



# **NEPAL** **ISLAND PEAK – 6,189M + EVEREST BASE CAMP & THREE HIGH PASSES TREK**

**25 days – Island Peak climb and Everest base camp & three high passes trek**

Island Peak climb - challenging alternative to the classic, up and down Everest Base Camp Trek. This circuit trek traverses three high passes – Renjo La pass (5360m), Cho La pass (5420m), Kongma La pass (5535m). On the way visiting Gokyo glacier lakes and climbing Gokyo Ri and Kala Patthar and stopping at Everest Base Camp. Finishing with Island Peak climb (6189m) before heading back to Lukla. Ascend of Island Peak requires use of crampons and ice axe to climb through the glacier. Previous mountaineering experience is recommended.



**Climb Island Peak  
6,189m & Trek three  
high passes to  
Everest Base Camp**

**On the way visit  
Gokyo Lakes, climb  
fivethousanders  
Gokyo Ri and Kala  
Patthar**

**Admire beauty and  
amazing views of the  
Himalayan  
mountains**

**Experience Nepalese  
culture and interact  
with local Sherpa  
people**

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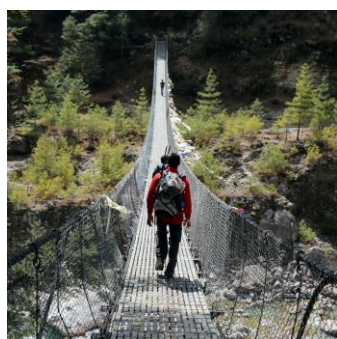


## ISLAND PEAK CLIMB + EVEREST BASE CAMP & THREE HIGH PASSES TREK

Duration	25 Days
Grade	Strenuous & Moderate
Starts In	Kathmandu (Nepal)
Ends In	Kathmandu (Nepal)
Style of the Trek	Tea House - Trekking / Tents – Climbing
Accommodation	Hotel and Lodge; Tents - Island Peak ascent
Transportation	Flights and Private Car / Jeep
Maximum Altitude	6189m

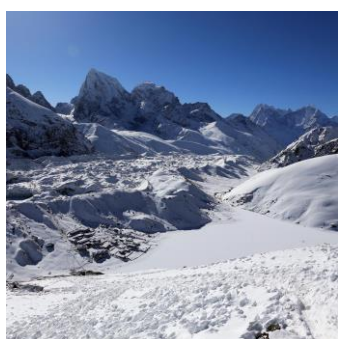


### 25 day itinerary



Day 1	Arrival at Kathmandu – pick up at Tribhuvan International Airport and transfer to the hotel in Thamel - Kathmandu. Free time, rest.
Day 2	After breakfast we will go through all your trekking gear. If you are missing anything, you can buy most of the outdoor gear and clothing in Thamel. There are plenty of shops selling all kinds of outdoor trekking and mountaineering equipment at very reasonable prices. Today, we also meet with our guide(s) and pack our duffle bags for trekking. Duffle bags will be carried by porters – 1 porter per 2 members. Limit your duffle weight to 15kg. Anything you wouldn't need during the trek can remain in a secure storage room in the hotel. Welcome dinner in the evening.  <span style="float: right;">B/D</span>
Day 3	After breakfast, we will transfer to the airport. Morning flight to Lukla (2840m). It's a memorable scenic flight - try to sit on the right-hand side of the plane for the best views of Everest as you approach Lukla. The trek starts with fairly short descent to Phakding (2610m) - 3hours walk. It's an easy first day to start with.  <span style="float: right;">B/L/D</span>
Day 4	Trek to Namche (3440) 5hours walk. The trek to Namche Bazaar will lead you into the Sagarmatha National Park, a UNESCO World Heritage Site. The village of Namche Bazaar has a number of lodgings and stores catering to the needs of visitors as well as a number of internet cafés. It is the main trading center and hub for the Khumbu region with many Nepalese offices, a police check, post and a bank. On Saturday mornings, a weekly market is held in the center of the village.  <span style="float: right;">B/L/D</span>



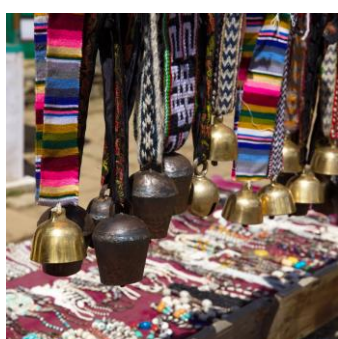


Day 5	<p>Today is acclimatization day. If the market is on (Saturdays) we can visit the market in the morning and after hike to Khumjung village. 4 hours round trip. In the middle of Khumjung is the original Hillary school, established by Sir Edmund Hillary in 1961, just eight years after the conquest of Everest. Today it provides primary and secondary education for more than 350 children from surrounding villages.</p> <p style="text-align: right;">B/L/D</p>
Day 6	<p>Trek to Thame (3820m), 4 hours walking. The trail now splits from the popular base camp route and heads north-west through the small Sherpa village of Thamo before reaching Thame, where we will be staying for the night. Visit Thame Monastery in the afternoon. The Thame monastery is one of the oldest in the Khumbu region. Thame village is the home to many famous Sherpa mountaineers, including Apa Sherpa, who holds the world record for summiting Everest 21 times. It was also a childhood home of Tenzing Norgay.</p> <p style="text-align: right;">B/L/D</p>
Day 7	<p>Trek to Lungden. (4370m) 5/6 hours walk. We will cross the Bhote Koshi river before heading up the valley to Lungden. As we start to gain altitude, it will offer us some great views of the snow-capped peaks in the region.</p> <p style="text-align: right;">B/L/D</p>
Day 8	<p>Trek to Gokyo (4790m) via Renjo La Pass (5360m) 6 hours walk. Today we will encounter our first of the three high passes – Renjo La Pass. It is going to be tough day hiking and gaining quite a bit of altitude. If the sky is clear you can enjoy a view of peaks as Everest, Lhotse, Cholatse and Taboche. After the pass, we will descend to the third of the Gokyo Lakes and then trek in to the village of Gokyo where we stay for next two nights.</p> <p style="text-align: right;">B/L/D</p>
Day 9	<p>Trek to the 5th lake and back to Gokyo. 4/5 hours walk. Gokyo lakes are the highest freshwater lake system in the world. This day can also be your rest day, if you decide not to go to the 5th lake.</p> <p style="text-align: right;">B/L/D</p>
Day 10	<p>Trek to Gokyo Ri (5483 m) and trek to Dragnag (4700m) 7/8 hours walk. In the morning we will climb our first peak Gokyo Ri. As we climb, the summits of Everest, Lhotse and Makalu slowly come into sight and the view from the summit of Gokyo Ri itself is one of the finest to be had in the Everest region. Then trek to Dragnag for the night.</p> <p style="text-align: right;">B/L/D</p>
Day 11	<p>Trek to Dzonglha (4830m) via Cho La Pass (5420m). 6/7 hours walk. Today is going to be another challenging day of the trek, which involves traversing the second pass of Cho La (5420m), marked by a tangle of prayer flags at the edge of the glacier. It takes two day to cross Cho La</p>



	<p>Pass in either direction and the only accommodation is at Dzonglha or Tagnag. Enjoy the view of Ama Dablam (6856m) framed perfectly at the end of the valley.</p> <p style="text-align: right;">B/L/D</p>
Day 12	<p>Trek to Lobuche (4910m) 3/4 hours walk. Start the day with an easy downhill portion to reach Lobuche, one of the major stops on the classic Everest Base Camp Trek. Half day rest.</p> <p style="text-align: right;">B/L/D</p>
Day 13	<p>Trek to Ghorak Shep (5140m) then visit Everest Base Camp (5364m). 8 hours walk. Join up with the crowds of trekkers as we make our way to Gorak Shep. You will be rewarded with great views of the famous Khumbu Glacier as well as the peaks of Everest, Lhotse and Nuptse. After the lunch we will trek to Everest Base Camp and then return back to Gorak Shep for the night. Everest Base Camp is like a semi-permanent village of brightly colored dome tents and prayer flags wedged between rocks at the bottom of the Khumbu Icefall.</p> <p style="text-align: right;">B/L/D</p>
Day 14	<p>Trek to Kala Patthar (5550m) down to Lobuche (4910m) 5/6 hours walk. An early morning start is needed to summit Kala Patthar – the iconic viewpoint of Everest. After snapping some pictures, we head back to Gorak Shep for a quick meal before descending further to Lobuche for the night.</p> <p style="text-align: right;">B/L/D</p>
Day 15	<p>Trek to Chukung (4730m) via Kongma-La Pass (5535m) 7/8 hours walk. We leave the classic base camp route today as we head east through the Khumbu Glacier to reach the third and final pass of the trip – Kongma La Pass. The pass is the highest of the three and lacks any shops or tea houses along the way. After an ascent to the top, we will descend into the Chukung Valley and trek to Chukung village.</p> <p style="text-align: right;">B/L/D</p>
Day 16	<p>Trek to Island Peak Base Camp (5150m) from Chukung village. The path from Chukung leads fairly steep way climbing south then turning east to the main line of the valley. It then storms slung or underneath the south side of the valley from the Lhotse Glacier. The trail follows the moraine of the Lhotse glacier to the snout of the Imja glacier where it branches to the east and skirts around the base of Island Peak. Stay overnight at Island peak Base Camp.</p> <p style="text-align: right;">B/L/D</p>
Day 17	<p>Summit Day. Island Peak Base Camp to High Camp (5600m) and to the Summit and back to base camp for overnight. Today we will move trekking to Island peak high camp. The path leads up beyond base camp for several hundred meters before striking off</p>





	<p>left up the steep hillside. As you climb the hill, you will see that the slope narrows and the path enter a steep rock channel, from here. The route then follows a ridgeline, which leads to an exhilarating and exposed traverse onto the snout of the summit glacier. A 60 meters high wall is the only difficulty on the expedition and a final ridge leads to the summit of Island Peak. The ridge is a classic and leads quickly to the east up to the main summit at 6189m. From the summit there are fantastic views across to Lhotse to the north, the Amphu Lapcha and Mera Peak to the south, and Ama Dablam to the west. After congratulations and photos we then head back to Base camp.</p> <p style="text-align: right;">B/L/D</p>
Day 18	<p>Spare summit day in case of bad weather or extra rest etc.</p> <p style="text-align: right;">B/L/D</p>
Day 19	<p>Island Peak Base Camp to Dingboche (4,410m). We will have a long day journey back to Chukung and to Dingboche. We will catch some missing views of Everest range while return path working. Descend out of the alpine dessert and back into landscapes of pine forests. Walk down to the valley from where the trail is shallower through alpine meadows. Lunch at Chukung followed by descend to Dingboche where we will stay in a lodge overnight. Now we will be making our way back towards Lukla.</p> <p style="text-align: right;">B/L/D</p>
Day 20	<p>Trek to Tengboche (3860m) and visit Tengboche Monastery. 4/5 hours walk. The monastery is the largest Gompa in the Khumbu region of Nepal. It was built in 1916 by Lama Gulu with strong links to its mother monastery known as the Rongbuk Monastery in Tibet.</p> <p style="text-align: right;">B/L/D</p>
Day 21	<p>Trek to Jorsalle (2740m) 5/6 hours walk. After breakfast we will start trekking to Jorsalle. Stop at Namche Bazaar for lunch.</p> <p style="text-align: right;">B/L/D</p>
Day 22	<p>Trek to Lukla (2840m) 5/6 hours walk. Today will be the last day of the trekking. After arriving to Lukla, let's have some proper coffee and cake! Farewell dinner with trekking crew / porters. Get your \$\$\$ ready for tips.</p> <p style="text-align: right;">B/L/D</p>
Day 23	<p>Spare day – extra acclimatization / rest day / bad weather.</p> <p style="text-align: right;">B/L/D</p>



Day 24	Flight back to Kathmandu (35 minutes). Weather permitting, we will catch the morning flight back to Kathmandu to end off the trip of your lifetime. Transfer to the hotel. Farewell dinner. Overnight at hotel in Kathmandu.	B
Day 25	Departure to your home country.	B

**The proposed itinerary can be changed due to weather conditions or other forced situations that put in risk the group security.**

### Three High Passes & Everest Base Camp & Island Peak



**Trip cost : USD \$ 3,390 per person**

Payment available in USD or AUD. USD amount will be converted to AUD based on the currency rate at the time of the payment.



## Includes

- ✓ Pick up and drop off from / to Kathmandu airport.
- ✓ Hotel Accommodation in Kathmandu with breakfast – 3 nights in total.
- ✓ Welcome dinner in Kathmandu.
- ✓ Everest Trekking permit/TIMS Card- Trekkers Security Card
- ✓ Kathmandu - Lukla - Kathmandu domestic flights, airport tax and transfer
- ✓ Full board of meals (Breakfast, Lunch & Dinner) during the trek. Meals choice as available from menu in tea houses – Breakfast + 1hot drink, Lunch – main meal + soup + 1hot drink, Dinner – main meal + soup + 1hot drink. (packed lunch, if dining is unavailable in tea house)
- ✓ 1 liter of hot / boiled water a day during the trek
- ✓ Trek accommodation tea houses / lodges twin share
- ✓ Professional English speaking trekking guide (Gov. Licensed, first aid and eco trained)
- ✓ Second trekking guide if the group is bigger than 10 trekkers.
- ✓ Equipment and insurance for all Nepali crew.
- ✓ One porter for every 2 trekkers (bags weight limit 2 x 15kg)
- ✓ Assistant porter if the group is bigger than 6 trekkers.
- ✓ All the Government and local taxes.
- ✓ First aid kit available for the entire duration of the trek.
- ✓ Duffle bag for trekking.
- ✓ Sleeping bag if required.
- ✓ 1 trekking map per trekker (provided in Nepal).

### ISLAND PEAK CLIMBING:

- ✓ Full board meals while climbing (Breakfast, Lunch & Dinner).
- ✓ Accommodation in Tented camp while climbing.
- ✓ Peak Climbing Permit / Royalty and other government tax.
- ✓ All required Personal and Group Climbing gear: Plastic climbing boot, crampons, climbing rope, ice axe.
- ✓ Comprehensive First Aid Kit.
- ✓ Well-experienced Climbing guide with all his allowance and expenses.
- ✓ Necessary Porters to carry all personal gear and group equipment.
- ✓ Insurance of all staff including porters.
- ✓ Warm clothing & trekking gear for staff including porters.
- ✓ Peak climbing certificates issued from the respective body of Nepal Government.



## Excludes

- ✓ Nepal Visa, in/out international flight to Kathmandu
- ✓ Your meals in Kathmandu, except provided welcome dinner and breakfast at the hotel.
- ✓ Items of personal expenses: shower during the trek, laundry, battery charge, telephone, satellite phone, internet access, beverages, hot/boiled water during trekking etc.
- ✓ Travel insurance that covers trekking to altitudes up to 6000m as well as medical evacuation from the mountains.
- ✓ Rescue costs or other cost due to the abandonment of the group. (individual transfer, helicopter flight, extra nights, meals, extra costs for changes in your flight tickets etc.)
- ✓ Personal equipment
- ✓ Liabilities of loss, theft and damages
- ✓ Tips
- ✓ Any other service not detailed as included in the paragraph above.