

Beyond Everest Base Camp: A Curated Journey to Island Peak (6160m)

Overview:

The Island Peak Climbing with Everest Base Camp Trek is an exceptional Himalayan adventure that combines the legendary Everest Base Camp journey with the exhilarating challenge of climbing Island Peak (6,189 m). This unforgettable expedition takes you into the heart of the Khumbu region, where breathtaking mountain scenery, rich Sherpa culture, and high-altitude adventure come together to create a truly remarkable experience.

The journey begins with a scenic flight to Lukla and follows the renowned trails of the Everest region through beautiful mountain landscapes, traditional Sherpa settlements, and ancient Buddhist monasteries. As the trail gradually ascends through the Khumbu Valley, trekkers are rewarded with spectacular views of some of the world's highest peaks, including Mount Everest, Lhotse, Nuptse, Ama Dablam, and countless surrounding Himalayan summits.

The trek reaches the iconic Everest Base Camp and the famous Kala Patthar viewpoint, where panoramic views of Everest and the surrounding Himalayan range create unforgettable moments. Continuing through the peaceful and scenic Chhukung Valley, the adventure transitions from classic trekking to peak climbing preparation as you approach Island Peak Base Camp and High Camp.

The ascent of Island Peak is an exciting introduction to Himalayan mountaineering, requiring glacier travel, basic climbing skills, and the determination to overcome challenging high-altitude conditions. Supported by experienced climbing Sherpas and proper acclimatization, reaching the summit provides a rewarding achievement with breathtaking views of the surrounding Himalayan giants, including Lhotse, Makalu, Baruntse, and Ama Dablam.

Beyond the climb, this expedition offers a deeper connection with the unique culture and traditions of the Sherpa people. The welcoming mountain communities, Buddhist heritage, and dramatic landscapes make the journey as culturally enriching as it is adventurous.

Designed for adventure seekers who want to experience both trekking and mountaineering, the Island Peak Climbing with Everest Base Camp Trek offers the perfect combination of exploration, challenge, and achievement. From the legendary trails of Everest to the summit of Island Peak, this expedition delivers an unforgettable Himalayan experience in one of the world's most iconic mountain regions.

Quick facts:

Cost: USD per Person

Destinations: Lukla / Namche / Everest Base Camp / Kala Patthar / Island Peak

Duration: 19 Days

Trek starting point: Lukla

Trek ending point: Lukla

Grade: Challenging

Transportation: Domestic flight

Accommodation: Tourist standard hotel in Kathmandu, teahouse and camp

Max altitude: 6,160 m

Activities: Trekking, Peak climbing, glacier crossing and sightseeing

Best seasons: March, April, May, October, September and November

Please do not forget to carry the following items with you:

- Passport size Photos
- Torchlight / Headlight
- Warm cap
- Sunglass and sun-cream
- Sleeping bag (light weight)
- Trekking sticks
- Dry fruits and chocolates
- Down jacket
- Trekking trousers
- Trekking shoes (No any converse and Vans shoes)

PROGRAM ITINERARY

□ **Day 1: Arrival at Kathmandu / Meet and Greet**

Arrival at Tribhuvan International Airport. Our Staff member meets you and transfers you to the hotel. Overnight at the hotel.

□ **Day 2: Kathmandu Sightseeing and preparation for trekking**

After breakfast at the hotel, our guide will meet you at the hotel and provide a briefing about the upcoming trek, including the itinerary, safety information, and important preparations. He will also assist you with all the necessary trekking formalities and paperwork.

After the briefing, we will go on a sightseeing tour around the Kathmandu Valley, visiting famous UNESCO World Heritage Sites such as Boudhanath Stupa, one of the largest Buddhist stupas in the world, and Swayambhunath Stupa, also known as the Monkey Temple. On this day, we will also arrange the TIMS card and other required permits for the trek. In the evening, you will have time to prepare your trekking gear and make the final arrangements for the journey ahead. Overnight at the hotel.

□ **Day 3: Fly to Lukla (2,840m) and Trek to Phakding (2,610m): Walking distance: 8km | 3 – 4hours**

After an early breakfast, we will fly from Kathmandu (1,400 m / 4,600 ft) to Lukla (2,840 m / 9,317 ft). The short 35-minute flight offers spectacular views of the Himalayas, and landing on the hillside airstrip is an adventure in itself, with mountains towering on all sides and a steep drop at the end of the runway. The crisp mountain air and dramatic landscapes make it clear that we have entered the heart of the Everest region.

From Lukla, we will start our trek along a gentle trail towards Cheplung Village, enjoying the striking views of Mount Khumbila. The path then gradually descends through the Dudh Koshi River valley as we make our way to Phakding (2,610 m / 8,563 ft). Surrounded by lush hills and offering panoramic views of Kusum Kanguru, Phakding is a charming village with comfortable lodges that serve trekkers. The trek from Lukla to Phakding is approximately 8 km (5 miles) and takes around 3–4 hours, providing a relaxed start to acclimatize and soak in the Himalayan scenery. Overnight at a guesthouse in Phakding.

Note: The weather in Lukla is highly unpredictable. Occasionally, flights may be delayed or canceled due to adverse weather conditions. If a flight is canceled, you will need to return to your hotel in Kathmandu. Please note that transportation back to the hotel and accommodation for this night are not included. If the weather clears the next day, you will be accommodated on either the 3rd or 4th flight to Lukla. If conditions remain unfavorable, there is also an option to take a helicopter flight. The cost of a helicopter flight is not fixed and will be quoted by the airline on the same day. You should expect to pay an additional approx. 250 USD for the helicopter transfer from Kathmandu to Lukla. Although such situations are rare, we believe it is important to inform you in advance.

□ **Day 4: Trek from Phakding to Namche Bazaar (3,440m) : Walking Distance | 10 – 12 km | 5 – 6 hours**

We will start our trek from Phakding (2,610 m / 8,563 ft) and follow the trail along the Dudh Koshi River, passing through traditional Sherpa villages and suspension bridges. The trail gradually ascends through pine and rhododendron forests, offering beautiful views of the surrounding hills and mountains. We will cross several small settlements before reaching Monjo (2,835 m / 9,301 ft), where we may stop for a short break. Continuing uphill, we will climb steeply to Namche Bazaar (3,440 m / 11,286 ft), the main trading hub of the Khumbu region. The trek covers approximately 10 – 12 km and takes around 5–7 hours, making it a moderate to challenging day that helps with acclimatization. Along the way, we will enjoy panoramic views of Thamserku and Kongde Ri, and take in the lively atmosphere of Namche Bazaar, surrounded by dramatic Himalayan peaks. Overnight at a guesthouse in Namche Bazaar.

□ **Day 5: Trek from Namche Bazaar to Khumjung (3,790 m): Walking distance : 7 – 8km | 3 – 5 hours**

We will begin our trek from Namche Bazaar (3,440 m / 11,286 ft), leaving behind the lively Sherpa town as we follow a gently ascending trail along the hillside above the Dudh Koshi Valley. The path offers a comfortable and scenic walk, with unfolding views of iconic Himalayan peaks such as Ama Dablam (6,812 m / 22,349 ft) and Thamserku (6,623 m / 21,729 ft). Passing through Syangboche (3,780 m / 12,402 ft), the landscape opens into wide yak pastures and quiet highland terrain.

After approximately 2–3 hours of trekking, covering around 3.5–4.5 km (2.2–2.8 miles), we will arrive at Khumjung (3,790 m / 12,434 ft), a serene Sherpa village nestled beneath the sacred peak of Khumbila (5,761 m / 18,901 ft). Here, we will have time to explore the village and take in the peaceful mountain atmosphere. Overnight at a guesthouse in Khumjung.

□ **Day 6: Trek from Khumjung to Pangboche (3,985m): Walking distance: 10 – 12 km | 5 – 7 hours**

We will begin our trek from Khumjung (3,790 m / 12,434 ft), descending through quiet Sherpa villages and rejoining the main Everest trail near Namche Bazaar. The path then contours along the mountainside, offering breathtaking views of Ama Dablam (6,812 m / 22,349 ft) and Lhotse (8,516 m / 27,940 ft).

Continuing onward, we descend to Phunki Tenga (3,250 m / 10,663 ft) before a steady climb through forest to Tengboche (3,860 m / 12,664 ft), home to its renowned monastery. From here, the trail descends and gradually ascends along the Imja Valley.

After approximately 5–7 hours of trekking, covering around 10–12 km (6.2–7.5 miles), we will arrive at Pangboche (3,985 m / 13,074 ft), a traditional village set beneath the towering Ama Dablam, where we can relax and take in the alpine surroundings. Overnight at a guesthouse in Pangboche.

□ **Day 7: Trek from Pangboche to Dingboche (4,410m): Walking distance: 5 – 6 km | 3 – 4 hours**

We will begin our trek from Pangboche (3,985 m / 13,074 ft), following a gradual ascent along the Imja Valley as the landscape becomes more open and alpine. The trail climbs steadily above the tree line, offering close-up views of Ama Dablam (6,812 m / 22,349 ft) and surrounding Himalayan peaks, while passing through scattered yak pastures and small seasonal settlements.

Continuing along a gentle but steady incline, we cross a bridge and move through the windswept terrain of Somare (4,010 m / 13,156 ft), before the valley widens into a broad, glacial landscape. The climb remains manageable, making it an important acclimatization day as we gain altitude gradually.

After approximately 3–4 hours of trekking, covering around 5–6 km (3.1–3.7 miles), we will arrive at Dingboche (4,410 m / 14,469 ft), a scenic village surrounded by stone-walled fields beneath towering peaks. Upon arrival, we can rest and take in the expansive mountain views. Overnight at a guesthouse in Dingboche.

□ **Day 8: Acclimatization / Exploration at Dingboche**

This day is set aside for acclimatization in Dingboche (4,410 m / 14,469 ft), giving our bodies time to adapt to the higher altitude while staying gently active. Rather than remaining idle, we will take a short hike above the village to support the acclimatization process and enjoy expansive Himalayan views.

A recommended ascent is toward Nagarjun Hill (approximately 5,000 m / 16,404 ft), rising above Dingboche. The climb is gradual but noticeably more demanding due to the altitude, rewarding us with sweeping panoramas of Ama Dablam, Lhotse, Makalu, and the surrounding Himalayan range. After spending time at the viewpoint, we descend back to the village.

The excursion takes around 3–4 hours round trip, covering approximately 3–4 km (1.8–2.5 miles). The remainder of the day is free for rest, exploration, and preparation for higher elevations. Overnight at a guesthouse in Dingboche.

□ **Day 9: Trek from Dingboche to Lobuche (4,910 m): Walking distance: 7 – 8 km | 5 – 6 hours**

We will begin our trek from Dingboche (4,410 m / 14,469 ft), leaving behind the broad alpine valley as we gradually gain altitude into a more rugged and glacial landscape. The trail climbs steadily, with views opening toward Ama Dablam (6,812 m / 22,349 ft) before the terrain becomes increasingly barren and windswept. Continuing onward, we reach Thukla (4,620 m / 15,157 ft), where a steep ascent leads to the memorial ridge honoring climbers who have lost their lives in the Himalayas. From this point, the trail levels into a dramatic high-altitude traverse with striking views of Lhotse (8,516 m / 27,940 ft), Pumori (7,161 m / 23,494 ft), and surrounding peaks.

After approximately 5–6 hours of trekking, covering around 7–8 km (4.3–5 miles), we will arrive at Lobuche (4,910 m / 16,108 ft), a remote high-altitude settlement set against the stark beauty of the Khumbu Glacier. Overnight at a guesthouse in Lobuche.

□ **Day 10: Trek from Lobuche to Everest Base Camp (5,364m) via Gorakshep (5,164m): Walking distance: 14 – 15km | 7 – 8 hours**

We will begin our trek from Lobuche (4,940 m / 16,207 ft), following the trail along the rugged moraine of the Khumbu Glacier toward Gorakshep (5,164 m / 16,942 ft), the last settlement before Everest Base Camp. The trail gradually ascends through rocky terrain, offering impressive views of surrounding Himalayan peaks such as Nuptse, Pumori, and Lingtren.

After a short rest at Gorakshep, we will continue our trek toward the legendary Everest Base Camp (5,364 m / 17,598 ft). The path follows the edge of the glacier, crossing rocky moraines and glacial terrain while providing close-up views of the dramatic Khumbu Icefall. Upon reaching Everest Base Camp, we will take time to enjoy the incredible atmosphere of the world's highest mountain, capture photographs, and admire the surrounding Himalayan landscape. After spending some time at Base Camp, we will retrace our steps back to Gorakshep for the night.

After approximately 7 – 8 hours of trekking, covering around 14 – 15 km (8.5–9 miles) round trip, we will return to Gorakshep to rest and prepare for the next day's adventure. Overnight at a guesthouse in Gorakshep.

□ **Day 11: Trek to Kala Patthar (5,545m) and there to Dingboche (4,410m): Walking distance: 12 – 14 km | 6 – 8 hours**

We will begin the early morning hike from Gorakshep (5,164 m / 16,942 ft), heading steadily uphill toward the iconic viewpoint of Kala Patthar (5,545 m / 18,192 ft). The trail is short but steep, climbing over rocky terrain where every step feels heavier in the thin Himalayan air. As the first light of sunrise touches the horizon, the entire Khumbu Valley begins to glow, revealing a breathtaking panorama of Mount Everest (8,848.86 m / 29,031 ft), along with Lhotse (8,516 m / 27,940 ft) and Nuptse (7,861 m / 25,791 ft).

After spending a quiet moment at the summit, we descend back to Gorakshep for breakfast before continuing our journey down the valley. Retracing the trail past Lobuche (4,910 m / 16,108 ft) and Thukla (4,620 m / 15,157 ft), the landscape gradually opens and softens, and the air becomes noticeably richer as we lose elevation.

From here, the trail continues toward Dingboche (4,410 m / 14,469 ft), a wide alpine valley village surrounded by terraced fields and vast Himalayan peaks. The long descent offers a welcome change of pace, moving from the harsh high-altitude zone into a more comfortable and scenic section of the Khumbu.

The full journey from Kala Patthar to Dingboche covers approximately 12 – 14 km (7.5–8.7 miles) and takes around 6 – 8 hours, combining the early morning ascent, descent to Gorakshep, and the trek down the valley. Overnight at a guesthouse in Dingboche.

□ **Day 12: Trek from Dingboche to Chhukung (4,730m): Walking distance: 5 – 6 km | 2 – 3 hours**

We will begin our trek from Dingboche (4,410 m / 14,469 ft), leaving behind the wide, windswept valley surrounded by stone-walled fields and distant Himalayan ridges. The trail starts gently, following an open alpine path that gradually narrows as we move deeper into the Imja Valley.

As we continue, the landscape becomes more rugged and raw, shaped by glacial moraine and towering peaks. The air is thin but the pace remains steady, offering time to take in the dramatic silence of the high Himalayas. Ahead, the valley feels increasingly enclosed by massive mountain walls, creating a natural amphitheater of ice and rock.

The trail then leads us to Chhukung (4,730 m / 15,518 ft), a small settlement nestled directly beneath the impressive south face of Island Peak (6,160 m / 20,210 ft). As we arrive, the scenery shifts into a striking high-altitude basin, where glaciers, cliffs, and silence define the surroundings.

The trek covers approximately 5 – 6 km (3.1–3.7 miles) with an elevation gain of about 320 m (1,049 ft), taking around 2 – 3 hours at a steady Himalayan pace.

Overnight at a guesthouse in Chhukung.

□ **Day 13: Trek from Chhukung to Island Peak Base Camp (5,200m): Walking Distance: 5 – 6 km | 3 – 4 hours**

We will begin our trek from Chhukung (4,730 m / 15,518 ft), leaving behind the quiet alpine settlement and heading deeper into the Imja Valley. The trail immediately feels more remote, with no permanent villages ahead, only glacial terrain, rocky slopes, and the towering walls of the surrounding Himalayas. As we walk, the path gradually ascends over moraine and loose rock, following the natural contours of the valley beneath Island Peak (6,160 m / 20,210 ft). The landscape becomes increasingly rugged and dramatic, with the glacier slowly coming into view and the air growing thinner with each step. This is where trekking begins to feel like preparation for climbing.

We continue toward Island Peak Base Camp (5,200 m / 17,060 ft), set at the edge of the glacier beneath steep ice and rock slopes. The setting is raw and isolated, surrounded by icefalls and towering peaks that dominate the skyline.

The trek covers approximately 5 – 6 km (3.1 – 3.7 miles) and takes around 3 – 4 hours, with an elevation gain of about 470 m (1,542 ft).

Overnight at tented camp in Island Peak Base Camp.

□ **Day 14: Summit Push: Island Peak Base Camp to Island Peak (6,160m) and Return to Chhukung: Walking distance: 10 – 12 km | 10 – 12 hours**

We will begin the summit push in the quiet hours before midnight from Island Peak Base Camp (5,200 m / 17,060 ft). The mountain is still and dark as we prepare our gear, don crampons, and begin moving by headlamp light into the frozen slopes above.

The route starts with a steady climb over rocky terrain before quickly transitioning onto snow and ice. As we gain height, the slope becomes steeper and more technical, and fixed ropes guide us through exposed sections of the glacier. Every step is slow and deliberate, shaped by altitude and effort.

We continue upward toward the summit of Island Peak (6,160 m / 20,210 ft), where the final ridge narrows and the world opens dramatically around us. From the top, the Himalayan panorama unfolds in every direction, with views of Everest, Lhotse, and the vast surrounding glacier system stretching far below.

After a short and well-earned time at the summit, we begin our careful descent, retracing the same technical terrain back down to Base Camp. From there, we continue further down the valley, gradually returning to Chhukung (4,730 m / 15,518 ft), where the air feels noticeably richer and the landscape more familiar.

The full round trip from Base Camp to summit and back to Chhukung covers approximately 10–12 km (6.2–7.5 miles) and takes around 10–12 hours, depending on conditions and pace. Overnight at guesthouse in Chhukung.

□ **Day 15: Trek from Chhukung to Tengboche (3,860m): Walking Distance: 16 – 18km | 7 – 9 hours**

We will begin our trek from Chhukung (4,730 m / 15,518 ft), leaving the quiet Imja Valley surrounded by towering Himalayan walls. The morning starts on a wide alpine path, gradually descending toward Dingboche (4,410 m / 14,469 ft), where the landscape begins to open and feel more familiar again. From Dingboche, the trail continues down the main Everest route, following a steady descent through open valleys and small settlements. As we lose altitude, the air grows richer, and the terrain slowly shifts from rocky alpine ground to softer slopes with patches of vegetation.

The path then winds through the Khumbu valley, crossing suspension bridges and passing traditional villages before the final climb up to Tengboche (3,860 m / 12,664 ft). Set beneath the dramatic peak of Ama Dablam (6,812 m / 22,349 ft), Tengboche welcomes us with its monastery and peaceful mountain atmosphere.

The trek covers approximately 16 – 18 km (9.9 – 11.2 miles) and takes around 7 – 9 hours, with an overall descent of about 870 m (2,854 ft). Overnight stays at a guesthouse.

□ **Day 16: Trek from Tengboche to Namche Bazaar(3,440m): Walking distance: 9 – 11 km | 5 – 6 hours**

We will begin our trek from Tengboche (3,860 m / 12,664 ft), leaving behind the peaceful monastery village set beneath the towering peak of Ama Dablam (6,812 m / 22,349 ft). The morning trail starts with a gentle descent through rhododendron and pine forests, where the air feels noticeably warmer and richer compared to the high alpine zones above.

As we continue, the path winds down toward the Dudh Koshi River, crossing suspension bridges and passing small settlements along the valley floor. The sound of flowing water and movement of village life gradually replaces the silence of the higher mountains.

From here, the trail begins a steady climb back up toward Namche Bazaar (3,440 m / 11,286 ft). The final ascent is gradual but steady, offering rewarding views back across the valley we have descended through over the past days.

The trek covers approximately 9 – 11 km (5.6 – 6.8 miles) and takes around 5 – 6 hours, with a net elevation loss of about 420 m (1,378 ft). Overnight at a guesthouse in Namche Bazaar.

□ **Day 17: Trek from Namche Bazaar to Lukla (2,860m): Walking distance: 17 – 19 km: 6 – 7 hours**

We will begin our final trekking day from Namche Bazaar (3,440 m / 11,286 ft), leaving behind the bustling heart of the Khumbu region. The trail starts with a steep descent on stone steps, dropping quickly into the Dudh Koshi valley, where suspension bridges stretch across the river and prayer flags mark the way forward.

From here, we continue through familiar villages like Monjo and Phakding, walking along a well-established riverside trail. The forest grows denser again in the lower sections, and the air becomes noticeably warmer and heavier as we lose altitude.

The final stretch includes a gradual climb back up to Lukla (2,860 m / 9,383 ft), where the landscape opens and the familiar airstrip town comes into view. It feels like a full circle moment, returning to where the journey first began. Overnight at a guesthouse in Lukla.

□ **Day 18: Fly back from Lukla to Kathmandu: 30 – 40 minutes**

We will begin our return journey from Lukla (2,860 m / 9,383 ft), where the final moments in the Himalayas feel quiet and reflective. After completing the Island Peak and Everest Base Camp journey, this departure carries a sense of completion of having moved through glaciers, high passes, sacred valleys, and finally stood among the giants of the Khumbu.

The short flight from Lukla to Kathmandu (approx. 1,400 m / 4,593 ft) lifts us away from the mountains one last time. As the aircraft rises above the valley, the peaks slowly shrink into a distant white horizon, fading into the sky like a memory that is still fresh but already feels timeless. Rivers, ridges, and scattered villages give way to the wide Kathmandu Valley below.

The flight covers approximately 138 km (86 miles) and takes around 30 – 40 minutes, depending on weather conditions. In less than an hour, we transition from the silence of the high Himalayas to the energy of the city. Overnight stay at hotel.

□ **Day 19: Departure day:**

Today marks the end of your Island Peak Expedition. Depending on your flight schedule, you will be transferred from your hotel in Kathmandu (1,400 m / 4,593 ft) to Tribhuvan International Airport for your onward journey. This is the perfect time to reflect on the incredible experiences, breathtaking Himalayan scenery, and cultural encounters you have enjoyed throughout your trek. Safe travels and fond memories accompany you as you depart from Nepal.

What's Included:

- ☒ Airport Pick-up and drop Service
- ☒ Hotel Accommodation in Kathmandu (twin sharing basis) with breakfast
- ☒ Round-trip flights between Kathmandu and Lukla
- ☒ Guided Tour of Kathmandu valley with an experienced tour guide
- ☒ Sightseeing charges and Entry fees
- ☒ Accommodation during the trek (teahouse / guesthouse / camp)
- ☒ All meals during the trek (Breakfast, Lunch, Dinner)
- ☒ Transportation (tourist coach / local bus / private vehicle)
- ☒ Experienced licensed English-speaking trekking guide
- ☒ Local government Entry Permit of Rs. 2000 (started in 2018)
- ☒ Insurance of the Guide and Porter
- ☒ Island Peak Royalty and Climbing Permit
- ☒ Sagarmatha National Park Entry Permit
- ☒ Khumbu Pasang Lhamu Rural Municipality Entrance permit
- ☒ TIMS (Trekking Information Management System) Trekking Permit Card
- ☒ Medical kits carried by the guide
- ☒ All necessary paper works, office service charge and all Government Taxes

Optional Add-Ons:

- ☒ Porter (cost: 20 USD per day, carries 15 – 20 kg load. Porter's accommodation, transport and meal is paid by the company)
- ☒ Down jacket, all-season sleeping bag, duffel bag and trekking map (in case you don't have your own. Down jacket, sleeping bag and duffel bag must be returned after completion of the trip).

What's Excluded:

- ☒ Travel insurance (Mandatory: Should include emergency evacuation coverage while trekking up to 5500+ m)
- ☒ International airfare and Visa costs (you can get Visa upon arrival at the airport)
- ☒ Personal interest items or gears
- ☒ Summit bonus for Climbing Sherpa Guide
- ☒ Tips to guide / driver / porter
- ☒ Beverage and Drink Items / Other Extra facilities like hot shower during trek
- ☒ Any other expenses which are not mentioned in "What's Included" section

Important note:

This note represents the most current information for this itinerary and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control. We do our best to provide you the best available services but at the same time ask for your understanding to be flexible, in case of unpredictable conditions.

Thank you for choosing Trekadviser, Nepal as your travel partner. We wish you a very pleasant stay in Nepal.