

TREKKING, MOUNTAINEERING

ISLAND PEAK AND EVEREST BASE CAMP IN 20 DAYS

Everest trekking and Island Peak ascent, a
6,165 m summit in the heart of the Himalayas



NEPAL



Combine the Everest Base Camp trek with Kala Patthar and the ascent of Island Peak at 6,165 m. A 20-day adventure through the Khumbu with acclimatization, a 1:1 climbing guide, and an authentic high-altitude mountain experience in Nepal.

[View program on the web](#)

<https://b4experience.com/island-peak-and-everest-base-camp-in-20-days>

RECOMMENDED MONTHS

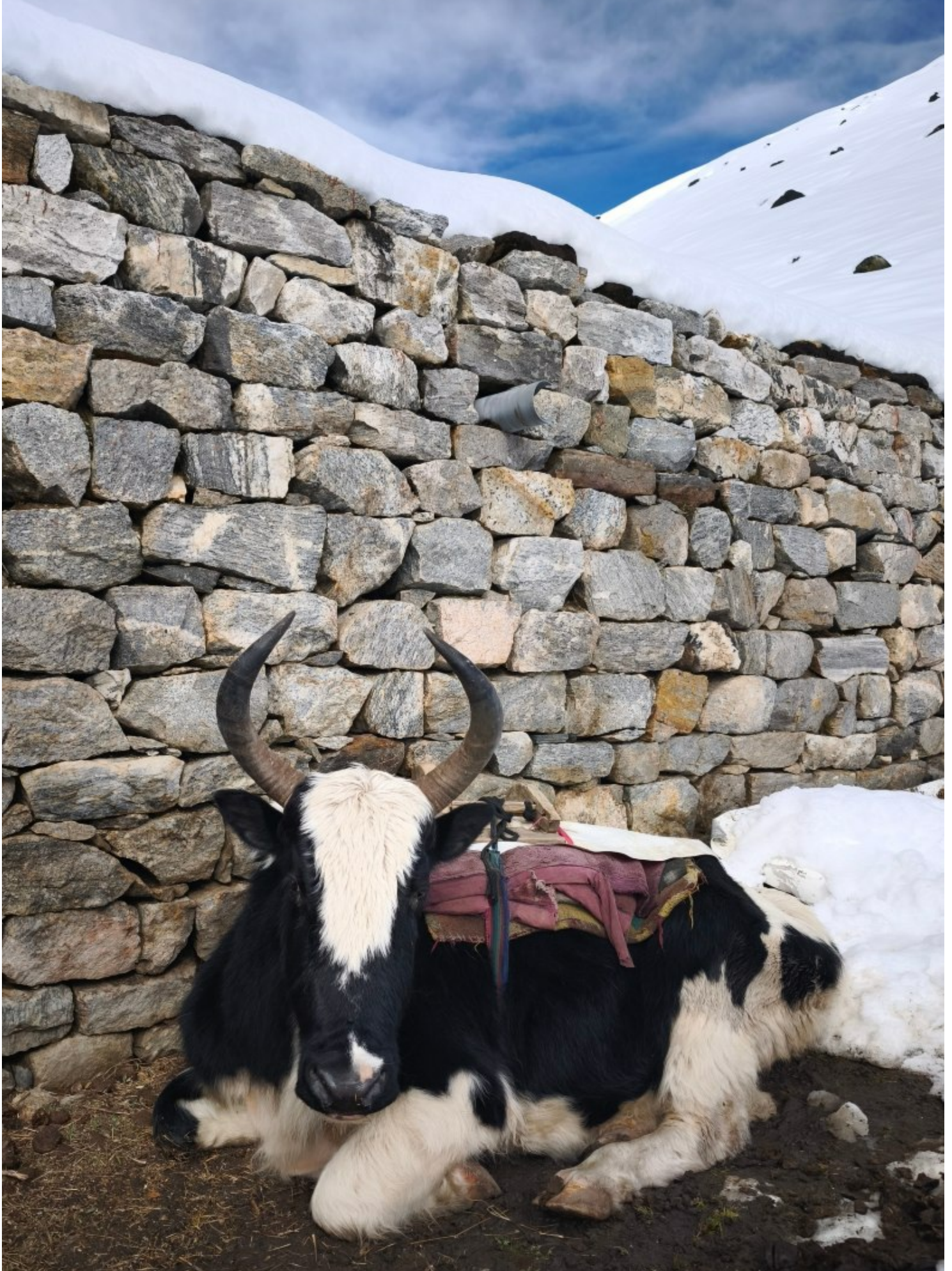
MARCH, APRIL, MAY, SEPTEMBER, OCTOBER, NOVEMBER



PRICES

From 2.650€ /person

Group discounts





Highlights

- REACH THE SUMMIT OF ISLAND PEAK AT 6,165 M
- TREK TO EVEREST BASE CAMP AT 5,364 M
- CLIMB KALA PATTHAR AT 5,644 M
- 1:1 CLIMBING GUIDE RATIO DURING THE ASCENT

Private group

100% customizable

From (People)	Category	Availability	Days	Price per pers.
5	Standard	09/01/2027 03:00:00 PM - 12/19/2027 04:00:00 PM	20	2.650€
5	Standard	03/01/2027 02:00:00 PM - 05/31/2027 03:00:00 PM	20	2.650€
2	Standard	09/01/2027 03:00:00 PM - 12/19/2027 04:00:00 PM	20	2.750€
2	Standard	03/01/2027 02:00:00 PM - 05/31/2027 03:00:00 PM	20	2.750€
1	Standard	09/01/2027 03:00:00 PM - 12/19/2027 04:00:00 PM	20	2.990€
1	Standard	03/01/2027 02:00:00 PM - 05/31/2027 03:00:00 PM	20	2.990€

Travel with your family or group of friends.

*Confirm availability at info@b4experience.com / +34 613 03 77 00 / www.b4experience.com

Open group

Share the experience with other travelers

Dates	Nº days	Avail. spots	Price per pers.
20 Mar 2027	20	T:8 O:1 7	2.750€

*Check availability at info@b4experience.com / +34 613 03 77 00 / www.b4experience.com



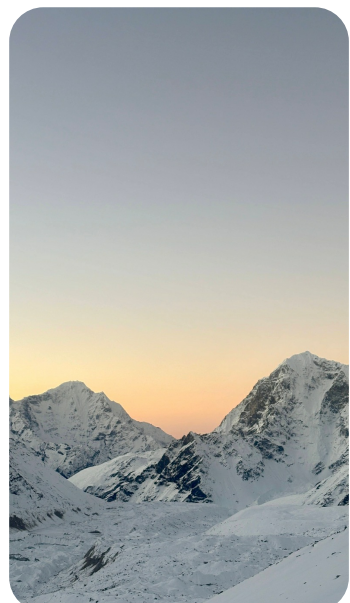
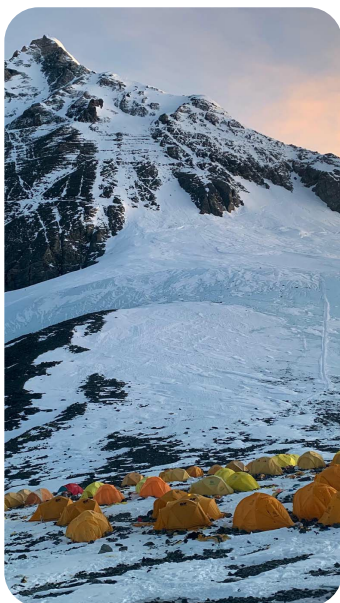
Includes

- Airport pick-up and transfers for international and domestic flights as per itinerary.
- 3 nights of hotel accommodation in Kathmandu on a bed and breakfast basis: 2 before and 1 after the trek.
- Welcome dinner in Kathmandu.
- Round-trip domestic flights to Lukla via Ramechhap, including airport taxes.
- Road transport between Kathmandu and Ramechhap by private car, jeep, or van.
- Ground and air transport required for trekking staff.
- Necessary permits for trekking in the Everest region.
- National Park fees.
- Local government fees.
- Hotel/lodge accommodation during the trek as per the programme.
- Three meals per day during the trek: breakfast, lunch, and dinner.
- Tea or coffee during the trek.
- One certified trekking guide throughout the route.
- Island Peak (6,165 m) climbing permit.
- Waste management fees.
- Experienced climbing guide during the Island Peak ascent.
- 1 climbing guide per participant ratio during the ascent.
- Tents at Base Camp and High Camp if necessary.
- 1 porter per participant.
- Transport of up to 25 kg of personal luggage per participant.
- Insurance for local staff involved in the expedition.
- First aid kit carried by the trekking guide.
- Government fees and service costs.
- Summit certificate upon completing the trek, subject to submission of photos and videos as proof of summit.

Not included

- Nepal entry visa for 30 days.
- International flights (we can arrange them).
- Permits for drones or special filming.
- Lunches and dinners during the stay in Kathmandu, except the welcome dinner.
- Alcoholic beverages.

- Laundry.
- Boiled water and mineral water.
- Bakery products and other personal consumables.
- Additional batteries.
- Mobile phone charging during the trek.
- Wi-Fi during the trek.
- Travel, medical and emergency rescue insurance, mandatory and with a minimum coverage of USD 25,000.
- Expenses arising from early arrivals or departures later than planned.
- Personal trekking and climbing gear and equipment.
- Expenses arising from possible flight delays to or from Lukla.
- Charter helicopter flight in case of delays, available at an additional cost.
- Summit bonus of USD 250 per participant for the climbing guide.
- Tips for the trekking guide and porters.
- Any service not expressly stated in the "Included" section.



Itinerary

DAY 1: ARRIVAL IN KATHMANDU

Arrival in Kathmandu, located at 1,375 m, where the programme officially begins. Upon arrival, the planned pick-up service and transfer to the hotel will be carried out. This first day is dedicated to settling into the city and having the necessary time before beginning the trekking preparations and the subsequent approach to the Khumbu valley.

Accommodation: Hotel

DAY 2: PREPARATIONS IN KATHMANDU

A day in Kathmandu dedicated to completing the necessary official formalities and finishing any last-minute shopping before heading to the Everest region. The programme includes this second hotel night before the trek and concludes the day with a welcome dinner, a moment just before the start of the route towards the Khumbu.

Accommodation: Hotel

Meals: Breakfast + welcome dinner.

DAY 3: FLIGHT TO LUKLA AND TREK TO PHAKDING

The journey into the heart of the Khumbu begins. The programme includes the transfer to Ramechhap and the domestic flight to Lukla, located at 2,860 m. From there, the trek proper begins, descending to Phakding at 2,650 m. This is the first day on foot and the start of the gradual approach towards Everest.

Accommodation: Lodge

Meals: Breakfast, lunch, dinner

DAY 4: TREK TO NAMCHE BAZAAR

We continue the trek from Phakding to Namche Bazaar, located at 3,440 m. The route gains altitude and leads us into an important phase of the approach to Everest. Namche will also be the point where we stay for two days, allowing the body to acclimatise progressively before continuing to higher elevations.

Accommodation: Lodge

Meals: Breakfast, lunch, dinner

DAY 5: EVEREST VIEW POINT AND ACCLIMATIZATION IN NAMCHE

Active acclimatization day from Namche Bazaar. We will hike up to the Everest View Point, located at around 3,900 m, before returning to Namche to spend the night. The ascent allows us to reach a higher elevation during the day and then return to a lower altitude before continuing the itinerary towards Tengboche.

Accommodation: Lodge

Meals: Breakfast, lunch, dinner

DAY 6: TREK TO TENGBOCHE

We leave Namche Bazaar and continue on foot to Tengboche, situated at 3,860 m. We keep making our way through the Khumbu region, progressively approaching the higher-altitude areas of the programme. Following the acclimatization carried out in Namche, this day marks a new step in our journey towards Dingboche, Lobuche and Everest Base Camp.

Accommodation: Lodge

Meals: Breakfast, lunch, dinner

DAY 7: TREK TO DINGBOCHE

The route continues from Tengboche to Dingboche, at 4,410 m. We now enter a phase of the trip during which we will continuously be above 4,000 metres. Dingboche will be our base for two days, as the following day is specifically dedicated to continuing the acclimatization process before heading up towards Lobuche.

Accommodation: Lodge

Meals: Breakfast, lunch, dinner

DAY 8: ACCLIMATIZATION AND ASCENT TO NAGARJUNG PEAK

Acclimatization day in Dingboche with a planned hike to Nagarjung Peak, whose altitude indicated in the programme is 5,089 m. After reaching a considerably higher elevation, we will return to Dingboche. This day is part of the altitude progression before continuing towards Lobuche and subsequently surpassing 5,000 m.

Accommodation: Lodge

Meals: Breakfast, lunch, dinner

DAY 9: TREK TO LOBUCHE

We resume our trek from Dingboche and make our way to Lobuche, situated at 4,900 m. The expedition draws closer to Everest Base Camp and prepares us for one of the main days of the trekking. After several days of progression and acclimatization, we will spend the night near the 5,000-metre mark before continuing towards Gorakshep.

Accommodation: Lodge

Meals: Breakfast, lunch, dinner

DAY 10: GORAKSHEP AND EVEREST BASE CAMP

We head to Gorakshep, at 5,140 m, and from there continue on to Everest Base Camp, situated at 5,364 m. After completing the visit we will return to Gorakshep. This is one of the highlight days of the programme, allowing us to reach one of the most iconic destinations of the trek before tackling the ascent to Kala Patthar the following day.

Accommodation: Lodge

Meals: Breakfast, lunch, dinner

DAY 11: ASCENT TO KALA PATTHAR AND RETURN TO LOBUCHE

From Gorakshep we will make the ascent to Kala Patthar, situated at 5,644 m according to the programme. After completing the climb we will begin our descent and return to Lobuche, at 4,900 m, where the day's stage ends. Having already visited Everest Base Camp, we will thus reach another of the highest points of the trekking phase.

Accommodation: Lodge

Meals: Breakfast, lunch, dinner

DAY 12: TREK FROM LOBUCHE TO CHUKUNG

We leave Lobuche and make our way on foot to Chukung, situated at 4,730 m. The focus gradually shifts from the Everest Base Camp trek towards the second major part of the adventure: the ascent of Island Peak. Chukung is the stage prior to our approach to the mountain's base camp, which we will carry out the following day.

Accommodation: Lodge

Meals: Breakfast, lunch, dinner

DAY 13: TREK TO ISLAND PEAK BASE CAMP

From Chukung we continue to Island Peak Base Camp, located at 5,100 m. We leave behind the usual lodge accommodation to spend the night in tents. We are now at the foot of the main objective of the ascent, ready to face the summit day and reach the 6,165 m of Island Peak.

Accommodation: Tent

Meals: Breakfast + lunch + dinner

DAY 14: ISLAND PEAK SUMMIT, 6,165 M

The main mountaineering day of the trip. From the Island Peak camp we will make the summit attempt to reach 6,165 m. During the ascent, each participant has an experienced climbing guide at a 1:1 ratio. After completing the activity we will descend back to Chukung to spend the night in a lodge.

Accommodation: Lodge

Meals: Breakfast, lunch, dinner

DAY 15: WEATHER CONTINGENCY DAY

The programme reserves a specific contingency day to deal with possible weather conditions that may affect the Island Peak ascent. This buffer is part of the expedition planning and allows for an additional day before beginning the final descent through the Khumbu valley towards Pangboche and Namche.

Accommodation: Tent, as per programme

Meals: Breakfast + lunch + dinner

DAY 16: DESCENT TO PANGBOCHE

We begin the return journey, descending to Pangboche, located at 3,985 m. After the high-altitude days and the Island Peak summit attempt, we progressively lose altitude following the return itinerary through the Khumbu. The expedition thus enters its final phase, although several more trekking days remain before reaching Lukla.

Accommodation: Lodge

Meals: Breakfast + lunch + dinner

DAY 17: DESCENT TO NAMCHE BAZAAR

We continue the descent route from Pangboche to Namche Bazaar, at 3,440 m. We return to one of the points already covered during the initial approach, this time heading towards Lukla. After the stages carried out above 4,000, 5,000 and 6,000 metres, we continue to lose altitude during this penultimate part of the trek.

Accommodation: Lodge

Meals: Breakfast + lunch + dinner

DAY 18: TREK FROM NAMCHE TO LUKLA

The last major walking day of the programme. From Namche Bazaar we descend to Lukla, located at approximately 2,800 m according to the return itinerary. With this stage we complete the trek through the Everest region and are ready to take the following day's flight back to Ramechhap, continuing afterwards by road to Kathmandu.

Accommodation: Lodge

Meals: Breakfast + lunch + dinner

DAY 19: FLIGHT TO RAMECHHAP AND RETURN TO KATHMANDU

From Lukla we will take the return flight to Ramechhap. Once there, we will continue by road to Kathmandu using the transport provided in the programme. Upon arrival we will transfer to the hotel to spend the last night of the trip, thus closing the journey through the Khumbu before the final transfer to the airport the following day.

Accommodation: Hotel

Meals: Breakfast.

DAY 20: TRANSFER TO THE AIRPORT AND RETURN

The last day of the programme. At the appropriate time, the transfer from Kathmandu to the airport takes place to board the international return flight. The transfer service is included in accordance with the itinerary, while the international flight is not part of the price. With this departure, the 20-day expedition through the Khumbu comes to an end.

Meals: Breakfast.

Payment and cancellation policies

Initial Deposit: To secure your place, an initial payment of 30% of the total trip cost is required at the time of booking.

Final Payment: The remaining amount, equivalent to 70% of the total, must be paid no later than 60 days before the departure date.

Extras: Additional trip costs, such as insurance, flights or other optional services, must be paid in full at the time of booking.

Cancellation insurance: The client may take out a travel cancellation insurance policy in order to obtain a refund of the full amount paid (subject to its conditions).

The end user may withdraw from the contracted trip, being entitled to a refund of the amounts paid, except for the penalties indicated, but must also pay the Agency the amounts set out below once the trip has been confirmed. If the trip does not take place due to the minimum number of places not being reached, the client may keep the credit for future trips or request a full refund of the deposit.

Cancellation policy:

FULL REFUND UP TO 24H AFTER PURCHASE

Up to 90 days before the trip: 100% refund of the trip cost.

Up to 45 days before the trip: 50% refund of the trip cost.

For periods shorter than those described in the cancellation policy, the amount already paid will not be refunded.

*Management fees of €250 apply.

* Cancellation fees for already issued bookings will not be refunded. If there are other non-refundable costs already issued, these will also not be refunded and will be deducted from the amount to be paid.

*The cancellation cost of issued flights is 100% of the amount.

Off Trail S.L. acts in this package holiday as a retailer/seller. For open scheduled departures, the trip requires a minimum of 2 confirmed registered participants, and the traveller will be informed through the customer portal when this minimum has been reached in order to confirm the departure. If the minimum number indicated is not reached, the organiser may cancel the trip and notify the traveller within the applicable legal period of up to 20 calendar days before departure. For private departures or tailor-made trips, the programme will be considered confirmed from the acceptance of the booking, as it is a trip designed specifically for the number of people indicated in the contract and with a price adjusted to that configuration. In the event of cancellation due to the minimum number not being reached, the traveller will be entitled to a full refund of the amounts paid, without additional compensation.

Gear list

We will review all the equipment together and in detail before the expedition.

FAQs

What technical and physical level is required?

Previous experience walking with crampons and confidence on snowy terrain is required. It is not vertical climbing, but there are sections of fixed rope and exposed ridges. You must be proficient in the use of a Jumar and basic rappelling under the guide's supervision. Previous experience in high-altitude trekking (up to 5,000 m) and the ability to walk 6–8 hours per day are recommended; summit day involves 10–12 hours of continuous effort.

What type of accommodation is included in the trip?

Three nights in a 3★ hotel in Kathmandu (double room), simple but cosy lodges during the trek, and expedition tents at base camp and high camp. All collective camping equipment (tents, sleeping mats, dining tent, kitchen tent) is included.

What is the meal plan?

Buffet breakfast in Kathmandu; full board (breakfast, hot lunch or picnic, and dinner) throughout the trek and at the high-altitude camps. Hot water for infusions at lodges and filtered or boiled drinks at base camp. Special diets are possible if notified in advance.

How do I get to the starting point?

The nearest airport is Tribhuvan International (KTM) in Kathmandu. The round-trip flight to Lukla is already arranged within the programme.

What happens if the flight to Lukla is delayed or cancelled?

A contingency day is included. If bad weather blocks the airport, we will spend extra nights in Lukla or use a helicopter (additional cost not included) when conditions improve. The guide takes care of the alternative logistics.

How is acclimatization handled?

We follow the "climb high, sleep low" rule, with two extra days in Namche and Chhukung to walk without weight, practice technique, and promote the natural production of red blood cells. We also carry a kit with an oximeter and early-detection protocols for altitude sickness.

How much weight does each participant carry and what do the porters transport?

Porters will carry up to 12 kg of your personal bag. You only carry a day pack (water, jacket, camera, snacks). At the camps, the collective equipment (tents, kitchen, ropes) is the responsibility of the porters and guides.

Can I recharge batteries and have Wi-Fi along the route?

In Namche and Tengboche there is paid solar power (≈300 rupees/h) and Everest Link Wi-Fi cards. From Dingboche onwards, charging depends on generators and the cost increases. We recommend a 10,000 mAh power bank and airplane mode to preserve battery life.

Is it very cold? What temperatures should you expect?

In Kathmandu 15–25 °C. In Dingboche minimum temperatures hover around -10 °C, and at high camp they can drop to -20 °C with wind. During the day, in the sun, temperatures exceed 5 °C. A sleeping bag rated to -15 °C comfort and a thick down jacket are essential.

Is technical gear available for rent in Nepal?

In Thamel you can rent crampons, ice axes, double boots, harnesses, and Jumars at affordable prices. Even so, it is always preferable to use your own tried-and-tested gear. We provide a detailed list of mandatory and recommended equipment upon booking confirmation.

What are the passport and visa requirements?

It is important to have a valid passport with at least 6 months of validity. Nepal offers a VISA on arrival for most countries. You can speed up the process and avoid queues upon landing by submitting your application online through this official web link. It is advisable to verify the information close to your travel date. Currently, the costs of the Nepal tourist visa are as follows: 15 Days: USD 30 30 Days: USD 50 90 Days: USD 125.

Is rescue or evacuation insurance mandatory?

The program does not include travel, medical, or evacuation insurance. It is mandatory to take out insurance covering helicopter rescues and high-altitude medical treatment. We can arrange this for you – please contact us.

Vaccination card

There are no mandatory vaccines required to travel to Nepal. We recommend consulting your doctor regarding recommended vaccinations.

Tips

Tips are not included and are given at the end of the trip in cash (there are no card readers). It is not mandatory, but highly recommended. Guides: 5 to 10 USD per person per day. On longer treks (such as the Annapurna Circuit or Everest Base Camp), tips may increase, reaching 10–15 USD per person per day. Porters: 3 to 5 USD per day per person. On longer or more demanding treks, you could consider increasing this to 5–7 USD. Additionally, a 250 USD "peak summit bonus" must be paid to the guide if the summit is reached.

Cash

In Kathmandu it is usually possible to pay by card (in restaurants, taxis, souvenir shops... though not always). Beyond that, there will be no ATMs. It is essential to carry local currency. You can bring euros or dollars and exchange them directly into rupees at the airport or in Thamel on the day of arrival. It is recommended to bring a minimum of €250 in cash to cover non-included expenses, such as drinks or meals in Kathmandu and tips.



Contact

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View program on the web

