Island Peak Climbing

Nepal / Peak Climbing | Trekking package

Your journey at a glance

Duration: 18 days

Trip grade: Very Strenuous

Maximum altitude: 6189 m

Best season: Spring & Autumn

Group size: 2 - 20

Route: Kathmandu - Kathmandu

Price from: USD 2,500.00 per adult

Accommodation: Deluxe hotel in Kathmandu; tea house / lodge accommodation during the trek; tented camping during the climbing period

Transportation: Domestic flights between Kathmandu and Lukla; trekking and climbing on the Khumbu route

Meals: Meals as listed in the itinerary; full-board meals during the trekking and climbing period

Package overview

Island Peak (Imja Tse) takes its name from its appearance as an island rising from the surrounding sea of ice in the Khumbu Himalayas. At 6,189 m, the peak offers an adventurous and scenic climbing objective in Nepal’s Khumbu region.

The journey includes a trek through the Himalayan Khumbu for acclimatization, with an opportunity, weather permitting, to visit Kala Patthar for views of Mount Everest before continuing towards Everest Base Camp. The Island Peak Base Camp area is a remote, wild landscape away from the villages.

Trip Details

Duration18 days

LocationKhumbu Region, Nepal

PeakIsland Peak (Imja Tse)

Maximum altitude6,189 m / 20,305 ft

Best seasonSpring & Autumn

DifficultyVery Strenuous

Group sizeMinimum 2 people

AccommodationTea houses / lodges and camping during the climb; deluxe hotel in Kathmandu

ActivityClimbing & Expedition

Price Per Person

PackagePrice per person
Island Peak Climbing – 18 daysUSD 2,500

Optional additional-cost service: Oxygen gas or a Gamow bag is available on request at additional cost.

Day-by-day itinerary

Day 1 - Arrival in Kathmandu

Arrive at Kathmandu airport (approximately 1,300 m), meet the representative and transfer to the hotel. In the evening, attend the briefing and welcome dinner at a Nepali cultural restaurant.

Meals: Dinner
Accommodation: Hotel in Kathmandu
Altitude: 1,300 m
Travel time: Airport transfer

Day 2 - Kathmandu sightseeing and climbing preparation

After breakfast, visit Pashupatinath, Boudhanath and Swayambhunath temples. After lunch, prepare for the trek and climb.

Meals: Breakfast
Accommodation: Deluxe hotel in Kathmandu
Altitude: Kathmandu
Travel time: Sightseeing by vehicle

Day 3 - Fly from Kathmandu to Lukla and trek to Phakding

Take the early flight to Lukla (approximately 45 minutes). Meet the crew and trek north along the Dudh Koshi River Valley on a well-marked trail to Phakding.

Meals: Breakfast, lunch and dinner
Accommodation: Tea house / lodge at Phakding
Altitude: Lukla 2,800 m
Travel time: Flight approximately 45 minutes
Walking / trekking: Approximately 4 hours

Day 4 - Trek from Phakding to Namche Bazaar

Continue north along the Dudh Koshi River to Jorsale and enter Sagarmatha National Park. Cross the suspension bridge at the confluence of the Imja Drangpa and Nangpo Tsangpo rivers, then climb to Namche Bazaar, the main town in the Khumbu region.

Meals: Breakfast, lunch and dinner
Accommodation: Tea house / lodge at Namche Bazaar
Altitude: Namche Bazaar
Walking / trekking: Approximately 6 hours

Day 5 - Acclimatization and exploration at Namche Bazaar

Spend the day resting and acclimatizing. Optional walks include a visit to Khunde Hospital or the Everest Hotel viewpoint above Namche, with views of Ama Dablam, Nuptse, Lhotse and Everest.

Meals: As arranged
Accommodation: Tea house / lodge at Namche Bazaar

Altitude: Namche Bazaar
Travel time: Acclimatization day

Day 6 - Trek from Namche Bazaar to Tyangboche

Follow the trail along the valley side with views of Everest, Lhotse, Nuptse and Ama Dablam. Descend to Phunki Tenga, then climb through forest to Tyangboche and its well-known monastery.

Meals: As arranged
Accommodation: Tea house / lodge at Tyangboche
Altitude: Tyangboche
Walking / trekking: Approximately 6 hours

Day 7 - Trek from Tyangboche to Dingboche

Descend through forest to Deboche, cross the river and climb towards Pangboche. Continue up the valley with views of Ama Dablam to Dingboche.

Meals: As arranged
Accommodation: Tea house / lodge at Dingboche
Altitude: 4,300 m
Walking / trekking: Approximately 6 hours

Day 8 - Acclimatization at Dingboche

Spend the day acclimatizing at Dingboche.

Meals: As arranged
Accommodation: Tea house / lodge at Dingboche
Altitude: Dingboche
Travel time: Acclimatization day

Day 9 - Trek from Dingboche to Chhukung

Follow the trail through stone-walled fields with views of the Imja Khola Valley. Continue over glacier moraines, with views of Lhotse and Ama Dablam. Pass Bibre village, where Island Peak first comes into view, and continue to Chhukung.

Meals: As arranged
Accommodation: Tea house / lodge at Chhukung
Altitude: 4,730 m
Walking / trekking: Approximately 3–4 hours

Day 10 - Acclimatization and climb Chhukung Ri

Spend another day acclimatizing at Chhukung. The source itinerary suggests climbing Chhukung Ri (5,550 m) for views of Ama Dablam and Amphu Labsa peaks, then returning to the valley to rest.

Meals: As arranged
Accommodation: Tea house / lodge at Chhukung
Altitude: Chhukung Ri 5,550 m
Travel time: Acclimatization and local hike
Walking / trekking: Approximately 3–4 hours

Day 11 - Trek from Chhukung to Island Peak Base Camp

Follow the steep trail south before turning east along the main valley. Continue below the southern edge of the moraine from Lhotse, then cross the Imja and Lhotse glacier moraines to the wide valley adjoining the southwest side of Island Peak.

Meals: As arranged
Accommodation: Tented camp at Island Peak Base Camp
Altitude: 5,200 m
Walking / trekking: Approximately 3–4 hours

Day 12 - Pre-climb training at Island Peak Base Camp

Attend the pre-climbing training session after breakfast. Spend the rest of the day enjoying the scenery and resting before the early start for the climb.

Meals: As arranged
Accommodation: Tented camp at Island Peak Base Camp
Altitude: 5,200 m
Travel time: Climbing preparation

Day 13 - Climb Island Peak and descend to Base Camp

Start around 1:00–2:00 a.m. and climb beyond Base Camp towards the steep hillside, rocky channels and summit glacier. Use ropes and the required climbing equipment to cross the glacier and climb the steep slope to the summit (6,189 m). Enjoy views of Lhotse, Makalu, Nuptse and Ama Dablam before descending to Island Peak Base Camp.

Meals: Breakfast, lunch and dinner
Accommodation: Tented camp at Island Peak Base Camp

Altitude: 6,189 m
Travel time: Early morning start
Walking / trekking: Approximately 10–12 hours

Notes: The source labels this combined climbing period “Day 12–13” immediately after a separate Day 12 pre-climb training entry; it is placed here as Day 13 to retain the stated 18-day trip sequence.

Day 14 - Trek from Island Peak Base Camp to Pangboche

Descend from Base Camp, retracing the route along the Imja River and passing settlements on the way to Pangboche, a Sherpa village with views of Everest, Ama Dablam, Thamserku and Kangtaiga.

Meals: As arranged
Accommodation: Tea house / lodge at Pangboche
Altitude: 3,985 m
Walking / trekking: Approximately 5–6 hours

Day 15 - Trek from Pangboche to Namche Bazaar

Continue downhill through pine forest, crossing suspension bridges and passing chortens. The itinerary mentions a possible visit to Tyangboche Monastery around lunchtime before reaching Namche Bazaar.

Meals: As arranged
Accommodation: Tea house / lodge at Namche Bazaar
Altitude: Namche Bazaar
Walking / trekking: Approximately 4–5 hours

Day 16 - Trek from Namche Bazaar to Lukla

Descend towards Jorsale, pass Phakding and Choplung, and continue to the Lukla airstrip.

Meals: As arranged
Accommodation: Tea house / lodge at Lukla
Altitude: 2,840 m
Walking / trekking: Approximately 7 hours

Day 17 - Fly from Lukla to Kathmandu

After breakfast, take the flight from Lukla to Kathmandu and transfer to the hotel. The source itinerary includes a half-day visit to Pashupatinath and Boudhanath, free leisure time and a farewell dinner.

Meals: Breakfast and farewell dinner
Accommodation: Deluxe hotel in Kathmandu
Altitude: Kathmandu
Travel time: Domestic flight; sightseeing by vehicle

Day 18 - Final departure

After breakfast, transfer to the airport for the departure flight.

Meals: Breakfast
Altitude: Kathmandu
Travel time: Airport transfer

What is included

- Island Peak climbing permit.

- Group climbing equipment, including main rope, fixed rope and ice screws (as stated in the source).

- Two nights / three days of full-board Island Peak climbing trip arrangements, including meals and overnight tented camp.

- One government-licensed climbing guide, climbing equipment for the guide, required camping-assistance Sherpas and porters, and their stated expenses and insurance.

- All required government and local taxes.

What is excluded

- Personal climbing equipment (available to buy or hire in Kathmandu, Namche or Chhukung).

- Travel and rescue insurance.

- Climbing bonus for guides and tips for porters.

Plan your journey

Prices, itinerary and availability may change. Contact our team to confirm travel dates, inclusions and final pricing.

https://ojhaholidays.com.np/package/island-peak-climbing