

Island Peak Climbing from Chhukung

URL: <https://himalayan360.com/trip/island-peak-climbing-from-chhukung/>

Destination

Nepal Treks & Tours

Activity

Climbing & Expedition

Start / End Point

Chhukung/Chhukung

Trip Type

Lodge/Tent

Duration

3

Destination

Nepal

Language

Nepal

Per Person From

USD 780

Region

Everest Region

Max. Altitude

6,189m/20,305 ft

Group Size

2 - 30

Best Season

Feb, Mar, Apr, May, June, Sep, Oct, Nov & Dec

Activities

6 hr

Accommodation

Lodge/Tent
only in base camp

Meals

B.L.D Breakfast
Lunch
Dinner

Difficulty

Moderately challenging

Highlights of Island Peak climbing from Chhukung

- Island Peak's summit adds thrill and challenges to the trek while remaining accessible. Crampons and ropes help you traverse glaciers, making for a lifetime memory.
- Summiteers will enjoy the most amazing views of peaks such as **Mount Everest, Ama Dablam, Lhotse, Cho Oyu, and Nuptse**, as well as the **Imja Glacier and surrounding lakes**.
- Adventurers can also spot wildlife variations, such as the **Himalayan Tahr, the golden eagle, and the musk deer**, as well as the **rare yet breathtaking sight of blue glacier lilies**, along with other

Himalayan vegetation.

- Island Peak is one of the rarest and most special among peaks in the Everest region. With every successful summit, mountaineers honor the **first summiteers, Wylie, Evan, Gregory, and Tenzing Norgay Sherpa**.
- If you're a photography enthusiast, you can capture the scenery of the Imja Glacier, including its **peaks, sunsets, and sunrises, as well as the night sky**, which offers a truly breathtaking view of the Milky Way galaxy.

3 days Island Peak Climbing from Chhukung day by day Itinerary

Day 01: Meet the Himalayan 360 Team at Chhukung (4735m / 15,535ft) and Do Climbing Preparation and Gear Check

On the first day of your trek, you will meet our **Himalayan 360 team at Chhukung** village, which lies at an elevation of 4,735 meters above sea level.

Following the Island Peak climbing from Chhukung itinerary, trekkers must prepare for their climb and conduct a gear check on this day, as they will not begin their climb on the first day.

Likewise, you will be staying overnight in the village. You can utilize the free time you have in the latter half of the day by not only preparing for your summit but also by exploring the stopover point with your friends or summit group.

Distance:

10 hours

Highest Altitude:

4735m / 15,535ft Chhukung

Day 02: Trek from Chhukung to Island Peak Base Camp (5,200m / 17,050ft) Pre Climbing Training

You will begin your journey by climbing Island Peak and first reaching the Island Peak base camp. The sights of Lhotse and Imja Glacier on the way will be worth your while. After a strenuous ascent, we will finally reach our tent and stay the night at Island Peak Base Camp.

Our team will prepare food on the spot, and you can enjoy it. Before the ascent, you need to complete a mandatory pre-climbing training, which will be conducted on this day. You will rest the night camping at the Island Peak Base Camp and go to bed early, as you have to wake up at midnight for the summit ascent.

Distance:

4 hours

Ascent:

465m/ 1,526ft

Descend:

0m/ 0ft

Highest Altitude:

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

Meals:

Lunch and Dinner

Accommodations:

Tented camp

Trek Distance:

5km / 3.1 miles

Day 03: Summit Island Peak (6,189m / 20,305ft) and Return to Chhukung

On the third day, you will finally summit the top of Island Peak. A climbing team will accompany you. Wear solid climbing boots and carry along reliable climbing gear. The summit of Island Peak will take you around **10 hours in total**. Similarly, the trek distance is 11km / 6.8 miles.

The highest altitude that you will climb on this day, being the Island Peak summit itself, is 6,189m / 20,305ft. Further, you can enjoy breakfast and a packed lunch as you climb the mountain. After returning to Chhukung, you will spend the night there, marking the end of your 3-day-long Island Peak Climb.

Distance:

10 hours

Ascent:

989 m/ 3,245ft

Descend:

1,454m/ 4,770ft

Highest Altitude:

6,189m / 20,305ft

Meals:

Breakfast and packed lunch

Trek Distance:

11km / 6.8 miles

Island Peak climbing from Chhukung Includes/Excludes

Includes

- **Island Peak Base Camp:** A men person tent and a foam mattress will be provided for each participant.
- **Meals:** 1 Breakfast, 2 Lunch, 1 Dinner
- An experienced Climbing Sherpa Guide
- Pre-climbing training
- Base camp support team
- **Climbing gear:** Rope, Harness, Ice axe, Carabiners, Crampons, F 8, Jummer, Helmet.
- **Kitchen Equipment:** Trekking tents, Dining tents, Kitchen Tents, Toilet Tents, Table and chairs, and

Mattresses for Island Peak Base Camp

- Climbing guide and staff insurance
- Garbage deposit to climb island peak
- Climbing boots, Ice screws, snow bars
- Gov. and local tax and agency service charges
- Appreciation Certificate after the successful trek (if you need it)

Excludes

- Extra night accommodation (if needed)
- Travel insurance that covers emergency high-altitude rescue and evacuation (compulsory).
- **Additional costs:** Expenses incurred due to causes beyond our control, such as adverse weather conditions, landslides, itinerary modifications, illness, changes in government policies, strikes, and other unforeseen events.
- Excess baggage charges on the trek
- Personal climbing gear
- Personal clothing and gear, and Personal 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 899
2 - 2	USD 840
3 - 4	USD 830
5 - 6	USD 820
7 - 10	USD 800
11+	USD 780

FAQ's for Island Peak climbing from Chhukung

What do you need to do on Island Peak?

You need to have **some knowledge of mountaineering or at least a technical level of trekking** before attempting to summit Island Peak. Even though you have not climbed a mountain before, you can

still go on this journey without having to worry too much about failing if you are a skilled trekker.

What to climb after Island Peak?

After you climb the Island Peak, you can prepare yourself for similar, though slightly difficult, climbs of mountains like **Mera Peak and Lobuche Himal**. These summits are easily accomplishable compared to other mountain ascents, which may require you to be more aggressively educated about mountain climbing.

What is the success rate of the Island Peak?

Since Island Peak is a relatively easy mountain to climb, the success rate is approximately **89 90%**. The peak is accessible from Chhukung, and with the help of a reliable tour operator, you can expect to return home without successfully ascending it.

Can anyone climb Island Peak?

Yes, anyone who is skilled in mountain climbing can easily climb Island Peak. However, if you have not climbed a mountain before but have adequate trekking knowledge and expertise, then climbing the hill should not be too difficult for you either.

What is the best time to climb Island Peak from Chhukung?

The best climbing season to climb Island Peak from Chhukung is from **March to May and from September to November (spring and autumn seasons)**. Both of these seasons offer an exquisite view of the mountains, provide fresh air to breathe in, and a clear path that is neither too slippery due to rainfall and snowfall nor too foggy and difficult to traverse.

What Makes Island Peak Climbing from Chhukung Unique?

Climbing Island Peak from Chhukung is the shortest route you can take. Additionally, the trek does not require excessive logistics for an efficient climb either. It is not just the Island Peak that you will enjoy the view of in this very journey. You will enjoy close and phenomenal views of mountains such as Ama Dablam, Mount Everest, Lhotse, Nuptse, Baruntse, and Makalu. The journey will also make for a fantastic, eco-friendly trip, ideal for environmentally conscious travelers.

Furthermore, climbing Island Peak from Chhukung is all about adhering to the “Leave No Trace” policy. *Additionally, with the efforts required to trek to Everest Base Camp*, you can summit an actual mountain, not just its base camp. This will also serve as a significant achievement for every adventurer, especially those who are beginner-level mountaineers.

Furthermore, Island Peak offers a moderately challenging trek from beginning to end, as the climbing trip does not require you to be a trained expert. It is also one of the most accessible treks in the Everest region. You can enjoy **breathtaking views of not just the mountains but also the valleys, villages, and more**. Immersing oneself in **Sherpa culture** is just as exciting for trekkers.

If you’re looking for a longer adventure, you can also combine the **3-day journey with the Gokyo Valley Trek**. Since Chhukung Ri offers not only acclimatization opportunities but also a worthwhile view of the Himalayas, you’d appreciate what the trails have in store for you. And just so you know, you can also take the opportunity to visit Nagarjuna Himal, which is located near Dingboche, if you have the energy for it.

Island Peak Climbing from Chhukung difficulty

The climb to Island Peak from Chhukung is **moderately challenging**. Nonetheless, the difficulty level does not entirely prevent you from making the ascent. This is mainly due to the complex yet attainable trails. One of the best parts about climbing the mountain, given its difficulty level, is that you will be able to train yourself just a day before the climb by climbing up to the base camp. Regarding the fitness level required for the journey, you need to be in a physically and mentally sound state.

The high altitude location can also cause breathlessness and increase the chances of **Acute Mountain Sickness (AMS)**. Proper hydration and acclimatization can help mitigate the effects of AMS. Training yourself with cardio, such as jogging and short treks around your home, can help increase your adaptability for the journey.

Needless to say, **this summit will be as difficult as you make it**. If you have previous climbing experience and skills, you will likely find this trip to be straightforward. If you have the right climbing equipment, such as crampons, solid trekking poles, and other such mountaineering equipment, then your trek is likely to be amazing. You can always opt for a brief training session beforehand, as you may face challenges in **crevasse crossings, using ropes, or navigating the summit ridge**.

How to Reach Island Peak from Chhukung Safely and Efficiently

With proper physical and mental training beforehand, you can safely and efficiently reach the Island Peak by climbing. *Going with a guide for Island Peak climbing will make your summit somewhat more straightforward. It is not only mandatory but also just as helpful, regardless of your expertise in mountaineering and trekking activities.*

Another way for successful climb of Island Peak is by choosing the best time to climb Island Peak. The pre-peak and post-peak seasons are among the most challenging times for the Island Peak expedition. The Island Peak adventure is superb during the peak seasons, autumn and spring, when the weather is pleasant, and the trails are favorable for the journey.

Mountaineers must always be cautious about rockfalls, crevasses, and slippery trails. Besides relying on a trekking guide, you must learn about specific evacuation protocols and keep your emergency contacts readily available for a call at all times. Camping at Island Peak's base camp also requires **a high level of endurance, as staying for prolonged periods at a high altitude** can be challenging. In this case, you can follow the safety guidelines provided by your trekking guide and seek help from trekking manuals available online or in a guidebook.

Training in Chhukung for the Island Peak Expedition

- **Pre-climbing Practice:** We will conduct a pre-climbing training in Chhukung to test your endurance in the mountains. The technical climbing training includes rope handling (jumaring and rappelling), practice with crampons and ice axes, glacier walking techniques, and the use of fixed lines. These are all practiced near the Island Peak Base Camp or in the ice and snow section.
- **Physical fitness:** Trekkers must be physically fit to undertake the Island Peak expedition. Hence, you can relax while doing mild physical stretches and exercises to keep your muscles fit for the upcoming trip.
- **Mental soundness:** When you're in Chhukung, you need to compose yourself for what's about to come your way. Not being mentally sound can ruin your self-esteem along the way. Trekkers must first calm themselves down if they experience any mental disturbance.

- **Technical skills:** The trek may require you to possess some technical skills, which will be beneficial in the long run. During the pre-climbing training, you can learn them from experienced trekkers and guides.

Climbing Route Breakdown: From Chhukung to Island Summit

The climbing route of Island Peak from Chhukung will take you through several ascents and descents. While the journey lasts only **three days**, you will find yourself immersed in the experience from the moment your trek begins at **Chhukung**, a Khumbu landmark situated a short distance ahead of Tengboche Monastery in Tengboche. You will pass by the most amazing views of Makalu and Lhotse.

On the first day, you'll trek to Island Peak Base Camp and spend the night there. The next stretch takes you to High Camp, where the terrain gets steeper and rockier. Beyond this, you'll reach Crampon Point, a technical section where you gear up for the glacier crossing. From there, you'll traverse the Imja Glacier and ascend fixed ropes up a steep ice wall near the summit ridge. Your journey will be complete as you **return to the Island Peak Base Camp and then to Chhukung**. Having said this, trekkers should be mindful about going slow, as even the descents are steep and somewhat challenging.

Address

Address:

Galkopakha Marg - Kathmandu - Nepal