



MISSION SUMMIT TREKS & EXPEDITION PVT. LTD.

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Namaste Traveller,

Subject: Details for Everest Base Camp Trek + Island peak

Greetings from **Mission Summit Treks!** We're excited to share a special travel plan that will make your dream adventure come true. We've thought about what you like and created a detailed plan for your journey. It includes exciting exploration, relaxing moments, and a chance to experience new cultures.

Trip Highlights

- The world's highest peak Mt. Everest (8,848m above mean sea level)
- Can see two other peaks Lhotse, and Makalu higher than 8,000m from Trail.
- Mt. Everest Base Camp and Kala Pathar.
- Khumbu glaciers.
- Khumjung and Namche village.
- Monastery (Tangbuche and Khumjung)
- Snow Leopard, Musk Deer, Red Panda, and Himalayan Monal
- Get a chance to Explore Sherpa culture and village
- Lukla Airport
- Climbing Experience

THIS TRIP INCLUDES

- Airport pickup and drop by private car/Van/Bus
- Star Category accommodation in Kathmandu on Bed n breakfast
- Flight from Kathmandu to Lukla and Kathmandu
- Three meals (Breakfast, Lunch, and Dinner) during the trek
- All accommodations during the trek. (Toilet will be outside your room)
- All necessary paper works the Everest National Park entry permit
- All permits for island peak climbing
- All equipment for climbing (in Rent)
- A helpful, knowledgeable, friendly, well-English-speaking trained, government license holder guide & porter With all his salary, food, drinks, and insurance.

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- Medical supplies (first aid kit will be available)
- All government taxes and office expenses.
- Trekking route map
- Domestic Airport tax

THIS TRIP EXCLUDES

- The Nepal entry visa fee is \$40
- International airfare/Your Travel insurance
- Lunch/ Dinner in Kathmandu
- Mineral water/bottles drinks/Sweets things during the trek.
- Hot shower/Battery charge /WI-FI for the camera during the trek
- Tips for Guide & Porter

Details Itinerary

Day 01: Arrival, Pick-Up and Transfer to Hotel In Kathmandu from International Airport.

As you arrive at Tribhuvan International airport, Nepal, our company member will welcome you and drop you at the hotel. In the evening you will meet your guide and have a welcome dinner with company members in the cultural restaurant. You can talk about your trip with your guide as well.

Night stay at the hotel.

Day 02: Free Day/ trek preparation overnight at Hotel

The second day of the Island peak climbing trek is for trek preparation, and buying the necessary requirements for a mountain climb. You will visit Thamel with your guide, all information about the requirements to climb will be given by the guide.

If you get extra time then you can visit Kathmandu Durbar Square, Bouddhanath as well.

Night stay in tea house

Day 03: Kathmandu to Lukla flight and trek to Phakding (2,800m). Walking 4 Hours, overnight at tea house.

Trekking begins as you reach Lukla from morning flight and have breakfast. Four hours walk on the bank of Dudhkoshi, stone-paved path between houses, Chorten, suspension bridges over Dudhkoshi took you to Pakhding.

Pakhding is a small and beautiful village rich in hotel and tea houses. You will take lunch in one of the tea house and take rest.

Your delightful mountain flight, 4 hours long walk on the peaceful Everest region, the divine nature with creeping of birds, burble of flowing river, players flag, monastery makes your day wonderful.

Night stay in a tea house of Pakhding.

Day 04: Phakding to Namche Bazaar (3,440m) trek, Walking 5 Hours, overnight at tea house.

Leaving Pakhding with delicious breakfast, your walk begins from the bank of Dudhkoshi. Following uphill and downhill, crossing suspension bridges, you will reach Monjo village.

Monjo village is in Sagarmatha National park. There is a checkpoint at which you should get a permit for trekking in the Everest region. The pine trail and stone-paved path continue until you reach Namche.

Namche, the Himalayan Thamel is a small town with high development. Market with ATM, well-fascinated hotels, restaurant and bar, small cottage industry, tea houses, colourful building with Buddhist culture, Sherpas hospitality makes the place more beautiful.

In the evening you will visit Namche Bazaar but it is upon your body condition. If you are tired, you can take a rest as well.

Night stay in tea house of Namche Bazaar.

Day 05: Namche Bazaar to Khumjung Valley Excursion (3,790m) Walking 3 Hours, overnight at tea house.

To acclimatize your body, we will stay in Namche bazaar today. We will have breakfast and visit Khumjung Valley (3,790m). It takes just 1.5 hours to reach Khumjung valley from Namche. If we get more time we will also visit the Everest view Hotel standing at 3800m. The clear view of Mount Everest from the hotel and its position at the highest altitude makes it more special.

After returning from Khumjung valley we will have lunch and take a rest. We need proper rest to make our body fit for the further days walk.

Night stay at tea house of Namche Bazaar.

Day 06: Namche Bazaar to Tengboche (3,860m) trek. Walking 6 Hours, overnight at tea house.

We will begin our walk towards Tengboche early in the morning for a panoramic view of Mt. Everest, Mt. Loshte. Mt. Loshte shar, Amma Doblam, Tabuche, Cholache, Mt. Thamsekhu, Khakteka, Khusum, and Khangagru from the trail. During the daytime, the view may hide behind the clouds.

We will pass Kaynjuma village, Sannasa, and Phungi Thanga then reaches Thengboche after 6 hours from Namche. You will see the oldest monastery called Tengboche, the place has been named after this monastery. Different chorten, mani walls and prayers flag give a glimpse of Buddhism.

Somewhere you will see raring yak, Georges deep below, and somewhere snowy landscape. The path to Tengboche is more plan less vertical uphill and downhill, so-called as best trial of Everest base camp as well as Island peak climbing.

Night stay in tea house of Tengboche

Day 07: Tengboche to Pheriche (4,270m) trek. Walking 5 Hours, overnight at tea house.

Today we will wake up quite earlier so that the best mountainous scene from Thengboche will not be missed. After taking photographs we will have breakfast with a majestic view of the snowcapped Highest Mountain and nearby ranges.

Our walk begins on downhill from Thengboche and reaches Dingboche after 20 min. After crossing the river you will see different mani walls, chorten, stupa and reach Pagboche.

Upper Pagboche is Sherpa village whereas lower Pangboche is more famous for tourism. The great view of Amadablam along with the burble of river creates a peaceful environment. You will pass Somer after uphill and walk on the way to Pherichhe.

30 minutes of walk with the cold breeze and peace in you, destination Pherichhe welcomes you.

Night stay in tea house of Pherichhe.

Day 08: Pheriche to Lobuche (4,910m) trek. Walking 4 Hours, overnight at tea house.

High altitude and rocky path add more challenges but the trail from Pheriche to Lobuche is easy. Even the trail is easy we should keep calm and walk slowly to maintain our health condition and save our own self from altitude sickness.

After having breakfast we will walk slowly enjoying the scenery being in our comfort zone. The raring yak, shepherd, and yekshed makes Himalayan life alive, we become an explorer.

Our path continues uphill, we will cross the river and reach Thukla. You can take a rest here if you become tired. The less oxygen zone really becomes a challenge, thus you have to be quite careful and mentally strong. We will pass the monument, and finally reach Labuche after four hours from Phrichhe.

Night stay in Labuche.

Day 09: Lobuche - Gorak Shep - Everest Base Camp (5,364m) trek. Walking 5 Hours, overnight at teahouse.

After having breakfast in Lobuche we will head toward Gorakshep, the last destination with tea houses. We will start walking early in the morning so that we can spend more time on Everest base camp.

The rocky trail on high altitude passes as we move ahead. You may feel difficult to breathe due to altitude but slow walking, long breathing and an acclimatizing body will favor you.

With a view of Everest, Numste, Khubuste, Chagaste, Mount Pumori, Labuche peak very near to us, we will reach Gorak Shep after 2, 3 hours from Lobuche. After keeping bags and taking rest on tea house we will walk towards Everest base camp.

Around 1.45 min walk on glacier path take us to Everest base camp. Yes you will be in front of Everest, the highest peak of the world stand just close to your eye. We will spend around 1 hour on EBC, take videos, photos and return back to Gorekshep.

Night stay in Gorekshep

Day 10: Gorak Shep – (Kalapathar) - Dingbouche (4,410m) trek Walking 6 Hours, overnight at tea house.

Very early in the morning, at around 4:30 am we will leave Gorekshep to reach Kalapather for sunrise view. As we move ahead from Gorekshep the clear view of Mount Everest, Lhotse, Nuptse and Pumori attracts us, some of the trekkers return after viewing Everest but It is more better to reach Kalapathar for sunrise view.

Rising sun behind the Mountain and spreading its rays on the snowcap really gives mind blowing scene. Capturing the moment in video and photographs, we will return back to Gorekshep for breakfast.

Today's target is to reach Dingbouche, thus we will pack our bag and start walk from Gorekshep. Descending down on the rocky path, we reach Dingboche enjoying the mountainous scene, snowy landscape and yak shed.

Night stay in Dingboche

Day 11: Dingboche to Chhukung (4700m) trek. Walking 3 Hours, overnight at tea house.

After having breakfast in Dingboche, we ascend towards Chhukung. Only after three hours of walk we reach our destination. Chhukung is small village on the base of Island peak, specially developed for serving trekkers and climbers.

To acclimatize our body and being prepared for mountain climb, we take rest on tea house of Chhukung. We will arrange and gather all the required equipments for mountain climb on Chhukung.

Night stay at tea house of Chhukung.

Day 12: Chhukung to Island Peak Base Camp (5087m) trek. Walking 5 Hours, overnight at base camp.

Chhukung to Island peak climbing begins with Breakfast on the yard of Chhukung's teahouse with its mountainous surroundings. We will load all climbing equipment and start our walk towards Island Peak Base camp. It takes around five hours to reach the Island Peak base camp from Chhukung.

As we need various equipment to climb Island peak, carrying all those by ourselves will be difficult. We will hire yak or porter for carrying those equipment up to basecamp.

The Imja valley, glacier lake, and Island peak are the major highlights of today's trial. We will reach the base camp of Island peak after five hours of walk. We will gather our equipment, arrange our tent and take a rest. Today's night is quite challenging as we will spend a night in camp.

Night stay in camp at Island peak base camp.

Day 13: Island Peak Base Camp to High Camp (5500m) expedition. Walking 3 Hours, overnight at high camp.

Finally, after twelve days of the trek, we will climb Island peak. Leaving base camp after breakfast, we will start climbing the Island peak. The condition of the weather determines when to start climbing.

The snowy mountain ride, holding the rope is a tough job and interesting as well. Before starting the climb, Sherpa will give instructions about using the tools and climbing the mountain.

After three hours, you will reach high camp take a rest for some while and arrange a tent. We will spend overnight in a tent.

The night in high camp, below the twinkling star, everywhere surrounded by snow and tomorrow's peak climbing excitement, here comes the memorable great moment.

It is important to drink plenty of water for hydrating your body, taking proper sleep, and rest for reaching the summit within 12 hr.

Night stay in a tent at high camp.

Day 14: Island Peak Summit (6189m) and down to Chhukung. Walking 6 Hours, overnight at tea house.

We will wake up early in the morning, make ourselves ready for the Island peak summit climb. Before starting our climb, Sherpa will check the weather and gives you guidelines.

Island peak summit (6189m) climb is not an easy task, you will pass rocky path with scramble, sometimes zig-zag and sometimes steep. Sherpa will guide you, your courage and confidence took you to the summit. Finally, you will step on the endpoint of Island peak climbing, Island peak summit. After spending some time on the summit and sharing the joy of a successful climb, you will come down to High camp following the guidance of Sherpa.

Resting for an hour on High camp and taking a tent along with other equipment you will start walking towards Chhukung.

You will pass Island peak base camp, enjoy the Imja valley, Glacier and mountainous surrounding and reach Chhukung. You will leave climbing equipment on base camp to be brought by Yak or porter and submit all equipment on Chhukung.

Nightstay on Chhukung.

Day 15: Chhukung to Tengboche trek. Walking 4 Hours, overnight at tea house.

After taking breakfast, we will descend towards Tengboche. Passing monasteries, Chorten, mane, and viewing Mt Everest, Amadablam, Nuptse, Lhoste, and other ranges, we will reach Tengboche after hours of walk.

Night stay in tea house of Tengboche.

Day 16: Tengboche to Namche (3440m) trek. Walking 5 Hours, overnight at tea house.

From Tengboche, we will descend downhill, enjoy the easy trail, and reach Namche. It takes around five hours to reach Namche from Tengboche.

The trail will be quite common while returning back.

Night stay in Namche.

Day 17: Namche bazaar to Lukla (2840m) trek. Walking 6 Hours, overnight at tea house.

Following downhill through stone paved steps, passing Manjo and Pakhding village, you will trek to Lukla covering Namche bazaar to Lukla distance of 13.5km. The long journey come to the rest point with all beautiful events as memory.

It takes around 6 hours to reach on Lukla. The suspension bridge, Monastery, Chorten, rhododendron forest, mane, bank of Dudhkoshi, and the Himalayan screen turn off as you finish your trekking.

Night stay on Lukla

Day 18: Lukla – Kathmandu, Flight 40 Minutes, overnight at tea house.

Early in the morning, we will pack our bags and be on our flight to Kathmandu. The mountainous flight offers a clear view of Himalayan ranges which memorize the joy of being on the summit of Island peak and base camp of EBC.

The Lukla flight to Kathmandu lands after 40min. We will check out from the airport and drive to the hotel.

After having rest for a few hours, you can have a visit to Thamel, shopping, and even have a short tour to Shyambunath as well. In the evening, you will have a farewell dinner with company members in the cultural restaurant.

Night stay at hotel

Day 19: Final Departure to International Airport.

Everest Base Camp Trek Preparation

A medium-level fitness is perfect for *EBC trek*.

If you are a regular gym guy or regular runner then you are completely fit for this trek.

if you are not doing any kind of physical activities and want to go for the Everest Base Camp Trek, then you need to do at least 4 to 5 kilometers of walking daily for about 60 days before your trek starts. The key here is to practice and walk for a longer duration on a jogging track on a regular basis.

Check list

Recommended Gear Lists:

- 01.) Good wind/rain jacket
- 02.) Warm fleece jacket or jersey
- 03.) Good boots, either light-weight trekking boots or light full leather boots
- 04.) Good -20 Sleeping bag (which can be rented or buy in Kathmandu)
- 05.) A comfortable day pack, preferably with a waistband.
- 06.) Fleece jacket or pullover
- 07.) Fleece Wind-Stopper jacket (optional)
- 08.) Waterproof (preferably breathable fabric) shell jacket
- 09.) Down vest and/or jacket (optional)
- 10.) Lightweight gloves
- 11.) Heavyweight gloves or mittens with a waterproof shell outer
- 12.) Sun hat or scarf
- 13.) Light balaclava or warm fleece hat
- 14.) Sunglasses with UV protection
- 15.) T-shirts
- 16.) Underwear
- 17.) Hiking shorts
- 18.) Light and expedition weight thermal bottoms
- 19.) Fleece or wool pants
- 20.) Waterproof (preferably breathable fabric) shell pants
- 21.) Thin, lightweight inner socks
- 22.) Thick, warm wool hiking socks
- 23.) Hiking boots with spare laces
- 24.) Camp shoes (sneakers and/or sandals)

Equipment for Island Peak Climb

- helmet
- Climbing harness

- Belay/rappel device
- Locking carabiners x2
- Non-Locking Ice Axe
- Crampons
- Climbing carabiners x1
- 6 meters of 16mm tape or 8mm cord
- Prusik

Other optional necessary equipment:

- 1.) Headlamp (e.g. Petzl Zoom) with spare bulbs and batteries
 - 2.) Small pad or combination lock-to-lock trek bag
 - 3.) Basic First Aid Kit (We also provide a comprehensive first aid medical kit and Oximeter)
 - 4.) Large plastic bags - for keeping items dry inside trek bag
 - 5.) Day pack (approximately 2500 to 3000 cubic inches)
 - 6.) Water bottles (2 bottles recommended)
 - 7.) Toiletries
 - 8.) Small wash towel
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To proceed

1. Booking

Booking your trek prior to your arrival in Nepal will allow time for permits to be issued, questions to be answered, and will make the process a lot easier for you.

2. Payment

When booking one of our tours, you must provide 30% of the cost up front in order to reserve your trip date. The remainder of the cost can be paid later, upon arrival in Kathmandu.

About Payment:

We accept Bank transfer for advance (20%) and Rest 80% one day before trip start.

All details of Everest Base Camp Visit this link: - <https://www.missionsummittreks.com/trip/island-peak-climbing/>

Term and Condition

<https://www.missionsummittreks.com/terms-and-conditions/>

Thanks and Regard

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