



# Dudhkunda Adventure Treks and Expedition Pvt. Ltd.

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## DAY TO DAY ITINERARY: ISLAND PEAK

**Travel Style :** Peak Climbing

**Duration:** 13 Days

**Location:** Solukhumbu Region, Nepal

DAYS	DESTINATION	ALTITUDE	DURATION (HRS)	HIGHLIGHTS	MEAL
1	Kathmandu	1,400 m	---	Upon arrival in KTM, the capital city of Nepal, our representatives will warmly welcome you and transfer you to your comfortable hotel as per our service.	-----
2	KTM – Lukla - Phakding	2,610 m	3-4	Fly from Kathmandu to Lukla on a thrilling 45-minute mountain flight, then begin a scenic 3–4 hour trek along the Dudh Koshi River to reach Phakding.	B/L/D
3	Phakding – Namche Bazaar	3,440 m	5-6	Walk along the Dudhkoshi River, suspension bridges, and pine forests.	B/L/D
4	Namche Bazaar	3,440 m	---	Acclimatization day with a short scenic hike to Hotel Everest View (3,800m) for stunning views of Ama Dablam.	B/L/D
5	Namche Bazaar— Phortse Village	3,810 m	5-6	Trek from Namche Bazaar to Phortse Village via scenic ridge trails with breathtaking views of Ama Dablam, passing traditional Sherpa villages, terraced fields, and peaceful landscapes away from the busy main trail.	B/L/D

6	Phortse Village - Dingboche	4,410 m	6-7	Trek from the traditional Sherpa village of Phortse to Dingboche, passing through breathtaking Himalayan landscapes and high-altitude valleys.	B/L/D
7	Dingboche	4,410 m	-	Second acclimatization day at Dingboche, allowing your body to properly adjust to the altitude with light hikes and rest.	B/L/D
8	Dingboche - Chhukung	4,730 m	3-4	Trek from Dingboche to Chhukung with breathtaking views of Ama Dablam, Lhotse, and surrounding glacial valleys along a dramatic alpine trail.	B/L/D
9	Chhukung - Island Peak Base Camp	5,100 m	4-5	Trek from Chhukung to Island Peak Base Camp (6,190m) and spend the night at base camp in preparation for the summit of Island Peak.	B/L/D
10	Summit Island Peak - Chhukung	6,190 m	8-9	Summit Island Peak (6,189 m), also known as Imja Tse, a moderately difficult trekking peak in the Everest region with an island-like appearance from Dingboche. After the summit, descend back to Chhukung the same day.	B/L/D
11	Chhukung-Tengboche	3,860 m	6-7	Descend from Chhukung via Dingboche and Pangboche, enjoying views of Ama Dablam, then continue through forests to Tengboche, home to the famous Tengboche Monastery. Overnight at Tengboche.	B/L/D
12	Tengboche - Monjo	2,835 m	6-7	Trek from Tengboche to Monjo, descending through rhododendron forests, suspension bridges, and scenic Sherpa villages along the Dudh Koshi Valley.	B/L/D

13	Monjo - Lukla	2,860 m	4-5	Trek from Monjo to Lukla through scenic river valleys, suspension bridges, and traditional Sherpa villages, marking the final stretch of the Everest trail.	B/L/D
14	Lukla - Kathmandu	1,400 m	45 min	Early morning flight from Lukla to Kathmandu with stunning Himalayan views. Transfer to the hotel and free time for rest or exploration in KTM.	B/L/D
15	Farewell Day in Kathmandu	-----	-----	Second-last day in Kathmandu with a rest day for shopping, local market visits, or optional sightseeing. Evening farewell dinner and overnight stay in Kathmandu.	D
16	Departure	-----	-----	Today, you will leave Nepal; thus, we will drop you off at the airport as per your flight schedule.	-----

**COST OF ISLAND PEAK: 2,749 € PER PERSON**

## What's INCLUDED?

- All land transfers by private vehicle.
- 3 nights' hotel in Kathmandu in a three-star hotel.
- 13 nights' food & accommodation in a local lodge in FB Twin Room.
- 1-day camping Services with food & a tent at Base Camp
- Flight: Kathmandu – Lukla - Kathmandu with airport tax
- Island Peak Permit Fee.
- National Park & Khumbu Permit Fee.
- Climbing equipment: rope/snow bar/ice screw.
- High Camp Food & Camping equipment
- 1 porter for every two members.
- All staff's insurance & daily wages, food, and equipment.
- Farewell Dinner in Kathmandu.

## What's **EXCLUDED?**

- International airfare and airport taxes
- Travel insurance covering high-altitude trekking
- Personal expenses (e.g., laundry, phone calls, beverages)
- Tips for guides and porters
- Additional nights' accommodation in Kathmandu.
- Any extra costs due to unforeseen circumstances (e.g., flight delays)
- Costs for any optional activities not mentioned in the itinerary.

**Note:** The itinerary may be modified due to weather conditions and the overall condition of the group.