



Island Peak with (EBC)trek

A legendary adventure to the foot of the world's highest peak.

● Trekking at a Glance

DURATION

19 Days

TRIP GRADE

Hard

BEST TIME

Mar-May & Sept-Nov

ACCOMMODATION

Tea House / Lodge

THE OVERVIEW

Everest Base Camp (EBC) Trek and Island Peak climbing are two incredible adventures that offer a unique opportunity to experience the stunning beauty and challenge of the Himalayas. This journey combines one of the most famous trekking routes in the world with an exciting trekking peak climb in the Everest region. The Everest Base Camp trek is a popular choice for trekkers who want to get close to the world's highest mountain, Mount Everest. The trail takes you through picturesque Sherpa villages, beautiful forests, suspension bridges, and high-altitude Himalayan landscapes as you make your way toward Everest Base Camp. Along...

01

Arrival in Kathmandu

Arrival in Kathmandu marks the beginning of your Island Peak with Everest Base Camp Trek. Upon arrival at Tribhuvan International Airport, you will be welcomed and transferred to your hotel. After check-in, you can rest or explore nearby areas of the city. Overnight stay in Kathmandu.

ALT: 1,338m

02

Permit Procedure and Free Day in Kathmandu

Today is reserved for trip preparation, permit procedures, and final equipment checking. You can also use your free time to explore Kathmandu, buy any missing climbing gear, or relax before the mountain journey begins. Overnight stay in Kathmandu.

ALT: 1,338m MEAL: Breakfast

03

Fly from Kathmandu or Ramechhap/Manthali to Lukla (2,840m) and Trek to Phakding (2,610m)

Take an exciting mountain flight to Lukla, the gateway to the Everest region. After landing, begin trekking through beautiful Sherpa villages and along the Dudh Koshi River to Phakding. This is a short and pleasant first day on the trail. Overnight stay in Phakding.

ALT: 2,840m HIKE: 3–4 hrs MEAL: B, L, D

04

Trek from Phakding to Namche Bazaar (3,440m)

Continue trekking through pine forests, suspension bridges, and traditional villages. Enter Sagarmatha National Park and follow the trail along the Dudh Koshi River before making the final uphill climb to Namche Bazaar, the main trading center of the Khumbu region. Overnight stay in Namche Bazaar.

ALT: 3,440m HIKE: 6–7 hrs MEAL: B, L, D

05

Acclimatization Day – Hike to Hotel Everest View (3,880m) and Explore Khumjung & Kunde Village

Today is an important acclimatization day. Hike to Hotel Everest View for the first close views of Everest and surrounding peaks. Continue exploring Khumjung and Kunde villages, known for Sherpa culture, monasteries, and mountain scenery. Return to Namche Bazaar for overnight stay.

ALT: 3,880m HIKE: 4–5 hrs MEAL: B, L, D

06

Trek from Namche Bazaar to Tengboche / Debuche (3,860m)

The trail offers spectacular views of Everest, Lhotse, Ama Dablam, and Thamserku as you trek through rhododendron forests and mountain paths. Reach Tengboche, famous for its monastery, or continue slightly lower to Debuche for overnight stay.

ALT: 3,860m HIKE: 5–6 hrs MEAL: B, L, D

07

Trek from Tengboche / Debuche to Pheriche (4,371m)

Descend through forested trails and cross the Imja Khola before gradually climbing into a more open alpine landscape. Pass Pangboche village and continue toward Pheriche, a beautiful settlement surrounded by towering Himalayan peaks. Overnight stay in Pheriche.

ALT: 4,371m HIKE: 5–6 hrs MEAL: B, L, D

08

Acclimatization Day – Hike to Nangkartshang Peak (5,070m)

Another acclimatization day is important before going higher. Hike to Nangkartshang Peak for stunning views of Makalu, Ama Dablam, and Island Peak. This side trip helps your body adjust to the altitude and prepares you for the coming days. Return to Pheriche for overnight stay.

ALT: 5,070m HIKE: 4–5 hrs MEAL: B, L, D

09

Trek from Pheriche to Lobuche

Trek along the high-altitude trail with views of glaciers, memorial sites, and massive peaks. The trail gradually climbs to Lobuche, a small settlement located near the Khumbu Glacier. Overnight stay in Lobuche.

ALT: 4,910m HIKE: 5 hrs MEAL: B, L, D

10

Trek from Lobuche to Gorakshep (5,140m) and Explore Everest Base Camp (5,364m)

Trek to Gorakshep, the last settlement before Everest Base Camp. After lunch and a short rest, continue hiking to Everest Base Camp, where climbers gather before attempting Everest. Enjoy the incredible atmosphere of the Khumbu Glacier and surrounding Himalayan peaks, then return to Gorakshep for overnight stay.

ALT: 5,364m HIKE: 7–8 hrs MEAL: B, L, D

11

Hike to Kala Patthar (5,550m) and Trek Back to Dingboche (4,410m)

Wake early and hike to Kala Patthar, one of the best viewpoints in the Everest region, for unforgettable sunrise views over Everest, Nuptse, and Lhotse. After the hike, descend to Gorakshep and continue trekking down to Dingboche for overnight stay.

ALT: 5,550m HIKE: 7–8 hrs MEAL: B, L, D

12

Trek from Dingboche to Island Peak Base Camp (4,970m)

Leave the main Everest Base Camp trail and head toward Island Peak Base Camp. The route passes through alpine terrain and remote mountain landscapes. After reaching base camp, prepare your climbing equipment and receive a briefing from the climbing guide. Overnight in tented camp.

ALT: 4,970m HIKE: 5–6 hrs MEAL: B, L, D

13

Reserve Day for Bad Weather

This day is kept as a reserve in case of bad weather or unexpected delays during the climb. It provides flexibility and increases the chance of a successful summit. If weather conditions are good, this day may also be used for rest or additional climbing preparation.

ALT: 4,970m MEAL: B, L, D

14

Summit Island Peak (6,189m) and Back to Dingboche or Island Peak Base Camp

Today is the main climbing day. Start early in the morning and climb Island Peak using ropes, crampons, and fixed lines where necessary. After reaching the summit, enjoy breathtaking views of Everest, Lhotse, Makalu, and the surrounding Himalayan peaks. Descend carefully back to base camp and continue to Dingboche if conditions allow. Overnight stay at base camp or Dingboche.

ALT: 6,189m HIKE: 10–12 hrs MEAL: B, L, D

15**Trek from Dingboche to Tengboche (3,860m)**

After the climb, begin descending through alpine valleys and Sherpa settlements. Retrace the trail back toward Tengboche, enjoying more comfortable altitude and beautiful mountain scenery. Overnight stay in Tengboche or nearby.

ALT: 3,860m HIKE: 6–7 hrs MEAL: B, L, D

16**Trek from Tengboche to Monjo (2,835m)**

Descend through rhododendron forests, cross suspension bridges, and pass Namche Bazaar before continuing down to Monjo. This day offers a comfortable downhill walk with beautiful views and changing landscapes. Overnight stay in Monjo.

ALT: 2,835m HIKE: 6–7 hrs MEAL: B, L, D

17**Trek from Monjo to Lukla (2,860m)**

Continue descending along the Dudh Koshi River and pass through villages such as Phakding before reaching Lukla. Celebrate the completion of your trekking and climbing adventure in the Everest region. Overnight stay in Lukla.

ALT: 2,860m HIKE: 5–6 hrs MEAL: B, L, D

18**Fly from Lukla to Kathmandu**

Take an early morning flight back to Kathmandu. After arrival, transfer to your hotel and enjoy free time for rest, shopping, or exploring the city. Overnight stay in Kathmandu.

ALT: 1,338m MEAL: Breakfast

19**Departure from Kathmandu to Your Next Destination**

Today marks the end of your Island Peak with Everest Base Camp Trek. Depending on your flight schedule, you will be transferred to the airport for your final departure.

MEAL: Breakfast

END OF SERVICES

- What's Included

- Two-way Lukla flights
- Standard meals (Breakfast, Lunch, and Dinner) during the trek
- Experienced and knowledgeable mountain guide
- Sagarmatha National Park entry permit
- Pasang Lhamu Rural Municipality permit
- Island Peak climbing permit
- Strong and helpful porter with proper equipment (1 porter for 2 people)
- Salary, food, accommodation, and insurance for guide and porter
- Tea house/lodge accommodation during the trek
- Fresh fruits every night after dinner
- One night tent accommodation at Island Peak Base Camp with hygienic meals
- First aid kit with oximeter to measure oxygen level daily
- Government taxes and official expenses

- What's Not Included

- Drinks and personal expenses
- Lunch and dinner in Kathmandu (except welcome and farewell dinner if provided)
- Personal climbing and trekking equipment (sunglasses, gloves, shoes, etc.)
- Battery charging, hot water, and Wi-Fi
- Hot showers in lodges
- Tips for guide, porter, driver, and climbing staff
- Anything not listed in the "Cost Includes" section
- Nepal entry visa
- Personal travel insurance (mandatory)
- Medical certificate (mandatory)

CERTIFIED & AUTHORIZED AGENCY

TAAN NMA NTB NEPAL GOVERNMENT

Ready for the adventure?

Contact our travel specialists to customize your trek experience or book your spot today.

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