



Island Peak with (EBC)trek

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

● Trekking at a Glance

DURATION	MAX ALTITUDE	BEST TIME	ACCOMMODATION
19 Days	6,189 m	Mar-May & Sept-Dec	Tea House

THE OVERVIEW

The Everest Base Camp (EBC) Trek combined with Island Peak climbing is one of the most exciting adventures in the Everest region of Nepal. This journey offers a unique opportunity to experience the breathtaking beauty of the Himalayas while enjoying both trekking and peak climbing in one unforgettable expedition. The Everest Base Camp Trek is one of the most popular trekking routes in the world for travelers who want to get close to Mount Everest, the highest mountain on Earth. The trail passes through beautiful Sherpa villages, dense forests, suspension bridges, and high-altitude Himalayan landscapes. Along the journey, trekkers can...

01

Arrival in Kathmandu

Arrive in Kathmandu, the vibrant capital of Nepal, nestled at 1,338 meters. Meet your guide at the airport and transfer to your hotel. Take the rest of the day to relax and explore Thamel, Kathmandu's bustling hub for trekking gear, local restaurants, and culture. Overnight in Kathmandu.

ALT: 1,338m MEAL: D

02

Permit Procedure and Free Day in Kathmandu

Today is dedicated to trekking preparations. Complete all necessary trekking permits such as the TIMS card and Sagarmatha National Park permit. Spend your free time exploring Kathmandu's UNESCO World Heritage Sites like Swayambhunath (Monkey Temple) and Pashupatinath Temple. Overnight in Kathmandu.

ALT: 1,338m MEAL: B

03

Fly to Lukla and Trek to Phakding

Take an early scenic flight to Lukla (2,840m), gateway to the Everest region. From Lukla, begin your trek along the Dudh Koshi River, passing through traditional Sherpa villages. Arrive in Phakding (2,610m), a charming village with rustic tea houses. Overnight in Phakding.

ALT: 2,610m HIKE: 3–4 hrs MEAL: B, L, D

04

Trek from Phakding to Namche Bazaar

Trek through lush forests, suspension bridges, and Sherpa settlements. Cross the iconic Dudh Koshi and Bhoté Koshi rivers, and ascend to Namche Bazaar (3,440m), the bustling Sherpa capital and hub for Everest expeditions. Overnight in Namche Bazaar.

ALT: 3,440m HIKE: 5–6 hrs MEAL: B, L, D

05

Acclimatization Day in Namche Bazaar

Acclimatize with a hike to Hotel Everest View (3,880m) for panoramic views of Mount Everest, Lhotse, and Ama Dablam. Explore the nearby villages of Khumjung and Kunde, famous for monasteries and local Sherpa culture. Overnight in Namche Bazaar.

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

06

Trek from Namche Bazaar to Tengboche/Debuche

Trek through rhododendron forests and picturesque Sherpa villages. Visit the world-renowned Tengboche Monastery, offering stunning mountain vistas. Enjoy the serene environment before overnighting at Tengboche or Debuche.

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

07

Trek from Tengboche/Phiriche

Ascend gradually along scenic trails with panoramic views of Everest, Nuptse, and Ama Dablam. Overnight in Phiriche (4,371m), preparing your body for high-altitude trekking.

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

08

Acclimatization Day – Hike to Nangkar Tshang

Boost acclimatization with a short hike to Nangkar Tshang, offering breathtaking views of surrounding peaks. Learn about high-altitude trekking techniques while enjoying the pristine Himalayan environment. Overnight in Phiriche.

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

09

Trek from Phiriche to Lobuche

Trek through the dramatic Khumbu landscape with moraine trails and glacial views. Arrive in Lobuche (4,910m) after approximately 5 hours of trekking. Overnight in Lobuche.

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

10

Trek from Lobuche to Gorakshep and Everest Base Camp

Continue to Gorakshep (5,140m), then hike to the legendary Everest Base Camp. Witness the awe-inspiring Everest, Nuptse, and surrounding Himalayan peaks. Capture iconic photographs and return to Gorakshep for overnight stay.

ALT: 5,364m HIKE: 6–7 hrs MEAL: B, L, D

11

Hike to Kalapatthar (5,550m) and Trek Back to Dingboche

Start early to hike Kalapatthar for the ultimate sunrise view over Mount Everest. Descend to Dingboche (4,410m) for a well-earned rest after a challenging day. Overnight in Dingboche.

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

12

Trek from Dingboche to Island Peak Base Camp

Trek to the base of Island Peak, one of the most popular trekking peaks in Nepal. Prepare for your high-altitude climb with spectacular mountain scenery surrounding you. Overnight at Island Peak Base Camp.

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

13

Reserve Day for Bad Weather

This day serves as a buffer for bad weather or additional acclimatization. Use this time to rest, explore the base camp, or enjoy the magnificent views of nearby peaks. Overnight at Island Peak Base Camp.

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

14

Summit Island Peak and Return

Climb to the summit of Island Peak (6,189m) early morning. Witness a panoramic Himalayan view including Everest, Lhotse, and Cho Oyu. Descend safely to Dingboche or Island Peak Base Camp. Overnight in Dingboche.

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

15

Trek from Dingboche to Tengboche

Retrace your steps through scenic trails back to Tengboche, enjoying the lush rhododendron forests and monastery views. Trek duration: 6–7 hours. Overnight in Tengboche.

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

16

Trek from Tengboche to Monjo

Descend gradually to Monjo, crossing suspension bridges and passing through Sherpa villages. Experience the beauty of the lower Khumbu valley. Overnight in Monjo.

ALT: 2,835m HIKE: 5–6 hrs MEAL: B, L, D

17

Trek from Monjo to Lukla

Complete your trek by walking back to Lukla (2,860m). Celebrate your successful Everest region adventure and enjoy a final night in the mountains. Overnight 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. Enjoy the scenic aerial views of the Himalayas and relax in Kathmandu. Use the evening for shopping or exploring local cuisine. Overnight in Kathmandu.

ALT: 1,338m MEAL: B

19

Departure from Kathmandu

After breakfast, transfer to Kathmandu International Airport for your onward journey. Carry unforgettable memories of your Everest Base Camp and Island Peak adventure.

ALT: 1,338m MEAL: B

END OF SERVICES

- What's Included

- Price for the Island Peak climbing with EBC trek :
- 2570 USD per person (from 2 to 5 persons)
- 2352 USD per personne (6 to 9 persons)
- Contact us for a singel expedition.
- Two-way Lukla flights
- Standard meals (breakfast, lunch, and dinner) during the trek
- Experienced and knowledgeable mountain guide
- Sagarmatha National Park entry permit
- Pasang Phamu 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 in Island Base Camp with hygienic meals.
- First aid kit with oximeter to measure oxygen level daily

- What's Not Included

- Drinks and personal expenses
- Lunch and dinner in Kathmandu (except the welcome and farewell dinner)
- Your equipement (sunglasses, gloves, shoes, ...)
- Battery charger, hot water, wifi
- Shower in the lodges (1 to 5 euros)
- Tips for your guides, porter, driver,...
- Anything not listed in "The price includes"
- Visa for Nepal
- Your insurance (mandatory)
- Your medical certificat (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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