



Island Peak Expedition

Lodge / Camping

No. of days: 23

Graded: Highly challenging

Nepal

Nepal, a tiny country, nestled in the Himalayas between India and China, is one of the most diverse and fascinating countries in the world. Covering an area of only 147,181 sq. km, Nepal encompasses the world's highest mountains and the deepest valleys as well as low elevation rain forest. Although the width of the country is only 200 km north to south, Nepal has the highest altitude variation of any country on earth, from 20m above sea level to 8 848m above sea level (Top of Everest). The country is divided in to 3 elevation Zones viz. the low Terrain, the midhill region and the high Himalayas, which contains 1/3 of the Himalayan range with 9 of the world's highest mountains. This wide diversity of landform gives Nepal an incredible wealth of flora and fauna. Nepal is not only famous for its landscape but also renowned for the friendliness of its people. The people of Nepal are as variable and intriguing as the country's geography. There are more than 37 ethnic groups with their own language and culture. Hinduism is the official religion, which the majority of the people practice. Many people throughout the country are Buddhist and the two religions have co-existed in harmony over the ages. A small number of people practice Christianity and Islam.

Nepal at a glance:

Longitude: 26'12' and 30'27' No
Latitude: 80 degree 4' and 88 degree 12' East
Population: 24 million
Capitol: Kathmandu
Area: 147,181 sq. km.

Everest

Mount Everest, named after George Everest, the Surveyor General of British India, lies in the Khumbu region of Nepal. The first summit attempt on Everest was by the British in 1921 and only after 32 years of intense exploration, Everest was finally scaled on May 29th, 1953, by Sir Edmund Hillary and Sherpa Tenzing Norgay under Lord Hunt's team. The Nepalese name for Everest is Sagarmatha which means "Goddess of the Sky" and the Tibetan name for it is Chomolungma which means "Mother Goddess of the Earth". By whatever name you call her, she remains the tallest mountain in the world consecrated in midst of the gigantic mountains and glaciers as though they were her subjects. She truly looks like an Empress in her utmost beauty and glory and has attracted hundreds and thousands of mountain lovers over the years.

Himalayan Mountaineering

Ever since the Himalaya in Nepal has been opened for climbing, it has attracted thousands of mountaineers. Thousands of people have challenged their minds and bodies to conquer these magnificent mountains.

Nepal Himalaya has numerous of mountains which are 7 000m and higher, which require extensive technical experience and a lot of money to climb. Apart from these technical expedition peaks, there was created in 1978, under the control of the Nepal Mountaineering Association (NMA), a list of mountains, between 5 587m to 6 654m, called "Trekking Peaks". Unlike the technical expedition peaks, which are a complicated and an expensive affair, these "trekking peaks" can be climbed without financial and administrative problems. There are 1 310 identified peaks which are above 6 000m, one fourth are officially opened for mountaineering.



Your Adventure

Your Expedition begins with a scenic flight to Lukla. Trekking through the alpine valleys of the Khumbu region, which is the home of Everest and the land of the Sherpas, you will visit places which are considered to be among the most beautiful trekking areas on earth. After trekking for a week through the Khumbu Valley we trek to Everest Base Camp and climb Kala Pathar. There we are surrounded 360 degrees by peaks over 7000m tall, along with 8000m giants like Everest and Lhotse. The hike to Everest Base Camp and climbing Kala Pathar is very important for acclimatization for Island Peak.

We trek down to Island peak Base Camp via Pheriche and Chukkung. After a couple of days at Base Camp and High Camp we should be acclimatized and strong enough to tackle the final and real challenge **Island Peak!**

From Advance Base Camp we climb a gully which leads us to the scree below the ice ramp. We reach the top of a cliff after 3 hours of climbing; here we put on our crampons. It is a gentle climb up the ice ramp leading us to the bottom of a steep wall. This is the most difficult part of our climb, which is about 45 to 50 degrees slope and is about 60 meter long. Once we are over the wall we climb the ridge following to the summit.

Island Peak is one of the most popular trekking peaks in Nepal and is located in the eastern border of the Khumbu region, lying between Lhotse in the north and Baruntse in the South. It has an impressive glaciated West Face that rises from the Lhotse glacier. Island Peak is named due to its striking location in the middle of the Chukkung Valley, like an island in a sea of ice. The local name for it is Imja Tse. From the summit you have a stunning view of the surrounding mountains including; Lhotse, Baruntse, Ama Dablam and Makalu.

Although no previous climbing experience is required you must be very fit and have extensive outdoor experience to participate in this Expedition.

Grading: This expedition is graded 6 which is equivalent to extremely demanding and challenging. Participants should have at least a basic knowledge of the use of ice axe and crampons, though first time climbers maybe accepted, provided she/he is very fit. Medical certificates are required prior to acceptance on any climbing treks. We strongly recommend you to undergo extensive physical training at least 4 months prior to the expedition.

Please note: Any ascent of a Himalayan peak must be taken seriously. The Group leader will take all factors concerning group fitness and acclimatization, weather and snow condition into consideration when making a decision. While recognizing that this ascent is important to the group, first priority will always be safety. The decision on whether or not you will be able to attempt Island Peak rest with the Group Leader. His/her decision is final and must be accepted.

Summary

Trek Distance:	Approx. 230 km
Maximum altitude:	6189m (20,272ft)
In / Out:	Kathmandu

Itinerary

- Day 1. Arrive in Kathmandu (1330m), welcome dinner
- Day 2. Half day city tour, lunch and trek briefing
- Day 3. Fly to Lukla (2830m) and trek to Benkar (2630m)
- Day 4. Trek to Namche (3440m)
- Day 5. Rest at Namche
- Day 6. Trek to Tengboche (3870m)
- Day 7. Trek to Pheriche (4240m)
- Day 8. Rest at Pheriche
- Day 9. Trek to Lobuche (4930m)
- Day 10. Trek to Everest Base Camp (5380m) and Back to Gorak Shep (5180m)
- Day 11. Ascend Kala Pathar (5545m) and down to Dingboche (4420m)
- Day 12. Trek to Chukkung (4720m)
- Day 13. Set up Base Camp
- Day 14. Rest at Base Camp
- Day 15. Set up High Camp
- Day 16. Summit Island Peak
- Day 17. Extra day for attempting summit and back to Base Camp
- Day 18. Trek to Pangboche (3900m)
- Day 19. Trek to Namche
- Day 20. Trek to Lukla
- Day 21. Fly to Kathmandu
- Day 22. In Kathmandu
- Day 23. Departure

Please note that the above itinerary is only a guide and that it could change. A lot of things have to be taken into account like weather, general walking pace of the group, mountain safety etc. Your group leader can change the schedule if necessary with prior notice to you, keeping safety first in mind.



Your Activity

Day 1 - Arrival

Once you reach KTM airport and finish with the immigration and custom formalities be prepared to confront the confusion outside the airport which is common in most of the south Asian countries. As you walk out of the Exit door into the passenger "pick up area" you will see hundreds of people with different sign boards in their hands, taxi drivers looking for fares, hotel touts looking for customers and porters trying to help with the luggage for tips. Please remain calm and do not walk out of the restricted area into the crowd straight away. Remain there and try to find the Hi On Life sign board. Once you spot it, walk straight to the signboard and identify yourself. From here we will take care of you. When you arrive to your hotel you will be briefed about your activities and "do's and don'ts" while your stay in Kathmandu. We will also collect some documents from you. Please have the following things handy when arriving.

1. **Travel/ Medical Insurance** (photo copy)
2. **3 passport size photos**
3. **Photocopy of your passport.**

In the evening we will go for a traditional Nepali dinner at Kathmandu's finest Nepali restaurant to end the day.

Day 2 - City tour and Trek briefing

After breakfast you will be taken for a half day city tour where you will be visiting some historical temples and monuments. You will end your sightseeing with a lunch.

After your lunch you will return to your hotel and your Group leader will give you your trek briefing and issue you your 'trek pack' consisting of a duffle bag, down jacket, sleeping bag, inner liner for your sleeping bag and rain poncho. Your afternoon is free for you to do your packing and purchasing your last minute items for your trek.



Day 3 - Kathmandu - Lukla- Benkar

A very early morning wake up and transfer to the domestic airport to board our flight which is a small 19 seated twin otter. The flight times can be flexible because we need clear weather both in Kathmandu and Lukla to be able to fly. So this can sometimes involve waiting in the terminal for a long time.

Once we get the all clear signal we take off to our destination on a 35 min scenic mountain flight to Lukla.

After a cup of tea at Paradise Lodge you are treading on the legendary 'Everest Highway' which heads downwards through the alpine valley following the 'Dudh Kosi' or Milk River (named after its milky colour from glacial silt). We reach Benkar after a half a day walk and end our first day here.

Day 4 - Trek to Namche (5-6 hrs)

The next day we will be walking mostly uphill through the alpine valleys and crossing rivers to reach Namche Bazaar, which is the Sherpa capital of the Khumbu region. On a clear day you get views of Everest, Lhotse, Thamserku, Kusum Kangru, Kwangde and Taweche on the way to Namche.

Day 5 - Rest and acclimatization

As we will have gained about 700m that day, it demands a rest and acclimatization day for the following day. We will either rest at Namche or trek to Everest View Hotel where you will have a breathtaking view over Mount Everest, Nuptse, Lhotse and Ama Dablam. You will be back at lunchtime and will have plenty of time to rest to make the following day easier.

Day 6 - Trek to Tengboche (5- 6 hrs)

Today the landscape changes dramatically. The trail is more open and wide and it reveals the great depths of the surrounding mountains. We descend to the Dudh Kosi River and stop for lunch at Phunki Tenga. From here we climb steeply through a beautiful Rhododendron and birch forest for 2 hrs until we reach Tengboche. We will visit the monastery and watch the monks performing their rituals.

Day 7 - Trek to Pheriche (5-6 hrs)

The next day we trek through a beautiful rhododendron forest for about an hour and cross the Imja River. From here the trail is more open and by the time we reach Shomare we are above the tree line. We stop here for lunch. After lunch we cross a wide and flat stretch beside the ridge below the Taweche peak. This place is usually windy. After about an hour we cross the Imja river and climb steadily for an hour to Pheriche.

Day 8 - Rest and acclimatization

Today we will climb a steep ridge in the morning. This is for an excellent view of the surrounding mountains and to prepare for the next day. In the afternoon you can relax and enjoy the view and read your books in the sun room.

Day 9 - Trek to Lobuche (4-5 hrs)

From Pheriche the trail is very open and wide with gradual climb till we reach Thukla where we stop for lunch. After lunch we climb steeply along the terminal moraine of the Khumbu glacier and we reach an open flat spot where we can see the memorials of those who died during the unfortunate expeditions to Everest, Lhotse and Pumori. Then we trek along the lateral moraine of the Khumbu glacier for an hour to Lobuche.

Day 10 - Trek to Everest Base Camp and back to Gorak Shep (7-8 hrs)

From here we trek an open and barren trail crossing the moraines of the Changri glacier and the Khumbu glacier and stop at Gorak Shep for lunch after a 3 hrs hike. Gorak Shep looks like a small dried out lake in the middle of the mountains and glaciers. There are three lodges at Gorak Shep and perhaps the last ones before Everest Base Camp. From here we trek for 3 hrs through the lateral moraines of the Khumbu glacier up to Everest Base Camp which looks like a barren ice field, with boulders and ice pinnacles. You will feel that you are on the surface of moon. We hike back to Gorak Shep and spend the evening there.

Day 11 - Ascend Kala Pathar and trek to Dingboche (6-7 hrs)

The next morning we climb Kala Pathar, which is a steep rocky mound, which looks black. Kala Pathar, meaning black rock named for its colour, is 364 vertical meters higher from Gorak Shep, and takes 2 to 3 hrs to summit it. From here you get 360 degrees views of the surrounding mountains and a bird's eye view of the Khumbu glacier. In the afternoon we hike down to Dingboche and spend the night there.

Day 12 - Trek to Chukkung (4-5 hrs)

From Dingboche the trail follows the Imja River along a beautiful meadow to Chukkung Valley. We stay at a small lodge in Chukkung for the night.

Day 13 - Hike to Base Camp (4-5 hrs)

The next day is a short and easy trek to Island Peak Base Camp. We climb up a ridge and walk along the ridge for about an hour. At the end of the ridge is an open grassy and rocky meadow with a river running in the middle. This valley is extremely beautiful. After another hour of walking we reach a huge flat sandy landscape, which looks like a dried lake. From here it is another hour to Island Peak Base Camp. We reach there early and set up our Base Camp.



Day 14 - Rest and Acclimatization day

We will use the following day to rest and gain back the strength for the final ascent. Moreover, you can utilize this day to prepare and try your climbing gears. We will organize a short climbing training in Base Camp; novices are suggested to take part.

Day 15 - Ascend to High Camp (4-5 hrs)

The next day we set up Advance Base Camp. Advance Base Camp is about 300m higher above Base Camp, so this will give us a head start for the summit day. The climb to ABC is a steep and steady climb. **Please note, that from here onwards, nobody should go even 20m away from the camp without consulting your Group leader.**

Day 16 - Summit Island Peak and Back to Base Camp (12-15 hrs)

At around 3 a.m. we head off for the final summit. We start by climbing a steep gully which leads us to the top of a cliff, which will takes us about 2 1/2 to 3 hours. Here we put on our crampons. From there it is a gentle climb up the ice ramp leading us to the bottom of a steep wall. This is the most difficult part of our climb, which is about 45 to 50 degrees slope and is about 90 meters high. We will be using fixed ropes for the climb to the summit. Our Climbing Sherpa will lead the climb and your group leader and other staff will be behind you. Once we are over the wall we climb the ridge following to the summit. After crossing the last obstacle, which is the final snow pitch, underlined with a crevasse, we are at the summit. A short victorious moment is spent at the top and then we climb down to Base Camp for a well-deserved rest. The entire climb to the summit and back to Base Camp will take 12 to 15 hrs.



Day 17 - Extra day for attempting summit in case of bad weather.

Day 18 - Trek to Pangboche (5-6 hrs)

The following morning we trek to Pangboche following back the trail.



Day 19, 20 and 21 - Trek back to Namche – Benkar - Lukla - fly Kathmandu.

For the remaining days we will be retracing our footsteps back to Lukla where we end the trek and the following morning we fly back to Kathmandu. Then you are free for rest of the day.

Day 22 - Free time in Kathmandu

You can spend your free time in Kathmandu for shopping and sightseeing. If you need any help or advise your group leader will be happy to assist you.

Day 23 – Departure

Please note that on your trek, every evening, after dinner, your Group leader will describe in detail about your next day's trek and also advise you regarding which clothes and equipment you need to carry in your day pack for the next day.



A Day on Your Trek

Although each day is different, considering the weather, general pace of the group and length of the days walk, in general your day begins with a wake up tea at around 6 to 6:30 in the morning. You will then be provided with a bowl of warm water for washing. Then you will need to pack your duffel bag and your daypack and come to the lodge's diner for breakfast.

After breakfast we will hit the trail and usually walk for about 3 to 4 hours before we stop for lunch. We will give you about an hour and a half rest during lunch, which will also give enough time for the staff to have their lunch and pack. Usually after 3 to 4 hours of walking we finish the days walk by 4 PM. Tea/ Coffee and snacks will be served on arrival to the lodge. Your dinner will be served around 7 PM.

Please note: For 4 to 5 days we will be camping. During this period you will be sleeping in tents and the food will be cooked and served in the dining tent by our staff



High Altitude

On this trek you will be going up to 6189m, so it is very important to understand the affects of altitude.

The greatest provocation is going too high too fast. Hi On Life's itinerary has been carefully designed to minimize the effects of altitude. We ascend slowly and surely allowing enough time for safe acclimatization.

Headaches and breathlessness are common at altitude which in itself is nothing to worry about. In rare cases, this may worsen to Acute Mountain sickness (AMS), so a close watch is kept on all trekkers by the group leader who is trained to recognize the symptoms of AMS which are severe headaches, nausea, lethargy, loss of appetite serious breathlessness even at rest. If any trekkers show such signs they will be descended to relatively lower and safer altitude. The Group Leader's decision on evacuating such person to a safe altitude is final. Do not medicate yourself without first informing your group leader. Going to altitude slowly with adequate rest and adequate intake of fluid (3 to 4 litres per day), you will most likely have no problems apart from breathlessness on hills which is completely normal as the percentage of Oxygen in the air is relatively lower to that at sea level. The most important thing is not to worry about altitude because our team is there to take care of you.

Staff

Group leader: your most important member of your staff. Our Group leaders are highly trained in all aspects of the trek, conservation, first aid specializing on altitude sickness, emergency procedures and have extensive knowledge of the natural history of the area.

Sirdar: His job is to manage and organize staff duties. He is responsible for the actual operation of the trek.

Sherpas: Their job is to lead your way and distribute equal loads to the porters.

Porters: They are responsible to transport your duffle bags and their job finishes once they reach the designated lodge. Our porters are provided with Gore-Tex suits, trekking boots, gloves, hats, socks, snow gaiters and snow goggles. Most importantly, we regulate them on a 25 kg carrying which very few companies do. Our clients can therefore feel comfortable knowing that our porters are working in a good humane condition. During the trek you can see porters carrying 60-70 kg and sometimes even up to 100 kg!!



Weather

Oct/ Nov and March / April

On the trek at lower altitude (2500m to 3500m) during daytime the max temp can be around 22C to 28C and the min temp can be 8C to 15C

At higher altitude (3500m to 5500m) the daytime max temp can be between 17C to 22C and min temp can be between -4C to 8C

Dec to end of Feb

On the trek at lower altitude (2500m to 3500m) during daytime the max temp can be around 15C to 20C and the min temp can be 2C to - 8C

At higher altitude (3500m to 5500m) the daytime max temp can be between 12C to 18C and min temp can be between -4C to -20C. Please note that this is just general information and it could vary marginally.

Our Services

- All internal transportation including both way airfares to Lukla and back to Kathmandu with domestic terminal taxes
- Services of English or/and Swedish speaking guide
- Porter's and Sherpa's assistance
- 4 nights in tourist class hotel on bed and breakfast basis while in Kathmandu
- Welcome dinner
- Half day guided city tour with lunch
- **Use of a personal trek pack consisting of:** Duffle bag, down jacket and sleeping bag with an fleece inner-liner
- **Use of climbing equipments:** Ropes, carabineers, pitons, jumars, ice axe, harness and ascenders and decenders
- All camping and kitchen facilities
- All meals while on trek
- Afternoon tea/coffee service on arrival at the lodge
- Boiled and treated water 2 times a day while in lodges and 4 times a day while camping
- Twin share accommodation in trekking lodges with shared bath and toilet facilities
- All climbing permits and National Park fees
- Staff insurance, tourist service fee and all taxes applicable as per state law

Cooks and Food: On our camping trek, our skilful and hard working cooks prepare three hot meals each day with a very healthy diet of fresh vegetables, cheese, egg, fresh meat, tinned fruits, tinned meat and fish (all meat and fish are prepared separately out of respect for the vegetarians in our midst). They also serve a high dose of carbohydrates from breads, rice and pastas. They supply you with unlimited hot-drinks, the key to successful acclimatization. We have weatherproof kitchens and dining tents, with comfortable chairs and tables.

Group Equipments: Hilleberg Saivo 3-men tents for twin share, cooking tent, Hilleberg Atlas dining tent with comfortable tables and chairs, toilet tent, 4 two-way "walkie-talkie" radios, medical kit with medical oxygen.

Climbing Equipments: 300 meters of 10 millimetre static "fixing" line, 3 dynamic climbing ropes (8-10 mm, 30-60 meter), 10 meters 6mm rope for sling, locking and standard carabineers, snow stakes (snow-picket), ice axes, jumars, figure 8 descenders, harness, etc.

Please note: the only thing you need to bring for climbing is ice boot and crampons (you can hire them in Namche Bazaar).

Not Included

- Personal accident and rescue insurance. You must provide your own rescue insurance
- Mineral water, beer, soft drinks and extra tea/coffee outside of normal meal times
- Showers while on trek
- Private room accommodation in Kathmandu unless a single supplement is paid
- Optional tips to guides and porters
- International airport departure taxes
- Visa costs
- Helicopter evacuation in the unlikely situation, although we do arrange for it and make the necessary documents so that you can claim from your insurance

Recommendations for things you should bring:

- Water bottle 3 bottles minimum 1 litre each, should be able to hold hot water
- Day pack medium size 35-40 litres
- Sunglasses
- Duct tape small roll
- Stuff bags or smaller plastic bags to organize you duffle bag
- Money belt
- Toiletries we provide toilet papers
- Towel
- Torch good quality head lamp!
- Penknife
- Sewing kit
- Medical kit as per your prescriptions. It should be noted that the group leader will be carrying a first aid kit.

Optional

- Walking sticks
- Cameras
- Knee guard for those with bad knees



Clothing

- Trousers: 1 lightweight for easy walking. 1 warmer for colder days preferable wind/water proof. 1 comfortable and warm for lodge/BC
- Shorts: Not too high cut revealing ones
- T-shirts: At least 3 or 4
- Hats: Sunhat and woollen ones for colder days
- Gloves: Woollen and GoreTex
- Woollen inner liner: Light weight tops and trousers, preferably wool, at least 2 pairs
- Socks: At least 4 pairs (both thin and thick woollen ones)
- Jackets: 1 fleece and 1 GoreTex wind/waterproof. Please note that we provide down jackets.
- Trekking boots: Preferably waterproof
- Shoes: Light gym shoes or sandals for evenings and base camp.

Important gears for climbing

- Ice boots/crampons: For climbing. If you don't have them, you can hire them in Namche Bazaar
- Jacket and Pants: Waterproof, preferably GoreTex
- Glacier goggles: For protection against snow blindness
- Gloves: 1 innerliner in wool and 1 down/GoreTex to be worn as combination
- Thick Thermal: Vest and leggings – preferably woolterry
- Snow gaiters: If your GoreTex pants don't have snow-locks

Healthy and trouble free holiday

There are no compulsory vaccinations required for entering Nepal. However please consult a doctor for vaccination against Typhoid, Meningitis, polio, and hepatitis. If you have special dietary requirements or allergies, please through your agent, give us a list of what you can and can't eat so that we can provide proper food for you.

If you are undergoing a course of prescription medicine, please ensure that you have sufficient supplies for the entire holiday. Some types of drugs including antimalarials have side affects at high altitude; therefore please consult your doctors regarding these drugs. The places you trek are mosquito free and there has been no report on malaria in Kathmandu for the past couple of decades.

Insure yourself

We highly recommend you to take a comprehensive Personal Travel Insurance before leaving home. This should cover for your loss of baggage, airline delays, sickness and accidents. And it should also cover you for Emergency Helicopter Evacuation.

In case of Lukla flight cancellation

Sometimes due to bad weather Lukla flights get cancelled. This may make it difficult for you to connect with international flights. In such an event and if the group as a whole wishes to charter a helicopter, which is an ideal solution to Lukla flight delays, we can arrange for it. You will need to pay about 1000 USD depending on the group size. A covering letter is then issued to each trekker for claims against their travel insurance. Please make sure that your Travel Insurance Policy has coverage for helicopter evacuation.

Money Matters

The ideal currency to bring with you is USD. In Kathmandu you can then exchange it to Rupees since you will need rupees for all shopping.

In Kathmandu: Each meal will cost around 4 to 6 USD. Plus 10 to 20 USD for your taxis if you wish to go around the city.

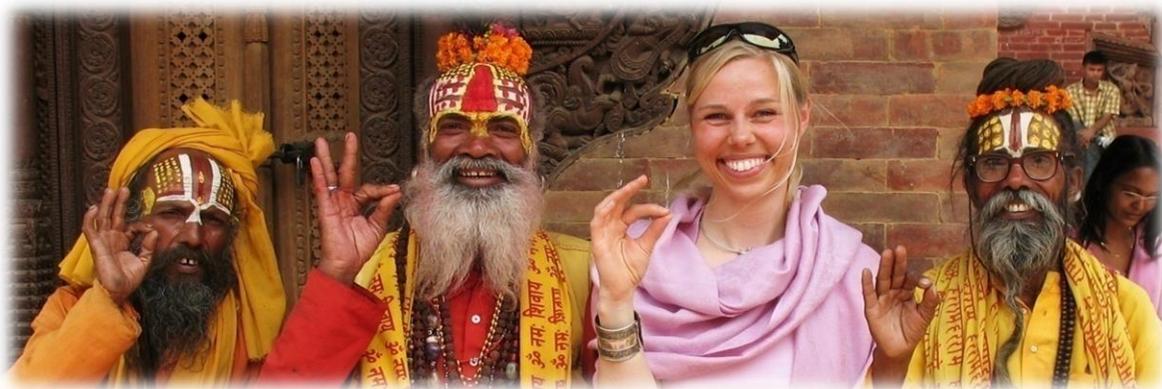
On trek: you will need around 6 to 10 USD per day. This money is for your hot showers, chocolates, soft drinks and beers etc and also for small donations in the monasteries.

Tipping

Although tipping is entirely optional and personal matter the following is recommended as a guideline

In Kathmandu: For bellboys, waiters and porters 30 to 50 Nepali Rupees

On the trek: At the end of the trek it is a customary to tip the field staff. The recommended amount is 100 US\$/group member. The Group leader will collect the tip and then split it between the staff and put it in envelopes so that the trekkers can give it to the staff during the “Farwell Ceremonies”. If you want to tip the Nepali group leader and your climbing sherpa you can do that separately.



Some Do's and Don'ts

Nepalese people treat visitors as special guests. Although they will never rebuke you publicly for unknowingly offending them, we must consider their culture.

While in Nepal please observe the following:

- Full or partial nudity is not accepted.
- Over display of affection between men and women, especially in temples and monasteries are discouraged.
- Please remove your shoes before entering monasteries and temples.
- Never point the soles of your feet at a person or shrine.
- Many Hindu temples are closed to non-Hindus. Please ask before entering.
- Locals walk around the Mani walls and Stupas in a clockwise direction as a respect and they expect you to do the same although it is not compulsory.

ENJOY!

