

Island Peak Climbing (Imja Tse)

Location: Khumbu Region, Solukhumbu **Duration:** 18 Days **Max altitude:** 6,189 m (Island Peak summit)

Difficulty: Extreme **Group size:** 2–8 climbers

Overview

Island Peak (Imja Tse) at 6,189 m is the most popular climbing peak in Nepal — the perfect stepping-stone for aspiring high-altitude mountaineers. The expedition combines the classic Everest Base Camp trek with a technical summit push involving glacier travel, fixed ropes, and a steep headwall. Stand on top of Imja Tse for jaw-dropping panoramas of Lhotse, Makalu, Baruntse and the entire Khumbu ice giants. Trip includes pre-climb training and full guiding by IFMGA-certified climbing Sherpas.

Highlights

- Summit Island Peak (6,189 m / 20,305 ft)
- Combined with Everest Base Camp trek
- Technical glacier and ice climb
- IFMGA-certified climbing guide
- Sweeping views of Lhotse, Makalu & Ama Dablam

Day-by-Day Itinerary

DAY 1 Arrival in Kathmandu

1,400 m. Welcome briefing.

DAY 2 Gear check & permits

Final preparations in Kathmandu.

DAY 3 Fly Kathmandu to Lukla, trek to Phakding

2,610 m. Begin trek.

DAY 4 Phakding to Namche Bazaar

3,440 m. Sherpa capital.

DAY 5 Acclimatisation at Namche

Day hike to Everest View Hotel.

DAY 6 Namche to Tengboche

3,867 m. Famous monastery.

DAY 7 Tengboche to Dingboche

4,410 m. Enter upper Khumbu.

DAY 8 Acclimatisation at Dingboche

Day hike to Nagarjun Hill.

DAY 9 Dingboche to Chukhung

4,730 m. Approach Island Peak area.

DAY 10 Chukhung to Island Peak Base Camp

5,200 m. Set up base.

DAY 11 Pre-climb training at base camp

Practice climbing skills.

DAY 12 Base Camp to High Camp

5,600 m. Move higher.

DAY 13 Summit day! High Camp to summit and back

6,189 m. Pre-dawn start, glacier crossing, summit push.

DAY 14 Reserve / contingency day

Backup for weather.

DAY 15 Base Camp to Pangboche

3,930 m. Long descent.

DAY 16 Pangboche to Namche

Continue descending.

DAY 17 Namche to Lukla

Final trekking day.

DAY 18 Fly Lukla to Kathmandu, departure

Return flight and departure.

What's Included

- ✓ Sagarmatha National Park & Island Peak permits
- ✓ IFMGA climbing guide & Sherpa support
- ✓ All technical climbing equipment (group gear)
- ✓ Teahouse + tented basecamp accommodation
- ✓ All meals on trek and during climb
- ✓ Kathmandu—Lukla—Kathmandu flights

What's Not Included

- ✗ International flights
- ✗ Personal climbing gear (boots, harness, crampons)
- ✗ Travel & rescue insurance (mandatory)
- ✗ Nepal visa
- ✗ Tips for climbing crew