

Island Peak 6189m

- **A stunning first Himalayan peak in the shadow of the mighty Lhotse**
- **Insight into the culture and life of the Sherpa people**

TREK OVERVIEW

This is a great first Himalayan mountaineering experience that includes glacier travel, moderate snow and ice climbing and a magnificent peak alongside spectacular views of Everest and many of Nepal's other 8000m peaks. You will have time to explore the exotic city of Kathmandu before flying into the remote mountain town of Lukla where you begin your trek into the Khumbu region of the Himalaya. We follow the main Everest trail through the many tiny villages with their Buddhist monasteries and unique mountain culture. The views grow more spectacular as we progress up the Dudh Kosi River to Namche Bazaar, the gateway to the Khumbu region and then up through Thyangboche where you are rewarded with spectacular views of Ama Dablam, Mt. Everest and Lhotse.

We will enter the Imja Valley before Pheriche and work our way gradually upwards.

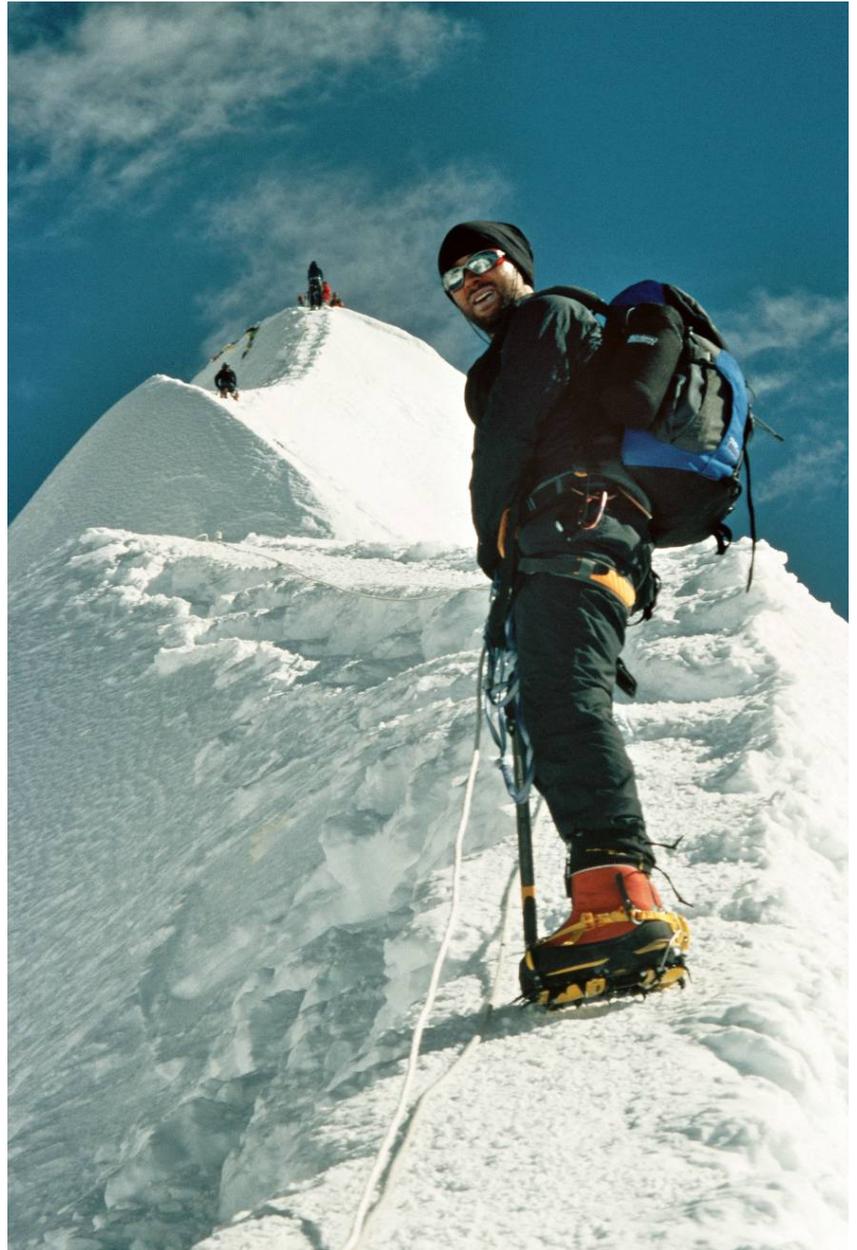
ISLAND PEAK SUMMIT DAY – The group will decide whether to use High Camp on the mountain. From high camp the ascent involves a comfortable scramble, an intriguing rock ridge and then onto a wonderful glacier. Onwards, a steep snow headwall leads to a classic summit ridge. From here you are afforded fabulous views of many Himalayan giants, including the immense face of Lhotse, the elegant pyramid of Ama Dablam, the ragged summits of Nuptse and beyond to Baruntse and Makalu.

Participation Statement

Adventure Peaks recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

Adventure Travel – Accuracy of Itinerary

Although it is our intention to operate this itinerary as printed, it may be necessary to make some changes as a result of flight schedules, climatic conditions, limitations of infrastructure or other operational factors. As a consequence, the order or location of overnight stops and the duration of the day may vary from those outlined. You should be aware that some events are beyond our control and we would ask for your patience.



Island Peak Summit Ridge

OUTLINE ITINERARY

KEY to inclusions (H-hotel, T-teahouse/lodge, C-Camping, B-breakfast, L-lunch, D-dinner/evening meal)

Day 1: International flights.

Day 2: Arrive in Kathmandu early evening. Transfer to hotel close to the famous, bustling Thamel district of Kathmandu (H,B)

Day 3: Fly to Lukla (2800m) before a gentle walk to Phakding (2610m). A spectacular short internal flight takes us to this tiny airstrip town and the gateway to the Sherpa Kingdom. After lunch we can do the short walk along the typically stony path that descends from the forested terraces of Lukla. This takes us right into the Dudh Kosi valley and the brightly painted lodges of Phakding. From here there are stunning views of Kusum Kanguru's North Face (6367m). (T,B,L,D)

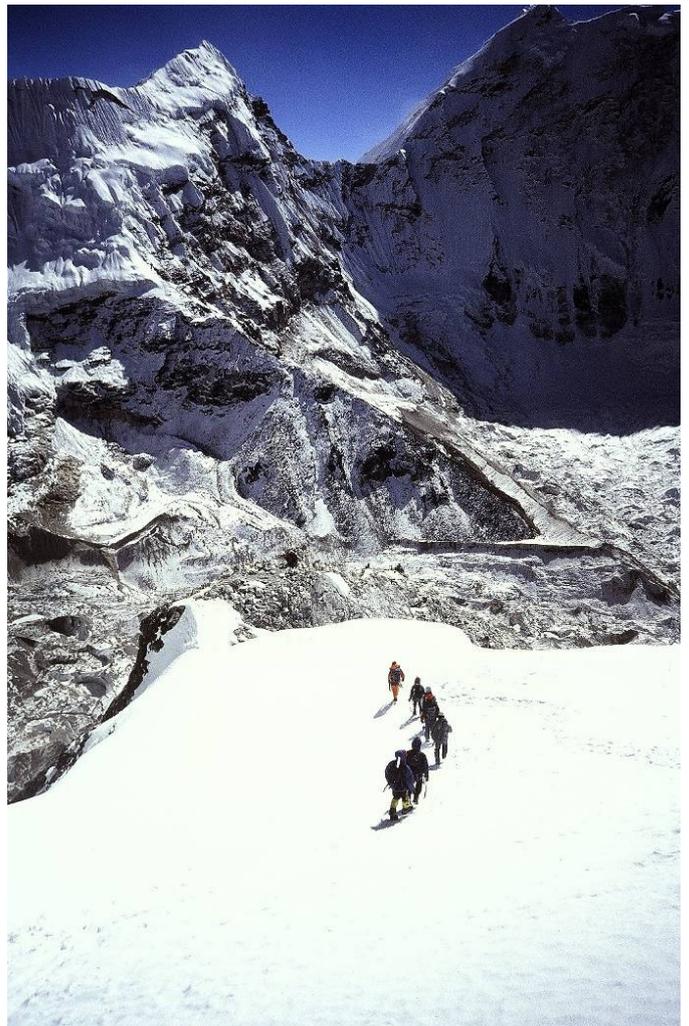
Day 4: Phakding to Namche Bazaar (3440m). We trek into the Sherpa capital and heart of the Khumbu. You will now be becoming familiar with local protocol for passing chortens, mani stones, yaks, spinning prayer wheels etc and enjoying the hustle and bustle of trekking and everyday life that exists on the 'Everest Trail'. At Monjo we enter Sagarmartha National Park and can visit the small visitor centre there. Four hours duration. (T,B,L,D)

Day 5: Acclimatisation/Rest Day in Namche Bazaar. It is important to have a couple of nights and a rest day in Namche before proceeding any higher. You can spend the day taking short walks up to Thami or Khumjung, visiting the Everest, Ama Dablam and Pumori viewpoints or just relaxing and exploring the narrow streets of this busy Sherpa capital. (T,B,L,D)

Day 6: Namche Bazaar to Tengboche (3900m) or to Deboche (3820m). Heading north east up the side of the Dudh Kosi, we climb steeply out of Namche, turn the corner and we are immediately presented with superb views of Everest, Lhotse, and Nuptse. Tengboche and its stunning monastery are located on the obvious spur below Thamseku but it requires a steep descent to the river and a long steady pull back up. Five hours duration. (T,B,L,D)

Day 7: Tengboche/Deboche to Dingboche (4358m). A good day walking through beautiful rhododendron trees that gradually takes us back to the river and into Pangboche, a great viewpoint for Ama Dablam. On leaving the village we turn up the Imja valley to reach the lovely and picturesque village of Dingboche. Seven hours duration. (T,B,L,D)

Day 8: Acclimatisation/Rest day at Dingboche. An acclimatisation day spent absorbing the views around camp and relaxing. Optional short trek to Pheriche and its hospital run by the Himalayan Rescue Association. They run regular and informative talks on acclimatisation and high altitude medicine. (T,B,L,D)



Day 9: Dingboche to Chukung. Today is dominated by the view of Island Peak at the head of the valley and by the ever changing vista of Ama Dablam's northern aspect to your right. Ascent of Chukung Ri. The small village of Chukung is hidden in the moraine of the Lhotse & Nuptse glaciers until just before you arrive. (T,B,L,D)

Day 10: Chukung to Island Peak Base Camp. Another easy day brings you to the narrow base camp below the south ridge of Island Peak. (C,B,L,D)

Day 11 Acclimatisation, move to High Camp or Summit day. (Use of high camp is a group decision although the Leader has the final say).

Day 12-13: Ascent of Island Peak (or spare summit day). An early start from Base Camp (or high camp) should see us scrambling up onto the glacier as the sun rises. An obvious route weaves its way through the crevasses until a steep climb on fixed lines leads to the awe-inspiring summit ridge with its views of Lhotse, Nuptse, Makalu, Ama Dablam and Baruntse. (C,B,L,D). Descend to Chhukhang or Pangboche.

Day 14: Descend to Pangboche.or Namche (T,B,L,D)

Day 15: Pangboche to Namche Bazaar. (T,B,L,D)

Day 16: Namche Bazaar to Lukla. (T,B,L,D)

Day 17: Fly Lukla to Kathmandu. Back to the comforts of our hotel in Thamel and the enjoyable hustle and bustle. This is a good time to buy souvenirs and try your hand at haggling with the local shopkeepers. Time to celebrate. (H,B). Possible evening flight.

Day 18: If not flown yesterday, return flight from Kathmandu, some flights arriving back next day.

Helicopter Exit option

Day 14 helicopter from Chhukhang or Pangboche to Kathmandu

Day 15 Reserve Helicopter morning. Evening International flight departure.

Day 16 Arrive Home



PREVIOUS EXPERIENCE/FITNESS

This expedition is ideal for those looking for a challenging first expedition to the Himalaya. We recommend that you are a regular hill walker with a reasonable head for heights and some experience with ice axe and crampons; for

instance you have completed a winter mountaineering or alpine introductory course. A previous ascent to an altitude of approximately 4000m would be beneficial.

A TYPICAL TREKKING DAY

Starts around seven a.m. (not a problem as it's usual to go to bed early!). As you get up it's easy enough to pack all your overnight gear into a kit bag before enjoying a hearty breakfast ready to leave camp whilst it's still fairly cool. The pace on the trek will be leisurely with plenty of time to enjoy the scenery, take photos, chat to the locals and keep hydrated. Lunch is usually in a fine spot by the side of the trail, again a pleasant relaxed affair that will help your acclimatisation programme. Another couple of hours trekking after lunch and, most days, you will be arriving at our overnight camp ready for a well earned drink.

CATERING ARRANGEMENTS

Food on the trek is excellent and designed to stimulate your appetite and keep you going despite frequent altitude induced loss of appetite. Breakfast includes porridge and cereal followed by eggs (fried, boiled poached or omelettes) and either bread or chapattis with jam, honey, peanut butter etc. Lunch is usually a hot meal which may include some of the following: chips, rice, lentils, vegetables, salad, sandwiches, beans, tinned fish and tinned meat. Dessert is usually fresh or tinned fruit and tea. The evening meal always starts with soup (often with a healthy dose of garlic to aid acclimatisation) accompanied by poppadums, popcorn or prawn crackers. The main meal varies from local style – Dal Bhat (rice and lentils with an onion and vegetable sauce), yak stew, momos etc. to western style – yak burgers, chips, pasta, even pizza! Desserts are equally appealing and include apple pie, cake, custard, etc. You will not be hungry!

WHAT TO CARRY

On the trek you should aim to carry a light rucksack which should contain 1-2L of water, waterproofs, a spare warm layer, camera, mini first aid kit, sun hat, suncream, sunglasses and a warm hat and gloves. The rest of your gear can go in your kit bag to be carried by the porters. If your group choose to use High Camp, you will need to carry your own sleeping bag/personal kit to the camp, the porters will carry tents etc and the cook will prepare food for you at that camp.

BAGGAGE

For your own comfort, travel light. Normally airlines restrict baggage to 20kg but you will be wearing boots and one set of trekking clothes. The Lukla flight limit is usually 15kg, (10kg Hold and 5kg hand luggage). Some items can be left at the hotel for your return. A suitable kit bag is provided but important items should also be packed in plastic bags.

WEATHER CONDITIONS

The post and pre-monsoon conditions are experienced from October into mid-December. April-May are usually very fair, dry and stable. Daytime temperatures are pleasantly warm in the valleys (20-30C) whilst cool to

very cold (especially with wind chill) high on Island Peak. Night time temperatures are cold to very cold (possibly as low as minus 20C) and you should make sure you have a very warm sleeping bag. A down jacket and good quality mitts are highly recommended.

IMPORTANT – The small print

We allow extra time in the itinerary for bad weather causing delays at Lukla. If you are delayed longer our agent will try to secure alternative seats or obtain options on helicopters which can fly in less good weather. If the flights are delayed over night, accommodation can be provided on a B+B basis at an extra cost. If helicopter flights are utilised you will need to cover this cost inclusive of your leader's portion (variable cost depending on group size but approx: \$400 p/p in total each way). Where required we can re-book/change your International flights but additional costs may/will be incurred. All additional payments would need to be paid for in Nepal (card payments accepted). If you are unable to accept this, you may want to consider an alternative trip less dependent on weather e.g. The Annapurna Region.

INSURANCE

Insurance which covers mountain rescue, helicopter evacuation and medical expenses is essential. You should note there are no official mountain rescue services in Nepal and that any evacuation in the event of a serious medical emergency to the nearest hospital will be by land or military helicopter. We will require a copy of your insurance prior to departure.

RESPONSIBLE TOURISM

We employ local staff to work alongside our own group leader giving employment beyond farming. We ask that you restrict showers to those lodges that have electricity or solar power, thus reducing deforestation. Be prepared to wash using bowls of warm water or wet wipes. We recommend you dispose of burnable rubbish at the lodges but take other items such as bottles and batteries back to Kathmandu. Minimise plastic bottles of water by bringing chlorine tablets and a refillable bottle to drink local pumped water. (Do not drink unsealed bottle water without sterilization). Soft drinks should be purchased in glass bottles that can be recycled.

ALTITUDE

If you are new to altitude you may have concerns about the effects of altitude. Don't worry, our itineraries generally allow sufficient time to acclimatize. You may experience a headache or a little breathlessness, the best way to avoid such symptoms is to do everything slowly, walk at a gentle steady pace and drink plenty of fluid. Should you be the exception, we can allow you to stay an extra night at a lower level and follow with one of our local guides.

USEFUL TIPS

Just in case your main luggage goes missing en route, it is a good idea to wear your boots on the plane. Most other things can be replaced but comfortable, well worn-in boots are impossible to replace.

HEALTH

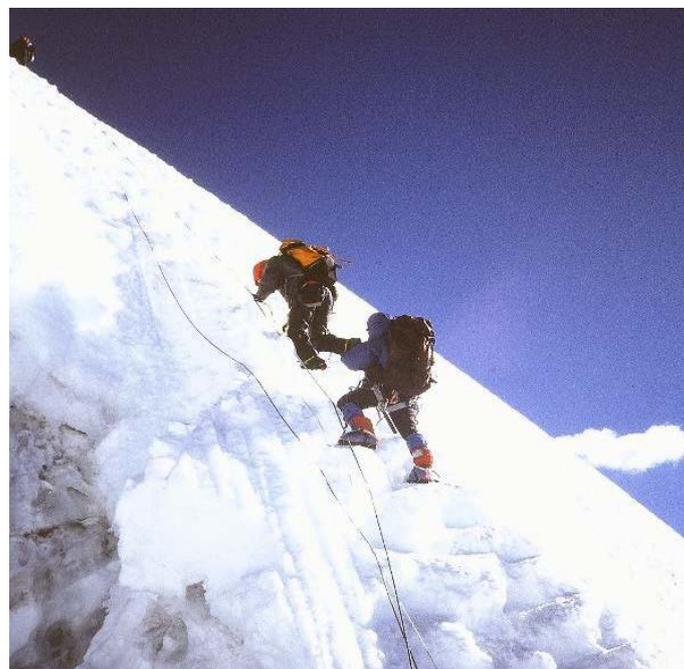
The risks to health whilst travelling will vary between individuals and many issues need to be taken into account, e.g. activities abroad, length of stay and general health of the traveller. It is essential that you consult with your General Practitioner or Practice Nurse 6-8 weeks in advance of travel. They will assess your particular health risks before recommending vaccines and /or antimalarial tablets. You can also check the fit for travel website www.fitfortravel.nhs.uk.

EQUIPMENT

A detailed equipment list is provided on booking. Specialist items such as sleeping bags and down jackets can be hired or purchased with 15% discount from the RRP of most items in our shop.

VISAS AND PERMITS

UK citizens and most EU nationals can purchase Visas on arrival. All other nationals should check with their local embassy. Passports must be valid for at least six months after the end date of the trip.



LOCAL COSTS

Most meals are inclusive, please see the key above. Individuals are responsible for drinks throughout and hotel meals which gives the flexibility to choose where you eat.

CURRENCY

Nepalese Rupee, UK Sterling, Euros and US Dollars can easily be changed in Kathmandu. ATM (cash machines) are available in Kathmandu but are often out of order. Small notes are preferred.

TIPPING Tipping is generally expected and part of everyday life. We generally tip our own local staff as a whole. Please see the Nepal Background sheet in your Welcome pack for more information.