



## Trip Itinerary

### HIGHLIGHTS

- Summit a real Himalayan peak above 6000m
- Approach up the Khumbu Valley via Everest Base Camp
- All climbs led by an Everest summiteer guide
- Lodge and camp based trek

### DETAILED ITINERARY

#### DAY 1: ARRIVE KATHMANDU

The Kandoo team will meet you at Kathmandu airport and transfer you to your pre-trek hotel. Later you will attend a pre-trek briefing with your Lead Guide to prepare you for the challenge ahead.

#### DAY 2: FLIGHT TO LUKLA – TREK TO PHAKDING

Elevation: 1300m – 2800m – 2656m

The flight from Kathmandu to Lukla takes 45 minutes and is an adventure in itself with great views of the Everest region (from the left of the plane) and ending with a hair-raising landing on a steep mountain runway. After meeting your crew, we will start our trek by heading up the Dudh Koshi Valley on a well-marked trail to Phakding.

#### DAY 3: TREK TO NAMCHE BAZAAR

Elevation: 2656m – 3450m

From Phakding, we cross and re-cross the river on high suspension bridges. Beyond Monjo is the entrance to the Sagarmatha National Park. We then take a steep hike to Namche Bazaar, and if the weather is clear, we get the first glimpse of Mount Everest. Namche is the main trading village in the Khumbu and you can even enjoy an Illy coffee and amazing brownies here.

#### DAY 4: ACCLIMATISATION IN NAMCHE

Elevation: 3450m – 3880m – 3450m

Namche is tucked away between two ridges and has lots of lodges, tea shops and souvenir shops. Today we will trek up to the Everest View Hotel at 3880m for our first view of Ama Dablam and Mount Everest. Following the 'walk high, sleep low' principle, this hike will really help with your acclimatisation.

**DAY 5: TREK TO TENGOBOCHE**

Elevation: 3450m – 3867m

From Namche, the trail contours on to the side of the valley, high above the Dudh Koshi. We will get great views of Everest, Lhotse, Nuptse and Ama Dablam. Passing by several villages and numerous tea shops, we descend steeply to a bridge over the river at Phunki Tenga. The village is an ideal stopover for lunch. Here we can rest before making the steep climb to Tengboche, famous for its legendary monastery, the largest in the Khumbu.

**DAY 6: TREK TO PHERICHE**

Elevation: 3867m – 4252m

We descend through a forest, cross the Imja Khola and climb steadily to the village of Pangboche. This village is directly opposite Ama Dablam (6856m), and has exceptional views of the mountain, the gumpa, Mani walls and scattered pine trees. A further two hours walk brings us to Pheriche.

**DAY 7: ACCLIMATISATION DAY IN PHERICHE**

Elevation: 4252m

A day for rest and acclimatisation. We also have an opportunity to wander up the valley to look at the Tshola Tsho lake and the perpendicular walls of Cholatse and Tawache. Our guide will take us up onto the ridge overlooking Dingboche for the view of the Imja Valley and the incredible south face of Lhotse.

**DAY 8: TREK TO LOBUCHE**

Elevation: 4252m – 4930m

We continue up the wide valley beneath the impressive peaks of Cholatse and Tawache on the left. We then turn right and take a steep climb towards the foot of the Khumbu Glacier. The tea house at Duglha is a good spot to have lunch. The trail zigzags up through the boulders of the glacier's terminal moraine. At the top of this climb there are many stone cairns, built as memorials to the many Sherpas who have died while climbing Mt Everest. The path then climbs gently along the glacier, to eventually reach Lobuche.

**DAY 9: TREK TO GORAK SHEP – EVEREST BASE CAMP – GORAK SHEP**

Elevation: 4930m – 5364m – 5164m

To reach our next stop, Everest Base Camp, we follow the Khumbu Glacier. The trail offers superb views of the surrounding mountains, especially where the path is forced to rise to cross a tributary glacier. We stop for lunch at Gorak Shep before finally making our way to Base Camp itself (5364m). This takes several hours as the trail weaves its way through ice pinnacles and past the crevasses of the Khumbu Glacier. On the return leg, we can take a higher route to get a spectacular view of the Khumbu icefall and the route to the South Col.

**DAY 10: ASCENT OF KALA PATTAR & TREK TO DINGBOCHE**

Elevation: 5164m – 5554m – 4360m

A very early start is required to reach the top of Kala Pattar (5554m) for one of the best viewpoints in the Himalaya. From here we can see the face of Everest and deep into the Khumbu icefield. After lunch we then descend to Dingboche for the night.

**DAY 11: TREK TO CHUKHUNG**

Elevation: 4360m – 4750m

Today, we have an easy walk for about 2 hours, climbing up gradually to the small settlement of Chukhung. Along the way we have great views of Island Peak and the challenge that awaits us.

**DAY 12: TREK TO ISLAND PEAK BASE CAMP**

Elevation: 4750m – 5150m

Another easy day, the trail crosses the river and follows the valley for approx 3 hours, passing beneath the magnificent south face of Lhotse. Base Camp is by the side of the Imja glacier, below steep grassy slopes which mark the start of the climb on Island Peak.

**DAY 13: TREK TO HIGH CAMP**

Elevation: 5150m – 5345m

We ascend a little further to High Camp where we will relax and make final preparations for our climb tomorrow.

**DAY 14: ASCENT OF ISLAND PEAK**

Elevation: 5345m – 6173m – 5150m

Crossing the gully above the camp the trail makes a climb for another hour to a narrow ridge, leading on to the glacier. Here it is time to rope-up and put on our crampons as the most interesting part of the climb begins with the glacier crossing. This is followed by the steep snow slope that leads onto the summit ridge. On reaching the summit we have stunning close-up views of the south face of Lhotse looming over us whilst in the other direction, there are more dramatic mountain views. We descend along the same route, down to Base Camp.

**DAY 15: CONTINGENCY DAY**

A contingency day allocated for poor weather etc.

**DAY 16: TREK TO PANGBOCHE**

Elevation: 5150m – 3950m

After descending along the trail to Chukhung, we continue on to Dingboche for lunch. It is then another couple of hours to the village of Pangboche where we'll stay for the night.

**DAY 17: TREK TO NAMCHE**

Elevation: 3950m – 3450m

From Pangboche we drop down again to follow the river. After crossing it, we climb back up through birch and rhododendron forest back to Tengboche. From Tengboche we descend over the Dudh Koshi before making our way back to Namche.

**DAY 18: TREK TO LUKLA**

Elevation: 3450m – 2800m

Your final day's trekking follows the Dudh Koshi back down to Lukla. This last evening in the mountains is the ideal opportunity for a farewell party with the Sherpa guides and porters, where you can sample some chang, try Sherpa dancing and look back on a memorable trekking experience.

**DAY 19: FLY TO KATHMANDU**

After an early breakfast, we will head to the airstrip for our return journey to Kathmandu. Later, you have free time to explore. You stay overnight in a hotel in Kathmandu.

**DAY 20: DEPART KATHMANDU**

We will collect you from your hotel and transfer you to Kathmandu Airport for your departing flight.

**SUMMARY**

Climbing Island Peak is an incredible experience for the adventurous trekker. Standing at 6173m it is a real Himalayan summit and from the top there are the most spectacular views across the whole of the Khumbu region.

You start the climb to Island Peak following the classic trek to Everest Base Camp and ascending Kala Pattar which has stunning views of the Khumbu ice field and Everest's north face. From there you head back down the Dudh Kohsi valley as far as Dingboche before turning up the Imja Khola valley towards Chukhung and Island Peak. Chukhung is your base camp for the ascent of Island Peak. You will have a three day window to attempt this climb and weather permitting you will move the next day to the High Camp.

The ascent of Island Peak is challenging and involves some scrambling over rock and a steep ascent of a snow field of about 100 metres. On all of the technical parts of the route our expert climbing Sherpas will have set fixed climbing lines to ensure your complete safety. The views from the summit of Island Peak are simply stunning and worth all the effort. Although you cannot actually see the summit of Everest because of the massive wall of Lohtse, the panorama of Ama Dablam, Lohtse and Mera Peak is incredible.

