

Island Peak

REGION	Khumbu · Imja valley
DURATION	18 days
MAX ALTITUDE	6,189 m
GRADE	Trekking peak · PD+
SEASON	Mar-May · Sep-Dec
FROM	from \$5,500

Overview

Nepal's most popular first 6,000 m summit

A NOTE ON WEATHER CONTINGENCY If a day is used as a weather contingency at base camp ahead of the summit attempt - to allow poor conditions to pass or provide extra acclimatisation time before the push to the summit - the free day in Kathmandu (Day 17) is deducted accordingly, keeping the overall trip length unchanged.

Island Peak - known as Imja Tse in the local Sherpa language - is one of the most sought-after peaks above 6,000M in the Everest region. Its distinctive shape earned the name "Island Peak" from members of a British expedition, for its resemblance to an island rising from a sea of snow and ice when viewed from Dingboche. It draws the attention of nearly every mountaineer who passes through the region.

The peak was first summited in 1953 by Tenzing Norgay, Charles Wylie, Charles Evans, and Alf Gregory. Hundreds of successful ascents have followed since, and Island Peak remains a top choice for aspiring climbers - relatively more accessible than the 7,000M giants, yet no less rewarding in the sense of achievement it delivers at the summit.

Island Peak suits climbers with some high-altitude experience who want to expand their horizons in the Himalayas. While it offers an approachable introduction to Himalayan climbing, it still demands endurance, with sections of snow, ice, and crevasse crossings along the way - making it an excellent opportunity to build mountaineering skills ahead of 7,000M and 8,000M objectives.

The trekking route follows the same path as the Everest Base Camp trek as far as Dingboche, where climbers turn toward Chhukung and Island Peak while Everest- and Lhotse-bound trekkers continue on toward Lobuche. The trail throughout is striking and varied, framed by sweeping mountain vistas and the flora and fauna of Sagarmatha National Park.

Highlights

- Summit a striking 6,189m glaciated peak, framed on both sides by the Lhotse-Nuptse wall and Baruntse
- A proven training peak - first climbed by Hillary and Tenzing in 1953 en route to Everest
- Route through the heart of Sagarmatha National Park, past Namche Bazaar and Tengboche Monastery
- Hands-on training on ice axe, crampon, and fixed-rope technique before the summit push
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A built-in acclimatisation plan, with rest days in Namche and Dingboche and an optional Chukhung Ri climb

- Glacier crossings and fixed-rope headwall pitches on summit day - the most technical stretch of the climb
- Summit views of Everest, Lhotse, Makalu, Ama Dablam, and the Imja Valley far below
- Time among Sherpa villages, prayer flags, and Tibetan Buddhist tradition throughout the Khumbu

Itinerary

Day 1 - Arrival in Kathmandu and Transfer to the Hotel

Upon arrival at Tribhuvan International Airport, you will complete visa formalities before being welcomed by one of our representatives. After a warm meet-and-greet, you will be transferred to your hotel to rest and freshen up. Later, you are welcome to explore the streets of Thamel for refreshments.

- Altitude: 1,400M
- Meals: N/A
- Accommodation: 3-5 Star Hotel

Day 2 - Preparation in Kathmandu with Official Procedures

A day dedicated to official procedures - documentation, permits, and other formalities required for the expedition. We begin packing and any last-minute shopping, re-checking essentials and medicines, and hold briefings covering every aspect of the trek, accommodation, and base camp facilities. It's also a good opportunity to meet your fellow trekkers and teammates.

- Altitude: 1,400M
- Meals: Breakfast
- Accommodation: 3-5 Star Hotel

Day 3 - Fly from Kathmandu to Lukla (2,840M) and Trek to Phakding (2,610M)

After breakfast, take a short, scenic flight to Lukla Airport, with views over valleys, rivers, hills, and the first mountain ranges. On landing, we begin the trek to Phakding along a mixed trail of dirt and stone, crossing several suspension bridges alongside the Dudh Koshi river. An easy 4-5 hour start - enjoy the greenery and wildlife along the way.

- Altitude: 2,840M
- Meals: Breakfast, Lunch, Dinner
- Accommodation: Hotel / Lodge

Day 4 - Trek to Namche and Acclimatize (3,440M)

We continue toward Namche Bazaar, the commercial hub of the Khumbu region, passing through dense forests of pine, juniper, and rhododendron within Sagarmatha National Park, climbing stone-paved stairs and steady uphill sections over 5-6 hours. On the acclimatisation day, explore the village and local Sherpa culture, with a hike up to the Everest View Hotel for a spectacular view of Everest itself.

- Altitude: 3,440M
- Meals: Breakfast, Lunch, Dinner
- Accommodation: Hotel / Lodge

Day 5 - Acclimatize in Namche (3,440M)

Strike base camp, trek out and fly back.

- Altitude: 3,440M
- Meals: Breakfast, Lunch, Dinner

- Accommodation: Hotel / Lodge

Day 6 - Trek to Tengboche (3,860M)

From Namche, we head toward the lush Khumjung valley, following rocky paths and steep uphill sections with distant mountain views throughout. From Khumjung, the trail leads to the tranquil Tengboche Monastery - one of the most revered Buddhist monasteries in the region - through a mix of smooth and steep terrain. Look out for musk deer, Himalayan thar, and pheasants along the way. From Tengboche, Everest, Nuptse, Lhotse, and Ama Dablam rise to the north, with Thamserku and Kangtega to the south. We may also join a prayer ceremony before resting for the night, after 5-6 hours on the trail.

- Altitude: 3,860M
- Meals: Breakfast, Lunch, Dinner
- Accommodation: Hotel / Lodge

Day 7 - Trek to Dingboche (4,410M)

From Tengboche, we descend through rhododendron forest toward Deboche, crossing a bridge over the Imja river, before climbing gradually to Lower Pangboche with spectacular views of Ama Dablam. We then cross the valley to reach Dingboche, at the entrance to the Imja Tse valley, after roughly 5-6 hours of walking.

- Altitude: 4,410M
- Meals: Breakfast, Lunch, Dinner
- Accommodation: Lodge / Teahouse

Day 8 - Trek to Chhukung and Acclimatize (4,730M)

From Dingboche, we trek alongside the river down the valley, passing through settlements, along trails of dirt, rock, and sand, with striking views of Ama Dablam, Lhotse, and Nuptse ahead. We reach Chhukung, a small village with only a handful of teahouses serving climbers and trekkers heading to Island Peak, Chhukung Ri, and Kongma La Pass. We spend the following day here acclimatizing and training for the climb ahead.

- Altitude: 4,730M
- Meals: Breakfast, Lunch, Dinner
- Accommodation: Lodge / Teahouse

Day 9 - Acclimatize in Chhukung

- Altitude: 4,730M
- Meals: Breakfast, Lunch, Dinner
- Accommodation: Lodge / Teahouse

Day 10 - Chhukung to Island Peak Base Camp (4,970M)

A roughly 5-hour trek over rugged, rocky terrain, following the Imja river toward the Lhotse Glacier, with magnificent views of the surrounding peaks. We set up base camp at 4,970M to begin acclimatizing for the climb ahead.

- Altitude: 4,970M
- Meals: Breakfast, Lunch, Dinner
- Accommodation: Full-Board Camping

Day 11 - Island Peak Base Camp to High Camp (5,600M)

We ascend toward high camp at 5,600M along a steep, narrowing trail. A rest day is taken at high camp to acclimatise before the summit push.

- Altitude: 5,600M
- Meals: Breakfast, Lunch, Dinner

- Accommodation: Full-Board Camping

Day 12 - Summit Island Peak (6,189M) and Return to Base Camp or Chhukung

From high camp, we climb steep slopes leading to the glacier, following ridgelines and crossing sections of snow, ice, and crevasses to reach the summit of Island Peak (Imja Tse) at 6,189M. The climb involves fixed ropes, ice-axe and crampon use, and ladder crossings at points - demanding, but well worth the effort. The summit delivers extraordinary views across the Khumbu Region, with the sensation of standing above a vast sea of ice and snow. After time at the summit for photographs and reflection, we retrace our steps back to base camp.

- Altitude: 6,189M
- Meals: Breakfast, Lunch, Dinner
- Accommodation: Full-Board Camping

Day 13 - Trek Back to Pangboche (3,878M)

We descend the Imja River valley, crossing a suspension bridge before a steep ascent into the village of Pangboche - a small Sherpa settlement known for its old monastery and rich cultural traditions.

- Altitude: 3,878M
- Meals: Breakfast, Lunch, Dinner
- Accommodation: Lodge / Teahouse

Day 14 - Trek to Namche Bazaar (3,440M)

From Pangboche, we trek back to Namche Bazaar to rest at a cozy hotel, enjoying the trail's familiar scenery and, with luck, further wildlife sightings within Sagarmatha National Park.

- Altitude: 3,440M
- Meals: Breakfast, Lunch, Dinner
- Accommodation: Hotel / Lodge

Day 15 - Trek Back to Lukla (2,840M)

We retrace our route from Namche back to Lukla, passing through Phakding and Monjo, with a lunch stop along the way.

- Altitude: 2,840M
- Meals: Breakfast, Lunch, Dinner
- Accommodation: Hotel / Lodge

Day 16 - Fly Back to Kathmandu

A scenic return flight from Lukla to Kathmandu, with marvellous aerial views of the Khumbu region.

- Altitude: 1,400M
- Meals: Breakfast
- Accommodation: 3-5 Star Hotel

Day 17 - Free Day in Kathmandu

A free day to relax in Thamel, Kathmandu's lively tourist quarter - shopping, dining, a spa visit, laundry, and more. Kathmandu Valley's many attractions, including Swayambhunath, Pashupatinath, Boudhanath Stupa, Basantapur, Bhaktapur, and Patan, can be explored with one of our city guides. We gather for a farewell dinner in the evening.

- Altitude: 1,400M
- Meals: Breakfast
- Accommodation: 3-5 Star Hotel

Day 18 - Final Departure

Our journey together comes to an end. With many memories made along the way, we bid you farewell

and safe travels home. One of our representatives will provide an airport transfer three hours ahead of your scheduled flight.

- Altitude: N/A
- Meals: N/A
- Accommodation: N/A

What's included

- Airport transfers as per schedule
- 3 nights in a 3-star category hotel with breakfast while in Kathmandu
- Teahouse/lodge accommodation throughout the trek (twin bed-sharing or single room)
- Three-course meals, three times a day (one item from the menu)
- Hot beverages three times a day (tea/coffee)
- Flight tickets: Kathmandu-Lukla-Kathmandu (round trip) with a guide; if a direct flight is unavailable, a 4-hour private jeep drive to Ramechhap to catch the flight
- All expenses for an experienced English-speaking trekking guide
- Climbing guide for the Island Peak climb, with all climbing gear
- Island Peak climbing permit and documentation formalities
- All necessary permit charges (National Park entry fee, Lukla entrance fee)
- A comprehensive medical kit
- Garbage disposal fees
- Insurance, wages, and allowances for climbing Sherpas, cooking staff, and porters
- Kitchen, dining, toilet, and sleeping tents for base camp and high camp
- Filtered water and high-altitude foods during the trek
- Ropes and technical climbing equipment for the Island Peak climb
- 3 litres of oxygen (in case of emergency, at a nominal charge)
- Helicopter standby for rescue (nominal charge applies)
- Farewell dinner
- All taxes imposed by the Government of Nepal

Not included

- Nepal entry visa fee
- International flight expenses
- Charges for excess luggage
- Lunch and dinner in Kathmandu, and in the case of an early return from the scheduled itinerary
- Personal expenses - shopping, alcoholic beverages, satellite phone use, internet packages, mineral water, and extra meals beyond breakfast, lunch, and dinner during the trek
- Travel and rescue insurance
- Extra night accommodation in Kathmandu due to early arrival, late departure, or early return from the trip
- Tips for climbing Sherpas, guides, and porters

Available departures

- 15 Mar 2026

- 02 Apr 2026
- 21 Apr 2026
- 12 May 2026
- 18 Sep 2026
- 06 Oct 2026