), via an easy path to Sangnasha. Climb uphill until Mong La, where we have lunch. After lunch it is downhill to Phorche Tanga. A pleasant walk through some forest then brings us to Dole, where we stop for the night.

DAY 7

Trek to Machhermo 4470m

Today you head to Machermo, following a quite easy grassy path. You are provided with views of Cho Oyu (8200m) as we climb gradually moving up the river valley passing Lhabarma and Luza to reach our destination of Macherma (4470m).

DAY 8

Trek to Gokyo 4780m and Climb Gokyo Ri 5483m.

There is quite a steep climb to kick us off, and due to the increase in altitude, we spend two nights at the lakes to enjoy the views. On day 9 it is an early start, around 3 am to climb Gokyo Ri (5483m) for sunrise. It takes around 2 ½ hrs to reach the summit, and you are rewarded with spectacular views of Everest, Lhotse, Ama Dablam, Pumori, Thambersku, Khangteka, Tensum Khang Gunnel and Cho La Che before returning to Gokyo Lakes for the remainder of the day.

DAY 9

Trek to Thangnak 4700m

Cross the Gokyo glacier and stay in Thangna at the foot of the Cho-La Pass for the night.

DAY 10

Trek to Dzongla via Cho la La Pass (5420m)

Today is another early start, around 3 am for a 5-hour climb towards the Cho la La Pass (5420m). From here there is a 2-hour descent to Dzongla (4840m), with stunning views to accompany you.

DAY 11

Trek to Dingbuche 4410m.

DAY 12

Trek to Chhukung 4730m.

It's only a short walk today. Only about two hours will take us to walk from Dingboche to Chhukung. Our journey begins and ends in delightful hilly scenery with stone-walled meadows. We move into the Imja Valley, where Lhotse and Ama Dablam may be seen in stunning detail. We will eventually reach Bibre, a camp for yak herders when we travel further. Beautiful landscapes may be found on the step rock and snow-covered south face of the pyramidal Imja Tse. Up ahead, the trail is traversed by chilly streams. We finally arrive in Chhukung after a 30-minute hike from Bibre.

DAY 13

Trek to Island Peak Base Camp 5090m.

We will reach one step closer to our destination today. After walking for 5 hours from Chhukung, we reach the Base camp (5150m) of Island Peak. We rest for the remainder of the day to acclimatize to the higher altitude.

DAY 14

Acclimatization & Climbing Preparation Day at the Base Camp 5090m.

Acclimatization & Climbing Preparation Day at the Base Camp.

DAY 15

Island Peak Summit 6189m. day & return to Chhukung

Finally, the day we have most awaited has come, climbing Island Peak. We start very early in the morning as we have to reach the top by noon because, after the afternoon, there may be high winds that will make climbing more challenging. The ascent will be somewhat difficult as we have to climb through the steep and uneven terrain. After a lot of time pushing and pulling, we will finally reach the Island Peak Summit.
We will spend a significant amount of time on the peak taking in and appreciating the spectacular scenery and adventure before returning to the base camp. From the base camp, we will further walk down to Chhukung for the night.
Note : If you feel like spending the night at the base camp, we will stay there and move forward the next day.

DAY 16

Trek to Tengboche 3900m.

With the immense pleasure of conquering the Island Peak, we retrace back our route to reach Tengboche. Today, we celebrate our success in climbing Island Peak once we reach the village.

DAY 17

Trek to Monjo 2835m.

After morning breakfast, we follow the same route back down towards the Namche Bazar to Monjo.

DAY 18

Trek Lukla 2800m.

After breakfast in Monjo, descend to the Phakding, and finally Lukla. The total walking distance for today is approximately 12.7km, taking around 6 hours.
Today marks your last night in the mountains, and it's a tradition to celebrate with a small party including your trekking crew. You can provide drinks and food as a gesture of appreciation for their hard work, making the final evening more memorable for the entire team. Expressing gratitude through tips will not only make the crew happier but also bring a different kind of happiness to your journey's conclusion.

DAY 19

Fly to Kathamndu (1,400m).

We take a flight back to Kathmandu and transfer you to your hotel. If your return from Lukla falls between April 10 and May 10, 2023, during the spring season, the flight will land in Manthali on one of the first flights of the day, around 7-7:30 am. This timing allows for a 5-6 hour bus transfer back to Kathmandu, with an expected arrival in the city during the mid-late afternoon. Your journey with Community Trek is now complete. If you're interested in other trips or tours, feel free to discuss with us, and we'll assist you in arranging anything you desire.

SERVICES

Included and not included

Included

- ✓ All Airport transfers are as per the itinerary.
- ✓ Ground Transfer as per the itinerary mentioned above.
- ✓ Tea House/Lodge Accommodations along the Trek.
- ✓ Meals: All Breakfast.
- ✓ 3 Days of full board service for Climbing Island Peak.
- ✓ National park permits and Trekking permits.
- ✓ Peak Climbing Permit/Royalty.
- ✓ An Experienced Trekking & Climbing Guide as per Itinerary.
- ✓ Trekking Porter: 1:2 (Max 1: 22kg).
- ✓ Group Climbing Gears.

Not included

- – Meals (Lunches & Dinners) along the Trek.
- – Personal expenses such as phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, hot shower, etc.
- – Tipping/ gratitude for the Diver, Guide, Porters, and Climbing GUIDE.
- – Any extra cost arising from bad weather, unfavorable circumstances (road blockage, landslide, flight delay, etc.)
- – Personal Trekking/Climbing Equipment
- – Travel Insurance
- – Anything not mentioned in the included section

ROUTE MAP

Trekking & tour route

Key stops, checkpoints, and route trajectory.



PLANNING

Frequently asked questions

Do I need previous climbing experience for Island Peak?

Previous technical climbing experience is not mandatory, but you should have good physical fitness and prior high-altitude trekking experience. Our experienced Sherpa guides provide climbing training at Base Camp, including the use of crampons, fixed ropes, harnesses, and ice axes before the summit attempt.

How difficult is Island Peak Climbing?

Island Peak is considered a moderately challenging trekking peak. The climb involves glacier travel, snow slopes, fixed ropes, and an early morning summit push, making it an excellent introduction to Himalayan mountaineering.

What is the best time to climb Island Peak?

The best seasons are spring (March to May) and autumn (September to November), when weather conditions are generally stable, skies are clear, and mountain views are at their best.

How fit should I be for the expedition?

You should be able to trek for 5–7 hours daily over consecutive days and feel comfortable at high altitudes. Regular hiking, endurance training, and cardiovascular exercise before your trip will greatly improve your chances of a successful summit.

What is the biggest challenge during the climb?

The greatest challenges are the high altitude, cold temperatures, and the demanding summit day. Proper acclimatization, hydration, and following your guide's instructions are essential for a safe and successful climb.

What equipment is required for Island Peak?

Essential climbing equipment includes mountaineering boots, crampons, ice axe, climbing harness, helmet, ascender, warm layered clothing, gloves, and a high-quality sleeping bag. Many technical items can be rented in Kathmandu if needed.

Is altitude sickness a concern?

Yes. Since the expedition reaches 6,189 meters, altitude sickness is a real possibility. Our itinerary includes gradual acclimatization, and your guides carefully monitor your health throughout the journey to ensure your safety.

Why choose Community Trek for Island Peak Climbing?

Community Trek offers experienced local Sherpa climbing guides, carefully planned acclimatization, quality logistics, reliable safety standards, and personalized service. Our goal is to provide a safe, enjoyable, and successful Himalayan climbing experience from arrival to summit.

GALLERY

A glimpse of the journey













Community Trek
Explore, Connect & Experience

PLAN YOUR ADVENTURE

Bookings & Custom Dates

Contact our local team in Kathmandu to reserve your spot or tailor this itinerary.

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