

Customized Three passes with Island Peak Climbing Itinerary – 17 days

Highlights of Three High Passes and Island Peak Climbing

- crossing **Renjo La Pass** 5430 m, **Cho La Pass**, 5330 m, **Kongma La Pass** 5535 m
- excellent acclimatization route for climbing **Island Peak**
- visit **Gokyo Valley, Gokyo Ri,**
- a Perfect **Khumbu** experience with authentic Sherpa culture and tradition
- well set up logistics and support during camping days
- trek with our qualified and experienced **Sherpa climbing guides**
- view Mt. Everest and other mountains from several vantage points: Renjo La, Gokyo Ri, Cho La, Kongma La pass.

Trip Detail Itinerary 3 pass and Island Peak Climbing

April 21, 2024, Day 1: Arrival in Kathmandu, 1,300 m/4,265 ft

Flying to Kathmandu is in itself an exciting and memorable experience. On a clear day, you will get a panoramic view of the snow-capped towering peaks. After completing the visa formalities in airport, collect your luggage downstairs. As you exit the airport terminal, you will be welcomed by one of our representatives carrying your name on our company's signboard, Annapurna Foothills Treks & Expedition. Moving forward, you'll be taken to your hotel in our private tourist vehicle. Once you reach at hotel, you'll be welcomed by them as well and after that you can relax in your room.

April 22, 2024, Day 2: Fly to Lukla; Trek to Phakdingma, 4 hrs, 2,610m/8,562 ft

We head to the domestic airport for our early morning flight to Lukla. From the twin otter plane, we will enjoy some amazing views of several of the world's highest mountains including Cho Oyu, 8153m, Lhotse, 8516m, Gauri Shankar, 7145m, Menlungtse, 7181m, and Mount Everest. Because of Air Traffic Congestion (ATC), direct flight from Kathmandu to Lukla is only operated in off seasons (December - February, June - August. Usually, it takes around 40 minutes to reach Lukla. At Lukla, our support crew will be waiting to welcome us. After distributing our luggage among

the strong Sherpa porters who will so cheerfully carry our burdens for the trip, we set out downhill into the Dudh Koshi (milk river) Valley. The trails in these parts reflect the large role Tibetan Buddhism plays in the lives of the Sherpa people. There are many mani stones, which are large stones with Tibetan prayers chiseled into them, all along the trails. You will soon become familiar with the customary way of passing chortens, mani stones, and prayer wheels in a clockwise direction. We reach Phakdingma, a small village beside the Dudh Kosi River.

April 23, 2024, Day 3: Trek to Namche Bazar, 6-7 hrs, 3,441 m/11,289 ft

Today will be one of the hardest days of the trek. So, we take it slowly, giving our body a chance to acclimatize and our senses a chance to take in the sights into the heart of Khumbu. From Phakding, the trail follows Dudh Koshi valley north for 2-3 hours to Monjo, the entrance to the Sagarmatha (Everest) National Park. There is a good view of Thamserku, 6608m. We follow the river to the Hillary Bridge, a fantastic suspension bridge that spans the deep chasm over the confluence of the Dudh Koshi and Bhote Koshi. From here, it is a tough climb to Namche. The trail continues to climb through pine forest. About half way up there, is a vantage point that provides our first view of Mt. Everest rising majestically from behind the great ridge of Nuptse-Lhotse.

Namche is a beautiful village in itself with colorful houses and lodges and prayer flags, and the setting is majestic as it is spread on the steep sides of a horse-shoe shaped valley facing the beautiful Kongde Ri Peak.

April 24, 2024, Day 4: Trek to Thame, 4 hrs, 3,820 m/12,532 ft

Today, we start trekking from Namche bazaar towards Thame. Thame is at the far end of the Khumbu valley, and you may feel it is almost at the end of earth! The local inhabitants are still untouched by modern civilization. We go past the large prayer flags, the entrance monument, Chorten and the carved Mani stones.

April 25, 2024, Day 5: Trek to Lungden, 4-5 hrs, 4,500 m/ 14,763 ft

The trail to Lungdeng today passes through ancient Sherpa villages with stone walls encircling them, such as Tarang. This is an arid region. So, the flora and fauna is different than what you have

seen so far. We may also have to share trail with Tibetan yak caravans as this is a trading route from Namche to Tibet.

April 26, 2024, Day 6: Cross the Renjo La Pass (5415m/17,765ft) and descend down to Gokyo Lake), 10-12 hrs, 4,790 m/15,715 ft

The trail starts out with steep ups and downs over rocks before leveling out to Yak Kharkas (pastures) and Twin Renjo lakes before reaching the sandy ridge of Renjo La pass. We cross a frozen stream and scramble over boulders on the way down to reach Gokyo Lake.

April 27, 2024, Day 7: Morning ascent to Gokyo Peak 5360m and descend to Gokyo and trek to Thagnag, 3-4 hrs, 4,990 m/16,367 ft

In the morning, we climb for around two hours up to Gokyo Peak, 5360m. This is a straight-forward, but steep climb and also tiring due to high altitude. It will be worth the effort as this is one of the best panoramic views in the entire Khumbu region. From the rocky summit, four peaks over 8000 metres can be seen: Mt. Everest, 8848m, Cho Oyo, 8153m, Lhotse, 8511m and Makalu, 8481m and other awesome peaks.

From here, we follow the lateral moraines and walk for two hours on glacial scree across the Ngozumpa glacier, a series of ups and downs. After crossing the glacier, we reach the yak herders' huts and tea houses of Thagnag.

April 28, 2024, Day 8: Cross Cho La Pass (5420m/ 17,782ft) and descend to Dzongla, 9-10 hrs, 4,710 m/ 15,452 ft

This day will be a big challenge. You should carry at least 2 liters of water, as it is unavailable to buy in this area. We have to start early in the morning between 4:30-5:30. The first two hours we have a steep climb up to yak pastures which we call the Cho La High Camp, though there aren't any houses there, rather you will see Buddhist prayers flags blowing in the wind. The next 1.5 hours is not so steep. But because of loose stones and uneven ground, we recommend that you use walking sticks, be careful and take the advice of our well experienced guide. The ascent to the snowy Cho La pass is very steep and it will take about 2 hours. From the pass, there is a superb view of Dzongla Valley and its lake as well as the impressive North face of Jobo Lhaptshan, 6300m. The descent to Dzongla, on the Cho La glacier is an endurance test.

April 29, 2024, Day 9: Trek to Lobuche, 5-6 hrs, 4,915 m/16,125 ft

Continuing along the moraine of the glacier, with views of Kalapathar and Pumori, we will reach Lobuche, 4910m.

April 30, 2024, Day 10: Crossing the Kongma La Pass and descending to Chhukung, 6 hrs, 4,710 m/15,452 ft

After gaining the Kongma La, we see cairn wrapped in prayer flags, -marks of the pass. Then we descend a gradual walks up the Imja Khola valley to Chhukung, a small summer settlement where we stay overnight.

May 01, 2024, Day 11: Chhukung to Island Peak Base Camp 3-4 hrs, 5,200 m / 17,060 ft

Today we trek to Island Peak Base Camp which takes 2 and half hour approx. The path climbs steeply toward the South and turns East following the valley along the moraine from the Lhotse glacier. We continue a short yet pleasant walk along the river side which leads to Big-Rock. From this point, a 40 minute climb will take us to Island Peak Base Camp. After Lunch , our Sherpa climbing guide will give you a short training on peak climbing techniques and using climbing gears such as ice axes, climbing boots and crampons, harnesses, ascenders and on how to go up and down using ropes. staying overnight in The Tent.

May 02, 2024, Day 12: Ascend Island Peak 6189m and descend down to Chhukung (Summit Day), 10-12 hrs, 6,189 m/ 20,305 ft

Today, we have to start early in the morning to climb through the rock channel. Although it is not difficult, there are many short rock steps to be crossed before you come across the other side of channel. Then the trail leads to the ridge line where you traverse the snout of summit glacier. You will need to rope up for the glacier as it contains several crevasses which leads with little difficulty, to a 100 m snow and ice slope (40-45°) on which the guides will fix a rope. From the top of this slope, 3 rope lengths along a sharp summit ridge will take you to the top. After enjoying the summit view, you will descend all the way to Chhukung, 4710m.

May 03, 2024, Day 13: Trek to Namche, 7-8 hrs, 3,441 m/11,289 ft

After having early breakfast, we trek down to Dingboche and again pass through the Pangboche village, the same trail we used on the way up. The trail leads down to a river. After crossing the

river, we walk for an hour up through the forest and reach Tengboche after continuously to Namche.

May 04, 2024, Day 14: Trek to Lukla, 7-8 hrs, 2,810 m/9,219 ft

Boosted by all our new red blood cells, we rush down the footpath toward Sagarmatha National Park gate, in Jorsale. Later, Lukla's footpath leads us back to the first villages we saw two weeks ago: Gumila, Phakdingma, and Choplung. The high peaks disappear behind the hills. This last evening in the mountains is the ideal opportunity for a farewell party with your sherpa guides and porters, and a good chance to sample some chhang, try Nepali and Sherpa dance and look back on the memorable trekking experiences. The staff will be hoping for some precious and well deserved tips.

May 05, 2024, Day 15: Fly to Kathmandu/Manthali

During off season in Nepal which refers to months like December - February, June – August so travelers can enjoy direct flight from Lukla to Kathmandu. It approximately takes 40 minutes to reach Kathmandu from Lukla on a flight. From domestic airport, you'll be transferred to your hotel on a private tourist vehicle.

Flying from Lukla to Manthali

The flight from Lukla to Manthali is takes approximately 20 minutes. Afterwards, we drive back to Kathmandu from Manthali which usually takes 5-6 hours (hours may differ depending on traffic condition). Expect to fly from Lukla to Manthali on peak seasons: Spring (March –May) & autumn (September – November). Upon reaching Kathmandu, you'll be transferred to your hotel on a shared tourist vehicle.

May 06, 2024, Day 16: Free Day in Kathmandu

Exploring Kathmandu City

May 07, 2024, Day 17: Happy Departure

We will accompany you to the International Airport in time to board your flight.

Trip Cost: USD 2250 Per Person

Our Service Includes:

- Transfer from Airport – Hotel – Airport: Car, Van, Hi-ace, or Coaster in a private vehicle.
- Authentic Nepali welcome dinner with Live Nepalese Cultural Program.
- Accommodation in Kathmandu, 3 nights on Twin share Bed and Breakfast Basis
- Accommodation during Trek; local lodges 11 nights (twin-share rooms, beds with comfortable foam mattresses and pillows)
- Accommodation during Camping; Meals during One night at Base Camp and One night at High Camp (breakfast, lunch, dinner, tang juice, fruit, tea, and coffee)
- All standard meals (Breakfast, Lunch, and Dinner) during the trekking
- English speaking experienced and certified Sherpa Guide (Govt. Trained/License Holder).
- All Camping Equipment required during the trek, sleeping tents/mattresses, kitchen tent, kitchen equipment
- Climbing rope, Ice screws, Snow bar
- Trekking cook, kitchen staff, Trek Sherpa and other support staff while on Island peak climbing
- One Sherpa guide-assistant if group size is more than 4 Trekkers.
- Porters: One porter for Two Trekkers basis in all of our Climbing Trips
- Trek Staff costs including their salary, insurance, equipment, food and accommodation.
- Personal insurance for Nepalese staff.
- Annapurna Foothill's Duffle bag for Trekking.
- Energy Supplies; Snickers, Mars, Bounty etc.
- First aid medicine kit.
- Island Peak Climbing Permit
- Sagarmatha National Park Fee, TIMS permits & all required permits or Official Documentation.
- Round-Trip airfare between Kathmandu and Lukla (Airport Tax Included)
- Kathmandu – Lukla – Kathmandu Excess baggage fees
- All government and local taxes.

- Island Peak climbing certificates issued from the respective body of Nepal Government.

All required Personal and Group Climbing Equipments and Gears

Personal Climbing Gears includes:

- Mountaineering/ Climbing Boots
- Crampons
- Helmet
- Harness
- Ice Axe
- 2 x Screwgate Carabiners (Lock and UnLock)
- Descender (Figure 8, Belay Device)
- Ascender (Jumar)
- Prussic Loops
- 2 x Tape slings

Our Service Excludes:

- Your Personal Travel Insurance.
- Nepal Entry Visa Fee.
- Lunch & Dinner in cities - allow \$ 10 to 14 per meal in Tourist restaurants.
- Beverages (drinks, mineral water, boiled water, and beer).
- Tips for guide, porters, and driver (customary).
- Any personal expenses not mentioned in the above services.
- Additional night accommodation in Kathmandu because of early return from Trek (due to any reason) than the planned itinerary.