



<p><b>ISLAND PEAK - MT. IMJA TSE (6189 Meters)</b> <b>16 nights / 17 days</b></p>
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<b>Grade:</b>	4
<b>Time Period:</b>	17 days
<b>Flights:</b>	Both ways from Kathmandu to Lukla
<b>Warning:</b>	Altitude Sickness

## **Introduction**

The trek and the climb of the Imja Tse takes one to the foothills of the mightiest of the mountains in the world. Enroute, traverse through rhododendron and pine forests, rivers, Sherpa villages and Buddhist Monasteries from temperate to snow line regions. The Himalayas are best seen on this trek as one traces the main route through the Khumbu region from the Sherpa town of Namche Bazaar. Trekkers get a close view of the world's greatest mountains, Everest, Lhotse, Nuptse, Thamserku, Tawache and others.

This is a moderately tough trek. To climb the Island Peak requires skill in rock climbing. This small scale Himalayan Climb demands full camping equipment's.

### **Features**

- A. Mountains:** The Khumbu Himalaya Range: Everest, Lhotse, Thamserku, Ama Dablam, Nuptse, Tawatse, Kantega, Pumo Ri, etc.
- B. Rivers:** Bhote Kosi and Dudh Koshi.
- C. Ethnic Villages & Tribes:** Mostly Sherpas and Tibetans in the villages like Namche Bazaar, Thyangboche, Chukung, Deboche, Lukla, etc. with monasteries, chortens and Mani stones.



E. Forests: Rhododendron and Pine.

F. Landscapes: Varying from temperate valleys to snow clad mountains.

### Itinerary

**Day 01: Kathmandu / Lukla / Phakding (2652m).**

Early morning transfer to the airport to fly to Lukla (2880m) This 45 minute flight provides a magnificent entry to the trek. It highlights the snowline of the Himalayan Range in the north and the rugged landing at the Lukla airport which is said to be one of the most spectacular flight in the world. Upon arrival, meet the Sherpa team and while the team reassembles the equipment for the distribution to the Porters and Jhopke (a cross between a cow and a Yak used to carry loads), there will be a short lunch break. During this break, the guests are welcome to explore this bustling town on top of a hill with rows of houses, hotels and shops lining both sides of cobbled street.

After lunch, the trek starts by following the trail leading to the northwest direction through the narrow street, which immediately descends from the end of the village on a trail through the open hillside. The trail is well defined and there are many shops and lodges catering to the trekkers. The trek this day is a very easy one and ultimately descends to the river at **Phakding (2652m)**.

**Dinner and Overnight at Phakding.**

**Day 02: Namche Bazaar (3447 m).**

Leave the main village, and follow the trail on the left bank of the Dudh Kosi river. It is a pleasant walk for the first half of the day as one passes through agricultural countryside, small wayside villages and a monastery. Just before lunch, there is a steep climb of about 20 minutes to arrive at **Monjo** for Lunch.

After lunch, trek up to the checkpoint to check the permits and enter into the Sagarmatha National Park. Descend for 10 minutes and then cross a suspension bridge to arrive at Jorsale (2800m). Pass through several small villages and beautiful pine forest. This is a busy trail with plenty of human interest. Our first good views are of the west ridge of Kusum Kangru (6339m). Follow the Dudh Kosi River, crossing a rickety suspension bridge, which is in a dilapidated condition, and then slowly climb up a very steep trail to Namche Bazaar. Near half waypoint, we enjoy our first views of Mt. Everest (8848m), Nuptse (7879m) and Lhotse (8383m) - the big three. The climb is for nearly 3 hours as one gains in altitude making breathing difficult due to rarified air. Arrive at a gate with a sign saying, "Welcome to Namche Bazaar" but it is very misleading as it



takes another 20 minutes to arrive at the main town. We camp in the heart of the Namche Bazaar (3447 m). This prosperous town is the largest in Khumbu. Mt. Thamserku (6648 m) and Kwangde Ri (6624 m) loom along the east and west of the village. The sacred mountain Khumbila (5707 m) dominates the skyline along the west.

### **Dinner and Overnight Namche Bazaar**

#### **Day 03: Acclimatization day at Namche Bazaar**

Today one can go around the town and see the busiest town in the Khumbu region. One can also go to see a small museum at the top of the hill in Namche.

### **Dinner and Overnight at Namche Bazaar.**

#### **Day 04: Thyangboche (3863 m).**

After breakfast visit the checkpoint, sign in your permits and start a short climb till we reach a big prayer stone. From here the path levels out with just few short climbs here and there. On the right side we get dramatic views of Amadablam (6696 m) and Kangtaige (6779 m) flanked by the towering view of the Sagarmatha (Everest), Lhotse and Nuptse. Descend through the rhododendron forest, watching for the blood pheasant and Imphayan pheasant in the undergrowth.

Descending down to Imja Khola (river) for a lunch stop at Phunki (3200m), next to several large water driven prayer wheels. The afternoon is spent climbing slowly on a steep trail to the Thyangboche Monastery and one of the most beautiful spots on earth. Thyangboche lies at the base of Kangtaiga and is a classic setting with superb views back up the valley to the Ama Dablam, and the Everest poking its south west face over the huge ridgeline linking Nuptse and Lhotse. At the rear is the beautiful west face of the Tamserku (6608m) and Kang Taiga (6685m).

The Thyangboche Monastery is one of the most important monasteries of the Khumbu Region and the late afternoon can be spent visiting this ancient Monastery. It is the traditional place where all Everest Expeditions receive their blessings as they walk in towards the base camp.

### **Dinner and Overnight at Thyangboche**

#### **Day 05: Dingboche (4350 m.)**

After breakfast, set out on the trail with a short, steep and muddy descent through a forest of birch, conifer and rhododendron to the meadows of Devouche. Continue on a level trail through forests to arrive at a suspension bridge high above the fast flowing Dudh Kosi river with fine



views of Mt. Amadablam. Cross the suspension bridge and climb for another 10 minutes to arrive at a resting place.. Continue to climb till a pass and then there is a more gentle walk to the village of Tangboche(3985m) which also has a monastery. The monastery lies more on the route to Phortse and is not easily reached from the lower trail and for those who desire to visit the monastery, the trail bifurcates just before the village after the pass and a hard half hour of climb up the ridge brings one to this fabled monastery. At the monastery is housed the Scalp of the Yeti which traveled the world in the 60's.

After lunch, pass through this village and take the right hand trail through the front yard of a few herders' huts, over a stone wall. The landscape becomes very interesting as the vista opens before us and we can see the river flowing far down below as we take the trail that has been cut out along the sheer cliffs of rocks. Cross the bridge on a wooden bridge and from the bridge it is uphill for about an hour till we reach Dingboche .

#### **Dinner and Overnight at Dingboche**

#### **Day 06: Chhukung**

Walk past the Dingboche village and after that the trail becomes a gentle uphill as they say in Nepali "Nepali Flat", till we reach Chhukung.

#### **Dinner and Overnight at Chhukung**

#### **Day 07: Chhukung – Rest and acclimatization day.**

#### **Dinner and Overnight at Chhukung**

#### **Day 08: Paresya Gyab (5000m) - Base Camp of Island Peak**

Walk pass the small village of Chhukung. As we walk we notice the change in the trek route as we start to see more of rocks, stones and gravel's on the way. The trek becomes tough not only because of the high altitude also because of the roughness of the route.

#### **Dinner and Overnight at Paresya Gyab - Base Camp of Island Peak**

#### **Day 09: Attack Camp (5600m )**

#### **Dinner and Overnight camp at Attack Camp**

#### **Day 10: Island Peak (6189m)-Summit the Island Peak and return to the Base camp**

#### **Dinner and Overnight at Base Camp.**



**Day 11:** Extra day in case of Bad weather or other unforeseen contingencies

**Day 12: Dingboche (4350 m).**

After breakfast set out backtracking on scattered rocks and jumbled moraines to return to Dingboche. Cross Chukkung on the way and this walk is going to be much easier as we lose altitude, A climb over the ridge past Chortens and Main walls brings us into the Chukung village and the prosperous village of Dingboche. This village with their own irrigation scheme, is probably the place at the highest altitude to grow crops.

#### **Dinner and Overnight at Dingboche**

**Day 13: Thyangboche (3867m)**

Having been consistently at high altitude above 4200m most trekkers welcome the thought of returning to warmer, softer climbs and the days walk to Thyangboche is a delightful way of doing so. The route starts back through the long walled paths of the Dingboche village, and a gradual ascent along the flanks of the hills below the village before a steep drop to the Dudh Koshi. A little further, the route joins the main trail coming from Pheriche. The route then passes through the village of Pangboche (3985m). Continue to backtrack and then descend to the spectacular little bridge over the Dudh Kosi river and head through the fir and rhododendron forest for a lovely afternoon's walk to the meadows of Devouche. From here, there is a short climb before reaching Thyangboche.

#### **Dinner and Overnight at Thyangboche**

**Day 14: Namche Bazaar**

The decent to the Imja Khola and the small village of Phunki (3250m) with its water powered Prayer Wheels takes about one and half hour. The original bridge built by Sir Edmund Hillary was washed away when a flood caused by the land side from the Ama Dablam caused a flooding in this region. Cross the river over the smaller bridge and start the climb towards Khumjung. As the gradient lessens there are many beautiful lunch spots. After lunch start the trek towards Namche by following the path round the eastern flanks of the hills. At the rear is the beautiful west face of the Thamserku (6608m) and Kang Taiga (6685m).

#### **Dinner and Overnight at Namche Bazaar**

**Day 15: Phakding**

A very long days walk can be made to Lukla but it is advised to take an extra day to reach Lukla. From Namche, head to the end of the village and then immediately start to descend to the river. If going up was tough it is equally hard to get the footing and walk down hill. Head along the banks of the river and then further descend to Monjo for Lunch. It is



interesting to watch others starting enthusiastically on the trek ahead. Spent the afternoon at leisure.

**Dinner and Overnight at phakding**

**Day 16:**

**Lukla**

From Phakding, it is a surprising hard uphill climb to Lukla, which should take about 3 hours. It is a delightful ending to the trip as one enters into this busy village and our campsite at Lukla

**Dinner and Overnight at Lukla**

**Day 17:**

Early morning, fly from Lukla to Katmandu on a twin Otter. Upon arrival, meet and transfer to the Hotel.

**\*\*End of Arrangements\*\***