

# Everest Base Camp & Island Peak



## Trip Overview

Everest Basecamp trek with climbing Island Peak(6189 Mtr) also known as Imja Tse is one of the majestic views, a memorable and challenging trip with highly chosen popular and busiest trip of Everest region. After having done and fully acclimatized with Everest basecamp and Kalapather, it is easier to conquer the summit of Island Peak. Island Peak lies in front of the huge face of Lhotse on the top of Chukung Glacier in the eastern part of Everest base camp. It fulfills the dreams of every enthusiastic climber who seeks for adventure of climbing and trekking. To say about climbing, it is not that technically hard and can be done with having basic climbing skills and matured for altitude and we the Khumbu Alpine Travel have trained professional climbers to assist our valued customers for their successful climbing. It offers absolutely spectacular views of Mount Amadablam, Mt Taboche, Mt Makalu, Mt Lhotse, Mt Nuptse, and all down the valley. After an hour's flight along the high Himalayan range takes us to land at Lukla airport which is an altitude of 2860 meters. Our trip to Mount Everest basecamp and Island peak climbing starts from Lukla with entering Sagarmatha National Park world heritage site. After getting to Namche Bazar our navigation moves forward to the northeastern side via Tyangboche Monastery. First, our target is to Everest basecamp so the four days of trek from Tyangboche take us to Everest Basecamp, and having done with EBC and Kalapathar we follow the route to Island Peak Basecamp which is in the eastern via Dingboche. After the summit, our mission is to get to Lukla for a flight to Kathmandu.

## Gallery





## Trip Itinerary

- Day 1 - Arrival in Ktm Airport , transfer to Hotel. (1400 Mtr/4592 Ft)
- Day 2 - Sight seeing in Ktm
- Day 3 - Flight to Lukla(2800 Mtr/9184 Ft) , Trek to Phakding(2610 Mtr/8560 Ft)
- Day 4 - Trek to Namche(3440 Mtr/11283 Ft)Trek to Namche(3440 Mtr/11283 Ft)
- Day 5 - Rest Day in Namche and Acclimatization up to Khunde Peak (4100 Mtr/13448 Ft)
- Day 6 - Trek to Tyangboche (3860 Mtr/12660 Ft)
- Day 7 - Trek to Dingboche(4410 Mtr/14465 Ft)
- Day 8 - Rest Day in Dingboche or hike to Ngangkarsang Peak (5081 Mtr/16665 Ft)
- Day 9 - Trek to Lobuche (4930 Mtr/16170 Ft)
- Day 10 - Trek to Gorakshep (5160 Mtr/16925 Ft) and Day hike to EBC(5365 Mtr/ 17597 Ft)) and back to Gorakshep
- Day 11 - To Kalapather (5545 Mtr/18187 Ft)and Trek Dingboche (4410 Mtr/14465 Ft)



- Day 12 - Trek to Chukung(4743 Mtr/15557 Ft)
- Day 13 - Trek to Island Peak Base Camp (5150 Mtr/16892 Ft)
- Day 14 - Rest Day and Summit Preparation
- Day 15 - Summit (6189 Mtr/20300 Ft) and Trek to Chukung (4750 Mtr/15580 Ft)
- Day 16 - Trek to Pangboche (3930 Mtr/12890 Ft)
- Day 17 - Trek to Namche(3440 Mtr/11283 Ft)
- Day 18 - Trek to Lukla(2840 Mtr/9315 Ft)
- Day 19 - Flight to Kathmandu
- Day 20 - Leisure time in Kathmandu
- Day 21 - Final departure

## **Cost Includes & Excludes**

### **Includes**

- All airport/hotel pick ups and drops within Nepal
- Flight Fare for both way (KTM-LUA-KTM)
- All trekking permits and Climbing Permits
- All Meals (Breakfast , Lunch and Dinner ) During the trek and Climbing period
- 3 Star hotel accomodation in Kathmandu with breakfast
- All ground transportation on a comfortable vehicle as per the itenerary
- An experienced English speaking and government licensed trekking guide and Climbing guides
- All Climbing Gears
- All Camping Equipment for Base Camp during Climbing
- Porter Services(2 Trekkers : 1 Porter)
- Medical kit incase of Emergency
- Insurance for Nepali Staffs
- Sleeping Bag for the trek
- Welcome and farewell dinner
- Staffs Cost including their Salary, food , accomodation and equipments

## **Excludes**

- Nepal Visa Fee
- Personal Trekking gears
- International Flight fare
- Lunch and Dinner in the city , extra night accomodation in Kathmandu in case of early arrival or late departure and early return from the trek due to any reason than the scheduled itenerary
- Any rescue cost
- Tips for Guide and Staffs
- Personal Travel and rescue insurance
- Personal expenses as phone calls, laundry , Bar, Battery charge, extra porter, shower and bottled or boiled water
- Helicopter charter flight
- Excess baggage charges ( can be carried only 15 Kg including in Airfare)

## **Gears and equipment**

- Head
  - Warm Hat
  - Cap
  - Face Mask / Muffler
- Upper Body
  - Wind stopper/Waterproof Jacket
  - Down Jacket
  - Fleece Jacket/ trousers
  - Thermol
  - T-shirts
  - Woolen gloves/Water/wind proof gloves
- Lower Body
  - Trekking Trousers(light weight long Pant)
  - Underwear
  - wind stopper/waterproof Pant

Fleece or woolen pants

- Feet

Thin Lightwear/heavy poly or wool Socks

Sandals

Trekking Boot

Gaiters

Spare Shoes

- Accessories

Medium Rucksack (50-70 Ltr)

Small Day Pack

Personal Medical Kit

Chapstick/Sunscreen

Water bottle

Large Duffel bag

Trekking Pole

Spare batteries for Camera and Flash Light

Hand Towel

Head lamp with extra Batteries

Sun Glasses with UV protection

Suitcase (For stored in Kathmandu hotel for not needed items for trek)

- Additional required Equipment for Climbing

Snow Goggles

Thick Socks

Gloves Water/wind proof

Gaiters

Wind Stopper Jacket and Trousers

Big Rucksack (Minimum 40 Ltr )

## Faqs

### 1. Why to go trekking in Everest Basecamp ?

*When you think of Nepal, you will think of the world's highest mountain of the world. Trekking to Everest basecamp is one of the most popular and adventures trip in the world. Every year thousands of trekkers come to see Mount Everest and to get to basecamp of Mount Everest which is life time experience trip. Once in your life time, one should visit Everest basecamp and*

*see th Mount Everest.*

**2. What is the best seasons to trekking in Everest Basecamp?**

*In Nepal, there are four different seasons such as Spring, Summer, Autumn and winter. Spring and Autumn are most popular for trekking in Nepal. But the best season of your travel might be differ as per your purpose and your suitable time for travelling in Nepal.*

**3. What permit do I need for the Everest basecamp trek?**

*For trekking in the Everest Region, you need the following permits:*

*Local Governments Entry fee instead of TIMS ( Trekking information management system): The local government is charging Rs 2000 per person in Lukla in the entrance of Everest Basecamp Trek.*

*Sagarmatha National Park Entry Permit: To entry in the Sagarmatha National Park, One has to obtain the permit which cost Rs 3000+ government tax per head. the park that is home to the Mount Everest Region, you need to obtain an entry permit.*

**4. How safe is Everest basecamp trek?**

*Safety is our first concern. As we provide the experienced guides and leaders for the particular trip who are well trained about the high altitude sickness, first aid ,friendly attitude and ability to provide useful and important instructions. All our itineraries are designed with proper acclimatization days in order to reduce the risk of altitude sickness. In every group we provide the first aid kit bag incase of any injury and emergency.*

**5. )How is the lodging and fooding facilities in EBC trek?**

*Along the trail to Everest basecamp, there are well faciliated lodges are available with various types of foods. We provide you three meals a day with your own choice. We always provide the seasonal fruits as well. We always book in lodges with well management and facilities. Rooms are very nice and attached toilet until Dingboche. if you buy single supplementary package you will get single room*

**6. What about the flight from Kathmandu-Lukla and vice versa?**

*Just about 25 minutes flight from Kathmandu takes us to Tenzing Hillary airstrip in Lukla but the due to some circumstances, these days the flight to Lukla are operated from Ramechap, which is 4 hours drive from Kathmandu and 15 min by flight to lukla. There are options to fly by helicopter directly from Kathmandu to Lukla as well, which is bit expensive than regular flight. Sometimes the weather doesn't permits for the regular flight, then we should be compulsion to hire the helicopter. The airlines companies has operated the*

*first flight to Lukla directly from Kathmandu, so if you book your trip with us prior to 3 months , we can book the seat for direct flight.*

**7. Is there any internet wifi facility on the way?**

*After your arrival in Kathmandu airport, we recommend to buy One ncell sim card. In everest region until panboche Ncell 4G works very well. Above Panboche there is good internet facility of Everest link. There are varieties of data cards as 10 GB, 20 GB. If you purchased bigger one it works all over the khumbu and if you purchase 20 GB one it is enough for your whole trek and you can enjoy in social media, news and connect with your family friends and loved one.*

**8. Can I use the foreign currency and Credit cards on the way in any shop or Lodge?**

*You can pay by foreign currency as well, but the exchange rate will not be same as Kathmandu, so we recommend you to exchange the money in Kathmandu and take a Nepalese Rupees. In mostly lodges they accept the credit cards but sometime due to internet problem it will not be 100% guarantee*

**9. What is the normal temperature in spring and Autumn season?**

*Spring season starts from March, but until third week of March temperature will still be cold even in day time. But actually temperature depends on weather, if weather is mild temperature ranges from 10-15 Degree Centigrade. If the weather is clear, days will be warm. After April it will be warm with sunny weather. Especially in Morning and Evening time will be little cold.*

*Autumn season starts from September, September will still be warm even the weather is not good. From October normally in morning and evening will be cold.*

**10. How difficult is Island peak climbing?**

*Island peak is one of the famous peaks among the trekkers and expedition climbers. Technically it is mild difficult. There is crevasse in one spot, that is very changeable, in that spot we have to walk on ladder. But we have an expert guide to take you to summit.*

**11. How is lodging and fooding during the climbing period?**

*We have climbing crew and kitchen crew in Basecamp and Highcamp with well facilities of foods, drink. We have a single tent for each climber. We will spend maximum 2 night in highcamp, but when we summited, got back to*



*highcamp early and if still have energy and time we try to descend down.*

**12. Do we need to give the tips for climbing guide and staff?**

*Tips is not mandatory but it is appreciation for the efforts they did for your achievement.*

**13. How long does it take for summit the peak ? How long the distance of climbing?**

*Island peak is little longer than any other peak, just to get to crampon point it takes 3-4 hours then it takes maximum 2 hours to get summit. Distance wise it is about 4 KM.*