



## Everest, Island Peak Climbing 19 Days (6189m)

### Details Itinerary

An ascent of Island Peak is an unforgettable climb in some of the typical climbing-routes of Nepal. From the summit of Island Peak, you will see a white sea of clouds that is nearly indiscernible from a real sea. It's just that instead of scattered islands in a real sea, you will witness isolated mountain peaks here and there. From the top, several eight-thousanders will be visible at close quarters. Cho Oyu, Everest, Lhotse, Nuptse, Pumori, and Thamsherku are prominently visible; and if it's a clear day, you'll see as far as Mount Makalu in the eastern side of the panorama.

The highlights of this trip include flying to the mountain town of Lukla, staying in the villages of the Sherpa, and seeing the culture of a people that is unlike any other in the world. Most of the trek will happen in Sagarmatha National Park, a UNESCO World Heritage Site. The trail is lined with pristine villages, monasteries, and a plethora of flora & fauna in the lower regions. As you trek to higher altitudes, you will see the thinning vegetation and more of the white peaks. You will pass Namche Bazaar, Tengboche with its iconic monastery, the Sherpa Museum, and the Tenzing-Hillary Airport in Lukla. On the natural front, you will explore Everest region, see the pristine lakes of Gokyo, walk along the Khumbu Glacier, and witness mesmerizing sunset (or sunrise) views from the vantage point of Kalapatthar.

Seeing the scenic valleys of Everest is a unique opportunity. In this program from Discovery Mountain Trek, you will fly from Kathmandu to Lukla followed by a trek to Namche and beyond. You will visit Tengboche, Gokyo, and Kalapatthar and later, trek back to Lukla. This is your chance to trek the high valleys of the Sherpa in the heart of the mountains. You will need a very good level of stamina to complete this program.

In under three weeks, you will trek in the vicinity of the world's highest peaks and also climb Island Peak, the highest trekking-peak of Nepal. At 6,189 meters, the trek to the summit is a moderate-to-strenuous activity that requires stamina and will. The best time to scale this peak is late winter to mid spring and from late summer to mid autumn. Discovery Mountain Trek recommends this trek for those who wish to climb a peak in Nepal - for gaining an experience of a classic trekking in Nepal.

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Fitness Level:	:	
Group Size:	:	2 to 12 people
Max-Altitude:	:	6189m
Duration:	:	19 Days
Walking Days:	:	16 Days
Activity:	:	Peak Climbing
Best Period:	:	MAR   APR   MAY   SEP   OCT   NOV

### **DAY 1: ARRIVAL IN KATHMANDU (1365M)**

After your arrival at Kathmandu International Airport, we will pick you up and transfer you to the hotel. You can spend the evening around Thamel.

### **DAY 2 : FLY TO LUKLA AND TREK TO PHAKDING (2610M) 4H WALK**

After breakfast, get on a pre-booked 30-minute flight from Kathmandu. This scenic flight will take you to Lukla, where your trekking guides will receive you at the airport. An easy trek of around three hours will bring you to the village of Phakding at the banks of Dudh-Koshi river, where you will stop for the night.

### **DAY 3 : TREK FROM PHAKDING TO NAMCHE (3440M) 5/6H WALK**

Begin an early trek along Dudh-Koshi, criss-crossing it several times. Today the destination is Namche Bazaar, the fabled village in the heart of the mountains. The trail is initially lined by views of Mt. Thamserku, and on a really clear day, even Mt. Everest is visible in the distance. As you reach closer to Namche, you will find the trail winding up with approaching views of Everest-Nuptse Wall, Mt. Lhotse and several other peaks. Once at Namche, relax in a hot bath, surf the Internet, enjoy a cup of cappuccino and then call it day.

### **DAY 4 : ACCLIMATIZE AT NAMCHE**

Take a day off at Namche and enjoy the quiet lifestyle in stark contrast to your regular routine. In the morning, have a hearty breakfast with views of magnificent peaks. Later in the day, take short hikes in and around the town - and savour the beauty that is Namche. This is an important day of rest as it will help you acclimatize at the altitude and help you warm up the muscles for an exciting expedition ahead.

### **DAY 5 : TREK FROM NAMCHE TO DEBOCHE (3820M) 5/6H WALK**

Starting off from Namche we take an easy ascending trail with views of Everest, Lhotse, and Nuptse peaks. Crossing several villages, we arrive at Dhudh Koshi river, cross it and come to Phunki Tanga. From there we climb along a yak trail to arrive at Tengboche, home of the iconic Tengboche Monastery at the shadow of the Himalayan peaks. Some peaks visible from Tengboche are Ama Dablam, Everest, Lhotse, Nuptse and Taboche. After a brief stop at Tengboche, we descend to the quiet hamlet of Deboche. Here we will stay for the night.

### **DAY 6 : TREK FROM DEBOCHE TO DINGBOCHE (4350M) 5/6H WALK**

After leaving Deboche early, our trail passes through more rhododendron forests the colour and hues of which will make you feel inside a fairy tale! But this happens in the spring when rhododendrons are in bloom, not on the fall season. Further along the route, we will criss-cross the river and arrive at a hamlet where we will have lunch overlooking the tiny valley below. From there it is an easy hike downhill beside a ridge until we arrive at the village of Dingboche where we will stay a tea-house or a lodge.

### **DAY 7 : ACCLIMATIZE AT DINGBOCHE**

The beautiful village of Dingboche is the stopover for trekkers heading towards Ama Dablam or Everest. The stone walls and the chilly weather can give you a feeling of cold but the hospitality of the people is anything but. The friendly folks at this remote mountain town will entice you with their stores and let you share some of your own. Do it with warm food and plenty of drink, and you'll have acclimatized properly for the trek ahead. Remember, good acclimatization cannot happen without plenty of warm fluids. So drink plenty, eat and get some rest. And during the day, take a hike to the nearby vantage point in a group and before you know it, it's time to return to the lodge for the night.

### **DAY 8 : TREK FROM DINGBOCHE TO LOBUCHE (4910M) 4/5H WALK**

Wake up early and have a hearty breakfast. If you are the early-bird, you will be pleased to watch a sunrise from the eight-thousanders. Leaving Dingboche, the trail is easy and comfortable at first. The open blue skies and the sunlight will inspire you to move ahead and of course, take some pictures too. In a dramatic change of landscape you will find yourself in open spaces among the mountains and high-altitude terrains. Vegetation gets thinner almost coming to a nil. With brief stopovers and trek and more stops and more treks, you will arrive at the Memorial Hill. From there we trek to the village of Thukla where we'll have lunch and some rest. From there, get on the trail to Lobuche at around 5,000 meters.

### **DAY 9 : TREK FROM LOBUCHE TO BASE CAMPTO GORAKSEP 5/6H WALK**

Start at a leisurely pace today. Have a leisurely breakfast, take some photos, and pack your bags. At a normal pace, it's six to seven hours walking duration today. The terrain is mostly rough and rocky today, with a walk over glacial path. Once we reach the Base Camp at 5,360 meters, we take a break and enjoy the scenery and let the surrounding views pass into your long-term memory. Views of Pumori, Nuptse and other peaks are spellbinding! From there, get back to Gorakshep (5100m) and stay at a lodge.

### **DAY 10 : TREK FROM GORAKSEP TO KALA PATHAR TO LOBOCHE 5/6H WALK**

Get up before dawn so that you can catch one of the most amazing sunrises in the mountains. For that, you need to hike up to Kalapatthar located at 5,545 meters. Just before sunrise, arrive at Kalapatthar where you'll see a mesmerizing and colourful sunrise. Try as you might, you can't not take out your camera and click away till the battery drains. The panoramic views of Everest, Pumori and other giants will leave a mark on your memory. From Kalapatthar, return to Gorakshep, have a hearty breakfast and leave for Lobuche Base Camp.

### **DAY 11 : TREK FROM LOBOCHE TO KONGMA-LA TO CHHUKUNG 6/7H WALK**

We have a long trek today as we will be trekking from Lobuche all the way down to Dingboche. Begin the day by crossing the Khumbu Glacier and doing a challenging climb up to Kongma-La Pass, the third pass in this trip. The views from this pass are great, so take a break and enjoy the time. Later, descend to Chhukung (4730m), where we will stay for the night.

### **DAY 12 : TREK FROM CHHUKUNG TO ISLAND PEAK BASE CAMP (5100M)**

Leaving behind, Chhukung we do a steep ascent, which later winds down the Lhotse Glacier. We will continue the trek along a river, cross the junction to Amphu Lapcha, and wind your way through the glacial rivers of Imja and Lhotse. Emerge at a wide valley, the southern base of Island peak. Here you will engage in learning and practice of the use of gears such as ice pick, axe, crampons and boots, harness, ascender, and ropes. Set up camp for the night, and go to bed as early as possible.

### **DAY 13 : SUMMIT ISLAND PEAK AND BACK TO CHHUKUNG**

We begin the summit just past midnight. The path first leads you up before coming to a steep slope on the left. Climbing higher, the trail gives in to a faint trail over a rock. We do the easier climb up the rock, follow and ridge and arrive at an exposed ground near a glacier. We might need to fix ropes for the next section, which will lead us to the summit. Once at the pinnacle, you will see sunrise views like never before!

#### **DAY 14 : A DAY OF REST AND REJUVENATION**

This extra day is allocated in case of unfavorable weather conditions that might arise at this altitude and then climb has to be shifted for another day. Else, this day can be used resting and enjoying the experience.

#### **DAY 15 : TREK FROM CHHUKUNG TO TENGBOCHE (3820M)**

The walk from Chhukung will be an easier one as we descend gradually to Tengboche. First we will pass across a wide valley of Khumbu River. Later, we will come across several villages and places such as Dingboche, Pangboche, and ultimately, at Tengboche. Today we will have superb views of Ama Dablam, Everest, Nuptse, Lhotse, and Thamserku. Tengboche, with its iconic monastery, is where we will stay tonight

#### **DAY 16 : TREK FROM TENGBOCHE TO NAMCHE (3440M)**

The trek from Tengboche to Namche is a beautiful and scenic trek. This downhill trek takes around five hours at a leisurely pace with plenty of stopovers. The route is lined with dense alpine forests of juniper and rhododendron. We might even come across wildlife such as mountain goats, snow leopard, and Himalayan pheasants. Passing through time-worn villages and unspoiled beauty of the mountains, you will arrive at Namche at the end of the day.

#### **DAY 17 : TREK FROM NAMCHE TO LUKLA (2840M)**

As you come towards the end of the program, you will enjoy the scenic trek back to Lukla. A night in Lukla can become more memorable if you spend it with your fellow guides and crew with whom you submitted one of the peaks in Nepal!

#### **DAY 18 : FLY BACK TO KATHMANDU**

Go to Tenzing-Hillary Airport in Lukla in the morning, and catch a flight back to Kathmandu. The scenic flight is around 40 minutes, a whisk that will bring you back to bustling Kathmandu. In the evening, you are invited to join us for a farewell dinner.

#### **DAY 19 : DEPARTURE**

After breakfast, or on the scheduled time of check-in, we will take you to the airport for your flight ahead.



**Discovery  
Mountain**

Trek & Expedition Pvt. Ltd.

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### **INCLUDED IN THE COST**

- All Camping Equipment required during the trek: Two man tent, kitchen tent and kitchen equipment
- Accommodation during camping: 2night with all meals: Breakfast, Lunch, Dinner & Tea, Coffee
- Accommodation during the trek with all meals: breakfast, lunch, Dinner & Tea, Coffee
- Base Camp cook, kitchen staff, assistant guide and support staff for your peak climbing
- All trekking permits for national park, Kumbu pasang lhamu committee and TIMS
- Trek Staff costs including their salary, insurance, equipment, food and accommodation
- All ground transportation on a comfortable private vehicle as per the itinerary
- An experienced, English-speaking and government-licensed trekking guide
- Discovery Mountain's duffel bag, t-shirt and trekking map are yours to take
- Discovery Mountain's down jacket to be returned after your trip completion
- 3-star hotel accommodation in Kathmandu Pokhara with breakfast
- Energy Supplies: Dry fruits, Snickers, Mars, Bounty on your Trek
- Peak climbing certificates issued from the Nepal Government
- Mattresses, Climbing rope, Ice Axe, Ice screws, Snow bar
- Domestic flight from Kathmandu-Lukla-Kathmandu
- Personal equipment and insurance for climbing guide
- Medical kit (carried by your trekking assistant guide)
- Assistant trek guide 4 participants: 1 assistant guide
- Mountain guide 2 participants: 1 mountain Guide
- Airport pickups and drops in a private vehicle
- Welcome and farewell dinners in Kathmandu
- All required Personal your Climbing Gears
- Porter service 1 participants: 1 porter
- All government and local taxes

### **PERSONAL CLIMBING GEARS INCLUDES**

- Crampons
- Helmet
- Harness
- Ice Axe
- Carabiner
- Decent: Belay Device, Figure 8
- Ascender: Jumar
- Tape slings



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## NOT INCLUDED IN THE COST

- Nepalese visa fee
- International flights
- Travel and rescue insurance
- Tips for guide, porter and driver
- Lunch and evening meals in Kathmandu
- All climbing gear & permit \$550 in Autumn season & \$600 in Spring season par person
- Personal expenses laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower

## ACCOMMODATIONS

We will be staying at Hotel Manaslu, Moon Light hotel or similar hotel 3 star in Kathmandu: and guesthouses during the trek. All accommodations are on twin-shared basis. Single supplement will be served on request and will cost an additional. Also note that single rooms are readily available in Kathmandu and the trekking regions at lower elevation but it might be difficult to find them at higher elevations.

## MEALS

All meals will be provided during trekking while only breakfast will be available in Kathmandu. There will also be welcome and farewell dinners for guests. While on trek, we have breakfast and dinner in the tea-houses/lodges we spend the night and lunch on our way to the next destination. Nepalese, Tibetan, the more common continental and Indian cuisines are common choices in the menu.

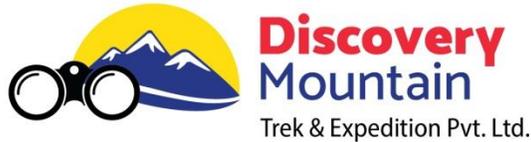
## PHYSICAL CONDITION REQUIREMENT

Discovery Mountain Trek can offer advice and recommendations about health requirements but it is the individual responsibility of each trekker to acquire any necessary documents and medical care. The information on the technical sheet provided is indicative, it is your responsibility to check with the authorities concerned for the exact requirements for your chosen destination at the time of travel. If you do not obtain any necessary medical consultations or travel documents and are not allowed to enter a country, or suffer personal injury or death as a result, we have no liability to you for any cost, loss or damage which you suffer nor will we refund you the cost of any unused portion of your travel arrangements. It is your responsibility to comply with the regulations and procedures of police, customs and health at all times throughout your trip.

## BEST TIME TO TRAVEL

The best time to trek to the Everest Base Camp Trek is in spring (February to May) and autumn (September to November). The temperature is moderate in these seasons and guarantees amazing

views through the trip. Although this trek can be undertaken during winter, the cold temperature might not be suitable for everyone.



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## GUIDE & STAFF ARRANGEMENT

The most significant thing that makes this trek enjoyable and memorable is the skilled, experienced and helpful Guide and crew member who have the ability of guiding our trek on the mountain smoothly. Our trip will be led by the best and most professional Guide. All of Discovery Mountain Trekking Guide's are carefully selected on the basis of their appropriate experience, skills and personal aptitude. With an objective of sustaining local communities, Discovery Mountain only employs local Staff, who have knowledge about culture, ecosystem, flora, fauna, geography, and history of their local region.

## PORTER CARE

We are firmly committed to porter rights. We make sure that all our porters are well treated, well paid and we provide the level of shelter, clothing and footwear that these harsh environments demand. Porters who become sick are treated with the same care and attention as other team members and we have previously used helicopters - at our expense - to rescue porters from dangerous situations. We support the work of the International Porter Protection Group (IPPG), making our resources available to them to help improve the working conditions of the porters. International Porters Progress Group.

## ENVIRONMENTAL CONCERNS

The Everest Region is stunningly beautiful, but equally fragile. Future generations have just as much of a right to appreciate it as much as we do. Therefore, we believe that the tourism industry has an obligation to protect and preserve it. Discovery Mountain employs a 'zero impact' policy on the natural environment and the traditional communities that live there. Discovery Mountain, therefore, enforces a number of do's and don'ts. Please talk to your trek leader to avoid environmental impacts.

## TRAVEL INSURANCE

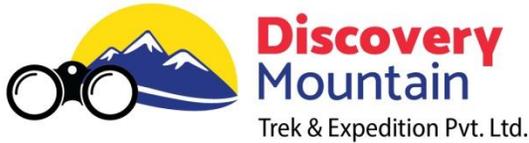
It is a condition upon joining any of Discovery Mountain's trips that all clients be insured for comprehensive expenses that might incur due to medical issues or accidents (this includes air ambulance, helicopter rescue, and treatment costs). Please note that we don't arrange or sell insurance.

## ACCLIMATIZATION

This trek's itinerary is planned with a high degree of awareness of AMS (Acute Mountain Sickness). Going up at higher altitudes too fast causes a medical condition serious enough to result in death. The higher the altitude, the less oxygen will be in the air. For example, at an altitude above of 5000m, there is 50% less oxygen than at sea level. Therefore, our body needs many days to adapt to an environment with less oxygen. During this trip, we take rest in Namche Bazaar and Dingboche which will help us acclimatize to the high altitude.

## EQUIPMENTS LIST

This list is a guideline to help you pack for your adventure. Also understand that the items listed below will vary a little according to the season and the trek duration. Those items marked by an asterisk (\*) are provided by Discovery Mountain Trek inclusive in the service. The weight limit for your luggage is 15 kg.



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## SLEEPING

- 1 sleeping bag: -15° or -20°
- Fleece sleeping bag liner (optional)

## FROM HEAD TO TOE

- Thick walking socks
- Warm gloves
- Hat and scarf
- A cap or sunhat
- 2-pair of thermals
- Suitable shorts
- Walking trousers
- A pair of high rise climbing boots
- Discovery Mountain Trek's down Jacket (\*)
- Discovery Mountain Trek's half T-shirt (\*)
- Lightweight waterproof over trousers
- long-sleeved thermal tops and full-length long johns
- A light fleece or equivalent (plus extra warm layers if necessary)
- A breathable windproof, water proof jacket (Gore-Tex...)
- A pair of sandals or equivalent casual shoes for cities, villages and evenings
- Long-sleeved and short sleeved t-shirts, preferably in quick-drying technical material.

## DAY BAGS/ SHOULDER BAG

- 1 medium shoulder bag: 50-70 liter cubic inches, can be used for an airplane carryon
- A small daypack/backpack for carrying your valuables,

## PRACTICAL ITEMS

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 compass or GPS (optional)
- 1 digital camera with extra cards and batteries
- 1 medium-sized quick drying towel
- Female hygiene products
- Wet wipes (baby wipes)
- Tissue /toilet roll
- Anti-bacterial hand wash



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## MEDICAL

- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Water purification tablets or water filter
- Small personal first-aid kit simple and light
- Aspirin, first-aid tape, and plasters (Band-Aids)
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.

## TERMS AND CONDITIONS

Discovery Mountain Trek & Expeditions Company is a trustworthy and registered Company under the laws of Nepal Tourism Industry and accepts your bookings under the following terms and conditions.

### Booking Terms

Booking your trip with Discovery Mountain Trek accept with terms and conditions of sale. Every trekker is required to complete the form of registrations. At the time of registration, Trekker's are expected to pay a deposit 25% of total cost to complete your booking. Please note the trip cost is required to make in advance as per the company policy, this deposit help us to make confirm reservation of Hotels in City, domestic flights and all other trip arrangements for final trip booking. Along with deposit we need detailed name lists of participants, same as passport, Gender, Nationality, Date of birth, passport number, passport issue/ Expiry dates & profession. You need to send us passport copy, photo identity and e-ticket by e-mail for all trips in Nepal.

### Cancellation Policy

If any reason you have to cancel your trip, we Discovery Mountain Trek require written confirmation of your decision. The amount you have paid to us will be refunded according to the following terms:

- Cancellation more than 35 days before your departure date: \$60 will charged
- Cancellation more than 35 to 19 days before your departure deposit, 25% will charged
- Cancellation more than 18 to 10 days before your departure date: 50% will charged
- Cancellation more than 9 to 05 days before your departure date: 75% will charged
- Cancellation less than 4 days before your departure date: 100% of the total will charged

I reserve the right to revise pricing rates declared under any circumstances, or on the pressure of various external factors that are further than our control, for instance changes in exchange rate, government action etc. But, I declared forth effort to keep on the present rate. In case of minor increase in flights fares, hotels or other related factors, we don't revise the cost of the trip which was already confirmed & booked by deposit.



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### **RISK & RESPONSIBILITY**

Your safety and enjoyment is my prime concern. I therefore carry out my responsibility honestly & sincerely to ensure your holiday trouble – free as well as you have desired. Nevertheless, unless stated otherwise, trip may be change under uncertain and inherent circumstances such as land-slides, road blockage, flood, snow political unrest, cancellation of flight, delay arrival, sickness or accidents etc. Any extra cost incurring there is your personal responsibility and should be borne on the spot.

### **IMPORTANT NOTE**

Your safety is of paramount concern while traveling with Discovery Mountain Trek. Please note that your guide has the authority to amend or cancel any part of the itinerary if it is deemed necessary due to safety concerns. The guide will try to ensure that the trip runs according to plan, but please be prepared to be flexible if required. Bad weather in mountain regions can cause domestic flight delays, particularly in the Everest, Lukla, Jomsom, phaplu, Kanchenjunga and any other remote mountain regions in Nepal.