

# Island Peak Climbing

## Trip Overview

Imja-Tse also known as Island Peak, at 6165 m, is one of the most famous trekking peaks in Nepal. At an elevation of 6165 metres, Island Peak climbing is located in Sagarmatha National Park in the Himalayas of eastern Nepal, in the Khumbu region. (ImjaTse), or Island Peak, is also the most frequently climbed peak in Nepal. In 1956, ImjaTse summit was first climbed by a Swiss team as preparation for climbing Mount Everest and Lhotse. It was also a training peak used by Edmund Hillary and Sherpa Tenzing in 1953, and the route they discovered is the same one that is used today. Many mountaineers consider climbing Island Peak the beginning of climbing in the mountains to prepare for a big mountain expedition in Nepal.

The peak is actually an extension of the ridge coming down off the south end of Lhotse Shar, situated less than 10 kilometres away from Everest. Once this peak was viewed from Dingboche, it appeared as an island in a sea of ice, and the peak was named Island Peak in 1951 by Eric Shipton. Although in 1983 the peak was renamed ImjaTse, it has continued to be popularly recognised as Island Peak. The climb, besides being pleasant, also provides some of the most spectacular scenery in the Himalayas in the Khumbu region. From the top of Island Peak, you can see a breathtaking panorama of gigantic mountains - Nuptse (7,864m), Lhotse (8,516m), Lhotse Middle (8,410 m), and Lhotse Shar (8,382 m), which form a semicircle in the north, and the stunning views of Makalu (8485m), Baruntse (7152m) in the east, and the famous expedition peak of Amadablam (6814m) in the south. As the climbers' descend from the peak, the route takes them into many cultural sites, such as Pangboche - a traditional Sherpa village; Tengboche - famous for its richly adorned Tibetan monasteries; and Khumjung, with Hillary School inside the clouds and the mysterious Yeti scalp. It is absolutely an unforgettable experience to climb Island Peak in the Himalayas. It would be best to climb Island Peak from March to May and from September to November.

ImjaTse Peak climbing, at 6165 m, is one of the best peaks in Nepal. It is a 5800m to 6500m peak in the Nepal Himalaya, located in Solukhumbu district in Nepal. Climbing Himalaya for Mountaineering Info and Exploring Nepal Himalaya Peak, we would like to organize ImjaTse Peak climbing (6165m) as in: as per our client's requirement or in a fixed package arranged by us to provide a different experience as compared to others. We offer a package for climbing ImjaTse Peak that covers: logistics, Transportation, Accommodation, and a professional mountain guide—all of which are precisely what we need for ImjaTse Peak and at a reasonable price. Island Peak climbing costs offered here are reasonable in the sense that we make sure that you have the best of everything. We would like to explore the Himalaya and do professional peak climbing in Nepal. All climbers who want to be at the summit of ImjaTse Peak in Nepal, please feel free to connect with us at Climbing Himalaya (sister company of Trip Himalaya) to achieve their most awaited dream. We believe we are proficient enough to handle any kind of problem perfectly and professionally.

## Trip Highlights

- Island Peak (6165m) a summit
- picturesque mountain flight
- Ancient Tengboche monastery
- KCC ( Khumbu Climbing Centre)
- Namche Bazaar
- Wildlife includes Himalayan thar, snow leopards, colourful pheasants, and musk deer
- Experience the native Sherpa people's culture and way of life.

- Stunning views of the world's highest mountains -
- And many other Snow capped mountains.

## **Trip Itinerary**

**Day 01: Arrival in Kathmandu 1350 m**

**Day 02: Flight to Lukla (2,767m) and Trek to Phakding 2630m**

**Day 03: Trek to Namche Bazaar 3440m**

**Day 04: Acclimatization Day in Namche Bazaar**

**Day 05: Trek to Phortse 3820m**

**Day 06: Trek to Dingboche 4410m**

**Day 07: Trek to Chhukung 4730m**

**Day 08: Acclimatization Day in Chukung 4730m**

**Day 09: Trek to Island Peak Base Camp 5200m**

**Day 10: Summit Island Peak (6,165m) and Return to Base Camp**

**Day 11: Contingency Day**

**Day 12: Trek back to Pangboche 3985m**

**Day 13: Trek to Namche Bazaar 3440m**

**Day 14: Trek to Lukla**

**Day 15: Flight back to Kathmandu**

## **Cost Includes**

- Two night 3-star Hotel with B/B plan on twin sharing basis in Kathmandu
- Trekking permit (TIMS and National Park fee)
- Island Peak Climbing Permit
- One Professional Nepali Mountain Guide between 3 clients.
- one porter between two members for luggage
- Kathmandu-Ramechhap-Kathmandu Regularu Bus Ticket
- Ramechhap-Lukla-Ramechhap Air Fare
- Kathmandu to Kathmandu Standard Full board meal (trekking period)
- Guides, Porter's Accident and Medical Insurance
- Group Climbing Equipment

## **Cost Excludes**

- Kathmandu All Activities
- All accommodations after two nights in Kathmandu

- All Personal Expenses on trekking
- Personal Climbing Gear
- Personal Trekking Gear
- Single Supplement Charge
- Travel and search and Rescue insurance
- All Bar Bil, cafeteria, cold drinks and others
- Private transportation (Kathmandu-Ramechhap and Ramechhap-Kathmandu)
- Other Activity, sightseeing, Mountain Flights, rafting, etc
- Tips to All Staff (Guide and porters)