

# Island Peak Climbing :20 Days with Expert Sherpa Guides – All-Inclusive!

## 3 Star Hotel Package

**2870**<sup>USD</sup>  
per person

\*Including healthy meals

## 5 Star Hotel Package

**3070**<sup>USD</sup>  
per person

\*Including healthy meals

**Trip Style:** Trekking & Climbing



**Trip Difficulty:** Challenging

## Island Peak Climbing – Nepal’s Most Popular 6,000m Peak

**Island Peak** (Imja Tse), standing at 6,189 meters (20,305 feet), is one of Nepal’s most popular 6,000m peaks, located in the Khumbu region near Everest. Slightly more technical than Lobuche or Mera Peak, Island Peak offers a rewarding challenge for fit trekkers seeking their first high-altitude mountaineering experience.

**Climbing Island Peak** requires basic mountaineering skills, including the use of crampons, ice axes, and fixed ropes, and can be safely achieved with the support of an experienced Sherpa guide. The standard route traverses glaciers and high-altitude camps, offering breathtaking views of Ama Dablam, Lhotse, and the surrounding Himalayas.

The **best climbing seasons** for Island Peak are **spring (March–May) and autumn (September–November)**, when weather conditions are most favorable. Climbers must obtain both a Sagarmatha National Park permit and an Island Peak climbing permit. Our expertly crafted Island Peak itinerary includes a trek to Everest Base Camp for perfect acclimatization, blending thrilling adventure with beginner-friendly mountaineering. The climb involves moderate technical skills—crampons, ice axes, and harnesses—but remains safe and accessible with our guidance.

## Why Island Peak Is Nepal’s Favorite Climbing Peak

Island Peak was named by the famous British mountaineer Eric Shipton in 1953. He chose the name because the peak resembles an island rising from a vast sea of ice and snowfields. Today, Island Peak is one of Nepal’s most popular climbing peaks, attracting thousands of climbers every year due to its manageable technical challenge and spectacular Himalayan views.

## Top Reasons to Climb Island Peak:

1. Reach a stunning altitude of 6,189 meters (20,305 feet)
2. Perfect for beginner climbers seeking a manageable technical challenge
3. Safe ascent with fixed ropes and guided support
4. Breathtaking panoramic views of Everest, Lhotse Shar, Makalu, Baruntse, and Ama Dablam
5. Ideal acclimatization experience when combined with Everest Base Camp Trek
6. Comprehensive Himalayan expedition including glacier travel and basic mountaineering skills
7. Explore the scenic Khumbu Valley and immerse yourself in Sherpa culture and hospitality

## Experience the Ultimate Himalayan Adventure with Expert Sherpa

## Guides

Led by **seasoned Sherpa guides**, masters of the Khumbu terrain, you'll navigate snow slopes, ridges, and glaciers with confidence and care. Their calm expertise and personalized support turn your climb into a journey of trust, safety, and unforgettable achievement, allowing proper acclimatization and maximizing your chances of a safe and successful summit.

**With over 27 years of experience, Mountain Sherpa Trekking** ensures a well-organized climb, expert guidance, and a memorable high-altitude adventure. Island Peak is perfect for those ready to take on a challenging yet achievable Himalayan summit.

DURATION: 20 days

## Trip Facts

### Maximum Altitude

- Island Peak Ascent (6,189m/20,305ft)

### Service Level

- Experienced Sherpa guide  
- 99% Success Guaranteed

### Trip Durations

- 19 Nights/ 20 Days  
- Can be modify If Needed

### Suitable For

- Experienced trekkers  
- Fit mountaineers or Intermediate climbers

### Accommodations

- Luxury Hotels In City  
- Lodge & Tented camp in Mountain

### Meals

- Daily Breakfasts In City  
- All Meals during Trek & Climb

### Best Time to Travel

- March -May  
- Mid September- December

### Trek & Climb Region

- Everest Region Nepal EBC Trek with Island Peak

## ITINERARY

### Day 01:: Kathmandu- (1,300m /4,264 ft) (Arrival day and Transfer to hotel) – Hotel

Your adventure begins the moment you land! Our team, along with a comfortable car and dedicated driver, will warmly welcome you at the International Airport upon your arrival. Once your visa formalities are complete, head downstairs to collect your luggage and step outside the terminal. Keep an eye out for your name on a signboard along with our company logo—this will guide you to our waiting staff.

After meeting our friendly team, we'll whisk you away to your hotel. Upon check-in, enjoy complimentary welcome drinks, whether you prefer tea, coffee, or a cold beverage of your choice. Our Company Manager will personally introduce you to your guide and provide a detailed overview of your upcoming adventure.

The first day is yours to relax or explore the city at your own pace. Get ready for an exciting journey ahead!

### Day 02:: Half Day Kathmandu Sightseeing Durbar Square, Swoyambhunath and Boudhanath - Hotel (B/B)

Kickstart your day with a delightful breakfast before embarking on a captivating sightseeing tour of four UNESCO World Heritage sites in the Kathmandu Valley. Our first stop is **Swoyambhunath**, where you'll enjoy breathtaking views of the entire Kathmandu Valley. This stupa, a symbol of Buddhism, will come to life as your guide shares detailed historical and cultural insights.

Next, we'll visit the home of the **Living Goddess** and explore Kathmandu Durbar Square. Known locally as Basantapur or Hanuman Dhoka Durbar Square, this area is rich in history and tradition. Our journey then takes us to Boudhanath, the world's largest Buddhist stupa. Here, you can explore the **Buddhist Monastery** and take a lunch break. If the weather permits, you might even catch a glimpse of Ganesh Himal from the restaurant.

After returning to the hotel, take some time to check your gear and prepare for the next day's flight to Lukla. This is also the perfect opportunity to purchase any remaining items you may need for the trek or climb. Thamel, a vibrant area in Kathmandu, is ideal for last-minute shopping, and our guide will be there to help you find exactly what you need. The excitement builds as you prepare for the adventure that lies ahead!

### **Day 03:: Fly to Lukla (2,800 m/9,184 ft) & Trek to Phakding (2,652m/8,700ft)-4/5 hrs-Lodge[B,L,D]**

Embark on an exhilarating journey with an early morning flight aboard a small Twin Otter to **Lukla (2,800m/9,186ft)**. As you soar through the skies, the anticipation builds for the adventure ahead. Upon landing, final preparations are made, and the trek begins in earnest.

The trail winds through the charming village of Chaurikharka, offering glimpses of local life. Descending towards Dudh Kosi Ghat (2,530m/8,300ft), the route follows the bank of the Dudh Kosi River, creating a picturesque backdrop. As the journey unfolds, the first camp at Phakding (2,652m/8,700ft) comes into view.

This initial day is intentionally kept short to allow for acclimatization, giving you time to gradually adjust to the altitude. The crisp mountain air and scenic surroundings set the stage for the incredible days ahead.

### **Day 04:: Trek to Namche (3,440m/11,280 ft) - Approx. 6/7hrs –Overnight stay in Lodge**

Embarking from Phakding, the trek to Namche Bazaar is a scenic and invigorating journey. As you traverse the undulating terrain, you'll cross suspension bridges adorned with prayer flags, witness the serenity of pine forests, and catch glimpses of the Dudhkosi River. The trail leads to Monjo, the entry point to Sagarmatha National Park, where your permits will be checked.

Ascending further, the trek takes you through Jorsale and across the Hillary Suspension Bridge. The challenging uphill climb eventually brings you to **Namche Bazaar**, a vibrant **Sherpa town** nestled in the heart of the Himalayas. Here, enjoy breathtaking views of Everest and surrounding peaks while immersing yourself in the local culture and warmth of this mountainous haven.

### **Day 05:: Acclimatization in Namche or Trek up to Khumjung (3753M) - 3/4 hrs –Lodge (B, L, D)**

Today is dedicated to acclimatization in Namche Bazaar, a vital step to ensure a safe and enjoyable trek. Our expert Sherpa guide will take you to **Khunde and Khumjung** at an altitude of 3,753 meters, a journey of approximately 3 hours, for an acclimatization hike. During this hike, you'll visit the world's highest located hotel, Everest View, where you can enjoy a cup of tea or coffee while taking in the 360-degree views of Mt. Everest and other mountain peaks.

Back in Namche, seize the opportunity to explore the lively town, visit local markets, and immerse yourself in the breathtaking mountain views that surround you. The hike to Khumjung provides a chance to experience the unique Sherpa culture and enjoy stunning landscapes. With the principle of hiking to higher altitudes and sleeping at lower altitudes, you'll have a fulfilling day of acclimatization, allowing your body to adjust gradually to the higher altitudes for a smoother and safer ascent.

### **Day 06:: Trek to Phortse (3,810 meters/ 2,500 feet): 5-6 hrs – Overnight stay in Lodge (B, L, D)**

After a hearty breakfast in Namche, we begin our trek around 7:00 to 7:30 AM, guided by our experienced Sherpa. Taking a less-traveled path, we cover 7 to 9 kilometers over 5 to 6 hours, traversing serene terrain with stunning views of Ama Dablam, Thamserku, and Everest.

Leaving Namche Bazaar, the trail ascends gently through rhododendron forests and Sherpa villages. Our journey leads to the tranquil village of Phortse, perched at 3,810 meters, offering breathtaking panoramic views.

As a trusted Local Sherpa Company, we offer a fresh perspective with a unique route through Phortse, away from the well-trodden paths. Our itinerary also includes a hike to Ama Dablam Base Camp, adding to the adventure and aiding in acclimatization.

**Day 07:: Trek to Pheriche (4280 m/14,070 ft) - 5 hrs – Overnight stay in Lodge (B, L, D)**

After breakfast at the lodge, we set off on a scenic trek from Phortse village to Pheriche, revealing breathtaking vistas and rich cultural experiences along the way. The trek begins with a half-hour descent through a lush forest to the riverside, where we cross the Imja Khola. From here, we ascend the opposite hillside, gradually entering a more arid, desert-like landscape.

As we continue, we pass through **Pangboche**, a traditional Sherpa village at 3,985 meters, where we observe the daily life of the Sherpa people. The trail offers striking views of Ama Dablam and other surrounding peaks, adding to the scenic beauty of the trek.

The final stretch brings us to Pheriche, situated at 4,371 meters, a picturesque settlement known for its strategic location in the Himalayas. Pheriche is a key stop for trekkers, with its wide valley setting and riverside location. The village is equipped with a small helipad for emergency rescue operations and offers daily high-altitude mountain sickness classes conducted by specialists at the local medical clinic.

During your overnight stay at the lodge in Pheriche, immerse yourself in the local culture and enjoy the awe-inspiring landscapes that define the Khumbu region.

**Day 08:: Trek to Lobuche (4940 m/16,207 ft) - 4 hrs – Overnight stay in Lodge (B, L, D)**

After breakfast, we begin our trek from Pheriche to Lobuche, steadily gaining altitude as we move through the striking landscapes of the Khumbu region. Starting at an altitude of approximately 4,371 meters (14,340 feet) in Pheriche, we ascend to around 4,910 meters (16,108 feet) in Lobuche, covering a vertical gain of about 540 meters.

The trek typically takes 4 to 5 hours, depending on your pace, and our experienced guide will ensure a slow and steady ascent to help minimize the risk of altitude sickness.

The journey from Pheriche to Lobuche takes us through a mix of rugged terrains and open valleys, offering incredible views of the towering Himalayan peaks, including the Nuptse ridge. Along the way, we pass through the small hamlet of Thukla (Dughla), where we can take a break and pay respects at the memorials dedicated to climbers who lost their lives in the Everest region. The trail then ascends a steep, rocky section before leveling out as we approach Lobuche.

**Lobuche** is a small settlement nestled at the foot of the Khumbu Glacier, with stunning views of the surrounding mountains. It serves as an important stop for acclimatization before continuing on to Everest Base Camp.

**Day 09:: Hike to Everest base Camp (5364 m/17,594 ft) back to Gorakshep (5170 m/16,961ft)**

After having breakfast, we embark on a challenging yet rewarding trek from Lobuche to Everest Base Camp, a significant milestone in the iconic Everest region. The altitude of Lobuche is approximately 4,910 meters (16,108 feet).

We pause for lunch at Gorakshep, situated at approximately 5,164 meters (16,942 feet), before continuing our hike to Everest Base Camp at approximately **5,364 meters (17,598 feet)**. The round trip to and from Everest Base Camp takes about 7-8 hours in total. Gorakshep, a small settlement, serves as our base before making our way to the legendary Everest Base Camp.

Along the way, absorb the breathtaking views of the surrounding peaks and the majestic Khumbu Icefall. After reaching Everest Base Camp, we return to Gorakshep for a well-deserved rest.

This trek is not only a physical challenge but also a spiritual and awe-inspiring experience as you stand in the shadow of the world's highest peak.

#### **Day 10:: Trek to Kalapattar (5545 m/18,192 ft) - Dingboche- approx. 5/6 hrs -Lodge-(B, L, D)**

Early in the morning today, we embark on a challenging yet rewarding hike to Kala Patthar, a vantage point that offers breathtaking panoramic views of the Everest region. After a great time on **Kala Pathar**, we descend to our lodge for breakfast before trekking down to **Dingboche**. The altitude of Kalapathar is approximately 5,545 meters (18,192 feet), and Dingboche is approximately 4,410 meters (14,469 feet).

The journey involves trekking to the summit of Kala Patthar, where you'll witness the sunrise illuminating the towering peaks, including Mt. Everest. After soaking in the awe-inspiring vistas, we trek back to Dingboche, a picturesque village nestled in the heart of the Khumbu region. This trek combines physical endurance with the sheer beauty of the Himalayan landscape.

#### **Day 11:: Trek to Chukhung 4,743 meters/15,557 feet –3 hrs-Overnight stay in Lodge (B, L, D)**

After having a delicious and fresh breakfast, embark on a trek to Chukhung, situated at an altitude of 4,743 meters (15,557 feet). The trek duration is approximately 2-3 hours. Upon reaching Chukhung, engage in climbing training to enhance your skills and readiness for the upcoming challenges. The day's itinerary includes climbing training to ensure you are well-prepared for the climbing aspects of the journey. The lodge at Chukhung provides a comfortable resting place, allowing you to recharge for the adventures ahead. Enjoy a well-deserved meal and immerse yourself in the serene surroundings of this high-altitude destination.

The trek from Dingboche to Chukhung is a leisurely and relaxed day, providing an opportunity for comprehensive training and preparation for the upcoming Island Peak summit. This day allows you to focus on organizing and sorting out your climbing gear, ensuring that everything is in order for the ascent. Take advantage of this day to fine-tune your climbing skills and mentally prepare for the challenges that lie ahead. Use the time to familiarize yourself with the equipment and gather the necessary energy for the upcoming climb.

#### **Day 12:: Trek to Island Peak high Camp (5,500m/18,044ft)- Tent (B, L, D)**

After breakfast, our expert Sherpa climbing guide will lead you from Chukhung to the **Island Peak High Camp**. The trail takes an adventurous turn, ascending steeply southward before veering east toward the main valley. As you follow this path, it winds along or below the southern flank of the Lhotse Glacier, offering mesmerizing views of the glacier's vast expanse.

The trek continues with a short, pleasant walk alongside a meandering stream, leading you to a prominent landmark known as the Big Rock. From here, the route toward the Amphu Lapcha Pass unfolds to the southeast, adding an element of excitement to the journey. A thrilling traverse through the moraines of the Imja and Lhotse glaciers guides you into a wide valley on the southwest side of Island Peak.

Finally, you arrive at **Island Peak High Camp**, situated at an elevation of **5,500m (18,044 ft)**. Nestled in the heart of this high-altitude wilderness, the high camp becomes your overnight refuge, preparing you for the awe-inspiring summit push that awaits the next day.

#### **Day 13:: Summit Island peak (6,189m/20,305ft) with Sherpa and back to base camp- Tented Camp**

Today, you have to start early in the morning to summit Island Peak Ascent (6,189m/20,305ft) with our expert Sherpa climbing guide. Island Peak is not difficult, but there are several short rock steps to climb before you emerge on the right side of the gully. The route then follows a ridgeline, which leads to an exhilarating and exposed

traverse onto the snout of the summit glacier. You will need to rope up for the glacier as it contains several crevasses, but it leads without difficulty to a 100m (330ft) snow and ice slope (40-45°) on which the guides will fix a rope. From the top of this slope, three rope lengths along a sharp summit ridge lead to the top. After enjoying the summit views, you will descend to base camp.

#### **Day 14:: Extra Summit day (In case due to bad weather) or Rest after Summit Lodge (B, L, D)**

Today serves as an emergency or reserve day, providing flexibility in case of adverse weather conditions near the peak or unexpected challenges during the Island Peak climbing expedition. This reserve day is strategically positioned to be utilized whenever necessary, both before and after the ascent of Island Peak.

In the event of severe weather conditions as you approach the peak or if there are any health issues such as mild sickness or altitude-related problems, this reserve day offers a buffer to address and overcome these challenges. The purpose of this day is to ensure the safety and well-being of the climbers, allowing for adjustments to the itinerary as needed.

The flexibility of the reserve day provides a practical solution to navigate unforeseen circumstances, offering reassurance to climbers and ensuring that the journey remains both enjoyable and, most importantly, safe.

#### **Day 15:: Trek to Pangboche Village- approx. 5-6 hrs –Overnight stay in Lodge (B, L, D)**

Embarking on the trek from Island Peak Base Camp to **Pangboche Village** promises a scenic and rewarding journey through the breathtaking landscapes of the Everest region. The trek typically involves several hours of trekking, and the route takes you through diverse terrains with stunning views of the surrounding mountains. Start your day early, surrounded by the towering peaks of the Himalayas.

After a warm breakfast, bid farewell to the Island Peak Base Camp and begin your descent. The trail initially descends along the Imja Khola, offering views of glaciers and moraines. The path may wind through rocky terrain and boulders, so careful footing is necessary.

En route, you may pass through Dingboche, a picturesque village nestled in the Imja Valley. Take a break, enjoy the views, and perhaps have lunch in this charming settlement.

Pangboche is known for its **ancient monastery**, one of the oldest in the region. Take some time to explore the monastery, which holds cultural and historical significance. The views of **Ama Dablam** from Pangboche are particularly stunning.

#### **Day 16:: Trek to Namche Bazaar (3,440m/11,286ft)- 6-7 hrs-Overnight stay in Lodge (B, L, D)**

Embarking on the trek from Pangboche Village to Namche Bazaar is a captivating journey through the Everest region's picturesque landscapes. After a hygienic breakfast at the Sherpa Lodge in Pangboche, we begin by descending through rhododendron and pine forests to Debuche. We then ascend to Tengboche, where we can visit the Tengboche Monastery and enjoy panoramic views of Everest, Lhotse, and Ama Dablam.

From **Tengboche**, we descend to Phunki Tenga (3,250 meters / 10,663 feet) for a lunch break. We continue by ascending to Kyangjuma (3,570 meters / 11,712 feet), a village with teahouses and lodges, perfect for a short rest. Beyond Kyangjuma, the trail levels out as we approach **Namche Bazaar**. In the late afternoon, Namche, the vibrant heart of the Khumbu region, welcomes us with its lively markets, cafes, and lodges, providing a comfortable end to the day's trek.

#### **Day 17:: Trek to Lukla (2,840m/9,318ft)– 6-7 hours- Overnight stay in Lodge (B, L, D)**

Trekking from Namche Bazaar to Lukla is a memorable part of the Everest Base Camp trek, covering about 13 kilometers (8 miles). Starting at Namche (3,440 meters / 11,286 feet), the trail descends along the Dudh Koshi River, passing through Sherpa villages, terraced fields, and rhododendron forests. We cross suspension bridges

with spectacular views of Thamserku, Kongde Ri, and Kusum Kanguru.

We reach **Phakding (2,610 meters / 8,560 feet)** for a scenic rest before continuing with a gradual ascent through villages and forests. As we approach Lukla, the valley opens up, revealing stunning mountain vistas.

Upon arriving in **Lukla**, we celebrate our journey with our **Sherpa guide**, enjoying a festive dinner and reflecting on our adventure. This final evening together is a joyful celebration, filled with gratitude and fond memories of our remarkable trek.

#### **Day 18:: Fly to Kathmandu & Transfer to hotel, relax day after Long Trip- Hotel (B/B)**

As we bid **Lukla** farewell, anticipation builds for our flight back to Kathmandu. Lukla Airport, or Tenzing-Hillary Airport, is renowned for its short and challenging runway, nestled amid the mountainous terrain. The journey to the airport is accompanied by a mix of excitement and a tinge of nostalgia for the adventure just concluded.

Navigating the unique runway, our aircraft takes off, initiating a mesmerizing flight from Lukla to Kathmandu. This airborne journey provides spectacular aerial perspectives of the Himalayas, showcasing the majestic peaks we recently traversed. The small aircraft ascends, revealing panoramic views of valleys, snow-capped mountains, and the captivating landscape below.

Over the approximately 35-minute flight, our eyes capture glimpses of Mount Everest, Lhotse, Nuptse, and other iconic peaks that have enchanted mountaineers and adventurers for generations. Each moment through the aircraft window serves as a final ode to the breathtaking nature that enveloped us throughout our trek, leaving an indelible imprint on our memories.

#### **Day 19:: A contingency day is allocated in case of flight delays due to bad weather**

This additional night in Kathmandu is strategically planned as a contingency measure in case of flight delays from Lukla to Kathmandu due to adverse mountain weather or unforeseen challenges. This precaution ensures that any unexpected disruptions to the flight schedule won't impact your onward travel plans.

In the event of a delay, this extra night in Kathmandu acts as a safety buffer, offering peace of mind and flexibility. If your schedule allows, you can utilize this day to explore the remaining temples and monuments in Kathmandu, enriching your cultural experience. Alternatively, it serves as an excellent opportunity for leisurely shopping or simply unwinding and relaxing at your own pace.

This day is designed to provide you with the flexibility to adapt your trek program based on unforeseen circumstances, ensuring that your overall travel experience remains enjoyable and stress-free.

#### **Day 20:: Transfer to the airport by car & fly back home after a successful Island Peak climb**

Following a delightful breakfast, our representative and dedicated office vehicle await at the hotel, ready to transfer you to the airport for your connecting flight home. It has been an absolute joy and privilege to serve you, and at **Mountain Sherpa Trekking and Expeditions**, we hold dear the bonds forged during your time with us. We express our heartfelt gratitude for choosing us as your travel partner and for exploring the incredible landscapes of Nepal.

We are confident that the trekking and climbing experiences in the mesmerizing Sherpa land of the Khumbu region have etched unforgettable memories, creating a well-enjoyed vacation. Until we meet again, ciao, friends!

**Please be mindful that, while we aim to adhere to the provided itinerary, local trail conditions or weather variations might necessitate minor adjustments. Additionally, the trekking itinerary could be slightly altered based on the acclimatization rates of our trekkers. Venturing into the wild expanses above the timberline, we prioritize flexibility to ensure the safety of your journey and, most importantly, your well-being. Your**

**understanding is greatly appreciated. Thank you for entrusting us with your adventure.**

**Meals:** Healthy & hygienic Breakfast included

## **Cost Includes**

### **Transports & Accommodations**

- Private Transfers upon arrival and departure (4 Times)
- Kathmandu-Lukla-Kathmandu Round-trip flight
- 4 Night hotels in city as specified in Itinerary
- 14 nights local Sherpa lodge accommodations during trek
- 2 nights tented camp accommodations during climb

### **Meals & Drinks**

- Daily hygienic breakfast in city as specified in Itinerary
- Daily 3 meals entire trip (Breakfast, Lunch & Dinner)
- Black Tea, lemon tea, milk tea or Coffee as per choice
- Welcome dinner at best local restaurant with cultural show
- Energy bars or local cookies for Brunch

### **Gear & Equipment**

- Necessary Climbing equipments including tents
- Duffel bag, Trek Map & group medical Kit
- Sleeping bags and down Jackets if required
- Duffel bag, Trek Map & group medical Kit
- Hot water bag to warm your feet inside the sleeping bag

### **Support**

- Experience local Sherpa Climbing guide for 100% summit
- Hardworking and trustworthy porters ( 1 porter for 2 People)
- Free extra luggage storage service
- Free help to get SIM Card, renting or buying gears
- Call support for anytime 24/7 for Emergency

### **Pays & Permit**

- Island Peak climbing permit
- Pay and insurance for sherpa guide and support staff
- Half day Cultural tour in city including guide and driver
- Entrance fees to historic sites, temples and monuments

### **Additional Service**

- We help you, if an airline loses your luggage, or delayed
- International flight ticket Reconfirmation service if required

- We help our clients to buy climbing gears at wholesale price
  - We show you around local areas, recommend to eat etc
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## **WHAT'S NOT INCLUDED**

- International Airfare and Nepal Visa fee
- Travel insurance for emergency rescue and trip Cancellation
- Lunch & Dinner in City ( approximately \$ 5-10 Per Meal)
- Any Alcoholic Drinks, Water and deserts in Trek
- Gratitude for Guide & Porter after end of trek

## **Extra Bills**

- Phone, internet & Battery Charges bills on trek
- Climbing Gears Full Set US\$ 150-200 for renting
- Unforeseen Cost such as Flight Delayed/cancellation

## **Vital Information**

### Why Join with MST

## **10 reasons to climb Island Peak with Mountain Sherpa Trekking**

### **1). Top-notch Sherpa Guides**

Our whole guides & staff are 100% Local Sherpa people from the Everest region. As you know “Sherpa’s are highly regarded as elite mountaineers and experts in their local area. They were immeasurably valuable to early explorers of the Himalayan region, serving as guides at the extreme altitudes of the peaks and passes in the region, particularly for expeditions to climb Mount Everest”

We have extremely professional, reliable, and experienced climbing Sherpa’s working with us. We have four expert Sherpa guides for each group of ten trekkers on the trail in order to make sure all of our teams have the best chance at safe success in their goals. Since we will employ experienced Sherpa guides, they will take care of everything and will make your trip easy and wonderful.

## 2). Supporting Our Community

We believe that we all must give back to our society, as a responsible Sherpa Company, we know the importance of giving and supporting those in need. Hence, [Mountain Sherpa Foundation](#) has been established to help address the basic needs problems of the deprived people and low-income families of a remote part of Nepal. We work directly with the local communities to find lasting solutions to poverty and injustice. We seek to help and to be helped to ensure that poor people can improve their lives and livelihoods.

We continue to help the local community and have helped our Sherpa guides, porters, and staff. As things get worse for tourism workers amid covid-19 pandemic, **Mountain Sherpa Trekking director Mr. Pasang Sherpa** distributed relief packages to more than 450 Sherpa trekking guides, porters, and climbing guides on 25 May 2020, Similarly, He supported to Trekking Agencies Association of Nepal (TAAN) that has established a food bank for the tourism workers in Nepal during the COVID 19 pandemic.

## 3). Quality Run Journeys

Unlike most companies, the Mountain Sherpa Trekking guide will not control the food menu during your trek in Nepal, which means you can select any food from the lodge menu as per your taste. Our guides will provide you with enough meals on their trek as part of the trip price. A lot of times people are only given the same food each day for every meal, and we don't do this. You are allowed to pick what you eat for each meal in all the lodges we stay in.

Our guides will make sure that you get good quality lodge accommodation & enough hygienic food during your treks and climbs in the Himalayas which is most important for a successful trip.

## 4). More Acclimatization

Your safety and enjoyable trip are always our priority. Our guide will make sure all of your party is properly acclimatized in the expeditions before going higher. As you know given sufficient time, your body will adapt to the decrease in oxygen at a specific height. This process is known as acclimatization. It normally takes one to two days at any given altitude. This is why having the right itinerary is so essential high altitude trips like Island Peak Climb. Our EBC trek with Island Peak Climbing itinerary includes two nights in **Namche Bazaar at 3,500m/ 11,500 feet**. Trek to **Everest and Kala Patthar at 5,645m/ 18,520 feet** earlier to getting Island Peak Base Camp. We include one night at Island Peak Base Camp 5,100m/ 16,732 feet and we use Island Peak **High Camp 5,500m/ 18,044 feet** before summit. We also include two nights in **Dingboche** at 4,350m/ 14,271 feet, giving you the best chance of success! This will assist to give your body the time it needs to adjust properly.

We also have additional contingency days in case of bad weather conditions or unanticipated reasons. Most companies are not doing this and we have seen over the years that it is the main reason why more people on our

expeditions are making it safely to the summit of Island Peak!

## **5). Climb with an expert local Sherpa Guide**

An expert local Sherpa guide leads all of our Island Peak Expeditions. You can walk through the region with someone who has wide-ranging experience in the mountains and lead groups to safe and unforgettable experiences.

Most of our Sherpa guides have led many trips on Lobuche Peak, Mera Peak, Chulu east, Tent Peak, Ama Dablam, Mount Everest and so many more.

If you book far enough in advance, you will be a part of a professionally led trip on our unique itinerary. All of our guides hold current Wilderness First Aid Certificates and climbing guiding qualifications.

## **6). Over 27 Years of Experience**

We have years of experience operating and organizing Island Peak successfully. Our expert Climbing guides like Mr.Lhakpa Sona Sherpa, Mr. Dawa Sherpa, and Mr. Jangbu Sherpa have climbed Mera Peak over 70 times and climbed other peaks numerous times including Mera Peak, Chulu East Peak & Lobuche Peak, and many other peaks. All our guides are from the Everest region where all the highest peaks including the world's tallest peak Mt. Everest are located.

On our Island Peak climbs, we use quality Tents. We use quality tents on all our camping trekking and climbing trips in Nepal. All our mountaineering gear is stored in Lukla and we carry it into Mera Peak every season. Our own cook Dilli or Kaji will trek with the team to Mera peak in bigger groups.

Porters will carry the majority of our gears and personal packs up the mountain, allowing trekkers time to fully appreciate the surrounding environment.

## **7). Five-Star Hotel in Kathmandu**

We include four nights in a five-star hotel in Kathmandu. Two nights before your trip and two nights after the trip. All of our trips are on a shared basis, but if you prefer a single room, this can be offered at an additional cost. We use the Marriott Kathmandu - Located at Naxal, Kathmandu. Combine the modern design with local creativity or Yak and Yeti Hotel - A centrally located Luxury 5-star hotel in Kathmandu. Which is just a 5-minute walk from the main tourist district of the city.

## 8). Small Group Sizes

Climb Mera in an open group: this is great for those who want the company of others while they climb Mera. Our group climbs start every day. They are limited to a maximum of 10-12 and are guaranteed to run with a minimum of 2 people. We also organize solo private Mera Peak expeditions, if you are traveling alone, don't worry we will organize your solo trip as well.

Some of our groups are even fewer people with only 4 or 6 team members. This will therefore give you are more personalized experience on our exceptional trek up to Khare and climb Mera Peak. You can move as a team and experience more of these world-class trails in a smaller group.

## 9). More Summit Attempts

We have more days for summit attempts. We have one night in high camp and one night in Island Peak Base Camp. We also have an extra day at the end of the trek, since there is no guarantee that we will have good weather on our planned day for the summit. Therefore, this day is set aside as a contingency in case we are unable to summit the Mera on the desired day due to bad weather conditions or any other unanticipated reason. We can use that day for summit attempts. The program is designed with this in mind so the guides can manage the team, safety, and summit attempts while having good options. You may need this flexibility.

## 10). Specialists and Experts:

All our Sherpa team knows everything about how to climb Island Peak safely. after having done it so many times and they know the Nepal mountains and Himalayas route from first-hand experience.

## Gears & Equipments

### Island Peak Climbing Gears & Equipments information

#### HEADGEAR / EYEWEAR

1. **Bandana:** Bandanas are large kerchiefs, usually colorful, and used either as headgear or as a handkerchief, neckerchief, bikini, or sweatband. Wearing a multi-functional bandana will keep your neck warm and help retain moisture in the mouth. We recommend that you carry a thin bandana and one with fleece lining which can be used at higher elevations. This will avoid you from receiving the dreaded Khumbu Cough. You can also use it as headwear to ward off the dust on the trails.
2. **Sun hat and sunglasses:** Baseball caps and sombrero-style sun hats keep the sun away from your ears, and necks and prevent sunburns. Likewise, we suggest you bring high-quality sunglasses and ski goggles

with UV protection to protect your eyes from the sun and wind protection at high altitudes.

3. **HEADLAMP:** Having a good quality headlamp is necessary when climbing peaks in the dark. Please do not forget to bring freshly installed batteries pulse spare batteries. A headlamp will be very useful for you to see where you are going and keeps your hands free to climb.
4. **Fleece Lined Hat:** A fleece-lined hat protects your head from the cold in the chilly mornings and evenings. You can wear them at night and while roaming in and around the lodges and tents. You can also wear them under your helmet during your climbing period.

## For Hands

1. **Gloves: High-quality** Gloves are compulsory while climbing Island Peak. They keep your hands warm. We strongly suggest you carry a pair of warm shell gloves with insulated removable liners. As climbing requires moving your hands frequently with ropes and equipment, a glove with a good handgrip is necessary.
2. **Sleeping Bag:** A warm and quality sleeping bag is necessary for Island Peak, regardless of the season, you plan to climb. You can guarantee freezing nights on the base camp of Island Peak and without a warm sleeping bag, you will be uncomfortable and cold. if you don't have your own sleeping bag. You can buy or rent a quality sleeping bag in Kathmandu at a reasonable price.
3. **Eye Mask & Ear Plugs:** Good sleeping when on the mountain is very important to enjoy the trip and lack of it can make easy days very challenging. Some of the Teahouses have very thin walls and some don't have curtains for the windows. Chances are, people will be noisy and sunlight will wake you before you're ready to get up.

## Practical Clothing

1. **UNDERSHORTS & GARMENTS:** We suggest bringing two to three pairs or as per your personal preferences. It is suggested that you carry a sufficient number of undergarments or a few of them and wash the used ones along the way. We suggest bringing comfortable athletic styles based on your needs and preferences. Be sure to carry an extra plastic bag to store your used garments. You don't want to mix your used clothes with fresh ones.
2. **BASELAYER BOTTOM & TOP:** We suggest buying Wool, wool blend, polyester, or other synthetic fabrics Baselayer bottom which works well. Be sure your baselayer pants are not made from cotton. We advise lighter-weight baselayers rather than heavier fleece-type layers. The base layer is to keep you warm in cold temperatures. You can use them while sleeping in the camps or even on the summit night under your Gore-Tex pants and tops. The base layer (top) with a hood is recommended.
3. **LONG SLEEVE SUN SHIRT:** You can carry 2 – 3 normal t-shirts to wear while trekking in the lower regions. You can wash these T-shirts on the trail and one long-sleeved base layer top, which will help you to keep warm in cold temperatures. Non-cotton materials such as merino wool or polyester are highly

suggested.

4. **SOFTSHELL PANTS:** We highly recommend bringing Stretchy, comfortable, non-insulated softshell pants that should fit comfortably with or without your base layer bottoms.
5. **HARDSHELL PANTS:** Fully waterproof shell pants that fit comfortably over your baselayer bottoms are highly recommended. You can carry them in your backpack so that it is easy to take them out when needed. They prove to be handy on rainy days.
6. **HARDSHELL JACKET:** We highly suggest bringing a fully waterproof and non-insulated shell jacket with a hood. This should fit comfortably over your mid-layer, baselayer, and softshell.
7. **INSULATED DOWN PARKA/DOWN JACKET:** A very good quality hooded down jacket is must essential during your Island peak expeditions in Nepal. A normal down sweater or light puffy jacket will not be enough. The good down jackets keep you warm and are easy to carry because they can fit into a compact bag and are light in weight.

## Footwear:

1. **LINER SOCKS**
2. **WOOL OR SYNTHETIC SOCKS:** We highly suggest bringing appropriate pairs of socks for the Island Peak trip. As you go from warm temperatures to the cold and then back to warm again, ranges of trekking socks are necessary. You can have a mix of liner socks, light socks, and thick socks. A minimum of two pairs of thin socks and two pairs of thick socks are recommended. Keep a spare pair of fresh socks to switch into after arriving at the camp or teahouse.
3. **DOUBLE BOOTS:** Climbing boots are essential during the climb to the summit. These boots must be light and warm so as to prevent your feet from frostbite. Get the size that fits you right and you are comfortable walking with those on. If you want to rent these boots our Sherpa guide will organize them at Chhukung, this means you should not have to carry these heavy boots from Kathmandu.
4. **GAITERS**
5. **LIGHT HIKING BOOTS OR TREKKING SHOES:** Trekking boots are for your walk in the lower parts of the trail. Get the hiking boots that are lightweight, high comfort, plenty of room in the toe box with sturdy soles and ankle support. These boots help you balance the varied terrains of Nepal.
6. Trail shoes/ Running shoes/ Sandals: You can either bring your running shoes or sandals. This shoe is for you to change back to after arriving at the camps or tea houses.

## Bags

1. **Main rucksack or Travel bag (70 liters):** Porters are not allowed to carry more than 15 kg in total Per person and this allowance needs to include space for their own belongings. So make sure your bag does not exceed the weight of 15kg. Mountain Sherpa Trekking will provide you with a quality duffel bag

during your trip, which remains yours even after you return from the trip. You can transfer all your necessary clothes to our company duffle bag when you are in Kathmandu and you can leave your extra city clothes in the hotel with your main rucksack or Travel bag.

2. **Day pack (30-40 liters):** We highly recommend 30-40 liters (8 gallons) to carry every day on your back, so make sure it has room for essentials such as water bottles, spare layers, and waterproofs, cameras, etc. Please make to bring a rain cover for your daypack. This **MUST** have a hip belt for support/weight loading and should have an inner frame for comfort on your back.
3. **Dry bags / tough poly bags:** Make sure all your contents are wrapped in waterproof bags to keep them dry. Use them also to store used clothes during the trek. We have various sizes for rent.

## **EQUIPMENT RENTAL or BUYING IN NEPAL**

You can buy or hire sleeping bags, down Jackets as well as all climbing equipment in Kathmandu and you can rent all your climbing equipment including Climbing Boots at Chhukung( 4750m). For details information regarding Island Peak climbing gears and equipment. Please contact us by e-mail. You can also add when booking, or inquiry message

## **Medicine**

1. Antibiotics
2. Painkillers, Paracetamol, Ibuprofen, Aspirin, Advil
3. Cough Lozenges
4. 1 – Triangular Bandage
5. Foot Powder. Important for keeping your feet in good condition
6. Anti-inflammatory Tablets. For any inflammation
7. Skin-blister repair kit
8. Anti-diarrhea pills
9. Altitude sickness Tablets: Diamox or Acetazolamide to prevent AMS ( You can buy in Kathmandu)
10. Water purification tablets or water filters – Purification tablets to purify the water along the trails. These can be purchased in Kathmandu. We do not recommend buying water on the trail as there are no facilities to recycle the plastic bottles in the mountains.
11. Prescriptions, in case you need to purchase your medications.
12. Moisture-wicking fabric
13. Sunscreen– We recommend having a Factor 50 + to protect you from the extreme rays at altitude.
14. Lip Balm – This is essential to protect you against the fierce sun.

15. Insect Repellent, containing DEET
16. Hand Sanitizer – This is essential to keep your hands clean on the trail.
17. Wet Wipes/Baby Wipes (recommended) – While there are options to shower along the trail, we recommend always bringing a pack of Baby Wipes to keep yourself clean in the wilderness.

**Please note that you can easily get most of the medications in Kathmandu including antibiotics and Diamox. Our experienced guide will help you and show you trekking shops and pharmacies in Thamel to buy all the necessary medicine for your trip if you have not brought it from your home country.**

## Toiletries

Small Personal First Aid Kit: This is just a guide of what we recommend you bring, you may have other personal items you need to add to your kit

1. Medium-sized quick-drying towel– A small sports towel that is quick-drying is recommended.
2. Toothbrush/paste (preferably biodegradable)
3. Multipurpose soap (preferably biodegradable)
4. Deodorants
5. Nail clippers (optional)
6. Toilet Paper – This is for when you are on the trail and have to go to the bathroom. You will either carefully burn the toilet paper or take a small plastic bag to dispose of toilet paper when you arrive at the lodge.
7. Face and body moisturizer
8. Female hygiene items
9. A small mirror (optional)

## FAQS

### **What type of shape do I need to be in, is this trip for me**

You need **good stamina** for a long day effort while climbing it. You can **climb Island Peak** without any previous climbing experience and skills of **using climbing equipment** but knowledge of using equipment and previous experience would be beneficial although not mandatory because a pre-ice climbing training is provided to you in Base Camp to make you skillful on using climbing gears such as ropes, ice pick, harness, crampons.

### **What sort of accommodation can I expect in Kathmandu and Mountain**

We provide you with deluxe rooms at international standard hotels in Kathmandu with breakfast included. Along the trekking routes up to chukhung best available sherpa lodges generally provide basic clean facilities with a mattress and a quilt or blanket. We can also offer you sleeping bags if needed (to be returned after the trip) but it is

a good idea to always have your own sleeping gear. The lodges in trekking routes generally provide single and double rooms, or seldom a dormitory. At times when possible, dining will be around a bonfire. In tea houses, food will be prepared in the kitchen which you should not enter without permission. The toilet in tea houses provides essential and basic facilities and will be outside the room in most places. During Climbing Period, we provide quality Tents with Matters.

### **What sort of food can I expect on trail**

Most teahouses (lodges) in trails cook a delicious range of mostly vegetarian fare. Pasta, tuna bakes, noodles, potatoes, eggs, daal Bhat(rice and lentils), bread, soup, fresh vegetables (variety depends on the season), and even some desserts like apple pies, pancakes, and some interesting attempts at custard. You will find a lot of garlic on the menu because it assists with acclimatization – eat some every day. In many larger villages, you may find some meat items on the menu. You can always get hot chocolate, tea, and hot lemon drinks, as well as soft drinks, and treats like chocolate and crisps. Each day dinner and breakfast will be at a lodge you'll stay at while lunch will be taken on the way to the destination.

### **Do your guides have Mountain guide license and first aid training for high altitude**

Yes, our entire professional climbing Sherpa guides have all received 45-day training from the Nepal Mountaineering Association. The guides have also received high-altitude first aid training from KEEP (Kathmandu Environmental Education Project). Please check our Trekking Guides Profiles and Training Certificates.

### **What opportunities will I have for shower along the trek**

In major places, we arrange guesthouses with hot showers. And in the rest of the places, water in the bucket will be provided for the shower.

### **Is Mountain Sherpa trekking staff insured**

Our company insures all our staff members, including guides, cooks, Sherpas, and porters. Please browse through the Company Information pages to view insurance details.

### **Do you need insurance Island Peak Climbing**

Yes, of course, you need insurance for the Island Peak climb. When purchasing **your insurance for climbing Island Peak**, be sure that the policy covers emergency evacuation up above 6,000m (19,685ft.), so we advise having an insurance policy that covers mountain air ambulances at least up to the height of the Mera Peak, which is 6,461m (21,190ft.). We also recommend you get insured for medical issues, flight delays, or trip cancellations. For more information regarding our insurance policy contact us for more details.

### **Do I Need Climbing Permit for Island Peak Climb**

Yes, of course, every climber must get a permit from the **Nepal Mountaineering Association to climb Island Peak**. However, You need not worry when you are joining your expeditions with a registered and expert Sherpa licensed agency like Mountain Sherpa Trekking & Expeditions because all your necessary permits will be taken care of and organized before your arrival in Nepal.

### **Should I Buy My Gear at Home or in Nepal? Can i hire gears in Kathmandu**

That very much depends on how much use you intend to get out of it. Reasonable quality gear is available in Kathmandu for a fraction of the price of the real deal. We will help out you to find good standards gear in Kathmandu. You also rent out down gear and sleeping bags, which are the most sensible option if you don't think you'll be using them again for a while.

You can buy all types of necessary warm clothes in Kathmandu. You will discover many local stores to branded

stores like North face, Mountain hardware, etc. We will accompany and assist you if you need to buy or hire the equipment.

All Personal climbing Gears like Climbing boots, Crampons, Ice axe / Ice hammer, Harness, Jammers, Karabiners, Finger eight / ATC guide, Tap sling, Fix rope, main rope, snow bar, ice crew, rock pitons etc. are included in Price.

### **What is the maximum weight for my trek bag**

We suggest that you keep the weight of your trek bag a maximum of **15kgs**. Each porter can carry a maximum of **30kgs**. We provide 1 porter to carry 2 people's duffel bags. Please note that you are allowed only 15 kgs of luggage including your handbag for the Lukla flight. For excess baggage, you have to pay extra charges. if you have excess baggage our airport team will arrange to cargo on the same flight or the next flight.

### **Where can I leave my extra things and valuables while I am on the trek**

The hotel we use in Kathmandu has a securely locked room where they store our client's extra belongings in a safe way. You can also safely leave your belongings at our office.

### **What happens if i get sick on Mountain**

We handpick our **Sherpa guides** based on their knowledge, training, and experience. We also further their education and medical training once working with us. Some of our guides have been with us for over a decade and have summited Island Peak more than 100 times. There are over 1000 operators on Island Peak and many do not operate this way.

Your safety on the mountain is our number one priority. We know you traveled to Island Peak to summit this mountain. However, if you are sick or your life is in danger, our **experienced guides** will make the call on whether or not you continue to the summit. They are basically doctors on the mountain. They have Wilderness First Responder certification and have the experience to know what to do in an emergency. The solution to severe altitude problems is always to descend. If required, our guide will check your travel insurance information to call a rescue helicopter, and you will be transferred to Kathmandu for medical attention.

### **Do the tea houses/ lodges have electricity? Can I charge my iPod or camera**

In the Island Peak trek route, most lodges/tea houses have electricity. You can charge your iPod or camera batteries while on treks. Please note that lodges/tea houses will charge you some money for the charging fee (1 USD to 3 USD per hour) during your trek.

### **What happens if the flight from Lukla or Kathmandu is delayed?**

**This is a very practical matter for the Island Peak trek & Climbing trip, however, many companies don't take it seriously,** The flights between Kathmandu and Lukla are generally reliable but if the weather is not good they can be canceled for the entire day.

**Our 21-day Island peak climbing itinerary** includes one extra **contingency day** in case of delays. If your flight is delayed in Kathmandu we will rebook your flight for the next day. We may also be able to provide an option for a privately chartered helicopter. If you choose to take the helicopter this can cost an additional \$250 to \$500 or more depending on availability and group size. Extra hotel nights in Kathmandu will be provided when flights are delayed. If your flight is delayed in Lukla we will provide the accommodation and meals at the cost.

### **Why I climb Island Peak with Mountain Sherpa Trekking & Expeditions**

**Mountain Sherpa Trekking & Expeditions** is a premier expert Sherpa Company with decades of combined experience on the mountain. We are family-owned one of the most highly reputable adventure companies with

successful track records of Island Peak climbing arrangement with full safety precautions and the most affordable prices. Climbing as high as (6,189m/20,305ft) is really not a JOKE!

Island Peak is a technical Peak. Hence, you may encounter numerous life-threatening situations on the snow-filled trails. Weather is always unpredictable in the mountains so there are safety concerns to be taken into account. To deal with all the safety parameters including altitude sickness and adverse weather conditions, it is always wise to pick a highly responsible Sherpa operator with long years of handling experience that keeps a strong ground with team members.

**What is your success rate for summiting the Island Peak (6,189m/20,305ft).**

We boast a **99% success rate to date** on our [Island Peak Climbing](#), this is achieved because of our highly experienced local Sherpa guides & staff. As we are 100% local Sherpa Company in Nepal. Our entire guides & staff are 100% Local Sherpa people from the Everest region. As you know “**Sherpas are highly regarded as elite mountaineers and experts in their local area. They were immeasurably valuable to early explorers of the Himalayan region, serving as guides at the extreme altitudes of the peaks and passes in the region, particularly for expeditions to climb Mount Everest**”

**If I have more questions, how should I contact Mountain Sherpa Trekking**

If you have more questions, do not hesitate to contact us. You can e-mail us or you can call us or message us anytime by WhatsApp /Skype with us, see the [Message Us](#) button on the website's lower-left corner. Or just send an e-mail at: [info@mountainsherpatrekking.com](mailto:info@mountainsherpatrekking.com) (We'll get back to you within 24 hours)