



Annapurna Foothills

Treks & Expedition Pvt.Ltd.

Government Registration No: 52988/064/965| Tourism License No. 956/065

Gokyo Cho La Pass and Island Peak Climbing 16 Days

Trip Facts

Trip Cost from	USD 1690 P/P
Group Size above	2-8 Trekkers
Max Elevation	6,189m
Trip duration	16 Days
Camping	2 night
Full Board Services	Base Camp/ High Camp
Domestic Airfare	Both ways included
Ending / Ending Point	Kathmandu
Guide/porters/ permit	Included
Private Trip 1 Pax	USD 2290 p/p



About Gokyo Cho La Pass and Island Peak Climbing

Our customized Gokyo Cho La Pass Island Peak Climbing package includes a professional Sherpa Climbing Guide, porters, Island Peak Base Camp, and High Camp full board services, all necessary permits, domestic airfare (Kathmandu – Lukla – Kathmandu both way), and all grounds transportation. This means that you will not have to worry about organizing or paying for these things yourself. However, there are still some daily expenses, and personal gear that you will need to manage yourself. Gokyo Cho La Pass and Island Peak climbing is an exciting and challenging trekking and mountaineering adventure in the Everest region of Nepal. It combines the trek to Gokyo Lakes, crossing the Cho La Pass, and summiting Island Peak (Imja Tse) at an elevation of 6,189 meters. It is important to note that climbing Island Peak requires mountaineering experience and

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physical fitness. Prior training, acclimatization, and proper equipment are essential for a safe and successful ascent.

Gokyo Cho La Pass Island Peak Climbing Day-to-Day Itinerary

Day 01: Fly to Lukla; Trek to Phakdingma, 4 hrs, 2,610m/8,562 ft

Day 02: Trek to Namche Bazaar, 6-7 hrs, 3,441 m/11,289 ft

Day 03: Acclimatization day- Trekking around Namche Bazaar, 3441 m/11,289 ft

Day 04: Trek to Dole, 5-6 hrs, 4,200 m/13,779 ft

Day 05: Trek to Machermo, 4-5 hrs, 4,470 m/14,665 ft

Day 06: Trek to Gokyo, 4-5 hrs, 4,790 m/14,730 ft

Day 07: Hike to Gokyo Ri and then Trek to Thagnag, 5 hrs, 4,990 m/16,371 ft

Day 08: Cross Cho La Pass, (5420m/ 17,782ft) and descend to Dzongla, 9-10 hrs, 4,710 m/ 15,452 ft

Day 09: Trek to Dingboche, 5 hrs, 4,400 m/14,435 ft

Day 10: Trek to Island Peak Base Camp via Chhukung, 3-4 hrs, 5,200 m/ 17,060 ft

Day 11: Pre-Climb training and trek to High Camp, 2 hrs, 5,450 m/17,880 ft

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

Day 13: Reserve day

Day 14: Trek to Namche, 7-8 hrs, 3,441 m/11,289 ft

Day 15: Trek to Lukla, 7-8 hrs, 2,810 m/9,219 ft

Day 16: Fly to Kathmandu, 1,300 m/4,265 ft

SN	Group Size	Autumn Season 2023	Spring Season 2024
1	1Pax	USD 2290 per person	USD 2420 per person
2	2-8 Pax	USD 1690 per person	USD 1820 per person

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SN	Departure Dates 2023	Departure Dates 2024
1	October 5 th 2023	March 28, 2024
2	October 26 th 2023	April 19, 2024
3	November 17 th 2023	May 10, 2024

What's Included

- ✓ Accommodation during the Climbing Period; One night at Base Camp and One night at High Camp in well set up Camps
- ✓ All meals during the climbing period (Breakfast, Lunch, Dinner, Juice, Tea, and Coffee)
- ✓ All Camping Equipment during the climbing period, sleeping tents/mattresses, kitchen tent, kitchen equipment
- ✓ Climbing rope, Ice screws, Snow bar
- ✓ Supporting staff while on Island peak climbing

Climbing Guide and Climbers Ratio:

- ✓ 1 Sherpa Climbing Guide: 1-2 Climbers
- ✓ 2 Sherpa Climbing Guides: 3-5 Climbers
- ✓ 3 Sherpa Climbing Guides: 6-8 Climbers
- ✓ Porters: One porter for Two Trekker basis in all of our Climbing Trips
- ✓ One of our finest Sherpa Climbing Guide and necessary supporting staff for the entire Gokyo Cho La Island Peak Expedition

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- ✓ Trek Staff costs including their salary, insurance, equipment, food and accommodation
- ✓ Annapurna Foothill's Duffle bag for Trekking
- ✓ First aid medicine kit
- ✓ Island Peak Climbing Permit
- ✓ Sagarmatha National Park Fee and Khumbu Pasang Lhamu Rural Municipality Entrance Permit
- ✓ All government and local taxes
- ✓ Island Peak climbing certificates issued from the respective body of the Nepal Government

Note: If the group size is bigger than 2 people, an additional climbing guide will join the group from Chhukung to Island Peak summit and back to Chhukung.

What's Excluded

- ✓ Your Personal Travel Insurance
- ✓ Accommodation
- ✓ Meals during trekking (Except for the climbing period)
- ✓ Nepal Entry Visa Fee
- ✓ Lunch & Dinner in cities - allow \$ 10 to 14 per meal in Tourist restaurants
- ✓ Beverages (All drinks, Tea, Coffee, mineral water, boiled water, and beer)
- ✓ Tips for guide, porters, and driver (customary)

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- ✓ Any personal expenses not mentioned in the above services
- ✓ Accommodation in Kathmandu, even if early return from Trek (due to any reason) than the planned itinerary
- ✓ You can rent all the necessary climbing gear, Mountaineering Boots, Crampons, Harness, Ice Axe, 2 x Tape slings, 2 x Screwgate Carabineers, Descender / Abseil, Device (Jumar), Prussic Loops, Helmet, etc. from us

Contact us:

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Viber/ WhatsApp. 977-9841579429



Name

Ngma Nuru Sherpa



This is not your username or pin. This name will be visible to your WhatsApp contacts.



About

Namaste from the Himalaya of Nep...



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