

Nepal

Everest base camp and Island Peak - 21 days

WSA05

Trip Duration: 21 days in total

Grade: Challenging

Activity: 15 day Trek

Accommodation: 13 night's Trekking Guesthouse and 2 night's tented camp, 4 nights three/four star hotels in Kathmandu.

Maximum Altitude: 6187 meters

Daily Walking Hours: Approximately 5 to 7.

Seasons: February, March, April, May, October, November, December

Group Size: Min one Max 20

Extension: Trip extensions are available; please scroll down.

Price based on min group size 7...\$3745.00

Single Supplement for accommodation in Kathmandu: \$200.00

CONTACT WILD SPIRIT FOR TREK NOTES , FULLY COMPREHENSIVE ITINERY AND SMALLER GROUP COSTINGS.

Trip Summary

This professionally designed Island peak climbing itinerary takes you to the acclimatization hike to the most popular trekking destination of Everest Base Camp and Kala Pattar first for the close up views of Mt. Everest before scaling the pick. Island Peak was the name given to the mountain in 1952 by Eric Shipton's who thought it to be reminiscent of an island in a sea of ice. It is also known as "Imja Tse" in Sherpa Name.

After exploring the temples, shrines, bazaars and restaurants of Kathmandu we take an exciting mountain flight to Lukla and trek up the Dudh Kosi Valley, surrounded by the soaring peaks of Thamserku and Kusum Kanguru. It's a steep ascent to Namche Bazaar, capital of the Kumbu Sherpas, where we are again greeted by spectacular mountain vistas. A rest day here aids acclimatization and there are great optional walks to enjoy the area.

We continue trek to Tengboche Pheriche and accommodate at high altitude in Gorekshep. After enjoying with magnificent views of Mt Everest and surrounding peaks, we continue descend to Chhukung to prepare for the ascent of Island Peak. From Chhukung we reach the Island Peak Base Camp to prepare for to attempt the peak. It may take an additional day or two to scale the peak depending on weather conditions. For some people reaching to the summit from the base camp is a day activity. However, some climbers prefer alpine style camping at high camp which adds the joy of climbing and also helps a safe ascent. After a successful climbing, we return at our leisurely pace back to Namche and Lukla for our return flight to Kathmandu.

16 Days Itinerary

Day 01- Arrival in Kathmandu airport (1345meters).

Day 02- Pre-trip Meeting and Sightseeing around Kathmandu valley

Day 03- Fly to Lukla (2804 meters) trek to Phakding (2610 meters) 3 hours.

Day 04- Trek to Namche Bazaar (3441 meters) 5.30 hours

Day 05- Namche Bazaar Acclimatization day. Monastery (3860 meters) 5 hours

Day 06- Trek to Tengboche

Day 07- Trek to Pheriche (4200 meters) 5.30 hours.

Day 08- Rest and acclimatization day.

Day 09- Trek to Lobuche (4910 meters) 5 hours.

Day 10- Trek to Gorak Shep (5180 meters) then hike up to Kalapattar (5555 meters) back to Gorak Shep. 7 hours

Day 11- Trek to Everest Base Camp (5365 meters) then back to Lobuche (4910 meters). 7 hours.

Day 12- Trek to Chukkung (4710 meters), 6 hours.

Day 13- Trek to Island peak base camp (5240 meters) 4 hours.

Day 14 & 15- Summit to Island peak (6187meters) and return to Chhukung (4750meters)

Day 16- Trek to Tengboche (3860meters). 6 hours

Day 17- Trek to Namche Bazaar (3441meters) via Khumjung (2780 metres) . 5 hours

Day 18- Trek to Lukla (2804meters) 5 hours .

Day 19- Morning flight to Kathmandu

Day 20- Leisure day in Kathmandu .

Day 21- Transfer to international airport for your final departure.

NOTE: *On adventure trek of this type, weather, local politics, transport or a multitude of other factors beyond our control can result in a change of itinerary. It is, however, very unlikely that the itinerary would be substantially altered; if alterations are necessary the leader will decide what is the best alternative, taking into consideration the best interests of the whole group. Where a change does occur, we do everything we can to minimize its effect, but we cannot be responsible for the results of changes or delays.*

Trip Highlights

-Sightseeing in Bhaktapur Durbar Square, Swayambhunath (the Monkey Temple), Pashupatinath (a major Hindu shrine) and the giant Buddhist Stupa at Bodhnath.

-Scenic flight to and from Lukla.

-Step inside and experience life as the “mountain people” live, in the heart of Himalaya.

-Visiting Tengboche Monastery.

-Impressive views of Khumbu Ice fall.

-Everest Base Camp, walking on the Khumbu glacier, Climbing Kalapattar.

- Attempting Island Peak.

INCLUSIONS

1. Airport / Hotel / Airport pick up & drop by private car / van / bus.
2. Standard twin sharing accommodation in three/four star hotel in Kathmandu breakfast included (4 nights)
3. Guided city tour in Kathmandu by private car / van / bus.
4. All your standard Meals as per itinerary during the trek and Climb (20 breakfasts, 15 lunches and 15 dinners).
5. All hot drinks as per itinerary such as tea, coffee (4 times a day) during the trek.
6. Tea Houses / Lodges, Guesthouses and Tented accommodation during the trek (13 night's Trekking Guesthouse and 2 night's tented camp).
7. A government licensed English speaking Guide during the trek and climb.
8. The required number of staff and Porters to carry your luggage during the trek.
9. Food, accommodation, salary, insurance, equipment, medicine for all staff.
10. Everest National Park permits.
11. Island Peak Permit fees.
12. Garbage Deposit Fee.
13. General Climbing equipment such as Rope, Ice Screw, Snow Bar etc.
14. Down Jacket and sleeping bag by Wild Spirit Adventure (which needs to be returned after the trek.)
15. Free Wild Spirit Adventure duffel/kit bag and T-shirt (yours to keep).
16. Airfare from Kathmandu – Lukla - Kathmandu including airport departure tax in Kathmandu and Lukla airport.
17. Surface transfer from and to Kathmandu.
18. All our government taxes.
19. Official expense.

20. Pre-departure Information, with all you need to know for your trek.

EXCLUSIONS

1. Lunch and dinner whilst in Kathmandu (*allow about US\$5 to US\$8 per meal*).
2. Your travel insurance (compulsory).
3. International airfare and airport departure tax.
4. Nepal entry visa, you can obtain a visa easily upon your arrival at Tribhuwan International Airport in Kathmandu.
5. Alcoholic and cold drinks
6. Personal trekking Equipment.
7. Tips for trekking staff and driver. (Tipping is expected).
8. Sightseeing/Monument entrance fees.
9. Any others expenses which are not mentioned on Price Includes section.

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