

Island Peak Climbing from Chhukung - 3 Days

URL: <https://nepalalternativetreks.com/trip/island-peak-climbing-from-chhukung/>

Island Peak Climbing From Chhukung Quick Information

Weather

-15°C to 10°C

Duration

2 Nights, 3 Days

Difficulty

Strenuous + Moderately
Technical

Accommodation

Tented Camp

Meals Included

Breakfast, Lunch, and Dinner

Transportation

Your own

Daily Activity

6-7 hours climb

Religion

Buddhism

Ethnic People

Sherpa

Region of Nepal

Khumbu region of Nepal

Max Altitude

6,189 m

Per Person Cost

USD 600

Best Season

Sept, Oct, Nov, Mar, Apr, and
May

Geographic Terrain

Mountain, Village, Glacier

Group Discounts Available

No. of Persons	Price per Person
Group Of 1 - 4	USD \$600.00
Group Of 5 - 8	USD \$475.00
Group Of 9 - 12	USD \$425.00
Group Of 13 - 18	USD \$375.00

Note: Our fixed group departure dates, services and price is guaranteed even if the group numbers are 1 person to maximum 18 persons. We will provide a guide cum porter if there is only 1 person to operate the trek and one more assistant guide if group size is above 10 persons. And of course, guide cum porter will carry 10 kg luggage.

Overview of Island Peak Climbing from Chhukung

Are you planning to take a trek to the Everest region on your own, but also want someone to support you for your climbing expedition? We've got you covered. This 3-day 2-night Island Peak Climbing from Chhukung is a perfect option for you. It is an exciting Himalayan expedition customized for trekkers who have already acclimatized in the Everest region. The package not only takes you to the summit of the Island Peak and provides you with success but also offers you a meaningful mountain experience in the Khumbu region of Nepal.

Island Peak, located at an elevation of **6,189 m / 20,305 ft**, is a popular trekking peak in Nepal. This climb takes you through peaceful Sherpa villages, glacier sections, and mountain valleys. You'll walk on ice, use ropes, and other climbing gear, and stay in a tented camp under the sky, which provides you with a real taste of adventure. The best part of the **Island Peak Climb via Chhukung**? It's a climb in the shadows of Everest, Lhotse, and Ama Dablam. You can also try [11 days Short Island Peak Climbing](#) if you have more than 3 days.

The **adventure to Island Peak Summit begins in Chhukung**, from where you'll make your way to Island Peak Base Camp. A half day is set at the base camp for your technical training, where our expert Sherpa guides introduce you to essential mountaineering techniques, along with providing training on using different climbing gear. Summit day begins before dawn through a challenging section. From the summit of the Island Peak, you'll witness a **360-degree panorama** of the Everest region and Himalayan peaks that will be forever in your heart and mind.

This way, the **Peak climbing to the Island from Chhukung** is a perfect combination of trekking, adventure, and mountaineering experience. It's a chance to challenge yourself, enjoy the stunning Himalayan landscape, and create lifelong memories with your plan and customized itinerary.

Core Experience of Island Peak Climbing via Chhukung

- You'll get an opportunity to explore Chhukung village and its surrounding landscape before starting the climb.
- Sleep under the stars with a clear view of the sky, away from city dust at Chhukung and Island Peak Base Camp.
- You'll experience glacier trekking and technical ice climbing accompanied by towering mountain peaks.
- Walk through the less crowded section where you'll get a real taste of adventure and a peaceful climb.
- Climb the iconic Island Peak (Imja Tse) at an elevation of 6,189 m above sea level, from where you can get an astonishing view of Mount Everest, Lhotse, Ama Dablam, and Makalu.

Weather

Best Time for Island Peak via Chhukung as per ideal weather conditions

As shown above, January, February, March, November, and December experience extreme cold, with temperatures dropping below zero degrees Celsius. Although June, July, and August have favorable temperatures, the season is monsoon, which brings heavy rainfall that adds to the difficulty of the trek. Besides, months that include April, May, September, and October are best for climbing to Island Peak from Chhukung. Therefore, for safe climbing to the Island, choose April, May, September, and October as the time offers ideal conditions for an expedition in Nepal's Himalayas.

January

-15°C to -10°C

February

-15°C to -10°C

March

-10°C to -5°C

April

-5°C to 0°C

May

0°C to 5°C

June

5°C to 10°C

July

5°C to 9°C

August

5°C to 10°C

September

0°C to 5°C

October

-5°C to 0°C

November

-10°C to -5°C

December

-15°C to -10°C

Difficulty

Island Peak Climbing From Chhukung Difficulty

The **Island Peak Climbing from Chhukung** is strenuous with moderate technical climbing sections. The main challenge of the climb is the *high altitude and significant elevation gain* that requires excellent physical fitness. Similarly, the climb requires *proficiency in using equipment like ice axes, crampons, harnesses, and ropes*, making it challenging for those who aren't accustomed to using such gear.

Furthermore, the route involves crossing a glacier, which can be challenging and requires careful walking around crevasses. Likewise, other prominent challenges of the climb are the final ascent to the summit, the "headwall" that consists of a *steep and icy slope*. Thus, hiring experienced guides and having a well-planned itinerary with enough acclimatization days is essential for a safe and successful summit of Island Peak via Chhukung.

3 Days Island Peak Climbing From Chhukung Itinerary

Day 1: Arrival in Chhukung

Our **Island Peak Climbing from Chhukung Itinerary** begins after you arrive at Chhukung village from

your journey to the Everest region. As you get to the village, you'll meet your climbing guide along with the climbing team. After meeting with the climbing team, your guide will describe the routes and the use of different equipment. If you don't have the climbing equipment, our team can help you rent it at the teahouse.

On the day, we'll stay overnight and have dinner at the teahouse of Chhukung, but the cost of the expenses is at your own. We recommend that you sleep early, as you must begin the next day's journey early.

Accommodation

Tea House (on your own)

Altitude:

4,750 m

Day 2: Ascend to Island Peak Base Camp

Day two marks the beginning of our **Island Peak climbing route from Chhukung**. However, if you wish to acclimate before starting your journey, you can do so on this day, adding an extra day to the itinerary. However, if you are confident enough that you don't need an extra acclimatization, we can start the expedition from today. We'll leave Chhukung between 7:00 AM and 8:00 AM after the morning meal.

The walkway from Chhukung ascends south and then turns east to reach the main line of the valley. It then winds down the southern side of the moraine from the **Lhotse Glacier**. Continuing the walk alongside the river, we'll get to the area called **Big Rock**. The crossroad of the river, which runs through the moraines of the Imja and Lhotse glaciers, leads to a wide valley extending along the southwestern side of the island peak's Base Camp.

After getting to the Base Camp, we'll take a rest, and later on, our highly experienced and professional Sherpa guide will provide you with training on using the different climbing equipment needed to reach the summit of the Island. On this pre-climbing training session, you'll learn how to use climbing gear such as the ice axe, climbing boots, crampons, harness, ascender, and rope. At the evening, we'll enjoy a warm supper made by our cook and sleep under the sky while stargazing.

Destination:

3 to 5 hours

Accommodation

Tent

Altitude:

5,200 m

Meals

Breakfast, Lunch, and Dinner

Day 3: Ascend to Island Peak And Return To Chhukung

The third day is one of the most awaited days on the **journey to Island Peak Climbing from Chhukung**. Early morning with a headlamp and a packed lunch, energy bars, water, and a camera, we will begin our climb towards our ultimate destination, **Island Summit**. The climb from Island Base Camp to Island Peak is steep and challenging.

The first few hours of the climb are a steep, non-technical trek over rocky moraine and loose scree. We'll follow a winding path that leads to the base of the glacier. As we get closer to the glacier, we'll reach a "*crampon point*" where we put on our technical gear, including harness, crampons, and other climbing equipment. The next section involves crossing a glaciated area where our guide will have already set up

fixed ropes in some sections and will lead the way.

The most technical and challenging part of the climb is the “headwall”, a steep, icy slope leading to the summit ridge. Our guides will have fixed ropes on this section, which you will ascend using a jumar on the rope. After climbing the headwall, we will emerge onto the edge of a short, exposed summit ridge. A final, gentle ascent along this ridge leads to the **summit of Island Peak (6,189 meters/ 20,305 ft)**.

Standing at the **summit of Island Peak** will provide us with a sense of accomplishment and make us forget all the challenges we faced along the climb. The view of some of the world’s highest mountains, including **Lhotse, Makalu, and Ama Dablam**, with rays of the rising sun, will appeal to our eyes.

After taking a moment to enjoy your win, we’ll start to descend as we can’t stay overnight at the peak’s summit due to cold and unpredictable weather. The descent is just as challenging as the ascent. We’ll descend through the same route that took us up to the summit. *It takes 10 to 14 hours from the Island Base Camp to the Summit and back to Chhukung.* Our day’s overnight and dinner are at the tea house of Chhukung.

Destination:	Accommodation	Altitude:
14 to 16 hours	Tea House (on your own)	6,189 m

Meals

Breakfast and Lunch

What’s Included

- Island peak climbing permit and Garbage deposit.
- Public Liability Insurance.
- A professional climbing guide and all expenses. (1- 4 pax = 1 climbing guide, 6- 10 pax = 2 climbing guides, 10 - 14 pax = 3 climbing guides)
- Assistant Cook & Transportation: Trekking assistant cook & necessary kitchen helper based on the Member, who carries the camping equipment and the tent from Chukung.
- Camping Equipment Utensils: EPI Gas, gas stove or fuel stove for Cooking, Fuel or Kerosene oil, Cooking pot, Mattress, etc.
- 1 Porter per 2 Trekkers and keep luggage weight under 10kg per person.
- Staff salary and Allowance: All our staff & porters’ daily wages/equipment/food/clothing, etc
- High Altitude Tents: North Face Dome Tent, Space for Two Pax, Wall/Cabin Tent for Dining and Kitchen, etc
- High Camp Lodging & Fooding Service: Three Meals (Breakfast, Lunch, Dinner) a day for Members and Staff.
- Drinks & Beverage: Tea with Biscuits and Hot drinking water in the climbing Period and Hot washing water in case required.
- Fixing Gear: Fix rope, main rope, snow bar, ice crew, rock pitons, etc

What's not Included

- Meals/accommodation in Chhukung.
- Airplane flight to Lukla.
- Other permits, except for peak climbing.
- Personal Travel Insurance.
Personal climbing gear such as Climbing boots, Crampons, Ice axe / Ice hammer, Harness, Jammers, Karabiners, Finger eight / ATC guide, Tap sling, etc. (Possible to hire at Chhukung)
- Tips for guides and staff. (Highly suggested).

You can hire the following equipment at Dingboche/Chhukung for climbing purposes

1. Climbing boot
2. Crampons
3. Iceaxe/ Ice Hammer
4. Harness, jumars
5. Karabiners
6. Tap sling
7. Fix/ main rope
8. Snow bar
9. Ice crew/ rock pitkung

Other equipment you can get on hire at Chhukung/Dingboche

1. Oxygen cylinder & Max regulator
2. Gloves
3. Sunglasses
4. Sticks
5. Helmet
6. High thermos
7. Hot Bag
8. Water bottle
9. Ski Boards
10. Sleeping bag
11. Clothing (Waterproof trousers & jacket, down jacket, Socks, etc.),
12. Walkie-talkie (talk back)
13. Thurya Set light phone.

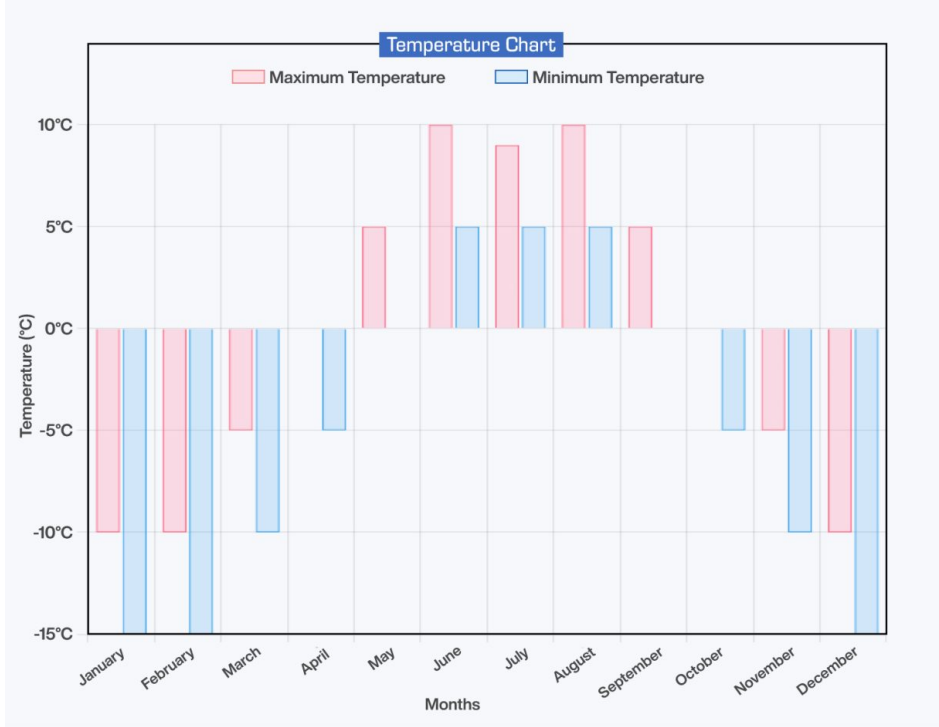
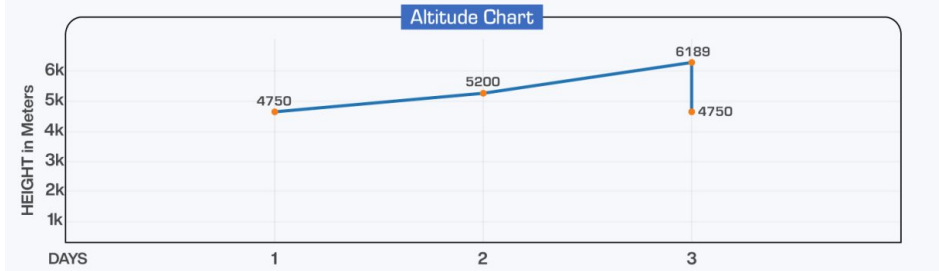
Island Peak Climbing From Chhukung Route Map



NEPAL ALTERNATIVE
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ISLAND PEAK CLIMBING FROM CHHUKUNG

3 DAYS



Traveler Reviews

Great Summit Attempt

I did island peak 3 days, due to logistics it ended up being just me which was great, Bimal was my guide and he had experience of multiple successful summits on Everest Lhotse Ama Dablam and of course island peak.

I didn't succeed in the summit but Bimal helped me a lot by sticking to my pace, shining his light on my route, pointing out the best paths to take and giving some pre summit training.

Tej the owner of Nepal Alternative Treks was helpful in explaining logistics and answering questions.

I would recommend Nepal Alternative Treks especially for people wanting to either trek solo or guided, and for both beginners and experienced mountaineers.

Rating: 5/5

Dave H

Australia

Additional Trip Information

Important Notes for Island Peak Climbers Starting at Chhukung

- Spend at least 2 nights in Chhukung before heading to Island Summit. Consider hiking to **Chhukung Ri** to help your body adjust to the altitude.
- Be prepared for tented accommodation in the Island Peak base Camp, where you'll face cold and basic lodging. So, it is best to bring a warm sleeping bag for undisturbed sleep.
- You must know how to use crampons, an ice axe, and especially the Jumar (ascender) for the final headwall.
- Wind, snow, or whiteouts can happen unexpectedly. Thus, always listen to your guide and be ready to turn back.
- Make sure your harness fits, your boots work with crampons, and nothing is missing.
- Drink plenty of water and eat well, as it helps in proper acclimatization and good performance.
- Be aware of Acute Mountain Sickness (AMS) symptoms, including headaches, nausea, and dizziness.
- Conduct a pre-climb training session at Base Camp to ensure you're comfortable with the gear.
- Wear layered clothing to adapt to changing temperatures. A waterproof/windproof outer shell and a heavy down jacket are crucial.

Island Peak Climb via Chhukung vs. Island Peak via Everest Base Camp (EBC)

Both route via Chhukung and Everest Base Camp takes you to the same goal, the majestic **summit of Island Peak (Imja Tse)**. However, choosing between the two depends entirely on your priorities, fitness level, time, and what kind of experience you're looking for in the Khumbu region. Here is a comparison table of Island Peak Climb via Chhukung vs. Island Peak via Everest Base Camp:

Feature	Island Peak Climb via Chhukung	Island Peak Climb via EBC
Trekking Route	Begins from Chhukung, a village after the main EBC section split.	Follows the classic Everest Base Camp and Kala Patthar trek before the climb.
Trip Duration	Shorter (typically a 3-4 day)	Longer (typically 18-20 days)
Best For	Climbers focused on Island Peak only	Trekkers wanting to visit both EBC and climb Island Peak
Difficulty	More challenging due to the rapid ascent after acclimatization.	Less challenging overall, as the EBC trek provides a gradual and safe acclimatization period.
Crowds	Fewer trekkers, quieter experience	Busy trail, more tourist traffic until EBC
Experience	The focus is solely on the climb.	Offers a complete experience of both the EBC trek and the Island Peak climb.
Cost	Lower, as it's a shorter package.	Higher, as it includes the full EBC trekking logistics.
Scenic Variety	Mainly Mountain views	More diverse
Acclimatization Days	Generally 1-2 days at Chhukung	2-3 days spread across Namche, Dingboche, and EBC

Why Chhukung Is the Ideal Starting Point for Island Peak?

Chhukung village, at an elevation of 4,730 meters / 15,518 ft, lies at the edge of the **Imja Valley**. Similarly, it is the last human settlement before reaching the Island Peak Summit. One of the primary reasons why Chhukung is the ideal starting point for the Island Peak climb is its proximity. The close location of Chhukung to Island Summit makes it the perfect place to rest, prepare, and adjust before attempting the summit.

The trek from Chhukung to Island Summit is a relatively short and manageable journey compared to starting from any other route. The short distance of 15-16 km makes it possible to return to Chhukung the same day after the climb, thus avoiding the need to spend a second night in the harsh conditions of the base camp.

Similarly, the Chhukung valley offers a number of essential facilities for climbers. You can find teahouses for accommodation and dining options, along with shops where you can rent or purchase last-minute climbing gear. This convenience means you don't have to carry all their technical equipment from Kathmandu, which is a major logistical advantage.

Furthermore, starting your climbing **trip to Island Peak from Chhukung** is safe from a weather perspective. Because Chhukung is not too far from Island Peak, staying here gives climbers the ability to watch the weather closely and wait for a good summit day. Moreover, Chhukung is a central hub for guides, porters, and climbing support staff.

Island Peak Climbing NMA Permit Cost 2027

The table below shows the latest 2027 Nepal Mountaineering Association (NMA) permit cost for Island Peak climbing.

Climbing Season	Months	NMA Permit Cost (Per person)
Spring	March-May	USD 350
Autumn	September-November	USD 175
Winter	December-February	USD 175
Summer	June-August	USD 175

Glacial Landscapes Between Chhukung and Imja Valley

The glacial landscape between **Chhukung and the Imja Valley** is an example of glacial geomorphology, shaped by the powerful forces of ice and erosion over thousands of years. Similarly, the section between the Chukung and Imja valleys offers one of the most visually appealing and geologically dynamic glacial landscapes in the entire **Khumbu region**.

As you leave Chhukung, you will notice that the ground is rough and rocky. These piles of stones, called lateral moraines, were pushed there by glaciers in the past, and some of them are hundreds of years old. As you move further, you'll see more indications of ice and melting. The Chhukung Glacier and Nup Glacier come down from the snowy peaks of Nuptse and Lhotse. Their meltwater flows into the valley, causing the ground to become wet in some places, requiring careful walking.

The **Imja Glacier** is a prominent feature, originating from the slopes of Lhotse and Baruntse, and is the major glacial landscape between Chhukung and Imja Valley. Like many Himalayan glaciers, it is a debris-covered glacier, meaning its surface is insulated by a thick layer of rock and soil. One of the most significant landforms created by the Imja Glacier is **Imja Tsho**. This glacial lake is formed in a depression left by melting glaciers, where moraine acts as a natural dam.

Frequently Asked Questions

What is the distance from the Island Peak summit to Chhukung?

The total distance from Island Peak Summit to Chhukung is approximately 15-16 km. The distance includes Chhukung to Island Peak Base Camp, which is about 5-6 km, and Base Camp to the summit, which is 10km. Additionally, the distance between the points is long and challenging.

What are the necessary permits for Island Peak Climbing from Chhukung?

Nepal Mountaineering Association (NMA) climbing permit, Sagarmatha National Park Entry Permit, and Khumbu Pasang Lhamu Rural Municipality Permit are necessary for Island Peak Climbing from Chhukung. Additionally, a garbage deposit fee is also applicable, but it is refundable upon proof of proper waste disposal.

How many days does the climb take from Chhukung to the summit of the Island?

The climb from Chhukung to the summit of Island generally takes 2 to 3 days. The first day includes getting to Island Peak Base Camp from Chhukung, and the second day takes you to Island Peak summit and back to Chhukung. But, many climbers add another day for pre-climbing training at Chhukung.

Is one night in Chhukung enough for acclimatization before heading to the Island summit?

Whether one night in Chhukung is enough for acclimatization before heading to the summit of the Island depends on the climber's needs and prior climbing experience. Still, it is generally recommended to spend at least two nights at Chhukung for adequate acclimatization before climbing Island Peak.

What kind of food and accommodation are available in Chhukung and the Island Peak base camp?

In Chhukung, you'll have food and accommodation in a basic teahouse, but as you head towards Island Peak Base Camp, human settlement disappears. Thus, your accommodation will be at a tented camp, and you'll have food cooked by our climbing team at Island Peak Base Camp.

Is there a mobile signal and Wi-Fi in Chhukung and Island Peak Base Camp?

Yes, mobile signals and Wi-Fi are available in Chhukung. However, in the Island Peak base camp, you won't find Wi-Fi, as there are no permanent teahouses or lodges. Yet, mobile signals are available, but are extremely poor. But, for emergencies, your climbing guide will have a satellite phone.

Can I do Island Peak via Chhukung after the Everest Base Camp Trek?

Yes, it is possible to climb Island Peak via Chhukung after completing the Everest Base Camp trek. In fact, it is a very popular trek extension option many trekkers choose, and many climbing companies offer the combined itinerary. Yet, know that the Island Peak via Chhukung after the Everest Base Camp trek will be longer.

Cancellation Policy

We understand that plans can change willy-nilly. However it is our responsibility to ensure fairness and transparency among our customers regarding our cancellation policy. So we kindly request all travelers to carefully review the cancellation and refund policy before confirming their trip.

After your trip starts, we cannot provide a refund for any voluntary withdrawal, cancellation, or early departure by the traveler. This means ***the full amount paid to us will not be refunded after the trip has begun.*** Likewise, if during the trip, any services such as accommodation, sightseeing, meals, transportation, etc. included in the itinerary/trip are not used by the customer, no refunds or reuse will be provided to whatever portion remains unused on the trip.

Also, please note that ***last-minute cancellations are non-refundable***. You have to understand that many trip arrangements such as accommodation, transportation, permits, guides, and operational logistics are confirmed and pre-booked. Thus, cancellations made at the last minute create non-recoverable costs for the company and so do for our clients. In addition, cancellations made shortly before the departure date or after the trip has started will be considered as last-minute cancellations and will not be eligible for any refund.

Still, the company will use their discretion in setting the conditions for the refunds, therefore, few of the conditions mentioned are subject to change. The company holds every right to cancel the trips booked by the customers before it is guaranteed to run or an official agreement is signed. A trip is guaranteed to run once it has two fully paid travelers unless minimum numbers state otherwise.

Unfortunate circumstances such as unforeseen natural disaster, canceled flights, strike, industrial action, wars, riots, quarantine, government intervention, weather, the deteriorating health condition of a group member, etc. could lead to cancellation of trips. In such cases, the customer can either ask to get back the 90% of the total trip cost paid to the company (13% Government Tax will be deducted) or reuse the cost in an alternative trip with the same price, immediately, in the following season of the same year.

The company will require a written notice in case of any cancellation. Please ensure the date of the trip cancellation is the date on which the written cancellation is received by the company. If you cancel the trip anytime prior to the departure date of the actual trip, 90% of the total cost is reusable for a year or refund.

Trip Amendment

First and foremost, please note that all the amendment conditions are applied to the trips listed on this site only. Below are a few notes to take about the amendment fees in case of any changes during, while, or after the booking:

If the company receives a request on the booking amendments at least 60 days prior to the trip, a total of USD 50/person is charged to the customer. However, if the customer's request for a booking amendment in less than 60 days before the trip departure, then the charges will be as per the cancellation policy mentioned above. In case of any changes in the price of the trip during the procedure of booking and the amendments, the new cost will be applied to the trips. Please note that these changes might not be applied by the company, but can be levied upon the company by the third parties i.e. the hotels or the service providers working with the company.

Any changes, amendments, or additions in aggregation to the trips you have booked, for example, hotels, transfers, additional days, etc. will account for no additional fee.

Health Conditions

Nepal Alternative Treks places the highest priority on the safety and well-being of all travelers. We need to ensure the traveler's well-being and health condition at the time of booking. While travelers can participate without medical documentation, those with chronic illnesses or long-term medical conditions must obtain a doctor's consent before joining the trip. This is to ensure their health is not badly affected during the adventure and that they can safely enjoy the journey.

The company will not be responsible for any type of mishaps and will not bear the medical and evacuation

expenses on behalf of the participant. Therefore, we request our clients to consult their doctors for a thorough checkup and vaccination before booking a trip with us. In addition, clients with specific health needs or concerns should inform the Company in advance. This allows us to provide guidance and, if required, arrange additional services to make the trip safer and more comfortable. If needed, clients may also request additional services related to the length of the trip or stay in the country of travel.

Weather and other unfavorable conditions

Clients should be well aware of the unpredictability of the weather conditions in the mountainous regions. The unfortunate weather conditions, especially in the Everest, Jomsom, and Kanchenjunga regions, can sometimes lead to unfavorable circumstances that include delay or cancellation of flights. The Company will cover the expenses of accommodations and food in the departing location until the arrangement of flights is done. However, the Company holds every right to reroute the original trip or transports which will be in favor of the situation without any addition in the cost. Please note that the company will not be responsible for any missed international flights, losses caused by Altitude Sickness, or any other unpredictable circumstances, and the participants will have to pay all the charges incurred. Nonetheless, the Company will connect and assist you to make the necessary alternative arrangements, but, the additional charge will be covered by the customers themselves.

Regardless of stating every condition and information about the trips on the website and brochures of the Company, we will not be responsible for the unforeseeable situations that may arise before or during the trips. The Company will, however, try its level best to give prior notice about it and take alternate strategies to deal with it. These booking conditions may only be waived in special circumstances, and in writing, by a letter from the Chief of the Company. Note that all the legal agreements set up and signed between the client and the Company shall be subjected to and governed by the Nepalese law.

Note: All the Terms and Conditions mentioned are prepared as per the laws of the Government of Nepal and is governed by them. Therefore, only the head of the Company gets to intervene and holds the authority to make any amendments.

Address

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