

Island Peak



Island Peak, locally known as Imja Tse, is one of Nepal’s most popular trekking peaks, standing at 6,189 meters (20,305 ft) in the heart of the Everest region. It earned its English name “Island Peak” from its striking appearance when viewed from Dingboche — a lone summit rising like an island amid a vast sea of ice. Geographically, the mountain is connected to the south ridge of Lhotse Shar, while a dramatic semicircle of cliffs links it to the surrounding giants: Nuptse, Lhotse, Middle Peak, and Lhotse Shar.

This peak offers an ideal introduction to Himalayan mountaineering. While it is a challenging climb due to its altitude and glacier sections, technical expertise is not strictly required. However, previous trekking or climbing experience can be an advantage. A good level of physical fitness, mental endurance, and proper acclimatization are essential for a safe and successful ascent.

Trek Highlights:

- Reach the summit of Island Peak (6,189m), one of Nepal’s most popular trekking peaks.
- Enjoy 360° Himalayan views of Everest, Lhotse, Makalu, Ama Dablam, Baruntse, and Nuptse.
- Experience glacier travel, fixed rope ascents, and basic ice climbing under expert guidance.
- Trek through the Everest region’s iconic route, passing Namche Bazaar, Tengboche Monastery, and Dingboche.
- Immerse in Sherpa culture and visit ancient Buddhist monasteries along the way.
- Gain valuable mountaineering skills from experienced climbing Sherpas.
- Witness diverse landscapes — from lush forests and alpine meadows to high-altitude glaciers.

Detailed Itinerary

Day 1: Arrival in Kathmandu(1400m)

Welcome to Nepal! Upon arrival at Tribhuvan International Airport, make your way to your hotel in Kathmandu (self-transfer).

Day 2: Fly Kathmandu to Lukla (2,840m) - Trek to Phakding (2,600m) 14 hours

Take an early morning flight from Kathmandu to Lukla, known as the gateway to the Everest region. Upon arrival, begin your trek by descending gently through pine forests and crossing suspension bridges to reach the small village of Phakding. Settle in for an overnight stay at a local teahouse.

Day 3: Phakding to Namche Bazaar (3,440m) |6 hours

Today you trek through beautiful rhododendron and pine forests, crossing several suspension bridges over the Dudh Koshi River. The trail gradually climbs, offering stunning views of the surrounding mountains and local villages. Namche Bazaar, the Sherpa capital, is a lively market town where trekkers rest and resupply. Overnights stay at a tea house, soaking in the unique Himalayan atmosphere and preparing for the higher altitudes ahead.

Day 4: Acclimatization Day in Namche Bazaar

Take a well-deserved rest day in Namche Bazaar to help your body adjust to the higher altitude. Use this time to explore the vibrant local market, interact with Sherpa locals, and visit the Sherpa Museum to learn about their culture and history. For spectacular views, consider a short hike to the Everest View Hotel, where you can see Mount Everest, Lhotse, and Ama Dablam up close. This acclimatization day is vital to prepare your body for the more challenging days ahead on the Island Peak trek.

Day 5: Namche Bazaar to Tengboche (3,860m) 6 hours

Begin your trek through fragrant pine forests, making your way toward Tengboche. Cross the Imja Khola River on suspension bridges as you ascend steadily. Upon arrival, visit the renowned Tengboche Monastery, a significant spiritual hub for the Sherpa people, known for its stunning architecture and sacred atmosphere. From here, enjoy breathtaking panoramic views of some of the Himalayas' most iconic peaks, including Ama Dablam and Mount Everest. Spend the night in a local tea house, soaking in the peaceful mountain surroundings and preparing for the trek ahead.

Day 6: Tengboche to Dingboche (4,300m) 6 hours

Today's trek takes you through stunning alpine meadows and rolling hills, offering expansive views of the surrounding peaks. You will pass through Pangboche village, home to one of the oldest monasteries in the Khumbu region, rich in history and culture. The trail continues steadily uphill before reaching Dingboche, a quiet village known as a crucial acclimatization stop. Here, the thin mountain air begins to challenge your body, making rest and hydration essential. Overnight in a teahouse, preparing for the next stages of the climb.

Day 7: Acclimatization Day at Dingboche

Today is dedicated to rest and acclimatization at Dingboche, allowing your body to adjust to the increasing altitude. You can relax at the teahouse or choose to take optional hikes to nearby viewpoints. A popular choice is the hike to Nagarjun Hill, which offers spectacular panoramic views of the surrounding Himalayan peaks. These gentle climbs help improve your body's oxygen capacity and prepare you for the more demanding days ahead.

Day 8: Dingboche to Chhukung (4,730m) |3-4 hours

Today's trek is shorter but involves a steady ascent as you make your way from Dingboche to Chhukung, a small and charming settlement nestled among towering Himalayan peaks. This village is the last inhabited stop before reaching Island Peak Base Camp, making it an important rest point for climbers. Along the trail, you'll be surrounded by breathtaking views of snow-capped mountains, glaciers, and rocky landscapes.

Day 9: Rest Day and Optional Climb of Chhukung Ri (5,550m)

Today is an important acclimatization day in Chhukung with the option to climb Chhukung Ri, a nearby peak standing at 5,550 meters. This moderate trek challenges your body to adapt to higher altitudes and provides valuable training for the upcoming Island Peak summit climb. From the summit of Chhukung Ri, enjoy breathtaking panoramic views of Everest, Lhotse, Nuptse, and Island Peak itself—some of the most iconic mountains in the Himalayas. The climb helps improve your cardiovascular fitness and boosts confidence for the main ascent.

Day 10: Chhukung to Island Peak Base Camp (5,200m) 3-4 hours

Today, you trek from Chhukung to Island Peak Base Camp, ascending gradually through rocky terrain and glacial moraines. This short but important trek brings you to the gateway of your summit attempt. Base Camp sits at 5,200 meters and serves as your main staging area where you will prepare for the climb ahead. Here, you'll rest, organize your climbing gear, and attend essential briefings and training sessions led by experienced Sherpa guides. The atmosphere is a mix of anticipation and excitement as you acclimatize at this high altitude.

Day 11: Pre-Climb Training at Island Peak Base Camp

At Island Peak Base Camp, you'll receive vital climbing training led by experienced Sherpa guides. This hands-on session covers the use of essential climbing equipment such as crampons, harnesses, and ice axes, ensuring you feel confident and prepared. You will also learn important safety techniques for navigating fixed ropes, crevasses, and steep icy slopes encountered during the summit push. This training is designed for climbers of all experience levels, especially those new to mountaineering.

Days 12 & 13: Island Peak Summit Attempt and Return to Base Camp (6,189m) 10-12 hours

Begin your summit push early in the morning, navigating steep snow and ice slopes secured with fixed ropes. The climb demands focus, stamina, and teamwork, as you ascend to the 6,189-meter peak of Island Peak—an incredible achievement offering breathtaking panoramic views of the Himalayas, including Everest, Lhotse, and Ama Dablam.



Day 14: Island Peak Base Camp to Pangboche (3,985m) 5-6 hours

Today you begin your descent from Island Peak Base Camp, retracing your path through the rugged high alpine terrain. The trail winds down past rocky slopes and glacial debris, offering fresh perspectives of the majestic mountains that surround you. After several hours of trekking, you will arrive in Pangboche, a traditional Sherpa village known for its ancient monastery and warm hospitality. This village provides a peaceful resting place to recover after the intense summit climb.

Day 15: Pangboche to Namche Bazaar 4-5 hours

Today, you trek back through the beautiful forests and traditional villages of Sagarmatha National Park. The trail gently descends through pine and rhododendron trees, offering scenic views of the surrounding mountains and valleys. Along the way, you'll pass small settlements where you can observe local Sherpa life. After several hours of trekking, you arrive back in Namche Bazaar, the bustling Sherpa hub. Here, you can relax and enjoy a well-deserved rest in comfortable teahouses.

Day 16: Namche Bazaar to Lukla (2,840m) 17 hours

Today’s trek involves a long but mostly downhill journey from Namche Bazaar back to Lukla. The trail winds through dense forests, alongside rivers, and crosses charming villages, offering a last close-up look at the stunning natural beauty of the Everest region. As you descend, the air becomes warmer and the landscape greener, signaling your return to lower altitudes. Upon arrival in Lukla, you’ll check into a teahouse for your final night in the mountains, resting and preparing for your flight back to Kathmandu the following day.

Day 17: Fly Lukla to Kathmandu

Take an early morning flight from Lukla back to Kathmandu. Upon arrival, you’ll be transferred to your hotel or continue with your onward travel plans.



Inclusions:

- Domestic flights: Kathmandu – Lukla – Kathmandu
- All ground transportation during the trek
- Experienced English-speaking guide and climbing Sherpa team
- Climbing equipment (ropes, harness, crampons, helmets, ice axes) for summit day
- Tea house/lodge accommodation during the trek
- Camping accommodation at Island Peak Base Camp and High Camp
- All meals during the climbing period (breakfast, lunch, dinner)
- Necessary permits: Island Peak Climbing Permit, Sagarmatha National Park Entry Permit, Khumbu Pasang Lhamu Rural Municipality Permit
- Medical kit and first aid support

Exclusions:

- International airfare to and from Nepal
- Nepal visa fees
- All meals during the trek (breakfast, lunch, and dinner)
- Personal trekking gear and climbing equipment (unless otherwise specified)

- Travel insurance (highly recommended, including emergency evacuation)
- Tips for guides, Sherpas, porters and drivers
- Personal expenses (laundry, phone calls, internet, snacks, souvenirs)
- Optional activities and side trips
- Additional costs caused by unforeseen events such as flight delays, landslides, or adverse weather conditions

Best time for the Island Peak

The best seasons to climb Island Peak are spring (March to May) and autumn (September to November). During these months, the weather is generally stable, skies are clear, and temperatures are moderate—ideal conditions for trekking and climbing.

Spring offers blossoming rhododendrons and warmer days, while autumn provides crisp air and stunning mountain views. Both seasons avoid the heavy monsoon rains of summer and the extreme cold of winter, making them perfect for a safe and enjoyable climb.



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