

# TREKKING in NEPAL EVEREST BASE CAMP ISLAND PEAK

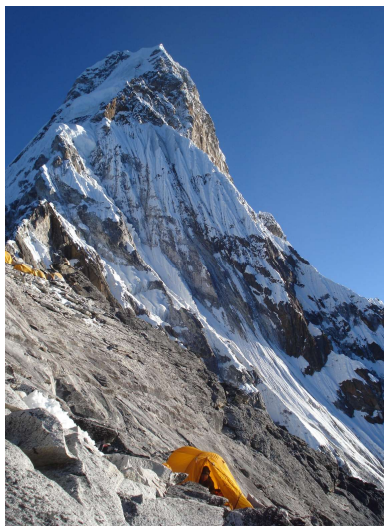


## NEPAL

# TREKKING EVEREST BASE CAMP - ISLAND PEAK

Trekking in the heart of the Nepalese Himalayas and arriving at Everest Base Camp is one of the most desirable and charming treks in the world. It was accomplished by famous alpinists during the golden age of Himalayan expeditions to scale and conquer peaks of 8000m.

From 1950 (when Nepal opened its borders to western tourism) to today, the number of tourists has grown significantly and the tracks are way better. This trekking remains a trip inside a place so far from our world, where our legs are the most common way to travel after yaks.



Lukla, the starting point, is a little village reached by micro light planes from Kathmandu. In the first part of the trek, we will go up through the DudhKosi Valley (literally “milk river”) that we cross many times by suspension bridges, all the way to Namche Bazaar; “the capital city of sherpas”.

This is where the Tibetans arrive, after crossing the Nangpa La, in order to sell their goods, giving life to the characteristic market, the aforementioned bazaar.

After a few relaxing days, which are necessary to get acclimated properly, we continue onto the wonderful Tengboche with its famous Buddhist monastery, the biggest and more active one in the Khumbu Valley.

We will continue through Pheriche and Dingboche villages to the GorakShep lodge. From here, the last run leads us to the top of Kala Pattar (5545m), the best viewpoint on Everest’s south face.

The ideal achievement is climbing Island Peak, one of the “trekking peaks”. However we don’t have to underestimate it as a trekking! The normal route is a high mountain itinerary that will lead us over 6000m (1000m more than Mt. Blanc!) and requires good technique with crampons and ice axe.

You have to be well trained to climb it but our hard work will pay off with dreamy scenery among the world’s highest peaks.

### SCHEDULE

**Activity:** trekking and mountaineering

**Difficulty:** easy/medium difficulty trekking, high mountain PD for Island Peak

**Period:** April - May

#### **What to bring with you:**

- high mountain clothes and protective sunglasses;
- sleeping bag (temp. comf. -10°C);
- backpack (around 30l);

#### **For Island Peak only:**

- cramponable mountain boots;
- harness, daisy chain, locked carabiners + jumar;
- ice axe;
- crampons with antiboot;

**Duration:** 21 days;

**Costs:** € 2.400,00/pers. + International flights (€ 800,00-900,00);



*Island Peak – ImjaTse*

**The package includes:**

- Airport/Hotel/Airport pick up and transfer by car/van/bus
- Round trip flight from Kathmandu/Lukla/Kathmandu
- Nights in hotels - Kathmandu/Lukla
- Nights in lodge (trekking) and tent (Island Peak)
- 1 porter between 2 people
- Meals (breakfast, lunch and dinner) during the trek
- Mountain Guide fees and costs
- Camping equipments (tents, kitchen utensils)
- Sagarmatha National Park permit
- Climbing Permit
- Government taxes
- Local office service charge

**Doesn't include:**

- International air flights from and to Europe
- Meals in Kathmandu/Lukla (except for breakfast)
- Nepal Tourist Visa fee
- International airport tax
- Travel insurance and emergency evacuation
- Personal equipment (sleeping bag, technical gear, etc. etc.)
- Items and expenses of personal nature
- Anything not mentioned under "package includes"

## PROGRAM:

- Day 1*: departure from Europe - arriving in Kathmandu. Hotel  
*Day 2*: Kathmandu (1.336 m). Hotel  
*Day 3*: flight from Kathmandu to Lukla (2.805 m) - flight duration half an hour. Start of trekking: the first hike day will lead us to Phakding (2.610 m) Lodge  
*Day 4*: from Phakding to Namche Bazaar (3.440 m): day of 830m vertical in altitude to begin the acclimatization. Lodge  
*Day 5*: Namche (hiking in the authentic environment of Sherpa people Khumjung and Khunde to 3.790 m). Lodge  
*Day 6*: leaving Namche, moving to Tengpoche (3.867 m). Lodge  
*Day 7*: from Tengpoche to Pheriche (4.243). Lodge  
*Day 8*: from Pheriche to Lobuche (4.925 m.), near the Italian Scientific Pyramid Cnr. Lodge  
*Day 9*: leaving Lobuche to climb Kala Pattar (5.545 m) and reaching Everest Base Camp. Back to Lobuche. Lodge  
*Day 10*: from Lobuche to Chhukung (4.750 m). Lodge  
*Day 11*: from Chhukung at Island Peak Base Camp at 5.085 m: ascent of about 500m vertical for preparation of the climb to the summit next day. Tent camp  
*Day 12*: from Island Peak Base Camp to the Advanced Camp (or a recovery day). Tent camp  
*Day 13*: Island Peak climb: the summit (6.189 m) is approximately 1.000 m above Base Camp with climbing approx. 7-8 hours and 4 hours from Advanced Camp. The return requires 4-5 hours back to Base Camp. Tent camp  
*Day 14*: rest day in Chhukung. Tent camp  
*Day 15*: from Chhukung to Debuche (3.710 m). Lodge  
*Day 16*: from Debuche from Namche. Lodge  
*Day 17*: from Namche to Lukla. Lodge  
*Day 18*: flight to Kathmandu. Hotel  
*Day 19*: day in Kathmandu. Hotel  
*Day 20*: departure day - returning back to Europe.

Program could be changed due to organizational problems or meteorological conditions.





Map source: National Geographic Maps

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