

Island Peak Climb with EBC Trek

URL: <https://himalayan360.com/trip/island-peak-climb-with-ebc-trek/>

Destination

Nepal Treks & Tours

Activity

Climbing & Expedition

Start / End Point

kathmandu/kathmandu

Trip Type

Trekking and Climbing

Route

KTM - Lukla - EBC - Island peak -Lukla -KTM 18

Duration**Destination**

Everest region

Language

Everest region

Per Person From

USD 2,050

Region

Everest Region

Max. Altitude

6,189m / 20,305ft

Group Size

2 - 30

Best Season

Feb, Mar, April, May, June, Sep, Oct, Nov & 6 hr
Dec

Activities**Trek Distance**

Lukla to Lukla (138.3 KM/86 Miles)

Transportation

flight, car, jeep

Accommodation

Tea Houses and Camping

Meals

B.L.D Breakfast
Lunch
Dinner

Difficulty

Strenuous

Highlights of Island Peak Climb with EBC Trek

- The Island Peak trek is one of the most achievable summits in Nepal. And, you get to **climb a mountain above 6000m above sea level**.
- **Camping at Island Peak Base Camp** will be a unique experience for all kinds of trekkers, given it is a high-altitude overnight stay away from comfortable teahouses.
- Involve in adrenaline-triggering activities using basic mountaineering gear, like **glacier crossing and steep headwall ascent**.
- The Island Peak expedition gives you an **insight into how mountaineering journeys usually are**.
- Scenic views of mountains, including **Mount Everest, Lhotse, Nuptse, Ama Dablam, Baruntse, Makalu, etc.**
- You will learn more about the local Sherpa culture and the Everest region.
- Climb up to the Everest region's popular viewpoint, **Kala Pathar**.
- Perfect opportunity to explore **Everest Base Camp**.
- Visit and explore the **ancient Tengboche monastery**.
- **Chance to spot Himalayan wildlife**, including **snow leopards, musk deer, Himalayan tahr, and colorful pheasants**.

Island Peak Climb with EBC Trek Itinerary

Day 01: Arrival at Tribhuvan International Airport and Transfer to Hotel (1,400m/4,593ft)

Today, you will land in Kathmandu at the Tribhuvan International Airport. Our team will greet you at the airport. Then, you will be transferred to a comfortable hotel in Thamel. You won't be provided with meals on this day.

However, this might also give you the opportunity to explore the local cuisine around Thamel. Thamel is a hub of exciting souvenir shops, trekking gear, and overall a spot to enjoy lively city life.

Highest Altitude:

1,400m/4,593ft

Accommodations:

3 Star Hotel

Day 02: Fly to Lukla from Kathmandu or Ramechhap Airport and then Trek to Phakding (2,610m/8,562ft)

Your official Island Peak Climbing with Everest Base Camp Trek Itinerary begins today. The adventure starts with an early morning flight from Kathmandu or Ramechhap airport to Lukla. The short 35-40-minute flight is thrilling, with incredible views of the Himalayas. Landing at the small, cliffside runway of Lukla is an experience in itself.

From Lukla, you'll begin a gentle trek downhill toward Phakding. You'll pass through small villages, cross suspension bridges over the Dudh Koshi River, and enjoy the fresh mountain air. After 3 hours of walking, you'll reach Phakding, where you'll settle in at a cozy teahouse or lodge for the night.

Distance:

3 hours

Ascent:

176m/577ft

Descend:

389m/1,275ft

Highest Altitude:

2,860m/9,383ft (Lukla)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

7.3km/4.5 miles

Flight Hours:

35 mins flight from KTM or 5-6 hrs drive & 20 min flight from Manthali

Day 03: Trek to Namche Bazaar (3,440m/11,286ft) from Phakding

Today's trek is a bit more challenging as you gain altitude and climb toward Namche. You'll cross five exciting suspension bridges, including the iconic Hillary Bridge.

After about 3 hours, you'll reach the entrance to Sagarmatha National Park. From here, the trail becomes steeper, but the views become increasingly dramatic. Once you reach Namche, the vibrant Sherpa town welcomes you with warm hospitality. You'll spend the night here, resting in a local lodge.

Distance:

6 hours

Ascent:

1,090m/3,575ft

Descend:

290m/951ft

Highest Altitude:

3,440m/11,286ft (Namche)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

9.8km/6 miles

Day 04: Acclimatization Day at Namche. Hike to Hotel Everest View (3,860m/12,664ft)

The fourth day of the trek to Island Peak is for acclimatization at Namche Bazaar. The marketplace is very lively and will provide you with some of the best moments of your lifetime. In the past, Namche Bazar was renowned for its thriving trading activities, as traders would pass through the area on their way to Lhasa.

You'll also visit the Everest View Hotel and the peaceful twin villages of Khumjung and Khunde. Later, stroll around Namche Bazaar, visit cafes, or browse local shops. This relaxed but active day helps prepare you for higher elevations.

Distance:

2 hours

Ascent:

420m/1,378ft

Descend:

420m/1,378ft

Highest Altitude:

3,860m/12,664ft (Everest View Hotel)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

4km/2.5 miles

Day 05: Trek to Tengboche (3,860m/12,664ft) from Namche Bazaar

You will trek from Namche Bazaar to Tengboche on this day. Your trek will begin at 8 a.m. Leaving Namche, the trail offers panoramic views of Everest and its neighboring peaks. You'll walk through forested paths filled with pine and rhododendron trees. The trail drops steeply to the river and climbs again to reach Tengboche.

Once there, you'll visit the famous Tengboche Monastery, which is one of the holiest monasteries in the Everest region. You'll stay overnight in a teahouse or lodge near the monastery.

Distance:

6 Hours

Ascent:

1035m/3,395ft

Descend:

597m/1,958ft

Highest Altitude:

3,860m/12,664ft (Tengboche)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

9.3km/5.8 miles

Day 06: Trek to Dingboche (4,410m/14,468ft) from Tengboche

You will begin your trek from Tengboche to Dingboche at 8 a.m. From Tengboche, the trail descends through a forest and crosses a wooden bridge before gradually climbing again. You'll pass the village of Pangboche and Somare.

As you go higher, the landscape becomes more rugged, and trees give way to alpine terrain. You'll spot yaks grazing along the way and enjoy stunning views of Ama Dablam. After 6 hours of walking, you'll arrive at Dingboche and rest in a local lodge or tea house.

Distance:

6 Hours

Ascent:

676m/2,217ft

Descend:

229m/751ft

Meals:

Breakfast, Lunch, and Dinner

Trek Distance:

10.4km/6.5 miles

Highest Altitude:

4,410m/14,468ft (Dingboche)

Accommodations:

Tea House or Lodge

Day 07: Trek to Lobuche (4,910m/16,108ft) from Dingboche

The day begins with a gentle walk to Thukla. From there, you'll face a steep climb to the Thukla Pass, home to memorials honoring climbers who lost their lives on Everest.

After this emotional and powerful stop, the trail levels out. You'll walk alongside the Khumbu Glacier, taking in its raw, icy beauty. After approximately 5 hours of trekking, you'll reach Lobuche and spend the night in a teahouse or lodge.

Distance:

5 hours

Ascent:

515m/1,689ft

Highest Altitude:

4,910m/16,108ft Lobuche

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

8.02km/4.98 miles

Day 08: Trek to Everest Base Camp (5,364m/17,598ft) and then back to Gorak Shep (5,140m/16,863ft)

Today is a big day! Following the Island Peak Climbing With Everest Base Camp Trek map, we'll trek from Lobuche in the morning and follow a rocky, glacial path to [Gorakshep](#). After lunch and dropping your bags, you'll make the final push to Everest Base Camp.

The walk is tough but unforgettable. Upon reaching base camp, you'll see colorful tents and perhaps meet some Everest climbers. After taking photos and soaking in the moment, you'll return to Gorakshep to rest for the night.

Distance:

7 hours

Ascent:

484m/1,588ft

Descend:

243m/798ft

Highest Altitude:

5,364m/17,598ft EBC

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

11.6km/7.23 miles

Day 09: Morning Hike to Kala Patthar (5,555m/18,225ft) and Trek to Chhukung

Wake up early to hike to Kala Patthar, one of the best viewpoints of Mount Everest. Watching the sunrise light up the mountains is something you'll never forget. After that, you'll head east to the beautiful village of Chhukung. The trail is peaceful and scenic, with amazing views of Ama Dablam, Lhotse, and Island Peak.

It's a long trek today, about 9 hrs. Chhukung has basic yet friendly teahouses and lodges where you can stay the night and prepare for your Island Peak adventure.

Distance:

9 hours

Ascent:

765 m/2,346 ft

Descend:

1,175 m/3,855 ft

Highest Altitude:

5,555m/18,225ft (Kalapatthar)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

20.7 km/ 12.9 miles

Day 10: Rest Day to Relax and Acclimatize, and Climbing Preparation at Chhukung

Finally, after days of trekking, you will relax in Chhukung, a popular destination for rest or as a starting point for journeys to Island Peak. As you acclimatize and rest, your body will better adjust to the changing altitude.

On this day, you will also do a gear check and safety test. You will enjoy your lunch and dinner at the tea house or lodge in Chhukung itself, and can prepare to trek to Island Peak base camp the following day.

Meals:

Lunch and Dinner

Accommodations:

Tea House or Lodge

Day 11: Trek from Chhukung to Island Peak Base camp (5,200m / 17,050ft) - Pre-Climbing Training

The Island Peak Climbing With Everest Base Camp Trek Itinerary from Chhukung will then take you to

Island Peak base camp, where you can practice climbing. You'll start climbing toward the Island Peak Base Camp after breakfast. The path winds through rocky valleys and past glacial streams with constant views of Imja Glacier and the surrounding mountains.

Once you reach base camp, your guides will help set up tents and review gear for tomorrow's summit. You'll camp here for the night, resting up for the big climb ahead.

Distance:

4 hours

Ascent:

465m/ 1,526ft

Highest Altitude:

5,200m / 17,050ft, Island base camp

Meals:

Lunch and Dinner

Accommodations:

Tented camp

Trek Distance:

5km / 3.1 miles

Day 12: Summit Island Peak (6,189m / 20,305ft) and Return to Chhukung

This is the most exciting and challenging day. You'll begin before sunrise, around 2 a.m., with your climbing guide. The path includes snow slopes, icy ridges, and the final push up to the summit of Island Peak.

Once you reach the summit of Island Peak, you'll be rewarded with breathtaking 360-degree views of Everest, Makalu, Lhotse, and many more. After taking in the moment, you'll carefully descend back to Island Peak base camp and then continue to Chhukung for a well-deserved rest.

Distance:

10 hours

Ascent:

989 m/ 3,245ft

Descend:

1,454m/ 4,770ft

Highest Altitude:

6,189m / 20,305ft, Island Peak Summit

Meals:

Breakfast and packed lunch

Trek Distance:

11km / 6.8 miles

Day 13: Contingency Day for Weather Conditions

You will spend a contingency day in a tented camp in Chhukung. The view of the Imja Valley is a treat for the eyes. You will also see the mountains around from this height. Since this day will mostly be restful, you can spend time with your group members in serenity without exerting yourself physically.

Your meals for the day will include breakfast and lunch. Light walks and stretches are recommended for good physical condition in the days to come. On this day, trekkers can explore Chhukung and interact with the local people.

Meals:

Breakfast and Lunch

Accommodations:

Tented camp

Day 14: Trek back to Pangboche (3,930 m/12,894 ft) from Chhukung

On the 14th day, you will begin your trek at 7 a.m. to reach Pangboche. You will be immersed in the beauty of alpine meadows and Rhododendron forests on your way back. The views are just as stunning on the return journey, and your pace will feel lighter after the summit.

You'll spend the night in Pangboche again, enjoying the peaceful atmosphere and perhaps visiting the nearby locality and scenery once more.

Distance:

6 Hours

Ascent:

30 m/98 ft

Descend:

830 m/2,723 ft

Highest Altitude:

4,730 m/15,518 ft Chhukung

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

11.4 km/7 miles

Day 15: Trek back to Namche Bazaar (3,440m/11,286ft) from Pangboche

You will trek back to Namche Bazaar from Pangboche on this day. You will pass over suspension bridges and cross the Dudh Koshi River and Tengboche once again. The trek will begin at 8 a.m. You will cover a total trekking distance of 12.6 km (7.8 miles) with an ascent of up to 410 m (1,345 ft) and a descent of 900 m (2,953 ft).

The walk offers one last chance to take in the stunning views of the Everest region. Back in Namche, you will relax at one of the local tea houses or lodges, reminiscing about your journey so far.

Distance:

6 Hours

Ascent:

410 m/1,345 ft

Descend:

900 m/2,953 ft

Highest Altitude:

3,930 m/12,894 ft Pangboche

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

12.6 km/7.8 miles

Day 16: Trek back to Lukla from Namche Bazaar

It's your final day on the trail. The route back to Lukla is mostly downhill, and it's a great time to reflect on all you've accomplished. You'll cross suspension bridges, pass through villages, and enjoy one last

walk in the Khumbu.

Once in Lukla, there may be a small celebration with your guide and porter team. You'll stay overnight here, wrapping up your trek on a high note.

Distance:

7 hours

Ascent:

672m/2,205ft

Descend:

1,246m/4,088ft

Highest Altitude:

3,440m/11,286ft (Namche)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

17.2km/10.7 miles

Day 17: Flight back to Kathmandu or Ramechhap Airport from Lukla and Same Day Drive Back to Kathmandu

An early morning flight will take you back to Kathmandu. Once again, enjoy the incredible aerial views as you return to city life. After landing, you'll be transferred to your hotel in Thamel. The trip ends here, but the memories will last a lifetime.

Highest Altitude:

2,860m/9,383ft (Lukla)

Meals:

Breakfast and Dinner

Accommodations:

3-Star Hotel

Flight Hours:

35 mins flight from KTM or 5-6 hrs drive & 20 min flight from Manthali

Day 18: Transfer to the International Airport for your Final Departure

This is your final day in Nepal, and time to say goodbye to us. You will begin your day with a fresh breakfast in Thamel and then be taken to the airport by a representative from Himalayan360. Before you head back home, you can request some time off to pick up souvenirs, grab a quick lunch, or try some local cuisine in Thamel.

Meals:

Breakfast

Includes

- Kathmandu to Ramechap airport by shared vehicle
- Ramechap to Kathmandu by sharing a vehicle as per availability
- Ramechap to Lukla to Ramechap flight ticket
- Airport Transfer

- 2 Night in Kathmandu with 3star accommodation (sharing basis)
- 1 Night Ramechap local lodge accommodation (on a sharing basis)
- 12 Nights in Mountain Tea House Lodge (sharing basis)
- 2 Night camping tents (Sharing)
- **Meals:** 17 Breakfast, 14 Lunch, 14 Dinner

- One guide during the trek
- Climbing Sherpa during the climb
- Porter to carry your luggage (2:1 porter)

- Sagarmatha National Park permit fees.
- Peak climbing permit
- Garbage deposit
- Local Gov. Permit Fees

- **Climbing gear:** Rope, Harness, Ice-axe, Carabiners, Crampons, F-8, Jummer, Helmet.
- Kitchen Equipment, Trekking tents, Dining tent, Kitchen Tents, Toilet Tents, Table and chairs, and Mattresses for the Island Peak climbing.
- Climbing guide and staff insurance
- Climbing boots, Ice screws, snow bars
- Gov. and local tax and agency service charges
- Free luggage storage services in Kathmandu
- Appreciation Certificate after the successful trek
- Farewell dinner at the end of the trek

Excludes

- International and Domestic airfare
- Nepal visa fees

- Extra night accommodation in Kathmandu due to early arrival or late departure, or early return from the trek.

- Travel insurance that covers emergency high-altitude rescue and evacuation (compulsory).
- **Additional cost:** Additional Island Peak Climbing With EBC Trek costs incurred due to causes beyond our control, such as weather conditions, landslides, itinerary modifications, illness, government policy changes, strikes, etc.

- Excess baggage charges on the trek
- Personal climbing gear

- Personal clothing and gear and expenses: shopping, snacks, boiled water,
- drinks, hot shower, alcohol, Wi-Fi, calls, battery charging, extra porters, etc.
- Tips for staff (it is expected)
- All other costs and expenses not listed in “include”

Group Discounts Available

No. of Persons	Price per Person
1 - 1	USD 2,813
2 - 3	USD 2,355
4 - 6	USD 2,150
7 - 12	USD 2,130
13 - 20	USD 2,090
21 - 30	USD 2,050

FAQ's

Can a beginner go to the Island Peak Climb with the EBC trek?

A **beginner can go** on the Island Peak climb with the EBC trek. However, it is necessary for you to train properly and in the most effective way possible. You also need the most reliable gear and equipment to complete your journey there.

How long does it take to climb Island Peak?

It takes you around 2 days to **climb Island Peak from Chhukung**. Climbing Island Peak is more fun and adventurous than climbing most other mountains in the world. Additionally, climbers should consider that different types of climbers, with varying skills, are likely to spend different amounts of time climbing the mountain.

Which is harder, climbing Island Peak or reaching the Everest Base Camp?

Climbing **Island Peak is going to be more challenging than trekking to the Everest Base Camp**. While Island Peak summit requires you to fix ropes in your trails and trek through glaciers and ice bits, trekking to EBC is a comparatively simpler high-altitude journey. Proper acclimatization and practice will help you reach both destinations.

What is the climbing route for Island Peak with the EBC trek?

The climbing route for the Everest Base Camp Trek with Island Peak is through **Lukla, Namche, Phakding, Tengboche, Dingboche, Chhukung, Chhukung Ri, and finally to the Island Peak Base Camp, before ascending to the summit of Island Peak**. To reach EBC, you will travel to **Dingboche and then proceed towards Everest Base Camp**.

Is the Island Peak climb with the EBC trek difficult?

Yes, the Island Peak climb, combined with the Everest Base Camp (EBC) trek, can be considered moderately difficult. Only climbers who have been trained enough for the journey may find it easy. If you are not physically and mentally prepared, it would be better to consider training before taking on the trek.

Climbing Equipment

- Ice Axe
- Climbing Harness
- Crampons
- Tape Slings
- Figure 8 Descender
- Screwgate Karabiners
- Helmet
- Ascender (Jhumar)
- Plastic Mountaineering Boots
- Rope
- Ice Hammer
- Ice Screw
- Snow Bar

Headgear & Eyewear

- Sun Hat / Scarf
- Winter Hat / Insulating Hat / Wide-Brimmed Hat
- Warm Hat Covering Ears
- Headscarf
- Sunglasses with UV Protection
- Headlamp (extra bulbs and batteries)
- Prescription Sunglasses

Face Care

- Sunscreen
- Face/body wipes

Handwear

- Gore-Tex Mittens with Fleece Liners
- Lightweight Poly-liner Trek Gloves
- Lightweight Fleece or Wool Gloves

Sleeping Gear

- Sleeping Bag (rated -15°C)
- Fleece Sleeping Bag Liner

Bags & Packs

- Medium Rucksack / Large Duffel Bag
- Daypack (max 50L, padded shoulders)
- Small Padlocks
- Waterproof Rucksack Covers (2)

Clothing for Upper & Lower Body

- Hiking Shirts
- Long-Sleeved Shirt
- Hooded Rain Jacket
- Fleece Jacket
- Lightweight Cotton Pants
- T-Shirts (Lightweight Wool Preferred)
- Polypropylene Underwear
- Down Jacket (Expedition Grade)
- Sweater
- Waterproof Jacket and Pants
- Thick Thermal Merino Bottoms
- Polar Fleece Trousers
- Gore-Tex Trousers or Bibs
- Goose-down Trousers / Down Suit
- Liner Gloves
- Waterproof Stuff Sacks
- Hiking Shorts
- Lightweight Thermal Bottoms
- Fleece/Woolen Trousers
- Breathable Waterproof Shell Pants
- Non-Cotton Undergarments

Footwear

- Hiking Boots
- Thick Wool Socks (extra light pair)
- Gore-Tex Hiking Boots with Ankle Support
- Trainers / Running Shoes / Sandals
- Lightweight Inner Socks (2 pairs)
- Heavy Poly/Wool Socks (2 pairs)
- Hiking Boots with Spare Laces
- Gaiters
- Cotton Socks

Essentials

- Backpack / Daypack
- Thermal Bottle
- Water Purification System

- Trekking Pole
- Sleeping Bag (-15°C)
- Toiletries
- Medium Drying Towel
- Toothbrush
- Toothpaste
- Deodorant
- Floss
- Biodegradable Soap
- Nail cutter
- Small Mirror
- Medical
- Light Personal First-Aid Kit
- First-Aid Tapes and Plasters
- Blister Repair Kit
- Anti-Diarrhea Pills
- Headache Medicine
- Cold & Cough Medicine
- Anti-Altitude Sickness Pills (Diamox/Acetazolamide)
- Stomach Antibiotics (e.g., Ciprofloxacin)
- Water Purification Tablets / Filter
- Earplugs
- Extra Glasses / Contact Lens Supplies
- Personal Accessories
- Money
- Watch
- Cell Phone
- Camera
- Extra Items
- Passport Photos & Copies
- Notebook and Pen
- Binoculars
- Nail cutter
- Face & Body Moisturizer
- Female Hygiene Products
- Small Mirror
- Hygiene & Miscellaneous
- Wet Wipes
- Toilet Paper Roll
- Anti-Bacterial Handwash
- Reading Book
- Trail Map / Guidebook
- Notebook & Pen
- Swimsuit
- Lightweight Pillowcase (optional)

What makes Island Peak more than just a climb?

Island Peak Expedition with EBC Trek is more than just a climb for multiple reasons. First, you don't necessarily have to be a mountaineer to go on this journey. This means this journey can **kickstart your mountaineering journey**. The scenic route takes you from Dudh Koshi to Namche Bazaar and then from Dingboche to Island Peak and Everest Base Camp. Island Peak is also a perfect new experience for mountaineers seeking a thrilling climbing experience without the challenges and hassles of climbing taller, more demanding mountains. The Island Peak climb via EBC also offers a cultural experience among the Sherpa people in the Khumbu region.

Furthermore, pushing your limits from 2 a.m. onwards can be truly transformational for trekkers who want to experience an adventure to the fullest extent. This will create a sense of confidence in you. Engaging in conversations with like-minded individuals and those experienced in trekking can foster a sense of connection among trekkers. Similarly, regardless of your expertise, you need to reduce the risks of altitude sickness by acclimatizing properly and doing a pre-climb training. Island Peak is unique, and you can **continue your trek here to other destinations, such as the Everest Base Camp and Gokyo Lake**.

How do You Prepare for the Dual Challenge of Island Peak and Everest Base Camp?

Island Peak & Everest Base Camp included in one package is tempting as traveller but you can't deny its difficulty level. If you're looking for something a bit easier, the [Everest Base Camp Trek](#) is a great choice compared to the Island Peak Climb with Everest Base Camp Trek. You'll still get amazing views and a taste of the Everest adventure, but without the tough mountain climbing. However, if you have decided the dual challenge then, preparation is a must. Here are the key tips on how you can prepare for this challenging journey:

Acclimatize when necessary

You must acclimate properly to continue your journey from Island Peak to the Everest Base Camp (EBC) or vice versa. This will help your body habituate to the changing mountain conditions without suffocating you. Furthermore, it would be best to look out for any symptoms of Acute Mountain Sickness (AMS). If you are climbing high on a particular day, ensure that you ascend gradually to align your body's oxygen level with your surroundings.

Learn about your climbing gear

You need to learn better about climbing gear. Some of the essentials you need to learn how to wear and carry, mainly as a beginner, include a helmet, a harness, an axe, mountaineering boots, crampons, and other necessary gear. Also, instead of relying on gears that are given to you, be sure to gear check beforehand. You also need to decide whether renting or buying the gear is more suitable for you.

Eat properly

Trekkers should eat properly before embarking on the trek to Island Peak and Everest Base Camp. When you're loaded just enough to keep you energized, neither too much nor too little, you're good to go. Also, be mindful of not eating excessively greasy food. Eat a balanced combination of carbs and protein to stay energetic and full throughout your journey.

Train beforehand

You need to train beforehand to take on the dual challenge of the Island Peak and Everest Base Camp treks. Physical preparation can be done before the trek through short hikes, cardio, and aerobics, among other activities. Stretches before and during the trek can also help train your body. Training also includes becoming habituated to different temperatures, especially colder ones. Furthermore, proceed slowly on your journey and approach each landmark without rushing.

Ensure mental fitness

Being physically fit is important, but mental strength is equally crucial, especially on challenging treks like Island Peak with the Everest Base Camp (EBC) route. Go in with a positive mindset and remind yourself why you're doing this. Know that there will be moments of discomfort, whether it's long days, altitude challenges, or unpredictable weather. Just stay calm and mentally prepared.

Trek with your group and guide

You must stay with your group and a guide at all times during the Island Peak and Everest Base Camp trek. Doing this will help you avoid getting lost along the way. A guide will help you navigate challenging pathways while ensuring your safe completion of the journey. Even if you want to trek solo, having a guide accompany you on the trek is necessary.

Why Island Peak and Everest Base Camp Make the Ultimate Adventure Combo?

The Island Peak journey, combined with the Everest Base Camp trek, makes for a thrilling adventure combo, particularly because the trek is a **dual achievement**: trekking to the foot of the world's highest mountain and climbing a 6,000 meter peak in one journey. It offers trekkers the opportunity to reach **Everest Base Camp (5,364m)** and then continue by summiting **Island Peak (6,189m)**.

The acclimatization process is natural and safe, with proper rest days in places like **Chhukung**, ideal for preparing for higher altitudes. Additionally, the climb requires the use of **basic mountaineering gear and climbing skills**, providing a genuine taste of expedition-style climbing.

Furthermore, along the way, trekkers pass through **Sagarmatha National Park**, with its rich biodiversity and scenic trails. The journey also offers opportunities to connect with **Sherpa culture**, visit ancient monasteries, and take in panoramic views of peaks such as **Everest, Lhotse, Ama Dablam**, and others.

Necessary Permits and Paperwork for this Combined Trek

The necessary permits and paperwork for the Island Peak Expedition with EBC Treks are as follows:

National Park Permits and Local Permits

An essential permit for this trek is the **Sagarmatha National Park permit**. You can **find it at either the Nepal Tourism Board in Kathmandu or the Monjo checkpoint on your route**. The **cost**

of this permit is NPR 3000 for foreigners and NPR 1500 for SAARC Nationals. You also need a Khumbu Pasang Lhamu Rural Municipality Permit, which costs NPR 2000. Another important permit is the Island Peak Climbing Permit, which is issued by the Nepal Mountaineering Association (NMA). This permit costs you USD 250 during springtime, USD 125 during autumn, and USD 70 during the off-season.

Visa

You will receive a visa on arrival upon landing at Tribhuvan International Airport in Nepal. Trekkers need to carry a valid passport for at least six months and passport-sized photos. You can extend your visa from the immigration offices located in Kathmandu or Pokhara. As a pro tip, you can use exact change in USD for a quicker visa process.

Insurance

Obtaining insurance is mandatory for trekkers trekking in high-altitude locations. Your insurance should cover high-altitude trekking above an altitude of 6200 meters and an emergency evacuation facility. It is also recommended that your insurance include coverage for theft, medical emergencies, and trip cancellation.

Address

Address:

Galkopakha Marg – Kathmandu – Nepal