

EBC Trek and Island Peak Climbing.

Trek Overview

- Duration: 21 days
- Activity: Trekking /Tour
- Max. Altitude: 6,189 meters.
- Average walking: 8km (Per day)
- Accommodation: Tea House
- Trekking days: 13 days.
- Transport: Road and Air.
- Group size: 1-12 person
- Difficulty: Moderate-Difficult
- Region: Sagarmatha National Park.

Introduction

Twenty days The Everest Base Camp Trek and Island Peak (6,189 meters) Climbing is an unforgettable journey that combines the classic Trek to the Everest base camp and the challenging Island peak climb. The Trip starts with a scenic flight from Kathmandu to Lukla and picturesque Sherpa villages and green forests. Kalapatthar offers one the best views of our entire Trek. Enjoy the breathtaking panoramas of Mount Everest, surrounding peaks, and the stunning Khumbu Icefall from Kalapatthar. The Trip also includes a stay at Namche Bazaar, the capital of the Sherpa people, where you can experience their unique culture and hospitality.

After reaching Everest Base Camp, the journey continues to Island Peak. Khongma-La pass is one of the highest passes of this Trip, connecting Imja valley with Labiche. Climbing this peak is the best way to test your ability in Himalayas and embark on the higher altitude Peak. The climb involves a steep ascent to the summit and a thrilling rappelling experience. Lhotse, Makalu, and Ama Dablam are the famous mountain seen from the summit of Island Peak.



Image: Mt. Everest.

important Note

This itinerary may change anytime due to bad weather, natural disasters, authority rules and regulations, and other circumstances beyond our control.



TRIP ITINERARY

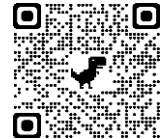
Day: 1	Arrive in Kathmandu: <p>Schedule your flight as your itinerary of Trek. Our Guide or Driver will pick you up and drop you in the Hotel. He will brief you about your following day's schedule.</p>
Day: 2	Kathmandu sightseeing and Trek Preparation. <p>As per the plan, our guide will pick up for city sightseeing. Three major Kathmandu heritage sites, Baudhanath, Pashupatinath, and Kathmandu Durbar-Square, are scheduled for this day. After sightseeing, the trekking guide checks your equipment, recommends necessary gear items to add, and briefs you about the following day's activities.</p>
Day: 3	Flight to Lukla (2840m) and Trek to Phakding (2610m): 8 KM. <p>As per the briefing trekking guide will pick you up from the Hotel and drive to the airport. Lukla's flight is around 20-30 minutes if the flight takes up as per schedule. In Lukla, we have tea and meet with our other trekking Sherpa (guide assistant) and porter. After a short tea break, we start our Trek toward Phakding. We pass through beautiful sherpa villages and Choplung, Thado Koshi, and Ghat tea houses. A few large prayer wheels and stupa are at the trail's end. Phakding is not far now.</p> <p><i>(Note: if a flight cancels due to weather or any causes, we will prepare for the next day. If the flight can't take within a couple of days, we will try by helicopter, which adds an extra cost of around <u>\$500 per person</u>. It's slightly changed in the trek itinerary and escape a couple of days when returning from Everest Base camp.)</i></p>
Day: 4	Check-in National Park and Trek to Namche (3440m). <p>From Phakding, the trails climb on the west side of the river through pine forests. Crossing the few bridges over Dudh Koshi, the check-in national park trail drops steeply down, and crossing the suspension bridge now, we are in Jorsale (2740m) last tea house before Namche. Here we stop to fuel up and then continue upstream. Larja Dobhan is best for short rest and a view of the high bridge of the day. From here, the trail climbs up through a pine forest for around 3 hours and climbs the capital of Sherpa Namche, waiting to welcome you. Here we spend a couple of days acclimatizing.</p>



Day: 5	Acclimatization walks to Everest View, Khumjung, and back to Namche. Today is an easy day, and best to explore the Namche and sherpa villages. If you miss some equipment while departing, you can find the necessary trekking equipment here. After breakfast, take only your day backpack and leave the other stuff in the Hotel. First, we climb up 20-30mins to the museums and viewpoint. Usually, the view is clear in the morning. Everest, Thamserku, Ama Dablam, Taboche, and other peaks are seen from the viewpoint. Everest View Hotel (3800m) is best for a tea break and a close-up mountain view. After 20 minute walk from the Hotel, you can get to Khumjung village.
Day: 6	Trek Namche to Tengboche (3860): 10 KM. Walking until the Khyangjuma is straight through the hill and descending steeply down to Phunki Tenga (3250m) is easy—Phunki Tenga, where we stop for an hour for lunch and tea. Cross the Dudh Koshi after lunch; the trails climb steeply through the juniper and rhododendron forest, which takes around 2 hours to Tengboche. Tengboche Monastery faces everybody's favorite peak; Ama Dablam will be worth visiting once you are there.
Day: 7	Trek Tengboche to Dingboche (4410m). Slightly descending to Deboche, we follow northeast Imja Khola, crossing a small suspension bridge with a magnificent view of Ama Dablam. Pangboche (small sherpa village), located in the lap of Ama Dablam, presents you with a spectacular view of Tengboche monastery and Peaks. Following the route led you to Somare, best for lunch and rest. After lunch, make your move slowly towards Dingboche. You are more than 4000m high, where altitude problems are most likely. Crossing a small river and another 30 mins reasonably steep climb, you can see the Imja Valley.
Day: 8	Acclimatization Day and climb up Nang Tshang (5616): The steep climb up Nang Tshang to Acclimatize genuinely helps you push forward the next day. After breakfast, Pick up your day pack with the necessary snack and water. Climbing Nang Tshang hill takes around 3 hours with energetic step moving. Once you reach the top, reward yourself with a magnificent view of the Himalayas peak and Imja Valley. Short sightseeing at the top and back to the Hotel for lunch and rest familiarize you with the high altitude.



<p>Day: 9</p>	<p>Trek to Dingboche to Lobuche (4910): 8 KM.</p> <p>Start the day with a short climb northwest of Dingboche and pass through several stupas. The vertical hill edge between Dingboche and Pheriche is perfect for a view of Imja Valley and the high mountains of Khumbu. Following the straight trail above Pheriche to Thukla (Dughla), take 2 hours easy walk. Thukla is perfect for lunch and tea breaks making your body comfortable for further Climbing. Leaving Thukla behind, we climb around 45mins straight up to Thukla pass (4830m), where you can see various memorials in tribute to the climber who lost their lives on Everest. The Sunset on Mt. Nuptse (7861m) is waiting for you, and beware of Acute Mountain Sickness (AMS).</p>
<p>Day: 10</p>	<p>Trek Lobuche to Everest Base Camp and back to Gorakshep (5140m).</p> <p>Bringing us close to our ultimate destination Everest Base Camp (5364m), and our last day in high altitude. Today is the big day; it depends on your mind and body to push you forward. Initially, the trail climbs gently after 1 hour of straight walking. The path is difficult underfoot, with large boulders and irregular stones. Around a total of 3 hours take to reach Gorakshep. Check in at the Lodge and grab lunch and short rest. We continue to walk to Everest Base camp. A total of 4-5 hours is enough to check in at EBC and back to Gorakshep for an overnight stay. Reserve your necessary snack, water, energy, and gear to climb Kala Patthar the following day. We start our walk early morning at four clocks.</p>
<p>Day: 11</p>	<p>Hike to Kala Patthar (5550m) and back to Lobuche.</p> <p>As per the guide briefing, set your alarm or ask for a wake-up call to guide. We start our walk early morning, before 4:30 morning. Take your headlight and put on warm clothes. From Gorakshep, cross the dried-up lake and climb steeply up the trail leading you to the grassy ground. From there, you can see Everest. Continuing to climb north for around 1 hour, we can see Kalapatthar summit. Kala Patthar summit awaits you with a spectacular 360-degree mountain peak, including Everest. Looking to the east, the world's roof, Mt. Everest, is just between Khumbutse (6665m) and Nuptse (7861m). capture your lifetime memory in the picture and share the happiness of success at the Kala Patthar summit. Then we return to Gorakshep for breakfast and tea and continue to retrace Lobuche.</p>



<p>Day: 12</p>	<p>Kongma-La pass (55,535 m) and trek to Chhukung (47,30 m.). Start walking early, like the previous day, for a long and strenuous Kongma-la pass. Daytime is windy and slippery because some trails are snowy and icy. Climb up through Stoney way, crossing Khumbu glacier, and climb up a short steep part for around 2 hours to reach Kongma-la pass. Short brief rest and start descending to Imja valley from Kongma-La pass.</p>
<p>Day: 13</p>	<p>Trek to Island Peak Base Camp (5,200 M) – Approx. 3 hours. Today we continue to climb up to the base camp of Island Peak. At Island Peak base camp, we conduct a demo climbing practice at base camp. Your guide will show you rope safety and basic climbing technique before you embark on the summit. Stay overnight in a tent.</p>
<p>Day: 14</p>	<p>Summit Day Island Peak (6,189m/20,305ft), return to Base Camp. To ensure that we avoid the heavy afternoon winds at the summit, we plan to reach it before noon, which means we need to wake up very early on the day of the climb. Our ascent will begin with a moderate climb, transitioning from sandy areas to meadows to boulders before reaching the steep hillside. The climb will be challenging, but we will be rewarded with stunning views of Lhotse, Nuptse, Makalu, Baruntse, and Amadablam Mountains. After the summit, we returned to base camp for an overnight stay.</p>
<p>Day: 15</p>	<p>Extra/Contingency Day. Today is an extra day in case of bad weather or other physical problems. The weather in the Himalayas is unpredictable, so we have to allocate some spare time for climbing and trekking.</p>
<p>Day: 16</p>	<p>Trek to Pangboche (3985 m.) – Approx. 5 hours. We descend to Chhukung and Dingboche and continue back to Pangboche village.</p>
<p>Day: 17</p>	<p>Trek Pangboche to Namche Bazaar – Approx. 5 hours. Continue following the Imja river to the south via Tengboche we back to the famous Sherpa town Namche Bazaar.</p>



Imperial Expedition



Scan the Code

Day: 18	Check out National Park and Continue to Lukla – 19 km. After breakfast and necessary backpacking, we continue to descend to Monjo. Check-out national park and follow the southwards of Dudh Koshi river; we stop in Phakding for Lunch. Around 3 hour's walk from Phakding, we check in at Lukla and join dinner with porters in the evening.
Day: 19	Fly back to Kathmandu. Early morning short flight from Lukla to Kathmandu, approximately 20-30 mins. Check-in hotel, rest, and shop. Your guide will update you about the next day's schedule.
Day: 20	Free Day in Kathmandu. Today is a rest day in Kathmandu after your long adventure in the Himalayas. Today is also a spare day in case of bad weather and flight cancellation. You can spend time in Hotel or walk around Thamel streets for shopping. You can ask your guide if you want to visit some other place.
Day: 21	Final Departure. Your guide or driver will drop you at the airport 3 hours before the flight schedule.

Note: In seasonal times, March, May, October, and November Lukla flights operate from Ramechhap (Manthali Airport), 133km east of Kathmandu which takes about 4 hours' drive from Kathmandu to Manthali. Kathmandu to Lukla flight is possible by helicopter ride.



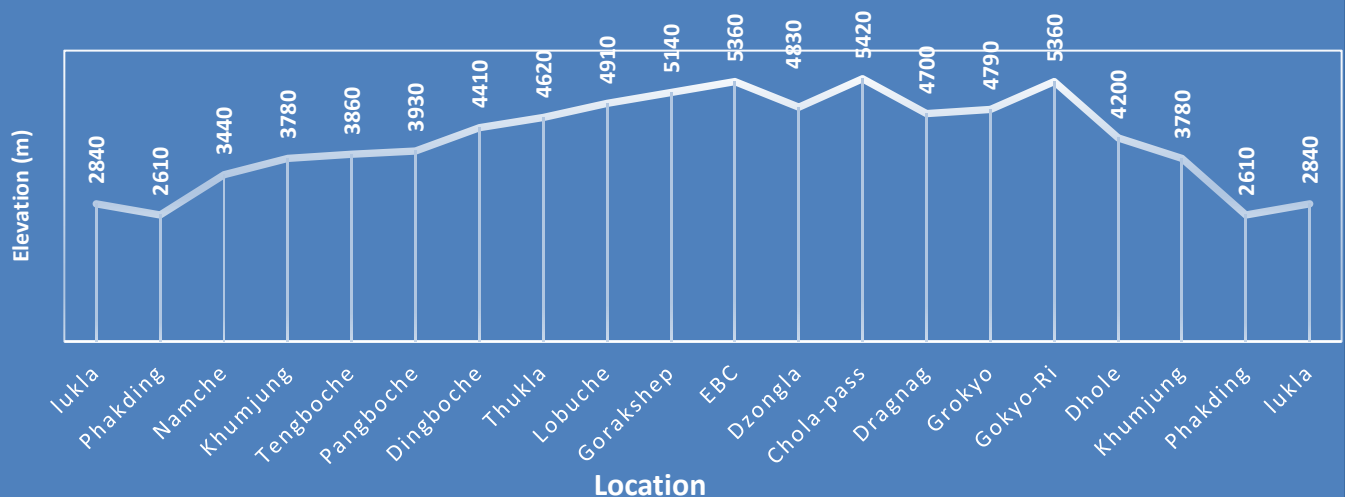
What's included

- ✓ Four stars hotel in Kathmandu for four nights and local tea house during Trek.
- ✓ All listed transport and activities.
- ✓ Breakfast – Lunch – Dinner during Trek.
- ✓ Trekking permit and national park fees.
- ✓ Climbing Permits of Island Peak.
- ✓ Arrival and departure transfers.
- ✓ Experienced Trekking guide and other support staff.
- ✓ Flight ticket Kathmandu-Lukla-Kathmandu.
- ✓ Proper Insurance of all local staff, including porters.
- ✓ Entry fees in Heritage site in Kathmandu as per itinerary.

What's not included

- ✗ Personal Travel and Medical Insurances.
- ✗ Personal Trekking Gear and Equipment.
- ✗ International flight tickets.
- ✗ Lunch and Dinner in Kathmandu.
- ✗ Visa fees and vaccination
- ✗ Any other cost occurs due to unforeseen circumstance.

EVERST BACE CAMP TREK ELEVATION (IN METER)





Essential Information

WEATHER

Nepal is mainly temperate, with four main seasons. Mostly, the tourists come in the autumn peak season (late September and late November), when the sky is clear and neither too cold in the mountains nor too hot in the Terai. There is the dry season from October to May and the wet season (the monsoon) from June to September. In summer (May to September), Kathmandu can get hot, often above 30 degrees Celsius. Even in winter (October to April), the bright sunny days usually reach 20 degrees Celsius, although the temperature may fall to near freezing at night.

From October to November, the start of the dry season is the best time. The countryside is green and lush with the monsoon finished and a clear sky. Usually, the temperature is low, and visibility is excellent for trekking in the mountains. The climate and visibility are good from December to January, although it's freezing. February to April is the second-best time to visit. The weather gets warmer, so high-altitude hiking is more accessible. During this season, Nepal's national flower, rhododendrons, and many other flowers are in bloom, so plenty of colors can be seen along the trekking trails.



Note: Note: This is just a sample and not for an advertisement.



Visas

All nationalities require a visa for Nepal. For nationals of most countries, multiple-entry Nepal tourist visas can be obtained on arrival at Tribhuvan International Airport (Kathmandu) for tourists. Tourists who enter by land can obtain a permit at the border check post. You can also receive a visa issued by a Nepalese Diplomatic Mission before you depart from home.

At the airport, while you can use different modes of payment (at the visa fee collection counter), we advise you to carry some cash to be safe.

On-Arrival Visa Fee

- ➔ 15 Days – 30 USD.
- ➔ 30 Days – 50 USD.
- ➔ 90 Days – 125 USD.

Note: For some countries, the tourist-on-arrival visa is not accepted by the immigration authority; consult or check the Nepal immigration website for details.

Drinking Water

The most important thing is to be cautious about drinking water, particularly tap water. It's not safe to drink water from the tap or without purification. Bottled water is available everywhere and is safe to drink, but it's not eco-friendly. In trekking, you can use boiled water as an alternative, which costs an extra per liter.

The best way is to purify the tap water yourself using iodine or handheld UV filters such as a "SteriPEN". Before using these tools, make sure to check the product's performance in cold or freezing conditions and battery life (lithium batteries are best in cold conditions). For more than four people in a group, we arrange water filter bags. Our staff will fill your bottles with water before you start the Trek and at each stop point to reduce plastic bottle use.



Mountain Range on the way to Everest Base Camp.





What to Bring

In Kathmandu, the weather is pleasant year-round, but in winter, the temperature drops below 7 degrees Celsius at night, so it's warm clothes weather, nothing worse. During the monsoon, you'll need a raincoat or umbrella as it usually rains daily in the Kathmandu valley and Pokhara. If you plan on trekking and hiking in the mountains, Jackets and sleeping bags are required; most tea houses provide blankets, but not enough during peak times. Walking shoes are appropriate for short and easy treks, whereas good walking boots are required for high-altitude treks such as Everest Base Camp and the Annapurna Circuit. Most clothing is readily and cheaply available in Nepal. You can also rent equipment for a particular purpose in Kathmandu or Pokhara. Money exchange centers accept major global currencies, and Indian rupees are accepted in Nepal if you enter through an Indian border post. Major international payment cards can be used in Nepal for paying bills, although you should inform your bank before entering Nepal. However, we advise you to carry some cash in an emergency.

Personal Equipment

Before starting the Trek, Imperial Expedition will provide a duffle bag (kit bag) to pack the equipment necessary. These bags are designed to be carried comfortably by our porters or yaks so that you can leave your bag at the Kathmandu hotel. But it would help if you carried your backpack during the Trek. A pack can carry your valuable items, documents, and necessary items during hiking. We recommend keeping your kitbag under 14 kg (30 lb.) because porters will carry it on the Trek.

Here is a list of items to pack before starting your Trip:

- ✓ Couples' passport-size photos
- ✓ 4-season sleeping bag
- ✓ Down or feather jacket
- ✓ water bottles
- ✓ Waterproof walking boots
- ✓ Waterproof jacket and trousers
- ✓ Gaiters for winter and spring season
- ✓ Trainers/sandals for the evening
- ✓ Warm hat Towel
- ✓ Head torch
- ✓ Plastic bags (bin liners)
- ✓ Toilet paper
- ✓ Trekking pole(s)
- ✓ Universal plug adaptor
- ✓ Scarf/Buff
- ✓ Warm gloves
- ✓ Several pairs of walking socks
- ✓ Tracksuit or thermals
- ✓ Mid-layer (fleece)
- ✓ Light to mid-weight trousers
- ✓ Shirts, t-shirts, base layers
- ✓ Sunhat, sunglasses, sunscreen
- ✓ lip salve with sun protection
- ✓ Small personal first aid kit
- ✓ Hand washing gel
- ✓ Biodegradable soap/shampoo
- ✓ Solar charger/spare batteries
- ✓ power bank



Accommodation and Meals

This Trip includes a standard hotel in Kathmandu as per the day's mention in the itinerary. Hotel information and details are shared after your booking confirmation. If you stay at your private Hotel, your hotel charges in Kathmandu will be deducted from your Trip cost. Your Trip is designed based on sharing a room in Kathmandu and during trekking. If you want a single supplement, an extra charge is applicable. Accommodation during the Trek is all set by the agency.

Your guide will brief you about guesthouses and lodges. Local people run most lodges and guesthouses along the trekking route. The choice of foods is not as available as in Kathmandu city. It would help to eat lunch and dinner at the Lodge and guest house once you checked in for an overnight stay. Outside food and drinks are mostly not allowed in local lodges. Hot water is unavailable regularly, but hot water or hot showers are available on request in some places. Bringing your sleeping bag to protect against bedbugs and the cold is a good idea.



Note: The products shown in the images are just examples.



Acute Mountain Sickness (AMS) information

Low oxygen levels and reduced air pressure at high altitudes mainly contribute to acute mountain sickness. Acute mountain sickness is more likely to strike the faster you ascend to a high altitude. To avoid high altitude sickness, you should descend to a lower altitude. This sickness is common at altitudes of more than 2500 meters high; the best cure for this sickness is to descend to a lower altitude than taking medicine. In the event of negligence and a delay in rescue from a high elevation, this illness could be fatal.

Early Symptoms (AMS)

✘ Loss of appetite.	✘ Dizziness
✘ Nausea	✘ Fatigue
✘ Headache	✘ muscle aches

Severe Symptoms (AMS)

✘ Severe headache	✘ Vomiting.
✘ Lack of coordination	✘ Walking like drunk
✘ Altered mental State	✘ Severe Fatigue
✘ Shortness of breath	

Preventive Measure of AMS

- ✘ Slow and gradual ascent.
- ✘ Should not exceed 300-500 meters per day ascent.
- ✘ Acclimatization after every 1000 meters Ascent.
- ✘ Drink plenty of water.
- ✘ Avoid flying directly to a high altitude.

If you think you have altitude sickness

- ✓ Stop and rest where you are.
- ✓ Do not go any higher for at least 24 to 48 hours.
- ✓ Make sure you're drinking enough water.
- ✓ If you have a headache, take ibuprofen or paracetamol.
- ✓ If you feel sick, take an anti-sickness medicine.