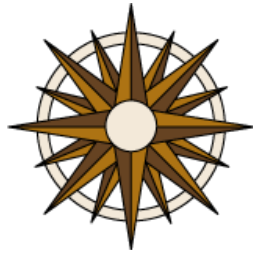


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Island Peak Expedition Trek in Nepal





Day 1

Arrival Kathmandu (1,300m/4,428ft) & transfer to hotel.

A representative from Sherpa Expedition and Trekking will be there to meet you at the airport and take you to your hotel in Thamel. Kathmandu is a city full of lively markets, hectic streets, colorful temples and impressive pagodas. The remainder of the day you will can wander around Thamel and catch up on some last minute shopping for equipment. This evening, your guide will brief you and provide valuable information about the trek. This evening you will meet the rest of the group at a welcome dinner at a local Nepali restaurant.

Day 2

Fly to Lukla (2,800m/9,184ft) & trek to Phakding (2,652m/8,700ft) Duration: 5-6 hours.

Today we take a short scenic flight from Kathmandu to Lukla and then trek to Phakding (2610m), a small village located in the Khumbu region of Nepal in the Dudh Kosi River valley.

Day 3

Trek from Phakding to Namche Bazaar (3,440m/11,283ft) Duration: 5-6 hours.

Today we cross several suspension bridges over the Dudh Kosi River before trekking through the villages of Tok-Tok, Benkar, and Monjo before arriving at the Sagarmatha National Park entrance gate where you will be asked to show your trekking permit. After following the river bed for a few hours and then



crossing the last Hillary suspension bridge, there is a steep uphill climb to Namche Bazaar. Namche Bazaar has a good selection of restaurants, an internet café, pubs, post office, ATM and banks.

Day 4

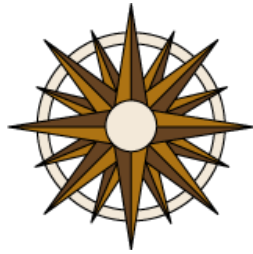
Exploration & Acclimatization at Namche Bazaar.

Acclimatization is a necessary exercise before climbing to higher altitudes. Health professionals strongly suggest that you stay active during the day, so today we will trek to the villages of Khunde and Khumjung and have a spectacular view of Mt. Everest before heading back to Namche Bazaar. At Namche Bazaar you may wish to view what is said to be a Yeti skull! Namche Bazaar is proud to say it has a bakery! Strolling around Namche Bazaar is another way to remain active. Sitting still for too long is not a good idea.

Day 5

Trek from Namche Bazaar to Tengboche (3,870m/12,694ft) Duration: 5-6 hours.

This morning we follow the trail along the banks of the fast flowing glacial waters of the Dudh Kosi River. On the trail you will have some superb views of Mt. Everest, Lhotse, Taboche and Amadablam. We will attain an altitude of 3,800 meters at Tengboche. The Tengboche monastery has beautiful ornate wall hangings, a 20-foot sculpture of various poses of the Buddha, musical instruments and robes worn by the Lamas. You will



observe a prayer ceremony, either in the evening or in the morning, depending on how the trekking goes today. The chanting is comforting to the soul.

Day 6

Trek from Tengboche to Dingboche (4,360 m/14,300 ft) Duration: 4-5 hours.

Today we head downhill on a three to four hour trek on a trail that passes through forests before crossing the Imja Khola (river) and on through the village of Pangboche, with its distinct fields surrounded by rock walls. Tonight we stay at Dingboche.

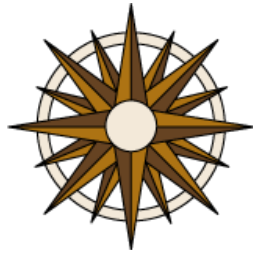
Day 7

Trek from Dingboche to Chhukung (4,730m/15,518ft) Duration: 3-4 hours.

Dingboche is surrounded by the peaks of Ama Dablam, the edge of Nuptse-Lhotse, Tawache and Cholatse. Today we trek to Chhukung passing through stone-walled fields and the Imja Khola Valley before having to cross the icy moraines. Just beyond the village of Bibre we can see Island Peak. The trail crosses several streams before coming to Chhukung. From Chhukung we can see Ama Dablam and the Amphu Labtsa mountains.

Day 8

Hike up to Chhukung Ri (5,546m) and trek back to Chhukung (4,700m) Duration: 3-4 hours.



From Chhukung you will appreciate the superb view of Mt. Ama Dablam. The views of Island Peak from Chhukung (and further up the valley) are quite stunning. We will scramble up to Chhukung Ri from where you will have views of Ama Dablam and Amphu Labtsa.

Day 9

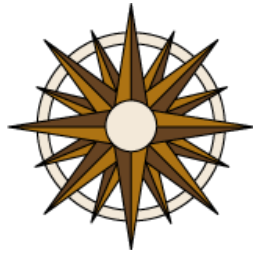
Trek from Chhukung to Island Peak Base camp (5,200m/17,060ft) Duration: 3-4 hours.

Today we follow a steep trail up to Island Peak Base Camp. We pass below the southern flank of the moraine from the Lhotse Glacier and then follow the trail next to a stream until reaching Island Peak Base Camp where we stay overnight.

Day 10

Climb from Island Peak Base Camp to Island Peak Summit (6,189m/20,305ft)& back to Chhukung and fly back to Lukla By Helicopter; Duration: 10-12 hours.

Today is the day you have been preparing for and as long as the weather is suitable we will head off very early in the morning to climb to the summit of Island Peak (6,187m). We initially climb up through a gully and veer to our right. We then cross a very rocky area and a ridge from where we have some fantastic views of glaciers and crevices. After some time at the summit taking in the views and madly taking photos, we will head back down to



Chhukung and we will take a sharing helicopter to Lukla for an overnight stay.

Day 11

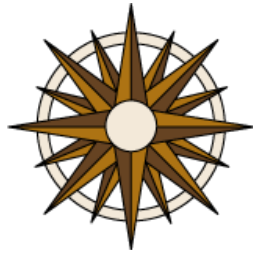
Fly to Kathmandu from Lukla.

Early this morning we fly over the mountains back to Kathmandu. Most flights depart in the morning so as to avoid the gustier and unpredictable weather that sometimes develops later in the day. During the flight you can look down on the magnificent Himalayan Mountains that we are now familiar with. After arriving at Kathmandu you can rest or do some last minute shopping around Thamel. Alternatively you can catch up on seeing places you missed in Kathmandu. Your guide will be available to help and direct you with souvenir shopping or sightseeing. This evening we will have a farewell dinner at a traditional Nepali restaurant along with a traditional cultural dance show. This is your chance to say farewell to your guide and fellow trekkers.

Day 12

Transfer to the International airport for your final departure.

A representative from Sherpa Expedition and Trekking will take you to the airport around 3 hours before your scheduled flight. On your way home you may already be planning on another climbing expedition to Nepal. There are enough mountains to satisfy any climber.



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