

Island Peak Climb with EBC Trek - 14 Days

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

Duration 14	Per Person Cost USD 1750	Difficulty Moderate
Weather -15°C to 10°C	Accommodation Lodges/Camping	Meals Breakfast, Lunch, Dinner
Religion Buddhism	Transportation Flight	Max Altitude 6189m
Region of Nepal Everest Region, Khumbu	Ethnic People Sherpa, Rai	Daily Activity Approx. 5 - 6 hours
Best Seasons Sept, Oct, Nov, March, April, May	Geographic Terrain Mountain, Forest, Village, Glacier	

Highlights

- Summit Island Peak climbing at the elevation of 6189m. with the splendid view of Mt. Makalu (8481m.), Mt. Everest (8848m.), Mt. Amadablam (6812m.), Mt. Lhotse (8516m.) and Mt. Nuptse (7861m.)
- Explore the Everest Base Camp, Khumbu Glacier, and Icefall
- Enjoy the trek across the Sagarmatha National Park
- Visit the various Sherpa villages like Tengboche, Thukla, and Lobuche
- Relish the panorama of Everest Himalayas including Mt. Everest (8848m), Lotse (8516m), and Cho Oyu (8188m)

Weather

January -15°C to -10°C	February -15°C to -10°C	March -10°C to -5°C
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April	May	June
-5°C to 0°C	0°C to 5°C	5°C to 10°C
July	August	September
5°C to 9°C	5°C to 10°C	0°C to 5°C
October	November	December
-5°C to 0°C	-10°C to -5°C	-15°C to -10°C

Trip Overview

Overview

After Trans Himalayan flight, we start Island Peak Climb with EBC Trek starts from Lukla slowly up towards the Dudh Kosi valley. We across a Hilary suspension bridge and start climbing up gradually towards a big hill to get Namche Bazaar. We continue trek to Tengboche and Dingboche then accommodate for high altitude. We get to the world's most popular trekking destination Everest Base Camp then we retrace down to Dingboche and Chhukung. After enjoying with magnificent views of Lhotse, Everest, Nuptse, Amadablam and Island peak in close distance, we prepare for the ascent of Island Peak.

After a day of walking from Chhukung we reach the Island Peak Base Camp to prepare to attempt the peak. It may take an additional day or two to scale the peak depending on weather conditions. You will endeavor the summit (6,189m/20,305ft) after one night at the High Camp perched on the South West Ridge where magnificent vistas of the Khumbu can be seen from the top. For some people reaching to the summit from the base camp is a day activity. However, most of the climbers prefer alpine style camping at high camp which adds the joy of climbing and also helps a safe ascent. After a successful climbing, our trip comes back to Lukla and end after flying out from Lukla to Kathmandu in morning.

About Us

At **Nepal Alternative Treks and Expedition**, we put our efforts to create and operate trips to various parts of Nepal. We have a great team of skilled guides and porters to assist travelers. Thus, we provide our finest people and services to cater to your needs. Also, we allow you to easily change the itineraries as per your liking.

14 Days Island Peak Climbing with EBC Trekking Day-

to-day-Itinerary

Day 1: Fly to Lukla from Kathmandu - Trek to Phakding

A magnificent 35 minute flight to Lukla and an exciting landing on a steep mountain runway brings us to the start of our trek. We head up the Dudh Koshi Valley on a well-marked trail for 3 hours to our first stay in Phakding .

Destination:	Accommodation	Altitude:
35 minutes flight to Lukla -Hotel Sherpa/ Sherpa Guide(2650m./8745ft.)		
8km Uphill hike to PhakdingLodge		
(Avg. 3hrs)		

Meals

Lunch, Dinner

Day 2: Trek to Namche Bazaar

We continue north following the Dudh Kosi river and on to Jorsale where we enter the Sagarmatha (Everest) National Park. From here it is a short walk to the confluence of two rivers, the Imja Drangpa (Imja Khola) and the Nangpo Tsangpo (Bhote Kosi) followed by a steep climb (for about 2 hours.) to Namche Bazaar, the main town in the Khumbu region. Namche is a prosperous Sherpa town and an important trading centre with a weekly Saturday market. Stay there overnight in Namche.

Destination:	Accommodation	Altitude:
13km Uphill hike	Khumbu Lodge or Similar(3440m./11352ft.)	
(Avg 5hrs)	category	

Meals

Breakfast, Lunch, Dinner

Day 3: Acclimatization in Namche Bazaar

Rest day and overnight. Namche Bazaar is tucked away between two ridges amongst the giant peaks of the Khumbu. Once named the 'Trekking Mecca of Nepal', Namche now boasts plenty of lodges and souvenir shops. It is an ideal place to spend a rest day, acclimatizing to the new altitude before heading off towards Everest Base Camp. Options for acclimatization walks include a visit to Khumjung Village and Khumjung gompa which has a Yeti skull, and also the one hour walk up to the Everest Hotel (3850m./12705ft.) above Namche for the sunset view of Ama Dablam, Nuptse, Lhotse and Everest. Stay in Namche.

Destination:	Accommodation	Altitude:
Acclimatization	Khumbu Lodge or similar(3440m./11352ft.)	

category

Meals

Breakfast, Lunch, Dinner

Day 4: Trek to Debuche

The trail contours around the side of the valley, high above the Dudh Kosi. Now we get our first really good views of the great peaks - Khumbu, Lhotse, Nuptse and Ama Dablam, including Everest. Passing by several villages and numerous tea shops, we descend steeply to a bridge over the river at Phunki Tenga. The village is an excellent lunch spot, and here we can rest before making the steep climb to Tengboche. Although tiring, the hike up the zigzag path has numerous distractions, with rhododendron bushes, beautiful birds and superb mountain scenery. Tengboche is famous for its legendary monastery, the largest in the Khumbu. After spending sometime, we will descend to Debuche. Stay overnight in Debuche.

Destination:

12km Uphill Hike
(Avg 5hrs)

Accommodation

Rivendell Lodge or Hotel Good Luck
(3850m./12705ft.)

Altitude:

Meals

Breakfast, Lunch, Dinner

Day 5: Trek to Dingboche

The trail leads past the suspension bridge crosses the Imja Khola and, after passing beautifully carved mani stones and a few chortens, we reach Pangboche. Ama Dablam dominates the skyline as we make our way to the village of Dingboche where we stay for two nights in Dingboche.

Destination:

10km Uphill Hike
(Avg 5hrs)

Accommodation

Hotel Good Luck or Dingboche Resort
(4350m./14355ft.)

Altitude:

Meals

Breakfast, Lunch, Dinner

Day 6: Acclimatization/Exploration around

Dingboche is a good place to rest and acclimatize. There are magnificent mountain views and many options for acclimatization hikes. We need to ensure you will be successful on your trek to the Everest Base Camp and Kala Pathar. Today we hike to Nagarjun hill and see the stunning views of Makalu, Island Peak, Ama Dablam and Tawache. Stay in Dingboche.

Destination:

Acclimatization

AccommodationHotel Good Luck or Dingboche(4350m./14355ft.)
Resort**Altitude:****Meals**

Breakfast, Lunch, Dinner

Day 7: Trek to Lobuche

We continue up the wide valley beneath the impressive peaks of Cholatse and Tawache on the left. We then turn right and climb more steeply towards the foot of the Khumbu Glacier and Lobuche east peak. At the top of this climb, there are many stone Pyramids, built as memorials to the many Sherpas who have died while climbing Mt Everest. The path then climbs gently along the glacier, to eventually reach the cluster of houses at Lobuche. Stay overnight in Lobuche.

Destination:6km Uphill Hike
(Avg 4hrs)**Accommodation**New EBC lodge or National(4900m./16170ft.)
Park Hotel or similar category**Altitude:****Meals**

Breakfast, Lunch, Dinner

Day 8: Trek to Gorakshep then excursion to EBC

We continue our trek along the Khumbu Glacier in the early morning for a wonderful walk to the Everest Base Camp . From Lobuche, it is two hours trek to Gorak Shep where we leave our bags at the Lodge. After lunch, we hike for 2 hours up the Khumbu Glacier to the EBC. After spending time viewing the famous Khumbu Icefall and wandering through the 'village' of climbing groups, we return to Gorak Shep and stay overnight at lodge.

Destination:8km round trip
(Avg 5hrs)**Accommodation**Hotel Himalayan/Hotel Buddha(5100m./16830ft.)
inn**Altitude:****Meals**

Breakfast, Lunch, Dinner

Day 9: Sun Rise hike to Kala Pattar - Trek to Chhukung

We rise very early in the morning for the hike to Kala Pattar (5550m./18315ft.) Our objective is to reach the summit of Kala Pattar just as the sun rises. After 2 hours of hiking, you will stand on Kala Pattar, just beneath Pumori (7165 m/23644 ft). From here, you have an unobstructed view of the Everest south face,

Nuptse and many other peaks. The scenery is breathtaking and you will want to extend your stay as long as possible to take picture after picture and enjoy the vast array of mountains that surround you. And, at some moment while you stand looking out over the scene below, you will realize the significance of your achievement and the great feeling of satisfaction of a job well done. Soon, however, we have to leave Kala Pattar and make our way back to Gorak Shep, then trek to Chhukung and stay overnight.

Destination:	Accommodation	Altitude:
15km Uphill hike (Avg 6hrs)	Kangri Lodge or Similar category	(4730m./15518ft.)

Meals

Breakfast, Lunch, Dinner

Day 10 : Ascend to Island Peak Base Camp - Pre- Training

The path from Chhukung leads fairly steep way climbing south then turning east to the main line of the valley. It then winds along or below the southern flank of the moraine from the Lhotse Glacier. Continue short pleasant walking along a stream side leads to what we call Big -rock. The route to the Amphu Lapcha lies to the southeast. A crisis cross route through the Imja and Lhotse glacier moraines leads to a wide valley flanking the SW side of Island peak.

Our climbing sherpa will provide training on peak climbing techniques and the proper ways of using climbing gears such as the ice axe, climbing boots and crampons, harness, ascender, etc. The training will also include using ropes to go up and down. Although it is not mandatory to have prior training for Island Peak climbing, we strongly believe that some training experience will boost your confidence and climbing skills to increase the chances of scaling the summit as well as to fully enjoy the experience. Overnight at the base camp.

Destination:	Accommodation	Altitude:
5km climb (Avg 3hrs)	Tent Stay	(5200m./17060ft.)

Meals

Breakfast, Lunch, Dinner

Day 11: Summit Island Peak and trek back to Chhukung

We Ascend Island peak, from early in the morning will have to climb the rock gully. This is not difficult but there are several short rock steps to climb before you emerge on the right side of the gully. The route then follows a ridgeline, which leads to an exhilarating and exposed traverse onto the snout of the summit glacier. You will need to rope up for the glacier as it contains several crevasses but it leads without difficulty, to a 100m(330ft) 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 lead to the top. After enjoying the summit views, you will descend all the way to Chhukung then stay overnight.

Destination:

16km./ Hike (Avg. 8hrs)

AccommodationKangri Resort or Similar(4730m./15518ft.)
category**Altitude:****Meals**

Breakfast, Lunch, Dinner

Day 12: Trek to Namche

The trail leads down the tiny village of Dingboche, crosses the Imja Khola and, after passing beautifully carved mani stones and a few chortens, we reach Pangboche. You will continue descend to Debuche and gentle climb to Tyangboche. You will have a lunch there then our trek takes us steep downhill from Tyangboche to the Dudh Kosi river. We cross the river and make our way through Phortse Thanga and from there, after many steep switchbacks uphill, to Kenjoma. Again, the views from this elevation are outstanding as you look down the valleys to the west and admire the surrounding peaks. We descend on our way to Namche Bazaar then stay overnight.

Destination:20km hike
(Avg 7hrs)**Accommodation**Khumbu Lodge or Similar(3440m./11352ft.)
category**Altitude:****Meals**

Breakfast, Lunch, Dinner

Day 13: Trek to Lukla

Today the trail steeply descends to the Hillary Suspension Bridge and then continues on an easy natural walk to phakding. After a lunch, trail will lead you back to Lukla . On arrival in Lukla you will have time to relax, stretch those sore legs and celebrate the completion of your trek. Stay overnight in Lukla.

Destination:20km Hike
(Avg 8hrs)**Accommodation**The North Face resort or(2800m./9186ft.)
Similar category**Altitude:****Meals**

Breakfast, Lunch, Dinner

Day 14: Fly to Kathmandu

In the morning, we rise early for breakfast, then walk to the airport. Before boarding the flight to Kathmandu, you say goodbye to the porters and also goodbye to the mountains. The plane rolls down the short runway, then soars across the Dudh Kosi River and makes its way back to Kathmandu. Transfer

to hotel.

Destination:	Altitude:	Meals
35 mins flight to Kathmandu	(1295m./4273ft.)	Breakfast

Trip Includes

- Tribhuwan International Airport (Airport - Hotel - Airport) transfer in Kathmandu.
- All meals during the trekking (Breakfast, Lunch, Dinner) .
- Lodge accommodation (Twin share base) during the trek .
- One experienced, educated, well trained, fluent English speaking, friendly, specialized in Everest region and government authorized trekking guide and required porters (one porter for two persons) etc.
- All staff's expenses as food, salary, insurance, equipments, accommodation etc.
- Both way flight tickets Kathmandu/Lukla/Kathmandu.
- Sagarmatha National park fee, Khumbu Pasang Lhamu Rural Municipality Entry fee.
- Island peak climbing permit.
- First aid medical kit box, water purification, oxygen saturation check up everyday, Temperature check up everyday, company t-shirt, A trip map and complementary climbing/trekking certificate. Garbage deposit.
- Government tax and service charge etc.
- Public Liability Insurance.

Climbing includes :

- A professional climbing guide and his 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 on the basis of Member and they carry of camping equipment and tent from Chukung.
- **Camping Equipment Utensils :** EPI Gas, gas stove or fuel stove for Cooking, Fuel or Kerosene oil, Cooking pot, Mattress etc.
- **Staff salary and Allowance :** All our staffs & 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 Member And Staff.
- **Drinks & Beverage :** Tea with Biscuits and Hot drinking water in climbing Period and Hot washing water in case required.
- **Fixing Gear :** Fix rope, main rope, snow bar, ice crew, rock pitons etc

Not included

- Hotel accommodation and meals in Kathmandu.
- Hard and soft table drinks such as tea/coffee, coke, fanta, mineral water, beer, boiled water, battery charge, laundry, desert, bar bill, phone bill etc.
- Personal Travel insurance.
- Personal climbing gears as Climbing boot, Crampons, Ice axe / Ice hammer, Harness, Jammers, Karabiners, Finger eight / ATC guide, Tap sling, etc. (Possible to hire at Chukung)
- Tips for guide and staff.(Highly suggested).

Group Discounts Available

No. of Persons	Price per Person
Group Of 1 - 1	USD \$2,300.00 PP USD \$2,100.00PP
Group Of 2 - 4	USD \$1,950.00 PP USD \$1,750.00PP
Group Of 5 - 8	USD \$1,920.00 PP USD \$1,720.00PP
Group Of 9 - 12	USD \$1,890.00 PP USD \$1,690.00PP
Group Of 13 - 16	USD \$1,860.00 PP USD \$1,660.00PP
Group Of 17 - 20	USD \$1,830.00 PP USD \$1,630.00PP
Group Of 21 - 24	USD \$1,800.00 PP USD \$1,600.00PP

Route Map

18 Days

Island Peak Climbing With EBC Route Map



NEPAL ALTERNATIVE
TREKKING COMPANY

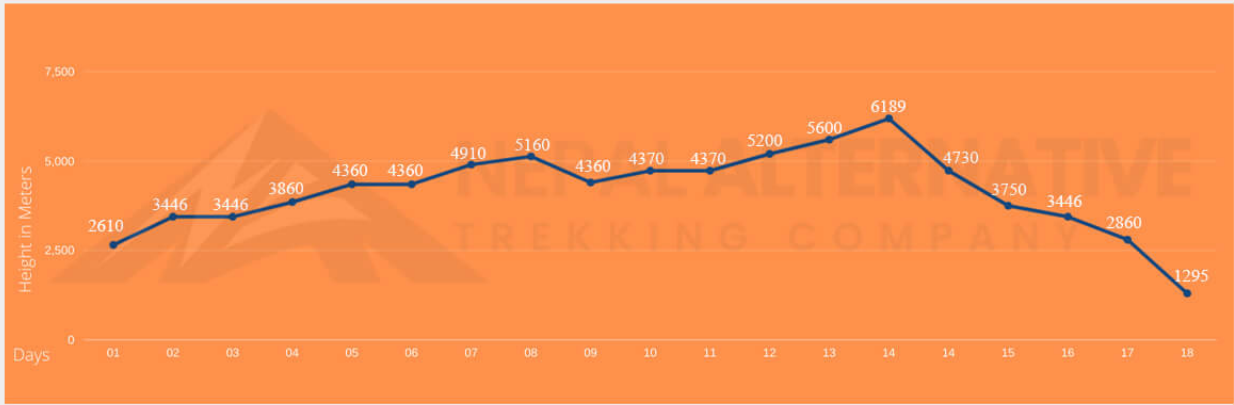
Legend

- Difficulty Level: Easy
- Main Hiking Route: ———
- Secondary Route: ·····
- View Point:
- Mountain:
- Lake:
- Monastery:
- Pass:

Itinerary Highlight
Day 01: Phakding
Day 02: Namche Bazar
Day 03: Acclimatization day
Day 04: Tangboche
Day 05: Dingboche
Day 06: Acclimatization day
Day 07: Lobuche
Day 08: Gorakshep
Day 09: Dingboche
Day 10: Chhukung
Day 11: Acclimatization day
Day 12: Island Peak B.C.
Day 13: Island Peak H.C.
Day 14: Chhukung
Day 15: Phortse
Day 16: Namchebazar
Day 17: Lukla
Day 18: Kathmandu



Altitude Chart



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[Download Route Map](#)

ESSENTIAL INFO

The best time for the visit

Island Peak Climb with Everest Base Camp Trek is a very beautiful trekking route. You can have a lot of fun if you travel here during the autumn and spring season. So, it is very important to choose the right time for trekking. During this time of the year, the climate is moderately stable and suitable. Therefore, it can be very helpful for people who want to enjoy the scenery and the surroundings. In addition, if you travel here during this time then you can enjoy a stunning view of Mt. Makalu (8481m.), Mt. Everest (8848 m.), Mt. Amadablam (6812m.), Mt. Lhotse (8516m.), and Mt. Nuptse (7861m.).

The difficulty of the trek

Island Peak Climbing with Everest Base Camp is a very long and moderate level trek. You have to trek for at least 18 days to reach the final destination. Similarly, this trek is done at high altitudes so you must be ready for it both mentally and physically. So, it can be a little hard for rookies or new trekkers. The trek is of moderate difficulty. It gets hard even for experienced trekkers. It is difficult because you have to travel at high altitudes where you might suffer from altitude sickness. Similarly, the trails are also difficult. So, make sure you are prepared for that. So, make sure you are fully prepared for this trek. Also, have every piece of equipment with you. Most importantly, you have to believe in yourself.

Travel insurance

Your travel insurance is one of the most important things that you should have during your trekking journey. Without it, we are afraid that we cannot cooperate. So, it is very important for you that you carry your insurance policy with you. Because it gives you a lot of benefits. Such as it provides you with the coverage of your injury, medical expenses, repatriation expenses, rescue mission, etc. so, make sure you have it with you for the journey.

Meals and Accommodation

We provide Lodge with twin share basis accommodation during the trekking. Similarly, All meals include Breakfast, Lunch, Dinner during trekking. Likewise, we also provide western and Nepali foods which are very healthy. In addition, the lodges we provide are very secure and comfortable for your stay too.

Required Permits

Sagarmatha National Park Fee : NPR. 3000 for foreigners and NPR 1500 for SAARC.

Pashang Lhamu Rural Municipality Fee : NPR. 3000 per person

Island Peak Climbing Royalty fee :

USD 250 per person for March - May

USD 125 per person for Sept - Nov

USD 70 per person for Dec - Feb and June - August

Note: Child below 10 years are free

Fitness and experience requirements

Island Peak Climbing with Everest Base Camp is a very long and difficult trek. Annually, a lot of trekkers struggle to complete this trek. So, you must be physically and mentally fit. So, if you have some health issues then you cannot do this trek. Your heart and lungs should be perfectly fine if you want to enjoy and complete this trek. Similarly, you should not have any blood-related diseases. However, you should not be that experienced for the trek. But, you should have a little knowledge about the trek. You should not go there blindly. So, we recommend you hire a proper guide.

Climate and weather

The climate and weather of this trek are mostly moderate throughout the year. But the best time to visit this place is during the spring and autumn season. But, this trekking is done at high altitudes. So, it is a little cold. The normal temperature in this place is about 15 degrees Celsius. If you decide to do trekking here during this time of the year then you will be able to travel with clear visibility and you can enjoy your time here. However, it is open throughout the year. Annually, a lot of trekkers come to enjoy their free time here. Also, experience the beauty of nature here.

Safety and security

Safety and Security are important factors for our company. Similarly, we take full care of our consumer and their property. Similarly, our trip constantly operates by checking every area of our travel. So, you can feel free and enjoy your time trekking with us. Likewise, the tea houses we provide are also very secure; you can fully enjoy your rest without worrying about your safety.

Frequently Asked Questions

Is this route safe for trekkers /Climbers ?

Yes, This route is safe for tourists. This area has not been affected by the earthquake in 2015. Also, there is no burst of epidemics or viral diseases, or covid -19 in this region. The government and other respective bodies are continuously are trying to facilitate accessible communication, comfortable and safe internal travel, proper healthcare facility, and services of accommodation for tourists.

What are the physical fitness and other health criteria required ?

The trip passes through the steep with ascents to Kallapathar (5644m.), Everest Base Camp (5364m.), and climbing Island peak (6160m.) which can be demanding and tiresome, so it is beneficial for all travelers to exercise daily from a month before their trip. This helps the body get accustomed to the physical work required during the journey. Participants with pre-existing medical conditions such as

heart, lung, and blood disease should inform us before booking the trip and are advised to seek medical advice or consent from their doctors before the trip.

When is the best season to climb Island Peak and EBC Trek ?

The best season to climb Island Peak and to trek EBC is during autumn (September to November) as the weather is stable, dry, and clear. Also, the atmosphere is merry during these seasons, as autumn is the major festive season of the country. Another favorable season for climbing is during spring (March to May) as the trails become more vibrant and pleasing with the blooming of different wildflowers and Rhododendrons. The days are clear and perfect for trekking and climbing.

Is Travel Insurance compulsorily required ? Does your company pay for the Travel Insurance of staff ?

We do require you to have travel insurance that must cover medical and emergency helicopter rescue with evacuation expenses at 6200m. altitudes for climbing members while booking a trek with us, just to be on the safe side. You should provide the insurance documents before you depart for the trip.

If you do not or cannot find an appropriate insurance policy, we will assist you with one. It will help you in potential altitude sickness and unforeseen events due to sudden weather changes.

Yes, we do pay for the insurance policy of our team members. Nepal Alternative Treks fund the expenses for insurance of all of its members along with their meals, salary, lodging, transportation, and other necessary equipment.

What is Acute Mountain Sickness? What happens if we fall sick?

As you ascend, the atmospheric pressure decreases. Hence, the amount of oxygen available also decreases. When your body is unable to acclimatize adequately to a rapid decrease in oxygen volume, altitude sickness occurs. Its symptoms are nausea, vomiting, headache, lack of appetite, exhaustion, muscle aches, rapid pulse even at rest (+/- 120 beats per minute), and insomnia.

To avoid AMS, our itineraries include acclimatization days in between. You should walk at a slow and steady pace, eat enough carbohydrates, and drink plenty of water. You could eat chocolates and toffee while walking and avoid alcohol and smoking.

Our guides are well-trained to handle emergencies like AMS and other sicknesses. They know how to use an oxygen meter to monitor blood oxygen saturation levels at high altitudes. They can facilitate you with other medical kits (First Aid) and health check-up as per necessity.

If you happen to have symptoms of AMS or the feeling of being sick, you have to report it to your guide immediately. You must not ascend any further, take rest, and take medicines like acetazolamide or Diamox. If symptoms persist, you must descend to a lower altitude and visit a doctor immediately. If the condition seems to worsen, we shall coordinate with your insurance company for helicopter evacuation.

Can we change money along the route ? Can we pay by credit card or foreign

currency ?

Yes, you also can change money at Lukla and Namche but the exchange rate will be lower than in Kathmandu. We recommend changing money at Thamel. Credit cards and foreign currency are not accepted along the route. You are better to take enough cash from Kathmandu.

What is the weight limit for porters ? and weight limit for Lukla flight ?

Usually, we arrange one porter for two trekkers/climbers, and one porter carries weights up to 20 kilograms during the trekking period. Hence, each trekker's luggage should weigh only up to 10 kilograms. However, we will provide adequate porters/staff during the climbing period of Mera peak. So, during the trek, if your essentials weigh more than that, we can provide you with a personal porter with some additional costs.

You can carry a maximum 10Kg of luggage (two pieces) and a maximum of 5kg of hand-carry. You will have to pay \$ 1 around for excess baggage.

What kind of food will be provided during this trip?

Our package includes three meals per day, breakfast, lunch, and dinner. Dinner and lunch include the authentic Nepali Daal-Bhat (rice and lentils) along with seasonal vegetables, spinach, and pickle. If you do not like it, you can choose any item from the wide range of MENU offered by the lodges, and during the climbing route, we will have our own cook prepare delicious meals for you as per your liking.

Tea houses and lodges serve Nepalese, Asian, and Continental food, and even pizzas. The food is prepared hygienically, but the taste of western food might not meet your expectations as there are minimal resources available. We usually suggest eating vegetarian food to avoid falling ill. We ensure hygienic food and a clean kitchen to avoid food poison and enough nutrition and immunity needed for the mountain walk.

How can drinking water be managed in the mountain ?

Bottled plastic water is readily available along route at USD 1 per liter however we recommend you carry your own water bottles. You can fill them up with filtered water or boiled water wherever possible and purify them using chlorine or iodine. We shall provide water purification drops and tablets.

How long will we have to hike each day ?

An average day of trekking involves around 4 to 6 hours of hiking, including breaks for meals as needed. The average distance covered depends on the terrain and altitude, but ranges from 10 to 15 kilometers on average.

Along the way, you will have many chances for photography and other personal interests such as bird watching and discovering local areas of interest like natural springs, hot water ponds, and even exploring flora and fauna.

As a single trekker, may I join fixed departure ? Will it be possible to get a

separate room?

This package is designed in such a way that they suit single travelers too. It is a great way to get to know new people with similar interests, and most people find that group dynamics are very friendly and comforting. Single trekkers will share accommodation with other individual trekkers of the same gender on our group journeys.

If you are a single traveler wishing for a private room, we can manage that as well, but you will have to inform us about it while booking the trip. Also, please note that you may have to pay some additional charges for single rooms.

Do you have other dates available that match my timing?

Even though this package has pre-fixed group departure dates, we can tailor it to accommodate your specific requests and schedule. Please review our designated departure dates, and if they do not suit your timeframe, let us know your preferred timing so that we can manage your itinerary accordingly. We organize this trek as per your wishes and convenience.

What are the documents that we need to bring for this trip ?

- A copy of passport,
- Passport-sized photos,
- Flight details,
- Copy of travel insurance (it has to cover Heli rescue and medical evacuation) and other documents required to claim it.

What are the accommodation arrangements during the trip ?

On this trip, the accommodation options are hotels and lodges during trek then you will have a tented camp for two nights during Island peak summit. In this trekking, the accommodation options are hotels and lodges. Nepal Alternative Treks generally manages your accommodation in the best available hotels/lodges that provide single or double rooms with bathrooms inside. The bed has a mattress, pillow, and blanket. Most lodges offer a room with a blanket provided by the teahouse alone will not be enough to withstand the cold. So, we provide a warm sleeping bag.

What kind of toilet facilities are there? Will we be able to take a shower in Mountain ?

Hotels/Lodges or teahouses on the trek route have excellent infrastructure and are likely to have western-style toilets, and sometimes even attached toilets. Usually, Nepal Alternative Treks arranges accommodation with proper shower facilities.

Usually, Nepal Alternative Treks arranges accommodation with proper shower facilities. Please understand that it becomes difficult to arrange running shower and hot water facilities as the altitude increases. So, in remote mountainous regions, showers cost some extra money

Can we hire trekking/Climbing gears in Kathmandu ?

Yes, there are plenty of shops around Thamel that sell as well as rent all the necessary gear for trekking, Mountaineering and Climbing. These shops have great varieties of goods ranging based on their brand as well as price. We will help you with buying or hiring all the necessary equipment. You are better to hire below listed climbing gears at Dingboche.

Roughly costs \$100 :

- Climbing boot.
- Crampons,
- Ice axe / Ice hammer,
- Harness, Jumars,
- Karabiners,
- Finger eight / ATC guide,
- Tap sling,
- Fix / Main Rope,
- Snow Bar,
- Ice Crew / Rock Piktung etc.

Other equipment you can get on hire :

- Oxygen cylinder & Max regulator, Gloves, Sun glasses, Sticks, Halmet, High thermos, Hot Bag, Water bottle, Ski Boards, Sleeping bag, Clothing (Water proof trousers & jacket, Down jacket, Socks, etc), Walkee talkee(talk back), Thurya Set light phone and other.

Is it possible to recharge batteries and electronics during the trek ?

Nowadays, all kinds of facilities, including recharging batteries and electronics, are available in this route and also have electricity and recharging facilities available for a minimal service charge.

Also, note that the Nepalese plugs are of Type D, and the voltage is about 220-240 V. So, make sure that your devices are chargeable. Otherwise, you shall require adapters and voltage stabilizers.

Is it possible to communicate with friends and family back home while on trip ?

There are mobile networks, internet data, and Wi-Fi available in the Everest region, and you can connect to your friends and family back home.

For mobile network and internet data, you will require a Nepalese SIM-Card. If you wish to buy a Nepalese SIM-Card, we will assist you in getting it. You can buy a SIM-Card from local distributors easily with some fees. We recommend **Namaste SIM** and **Everest Data** package to have better network coverage and 4G data uses.

What if the guide/porter leaves alone on the trail ?

Guides and porters will always walk together with you, but, sometimes in case if there is no communication available to reserve lodge in advance, your porter may have to go ahead to book a room in an excellent lodge for the night. Our guides /porters will not leave you behind otherwise.

If by any chance such a circumstance occurs, you have to contact us immediately. We will then connect to our guides/porters and get back to you. We assure you.

What is the weather and temperature like we can expect during the trek?

The temperature could range around and above 25 degrees Celsius in summers and decrease below -20 degrees Celsius in winters. During autumn and spring, temperature ranges around 10 to 20 degrees Celsius, making it suitable for trekking and climbing purposes.

Do we need to tip my staff ?

It is not mandatory to tip the staff. It ultimately depends on your choice. As your porter, guide, cook play a big role in the success of your trip, from guiding and carrying your necessities to being mindful of your safety, your tips reflect gratitude towards them. Hence, tipping is a recommended culture for porters and guides in Nepal as a gesture of thankfulness.

Address

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