

# Island Peak

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## Island Peak

URL: <https://ascendhikes.com/package/island-peak-climbing-2026/>

### Destination

Nepal

### Activity

Peak Climbing

### Start / End Point

Kathmandu / Kathmandu

### Duration

14

### Max. Altitude

6,189 m

### Nature Of Trek

Lodge & camping

### Best Season

Sep-Oct-Nov-Dec/March-Apr-May

### Activity Per Day

5-7 hrs

### Transportation

kathmandu - Lukla

### Climbing Route

Island peak

### Per Person From

USD 1,950

### Group Size

2 - 14

Trip Difficulty

**Moderate**

Accommodation

**Guest house**

### BLD

Breakfast, Lunch and Dinner

# Island Peak climbing

**Welcome to Nepal Himalayas:** Imja Tse, commonly referred to as Island Peak, is a well-liked climbing location in Nepal's Everest region. Island Peak got its name because, when viewed from Dingboche, it seems like an island in a sea of ice. Experienced hikers and climbers usually try the ascent of Island Peak because it is regarded to be challenging. The peak's **6,189 meters (20,305 feet)** elevation requires technical ability in the use of ice axes, crampons, and fundamental rope skills.

In Nepal's Khumbu region, Island Peak, also called **Imja Tse**, is a strenuous climbing expedition. At 20,305 feet (6,189 meters) above sea level, it provides a demanding and fulfilling experience. During the expedition, one learns how to use essential climbing equipment such as screw gates, fig 8s, cows' tails, and jammers.

## What is need for the Island Peak climbing?

AH offer Trekking Island Peak in April often means sharing the mountain with climbers training for Everest later in the season, and altitude sickness is a possible risk during the trip. Usually, the Island Peak trip lasts for 19 days, which includes, trekking up to Base Camp (EBC) on Everest. The trip starts with a 45-minute flight that offers breathtaking Himalayan vistas from Kathmandu to Lukla. The 1:25,000 Climbing and Trekking Map by Sandra Greulich and Sasha Wetstein and the Island Peak Climbing Map - Imja Tse by Nepal Maps are suggested maps for the Island Peak Trek.

The normal route to Island Peak begins with an exhilarating flight from Kathmandu to Lukla, then followed by a walk through the gorgeous Khumbu region. While acclimatizing to their environment, trekkers travel through several Sherpa communities, including as Namche Bazaar and Dingboche. Island Peak's base camp is typically found in the quaint town of Chhukung in the Imja Valley.

## Island Peak climbing details Itinerary

An **Island Peak climbing itinerary** is a planned schedule for climbing Island Peak in the Khumbu region of Nepal. It outlines daily trekking routes, acclimatization days, and the summit climb, helping climbers prepare for altitude, logistics, and safety during this popular Himalayan trekking peak adventure

### Day 01: Arrival in Kathmandu

Arriving in Kathmandu airport, the capital city of Nepal. Meet your Ascend Hikes representative, and transfer to your hotel, and have a briefing about the upcoming climb. Rest and prepare for the journey ahead.

#### Drive Distance

6-7 km

#### Drive Duration

30 min.

#### Meals:

BLD

#### Accommodation:

Hotels

## Day 02: flight from Kathmandu to Lukla (2,800m) and Phakding (2,652m)

Take an early morning scenic flight from Kathmandu to Lukla. Begin trekking towards Phakding, a small village located along the Dudh Koshi River. Overnight stay in Phakding.

### Trek Distance:

9 km

### Trek Duration

3-4 hrs

### Highest Altitude:

2,652m

### Flight Hours:

30 min.

### Meals:

BLD

### Accommodation:

Tea -House

## Day 03: Trek from Phakding to Namche Bazaar (3,440m)

Continue trekking along the banks of the Dudh Koshi River, crossing suspension bridges and passing through small settlements. Reach Namche Bazaar, the gateway to the Everest region. Acclimatization day at Namche Bazaar.

### Trek Distance:

12 km

### Trek Duration

5-6 hrs

### Highest Altitude:

3,440m

### Meals:

BLD

### Accommodation:

Tea-house

## Day 04: Acclomatization day in Namche Bazaar (3,440m)

A Day in Namche Bazaar, this day is set aside for acclimatization. You can explore Namche Bazaar and hike to Everest View Hotel or the Khumjung village to enjoy panoramic views of top of the world Mt. Everest, Ama Dablam, and other beautiful mountains surrounding. You'll also have the opportunity to visit the Sherpa Culture Museum and learn about the local traditions. There are so many activities you can do in Namche Bazar, it's a main marketplace in khumbu valley.

### Trek Distance:

-

### Trek Duration

-

### Highest Altitude:

3,440m

### Meals:

BLD

**Accommodation:**

Tea-house

**Day 05: Tre from Namche Bazaar to Tengboche (3,860m)**

Trek through rhododendron forests, enjoying beautiful views of Everest, Nuptse, Lhotse, and other surrounding peaks. Visit the famous Tengboche Monastery, an important Buddhist site in the region.

**Trek Distance:**

10 km

**Trek Duration**

5-6 hrs

**Highest Altitude:**

3,860m

**Meals:**

BLD

**Accommodation:**

Tea-house

**Day 06: Tengboche to Dingboche (4,410m)**

Descend through forests and cross the Imja Khola before climbing up to Dingboche. This village offers stunning views of Ama Dablam and other peaks.

**Trek Distance:**

10 km

**Trek Duration**

6-7 hrs

**Highest Altitude:**

4,410m

**Meals:**

BLD

**Accommodation:**

Tea-house

**Day 07: Dingboche (Acclimatization Day)**

It's an excursion day for you to improve your higher elevation ascending. Spend an additional day in Dingboche for acclimatization. Take short hikes around the area and prepare for the climb. For your healthiness climb to Nagarjun peak for your Acclomatization, it is very important when your ascent mountains.

**Trek Distance:**

-

**Trek Duration**

-

**Meals:**

BLD

**Accommodation:**

Tea-house

**Day 08: Trek from Dingboche to Chhukung (4,730m)**

Trek to Chhukung, the last settlement before Island Peak. Set up base camp at Chhukung and rest for the upcoming climb. From Dingboche to Chhukung is not so far, you will be there by lunch time and after the lunch ascend up to Chhukung Ri, it's hard but helps you to go higher mountain a lot.

**Trek Distance:**

5 km

**Trek Duration**

3 hrs

**Highest Altitude:**

4,730m

**Meals:**

BLD

**Accommodation:**

Tea-house

**Day 09: Trek from Chhukung to Imja Peak Base Camp (5,200m)**

Your trek starts towards Island Peak Base Camp, situated on the moraine of the Lhotse shar Glacier. Spend the afternoon acclimatizing and preparing climbing equipment. Check all your climber gears for the next morning, you have to start around 1 am in the morning next day. So, after all ready your equipment then go to sleep soon as possible.

**Trek Distance:**

5 km

**Trek Duration**

4-5 hrs

**Highest Altitude:**

5,200m

**Meals:**

BLD

**Accommodation:**

Tent camp site

**Day 10: Push to Summit (6,189m) and Return to Chhukung**

This is the most challenging day for your great achievement. Start the summit push in the early hours of the morning. Ascend steep slopes, negotiate crevasses, and use climbing equipment as required. When reaching the summit of Island Peak and enjoy the panoramic views of the mountains. After this climb descend back to Chhukung. And stay overnight in this place

**Trek Distance:**

14 km

**Trek Duration**

14 -16 hrs

**Highest Altitude:**

6,189m

**Meals:**

BLD

**Accommodation:**

Tea-house

**Day 11: Trek back from Chhukung to Namche Bazar**

Trekking your steps back to Tengboche, a famous monastery and again your trek continue enjoying the scenic beauty along the way. Continue the descent to Namche Bazaar, where you can relax, shop for souvenirs, and interact with fellow trekkers.

**Trek Distance:**

30 km

**Trek Duration**

9 - 10 hrs

**Meals:**

BLD

**Accommodation:**

Tea-house

**Day 12: Namche Bazaar to Lukla**

Trek back to Lukla, marking the end of your trekking journey. Celebrate the successful climb with your assist team. Your porter will not be going back to Kathmandu with you so, you have to say goodbye to your porter until the next your visit in Nepal Himalaya

**Trek Distance:**

18 km

**Trek Duration**

6-7 hrs

**Day 13: Lukla to Kathmandu**

Take an Early in the morning Fly from Lukla back to Kathmandu. Just an about 30 minutes flight and after that rest day and explore the city, enjoy local cuisine, and reflect on your adventure.

**Flight Hours:**

30 min.

**Meals:**

BLD

**Accommodation:**

hotels

## Day 14: Departure from Kathmandu

Depart from Kathmandu international airports with amazing memories of your Island Peak climbing expedition.

## Cost Including for Island Peak Climbing

- Airport Pick up and drop.
- All the accommodation and meal (3 times a day with one main course) during the trek.
- All the official expenses and paperwork (like Permit for peak climbing).
- All the domestic Flights and tickets ( Ktm - Lukla - Ktm).
- Government license holder Ascend Hikes Experience English Speaking Guide.
- A porter for 2 Trekkers and Maximum 20 Kg weight of Luggage.
- All the Government Taxes.
- All the Insurance of Guide and Porters.
- Farwell dinner in Kathmandu.

## Cost Excluding for Island Peak Climbing

- Travel Insurance and Entry visa fees.
- International Flight tickets.
- All trekking gear and other expenses.
- Hot & cold, Bar and Beverages bills, like hot water, tea, coffee, etc.
- All the accommodation and food before and after Trekking
- Excess Baggage charge.
- Personal expenses: wi-fi, Battery charge etc...
- Staff tips
- All other things are Exclude which is not in the list of Include.

## Group Discounts Available

| No. of Persons | Price per Person |
|----------------|------------------|
| 1 - 1          | USD 2,199        |
| 2 - 2          | USD 1,999        |
| 3 - 3          | USD 1,950        |
| 4 - 4          | USD 1,799        |
| 5 - 5          | USD 1,699        |

| No. of Persons | Price per Person |
|----------------|------------------|
| 6+             | USD 1,599        |

## Essential Information

### Some Useful Information for Travel Nepal

- **Visa Requirements:** Most travelers to Nepal require a visa to enter the country. You can obtain a tourist visa upon arrival at the Tribhuvan International Airport in Kathmandu or apply for it in advance at the Nepalese embassy or consulate in your home country.
- **Strong Travel Insurance:** It is highly recommended to have travel insurance that covers high-altitude trekking and climbing activities. Make sure your insurance policy includes emergency medical evacuation, as well as coverage for trip cancellation, lost luggage, and other potential incidents.
- **Flights to Lukla:** The journey to Island Peak typically begins with a flight from Kathmandu to Lukla, the nearest airport to the Everest region. Flights to Lukla are operated by domestic airlines and are subject to weather conditions. It's advisable to book your flights in advance and be prepared for possible schedule changes or delays.
- **Accommodation in Kathmandu:** In Kathmandu, you'll find a wide range of accommodation options, ranging from budget guesthouses to luxury hotels. Thamel is a popular area for tourists and offers a variety of hotels, restaurants, and shops.
- **Local Currency and Expenses:** The local currency in Nepal is the Nepalese Rupee (NPR). It's recommended to carry some cash for small expenses, as credit cards may not be widely accepted in remote areas. ATMs are available in Kathmandu, but they may be limited in other locations. It's also advisable to carry small denomination USD bills as they can be easily exchanged.
- **Communication and Internet:** Most major towns and trekking routes in Nepal have access to mobile networks and internet services. Local SIM cards can be purchased in Kathmandu for better connectivity during your stay. However, keep in mind that the availability of network coverage and internet speeds may vary in remote mountainous areas.
- **Health and Vaccinations:** Prior to your trip, consult with a healthcare professional or travel clinic for up-to-date information on recommended vaccinations and health precautions for Nepal. Common vaccinations include those for hepatitis A and B, typhoid, tetanus, and influenza. It's also important to bring any necessary medications and a basic first aid kit.
- **Responsible Trekking:** Practice responsible and sustainable trekking by respecting local customs and traditions, preserving the environment, and supporting local communities. Carry out any trash you generate, use designated teahouses or lodges for accommodation, and hire local guides and porters to contribute to the local economy.

### Equipment List for Island Peak Climbing

#### Clothing:

- Base Layers: Moisture-wicking, quick-drying tops and bottoms (synthetic or merino wool)
- Insulating Layers: Fleece jackets or down/synthetic-filled jackets for warmth
- Shell Jacket: Waterproof and breathable outer layer (Gore-Tex or similar)
- Shell Pants: Waterproof and breathable pants (Gore-Tex or similar)



- Trekking Pants: Lightweight and quick-drying pants
- Shorts or Skirts: For lower-altitude trekking and warm days
- Insulated Hat: Fleece or wool hat for warmth
- Sun Hat: Wide-brimmed hat to protect from the sun
- Gloves: Lightweight and warm gloves for trekking and thicker gloves or mittens for high altitude
- Socks: Moisture-wicking and warm socks (synthetic or merino wool)
- Gaiter
- s: To protect your boots and lower legs from snow, rocks, and debris
- Sunglasses: UV-protective sunglasses with good coverage
- Buff or Neck Gaiter: To protect your neck and face from wind and cold

### **Footwear:**

- Mountaineering Boots: Sturdy and insulated boots suitable for crampon use
- Trekking Boots: Comfortable and broken-in boots for lower-altitude trekking
- Gaiters: To protect your boots and lower legs from snow, rocks, and debris
- Socks: Moisture-wicking and warm socks (synthetic or merino wool)

### **Climbing Gear:**

- Helmet: Climbing helmet for protection
- Harness: Climbing harness suitable for glacier travel and roped sections
- Crampons: Mountaineering crampons compatible with your boots
- Ice Axe: Mountaineering ice axe for balance, self-arrest, and use on steep slopes
- Climbing Rope: Depending on the group size and requirements
- Carabiners and Quickdraws: For attaching to ropes and equipment
- Ascender or Jumar: For ascending fixed ropes, if necessary
- Prusik Cord: For self-rescue or additional safety

### **Other Equipment:**

- Backpack: 30-40-liter backpack for carrying your personal items and climbing gear
- Sleeping Bag: Suitable for cold temperatures (-15°C to -20°C / 5°F to -4°F)
- Trekking Poles: To provide stability and reduce strain on your knees
- Headlamp: With extra batteries for early morning starts and in case of power outages
- Water Bottle or Hydration System: Sufficient capacity for staying hydrated
- Duffel Bag: For carrying extra gear or items not needed during the climb
- Snacks and Energy Bars: High-energy snacks for the trek and climb
- Personal Toiletries: Toilet paper, wet wipes, hand sanitizer, etc.
- Sunscreen: High SPF and broad-spectrum sunscreen to protect from strong UV rays
- First Aid Kit: Including basic medications, blister treatments, and any personal prescriptions
- Camera: To capture the incredible views and memories
- Travel Adapter: For charging your electronic devices in Nepal

# Some Frequently Asked Questions for Island Peak

Here are some Frequently ask questions about climbing Island Peak in Nepal, covering topics like permits, difficulty, itinerary, best season, altitude, and preparation for a safe Himalayan climbing adventure journey.

## What is the best time to climb Island Peak?

The ideal time to climb Island Peak is during the spring (April to May) and autumn (September to November) seasons. These months offer stable weather conditions, clear skies, and good visibility. However, with proper preparation and experienced guides, climbing can also be done during other months.

## Do I need previous climbing experience to climb Island Peak?

While previous climbing experience is not mandatory, it is highly recommended to have some prior experience in mountaineering and the use of climbing equipment. Island Peak is considered a technically challenging climb, involving glacier crossings and steep sections. Basic rope techniques, knowledge of using ice axes and crampons, and physical fitness are essential.

## Do I need a permit to climb Island Peak?

Yes, you need a climbing permit to climb Island Peak. It is issued by the Nepal Mountaineering Association (NMA). Additionally, you will also need the Sagarmatha National Park entry permit, as Island Peak is located within the Everest region. Your trekking agency will assist you in obtaining the necessary permits.

## Do I need to hire a guide or can I climb Island Peak independently?

It is highly recommended to hire a certified guide or join a guided expedition for climbing Island Peak. A guide will have the necessary knowledge, experience, and support to ensure your safety and success on the mountain. They can also assist with route finding, equipment, permits, and logistics.

## What kind of physical fitness is required to climb Island Peak?

Climbing Island Peak requires a good level of physical fitness and endurance. It involves several days of trekking at high altitudes and requires the ability to carry a backpack with climbing gear. Prior training, including cardiovascular exercises, strength training, and hiking, is recommended to prepare your body for the demands of the climb.

## What kind of equipment do I need for Island Peak climbing?

You will need mountaineering equipment such as crampons, ice axes, harness, helmet, ropes, and climbing boots. Other essential items include a down jacket, sleeping bag, trekking poles, headlamp, warm clothing, and personal items. It is advisable to consult with your trekking agency or guide for a comprehensive equipment checklist.

## Is altitude sickness a concern during Island Peak climbing?

Altitude sickness is a potential risk when climbing Island Peak or trekking in the Everest region. Proper acclimatization and a slow ascent are crucial to minimize the risk. It is essential to listen to your body, stay hydrated, and follow the guidance of your guide. Familiarize yourself with the symptoms of altitude sickness and inform your guide if you experience any discomfort.

## What are the accommodation options during Island Peak climbing?

During the trekking portion of the expedition, you will stay in teahouses or lodges along the trail. These provide basic accommodation with shared facilities. However, once you reach Island Peak Base Camp and High Camp, you will stay in tents.

## Some useful Local Dialogues

Here are some useful local greetings phrases and sentences.

- **Tashidele/ NAMASTE - Hello (all ages people can use)**
- **TAPAI LAI KASTO CHHA? - How are you?**
- **MALAI THIK CHHA, DHANYABAT - I am fine, thank you.**
- **TAPAIKO NAM KE HO? - What is your name?**
- **MERO NAM ..... HO. - My name is .....**
- **KRIPAYA MALAI SAHAYOG GARNUS. - Please help me....**
- **MALAI BHOK LAGE KO CHHA. -I am hungry**
- **MALAI KHANA DINUS - Give me a rice.**
- **MALAI YO THAU RAMAILO LAGYO - I really love this place.**
- **YO THAU BATA ... THAU MA PUGNA KATI SAMAYA LAG CHHA? - How far from here to ... place?**
- **MALAI CHISO VAYO - I feel cold.**
- **CHIYA PAIN CHHA? - Can I get tea?**
- **TAPAI LAI KASTO LAGYO KHANA? - How is food?**
- **MITHO CHHA - Very good/ testy**
- **PANI - water**
- **KHANA- Food**
- **DHANYABAT - thanks**
- **FERI VETAULA - See you again**
- **TAPAI KO YATRA SAFAL RAHOS - have a safe journey**

## Contact Us to customize Island Peak Climbing

Contact **us** to customize your most popular treks in Nepal and experience memorable the Himalayan journey with expert local guides. Whether you dream of trekking to Everest Base Camp or exploring the impressive trails of Annapurna Base Camp, our professional team will design a safe, flexible, and memorable adventure customized to your time, budget, and fitness level.

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