

## EVEREST BASE CAMP & ISLAND PEAK CLIMBING - 20 DAYS



Comparatively differs from the usual **Everest Circuit** offering you the sound environment free from noise and crowd, besides, you get an ample opportunity to reach the summits of Kala Pathar (5545m) and **Island Peak** (6160m) after a visit to [Everest Base Camp](#). These gives you a chance to observe a clearer and awe inspiring view of **Mt. Everest** than ever and its perspective of the surrounding Himalayan giants are astounding.

This region offers a fine settlements of Sherpa located in eastern Nepal. During trekking, we travel through the several small yak-grazing settlements, will definitely offer you a unique lifestyle and their rich cultural tradition.

The trail makes ascent to **Island Peak** where we will do a little technical climbing. You will be rewarded with the absolutely breath taking scenery that includes **Everest, Lhotse, Makalu, Nuptse** and Ama Dablam.

Also please read this article "[Be a Sherpa Porter in an Everest Base Camp Trek](#)".

**Type:** 

**Trip Duration:** 20 Days

**Max. Altitude.:** 6160 m.

**Group Size:** 02-15 Pax

**Best Travel Time:** Feb, March, April, May, June, Oct, Nov.

### HIGHLIGHTS

- Scenic mountain flight to Lukla
- Sherpa home town
- Everest Base camp & Kalapathar
- Spectacular view of Mt. Everest
- Island peak climbing & Tengboche Monastery

## ITINERARY

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### **Day 01:** Arrival in Kathmandu

Your arrival to Tribhuvan International Airport (TIA), you will be met by our Airport Representative, and transfer to hotel. *Overnight at hotel, inclusive of breakfast.*

### **Day 02:** Flight to Lukla and trek to Phakding

Today early in the morning, we drive about 15 minutes to Tribhuvan International Airport. After 30 minutes scenic flight to Lukla (2804 mtrs.), we begin our trek to Phakding (2610 mtrs.) - 3 hours easy walking. *Overnight at Guest House, inclusive of breakfast, lunch and dinner.*

### **Day 03:** Trek to Namche Bazaar (3535 mtrs.). *Overnight at Guest House, inclusive of breakfast, lunch and dinner.*

### **Day 04:** Acclimatization day in Namche Bazaar.

This is a day for an acclimatization. We have a fine walk around the valley to adjust with thin air. Namche Bazaar is known as the gateway of the Everest. We will take you to a museum too on the same day. There you can see the traditional custom of Sherpa peoples. Besides, a fine view of the Everest and other mountains can be overviewed from this place. *Overnight at Guest House, inclusive of breakfast, lunch and dinner.*

### **Day 05:** Trek to Tengboche (3850m).

By reaching Tengboche, we visit a monastery known as Tengboche monastery. Then you will be taken to observe the prayer ceremony whether in the evening or morning. *Overnight at Guest House, inclusive of breakfast, lunch and dinner.*

### **Day 06:** Trek to Dingboche (4350 mtrs.). *Overnight at Guest House, inclusive of breakfast, lunch and dinner.*

### **Day 07:** Acclimatisation day

Today you can enjoy another day for acclimatization. This day we will have trip to Chhukung valley, then we return to Dingboche in the evening. We will take you to Chhukung Ri (5546 mtrs) from there, we can observe a fifth highest mountain Makalu. *Overnight at Guest House, inclusive of breakfast, lunch and dinner.*

### **Day 08:** Trek to Lobuche (4950 mtrs.). *Overnight at Guest House, inclusive of breakfast, lunch and dinner.*

**Day 09:** Trek to Everest Base camp (5400 mtrs.) and return to Ghorakshap (5160m). *Overnight at Guest House, inclusive of breakfast, lunch and dinner.*

### **Day 10:** Hiking to Kalapathar (5545mtrs.), then trek to Dingboche.

The day starts with a hike up to Kalapathar (5545 mtrs.), an excellent viewpoint to observe the Mount. Everest and innumerable spectacular mountains views. Then trek back to Dingboche (4410m). *Overnight at Guest House, inclusive of breakfast, lunch and dinner.*

### **Day 11:** Trek to Chhukung (4730m) meeting with climbing crews and arrange climbing gears.

*Overnight at Lodge. B. L. D.*

### **Day 12:** This day 4 hours walking for Island base camp. *Overnight at tented camp. B.L.D.*

### **Day 13:** This day set up the high camp to attempt on the top for next day. *Overnight at tented camp. B.L.D.*

### **Day 14:** This day submit the top Island Peak (6160m.), & stay overnight at Chhukung. *Overnight at Lodge. B. L. D.*

**Day 15:** Trek to Tyangboche monastery. *Overnight at Lodge. B. L. D.*

**Day 16:** Trek to Manjo. *Overnight at Lodge. B. L. D.*

**Day 17:** Trek to Lukla. *Overnight at Lodge. B. L. D.*

**Day 18:** Morning flight back to Kathmandu from Lukla. *Overnight at hotel. B. B.*

**Day 19:** Leisure day in Kathmandu (it's also spare day incase of bad weather in Lukla). *Overnight at hotel. B.B.*

**Day 20:** Transfer to Airport for your home departure. *Farewell!!*

**NOTE:** *B.B> Bed and Breakfast, B.L.D> Breakfast, Lunch and Dinner*

## COST DETAILS

### Cost Includes

- Pick up and transfer by private car as per the program
- 1 night pre-trek and 2 nights post-trek accommodation in Kathmandu (twin sharing room, Bed and breakfast only)
- Meals (breakfast, lunch and dinner) with Tea & coffee during the trek.
- sharing accommodation at Guest houses during the trek (except Island Peak climbing section), we arrange tent during the climbing period.
- 1 highly experienced, helpful and friendly Guide, porters (1 porter between 2 trekkers), their food, accommodation, salary, equipments, insurance (We have insured our staffs by Neco Insurance Company Nepal)
- Domestic flight from Kathmandu to Lukla and back with airport taxes.
- First Aid Medicine (clients are advised to bring their own as well)
- National Park and TIMS permits.
- Government taxes.
- Office service charge.

### Cost Excludes

- Climbing permits
- Garbage deposit US\$ 250 (Refundable)
- Any meals in Kathmandu other than breakfast.
- Climbing equipments.
- Travel insurance.
- International air fare to and from Nepal.
- Nepal Tourist Visa fee US\$ 25 or equivalent foreign currency with multiple entry for 15 days, US\$ 40 or equivalent foreign currency with multiple entry for 30 days. You may easily issue the visa upon your arrival at Tribhuvan International Airport - Kathmandu.
- Items of a personal nature
- Any kind of alcoholic drinks, hot water, hot shower, cold drinks, laundry, phone call, internet.
- Trekking Equipments (down sleeping bag and down jackets are available to hire or buy in Kathmandu, which would cost approximately US\$ 1 per day per item to hire and US\$ 60 to US\$ 100 per item to buy).
- Tips for guide, porters, driver.

NOTE: *Tipping is expected but it is not mandatory.*