

EBC Trek + Island Peak Climbing

TRIP OVERVIEW

Everest Base Camp Trek & Island Peak Climbing – Adventure in the Khumbu

The **Everest Base Camp (EBC) Trek combined with Island Peak (Imja Tse) Climbing** is a classic Himalayan adventure that blends the iconic trekking experience with the thrill of a high-altitude mountaineering summit. The trek leads you through the **Khumbu region**, passing Sherpa villages, Buddhist monasteries, and panoramic Himalayan landscapes, culminating in a challenging ascent of **Island Peak (6,189m / 20,305 ft)**.

This combination trek offers the perfect balance of **trekking and mountaineering**, making it ideal for adventurers seeking both the cultural immersion of the Everest region and the exhilaration of a high-altitude climb. Iconic peaks along the route include **Everest (8,848m)**, **Lhotse (8,516m)**, **Nuptse (7,861m)**, **Ama Dablam (6,812m)**, and **Cho Oyu (8,188m)**.

Duration & Difficulty

The trek and climb typically take **18–22 days**, depending on the itinerary and acclimatization schedule. Classified as **strenuous**, it requires good physical fitness, prior trekking experience, and basic mountaineering skills. The Island Peak climb involves ice and snow techniques, including use of crampons and fixed ropes.

Best Time to Trek & Climb

The optimal seasons for this adventure are **spring (March–May)** and **autumn (September–November)**. These periods offer stable weather, clear skies, and ideal conditions for both trekking and climbing. Monsoon season (June–August) brings heavy rainfall, while winter conditions are colder and may increase technical difficulty on Island Peak.

Permits & Regulations

Trekking and climbing in the Everest region require several permits:

- **Sagarmatha National Park Permit**
- **TIMS Card (Trekkers' Information Management System)**

- **Island Peak Climbing Permit** issued by the Nepal Mountaineering Association (NMA)

These ensure safe trekking and responsible mountaineering practices while supporting local conservation efforts.

Accommodation & Meals

During the trek, accommodation is in **tea houses and lodges** with basic but comfortable facilities. Meals are provided on full board (breakfast, lunch, dinner, and tea/coffee). At Island Peak Base Camp and higher camps, climbers stay in **expedition tents**, with meals prepared by the climbing support team to provide adequate nutrition and energy for high-altitude climbing.

Daily Routine

Each morning begins with breakfast, followed by trekking or climbing activities. Trekking days include rest breaks and lunch stops, arriving at lodges or camps in the afternoon with time to relax, explore villages, or enjoy scenic views. Summit day on Island Peak typically starts very early to take advantage of favorable weather and allows climbers to return to Camp II or Base Camp safely.

Altitude & Safety

High points on the trek and climb reach **Everest Base Camp (5,364m)** and **Island Peak (6,189m)**. Proper **acclimatization** is crucial to prevent **Altitude Sickness (AMS)**. A gradual ascent schedule, hydration, and rest days are essential. Climbers are accompanied by professional **Sherpa guides** and are advised to have **travel insurance** covering high-altitude trekking and helicopter evacuation.

Gear & Essentials

Climbers and trekkers need **warm clothing, trekking boots, crampons, climbing harness, ice axe, helmet, trekking poles, sunglasses, sunscreen**, and a **personal first aid kit**. Main luggage is carried by porters; day packs hold essentials for trekking or climbing.

Responsible Travel

The expedition adheres to eco-friendly practices, including responsible waste disposal, limiting environmental impact, and supporting local Sherpa communities.

Flights & Transfers

The journey begins with a **flight from Kathmandu to Lukla**, the gateway to the Khumbu region. The trek proceeds to Everest Base Camp via traditional villages and scenic trails. After the Island Peak climb, trekkers return to Lukla for a flight back to Kathmandu.

Trip Highlights:

- **Everest Base Camp:** Stand at the base of the world's highest peak and witness iconic Himalayan landscapes.
- **Island Peak Climb:** Summit a technically challenging 6,189m peak with crampons, ice axes, and fixed ropes.
- **Gokyo Lakes (optional):** Explore the turquoise lakes and panoramic vistas of the Everest region.
- **Sherpa Culture:** Visit villages like Namche Bazaar, Tengboche, and Pangboche, experiencing local traditions and hospitality.
- **High Himalayan Views:** Incredible close-up panoramas of Everest, Lhotse, Nuptse, Ama Dablam, and Cho Oyu.
- **Adventure & Challenge:** A perfect combination of trekking and mountaineering for an unforgettable Himalayan experience.
- **Photography Opportunities:** Glaciers, snow-capped peaks, high passes, and cultural villages offer endless photo moments.

TRIP DETAILED ITINERARY

- **Day 1**

Arrive in Kathmandu, We will welcome you at the airport and transfer to your hotel for check-in, followed by a refreshing welcome drink.

We will be waiting to welcome you at **Tribhuvan International Airport, Kathmandu**, where you will be greeted with a traditional **Nepali flower garland** to mark your arrival. After the warm welcome, we will drive you to your hotel—approximately **30 minutes during the day** and **20 minutes at night**.

Upon reaching **Jampa Hotel**, you will be offered **welcome drinks and biscuits**, followed by the **settlement of your rooms**. Once settled, please join us back in the **lobby or meeting hall** for a **briefing** about your trekking and tour program on EBC + Island Peak Climbing, including an introduction to your **trekking guide** and other relevant details.

After the briefing, you will have the opportunity to **check your trekking equipment** with your guide, and we will also **explain the domestic flight schedule to Lukla**.

Note: If you arrive in Kathmandu at night, these activities will be scheduled for the following day after breakfast and meals.



Difficulty

Easy



Meals

Welcome Dinner at Culture
Home



Max altitude

1350m



Accommodation

Hotel

- **Day 2**

Shopping, Preparing for trekking and Climbing

Today is dedicated to **final preparations and shopping** for your upcoming **Everest Base Camp and Island Peak Climbing adventure**. After breakfast, you'll meet your **trek leader and climbing guide** for a detailed **briefing about the trek and climbing itinerary**, safety procedures, and equipment requirements. This session helps ensure that you're fully prepared and confident before heading into the high Himalayas. Following the briefing, you'll have time to **check your personal gear**, finalize your packing list, and shop for any last-minute essentials around **Thamel**, Kathmandu's vibrant tourist hub known for its well-stocked trekking shops and mountain outfitters.

This day is also a great opportunity to **explore the cultural charm of Kathmandu**, with optional visits to nearby **UNESCO World Heritage Sites** such as **Swayambhunath Stupa, Boudhanath, or Kathmandu Durbar Square**. In the evening, you can enjoy a relaxed dinner while soaking in the excitement for the journey ahead. This preparation day ensures that everything — from your permits and equipment to your mindset — is ready for the adventure to **Everest Base Camp and the Island Peak summit**.

Highlights of the Day:

- Expedition briefing with your trek and climbing guides
- Gear check and equipment fitting for trekking and peak climbing
- Shopping for last-minute essentials in Thamel's outdoor stores
- Explore Kathmandu's temples, stupas, and cultural landmarks
- Enjoy leisure time before beginning your Himalayan adventure



Difficulty

Easy



Max altitude

1350m



Accommodation

Hotel



Meals

Breakfast

- **Day 3**

Kathmandu - Flight to Lukla - Trek to Phakding 3 - 4 hours

The adventure begins early in the morning with a **scenic flight from Kathmandu to Lukla (2,840m)** — the famous gateway to the Everest region. This short yet spectacular

flight offers breathtaking aerial views of **snow-capped Himalayan peaks, deep valleys, and remote mountain settlements**. Upon landing at the Lukla airstrip, you'll meet your trekking crew, organize your gear, and start your **first day on the trail toward Phakding**.

The trek begins with a gentle descent through **pine forests, stone-paved trails, and small Sherpa villages**, passing colorful prayer walls and fluttering prayer flags along the way. You'll cross the **Dudh Koshi River** on suspension bridges and enjoy your first glimpse of the local mountain lifestyle. The day's walk is relaxing and helps your body adjust gradually to the altitude. Reaching **Phakding (2,610m)**, you'll settle into a cozy teahouse by the riverside, where you can rest, enjoy a warm meal, and prepare for the next day's journey deeper into the Khumbu Valley.

Highlights of the Day:

- Scenic 45-minute mountain flight from Kathmandu to Lukla
- First day of trekking in the legendary Everest region
- Walk through Sherpa villages, pine forests, and prayer walls
- Cross the Dudh Koshi River on suspension bridges
- Peaceful overnight stay in the riverside village of Phakding



Difficulty

Moderate



Max altitude

2610m



Accommodation

Lodge - Teahouse



Meals

Breakfast - Lunch - Dinner

• **Day 4**

Phakding - Namche Bazaar 3 - 4 hours

Today's trek takes you deeper into the **heart of the Khumbu region**, as you follow the scenic trail from **Phakding (2,610m)** to the bustling mountain hub of **Namche Bazaar (3,440m)**. The day begins with a pleasant walk along the **Dudh Koshi River**, crossing several suspension bridges draped with colorful prayer flags. You'll pass through charming Sherpa villages like **Toktok, Benkar, and Monjo**, surrounded by

rhododendron and pine forests, before reaching the entrance to **Sagarmatha National Park**, a UNESCO World Heritage Site.

After registering your permits, the trail continues with a gradual climb, leading to the famous **Hillary Bridge** — the highest suspension bridge on the route. From here, a steady uphill ascent brings you to **Namche Bazaar**, the vibrant Sherpa capital. As you ascend, you'll catch your **first breathtaking glimpse of Mt. Everest**, along with Thamserku and Kusum Kanguru. Upon arrival, you'll settle into your teahouse and enjoy the lively atmosphere of Namche, filled with cafés, shops, and trekkers from around the world.

Highlights of the Day:

- Trek through Sherpa villages and lush forests along the Dudh Koshi River
- Enter Sagarmatha National Park and experience its rich biodiversity
- Cross the iconic Hillary Suspension Bridge
- Catch your first view of Mt. Everest en route to Namche Bazaar
- Explore the bustling market town of Namche, the gateway to Everest



Difficulty

Moderate



Max altitude

3440m



Accommodation

Lodge - Teahouse



Meals

Breakfast - Lunch - Dinner

- **Day 5**

Khumjung Visit and Acclimatization Day at Namche Bazaar

Today is set aside for **acclimatization and light exploration** around **Namche Bazaar**, a vital step to help your body adjust to the increasing altitude before continuing toward higher elevations. Instead of resting all day, you'll take a **short acclimatization hike to Khumjung Village (3,780m)** — one of the most beautiful Sherpa settlements in the Khumbu region. The trail climbs gently above Namche, offering stunning panoramic views of **Mt. Everest, Ama Dablam, Lhotse, and Thamserku** along the way.

Upon reaching **Khumjung**, you can explore its **ancient monastery**, which is famous for housing a relic said to be a **Yeti scalp**, and visit the **Hillary School**, founded by Sir Edmund Hillary to support local education. The village itself is a charming cluster of stone houses surrounded by potato fields, showcasing authentic Sherpa culture and hospitality. After lunch and some exploration, you'll descend back to Namche for the afternoon. The rest of the day can be spent relaxing, visiting the **Sherpa Museum**, or enjoying coffee and bakery treats at one of Namche's cozy cafés. This acclimatization day helps you prepare physically and mentally for the days ahead on your journey to **Everest Base Camp and Island Peak**.

Highlights of the Day:

- Acclimatization hike to the traditional Sherpa village of Khumjung
- Breathtaking views of Everest, Ama Dablam, and Lhotse from the ridge
- Visit the historic Khumjung Monastery and Hillary School
- Cultural immersion in Sherpa traditions and local mountain life
- Relaxation time in Namche Bazaar with cafés, shops, and scenic viewpoints



Difficulty

Moderate



Max altitude

3780m



Accommodation

Lodge - Teahouse



Meals

Breakfast - Lunch - Dinner

• Day 6

Namche Bazaar - Dole 5 - 6 hours

Leaving the lively Sherpa town of **Namche Bazaar (3,440m)** behind, today's trek takes you on a scenic journey toward **Dole (4,200m)** — a peaceful alpine settlement on the route to Gokyo Valley. The trail starts with a pleasant walk along a **ridge with panoramic views of Everest, Lhotse, and Ama Dablam**, before gradually climbing toward **Mong La Pass (3,975m)**. Along the way, you'll pass through **beautiful rhododendron and juniper forests**, as well as traditional villages like **Kyangjuma and Phortse Tenga**, where you can stop for tea or lunch by the river.

After crossing the Dudh Koshi River, the path ascends steeply through **dense alpine woodland** to reach **Dole**, a small but welcoming village surrounded by high peaks and yak pastures. This section of the trek introduces you to higher altitudes and cooler temperatures, making it an important step in the acclimatization process. As evening sets in, you can relax in your cozy teahouse, enjoy a warm meal, and take in the peaceful mountain ambiance that defines this part of the Khumbu region.

Highlights of the Day:

- Gradual climb from Namche Bazaar toward the higher alpine zone
- Spectacular views of Everest, Lhotse, and Ama Dablam along the ridge
- Pass through Mong La and Phortse Tenga villages surrounded by forests
- Experience the transition from subalpine to alpine landscapes
- Peaceful overnight stay in the quiet mountain village of Dole



Difficulty
Challenging



Max altitude
4200m



Accommodation
Lodge - Teahouse



Meals
Breakfast - Lunch - Dinner

• Day 7

Dole - Machherma 4 - 5 hours

After a peaceful night in Dole, the trail continues steadily uphill toward **Machhermo (4,470m)** — a picturesque village nestled beneath the towering peaks of Cho Oyu and Kantega. The trek begins with a gradual ascent along the valley, where the vegetation becomes sparse and the landscape opens into a high alpine environment. As you climb higher, you'll be treated to **stunning panoramic views of Thamserku, Kantega, and Cho Oyu**, with the Dudh Koshi River glistening far below.

The path passes through small settlements like **Lhabarma and Luza**, where you might encounter grazing yaks and friendly Sherpa herders. The air grows thinner as you approach Machhermo, a village known for its warm hospitality and panoramic setting. On arrival, you can relax at your teahouse, enjoy a hot drink, and take time to explore the

surrounding ridges for spectacular sunset views. This stage of the journey is crucial for **acclimatization**, as you steadily prepare your body for higher altitudes on the way to Gokyo and beyond.

Highlights of the Day:

- Gradual ascent through high alpine terrain with expansive mountain views
- Pass through Lhabarma and Luza villages dotted with yak pastures
- Majestic vistas of Cho Oyu, Thamserku, and Kantega
- Experience the quiet beauty of the upper Dudh Koshi Valley
- Overnight stay in the serene mountain village of Machhermo



Difficulty

Moderate



Max altitude

4470m



Accommodation

Lodge - Teahouse



Meals

Breakfast - Lunch - Dinner

• Day 8

Machherma – Gokyo 3 - 4 hours

Today's trek takes you from the peaceful village of **Machhermo (4,470m)** to the stunning glacial valley of **Gokyo (4,790m)** — one of the most breathtaking locations in the Everest region. The trail begins with a steady climb along the ridge, offering **expansive views of Kangtega, Thamserku, and Cho Oyu**, which dominate the skyline. As you gain altitude, the path follows the **Dudh Koshi River valley**, crossing rocky terrain and glacial moraines.

Soon, the turquoise waters of the **first and second Gokyo Lakes** appear, shimmering beautifully against the backdrop of rugged peaks. Continuing onward, you'll arrive at the **third Gokyo Lake (Dudh Pokhari)**, beside which lies the tranquil settlement of Gokyo. This high-altitude village sits beneath the mighty Cho Oyu (8,188m) and is surrounded by glaciers and crystal-clear lakes. After settling into your teahouse, you can relax by the lakeside or take a short walk for photography and acclimatization. The serenity and beauty of Gokyo make it one of the highlights of the entire expedition.

Highlights of the Day:

- Trek through glacial valleys with spectacular views of Cho Oyu and Thamserku
- Cross rocky terrain alongside the Dudh Koshi River
- Witness the beauty of the first, second, and third Gokyo Lakes
- Arrive at the pristine lakeside village of Gokyo
- Optional short hike or lakeside exploration for acclimatization and photos



Difficulty

Moderate



Max altitude

4790m



Accommodation

Lodge - Teahouse



Meals

Breakfast - Lunch - Dinner

• Day 9

Ascent Early in the Morning to Gokyo Ri Peak - Continue to Thangnak 2 - 3 hours

Today is one of the most spectacular and rewarding days of the trek. You'll start **early in the morning** with an ascent to **Gokyo Ri (5,360m)** — one of the finest viewpoints in the Everest region. The climb is steep but steady, taking about **2 to 3 hours**, and every step rewards you with increasingly breathtaking views. From the summit, you'll witness a **panoramic masterpiece of the Himalayas**, including **Mount Everest, Lhotse, Makalu, Cho Oyu**, and a magnificent sweep of surrounding peaks. Below, the **turquoise Gokyo Lakes** glimmer in the morning light, offering one of the most unforgettable scenes in Nepal.

After spending time soaking in the views and capturing photos, you'll descend back to **Gokyo** for breakfast before continuing your trek toward **Thangnak (4,700m)**. The route crosses **rocky glacial moraines** along the Ngozumpa Glacier, the longest glacier in Nepal. The terrain is rugged but fascinating, with striking ice formations and mountain reflections all around. Upon reaching Thangnak, you'll settle into your teahouse for a well-earned rest and prepare for the next day's challenging crossing of **Cho La Pass**.

Highlights of the Day:

- Early morning ascent to Gokyo Ri for a breathtaking Himalayan sunrise

- 360° panoramic views of Everest, Lhotse, Makalu, and Cho Oyu
- Stunning scenery of the turquoise Gokyo Lakes below the peaks
- Trek across the Ngozumpa Glacier to reach Thangnak
- Preparation for the upcoming Cho La Pass adventure



Difficulty
Challenging



Max altitude
5360m



Accommodation
Lodge - Teahouse



Meals
Breakfast - Lunch - Dinner

• Day 10

Thangnak - Climb up to Cho La Pass - Descend to Dzonglha 7 - 8 hours

Today is one of the most adventurous and physically demanding days of your journey. After an early breakfast, you'll begin your gradual ascent from **Thangnak** toward the legendary **Cho La Pass (5,420m)** — one of the highest and most scenic Himalayan passes. The trail initially follows a rocky path along a glacial moraine before steeply climbing toward the snow-covered pass. The final section can be challenging, with icy patches and boulders requiring careful steps, but the stunning panorama from the top makes every effort worthwhile.

From the **summit of Cho La Pass**, you'll be rewarded with magnificent views of **Ama Dablam, Cholatse, Lobuche, and other surrounding peaks** gleaming in the sunlight. The wind at this altitude is sharp but refreshing, adding to the thrill of standing on such a dramatic Himalayan divide. After spending some time soaking in the beauty and taking photographs, you'll descend carefully toward **Dzongla (4,830m)**. The descent is steep in places but offers picturesque views of glaciers, frozen lakes, and rugged mountain slopes. Upon arrival, you'll check into a cozy teahouse, rest, and enjoy a warm meal after this long yet exhilarating day.

Highlights of the Day:

- Challenging and scenic climb up to the Cho La Pass (5,420m)
- Breathtaking panoramic views of Ama Dablam, Cholatse, and Lobuche peaks

- Cross icy sections and rocky moraines for a true high-altitude adventure
- Rewarding descent with stunning glacier and valley landscapes
- Rest and recovery in the peaceful settlement of Dzongla



Difficulty
Challenging



Max altitude
5420m



Accommodation
Lodge - Teahouse



Meals
Breakfast - Lunch - Dinner

• Day 11

Dzonglha - Lobuche 3 - 4 hours

After the previous day's challenging adventure over the Cho La Pass, today's trek offers a much-needed break with a relatively short and pleasant walk. You'll begin your journey from **Dzonglha**, following a gently ascending trail that contours along the slopes of **Cholatse** and **Lobuche** peaks. The route offers mesmerizing views of **Ama Dablam**, **Nuptse**, and the **Pheriche Valley** far below. The walk is serene, allowing you to soak in the quiet majesty of the high Himalayas while giving your body a chance to recover and re-acclimatize.

As you continue, the trail gradually joins the main **Everest Base Camp route** near Lobuche. The small settlement of **Lobuche (4,910m)** sits in a broad glacial valley, surrounded by towering peaks and prayer flags fluttering in the wind. After reaching your teahouse, you can rest and enjoy a warm meal while chatting with other trekkers who are on their way to or returning from Everest Base Camp. This evening, you'll prepare for the upcoming day's push toward **Gorak Shep and Everest Base Camp**, one of the highlights of your entire expedition.

Highlights of the Day:

- Gentle and scenic walk from Dzonglha to Lobuche
- Stunning views of Ama Dablam, Nuptse, and Cholatse
- Join the classic Everest Base Camp trail
- Ample time for rest, recovery, and acclimatization

- Enjoy a peaceful evening surrounded by the world's tallest peaks



Difficulty

Moderate



Max altitude

4910m



Accommodation

Lodge - Teahouse



Meals

Breakfast - Lunch - Dinner

- **Day 12**

Lobuche – Gorak Shep - Hike to Everest Base Camp - Back to Gorak Shep 3 - 4 hours

Today is one of the most anticipated and exhilarating days of the expedition. The trek begins with a **short but steady ascent** from **Lobuche (4,910m)** to **Gorak Shep (5,140m)**, the final settlement before Everest Base Camp. Along the way, trekkers are surrounded by awe-inspiring peaks such as **Pumori, Nuptse, and Kala Patthar**, with views that epitomize the grandeur of the Himalayas. The relatively short distance to Gorak Shep allows for gradual acclimatization at this high altitude.

After reaching Gorak Shep, you'll **set down your main gear** and begin the **hike to Everest Base Camp (5,364m)**. The trail traverses moraine-strewn valleys and offers close-up views of **Khumbu Glacier, Nuptse, and Lhotse**, culminating at the iconic base of **Mount Everest**, where climbers from around the world prepare for their summit attempts. After celebrating this once-in-a-lifetime achievement with photos and reflection, you'll **descend back to Gorak Shep** for overnight rest in your teahouse. This day is both physically demanding and emotionally rewarding, marking a pinnacle moment of the Everest adventure.

Highlights of the Day:

- Trek from Lobuche to Gorak Shep with panoramic Himalayan views
- Ascend to Everest Base Camp (5,364m) for an unforgettable experience
- Witness the Khumbu Glacier, Nuptse, and Lhotse up close
- Celebrate reaching the legendary base of Mount Everest
- Descend back to Gorak Shep for rest and acclimatization



Difficulty

Challenging



Max altitude

5364m



Accommodation

Lodge - Teahouse



Meals

Breakfast - Lunch - Dinner

• Day 13

Gorak Shep - Climb to Kalapatthar for Khumbu Himalayan Range - Back to Dingboche 4 - 6 hours

Today is an **iconic highlight of the Everest expedition**. Beginning early in the morning, you'll set off from **Gorak Shep (5,140m)** to climb **Kala Patthar (5,545m)**, a relatively short but steep hike that rewards climbers with **unparalleled panoramic views of the Khumbu Himalayan range**, including **Mount Everest, Lhotse, Nuptse, and Pumori**. The early start ensures that you witness a **spectacular sunrise illuminating the snow-capped peaks**, creating unforgettable photographic opportunities and once-in-a-lifetime memories.

After soaking in the majestic scenery, you'll descend from Kala Patthar back to **Gorak Shep** to collect your gear before trekking down the trail to **Dingboche (4,410m)**. The descent follows the familiar path through glacial valleys and alpine landscapes, providing ample time for reflection on the high-altitude adventure just completed. Upon reaching Dingboche, you'll rest in your teahouse, enjoy a warm meal, and share stories with fellow trekkers. This day combines **high-altitude achievement with a rewarding descent**, marking one of the most memorable experiences of the expedition.

Highlights of the Day:

- Early morning hike to Kala Patthar (5,545m) for breathtaking Himalayan sunrise
- Spectacular views of Everest, Lhotse, Nuptse, and Pumori from the summit
- Descend through glacial valleys and alpine terrain back to Dingboche
- Reflection on the high-altitude adventure and summit experience
- Overnight stay in a cozy teahouse surrounded by Himalayan peaks



Difficulty
Challenging



Max altitude
5545m



Accommodation
Lodge - Teahouse



Meals
Breakfast - Lunch - Dinner

- **Day 14**

Dingboche - Chhukung 3 - 4 hours

After a restful night in Dingboche, today's trek takes you on a **short but scenic journey to Chhukung (4,730m)**, a charming village that serves as the **base for Island Peak (Imja Tse) climbing**. The trail is a steady climb through **alpine meadows and rocky terrain**, with panoramic views of **Ama Dablam, Lhotse, and Island Peak** keeping you inspired along the way. The relatively short distance allows for **gradual acclimatization**, making it ideal before the demanding climb ahead.

As you approach Chhukung, you'll notice the landscape shifting from green pastures to **sparser, high-altitude terrain**, with glaciers and snow-capped peaks dominating the horizon. The village itself is a small settlement with **teahouses, yak grazing areas, and a serene alpine environment**, perfect for preparing for the Island Peak expedition. Upon arrival, you can settle into your teahouse, enjoy a hearty meal, and take a short acclimatization hike to nearby ridges for **breathtaking views of the surrounding peaks**. This stage ensures your body adjusts well before the high-altitude climbing phase.

Highlights of the Day:

- Trek from Dingboche to Chhukung through alpine meadows and rocky terrain
- Panoramic views of Ama Dablam, Lhotse, and Island Peak
- Gradual acclimatization at high altitude before climbing Island Peak
- Explore Chhukung village and nearby ridges for stunning photography
- Cozy overnight stay in a traditional teahouse surrounded by mountains



Difficulty
Moderate



Max altitude
4730m



Accommodation
Lodge - Teahouse



Meals

Breakfast - Lunch - Dinner

- **Day 15**

Chhukung - Climb to Chhukung Ri View Point - Continue Island Peak Base Camp

Today begins with a **short morning climb to Chhukung Ri**, a prominent vantage point that offers **panoramic views of the surrounding Khumbu peaks**, including **Ama Dablam, Lhotse, Island Peak, and Imja Tse**. The hike to the summit is moderately challenging, taking about **1–2 hours**, and provides a great opportunity to **acclimatize and enjoy breathtaking sunrise vistas** over the Himalayan range.

After descending from Chhukung Ri, you'll continue along a scenic trail toward **Island Peak Base Camp (4,970m)**. The path follows glacial moraine and rocky terrain, passing **Imja Glacier** and offering close-up views of the towering summit of Island Peak. Upon arrival at Base Camp, you can settle into your teahouse, organize your climbing gear, and prepare for the upcoming **Island Peak summit attempt**. The day combines **high-altitude trekking with scenic exploration**, allowing climbers to adjust to the environment while taking in the extraordinary mountain scenery.

Highlights of the Day:

- Morning hike to Chhukung Ri for panoramic Himalayan sunrise views
- Spectacular vistas of Ama Dablam, Lhotse, and Island Peak
- Trek along glacial moraine toward Island Peak Base Camp
- Preparation and acclimatization for the Island Peak summit
- Overnight stay at Island Peak Base Camp surrounded by towering peaks



Difficulty

Challenging



Max altitude

4970m



Accommodation

Lodge - Teahouse



Meals

Breakfast - Lunch - Dinner

- **Day 16**

Base Camp - Summit Island Peak - Back to Dingboche

This day marks the **highlight of the Island Peak adventure**. Starting in the early pre-dawn hours from **Island Peak Base Camp (4,970m)**, climbers make their way to **High Camp (5,800m)** to prepare for the final push to the summit. The ascent involves **steep snow and ice slopes**, where climbers use crampons, ice axes, and ropes under the guidance of expert mountaineers. The climb is physically demanding and requires full concentration, but the reward is extraordinary.

Reaching the **summit of Island Peak (6,183m)** provides a **panoramic 360° view of the Khumbu Himalayas**, including **Mount Everest, Lhotse, Nuptse, and Ama Dablam**. The moment at the summit is unforgettable — a combination of achievement, exhilaration, and awe at the towering peaks surrounding you. After capturing photos and savoring the experience, climbers carefully descend back to **High Camp** and then continue to **Dingboche (4,410m)**. This descent allows your body to recover while reflecting on the remarkable achievement of summiting one of Nepal's iconic peaks.

Highlights of the Day:

- Early morning ascent from Island Peak Base Camp to High Camp
- Summit Island Peak (6,183m) with 360° Himalayan views
- Experience technical mountaineering with crampons, ice axes, and ropes
- Descend safely to Dingboche for rest and recovery
- Celebrate the successful summit of Island Peak



Difficulty
Challenging



Max altitude
6183m



Accommodation
Lodge - Teahouse



Meals
Breakfast - Lunch - Dinner

- **Day 17**

Dingboche - Namche Bazaar 5 - 6 hours

After the thrilling Island Peak summit, today's trek begins the **descent from Dingboche (4,410m) to Namche Bazaar (3,440m)**. The trail gradually winds down through the scenic Khumbu Valley, passing **Sherpa villages, terraced fields, and suspension bridges** along the way. Trekking downhill allows your muscles to recover from the high-altitude climbing, and the descent offers **a new perspective of the surrounding peaks** including Ama Dablam, Thamserku, and Kusum Kanguru.

On the way, you'll pass through villages like **Pangboche and Phortse**, giving you an opportunity to observe **traditional Sherpa culture, monasteries, and daily mountain life**. Arriving in Namche Bazaar, you can relax at your teahouse, enjoy a warm meal, and explore the bustling market streets. This section of the trek is also an excellent opportunity to **reflect on your journey**, from the excitement of Everest Base Camp to the accomplishment of summiting Island Peak.

Highlights of the Day:

- Gradual descent from Dingboche to Namche Bazaar through scenic Himalayan trails
- Views of Ama Dablam, Thamserku, and Kusum Kanguru along the valley
- Pass through traditional Sherpa villages and monasteries
- Explore the bustling streets and markets of Namche Bazaar
- Relax and reflect on the expedition's highlights



Difficulty

Moderate



Max altitude

4410m



Accommodation

Lodge - Teahouse



Meals

Breakfast - Lunch - Dinner

• Day 18

Namche Bazaar - Lukla 6 - 7 hours

Today marks the **final trekking day** of your Everest Base Camp and Island Peak expedition as you descend from **Namche Bazaar (3,440m) to Lukla (2,850m)**. The trail gradually winds downhill through **Sherpa villages, terraced fields, and forested paths**, offering a final chance to enjoy the stunning Himalayan landscapes. The descent is less

physically demanding than the ascent, but the long hours of walking require careful pacing to avoid fatigue.

Along the way, you'll pass through villages such as **Phakding and Monjo**, where you can observe local mountain life and interact with friendly Sherpa families. The trail follows the **Dudh Koshi River** for much of the day, providing scenic riverside views and numerous photo opportunities. Upon arrival in Lukla, you can relax at your lodge, enjoy a warm meal, and celebrate the successful completion of your trek with your guides and fellow trekkers. This day offers both **reflection and closure** to a memorable Himalayan adventure.

Highlights of the Day:

- Gradual descent from Namche Bazaar to Lukla through forests and villages
- Scenic walk along the Dudh Koshi River with mountain views
- Pass through Sherpa villages and experience local mountain culture
- Celebrate the completion of the Everest Base Camp and Island Peak expedition
- Overnight stay in Lukla before returning to Kathmandu



Difficulty

Moderate



Max altitude

3440m



Accommodation

Lodge - Teahouse



Meals

Breakfast - Lunch - Dinner

- **Day 19**

Lukla - Flight to Kathmandu - Transfer to the hotel.

Today marks the conclusion of your **Everest Base Camp and Island Peak trekking adventure** as you depart from the high Himalayas. After breakfast in Lukla, you'll board a **short scenic flight back to Kathmandu (1,350m)**. The flight offers **stunning aerial views of the Himalayan peaks, glaciers, and deep valleys**, providing a final opportunity to marvel at the breathtaking landscapes you've trekked through over the past weeks.

Upon arrival in Kathmandu, you'll be transferred to your **hotel in the city**, where you can **rest, freshen up, and reflect on your Himalayan journey**. The afternoon and evening are free for leisure, allowing time for a relaxing shower, shopping for souvenirs, or exploring the vibrant streets of **Thamel**. This day combines convenience, comfort, and a sense of accomplishment, offering a peaceful transition from the high mountains back to the lively capital of Nepal.

Highlights of the Day:

- Scenic flight from Lukla to Kathmandu with panoramic mountain views
- Safe transfer to your hotel for rest and relaxation
- Leisure time to explore Thamel, shop, or enjoy the city atmosphere
- Reflect on the successful completion of the expedition
- Overnight stay in Kathmandu hotel



Difficulty

Easy



Max altitude

2840m



Accommodation

Hotel



Meals

Breakfast

• Day 20

Departure from Kathmandu to your Destination

After an unforgettable journey through the **Himalayas**, today marks your departure from **Kathmandu**. Depending on your flight schedule, you'll be transferred from your hotel to **Tribhuvan International Airport**, where you'll board your flight home or to your next destination. This day offers a final opportunity to **reflect on the incredible experiences**, from trekking through Sherpa villages and pristine valleys to summiting **Island Peak** and exploring the Khumbu region.

As you take off, the **aerial views of Kathmandu Valley, Himalayan peaks, and lush landscapes** provide a memorable farewell to Nepal. The journey back is filled with a sense of accomplishment, pride, and the lifelong memories of one of the world's most iconic trekking and climbing adventures.

Highlights of the Day:

- Transfer from your hotel to Tribhuvan International Airport
- Final reflections on the Himalayan expedition and achievements
- Aerial views of Kathmandu Valley and surrounding landscapes
- Departure to your home country or next destination



Difficulty

Easy



Meals

Breakfast

TRIP EXPENSE

TRIP COST INCLUDED

- Airport arrival and departure by private vehicle
- 3 star accommodation in Kathmandu with breakfast for two nights
- Kathmandu to Lukla to Kathmandu both way flight tickets
- Meal on full board (breakfast, lunch, dinner, tea & coffee) basis during the trek
- Accommodation on tented camp during Climbing period
- Trekking/Island peak Climbing peak permit/s & other necessary fees
- Necessary group climbing gear & equipments
- Climbing guide & necessary Sherpa helper, all payments
- Gamow Bag(Portable altitude Chamber Bag) for safety measure on request
- Exclusive medical kit bag
- All government and local taxes
- Submit your tourist registration form to the require embassy/consulate

TRIP COST NOT INCLUDED

- Visa fees, intl. airfare & departure taxes

- Personal climbing equipment (can be hire in Kathmandu)
- Excess baggage charges
- Lunch and dinner in city
- Travel and rescue insurance
- Personal expenses e.g. phone calls, laundry, bar bills & extra porters
- Tips for driver, guides and porters