

# EXPEDITION 2023

## NEPAL: ISLAND PEAK

A WORLD CLASS TREKKING AND CLIMBING EXPERIENCE IN THE HIMALAYAS

Journey with an exclusive international group. Gain valuable mountaineering experience climbing a semi-technical 6000m Peak. Expect to be challenged, laugh a lot, sleep in a 4 star hotel, comfy traditional tea houses, and view some of the tallest mountains in the world.





# MORE ABOUT ISLAND PEAK (6189M)

Located in the heart of the legendary Everest region of Sagarmatha National Park in Nepal, this Island Peak expedition offers up the chance to gain experience climbing a 6000 meter peak, learning from experienced guides, all while taking in the culture and incredible views of this special part of Nepal.

Island Peak, locally known as Imja Tse, offers a worthy challenge and jaw-dropping views of some of the most impressive peaks in Nepal. At 6,189m, it is a great introductory peak for those looking to get into the world of mountaineering as a mixture of essential climbing skills are learned and then applied during this trip.

*Welcome to the team !*



# TRIP SPECIFICS

## ACCOMMODATION

Aloft Kathmandu Thamel is a gorgeous hotel and will be our base when we are in the city. This is also the same hotel most major climbing expeditions base out of - which means that it is not uncommon to run into a few mountaineering legends over breakfast. The hotel is equipped with a pool on the top floor, a gym, sauna, fast wifi, two different hip bars, and one of the best breakfast buffets in town.

*Single room supplement in Kathmandu is \$90 USD + tax per night.*

## What is a Tea House?

The accommodation along the trek will be in the famous Khumbu tea houses. These are run by local families and are often simple, but very comfortable facilities. For expedition members in the tea houses, this is where many life-long friendships and memories have been made! Expect to eat a lot of tasty food and play a lot of cards. Usually in most tea houses, hot bucket showers, wifi, and alcohol are available at an extra charge.

*Single room supplement for tea houses is \$200 per person for all trekking days if you want to have a private room (not sharing).*

## MEALS

Most meals during the trip are included in the trip price including breakfast, lunch, and dinner on the trek/climb + breakfast at the Hotel in Kathmandu and our welcome dinner in Kathmandu.  
All lunches and 2 dinners in Kathmandu are not included in the trip price.

# ITINERARY

HERE IS A DETAILED DESCRIPTION OF OUR EPIC ITINERARY TO ISLAND PEAK

Day  
1

## Arrival In Kathmandu

Welcome to Nepal! After you land at Airport, a private car will pick you up and drive you directly to the very nice hotel in Kathmandu (we specifically chose the fancy Aloft Kathmandu because of its awesome amenities!). The hotel is located in the famous Thamel neighborhood and there is plenty of cool stuff to get into within walking distance of the hotel. You can also take your time recovering from flight and just chill out. In the evening, our team will gather for our initial group briefing and trip introduction before we have our first epic team welcome dinner.

Overnight in Kathmandu.



*Temple de Swayambunath, Kathmandu*



Day  
2

## Sightseeing, Training, and Preparation

Today, we start the day with a short sight seeing tour around Kathmandu Valley for those who want to join. Kathmandu is a beautiful city of temples, markets, bars, and cafes and has many architectural masterpieces listed in the UNESCO world heritage list. We begin by visiting Swayambhunath and Pashupatinath. In the early afternoon we will move to Balaju for rock climbing training and practice with our gear.

The guides will offer a quick workshop in using ropes and any climbing gear you are unfamiliar with. In the evening, we get back to Thamel to rest, do all the final shopping that you need to do, and maybe have a drink or two. After the final gear checks, you can enjoy the nightlife of Thamel.

Overnight in Kathmandu

Day  
3

## Fly to Lukla and Trek To Phakding

*Max altitude: 2,800m/9,187ft*

*Hiking duration: 3-4 hours*

Early in the morning, our driver picks us up from the hotel and the team heads to the airport. We will be flying to the legendary Lukla Airport at 2,845 meters in a small prop plane. After arrival in Lukla, we meet our Sherpas and porters here, starting the trek as a group.

From Lukla, the team starts the hike via the small villages of Chheplung and Ghat. Walking the route of the Dudh Koshi River, we hike to Sano and Thulo Gumela. Day 1 brings us into direct contact with Sherpa culture; we get to check out the beautiful monasteries of Drangdrak Gompa and Pema Choling Gompa. After a couple of hours of hiking, we will be resting at the tea house of Phakding.

Overnight in Kathmandu



Day  
4

## Trek to Namche Bazaar

*Max altitude: 3,438m/11,280ft*

*Hiking duration: 5-6 hours*

The 4th day of the trip is an exciting walk via the subtropical Himalayan forest. It's our chance to see Nepal's unique flora and fauna before we start getting into alpine grassland. We also get to cross the famous Hillary suspension Bridge. In Monjo, we stop to get our permits checked and start climbing upward. The final steep climb brings us to the Namche Bazaar by the evening. This traditional trading town of the Khumbu Valley is where the dual worlds of Sherpa culture and the legacy of decades of mountaineering have come together to create one of the most fun little mountain towns in the world.

Overnight in Namche Bazaar



Day  
5

## Rest day in Namche Bazaar

*Max altitude: 3,438m/11,280ft*

*Hiking duration: N/A - Rest!*

Today the plan is to rest, acclimatize our bodies, and to enjoy the vibrant scene that is Namche Bazaar. Sip (real) coffee in the hip cafes, eat local dumplings (manti) until your heart is content, and just generally take it easy before our push upwards the following day.

Overnight in Namche Bazaar

Day  
6

## Trek to Tengboche

*Max altitude: 3,870m/12,697ft*

*Hiking duration: 5-6 hours*

Our plan today is to continue further on the classic EBC route. Following the Dudh Koshi River valley, we walk to the sub-tropical forest for several hours. Climbing above Namche, our path first continues to Khyangjuma. As the iconic Ama Dablam appears before us, we shall first walk down the beautiful stone-paved path of Phunki Tenga. Then, we shall climb to Tengboche hill. In the village, we visit the Tengboche monastery; the largest in the region.

Overnight in Tengboche



Day  
7

## Trek to Dingboche

*Max altitude: 4,360m/14,305ft*

*Hiking duration: 5-6 hours*

Leaving Tengboche, we head further north into the mountains. With the awesome views of Ama Dablam and Kantega before us, we shall stop at Pangboche. Here, we get to visit another large monastery and then climb to a medium-sized village. After visiting another big mani stupa, we hike towards Dingboche for the night's stay.

Overnight in Dingboche



Day  
8

## Trek to Chhukung

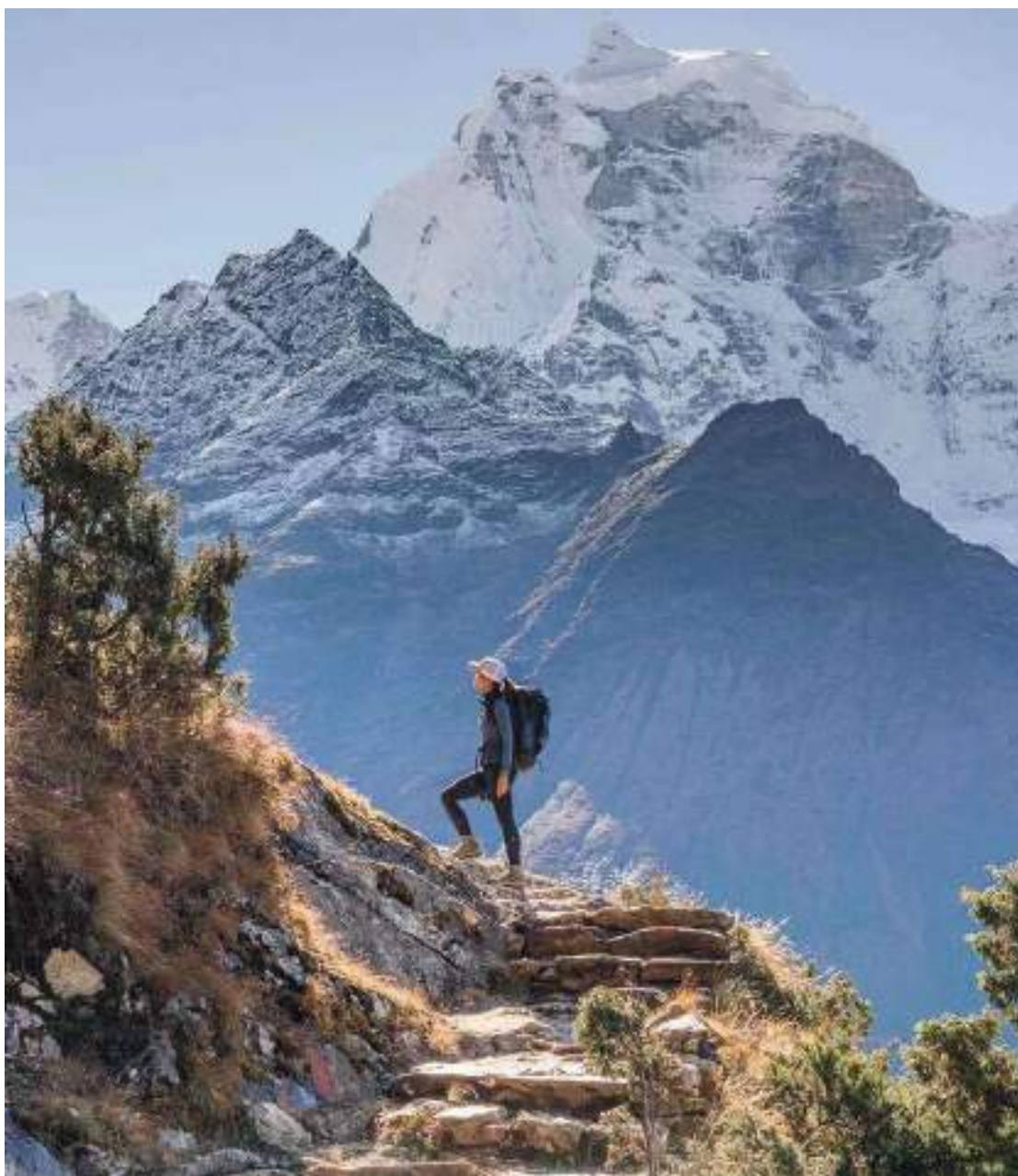
*Max altitude: 4,730m/15,519ft*

*Hiking duration: 3-4 hours*

From Dingboche, our initial climb is towards the Imja valley. Witnessing the stunning Lhotse (8000+ meters) and Nuptse (7800+ meters).

We are now starting to feel the presence of the big mountains. The altitude at this point in the trip can start to become a factor, which is why we take it slow and take care never to sleep too high too fast.

### Overnight in Chhukung





Day  
9

## Climb Chhukung Ri - Optional

*Max altitude: 5,546m/18,196ft*

*Hiking duration: 3-4 hours*

If at this point on our schedule we are on track timewise (no delayed flights from Kathmandu) and the team is feeling well, there is a chance to summit a nearby "easy" peak as part of our acclimatization program. This hike would get us up to 5,546m/18,196ft and takes around 3-4 hours. After the hike we return to the village at Chhukung. This hike is optional.

Overnight in Chhukung



**Alternative Plan:** Depending on weather and trip schedule up until this point, we might do the itinerary of day 10 on this day instead.

Day  
10

## Trek to Island Peak Base Camp

*Max altitude: 5,200m/17,061ft (Island Peak Base Camp)*

*Hiking duration: 3-4 hours*

Today we continue from Chukung to Island Peak Base Camp. Walking for a few hours to the southeast direction on the path along the stream, we soon reach our destination. Here, we set up camp with the team's help and let our bodies rest. Views from camp are gorgeous!

Overnight in Island Peak Base Camp

Day  
11

## Rest day at Island Peak Base Camp and Climbing Training

*Max altitude: 5,200m/17,061ft*

*Hiking duration: 3-4 hours*

Our main purpose for the day is acclimatization and training. As we stay at 5,000 meters above sea level, you must let your body adjust to the changing air pressure and altitude.

We will hike to a spot nearby and continue our training with our mountaineering gear and so forth. We check to make sure everyone is comfortable using their gear before we prepare our bags and get some rest before our summit push.

Overnight in Island Peak Base Camp

Day  
12  
13

## Climb to Summit (6189m) and back or Contingency Day for Summit Push due to weather

*Max altitude: 6,189m/20,306ft*

*Climb duration: 8-12 hours Roundtrip*

Today is the hardest and the most exciting day of the entire Island Peak climbing journey - it is summit day! We start the day early, i.e., two or three am departure. Fully geared up, we aim to climb to the summit before noon since the wind after midday can be strong.

We will tackle several technical sections as we head towards the summit. The guides will assist you in the difficult sections as needed. There will be a 1 guide/climbing Sherpa for every two team members.

From the summit, we can witness the breathtaking panorama of the mountain vistas before us; these views are well deserved after our climb! There are peaks in all directions including Lhotse, Makalu, Ama Dablam, and more.

To ensure that we have maximum opportunity for success at Island Peak, we have factored in an extra day at base camp in the event we need to wait a day for our summit push due to weather conditions.

Overnight in Island Peak Base Camp







Day  
14

## Trek to Tengboche

*Max altitude: 3,870m/12,697ft*

*Hiking duration: 6-7 hours*

Today, we make a big push down in altitude. We cover twice the distance that we did coming up, skipping Dingboche and heading straight for Tengboche.

Crossing the familiar paved path of Phunki Tenga, we will reach the village of Tengboche after roughly 6-7 hours of hiking. The return can be even more interesting as we have the time to spend shooting photos and interacting with the locals. Today, you can “hike your own hike” and go at your own pace as we go down the well marked trail.

Overnight in Tengboche

Day  
15

## Trek to Namche Bazaar

*Max altitude: 3,438m/11,280ft*

*Hiking duration: 4 hours*

Descending more again today, we will arrive back at the Dudh Koshi River. We will experience the drastic change in landscape - the alpine grassland gradually turns into a thick forest. After about 4 hours of easy walking, we will be back to Namche; time for a beer!

Overnight in Namche Bazaar

Day  
16

## Trek to Lukla

*Max altitude: 2,800m/9,187ft*

*Walking duration: 3 hours*

From Namche to Lukla, the path moves steeply downwards. As on our initial journey up, we cross Mani-stone, chortens, prayer flags, and a beautiful pine forest, leading us to Monjo and finally to Lukla. Our expedition has almost come to an end here as we wrap up our final day of trekking. Tomorrow we have our flight to Kathmandu and back to city life.

Overnight in Lukla

Day  
17

## Fly to Kathmandu

The goal today is to catch a flight straight to Kathmandu in the early morning.

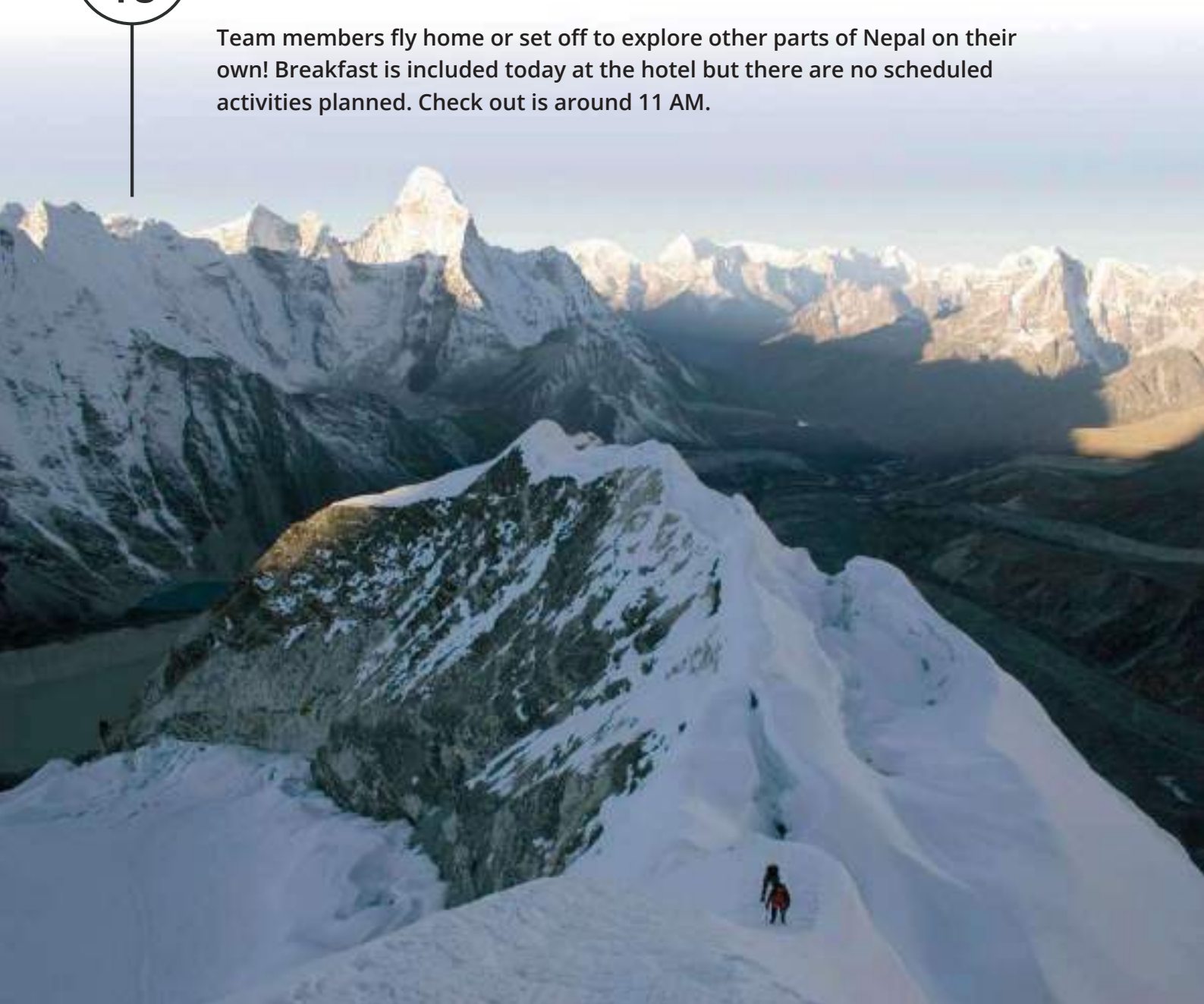
Our driver will meet us at the airport and we will make our way back to the hotel in Thamel. In the evening, it's party time. We shall raise a toast for our (hopefully) successful expedition to Island Peak and enjoy a final meal together.

Overnight in Kathmandu

Day  
18

## Departure / End of Expedition

Team members fly home or set off to explore other parts of Nepal on their own! Breakfast is included today at the hotel but there are no scheduled activities planned. Check out is around 11 AM.



# WHAT'S INCLUDED?

- ✓ 3 Nights of hotel accommodation in Kathmandu (4 star hotel) + breakfast
- ✓ Welcome and final team dinners in Kathmandu
- ✓ Kathmandu Airport pick up and drop off (if arriving/departing within 24 hours of the start/end of the tour)
- ✓ Half-day guided city tour
- ✓ Breakfast, lunch, and dinner for all trek/ climb days
- ✓ 4 Hot drinks each day at teahouses
- ✓ Unlimited hot drinks at Island Peak Base Camp
- ✓ All on-the-ground logistics, bookings, and trek planning
- ✓ Western and local guides
- ✓ Island Peak climbing permit fees/ Sagarmatha National Park entrance fees
- ✓ All required local and government taxes
- ✓ Internal flights within Nepal
- ✓ Comfy two-person alpine tents at Island Peak Base Camp + foam mattress
- ✓ Use of fixed ropes on Island Peak
- ✓ Basic mountaineering techniques and rock climbing instruction
- ✓ Up to 20 kgs of porter services per person
- ✓ Insurance of Guide and Porter
- ✓ Official certificate from Nepal Mountaineering Association if we summit the peak
- ✗ International flight airfare (to and from Kathmandu)
- ✗ Nepal entry Visa fee (\$50 USD: 30 Days)
- ✗ Lunches and 1 dinner during our stay in Kathmandu (also in case of early return from the expedition that is not scheduled in the itinerary).
- ✗ Extra nights in Kathmandu
- ✗ Global Rescue membership and travel insurance policy : Insurance covering both medical and high-altitude evacuation costs (mandatory)
- ✗ Personal Expenses : Telephone Calls, Internet, Toiletries, battery recharge, hot shower, laundry, soft drinks, beers, and any Alcoholic beverages (during the trek and in Kathmandu but we will have soft drinks for members at base camp)
- ✗ Personal Equipment and Climbing Gear
- ✗ Filming: Camera, and Drone permit fee
- ✗ Internet Service
- ✗ Tips for the high camp and other staff – Minimum \$300 USD for all staff
- ✗ In case of cancelled internal flights, any extra hotel nights in Kathmandu are not covered by EBT
- ✗ Any other services or activities, which are not mentioned in the itinerary and other items not listed in the "Cost Includes" section





# EQUIPMENT LIST

## ESSENTIAL PERSONAL GEAR

- ✓ 100 Liter duffel bag  
(Epic branded duffel provided upon request)
- ✓ Daypack roughly 30-40 litres
- ✓ Sleeping bag (comfort rated -17°C/0°F)
- ✓ 1x Summit socks
- ✓ 4x Merino hiking socks
- ✓ Trekking trousers
- ✓ Baselayer long sleeve shirt and bottoms (merino)
- ✓ Fleece jacket or warm jumper
- ✓ Waterproof rain shell
- ✓ Warm down jacket
- ✓ Heavy weight / summit sown jacket
- ✓ Sun hat/warm hat/beanie
- ✓ Neck buff
- ✓ Polarized sunglasses/glacier glasses
- ✓ Lightweight warm gloves
- ✓ Guide gloves or GTX insulated gloves
- ✓ 1x Bag of good coffee to share with the group
- ✓ Hiking boots
- ✓ Sandals or flip flops
- ✓ Underwear
- ✓ Headtorch and spare batteries
- ✓ Sun protection
- ✓ Water bottle 1 Liter
- ✓ Grayl Geopress bottle
- ✓ Toiletries and toilet paper (you can also buy this in the lodges if necessary)
- ✓ Travel towel
- ✓ Selection of dry bags (to keep trek bag contents dry)
- ✓ Basic first aid kit including: antiseptic cream, throat lozenges, diarrhea treatment (Imodium), altitude (Diamox), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts/ electrolyte powder (Dioralite)
- ✓ Personal Snacks



## THE FOLLOWING ITEMS ARE OPTIONAL

- ✓ Trekking poles
- ✓ Sandals or down slippers / booties to use in the trekking lodges
- ✓ Gaiters (for trekking)
- ✓ Camp pillow
- ✓ Small padlock (to lock trek bag)
- ✓ Ear plugs
- ✓ Trekking shorts
- ✓ Small repair kit (eg. needle, thread, duct tape)
- ✓ Pee bottle (for base and high camps)

## CLIMBING GEAR

- ✓ 6000 meter boots - Scarpa Phantom 6000/ La Sportiva GiSM
- ✓ Mountaineering crampons
- ✓ Alpine climbing harness
- ✓ 2 x 60 cm climbing slings/safety cord
- ✓ Ascender/Jumar one right or left-handed ascender (pick your dominant hand to choose which style ascender)
- ✓ Three locking carabiners
- ✓ ATC Belay device/figure 8
- ✓ Climbing helmet

## NOTE ON GEAR

You can purchase all of the required clothing and/or rent most of the climbing gear and other high ticket items in Kathmandu if you don't want to purchase the entire list before coming to Nepal. In Kathmandu, it is possible to rent: 6000 meter boots, warm sleeping bag, helmet, crampons, summit jacket - all of the most expensive items on the list. To give you an idea, the cost for renting all of those things for the entire expedition is roughly \$250 USD more or less.

If you plan on getting the majority of your gear upon arrival in Kathmandu, we suggest that you arrive at least one day earlier than the planned itinerary so that you can dedicate a few hours to gear shopping in Thamel



# ISLAND PEAK EXPEDITION DETAILS

## SPOTS ARE LIMITED FOR THIS EXPEDITION!

This trip is the perfect introduction to the culture and landscapes of Himalayan mountain range while offering up the chance for you to step into the challenging arena of high altitude mountaineering.

Each team member is hand picked by Epic Backpacker Tours founder and lead guide Chris Lininger in order to curate a special group vibe and experience. That's you!

The maximum amount of people we will have on the team is 8 team members. Space is limited and spots will go on a first come first served basis. We genuinely look forward to showing you this magical part of Nepal and giving you all the support you need to climb our objective.

See you in Nepal soon!

## HOW TO BOOK YOUR SPOT AND/OR GET YOUR QUESTIONS ANSWERED



Drop us a message on [Whatsapp](#) to have any trip questions answered



Send us an [email](mailto:contact@epicbackpackertours.com) at [contact@epicbackpackertours.com](mailto:contact@epicbackpackertours.com)

