



Island Peak Trek

Overview

Embark on a thrilling journey with Gele Trekking as we explore the majestic Himalayas! Our adventure begins in Kathmandu, where we gather for a pre-trek briefing and enjoy a delicious dinner at a luxurious 4-star hotel. Next, we fly to Lukla and trek to Phakding, soaking in breathtaking views along the Dudh Kosi Valley. Trekking onwards, we reach Namche, the bustling Sherpa capital, and acclimatise while marvelling at the stunning mountain vistas. Continuing our ascent, we hike to Thyangboche, visiting the iconic Thyangboche Monastery nestled amidst towering peaks. The journey unfolds further as we trek to Dingboche, exploring the highest Sherpa settlement and soaking in the serene mountain landscapes. Our adventure culminates with a triumphant summit attempt to Chhukung, where we conquer Island Peak before descending back to Namche and bidding farewell to the Himalayas. Throughout our 15-day expedition, we will cover a total distance of 85.6 miles (137.2km) and experience the magic of the mountains for a total of 80 hours and 30 minutes. Join us for an unforgettable adventure of a lifetime with Gele Trekking!

Highlights

- Delve into the rich culture and spiritual heritage at Tengboche Sherpa Monastery, gaining insight into Sherpa traditions and rituals.
- Marvel at the majestic peaks of Mt. Sagarmatha (Everest), Mt. Makalu, and Mt. Cho Oyu, offering stunning panoramic views that leave a lasting impression.
- Encounter the serene beauty of glacier lakes, the mighty Sagarmatha Khumbu Glacier, and exotic wildlife like Musk Deer and Himalayan Thar, experiencing the untouched wilderness of the Himalayas.
- **Total 14 nights and 15 days package**

Entire trip price

Total trip cost: Pounds £2299 and USA dollars \$2799

Cost includes:

- One professional guide
- One dedicated porter
- Bed and breakfast, trekking transports and related trekking permits
- Welcome and every morning wake-up tea.

Does not include:

1. Lunch, dinner and any drinks are self-paid and optional activities
2. International flight
3. Trekking Insurance covers above 5000 mts to 5500 mts

Trek Itinerary

Day 1: Kathmandu - Our initial meeting is scheduled for the evening at 5pm at Hotel Holy Himalaya Thamel Kathmandu Nepal. This is where the group will gather for a pre-trek briefing, during which important information about the trek and upcoming highlights will be covered. Additionally, the leader will arrange the first group dinner after everyone joins.

A: Include a room share and breakfast (require separate room to pay extra).

B: Elevation 1250 metres (4,101ft)

Day 2: Phakding – We'll begin with an early morning scenic flight to Lukla, where we'll follow in the footsteps of *Sir Edmund Hillary* and *Tenzing Norgay* through the Dudh Kosi Valley to Phakding.

A: Flight for 25 to 30 minutes and trek for 3 to 4 hours.

B: Includes teahouse room and breakfast.

C: Elevation 2,600 metres (6,102ft)

D: Ascent 1,350 metres (3,280ft).

E: Cover of the day (flight 88.7 miles (143 km) and (trek 4 miles (6.4 km)

Day 3: Namche – Day walk along the Dudh Koshi river, traversing suspension bridges amidst towering crops while enjoying magnificent mountain views. En route to Namche, the Sherpa capital, we'll catch some glimpses of Mt. Sagarmatha.

A: Trek for 7 to 8 hours.

B: Includes teahouse room and breakfast.

C: Elevation 3,440 metres (10,958ft)

D: Ascent 860 metres (2,821ft).

E: Cover of the day 8.3 miles (13.5km)

Day 4: Namche - A day hike to the Mt. Sagarmatha viewpoint, offering stunning vistas of Mount Ama Dablam and numerous other peaks. Following this, we'll proceed with an acclimatisation day and remain in Namche.

A: Acclimatisation 3 to 4 hours.

B: Includes teahouse room and breakfast.

C: Elevation 3,900 metres (12,795ft)

D: Ascent 460 metres (1,509ft)

E: Cover of the day 4 miles (6.4 km)

Day 5: Thyangboche - The day hike provides breathtaking views of the mountains, landscape, and rhododendron forest en route to the Thyangboche Monastery, nestled in the shadows of the majestic Mt. Sagarmatha and Mt. Ama Dablam. The trip encompasses the spiritual essence of Buddhism.

A: Trek for 6 to 7 hours.

B: Includes teahouse room and breakfast.

C: Elevation 3,867 metres (12,867ft)

D: Ascent 427 metres (1,400ft).

E: Cover of the day 7 miles (11.5 km)

Day 6: Explore Dingboche- Trek through the highest Sherpa settlement in the Sagarmatha region, near the stunning Mt. Ama Dablam and continue to Dingboche.

- A: Trek for 6 to 7 hours.
- B: Includes teahouse room and breakfast.
- C: Elevation 4,400 metres (14,435.7ft)
- D: Ascent 533 metres (1,748ft).
- E: Cover of the day 8 miles (12.8km)

Day 7: Dingboche - A steep acclimatisation hike to Nagarjun Hill, offering fantastic views of Mt. Ama Dablam and Mt. Makalu, the 4th highest mountain in the world. After reaching the summit, we will return to Dingboche.

- A: Trek for 4 to 6 hours.
- B: Includes teahouse room and breakfast.
- C: Elevation 5,100 metres (16,732.2ft)
- D: Ascent 700 metres (2,296.7ft).
- E: Cover of the day 4 miles (6.4km)

Day 8: Chhukung - Day hike to Chhukung, trekking alongside Yaks' pastures with views of Ama Dablam on the right as well as Island Peak's summit surrounded by other snow-capped mountains. After lunch, a hike to Chhukung-Ri for acclimatisation and stunning views of Mt. Nuptse and Mt. Lhotse.

- A: Trek for 2 to 3 hours and 3 to 4 hours hiking.
- B: Includes teahouse room and breakfast.
- C: Elevation overnight 4,810 metres (15,780ft) Chhukung-Ri 5100 mts (16,732ft)
- D: Ascent 410 metres (1,345.2ft).
- E: Cover of the day 6 miles (9 km)

Day 9: Island Base Camp - Traverse through Imza Valley to reach where lunch is served at tent camp. Significant preparations are undertaken for the upcoming challenging climb, marking a pivotal milestone in our journey, with expert training provided on equipment use and safety protocols. The remainder of the day is devoted to rest, preparing for an early bedtime in anticipation of a midnight wake-up call.

- A: Trek for 4 hours.
- B: Included a meal, breakfast, lunch, dinner and overnight tent camp
- C: Elevation overnight 5180 metres (16,994 ft)
- D: Ascent 370 metres (1,213 ft).
- E: Cover of the day 4 miles (6.4 km)

Day 10: Chhukung - The ascent begins after midnight, typically between 12:30 and 1:00 am, with climbers carrying all the necessary equipment. Participants must maintain a steady pace using their headlamps, while the leader guides on-the-way actions, emphasizing the importance of effective time management for a successful summit attempt. After a triumphant summit, we'll return to camp for a nourishing soup and light lunch before packing up and beginning the descent to Chhukung.

- A: Trek 10 to 12 to 9 hours.
- B: Includes teahouse room and breakfast.
- C: Elevation overnight 4810 metres (15,780) Summit 6189 metres (20,305.2ft)
- D: Descent 1,378 metres (4525ft).
- E: Cover of the day 11 miles (17.7 km)

Day 11: Namche - We will descend back to Namche where we stayed before passing through the Thyangboche Monastery. Considering altitude-related factors, individuals are permitted to partake in the consumption of alcoholic beverages.

- A: Trek 8 to 9 hours.
- B: Includes teahouse room and breakfast.
- C: Elevation 3340 metres (10,985ft)
- D: Descent 1,370 metres (4,520ft).
- E: Cover of the day 16 miles 25.7km)

Day 12: In Phakding - Our day begins with a walk downhill, passing the Dudh Koshi River and crossing many suspension bridges. At midday, the leader will select a suitable place for a quick lunch.

- A: Trek for 5 to 6 hours.
- B: Included a meal, breakfast and room.
- C: Elevation 2,600 metres (10,958 ft)
- D: Descent 860 metres (2,821 ft).
- E: Cover of the day 8.3 miles (13.5 km)

Day 13: Lukla - Returning to our initial point and concluding the journey with a celebratory dinner; the leader will gather tips and distribute them to the team as a token of appreciation and gratitude.

- A: Trek for 3 to 4 hours.
- B: Includes teahouse room and breakfast.
- C: Elevation 2,800 metres (9,186 ft)
- D: Ascent 200 metres (656.2 ft).
- E: Cover of the day 4 miles (6.4 km)

Day 14: Kathmandu - Day morning flight to Kathmandu, free time in the afternoon, and last night group dinner time set out by your leader.

- A: Flight for 25 to 30 minutes
- B: Include a room share and breakfast (require separate room to pay extra)
- C: Elevation 1250 metres (4,101ft)
- D: Descent 1,550 metres (5,085.3)
- E: Cover for the day 88.7 miles (143 km)

Day 15: End of trip - After the morning breakfast the trip ends at noon.

Total Distance and Duration:
Flight: 171.4 miles (276 km)
Trek: 85.6 miles (137.2km)
Total duration: 80 hrs 30 mins.

Trip information and preparation

At Gele Trekking, we encourage our guests to be as well-prepared in advance so they can enjoy their treks to their fullest. Over the years we have come up with a simple suggestion we have found helps our guests be prepared. We recommend you practise walking around areas with small hills three months before your trek. If you don't have hilly terrain near you, do not worry! It is most important you get out walking some distance along with your other daily exercise routines every day before your trek so you are fit and healthy.

Also please know during trekking, there might be natural obstructions such as changing weather conditions including, snow events and other uncontrollable events such as domestic flight changes such as those to and from Lukla and Pokhara. In these scenarios, your group leader at Gele Trekking will adjust your itinerary as needed for your safety and to allow for the best experience possible.

Communication and Accommodation Facilities

Gele Trekking wishes to ensure that our guests are well-informed about accommodation facilities, including the Himalaya Tea House rooms that share toilets, showers, and communication options. The rooms typically consist of twin bedrooms, with the possibility of sharing a dormitory and communal toilets located outside the building. Showers may be available with gas or electric heating and bucket showers, although washing basins may not be universally provided or available.

For instance, during the Annapurna Base Camp trek, accommodations often require sharing rooms with others due to limited teahouses and room availability. Occasionally, adjustments may be necessary, particularly during peak seasons. While Gele Trekking typically arranges bookings for our groups, there are instances where this may not be feasible.

Rest assured, our trip leaders are well-versed in handling such situations and have the authority to make the necessary adjustments.

Food and Drink Options

Gele Trekking takes pride in introducing the region's food and drinks to our guests during their treks. We offer Himalayan organic food, with most dishes incorporating *noodles, rice, potatoes, and Yak Cheese*. Fresh vegetables such as *spinach, cabbage, carrots, cauliflower, spring onions and seasonal vegetables* are also available. While there is a limited selection of foreign food, we also offer some *cereals*. Our hot drink options include *hot chocolate, instant coffee, simple Nepali tea, and powdered milk*. Regarding cold drinks, we offer *mineral water, Coke, Fanta, Sprite, Pepsi, and some local products*.


Regarding alcohol, we offer local beers such as the popular *Everest beer*, and other beer options such as *whisky, and brandy*. Some locations may have small bars and offer wines, but it's important to note that ***alcohol consumption is subject to altitude limits***. Our trip leaders are well-versed in dealing with various issues, including altitude-related concerns, and have the authority to make necessary changes as needed.

Extra trip budget

During your trek, we recommend you budget approximately £35 to £40 (\$45 to \$50 USD) per day for lunch, dinner, and any drinks. We also recommend that your overall daily budget includes a bit more to cover any additional miscellaneous expenses.

Total approximate in pounds: £520

Total approximate in dollars: \$650



Traditional Load-Carrying in Nepal

Gele Trekking is committed to bringing attention to the potential brain damage being caused everyday to countless Nepalese by the common practice of carrying heavy loads on their heads, known as 'head carrying'. Gele trekking has pledged to make this a top focus for their treks and to actively seek solutions, including having one sherpa accompany each guest and to supporting further research on this critical health concern. By choosing Gele Trekking, our guests are providing support from around the world to help protect and nurture the minds of Nepalese in Nepal.

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