

Island Peak Climb

Everest Base Camp Trek

Nepal Trail Circle

Daily Itinerary

This itinerary provides a detailed day-by-day schedule for your Island Peak Climb with Everest Base Camp trek. Please note that this is a sample itinerary, and actual days may vary depending on weather conditions and acclimatization needs.

Island Peak (6,189 m/20,305 ft) offers an exciting introduction to Himalayan mountaineering while following the iconic Everest Base Camp route. The journey combines high-altitude trekking through Sherpa villages and glacial valleys with a true alpine summit experience that includes glacier travel, fixed ropes, and a rewarding climb to a spectacular panoramic viewpoint. From the dramatic sunrise at Kala Patthar to the thrill of standing atop Island Peak surrounded by Everest, Lhotse, Nuptse, and Ama Dablam, this expedition is both physically challenging and deeply inspiring. With proper preparation, acclimatization, and experienced guide support, it is an achievable and unforgettable adventure for those ready to push beyond traditional trekking into the world of Himalayan climbing.

Day 1: Arrival in Kathmandu (1,400 m/4,593 ft).

Day 2: Preparation and gear check in Kathmandu.

Day 3: Fly to Lukla (2,860 m/9,383 ft) and trek to Phakding (2,610 m/8,562 ft).

Day 4: Trek from Phakding (2,610 m/8,562 ft) to Namche Bazaar (3,440 m/11,286 ft).

Day 5: Acclimatization day in Namche Bazaar (3,440 m/11,286 ft).

Day 6: Trek from Namche Bazaar (3,440 m/11,286 ft) to Tengboche (3,860 m/12,664 ft).

Day 7: Trek from Tengboche (3,860 m/12,664 ft) to Dingboche (4,410 m/14,468 ft).

Day 8: Acclimatization day in Dingboche (4,410 m/14,468 ft).

Day 9: Trek from Dingboche (4,410 m/14,468 ft) to Lobuche (4,910 m/16,108 ft).

Day 10: Trek from Lobuche (4,910 m/16,108 ft) to Gorakshep (5,140 m/16,863 ft) and hike to Everest Base Camp (5,364 m/17,598 ft).

Day 11: Hike to Kala Patthar (5,550 m/18,208 ft) and trek down to Pheriche (4,240 m/13,910 ft).

Day 12: Trek from Pheriche (4,240 m/13,910 ft) to Chhukung (4,730 m/15,518 ft).

Day 13: Trek from Chhukung (4,730 m/15,518 ft) to Island Peak Base Camp (~5,100 m/16,732 ft).

Day 14: Trek from Island Peak Base Camp (~5,100 m/16,732 ft) to High Camp (~5,800 m/19,028 ft).

Day 15: Summit Island Peak (6,189 m/20,305 ft) and return to Base Camp (~5,100 m/16,732 ft).

Day 16: Rest and recovery at Base Camp (~5,100 m/16,732 ft).

Day 17: Trek from Base Camp (~5,100 m/16,732 ft) to Chhukung (4,730 m/15,518 ft).

Day 18: Trek from Chhukung (4,730 m/15,518 ft) to Dingboche (4,410 m/14,468 ft).

Day 19: Trek from Dingboche (4,410 m/14,468 ft) to Namche Bazaar (3,440 m/11,286 ft).

Day 20: Trek from Namche Bazaar (3,440 m/11,286 ft) to Lukla (2,860 m/9,383 ft).

Day 21: Fly from Lukla (2,860 m/9,383 ft) to Kathmandu (1,400 m/4,593 ft).

Day 22–24: Buffer / contingency days in Kathmandu or optional sightseeing.

Highlights

- Trek the classic Everest Base Camp route via Namche Bazaar, Tengboche, Dingboche, Lobuche, and Gorakshep.
- Hike to Everest Base Camp (5,364 m/17,598 ft) and Kala Patthar (5,550 m/18,208 ft) for sunrise views of Everest, Lhotse, Nuptse, and Ama Dablam.
- Summit Island Peak (6,189 m/20,305 ft), a thrilling trekking peak with glacier travel, snow slopes, and fixed ropes.
- Experience Sherpa culture, monasteries, and traditional Himalayan villages.
- Stunning panoramic views of Everest, Makalu, Cho Oyu, Lhotse, and Ama Dablam.
- Combination of trekking and high-altitude mountaineering with proper acclimatization days.

Essential Packing List

Clothing:

- Base layers: Moisture-wicking thermal tops and bottoms.
- Mid layers: Fleece jacket or insulated pullover.
- Outer layers: Waterproof and windproof shell jacket and pants.
- Insulating layers: Down jacket for high camps and summit push.
- Trekking pants: Lightweight, quick-dry pants; thermal leggings for cold days.
- T-shirts: Quick-dry, short or long sleeve for daytime trekking.
- Gloves: Lightweight trekking gloves and insulated gloves for summit/high camps.
- Hat and beanie: Sun hat for daytime, warm beanie for mornings/evenings.
- Buff / neck gaiter / scarf: For sun, wind, and dust protection.
- Socks: Moisture-wicking trekking socks, plus warm socks for high altitudes.
- Underwear: Quick-dry for comfort and washing.
- Sleepwear: Comfortable clothing for lodges or high camp tents.
- Gaiters: Optional, for snow or muddy sections.

Gear:

- Trekking boots (well-broken-in, ankle support).
- Daypack (25–35 L) for daily essentials.
- Duffel bag (60–80 L) for base camp / porter.
- Trekking poles (recommended for steep or icy sections).
- Water bottles / hydration system (3–4 L).
- Headlamp with spare batteries.
- Sunglasses (UV 400) and sunscreen SPF 50+.
- Lip balm with SPF.
- Personal first aid kit (painkillers, blister pads, bandages).
- Snacks for high-altitude days.

Climbing / Summit Gear (Often Hireable at Base Camp):

- Mountaineering boots (for high camp and summit).
- Crampons compatible with boots.
- Harness, helmet, and ice axe.
- Ascenders (Jumar) and carabiners.
- Sleeping bag rated for -20 °C to -30 °C.
- Glacier glasses / goggles.

Altitude Information

The climb involves ascending to extreme high-altitude zones where oxygen levels are significantly lower, making careful acclimatization and gradual progress essential to prevent altitude-related illnesses.

Key Altitudes:

- Kathmandu: 1,400 m / 4,593 ft
- Lukla: 2,860 m / 9,383 ft
- Phakding: 2,610 m / 8,562 ft
- Namche Bazaar: 3,440 m / 11,286 ft
- Tengboche: 3,860 m / 12,664 ft
- Dingboche: 4,410 m / 14,468 ft
- Lobuche: 4,910 m / 16,108 ft
- Gorakshap: 5,140 m / 16,863 ft
- Everest Base Camp: 5,364 m / 17,598 ft

- Kala Patthar: 5,550 m / 18,208 ft
- Pheriche: 4,240 m / 13,910 ft
- Chhukung: 4,730 m / 15,518 ft
- Island Peak Base Camp: ~5,100 m / 16,732 ft
- Island Peak High Camp: ~5,800 m / 19,028 ft
- Island Peak Summit: 6,189 m / 20,305 ft

Acclimatization Tips:

- Ascend gradually and include rest days at Namche, Dingboche, and Chhukung.
- Follow “climb high, sleep low” principle whenever possible.
- Drink 3–4 L of water per day to stay hydrated.
- Avoid alcohol and smoking.
- Rest immediately if you feel symptoms of altitude sickness (headache, nausea, dizziness).

Safety Tips

- Stay hydrated: Drink at least 3-4 liters of water per day.
- Pace yourself: Walk slowly and steadily to conserve energy and avoid overexertion.
- Monitor for symptoms of altitude sickness: Headache, nausea, dizziness, and shortness of breath are common symptoms. Descend immediately if symptoms worsen.
- Be aware of weather conditions: Mountain weather can change rapidly. Be prepared for sudden changes in temperature and precipitation.
- Protect yourself from the sun: Wear sunscreen, sunglasses, and a hat to protect yourself from the intense UV radiation at high altitudes.
- Respect local customs: Dress modestly and be mindful of local traditions and beliefs.

Contact Information

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Summary

The Island Peak (6,189 m/20,305 ft) with Everest Base Camp trek is a high-altitude adventure combining classic trekking with a technical yet non-technical summit climb. The journey passes through Sherpa villages, rhododendron forests, and glacial valleys, leading to Everest Base Camp

(5,364 m/17,598 ft) and the challenging Island Peak summit. Climbers experience panoramic Himalayan views of Everest, Lhotse, Nuptse, Ama Dablam, Makalu, and Cho Oyu. With careful acclimatization, professional guide support, and proper clothing and gear (much of which can be hired locally), the expedition provides an unforgettable mix of trekking, mountaineering, and high-altitude adventure in the Khumbu region.