



# Island Peak Climbing - 14 Days



## Trip Facts

Destination	Nepal
Duration	14 Days
Group Size	2-12
Trip Code	DWTK002
Grade	Strenuous
Activity	Peak Climbing In Nepal
Region	Everest Region
Max. Altitude	6,183m at Island Peak
Nature of Trek	Lodge to lodge/Camping Trekking
Activity per Day	Approximately 4-6 hrs walking
Accommodation	Lodge/Tea house/Camping during the trek/climb
Start / End Point	Kathmandu/ Kathmandu
Meals Included	All Meals (Breakfast, Lunch & Dinner) during the trek
Best Season	Feb, Mar, Apr, May, June, Sep, Oct, Nov & Dec
Transportation	Domestic flight (Lukla-Ktm-Lukla) and private vehicle (Transportation)

## A Leading Himalayan Trekking & Adventure Specialists

TRULY YOUR TRUSTED NEPAL'S TRIP OPERATOR.

Climb Island peak, one of the easiest and affordable peaks to climb for a high altitude experience and great views of Everest, Lhotse, Makalu, and Ama. Situated (6,189m/20,305 ft) above...

# About the Trip

Climb Island peak, one of the easiest and affordable peaks to climb for a high altitude experience and great views of Everest, Lhotse, Makalu, and Ama. Situated (6,189m/20,305 ft) above sea level This place offers basic skills short climb and walks with rope on snow.

- ✔ Best Price Guarantee
- ✔ Hassle-Free Booking
- ✔ No Booking or Credit Card Fees
- ✔ Team of highly experienced Experts
- ✔ Your Happiness Guaranteed

## Highlights

- ✔ Summit Island Peak (6189 m/20299 ft)
- ✔ Stunning views of the world's highest - Mount Everest (8848m/29021 ft) and several snow-capped peaks
- ✔ Scenic Mountain Flight to Lukla KATHMANDU.
- ✔ Visiting Everest Base Camp (5,364m)
- ✔ Stunning view of peaks over 8000m including Mt. Everest (8,848m)
- ✔ Namche Bazaar; famous Sherpa hometown
- ✔ Ancient monastery in Tengboche
- ✔ Wild life like musk deer, colorful pheasants, snow leopard and Himalayan Tahr
- ✔ Explore the culture and lifestyles of the local Sherpa people

## What is Included?

- ✔ Private transport to and from our hotel in Kathmandu to Kathmandu's international airport, Tribhuvan International Airport (TIA).
- ✔ Return Flight (Domestic) from Kathmandu to Lukla (includes tax and government fees).
- ✔ All Standard Meals (14 Lunches, 13 Dinners and 14 Breakfasts) during the trek/climb.
- ✔ Five nights twin sharing room with private attached bathroom at Lukla, Namche (3N) and Phakding, Five nights twin sharing accommodation at Tengboche, Dingboche(2N), Chhukung(2N). Accommodation at Camping/Tent in the Island Peak Base Camp (twin sharing room) - 13 Nights
- ✔ Government License holder Discovery World Trekking experienced and qualified trekking / Climbing leader, cook, and porters to help trekkers luggage. (2 trekkers:1 porter) max load 20 kg per porter
- ✔ Sagarmatha National Park entry permit fee & Khumbu Pashang Lhamu Rural, Island Peak climbing permit fees.
- ✔ Our experienced and licensed High Altitude Climbing Sherpa climbing guide fee
- ✔ Tent and camping staff with kitchen crew.
- ✔ Medical kit.
- ✔ We use pulse oximeter on our clients everyday during the trekking for blood oxygen saturation level monitor to high altitudes as it is an important indicator to recognize early signs of impending altitude sickness and other potentially health risks.
- ✔ Sleeping Bag and Down Jacket for the trek.
- ✔ All Government and local taxes.
- ✔ Snacks (cookies) and Seasonal fresh fruits every day
- ✔ Assistance in arranging rescue operation in case of complicated health condition (funded by travel insurance).
- ✔ Discovery World Trekking Certificate of Completion.
- ✔ Farewell Dinner in Kathmandu the eve of your international departure.

## What is Excluded?

- ⊖ International Flight.
- ⊖ Nepal Entry Visa Fees for multiple Entries on arrival at Tribhuvan International Airport- (15 days - \$25-30, 30 days- \$40-50 and 90 days- \$100-110)
- ⊖ All Accommodation and meals in Kathmandu, before and after we start our journey
- ⊖ Extra night accommodation in Kathmandu due to early arrival or late departure, early return from the trek.
- ⊖ Personal expense (shopping, snacks, boil bottle water, hot and cold drinks, hot shower, Alcohol, Wi-Fi, telephone call, battery re-charge fee), extra porters etc
- ⊖ Personal clothing and gear.
- ⊖ Travel insurance which has to cover emergency high-altitude rescue and evacuation compulsory
- ⊖ Tips for guide and porters (Recommended by the Culture)
- ⊖ weather condition, in case of itinerary modification with a view to safety concern, illness, change of government policy, political instability raises strike, moment etc.
- ⊖ All the costs and expenses which are not listed in "cost includes" will be counted as Excludes

## Overview

Rising **(6,189m/20,305ft) above the sea level Island Peak**, also known as Imja Tse is a popular climbing peak beautifully located on top of the Chukung Glacier, between Mt. Lhotse and Ama Dablam. The mountain is an extension of the ridge from the southern end of Lhotse Shar, separated by a small col it sits like an island in the sea of ice. Thus, it was named 'Island Peak, by a climbing team of Eric Shipton in 1953 AD. This peak is physically demanding but not challenging. making it perfect for novice climbers

To summit this peak you need to have a high level of physical fitness and a moderate level of technical climbing. Throughout the journey, we will help you develop your mountaineering skills and by the end, you will know much more than you originally did.

Our journey starts with a 40 minutes' flight to Lukla from Kathmandu. Upon arrival, we will get ready and trek to Phakding where we will spend the rest of the day visiting local monasteries. The next day we trek to Namche Bazaar where we will be spending a day for acclimatization sake. We will further continue the trek to Tengboche then Dingboche to Chhukung, from here the trail goes upwards the high Imja valley and finally to the base camp of Island Peak's south ridge, from where we will see striking views beneath the Nuptse-Lhotse wall. the next day we summit Island Peak. We start the summit day very early morning scrambling along a rock ridge to a glacier. Above the rock ridge, there is a steep snow headwall leading to the summit, from the peak you will be rewarded with stunning, surreal views of mountains Nuptse (7,879m), Lhotse (8,501m), Lhotse Central (8,410m), and Lhotse Shar (8,383m) which form a semi-circle in the north and the stunning views of Makalu (8,475m), Baruntse (7,129m) and famous expedition peak of Amadablam (6,812m). You will be left with a feeling of accomplishment that will last you a lifetime. Next, we descend down and retrace our trekking trail for our return journey to reach back to Lukla. This exciting adventure climbing trek at Island Peak Climbing ends with a mind capturing scenic mountain flight from Lukla back to Kathmandu.

This climb is the beginner's steps to up to mountaineering expeditions for beginner mountaineers who would be very keen on hill walkers with previous mountaineering experience using crampons and ice axes.

## Day to Day Itinerary

### Day 1

#### Flight to Lukla(2850 m/9,350 ft) ¾ hr, trek to Phakding (2,650 m / 8,690 ft)

##### Itinerary Facts

<b>Trek Distance</b>	6.2km/3.8 miles
<b>Flight Hours</b>	40 Minuets
<b>Highest Altitude</b>	2,850m/9,350 ft
<b>Trek Duration</b>	3 hours

We head to the domestic terminal of the Tribhuvan International Airport for an early morning flight to Lukla. After our exciting and scenic 40 minutes' flight, we will land at the Tenzing Hillary Airport at Lukla. We will meet with our crew members and begin our trek through the prosperous village of Lukla till we reach Phakding. The trek today will be short and enjoyable as we'll also be acclimatizing to the weather. With spare time on our hands, we may visit the local monasteries around and prepare ourselves for the long trek the next day.



Overnight at "Khumbu Travel lodge" room with attached bathroom



Included meals (Breakfast, Lunch and Dinner ).

### Day 2

#### Trek to Namche Bazaar (3440 m/11,285 ft)

##### Itinerary Facts

<b>Trek Distance</b>	7.4 km/4.6 miles
<b>Highest Altitude</b>	3,440m/11,285 ft
<b>Trek Duration</b>	6 hours

We begin the six-hour trek along the banks of the Dudh Kosi, crossing this majestic river many times on exciting suspension bridges laden with prayer flags. After entering Sagarmatha National Park, the trail climbs steeply with breathtaking views. Namche Bazaar, known as the "Gateway to Everest," is home to many quality restaurants, hotels, lodges, shops, money exchange, internet cafe, and a bakery. Namche (3441m) is one of the biggest villages along the whole Everest trail.



Overnight at "Sakura Guest House" room with attached bathroom.



(Breakfast, Lunch and Dinner Included)

### Day 3

#### Rest Day to Relax and Acclimatize at Namche Bazaar

A day will be spent in Namche in order to adjust to the high altitude. We'll go on a short trek to a museum celebrating the traditional customs of the Sherpa people. We will also hike up the Syangboche Airport around Everest View Hotel. From this point can be seen rewarding views of the Himalayas with a stunning sunrise and sunset over the panorama of Khumbu peaks.



Overnight at "Sakura Guest House" room with attached bathroom.



(Breakfast, Lunch and Dinner Included)

### Day 4

#### Trek to Tengboche(3,855 m/12,850 feet)

##### Itinerary Facts

<b>Trek Distance</b>	9.2 km/5.7 miles
----------------------	------------------

**Highest Altitude** 3,440m/11,285 ft

**Trek Duration** 5 hours

After our early morning breakfast, we will begin our trek to Tengboche. On the way, we will enjoy the stunning views of Mt. Everest, Nuptse, Lhotse, and Island peak. The trail leads us up and down as it becomes challenging but we'll be getting a great view of the Himalayas. We can also spot wildlife on the way such as musk deer, pheasant, Himalayan Thar. We will further trek down to cross the Dudh Koshi river. Passing through dense alpine forests we will reach a small settlement called Phunki Thenga. Continuing ahead, we will eventually reach Tengboche after a steep climb through a pine forest. We will see the biggest Buddhist monastery in the Khumbu Region; Tengboche Monastery. This monastery was founded in 1923 but was destroyed by an earthquake in 1934, and again by a fire in the early 1990s. It has been rebuilt with help from the proceeds of the Sir Edmund Hillary fund. With spare time, we can visit the monastery and observe their prayers in the afternoon.



Overnight at Paradise lodge.



Included meals (Breakfast, Lunch and Dinner )

## Day 5

### Trek to Dingboche(4,360 m / 14,290 feet)

#### Itinerary Facts

**Trek Duration** 12 km/7.45miles

**Highest Altitude** 4,360m/14,290ft

**Trek Duration** 5 hours

We continue trekking uphill to Pangboche. we will pass by many chortens and mani walls and small villages. We will be able to see spectacular views of the Mt. Island peak. Following the Lobuche river we will be entering the Imja valley and trek on a steeply ascending trail to Dingboche. From Dingboche we can see Island peak (6,812m) and Mt. Lhotse (8,516m).



Overnight at "Hotel Good Luck"



Included meals (Breakfast, Lunch and Dinner )

## Day 6

### Trek to Chukung(4735 m / 15,535 ft)- 3 Hours

After breakfast, we walk towards the east of the Chukung valley through the stone-walled fields of Imja Khola valley. Walking through the rocky trail we will be able to see views of Mt. Lhotse and Ama Dablam. eventually we reach our destination, Chhukung. At Chhukung we check into our lodge rooms and have a meeting with our guide who will brief us about the climb and preparations.



Overnight at a lodge in Chhukung.



(Breakfast, Lunch and Dinner Included)

## Day 7

### Rest Day to Relax and Acclimatize at Chukung

Today is another day for acclimatization. Today we will be trained on peak climbing under the guidance of Sherpa climbing guide and learn the best ways to use our climbing gears, ropes and knots, how to use the ice axes, climbing boots, crampons, harness, etc. Island Peak does not require mandatorily prior training experiences. Although without a doubt, such training opportunities will boost up climber confidence, sharpen climbing skills, and increase the chances of scaling the summit.



Overnight at lodge in chukung



(Breakfast, Lunch and Dinner Included)

## Day 8

### Trek to Island Peak Base Camp(5,200 m / 17,050 ft)

#### Itinerary Facts

**Trek Distance** 5 km/3.1 miles

**Highest Altitude** 5000m/16,690 ft

**Trek Duration** 4 hours

From Chhukung, we ascend southwards and follow the valley along the moraine from the Lhotse glacier to the east. A short hike by the river leads up to Blg rock and after a 40-minute climb we reach Island peak base camp. After setting up our tents we get short training on peak climbing techniques and using climbing gear such as ice axes, climbing boots and crampons, harnesses, and rope skills.



Over night at camp



Included Meals (Breakfast, Lunch and Dinner)

## Day 9

### Summit Island Peak (6,183m) and return to Chukung

#### Itinerary Facts

**Trek Duration** 11 km/ 6.8 miles

**Highest Altitude** 6,189 m/20,305 ft

**Trek Duration** 10 -11 hours

We start early morning and so we can reach the summit before noon as the afternoon winds can be a problem. Following our experienced Sherpa guides, we will ascend up to the rocky ridge before coming to the base of the glacier. Then using ropes we continue up the glacier to South Ridge and follow this ridge to the summit. We can see outstanding views of Lhotse (27,890 feet), Makalu (27,805 feet), Island peak (22,493 feet), and Baruntse (25,328 feet). We then continue down to base camp then We descend all the way to Chhukung for an overnight stay.



Overnight at lodge.



Included meals(Breakfast, Lunch and Dinner)

## Day 10

**This is an extra day scheduled in for the climbing in case of poor weather and other factors that might delay the summit attempt by a day.**

An extra day allowance just in case we don't have favorable weather on our summit day. If the weather is favorable we will just continue as planned. If not we will use this day to relax and enjoy staying in the Himalayas.



Overnight at the lodge



Included meals (Breakfast, Lunch and Dinner ).

## Day 11

### Trek from Chhukung (4,730 metres /15,518 ft) to Tengboche (3,870 m, 12,304 ft)

#### Itinerary Facts

**Trek Distance** 12.9 km/8 miles  
**Highest Altitude** 4,730 metres /15,518 ft  
**Trek Duration** 6 hrs

Today we will retrace our steps on the same rocky trail go through Chhukung and then all the way back to Dingboche, we descend down to Sagarmatha National Park, a UNESCO World Heritage Site where the famous Tengboche monastery, the biggest monastery in the Everest region.

 Overnight at "Hotel Good Luck"  
 Included meals(Breakfast, Lunch and Dinner)

## Day 12

### Trek to Namche(3440 m/11,285 ft)

#### Itinerary Facts

**Trek Distance** 5.9 km/3.6 miles  
**Highest Altitude** 3,870 m, 12,304 ft  
**Trek Duration** 6 hrs

The trail to Namche Bazaar takes us through forests where we may eye wildlife like pheasants, musk deer, mountain goats, or even snow leopard. We will be climbing on the steep slope and winding through several bands. We will pass prayer flags hung along the way and chortens. As we are heading back, we can click pictures and enjoy the view of the tip of Everest and the backside of Lhotse. After finally arriving at Namche Bazaar, we will head to our lodges and rest.

 Overnight at "Sakura Guest House" room with attached bathroom.  
 Included meals (Breakfast, Lunch and Dinner ).

## Day 13

### Trek to Lukla(2850 m/9,350 ft) – 6-7 hrs

#### Itinerary Facts

**Trek Distance** 13.5km/8.3miles  
**Highest Altitude** 3,440m/11,285 ft  
**Trek Duration** 6 hrs

Our last day on the trekking trails will be a rewarding day as we make a return down the Dudh Koshi valley. The route is generally quite gentle back uphill to Lukla from the Kusum stream. Before rushing on to Lukla, the trail heads steeply up to the west. After the first climb, the path reaches a small village. At the junction take a left turn up into trees. The trail ahead through the village leads down to the main trail joining at the side stream before Toktok. From Toktok, From this direction, the views will be entirely different. Eventually, we reach the large town of Lukla with the airport where tomorrow we will have a flight back to Kathmandu.

 Overnight at "Comfort Inn" room with attached bathroom.  
 Included meals (Breakfast, Lunch and Dinner ).

## Day 14

### Fly to Kathmandu

#### Itinerary Facts

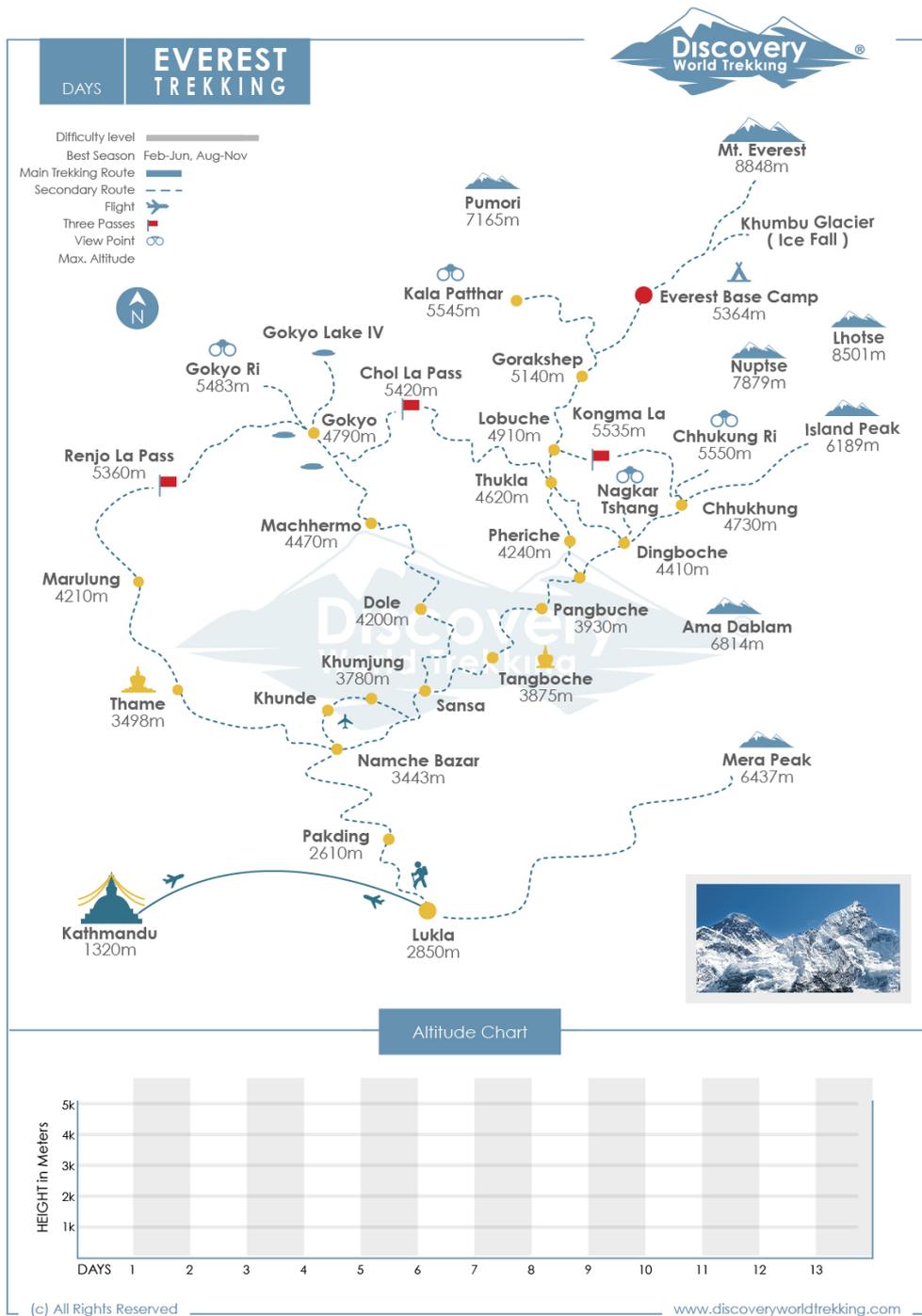
**Flight Hours** 40 Minuets

If everything goes according to the schedule, we will be flying back to Kathmandu the early morning after breakfast. The 40 minutes' flight back to Kathmandu will indeed be a relaxing one as we will be carrying an unforgettable and successful journey to the Everest Base Camp. Upon arrival in Kathmandu, we will head to our hotels respectively and then it is entirely up to you what you wish to do. Upon your request, we can arrange a Kathmandu city tour of UNESCO World Heritage sites, Durbar Squares, Tourist places, etc. with our well-informed and experienced guide.



Breakfast

Route Map



## Trips Notes

### The beginning of the journey towards Island Peak.

You will arrive in Nepal, Kathmandu at Tribhuvan International Airport as that is the only international airport. An overnight stay in a hotel in Kathmandu is required upon arrival which is not included in the package. Then the next day, in the early morning we will take a domestic flight to Lukla, approximately 40 minutes.

Kathmandu to Lukla and Lukla to Kathmandu Flights included in package!

### Don't Worry, We'll Pick You!

When you're new to any place, it's really hard to find places and many tourists have complained about the expensive taxi fare so, Discovery World Trekking provides free airport arrival and departure transfer on any flight for the Everest Base Camp Trek package. You will be received from our representative crew from Discovery World Trekking regardless of the flight you take holding a pamphlet of your name and our company name with a warm-hearted welcome with either a khada or a marigold garland and you'll be escorted to your hotel with all comfort possible.

### Accommodation Details During The Trek

14 days long trek includes 13 nights lodge to lodge stay at a mountain where we use the best available lodge and select the best accommodation in Everest. We provide Five nights twin sharing room with private attached bathroom at Lukla, Namche (3N) and Phakding, Five nights twin sharing accommodation at Tengboche, Dingboche(2N), Chhukung(2N). Accommodation at Camping/Tent in the Island Peak Base Camp (twin sharing room) - 13 Nights

Two nights Hotels in Kathmandu before and after the trek is required which is not included in the package. Kathmandu has a wide range of hotel for all budgets and your interest. We prefer your choice.

Hot showers, Wi-Fi will be available at an extra cost in possible places.

### The Meals

Our trek is all over high elevations near the world's highest peak which means your body needs enough carbohydrate, protein, nutrition as food is fuel for the body to hike on such humongous Himalayan trails. The meal on this trek is very convenient but not as in cities.

There will be 14 Breakfasts, 14 Lunch, and 13 Dinners will be provided in the trek.

Some of the popular menu items are -

**Fourteen breakfasts** - ( Oatmeal, Corn Flakes, French toast with Jam, Butter, Cheese, and Honey Tibetan bread or Chapati Local tsampa porridge, Hashed brown eggs, Varieties of eggs (Omelets) Pancakes Muesli Breads Fruits and Vegetables Hot drinks like varieties of teas and coffees Hot chocolates, etc)

**Fourteen lunch** - (Dhal, Bhat & Tarkari (Dal Bhat power 24 hours) Tibetan Bread Various Soups items Sherpa Stew Steaks Sandwiches Momo (dumplings) Macaroni dishes Tenduk Spaghetti Noodles Thukpa Pasta Vegetable curry Potatoes items Vegetable and salad Pizza (Tomato, Mushroom, Mixed) Snacks (Papad, Prawn) Desserts items (Rice Pudding, Apple pie), etc)

**Thirteen dinners** -( Dhal, Bhat & Tarkari Tibetan Bread Various Soups items Sherpa Stew Steaks Sandwiches Momo (dumplings) Macaroni dishes Tenduk Spaghetti Noodles Thukpa Pasta Vegetable curry Potatoes items Vegetable and salad Pizza (, Tomato, Mushroom, Mixed) Snacks (Papad, Prawn) Korean Raman Desserts items (Rice Pudding, Apple pie), Hard Drinks Steaks, etc.) are available on the menu during the trek.

The best selected from the menu of the lodge which will be fresh, hygienic, tasty, and nutritious. The menu is a combination of traditional local, Asian, and western cuisine almost everywhere but as we go up close, the menu list will be shorted. We highly recommend liquids green tea, lemon tea, hot lemon, ginger tea and garlic soup(must), etc. at high altitude and also the fresh vegetable items for health benefit.

Tho plenty of non-veg items will be available we won't recommend any of them because the meat in such places is not hygienic and healthy during the trek. We highly encourage to avoid dairy and cheesy items and strongly suggest not to consume Alcoholic drinks, caffeinated items, hot chocolates as experts suggest to avoid such items during such high

elevation treks.

All Personal Bills (Alcoholic Drinks, Hot and Cold Drinks) in tea house/ Lodges or in cafe except Standard Meals(Breakfast, Lunch, Dinner with seasonal fruits) are excluded from Package.

### Best Time to climb Island Peak

The weather is one of the most important factors to look at when deciding to trek/climb Island Peak no one is beyond nature. The live forecast of the Everest Region can be gain here, it's yet very hard to predict being 100% sure. People trek 12 months of the year up to Everest base camp trek but certainly, there is ups and downs in every season, It is best suited to trek during the spring and the autumn as the sky is crystal clear from dusk till dawn, the rainy weather stops and thick sun-blocking clouds also fades. The Magic of clear azure skies provides the most spectacular vistas. With added those breathtaking views, the temperature is also exquisite with sunlight being warm and the environment after delving of the sun is not as cold as other months.

#### March to April

This is one of the best times of the season to hike/climb Island Peak. The weather is very favorable this month. Stunning views of the Himalaya ranges and glaciers will be seen. March being the beginning of the Spring season, The weather starts to warm up during these months. During these months, all flora and fauna dormant throughout the winter back to life feeding and breeding in the sun-kissed temperatures. Temperatures may start increasing from the mid of March and with clear skies, snow mountains will be seen at their best. Many trekkers often succeed in their expedition at this time.

**Temperature:** Around 18 °C. At night, the average minimum temperatures drop down to around -12 °C.

#### May to June

This is also the perfect time for trekking right before the rainfall. Nepal starts its rainfall from the end of June till mid-August. The season of spring and summer makes the trek much more enjoyable.

**Temperature-** Around 25°C. At daylight and it drops down to around -5°C.

#### September to October

This is also one of the perfect seasons for the EBC Trek. This season is the peak of tourists due to the favorable weather. As the monsoon slowly ends, a perfect trekking climate sets itself. The temperature goes up to 20 degrees in the day time and falls down to 5 degrees during the night time. This season is when trekkers enjoy trekking the most, with a clear sky, and an amazing view of the mountains. It is highly recommended as it's the best time for the Everest Base Camp trek, usually from mid-September to the end. Tourists in this season are also attracted by the main festival of Nepal; Dashain and Tihar. Temperature-

**Temperature** goes up to 20 degrees in the day time and falls down to 5 degrees

#### November to December

As winter slowly begins, snow falls begin in the Himalayas region and it eventually gets tough to trek. Nights get colder. November is the busy season people all over the world come at these months as it's the clearest month with sparkling days and amazing views of humongous mountains. The daytime temperatures are very stable and constant and due to this, the view of the clear blue sky and the mountain is phenomenal. From December, the temperature starts to get cold and begins to snow like diamonds in the sky.

**Temperature-** Temperature goes up to 18 degrees in the day time and falls down to -10 degrees

The weather in the Himalaya is so unpredictable and the temperature may change quickly from day to night.

### Acclimatization

Altitude sickness is commonly faced by many trekkers and will need immediate treatment and shouldn't be left ignored. Altitude sickness is preventable but can be fatal if the symptoms are ignored. Our trip itinerary is designed for slow and steady ascending so the body can adapt to the new altitude In this trek, we will be acclimatizing in two places; Namche Bazaar and Chuukung At Namche Bazaar, trekkers can explore the famous Sherpa town and adjust to the thin air. We will also be having the second acclimatization at Island peak Base camp where we will climb the ridge to take a look at the stunning views of the peaks. We will be taking a lot of rest throughout the expedition. During your rest days, you will be working on recovering, eating and drinking, reading, relax, listen to music, and stroll around visiting other teams. For the climb, our itinerary is crafted for a slow and more calculated schedule with more plenty of rest and acclimatization days with more flexibility.

Our trekking leader and guide are well trained and experienced at high altitude and they have extensive first aid training

as well. Your health and safety are important to us and we guarantee that it will be our very first priority. In case you have been rigorously affected, the only cure would be to descend immediately. Also, it is important to know that your group leader has the definitive responsibility to decide whether you can continue the trek based on your overall health conditions.

### Level of Climbing Skills required

Island peak requires a moderate level of technical climbing skills. It is designed for energetic and physically fit trekkers with little or no experience in mountain expedition with little technical skills required. Island Peak is not difficult for beginners. The trip is very suitable for any adventurous motivated trekkers who have the ability to walk in snow ridges and trails. If you have any prior experience in 7000m mountains or simply enjoy trekking, it will be an advantage for you. Also, you must have a fierce determination and desire to climb the mountain. As for the leadership, tactics, and overall decision making during the climb, we have trained highly experienced guides and expedition staff.

Age doesn't matter as long as you meet the health and skills requirements. Generally, we have people from ages 20-60 joining us for expeditions

### Trip Grade: Fitness level, Medical and Health

Island peak climbing is a challenging yet rewarding trek. The hiking will be from 5 to 7 hours a day depending on the destination, taking regular breaks where we admire the mountain views. The trek routes involve long climbs, steep descents, and a steep forward trail in the rocky paths and the forests as well. To go on such treks, the fitter, the more comfortable and enjoyable the journey will be. If you have experience or enjoy trekking, this may be an advantage for you. This trek is not recommended to those who suffer from sensitive medical conditions such as heart or lung disease.

We have medical personnel at the basecamps to monitor your health throughout the expeditions and all base camps are equipped with medical equipment and provisions. All our guides and leaders leading the trek have medical training and know-how to look after you efficiently. This trek is not recommended to those who suffer from sensitive medical conditions such as heart or lung disease.

### Trekking group/single

We organize a group as well as a private trek. The price of group discount is applied with having your own paxes in your group and price will be the same whether group joining or private touring. We are able to lead and handle any size of the participants in a group. There will be a group leader Guide, a porter for every two trekkers, and an assistant guide for a group of 12 or above trekking members.

### A typical day on trek and climb

A day trekking will be an unforgettable day because of the beautiful mountains. You will get the time to enjoy the scenery, click pictures, and explore the local villages. Your trek will be accompanied by experienced, friendly, and qualified guides along with porters to carry your baggage.

The day begins with an early morning breakfast. Then we pack our bags and set off to trek to our destination between 7 to 8 am depending on the duration of the trek per day. We will trek for 3 to 5 hours before we take a short break. Lunch will be provided around midday. Some of our crew depart ahead to reach the overnight lodge to do some preparation. Dinner is provided around 6 to 7 pm. Before going to bed, we will be discussing the day's experience and plan for the next day. We will be enjoying and entertaining ourselves and it is truly up to the members if they want to join us as they may prefer to rest/sleep.

During the climb, the itinerary depends on the climber, weather, and route conditions. We will always pick the safer option. We will be crossing difficult ice rocks some days will include steep snow climbing. Some days we will be using fixed rope routes. For our climb, our highly experienced climbing guides fix new ropes to ensure safe ascent with jumar and harness for the strenuous and challenging climb of 100 meters to the summit ridge. If all goes well we will be at the summit after 3 days of leaving the base camp

### Communication during the trip

On the Island Peak Climbing Trek, the use of internet service will be available at the lodges with some extra service charge. You can contact your family and friends via the lodges, but once we reach high altitudes communication will be through the phone for safety proposes. We'll communicate all our valuable clients through our leader at least once a day to make sure you're fine, safe, feel right, and have everything up there. You'll always be connected to Kathmandu's DWT office for any kind of help during the trek. Also, depending on the kind of network you use, there will be a signal but not very strong before the high altitude. At your request, we can provide you with a separate local sim card (Most of the places have wifi service available with an extra cost) for good access to connect.

Normally Wi-Fi works every part of the trek in lodge/lodges which will be provided with an extra cost.

### Extra personal expenses on trekking

Discovery World Trekking tries to provide all extra expenses excluded from the package. Meals and accommodations in Kathmandu are up to our clients themselves as all kinds of hotels/lodges (both luxury & budget) can be booked easily online or even we can do it on request. All our valuable clients will have to bring personal spending money with them to cover costs of accommodations in Kathmandu, visa process, travel insurance policy purchase, beverages, snacks for the trek, hot and cold drinks, tips to the trekking crew members, souvenirs, etc. We recommend bringing cash (dollars) which can be changed to rupees here cause during the trek only Nepalese currency is accepted.

### Travel insurance

This trip grade is ranked the challenging difficult as it entails the risk of high altitude trekking, potential altitude sickness, and other unforeseen events including sudden climate changes.

Travel insurance is a significant part of our booking condition for The Island Peak Climbing trek. All the members of trekking must provide a copy of their comprehensive travel insurance policy certificate to Discovery World Trekking. The policy must cover medical and emergency repatriation inclusive of helicopter rescue and evacuation expenses at high altitudes (up to 6000m) for trekking members.

We can recommend insurance companies to help you but we don't directly get involved in the sale of the insurance policy. Members can be refused to be included in the trekking based on insufficient, improper, or absence of travel insurance policy. Trekking members are kindly requested to send their detailed insurance information once they book for the trekking. In case of emergency situations,

we will be using the insurance policy and informational documents you sent us. This will help us arrange a quick and effective rescue operation, transfer for emergency medical help, etc. Please ensure that the insurance company includes the cost incurred for mountain rescue service at the highest elevation of the trekking.

Before you buy travel insurance (Don't just believe them what they say in their website) make sure you call them and recheck if they have Heli-rescue and evacuation up to 6000m according to your trekking height.

### Passport and visa

All foreigners except Indians, require a visa to enter Nepal. Visa is available on arrival at the Tribhuvan international airport. Visa can be extended at the central immigration office [www.immigration.gov.np](http://www.immigration.gov.np) The visa application will require at least a passport of 6 months' validity, and a passport size photo. The current cost of the visa fee is US \$50 for 30 days which have to be paid in cash on arrival at Tribhuvan International Airport. Citizens of China and the SAARC countries will receive a free visa.

There are certain countries (Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan) that may not receive the visa on arrival and so you will have to contact your local Nepalese embassy.

### Money exchange

Nepali Rupees (NPR) is the local currency.

(1 USD = ~ Rs.100 NPR)

We can exchange most of the foreign currencies through local banks and legitimate money exchanges in Kathmandu and all over Thamel. Small amounts of cash can also be exchanged at the hotel. The ongoing rate of exchange is visibly displayed. The government of Nepal has banned the import, export, and use of 500 and 1000 Indian Rupee note in Nepal. You should ensure that you are not carrying these notes on arrival in Nepal as they will be confiscated and you may also be fined. Despite having the security advantage of traveler's cheques, we prefer cash exchange to avoid hassles like a lengthy process and a high rate of commission at the banks. You can withdraw cash (in Rupees only) from one of the many ATMs in Kathmandu and Thamel itself. There are quite a several ATMs that are open around the clock. The maximum withdrawal amount is 35,000 Rupees for a 500 Rupees processing fee if you are using your foreign card. If you use the money exchange facility at banks and financial institutions the service fee charge imposed is about 4% or more depending upon the bank. During the trek, there are no banks and money exchange services so you should exchange your money in Kathmandu only, depending on how much personal expense you require as in the Himalayan region people only accept Nepalese Currency

Most of the established banks in Asia will not accept foreign currency notes that are old, torn, or faded. Please ensure that you have new, clean notes

### How Much Luggage can I take during Island Peak Climbing Trek?

Your main luggage should not be over 20Kgs and they will be carried by our porters. Porters and Yaks will only accompany us till the trek they will leave our luggage with us at the base camp and leave us for a few days during the climbing period, you will be responsible for your own luggage during the climb. Trekkers will carry a light back for easy access to water, a camera, toilet paper, and warm layers of clothes. During the climb, the climbers must carry their own gears Any excess baggage can be kept at Discovery World Trekking and you can collect them after the trek.

We'll recheck everything (Luggage, equipment, etc) in our briefing before we start our journey in our Office.

### Island peak climbing Safety

Discovery World Trekking guarantees our client's safety, security, and satisfaction. Safety is the utmost important concern for us. For the expedition, we will be carrying all the necessary gears, equipment, and first aid kits. We make sure to only carry the best equipment available in the market Our leaders and guides have vast knowledge and have extensive first aid training and you will be climbing with a Sherpa guide who has summited Island peak many times. We staff every base camp with a medical doctor. If a participant falls sick due to the altitude, it is entirely up to the leader to decide if he/she will further continue as health is very important. Every group will be together so that everyone is safe and won't wander off alone. We check in with our guide from the head office every day to ensure the expedition is going on smoothly and safely.

### Equipment Checklist

#### Equipment lists for Island peak Expedition

It is recommended to carry the basic clothing and accessories needed for the trek. The followings are suggestions that should be brought, although we understand that our clients have their own preference of clothing. Porters will be carrying the main luggage which should not exceed more than 20kg. Equipment can be hired in Kathmandu as well. We provide all the group climbing gears. Always remember to get the right size of gear if buying or renting

#### Head

-  Sun hat or scarf
-  Winter hat or insulating hat or Wide brimmed hat

#### Face

-  Sunscreen
-  Sunglass with UV protection
-  Face/body wipes
-  Hands
-  Lightweight gloves
-  Heavy weight winter gloves

#### Body

-  Hiking shirts
-  Long sleeved shirt
-  Hooded rain jacket
-  Fleece jacket
-  Lightweight cotton pants
-  T- Shirt (bring Light weight wool)

-  Polypropylene underwear
-  Expedition grade down jacket (available in rent in Kathmandu)
-  Sweater
-  Water proof jacket and pants
-  Thick thermal Merino bottoms (Icebreaker 200, Odlo Revolution Thick)
-  Polar fleece trousers or similar mid layer trousers
-  Gore-Tex (over)trousers or bibs. Waterproof/breathable with full side zips
-  Goose-down trousers or bibs. Or a down suit
-  Liner gloves for tying knots
-  mitten
-  Your clothing should be kept dry using waterproof stuff sacks

## Footwear

-  Hiking Boots
-  Thick wool socks (Take an extra pairs of thick light socks)
-  Gore Tex hiking boots with ankle support

## Essentials

-  Backpack or daypack (Size depends on whether you take porter or not).
-  Thermal bottle
-  Water purification
-  Trekking pole
-  Sleeping bag (-15 bag is best in the high altitude trekking)

## Toiletries

-  Medium size drying towel
-  Tooth brush
-  Toothpaste
-  Deodorant floss
-  Bio degradable bar soap
-  Nail clippers
-  Small mirror

## Personal accessories

-  Money
-  Watch
-  Cell phone
-  Camera

## Extra items

-  First aid kit
-  Extra passport photos and photocopies of passport
-  Notebook and pen
-  Binoculars

## Join Upcoming Trips

The given prices are per person basis and fixed in which the International flight cost has excluded. In addition, trek cost includes and excludes details is applied. The dates schedule is fixed, 100 percent guaranteed and confirmed to

departure trekking. We are flexible to organize trek in your own departure trek date. We organize private and group trek. For this, trekker can send us message submitting your own departure trek date.

<b>Departure Dates</b>	<b>Price</b>
06 Mar, 2021 - 19 Mar, 2021	<del>\$2490</del> \$1650
10 Mar, 2021 - 23 Mar, 2021	<del>\$2490</del> \$1650
14 Mar, 2021 - 27 Mar, 2021	<del>\$2490</del> \$1650
19 Mar, 2021 - 01 Apr, 2021	<del>\$2490</del> \$1650
21 Mar, 2021 - 03 Apr, 2021	<del>\$2490</del> \$1650

# FAQ's

## What is the best Season for trekking /climbing?

Spring (March to June) and Fall (September to November) are the best seasons to trek Everest Base Camp. Discovery World Trekking can make arrangements if you wish to avoid the crowds in these seasons, DWT can make it happen in any season you want with all the safeties and fun.

## How to avoid altitude sickness in Trekking/climbing?

-  **Cut off caffeinated, alcoholic, and smoking items.**
  -  **Drink at least 4 liters of water a day.**
  -  **Trek slow.**
  -  **Don't skip the acclimatization days.**
  -  **Better to continue with Diamox (if any symptoms show up).**
- Drink Garlic Soup.

## How long do I need to walk per day during my trek/climbing?

The hiking will be 5-7 hours a day depending upon the landscape and destination.

## How safe is trekking/climbing?

Discovery World Trekking guarantees 3S for the clients: safety, security, and satisfaction. The team members of Discovery World Trekking will be carrying all the necessary gear, equipment, and first aid kits and they have extensive first aid training. If a trekker falls sick at a high altitude, the leader will decide whether to continue the trek. In case of emergency, Discovery World Trekking has a rescue helicopter to bring you back from the higher elevation. Moreover, Discovery World Trekking also provides an oximeter to monitor the oxygen levels at high altitudes and offers regular health check-up facilities.

## Is Lukla Airport convenient for the flight?

Lukla is at 9,500 feet 2,850m above sea level. The higher the altitude, the lower the air density. So, the planes need to land at faster speeds. The weather in this area changes constantly and the cloud cover can be extreme, leading to major turbulence, which, though not dangerous, tends to be tough for passengers to endure. However, it is actually the country's busiest airport serving as the key port of entry and exit for trekkers hoping to ascend Everest. Discovery World Trekking will try to make your flight pleasant in any circumstances.

## What if my flight to and from Lukla is cancelled or delayed?

The flights are usually regular between October and May. But due to high altitude, bad weather, and unforeseen technical issues, you may experience a delay or cancellation of the flight. On the occurrence of such events, Discovery World Trekking charters a helicopter to make sure you are on the safe schedule either for the trek or for your flight back home which would cost extra charge as an unexpected event. However, if the visibility is less than 1,500 meters, it is unable to operate helicopter facilities and Discovery World Trekking will reschedule the flight.

## Do I need any permits before starting the trek /climbing?

You need Climbing Permits and Sagarmatha National Park Entry Permit. Discovery World Trekking will help you with all those necessary paperwork and let you enjoy your holidays to the fullest.

## Do I need Travel Insurance to trek/climb in Everest Region?

You need travel insurance prior to booking the trek which must cover medical and emergency repatriation inclusive of helicopter rescue and evacuation expenses at high altitude for trekking members, which should be provided to us before you start your trekking. Discovery World Trekking will help you to get travel insurance for potential altitude sickness and unforeseen events due to sudden climate change.

## What about the Insurance of guides and porters?

Yes, Discovery World Trekking ensures the expenses for insurance of its guides, porters, and all the crews along with meals, salary, lodging, transportation, and other necessary equipment.

## What is the luggage limit for porter and flight to Lukla?

Discovery World Trekking will provide one porter for two trekkers to carry 18 kgs of luggage (maximum 9 kg for each trekker). Please be sure your porters are not overloaded because they do not carry only your equipment but also lift your spirit to reach new heights, and your love, affection, and generosity can be the reason for them to work hard to take you

to your destination. However, the weight limit on flights to the Everest region, basically to Lukla is a total of 10 kgs and you need to pay an extra amount per kg for the excess baggage. Discovery World Trekking pays up to 5 kgs of extra baggage making your total 15 kgs.

### What is the weather condition at Everest region?

Weather on the trail to the Everest region is always changing and impossible to predict. Here is a list of probable temperature and weather conditions in each month.

Month	Temperature	Weather and Nature
January	Max 4°C in the daytime to min -17°C in the nights and mornings	Blue skies, freezing weather
February	Max 4°C in the daytime to min -15°C in the nights and mornings	Mild and humid, good visibility
March	Max 7°C in the daytime to min -12°C in the nights and mornings	Days are short and the temperature starts to warm up, chances of occasional snowfalls
April	Max 10°C in the daytime to min -5°C a night	Moderate temperature with amazing landscape, rhododendron, and wildflowers
May	Max 15°C in the daytime to min 0°C a night	Days are still long, warm, and sunny
June	Max 16°C in the daytime to min -1°C a night	Rainy season
July	Max 15°C in the daytime to min 2°C in a night	Hot and humid
August	Max 16°C in the daytime to min 2°C in a night	Max 16°C in the daytime to min 2°C in a night
September	Max 15°C in the daytime to min 2°C in a night	End of monsoon, no clouds
October	Max 12°C in the daytime to min -6°C a night	Stable weather condition
November	Max 6°C in the daytime to min -12°C a night	Days are sunny and bright, cold during the night, the sleeping bag is most.
December	Max 4°C in the daytime to min -14°C a night	Foggy and cloudy weather

### Documents that I need to bring for trekking/Climbing?

You need to submit the following documents after the advance payment deposit and all the documents should be sent via email.

-  A copy of passport,
-  Passport size photos,
-  Flight details,
-  Copy of travel insurance (it has to cover heli rescue and medical evacuation).

### What are the arrangements for night stay during the trek?

For the Everest Base Camp trekking/climbing, you will be staying at teahouses/lodges/camp, generally offering twin sharing room and healthy local foods. Generally, the toilets are outside the room or the house in a squat form. Hot showers/running water are available at extra cost in most of the

### Is meal easily available on the trek/Climbing?

The meal on this trek is very convenient but not as in cities. Along with Western meals, chapati, rice, local tsampa porridge, Tibetan bread, various soups like Sherpa stew steaks, Momo (dumplings), Tenduk, noodles, and thukpa are amazing Himalayan cuisines for the trekkers. Discovery World Trekking will arrange meals in special areas for its clients.

### What types of liquid do I need to drink at high altitude?

Garlic soup is a must while trekking. Discovery World Trekking recommends trekkers to drink green tea, lemon tea, hot lemon, and ginger tea. However, it is better to avoid alcohol and alcoholic beverages, caffeinated items, and hot-chocolates at high altitude.

**Is there pick service by the Company?**

You will see personal representative of Discovery World Trekking welcoming you outside the arrival lounge of Tribhuvan International Airport with your name pamphlets on her/his hand. S/he will take you to your selected hotel on private transportation conveniently.

**I am a vegetarian. Am I supposed to get enough meal on my trek?**

Discovery World Trekking won't recommend non-veg items because the meat in such places may not be hygienic and healthy. Discovery World Trekking also encourages to avoid dairy and cheesy items and strongly suggests not to consume them during the trek. So, our packages are suitable for both vegan and vegetarians.

**Is there a cancellation or refund policy?**

Discovery World Trekking offers cancellation and refund facilities. You need to visit Discovery World Trekking's individual tour packages for more information.

**What is the booking and payment method for trekking/climbing?**

You need to pay 10% in advance and the rest of the amount can be paid after your arrival in Nepal. We accept Credit Card, however, you will be charged an extra amount as a service fee by the bank. So, Discovery World Trekking recommends you to pay in cash to enjoy the benefit of a discount. Any currency is accepted.

**Do I need to tip my porter and guide?**

Your porters are a big reason why you got a chance to feel something very few can have. Apart from guiding and carrying your necessities and being mindful of your safety, they want to see you happily succeed more than anyone like family and help you successfully complete the trek safely. So, your tips reflect gratitude towards them. So, tipping is a recommended culture for porters and guides in Nepal as a gesture of thankfulness.

**How is the drinking water in the trails to Everest ?**

Bottled water is easily available at low cost. But you can not use plastic bottles in the Everest region. So, they do not sell plastic bottled mineral water. You need to drink mineral water or boiled filtered water in those areas. It is better to use water purification drops and tablets which you can either bring from your own country or buy in Kathmandu or Pokhara. Discovery World Trekking also provides water purifier pills.

**Can I buy the gear in Nepal and sell**

Discovery World Trekking will introduce you to dozens of shops selling knock-off gear in Kathmandu. You can also barter those gears at the knock-off places but be sure you keep the receipt safely. Moreover, you can rent the needed gears if you do not want to buy them.



## Discovery World Trekking

### Paul Gurung (CEO/Founder)

Mailing Address: Post Box: 21576, Kaldhara Marg, Thamel, Kathmandu, Nepal, Kaldhara Marg, Thamel, Kathmandu, Nepal

**Phone:** [+977 1 4252366](tel:+97714252366)

**Mobile:** [+9779840055491](tel:+9779840055491)

**E-Mail:** [info@discoveryworldtrekking.com](mailto:info@discoveryworldtrekking.com)

**Skype:** discovery1120

**Phone:** [+977 1 4252366](tel:+97714252366)

**Location:** Saat Ghumti Chowk, On the way to Kaldhara Marg, Near to the International Guest House, Kaldhara, Thamel, Kathmandu, Nepal. [Opening hours – 8 Am to 7 Pm]

### 24 Hrs. Emergency Call

[+977 9851054143](tel:+9779851054143)

or [+977 9840055491](tel:+9779840055491)

Quick Questions? Email Us

**[info@discoveryworldtrekking.com](mailto:info@discoveryworldtrekking.com)**

Talk to an Expert

**+9779840055491**  

