



EBC + ISLAND PEAK (IMJA TSE) CLIMBING

Imja Tse peak or also popularly known as Island Peak stands tall with a modest height of 6,189m. English Mountaineer Eric Shipton named it an Island Peak in 1953.

TRIP FACTS:

PEAK NAME
ISLAND PEAK

SERVICE
FULL BOARD (1:1 SHERPA)

COUNTRY
NEPAL

DURATION
19 DAYS

ROUTE
STANDARD

GRADE
MODERATE

RANGE
KHUMBU HIMAL

BEST SEASON
SPRING|AUTUMN

MAX ELEVATION
6189 M.

WALKING PER DAY
4 - 6 HOURS

NATURE
HOTEL + LODGE + TENT

GROUP SIZE
2-10 PAX



REQUIRED EXPERIENCE:

Experience in mountaineering (6000 m.) is recommended and required to sign up for this expedition.

OVERVIEW:

Everest Base Camp (EBC) Trek is an adventure of a lifetime; it's more than just a trek, it is the journey above the clouds. The EBC lies in the core of Khumbu Valley. Khumbu Valley itself is a great tourist destination for tourists around the globe. EBC is the stunning terminus for those who wish to see the spectacular view of the entire Mount Everest just so near to them. Mount Everest, the highest peak in the world with an elevation of 8,848m.

Imja Tse peak or also popularly known as Island Peak stands tall with a modest height of 6,189m. English Mountaineer Eric Shipton named it an Island Peak in 1953. He thought it resembles an island in a sea of ice seeing it from Dingboche. In 1983, Island Peak again got its new name, Imja Tse. Island peak climbing is done along with the Everest Base Camp Trek. With very few technical aspects, it offers itself even to beginner climbers with competitive endurance. Hence, it is one of the most popular choices among the 6000m. Island Peak welcomes hundreds of climbers groups each year luring them to their peak.

Island Peak trek spans around 16 days. The trip begins after landing at Lukla airport. Spending a couple of

nights in Namche Bazaar the climbers acquaint themselves gradually before actually climbing the Island Peak. It takes four to five days to reach the Base camp of Island Peak. Here in the base camp climbers have to familiarize themselves with the climatic condition before actually pushing themselves to the summit. The ascent to the top starts along a ridge where climbers use a foot traction device popularly known as crampons along with a rope to elevate upwards. The way across the glacier is easy with occasional fractures in them. After reaching the top, an exquisite view of Lhotse Shar, Makalu, Baruntse, and Ama Dablam is seen. This peak was first ascended by Tenzing Norgay who was a part of the British Team preparing for the Everest Triumph. After reaching the summit, you descend via the main Everest Trail to Lukla Airport.

" We await to serve you our service and share our experience with you "



ITINERARY:

DAYS	ITINERARY	DATE	MEALS	BOARD
1	Arrival in Kathmandu & Transfer to the Hotel (1,400m)	-	X	Hotel
2	Fly from Kathmandu – Lukla, and trek to Phakding (2,800m)	-	B/D	Lodge
3	Trek from Phakding to Namche Bazaar (3,440m)	-	B/L/D	Lodge
4	Acclimatization at Namche Bazar (rest day)	-	B/L/D	Lodge
5	Trek from Namche Bazaar to Dibuche (3,870m)	-	B/L/D	Lodge
6	Trek from Dibuche to Dingboche (4,243m)	-	B/L/D	Lodge
7	Trek from Dingboche to Lobuche (4,940m)	-	B/L/D	Lodge
8	Trek from Lobuche to Everest Basecamp and back to Gorakshep (5,170m)	-	B/L/D	Lodge
9	Trek from Gorakshep to Kalapatthar 5,545m (Sunrise view) and back to Dingboche	-	B/L/D	Lodge
10	Trek from Dingboche to Chhukung (4,730m)	-	B/L/D	Lodge
11	Hike from Chhukung to Island Peak High Camp (5,550m)	-	High Food	Tent
12	High Camp to Island Peak Summit (6,189m) and Back to the Chhukung	-	B/L/D	Lodge
13	Contingency Day (Due to bad weather)		B/L/D	Lodge
14	Trek from Chhukung to Tengboche	-	B/L/D	Lodge
15	Trek from Tengboche to Namche Bazaar	-	B/L/D	Lodge
16	Trek from Namche Bazaar to Lukla	-	B/L/D	Lodge
17	Fly from Lukla to Kathmandu & Transfer to the Hotel	-	B	Hotel
18	Sightseeing around Kathmandu Valley	-	B	Hotel
19	Transfer to the Tribhuvan International Airport for final Departure	-	Breakfast	

B= Breakfast, L= Lunch and D= Dinner.



COST INCLUDES [FULL BOARD SERVICE]:

1. **ARRIVAL AND DEPARTURE:** Airport - Hotel transfers – Airport (Pick Up and Drop), by private vehicle.
2. **HOTEL ACCOMMODATION IN KATHMANDU:** 3 nights hotel in Kathmandu (4-star category) - single room on bed and breakfast plan.
3. **WELCOME DINNER:** One Welcome Dinner in a tourist standard restaurant in Kathmandu with Office's Staff.
4. **CARGO CLEARANCE:** Assistance for cargo clearance in Nepal's Customs, clearance cost is subject to a charge.
5. **PERMITS:** Expedition Royalty and a permit fee of Nepal Mountaineering Association (NMA) to climb Island Peak, Sagarmatha National Park, and Pasang Lhamu Rural Municipality entry permit and fee.
6. **GARBAGE MANAGEMENT:** Stool Shipment Transfer & Garbage Deposit fees.
7. **INSURANCE:** Medical & Emergency rescue Insurance for all involved Nepalese staff during the trek and expedition.
8. **MAP:** Trekking and climbing map.
9. **DUFFLE BAG:** One Seven Summit Treks' Duffle Bag.
10. **MEMBER TRANSPORTATION:** - (Domestic Flight) Fly from Kathmandu – Lukla and while returning Lukla - Kathmandu, as per itinerary.
11. **EXPEDITION STUFFS TRANSPORTATION:** All necessary expedition equipment transportation for all Members and Staff from Kathmandu to Lukla (by air cargo) and Base camp (by Porters / Yak) – While returning: Base camp to Lukla (by porters / Yak) and Lukla to Kathmandu (by air cargo).
12. **MEMBER LUGGAGE:** Up to 25 Kg per member as personal baggage during the trek to be carried by porters.
13. **FOOD AND LODGING:** 3 meals a day (breakfast, lunch, and dinner; including tea and coffee) along with accessible accommodation at Hotel/Lodge/Tent during the trek and at the Basecamp.
14. **DRINKING:** Per day 2 Liters of boiled water per member to carry on the thermos.
15. **PORTER:** Porters per member up to the Base camp and from the Basecamp (both ways).
16. **HIGH ALTITUDE CLIMBING SHERPA:** 1 veteran and government-licensed climbing Sherpa per member (1 Member: 1 Sherpa), during the entire climb from Basecamp to the summit and back.
17. **ASSISTANCE:** Climbing Sherpa to assist in carrying your gear to the high camps.
18. **CLIMBING SHERPA SALARY & ALLOWANCE:** Climbing Sherpa's Salary, Equipment, Food, and Clothing.
19. **OXYGEN BOTTLE (O₂):** Oxygen bottles will be in stock at base camp in case of an emergency (with an appropriate charge).
20. **OXYGEN MASK & REGULATOR:** 1 Set of Summit Oxygen masks will be in base camp in case of an emergency.
21. **HIGH CAMP SERVICE (INFRASTRUCTURE AND LOGISTICS):** High Altitude Tent, Lights, Necessary cooking EPI gas, cooking pot, High food for a member, Sherpa, and other crews. Group climbing gears, fixed and dynamic rope during the climbing period as required.
22. **HIGH ALTITUDE TENT:** Members will share tents in high camps (2 members: 1 tent).
23. **WEATHER FORECAST:** Weather forecast report during the entire expedition.
24. **GUIDE:** Local government licensed Guide (English speaking) during the trek and sightseeing in Kathmandu valley.
25. **VALLEY SIGHTSEEING:** Sightseeing in Kathmandu Valley [Swoyambu (Monkey temple) and Kathmandu Durbar Square] by a professional



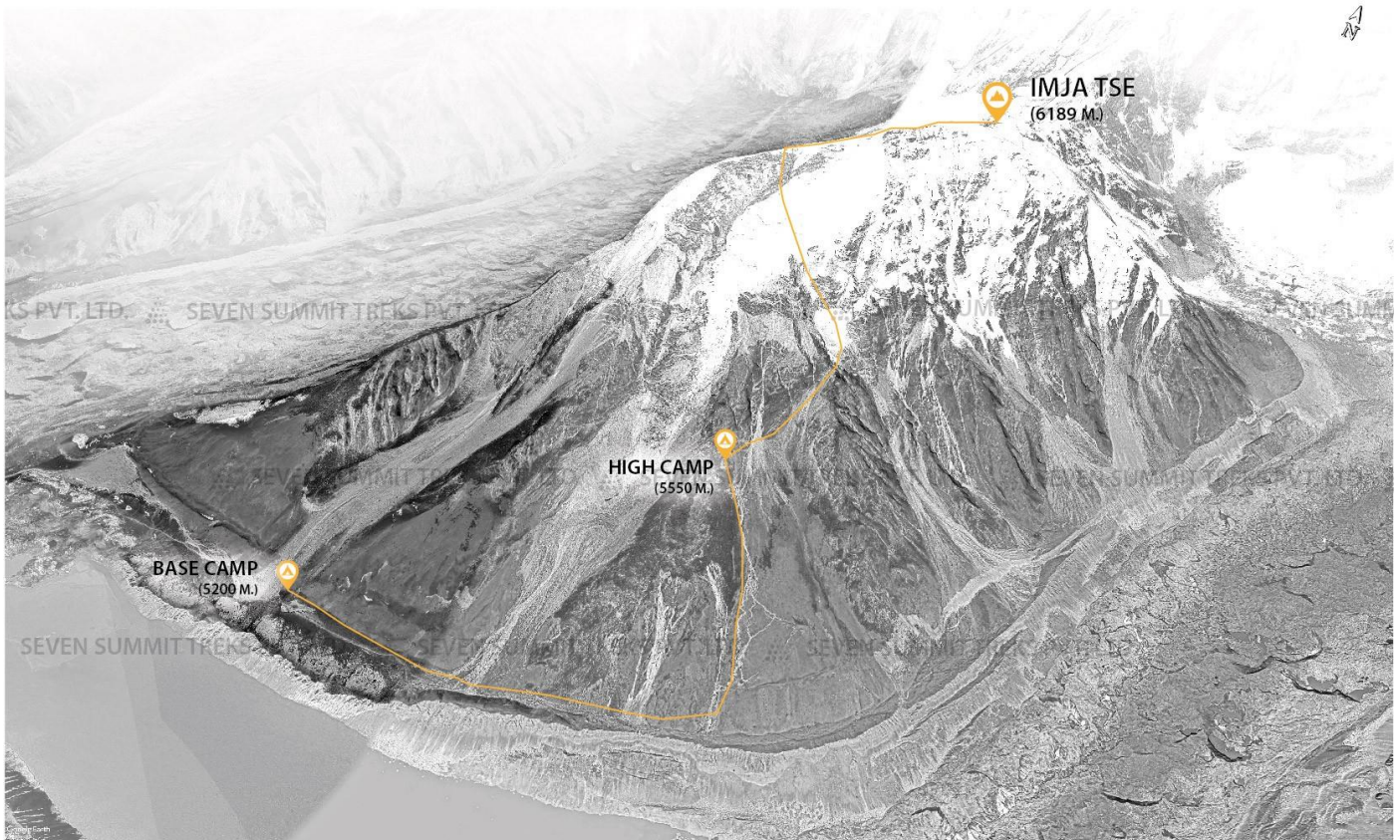
- guide.
26. **MEDICAL KIT:** Comprehensive Medical kit for members and staff.
27. **CERTIFICATE:** Island Peak climbing certificate issued by NMA (after climbing Island peak successfully).

***Note: All expedition stuffs and equipment have to be returned after the expedition.*

COST EXCLUDES:

1. **AIR FARE:** International flight airfare (from and to Kathmandu). (during the trek and in Kathmandu but we will have soft drinks for members at base camp).
2. **NEPAL ENTRY VISA FEE:** Nepalese [Visa fee](#) is \$50 USD for 30 Days.
3. **LUNCH & DINNER:** Lunch & dinner during the stay in Kathmandu (also in case of early return from Trekking / Expedition than the scheduled itinerary).
4. **EXTRA NIGHTS IN KATHMANDU:** Extra nights' accommodation in Kathmandu. In case of early arrival or late departure, early return from Trekking / Expedition, domestic flight cancellation (due to any other reason) than the scheduled itinerary.
5. **INSURANCE POLICY:** Insurance covering both medical and high-altitude evacuation costs (for the trip cancellation, interruption, high altitude rescue & air evacuation, medical treatment, repatriation, etc.) *Mandatory
6. **PERSONAL EXPENSES:** Telephone Calls, Internet, Toiletries, battery recharge, hot shower, laundry, soft drinks, beers, and any Alcoholic beverages
7. **PERSONAL CLIMBING EQUIPMENT:** Clothing, Packing Items, Bags, Personal Medical Kit, and all kinds of Personal Trekking / Climbing Gear.
8. **TOILETRIES:** Soaps, shampoos, toilet and tissue papers, toothpaste, and other items used to keep yourself clean.
9. **FILMING:** Special Filming, Camera, and Drone permit fee.
10. **INTERNET SERVICE:** Not included during the trek and the expedition.
11. **SUMMIT BONUS:** Summit bonus for climbing Sherpa - Minimum **300 USD**.
12. **TIPS:** Calculate some tips for the high camp and other staff— Minimum **100 USD**.
13. **EXTRA:** Any other services or activities, which are not mentioned in the itinerary and other items not listed in the **"Cost Includes"** section.

ROUTE MAP:



All Reserved @ Seven Summit Treks!!



EQUIPMENT LIST [EQUIPMENT SHALL BE ARRANGED BY CLIENTS THEMSELVES, NOT INCLUDED IN THE PACKAGE COST]

TRAVEL DOCUMENTS

- VALID PASSPORT
- CREDIT/DEBIT CARD
- PP SIZE PHOTO (4 PIECES)
- INSURANCE PAPER AND CONTACT ADDRESS.
- FAMILY MEMBERS / COMPANY'S CONTACT ADDRESS

FOOT WEAR

- SUMMIT BOOT - 7000 M.
(KAILAS / LASPORTIVA / MILLET)
- NORMAL SOCKS (5-6 PAIRS)
- SUMMIT SOCKS (2 PAIRS)
- TREKKING SHOES (GORE-TEX)
- LIGHT TREKKING/SPORTS SHOES
- CAMP BOOTIES (1 PAIR)
- SLIPPER (1 PAIR)

UPPER BODY

- THERMAL TOP BASE LAYER (2-3 PCS)
- FLEECE JACKET (2 PCS)
- GORE-TEX JACKET (1 PCS)
- WARM JACKET (1-2 PCS)
- WIND PROOF JACKET (1 PCS)
- DOWN JACKET (1 PCS)
- COTTON T-SHIRT (2-4 PCS)

LOWER BODY

- THERMAL BOTTOM BASE LAYER (2-3 PCS)
- FLEECE TROUSER (1PCS)
- GORE-TEX PANT (1 PCS)
- HEAVY WEIGHT PANTS (1-2 PCS)
- MID WEIGHT PANTS (1-2 PCS)
- LIGHT WEIGHT QUICK DRY TREKKING PANTS (2-3 PAIRS)
- GAITERS FOR TREKKING BOOTS
- DOWN PANTS (1PCS)
- UNDER WEAR (3-5 PCS)

HEAD

- SUN CAP
- DESERT CAP
- BALACLAVA
- FLEECE HAT/ WARM HAT (1-2 PCS)
- NECK GAITER (2-3 PCS)

HANDS

- THIN FLEECE GLOVES (2 PAIRS)
- WIND STOPPER / SCREEN TAP GLOVES
- HEAVY GLOVES (GUIDE GLOVES)
- SUMMIT GLOVES - 7000M

SLEEPING BAGS

- SLEEPING BAG -30°C TO -40°C
- THERMAREST MATTRESS (CELL FOAM)
- SLEEPING BAG LINER
- INFLATABLE PILLOW

CLIMBING EQUIPMENT

- CLIMBING HELMET
- SUMMIT DOWN SUIT - 8000M.
(KAILAS/ MARMOT / MOUNTAIN HARDWARE / NORTH FACE/MILLET)
- CRAMPONS (FIT WITH BOOT)/PACKING COVER
- ICE AXE WITH SPIKE & AXE PROTECTOR
- HARNESS
- BELAY DEVICES/ FIGURE OF 8/ATC GUIDE
- JUMAR / ASCENDER
- LOCK CARABINER (3 PCS)
- UNLOCK CARABINER (2 PCS)
- TAPE SLINGS/240 CM
- HEAD LIGHT 400-500 LUMENS SPARE
- BATTERY (ENERGIZER ULTIMATE LITHIUM)

BAG PACKS

- RUCKSACKS 35L - 50L
- DUFFLE BAG 90 L -120 L (2 PCS)
- WATER PROOF STUFF SACKS/DRY BAG - SMALL/ MEDIUM/ LARGE (2-3 PCS)

SUN STUFFS

- SUN CREAM (-50 SPF)
- LIP GUARD -30 TO -50 (SPF)
- SUN GLASSES (UV PROTECTION)
- GLACIERS GLASSES (ANTI-FOG, POLARIZED, UV PROTECTION)
- MOISTURISER / LOTION

TOILETRIES (PERSONAL)

- HAND DISINFECTANT
- TOILET PAPER / WET TISSUE
- TOOTHPASTE, TOOTHBRUSH
- SOAP, SHAMPOO
- TOWEL
- GARBAGE BAG

EATING & DRINKING

- 1 LTR. WATER BOTTLE
- 1/ 1.5 LTR. THERMOS
- MUG, SPOON, FORK, BOWL (OPT.)

MEDICAL/FIRST AID

- BRUFEN / IBUPROFEN
- ANTIBIOTIC
- DIAMOX
- PARACETAMOL
- HANDY PLASTER, CRACK BANDAGE
- TINCTURE IODINE
- ONDEM
- CETIRIZINE
- ELECTROLYTE
- MINIL 10MG (PALPITATION, ANXIETY)
- CODOPAR (HEADACHE & CHEST PAIN)
- SALBETOL 4MG (BREATHLESS)
- AZITHROMYCIN 500MG (CHRONIC TONSILLITIS, FEVER, NOSE, THROAT INFECTION-MUST TAKE 5 DAYS)
- FLUPEN 250MG (PREVENT WOUND INFECTION)
- ALLEGRA 120/180MG (ALLERGIC TONSIL)

MISCELLANEOUS

- WALKING STICK/ TREKKING POLE
- POCKET KNIFE (SWISS)
- NAIL CUTTER
- UMBRELLA / RAIN COAT
- HOT WATER BAG
- PEE BOTTLE
- TENACIOUS TAPE REPAIR (DOWN JACKET/SLEEPING BAG REPAIR KITS)
- ALTIMETER WATCH
- SATELLITE PHONE WITH CREDIT (OPT.)
- GPS TRACKER (RECOMMENDED)
- POWER BANK
- CAMERA

ADD. SERVICES

Personal High Camp Tent	\$ 400.00	To avoid the pandemic scenario or if you are looking for a quiet and silent time at the high camp, you may request a separate high tent.
Add. Lobuche Peak Climb	\$ 1000.00	Consider climbing Island Peak (6119m) for double 6000ers.
Single Room on Trek	\$ 500.00	Single room (Upgraded) during the entire trekking days (both ways).
Helicopter		A helicopter ride saves your trekking days. If you would like to use the helicopter riding option (Kathmandu to Lukla, Lukla to Basecamp, Basecamp to Lukla or Namche, or direct to Kathmandu) during the expedition period, please let us know a few days earlier.
- Kathmandu - Lukla	\$ 2500.00	
- Basecamp - Lukla	\$ 1300.00	
- Basecamp - Kathmandu	\$ 3500.00	

INSURANCE:

There is a fine line between adventure and blatant risk. Mountaineering is an adventure trip that carries an intrinsic danger and the nature of travel implies things don't generally go according to plan, which is the reason why we require every one of our clients to get acceptable and proper insurance.

Due to unanticipated reasons, for example, injury, family issues, work commitments, etc., clients may need to cancel their trip before the start or during the expedition. Considering these factors, it's better to be prepared for the possibilities.

As mentioned in the Terms and Conditions of Seven Summit Treks, the agency is exempt from being liable for different expenses that may occur in case of different emergencies or unforeseen situations. In addition to that, a foreigner isn't allowed to purchase insurance on Nepali soil. Both facts point out the

requirement of a client to purchase an elaborate travel insurance plan in their place of origin that protects their interest in case of trip cancellation, helicopter evacuation, medical emergencies, other illnesses, lost luggage, theft, disasters, death, and so on.

You are free to pick your insurer however look for an arrangement that covers trip postponement and cancellation, rescue, and covers medical as well. Guarantee it doesn't have limitations on the height you will climb, prohibitions on the exercises you are embracing, or the places you will be visiting. Protect yourself with the right insurance so you can go on your expedition with peace of mind and focus more on your climbing.

Please make sure to send us a copy of your insurance policy before you start your expedition so that we can assist you in any case of an emergency.

Please find the details about insurance before buying the policy [here](#).



BOOKING & PAYMENT PROCESS:

If you intend to embark on an adventure through Seven Summit Treks Pvt. Ltd. you are required to book a trip 3 months before the trip. A three months preparation period is necessary to ensure maximum safety and satisfaction of the clients.

The client must disburse 30% of the total cost, at the time of booking. The advance amount will be used for the necessary booking of hotels, flights, guides, and porters and receiving approval from governmental authorities. Another 30% of the total charge should be deposited one month before the flight to Nepal. The remaining 40% of the total charge should be paid after you arrive in Nepal, before the start of your adventure.

Name of the Bank	: HIMALAYAN BANK LTD.
Beneficiary Account Holder's Name	: Seven Summit Treks Pvt. Ltd
Beneficiary Account Number (USD \$)	: 01902853840022
Swift Code/BIC	: HIMANPKA
Address	: Thamel, Kathmandu, Nepal
Mobile	: +977 9851111187
Zip Code	: 44600
Email	: info@sevensummittreks.com

After depositing the booking amount to the company's account, we can confirm your registration for our expedition team. You can find all the information about gear lists, itineraries, travel routes, etc. that are required for your expedition on this website that will help you manage everything needed for your expedition.

Once you sign up for the expedition with SST - you will have a free consult by our [expert team](#). We will provide information about personalized strategy, customization, progression planning, expert guidance and coaching, insight, and advice on how to accomplish your adventure goals.

Following the initial application process, you will then:

- Send us your passport copy - during booking.
- Send us a copy of your insurance policy- before your arrival.
- Send us your arrival/departure travel details- before your arrival.
- Send us a copy of your physician's report (verified by your doctor stating you are fit to join and exercise yourself at a higher altitude) before your arrival.

Please find the details about our payments, cancellation, and refund policies [here](#).



EXPEDITION ON THE WEB:

For expedition dates, and all the latest information

<https://www.sevensummittreks.com/page/island-peak-expedition-6189m-imja-tse.html>

For all expedition inquiries and bookings

info@sevensummittreks.com

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