

# Island Peak Climbing in Nepal

## Trip Overview

Island Peak, also known by the name “Imje Tse,” is a popular peak for peak climbing in Nepal. Island Peak, at an elevation of 6161 m, lies at the center of the Khumbu region. Among the many peaks in the Everest region, Island Peak gets more visitors than the rest. As it lies at the center of the Khumbu region, from Dingboche, it looks like an island floating on the sea of ice. To climb the island peak. But since the trail is rock-strewn and hoary, one does need to be physically fit. Therefore, it is one of the most challenging climbs.

The hard work would not go to waste. As soon as you reach the top, the glorious and magnificent view of the mountains, white landscapes, and glacial lakes is pretty amazing. On the way to the top, you may have some difficulties, as moderate scrambling is required to go up. The trail is steep and full of ice slopes. Despite that, with the help of an instructor, the climb is doable. You may have a problem sleeping at high altitudes, but with enough acclimatization, there would be no problem.

The island peak climb starts in Kathmandu after a cultural tour of the heritage sites of Kathmandu Valley. In this trek, you can get to do an Everest base camp trek too. Since the base camp is one of the starting points for the summit. Nevertheless, the trek is adventurous and exciting. The climb has struggled, but it is very much worth every step you take to reach the top. Besides that, HighLand Eco Trek’s experienced climbing instructor would give you vital mountain climbing training before the trek.

## Trip Highlights

- Day tour of UNESCO-listed world heritage sites of Kathmandu valley
- Summit of the Island Peak
- Magnificent view of the Khumbu Valley
- Meeting locals and knowing more about their culture, tradition, and lifestyle
- Tengboche monastery, the largest gompa in Khumbu valley
- Adventure Flight experience in Nepal ( KTM-Lukla-KTM )

## Trip Itinerary

**Day 1: Pick up from airport transfer to Hotel**

## Cost Includes

- pickups and drops in a private vehicle at the Airport upon your arrival and departure
- All ground transportation on a comfortable private vehicle as per the itinerary
- 3-star hotel accommodation in Kathmandu with breakfast ( hotel standard will be changed as you wish)
- The Kathmandu Sightseeing Tour is inclusive of all entry fees, a tour guide, and a private vehicle as per the itinerary.
- Teahouse accommodation during the trek
- Domestic flights as per the itinerary
- Breakfast, lunch, and dinner during the trek
- Accommodation in guesthouses throughout the trek
- An experienced, English-speaking, and government-licensed trekking guide

- Porter service Staff costs, including their salary, insurance, equipment, domestic airfare, food, and accommodation
- Highland Eco's duffel bag,
- All necessary paperwork and trekking permits (Peak Permit, National park fee, VDC)
- A first-aid safety kit with basic medicines is essential.
- All government and local taxes and fees

## **Cost Excludes**

- Nepal Entry visa fees
- Extra-night accommodation in Kathmandu because of early arrival, late departure, or early return from the mountain (due to any reason) compared to the scheduled itinerary
- Lunch and evening meals in Kathmandu
- International flights
- Personal trekking equipment, which is not provided by Highland Eco
- Travel and rescue insurance
- Tips to the guide, porter, driver, or any other trekking staff